



# Trail Running News ...Western Mass Athletic Club

Volume 18..... Issue 2 ..... Early Summer ..... 2012

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*Check the web page for info, changes, updates, and links ....*

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

Contact us at .....

The Hot Line ..... 413 – 743 – 5124

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

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

Write us at:

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

## Courting Lady Greylock

*by Laura Clark*

My brain operates more by color waves than by thought waves. Which basically means that my shirt must match my shorts and my socks must coordinate nicely with the entire outfit. I spend at least a half hour before each race not only locating my gels and fixing my water bottles, but harmonizing my apparel to make a snazzy first impression at the registration table. Then there is the backup outfit (or two) in case the weatherman overreaches his 50% probability rate. As if that weren't enough stress, I also need to consider the statement I wish to make. If I own a previous race tee do I wear that to indicate veteran status? If so, what year? Last year, way back when or the year of lightning strikes, ninety degree temperatures or oozing mud?

Post race attire is also crucial. You want to appear nicely turned out to dispel any impression of a death march struggle. Theoretically, this means you will be casually lolling around on the grass, beer in hand, cheering the runners still crossing the line. For me, this means I mostly get to impress Annie, my faithful vehicle, as well as the clean-up crew since most everyone else has departed.

When courting Lady Greylock the proper wardrobe is doubly important. You wouldn't want to wear just any old thing to visit royalty in their home tower. The only given in this complicated closet of statements and obligations are my gray Hammer shorts, tastefully equipped with more pockets than even I know what to do with. There are longish netted repositories, gel-sized slip-ins and even a few secure havens for keys and credit cards should I get lost and have the good fortune to discover a road that actually leads somewhere.

So Greylock morning I grabbed my shorts as usual, having laid out all my other choices the night before. But enveloped in 5:30 AM head fog I instead snatched my disreputable gray garden shorts, roughly on par with those venerable running shoes that have deteriorated into lawn sneakers. In one fell swoop I traded my invited guest status for that of interloper. If I had to pick a less utilitarian pair, I should at least have selected a fashionable skort or stylish roadie short! Goodness knows it is a rare occasion when I get to dress up for an event. So I resorted to Farmer Ed's trick of stuffing gels in my socks and prayed that it wouldn't be too muddy. Needless to say, I presented a rather lumpy version of myself, in no way worthy to meet The Lady.

The worst handicap was trying to pretend that I had not jinxed my race. Runners are extremely superstitious and I obviously am no exception. Bob Worsham has to arrive early to claim "his" parking spot, Dave Dunham has to sidetrack runs in several towns on the drive to the race site, and I have to memorize the exact mileage numbers of every water stop so I know where I am and how much longer I will be there. Which I also forgot to do. So there I was, the White Rabbit without his timepiece.

Rob Scott, who two weeks before had paced me to a PR at Pinelands, reminded me once again to take it slow at the start. Since that consisted of more than an hour's climb up the mountain it should have been a no-brainer. I hiked the steepest sections and jogged when the spirit moved me, slowing down when I felt myself being overly pushy. Amazingly, I began passing people without even feeling winded. On the drive up I complained to Jen Ferriss about the cloudy morning that had apparently forgotten to read the weather forecast. While Jen insisted that clouds make good running weather, I begged to differ. I do not care if a smiley-faced sun does in fact ratchet up the temperature. Mentally, I prefer zip-a-dee-doo-dah weather with birds chirping merrily and butterflies circling overhead. Too many Disney cartoons I guess.

*Continued next page:*

### Lady Greylock cont:

So we compromised. We assumed Jen would reach The Lady first and she promised to send the sun's rays beaming down upon me as I continued to struggle upwards. Except now I was passing her. And then I spied someone who looked like Will Danecki up ahead. Or else he was wearing Will's blue shirt.

I overheard his conversation and added my comments, causing him to magically locate first gear. Serves me right for not being stealthier. But although I knew I had no business being where I was, the sun had appeared early and I was feeling zippy.

That lasted until after I curtsied to The Lady and shuffled along the precipice hoping to see a hang glider launch, disappointed that the pilots were still scurrying around mumbling about wind velocity and lift. I was glad all I had to worry about was gels squeezing out of my socks. Less graceful but at least not life-threatening. By this time the sun was truly smiling but it did not help my shaky knee on the steep downhill. This would be what I euphemistically term my regrouping effort.

I rallied once more for the final miles of less technical trail and finished strong, only to be faced with another conundrum. Did this mean I should have pushed harder earlier or did it indicate I ran a smart negative split? But only if you cheat and divide the race into -/+/- segments. Perhaps I could transform my discovery into yet another training article accompanied by lots of glossy fashion photos.

*Laura Clark*

### **Greylock Trail Races ... Half Marathon and 5K Greylock Glen ... Adams, MA. ... June 17, 2012**

WMAC members in bold:

#### Half Marathon:

<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1 Marc Robaczynski	M 37	CT	1:37:15	100.00%
2 Derck Jakoboski	M 25	RI	1:45:04	92.56%
3 Rob Hult	M 42	MA	1:45:22	92.30%
4 Lance Harden	M 24	MA	1:46:34	91.26%
5 Aaron Stone	M 29	MA	1:47:31	90.45%
6 John Kinnee	M 33	MA	1:49:46	88.60%
7 Peter Hult	M 31	NH	1:50:50	87.74%
8 Stanislav Trufanov	M 33	MA	1:52:30	86.44%
9 Steve Nendoza	M 21	MA	1:54:46	84.74%
10 Todd Bennett	M 41	CT	1:54:54	84.64%
11 Ryan Welts	M 31	NH	1:55:16	84.37%
12 Will Kirby	M 17	MA	1:57:13	82.97%
13 <b>Scott Livingston</b>	M 39	CT	1:59:36	81.31%
14 Donald Pacher	M 40	MA	2:00:18	80.84%
15 <b>Kelsey Allen 1<sup>st</sup> F</b>	F 29	MA	2:00:31	80.69%
16 Tom Dmukauskas	M 36	MA	2:01:20	80.15%
17 Paul Hyry-Permith	M 44	MA	2:03:04	79.02%
18 Ben Whitbeck	M 35	MA	2:03:25	78.80%
19 Brian Sweet	M 39	NH	2:05:04	77.76%

20 Steve Forrest	M 48	MA	2:06:05	77.13%
21 Joshua Moran	M 30	MA	2:06:28	76.90%
22 Rich Teal	M 34	NY	2:06:49	76.69%
23 Scott Cote	M 27	CT	2:07:00	76.57%
24 Jim Nelson	M 48	CT	2:07:02	76.55%
25 Edward Jeffries	M 48	NH	2:07:26	76.31%
26 Scott Patnode	M 31	MA	2:07:43	76.15%
27 Greg Rossolimo	M 31	CT	2:08:23	75.75%
28 John McCarthy	M 33	MA	2:09:04	75.35%
29 Angelo Radano	M 29	CT	2:09:04	75.35%
30 <u>Kristina Folcik</u>	F 34	NH	2:09:15	75.24%
31 <b>Ted Cowles</b>	M 53	CT	2:09:28	75.12%
32 Dan Dermody	M 19	MA	2:09:34	75.06%
33 <b>Debbie Livingston</b>	F 37	CT	2:09:55	74.86%
34 Bertil Lind	M 58	MA	2:10:28	74.54%
35 Brian Gill	M 41	MA	2:11:49	73.78%
36 Caz Vandevere	M 24	NY	2:13:38	72.77%
37 Jack Miller	M 39	MA	2:13:47	72.69%
38 John Pillion	M 51	NH	2:14:52	72.11%
39 <b>Todd Brown</b>	M 48	CT	2:15:13	71.92%
40 Carl Matuszek	M 60	NY	2:15:27	71.80%
41 Tom Ireland	M 38	MA	2:16:25	71.29%
42 Adam Caplan-Bricker	M 18	MA	2:16:50	71.07%
43 Jamie Whitbeck	M 38	MA	2:17:00	70.99%
44 Michael Hall	M 32	CT	2:17:02	70.97%
45 <b>Joe Gwozdz</b>	M 57	MA	2:18:06	70.42%
46 Michael Madden	M 29	MA	2:18:27	70.24%
47 Tony Bonanno	M 47	CT	2:19:11	69.87%
48 Michael Nocella	M 25	MA	2:19:49	69.56%
49 Ben Pare	M 36	CT	2:20:04	69.43%
50 Michael Prukalski	M 51	MA	2:20:11	69.37%
51 Roger Erik Johnson	M 31	CT	2:20:42	69.12%
52 Brenden Epps	M 32	MA	2:21:00	68.97%
53 Jason Dolmetsch	M 31	NY	2:21:05	68.93%
54 Paul Haynes	M 54	CT	2:21:25	68.77%
55 Dan Monks	M 44	VT	2:22:09	68.41%
56 Randy Zucco	M 41	MA	2:22:21	68.32%
57 Robert Gazzale	M 44	VT	2:22:32	68.23%
58 Chris Ollari	M 42	MA	2:22:41	68.16%
59 Brendan Bucy	M 28	MA	2:23:11	67.92%
60 Joe Nuara	M 25	CT	2:23:12	67.91%
61 <u>Amanda Lawrence</u>	F 36	CT	2:23:18	67.86%
62 Davey Edwards	M ??	CT	2:23:52	67.60%
63 Brian McCarthy	M 49	MA	2:23:57	67.56%
64 Russell Hammond	M 52	CT	2:24:57	67.09%
65 <u>Kerri Mocko</u>	F 26	CT	2:26:04	66.58%
66 Evan Barry	M 30	MA	2:26:14	66.50%
67 <u>Monica Roberto</u>	F 42	CT	2:26:43	66.28%
68 <b>Isaac Tirrell</b>	M 30	MA	2:29:12	65.18%
69 Noah Stone	M 38	MA	2:30:20	64.69%
70 David Sutherland	M 50	CT	2:30:22	64.68%
71 Bryant Turner	M 24	MA	2:30:57	64.43%
72 <u>Juel Sheridan</u>	F 24	MA	2:31:06	64.36%
73 Jim Sullivan	M 33	MA	2:31:21	64.26%
74 <u>Kehr Davis</u>	F 35	MA	2:31:45	64.09%
75 Bruce Shenker	M 59	NY	2:32:22	63.83%
76 <b>Daniel Potvin</b>	M 47	VT	2:33:55	63.18%
77 Denis Childs	M 39	MA	2:33:54	63.19%
78 <u>Shaury Provost</u>	F 20	VT	2:34:00	63.15%
79 Richard Godin	M 57	MA	2:34:27	62.97%

**Continued next page:**

**Greylock results cont:**

80	<b>Tim Drake</b>	M52	MA	2:34:31	62.94%
81	Michael Clark	M 35	RI	2:35:01	62.74%
82	John Bylund	M 16	MA	2:35:20	62.61%
83	Guy Caracciolo	M 41	MA	2:35:29	62.55%
84	Gary Hebert	M 47	VT	2:35:43	62.45%
85	Joshua Eudy	M 34	CT	2:35:46	62.43%
86	<u>Greta Facchetti</u>	F 35	MA	2:35:51	62.40%
87	Christophe Blanc	M 23	MA	2:36:07	62.29%
88	Carlo Taglientz	M 33	MA	2:36:43	62.05%
89	Curt Pandiscio	M 51	CT	2:36:52	62.00%
90	Mark Drela	M 52	MA	2:37:26	61.77%
91	<u>Nicole Boucher</u>	F 40	CT	2:37:49	61.62%
92	<u>Becky Iselin</u>	F 36	CT	2:38:25	61.39%
93	<u>Carmel Kushi</u>	F 43	MA	2:38:50	61.23%
94	Francis Bock	M 37	MA	2:39:24	61.01%
95	Chad Pause	M 38	MA	2:39:36	60.93%
96	Bernie Romanowski	M 34	MA	2:39:51	60.84%
97	Chris Cangelosi	M 40	MA	2:40:14	60.69%
98	<b>Logan Wilson</b>	M 18	MA	2:40:24	60.63%
99	Fred Pilon	M 66	MA	2:40:41	60.52%
100	<u>Michele Hammond</u>	F 53	CT	2:40:47	60.49%
101	Joshua Duclos	M 29	MA	2:40:54	60.44%
102	Dan Damasca	M 50	MA	2:40:56	60.43%
103	<u>Alanna Almstead</u>	F 35	NY	2:41:04	60.38%
104	<u>Kathy McCarthy</u>	F 53	MA	2:41:09	60.35%
105	<u>Rena Eudy</u>	F 27	CT	2:41:25	60.25%
106	<u>Kelsey Battige</u>	F 25	MA	2:41:31	60.21%
107	Stephen Cuddy	M 51	CT	2:41:47	60.11%
108	<b>Dominic Ambrosi</b>	M 33	MA	2:42:00	60.03%
109	<u>Joann Lynch</u>	F 46	MA	2:42:03	60.01%
110	<u>Maria Potvin</u>	F 13	VT	2:42:38	59.80%
111	Steve Nichols	M 42	CT	2:44:54	58.98%
112	<u>Jill Chmielewski</u>	F 36	CT	2:45:31	58.76%
113	<b>Bob Worsham</b>	M 66	CT	2:46:33	58.39%
114	Doug Cummings	M 50	MA	2:47:01	58.23%
115	John Meredith	M 45	NY	2:47:32	58.05%
116	<b>Dan Danecki</b>	M 53	MA	2:49:11	57.48%
117	<b>John Guzzi</b>	M 35	MA	2:49:33	57.36%
118	<b>Vic LaPort</b>	M 71	MA	2:50:18	57.11%
119	Arthur Johns	M 52	MA	2:51:54	56.57%
120	<u>Kathenne Meyer</u>	F 24	MA	2:51:58	56.55%
121	<u>Jessica Harwood</u>	F 32	MA	2:51:58	56.55%
122	<u>Amanda Chilson</u>	F 29	MA	2:53:08	56.17%
123	Joe Hayes	M 63	NH	2:54:01	55.89%
124	Jack Leger	M 15	MA	2:52:11	56.48%
125	Dan Grow	M 50	MA	2:55:02	55.56%
126	<u>Allyson Nelson</u>	F 22	CT	2:55:07	55.53%
127	Feng Zhu	M 23	MA	2:55:22	55.46%
128	Todd Palmer	M 34	NY	2:55:33	55.40%
129	<b>Robert Scott</b>	M 58	CT	2:56:02	55.25%
130	<u>Suzanne Heller</u>	F 47	VT	2:56:14	55.18%
131	<u>Vicki Meyer</u>	F 47	VT	2:56:15	55.18%
132	Jason Laporte	M 27	MA	2:57:24	54.82%
133	<u>Barbara Sorrell</u>	F 55	NY	2:57:56	54.66%
134	<b>Will Danecki</b>	M 62	CT	2:58:10	54.58%
135	Ralph Meima	M 52	VT	2:58:16	54.55%
136	Jeff Clark	M 54	NY	2:58:37	54.45%
137	<u>Sarah Peters</u>	F 30	NY	2:59:04	54.31%
138	Mike Duffy	M 60	MA	3:00:11	53.97%
139	Josh Levine	M 24	MA	3:00:35	53.85%

140	Jonathan Messer	M 39	NH	3:01:54	53.46%
141	<b><u>Darlene McCarthy</u></b>	F 49	MA	3:02:05	53.41%
142	David Horn	M 38	CT	3:02:31	53.28%
143	<u>Elizabeth Dougherty</u>	F 44	MA	3:03:14	53.07%
144	<u>Susan Sheridan</u>	F 54	MA	3:03:51	52.90%
145	Christian Staudt	M 25	MA	3:05:27	52.44%
146	Sean Lewis	M 30	MA	3:06:05	52.26%
147	<u>Jessica Chapman</u>	F 34	MA	3:06:36	52.12%
148	William Colvin	M 48	VT	3:06:37	52.11%
149	<u>Jessica Dockendorf</u>	F 31	MA	3:06:48	52.06%
150	David Aronson	M 57	MA	3:07:04	51.99%
151	Jonathan Haggett	M 25	CT	3:08:19	51.64%
152	<u>Mary Alice Abbott</u>	F 41	MA	3:08:46	51.52%
153	Brian Brown	M 37	PA	3:09:08	51.42%
154	<u>Valerie Stevens</u>	F 32	MA	3:10:01	51.18%
155	<u>Pat LaChance</u>	F 54	MA	3:10:14	51.12%
156	Jonathan Zuercher	M 21	KS	3:11:22	50.82%
157	Brian Lawson	M 31	MA	3:11:26	50.80%
158	<b><u>Jennifer Ferriss</u></b>	F 40	NY	3:11:46	50.71%
159	<u>Kelsey Hoontis</u>	F 28	RI	3:17:55	49.14%
160	Dancing Fool	M 54	PA	3:19:42	48.70%
161	<b>Bill Donovan</b>	M 57	MA	3:19:43	48.69%
162	<u>Kathryn Allen</u>	F 32	MA	3:23:45	47.73%
163	Peter Love	M 45	MA	3:28:34	46.63%
164	Jared Mongeon	M 22	MA	3:30:10	46.27%
165	<u>Chloe McGrath</u>	F 20	MA	3:30:13	46.26%
166	<u>Lisa Woods</u>	F 48	MA	3:31:22	46.01%
167	<u>Jessica Mokhiber</u>	F 32	NY	3:31:23	46.01%
168	<b>John Aldrich</b>	M 53	MA	3:41:20	43.94%
169	<u>Haley DiMarino</u>	F 36	VT	3:41:27	43.92%
170	<b><u>Denise Dion</u></b>	F 54	VT	3:44:37	43.30%
171	<b><u>Mary Kennedy</u></b>	F 54	MA	3:44:38	43.29%
172	<b><u>Claudine Priete</u></b>	F 45	MA	3:44:40	43.29%
173	<b><u>Laura Clark</u></b>	F 65	NY	3:50:36	42.17%
174	Drake Pusey	M 37	MA	4:05:46	39.57%
175	<u>Michele Schulz</u>	F 42	MA	4:32:59	35.62%
176	Greg Taylor	M 65	NY	4:32:59	35.62%
177	<u>LeeAnne Zarger</u>	F 58	CT	5:17:43	30.61%
*178	<u>Sanskriti Tripathy</u>	F 9	MA	5:30:00	29.5%

\* Possibly the youngest finisher of Greylock long.

**Greylock 5 K Results:**

	<b><u>Name</u></b>	<b><u>Age</u></b>	<b><u>ST.</u></b>	<b><u>Time</u></b>
1	Brian Kirchner	M 22	MA	18:31
2	Rich Alexander	M 21	MA	18:59
3	Carter Stripp	M 14	MA	19:21
4	Sam Woodbury	M 20	MA	19:24
5	Will Nolan	M 15	MA	19:26
6	Tommy Kirby	M 14	MA	22:48
7	Sean OConnor	M 18	MA	24:01
8	Tyler Noyes	M 31	MA	24:59
9	<u>Helen Coty-Curtin 1<sup>st</sup> F</u>	F 43	MA	25:01
10	Pat Mele	M 55	MA	25:07
11	<b>Bob Dion</b>	M 56	VT	25:42
12	<u>Kristi Cabot</u>	F 26	MA	25:52
13	<b>James Potvin</b>	M 17	VT	25:57

**Continued next page:**

**5K results cont:**

14 Stephen Aitken	M 47	MA	26:08
15 Dennis Desnoyers	M 42	MA	26:10
16 <b>Scott Bradley</b>	M 57	MA	26:12
17 Mike Lapierre	M 48	MA	26:16
18 <u>Kelsey Levine</u>	F 24	MA	26:30
19 <u>Caitlin McCarthy</u>	F 16	MA	26:59
20 <b>Therese Potvin</b>	F 8	VT	27:10
21 Tim McKenna	M 36	MA	27:15
22 <u>Angela Forbes</u>	F 10	VT	27:27
23 Tim Morey	M 54	MA	27:49
24 <b>Annemarie Potvin</b>	F 12	VT	28:05
25 <u>Catherine Forbes</u>	F 8	VT	28:28
26 <u>Nallary Blair</u>	F 26	NH	28:30
27 Jason Salinger	M 29	MA	28:30
28 <u>Jenn Frederick</u>	F 30	MA	29:09
29 Benjamin Forbes	M 15	VT	29:25
30 <u>Rebecca Forbes</u>	F 12	VT	29:26
31 Andrew Cranmer	M 42	MA	29:27
32 Chuck Roberts	M 55	MA	29:28
33 <u>Emily Kochanek</u>	F 19	MA	29:39
34 <u>Melanie Turngren</u>	F 28	CT	29:41
35 Joshua Forbes	M 13	VT	29:56
36 <u>Adria Polletta</u>	F 35	RI	29:57
37 <b>Eileen Monvahan</b>	F 41	MA	30:33
38 Chris Nopper	M 32	MA	30:36
39 <b>Ed Alibozek Jr</b>	M 72	MA	30:38
40 <b>Ed Alibozek</b>	M 49	CT	30:41
41 Patrick McGrath	M 47	MA	30:44
42 Stan Serafin	M 58	MA	30:54
43 <u>Bryn Davis</u>	F 33	MA	32:06
44 <b>Martin Glendon</b>	M 66	MA	32:13
45 <b>Bob Massaro</b>	M 68	MA	32:15
46 <u>Renee Doylan</u>	F 26	MA	32:30
47 Keith Doylan	M 27	MA	32:32
48 <u>Becky Couture</u>	F 40	MA	33:43
49 <u>Christine Wytruk</u>	F 47	MA	35:20
50 Jeff Stevens	M 27	MA	35:26
51 <u>Rita Lonoworth</u>	F 25	MA	35:32
52 <b>Eric White</b>	M 71	MA	35:37
53 James Whittum	M 49	MA	35:45
54 <b>Bill Glendon</b>	M 66	MA	36:21
55 James Gonyea	M 63	MA	36:22
56 <u>Meghan OGrady</u>	F 21	MA	36:27
57 <b>Jan Rancatti</b>	M 51	VT	36:27
58 <b>Karin Bradley</b>	F 55	MA	36:31
59 Dale Desnoyers	M 48	NY	36:33
60 <u>Dusty Newberg</u>	F 35	FL	36:34
61 <u>Christa Melillo</u>	F 26	MA	39:26
62 <b>Konrad Karolczuk</b>	M 59	CT	40:05
63 <b>John Paul Potvin</b>	M 15	VT	40:28
64 <u>Terry Williams</u>	F 53	PA	41:35
65 ??? Lyman	M 53	??	41:40
66 Jason Hane	M 29	NY	42:15
67 Vicki Pandiscio	F 52	CT	45:08
68 <b>Joseph Potvin</b>	M 4	VT	58:18
69 <b>Jane Potvin</b>	F 46	MA	58:19
70 <u>Linda Ruberto</u>	F 65	MA	60:31
71 <u>Palma Eleck</u>	F 69	MA	61:12



Helen Coty-Curtin, first female finisher in the Greylock 5K race



Last years "Grand Tree" champion Kelsey Allen is the first female finisher in the Greylock half-marathon race



First place overall in the 2012 Greylock 5K, 22 year old Brian Kirchner.



First place overall in the 2012 Greylock half-marathon, 37 year old Marc Robaczynski.

*photos by Barbara Danecki*



Off n' running at the long race start



5K racers head into the woods some 10 minutes after the long race start.

*photos by Barbara Danecki*

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*Trail Running News ....*

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## Northern Nipmuck 16 Mile Trail Race

Union, CT. ... April 7, 2012

WMAC members in bold:

	<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1	Greg Hammett	M 34	NH	2:05:11	100.00%
2	<b>Ross Krause</b>	M 32	MA	2:07:52	97.90%
3	John Kinnee	M 33	MA	2:11:51	94.94%
4	Ryan Welts	M 31	NH	2:17:07	91.30%
5	Derek Jakoboski	M 25	RI	2:17:10	91.26%
6	Godfrey Bergen	M 31	CT	2:17:13	91.23%
7	Mike Mazzetta	M 31	MA	2:19:46	89.57%
8	Jack Pilla	M 53	VT	2:21:49	88.27%
9	Connor Frantzen	M 26	MA	2:24:00	86.93%
10	Alexander Norton	M 27	MA	2:24:13	86.80%
11	Curt Flanders	M 36	NH	2:26:11	85.63%
12	Todd Bennett	M 41	CT	2:28:49	84.12%
13	Justin Contois	M 32	MA	2:30:00	83.46%
14	Donald Pacher	M 39	MA	2:30:39	83.10%
15	Chris Taft	M 31	MA	2:30:42	83.07%
16	<u>Kristina Folcik</u> 1 <sup>ST</sup> F	F 34	NH	2:31:58	82.38%
17	Eric Wyzga	M 36	RI	2:32:20	82.18%
18	Scott Patnode	M 31	MA	2:32:29	82.10%
19	Ken Naide	M 39	MA	2:33:23	81.61%
20	Mark Buongiorno	M 44	CT	2:38:44	78.86%
21	Scott Cote	M 27	CT	2:39:09	78.66%
22	Kevin Hutt	M 44	CT	2:39:46	78.35%
23	John Agosto	M 47	CT	2:42:28	77.05%
24	Bryan Johnston	M 32	NH	2:44:17	76.20%
25	<b>Debbie Livingston</b>	F 37	CT	2:44:47	75.97%
26	Anthony Panillo	M 29	MA	2:44:48	75.96%
27	Jeremy Scanlon	M 29	MA	2:47:11	74.88%
28	<b>Ted Cowles</b>	M 53	CT	2:48:19	74.37%
29	Greg Rems	M 35	VT	2:49:49	73.72%
30	Robert Paton	M 41	CT	2:49:53	73.69%
31	Donald Jakoboski	M 61	CT	2:50:48	73.29%
32	Bruce Giguene	M 44	CT	2:52:11	72.70%
33	<u>Julie Jakoboski</u>	F 27	CA	2:52:12	72.70%
34	Andy Illidge	M 45	MA	2:52:30	72.57%
35	Alexander Hayman	M 26	MA	2:54:48	71.62%
36	Alex Parker	M 45	MA	2:55:11	71.46%
37	<b>Ned James</b>	M 57	MA	2:55:20	71.40%
38	Dominic Wilson	M 41	CT	2:55:40	71.26%
39	Jesse Veinotte	M 31	MA	2:55:42	71.25%
40	David Laponte	M 47	CT	2:56:39	70.87%
41	Sonny Gerardi	M 38	MA	2:56:45	70.83%
42	Sam Brody	M 30	MA	2:57:09	70.67%
43	<b>Ron Starrett</b>	M 42	CT	3:00:33	69.33%
44	Paul Ghelfi	M 44	MA	3:01:53	68.83%
45	Kevin Mullen	M 54	MA	3:02:11	68.71%
46	Timothy Horan	M 39	MA	3:02:14	68.69%
47	Eric Bogdan	M 44	CT	3:03:17	68.30%
48	<u>Tracy Rose</u>	F 49	VT	3:03:19	68.29%
49	Michael Parillo	M 24	MA	3:05:33	67.47%
50	<b>Isaac Tirrel</b>	M 30	MA	3:07:57	66.60%
51	Russell Straud	M 42	CT	3:08:13	66.51%
52	Rick Lowry	M 49	CT	3:08:56	66.26%
53	<u>Wendy Price</u>	F 44	NH	3:09:44	65.98%

54	James Price	M 53	NH	3:09:45	65.97%
55	Francis Bock	M 36	MA	3:10:13	65.81%
56	Randall Dutton	M 41	CT	3:10:47	65.62%
57	<u>Stephanie Dunn</u>	F 44	CT	3:12:35	65.00%
58	Jim Dalton	M 45	CT	3:13:33	64.68%
59	<b>Thomas Parker</b>	M 46	NH	3:14:53	64.24%
60	Cliff Collins	M 52	CT	3:14:55	64.22%
61	Matthew Haley	M 35	CT	3:16:20	63.76%
62	George Daniels	M 50	CT	3:16:28	63.72%
63	Stephen Taylor	M 43	MA	3:16:37	63.67%
64	Vincent Zito	M 39	CT	3:17:01	63.54%
65	Rob Amatruda	M 26	CT	3:17:14	63.47%
66	Brendan Neary	M 27	NY	3:17:32	63.37%
67	Matthew Neary	M 30	NY	3:17:34	63.36%
68	Thomas Giammalvo	M 37	MA	3:17:48	63.29%
69	Daniel Delannoy	M 48	CT	3:18:59	62.91%
70	Mike Belcourt	M 50	CT	3:19:29	62.75%
71	David Almand	M 37	CT	3:22:37	61.78%
72	Scott Edington	M 53	CT	3:22:52	61.71%
73	Glenn Converse	M 51	CT	3:24:15	61.29%
74	Doug Nemeth	M 41	CT	3:25:19	60.97%
75	James Frennette	M 47	MA	3:26:04	60.75%
76	Robert Schulten	M 55	CT	3:26:17	60.69%
77	<b>Ed Buckley</b>	M 54	MA	3:27:49	60.24%
78	<u>Nicole Schmidt</u>	F 41	CT	3:27:58	60.19%
79	Tim Rothfuss	M 42	NH	3:27:59	60.19%
80	Dan Sullivan	M 32	MA	3:29:39	59.71%
81	Charles Joyal	M 42	MA	3:29:40	59.71%
82	Gary Hebert	M 47	CT	3:32:04	59.03%
83	Chris Morrow	M 43	NH	3:32:48	58.83%
84	Rich Victor	M 45	MA	3:35:11	58.18%
85	<u>Abby Doolittle</u>	F 57	MA	3:36:51	57.73%
86	Aiden Neary	M 56	CT	3:37:13	57.63%
87	Brendan Shea	M 45	CT	3:37:20	57.60%
88	Jess Dockendorff	F 30	MA	3:38:30	57.29%
89	Christopher Larocco	M 50	CT	3:43:59	55.89%
90	Bruce Cha	M 55	CT	3:44:01	55.88%
91	<u>Michell Keane-Taylor</u>	F 44	CT	3:44:31	55.76%
92	Paul Gray	M 45	CT	3:49:27	54.56%
93	<u>Jodie Omalley</u>	F 37	MA	3:50:27	54.32%
94	<u>Jen Barker</u>	F 29	MA	3:50:32	54.30%
95	Kenneth Harringdin	M 31	MA	3:50:32	54.30%
96	Dante Demichaelis	M 46	MA	3:51:26	54.09%
97	Erik Skulte	M 40	CT	3:51:48	54.00%
98	Glen Zygmuntowcz	M 41	MA	3:53:47	53.55%
99	<u>Alena Stevens</u>	F 40	CT	3:55:04	53.25%
100	<u>Carol Ann Gray</u>	F 43	CT	3:55:40	53.12%
101	Charles Cyr	M 48	CT	3:56:16	52.98%
102	Robert Parent	M 35	MA	3:57:27	52.72%
103	Kenny Rodgers	M 57	MA	3:57:47	52.65%
104	<u>Wendy Andre</u>	F 41	MA	3:57:58	52.61%
105	Suresh Shenoy	M 54	CT	3:58:00	52.60%
106	<u>Lori Watkins</u>	F 47	MA	3:58:22	52.52%
107	Fred Vry	M 59	CT	4:03:26	51.42%
108	Brian Loose	M 46	CT	4:04:27	51.21%
109	Tom Malcolm	M 55	MA	4:07:21	50.61%
110	John Loring	M 64	MA	4:07:53	50.50%
111	Jason Cote	M 38	MA	4:11:11	49.84%
112	Charles Thayer	M 67	NJ	4:24:29	47.33%

**Merrimack River ... 10 Mile Trail Race**  
**Andover, MA. .... April 14, 2012**

WMAC members in bold:

	<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1	Kevin Tilton	M 30	NH	0:59:13	100.00%
2	Tim Van Orden	M 43	VT	0:59:29	99.55%
3	Todd Callaghan	M 42	MA	1:01:26	96.39%
4	Danny Ferreira	M 29	NH	1:02:47	94.32%
5	John Dudley	M 33	MA	1:02:56	94.09%
6	Andy Scott	M 21	MA	1:03:20	93.50%
7	John Kinnee	M 33	MA	1:03:39	93.03%
8	Jorg Schneider	M 43	MA	1:03:39	93.03%
9	Ryan Aschbrenner	M 34	NH	1:03:51	92.74%
10	Rob Hult	M 42	MA	1:06:04	89.63%
11	Justin Costa	M 32	RI	1:06:10	89.50%
12	Nicholas Cotton	M 44	??	1:06:48	88.65%
13	Keith Obrien	M 48	MA	1:08:30	86.45%
14	Tom Brown	M 26	MA	1:09:02	85.78%
15	Brad Birkel	M 33	MA	1:09:10	85.61%
16	Brodie Miles	M 38	MA	1:09:39	85.02%
17	Jason Reed	M 33	CA	1:09:58	84.64%
18	Stanislav Trufanov	M 30	MA	1:10:01	84.58%
19	Gabriel Flanders	M 36	NH	1:10:19	84.21%
20	Christopher Dunn	M 43	??	1:10:32	83.96%
21	Matt Ridout	M 32	MA	1:12:07	82.11%
22	Giant Parlin	M 36	ME	1:12:17	81.92%
23	Mark Wimmer	M 41	NH	1:12:46	81.38%
24	Brad Beveridge	M 38	NH	1:12:58	81.16%
25	Michael Cusson	M 50	MA	1:13:06	81.01%
26	Richard DeChellis	M 42	MA	1:13:53	80.15%
27	Jeremaih Fitsgibbon	M 55	NH	1:15:15	78.69%
28	Alexander Hayman	M 26	MA	1:15:22	78.57%
29	David Loutzenheiser	M 45	MA	1:15:34	78.36%
30	Joseph Peterson	M 26	NH	1:15:45	78.17%
31	Ryan Boatman	M 24	MA	1:16:08	77.78%
32	Andrew Corrow	M 45	NH	1:16:18	77.61%
33	<u>Mary Pizarro</u> <b>1<sup>st</sup> F</b>	F 29	MA	1:16:23	77.53%
34	Kristppher Sortwell	M 31	CT	1:16:45	77.16%
35	Steve Whittey	M 55	MA	1:17:01	76.89%
36	Scott Spence	M 47	MA	1:17:33	76.36%
37	<b>Ted Cowles</b>	M 53	CT	1:17:58	75.95%
38	<u>Emma Barclay</u>	F 37	ME	1:18:07	75.81%
39	Jeffrey Saeger	M 62	MA	1:18:17	75.64%
40	David Bidler	M 29	ME	1:18:59	74.97%
41	Brad Pechacek	M 50	MA	1:19:24	74.58%
42	<u>Jennifer Brooks</u>	F 32	MA	1:19:52	74.14%
43	Domenic Naples	M 45	MA	1:20:00	74.02%
44	Max Bukoulec	M 18	MA	1:20:42	73.38%
45	Kevin Robinson	M 28	MA	1:20:58	73.14%
46	<u>Adrienne Clark</u>	F 38	MA	1:21:00	73.11%
47	Greg Whyman	M 42	MA	1:21:31	72.64%
48	Peter Noyes	M 51	MA	1:22:25	71.85%
49	Matt Cooney	M 40	MA	1:22:46	71.55%
50	Paul Comeau	M 50	NH	1:22:49	71.50%
51	Giovanni Parmigiani	M 53	MA	1:22:58	71.37%
52	Mike Cesarini	M 37	MA	1:23:05	71.27%
53	Gary Jewett	M 45	MA	1:23:07	71.25%
54	Nathan Augustine	M 38	ME	1:23:18	71.09%
55	Richie Blake	M 43	MA	1:23:21	71.05%
56	Michael Clark	M 35	RI	1:23:22	71.03%

57	Cody Robson	M 16	MA	1:23:24	71.00%
58	Roy Chan	M 31	MA	1:23:42	70.75%
59	<u>Tanya Eggert</u>	F 42	IL	1:23:46	70.69%
60	<b>Thomas Parker</b>	M 45	NH	1:23:49	70.65%
61	John Londa	M 55	MA	1:24:00	70.50%
62	James Banyas	M 48	NH	1:24:09	70.37%
63	Chester Ruszczyk	M 47	MA	1:24:18	70.25%
64	Charles Hanson	M 50	MA	1:24:20	70.22%
65	Tom Dolan	M 44	MA	1:24:28	70.11%
66	Earl Littlefield	M 41	MA	1:24:34	70.02%
67	<u>Francesca Dominici</u>	F 43	MA	1:24:53	69.76%
68	Scott Croumie	M 40	MA	1:25:11	69.52%
69	Dimitar Vlassarev	M 29	MA	1:25:11	69.52%
70	<u>Abby Jackson</u>	F 31	NH	1:25:27	69.30%
71	Chris Scott	M 61	MA	1:25:32	69.23%
72	<u>Michaela Moran</u>	F 17	NH	1:25:34	69.21%
73	Karl Furstenberg	M 67	NH	1:25:36	69.18%
74	Evan Sussman	M 32	MA	1:25:44	69.07%
75	Clay Schwabe	M 32	MA	1:25:45	69.06%
76	Joseph Anderson	M 32	MA	1:25:50	68.99%
77	Bob Rogan	M 47	MA	1:25:59	68.87%
78	Ian Reynolds	M 22	MA	1:26:01	68.84%
79	<u>Linda Brodette</u>	F 44	MA	1:26:12	68.70%
80	Joseph Reddy	M 50	RI	1:26:55	68.13%
81	Daryl Kincaid	M 52	RI	1:27:10	67.94%
82	Zach South	M 30	MA	1:27:14	67.88%
83	<u>Eva Kopf-Ridout</u>	F 32	MA	1:27:18	67.83%
84	Randy Miller	M 41	MA	1:27:47	67.46%
85	Dave Geary	M 46	MA	1:28:17	67.08%
86	<u>Kelly Aschbrenner</u>	F 37	NH	1:28:18	67.06%
87	Henry Richards	M 45	MA	1:28:24	66.99%
88	Rahul Raina	M 35	MA	1:28:24	66.99%
89	Mike Walker	M 17	MA	1:28:25	66.97%
90	John Burke	M 24	MA	1:28:26	66.96%
91	John Hollister	M 45	MA	1:28:46	66.71%
92	Marc Cobery	M 43	NH	1:28:49	66.67%
93	Peter Rinaldi	M 38	CT	1:28:57	66.57%
94	Dorin Neacsu	M 47	MA	1:29:02	66.51%
95	Brett Peters	M 37	MA	1:29:17	66.32%
96	Sean Kenny	M 39	MA	1:29:35	66.10%
97	Tad Stewart	M 41	MA	1:29:36	66.09%
98	George Zahka	M36	MA	1:29:43	66.00%
99	Joshua Haines	M 39	MA	1:29:49	65.93%
100	Sal Genovese	M 47	MA	1:29:57	65.83%
101	Dave McLaughlin	M 38	MA	1:30:09	65.69%
102	TJ Hughes	M 33	RI	1:30:10	65.67%
103	<u>Muffy White</u>	F 39	MA	1:30:54	65.14%
104	David Stark	M 27	MA	1:30:57	65.11%
105	Richard Georato	M 44	NH	1:31:05	65.01%
106	<u>Regina Otoole</u>	F 37	??	1:31:29	64.73%
107	Curtis Child	M 29	MA	1:31:30	64.72%
108	Brian Gallagher	M 62	NH	1:31:31	64.71%
109	Adam Olson	M 40	NH	1:31:36	64.65%
110	Peter Robinson	M 36	MA	1:32:41	63.89%
111	John Robertson	M 65	MA	1:32:49	63.80%
112	<u>Caitlin Moran</u>	F 29	MA	1:33:15	63.50%
113	<u>Robin Allen-Burke</u>	F 51	NH	1:33:22	63.42%
114	<u>Heather Fish</u>	F 33	MA	1:33:24	63.40%
115	Bill Rooney	M 47	NH	1:33:25	63.39%
116	Richard Benoit	M 44	NH	1:33:27	63.37%
117	Phil Cunningham	M 39	MA	1:33:41	63.21%

Continued next page:

**Merrimack results cont:**

119	Ronald Desmarais	M 49	MA	1:33:46	63.15%
120	Bob Segal	M 59	MA	1:33:54	63.06%
121	<b>George Gilder</b>	M 72	MA	1:34:11	62.87%
123	Ian Fownes	M 45	RI	1:34:14	62.84%
124	Philip Dunn	M 64	MA	1:34:25	62.72%
125	Kent Rissmiller	M 58	MA	1:34:30	62.66%
126	Bob Gannon	M 43	NH	1:34:40	62.55%
127	Colin Evans	M 40	MA	1:34:58	62.36%
128	Guy Caracciolo	M 41	MA	1:35:03	62.30%
129	<u>Heidi Chauvin</u>	F 38	NH	1:35:11	62.21%
130	Merrill Sweet	M 46	MA	1:35:20	62.12%
131	Douglas Harvey	M 32	MA	1:35:27	62.04%
132	<u>Bridget Peterson</u>	F 42	MA	1:35:27	62.04%
133	<u>Jennifer Schultis</u>	F 43	NH	1:35:48	61.81%
134	Kevin Robinson	M 56	ME	1:35:53	61.76%
135	Robert McLeod	M 44	MA	1:36:01	61.67%
136	<u>Kristen Jilek</u>	F 46	MA	1:36:04	61.64%
137	Tom Mitchell	M 49	MA	1:36:16	61.51%
138	Henry Mitchell	M 15	MA	1:36:16	61.51%
139	<u>Eirette Santiago</u>	F 35	NH	1:36:25	61.42%
140	Paul Hennessey	M 62	MA	1:36:33	61.33%
141	Mariano Santangelo	M 43	NH	1:36:40	61.26%
142	<u>Cheryl Michael</u>	F 51	VA	1:36:50	61.15%
143	Chris Morrow	M 43	NH	1:37:14	60.90%
144	Gus Iarrobino	M 47	MA	1:37:15	60.89%
145	Jeff Hattem	M 60	MA	1:37:19	60.85%
146	<u>Sharon Seabury</u>	F 44	MA	1:37:20	60.84%
147	Scott Hicks	M 41	MA	1:37:34	60.69%
148	<u>Kelly Luethje</u>	F 34	MA	1:37:41	60.62%
149	Gary Reuter	M 73	ME	1:37:58	60.45%
150	Steve Johnson	M 44	MA	1:38:07	60.35%
151	Bryan Tedford	M 18	MA	1:38:22	60.20%
152	<u>Keri Bassingthwaite</u>	F 33	NH	1:38:41	60.01%
153	Steve Wozniak	M 35	MA	1:38:49	59.93%
154	Matt Flynn	M 54	MA	1:38:57	59.85%
155	David Fabrizio	M 49	MA	1:38:59	59.82%
156	Wesley Magnus	M 29	MA	1:39:24	59.57%
157	<u>Kathleen Furlani</u>	F 63	CT	1:39:31	59.50%
158	<u>Ania Childress</u>	F 36	CT	1:39:59	59.23%
159	Douglas Gray	M 37	MA	1:40:26	58.96%
160	<u>Patty Duffy</u>	F 43	MA	1:40:48	58.75%
161	<u>Sara Pragulski-Walsh</u>	F 33	MA	1:40:49	58.74%
162	Kevin Yetman	M 42	MA	1:40:50	58.73%
163	Scott Berkley	M 43	MA	1:40:54	58.69%
164	Brian Ristuccia	M 33	MA	1:40:58	58.65%
165	Chuck McAllister	M 36	MA	1:41:04	58.59%
166	Graham McShane	M 30	MA	1:41:24	58.40%
167	<u>Michelle Devan</u>	F 35	MA	1:41:25	58.39%
168	<u>Kerri Descheneaux</u>	F 34	MA	1:41:25	58.39%
169	Steve Smith	M 60	MA	1:41:26	58.38%
170	<u>Michelle Zabka-Gubiotti</u>	F 40	MA	1:41:27	58.37%
171	Lindon Steadman	M 31	MA	1:41:29	58.35%
172	<u>Carolyn Shreck</u>	F 39	NH	1:41:42	58.23%
173	<u>Kim Dwight</u>	F 42	MA	1:41:57	58.08%
174	<u>Adena Schutzberg</u>	F 48	MA	1:41:58	58.07%
175	Jim Boucher	M 56	MA	1:42:20	57.87%
176	<u>Sarah McLaughlin</u>	F 37	MA	1:42:22	57.85%
177	<u>Sue Corvi</u>	F 42	MA	1:43:16	57.34%
178	<u>Carlene Hempel</u>	F 40	MA	1:43:17	57.33%
179	<u>Annette Florczak</u>	F 38	MA	1:43:17	57.33%

180	Joseph Mansour	M 50	MA	1:43:20	57.31%
181	David Sorrells	M 52	MA	1:43:39	57.13%
182	John Elkaliouby	M 66	NH	1:43:42	57.10%
183	<u>Kelly Sampar</u>	F 32	MA	1:43:47	57.06%
184	Tom Speidel	M 51	MA	1:43:49	57.04%
186	<u>Becky Zumbach</u>	F 32	MA	1:44:03	56.91%
187	<u>Amber McHugh</u>	F 31	VT	1:44:06	56.88%
188	<u>Meghan Panteleakos</u>	F 34	MA	1:44:11	56.84%
189	<u>Amy Reynolds</u>	F 25	MA	1:44:15	56.80%
190	<u>Gretchen Reynolds</u>	F 27	MA	1:44:16	56.79%
191	Alan St Germain	M 57	MA	1:44:24	56.72%
192	<u>Elena Russo</u>	F 35	MA	1:44:37	56.60%
193	<u>Penny Matel</u>	F 52	NH	1:44:38	56.59%
194	Ted Ridout	M 69	MA	1:45:19	56.23%
195	Blake Newell	M 52	MA	1:45:29	56.14%
196	Ed Kirby	M 75	MA	1:45:57	55.89%
197	Mike Cash	M 27	ME	1:46:56	55.38%
198	<u>Linda Usher</u>	F 63	MA	1:47:34	55.05%
199	Doug Usher	M 56	MA	1:47:35	55.04%
200	<u>Carol Comeau</u>	F 56	NH	1:47:38	55.02%
201	<u>Alice McGonigle</u>	F 58	MA	1:47:38	55.02%
202	Mike Dubra	M 51	MA	1:48:32	54.56%
203	Dana Conneally	M 37	MA	1:49:05	54.29%
204	Christopher Mack	M 40	MA	1:50:11	53.74%
205	Jay Short	M 46	MA	1:50:34	53.56%
206	<u>Kristen Bouchard</u>	F 42	NH	1:50:38	53.53%
207	William Conway	M 35	MA	1:50:39	53.52%
208	William Harned	M 62	NH	1:50:55	53.39%
209	<u>Patty Loubris</u>	F 48	ME	1:51:00	53.35%
210	<u>Cindy Bennett</u>	F 53	MA	1:51:01	53.34%
211	<u>Liz Martin</u>	F 31	MA	1:51:38	53.05%
212	Chris Condo	M 50	NH	1:52:04	52.84%
213	<u>Stephanie Thompson</u>	F 28	MA	1:53:53	52.00%
214	<u>Elizabeth Buckley</u>	F 30	MA	1:54:33	51.70%
215	John Parker	M 72	MA	1:54:59	51.50%
216	Chris Harrison	M 58	MA	1:55:32	51.26%
217	<u>Michele Eggers</u>	F 45	CT	1:56:14	50.95%
218	<u>Sarah Frevald</u>	F 33	MA	1:56:35	50.79%
219	Craig Fifield	M 38	NH	1:57:12	50.53%
220	Tim Wade	M 60	MA	1:57:30	50.40%
221	<u>Xar Adelberg</u>	F 30	ME	1:57:37	50.35%
222	<u>Bevy Reynolds</u>	F 18	MA	1:57:48	50.27%
223	<u>Beth Reynolds</u>	F 56	MA	1:57:54	50.23%
224	Eugene Metto	M 51	NH	1:57:58	50.20%
225	Michael Rosenfeld	M 60	NH	1:58:31	49.96%
226	John Loring	M 64	MA	1:59:27	49.57%
227	<u>Sheryl Smith</u>	F 50	MA	2:00:16	49.24%
228	<u>Diane Levesque</u>	F 58	NH	2:00:54	48.98%
229	Steve Bennett	M 56	MA	2:00:57	48.96%
230	Dan Holmes	M 58	MA	2:01:27	48.76%
231	<u>Donna LaCroix</u>	F 42	MA	2:05:14	47.29%
232	<u>Bonnie Hallinan</u>	F 62	MA	2:06:45	46.72%
233	<u>Elisabeth Westner</u>	F 33	MA	2:06:52	46.68%
234	Allen Hoffman	M 70	MA	2:08:55	45.93%
235	Stan Vassallo	M 62	MA	2:09:52	45.60%
236	<b>Richard Busa</b>	M 82	MA	2:23:33	41.25%
237	<u>MaryLou White</u>	F 56	CT	2:23:30	41.27%
238	Robert Schrater	M 63	MA	2:23:57	41.14%
239	<u>Donna Drinkwater</u>	F 48	MA	2:35:46	38.02%
240	Jeremy Nault	M 31	MA	2:41:36	36.64%

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## Muddy Moose 14 Mile Trail Race

Wolfeboro, NH. April 29, 2012

WMAC members in bold:

	<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1	Kevin Tilton	M 30	NH	1:25:06	100.00%
2	Justin Freeman	M 35	NH	1:27:55	96.80%
3	Jim Johnson	M 35	NH	1:28:18	96.38%
4	Ryan Aschbrenner	M 34	NH	1:37:52	86.96%
5	Keith Schmitt	M 43	NH	1:40:37	84.58%
6	Curtis Moore	M 31	NH	1:42:13	83.25%
7	Thomas Miller	M 25	MA	1:43:33	82.18%
8	Tyler Bradbury	M 26	MA	1:43:36	82.14%
9	Stanislav Trufanov	M 33	MA	1:44:11	81.68%
10	Ken De Almeida	M 39	NH	1:44:58	81.07%
11	Michael Townsley	M 43	MA	1:46:51	79.64%
12	Jonathan Miller	M 42	NH	1:48:10	78.67%
13	Justin Soucy	M 31	NH	1:48:42	78.29%
14	<u>Molly Housman</u> 1 <sup>st</sup> F	F 39	NH	1:49:44	77.55%
15	Brad Beveridge	M 38	NH	1:50:03	77.33%
16	Giant Parlin	M 36	ME	1:50:09	77.26%
17	<u>Kelsey Allen</u>	F 28	MA	1:50:25	77.07%
18	Steve Wolfe	M 47	NH	1:50:29	77.03%
19	Eric Julien	M 47	QUE	1:51:17	76.47%
20	Kurt Berna	M 40	NH	1:55:38	73.59%
21	Alan Barrett	M 49	NH	1:56:49	72.85%
22	<u>Leslie Beckwith</u>	F 36	NH	1:57:00	72.74%
23	Marc Ohlson	M 57	NH	1:59:39	71.12%
24	<u>Elizabeth Morrissey</u>	F 24	NH	2:01:07	70.26%
25	<b>Ted Cowles</b>	M 53	CT	2:02:54	69.24%
26	Randolph Schreiner	M 28	NH	2:06:38	67.20%
27	Stuart Thorne	M 52	NH	2:06:54	67.06%
28	<u>Nicole Yokum</u>	F 28	VT	2:06:56	67.04%
29	Doug Mayer	M 47	NH	2:10:23	65.27%
30	Erick Rawlings	M 30	MA	2:11:27	64.74%
31	Roger Wakeman	M 44	NH	2:12:38	64.16%
32	Stephen Beaupre	M 47	NH	2:13:13	63.88%
33	Terry Shearer	M 41	VT	2:14:02	63.49%
34	Forrest Butler	M 26	NH	2:14:33	63.25%
35	<u>Abby Jackson</u>	F 31	NH	2:15:04	63.01%
36	<u>Fran O'Donoghue</u>	F 49	CT	2:15:30	62.80%
37	Benjamin Harper	M 30	MA	2:16:15	62.46%
38	Richie Blake	M 43	MA	2:17:15	62.00%
39	Christopher Sirrell	M 17	NH	2:18:24	61.49%
40	Edward Draper	M 50	ME	2:19:05	61.19%
41	<u>Suzie Carrier</u>	F 52	NH	2:19:37	60.95%
42	Brian Roderick	M 43	NH	2:20:53	60.40%
43	Guy Caracciolo	M 41	MA	2:21:22	60.20%
44	Michael Schreiber	M 39	NH	2:22:59	59.52%
45	James Banyas	M 48	NH	2:23:30	59.30%
46	Rick Gardner	M 53	MA	2:23:59	59.10%
47	Bill Ellsworth	M 39	NH	2:24:21	58.95%
48	<u>Susan Harrington</u>	F 31	NH	2:24:43	58.80%
49	<u>Kara Jacobs</u>	F 36	NH	2:26:10	58.22%
50	<u>Amanda McCaughey</u>	F 27	NH	2:26:45	57.99%
51	David Swift	M 52	MA	2:27:29	57.70%
52	<u>Amy Kiley</u>	F 42	NH	2:27:35	57.66%
53	Dan Gilchrist	M 45	RI	2:27:50	57.56%
54	Michael Jacobs	M 36	NH	2:29:15	57.02%
55	<u>Dawn Cobak</u>	F 41	MA	2:29:31	56.92%
56	<u>Cheri Cavanaugh</u>	F 47	MA	2:29:48	56.81%

57	<u>Elizabeth Santorella</u>	F 21	MA	2:30:23	56.59%
58	Thomas Thompson	M 21	MA	2:30:23	56.59%
59	Gary Hebert	M 47	CT	2:30:50	56.42%
60	Douglas Harvey	M 32	MA	2:31:58	56.00%
61	Marc Dicomés	M 32	NH	2:33:42	55.37%
62	Dan Beaudet	M 42	NH	2:34:02	55.25%
63	Robert Benes	M 58	ME	2:35:07	54.86%
64	Robert Mair	M 61	NH	2:36:58	54.22%
65	<u>Jennifer Smith</u>	F 46	NH	2:39:07	53.48%
66	Gary Reuter	M 73	ME	2:39:37	53.32%
67	John Deyeso	M 24	NH	2:40:57	52.87%
68	Brian Martin	M 42	RI	2:41:24	52.73%
69	Todd Bouchard	M 17	NH	2:42:46	52.28%
70	<u>Elizabeth Gillis</u>	F 24	MA	2:50:22	49.95%
71	<u>Mindy Randall</u>	F 52	NH	2:51:07	49.73%
72	Joe Irvine	M 53	NH	2:53:41	49.00%
73	<u>Emily Eros</u>	F 24	NH	2:55:40	48.44%
74	Chris Martin	M 24	MA	2:55:41	48.44%
75	<u>Marissa Knodel</u>	F 25	NH	2:55:42	48.43%
76	<u>Laura Andreae</u>	F 24	NH	2:55:43	48.43%
77	Daniel Stephens	M 38	NH	3:00:30	47.15%
78	<u>Justine Modica</u>	F 25	NH	3:02:00	46.76%
79	<u>Aurora Coon</u>	F 22	VT	3:02:01	46.75%
80	Zack Kalogoropoulos	M 16	NH	3:03:37	46.35%
81	<u>Kathleen Cartier</u>	F 55	NH	3:05:37	45.85%
82	<u>Ronda Fernald</u>	F 37	NH	3:05:46	45.81%
83	Josh Robert	M 31	NH	3:12:55	44.11%
84	<u>Loni Allen</u>	F 32	NH	3:12:56	44.11%
85	Cody Nason	M 17	NH	3:16:15	43.36%
86	Joey Irvine	M 18	NH	3:16:16	43.36%
87	Stephen Casey	M 43	MA	3:16:31	43.30%
88	<u>Elaine Berkeley</u>	F 41	TX	3:16:32	43.30%
89	Devin Bartz	M 25	NH	3:24:40	41.58%
90	<u>Theresa Berna</u>	F 42	NH	3:28:06	40.89%
91	<u>Colleen Roy</u>	F 48	NH	3:34:06	39.75%
92	<b>Art Gulliver</b>	M 73	MA	3:50:11	36.97%
93	<b>Rich Busa</b>	M 82	MA	4:07:37	34.37%
94	John Edwards	M 58	NC	4:09:37	34.09%

### Mystery Photo



Do you know where these outhouses are located?

If you ran in this race you ran right past them.  
Maybe even used one.

Hint.....It's one of the races in this newsletter.

## Grand Tree standings after first 6 races:

### Total Points:

<u>Name</u>	<u>Age</u>	<u># Races</u>	<u>Points</u>
1 <b>Ted Cowles</b>	M 53	5	373.51
2 Stanislav Trufanov	M 33	4	343.92
3 John Dudley	M 33	3	280.46
4 Rob Hult	M 42	3	278.12
5 Gabriel Flanders	M 36	3	266.86
6 Eric Wyzga	M 36	3	246.47
7 Jesse Veinotte	M 31	3	241.11
8 Gary Hebert	M 47	4	236.67
9 John Agosto	M 47	3	234.32
10 Alexander Hayman	M 26	3	220.25
11 <b>Isaac Tirrell</b>	M 30	3	212.29
12 Richard Benoit	M 44	3	204.71
13 Brandon Benoit	M 19	3	202.77
14 Sonny Gerardi	M 38	3	202.08
15 Cliff Collins	M 52	3	201.60
16 Kevin Tilton	M 30	2	200.00
17 Matthew Haley	M 35	3	199.43
18 <b>Ross Krause</b>	M 32	2	197.90
19 <u>Heidi Chauvin</u>	F 38	3	192.90
20 Dorin Neacsu	M 47	3	191.78
21 Guy Caracciolo	M 41	3	188.93
22 John Kinnee	M 33	2	187.98
23 Ryan Aschbrenner	M 34	2	179.70
24 Mike Mazzetta	M 31	2	178.08
25 Keith Schmitt	M 43	2	178.01
26 Brett Stoeffler	M 45	2	177.40
27 Derek Jakoboski	M 25	2	177.02
28 Dave Merkt	M 28	2	175.17
29 <b>Todd Bennett</b>	M 41	2	174.52
30 John Loring	M 64	3	167.52
31 Richard Voto	M 43	2	162.48
32 Scott Cote	M 27	2	162.41
33 Scott Patnode	M 31	2	160.17
34 Giant Parlin	M 36	2	159.18
35 Brad Beveridge	M 38	2	158.48
36 <u>Kelsey Allen</u>	F 28	2	157.62
37 Charles Thayer	M 67	3	155.23
38 David Loutzenheiser	M 45	2	154.62
39 <b>Debbie Livingston</b>	F 37	2	151.89
40 Tony Bonanno	M 46	2	151.24
41 Bill Terry	M 49	2	146.18
42 Randall Dutton	M 41	2	139.29
43 <u>Jennifer Shultis</u>	F 43	2	138.50
44 <u>Sara Praguski Walsh</u>	F 33	2	136.91
45 <u>Patty Duffy</u>	F 43	2	136.90
46 Kevin Mullen	M 54	2	136.07
47 Dominic Wilson	M 41	2	135.21
48 <b>Thomas Parker</b>	M 46	2	134.89
49 David Sutherland	M 50	2	133.78
50 Richie Blake	M 43	2	133.05

## GT Percentage:

<u>Name</u>	<u>Age</u>	<u># Races</u>	<u>%</u>
1 John Dudley	M 33	3	93.49%
2 Rob Hult	M 42	3	92.71%
3 Gabriel Flanders	M 36	3	88.95%
4 Stanislav Trufanov	M 33	4	87.41%
5 Eric Wyzga	M 36	3	82.16%
6 Jesse Veinotte	M 31	3	80.37%
7 John Agosto	M 47	3	78.11%
8 <b>Ted Cowles</b>	M 53	5	76.63%
9 Alexander Hayman	M 26	3	73.42%
10 <b>Isaac Tirrell</b>	M 30	3	70.76%
11 Richard Benoit	M 44	3	68.24%
12 Brandon Benoit	M 19	3	67.59%
13 Sonny Gerardi	M 38	3	67.36%
14 Cliff Collins	M 52	3	67.20%
15 Matthew Haley	M 35	3	66.48%
16 <u>Heidi Chauvin</u>	F 38	3	64.30%
17 Dorin Neacsu	M 47	3	63.93%
18 Guy Caracciolo	M 41	3	62.98%
19 Gary Hebert	M 47	4	60.13%
20 John Loring	M 64	3	55.84%
21 Charles Thayer	M 67	3	51.74%



*37<sup>th</sup> Annual MT. Greylock Road Race  
Labor Day ... Sept. 3, 2012 ... 10:00 am*

*Course: 8 miles on paved road to the summit of  
Mt. Greylock. At least 2 water stops.*

*Start: Mt. Williams Reservoir, Notch Road /  
Pattison Road, North Adams, MA.*

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

*Entry: Day of race entry only.*

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

*More info: Bob Dion (802) 423-7537*

*[dion@bcn.net](mailto:dion@bcn.net)*

## The Hills and Me

5:34 am, April 22, I drive away to my sister & family's place in Greenfield, MA., on my way north to run up & down non-paved mountain roads close to the Massachusetts – Vermont border. I haven't been up here in this beautiful rugged country in a long time, having been injured for some 22 months. My first challenge will be to get myself up, then come down steep Stark Mtn Rd, ( not in th car).

Going up is not ez, but not that bad. I didn't come here for ez. Then south on Rt 112, th only pavement I'll be on all morning , 1.8 mi of a total 13.7. B4 tackling Franklin Hill Rd I enjoy my 1<sup>st</sup> GU packet along with more Conquest drink. It's right cool; I'll discover when I reach th ridge there'll be wind. These mtn roads are so continuesly steep that I cannot actually run, rather I focus on maintaining a swift power walk, arms helping. Finally, following th ascension of Amidon Rd I'm relieved by some level - - Well Kinda - - over to Jacksonville Stage, which starts out with a super-steep!

I've also discovered to my dismay that I'm having to progress on / over many many many loose stones and rocks. But it's the same for all of us so I deal with it. Hey, I'm alone pushing along these rugged remote roads right now, not even any vehicles. At last I reach Stowe Mtn Rd to take me down to 112. I've come up these 2+ miles in past years. Oh no, they've widened a stretch of it, meaning I again must negotiate loose stones & rocks. However, th woods remain to my right & left, it's magically quiet, and I do like being here. B4 too long I leave Vermont just B4 reaching th car where I change then drive south to th Pine Hill Rest. I phone sis that "I'm out of th hills & woods, and OK," fuel up, then - - tired but happy - - head for home.

*Dick Hoch*

## Wapack and Back Trail Race

21.5 miles .... Ashburnham, MA. .... May 12, 2012

<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1 Jesse Veinotte	M 31	MA	4:10:42	100.00%
2 Chris Casey	M 33	NH	4:15:43	98.04%
3 Steven Constine	M 44	NH	4:18:02	97.16%
4 Brady Bertram	M 31	NH	4:34:20	91.39%
5 Jared Reini	M 30	NH	4:51:36	85.97%
6 Richard Voto	M 43	MA	4:51:52	85.90%
7 <u>Danielle Fischer</u> 1 <sup>ST</sup> F	F 39	NH	4:52:53	85.60%
8 Curt Fischer	M 43	NH	4:54:01	85.27%
9 Miles Esty	M 49	CT	5:04:35	82.31%
10 Craig Fraley	M 33	NH	5:04:59	82.20%
11 Damien Pinault	M 39	MA	5:05:12	82.14%
12 Francois Gauthier	M 36	NH	5:06:17	81.85%
13 <u>Lynn Robinson</u>	F 42	NH	5:06:29	81.80%
14 Brandon Benoit	M 20	NH	5:08:42	81.21%
15 Richard Benoit	M 44	NH	5:14:08	79.81%
16 <u>Jennifer Shultis</u>	F 43	NH	5:15:47	79.39%
17 <u>Sara Praguski Walsh</u>	F 33	MA	5:20:43	78.17%

18 <u>Patty Duffy</u>	F 43	MA	5:20:47	78.15%
19 Jonah Fernald	M 37	NH	5:22:48	77.66%
20 Jeff Bunten	M 38	MA	5:23:13	77.56%
21 Dominic Ambrosi	M 33	MA	5:35:34	74.71%
22 Ted Darling	M 36	ME	5:37:56	74.19%
23 Curtis Lavoie	M 31	NH	5:39:05	73.93%
24 Francisco Verdeguer	M 32	MA	5:39:31	73.84%
25 <u>Genevieve Richardson</u>	F 30	MA	5:41:28	73.42%
26 Paul Sulva	M 42	VT	5:41:34	73.40%
27 Ryan Banfield	M 28	NH	5:43:27	72.99%
28 Matthew Haley	M 35	CT	5:49:56	71.64%
29 Thomas Smith	M 50	CT	5:51:21	71.35%
30 <u>Jennifer Smith</u>	F 46	NH	5:52:08	71.19%
31 <u>Jennifer Booth</u>	F 42	MA	5:53:26	70.93%
32 Richard Mellor	M 61	NH	6:01:41	69.31%
33 <u>Jenna Mooney</u>	F 40	MA	6:03:46	68.92%
34 <u>Wendy Andre</u>	F 41	MA	6:04:00	68.87%
35 <u>Erin Darling</u>	F 36	ME	6:06:16	68.45%
36 Christopher Viscomi	M 52	VT	6:07:55	68.14%
37 John Loring	M 64	MA	6:11:42	67.45%
38 Marc Dicomes	M 32	NH	6:18:21	66.26%
39 Michael Saporito	M 46	MA	6:28:39	64.51%
40 <u>Ronda Fernald</u>	F 37	NH	6:37:00	63.15%
41 Charles Thayer	M 67	NJ	6:41:20	62.47%
42 <u>Denise Viscomi</u>	F 49	VT	6:56:22	60.21%
43 Michael Casini	M 30	MA	7:03:21	59.22%
44 <u>Lisa Lunt</u>	F 30	MA	7:03:24	59.21%
45 Marc Debanico	M 51	NH	7:07:34	58.63%
46 Sandy Stott	M 63	MA	7:08:13	58.55%
47 Steven Kooi	M 39	MA	7:15:08	57.61%
48 <u>Lisa Woods</u>	F 49	MA	8:23:57	49.75%

## Welcome New Members

### From Massachusetts:

Taryn Reese -- Audrey Witter

Christa Melillo -- Andrew Donovan

Robert Toth -- Cynthia Gardner

Lisa Noferi

### From New York:

Michele Vitale -- Joann DiLeonardo

**Thanks for supporting the WMAC!**

**Current Club Members .... Please remember to renew your memberships each year. For most of you that's every January. Your continued support helps us to plan our events for the coming year.**

## Sisters: It's All a Matter of Perception

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Well, it's official. We were right all along. The 7 Sisters route, taking approximately marathon time to complete, is now officially longer than 12 miles. But not by much. Similar to the way feet lengthen as they age, the Mt. Holyoke ridge line roller coaster has expanded, accumulating 13 miles where once there were only 12. Not only that, the latest trail edition of *Runner's World* voted the Sisters the "Hardest Up/Down Race" in the nation.

I fell for the hype. Despite having successfully negotiated the Sisters for eleven years, and having recently completed a snowshoe marathon featuring roughly 8,000 feet elevation gain, I worried. Was I truly worthy of such an epic undertaking? Did I have the right stuff? More importantly, did the extra mile add to the previously advertised 3,700 feet of climb or was it a pancake-flat brunch break? As could be predicted, the publicity merely added to the appeal as a record 300+ crowd rushed to sign up for the challenge.

Director Scott Hunter was thrilled to be able to add the enlarged profits to the 334 acres of park land already purchased during the past twenty-one years of the event's existence. And who knows, perhaps with all this additional land the race distance will continue to inch relentlessly forward.

For me, part of the attraction is that the Sisters mixes short stretches of unopposed vacation running with lots of rock climbing, power hiking and butt sliding. This is probably not the case for the more gifted among us who magically skim the obstructed terrain, but for the majority, it makes for a doable pre-season marathon exercise without the stress of feeling obligated to run the entire thing: a trail runner's answer to Jeff Galloway. Plus, once I am able to walk again, nothing else I plan to tackle the rest of the season will seem as daunting.

Surprisingly, the relentless roller coaster motion, which is pretty much a given if you are negotiating mountain terrain, places a distant second to the technically demanding single track littered with an ice age jumble of imposing shale outcroppings, ready to shift position at a moment's notice. Marcia Bowden's comment in *Nature for the Very Young* reveals all: "Whoever classified rocks as inanimate objects did not live in New England."

Trail runners are well acquainted with friendly rocks that can be tread with a certain amount of assurance as well as hostile rocks that lie in wait to teeter a heavy footstrike. But on the trail of the Sisters, rocks become alive as they shift both shape and position. During the initial hike up Bare Mountain, shale shards announce their intention with a tinkling, bird-like melody. As we get closer to the source, a giant mountain releasing an inexhaustible supply of coal-black flakes, we realize that it is not wind chimes that are greeting us, but a cascading river of chipped rock flowing relentlessly over and around our upwardly arrowed sneakers. Two baby steps forward, one giant step backward.

That is just the overture to the main event. Larger chunks await. From my rear-ended position I witnessed many instances where

double fist sized rocks dislodged themselves from six inch deep holes and deliberately moved over to the middle of the trail. We have all had our sneakers mud suctioned by a greedy riverbed, but how many of us have had them pried off by openly aggressive flinty-edged rocks? This happened to Jen Ferriss who was forced, not once but twice, to barefoot it a few hundred yards to a traffic-free safety zone where she had to work her way through double knot security and retie. And she was wearing not last year's floppy retreads but spring fresh foot huggers.

One bonus of the Hurricane Irene destruction was that park personnel remarked the course with spiffy white splashes, enabling those who lived nearby the opportunity to gain some home court advantage. On the minus side, however, increasingly confused foot traffic intent on skirting obstacles managed to carve out some tricky side excursions. Fortunately most of those petered out after a few hundred meters. I should know, as I managed to locate two of them.

Although I am known for my propensity for exploring alternate routes, I have a really good sense of where I am in the woods and how to get to where I need to be—as long as I don't have to stick to the prescribed trail, which, of course, is what most races are all about. So I was really thrilled when Scott had put a big chalk-marked NO next to my traditional wrong turn on the hill leading to the Summit House. That wrong turn has always been especially frustrating to me simply because I know it is a wrong turn from the moment I take it. But it just seems so right to me that I do it anyway. I guess he just got tired of my whining about it every year.

Some of the alternate routes, however, turned into a choose-your-own-adventure experience, as either could lead back to the marked trail. This is what I think happened to me and my friend Steve Mitchell. After he passed me, we figured we would do a fly-by near the turnaround, but this never happened. At one point the trail split and on the downhill it seemed more user-friendly to stick to the left hand branch, while the return uphill favored the right. Here is where it really helped to have a sense of where you were ultimately headed.

On the three-hour drive to the race, Jen Ferriss and I discussed possible follow-up scenarios. We decided we would still do our normal Monday Camp Saratoga workout, perhaps mixing in some walking breaks. On the drive home, we opted to take a vacation day, skip the grocery shopping and order take out.

Looking ahead to the following weekend's Prospect Mountain Uphill Road Race, we elected to forego biking despite all the cheery bike-to-work week hype. Our one and only run would be our Wednesday night Stryders workout, which we fully expected to be hill repeats in preparation for Prospect.

But at least we will have had plenty of practice!

Laura Clark

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*Trail Running at its best....  
The 2012 Grand Tree Trail Series!*

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## Seven Sisters 13 Mile Trail Race

Amherst, MA. May 6, 2012

WMAC members in bold:

	<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1	<b>Ross Krause</b>	M 32	MA	1:51:25	100.00%
2	Timothy Cote	M 36	NY	1:51:49	99.64%
3	Quentin Reeve	M 27	NH	1:53:15	98.38%
4	Chris Hayhurst	M 40	NH	1:57:01	95.21%
5	Robert Hult	M 42	MA	2:01:58	91.35%
6	Rich Kopacz	M 45	CT	2:03:56	89.90%
7	Peter Hult	M 31	NH	2:05:08	89.04%
8	Gabriel Flanders	M 36	NH	2:05:22	88.87%
9	Matthew Zanchi	M 22	MA	2:07:00	87.73%
10	Marc Guillaume	M 40	MA	2:07:34	87.34%
11	Brandon Baker	M 25	NH	2:07:56	87.09%
12	John Dudley	M 33	MA	2:09:00	86.37%
13	Mike Siudy	M 37	NY	2:09:48	85.84%
14	Derek Jakoboski	M 25	RI	2:09:55	85.76%
15	Stansilav Trufanov	M 32	MA	2:10:35	85.32%
16	<b>Rich Teal</b>	M 34	NY	2:10:56	85.09%
17	<b>Peter Keeney</b>	M 46	ME	2:10:57	85.08%
18	Brett Stoeffler	M 45	CT	2:11:20	84.84%
19	Kevin McNerney	M 23	IL	2:12:50	83.88%
20	Dave Merkt	M 28	CT	2:13:54	83.21%
21	<b>Rob Higley</b>	M 58	MA	2:14:17	82.97%
22	Eric Wyzga	M 36	RI	2:17:05	81.28%
23	<u>Kelsey Allen</u> 1 <sup>st</sup> F	F 28	MA	2:18:19	80.55%
24	Sanjay Arwade	M 37	MA	2:20:39	79.22%
25	David Baker	M 26	CT	2:22:05	78.42%
26	Morgan Kennedy	M 24	NH	2:22:30	78.19%
27	Benjamin Chase	M 19	NH	2:22:35	78.14%
28	Chris Thibaudeau	M 41	VT	2:22:40	78.10%
29	Scott Patnode	M 31	MA	2:22:42	78.08%
30	James Gagnon	M 30	MA	2:23:00	77.91%
31	Timothy Connelly	M 29	MA	2:24:27	77.13%
32	David Loutzenheiser	M 45	MA	2:26:06	76.26%
33	Patrick Jamieson	M 23	MA	2:26:33	76.03%
34	<b>Debbie Livingston</b>	F 37	CT	2:26:45	75.92%
35	<u>Carly Wynn</u>	F 19	NH	2:26:56	75.83%
36	<b>Ted Cowles</b>	M 53	CT	2:27:09	75.72%
37	Alexander Rich	M 20	MA	2:27:11	75.70%
38	Ethan Nedeau	M 39	MA	2:27:19	75.63%
39	Jonathan Chaffee	M 67	NH	2:27:40	75.45%
40	Brian Hack	M 25	MA	2:29:56	74.31%
41	Paul Letoile	M 47	RI	2:30:11	74.19%
42	Billy Baker	M 29	CT	2:32:02	73.28%
43	Michael Irons	M 28	CT	2:32:15	73.18%
44	John Agosto	M 47	CT	2:32:16	73.17%
45	Daniel Larson	M 36	MA	2:32:17	73.16%
46	George Chmiel	M 31	MA	2:32:42	72.96%
47	Dutton Randall	M 41	CT	2:32:52	72.89%
48	Tom Gorman	M 36	MA	2:34:06	72.30%
49	Charlelie Poitras	M 23	QC	2:34:30	72.11%
50	<b>Isaac Tirrell</b>	M 30	MA	2:35:35	71.61%
51	Tony Bonanno	M 46	CT	2:35:43	71.55%
52	Justin Curreri	M 27	CT	2:35:44	71.54%
53	Bill Terry	M 49	MA	2:36:29	71.20%
54	Alexander Hayman	M 26	MA	2:39:02	70.06%
56	Jesse Veinotte	M 31	MA	2:39:29	69.86%

57	Barnaby Prendergast	M 40	MA	2:39:51	69.70%
58	<u>Monica Roberto</u>	F 42	CT	2:41:58	68.79%
59	John Ferris	M 34	MA	2:42:11	68.70%
60	<u>Kathryn Hirschboeck</u>	F 27	MA	2:42:12	68.69%
61	<b>Erik Wight</b>	M 52	MA	2:42:13	68.68%
62	Raymond Greco	M 45	MA	2:43:24	68.19%
63	Ian Rea	M 35	MA	2:43:33	68.12%
64	Gil Sharon	M 38	MA	2:44:48	67.61%
65	Alistair Ryan	M 29	MA	2:44:59	67.53%
66	Kevin John Rogers	M 29	MA	2:45:03	67.51%
67	Derek Rosner	M 37	CT	2:45:53	67.17%
68	Stephen Allison	M 33	MA	2:45:59	67.13%
69	Greg Reed	M 25	NH	2:46:03	67.10%
70	<u>Sarah Slater</u>	F 34	CT	2:46:05	67.09%
71	Thomas Guggina	M 43	MA	2:48:17	66.21%
72	Matthew Forest	M 34	MA	2:48:53	65.97%
73	Matt Lisiecki	M 22	MA	2:48:55	65.96%
74	Nick Tooker	M 33	MA	2:49:09	65.87%
75	Gregory Jones	M 47	MA	2:49:15	65.83%
76	Brook Burke	M 42	NH	2:49:24	65.77%
77	Kevin Lefever	M 38	MA	2:49:54	65.58%
78	<u>Amy Kemper</u>	F 44	MA	2:50:11	65.47%
79	David Sutherland	M 50	CT	2:50:13	65.46%
80	Cliff Collins	M 52	CT	2:50:21	65.40%
81	<u>Michele Hammond</u>	F 53	CT	2:51:18	65.04%
82	Russell Hammond	M 52	CT	2:51:19	65.04%
83	<u>Elise Seyferth</u>	F 19	NH	2:51:41	64.90%
84	Greg Monette	M 44	MA	2:52:59	64.41%
85	Arthur Roti	M 39	MA	2:57:18	62.84%
86	Jerry Hughes	M 38	MA	2:53:26	64.24%
87	Zac Drach	M 28	MA	2:53:46	64.12%
88	Dominic Wilson	M 41	CT	2:54:14	63.95%
89	Adil Elkalai	M 39	MA	2:54:46	63.75%
90	Walter Hoyt	M 39	MA	2:54:48	63.74%
91	Hugues Page	M 23	QC	2:54:55	63.70%
92	Christian Mcnairi	M 21	CT	2:55:10	63.61%
93	James Moran	M 47	MA	2:55:26	63.51%
94	Matt Lepine	M 28	MA	2:55:34	63.46%
95	Andrew Foster	M 43	MA	2:55:35	63.46%
96	Frendy Graham	M 53	ON	2:56:09	63.25%
97	<u>Kristin Su</u>	F 27	MA	2:56:12	63.23%
98	Grahame Russell	M 51	CT	2:57:22	62.82%
99	Kris Murphy	M 34	MA	2:57:55	62.62%
100	Jason Brown	M 27	MA	2:58:23	62.46%
101	Matthew Puza	M 29	NH	2:59:07	62.20%
102	Sonny Gerardi	M 38	MA	2:59:21	62.12%
103	Joshua Katzman	M 36	NY	2:59:31	62.07%
104	Kevin Claire	M 44	MA	2:59:32	62.06%
105	Vincent Zito	M 39	CT	2:59:32	62.06%
106	<u>Ami Riggert</u>	F 34	CO	2:59:33	62.05%
107	<u>Robin Schulman</u>	F 48	MA	2:59:33	62.05%
108	<u>Heidi Chauvin</u>	F 38	NH	3:00:31	61.72%
109	Joseph Murphy	M 32	NY	3:00:39	61.68%
110	Timothy Meyers	M 24	NY	3:00:58	61.57%
111	Richard Benoit	M 44	MA	3:01:03	61.54%
112	Michael Savage	M 38	CT	3:01:19	61.45%
113	Craig Brenner	M 44	MA	3:01:29	61.39%
114	Jake Koteen	M 31	CT	3:01:45	61.30%
115	Randal Parradee	M 41	MA	3:02:05	61.19%
116	Steve Facchetti	M 39	MA	3:02:19	61.11%

*Continued next page:*

Seven Sisters results cont:

117 Tony Perry	M 46	MA	3:02:31	61.04%
118 Benjamin Frank	M 32	MA	3:02:42	60.98%
119 <u>Kelsey Battige</u>	F 25	MA	3:03:58	60.56%
120 Jeff Fedor	M 49	NY	3:04:04	60.53%
121 Christopher Hrones	M 40	NY	3:04:24	60.42%
122 Chris Crawford	M 43	MA	3:04:35	60.36%
123 <u>Bobby Sadowski</u>	F 32	MA	3:04:37	60.35%
124 Kevin Mason	M 25	CT	3:04:44	60.31%
125 David Schoenmann	M 32	MA	3:06:17	59.81%
126 <u>Leah Toffolon</u>	F 32	VT	3:06:38	59.70%
127 Alan Westman	M 39	MA	3:07:27	59.44%
128 Paul Galotti	M 28	MA	3:07:28	59.43%
129 Adam Kempner	M 39	MA	3:07:29	59.43%
130 <u>Margaret Donnelly</u>	F 45	CT	3:07:32	59.41%
131 Loren Walker	M 38	MA	3:07:33	59.41%
132 Dean Couture	M 39	MA	3:07:34	59.40%
133 Jason Weakley	M 31	MA	3:08:06	59.23%
134 Mike Jr. Dobos,	M 17	MA	3:08:16	59.18%
135 Michael Arthur	M 51	NY	3:08:27	59.12%
136 <u>Jennifer Shultis</u>	F 43	NH	3:08:30	59.11%
137 John Driscoll	M 27	MA	3:09:05	58.92%
138 Ben Babbott	M 25	MA	3:10:41	58.43%
139 <u>Greta Facchetti</u>	F 35	MA	3:10:43	58.42%
140 <u>Jacqueline Rosains</u>	F 36	MA	3:10:45	58.41%
141 Francis Bock	M 37	MA	3:10:48	58.39%
142 Brandan Benoit	M 19	NH	3:10:52	58.37%
143 Joe Guidaboni	M 32	MA	3:11:45	58.11%
144 Eliot Greenberg	M 56	MA	3:11:59	58.03%
145 Vincent Hohreiter	M 34	MA	3:12:00	58.03%
146 Dorin Neacsu	M 47	MA	3:12:01	58.02%
147 George Terwilliger	M 54	VT	3:12:03	58.01%
148 <u>Betsy Baglow</u>	F 49	MA	3:12:40	57.83%
149 <u>Angela Slowinski</u>	F 28	MA	3:13:25	57.60%
150 Andrew Slowinski	M 30	MA	3:13:26	57.60%
151 Bruce Leshine	M 51	MA	3:13:39	57.54%
152 Joe Ferrini	M 58	MA	3:14:21	57.33%
153 Sean Sylvester	M 40	MA	3:14:57	57.15%
154 Nigel Costolloe	M 47	MA	3:15:01	57.13%
155 Michael Sullivan	M 57	MA	3:15:04	57.12%
156 Israel Diaz	M 38	MA	3:15:39	56.95%
157 Kurt Severance	M 36	MA	3:16:08	56.81%
158 Craig Salvini	M 43	MA	3:16:09	56.80%
159 Steve Nichols	M 42	CT	3:17:09	56.51%
160 Gary Hebert	M 47	CT	3:17:55	56.29%
161 <u>Laurie Mosley</u>	F 51	CT	3:18:18	56.19%
162 Jason Messier	M 41	MA	3:19:00	55.99%
163 Timothy Brown	M 38	MA	3:19:21	55.89%
164 David John Cameron	M 41	MA	3:19:27	55.86%
165 Paul Tillyer	M 21	MA	3:19:46	55.77%
166 David Horn	M 38	CT	3:20:18	55.63%
167 Donald Forest	M 43	MA	3:20:20	55.62%
168 Garrett Deane	M 41	MA	3:20:21	55.61%
169 Kent Stivers	M 55	CT	3:20:25	55.59%
170 Daniel Beaudet	M 42	MA	3:20:36	55.54%
171 Christian Mango	M 40	MA	3:22:17	55.08%
172 Lundy Bancroft	M 52	MA	3:22:28	55.03%
173 <u>Sally Sites</u>	F 44	NH	3:23:33	54.74%
174 Glen Cooper	M 45	MA	3:23:49	54.67%
175 Jeff Stevens	M 26	MA	3:23:53	54.65%
176 Lou Martin	M 52	MA	3:24:05	54.59%

177 <u>Kirsten Jeppesen</u>	F 45	VT	3:24:22	54.52%
178 -----? Scott	M 41	CT	3:24:24	54.51%
179 Peter Mikolajczuk	M 30	NH	3:24:28	54.49%
180 <u>Amy Senew</u>	F 45	CT	3:25:20	54.26%
181 <u>Kristine Baker</u>	F 29	MA	3:25:28	54.23%
182 <u>Dan Danecki</u>	M 53	MA	3:25:39	54.18%
183 Grant Ritter	M 28	MA	3:25:51	54.13%
184 Ryan Gwyther	M 40	MA	3:27:20	53.74%
185 Kevin Longo	M 37	MA	3:27:44	53.63%
186 <u>Lily Meadows</u>	F 27	MA	3:27:54	53.59%
187 <b>Bob Buckingham</b>	M 51	CT	3:27:56	53.58%
188 Robert Schulten	M 55	CT	3:27:59	53.57%
189 Samuel Sugrue	M 23	MA	3:28:01	53.56%
190 Carl Cignoni	M 61	MA	3:28:07	53.54%
191 Mark Devlin	M 48	MA	3:28:36	53.41%
192 Frederic Ury	M 59	CT	3:29:24	53.21%
193 <u>Melinda Vaturro</u>	F 40	MA	3:29:25	53.20%
194 Brandon Bertoli	M 25	CT	3:31:16	52.74%
195 Jeff Reed	M 57	MA	3:31:17	52.73%
196 David Michalak	M 47	MA	3:31:18	52.73%
197 <u>Pamela Guggina</u>	F 40	MA	3:32:17	52.49%
198 Dan Darcy	M 33	MA	3:32:34	52.42%
199 Tom Malcolm	M 55	MA	3:32:38	52.40%
200 <u>Melissa Chase</u>	F 47	NY	3:32:42	52.38%
201 Simon Frez-Albrecht	M 20	CT	3:32:48	52.36%
202 Joe Reddy	M 50	RI	3:33:13	52.26%
203 <u>Roseanne Rhodes</u>	F 46	PA	3:35:50	51.62%
204 Ed Bourgeoise	M 42	MA	3:35:51	51.62%
205 Ryan McCarthy	M 36	MA	3:36:10	51.54%
206 Michael Boisvert	M 45	MA	3:38:23	51.02%
207 William Foley	M 43	MA	3:38:40	50.95%
208 Guy Wheaton	M 39	MA	3:38:42	50.95%
209 <u>Danielle Brandt</u>	F 34	MA	3:39:21	50.79%
210 Dan Buttrick	M 31	MA	3:40:24	50.55%
211 Chris Powers	M 39	MA	3:42:49	50.00%
212 Joshua White	M 36	VT	3:42:57	49.97%
213 John Giarratana	M 36	MA	3:43:05	49.94%
214 Alex Dumars	M 24	NH	3:43:12	49.92%
215 Ken Berko	M 38	CT	3:44:19	49.67%
216 Ivan Quintero	M 43	NY	3:44:20	49.67%
217 Paul Charlton	M 33	VT	3:45:11	49.48%
218 <u>Lindsay Providenti</u>	F 36	MA	3:45:27	49.42%
219 <u>Dianna Carbone</u>	F 26	MA	3:45:47	49.35%
220 Peter Shanley	M 39	MA	3:45:49	49.34%
221 Patrick Canonica	M 63	MA	3:45:50	49.34%
222 <u>Jacquelyn Miller</u>	F 27	MA	3:45:50	49.34%
223 <u>Kristen Bray</u>	F 42	MA	3:45:51	49.33%
224 <u>Rebecca Cellucci</u>	F 30	MA	3:46:03	49.29%
225 Mark Droy	M 56	MA	3:46:10	49.26%
226 Jeff Hebert	M 40	MA	3:46:22	49.22%
227 <u>Maryalice Eckart</u>	F 47	MA	3:46:47	49.13%
228 Todd Sugrue	M 56	MA	3:48:28	48.77%
230 Howard Rhett	M 49	MA	3:49:41	48.51%
231 Keith Boylan	M 27	MA	3:49:42	48.51%
232 <u>Janelle Barrett</u>	F 32	NH	3:49:45	48.49%
233 Michael Childs	M 62	MA	3:50:52	48.26%
234 Bill Gray	M 59	NH	3:50:53	48.26%
235 <u>Rachel Cook</u>	F 28	MA	3:51:26	48.14%
236 <u>Meghan Meserole</u>	F 12	MA	3:51:33	48.12%

Continued next page:

**Seven Sisters results cont:**

237	<u>Shannon Meserole</u>	F 40	MA	3:51:34	48.11%
238	Daniel Haggerty	M 39	CT	3:51:36	48.11%
239	Timothy Kasulinous	M 36	MA	3:51:52	48.05%
240	Richard Mellor	M 61	NH	3:51:58	48.03%
241	Eric Sarrazin	M 39	MA	3:52:00	48.02%
242	Adam Clancy	M 24	MA	3:52:01	48.02%
243	<u>Alison Gray</u>	F 27	MA	3:52:02	48.02%
244	David Hippert	M 29	NH	3:52:54	47.84%
245	<u>Jeanie Ringelberg</u>	F 34	NH	3:52:58	47.83%
246	<u>Jessie Bay</u>	F 33	VT	3:53:01	47.82%
247	<u>Christine Dehnert</u>	F 25	VT	3:53:28	47.72%
248	David Micka	M 55	MA	3:55:14	47.36%
249	Edward Guyot	M 56	NH	3:55:22	47.34%
250	Dimitri Doupis	M 34	CT	3:56:16	47.16%
251	Chris Severance	M 37	NH	3:59:26	46.53%
252	<u>Lindsay Jacks</u>	F 22	MA	3:59:28	46.53%
253	<u>Sue Lee</u>	F 53	VT	4:01:00	46.23%
254	<u>Jennifer Ferriss</u>	F 40	NY	4:01:19	46.17%
255	<u>Hannah Benton</u>	F 29	CT	4:01:33	46.13%
256	Albert Mendoza	M 42	MA	4:02:23	45.97%
257	Charles Thayer	M 67	NJ	4:05:13	45.44%
258	<b>William Morse</b>	M 60	MA	4:08:52	44.77%
259	<u>Deb Touchette</u>	F 56	MA	4:08:53	44.77%
260	Stephen Touchette	M 57	MA	4:08:55	44.76%
261	<u>Dawn Angert</u>	F 52	FL	4:09:24	44.67%
262	<u>Alyssa Adreani</u>	F 36	MA	4:09:30	44.66%
263	<u>Lauren Holt</u>	F 50	MA	4:09:42	44.62%
264	<u>Megan Morey</u>	F 44	MA	4:09:43	44.62%
265	<u>Kristin Mattocks</u>	F 41	MA	4:09:43	44.62%
266	Kevin L'Italien	M 36	MA	4:11:19	44.33%
267	<u>Meshie Knight</u>	F 31	CT	4:12:07	44.19%
268	<u>Jyothi Ravindra</u>	F 30	VT	4:12:15	44.17%
269	Mark Sarrazin	M 43	MA	4:13:37	43.93%
270	<u>Sue Snyder</u>	F 57	MA	4:14:25	43.79%
271	<u>Dawn Striker</u>	F 48	MA	4:16:03	43.51%
272	<u>Lisa Pettipaw</u>	F 43	MA	4:16:06	43.51%
273	<u>Valerie Stevens</u>	F 31	MA	4:16:24	43.45%
274	Matt Jenkins	M 32	MA	4:19:00	43.02%
275	<u>Susanne Strachota</u>	F 25	MA	4:19:03	43.01%
276	Michael Bates	M 46	MA	4:19:06	43.00%
277	Jody Bennett	M 43	MA	4:19:59	42.86%
278	Tom Adams	M 38	MA	4:20:15	42.81%
279	Rich Bertoli	M 35	CT	4:22:21	42.47%
280	<u>Xar Adelberg</u>	F 30	ME	4:22:58	42.37%
281	David Anderson	M 42	MA	4:23:20	42.31%
282	<u>Maricela Santos</u>	F 41	MA	4:23:38	42.26%
283	<u>Melanie Turngren</u>	F 28	CT	4:23:51	42.23%
284	Killian Goen	M 31	CT	4:23:53	42.22%
285	<u>Dena Childs</u>	F 41	MA	4:24:18	42.16%
286	Michael Choi	M 32	MA	4:26:48	41.76%
287	Stephen Mitchell	M 70	NY	4:27:16	41.69%
288	Gary Pedigo	M 57	FL	4:31:58	40.97%
289	<u>Faith Terwilliger</u>	F 50	VT	4:35:03	40.51%
290	Ric Villarreal	M 55	CT	4:36:36	40.28%
291	<u>Deb Anderson</u>	F 37	MA	4:37:57	40.09%
292	<u>Carinda Ferrini</u>	F 26	MA	4:37:59	40.08%
293	<u>Jessie Pion</u>	F 37	MA	4:38:36	39.99%
294	<u>Helena Meixinhe</u>	F 38	MA	4:41:20	39.60%
295	John Romano	M 39	MA	4:42:45	39.40%
296	Stephen Burek	M 56	MA	4:47:02	38.82%

297	<u>Edith Burek</u>	F 54	MA	4:47:04	38.81%
298	Mike Mckenna	M 49	MA	4:54:36	37.82%
299	Gerry Andler	M 48	MA	4:54:47	37.80%
300	<u>Laura Clark</u>	F 65	NY	4:56:12	37.62%
301	<u>Kristin Quinlan</u>	F 44	MA	4:56:38	37.56%
302	<u>Jackie Krzykowski</u>	F 28	MA	5:08:46	36.08%
303	Greg Taylor	M 65	NY	5:18:27	34.99%
304	<u>Sara Overby</u>	F 42	MA	5:35:27	33.21%
305	<u>Sarah Peix</u>	F 36	MA	5:59:48	30.97%
306	<u>Linda Roy</u>	F 32	MA	5:59:49	30.96%



Race director Scott Hunter ( left ) and assistant Don Allison ( right ) waiting for the runners to finish at the 2012 Seven Sisters Trail Run.



WMAC's web master Rob Higley dancing over the rocks at the 7 Sisters Trail Race.

**Soapstone Mountain ... 24K Trail Race**  
**Stafford Springs, CT. ... May 20, 2012**

WMAC members in bold:

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>GT %</u>
1 John Dudley	M 33	1:46:15	100.00%
2 Aaron Stone	M 29	1:47:42	98.65%
3 Rob Hult	M 42	1:49:23	97.14%
4 Keith Schmitt	M 43	1:53:43	93.43%
5 Gabriel Flanders	M 36	1:53:18	93.78%
6 Brett Stoeffler	M 45	1:54:47	92.57%
7 Stanislav Trufanov	M 33	1:55:04	92.34%
8 Dave Merkt	M 28	1:55:32	91.96%
9 Joe Grabicki	M 36	1:57:11	90.67%
10 Todd Bennett	M 41	1:57:32	90.40%
11 Mike Mazzotta	M 31	2:00:02	88.52%
12 <b>Scott Livingston</b>	M 39	2:01:05	87.75%
13 Brad Reed	M 28	2:05:06	84.93%
14 Ted Sherry	M 36	2:01:26	87.50%
15 Todd Walker	M 45	2:01:41	87.32%
16 Jack Houliker	M 31	2:05:12	84.86%
17 John Agosto	M 47	2:06:21	84.09%
18 Scott Cote	M 27	2:06:52	83.75%
19 Christopher Smith	M 46	2:07:19	83.45%
20 Eric Wyzga	M 36	2:07:59	83.02%
21 William LeRoyer	M 32	2:08:11	82.89%
22 Greg Rossolimo	M 31	2:09:14	82.22%
23 Dave Gallaway	M 43	2:09:28	82.07%
24 Tony Bonanno	M 46	2:13:20	79.69%
25 <b>Todd Brown</b>	M 48	2:14:58	78.72%
26 <b>Ted Cowles</b>	M 53	2:15:50	78.22%
27 Mike Lescarbeau	M 41	2:15:54	78.18%
28 Eric Nguyen	M 30	2:16:19	77.94%
29 <u>Kerry Arsenault</u> 1 <sup>st</sup> F	F 47	2:17:09	77.47%
30 Bob Sharkey	M 60	2:17:35	77.23%
31 Carl Matuszek	M 60	2:17:53	77.06%
32 Michael Main	M 48	2:17:56	77.03%
33 Richard Voto	M 43	2:18:44	76.59%
34 Joshua Stockdale	M 45	2:19:58	75.91%
35 Ion Cross	M 27	2:20:12	75.78%
36 Bill Terry	M 49	2:21:42	74.98%
37 Volker Krasemann	M 45	2:22:03	74.80%
38 Timmons Roberts	M 51	2:22:19	74.66%
39 Toan Trang	M 31	2:23:00	74.30%
40 <b>Isaac Tirrell</b>	M 30	2:23:26	74.08%
41 Randall Durrone	M 41	2:24:13	73.67%
42 Paul Ferruolo	M 48	2:24:25	73.57%
43 Chris Ollari	M 42	2:24:26	73.56%
44 Paul Baldini	M 40	2:25:35	72.98%
45 Keith White	M 34	2:25:50	72.86%
46 David LaPorte	M 47	2:26:49	72.37%
47 <u>Karolina Focikova</u>	F 28	2:27:37	71.98%
48 Cliff Collins	M 52	2:27:38	71.97%
49 Lance Flott	M 54	2:28:55	71.35%
50 Thy Hoang	M 27	2:29:01	71.30%
51 Scott White	M 41	2:29:02	71.29%
52 Andrew Meisler	M 48	2:29:31	71.06%
53 Ben Norland	M 28	2:29:54	70.88%
54 Nolan Gagne	M 25	2:29:55	70.87%
55 David Ciplet	M 35	2:33:09	69.38%

56 <u>Erika Boeckeler</u>	F 37	2:33:15	69.33%
57 Sonny Gerardi	M 38	2:33:41	69.14%
58 <u>Heidi Chauvin</u>	F 38	2:34:04	68.96%
59 Michael Gannon	M 46	2:35:29	68.34%
60 David Sutherland	M 50	2:35:30	68.33%
61 Chris Loomis	M 30	2:36:17	67.99%
62 TJ Drohan	M 15	2:36:18	67.98%
63 Kevin Mullen	M 54	2:37:45	67.35%
64 Steve Nichols	M 42	2:37:57	67.27%
65 Dorin Neacsu	M 47	2:38:00	67.25%
66 Richard Sugrue	M 26	2:38:24	67.08%
67 Kevon Noll	M 47	2:38:34	67.01%
68 Mike Dane	M 36	2:38:47	66.92%
69 <u>Nicole Boucher</u>	F 40	2:38:51	66.89%
70 Dave Danenberg	M 56	2:39:19	66.69%
71 Bruce Shenker	M 59	2:39:21	66.68%
72 Guy Caracciolo	M 41	2:39:57	66.43%
73 Stephen Taylor	M 43	2:40:14	66.31%
74 <u>Lisa Pillow</u>	F 40	2:40:24	66.24%
75 Wesley Barnard	M 45	2:40:25	66.23%
76 Lou Martin	M 52	2:40:43	66.11%
77 Charles Joyal	M 42	2:41:05	65.96%
78 <u>Nicole Kornos</u>	F 37	2:41:21	65.85%
79 Adam Lung	M 40	2:41:36	65.75%
80 Anthony Tieuli	M 39	2:41:38	65.74%
81 Randal Parradee	M 41	2:41:58	65.60%
82 Bill Metzger	M 56	2:42:04	65.56%
83 Gabe Jiran	M 40	2:43:16	65.08%
84 <u>Amanda Hill</u>	F 40	2:43:17	65.07%
85 Gary Hebert	M 47	2:43:39	64.93%
86 <u>Kathy Flax</u>	F 48	2:44:13	64.70%
87 <u>Tracy Clang</u>	F 41	2:45:26	64.23%
88 <u>Pauline Frascone</u>	F 40	2:45:27	64.22%
89 <u>Abby Doolittle</u>	F 57	2:45:30	64.20%
90 Evan Sherr	M 47	2:45:35	64.17%
91 Matthew Haley	M 35	2:45:56	64.03%
92 Stuart King	M 51	2:46:04	63.98%
93 Scott Edington	M 53	2:46:43	63.73%
94 <u>Jill Chmielewski</u>	F 36	2:47:28	63.45%
95 <u>Alison Cleary</u>	F 27	2:49:44	62.60%
96 Larry Wilson	M 41	2:50:01	62.49%
97 <u>Kim Morrissey</u>	F 46	2:50:42	62.24%
98 Tim Blinn	M 52	2:51:01	62.13%
99 Christopher LaRocco	M 50	2:51:57	61.79%
100 Sam Sugrue	M 21	2:52:43	61.52%
101 Donald Thompson	M 57	2:55:18	60.61%
102 Jeffrey Reed	M 57	2:55:19	60.60%
103 Jason Bacon	M 41	2:55:42	60.47%
104 Justin Tremblay	M 30	2:56:55	60.06%
105 <u>Emily Snayd</u>	F 35	2:57:52	59.74%
106 <u>Emily Merriam</u>	F 36	2:57:52	59.74%
107 <u>Kelsey Battige</u>	F 25	2:58:05	59.66%
108 <b>Vic LaPort</b>	M 71	2:58:08	59.65%
109 Brad Fawley	M 57	2:58:14	59.61%
110 Norm Cormier	M 58	2:59:20	59.25%
111 Mark Jackson	M 38	2:59:32	59.18%
112 Matt Wunch	M 37	2:59:44	59.12%
113 <u>Kimberly Kerst</u>	F 45	2:59:46	59.10%
114 <b>George Gilder</b>	M 72	3:00:21	58.91%
115 <b>Will Danecki</b>	M 62	3:01:18	58.60%

*Continued next page:*



**Soapstone results cont:**

116 Thomas Anastasio	M 60	3:02:25	58.25%
117 Todd Sugrue	M 56	3:02:26	58.24%
118 <u>Jennifer Broom</u>	F 38	3:02:32	58.21%
119 Scott Wissel	M 46	3:02:48	58.12%
120 Michael Dunne	M 36	3:02:53	58.10%
121 <u>Brenda Morris</u>	F 45	3:03:26	57.92%
122 <u>Ania Childress</u>	F 36	3:04:04	57.72%
123 <u>Regina McGillivray</u>	F 46	3:04:20	57.64%
124 <u>Katya Divari</u>	F 50	3:04:33	57.57%
125 Joshua White	M 36	3:06:33	56.96%
126 Alan Cabot	M 57	3:07:11	56.76%
127 <u>Virginia Syombathy</u>	F 37	3:07:33	56.65%
128 <u>Mary Alice Abbott</u>	F 41	3:08:20	56.42%
129 Suresh Shenoy	M 54	3:08:28	56.38%
130 <b><u>Jennifer Ferriss</u></b>	F 40	3:10:33	55.76%
131 Tom Parent	M 35	3:13:46	54.83%
132 Dan Phillips	M 33	3:14:03	54.75%
133 Brendan Coyle	M 38	3:14:15	54.70%
134 Tom Drohan	M 42	3:14:43	54.57%
135 Gayle Smith	M 53	3:16:01	54.20%
136 <u>Alena Stevens</u>	F 40	3:17:33	53.78%
137 <u>Jane Patterson</u>	F 41	3:18:38	53.49%
138 Thomas Dyer	M 41	3:19:14	53.33%
139 Rob Warren	M 45	3:19:23	53.29%
140 <u>Annette Florczak</u>	F 38	3:19:24	53.28%
141 Sean Conlin	M 39	3:19:42	53.20%
142 Gus McGin	M 47	3:20:16	53.05%
143 Bill Peluso	M 44	3:20:31	52.99%
144 <u>Linnea Anderson</u>	F 25	3:22:57	52.35%
145 Jack Fulton	M 57	3:23:34	52.19%
146 Curt Hirsch	M 63	3:25:19	51.75%
147 <u>Christy Czerwinski</u>	F 35	3:26:10	51.54%
148 <u>Michelle Rach</u>	F 35	3:26:10	51.54%
149 <u>Kathleen Furlani</u>	F 63	3:26:44	51.39%
150 <u>Kelly Hellstein</u>	F 47	3:29:47	50.65%
151 <u>Pamela Behrens</u>	F 52	3:29:52	50.63%
152 Gavin Clarke	M 34	3:31:10	50.32%
153 <u>Anja Pennell</u>	F 34	3:31:23	50.26%
154 Siddhartha Pendharkar	M 34	3:34:54	49.44%
155 Majeesh Gopalakrishnan	M 36	3:34:55	49.44%
156 <u>Pauline Findley</u>	F 53	3:37:47	48.79%
157 <u>Kathleen Vita</u>	F 52	3:40:01	48.29%
158 <u>Linda Keene</u>	F 51	3:46:46	46.85%
158 Stephen Grathwohl	M 64	3:50:52	46.02%
158 <u>Scott McCoid</u>	F 53	3:55:47	45.06%
158 Jonathan Nyeeyg	M 54	3:58:48	44.49%
158 <b><u>Laura Clark</u></b>	F 65	4:02:30	43.81%
158 <u>Annie Squires</u>	F 27	4:03:44	43.59%
158 Robert Permoo	M 29	4:03:44	43.59%
158 Curtis Child	M 29	4:03:45	43.59%
158 <u>Seema Singh</u>	F 35	4:04:42	43.42%
158 <u>Vicki Quagliaroli</u>	F 58	4:12:04	42.15%
158 David Valli	M 32	4:16:23	41.44%
158 <u>Dayna Carpenter</u>	F 37	4:30:24	39.29%
158 Colin McCoid	M 21	5:42:00	31.07%



Former Soapstone race director Jerry Stage showed up to help out at this year's race.



Dahlia Livingston advertising this year's race.



Race director Deb Livingston presents the winners trophy to John Dudley at this year's Soapstone race.

*photo by Scott Livingston*

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## **6th Annual George Coope Memorial Road Races**

### **5K Run ~ 10K Run ~ 1M Walk**

Sunday, September 9, 2012 8:30 AM Start  
Mill Street Fair Grounds, Mill St., Adams, MA

For further info contact Haley Meczywor at 413-743-8320  
[HMeczywor@town.adams.ma.us](mailto:HMeczywor@town.adams.ma.us)

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## **Trail Running News .....**

*Published by the Western Mass Athletic Club*

*Adams, Massachusetts*

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*Early Summer 2012*

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## **Up coming Grand Tree races.**

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### **Note several changes to the schedule.**

**Curly's half-marathon has been cancelled and there are new dates and new RD's for Groton Forest and Mt. Toby.**

- |  |  |  |
|--|--|--|
| August 4, 2012                           | 9:00 am  | Barkhamsted, CT  |
| <b>PEOPLES FOREST</b>                    |  | <b>7 miles</b>   |
| Will Graustein .....                     | <a href="mailto:wgraustein@snet.net">wgraustein@snet.net</a>                     |  |
|  |  |  |
| August 19, 2012                          | 9:00 am  | Florida / Savoy, MA  |
| <b>SAVOY MOUNTAIN</b>                    |  | <b>16.5 and 4 miles</b>  |
| Isaac Tirrell ....                       | <a href="mailto:isaactirrell@gmail.com">isaactirrell@gmail.com</a>               |  |
|  |  |  |
| September 2, 2012                        | 9:00 am  | New Ipswich, NH  |
| <b>WAPACK TRAIL</b>                      |  | <b>17.5 miles</b>  |
| Paul Funch .....                         | 978-448-2813   | <a href="mailto:pgfunch@verizon.net">pgfunch@verizon.net</a>                         |
|  | <a href="http://www.wapack.freesevers.com">www.wapack.freesevers.com</a>         |  |
|  |  |  |
| September 16, 2012                       | 8:45 am  | Winchester, NH   |
| <b>PISGAH MT.</b>                        |  | <b>23K / 50 K</b>  |
| Gary Montgomery ...                      | 603 - 363 - 8420   | <a href="http://pisgahmttrailraces.blogspot.com">pisgahmttrailraces.blogspot.com</a> |
|  |  |  |
| September 30, 2012                       | 8:00 am  | Ashford, CT  |
| <b>NIPMUCK MARATHON</b>                  |  | <b>26.2 miles</b>  |
| Clinton Morse -                          | 860-875-6256 ...   | eves before 8 PM   |
|  | <a href="mailto:nipmuck@shenipsitstriders.org">nipmuck@shenipsitstriders.org</a> |  |
|  |  |  |
| October 7, 2012                          | 10:00 am   | Monroe, MA   |
| <b>DUNBAR BROOK</b>                      |  | <b>10.5 --- 2 miles</b>  |
| Kent Lemme .....                         | <a href="mailto:kentlemme@netzero.net">kentlemme@netzero.net</a>                 |  |
|  | <a href="http://www.runwmac.com">www.runwmac.com</a>                             |  |
|  |  |  |
| October 14, 2012                         | 12:30 pm   | Groton, MA   |
| <b>GROTON FOREST</b>                     |  | <b>9.5 &amp; 3.5 miles</b>   |
| Rick Covenor -                           | 937-478-4959   | <a href="mailto:rick.covenor@verizon.net">rick.covenor@verizon.net</a>               |
|  |  |  |
| October 21, 2012                         | 9:30 am  | Sunderland, MA   |
| <b>MT. TOBY</b>                          |  | <b>14 miles</b>  |
| Sara Smiarowski ....                     | <a href="mailto:sara.smiarowski@gmail.com">sara.smiarowski@gmail.com</a>         |  |
|  |  |  |
| October 28, 2012                         | 9:30 am  | Albany, NY   |
| <b>HAIRY GORILLA &amp; SQUIRRELY SIX</b> |  | <b>13.1 &amp; 6 miles</b>  |
|  | <a href="http://www.albanyrunningexchange.org">www.albanyrunningexchange.org</a> |  |
|  |  |  |
| October 28, 2012                         | 9:00 am  | Framingham, MA   |
| <b>BUSA BUSHWHACK</b>                    |  | <b>5.6 &amp; 9.3 miles</b>   |
| Barry Ostrow .....                       | <a href="mailto:b.ostrow@comcast.net">b.ostrow@comcast.net</a>                   |  |
|  |  |  |
| November 3, 2012                         | 6:15 am  | Ipswich, MA  |
| <b>STONE CAT ALE</b>                     |  | <b>26.2 &amp; 50 miles</b>   |
| Marty Sullivan ....                      | <a href="http://www.gaconline.net">www.gaconline.net</a>                         |  |
-

## Into the Woods, Through the Field and Heading Towards the Barn:

### The Pineland Farms Trail Running Festival

by Laura Clark

As is the case with many of us, my running plans tend to get stuck in a rut. I enter a race and then, feeling a certain loyalty, tend to repeat the procedure the following year. As Stephen Sondheim's Little Red Riding Hood intones, "Into the woods/And down the dell, /The path is straight, /I know it well." The tried and true path is sometimes safe, always reassuring, a home away from home.

It finally took a John Deere tractor to pull me out of my rut and into the unexpected. Oh, I unfolded the usual set of excuses – the high price of gas, the need to plant my own Memorial Day final freeze-date garden, weddings—but somehow that didn't hold water when tempted by a run on a working farm surrounded by insurance agencies, medical offices and even YMCAs. And oh yes, did I mention event planners? When my husband Jeff and I first drove up the Pinelands Farms road in New Gloucester, Maine, we were greet by arrowed event signs. Thinking that was us, we dutifully followed, only to discover a wedding in progress. This would actually be good news for those of us feeling somewhat uneasy over missed family obligations—just bring your wedding to the race and hit a guilt-free GO!

According to Race Director Erik Boucher, Pinelands was a former mental institution that landed upon hard times. Guess they should have had more ultra races way back then as we could have fit right in. Eventually Libra Foundation stepped up to the plate, renovated the campus buildings and revitalized the Farm which, in addition to food production, hosts a wide variety of recreational and educational opportunities.

While we are all familiar with democratic-style events that offer longer and shorter options, the Pineland Farms Festival takes this concept to entirely new levels, hosting a weekend smorgasbord of seminars, barbecues, competitive and family-style pursuits. And that means all family members, dogs included. Saturday features a 10K, a 5K Canicross and a 5K Barefoot run. Sunday things get serious with 25K, 50K and 50 mile races.

Sensing that our cat, Riley, was a bit too independent to be hitched to a leash in an event that did not involve chasing mice, we arrived at the tag end of Saturday's festivities just in time to pick up our packets and head out to Gritty's Brew Pub, figuring a touch of True Grit was in order for Sunday.

You would think dressing properly for a Brew Pub would have been a simple matter of jeans and a T-shirt. Not so the day before an ultra. As a confidence-booster it was vitally important to make a statement. I had packed my PEAK Races Snowshoe Marathon tee, but ultimately settled on my Bull Run 50 Miler ensemble with matching long-sleeved companion as it was a trifle on the cool side. Sounds ridiculous, but we eyed each other's attire as carefully as teens would examine designer labels. While one-upmanship was definitely a factor, the icebreaker function was apparent. Normally hesitant to

approach a group of strangers, I felt right at home introducing myself to someone wearing a duplicate of my PEAK shirt.

On Sunday I chose the 50K option, reserving a possible 50 mile effort for the Finger Lakes Fifties the following month. Friends Rob and Karen, 100 mile veterans, thought it was amusing that I was agonizing over drop bag contents for such a "short" race. I knew they were right, as I rarely need anything except perhaps a dry shirt or gel replenishment, but still I persisted. A bulky rabbit's foot to be sure, but a small price to pay for peace of mind, or perhaps lack of confidence.

Still, there was little else to worry about. The eleventh hour 50K was more than generous and the absence of intermediate stop signs meant I did not have to push hard at the start to make a predetermined location at a set time. Fifty milers began two hours prior and their less-sleep penalty yielded them an extra two hours to complete their goal. Candidates for the 25K started two hours after the 50k and had the luxury of enjoying the course for up to nine hours should they so choose. Altogether, a perfect choice for a newbie or an older ultrarunner like myself who has been known to stress out over projected cutoff times. Unlike races where everyone begins at once, you knew your peers were either ahead or behind you and hence did not feel tempted to speed up and catch a faster runner only to discover she was competing in a different time zone. Miraculously, in my position at least, there was little overlap and except for the 50 mile frontrunners we maintained our isolation.

The course itself, marvelously orchestrated along a mixture of wide forest paths and stubby farmer's fields, wound in and out, up and down to such an extent that you could almost view yourself coming and going. Picture the corn maze concept and you get the idea. The grass in the fields was so high that often the only sign you would have of those ahead or behind you were bobbing ball caps decoying atop grassy waves. I had experienced some farm field running before both in Ohio and at the Washington County Fair, so at least I knew what I was in for. The sensation is difficult to describe. Rather like running fall trails where rocks are disguised by leaf cover. Except here your feet ricochet between unforgiving clumps of knobby grass.

At least rocks can often be persuaded to move out of the way, but dirt anchored by rooted vegetation is unyielding. This should not have been that much of a surprise.

We were on a farm just as the website stated. But apparently it was. My husband Jeff, anchored at the Last Mile Aid Station waiting for Rob and I to appear, was sent scurrying for tissues by a runner who complained he was allergic to grass. Go figure!

For me, the wide wooded trails were vacation time, and far easier than the typical rocky Berkshires single track that I was accustomed to. My friend Rob generously offered to pace me, knowing I would view such a vista as an invitation to go out way too hard. He warned me that the course is deceiving, with the state fair roller coaster motion eventually taking as much of a toll as any Coney Island Cyclone. He was right.

***Continued next page:***

### Pineland Farms cont:

At first we seemed to fly by mile markers like Kenyans. Until I realized that those mile markers were actually kilometers. While the reward factor proved a boost, it did require extra mental arithmetic, not a strong point for anyone during an ultra, especially since the aid stations had not yet converted to the metric religion. Weirdly, I accepted these milestones at face value, looking forward to ticking them off one by one, just as in any state-of-the-art road race. Accustomed as I am to memorizing suggested mileage at probable aid stations just to have a clue of where I am in a Grand Tree Trail Race ([www.runwmac.com](http://www.runwmac.com)) this was indeed a vacation.

Speaking of aid stations, they were more like full-service rest stops, each with their own porta pottie and solicitous waiters asking, suggesting, prodding. Coming from the backwoods, I never would have thought to request ice cubes without the insistence of a friendly volunteer. At first, used to husbanding water from one far-ranging water drop to the next, I operated on the "better safe than sorry" principle, topping off my water bottle every few miles. It wasn't until the second loop that I realized the oasis wasn't going to melt into the grassland and leave me high and dry. Besides the usual food offerings of potatoes, pb&j, oranges, candy, etc. we were treated to: pickles! My friend Jen is a pickle fanatic and promises to run next year just to eat her fill. Of course, we could always drive to the store, but what's the fun in that?

The first loop was easy; the second was less so and I was grateful to have Rob along to poke and to prod. There was no question I was slowing down. Finally, Rob laid it on the line, "I know you can run a final 15 minute mile to a PR." In my brain I was wondering if he meant yesterday or right now in the moment. But, trusting him, I pushed on and succeeded.

We met Karen at the finish and I asked her if I had won an award. She replied that they didn't call my name. We accepted that as fact and moved on. DUH! They say running makes you stupid. On that day it made us all stupid. Of course they didn't call my name as the awards ceremony was held an hour before I finished! Rather like seeing the race results on your cell phone when you are still running the race. Nevertheless, in my 60-Death category, I'll take it! And there were still some cows left in the field.

Laura Clark

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### **Pineland Farms Trail Running Festival** New Gloucester, Maine ... May 27, 2012

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#### **50-Mile Results:**

<u>Name</u>	<u>Age</u>	<u>Time</u>
1 Brian Rusiecki	33M	6:22:43
5 Chad Denning	37M	6:53:51
6 Ct Ransdell	26M	7:13:28
7 Mark Blakeley	48M	7:22:10

8 <u>Amy Lane</u> 1 <sup>st</sup> F	32F	7:29:55
29 David Boudreau	40M	8:26:13
42 Scott Patnode	31M	9:02:38
50 <u>Donna Utakis</u>	44F	9:15:22
62 <b>David Martula</b>	67M	9:19:29
65 <u>Lori Wetzel</u>	39F	9:26:50
72 Russell Hammond	52M	9:41:37
73 <u>Michele Hammond</u>	53F	9:41:37
97 Kevin Mullen	54M	10:24:44
114 <u>Brenda Morris</u>	45F	11:07:47
126 Glenn Pacheco	48M	14:08:46

126 Finishers. Complete results at ....

<http://mainetrackclub.com/race-results/>

#### **50K Results:**

<u>Name</u>	<u>Age</u>	<u>Time</u>
1 <b>Ross Krause</b>	32M	3:45:50
2 David Herr	47M	3:47:26
6 Nick Tooker	33M	4:19:06
8 Donald Pacher	40M	4:26:30
9 <u>Steph Crawford</u> 1 <sup>st</sup> F	35F	4:27:18
10 Jack May	42M	4:32:06
65 <u>Susan Collins-Pulick</u>	43F	5:27:21
73 Bob Dunfey	60M	5:38:25
108 Al Cat	59M	6:00:48
119 Joe Hayes	63M	6:12:35
127 Stephen Touchette	57M	6:17:39
128 <u>Deb Touchette</u>	56F	6:17:41
130 David Sutherland	50M	6:19:10
134 <u>Paula Finestone</u>	43F	6:27:19
148 Lee Dickey	58M	6:43:00
170 <b>Robert Scott</b>	58M	7:23:54
171 <u>Laura Clark</u>	65F	7:23:55
191 <u>Terri Hayes</u>	69F	9:13:53
192 Eugene Bruckert	77M	9:26:54

192 Finishers. Complete results at .....

<http://mainetrackclub.com/race-results/>

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*Check the "Grand Tree" web page for all the latest up-dates, standings, links and info from the 2012 Trail Series*

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

*Trail Running at its best*

*The 2012 Grand Tree Trail Series*

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**Blue Hills Skyline Trail Run**  
12K ... Milton, MA. ... June 10, 2012

WMAC members in bold:

	<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>GT %</u>
1	Stephen Granger-Bevan	M 27	1:03:40	100.00%
2	Rob Hult	M 42	1:06:23	95.91%
3	<u>Alison Crocker</u> 1 <sup>st</sup> F	F 27	1:08:02*	93.58%
4	Don Mazzocco	M 28	1:09:24	91.74%
5	Giacomo Barbone	M 20	1:10:54**	89.80%
6	Stanislav Trufano	M 33	1:11:27	89.11%
7	Ian Smith	M 27	1:13:50	86.23%
8	Ken Naide	M 40	1:14:02	86.00%
9	Scott Patnode	M 31	1:14:20	85.65%
10	Eric Ahern	M 35	1:15:31	84.31%
11	Eric Wyzga	M 36	1:16:15	83.50%
12	Angelo Radano	M 29	1:17:02	82.65%
13	Anthony Parillo	M 27	1:19:08	80.45%
14	Tony Henderson	M 34	1:20:07	79.47%
15	Seamus Foy	M 33	1:21:43	77.91%
16	<b>Ted Cowles</b>	M 53	1:22:16	77.39%
17	<b>Isaac Tirrell</b>	M 30	1:23:37	76.14%
18	Miroslav Tashev	M 49	1:23:49	75.96%
19	Mike Maher	M 47	1:25:47	74.22%
20	<b>Paul Funch</b>	M 61	1:25:49	74.19%



A sunny day at Skyline! photo courtesy Blue Hills trail race

21	Rich Sugrue	M 26	1:26:23	73.70%
22	Andrew Donaldson	M 44	1:27:56	72.40%
23	<u>Katia Bertoldi</u>	F 34	1:28:13	72.17%
24	Giovanni Berlanda	M 34	1:28:33	71.90%
25	Terry Shields	M 41	1:28:48	71.70%
26	Cully Lundgren	M 39	1:31:03	69.93%
27	Kevin Mullen	M 54	1:31:16	69.76%
28	Gary Jewett	M 46	1:34:01	67.72%
29	<u>Elizabeth Eaton</u>	F 42	1:35:09	66.91%
30	Nicola Neretti	M 39	1:35:28	66.69%
31	Sam Sugrue	M 22	1:35:34	66.62%

32	Todd Sugrue	M 56	1:35:38	66.57%
33	Bruce Ehrlich	M 52	1:36:05	66.26%
34	Henry Richards	M 45	1:36:12	66.18%
35	Dorin Neacsu	M 48	1:36:54	65.70%
36	Bill Resnick	M 42	1:45:18	60.46%
37	Bill Hartman	M 45	1:46:06	60.01%
38	Mark Vernazzia	M 33	1:46:08	59.99%
39	<u>Elizabeth Parson</u>	F 52	1:46:31	59.77%
40	David Stark	M 27	1:49:45	58.01%
41	Tom Parent	M 35	1:50:04	57.84%
42	<b>Vic LaPort</b>	M 71	1:50:12	57.77%
43	Jim Courville	M 29	1:51:50	56.93%
44	Brian Carlson	M 34	1:53:21	56.17%
45	Matt Schram	M 34	1:59:30	53.28%
46	<u>Lisa Pettipaw</u>	F 43	2:09:52	49.02%
47	Chris Harrison	M 59	2:12:21	48.10%
48	Joe Panepinto	M 48	2:18:40	45.91%
49	<u>Kristen Eaton</u>	F 45	3:05:00	34.41%

\* Course record

\*\* Course record (junior)

### Savoy Volunteers Needed

Looking for volunteers to help out with trail clean up before the race and to help out on race day at the Savoy Mt. Trail Races.

The trail needs to be cleaned up of downed trees and overgrown brush in several areas and help is also needed during the race.

Contact Isaac Tirrell ( [isaactirrell@gmail.com](mailto:isaactirrell@gmail.com) ) if you can help out or even if you would like to schedule a "fun run" on the course.

### MT. Greylock "Fun Run"

A tentative "fun run" of the MT. Greylock Marathon course is in the planning stages for 8:00 AM on July 15, 2012, that is if enough people show an interest in it.

Contact Isaac Tirrell about that run if you are interested.

[isaactirrell@gmail.com](mailto:isaactirrell@gmail.com)

*Western Mass Athletic Club*

*Adams, Massachusetts*



**Western Mass Athletic Club .... Savoy Mountain Trail Races**

**16.5 miles or 4 miles ... Sunday ... August 19, 2012 ... 9:00 AM**

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

**16.5 Mile Course:** Start at North Pond as usual. Runners will do the 11 mile loop from previous years with an "out and back" ridge run added from the top of Spruce Hill along the new BNRC (Berkshire Natural Resource Council) Hoosac Range Trail to the BNRC Rt 2 Parking Lot. 5 Aid Stations; 2 with water + fuel (Gatorade, fruit, pretzels), 3 are jugs o' water. Expect sublime views from Spruce Hill and the ridge. 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.**

**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 \$15 for the 16.5 miler, \$10 for the 4 miler, before 8 / 12 / 12.
- \*Entry fee on race day is \$25 for the 16.5 miler and \$15 for the 4 miler.
- \*Sorry, no refunds.
- \*Trail Race Directors run for free!!! (still submit application)
- \*Driving instructions at Mass DCR /Savoy or [www.runwmac.com](http://www.runwmac.com)
- \*Refreshments: Barbecue for runners and guests.
- \*Some shirts may be sold separately, ask at the race.

**More info: Isaac Tirrell ... [isaactirrell@gmail.com](mailto:isaactirrell@gmail.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:    16.5 miles    4 miles**

( Please print ) Name \_\_\_\_\_  
 Street \_\_\_\_\_  
 City / Town \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone \_\_\_\_\_ Age \_\_\_\_\_ Sex M / F  
 Email \_\_\_\_\_

Entry fee enclosed \$\_\_\_\_\_ *Trail Race Director ( Free )* \_\_\_\_\_ *Name of Trail Race* \_\_\_\_\_

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) \_\_\_\_\_

## Title IX at XL and the 2012 MHRRC Women's Run

by Bob Kopac

June 2012 is the 40<sup>th</sup> anniversary of Title IX, which stated "No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving Federal financial assistance..." Within a few years of becoming law, the act was used to mandate a large increase in funding for women's sports in colleges and a corresponding dramatic increase in female athletes. Today we take women in sports as the natural state of being, a positive illustration of Title IX's impact on our society and our attitudes.

The May 19, 2012 Mid-Hudson Road Runners Club Women's Run 5K and 10K can be interpreted as an example of Title IX's effect at the local level. Under the direction of Deb Dyle, this inaugural event attracted 232 finishers: 139 in the 5K and 93 in the 10K. It would have been inconceivable 40 years ago to have this many women run a local race, let alone at these distances. Back then, the longest women's track event sanctioned by the Amateur Athletic Union was 880 yards. As Kathrine Switzer describes in her book **Marathon Woman**: "Of course the AAU would never encourage women to run longer by offering any longer events, oh no; besides, your uterus might fall out." It almost seems like those were the Dark Ages, and now we are in the Age of Enlightenment.

Many of the women participants at the event were first-time runners who took advantage of the MHRRC Learn to Run program which was led by Polly Sparling. Over the course of 12 weeks, participants in the Learn to Run program progressed from non-runners to being able to run a 5K. Women (and men) who had never run before had the opportunity to train to run a 5K. The program was so popular, it filled up quickly, and there was a waiting list.

Besides first-time runners, the races attracted the usual suspects of the running community as runners or as volunteers. The MHRRC women's running group "the Posse" was heavily involved in the pre-race and race-day planning and logistics. In addition, many male MHRRC members showed their solidarity and support by volunteering.

Race director Deb Dyle held the races on the Dutchess Rail Trail; this setting provided a scenic and fast course. The 5K was won by local runner Marisa Strange of Pleasant Valley, NY, who is a national elite masters woman runner. She immediately grabbed an early and commanding lead and was never challenged during the race. Her winning time was 18:39.70, a 6:01 minute per mile pace.

The 10K was won by Conni Grace of Hopewell, NY in a time of 40:39.60, a 6:33 pace. She out-dueled Eileen Canzoneri of Pawling, NY who finished in a time of 40:52.90, a 6:35 pace.

The oldest participant was Patty Lee Parmalee of Wallkill, NY, 72 years young, whose 10K time was 57:49.40. The number of young runners was quite impressive. For the 5K, Hannah Schindler of Milton, NY, age 12, won in 23:13.00; Raven Stanet of Hopewell, NY, age 9, came in 2<sup>nd</sup> place in 26:29.50; and Allison Hopper of Pleasant Valley, NY, age 14, finished 3<sup>rd</sup> in a

time of 27:19.80. For the 10K, Rachel Cacace of Poughkeepsie, NY, age 14, won in 45:59.10; and Abby Teliska of Salt Point, NY, age 17, came in 2<sup>nd</sup> in 52:41.70.

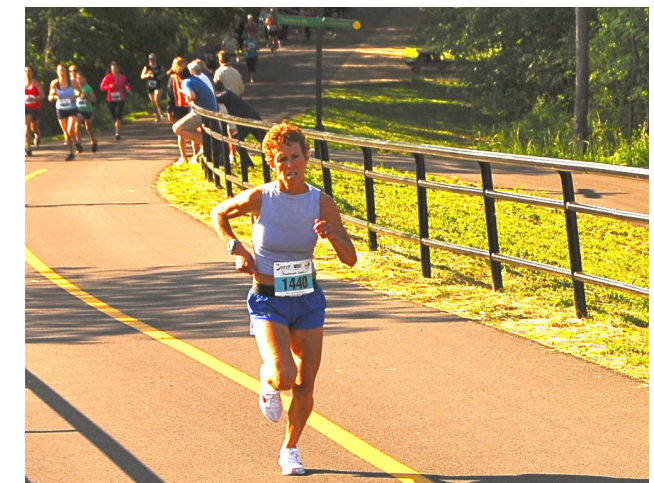
These young runners, born long after Title IX came into being, enjoy the changes in society's attitudes toward women's sports that Title IX helped create. However, we still have a ways to go as a society, when considering that donations from the race fees went to the Coalition Against Domestic Violence and Sexual Assault. Hopefully we will see progress on that front in our lifetimes.

P.S. Thanks to our sponsors: My Brother Bobby's Salsa, Adams Fairacre Farms, When Scents Count, and MVP.



Conni Grace (left) and Eileen Canzoneri lead the pack at the 2012 Mid-Hudson Road Runners Club Women's Run 10K race.

photo by Bob Kopac



5K winner Marisa Strange

photo by Bob Kopac

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

## Laurel Highlands



Debbie Livingston, on her way to winning the women's title and a 4<sup>th</sup> place overall finish at the Laurel Highlands 70.5 mile trail race in Southwestern, PA. on June 9, 2012.

photo by Scott Livingston.

1<sup>st</sup> ..... Brian Rusiecki ..... 33 M .... 11:30:37  
1<sup>st</sup> F ..... **Debbie Livingston** .... 37 F ..... 13:34:12

122 starters ... 85 finishers. Results at... [www.laurelultra.com](http://www.laurelultra.com)

## WMAC's Newsletter

The club is still looking for someone to help out with the newsletter and someday take over the duties as editor. This is a good chance for some of our younger members to volunteer and become more involved with the club and help take the newsletter to new heights in the internet age.

Everything that needs to be done would be from your own computer at home.

Contact Will at the newsletter for more info if you can help.

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

## I Did It My Way

I'll forever have the memories but my long course runs at Greylock are over. I'm still drawn to Greylock, however, come Father's Day in June. But 3 miles on a Sunday morn simply won't do it. I have a plan, I'll stop for a little run or 2 on the drive up. Must rise early ... 4:02 am. B4 leaving, a quick run down the deserted usually well trafficked street here in New London.. On Rt. 11 I pull over.. you know. Good Grief, a State Trooper, now? "Gotta take a leak", I say. "Uh, OK". Guy in the passenger seat asks "Are you Richard?" They pull away, "Yeah" I holler, "Who are you?" Darned if I know.

Best place to run'll be on Rt 9 way up north. So there I am when a guy slows to shout: "Greylock today, What are you doing?" "Just going short so need to run some more." "Well you're going the wrong way." That was Bob Masaro.

Back in the car I head the right way and arrive in time to see & meet friends, check-in with Ellen, then decide to check-out the woods part of the course, leaving from the road crossing. It's cool & neat, and marked very well. By & by it turns around to return with some steep-ups! Then -- don't know how -- I find I'm on the long course return, it eventually spills out on to a different road crossing, which I recognize. Instead of taking the trail back to the Glen I'll be clever & head down this road which might be shorter (Ha - Ha). Soon a wider trail to my left ... surely a short-cut says I. Then, pink flagging, also on the other side of an uncrossable stream. What looked promising no longer does, so I bush-whack back toward the paved road, which I reach and cross to a house there. "Sorry to bother you, can you tell me how to get to the Greylock Glen." He does without a snicker, not seeing my race number. Down this road, turn left, ah there's Gould Rd. No cars come by to my aid -- everybody's already at the race-site -- so I hike & mountain-climb it myself.

Following the left turn I do take the short-cut path direct to the Glen and discover it's not yet 10:00 -- everybody's still waiting to start. Not me. My "shades of BUSA" adventure has left me ... pooped! There's Will & Dan's mom sitting over there, I have & take the time to visit, talk & reminisce. ☺ Then I go to Ellen to explain why I'm not "racing." Well, I have, kind of. She says to take some goodies; I see the box of bagels & donuts. "Only 1" the little voice commands. I can taste the donut (yum), but peanut butter on the bagel later is the better choice.

B4 leaving Adams, 1 more short jog, on the rail-to-trail path in town. That'll do it. I stop at the Williamsburg General Store and buy a buncha Lemon Tree cards and a chocolate i. c. cone to enjoy on the porch, thinking: I did it my way today.

Dick Hoch

## Wednesday night fun runs...

For the summer months the fun runs will start from the parking lot next to Hoosac Valley High School on Route 116 in Adams near the Cheshire line. We meet at 5:30 pm on Wednesdays and everyone is welcome to join us.



**Cranmore Hill Climb ... 7.5K**  
**North Conway, NH .... June 24, 2012**

WMAC members in bold:

	<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1	Marco De Gasperi	M 35	Italy	0:38:46	100.00%
2	Jim Johnson	M 35	NH	0:41:44	92.89%
3	<b>Ross Krause</b>	M 32	MA	0:42:18	91.65%
4	Kevin Tilton	M 30	NH	0:44:41	86.76%
5	Todd Callaghan	M 42	MA	0:44:57	86.24%
6	Dave Dunham	M 48	MA	0:45:03	86.05%
7	Matt Veiga	M 25	MA	0:46:46	82.89%
8	Matthew Zanchi	M 22	MA	0:47:31	81.58%
9	Gabriel Flanders	M 36	NH	0:49:42	78.00%
10	Stanislav Trufanov	M 33	MA	0:49:52	77.74%
11	Darrin Rees	M 40	CT	0:50:30	76.76%
12	Martin Tighe	M 54	RI	0:50:37	76.59%
13	David Veale	M 41	NH	0:50:40	76.51%
14	Darien Shannon	M 21	NH	0:51:04	75.91%
15	Jonathan Rice	M 33	MA	0:51:27	75.35%
16	<b>Peter Keeney</b>	M 46	ME	0:51:39	75.06%
17	Richard Fargo	M 53	CT	0:51:52	74.74%
18	Chris Dunn	M 43	NH	0:52:30	73.84%
19	<u>Kelsey Allen</u> 1 <sup>st</sup> F	F 29	NH	0:52:43	73.54%
20	James MacVarish	M 17	MA	0:53:30	72.46%
21	Steve Messier	M 52	VT	0:53:52	71.97%
22	<u>Joan Bohlke</u>	F 33	MA	0:53:54	71.92%
23	Brett Coapland	M 36	NH	0:53:55	71.90%
24	Rich Miller	M 60	NH	0:54:01	71.77%
25	Patrick Jamieson	M 23	MA	0:54:30	71.13%
26	Greg Rossolimo	M 31	CT	0:54:49	70.72%
27	<b>Ted Cowles</b>	M 53	CT	0:55:12	70.23%
28	<u>Leslie Beckwith</u>	F 36	NH	0:55:30	69.85%
29	Chuck Dunn	M 40	MA	0:55:44	69.56%
30	Bob Sharkey	M 60	NH	0:55:55	69.33%
31	Jeff Gould	M 47	MA	0:56:18	68.86%
32	Raphael Adamek	M 33	VT	0:59:39	64.99%
33	Jason Eldridge	M 39	MA	0:56:41	68.39%
34	John Martin	M 60	MA	0:56:44	68.33%
35	Colin Mulligan	M 14	NH	0:56:48	68.25%
36	Paul Camire	M 53	NH	0:57:05	67.91%
37	Paul Kirsch	M 46	NH	0:57:13	67.75%
38	Richard Stockdale	M 61	NH	0:57:20	67.62%
39	Mioslav Tashev	M 49	MA	0:58:16	66.53%
40	Jeff Arsenault	M 55	ME	0:58:46	65.97%
41	<u>Karen Encarnacion</u>	F 46	MA	0:59:10	65.52%
42	Doug Mayer	M 47	MA	0:59:28	65.19%
43	Kevin Pasco	M 47	NH	0:59:36	65.04%
44	Tom Dolan	M 44	MA	0:59:39	64.99%
45	<b>Todd Brown</b>	M 48	CT	0:59:44	64.90%
46	Gary Jewett	M 46	MA	1:00:12	64.40%
47	Matthew Petit	M 29	MA	1:00:21	64.24%
48	Anthony Park	M 47	MA	1:00:32	64.04%
49	Marc Rebillard	M 56	CT	1:00:44	63.83%
50	<u>Donna Smyth</u>	F 52	VT	1:01:14	63.31%
51	<u>Kristen Taschereau</u>	F 31	MA	1:01:21	63.19%
52	Don Slovenkai	M 56	NH	1:01:32	63.00%
53	Patrick Haverty	M 44	MA	1:01:38	62.90%
54	Jim Drew	M 62	NH	1:02:24	62.13%
55	John Lamreck	M 33	NH	1:02:46	61.76%

56	Zhifei Ge	M 24	MA	1:02:59	61.55%
57	Erik Wilson	M 40	CT	1:03:01	61.52%
58	Lee Mendenhall	M 48	MA	1:03:23	61.16%
59	David Lapierre	M 48	MA	1:03:38	60.92%
60	Bob Mulvaney	M 59	NH	1:03:46	60.79%
61	Frank Holmes	M 65	NH	1:03:46	60.79%
62	Michael Medeska	M 30	CT	1:03:57	60.62%
63	John Carey	M 41	MA	1:04:02	60.54%
64	Matthew Fisk	M 34	NH	1:04:08	60.45%
65	Richard Fournier	M 50	NH	1:04:23	60.21%
66	Arthur Bellerive	M 47	MA	1:04:41	59.93%
67	Tom Mitchell	M 49	MA	1:05:06	59.55%
68	Doug Armstrong	M 63	NH	1:05:08	59.52%
69	Vincent Rivard	M 66	MA	1:05:15	59.41%
70	Kent Wosepka	M 42	MA	1:05:23	59.29%
71	Dan Moore	M 40	NH	1:05:41	59.02%
72	Anthony Tiewi	M 39	MA	1:05:50	58.89%
73	Miles Harkins	M 49	MA	1:06:16	58.50%
74	Gene Fahey	M 64	NH	1:06:25	58.37%
75	<u>Heidi Chauvin</u>	F 38	NH	1:06:27	58.34%
76	Rich Fortune	M 44	MA	1:06:28	58.32%
77	Randy Eaton	M 52	MA	1:07:24	57.52%
78	Gary Hebert	M 47	CT	1:07:41	57.28%
79	Phillip Dunn	M 64	MA	1:08:10	56.87%
80	Peter Orni	M 69	MA	1:08:38	56.48%
81	<u>Carolyn Shreck</u>	F 40	NH	1:08:54	56.26%
82	Joseph Koral	M 40	MA	1:09:38	55.67%
83	Tim Lindsey	M 40	NH	1:09:54	55.46%
84	<u>Katharine Jenkins</u>	F 32	NH	1:09:59	55.39%
85	Timothy Scott	M 60	NH	1:10:06	55.30%
86	<u>Whitney Brown</u>	F 38	MA	1:10:12	55.22%
87	<b>George Gilder</b>	M 72	MA	1:10:38	54.88%
88	<u>Kate Naples</u>	F 44	MA	1:10:45	54.79%
89	Douglas Story	M 47	CT	1:11:34	54.17%
90	<u>Kath MacVanish</u>	M 19	MA	1:11:47	54.00%
91	Brian Gallagher	M 62	NH	1:11:58	53.87%
92	Dan Poliquin	M 45	NH	1:12:10	53.72%
93	<u>Kimberly Bellerive</u>	F 44	MA	1:12:41	53.34%
94	<u>Paulette Slovenkai</u>	F 52	MA	1:13:35	52.68%
95	Frank Hurt	M 75	NH	1:13:37	52.66%
96	<u>Elaine Dill</u>	F 63	MA	1:14:01	52.38%
97	Todd Duche	M 38	MA	1:14:12	52.25%
98	Chuck Hagedorn	M 57	MA	1:14:29	52.05%
99	Carson Vaillancozen	M 35	MN	1:14:42	51.90%
100	Nancy Plante	F 43	NH	1:14:42	51.90%
101	Mark Berg	M 49	NH	1:15:18	51.48%
102	Walt Kuklinski	M 63	MA	1:15:46	51.17%
103	Jeff Hattem	M 61	MA	1:15:56	51.05%
104	<u>Debbie Eaton</u>	F 46	MA	1:16:09	50.91%
105	Kevin Eaton	M 56	MA	1:16:14	50.85%
106	Philip Tatro	M 48	MA	1:16:40	50.56%
107	Paul Grant	M 64	MA	1:16:44	50.52%
108	Ian Fownes	M 45	RI	1:16:49	50.47%
109	Tony Federer	M 73	NH	1:16:53	50.42%
110	<u>Susan Vekers</u>	F 52	NH	1:16:59	50.36%
111	Mike Gonnerman	M 69	NH	1:17:58	49.72%
112	Richard Gilyard	M 61	NY	1:18:01	49.69%
113	Fred Ross III	M 66	VT	1:18:11	49.58%
114	Richie Girouard	M 51	NH	1:18:54	49.13%
115	Nye Winston-Corradino	M 15	MA	1:19:13	48.94%

*Continued next page:*

**Cranmore Hill results cont:**

116 <u>Mary-Pat Pfeil</u>	F 53	NJ	1:19:17	48.90%
117 Richard Mellor	M 62	NH	1:19:41	48.65%
118 David Hippert	M 29	NH	1:19:53	48.53%
119 <u>Amanda Hynes</u>	F 31	ME	1:20:06	48.40%
120 William Harned	M 62	NH	1:21:11	47.75%
121 <u>Amy Dalton</u>	F 48	MA	1:21:36	47.51%
122 Jose Viveiros	M 51	MA	1:23:57	46.18%
123 Chris Corradino	M 39	MA	1:24:21	45.96%
124 <u>Emma Wellington</u>	F 13	NH	1:26:39	44.74%
125 Skip Cleaver	M 67	NH	1:27:59	44.06%
126 George Boudreau	M 43	MA	1:28:17	43.91%
127 Greg Carson	M 51	NH	1:29:18	43.41%
128 <u>Laurel Shortell</u>	F 46	MA	1:29:31	43.31%
129 Ray Boutotte	M 66	MA	1:35:42	40.51%
130 <u>Tanya Dykstra</u>	F 32	NH	1:36:55	40.00%
131 <u>Jenna Abreu</u>	F 39	NH	1:37:53	39.60%
132 <u>Mary-Pat Dimaria</u>	F 54	MA	1:42:17	37.90%
133 <u>Kathryn Eaton</u>	F 30	MA	1:43:03	37.62%
134 John Parker	M 80	NH	1:48:36	35.70%
135 <u>Diane Levesque</u>	F 58	NH	1:50:02	35.23%
136 Joe Wellington	M 47	NH	1:53:09	34.26%
137 Ken Skier	M 58	MA	2:05:14	30.96%
138 <u>Melissa Poliquin</u>	F 44	NH	2:05:24	30.91%

**Book Review:**

***Running the Rift*, by Naomi Benaron**

Reading *Running the Rift* is a bit like watching the movie *Titanic*. You know the boat is going to sink and as the fictional characters careen toward disaster, you want nothing more than to offer lifesaving advice gleaned from the perspective of time. That much said, I must confess that I did not actually read the book but instead enjoyed the audio version.

Yes, I know I am a librarian and as such am supposed to appreciate the written word. But I have learned that certain works are enhanced through the spoken word. In this case, hearing the lilting Rwandan phrases adds music and flavor to sections that I would otherwise shrug my shoulders at and simply overlook. I also know that in a novel as suspenseful as this one I would be sorely tempted to skip ahead, only to chastise myself later on for my lack of willpower. As anyone who has ever dealt with a jittering CD knows, cheating on a recording is not as straightforward.

The recipient of Barbara Kingsolver's Bellwether Prize for a novel dealing with social injustice, author Naomi Benaron comes to her task well-qualified having worked extensively with Rwandan genocide survivors. Plus, she is an Ironman triathlete and thus is thoroughly acquainted with the athletic mindset. Her novel reads true

Benaron focuses on a sixteen year time span during which Jean Patrick comes of age and hones his craft, a hopeful Mr. Olympics. Ultimately, our hero was forced to channel his

inborn cleverness and compulsion to compete over to the complex task of survival in a world gone mad. The ending is bittersweet at best as the conflict continues to simmer. Fearing reprisals for their bloodthirsty rampage, Hutus fled to the Congo where unrest continues to spread across the borders.

Aside from the obvious history lesson, what can runners such as ourselves learn from Jean Patrick? I know I have come away with a brand new attitude. Instead of groaning that it is too hot or too cold, too early or too late to run, I now cancel negative thoughts by thinking, "Hey, I get to run." And how wonderful is that! There are no bullets chasing me, no identity cards beyond a Road ID, no hostile stares. While running magazines tout the benefits of keeping yourself on track with or running partner or online coach, ultimately the real responsibility is yours.

Does the fact that fate intervened mean that all of Jean Patrick's training was wasted? Hardly, the mental fortitude he developed is exactly what pulled him through when heroic effort of another sort was required. Our goal race is not the destination, merely part of a continuous journey.

*Reviewed by Laura Clark*

**Jack Bristol / Lake Waramaug Ultras.**

**Lake Waramaug State Park**

Warren – Kent – New Preston, CT.

April 29, 2012

**50K Females:**

1 Jennifer McHale	F 33	4:04:18
2 Claire Walsh	F 28	4:17:32
10 <b>Barbara Sorrell</b>	F 54	6:28:50

**50K Males:**

1 Alex McDaniel	M 34	3:48:33
2 John Thornell	M 46	4:03:18
3 Scott Slater	M 34	4:05:18

**50 Mile Females:**

1 Tara Tosta	F 39	8:20:49
2 Ashley Dezen	F 26	9:02:57.

**50 Mile Males:**

1 Nicholas Clark	M 32	7:16:07
2 Brian Morrissey	M 39	7:39:51
3 <b>Dave Martula</b>	M 67	7:51:43

**100K Females:**

1 Maria Amaya	F 38	10:29:46
2 Susan Warren	F 55	11:15:28

**100K Males:**

1 Pdraig Mullins	M 30	9:22:37
2 Andy Costa	M 36	10:15:48
6 Joe Laskey	M 47	11:24:22

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

Western Mass Athletic Club  
P. O. Box 356  
Adams, MA. 01220

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

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