



Trail Running News ...Western Mass Athletic Club

Volume 17 Issue 3 Mid Summer 2011

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Results and stories from:

Wapack and Back

Soapstone MT.

Northfield MT.

Greylock

Cranmore Hill

Skyline Trail

And Plenty More It's All Inside!

Entries:

Savoy -- Greylock Road -- Monroe

Up n' Coming Events:

**Wed. Night Fun Runs5:30 PM
PNA Hall, 13 Victory St. Adams.**

Savoy.....	8 - 21
MT. Toby	8 - 28
Wapack.....	9 - 4
Greylock Road	9 - 5
George Coope races	9 - 11
Curly's	9 - 11
Pisgah MT.....	9 - 18
Nipmuck	10 - 2
Monroe	10 - 9
Groton Forest	10 - 23
Bimblers Bluff	10 - 23
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Busa Bushwhack	10 - 30
Stone Cat.....	11 - 5
Turkey Trot 5K	11 - 24

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

www.runwmac.com

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Greylock Trail Races ... 2011

will run

After 3 years of hot, wet, and humid weather we finally got a break for this year's version of the Greylock trail races. It was a bit breezy at the Glen and up on the mountain, but that was a welcome relief while we were running. Afterwards it caused some problems with blowing away the food supplies and even a pop-up tent or two, but overall it wasn't that bad. The temperature at the start was around 70 degrees and we got very warm fast since the first 3 miles is mostly up hill. Once on the top we were greeted by some strong breezes and 55 degree temps.

Talk about refreshing. It was wonderful! And the views were terrific as always!

As I settled into my pace on the long climb up I was joined by my brother Dan, and also by Bobby Worsham and Bob Dion. We all seem to be running at about the same pace these days. We were also joined by several "younger" first timers who were amazed at how much climbing there was. One of us old timers asked "what were you expecting? It is the highest mountain in the state." We then told them that after reaching the top most of the next 11 miles is fairly easy. I'm not sure if that news helped them or not as they struggled to get to the top.

Again this year we had a record number of runners and a lot of first timers. I can remember when I knew about 80% of the runners in every race years ago. Now it's like I don't know 80% of the runners there. And at one time the average age in most trail races was between 35 and 45. Now for some reason it's become popular with the younger set and we have many runners in the 16 to 25 age group. I guess we do need some new blood to replace us "old timers" in the races. I just wish they would volunteer more and help out with some of the runs.

So back to the race..... After crossing the top of Greylock and taking in the great views it was time to head back down. First a quick stop at Vic and Jean's aid station near the TV tower and then it was on to the wet, rocky, and rooty overlook trail. My brother, being much younger, can still hammer the downhills so before long he was out of sight. Bob Dion took off after him while Bobby Worsham and I ran together and passed about 5 or 6 runners through this section. But not like we used to do years ago when we flew through here also.

I had hung a flyer on the gazebo down in the Glen before the race pointing out that the mystery photo from the last newsletter was on this course and explained where it was and what it was. I also mentioned it to several others before hand, but I heard after the race that no one had found it. It was the old CCC dynamite box on the CCC Dynamite trail. I caught up to one other runner just before the box and pointed it out to him and told him the story behind it. I ran on ahead after that and was alone until I caught up to a few runners going down through Jones Nose field. I ran with them for a little while but they were much younger and after we started up Old Adams Road they took off and were soon out of sight.

So for the rest of my race I was pretty much on my own. I could see Bob Dion up ahead now and then but I couldn't quite catch up to him. On the long downhills through Adams Road and then the Cheshire Harbor trail I passed 2 runners who were spent and just walking along. I used to be able to run faster on all the downhills but these days my knees complain to me a lot and they don't cooperate like they did years ago. With about a mile and a half to go on a steeper downhill section I was passed by several others who were really flying. I ran it in alone from there and after finishing I headed straight for the cold shower. Or as we know it, the refreshing waterfall.

Overall it was another great day of running on Mt. Greylock.

MT. Greylock Trail Races

13.5 Miles --- 3 Miles June 19, 2011

Greylock Glen Adams, MA.

Mostly Sunny ... Breezy ... Low of 55* ... High of 74*

WMAC members in bold:

13.5 Miles:

Name	Age	ST.	Time	GT %
1 Greg Hammet	M 33	NH	1:42:12	100.00%
2 Kent Lemme	M 44	MA	1:49:20	93.48%
3 Rob Hult	M 41	MA	1:50:56	92.13%
4 John Kinnee	M 32	MA	1:52:13	91.07%
5 Todd Walker	M 44	MA	1:52:24	90.92%
6 Marc Couture	M 47	CAN	1:53:16	90.23%
7 Brian Cole	M 22	MA	1:53:24	90.12%
8 Donald Pacher	M 30	MA	1:53:54	89.73%
9 Stanislav Trufanov	M 32	MA	1:56:53	87.44%
10 Will Kirby	M 16	MA	1:57:19	87.11%
11 Tucker Chrapowitzky	M 33	NY	1:58:00	86.61%
12 Scott Livingston	M 38	CT	1:58:46	86.05%
13 Derek Jakobski	M 20-29	CT	1:58:55	85.94%
14 Steve Dowsett	M 23	MA	2:01:44	83.95%
15 Nat Jeffries	M 18	MA	2:01:48	83.91%
16 Bob Sharkey	M 59	RI	2:02:12	83.63%
17 Ben Whitbeck	M 34	MA	2:02:13	83.62%
18 Joshua Harrington	M 18	MA	2:03:10	82.98%
19 Chris Fox	M 36	NY	2:03:14	82.93%
20 Todd Bennett	M 40	CT	2:03:55	82.47%
21 John Bylund	M 15	MA	2:04:05	82.36%
22 Brian Gill	M 40	MA	2:04:31	82.08%
23 Rob Higley	M 57	MA	2:04:45	81.92%
24 Dave Molk	M 29	MA	2:05:54	81.18%
25 John Agosto	M 47	CT	2:06:46	80.62%
26 Nick Cureby	M 20-29	MA	2:06:46	80.62%
27 <u>Amy Nolan</u> 1 st F	F 21	MA	2:07:07	80.40%
28 Jeff Hansen	M 41	MA	2:07:14	80.32%
29 <u>Beth Lines</u>	F 24	MA	2:10:55	78.06%
30 Scott Patnode	M 30	MA	2:11:04	77.98%
31 Jack Miller	M 38	MA	2:11:23	77.79%
32 Nick Tooker	M 32	MA	2:11:30	77.72%
33 Steve Forrest	M 47	MA	2:11:34	77.68%
34 Todd Brown	M 47	CT	2:11:34	77.68%
35 Debbie Livingston	F 36	CT	2:11:48	77.54%
36 Andy Illidge	M 44	MA	2:11:57	77.45%
37 Jason Saltmarsh	M 30	LA	2:12:15	77.28%
38 Paul Bazanchuk	M 56	MA	2:12:28	77.15%
39 Logan Wilson	M 17	MA	2:14:02	76.25%
40 Ned James	M 56	MA	2:14:18	76.10%
41 Brendan McGrath	M 35	MA	2:14:40	75.89%
42 Joe Gwozdz	M 56	MA	2:15:54	75.20%
43 Kyle Hall	M 16	CT	2:16:26	74.91%
44 Ross Morgan	M 27	MA	2:17:32	74.31%
45 Chris Ollani	M 41	MA	2:17:38	74.26%
46 James Whitbeck	M 38	MA	2:18:48	73.63%
47 Dominic Wilson	M 40	CT	2:20:41	72.65%
48 Russell Hammond	M 51	CT	2:21:05	72.44%
49 <u>Rita Longwath</u>	F 24	MA	2:21:42	72.12%
50 Ted Cowles	M 52	CT	2:21:55	72.01%

51 Jay Kolodzinski	M 32	MA	2:22:30	71.72%
52 Brenden Flynn	M 26	MA	2:23:39	71.14%
53 Scott Cote	M 26	CT	2:26:49	69.61%
54 Richard Sugrue	M 25	MA	2:26:55	69.56%
55 Sean O'Conner	M 17	MA	2:27:21	69.36%
56 Bob Walczak	M 51	MA	2:27:51	69.12%
57 <u>Michele Apland</u>	F 34	NY	2:27:58	69.07%
58 Chris Cangelosi	M 39	MA	2:28:46	68.70%
59 <u>Karen Provencher</u>	F 56	NY	2:29:47	68.23%
60 <u>Hilary Greene</u>	F 41	MA	2:30:01	68.13%
61 Russell Phillips	M 34	MA	2:30:01	68.13%
62 Brian McCarthy	M 48	MA	2:30:04	68.10%
63 Robert Gazzale	M 43	VT	2:31:40	67.38%
64 Bruce Shenker	M 58	NY	2:31:59	67.24%
65 <u>Caitlin Sawyer</u>	F 22	MA	2:32:10	67.16%
66 Damon Steed	M 35	NY	2:32:20	67.09%
67 David Platt	M 49	CT	2:32:29	67.02%
68 James Whitham	M 48	MA	2:32:33	66.99%
69 <u>Michele Hammond</u>	F 52	CT	2:33:05	66.76%
70 Matt Voesin	M 33	MA	2:33:28	66.59%
71 Curt Pandiscio	M 50	CT	2:33:34	66.55%
72 <u>Elizabeth Faye</u>	F 28	MA	2:33:46	66.46%
73 Douglas Cummings	M 49	MA	2:34:45	66.04%
74 Jack Leger	M 14	MA	2:34:49	66.01%
75 John Guzzi	M 34	VT	2:35:08	65.88%
76 Tim Drake	M 51	MA	2:35:11	65.86%
77 John Paul Potvin	M 14	VT	2:35:50	65.58%
78 Thomas Parker	M 45	NH	2:35:52	65.57%
79 Daniel Potvin	M 46	VT	2:36:05	65.48%
80 Jon Koopman	M 34	MA	2:36:26	65.33%
81 John Lewis	M 39	MA	2:36:27	65.32%
82 Paul Fortin	M 40	MA	2:36:32	65.29%
83 Matthew Drury	M 38	MA	2:36:32	65.29%
84 Jeff Stevens	M 26	CT	2:37:41	64.81%
85 <u>Hilary Cloos</u>	F 37	NY	2:37:52	64.74%
86 Bruce Leshine	M 50	MA	2:38:09	64.62%
87 Mike Lahey	M 60	MA	2:39:10	64.21%
88 Dan Hall	M 54	CT	2:40:14	63.78%
89 Jon Meredith	M 44	NY	2:41:14	63.39%
90 Garret Lemek	M 50	CT	2:41:42	63.20%
91 Doug Welch	M 59	MA	2:41:48	63.16%
92 Chris Hinch	M 43	MA	2:41:50	63.15%
93 Dan Danecki	M 52	MA	2:42:46	62.79%
94 <u>Jessica Hageman</u>	F 35	NY	2:43:02	62.69%
95 Charles Joyal	M 41	MA	2:43:19	62.58%
96 <u>Brigitte Filion</u>	F 49	CAN	2:43:47	62.40%
97 David Sutherland	M 49	CT	2:44:02	62.30%
98 <u>Kathy McCarthy</u>	F 52	MA	2:44:19	62.20%
99 Dorin Neacsu	M 47	MA	2:44:33	62.11%
100 John Carew	M 42	CT	2:45:06	61.90%
101 Ed Mulvey	M 52	MA	2:45:12	61.86%
102 <u>Ann Manning</u>	F 44	CT	2:45:30	61.75%
103 Randy Wetzal	M 46	MA	2:45:49	61.63%
104 Richard Theriault	M 40	MA	2:46:38	61.33%
105 <u>Yukiko Nishide</u>	F 49	NY	2:46:45	61.29%
106 Bob Dion	M 55	VT	2:46:51	61.25%
107 John Peabody	M 56	RI	2:46:53	61.24%
108 Sam Butcher	M 48	MA	2:46:53	61.24%
109 Sam Werthemer	M 51	NY	2:47:01	61.19%

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Greylock 13.5 mile results cont:

110	Will Danecki	M 61	CT	2:47:52	60.88%
111	<u>Sarah Peters</u>	F 35	NY	2:49:24	60.33%
112	<u>Mecghan Creedon</u>	F 25	MA	2:49:46	60.20%
113	Mike Duffy	M 59	MA	2:50:25	59.97%
114	Shatta Mejia	M 40	MA	2:50:27	59.96%
115	Jackson Restrepo	M 31	MA	2:50:49	59.83%
116	Andrei Baumann	M 32	MA	2:51:01	59.76%
117	Will Viti	M 26	MA	2:51:30	59.59%
118	Bob Worsham	M 65	CT	2:52:18	59.31%
119	<u>Emmy Stocker</u>	F 53	CT	2:52:23	59.29%
120	Nate Davis	M 27	MA	2:53:22	58.95%
121	David Senderoff	M 41	CT	2:53:25	58.93%
122	Wilfred Martinez	M 30	MA	2:53:30	58.90%
123	Juygen Reher	M 61	NY	2:53:35	58.88%
124	<u>Sarah Pandiscio</u>	F 20	CT	2:56:25	57.93%
125	Harry Hayward	M 59	MA	3:00:04	56.76%
126	Carl Cignoni	M 59	MA	3:00:41	56.56%
127	Vic Laport	M 70	MA	3:01:04	56.44%
128	Daryl Delisle	M 54	MA	3:01:13	56.40%
129	Ralph Melma	M 51	VT	3:01:35	56.28%
130	Benjamin Terry	M 30	MA	3:01:40	56.26%
131	Kevin Strum	M 55	MA	3:02:11	56.10%
132	<u>Lindsay Providenti</u>	F 35	MA	3:03:12	55.79%
133	<u>Elizabeth Gillis</u>	F 23	MA	3:03:29	55.70%
134	Robert Scott	M 57	CT	3:03:48	55.60%
135	Todd Sugrue	M 55	MA	3:03:57	55.56%
136	Bill Donovan	M 56	MA	3:04:52	55.28%
137	Jenifer Ferriss	F 39	NY	3:04:53	55.28%
138	Ian Valiton	M 31	MA	3:04:58	55.25%
139	Sherisa Sterling	F 58	MA	3:05:20	55.14%
140	Adam Monty	M 34	MA	3:06:36	54.77%
141	<u>Chesey Elliott</u>	F 29	CT	3:06:49	54.71%
142	John Loring	M 63	MA	3:07:09	54.61%
143	Jonathan Messer	M 38	NH	3:07:34	54.49%
144	Steve Wessles	M 59	ME	3:10:03	53.78%
145	Darlene McCarthy	F 48	MA	3:10:43	53.59%
146	<u>Hope Chapman</u>	F 16	MA	3:11:51	53.27%
147	Bill Chapman	M 57	MA	3:11:52	53.27%
148	Sue Snyder	F 56	MA	3:12:52	52.99%
149	Denise Dion	F 53	VT	3:14:34	52.53%
150	<u>Kathleen Furlani</u>	F 62	CT	3:16:10	52.10%
151	Steven Kooi	M 38	MA	3:17:10	51.83%
152	<u>Valerie Stevens</u>	F 31	CT	3:18:19	51.53%
153	Sam Sugrue	M 21	MA	3:18:53	51.39%
154	Frank Culella	M 48	NY	3:18:54	51.38%
155	Charles Thayer	M 67	NJ	3:19:04	51.34%
156	Barbara Sorrell	F 54	NY	3:20:05	51.08%
157	<u>Cheryl Mulvey</u>	F 50	MA	3:22:17	50.52%
158	James Costello	M 56	NY	3:22:26	50.49%
159	<u>Catherine Gremes</u>	F 32	MA	3:26:34	49.48%
160	<u>Cynthia Ginsberg</u>	F 31	IL	3:26:34	49.48%
161	Patrick Garrity	M 21	MA	3:26:56	49.39%
162	<u>Jennifer Johnstone</u>	F 30	ME	3:31:37	48.29%
163	Patrick Smelko	M 40	MA	3:32:36	48.07%
164	Dick Doran	M 62	MA	3:36:49	47.14%
165	Jodie Lahey	F 32	MA	3:38:02	46.87%
166	<u>Yin Hui-King</u>	F 35	RI	3:53:25	43.78%
167	Mun-Sang Yue	M 37	RI	3:53:27	43.78%
168	Rob Leder	M 40	CT	4:04:59	41.72%
169	William Carew	M ??	MA	4:10:01	40.88%

170	Richard Busa	M 81	MA	4:17:33	39.68%
171	Karen McWhirt	F 50	CT	4:17:36	39.67%
172	<u>Holly Moore</u>	F 17	MA	4:17:45	39.65%
173	Jack Moore	M 47	MA	4:17:45	39.65%
174	Jay Fiorello	M ??	CT	4:29:00	37.99%
175	Laura Clark	F 64	NY	4:37:10	36.87%
176	Jamie Howard	M 45	NY	4:38:43	36.67%
177	Ken Swiatek sweep	M 63	MA	5:34:37	30.54%

Greylock Trail Races

3 Mile Results:

	<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>
1	Josephat Koimo	M 21	MA	0:17:26
2	Steve Mendoza	M 20	MA	0:19:46
3	Rich Teal	M 33	NY	0:19:22
4	Jim Preite	M 47	MA	0:21:38
5	Camilo Botero	M 16	MA	0:23:08
6	Benjamin Forbes	M 14	VT	0:23:12
7	Maria Potvin 1 st F	F 12	VT	0:23:27
8	<u>Angela Forbes</u>	F 9	VT	0:23:38
9	Ann Marie Potvin	F 11	VT	0:24:32
10	Scott Bradley	M 56	MA	0:24:44
11	Hal Bennett	M 69	CT	0:25:35
12	<u>Robin Avery</u>	F 55	MA	0:27:19
13	Joseph Murphy	M 31	NY	0:27:35?
14	<u>Jen Fice</u>	F 39	NH	0:27:51
15	Joseph Williams, Jr.	M 57	MA	0:27:59
16	John Dupras	M 45	VT	0:28:00
17	Dennis Desnoyers	M 41	MA	0:28:01
18	Sarah Glendon	F 32	NY	0:28:04
19	Jakin Miller	M 10	MA	0:28:08
20	Tim McKenna	M 35	MA	0:28:11
21	James Potvin	M ??	VT	0:28:28
22	<u>Catherine Forbes</u>	F 7	VT	0:28:40
23	Therese Potvin	F 7	VT	0:28:42
24	Joshua Forbes	M 12	VT	0:28:59
25	Corban Miller	M 7	MA	0:29:05
26	Randy Witlicki	M 55	VT	0:29:09
27	<u>Ralya Rabina</u>	F 28	MA	0:29:20
28	<u>Alicia Dupras</u>	F 20	VT	0:29:31
29	<u>Rebecca Forbes</u>	F 11	VT	0:29:46
30	<u>Ariel Dupras</u>	F 11	VT	0:29:46
31	<u>Elizabeth Dupras</u>	F 8	VT	0:29:46
32	John Forbes	M 45	VT	0:29:52
33	<u>Lauren Chrapowitzsky</u>	F 24	NY	0:29:55
34	<u>Theresa Williams</u>	F 28	MA	0:30:47
35	Brett Cook	M 29	MA	0:30:51
36	<u>Kathryn Stoddard</u>	F 24	MA	0:30:56
37	Stan Serafin	M 57	MA	0:33:34
38	<u>Hannah Baker</u>	F 29	LA	0:33:34
39	Zachary Pickett	M 8	ME	0:33:35
40	James Gonyea	M 62	MA	0:34:16
41	<u>Meghan Foley</u>	F 25	MA	0:34:19
42	Marty Glendon	M 65	MA	0:34:36
43	Mary Glendon	F 34	CT	0:34:44
44	Evan Bellmore	M 14	MA	0:34:53

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Greylock 3 mile results cont:

45 Ryan Bellmore	M 17	MA	0:35:42
46 <u>Carrie Bishop</u>	F 41	MA	0:35:46
47 <u>Molly Wilson</u>	F 12	MA	0:35:46
48 David Wilson	M 49	MA	0:35:49
49 <u>Kayla Helitzer</u>	F ??	MA	0:36:48
50 Joseph Brandon	M 41	MA	0:37:12
51 William Saltmarsh	M 64	CT	0:37:48
52 Bill Glendon	M 65	MA	0:37:57
53 Konrad Karolczuk	M 58	CT	0:37:58
54 Ed Alibozek Jr.	M 71	MA	0:37:59
55 Ed Alibozek	M 48	CT	0:37:59
56 George Bushika	M 70	MA	0:39:47
57 Dale Desnoyers	M 47	NY	0:39:47
58 Bob Massaro	M 62	MA	0:41:13
59 Seth Rapaport	M 42	FL	0:43:09
60 <u>Claudia Restrepo</u>	F 29	MA	0:43:09
61 Kevin Restrepo	M 10	MA	0:43:44
62 <u>Barbara Chrapowitsky</u>	F 61	NY	0:44:10
63 Walt Kolodzinski	M 68	MA	0:44:59
64 <u>Kimberly Kidder</u>	F 30	MA	0:45:12
65 <u>Michele Rapaport</u>	F 38	FL	0:45:13
66 Michaela Murphy	F 18	MA	0:48:39
67 <u>Victoria Pandiscio</u>	F 51	CT	0:57:26
68 Dick Hoch	M 70	CT	0:58:16
69 <u>Linda Bellmore</u>	F 52	MA	0:58:18
70 Jarrod Bellmore	M 27	MA	0:58:20
71 Eeveny Rahman	M 27	VT	0:58:20
72 Tim Dupras	M 20	VT	0:59:00
73 Will Nolan	M 14	MA	1:00:00
74 <u>Josephine Hartwig</u>	F 5	MA	1:01:45



Josephine Hartwig and dad James running the 5K race on Father's Day at the Greylock Glen.

photo by Barbara Danecki

Lady Greylock According to Dr. Seuss

by Laura Clark

*Thing Two and Thing One!
They ran up! They ran down!...
Then those Things ran about
With big bumps, jumps and kicks
And with hops and big thumps
And all kinds of bad tricks.*

What I learned at the Greylock Half Marathon:

Thing 1: It is really more than half; 13.6 miles to be exact. So what happened? Between the time we sent in our entry form and lined up for our race number the course had stretched by half a mile. And it was the same course we had run in previous years, with the exception of the road closure years and the downhill Thunderbolt years and the BTB (before the beaver years). Were we simply getting older? Well, yes. But then too, there were a lot of newbies as witnessed by the vehicles canyoning the narrow parking ditches and the huge line at the registration table.

According to Bob Dion, it all comes down to plate tectonics. Lady Greylock, like many of us, is quite frankly the victim of an expanding waistline. Only hers has more to do with power and majesty than with flab. So distances that in years past covered 13.1 miles have now inflated to 13.6 miles.

But who's counting? It was one of those rare picture-perfect days when it was simply a privilege to be out there. Which brings me to...

Thing 2: When an orthopedist says your sprained knee is doing pretty good and you can resume running, he probably doesn't mean the Greylock Half Marathon. But, hey...he never specified time or distance so I naturally took him at his word. For insurance purposes, I withheld my weekend plans from Mike Messlar, my personal trainer, because he would know better...

Backing up a bit I was running a particularly muddy section of my backyard trail and since this was to be a long run, figured it would be a perfect time for a walking break. In brief, I failed miserably at Galloway's run/walk routine.

I couldn't say it better than my friend and personal photographer Brian Teague, "The same woman who survived running Seven Sisters injured a knee walking? I hope it was at least a mind-numbingly steep incline on an Indiana Jones inspired trail through dangerous animal infested habitat instead of walking to the end of the driveway to pull the trash barrel back."

Thing 3: What goes up must go down. Nowhere is this more in evidence than on Massachusetts' highest mountain. Incredibly, I was actually looking forward to our three mile journey up Thunderbolt Trail. This is the very same trail made famous by the 10th Mountain Division Boys of Winter who prepared for combat by hiking up and then ski-blasting down. All we had to do was run up, sans snow and ski gear, armed only with water bottles and the occasional gel. Jauntily wearing my rose colored glasses, I knew my knee could handle uphill just fine, leaving me with a mere 10.6 miles.

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Lady Greylock cont:

I knew the downhills were fairly gentle and gradual, but I had conveniently forgotten that the generally wide trails were littered with middle school rocks—too big to be harmless pebbles and too small to be stepping stone boulders. They were omnipresent and a particularly annoying hazard for anyone with limited range of motion.

Thing 4: Some discoveries are best left undiscovered. Preoccupied with remaining upright, I once again and much to the perturbation of Will Danecki, failed to locate the ancient, abandoned metal chest holding—stagecoach money? decayed bones? dynamite left over from the construction of Rockwell Road! Wait a minute! Will wanted me to locate the box and open it to see if it was actually full of DYNAMITE? !

Thing 5: Running is NOT 90% mental as the ultrarunners would have you believe. When you are in pain you quickly realize just how physical it can become. Despite my starting line state of denial, I learned that no amount of willpower can heal a torn ligament. The best I could do was hope that I was not keeping the finish line crew from impending Fathers Day plans.

Thing 6: Friends at the finish line are magic. As I approached the end, I was encouraged by the far away sound of clapping. I would like to think that they were clapping for me and not in sheer relief at finally being able to pack it in. Probably more of the former as they were truly sincere and said I had done well. In my heart, I knew better. I knew I was foolish for having challenged Greylock a mere three weeks after twisting my knee, but I was grateful no one mentioned that fact. And I even earned a container of strawberries for my efforts. Life is good!

*And Sally and I did not know
What to say.
Should we tell her
The things that went on there that day?...
Well...
What would YOU do
If your mother asked YOU?*

Laura Clark



Runners take off at the start of the 3 mile Greylock trail race.
photo by Barbara Danecki

Did you guess the mystery photo in the last issue of Trail Running News?



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

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

And the answer is.....

It's the CCC Dynamite Trail on Mt. Greylock. This dynamite storage box is left over from the mid 1930's when dynamite was used to widen and finish building nearby roads on the mountain. The box was left sitting in the woods and in 1990 the local Boy Scouts were inspired to blaze a trail from the intersection of Sperry & Rockwell Roads past the box and meeting up with the Jones Nose Trail for a distance of a little over 1.5 miles. They named it the CCC Dynamite Trail in honor of the men of the Civilian Conservation Corps who built the roads and structures in the Greylock Reservation.

We have run on the Dynamite Trail in both the Greylock Marathon and the Greylock Half-Marathon and years ago we ran past it in the other direction in the half-marathon when we ran the race in the opposite direction.

Marty Glendon knew what it was right away and was the first one with the correct answer!

This issue's mystery photo is this sign.



Can you name the trail race in which we run past this sign? We run past it twice in this race. (Just the sign, not the falls.)

Bonus points if you know why it's called Pixi Falls.

Soapstone Mountain Trail Race

24 K ... Stafford Springs, CT. May 15, 2011

Rain – Cool – Thunder Storms – Very Wet – High of 64*

WMAC members in bold:

	<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>GT%</u>					
1	Jim Johnson	M 34	1:36:30	100.00%	55	<u>Jenny Richard</u>	F 23	2:29:40	64.48%
2	Ross Krause	M 31	1:49:27	88.17%	56	Gary Jewett	M 45	2:29:48	64.42%
3	Timothy Cote	M 35	1:49:28	88.15%	57	David LaPorte	M 46	2:30:18	64.21%
4	Keith Schmitt	M 42	1:49:38	88.02%	58	Robert Olsen	M 47	2:30:23	64.17%
5	Brett Stoeffler	M 44	1:49:57	87.77%	59	Tim Blinn	M 51	2:30:25	64.16%
6	Mike Mazzotta	M 30	1:53:06	85.32%	60	Tom Newman	M 53	2:30:27	64.14%
7	Thomas Williams	M 27	1:55:06	83.84%	61	Nicholas Ferron	M 28	2:30:35	64.08%
8	Scott Livingston	M 38	1:55:36	83.48%	62	Daniel Broom	M 36	2:30:36	64.08%
9	Donald Pacher	M 39	1:56:18	82.98%	63	Eric Bogdan	M 43	2:30:51	63.97%
10	Christopher Smith	M 45	1:56:33	82.80%	64	<u>Patty Duffy</u>	F 42	2:30:57	63.93%
11	Scott Patnode	M 30	1:56:53	82.56%	65	Andrew Bertini	M 16	2:31:03	63.89%
12	Paul Hyry-Dermith	M 43	1:58:17	81.58%	66	David Platt	M 49	2:31:29	63.70%
13	Jeff Padgett	M 41	2:01:52	79.19%	67	Bruce Leshine	M 50	2:31:40	63.63%
14	Jonathan McCall	M 36	2:01:54	79.16%	68	<u>Andrea Mazur</u>	F 30	2:32:04	63.46%
15	John Agosto	M 46	2:01:58	79.12%	69	<u>Sara Praguski Walsh</u>	F 32	2:32:13	63.40%
16	Daniel Keuron	M 34	2:02:18	78.90%	70	Cliff Collins	M 51	2:32:15	63.38%
17	Derek Jakoboski	M 24	2:02:38	78.69%	71	Kevin Reedy	M 35	2:32:30	63.28%
18	Dave Molk	M 29	2:03:46	77.97%	72	Michael Agbay	M 38	2:32:34	63.25%
19	Douglas Hegley	M 49	2:03:51	77.92%	73	Christopher Agbay	M 33	2:32:34	63.25%
20	Dave Mingor	M 43	2:04:45	77.35%	74	Jeffrey Dingwell	M 56	2:32:49	63.15%
21	Casey Neistat	M 30	2:05:00	77.20%	75	Dave Danenberg	M 55	2:33:18	62.95%
22	Rich Fargo	M 52	2:06:13	76.46%	76	Matt Wunch	M 36	2:34:48	62.34%
23	Louis Garguilo	M 33	2:06:30	76.28%	77	Randan Dutton	M 40	2:34:50	62.33%
24	Eric Wyzga	M 35	2:06:34	76.24%	78	Dave Geary	M 45	2:35:03	62.24%
25	Steve Forrest	M 47	2:06:36	76.22%	79	John Aselton	M 40	2:35:13	62.17%
26	William LeRoyer	M 31	2:06:46	76.12%	80	Joe Fois	M 36	2:35:34	62.03%
27	Chris Ollari	M 41	2:08:00	75.39%	81	Douglas Cummngs	M 49	2:36:04	61.83%
28	Robert Sharkey	M 59	2:09:15	74.66%	82	Kenneth Wilson	M 49	2:36:28	61.67%
29	Tony Bonanno	M 45	2:10:31	73.94%	83	Philip Markovich	M 49	2:36:58	61.48%
30	Todd Bennett	M 40	2:11:09	73.58%	84	Bob Walczak	M 50	2:37:09	61.41%
31	Volker Krasemann	M 44	2:12:52	72.63%	85	Marc Rebillard	M 55	2:37:30	61.27%
32	Ethan Spinelli	M 37	2:13:47	72.13%	86	<u>Cindy Ouillette</u>	F 35	2:37:59	61.08%
33	Todd Brown	M 47	2:14:12	71.91%	87	Elliot Greenberg	M 54	2:38:07	61.03%
34	Clinton Morse	M 49	2:16:43	70.58%	88	Curt Hirsch	M 62	2:38:10	61.01%
35	Jason Kudron	M 30	2:17:41	70.09%	89	Joseph Darda	M 23	2:39:32	60.49%
36	Michael Ferrari	M 46	2:18:12	69.83%	90	Scott Edington	M 52	2:40:52	59.99%
37	Carl Matuszek	M 59	2:18:28	69.69%	91	Bradley Pellissier	M 54	2:40:55	59.97%
38	Dave Merkt	M 27	2:19:01	69.42%	92	David Sutherland	M 49	2:41:18	59.83%
39	Bob Gillis	M 56	2:19:26	69.21%	93	Rich White	M 30	2:41:58	59.58%
40	Lance Flott	M 53	2:20:01	68.92%	94	<u>Cheri Cavanaugh</u>	F 46	2:42:21	59.44%
41	Rich Sementelli	M 52	2:22:32	67.70%	95	Frank Fiala	M 51	2:42:45	59.29%
42	Mark Erwin	M 16	2:23:41	67.16%	96	Paul Ghelfi	M 43	2:43:12	59.13%
43	Ted Cowles	M 52	2:24:07	66.96%	97	Brian Chidley	M 46	2:44:12	58.77%
44	Jay Aviable	M 50	2:24:10	66.94%	98	Jeff Stevens	M 25	2:45:24	58.34%
45	Ben Norland	M 27	2:24:33	66.76%	99	Tom Dwyer	M 53	2:45:28	58.32%
46	Nolan Gagne	M 24	2:24:34	66.75%	100	Joel Boucher	M 57	2:45:31	58.30%
47	Brian Sorrells	M 41	2:25:34	66.29%	101	Daniel Grow	M 49	2:46:17	58.03%
48	Joshua Hendrickson	M 31	2:25:40	66.25%	102	John Londa	M 54	2:46:36	57.92%
49	Keith Purrier	M 48	2:26:02	66.08%	103	Thy Hoang	M 26	2:47:12	57.72%
50	Chris Kusek	M 33	2:26:08	66.04%	104	Cosmin Ioan	M 36	2:47:15	57.70%
51	Garrett Lemek	M 50	2:28:15	65.09%	105	Norm Cormier	M 57	2:47:20	57.67%
52	CJ Fusco	M 30	2:28:46	64.87%	106	Christopher LaRocco	M 49	2:47:54	57.47
53	<u>Annie Wyman</u> 1 st F	F 25	2:29:14	64.66%	107	<u>Grace Jensen</u>	F 48	2:47:59	57.45%
54	Bradon Flynn	M 26	2:29:17	64.64%	108	<u>Jennifer Broom</u>	F 37	2:48:07	57.40%
					109	Todd Hobson	M 50	2:48:19	57.33%
					110	<u>Pam Dolan</u>	F 44	2:48:36	57.24%
					111	<u>Kim Morrissey</u>	F 46	2:48:44	57.19%
					112	Charles Joyal	M 41	2:48:58	57.11%
					113	<u>Rachel Johanson</u>	F 35	2:50:07	56.73%

Continued next page:

Soapstone results cont:

114	<u>Gabrielle McGrath</u>	F 36	2:50:28	56.61%
115	Steven Moores	M 46	2:50:32	56.59%
116	Bob Tumiski	M 56	2:50:34	56.58%
117	Brendan Coyle	M 37	2:51:04	56.41%
118	George Gilder	M 71	2:51:34	56.25%
119	Kelly Virkler	F 27	2:52:55	55.81%
120	Walter Perkins	M 65	2:53:19	55.68%
121	Will Danecki	M 60	2:53:39	55.57%
122	<u>Hillary Johnson</u>	F 24	2:54:13	55.39%
123	Bill Metzger	M 55	2:54:32	55.29%
124	<u>Abby Doolittle</u>	F 56	2:55:01	55.14%
125	<u>Maggie Ferron</u>	F 30	2:55:59	54.83%
126	Robert Buckingham	M 50	2:56:15	54.75%
127	<u>Lori Watkins</u>	F 46	2:56:40	54.62%
128	Daniel Burns	M 31	3:00:33	53.45%
129	Suresh Shenoy	M 53	3:03:29	52.59%
130	Harry Brielmann	M 52	3:03:47	52.51%
131	Alan Cabot	M 56	3:03:47	52.51%
132	Tom Parent	M 34	3:05:38	51.98%
133	<u>Gina Childress</u>	F 35	3:05:38	51.98%
134	<u>Jane Patterson</u>	F 40	3:06:07	51.85%
135	<u>Virginia Syombathy</u>	F 36	3:06:39	51.70%
136	<u>Randy Bissonnette</u> ?	M 48	3:06:41	51.69%
137	<u>Randy Bissonnette</u> ?	M 48	3:09:08	51.02%
138	<u>Sarah Peters</u>	F 35	3:12:24	50.16%
139	Lawrence McAndrew	M 52	3:13:42	49.82%
140	<u>Kathleen Furlani</u>	F 62	3:14:29	49.62%
141	<u>Ginny Patsun</u>	F 43	3:19:06	48.47%
142	Gary Leamons	M 46	3:24:37	47.16%
143	Thomas Blakeley	M 21	3:25:29	46.96%
144	<u>Katherine Pokrandt</u>	F 19	3:25:29	46.96%
145	Sean Conlin	M 38	3:26:00	46.84%
146	<u>Pam Behrens</u>	F 51	3:26:24	46.75%
147	<u>Kelly Canniff</u>	F 46	3:26:24	46.75%
148	<u>Cassandra Rogers</u>	F 41	3:27:00	46.62%
149	<u>Kathleen Vita</u>	F 51	3:27:41	46.47%
150	<u>Pam Iyer</u>	F 55	3:29:01	46.17%
151	Gregory Galdau	M 40	3:30:22	45.87%
152	Justin Maitland	M 30	3:31:49	45.56%
153	Parminder Padgett	F 41	3:37:16	44.42%
154	<u>Jenelle Ferri</u>	F 28	3:38:55	44.08%
155	Tom Scott	M 45	3:38:55	44.08%
156	Billy Rowe	M 49	3:40:24	43.78%
157	<u>Mary Lou White</u>	F 55	3:46:29	42.61%
158	Laura Clark	F 64	3:59:10	40.35%
159	Roger Rybicka	M 63	3:59:17	40.33%
160	Jamie Howard	M 45	4:04:30	39.47%
161	<u>Vicki Quaggrioli</u>	F ??	4:14:57	37.85%
162	Kaz Rybak	M 57	5:11:56	30.94%

New England Trail Running at It's Best!

The 2011 Grand Tree Trail Series!



Laura Clark finishing Soapstone photo by will



2nd year in a row overall winner Jim Johnson photo by Scott Livingston



It was a wet & muddy day photo by Scott Livingston

Soapstone Fantasy

We enter trail races with certain expectations. Highly personalized victories can be variously defined as meeting a time goal, making all the cutoffs, passing an age group rival or simply remaining firmly on course. After all, there can be only two winners. But what if, despite your best intentions, the fates conspire against you and your feet spiral out of control along a trail less taken?

My May race calendar is typically full and as such leaves little room for improvisation. A creature of habit, I blindly registered for the usual cast of races, hoping that they would suffice for adequate Finger Lakes Fifties training: 7 Sisters for the first Sunday in May, Prospect Mountain in Lake George, the second Saturday, Soapstone Mountain, the third Sunday, topped by Northfield Mountain the following Saturday. No need to read race applications as I had done these all a zillion times before.

You know where this is going. Since the first Sunday in May was actually part of the April 30th weekend, the folks at Prospect were counting Saturdays and not half weekends. The good thing was that I would not have to ascend Prospect on recovering 7 Sisters legs. The bad thing was that Soapstone was now the day after Prospect. You would think that the rest week in between the double would have proven adequate, but I had foolishly scheduled complex dental surgery for the downtime.

The stars bumped into alignment as I was trying to wean myself off painkillers and to eat something more solid than a milk shake. Miraculously, Prospect worked so well for me I decided to follow my tradition of running downhill and bypassing the awards ceremony and the pasta lunch. OK, I am no Dave Dunham. Dave would have handily fit in all three items plus a brief ascent of a nearby fire tower.

That evening though, as I stumbled through dinner and laundry, I knew I was in serious trouble. I needed more pillow time than my 3:30 AM wake up call would allow. Luckily, Jeff came to my rescue and offered to chauffeur. Not only did I get to nap on the way up but we conformed handily to the Livingston's carpool request. We folded down Annie's back seat and loaded the resulting platform with two huge floor pillows, a friendly blanket, utensils for Deb Livingston's Green Buffet, a colorful selection of running tree tees, extra rain jackets and several large-sized garbage bags should all else fail. We were prepared!

It poured during the drive up, but amazingly, stopped once we arrived at the Redding Rock Riding Camp. We all knew the rain was coming and I amused myself with an imaginary mental exercise wondering if it would be better to get the threat of rain over with during pre-race rituals or later on once committed to the trail. I selected the latter, figuring that at least once you were out there, you were stuck in the mud anyway.

This was an easy choice for me because: (a) it wasn't raining at the moment and (b) as you get older your long term memory is shot. I learned that in reality, both options pretty well sucked. Starting out we were lulled into a false sense of security and once committed it is easy to feel betrayed.

I know that I am not a wimp. I actually did not feel intimidated by the mud at this year's Bull Run 50 Miler and always felt strong and in control. Of course, it was not raining and I was not shivering. For me, the combination of the two proves my undoing. Remembering my Cow teammate Rob Scott's advice at Bull Run, I started slowly and gradually built up, even passing some folks. Despite the previous day's road pounding, I actually felt pretty good and figured I would do my usual catch up with Kathleen Furlani and then team with her until she once more zoomed ahead on the final road section.

But when confronted with wind, thunder, blinding downpours and freezing feet, I mentally lost it. I know I could have gone faster and got really annoyed at myself, but just couldn't seem to evade my dream-sequenced slow motion. Stupidly, I refused to stop and put on the rain jacket I had tied around my waist, figuring to do so would make me lose sight of the runners ahead and force me to rely on white trail markers and my own questionable sense of direction. Finally, realizing I couldn't keep up, I stopped, only to discover that even the sections of my balled-up jacket not exposed to rain were thoroughly sodden.

After that, I just tried to get through the day. And surprising things happened. Once I let go of the race I began to actually notice the woods. In the Prospect MT. race, Jen Ferriss paused to take a shot of me and a smiley-faced tree. Now I noticed a smiley flat rock with two nuts for eyes and a twig for a mouth. And speaking of nuts, Soapstone must be home to the laziest squirrels on the planet. The trail literally crunched with plump acorns ready for eating. I could just hear all the baby squirrels complaining, "No way, Mom. Not acorns again! Let's raid the campsites for some leftover junk food!"

The weirdest thing, though, was the companion who stuck with me through some of the muddiest trail sections. He was small and lightly tanned with a white under covering and obviously a member of the Thrush family—a veery most likely. Mentally, the clouds parted, sunshine filled the path and Uncle Remus appeared singing "Zip-A-Dee-Doo-Dah... My, oh my, what a wonderful day!" Forrest creatures scurried around me and (truly) I could almost reach out and stroke the cheery little bird. He flew just ahead, waited for me to catch up, and then pointedly let me on, staying directly on the trail and not off to the side as real woodland inhabitants are wont to do.

Eventually, other duties called, but apparently this was a relay effort. About a mile or so down the trail another companion materialized to continue the refrain until the final aid station where I could almost smell the stable. Who says you have to run 100 milers to hallucinate? Hypothermia and the leftover effect of pharmacy drugs can do just as well. Except that this really did happen, or at least I would like to believe it did.

When I arrived back at the stable, Jeff and Will were there waiting for me. For my perseverance I was awarded with neither lemons nor lemonade but with ¼ of a bag of leftover potato chips. Not bad...not to mention the long nap on the way home dreaming of birds and butterflies.

Laura Clark

Run Like a Mother: How to Get Moving – and Not Lose Your Family, Job or Sanity

by Dimity McDowell and Sarah Bowen Shay. ... Andres McMeel, 2010.

Used to be the women's bathroom line at any running event was a snap. It was the one time when I could gloat about finally getting the better deal in the male/female equation. Not any more. With female runners edging closer to the 50% participation mark, we can expect slower lines offset by faster finishing times. This despite the fact that the 24/7 demands of motherhood make the simple act of going for a run rival the logistics of an Ironman event. For many beleaguered mothers, running is the easiest part of the equation.

Enter Dimity McDowell and Sarah Bowen Shay – mothers, friends and *Runner's World* free lancers. As they prepare to run the Nike Women's Marathon they typically decide to add to their stress by interviewing scores of mothers nationwide to discover how they juggle childcare schedules, jobs, husbands and motivational challenges in their quest to achieve their personal running goals.

Each chapter consists of a friendly give-and-take between Dimity, a dedicated but not naturally talented runner, and Sarah, with a more competitive mindset. Their lighthearted approach to such topics as false flats (hills that don't even look like hills until you find yourself struggling), how to pose for a great marathon photo, and how to stay sane when injuries or kids are on the attack, will ring true for all runners, whether mothers or not.

Choice Samples;

- 1 From the quiz: Should you run today?
The last time you actually used your running shoes to accelerate was
 - A. Easy: yesterday. Five miles, three of which were at tempo. You came home and logged it in your workout log.
 - B. Sometime between now and the day last week that had the same name as today.
 - C. To sprint after your child who was tearing down the candy aisle trying to escape with the 16-ounce bag of gummi bears.

- 2 Q: What should I do with myself when I'm injured?
A: Indulge in the activities you don't have the energy or time to do when you're running regularly. Sleep late (read: until 7A.M.), learn how to make popovers, finally put together a baby book for your now 7-year-old, and go on a date with your husband. What I really mean: Do anything you want, but steer clear of the candy aisle at the store.

This book is a perfect baby shower gift to accompany that jogging stroller, a revelation to husbands / dads everywhere and a vision of the marathon at the end of the changing table.

Reviewed by Laura Clark

Nipmuck, Paradise Lost

by Dr. Sloose

The Grand Tree schedule is the ticket,
check it, read it, click it, click it.
Northern Nipmuck, Seven Sisters,
Soapstone Mountain, get those blisters.
Nipmuck Marathon in June
makes me hum a happy tune.

Wait wait, what what, where is that muck?
Before my eyes, I can't believe,
The GT schedule has deceived.
It lists no race in early June,
I cannot hum a happy tune.
Where is that race I say I say.
I want to know right now, today.
There is no race in early June
to make us strong and fit so soon.
Who is this culprit you might ask?
Who is it we should take to task?
Who took our race, who took our fun?
We'd like to know who is the one.

Shenipsit Striders, they're the one,
the robbers, clobbers, deed is done.
I'll keep my money in my pocket,
stash it, save it, then I'll lock it.
Who did this deed so dastardly,
be it he or be it she?

Director Morse he is the one.
He took our race, he took our fun.
Shenipsit Striders what a bunch,
they took our race and ate our lunch.
Striders took our race away.
Hijacked it, cracked it, stole the day.

Why is it 50 you might say?
Provide a tech shirt? Make you pay?
True-blue runners, it will cost 'em,
Don't run Nipmuck, don't run Boston.
Goodbye my Nipmuck Race so neat,
perhaps in heaven we will meet.
I still can run this blue-blazed trail,
it's not like I'll be put in jail.

Who'll get my favorite parking spot?
On Perry Hill Road, the one that's hot.
Fun-run marathon to prepare,
Campiformio, take us there.
The Striders now may own this race,
set the time and set the pace.
But old-time runners know it's over,
Nipmuck doesn't belong in October.

Northfield Mountain Trail Race
10.3 km, ... Northfield, MA. ... May 21, 2011

WMAC members in bold:

	<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>GT %</u>
1	Eric MacKnight	M 22	0:36:27	100.00%
2	Mark Miller	M 30	0:36:42	99.32%
3	Jim Johnson	M 33	0:36:53	98.83%
4	Andy McCarron	M 28	0:37:22	97.55%
5	Tim Pipp	M 22	0:37:26	97.37%
6	Greg Hammett	M 33	0:37:51	96.30%
7	Ben Nephew	M 35	0:37:55	96.13%
8	Tim Van Orden	M 43	0:37:57	96.05%
9	Todd Callaghan	M 41	0:38:45	94.06%
10	Paul Morris	M 24	0:39:07	93.18%
11	Tom Brown	M 25	0:39:13	92.95%
12	Patrick Ard	M 27	0:39:20	92.67%
13	Ross Krause	M 31	0:39:24	92.51%
14	Dave Dunham	M 47	0:39:24	92.51%
15	Tim Mahoney	M 31	0:39:52	91.43%
16	George Adams	M 41	0:40:21	90.33%
17	Joe Shairs	M 43	0:40:33	89.89%
18	Ryan Aschbrenner	M 33	0:40:39	89.67%
19	Allan Serrano	M 43	0:40:40	89.63%
20	<u>Kasie Enman</u> 1 st F	F 31	0:40:47	89.37%
21	Tim Condon	M 24	0:41:21	88.15%
22	Brian Ruhm	M 46	0:41:28	87.90%
23	John Kinnee	M 32	0:41:31	87.80%
24	Mike Norton	M 41	0:42:01	86.75%
25	Tim Cote	M 35	0:42:34	85.63%
26	Robert Jackman	M 28	0:42:35	85.60%
27	Danny Ferreira	M 28	0:42:45	85.26%
28	Carolyn Stocker	F 18	0:42:47	85.20%
29	Michael Townsley	M 42	0:43:17	84.21%
30	Dan Hayden	M 24	0:43:39	83.51%
31	David Thompson	M 40	0:43:48	83.22%
32	Jeffery Dengate	M 34	0:43:56	82.97%
33	<u>Gina Lucrezi</u>	F 28	0:44:05	82.68%
34	Rich Teal	M 33	0:44:07	82.62%
35	Adam Greenspan	M 28	0:44:17	82.31%
36	Danny Jamieson	M 16	0:44:27	82.00%
37	Andrew Schneider	M 35	0:44:27	82.00%
38	Michael Vitelli	M 47	0:44:35	81.76%
39	Neal Graves	M 28	0:44:39	81.63%
40	Chris Taft	M 30	0:44:40	81.60%
41	Paul Bazanchuk	M 56	0:44:58	81.06%
42	Brian Northan	M 36	0:45:03	80.91%
43	John Pajer	M 48	0:45:06	80.82%
44	<u>Abby Mahoney</u>	F 32	0:45:08	80.76%
45	Stanislav Trufanov	M 32	0:45:13	80.61%
46	Thor Kirleis	M 41	0:45:14	80.58%
47	<u>Kelsey Allen</u>	F 27	0:45:44	79.70%
48	<u>Kath Hardcastle</u>	F 29	0:46:07	79.04%
49	Erik Wight	M 51	0:46:15	78.81%
50	Chris Dunn	M 42	0:46:26	78.50%
51	Jeff Gould	M 46	0:46:36	78.22%
52	Paul Kirsch	M 45	0:46:55	77.69%
53	Josh Curtis	M 36	0:46:57	77.64%
54	Mike Kirk	M 39	0:46:59	77.58%

55	Joshua Stockdale	M 44	0:47:11	77.25%
56	<u>Suzu West</u>	F 46	0:47:23	76.93%
57	Chris Deming	M 44	0:47:24	76.90%
58	Richard Laverns	M 34	0:47:30	76.74%
59	Scott Spence	M 46	0:47:41	76.44%
60	Kevin Ravasio	M 23	0:48:03	75.86%
61	Jonathan Rice	M 32	0:48:03	75.86%
62	Todd Brown	M 47	0:48:17	75.49%
63	<u>Jackie Jackman</u>	F 32	0:48:18	75.47%
64	<u>Dawn Roberts</u>	F 39	0:48:32	75.10%
65	Michael McKechnie	M 36	0:48:32	75.10%
66	Jonah Soolman	M 34	0:48:35	75.03%
67	Peter Boisvert	M 36	0:49:03	74.31%
68	Kade Krichko	M 23	0:49:04	74.29%
69	Brian Bigelow	M 51	0:49:14	74.04%
70	John Martin	M 59	0:49:15	74.01%
71	Ashley Krause	F 33	0:49:20	73.89%
72	Ted Cowles	M 52	0:49:23	73.81%
73	<u>Athena Eyster</u>	F 23	0:49:26	73.74%
74	James Porter	M 37	0:49:37	73.46%
75	<u>Kori Krichko</u>	F 19	0:49:50	73.14%
76	David Sandham	M 42	0:49:57	72.97%
77	Rich Miller	M 60	0:50:02	72.85%
78	Eric Wyzga	M 35	0:50:10	72.66%
79	Don Slovenkai	M 55	0:50:12	72.61%
80	Kevin Pascoe	M 46	0:50:19	72.44%
81	Jim Mydosh	M 52	0:50:21	72.39%
82	<u>Rachel Boudreau</u>	F 26	0:50:22	72.37%
83	<u>Jacqueline Shakar</u>	F 51	0:50:30	72.18%
84	<u>Leslie Krichko-Townsend</u>	F 52	0:50:43	71.87%
85	Rick Scott	M 57	0:50:52	71.66%
86	Wayne Stocker	M 57	0:51:09	71.26%
87	Anthony Park	M 46	0:51:11	71.21%
88	<u>Kathrin Midgley</u>	F 37	0:51:14	71.15%
89	Scott Jamieson	M 49	0:51:15	71.12%
90	<u>Donna Smyth</u>	F 51	0:51:16	71.10%
91	<u>Lisa Doucett</u>	F 55	0:51:18	71.05%
92	Nick Tooker	M 32	0:51:25	70.89%
93	Marc Ohlson	M 56	0:51:31	70.75%
94	Grahame Russell	M 50	0:51:33	70.71%
95	<u>Kristine Lynch</u>	F 28	0:51:49	70.34%
96	David Laporte	M 45	0:51:55	70.21%
97	Vin Rivard	M 64	0:51:56	70.19%
98	Andrew Rossi	M 24	0:51:59	70.12%
99	Kevin Becker	M 54	0:52:17	69.72%
100	Richard Stockdale	M 60	0:52:20	69.65%
101	Peter Gagarin	M 66	0:52:21	69.63%
102	Kurt Gustafson	M 26	0:52:31	69.41%
103	<u>Whitney Brown</u>	F 37	0:52:36	69.30%
104	Reji James	M 41	0:52:44	69.12%
105	<u>Andrea McCusker</u>	F 35	0:52:46	69.08%
106	Curtis Morris	M 41	0:52:49	69.01%
107	Paul Comeau	M 49	0:52:54	68.90%
108	Tristan Smith	M 17	0:52:58	68.82%
109	Richard Clark	M 57	0:53:03	68.71%
110	Jeff Dean	M 37	0:53:35	68.02%
111	Dan Poliquin	M 44	0:53:39	67.94%
112	Paul Thompson	M 47	0:53:50	67.71%
113	Joseph Koral	M 39	0:53:58	67.54%
114	Rick Roy	M 49	0:53:59	67.52%

Continued next page:

Northfield results cont:

115	Henry Wilder	M 33	0:54:05	67.40%
116	Robert Thomas	M 51	0:54:08	67.33%
117	Bob Dolan	M 50	0:54:17	67.15%
118	Chris Jamieson	M 20	0:54:27	66.94%
119	Benjamin Quick	M 34	0:54:40	66.68%
120	Mike McKenna	M 44	0:54:49	66.49%
121	Chris Hurley	M 44	0:54:50	66.47%
122	Arthur Bellerive	M 46	0:54:50	66.47%
123	<u>Christina Carvey</u>	F 33	0:55:02	66.23%
124	Kevin Glick	M 40	0:55:02	66.23%
125	<u>Jennifer Dodge</u>	F 40	0:55:20	65.87%
126	Anthony Lombardi	M 44	0:55:39	65.50%
127	Thomas Parker	M 45	0:55:49	65.30%
128	<u>Jessica Hageman</u>	F 35	0:56:06	64.97%
129	John Peck	M 46	0:06:14	64.76%
130	<u>Amanda Maffei</u>	F 51	0:56:20	64.70%
131	Ian Fownes	M 44	0:56:40	64.32%
132	Bob Mulvaney	M 57	0:56:52	64.10%
133	Ken Goodin	M 56	0:57:09	63.78%
134	PJ Curtis	M 38	0:57:14	63.69%
135	Bob Lux	M 65	0:57:20	63.58%
136	Jeff Ricahrdson	M 55	0:57:36	63.28%
137	Matthew Haley	M 34	0:57:59	62.86%
138	Christopher Polanec	M 29	0:58:13	62.61%
139	Gene Fahey	M 63	0:58:18	62.52%
140	<u>Kate Naples</u>	F 43	0:58:23	62.43%
141	Chris Plecs	M 33	0:58:28	62.34%
142	George Gilder	M 71	0:58:59	61.80%
143	Vladislav Davidkovich	M 41	0:59:08	61.64%
144	Charles Kellogg	M 71	0:59:10	61.61%
145	Chuck Hagedorn	M 56	0:59:25	61.35%
146	David Senderoff	M 41	0:59:30	61.26%
147	<u>Jen Fice</u>	F 39	0:59:33	61.21%
148	<u>Paulette Slovenkai</u>	F 51	0:59:35	61.17%
149	Peter Orni	M 68	0:59:53	60.87%
150	Peter Marton	M 44	1:00:14	60.51%
151	Simon Frez-Albrecht	M 19	1:00:22	60.38%
152	Pete Westover	M 66	1:00:23	60.36%
153	<u>Emer O'Donoghue</u>	F 48	1:00:25	60.33%
154	Michael Childs	M 61	1:00:43	60.03%
155	Tate Weatherbie	M 33	1:00:44	60.02%
156	Steve Vaitones	M 55	1:00:47	59.97%
157	<u>Mary Sullivan</u>	F 39	1:01:01	59.74%
158	Donald Hogardt	M 64	1:01:04	59.69%
159	<u>Lizabeth O'Connor</u>	F 31	1:01:06	59.66%
160	<u>Fabienne Pattison</u>	F 50	1:01:12	59.56%
161	<u>Helen Carmichael</u>	F 32	1:01:44	59.04%
162	Chris Neeley	M 31	1:02:20	58.48%
163	Brian Moushegian	M 36	1:02:28	58.35%
164	Scott Holt	M 42	1:02:31	58.30%
165	Frank Hurt	M 74	1:02:31	58.30%
166	Jeff Hattem	M 60	1:02:34	58.26%
167	James Miller	M 64	1:02:36	58.23%
168	<u>Paula Musgrave</u>	F 41	1:02:43	58.12%
169	<u>Lisa Paciello</u>	F 28	1:02:44	58.10%
170	Laurel Shortell	F 45	1:02:54	57.95%
171	<u>Kim Bellerive</u>	F 43	1:02:59	57.87%
172	Brian Gallagher	M 61	1:02:59	57.87%
173	Steven Turowski	M 52	1:03:01	57.84%
174	Tom White	M 65	1:03:06	57.77%

175	<u>Kathleen Furlani</u>	F 62	1:03:11	57.69%
176	<u>Lisa Lombardi</u>	F 43	1:03:13	57.66%
177	Randy Witlicki	M 55	1:03:15	57.63%
178	<u>Suzanne Barker</u>	F 40	1:03:17	57.60%
179	Dorin Neacsu	M 46	1:03:20	57.55%
180	<u>Jaime Wilson</u>	F 39	1:03:36	57.31%
181	Elaine Dill	F 62	1:03:37	57.30%
182	Steve Malynn	M 63	1:03:53	57.06%
183	Water Kuklinski	M 62	1:04:06	56.86%
184	Jennifer Ferriss	F 39	1:04:10	56.81%
185	Paul Dilorenzo	M 37	1:04:22	56.63%
186	<u>Cassie Coons</u>	F 61	1:04:32	56.48%
187	Fred Ross III	M 64	1:04:41	56.35%
188	Chuck Tenander	M 49	1:05:55	55.30%
189	Ed Kirby	M 74	1:06:15	55.02%
190	Richard Mellor	M 60	1:06:19	54.96%
191	Laura Clark	F 64	1:06:58	54.43%
192	J Robert Fallon	M 53	1:07:14	54.21%
193	Michael St Hilaire	M 32	1:07:39	53.88%
194	William Harned	M 61	1:07:53	53.70%
195	Lawrence Santos	M 48	1:08:18	53.37%
196	David LaPierre	M 47	1:08:21	53.33%
197	Chris Harrison	M 57	1:08:35	53.15%
198	Douglas Story	M 46	1:09:04	52.78%
199	Jose Viveiros	M 50	1:09:13	52.66%
200	Jeremy Fox	M 30	1:10:39	51.59%
201	Daniel Coons	M 56	1:11:29	50.99%
202	<u>Diane Levesque</u>	F 57	1:12:08	50.53%
203	Raymond Boutotte	M 65	1:12:32	50.25%
204	Richard Fournier	M 48	1:14:28	48.95%
205	Skip Cleaver	M 66	1:14:29	48.94%
206	<u>Angel Green</u>	F 33	1:15:06	48.54%
207	Gergory Carson	M 50	1:16:04	47.92%
208	<u>Karlene Normandin</u>	F 56	1:16:17	47.78%
209	<u>MaryLou White</u>	F 55	1:16:41	47.53%
210	Gary LaBella	M 57	1:17:26	47.07%
211	<u>Carey Stillman</u>	F 46	1:18:12	46.61%
212	Ken Skier	M 57	1:18:44	46.30%
213	<u>Laurie Callaghan</u>	F 43	1:19:28	45.87%
214	<u>Jenna Abreu</u>	F 38	1:20:22	45.35%
215	<u>Susan Broadwater</u>	F 51	1:20:23	45.35%
216	John Parker	M 79	1:20:34	45.24%
217	<u>Laurie Fontaine</u>	F 48	1:20:50	45.09%
218	George Boudreau Jr	M 42	1:23:27	43.68%
219	<u>Betty Cooper</u>	F 56	1:24:13	43.28%
220	Richard Busa	M 81	1:24:20	43.22%
221	Chris Corradino	M 38	1:25:26	42.66%
222	Charles Sherman	M 57	1:27:27	41.68%
223	<u>Melissa Poliquin</u>	F 43	1:34:02	38.76%
224	Jim Turner	M 64	1:36:14	37.88%
225	<u>Margarita Bancy</u>	F 53	1:43:58	35.06%

Follow all the Grand Tree trail running action on the
Grand Tree page at ... www.runwmac.com!

Results - Scores - Standings and more!

Road Trip to Northfield Mountain

Jeff and I admire Dave Dunham's courage. It is not easy to let go of a race. We should know—we've tried for years with our road race. But there comes a time when parents have to move forward and Dave not only recognized that fact but was able to follow through. What I do question is his timing.

When he set the date for his last Northfield, was he aware of the otherworldly implications? Namely, that Robert Fitzpatrick's Rapture was handily scheduled for the exact same day? So with the end of the world neatly dovetailed with the final Northfield Mountain ascent, we were left with many tough questions:

- (a) Did we really want to be apart from our immediate family on such an auspicious occasion?
- (b) Logically, the moment of Rapture should occur as we approach the mountain top viewing post. But from whose perspective? The winner, the mid-packer or the caboose? Who among us is the most worthy? According to trail running etiquette, anyone who is out there is equally commendable.
- (c) On a more practical level, many would argue that the Rapture is more of an individual experience, occurring as each person crosses the finish line, achieving a hard-won personal victory.

Rapture or not, Jen Ferriss and I had plunked down our \$10 and we were determined to get our money's worth. I must confess that the trip to Northfield continues to stymie me. Perhaps it is the string of one exit on, next exit off expressways or more likely the four-way traffic circle lacking tree blazes and decorative ribbons, but I always seem to get twisted around.

Uncertain times call for desperate measures, so Annie activated her Garmin companion, Gertie. The first half of the trip duplicates the routine drive to Savoy which Annie handles on autopilot, so initially Gertie should have functioned in a totally decorative mode. But she wasn't about to be put off that handily, insisting on demonstrating her superiority by nudging us toward the supposedly faster Cambridge, NY route. We humored her, thinking that once we approached Troy her telling pause followed by an exasperated "Re--Calculating," would have adapted to the situation. But no. She still insisted on turning us in the opposite direction, back towards GO and a more accommodating start. Although she was totally annoying and hence did not earn a return home engagement, there does remain a twinge of doubt. Was she trying to steer us away from a Northfield cataclysm?

The wildlife also seemed out-of-kilter, from a herd of young deer trying to graze on the pavement, to a lawn ornament goose who shook off his torpor and began to waddle towards us. As we approached Whitcomb Summit, the usual fog closed in and I nearly drove off the road as a giant Elk emerged from the mist. Of course, it was just the fog-shrouded Elk Memorial statue, but was it pointing the way toward the Rapture? As the air cleared, a remarkable ribbon of fog revealed itself, stretching across the valley and leading to the top of another mountain, rather like a rainbow pointing the way to the elusive pot of gold. And then there were the mysterious purple triangular boxes randomly decorating selected Berkshire trees. Were they a new

form of arial geocaching? Were they leftover Christmas decorations or May Day wind chimes? The possibilities were limited only by imaginations unhindered by lack of Google access. Reconnected later on, we learned that the devices were meant to trap the ash borer beetle who was busily doomsdaying all the resident ash trees.

After all that excitement, it was nice to arrive in my usual space at my usual parking lot (there is more than one) and run the usual course, unaltered by improvements or detours. While I love Northfield for its wildly runnable steep downhill stretches, the crowd is always challenging. As part of the USATF Mountain Running Series, Northfield attracts an entirely different species of mountain goat—those who do not hesitate to run up any and all ascents. As a confirmed trail runner, I know that there comes a point of diminishing returns: if you find yourself running slower than you can hike, it is faster to give up the pretense. But intimidated by this special breed and encouraged by the mountain goat on my new tee shirt, I ignored previously hard-earned knowledge. And paid the price.

Next year, if there is a next year, I need to remember this lesson. While Jen and I were out of the running for a medal, that was OK. We had to hurry home anyway since Jen's house was receiving an award. And her house didn't even run. But I guess you don't have to if you were built in 1832.

Hopefully, someone will step forward to continue this event. And hopefully that person will forget that 2012 marks the year of cataclysm predicted by the Mayan calendar.

Laura Clark

Wapack and Back Trail Race

21.5 mile GT race

Ashburnham, MA, May 7, 2011

WMAC members in bold:

	<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1	David Herr	M 46	VT	03:22:00	100.00%
2	Chad Denning	M 35	NH	03:44:00	90.18%
3	Robijn Hage	M 40	MA	03:54:00	86.32%
4	Scott Patnode	M 30	MA	04:18:00	78.29%
5	Brandon Baker	M 24	NH	04:22:00	77.10%
6	David Loutzenheiser	M 44	MA	04:34:00	73.72%
7	Steve Wolfe	M 46	NH	04:35:00	73.45%
8	Robert Lalus	M 37	NH	04:36:00	73.19%
9	Thomas Thompson	M 20	MA	04:38:00	72.66%
10	Ted Cowles	M 52	CT	04:40:00	72.14%
11	Timothy Charboneau	M 44	NH	04:44:00	71.13%
12	Steven Constine	M 43	NH	04:45:00	70.88%
13	Miles Esty	M 48	CT	04:49:00	69.90%
14	Andrew Bigelow	M 28	MA	04:49:00	69.90%
15	Kevin Gagnon	M 22	NH	04:51:00	69.42%
16	Peter Gagarin	M 66	MA	04:52:00	69.18%

Continued next page:

Wapack results cont:

17	Jeffery Hart	M 42	NH	04:53:00	68.94%
18	Jesse Veinotte	M 30	MA	04:54:00	68.71%
19	<u>Erica Labella</u>	F 31	NH	04:56:00	68.24%
20	Jared Reini	M 29	NH	04:56:00	68.24%
21	Jonathan McInerney	M 21	NH	05:02:00	66.89%
22	<u>Jacqueline Rosains</u>	F 36	MA	05:04:00	66.45%
23	Craig Simmons	M 34	MA	05:05:00	66.23%
24	Chris Hinch	M 43	MA	05:09:00	65.37%
25	<u>Patty Duffy</u>	F 42	MA	05:16:00	63.92%
26	<u>Sara Praguski</u>	F 32	MA	05:17:00	63.72%
27	Massimo Cavalli	M 50	CT	05:21:00	62.93%
28	Greg Veltkamp	M 39	VT	05:29:00	61.40%
29	Dominic Ambrosi	M 32	MA	05:30:00	61.21%
30	<u>Jennifer Shultis</u>	F 42	NH	05:32:00	60.84%
31	Douglas Harvey	M 32	MA	05:33:00	60.66%
32	Thomas Smith	M 49	CT	05:34:00	60.48%
33	Guy Wheaton	M 38	MA	05:37:00	59.94%
34	<u>Jenna Mooney</u>	F 39	MA	05:39:00	59.59%
35	Theodore Darling	M 35	ME	05:41:00	59.24%
36	<u>Maggie Ramos</u>	F 49	NH	05:47:00	58.21%
37	John Singelais	M 51	NH	05:47:00	58.21%
38	Bill Howard	M 62	MA	05:57:00	56.58%
39	Michael Sullivan	M 56	MA	05:57:00	56.58%
40	Matthew Haley	M 34	CT	06:09:00	54.74%
41	Jeremy Busey	M 30	MA	06:13:00	54.16%
42	Jonah Fernald	M 36	NH	06:13:00	54.16%
43	Douglas Welch	M 39	MA	06:13:00	54.16%
44	Daniel Riley	M 29	MA	06:13:00	54.16%
45	<u>Helen Carmichael</u>	F 32	MA	06:15:00	53.87%
46	Lincoln Cox	M 45	RI	06:17:00	53.58%
47	Richard Mellor	M 60	NH	06:19:00	53.30%
48	Brady Bertram	M 30	NH	06:27:00	52.20%
49	Frederick Ross III	M 64	VT	06:28:00	52.06%
50	David Peritz	M 38	MA	06:30:00	51.79%
51	Charles Thayer	M 66	NJ	06:33:00	51.40%
52	<u>Carole Singelais</u>	F 49	NH	06:47:00	49.63%
53	<u>Susan McQuaide</u>	F 48	NH	06:47:00	49.63%
54	Sandy Stott	M 62	MA	06:54:00	48.79%
55	<u>Lauren Cassidy</u>	F 25	NH	06:56:00	48.56%
56	<u>Loni Allen</u>	F 31	NH	07:22:00	45.70%

Welcome New Members

From New York: Jenniffer Ferriss

From Vermont: The Potvin Family ... Ann Marie -
James -- Therese -- John Paul -- Maria -- Daniel

Darrell Carlson

Thanks for supporting the WMAC!

Cranmore Hill Climb
3.87K laps ... 3 for Men and 2 for Women
North Conway NH, June 26, 2011

WMAC members in bold:

The GT scores are based on the fastest pace, which in this case was from the 3 lap men's course.

	<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1	Max King	M 31	OR	0:42:21	100.00%
2	Joe Gray	M 27	WA	0:43:31	97.32%
3	Ryan Woods	M 32	NC	0:45:02	94.04%
4	Matt Byrne	M 36	PA	0:45:46	92.54%
5	Tommy Manning	M 35	??	0:46:11	91.70%
6	Jared Scott	M 28	AZ	0:46:22	91.34%
7	Scott Gall	M 36	IA	0:46:25	91.24%
8	Mario Mendoza	M 25	OR	0:47:01	90.08%
9	Peter Maksimow	M 32	CO	0:47:03	90.01%
10	Jim Johnson	M 34	NH	0:47:20	89.47%
11	Kevin Tilton	M 29	NH	0:47:39	88.88%
12	Judson Cake	M 32	ME	0:47:54	88.41%
13	Tim Pipp	M 23	NH	0:48:32	87.26%
14	John Tribbia	M 29	CO	0:48:33	87.23%
15	Tim Van Orden	M 43	VT	0:49:10	86.14%
16	<u>Kasie Enman 1st F</u>	F 31	VT	0:32:59	85.60%
17	Todd Callaghan	M 41	??	0:49:29	85.59%
18	Ross Krause	M 31	MA	0:49:53	84.90%
19	Patrick Ard	M 27	NH	0:50:14	84.31%
20	Viktor Alexy	M 27	??	0:50:49	83.34%
21	<u>Michele Suszek</u>	F 29	CO	0:34:45	81.25%
22	Allan Serrano	M 43	NY	0:52:24	80.82%
23	Kyle Powers	M 22	??	0:52:36	80.51%
24	Matthew Veiga	M 24	MA	0:52:41	80.39%
25	<u>Brandy Erholtz</u>	F 33	CO	0:35:12	80.21%
26	Tim Mahoney	M 31	MA	0:52:48	80.21%
27	<u>Megan Lund</u>	F 27	??	0:35:13	80.17%
28	<u>Amber Moran</u>	F 32	NC	0:35:14	80.13%
29	Brian Ruhm	M 46	NH	0:53:20	79.41%
30	Matthew Zanchi	M 21	??	0:53:31	79.13%
31	Tom Brown	M 25	MA	0:53:44	78.82%
32	Richard Bolt	M 40	??	0:54:13	78.11%
33	<u>Myriah Blair</u>	F 34	CO	0:36:13	77.96%
34	Michael Norton	M 41	MA	0:54:32	77.66%
35	Steve Ruhm	M 42	NH	0:54:34	77.61%
36	Joe Shairs	M 43	MA	0:54:36	77.56%
37	<u>Abbey Gosling</u>	F 25	??	0:36:37	77.11%
38	<u>Ashley Arnold</u>	F 24	CO	0:37:00	76.31%
39	<u>Abby Mahoney</u>	F 33	MA	0:37:05	76.14%
40	<u>Liza Grudzinski</u>	F 31	NY	0:37:20	75.63%
41	<u>Cynthia Lauren Arnold</u>	F 27	??	0:37:37	75.06%
42	Sam Wood	M 24	??	0:56:30	74.96%
43	<u>Kath Hardcastle</u>	F 30	MA	0:37:49	74.66%
44	Matthew Fuhrmeister	M 24	MA	0:56:58	74.34%
45	Carl Swenson	M 42	??	0:57:04	74.21%
46	Jeff Brooks	M 41	NH	0:57:10	74.08%
47	David Veale	M 40	NH	0:57:19	73.89%
48	Peter Keeney	M 45	ME	0:57:37	73.50%
49	Dany Hayden	M 24	??	0:57:52	73.19%

Continued next page:

Cranmore Hill results cont:

50	Stanislav Trufanov	M 32	MA	0:57:56	73.10%	110	Gary Jewett	M 45	MA	1:10:07	60.40%
51	Daniel Dion	M 26	NH	0:58:32	72.35%	111	Stephen Peckiconis	M 52	MA	1:10:10	60.36%
52	Chris Taft	M 30	MA	0:58:34	72.31%	112	Zenya Hernandez	M 37	??	1:10:20	60.21%
53	<u>Kristy Falcon</u>	F 33	CO	0:39:08	72.15%	113	Reji James	M 42	MA	1:10:21	60.20%
54	Chris Fox	M 36	??	0:58:46	72.07%	114	Anthony Park	M 46	MA	1:10:33	60.03%
55	Richard Teal	M 33	NY	0:59:03	71.72%	115	Chris Hurley	M 45	MA	1:10:38	59.96%
56	Patrick Connelly	M 47	??	0:59:16	71.46%	116	<u>Lorna Erwin</u>	F 39	??	0:47:17	59.71%
57	Bob Sharkey	M 59	RI	0:59:17	71.44%	117	David Laporte	M 46	CT	1:11:06	59.56%
58	Rich Fargo	M 52	CT	0:59:29	71.20%	118	<u>Vanessa Whiting</u>	F 26	ME	0:47:25	59.54%
59	Ken DeAlmeida	M 37	??	0:59:36	71.06%	119	Tom Kolb	M 55	??	1:11:11	59.49%
60	Brent Richardson	M 45	??	0:59:44	70.90%	120	<u>Andrea McCusker</u>	F 35	NH	0:47:38	59.27%
61	Michael Dunham	M 27	ME	1:00:10	70.39%	121	Vin Rivard	M 65	MA	1:11:37	59.13%
62	Jeffery Dengate	M 34	NY	1:00:17	70.25%	122	Rick Roy	M 50	NH	1:11:48	58.98%
63	Paul Bazanchuk	M 56	MA	1:00:19	70.21%	123	George Gilder	M 71	MA	1:12:04	58.77%
64	Ashley Krause	F 34	MA	0:40:14	70.17%	124	Paul Comeau	M 49	NH	1:12:19	58.56%
65	Thor Kirleis	M 41	MA	1:00:32	69.96%	125	Robert Thomas	M 51	??	1:12:22	58.52%
66	<u>Dawn Roberts</u>	F 39	??	0:40:26	69.83%	126	Doug Armstrong	M 62	??	1:13:02	57.99%
67	Chris Dunn	M 42	NH	1:00:40	69.81%	127	Bob Mulvaney	M 58	??	1:13:09	57.90%
68	Louis Brenner	M 27	CO	1:01:16	69.12%	128	<u>Mary Sullivan</u>	F 39	MA	0:48:48	57.86%
69	Michel Lemieux	M 54	NH	1:01:17	69.11%	129	Chris Jamieson	M 20	MA	1:13:21	57.74%
70	Jeff Gould	M 46	MA	1:01:19	69.07%	130	Daniel Hall	M 55	??	1:13:26	57.67%
71	Peter Boisver	M 36	NH	1:01:46	68.57%	131	Arthur Bellerive	M 46	MA	1:13:35	57.55%
72	Wade Kavanaugh	M 32	??	1:01:46	68.57%	132	David Lapierre	M 47	MA	1:13:51	57.35%
73	<u>Leslie Beckwith</u>	F 35	NH	0:41:13	68.50%	133	Joseph Koral	M 39	MA	1:14:05	57.17%
74	Len Hall	M 58	NH	1:01:58	68.34%	134	Kurt Gustafson	M 26	??	1:14:35	56.78%
75	Paul Kirsch	M 45	NH	1:02:11	68.11%	135	Dan Poliquin	M 44	NH	1:14:46	56.64%
76	Brent Perdrizet	M 34	??	1:02:11	68.11%	136	Don Fredrikson	M 51	??	1:14:55	56.53%
77	Chris Deming	M 44	CT	1:02:14	68.05%	137	Bob Dolan	M 50	NH	1:14:56	56.52%
78	Peter Swenson	M 44	??	1:02:36	67.65%	138	Ken Young	M 54	??	1:14:58	56.49%
79	Jonathan Rice	M 32	??	1:02:41	67.56%	139	Patrick Jamieson	M 22	MA	1:15:19	56.23%
80	Chris Young	M 42	NC	1:02:51	67.38%	140	<u>Heidi Havron</u>	F 44	??	0:50:16	56.17%
81	Rich Miller	M 60	??	1:03:16	66.94%	141	Thomas Parker	M 45	NH	1:15:24	56.17%
82	<u>Jacqueline Shakar</u>	F 51	MA	0:42:21	66.67%	142	John Mulroy	M 55	??	1:15:37	56.01%
83	Joshua Curtis	M 36	MA	1:03:52	66.31%	143	<u>Whitney Brown</u>	F 37	??	0:50:27	55.96%
84	Jeff Arsenaault	M 54	??	1:03:54	66.28%	144	Richard Stockdale	M 60	NH	1:16:15	55.54%
85	Baron Richardson	M 48	??	1:03:54	66.28%	145	Sean Keough	M ??	??	1:16:18	55.51%
86	<u>Jaime Falcon</u>	F 33	CO	0:42:37	66.25%	146	John Peabody	M 56	RI	1:16:26	55.41%
87	Brad Beveridge	M 37	??	1:04:42	65.46%	147	Nancy Drach	F 52	??	0:51:01	55.34%
88	John Martin	M 59	??	1:04:43	65.44%	148	Laurel Shortell	F 45	MA	0:51:11	55.16%
89	Nicholas Ernst	M 31	??	1:04:44	65.42%	149	Christopher Polanec	M 30	NH	1:16:59	55.01%
90	Erik Wight	M 51	MA	1:05:07	65.04%	150	Susan Bourque	F 36	MA	0:51:28	54.86%
91	<u>Catherine Hogan</u>	F 25	??	0:43:33	64.83%	151	<u>Lizabeth O'Connor</u>	F 31	NH	0:51:31	54.80%
92	<u>Kathrin Midgely</u>	F 37	MA	0:43:40	64.66%	152	Gene Fahey	M 63	NH	1:17:17	54.80%
93	Ted Cowles	M 52	CT	1:05:43	64.44%	153	Steve Vaitones	M 55	??	1:17:43	54.49%
94	Don Slovenkai	M 55	NH	1:05:55	64.25%	154	<u>Paulette Slovenkai</u>	F 51	NH	0:52:25	53.86%
95	Joseph Zelazny	M 35	NH	1:06:19	63.86%	155	Paul Grant	M 63	MA	1:19:08	53.52%
96	Howard McCue	M 37	MA	1:06:21	63.83%	156	Scot Rose	M 36	CO	1:19:24	53.34%
97	Brad Clarke	M 44	??	1:06:30	63.68%	157	Peter Orni	M 68	MA	1:19:34	53.23%
98	Kevin Pascoe	M 46	NH	1:06:43	63.48%	158	<u>Eve Mills</u>	F 45	MD	0:53:19	52.95%
99	<u>Christina Carvey</u>	F 33	??	0:44:35	63.33%	159	<u>Emer O'Donoghue</u>	F 49	MA	0:53:25	52.86%
100	James Porter	M 37	??	1:07:19	62.91%	160	<u>Amanda Hynes</u>	F 30	ME	0:53:26	52.84%
101	Marc Ohlson	M 56	NH	1:08:10	62.13%	161	<u>Kim Bellerive</u>	F 43	MA	0:53:35	52.69%
102	Todd Brown	M 47	CT	1:08:13	62.08%	162	<u>Renee Mitchell</u>	F 35	??	0:53:37	52.66%
103	<u>Donna Smyth</u>	F 51	VT	0:45:40	61.83%	163	George Alexion	M 52	??	1:20:31	52.60%
104	Juan Martinez	M 34	MA	1:09:13	61.19%	164	Frank Hurt	M 74	??	1:20:37	52.53%
105	Jim Mydosh	M 52	CT	1:09:17	61.13%	165	Elaine Dill	F 62	MA	0:53:52	52.41%
106	Rick Scott	M 57	??	1:09:22	61.05%	166	Benjamin Quick	M 34	MA	1:20:56	52.33%
107	<u>Amanda Maffei</u>	F 51	??	0:46:23	60.87%	167	Vladislav Davidkovich	M 42	MA	1:21:43	51.83%
108	<u>Armand Girouard</u>	M 40	??	1:09:38	60.82%	168	Chris Neeley	M 31	??	1:21:45	51.80%
109	Jason Newton	M 35	MA	1:10:00	60.50%	169	John Bilodeau	M 24	MA	1:21:53	51.72%

Continued next page:

Cranmore results cont:

170	Richard Fournier	M 49	NH	1:21:59	51.66%
171	Henry Wilder	M 33	MA	1:22:18	51.46%
172	Justin Ellenton	M 37	??	1:22:30	51.33%
173	Jamie Gemmiti	M 44	??	1:22:30	51.33%
174	Gary Hebert	M 46	??	1:23:09	50.93%
175	Chuck Hagedon	M 56	MA	1:23:24	50.78%
176	Paul DiLorenzo	M 37	MA	1:23:35	50.67%
177	Ian Fownes	M 44	??	1:23:50	50.52%
178	Roger Marcoux	M 58	??	1:24:16	50.26%
179	Chris Corradino	M 38	??	1:25:19	49.64%
180	Rich Mellor	M 61	NH	1:25:43	49.41%
181	<u>Linda Perry</u>	F 50	VT	0:57:21	49.23%
182	Jeff Richardson	M 55	??	1:26:11	49.14%
183	Shivin Misra	M 27	MA	1:26:46	48.81%
184	Chuck Tenander	M 49	??	1:26:58	48.70%
185	<u>Heather Tilney</u>	F 31	??	0:58:05	48.61%
186	Tony Federer	M 72	??	1:27:30	48.40%
187	Walt Kuklinski	M 62	MA	1:27:41	48.30%
188	<u>Suzanne Barker</u>	F 40	NH	0:58:29	48.28%
189	J Robert Fallon	M 54	NH	1:27:55	48.17%
190	Donald Hogardt	M 64	MA	1:28:47	47.70%
191	<u>Lisa Paciello</u>	F 29	??	0:59:24	47.53%
192	Tate Weatherbee	M 33	MA	1:29:06	47.53%
193	Ezra Godgett	M 27	VT	1:29:07	47.52%
194	<u>Susan Broadwater</u>	F 51	NH	0:59:43	47.28%
195	<u>Susan Sepenoski</u>	F 34	NH	1:00:08	46.95%
196	Jeff Hattem	M 60	MA	1:31:17	46.39%
197	Brian Moushegian	M 36	??	1:31:30	46.28%
198	Michael Gonnerman	M 68	MA	1:31:50	46.12%
199	Douglas Story	M 46	??	1:32:20	45.87%
200	Jeremy Fox	M 30	MA	1:32:44	45.67%
201	Fred Ross III	M 65	VT	1:32:53	45.60%
202	Skip Cleaver	M 66	??	1:34:50	44.66%
203	Stavros Kanarcus	M 66	MA	1:36:01	44.11%
204	Raymond Boutotte	M 65	NH	1:40:09	42.29%
207	John Parker	M 79	NH	1:43:36	40.88%
210	<u>Michelle Daigneault</u>	F 24	NH	1:11:46	39.34%
211	<u>Diane Levesque</u>	F 57	??	1:13:18	38.52%
212	Gregory Carson	M 50	NH	1:50:48	38.22%
213	<u>Betty Cooper</u>	F 56	??	1:14:06	38.10%
214	<u>Laurie Fontaine</u>	F 49	MA	1:14:53	37.70%
215	Jim Turner	M 64	MA	1:52:43	37.57%
218	<u>Melissa Poliquin</u>	F 43	NH	1:28:22	31.95%
219	<u>Margarita Bancy</u>	F 53	MA	1:39:16	28.44%

Visit the Cranmore Race site for pictures and commentary

<http://www.whitemountainmilers.com/cranmore>

Trail Running News.....

Western Mass Athletic Club

Adams, MA.

Volume 17 ... Issue 3 ... Mid Summer ... 2011

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

George Coope Memorial Road Race

5K – 10K – 1 mile walk

Sunday Sept. 11, 2011 ... Adams, MA.

Town of Adams, Events Planning Committee

***Info.....Haley Meczywor at 413-743-8320 or
HMeczywor@town.adams.ma.us***

Entry form available at... www.runwmac.com

Pineland Farms Trail Running Festival
50 Miles ... 50K ... 25K
New Gloucester , Maine ... May 28 - 29, 2011

50K Results:

1 David Herr	46 M	VT	3:51:08
2 Timothy Roy	46 M	NH	4:03:57
3 Blaine Moore	31 M	ME	4:08:17
4 Seth Beal	34 M	ME	4:10:08
5 Donald Pacher Jr.	39 M	MA	4:10:35
9 Matthew Reynolds	40 M	MA	4:30:34
10 Paul Young	45 M	MA	4:36:20
13 <u>Jessica Marlier</u> 1 st F	25 F	TN	4:42:12
20 David Boudreau	39 M	NH	4:48:19
37 Richard Kelly	50 M	MA	5:11:26
56 Jim Newin	58 M	QC	5:49:46
67 Will Danecki	61 M	CT	6:02:58
71 Bill Howard	62 M	MA	6:05:01
79 Joe Hayes	62 M	ME	6:19:05
124 Robert Scott	57 M	CT	7:32:28
126 Carl Hunt	60 M	CT	7:45:24
137 Dave Black	60 M	CO	8:31:35
138 <u>Karen McWhirt</u>	50 F	CT	8:45:57
139 David Goodric	54 M	ME	8:45:58
140 Eugene DeFronzo	75 M	CT	9:40:29

140 Official finishers

50 Mile Results:

1 Brian Rusiecki	32 M	MA	6:13:38
2 Ben Nephew	35 M	MA	6:20:44
3 Jason Johnson	32 M	VA	6:41:29
17 <u>Amy Lane</u> 1 st F	31 F	MA	7:48:43
29 Scott Patnode	30 M	MA	8:18:51
36 <u>Donna Utakis</u>	43 F	MA	8:39:50
41 <u>Patty Duffey</u>	42 F	MA	8:47:44
42 Norm Sheppard	53 M	NH	8:48:10
66 Nick Tooker	32 M	MA	9:53:36
70 <u>Bekkie Wright</u>	48 F	CT	10:05:38
96 <u>Cheryl Mulvey</u>	51 F	MA	11:05:58
99 <u>Paula Finestone</u>	42 F	MA	11:10:44
101 Bob Dunfey	59 M	ME	11:19:30
119 Gregory Jencks Jr.	41 M	NH	12:25:53

119 Official finishers

25K:

1 Jeff Jones	41 M	ME	1:38:21
15 <u>Christin Doneski</u> 1 st F	40 F	NH	1:56:14

325 Official finishers

Complete results at..... www.mainetrackclub.com
or ...www.coolrunning.comPineland Farms

Pineland Farms

This year my friends Karen & Rob invited me along to a 2 day trail running festival held on Memorial Day weekend just outside of Freeport, Maine. On Saturday they had a 10K race, a 5K race, a 5K canicross race, (where you run with your dog) and a 5K barefoot race.

The main event on Sunday was the 50 mile race, the 50K race and the 25K race. I was just running in the 50K and it was already pretty warm and somewhat humid by the time the race started at 8:30. Most of the "trails" consisted of fields where paths had been mowed through them, and we also wound our way back and forth through some wooded sections along the edges of the fields. Similar to the snowshoe marathon course I wrote about in the last newsletter, the trails zig-zaged back and forth very close together.

In one section I was heading up one trail and looked over to see my buddies Carl & Rob going down the other way where I had been about 10 minutes before. Again I couldn't help thinking that some people could just cut across in spots and cut several miles off of their race. And in some of the fields the mowed paths went down one side and back up the other and in a few spots you were only a few feet from runners going in the opposite direction, although you might be a good 1/4 mile ahead of them at that point.

The course was a 15.5 mile loop and was fairly easy so most of the top runners could run the whole way. I walked a few of the uphill sections and was lapped by several of the 50 milers, including Brian & Ben who ran right on by me. For the 50K we had to run it twice while the 50 milers had 3 loops plus some side trails to make up the mileage.

I really prefer more technical type trails with more climbing involved, but to be honest, I wasn't having a good day to begin with. I never did get into a good running rhythm and the sun was hot out in the open fields. On top of all that I was having some knee discomfort in the last 6 miles and couldn't take advantage of some of the downhills, which cost me a lot of time.

So even though I wasn't all that happy with my race or the course itself, I was glad I got the chance to do it. Everything else about the race was great. Plenty of free food at the cookout afterwards, and free beer from the Smutty Nose Brewing Co. really hit the spot while sitting around listening to the hillbilly band entertaining us as we cheered on the runners that were still finishing. On another note, my buddy Rich Kelly was also there running. Usually we run close together but on this day and on this course he was flying and after the first couple of miles he was already out of sight. He finished a good 50 minutes ahead of me and said later that after waiting around and having several beers and burgers he was getting too hot and he couldn't wait around any longer for me to finish so he had to leave.

After I finished I cleaned up and had a couple burgers & beers myself while waiting for my friends to finish.

Overall the whole weekend trip was great. We ate at some wonderful restaurants, did a little sight seeing, and visited the L. L. Bean store in Freeport before heading home.

So like I said earlier, even though I didn't have a great race and wasn't all that thrilled with the course, I'm sure I'll go back again if I get the chance.

will run

Skyline Trail ... 7.2 Miles

Blue Hills in Milton, MA.

July 10, 2011

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>GT %</u>
1 Stephen Granger-Brevar	M 26	1:02:48	100.00%
2* Robert Hult	M 41	1:06:01	95.13%
3 Chris Baynes	M 41	1:06:24	94.58%
4 Keith Schmitt	M 42	1:07:33	92.97%
5 Roy VanCliff	M 31	1:09:47	89.99%
6 Ross Smith	M 27	1:09:48	89.98%
7 Ken Maide	M 39	1:11:02	88.41%
8 Paul Young	M 45	1:11:11	88.22%
9** <u>Samantha Saeger</u> 1 st F	F 28	1:11:44	87.55%
10 Mike Mazzotta	M 30	1:12:19	86.84%
11 Scott Patnode	M 36	1:13:31	85.42%
12 John Pajer	M 48	1:13:45	85.15%
13 Brian Schneider	M 27	1:15:53	82.76%
14 Dave Molk	M 29	1:17:14	81.31%
15 John Agosto	M 47	1:17:18	81.24%
16 David Loutzenheiser	M 44	1:17:36	80.93%
17 Jerry Gomes	M 25	1:17:57	80.56%
18 Wil Berglund	M 39	1:18:00	80.51%
19 Pascal Marmier	M 38	1:18:17	80.22%
20 Anthony Parillo	M 27	1:18:29	80.02%
21 Dima Feinhaus	M 48	1:19:05	79.41%
22 Nate Baynes	M 24	1:21:19	77.23%
23 Chris Roussin	M ??	1:21:30	77.06%
24 Andy Illidge	M 44	1:21:37	76.94%
25 Kiko Bracker	M 42	1:22:11	76.41%
26 <u>Becky Carlyle</u>	F 28	1:22:20	76.28%
27 Alexander Hayman	M 25	1:24:10	74.61%
28 Curtis Newton	M 48	1:24:14	74.55%
29 Tom Killoran	M 37	1:24:27	74.36%
30 Mark Dearing	M 58	1:25:34	73.39%
31 Andrew Dalgeish	M 28	1:25:39	73.32%
32 Chris Newton-Cheh	M 42	1:25:54	73.11%
33 Bob Gillis	M 56	1:26:06	72.94%
34 Eric Wyzga	M 35	1:26:53	72.28%
35 Brian Hack	M 24	1:26:55	72.25%
36 Ted Cowles	M 52	1:27:25	71.84%
37 <u>Alex Kamin</u>	F 26	1:28:47	70.73%
38 Cully Lundgren	M 38	1:28:52	70.67%
39 Andrew Donaldson	M 43	1:29:32	70.14%
40 Kevin Mullen	M 53	1:31:10	68.88%
41 Joshua Nemzer	M 53	1:32:49	67.66%
42 Russell Dearing	M 32	1:32:57	67.56%
43 Richard Sugrue	M 25	1:33:21	67.27%
44 Rich Sementelli	M 52	1:33:30	67.17%
45 Michael Parillo	M 23	1:33:45	66.99%
46 Justin Ellenton	M 37	1:33:46	66.97%
47 Olivier Schueller	M 42	1:33:50	66.93%
48 <u>Maryanne Allen</u>	F 35	1:34:35	66.40%
49 Isaac Feinhaus	M 17	1:34:51	66.21%
50 <u>Jacqueline Rosains</u>	F 36	1:35:17	65.91%
51 Bill Resick	M 41	1:35:17	65.91%
52 <u>Elizabeth Eaton</u>	F 41	1:35:27	65.79%
53 <u>Marylou Porzio</u>	F 46	1:35:52	65.51%
54 Bill Pullman	M 56	1:36:11	65.29%
55 Gary Jewett	M 45	1:36:52	64.83%

56 <u>Marsha Patch</u>	F 42	1:37:29	64.42%
57 Brad Patch	M 42	1:37:34	64.37%
58 Michael Wilmot	M 25	1:39:04	63.39%
59 Dorin Neacsu	M 47	1:39:10	63.33%
60 Sam Sugue	M 22	1:39:11	63.32%
61 Tod Sugrue	M 55	1:39:11	63.32%
62 Mark Vernazza	M 32	1:39:13	63.30%
63 Mah Marino	M 32	1:40:04	62.76%
64 Dave Geary	M 45	1:40:51	62.27%
65 Tom O'Brien	M 50	1:41:26	61.91%
66 <u>Kelsey Battige</u>	F 24	1:42:27	61.30%
67 Emanuele Ostuni	M 37	1:42:27	61.30%
68 Guido Medeiros	M 55	1:43:26	60.72%
69 Bill Lapsley	M 54	1:45:01	59.80%
70 <u>Elizabeth Cope</u>	F 31	1:45:02	59.79%
71 Robert Lussier	M 53	1:45:12	59.70%
72 Robijn Hoge	M 40	1:46:12	59.13%
73 David Stark	M 26	1:48:38	57.81%
74 Steve Cruickshank	M 47	1:49:44	57.23%
75 Douglas Harvey	M 32	1:50:11	57.00%
76 <u>Meredith Pinault</u>	F 34	1:50:40	56.75%
77 <u>Alison Gray</u>	F 26	1:52:53	55.63%
78 <u>Jacquelyn Miller</u>	F 26	1:52:54	55.62%
79 John Loring	M 64	1:54:30	54.85%
80 <u>Lori Huberman</u>	F 26	1:55:22	54.43%
81 Mark Locken	M 43	1:56:15	54.02%
82 Patrick Geraghty	M 19	1:56:53	53.73%
83 <u>Betty Young</u>	F 28	1:56:53	53.73%
84 <u>Sherisa Sterling</u>	F 58	1:57:03	53.65%
85 <u>Robyn Cook</u>	F 31	1:57:06	53.63%
86 <u>Monica Olsson</u>	F 26	1:57:06	53.63%
87 <u>Jennifer Johnson</u>	F 28	1:59:31	52.54%
88 <u>Jill Moro</u>	F 30	1:59:31	52.54%
89 Jim Couruille	M 28	2:00:20	52.19%
90 <u>Alyssa Adreani</u>	F 36	2:03:39	50.79%
91 Chris Harrison	M 58	2:03:59	50.65%
92 <u>Christina Martin</u>	F 25	2:08:19	48.94%
93 <u>Lisa Pettipaw</u>	F 42	2:10:21	48.18%
94 <u>Ellen Duranceau</u>	F 51	2:13:24	47.08%
95 <u>Emily Kilcer</u>	F 34	2:13:24	47.08%
96 <u>Nathalie Apchin</u>	F 45	2:13:59	46.87%
97 <u>Jennifer Lowe</u>	F 36	2:14:03	46.85%
98 Peter Amram	M 71	2:18:46	45.26%
99 Harrison Farber	M 64	2:30:23	41.76%
100 Craig Snyder	M 31	2:51:40	36.58%
101 Tom Vollmer	M 33	2:52:14	36.46%
102 <u>Kristin Eaton</u>	F 44	2:52:56	36.31%
103 Jerry Cuellar	M 51	2:55:54	35.70%

* masters record

** course record

Trail Running News.....

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Volume 17 ... Issue 3 ... Mid Summer ... 2011

Finger Lakes Fifties: When You Go to a Race and a Party Breaks Out

Last year, Finger Lakes Fifties Race Directors Christine and Joe Reynolds decided to cut off registration two weeks before the date when entrants swelled to 250 with no apparent end in sight. A definite surprise since previous totals barely grazed the 150 mark. This year, with a definite cap in place, the event overflowed in only two months. That means way back in January, while still on the ski slopes, folks were planning their Fourth of July vacations. There were no slackers in this race!

While such prior planning is intrinsic to big deal trail races like Bull Run 50 or Vermont 100, it is revolutionary in a race that had previously stalled well below the 200 waterline. Apparently, for those daydreaming the web instead of shoveling their driveways, the word “Limited” redflagged anyone teetering on the pasture fence. Exclusivity creates urgency, anticipation and a lucky lottery glow.

But a race with the motto “Don’t let the cows out” and featuring a cow-themed T-shirt also appeals on deeper picture book levels. In preparation for the post-race party, Jeff and I visited several wineries and breweries (tough job!). We toured Fox Run Vineyards and I asked our guide Sasha about the origin of the name, picturing Aesop’s Fox lustily running after plump grapes. But no. We learned that an advertising study had determined that businesses named after animals possessed superior customer appeal. So let’s not discount the mental pull of *The Cow Jumped over the Moon* and our latent childhood attraction to animated barnyards.

Unfortunately, our “Let’s Get Mooving” team of Rob, Will, Nancy and I turned up partially lame, with Nancy and I felled by muddy pasture postholes. We wore our one-of-a-kind Holstein singlets, individually crafted by Nancy for the Bull Run 50 where we made an impressive bid for the nonexistent costume category. Apparently, Finger Lakes runners are more in tune with which pasture their milk comes from, as everyone recognized us as bovine hopefuls and not Gateway competitors.

While Will and Rob used their hooves to good advantage in the muddy 50K, with Rob pleased to acquire some pre-Vermont 100 heat acclimatization, I ran/hiked at a stately pace, grazing on sweet cherries. Sadly, I headed to the barn after the first 16.5 mile loop, forsaking all hopes of earning a 50 mile Berig (a Joe Reynolds birch tree snowman-shaped bear with piggish facial features). In retrospect, I should have known better.

While my alphabet order bib was an optimistic #27, my chip number was an ominous 666, a clear trail toward personal injury hell. Nancy, considerably wiser, abandoned the follow-up to her Bull Run Senior woman’s win and became our volunteer cow, manning the finish line well past suppertime.

The chips, an acknowledgment that the Fifties has now become a major event, were joined in expo style by: VENDORS. We were treated to dried fruit TryChips while the Finger Lakes Running Company offered us an opportunity to expand our last minute race options. Perhaps the most practical purchase was

made by Karen McWhirt who discovered an unadvertised use for calf sleeves—restricting mud flow onto oozing poison ivy sores! Evening pre-race jitters were funneled into foot tapping and hand clapping by Tim and Tom, two talented local musicians playing old favorites around the campfire.

Despite the relentless forward progress that pushed the older cows out of their well-established ruts, the Fifties remained true to its 4th of July celebratory nature. Once again, normally focused competitors were tempted to blow their final loop, lured by a contingent of welcoming lawn chairs and the irresistible aroma of sizzling sausages, veggie burgers and, for those not hesitant to antagonize the bulls, mooburgers. But really, the need to readjust goals was purely mental, with the party continuing way past the final check-in. As night descended, the bonfire grew, marshmallows were toasted, sparklers were lit and tails were told. The Fifties is a weekend camping/running experience for the entire family, not simply a race where you show up, run, eat a bagel, and then are unceremoniously deposited back into the “real world.” There is time to reflect, enjoy and decompress.

To quote James Hornfischer in his book, *Neptune’s Inferno: The US Navy at Guadalcanal*, “The victory is in the mind, not in the metal.” Here there were many victories: the win, the PR, the finisher’s church key. But those were the more obvious. There was Tim Hardy, who finally after three previous attempts, returned from deployment, as well as Jim Blair, home on leave from Afghanistan. Then there was the large contingent of younger runners as well as Zona Sharfman, the race walker who pushed through to a credible under 50 mile finish after having never ventured beyond the road marathon. They finished tired, sore, satisfied, as did we all.

Postscript: This is for those you who have been following our tenting adventures over the years. After last year’s struggle with tangled octopus limbs, we sadly acknowledged that twenty years went well beyond the normal cephalopod lifespan. So far so good. Our new octopus performed swimmingly. As for the tents...on one of the few rain-free weekend afternoons we optimistically went through our pre-race ritual of spreading all our assorted tents and parts out on the front lawn, much to the annual amusement of our neighbors. We have a big lawn.

At this point in time I have reached the conclusion that tent accessories are rather like single socks. You are afraid to let go since you never know when the mate will appear. With our overwhelming collection of spare parts we were able to hobble together a tent. But it was rather on the small side. Our new, improved cots could be accommodated only if the ends touched the tent walls—a definite risk in a summer where twenty-nine out of the past thirty days have featured rain. So, we bought tent # 5 (perhaps, I’ve lost count). Naturally, the 4th of July weekend was the only one in recent memory when it did not rain. You have us to thank!

Laura Clark

Finger Lakes 50's
25K ... 50K ... 50 Miles
Finger Lakes National Forest ... Hector, NY
7 / 2 / 2011 ... Sunny & Warm Mid 80's

25K:

Mark Manz	25M	MD	2:03:25
<u>Erica Tibbetts</u> 1 st F	25F	NY	2:38:07

49 finishers

50K:

1 Paul Wallace	22M	PA	4:31:08
2 Sean Andrish	41M	VA	4:36:30
8 <u>Sheryl Wheeler</u> 1 st F	48F	NY	5:36:43
18 <u>Elizabeth Mainiero</u>	50F	CT	5:56:54
28 Steve Shaum	45M	NY	6:32:17
34 James Miner	62M	NY	6:44:07
35 Scott Deslongchamps	41M	CT	6:44:24
38 <u>Lorrie Tily</u>	50F	NY	6:46:16
51 Will Danecki	61M	CT	7:01:22
58 Doug Freese	66M	NY	7:14:58
59 Stewart Dutfiled	56M	NY	7:17:12
73 Robert Scott	57M	CT	7:51:06
105 Douglas Dziejdzic	49M	NY	9:44:47
108 Dan Wheeler	53M	NY	11:36:27

108 finishers

50 Miles:

1 Jeff Powers	28M	DE	7:06:02
2 Chad Denning	36M	CT	7:16:06
6 <u>Elena Makovskaya</u> 1 st F	31F	NJ	9:11:46

46 finishers

Complete results at..... www.fingerlakesrunners.org

Froggy Five Fairy Tale

Dippikill Froggy Five Mile Race
July 17, 2011

Living as I do in a house surrounded on two sides by swamp and on one side by a culvert with flash flood propensities, I can readily identify with anything remotely froggy. So this spring I felt a certain amount of betrayal when I skidded in my own personal swamp, badly wrenching my knee. While the breast stroke was indeed a recovery option, it can only take you far and I definitely missed playing leapfrog. So when the Froggy Five loomed, I was conflicted.

In our backyard we have a small fish pond. With no fish. When the fish died last year, our resident frog took over and now lords it over possibly 500 tadpoles. I figured he owes me since in a few short generations his descendants, having spent their formative stage in a predator-free environment, will be poised to dominate SwampWorld. He seemed a princely sort so I tossed him my golden ball and asked his advice. He told me I had hibernated long enough and it was now time to test my legs, albeit slowly and cautiously.

But he didn't tell me about the jungle frogs. There they were, plush and inviting, lined up at the registration table. We were instructed to select one and only one, name it, and place it by the finish line to serenade us on our return. A psychological study was definitely in order. It seemed as if most folks preferred the unconventional purple variety, with girlie pink being a close second. Traditional green, the color of harmony, not to mention frogs, made a strong showing, with flamboyant orange lagging behind sunny yellow. As a children's librarian, I have noted that when children select their reading club prizes, yellow and then orange are always the last to go. What is it with happiness and sunshine? For the record, I selected green in honor of my Frog Prince and also, I admit, because it matched my outfit. Jen Ferriss swam against the current and chose orange. Good for her!

Jen joined the jumpier frogs at the front, while I cautiously brought up the rear. Much to my surprise, my knee actually felt pretty good, in a matter of speaking. I noticed that when it began to hurt, if I remembered to keep my footsteps bouncy and suction-free, the pain receded. Thank you, Frog Prince!

Because we were going slower, I was able to have some fairly intense single file conversations. Not like in road races where you bandy about, flitting around uncomfortable topics. Here everything was stripped down, perhaps because there was a certain degree of anonymity. Our follow-the-leader style lent us voices, not faces. In that brief period of five miles, we journeyed through assorted injuries, career hopes, children, grandchildren and even death. Proving you can run intensely on many levels.

After the water stop, many of us discovered the true meaning of Dippikill. With Ginny Mosher just steps ahead of me, I watched in awe as the final swamp plank bridge, Dipp-i-Kill rose like springboard, threatening to catapult her directly into the water. Which at the eighty-eight degree outside temperature wouldn't have been entirely unwelcome. But just in time to prevent certain disaster, the super hero mascot Frog Prince leaped into view.

All too soon, Jen was waiting for me at the final road section, spoiling me with my own personal water stop. And then it was over, we collected our frog chorus, enjoyed another legendary ARE picnic and returned home, happy campers.

Laura Clark

Results at..... www.albanyrunningexchange.org

Vermont 100 Race Report – There’s More To The Picture Than Meets The Eye... *by Ron Starrett*

In so many ways the above subtitle can be applied to my experience this weekend running the Vermont 100 Endurance Race. It was an amazing surreal experience that I will remember for the rest of my life. The good, the bad and the ugly all came into play throughout. And I have to admit, even I was surprised with the enormity of the challenge.

It all began to take shape Friday afternoon as I weighed in and had my medical check-in completed. Then at the race meeting as I looked around and saw so many experienced, well known ultra runners. Realizing that I was going to be sharing a course with them. It was absolutely surreal to think I was running with folks and in an event I only usually read about in the pages of Ultra running Magazine or Trail Runner (or the WMAC Newsletter). I was filled with that anticipatory feeling of excitement and nervousness as the meeting seemed to endlessly go on and on. I wondered how I was going to get any sleep that night. Thankfully the race meeting ended and Todd and I were off to dinner and hotel check-in. Some last minute preparations and somehow I drifted off to sleep around 9:00 PM. In what seemed like a blink, the phone rang with our 2:45 AM wake-up call. I stumbled around, found the Starbucks Double Shot I had prepped for wake up and got dressed, grabbed a couple slices of cold pizza and we headed out for the Start/Finish.

After checking in with Race Officials we milled around the tent noticing all the familiar faces and talking about what the day may have in store. I had prepared myself mentally to just setting the goal of keeping moving forward and to maintain a positive attitude. To be ready to spend a long (long, long) day out on the trail. I trained for and was planning a 4 mile per hour overall pace for the event. I reminded myself to start out even slower than I think I needed to, to get into the flow of the race and run only “my” race and not fall into someone else’s pace and flow. With a final hug from my buddy Todd (he was running the 100k and was starting at 9 AM) I lined up behind the Start line, taking in all the race scenes and energy I could. At last, it had begun.

Starting races in the dark is always an odd experience for me. Wrapped up in your own little bubble of light from your headlamp, you can hear lots of folks around you but can’t really see who is who. However, I did finally get to introduce myself to fellow back of the packer and Facebook Friend Steve Latour (Author of “A Clydesdale’s Tale: or How a big guy trained for and ran the Vermont 100” – read it, it is hilarious). I thanked him for the inspiration his book gave me and set about getting into my pace.

I settled into a nice shuffle and reviewed my nutrition/hydration plans for the day. Carrying an ample supply of S-Caps (sodium and Potassium capsules) and BCAA’s (Branch Chain Amino Acids tablets) I planned on taking these on the hour. In between at the 30 minutes mark of each hour I would drink a whole 20 ounce bottle of water. Knowing aid stations were every 4 miles or so I could re-supply and fuel up with food at each. I was confident this plan would work for me.

As I went along I found my pace matching an experienced group of four ultra runners. And since their lighting situation turned out better than mine I decided to hang with them until the sun rose. I quickly realized that this race was going to be much more of a road race than a trail race though as the trail sections turned out to be fairly forgiving and not very long. The course was taking place mainly on the hard packed gravel roads of Vermont, which must withstand the New England winters. Essentially, they were closer to pavement than most dirt roads in Southern New England. I was happy I had chosen wearing my road shoes (Nike Free’s) over my trail shoes although I was concerned this surface would wear on my body more over time.

After a beautiful sunrise I made some distance between the other runners and I. I thought how strange it would be to see the sunrise again the next day and still be out here on the course. Most events I did would have me ending a couple hours after sunset not going through the night. As the hours and miles wore on, I found myself much more alone than I thought I would be. Very quickly runners got spread out and it was not uncommon to be on a stretch of road with no one in sight in either direction. I began to break up the race into hours. I put my nutrition/hydration plan into effect and took scheduled walk-breaks on the hour. Feeling strong and staying mentally focused I felt things were off to a great start.

My confidence grew as the day continued and the sun rose higher, I was very happy with my ability to power hike up the long up hills (some miles long) and the pace I was able to keep on the flats and down hills. It did seem to me though that this course had me running a lot more than the other endurance events I’ve done. Still I kept on, looking forward to completing the first section of that race. In order to not get overwhelmed with the total distance, I broke my race up into sections. Section 1 was from the Start to the Stage Rd Aid Station (30 miles) and the spot where I had my first drop bag (personal supplies) waiting. Section Two was from Stage Rd to Camp Ten Bear (Mile 47) where I would get to see my good friend and Handler for the day, JT. Section Three would be from Camp Ten Bear back to Camp Ten Bear (Mile 70) where JT would become my pacer for the final section. Section Four was from Camp Ten Bear to the Finish.

Feeling a bit lonely (and not being able to have my MP3 player) I found myself settling into another group of experienced ultra runners including Shannon Farar-Griefer (who had just run 90 miles of Badwater on Monday). She took me under her wing and helped me keep moving throughout. Knowing I was staying with her was encouraging and helped me mentally.

Staying mentally strong and sticking to my plan, I continued on. As time and miles ticked away I found my plan working, I was on a 4 mile an hour pace, I was keeping my heart rate low (even on the up hills), my hydration was spot and I was eating well. Things were going so well, that I went through the Stage Rd Aid Station (end of Section One) while completely forgetting my drop bag. Coming out the Stage Rd Aid Station, I focused on only doing the next 17 miles and making it to Camp Ten Bear (end of Section Two) and seeing JT.

Continued next page:

Vermont cont:

To be honest, at this point the course became much more of a blur, only from the fact that it was one up hill after another, followed by a quad crushing downhill. Sitting here writing this report, I can't really remember any other outstanding course feature. Perhaps it was my mental focus or my ability to zone out and put in the miles. Before long I had caught back up to Shannon (she would beat me out of the Aid Stations and I would catch her a couple miles later mostly due to my strong uphill climbing) and we were on the way into Camp Ten Bear.

I quickly did a self evaluation and was very surprised at how good I felt. I was a bit tired but my hydration was still in check (I urinated about 12 times in the first 47 miles), I was eating well (loving the Watermelon) and there were no chafing or foot issues (zero hot spots or blisters). I made my way to the medical check in and found myself only 1 lb down from my initial weigh in (I had up to 8 lbs to lose before I would get pulled from the race). I quickly spotted JT waiting patiently for me and for the first time today I sat down (it felt real good). I made quick gear adjustments, changed socks and shirt knowing if I lingered too long I could risk getting started again. JT and I quickly reviewed my plan and where I would see him next (Tracer Brook in 9.8 miles). Pulling out of Camp Ten Bear at around 11:30 (3:30 PM) I was happy that this was the best I have ever felt this long into an event. As I headed up another hill out of the Aid Station I finally saw a familiar face on the course. Todd on the 100k course making his way down into Camp Ten Bear. We quickly embraced to encourage one another and wished each other well as we set out on our separate ways.

I was now entering what the section I was considering the toughest mentally, Miles 47-70. I thought if I could make the next 23 miles and meet back up with JT when he would start pacing me, I would be in good shape. My race became making back to Camp Ten Bear. I figured a 7 hour window is what I need to get back. Six Aid Stations were contained in this section and I focused on only reaching each one. By this point I was looking forward to the long up hills as I was so strong climbing (and passing runners) but the down hills were crushing me. My left quad felt every step on the descents however I could not let myself walk them and risk putting myself behind. So, on I went until finally at the end of yet another long descent the familiar sights and sounds of an Aid Station came into view. On top of getting to sit in a real chair again, JT had brought me pizza and Starbucks coffee. I enjoyed it all immensely and made my way out.

Five miles to Margaritaville became my focus. I continued on just trying to put the miles under my feet. I eventually caught up to Shannon again and before long we were both very happy to see the Margaritaville aid Station and complete the first 100k (62 miles) in 16:00 (8:00 PM). As I stopped to see JT and get re-supplied Shannon warned me not to linger too long in the Aid Station. I told her I wouldn't and did as told. JT reviewed the plan and what I had upcoming. Trying to get me to eat and drink as I was becoming more and more sick of Aid Station food. I made my way over to the Aid Station tables and gorged myself on watermelon and cantaloupe (yum). All that remained now was an 8 mile section and I would be back with JT for the rest of

the night. I planned a 2:30 time to do this as I was slowing down to a little over a 3 mile an hour pace.

I got out of Margaritaville quickly and caught up Shannon and two other runners. Working together we kept shuffling our way along. Encouraged that the next Aid Station (Brown School House) was half way through this section I began to feel like I was really going to pull this off. Now well into uncharted territory every step was now the furthest I had ever run. Leaving the Aid Station and crossing the grassy field I noticed the sun finally beginning to set, symbolizing more than I realized.

As I set out from the Brown School House Aid Station I finally lost touch with Shannon and was back into my solo trip. With there being just not enough daylight left and too little darkness, I switched on my headlamp and made my way along a trail section (at last) that required I slow my pace due to terrain. As the light finally faded I did see one lone head lamp in distance. Moving well, I finally caught up to this fellow lone soul (Buzz). With both of us in a bit of a down spot mentally, feeling tired and alone we decided to stick together to Camp Ten Bear. Each of us happy we came upon each other at this point in race. Moving well, and on pace to get back to Ten Bear around the 18:30 mark (10:30 PM) we moved fairly well together. Reminiscing about both of our times in the Army and telling stories of races past we kept our minds off being tired and kept moving. As the 18:30 mark came and went I became increasingly concerned something wasn't right. We passed a boarded up house I knew we had passed earlier in the day and both of us began questioning if we were still on course. Neither of us had seen any of the now familiar yellow plastic plates that marked course nor had either of us seen any of the glow sticks the race officials told us to keep an eye out for. So on we continued hoping we were on course, too tired to risk time and miles going back. Eventually we came to a main paved road where we both realized what we didn't want to admit, we were off course.

Heading back uphill we desperately searched for course markings. Cars did pass us a couple times which we thought must be race officials or handlers going to/from Ten Bear. Eventually we stopped one car that told us he saw a course marking back up the hill (by the boarded up house). We backtracked our way to the sign and began following it over a trail section that I was becoming aware we had previously passed on. Before we knew it, I was standing at the bottom of the huge uphill climb we took earlier in the day. This was not right. I convinced Buzz this was not where we wanted to be and we headed back out to the road. As time was ticking away into the late 19:00 hour mark, we both felt our race slipping away with each passing second. We were lost and not sure which direction to take. So, we did only what he knew to do and continue back the way we originally came. Hoping to either see a course marking or another head lamp in the distance. We saw neither. At each potential intersection we would stop and thoroughly search for a sign. I knew JT would be worried as I was now well an hour behind the time my earlier pace would have predicted.

Continued next page:

Vermont cont:

Demoralized and growing increasingly tired, Buzz and I began to come to terms with our race being over.

We knew that we had to have been close to Ten Bear (within a mile) when we lost the course but now we did not know where that was in relation to where we were. How far back would we have to go to find the course, it potentially could be miles. Buzz's pace was becoming much slower than mine and I now started to worry about making sure he got back to Ten Bear in okay shape and that we wouldn't have to spend another couple hours out with limited food and water. Finally we saw a pair of headlights in the distance and flagged them to stop. Luckily they were race officials and knew of what we were talking about. They informed us we were off course. Unfortunately, having done about 4 extra miles off course, knowing it would take us about 1:00-1:30 to get back on course and to Ten Bear, Buzz and I decided to ask for a ride and take a DQ/DNF.

As I sat at Camp Ten Bear after officially giving my "Drop" to the race officials and coming to grips with my first ever DNF, I watched the clock tick into the 20:00's (12:00 or so) I thought of what could have been. But knowing the time it would have taken to get back on course and to Ten Bear, I knew I wouldn't have time to make the 10:00 AM cut-off. It was a disappointing end to an amazing day and I was glad to have some alone time to work it over in my head before JT found me (JT had started running back on the course to hopefully find me).

After the initial disappointment I began to accept that these things happen in almost every race. This time it just happened to be my turn. I began to feel encouraged about how I felt. Despite the outcome, I felt amazingly strong, physically and mentally. Yes, I was dog tired but I didn't feel myself fading. I was clear headed and if I had stayed on course, I felt I could have given the last 30 miles a great shot and had a good chance of finishing. I felt proud that I was well trained, had a well thought out plan and stuck to it. That despite this one race ending here, I had run the most I had ever run (70+ miles) and spent the most time out (almost 20 hours). Up to taking a wrong turn, things went better than I could have ever imagined. I felt great on the course and stayed mentally focused throughout. The day never once descended into misery.

Sensing my mood, JT took good care of me in those couple hours after the race. He was/is the best handler anyone could ever have. Every need/want I had, he was there to fulfill. My only regret is that I did not get to do some miles with him. Seeing to my every need as we waited for the shuttle to take us back to the Start/Finish we both hoped we could get back in time to see Todd finish his race (as luck would it have we arrived minutes before and we got to see him cross the line).

Sitting at our vehicles in the glow of a wonderful moon we swapped war stories of the day (how much we hated the course) and celebrated Todd's glorious finish. It was fitting and enjoyable end to a grand adventure. Looking at just the race results certainly does not tell the whole story of the day or race. When I look back on the race I recall mostly the good things that came out of it. Most people would think I would be down or upset with how things played out, but there truly is "more to the picture than meets the eye".

Epilogue:

Recovery has been going well. After the race I rested for about an hour in the back of my truck but was too uncomfortable to really rest so I drove home (got home at 5:30 AM) and laid around most of Sunday in the A/C after being up for 27+ hours. Mostly I was just tired and have the standard soreness and stiffness from running long distances. As I write this Race Report (Monday) I am up and about, even using stairs and walked the dog today without issue. I plan to take the rest of the week off from working out except for stretching.

As for how this event fits into my ultra running career, I'm really not sure. Will I attempt another 100 mile race? Again, I am not sure (I don't like to make decisions on races in the immediacy of before, during or after races). I do look at this whole effort (training and race) as a positive experience that I was glad to have undertaken. My biggest dilemma coming out of it is what to do with the official race shirt (do I wear it or not)? This much I do know, no matter where I am headed to next with my ultra running....this one sure didn't burn me out and I'm not fading away....

A final word of thanks and much appreciation for my family and friends. From the outside, this sport appears to be a solo effort and can be very selfish. For those of us that do it, we quickly realize that this is not something one can do without support both in training and races. Thank you all.

Ron Starrett

Vermont 100 July 16 – 17, 2011

Hartland – Brownsville, VT.

Sunny – Low of 58* - High of 85*

1	Michael Arnstein	M 34	NY	15:26:20
2	Leigh Schmit	M 38	CA	15:34:08
3	Brian Rusiecki	M 32	MA	15:53:50
7	<u>Serena Wilcox</u> ^{1st F}	F 32	VT	18:09:46
13	Jerry Turk	M 53	CT	19:17:27
20	<u>Amy Lane</u>	F 31	MA	19:48:48
29	James Garcia	M 53	MA	20:54:34
30	Scott Patnode	M 30	MA	20:56:35
37	Dave Boudreau	M 39	NH	21:24:54
54	<u>Patty Duffy</u>	F 42	MA	22:22:42
55	<u>Sara Praglusk</u>	F 32	MA	22:22:45
63	<u>Betsy Mainiero</u>	F 50	CT	22:50:25
87	Norm Sheppard	M 53	NH	23:22:38
88	<u>Kerry Arsenault</u>	F 46	CT	23:26:57
117	Joe Laskey	M 46	CT	24:48:31
143	Dave Martula	M 66	MA	26:32:38
173	<u>Emmy Stocker</u>	F 53	CT	28:12:50
177	<u>Frances Davis</u>	F 33	CT	28:26:13
183	Frank Colella	M 48	NY	28:44:07
188	Rob Scott	M 57	CT	29:06:05
191	<u>Sara Wells</u>	F 31	CT	29:16:44
194	Joe Hayes	M 62	ME	29:42:53

Complete results at.... www.vermont100.com

Pedal & Plod Results

July 24, 2011 Adams, MA

4 Mile Run 22 Mile Bike

Club members (in bold) and other familiar names.

Complete results on the club's web page at ... www.runwmac.com

1)	Tim VanOrden	Runner	45 Male	Pownal, VT	1:19:57
	Kurt Kuehnel	Cyclist	50 Male	Pittsfield, MA	
2)	Steve Dowsett	Runner	23 Male	Pittsfield, MA	1:22:41
	Ben Pigott	Cyclist	30 Male	Pittsfield, MA	
3)	James Carothers	IronMan	39 Male	Williamstown, MA	1:22:59
4)	Kent Lemme	IronMan	44 Male	Williamstown, MA	1:24:51
5)	Bret Bedard	IronMan	25 Male	Cheshire, MA	1:28:02
6)	Michele Kroboth	Runner	31 Female	Pittsfield, MA	1:29:54
	Mike D. Tucker	Cyclist	47 Male	Pittsfield, MA	
7)	Daniel P. Dermody	Runner	18 Male	Cheshire, MA	1:30:10
	Daniel Celentano	Cyclist	21 Male	Adams, MA	
8)	Bill Kittler	Runner	46 Male	Pittsfield, MA	1:30:55
	Dave Devine	Cyclist	38 Male	Pittsfield, MA	
9)	Hope Chapman	Runner	16 Female	Lenox, MA	1:30:55
	Dave Boyce	Cyclist	49 Male	Pittsfield, MA	
10)	Jim Preite	Runner	46 Male	North Adams, MA	1:31:01
	Fred Thompson	Cyclist	70 Male	North Adams, MA	
13)	Lisa Matilla	Runner	52 Female	Pittsfield, MA	1:36:33
	Paul Shepardson	Cyclist	54 Male	Pittsfield, MA	
16)	Allan Bates	IronMan	62 Male	Pittsfield, MA	1:36:58
17)	Nicholas Curolop	Runner	23 Male	Williamstown, MA	1:38:18
	Jason Duval	Cyclist	20 Male	Adams, MA	
18)	James R. Loughman	Runner	44 Male	Adams, MA	1:38:35
	Stephen N. Pagnotta	Cyclist	55 Male	Williamstown, MA	
19)	Mike Pytko	Runner	55 Male	North Adams, MA	1:38:51
	Steve Rondeau	Cyclist	53 Male	North Adams, MA	
20)	Jeffrey Parkman	Runner	63 Male	North Adams, MA	1:39:19
	Gary Rivers	Cyclist	64 Male	North Adams, MA	
23)	Austin Poulton	Runner	15 Male	Cheshire, MA	1:40:47
	Bonnie Fachini	Cyclist	46 Female	Cheshire, MA	
24)	Mike Lahey	IronMan	60 Male	Adams, MA	1:41:22
27)	Shiobbean Archey	Runner	43 Female	Pittsfield, MA	1:41:46
	Kimmy Morris	Cyclist	41 Female	Lanesboro, MA	

33)	Tim Drake	IronMan	51 Male	Dalton, MA	1:45:30
34)	Steve Roberts	IronMan	46 Male	Dalton, MA	1:45:46
35)	Michelle Dupont	IronWoman	43 Female	Lenox, MA	1:45:46
46)	Carmel Kushi Thomas Kushi	Runner Cyclist	42 Female 43 Male	Pittsfield, MA Pittsfield, MA	1:47:50
47)	Rita Longworth	IronWoman	24 Female	N. Adams, MA	1:47:51
48)	Aimee Sinopoli Scott McGinnis	Runner Cyclist	36 Female 34 Male	Adams ,MA Pittsfield, MA	1:48:31
49)	Ted Kellar	IronMan	45 Male	Cheshire, MA	1:48:54
59)	Shauna Love Stephen Bugbee	Runner Cyclist	16 Female 58 Male	Pittsfield, MA Pittsfield, MA	1:51:41
60)	Scott LeBeau	IronMan	53 Male	Adams ,Ma	1:51:52
62)	Mike Wilk Rick Lablanc	Runner Cyclist	39 Male 57 Male	Pittsfield, MA Pittsfield, MA	1:52:33
63)	Mark Paquette Paul Butler	Runner Cyclist	62 Male 51 Male	Cheshire, MA Adams, MA	1:52:48
78)	Theresa Apple John R. Campbell	Runner Cyclist	50 Female 67 Male	Pittsfield, MA Cheshire, MA	1:56:56
83)	Vincent Kirby	IronMan	54 Male	Mechanicville, NY	1:59:10
92)	Diane Wright David Ryan	Runner Cyclist	35 Female 46 Male	Savoy, MA Adams, MA	2:03:57
93)	Audrey Witter	IronWoman	46 Female	N. Adams, MA	2:04:24
94)	Jan Rancatti Terri Cozzaglio	Runner Cyclist	50 Male 49 Female	Readsboro, VT Rensselear, NY	2:05:18
95)	Debra Wechter	IronWoman	36 Female	Dalton, MA	2:06:42
98)	John Aldrich	IronMan	52 Male	Dalton, Ma	2:09:21
99)	Jessica Dellaghelfa Don Sommer	Runner Cyclist	26 Female 57 Male	Averill Park, NY Adams, MA	2:12:23
100)	Brent White	IronMan	27 Male	Pittsfield, MA	2:12:30
102)	John Simmons Shaun McGrady	Runner Cyclist	45 Male 31 Male	Enfield ,CT Springfield, MA	2:18:40
103)	Julie Gardner	IronWoman	40 Female	Lanesboro, MA	2:21:40

100th B2B 12K –The Sideshow Awards Go West

by Bob Kopac

The first article I ever wrote was in 1996 about Sideshow Awards I gave to costumed runners at the 100th Boston Marathon. One runner ran with an 8-foot tall replica of the Old North Church steeple strapped to his back. I gave him the “Go-to-Church,-Church-to-Go” Award. He had a sign saying he had carried the steeple at the San Francisco Bay to Breakers 12K. Fast forward to 2011 and the 100th anniversary of B2B -- it was time for the Sideshow Awards to head west!

B2B has a split personality. There were elite athletes such as Meb Keflezighi and B2B winners Ridouane Harroufi of Morocco and Lineth Chepkurui of Kenya. There also were participants who dressed in elaborate costumes – or nothing at all. It IS San Francisco, after all. It is a race you do not necessarily win by a nose. To encourage costumed runners, B2B gives prizes in 5 separate costume categories – perfect for the Sideshow Awards.

My wife Lynne wore everything pink: angel wings, tutu, iRUNLIKEAGIRL top, fingerless mesh gloves, headband with a flower, hair extensions, peace sign socks, and a magic wand to keep the rain away. Our friend Pat DeHaven wore a samurai headband; during the race a runner informed him that he was wearing it upside down. Since it was San Francisco, I wore a purple tie-dye T-shirt adorned with a large psychedelic peace sign, with spandex shorts, knee socks, wristbands, and head bandanna all emblazoned with peace symbols. Peace Out.

I obtained press credentials. However, instead of shooting at the start or finish lines, I had the bright idea – or so it seemed at the time – to run the race carrying a heavy SLR camera. What was I thinking? Although I had trained for a 12K, I had mistrained for this race. While running, I would see costumed runners in front of me, so I would sprint to get ahead of them, stop, spin, and shoot the photos. I called it my “Run-and-Shoot” Offense.

I ended up sprinting the entire 12K while photographing the following Sideshow Award winners:

The “Hitting the Wall” Award goes to the runners wearing walled costumes, one of which said, “Does This Wall Make Me Look Flat?”

The “We Who Are About to Sweat, Salute You” Award goes to the runner dressed as a Roman soldier.

The “Spawn of the Dead” Award goes to the Salmon runners who started at the finish line and ran to the starting line through the stream of runners – a B2B tradition.

The “Play Miss Deed for Me” Award goes to the group of women wearing beauty pageant gowns and sashes that read “Miss Behaved”, “Miss Conduct”, “Miss Read”, “Miss Managed”, and “Miss Deed”.

The “Breakfast at B2B” Award goes to the runners dressed in Tiffany & Co. blue boxes.

The “Udder Madness” Award goes to the runners dressed as cows.

The “Project Runway” Award goes to the female runner who cut her bib number in half and used the halves to cover her bra.

The “Let Them Eat Cake” Award goes to the runner wearing a cake costume with one enormous candle.

The “Gone With THE WIND” Award goes to runners at the finish line wearing sheets, each sheet having a single word: “SIX”, “SHEETS”, and “TO”, and whose teammates appeared to have gone.

The “Billy Joel Scenes from an Italian Restaurant” Award goes to the runners dressed as tables with red-and-white-checked tablecloths, food, wine glasses and wine bottles.

The “B2B Can Be Hazardous to your Health” Award goes to the runners dressed in hazmat outfits.

The “Kermit Green with Envy” Award goes to the runners dressed as Muppets who made most other competitors green with envy.

Speaking of green, the “I’m Melting! Not!” Award goes to the woman dressed as the Wicked Witch of the West who survived the 5-minute drizzle during the race.

The “Ghost of B2B Past” Award goes to the family dressed in gray formal wear and gray face paint to represent the participants of the inaugural Cross City 1912 race which later became the Bay to Breakers 12K.

The Gypsy Rose Lee” Best Costume Award goes to the 2 women covered head to foot in balloons.

The following web site contains these and other G-rated photos.

<http://tinyurl.com/B2B2011PhotosByBobKopac>

I created a separate URL containing photos for mature audiences. During the race I ran behind 5 nude men and a nude woman. I sprinted ahead of them, spun, and took photos. After they passed me, I found a string of beads on the ground. I picked up the necklace, sprinted, and said, “Hey, naked lady!” When she turned, I handed her the beads and said, “It’s Mardi Gras!” She smiled and put on the necklace. That meant I HAD to sprint ahead of her to take shots of her wearing the beads. No wonder I was tired at the end of the race!

P.S. In case you are interested, my photos for mature audiences is at <http://tinyurl.com/B2B2011MaturePhotosByBobKopac>

To read more stories from Bob Kopac visit “Kopac’s Corner” at www.mhrrc.org.



Western Mass Athletic Club Savoy Mountain Trail Races

22 miles, 11 miles, or 4 miles ... Sunday ... August 21, 2011 ... 9:00 AM

DCR's Savoy Mt. State Forest ... Savoy, MA.

22 Mile Course: Start at North Pond as usual. Twice around an eleven mile loop that includes a sublime view from Spruce Hill. Uses hiking and ATV trails. Hilly with an abundance of rocks and exposed roots. Can get very muddy with rainy weather. **Race begins at 9:00 A.M.**

11 Mile Course: Once around the above described loop. Start time: 9:00 A.M.

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

- Pre-Entry Fee is \$20 for the 22 miler, \$15 for the 11 miler, \$10 for the 4 miler, before 8/14/11.
- Entry fee on race day is \$25 for the 22 miler, \$20 for the 11 miler, and \$15 for the 4 miler.
- Sorry, no refunds.
- Driving instructions at Mass DCR Savoy
- Refreshments: Barbecue for runners and guests.
- New: Savoy Brooks tech T Shirts \$12 - pre-order or get at race as available.

More info: Rob Higley (413) 549-5804 or rhigley@rcn.com

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

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

(Please print)Name _____

Street _____

City/Town _____ State _____ Zip _____

Phone _____ Age _____ Sex M / F

Email _____

Entry fee \$_____ Tech Shirts @ \$12 \$_____ Total \$_____

Shirt size Men's: S M L XL Women's: S M

WMAC member? Yes No

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

Signature _____ Date _____

Parent/Guardian (if under 18) _____



36th Annual WMAC Mount Greylock Road Race 8 Miles (Uphill)

Monday (Labor Day) September 5, 2011 ... 10 A.M. North Adams, MA.

Start/Finish: Mt. Williams Reservoir, Notch Road / Pattison Road.

Directions: From N. Adams -Take Rt.2 west, turn left on Notch Rd., continue uphill for approx. 2 miles. Reservoir is on right. From Williamstown -Take Rt.2 east, turn right on Luce Rd., continue for approx. 4 miles.

No changing rooms available at the start. They are available at the finish. Porto-john at start area.

Course: 8 miles on paved road to the summit of Mt. Greylock (highest peak in Massachusetts- el. 3491 ft)
At least 2 water stops.

Note: runners must arrange their own transportation back down from the summit.

Race day registration only: \$10.00.

Registration: 8:45-9:45a.m.

Family discount: no charge in excess of that for 3 people.

Awards: 1st, 2nd, 3rd overall male and female. Results available at www.runwmac.com.

Refreshments: at the finish area for runners and guests.

More info: Bob Dion (802) 423-7537 or dion@bcn.net

Please fill out and bring with payment on race day.

Name (Please print) _____

Street _____

City/Town _____ State _____ Zip _____

Phone _____ WMAC Member ? Yes No

Age _____ Sex M / F Entry fee \$ _____ Total \$ _____

Please enter me in the Mt. Greylock Road Race. I agree to assume all responsibility for and all risk of damage or injury that may occur to me as a participant of this event. In consideration of being accepted as an entrant in this event, I hereby, for myself, my heirs, executors and administrators, release and discharge any and all sponsors of the Mt. Greylock Road 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) _____



Monroe / Dunbar Brook Trail Races

10.5 Miles and 2 Miles
Sunday ... October 9, 2011 10 AM
Monroe State Forest ... Monroe , Massachusetts

Fees ... 10.5 Mile \$20.00 ... 2 Mile \$ 12.00 before 10 / 1 / 11
Race day \$25 -- \$15

Family discount: no charge in excess of that for three people if pre-registered.
Sorry, no refunds.

Technical Monroe race shirt included for first 125 registered runners, sizes are first come, first served.

Please send entry form(s) with a check for the fee made out to:
WMAC, P.O. Box 356, Adams, MA 01220

Info ... Kent Lemme ... kentdlemme@netzero.net or ... www.runwmac.com

Please circle which Monroe Trail Race you are entering: 2 mile 10.5 mile

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

Signature _____ Date _____

Parent/Guardian (if under 18) _____

The WMAC sends our sincere condolences to the families of Betty Gulliver and John Carey who passed away in June.



John Thomas Carey passed away on June 3rd, less than 2 months shy of his 50th birthday. He was a technical consultant and project manager for over 20 years in the software industry.

A lover of everything outdoors, he was an accomplished runner.

He was a member of the Central Mass. Striders and competed in many races.

He was especially proud of his Triathlon, Ultra, and Marathon runs and was an avid Boston sports fan.

John leaves behind his parents, 2 sisters, 5 nephews, 1 niece and many aunts, uncles and cousins

A memorial ceremony will be held this summer on top of Mt. Washington, the site of John's last hike.

Long time club member Elizabeth “Betty” Gulliver passed away at the age of 70 on June 22nd. Betty was the queen mother of the Red Hat Society of her group in Leominster, MA. (Red Hat Buddies). She loved knitting and especially up at Sea-Vu South in Wells, Maine where she spent her summers. She also loved to help out with all of her class reunions from Fitchburg High School. She will be sadly missed by her husband of 50 years Art and her son Ken and daughter Karen. She also leaves behind 5 grand children.

