



# Trail Running News ...Western Mass Athletic Club

Volume 18..... Issue 3 ..... Late Summer ..... 2012

In this issue:  
Results & Stories from.....

Savoy

Escarpment

People's Forest

Wapack

Greylock Road

FL 50's

Vermont

Monroe and Turkey Trot Entries

*And Plenty More Inside:*

### Up N' Coming Events:

Nipmuck .....	9 / 30
Monroe .....	10 / 7
Groton .....	10 / 14
Toby .....	10 / 21
Hairy Gorilla .....	10 / 28
Busa Bushwhack .....	10 / 28
Stone Cat .....	11 / 3
Turkey Trot .....	11 / 22
Christmas Party .....	Dec. ?
Fat Ass Run .....	TBA

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

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## Butterflies at Savoy

by Laura Clark

It is normal to have butterflies before a big race—that fluttery feeling tinged with both anticipation and trepidation. Am I truly worthy? Can I go the distance? Will Uncle Remus' crew of birds and butterflies pop out unexpectedly to waylay my straggling self?

In the case of our 2012 something old, something new Savoy, doubts were compounded. Without the former eleven mile loop system, we could no longer debate “single or double.” This was perhaps a good thing as everyone knows that at a crucial decision point we tend to operate with our feet and not our heads. We forget that discomfort is temporary and purpose will inevitably resurface. We go for the camp chair and opt for the cheering squad. But this year with the continuous 16.5 mile course there was no tipping point. You were either in for the long haul or you were not. Failing to complete the board game meant an ignominious three mile hike back to the start.

I knew I had no business tackling this trail, since a mere two weeks before I had pulled my hamstring. Still, I reviewed my game plan, noted possible exits, stashed extra survival peppermints. I even decided to “rest” two days prior, planning to work off my nervous energy weeding my garden.

These were not polite, garden-variety weeds, but field monster gate guards, disguising many a sheltered vegetable. In short, they were purposeful partners. Last year, when injured, I turned my frustrations into *Better Homes and Gardens* perfection. Weeds beware! I also had hardly any surviving flowers or vegetables since all was laid out buffet style for any passing deer or rabbit to appreciate. This year, disguised by weeds, my garden thrived. Still, there was a minor problem—I could no longer see my sunflowers. Even the butterflies were confused.

Needless to say, I did not go rested into the pre-dawn drive to Savoy. Still, the monarchs were grateful and my garden was Alice in Wonderland perfection. Toeing the starting line or even heading out the door for that matter is something of a crap shoot. You can feel terrific while lacing up your shoes and then funky up Broadway in perfect misery. Or you can absolutely know your Mother would tell you are too sick/injured to race, ignore her advice and end up making a defining career move. I was hoping for the latter.

Savoy tends to attract a rather select crowd, placed as it is in the middle of college back-to-school journeys, teetering between humid August and crisp September. This year we got humid August full force, but with a hopeful sprinkle of reddish yellow leaves decorating the trail. Wisely, new Race Director Isaac Tirrell retained the hand-over-fist Spruce Hill rock climb, and increased the reward factor with a 5.4 mile out-and-back along the scenic ridge trail. Perfect single track, with steep rises punctuated by soft pined pathways, this is an interlude worth keeping. Plus, I welcome out-and-backs as a meet and greet experience – a chance to connect with friends and discover I am not alone in the woods after all.

And some of those folks were fairly unique. The cast of characters was every bit as zany as a *Saturday Night Live* episode. There was the guy sporting a plain white undershirt with cut out circles apparently to allow his nipples to breathe. Recovering from that revelation, I heard clomp/scrape, clomp/scratch noises approaching. Not a moose, not a bear, but Bob Dion testing out his latest snowshoes. There has got to be an easier way. He now has the dubious distinction of holding the Savoy summertime snowshoe course record. The power of suggestion proved too much for me.

*Continued next page:*

**Butterflies cont:**

Concerned about the upcoming snowshoe season I asked Bob if I should be training like this too.

“No!” came Bob’s terse Vermonter reply. Was he worried about the competition or simply concerned about damaged snowshoes?

While I didn’t break any speed records, miracle of miracles, I got my wish. No hamstring problems during Savoy and the next day I could actually race our final Camp Saratoga Trail 5K! Who would have guessed a rock climb would have been just what the doctor ordered? Occasionally, you just have to go against common sense and let the butterflies take over.

And in my case they did. My feet continued on to the parking lot where I was swarmed by demented butterflies eager to propel me upward and get me as close to Mercury, the winged sandaled messenger as I could ever hope to be.

Laura Clark



**25 th Annual Savoy MT. Trail Races ...  
16.5 and 4 Miles**

**Savoy MT. State Forest ... Savoy, MA. 8 / 19 / 12**  
Dry Trails ... Sun & Clouds ... Mid 70’s

WMAC members in bold:

**16.5 Mile results:**

	<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1	Tim VanOrden	M 44	VT	2:05:42	100.00%
2	David Herr	M 47	VT	2:08:37	97.73%
3	Ryan Aschbrenner	M 35	NH	2:17:29	91.43%
4	Stanislav Trufanov	M 33	MA	2:17:51	91.19%
5	Todd Bennett	M 42	CT	2:18:23	90.83%
6	<b><u>Kelsey Allen</u> 1<sup>st</sup> F</b>	F 29	MA	2:22:55	87.95%
7	Ben Whitbeck	M 35	MA	2:22:55	87.95%
8	Scott Cote	M 27	CT	2:27:41	85.11%
9	Tom Dmukauskas	M 36	MA	2:31:48	82.81%
10	Scott Patnode	M 31	MA	2:32:04	82.66%
11	Robert Lou	M 36	CT	2:35:18	80.94%

12	Brock Anello	M 33	MA	2:38:44	79.19%
13	Joshua Hopmans	M 18	MA	2:40:33	78.29%
14	Andy Hall	M 40	MA	2:43:34	76.85%
15	Gerret VanDuyne	M 34	NY	2:43:54	76.69%
16	Eric Blake	M 33	CT	2:45:42	75.86%
17	<b>Ted Cowles</b>	M 53	CT	2:46:22	75.56%
18	Jamie Whitbeck	M 39	MA	2:47:11	75.19%
19	Miroslav Tashev	M 49	MA	2:47:30	75.04%
20	<b>Todd Brown</b>	M 48	CT	2:49:39	74.09%
21	Randy Zucco	M 41	MA	2:52:06	73.04%
22	<b>Jim Priete</b>	M 48	MA	2:52:49	72.74%
23	Gabriel Hendricks	M 30	MA	2:52:52	72.72%
24	<u>Heather Kolpa</u>	F 31	MA	2:52:55	72.69%
25	Mike Dobos, Jr.	M 17	MA	2:55:14	71.73%
26	<u>Elaine Allen</u>	F 44	CT	2:57:08	70.96%
27	Jonathan Palmer	M 32	MA	2:57:16	70.91%
28	Carl Matuszek	M 60	NY	2:57:59	70.62%
29	Jeffrey Andritz	M 31	NY	2:58:41	70.35%
30	<u>Monica Roberto</u>	F 42	CT	2:59:27	70.05%
31	Dorin Neacsu	M 48	MA	2:59:35	70.00%
32	Chris Bernier	M 30	VT	3:00:01	69.83%
33	<b>Paul Funch</b>	M 62	MA	3:02:47	68.77%
34	Addam Sentz	M 33	NY	3:02:47	68.77%
35	<b>Wayne Stocker</b>	M 58	MA	3:08:26	66.71%
36	John McFarland	M 47	CT	3:08:27	66.70%
37	Kelsey Battige	F 25	MA	3:09:21	66.39%
38	Glen Cooper	M 47	MA	3:09:46	66.24%
39	Russell Stroud	M 40	CT	3:09:54	66.19%
40	<b>Rich Teal</b>	M 34	NY	3:09:54	66.19%
41	Gary Hebert	M 47	CT	3:10:04	66.13%
42	<b>Carmel Kushi</b>	F 43	MA	3:10:11	66.09%
43	<u>Nicole Boucher</u>	F 40	CT	3:11:33	65.62%
44	Fred Pilon	M 66	MA	3:12:59	65.14%
45	<u>Sarah Pandiscio</u>	F 22	CT	3:15:07	64.42%
46	Curt Pandiscio	M 51	CT	3:15:07	64.42%
47	Richard Godin	M 57	MA	3:16:04	64.11%
48	Jeffrey Spencer	M 33	NY	3:16:06	64.10%
49	Robert Olsen	M 49	MA	3:16:25	64.00%
50	Wesley Rolnick	M 24	MN	3:18:13	63.42%
51	<b>Dan Danecki</b>	M 53	MA	3:18:22	63.37%
52	<b>Ed Saharczewski</b>	M 58	MA	3:20:30	62.69%
53	<b>Will Danecki</b>	M 62	CT	3:22:07	62.19%
54	<b>Jeff Parkman</b>	M 65	MA	3:25:29	61.17%
55	<b>George Gilder</b>	M 72	MA	3:29:38	59.96%
56	<b>Vic LaPort</b>	M 72	MA	3:32:13	59.23%
57	Arthur Johns	M 29	MA	3:39:02	57.39%
58	<b>Juergen Reher</b>	M 62	NY	3:43:15	56.30%
59	<u>Chloe McGrath</u>	F 20	MA	3:52:10	54.14%
60	Patrick McGrath	M 47	MA	3:53:09	53.91%
61	Darryl Lipinski	M 31	MA	3:53:31	53.83%
62	Gayle Smith	M 53	CT	3:56:48	53.08%
63	<u>Stephanie Sentz</u>	F 33	NY	3:57:23	52.95%
64	<u>Anne Stacxon</u>	F 34	NY	3:57:23	52.95%
65	Joseph Murphy	M 33	NY	3:59:11	52.55%
66	Rex Miscovitch	M 60	MA	4:01:58	51.95%
67	<b>Eileen Monyahan</b>	F 41	MA	4:02:17	52.10%
68	<b>Jennifer Ferriss</b>	F 40	NY	4:02:17	51.88%
69	David Horn	M 38	CT	4:05:24	51.22%
70	Mike Dobos, Sr.	M 45	MA	4:08:22	50.61%
71	Dave Wilber	M 53	NY	4:08:25	50.60%

**Continued next page:**

### Savoy results cont:

72	Scott Wissel	M 46	CT	4:12:55	49.70%
73	<b>Denise Dion</b>	F 54	VT	4:17:55	48.74%
74	Luke Baillargeon	M 32	MA	4:24:25	47.54%
75	Jon Adams	M 36	MA	4:25:15	47.39%
76	<b>Sue Snyder</b>	F 58	MA	4:29:44	46.60%
*77	<b>Bob Dion</b>	M 57	VT	4:38:27	45.14%
78	<u>Christin Dibelius</u>	F 26	NY	4:40:36	44.80%
79	<u>Gina Kemper</u>	F 21	MA	5:06:04	41.07%
80	<u>Serena Mattison</u>	F 39	VT	5:06:34	41.00%
81	<b>Laura Clark</b>	F 65	NY	5:06:56	40.95%
82	Dave Raczkowski	M 61	CT	5:42:49	36.67%
83	<u>Joanne Peterson</u>	F 51	MA	5:50:00	35.91%

\* Ran course on Dion snowshoes, which survived scratched up a bit, but without major damage.

### **Savoy 4 Mile results**

WMAC members in bold:

	<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>
1	Jason Kudron	M 31	CT	0:29:10
2	<b>Kristin Hall</b> 1 <sup>st</sup> F	F 44	MA	0:30:46
3	<u>Lauren Disessa</u>	F 25	MA	0:32:39
4	<b>Tim Drake</b>	M 52	MA	0:32:40
5	<b>Scott Bradley</b>	M 57	MA	0:34:19
6	<u>Megan Amello</u>	F 27	MA	0:34:20
7	<u>Helen Coty-Curtin</u>	F 43	MA	0:34:23
8	John Bylund	M 16	MA	0:34:48
9	Matt Healey	M 15	MA	0:34:48
10	Jack Leger	M 16	MA	0:34:48
11	<u>Kristi Cabot</u>	F 26	MA	0:36:35
12	<u>Shela Niedeck</u>	F 51	MA	0:38:05
13	Jason Myers	M 31	OH	0:38:18
14	<u>Sarah Phelps</u>	F 20	MA	0:39:06
15	Eliot Kristan	M 29	MA	0:39:27
16	<b>Jackie Lemieux</b>	F 46	MA	0:40:42
17	<b>John Aldrich</b> M 53	MA	0:40:43	
18	<b>Ed Alibozek, Jr.</b>	M 72	MA	0:40:52
19	<b>Edward Alibozek</b>	M 49	CT	0:40:53
20	Stan Serafin	M 58	MA	0:40:54
21	John Francis	M ??	MA	0:40:55
22	<u>Diane Wright</u>	F 36	MA	0:41:18
23	<u>Cindi Francis</u>	F 48	MA	0:41:28
24	<u>Hristina Tasheva</u>	F 16	MA	0:42:01
25	<b>Bob Massaro</b>	M 68	MA	0:44:11
26	<b>Martin Glendon</b>	M 66	MA	0:44:53
27	Jim Gonyea	M 63	MA	0:48:04
28	<b>Karin Bradley</b>	F 55	MA	0:48:33
29	<u>Beth Pause</u>	F 38	MA	0:48:36
30	<u>Hannah Menard</u>	F 13	MA	0:48:39
31	<u>Melhnie Turngren</u>	F 29	CT	0:49:47
32	<u>Suzanne Adamezak</u>	F 37	MA	0:49:54
33	<u>Arielle Kristan</u>	F 31	MA	0:49:55
34	<u>Cecilia Harris</u>	F 26	CA	0:52:38
35	<b>Chris Johnson</b>	M 54	MA	0:52:39
36	<b>Bill Glendon</b>	M 66	MA	0:54:44
37	<b>Konrad Karolczuk</b>	M 59	CT	0:56:26

38	<u>Victoria Pandiscio</u>	F 53	CT	1:00:01
39	<u>Audrey Witter</u>	F 47	MA	1:03:00
40	<b>Dick Hoch</b>	M 72	CT	1:19:20

### **Midnight Caramel River**

I wasn't going to write-up my Savoy day until, sitting on th porch of my favorite store along Rt. 9 on my way home, inspiration came. I'd just purchased some greeting cards, one which reads " th older you get, th more important it is not to act your age." Did we older trail runners act our age?

Th alarm buzzed at 3:38 am and I get up. I bizzied about, got in th car & left at 4:34! Instead of driving non-stop to Savoy, whn I reached Rt 112 I pulled over, ran ahead about 6/10 mi, then back. Did this 3 times, driving ahead some each time so it's like 3 different runs. You see, Savoy long course now too much for me, but short course, well, I gotta go more than 4 on a Sunday morn. Along with progressing on th trail then th woods, friends and acquaintances make my day. After missing th last 2 years, I've forgotten some, so I say " I don't recognize you" or something like that and introduce myself to a couple of new friends today. 😊

Had some "goodies" B4 departing for return trip. 6 ½ hrs drive for a 4-mile shuffle on a rocky rooty mucky trail? Absolutely! Well, did I not act my age?

Oh, while waiting for my chocolate cone I looked into th ice cream case and saw 1 tub labeled Midnight Caramel River.

On th porch minutes later with my treat I was happier than a 6 year old. 😊

Dick  Hoch



*Past and present Savoy Mt. trail race directors...  
from left Ed Saharczewski - Fran "Poncho" Mach -  
Isaac Tirrell - Rob Higley and Marty Glendon.  
Missing from photo ... Ellen Mach - Cindy Glendon and  
Rick Alibozek.*

*photo by will*





Veteran runners Fred Pilon on left, and George Gilder on right, discuss their Savoy race



Bob Dion ran the 16.5 mile Savoy race in a pair of his Dion snowshoes. He said he was testing out new bindings while his wife Denise said he was just plain nuts.

photos by will

## People's Forest 7 Mile Trail Race Barkhamsted, CT .... August 4, 2012

WMAC members in bold:

	<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1	Stephen Granger-Bev	M 27	MA	0:49:46	100.00%
2	Jack Fitzhenry	M 22	NJ	0:51:45	96.17%
3	Brett Stoeffler	M 45	CT	0:53:41	92.70%
4	Dave Merkt	M 28	CT	0:55:41	89.37%
5	Tom Dmukauskas	M 36	MA	0:58:48	84.64%

6	<b>Ted Cowles</b>	M 53	CT	1:00:49	81.83%
7	Alex Lorenc	M 30	CT	1:04:19	77.38%
8	Dave Kausyla	M 35	CT	1:07:12	74.06%
9	Scott McDonald	M 43	CT	1:07:18	73.95%
10	Robert Low	M 36	CT	1:07:26	73.80%
11	Vincent Zito	M 40	CT	1:07:36	73.62%
12	Mathew Haley	M 35	CT	1:09:19	71.80%
13	Daniel Lamonaca	M 26	NY	1:10:13	70.88%
14	Guy Benthin	M 42	NJ	1:10:25	70.67%
15	Charlie Page	M 42	CT	1:10:33	70.54%
16	Mark Rumbutis	M 30	MA	1:10:58	70.13%
17	<u>Kate Lapinski</u> <b>1<sup>st</sup> F</b>	F 50	CT	1:11:13	69.88%
18	Roger Erik Jonson	M 31	CT	1:11:21	69.75%
19	Angelo Radano	M 29	CT	1:11:31	69.59%
20	Russell Stroud	M 42	CT	1:12:21	68.79%
21	David Sutherland	M 50	CT	1:13:40	67.56%
22	Brooks Walsh	M 44	CT	1:13:46	67.46%
23	Brian Sleigh	M 42	CT	1:13:58	67.28%
24	Dorin Neacsu	M 48	MA	1:14:15	67.03%
25	Michael Buroski	M 33	CT	1:14:15	67.03%
26	Clinton Morse	M 50	CT	1:16:14	65.28%
27	<u>Nicole Boucher</u>	F 40	CT	1:16:50	64.77%
28	<u>Tracy Clang</u>	F 41	CT	1:16:57	64.67%
29	<u>Kristi Cabot</u>	F 26	MA	1:17:58	63.83%
30	Jeffery Dingwell	M 57	CT	1:17:59	63.82%
31	<u>Sherri Haynes</u>	F 27	CT	1:21:35	61.00%
32	<b>George Gilder</b>	M 72	MA	1:21:45	60.88%
33	Jonathan Housum	M 48	CT	1:22:11	60.56%
34	<u>Cindy Scannell</u>	F 54	CT	1:22:17	60.48%
35	<u>Pat Mele</u>	F 55	MA	1:23:15	59.78%
36	Larry Wilson	M 41	CT	1:24:13	59.09%
37	<b>Vic LaPort</b>	M 72	MA	1:24:49	58.68%
38	Jeff Mullaly	M 55	CT	1:25:26	58.25%
39	Rob Warren	M 45	CT	1:25:59	57.88%
40	Bradley Pellissier	M 55	CT	1:26:26	57.58%
41	Alan Cabot	M 57	MA	1:26:56	57.25%
42	<u>Tracy Jennerweir</u>	F 44	CT	1:28:44	56.09%
43	<u>Lauren Tobias</u>	F 32	CT	1:28:53	55.99%
44	<u>Ginny Chambers</u>	F 63	CT	1:31:28	54.41%
45	<u>Jaime Wilson</u>	F 40	CT	1:32:33	53.77%
46	Bob Romeo	M 62	CT	1:32:49	53.62%
47	Neil Parczkowski	M 25	CT	1:33:03	53.48%
48	<u>Rebeca Hopko</u>	F 27	CT	1:33:14	53.38%
49	Brant Dela Bruere	M 28	VT	1:33:16	53.36%
50	<u>Cheryl Jackson</u>	F 40	CT	1:38:32	50.51%
51	<u>Laura Bachiochi</u>	F 35	CT	1:41:31	49.02%
52	<u>Ania Childress</u>	F 36	CT	1:41:31	49.02%
53	David Fitzhenry	M 54	NJ	1:43:11	48.23%
54	Robert Doucette	M 39	CT	1:51:59	44.44%
55	<u>Shelley Olm</u>	F 48	CT	1:54:49	43.34%
56	Peter Madden	M 72	CT	1:55:38	43.04%
57	David Raczkowski	M 61	CT	2:09:57	38.30%
58	<u>Lee Ann Zarger</u>	F 58	CT	2:34:25	32.23%
59	<u>Cheryl Bartley</u>	F 56	CT	3:05:25	26.84%
60	Russell Buchner	M 62	CT	3:05:25	26.84%

The 2012 Grand Tree Trail Series.....

New England Trail Running at its Best!



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## A Note from NipMuck Dave

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I do miss the trail races and all the crusty folk who go to them. For the first time, I won't be able to do NipMuck this year. If I tried it I'd pay dearly for it. At this point my attitude towards my arthritic knee is preservation.

And I manage that pretty darn well. I did 9 miles today at a 25 minute pace with hardly any pain. I have to be psychic to know when I'm overdoing it. If I feel any pain I have to head home immediately. The thing I have to avoid is having it start to hurt and I'm 2 hours away from home. I'll end up hobbling home and then I can't do anything for a few weeks.

My back yard, all state forest is about 20 square miles. 6 miles north to south and 3 miles east to west. I live on the east side 1/3 of the way up from the southern end. I use to be able to cover the whole territory but now I can only do about 1/3 safely. Now, to compensate I bike out to the northern frontier and do my subtle unmarked trails. Since I don't get out there as often as I'd like following the trails is tricky at times. But between the horses, bikes and runners the trails stay visible.



*Dave finishing this years Savoy race.*

I have to totally unload my knee. Hiking poles are now inadequate so I use forearm crutches. Regular crutches under the armpit don't work. I can't swing them up high enough to clear the sides of the trail. Besides, I don't want to look ridiculous. But I can lift the forearm crutches up high enough to clear most debris. A rock may blow my rhythm or thick ferns will make me pull the crutches through with a lot of effort. I have a piece of cut up bicycle tire on the end that meets the ground. I have to change them often and the hand grips are padded to the max. The biking gives me the huffing and puffing I need and I'll do weights regularly to make my muscles feel that nice ache.

I hope this method I use will hold me for a couple more years as I want to hold onto the original equipment even though it gets cursed at and not get a knee replacement. My way of thinking that developed from trail racing, "everything all the time" continues.

I love my backyard and it gives me no motivation to go anywhere even during a vacation. I have no problem staying right here. Well I might toy with doing the 7 miles of the Peoples Forest Trail Race. I guess I ain't dead yet.

*NipMuck Dave*

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## Book Review Corner:

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### Running the Rift, by Naomi Benaron

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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*

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## 37th Annual 8 Mile Greylock Road Race

Labor Day ... September 3, 2012

North Adams to Adams, MA.

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**WMAC members in bold:**

	<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>
1	Mark Mayall	M 41	MA	0:57:07
2	Nick Curelop	M 24	MA	1:01:33
3	Tim VanOrden	M 44	VT	1:04:54
4	Jim McMahan	M 27	MA	1:05:39
5	<b>Rich Teal</b>	M 34	NY	1:08:07
6	Allan Bates	M 63	MA	1:09:09
7	Andrew Gravelle	M 28	NY	1:10:11
8	<u>Dawn Roberts</u> 1 <sup>st</sup> F	F 40	MA	1:10:55
9	Jeff Maddog	M 42	MA	1:11:42
10	<b>David Wilson</b>	M 50	MA	1:12:18
11	Brian McCarthy	M 49	MA	1:13:31
12	<b>Jim Preite</b>	M 48	MA	1:13:50
13	Jonathan Igoe	M 38	MA	1:14:04
14	Andy Sheldon	M 41	MA	1:14:17
15	Mark Rumbutis	M 30	MA	1:14:26
16	<b>Ned James</b>	M 57	MA	1:15:47
17	Joe Stearn	M 26	MA	1:16:40
18	Tom Tift	M 54	NY	1:17:21
19	Michael Bromm	M 52	NY	1:17:56
20	Tonio Palmer	M 53	MA	1:18:30
21	<b>Jan Rancatti</b>	M 51	VT	1:18:32
22	<b>John Guzzi</b>	M 35	MA	1:19:39
23	Jason Dominick	M 41	MA	1:19:43
24	<u>Tracy Candilore</u>	F 32	MA	1:19:54
25	<b>Carmel Kushi</b>	F 43	MA	1:20:29
26	Rob Van Utert	M 36	??	1:20:48
27	Tom Davidson	M 41	MA	1:21:04
28	David Martula	M 67	MA	1:21:23
29	<b>Tim Drake</b>	M 52	MA	1:21:36
30	<b>Jeff Parkman</b>	M 65	MA	1:22:07
31	<b>Ed Saharczewski</b>	M 59	MA	1:23:21
32	Bruce Shenker	M 59	CT	1:24:18
33	<u>Audrey Witter</u>	F 48	MA	1:25:05
34	Mike Duffy	M 61	MA	1:25:45
35	Mike Roccanti	M 57	CT	1:25:52
36	<b>Bill Morse</b>	M 61	MA	1:26:12
37	Kenneth Fawcett	M 32	MA	1:27:12
38	<u>Tamara Dominick</u>	F 35	MA	1:27:13
39	Jason Breault	M 38	MA	1:28:29
40	<b>Mary Kennedy</b>	F 54	MA	1:28:39
41	David Aronson	M 57	MA	1:29:06
42	<b>Scott Bradley</b>	M 57	MA	1:29:40
43	<u>Annie Ryan</u>	F 55	MA	1:29:49
44	Harry Hayward	M 60	MA	1:30:20
45	<u>Desiree Demyer</u>	F 25	MA	1:32:23
46	Paul Donovan	M 58	MA	1:32:47
47	Benjamin Griffin	M 26	MA	1:32:54
48	John Murphy	M 54	MA	1:34:19
49	<u>Sarah Phelps</u>	F 21	MA	1:34:54
50	Mike Butler	M 39	MA	1:35:37
51	Bernie Mack	M 64	MA	1:36:48
52	<b>Eileen Monyahan</b>	F 41	MA	1:39:31
53	<b>Denise Dion</b>	F 53	VT	1:41:37
54	<b>Darlene McCarthy</b>	F 49	MA	1:42:35

55	<u>Jessica Willis</u>	F 44	MA	1:44:04
56	Carl Cignoni	M 61	MA	1:46:06
57	<b>Claudine Preite</b>	F 45	MA	1:48:38
58	<u>Michelle Manners</u>	F 50	MA	1:48:48
59	Larry Phillips	M 51	NY	1:49:07
60	<u>Nannina Gilder</u>	F 27	MA	1:54:00
61	Colin Adams	M 49	MA	2:03:02
62	<b>Ken Swiatek</b>	M 64	MA	2:03:36
63	<b>Jamie Howard</b>	M 47	MA	2:06:47
64	<u>Audrey Tatro</u>	F 23	MA	2:08:02
65	<u>Shelley O'Dound</u>	F 43	MA	2:08:50

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**Hi guys,** I just wanted to let you know about the ultra run we are planning for 6/22/13 in the Catskills, Manitou's Revenge Ultramarathon and Relay. This will be a 50 mile trail ultramarathon using the Black Dome trail and Long Path, very gnarly and technical with about 14,000 ft. of climb, 20 hr. cutoff. It will begin on the Black Dome trail in Maplecrest, NY, and end in downtown Phoenicia. There is a two person relay option also. The facebook page is:  
<http://www.facebook.com/ManitousRevengeUltra>.

Applications will be downloadable from the website in maybe February or March, once we get approved by the DEC. There will be aid stations, etc., but because it might take so long to get from one to the next (even if it's only 8 miles), runners will need to be somewhat self-sufficient, and pacers and crew are encouraged. There will be fairly strict requirements about who can enter (previous completed ultra or significant mountaineering experience).

Charlie Gadol ... [willow333@earthlink.net](mailto:willow333@earthlink.net) 732 - 690 - 3118

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### Mystery Photo



189 people ran past these fancy out houses back in June but no one correctly guessed where this mystery photo in the last newsletter was from. So the \$100.00 first place prize goes back into the WMAC treasury.

These out houses are located behind Bascom Lodge on the top of Mt. Greylock, right next to the first aid station in the half-marathon trail race. We've run past them for many years now and in both directions when the race used to go the opposite way.

By the way.... Just kidding about the \$100.00 prize.

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## Savoy Race Director's Report

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I can't say that I recollect ever visiting Savoy Mt State Forest before taking on the challenge to be the RD this year, which is pretty sad, since I grew up in Dalton, MA, only two towns away. Perhaps it was North Pond that my high school sweetheart took me to once, for the pond was set in a semi-savage setting. I must admit at the time that I wasn't paying too much attention to my surroundings, if you get my drift. Anyways, I became infatuated with the Savoy race over a year ago when I got into trail running, reading the Race Reports from year's past and combing over the DCR map.

In January I accepted the RD role, and started making a few trips to the forest to see firsthand what I was getting myself involved in. Savoy is much different place in the winter! Yet with this winter's warm weather I still managed to sink over 1 foot into mud pits. It was then that I started to pray to the Mud Gods, for them to be merciful, and pull back their muddied ways for just one year, so that the Tyler Swamp Loop could be traversed without the impediment of lost shoes. Then I cried out to the big Wanka Tanka in the sky, (for I answer to many deities) and I spoke "great Wanka Tanka, hold back your tears and sighs and hot breath, and let the land be still on this day of Savoy Mt State Forest Trail Races for just this year". Yet Wanka Tanka didn't reply, for that is his nature, to be silent. But, behold!!! The pantheon heard the calls and blessed us with PERFECT weather. A freakish thing maybe never to befall Savoy again?

Ok, I'll put the silliness aside. This was my first Race Director gig and it was awesome. All things seemed to fall into place. The Berkshire Natural Resource Council was more than happy to allow us to showcase their new gem of a trail, the Hoosac Range Trail. Many thanks to Tad Ames and Amanda L'Etoile of the BNRC. The Savoy Mt State Forest DCR were a great bunch to work with. Everyone at the race definitely owes them a lot of gratitude for their hard work and cooperation on race day and help with trail maintenance. The Hoosac Valley Cross Country Team once again did a great job running the aid stations and handling the race timing. Thanks guys and Coach Greg and Ron!!

I had a great crew of volunteers. Many thanks to Course Marshalls Patty Smith, Joe Gwozdz, and "Poncho" Mach and everyone who helped with registration (Ed, Joe, Carmel, Karen, Claudine). Thanks to Ellen, Ann, and Jean for helping with food prep! The WMAC members were the glue that held the race together.

Former RD Marty Glendon was more than willing to give advice, letting me borrow some of his Savoy RD-ship. His only one request was that I allow him and his cousin Bill first dibs to chain saw any fell trees. Better the trees than me! Thanks Marty for being a great mentor and an all-around great guy.

I must say that there were two Heroes of Savoy that I must give a big thanks to. Vic Laport did A LOT of everything. Vic put in at least 10 hours of trail maintenance, marked several trails and taped off several confusing sections, put up road signs, and

together with Scott Bradley took down most of the trail markings. Thanks Vic and Scott!!!

Rob Higley, former RD, is the other big Hero of Savoy. Rob traveled from Amherst on several occasions to help me with trail maintenance and marking of the course. Rob always lent me his ear with any questions that I had. Rob stationed himself and the most critical aid station at the foot of Spruce Hill. Thanks Rob for being a super guy!!

And thanks to everyone else who lent a hand no matter how small to make the race a success. I wouldn't have happened without you.

Congrats to the top male and female finishers of the 16.5 mile race, Tim Van Orden and Kelsey Allen, and for the 4 mile race, Jason Kudron and Kristin Hall. Tim and second place finisher David Herr definitely set a bar for the inaugural 16.5 mile course!

Last but not least, a special thank you to all the runners who attended!!! The race wouldn't have happened without you. I believe this year we had one of the biggest turnouts for Savoy in the 25 years of the race. I am very appreciative of everyone's positive feedback; you made it all the worthwhile. I look forward to doing it again next year!!!

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Isaac Tirrell

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Views of North Adams from the top of Spruce Peak in the Savoy 16.5 mile race.

*photo by Bob Worsham*

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## Trail Running News.....

Western Mass Athletic Club ... Adams, MA.

Volume 18 .... Issue 3 .... Late Summer .... 2012

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# ESCARPMENT TRAIL RACE ....18.6 MILES

Windham to Haines Falls, NY .... July 29, 2012

Steady to Heavy Rain for most of the race .... High Mid 70's

WMAC members in bold:

<u>NAME</u>	<u>AGE</u>	<u>ST.</u>	<u>TIME</u>
1 JACOB LOVERICH	M 35	PA	2:55:47
2 BEN NEPHEW	M 37	MA	2:56:54
3 GERRY SULLIVAN	M 37	NY	3:04:10
4 DAVE VONA	M 30	NY	3:16:45
5 JESSE JOHNSON	M 37	PA	3:22:42
6 MIKE SLINSKEY	M 43	NY	3:23:35
7 MIKE SIUDY	M 37	NY	3:24:49
8 KNOX ROBINSON	M 37	NY	3:27:51
9 BEN NILSESTUEN	M 29	NY	3:28:19
10 JOHN KNEPPER	M 45	NJ	3:31:58
11 JOSHUA BURNS	M 27	NJ	3:33:12
12 RICH FARGO	M 53	CT	3:34:40
13 DENIS MIKHAYLOV	M 28	NJ	3:35:07
14 PAUL YOUNG	M 46	MA	3:35:11
15 NIC THOMPSON	M 37	NY	3:35:24
16 <b>RICH TEAL</b>	M 34	NY	3:35:25
17 <b>PETER KEENEY</b>	M 46	ME	3:36:22
18 BRUCE CADENHEAD	M 48	NY	3:39:04
19 BRETT SHERWOOD	M 37	NY	3:39:39
20 CAM CHALMERS	M 46	NJ	3:43:51
21 JOSH ARVIDSON	M 41	NY	3:50:26
22 JEFF PAULSON	M 28	CT	3:51:29
23 HENRY PRATT	M 38	NY	3:52:17
24 DIMA FEINHAUS	M 49	MA	3:54:54
25 ANDREW KEILICH	M 32	NJ	3:56:17
26 TERRY MCCANN	M 36	NY	3:57:08
27 DON THURSTON	M 46	NY	3:57:13
28 JAMIE HOBBS	M 37	NY	3:57:35
29 PETER BRONSKI	M 33	NY	4:01:11
30 JAMES RAYBURN	M 50	PA	4:01:30
31 TOM BUCKLEY	M 52	CT	4:02:28
32 BARRY LASS	M 48	NJ	4:04:21
33 <b>SHERYL WHEELER 1<sup>st</sup> F</b>	F 49	NY	4:04:24
34 ADAM BURNETT	M 39	ONT.	4:04:25
35 JOHN MAYERHAUSER	M 42	NY	4:04:35
36 JOE MOKSZYCKI	M 56	NY	4:04:47
37 JESSE ARVIDSON	M 36	NY	4:04:55
38 MARTY CALLAHAN	M 45	NY	4:05:55
39 TONY FLETCHER	M 48	NY	4:07:14
40 DAVE HOLLENBAUGH	M 43	NJ	4:10:35
41 STEVE FALUOTICO	M 44	MA	4:13:07
42 CASEY HOLZWORTH	M 32	NY	4:13:11
43 BOB SHARKEY	M 60	RI	4:13:11
44 ROD LANGE	M 31	PA	4:14:17
45 ED GRAVELLE	M 53	NY	4:14:37
46 TOM GIARDINO	M 38	MA.	4:14:49
47 MICAH HOERNIG	M 36	NY	4:18:18
48 <b>HEATHER ROBERTS</b>	F 43	NY	4:19:48
49 KELSEY BARRA	M 21	NY	4:20:46
50 GARY GAGLIARDI	M 29	PA	4:22:34
51 PAUL DAVEY	M 31	PA	4:23:06
52 JOHN DIXON	M 41	PA	4:23:08
53 DENNIS FOSTER	M 54	NY	4:25:32
54 JOHN HOLT	M 44	NY	4:26:09
55 DAVID FERNEKES	M 54	NY	4:26:52
56 CHRIS OBARA	M 40	NJ	4:27:06
57 ROCCO DELLA SERRA	M 51	NJ	4:27:14
58 PAUL MUESSIG	M 63	NY	4:28:29
59 RANDY HARRIS	M 36	PA	4:28:30
60 JOEL CISNE	M 30	NY	4:28:36
61 CHRIS CHROMCZAK	M 27	NY	4:29:20
62 MIKE McQUILLAN	M 35	NY	4:29:37
63 JOE MURPHY	M 33	NY	4:29:40
64 MIKE HOLZMAN	M 40	CT	4:29:55
65 <b>LAURA BUCKHOLZ</b>	F 29	NY	4:32:08
66 KENNETH POSNER	M 49	NY	4:32:31
67 GENE GUGLIOTTA	M 53	NJ	4:32:35
68 CURTIS DOZIER	M 34	NY	4:35:50
69 NICHOLAS PFAFF	M 31	NJ	4:36:40
70 TODD MICKOLWIN	M 44	ONT	4:37:10
71 JOHN MACKENZIE	M 32	NY	4:37:47
72 JACK RYON	M 30	NY	4:38:07
73 <b>EMMA RAUB</b>	F 33	NY	4:38:26
74 BEN SCHAFFER	M 23	NY	4:40:53
75 TIM COLLINS	M 29	ONT	4:40:56
76 MICHAEL BAIONE	M 43	NY	4:41:43
77 JOSH KATZMAN	M 36	NY	4:42:31
78 TOM KIERNAN	M 42	NJ	4:43:13
79 WAYNE SHURTER	M 52	NY	4:43:23
80 SKIP DUCHESNEAU	M 50	MN	4:43:25
81 KEVIN ADAMS	M 44	NY	4:44:14
82 SCOTT TRIMBOLI	M 53	CO	4:44:54
83 MICHAEL RANCK	M 61	PA	4:47:11
84 KENNETH DAVIS	M 47	PA	4:47:49
85 JOSEPH NUARA	M 25	CT	4:48:10
86 <b>JILL DANLEY</b>	F 44	PA	4:50:08
87 BRUCE SHENKER	M 59	NY	4:51:17
88 JOHN GEESLER	M 53	NY	4:51:53
89 KEVIN MULLEN	M 54	MA	4:52:48
90 JON FOSTER	M 27	VA	4:53:23
91 PAUL MUELLER	M 28	NY	4:54:28
92 GLENN TRIMBOLI	M 50	NJ	4:56:05
93 STEVE SUNDOWN	M 45	NJ	4:56:06
94 BILL GILLIGAN	M 49	NJ	4:57:34
95 CHRIS GALLO	M 35	NY	4:57:54
96 ADAM DOIG	M 34	NY	5:00:47
97 STEPHEN TAYLOR	M 43	MA.	5:00:56
98 TONY SCOTT	M 49	NY	5:01:16
99 JOHN RODRIGUEZ	M 48	NJ	5:02:04
100 JAMES MINER	M 63	NY	5:02:18
101 <b>HILARY CLOOS</b>	F 38	NY	5:02:44
102 <b>ALANNA ALMSTEAD</b>	F 35	NY	5:02:53
103 JEFF FEINSOD	M 45	NY	5:04:53
104 TRACY ALLEN	M 49	OH	5:05:16
105 BART CARRIG	M 60	NY	5:06:58
106 <b>KIRSTEN QUARESIMO</b>	F 27	NY	5:06:59
107 KEVIN REEDY	M 37	NY	5:07:00
108 CHRIS GIAM	M 52	NY	5:07:02
109 FRED PILON	M 66	MA	5:07:14
110 <b>JANE WATSON</b>	F 31	NY	5:08:18
111 ANDREI ARONEANU	M 57	NJ	5:08:36
112 ANDREW HORU	M 48	NY	5:08:41
113 PAUL FITZPATRICK	M 57	NY	5:09:02
114 MIKE O'CONNOR	M 41	NY	5:09:27
115 JON MEREDITH	M 45	NY	5:10:31
116 CHAS GREYSTONE	M 57	CT	5:12:06
117 RON APONTE	M 55	NJ	5:12:42
118 TOM BRAKEL	M 50	NJ	5:12:44
119 <b>YUKIKO NISHIDE</b>	F 50	NY	5:12:52
120 MARK SHORE	M 42	NJ	5:15:07
121 MARK MULVIHILL	M 62	PA	5:15:36
122 LARRY SCHLALINE	M 50	PA	5:16:57
123 STEVE SANSOLA	M 57	NY	5:17:33
124 <b>MARIE DuSAULT</b>	F 49	NY	5:17:43
125 JEFF COOPER	M 57	ONT	5:17:55
126 GREG FOSTER	M 56	PA	5:20:31

Continued next page:



Escarpment results cont:

127 CHRIS SENEZ	M 22	NY	5:20:33
128 DAVE DOUGLAS	M 49	NY	5:20:53
129 GARY BOWMAN	M 47	PA	5:21:05
130 ROBERT DOSS	M 20	NY	5:21:11
131 JOHN VERSTEEG	M 63	ONT.	5:21:28
132 DAN ZAMBARDINO	M 31	NJ	5:21:29
133 TOM GANNON	M 56	NY	5:21:35
134 M. VON REUSNER	M 45	NY	5:21:44
135 SEAN SALMON	M 35	NJ	5:21:58
136 <b>ROB SCOTT</b>	M 58	CT	5:21:59
137 JOE BROWN	M 51	NY	5:22:02
138 STEW DUTFIELD	M 57	NY	5:22:03
139 <u>ZSUZSANNA CARLSON</u>	F 39	NJ	5:23:11
140 <u>ERIN ARVID-HUNTER</u>	F 33	CT	5:23:41
141 SEAN SCANLON	M 46	NJ	5:24:08
142 <u>B. TAYLOR</u>	F 45	NJ	5:24:08
143 <b>WILL DANECKI</b>	M 62	CT	5:24:11
144 <u>MIRIAM BEYER</u>	F 35	NY	5:24:33
145 <b>BOB WORSHAM</b>	M 66	CT	5:26:31
146 HIROYUKI NISHIDE	M 51	NY	5:30:27
147 WESLEY ROLNICK	M 24	MN	5:33:20
148 JOHN OUELLETTE	M 58	CT	5:34:02
149 JOHN BUTLER	M 45	NY	5:35:12
150 PAUL HENNICK	M 61	ONT	5:36:39
151 WAYNE SILBERMAN	M 43	ONT.	5:36:40
152 SCOTT BALER	M 47	NY	5:37:53
153 WAI LAW	M 45	NY	5:37:56
154 <u>MARGE ASCARI</u>	F 50	NJ	5:38:28
155 <u>CHRIS LEGGIERO</u>	F 39	NY	5:39:18
156 DAVID SMITH	M 45	NY	5:40:17
157 <u>ALYSSA MORAN</u>	F 26	NY	5:41:32
158 <u>ANGELA CAPECE</u>	F 28	NJ	5:41:33
159 DREW ANDERSON	M 43	NY	5:42:10
160 TOM BARLOW	M 58	DE	5:43:24
161 ADAM GOLOVIZKI	M 36	NY	5:43:45
162 PETER BELANGER	M 60	PA	5:44:59
163 JOHN STANFORD	M 51	NY	5:46:10
164 JEFFREY KLEMM	M 61	VA	5:46:14
165 S. HODGKINSON	M 63	NY	5:46:26
166 DENNIS NOSKIN	M 53	CT	5:47:34
167 MICHAEL CLOSE	M 61	NJ	5:48:49
168 JIMMY BUFF	M 49	NY	5:49:18
169 MALCOLM LLOYD	M 40	NY	5:54:19
170 DEVIN WILSON	M 39	MA	5:54:19
171 ERIC BORG	M 36	NY	5:54:47
172 <u>JESSICA FREY</u>	F 26	NY	5:54:54
173 HUNT BARTINE	M 59	PA	5:54:55
174 TONY BERMAN	M 55	NY	5:55:05
175 <u>LIZZ ENDRICH</u>	F 49	NY	5:55:07
176 <u>MELINDA VATURRO</u>	F 40	MA.	5:55:09
177 J. DOUG McMAHAN	M 39	NY	5:57:01
178 NICK LAMANDO	M 53	NY	5:57:43
179 GAB TAMBUNGA	M 39	PA	5:58:29
180 PETER GSTALDER	M 58	PA	5:58:36
181 GARY GUNDLACH	M 58	NY	5:58:54
182 FRANK WIPPEL	M 53	NY	5:59:34
183 <u>JEAN KERR</u>	F 53	NY	5:59:40
184 <u>JODI RICHARD</u>	F 46	NY	6:00:54
185 PETER CURC	M 53	NY	6:00:56
186 CHARLES THAYER	M 68	NJ	6:01:42
187 <u>YVETTE PETERS</u>	F 40	CA	6:03:14
188 JOHN AFFRONTI	M 56	NY	6:04:39
189 IAN SMITH	M 31	NY	6:06:01
190 JIM PORTER	M 52	NY	6:07:45
191 <u>KAREN RINGHEISER</u>	F 48	MA	6:12:37
192 <u>ELIZABETH LEVINE</u>	F 52	NY	6:13:57
193 DREW HOPKINS	M 42	NY	6:14:50

194 PAT CANONICA	M 63	MA.	6:15:55
195 <u>CHRIS REYNOLDS</u>	F 42	NY	6:24:22
196 GREG SORENSEN	M 56	NY	6:30:56
197 <u>BARBARA SORRELL</u>	F 55	NY	6:32:10
198 KENNY ROGERS	M 58	MA	6:32:12
199 STEVE BORTON	M 65	NY	6:32:47
200 PHILIP BLANDINE	M 46	NJ	6:38:14
201 <u>SANDRA ARVIDSON</u>	F 67	NY	6:38:33
202 <u>COLETTE SMITH</u>	F 27	NY	6:38:47
203 <u>KAREN BRASWELL</u>	F 31	NY	6:39:17
204 GARY PEDIGO	M 57	FL	6:46:37
205 <u>EVA CASALE</u>	F 42	NY	7:02:55
206 JOE HAYES	M 63	NH	7:03:02
Sweeps:			
TOM STELLATO	M 60	NY	7:03:02
RICH VANKLEECK	M 58	NY	7:03:02

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### And Then the Rain(s) Came

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Driving up to the Catskill Mts. the day before the Escarpment race was an adventure in itself. The heavy rains had traffic down to less than 20 miles an hour on the New York Thruway, with visibility being only the flashers of the car in front of you. The weather forecast had been changed on Friday, from sunny and cool to clouds and rain and flash flood warnings. My normal 2 hour trip took almost 3 hours and when I finally got up to the campground the rain let up to just a drizzle.

I pulled into my campsite to find it full of water and mud. Just great. I had 8 people coming over later that evening for a pre-race spaghetti dinner. Stretching out some large tarps I had brought along, I tied them up to the trees and we at least had some dry spots under them. Luckily the rain pretty much stopped within a few hours and with my friend Karen McWhirt's help, we were able to make the best of it and served up a pretty decent dinner to the hungry Escarpment runners who showed up. The rest of the night was pleasant with only one brief shower to wake us up around 2:00 AM.

Karen wasn't running this year since the qualifying times had been lowered and she missed out by some 15 minutes, so she was giving me & Rob a ride over to the start. Just as we were getting ready to leave the rain started. It was coming down pretty good as we picked up our race numbers so we had to hold up in the car waiting for the start. Although not quite as bad as the storm we ran in a few years ago, the rain continued and even increased through out most of the race. As can be expected, the steep down hills were rivers of mud and the rocks and roots on the trail were pretty slippery. Before we climbed the first mountain I found myself once again running along next to Steward Dutfield. We had run most of last years race together and this year it was my turn to try and keep up with him. I was able to for about 14 miles until I really slowed climbing the last steep mt. while Stew continued on and was soon out of sight.

When I finally got into the aid station on top of Stoppel Pt. the rain had almost stopped. The last 4 miles from here are mostly downhill with some slightly rolling sections along the cliffs. We actually saw a few breaks of sun from here on in and got some great views of the Hudson River Valley as the mist finally started to clear.

After finishing I jumped in the lake and then the shower to clean off all the mud and headed over to my campsite. I had more people coming over for a post-race cookout. By now the sun was shining bright and the hamburgs, hot dogs, and veggie burgers went down really good. Along with a beer or two of course.



# Monroe / Dunbar Brook Trail Races

10.5 Miles and 2 Miles

Sunday ... October 7, 2012 .... 10 AM

Monroe State Forest ... Monroe , Massachusetts

Fees ... 10.5 Mile \$20.00 ... 2 Mile \$ 12.00 before 9 / 29 / 12

Race day \$25 -- \$15

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

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

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

Info ... Kent Lemme ... [kentdlemme@netzero.net](mailto:kentdlemme@netzero.net) or ... [www.runwmac.com](http://www.runwmac.com)

\*\*\*\*\*

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

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

City/Town \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

Age \_\_\_\_\_ Sex    M / F       Entry fee \$ \_\_\_\_\_

Total \$ \_\_\_\_\_                    WMAC member?    Yes    No

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

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

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



## In Search of the Purple Cow

By Laura Clark

### *Sometimes you just do things. ... Gordy Jurek*

The watchword of the Finger Lakes Fifties is *Don't Let the Cows Out!* And with good reason. Comprised of 16.5 mile loops within upstate New York's Finger Lakes National Forest and traversing numerous active cow pastures, failure to secure the gates will automatically revoke our small stab at running with the bulls. Seriously though, the bovines, especially the youngsters, seem more intent on running alongside rather than behind us. Unfortunately, this year the cows sought greener pastures and we were left with an empty ocean of grass.

Hence, the Purple Cow. According to Wikipedia, the moniker Purple Cow has been successfully affixed to various off-the-grid milky products like grape ice cream sodas, suggesting something out of the ordinary. How fitting. Essentially, that is what all ultrarunners do--pursue a goal beyond the realm of normal experience. Rather like shadowing the silver unicorn or chasing the pot of gold at the end of the rainbow, the quest is singularly quixotic.

As a sixty-five year old runner, deemed by polite society to be eligible for social security and rocking chaired retirement, this journey was particularly poignant. No amount of training was going to make me any fitter or faster. I would be lucky to run in place for another year and not slip relentlessly backwards through time. I needed a plan!

Glancing out my backyard I contemplated the summertime birds, recently returned from ultra migration journeys and still flying ceaselessly between nest and food sources. My backyard is a key aid station thoughtfully strewn with a wide selection of energy-producing goodies. While I was unlikely to gobble suet or crack sunflower seeds during the Fifties, observing avian feeding techniques was indeed instructive. First to hit the sunrise bread line is the raucous gang of jays, arriving singly but in rapid-fire pursuit. They are the front runners grabbing a morsel of bread mid-flight and hurrying off to maintain their position. *Lesson: Don't waste time.*

Crows dithered. Arriving in companionable packs, they assign a crew member to guard duty and then hesitate, not sure what to select. They are at the stage where nothing really looks good. *Lesson: Have a plan before hitting the station.*

Woodpeckers queue up at the suet tree, jockeying for position and frequently losing out to more aggressive customers. *Lesson: Head for the last table with less competition.* Still, hungry losers weren't afraid to sample unfamiliar food, unhesitatingly joining the bread line in a pinch. *Lesson: Remain flexible.*

Cardinals are my favorites. They arrive in pairs, with the male solicitously hovering near his partner until she has had her fill. They are among the last evening visitors, yet never seem embarrassed by their caboose position. *Lesson: Sharing is a good thing.*

Equipped with these aid station strategies, I serendipitously discovered Scott Jurek's new book, *Eat & Run*. There were even recipes! But I quickly decided that while I might consume an aid station banana or salt potato, chances were slim that I would pack homemade bean burritos. The *Run* portion of the book, however, did hit home as it had less to do with impossible five minute miles than it did with mental strategies. While Jurek and his father Gordy did not get along, it is his dad's credo, "Sometimes you just do things," that themes through Scott's successes and failures, triumphs and tragedies. It is as close as I can come to rationalizing the ultrarunner's journey.

Back on the trail, my husband Jeff, who normally seizes the opportunity for an obligation-free kayak adventure, decided instead to circuit the first loop. Despite the fact that he had previously hiked and marked sections of the trail, he conveniently forgot that not only was the standard 15 mile loop now bumped up to 16.5 miles, he somehow misplaced the reality that thirteen miles fell short of fifteen. Around Mile 10, he joyously announced to his trail companion Karen McWhirt, "Only three more miles to go!" He had to dig deep for the final 10K, using all of his "Sometimes you just do things" reserve.

Many would have questioned why two hundred and seven runners would have voluntarily chosen to subject themselves to ninety plus temperatures on a day when only Purple Cows mirrored on shimmery pastures. The shaded woods, though, were pleasantly cooled by surprisingly refreshing breezes, making the entire journey quite tolerable as long as you didn't focus too carefully on reality.

I, however, should have paid more attention. While the Finger Lakes route seems to have avoided the typical New England rock pile of glacial debris, it more than makes up for the omission with an abundance of tree roots, some poised a good four inches above the trail. Initially, it is fun to hopscotch over these obstacles, but that childhood joy wanes as the journey continues. Inevitably, I succumbed, naturally taking the fall on my bad knee. Once the soreness worked its way out and began to migrate to other body parts, I thought I was home free and started to push the pace.

You know what happens here. I was feeling so good that I (a) ate a purple shot block, (b) rehearsed my upcoming end-of-first loop aid station scenario, (c) multi-tasked the first draft of this story in my head, (d) forgot to look up. If you guessed all four choices, with emphasis on the final selection, you are correct. Various parts of the Finger Lakes course are overkilled with yellow caution tape, red arrows and pink ribbons to indicate previous wrong turns I have explored over the years. This year I got creative and totally failed to turn, bumping straight into a paved road. A road, I might add, bereft of beckoning ribbons. My new friend, Lisa Glick pried pipered merrily behind me.

At the road crossing, two campers mentioned that several runners had passed through recently. Congratulating myself on my presence of mind, I asked if they were wearing race numbers. While I felt uneasy about the lack of markers, the close-to-civilization feel of the place warned me that would have been a convenient place for vandals to have done their nasty work.

***Continued next page:***

**Purple Cow cont:**

A similar situation had happened at the Mt Greylock Half Marathon in Adams, MA a few weeks previous where I had eventually discovered a ribbon snaking its way into the brush, so I was in a receptive frame of mind to ignore common sense.

But disturbing thoughts continued their assault. According to Laurence Gonzales, author of *Deep Survival*, one of the signals of being lost is noticing that reliable landmarks have suddenly changed. After circuiting the final cow pasture, another pulled up alongside us. The trail began to grow knee-high grass and sticker bushes, despite the fact that Race Directors Christine and Joe Reynolds had wielded their mowers a few days previous. Uneasy, I turned back to seek answers. Lisa continued. When I once more encountered the campers, who by this time probably figured they had attained course marshal status along with free barbecue, I asked another key question, "When did you see the other runners?" Their long ago and faraway answer in no way jibed with the runners who should have been about five minutes ahead. Decision point. Do I retrace my steps or turn back yet again to find Lisa? Since I had missed the 50 mile cutoff this would be a superb chance to enhance my now 50K opportunity. At least that is the positive take. "Sometimes you just do things." So I about-faced, playing over in my head what I could remember of Jurek's four part checklist on what to do when adversity strikes, as it inevitably must in an ultra. So I emoted, took stock, tried to improve the situation by becoming not lost and focused, setting aside negative thoughts till after. More or less. Incredibly, I still did score a handcrafted cow, which I would not have earned had I stuck with the original 50 mile game plan. Go figure

Ultimately, though, the Fifties is all about pre-and post-race camping, relaxing around the fire pit and chatting with runners from across the country. As Gary Cantrell observed in his July 2012 *UltraRunning* article, *The Project*, "...the race alone is only a shadow of the experience." The real memories are forged by sharing the total event with friends.

There were indeed powerful performances to relive and weave into legend. Jack Pilla of Charlotte, VA, at 54 years young, put in an incredible effort to take the overall 50 mile title, while local Nancy Kleinrock came in third woman, fifth overall, to claim the Masters title. She did this on a still swollen broken toe which she acquired while clearing trail the previous day. Accompanying Nancy was John Fegyveresi of State College, PA who had recently joined the ranks of Barkley finishers. Long considered the toughest 100 miler in the world, there are more people who have landed on the moon than who have completed all twenty-six years of Barkley. Knowing how "Never again" races quickly recycle back on the to-do list, I asked John if he would consider Barkley next year. He hesitated, still not sure. Perhaps "Sometimes you just do things" only applies while you are actually doing it.

Smiling over us all from above was Diane Sherrer, one of the pioneers of women's running, good friends with Katharine Switzer. Diane had directed this race for many years while continuing to coach women's teams. The evening before this year's event we learned that Molly Huddle, who would have given up training if not for Diane, had qualified for the Olympics at the 5,000 meter distance. Sometimes when you just do things, the circle keeps repeating.

Laura Clark



Laura Clark shows off her purple cow ( age group award ) to her hubby Jeff at the 2012 Finger Lakes 50's

**Finger Lakes 50's ... 25K - 50K - 50 Miles**  
**Finger Lakes National Forest ... Hector, NY. ... 6 / 30 / 12**  
Sunny - Mid 80's

**25K:**

	<u>Name</u>	<u>ST.</u>	<u>Age</u>	<u>Time</u>
1	Thomas Joslin	NY	33 M	2:05:32
2	<u>Nora McIver-Sheridan</u>	NY	27 F	2:13:50
11	Steve Shaum	NY	46 M	2:51:22
30	<u>Yuen Chun</u>	VT	55 F	3:36:29
37	David Boles	NY	65 M	4:05:07

45 Finishers

**50 K:**

1	Jeff Powers	DE	29 M	4:20:38
6	<u>Elizabeth Brundige</u>	NY	36 F	5:25:43
19	<u>Lorrie Tily</u>	NY	59 F	5:59:31
22	<u>Sheryl Wheeler</u>	NY	49 F	6:04:44
24	Zeke Zucker	VT	68 M	6:16:30
42	<b>Will Danecki</b>	CT	62 M	7:08:56
43	<u>Jill Cusack</u>	NY	45 F	7:09:58
48	Doug Freese	NY	67 M	7:15:25
49	<u>Barbara Sorrell</u>	NY	55 F	7:24:15
61	Stewart Dutfield	NY	57 M	7:49:03
70	<b>Robert Scott</b>	CT	58 M	7:59:29
107	<u>Laura Clark</u>	NY	65 F	10:21:38

108 Finishers

**50 Miles:**

1	Jack Pilla	VT	54 M	7:55:20
2	<u>Laura Swift</u>	NJ	30 F	8:37:35
3	<u>Jamie Kyei-Frimpong</u>	NY	30 F	8:48:00
4	John Fegyveresi	PA	35 M	8:54:22
5	<u>Nancy Kleinrock</u>	NY	52 F	9:03:10
6	<u>Heather Danielson</u>	NY	37 F	9:06:04
22	James Miner	NY	63 M	10:57:48
41	<u>Udon Beidler</u>	PA	65 F	12:52:17

54 Finishers

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

## Wapack Trail Race Report

September 2, 2012

Clear skies, temperatures in the 60s, and low humidity greeted the record field of runners this year. Views of Mt. Monadnock were once again spectacular and the trail was generally very dry, although a few dark clouds and even a quick hard rain appeared during the race. While a logging operation along the trail had threatened to cause a detour of an extra 2 miles and 600 feet of elevation, it was unexpectedly cleared up just before the race.

The highlight of the day was a lowering of the women's course record set just last year by Amy Rusiecki (Lane). Kelsey Allen, 29, of Colrain, MA brought the record down by over a minute to 3:05:58. Amy, 33, was the second woman to finish, in a time of 3:16:59, and led the 30-39 age group. On the men's side, Brian Rusiecki, 33, of S. Deerfield, MA led at the turnaround and continued to set the pace, finishing in a time of 2:31:17.

In the 40-49 and 50-59 women's age groups, Elaine Allen, 44, of Hamden, CT and Michele Hammond, 53, of Killingworth, CT both put in strong performances, finishing in 3:42:50 and 3:54:03, respectively. In the 20-29 men's age group, newcomer Ben Thompson, 21, of Cambridge, MA led the pack with a time of 2:59:58. For the 40-49 men's age group, Dave Herr, 47, of Canaan, VT took the top spot and came in second overall to Brian with a time of 2:34:49. In the 50-59 and 60-69 men's age groups, Ted Cowles, 53, of West Granby, CT and Paul Funch, 62, of Groton, MA took the top spots with times of 3:15:29 and 3:28:20, respectively.

Dan Danecki was given a special award for being the only runner to have run all 20 Wapack races that have been held. The Wapack Trail goes from Greenfield, NH to Ashburnham, MA and the race is run out and back over the 9 mile section from New Ipswich, NH to Ashburnham. There are four peaks the runners go over in each direction and the total elevation climb for the 18 miles is 4,000 feet or more (with an equal amount of descent).

The Wapack Trail Race in 2013 will again be held on the Sunday of Labor Day weekend.

*Paul Funch*

## Wapack Trail Race

18 Miles ... New Ipswich, NH ... September 2, 2012

Cloudy – Some Sun – Some Sprinkles – High of 74\*

WMAC members in bold:

	<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1	Brian Rusiecki	M 33	MA	2:31:17	100.00%
2	Dave Herr	M 47	VT	2:34:49	97.72%
3	Lars Sauvola	M 37	NH	2:41:58	93.40%
4	Keith Schmitt	M 43	NH	2:43:06	92.76%
5	Stanislav Trufanov	M 33	MA	2:49:18	89.36%
6	Todd Bennett	M 42	CT	2:58:30	84.75%
7	Ben Thompson	M 21	MA	2:59:58	84.06%
8	Gabriel Flanders	M 36	ME	3:02:23	82.95%
9	Hosea Ketola	M 31	NH	3:03:31	82.44%

10	<u>Kelsey Allen</u> <b>1<sup>st</sup> F</b>	F 29	MA	3:05:58	81.35%
11	Scott Cote	M 27	CT	3:07:56	80.50%
12	Jon McInerney	M 22	NH	3:09:50	79.69%
13	William Jackson	M 30	MA	3:12:26	78.62%
14	Michael Wade	M 43	NH	3:13:05	78.35%
15	<b>Ted Cowles</b>	M 53	CT	3:15:29	77.39%
16	Scott Patnode	M 31	MA	3:16:46	76.88%
17	<u>Amy Rusiecki</u>	F 33	MA	3:16:59	76.80%
18	Greg Esbitt	M 38	MA	3:16:59	76.80%
19	Greg Somero	M 29	NH	3:18:49	76.09%
20	<b>Todd Brown</b>	M 48	CT	3:21:52	74.94%
21	Alex Parker	M 45	MA	3:22:36	74.67%
22	Jeff Vogel	M 35	MA	3:27:19	72.97%
23	Ken Naide	M 40	MA	3:28:03	72.71%
24	<b>Paul Funch</b>	M 62	MA	3:28:20	72.62%
25	Bob Sharkey	M 60	RI	3:29:23	72.25%
26	Gregory Lowe	M 48	MA	3:30:09	71.99%
27	Miroslav Tashev	M 49	MA	3:32:03	71.34%
28	Tim Dumas	M 44	MA	3:35:13	70.29%
29	David Boudreau	M 40	NH	3:35:53	70.08%
30	Gary Hebert	M 47	CT	3:37:13	69.65%
31	Martin Fey	M 58	CT	3:38:04	69.37%
32	Curt Pandiscio	M 51	CT	3:38:54	69.11%
33	Larry Smith	M 48	MA	3:42:18	68.05%
34	Brady Bertram	M 32	NH	3:42:19	68.05%
35	<u>Elaine Allen</u>	F 44	CT	3:42:50	67.89%
36	Russell Stroud	M 42	CT	3:43:21	67.73%
37	Mike Morris	M 34	MA	3:43:36	67.66%
38	Bill Nawn	M 48	NH	3:45:35	67.06%
39	Mike Maher	M 47	MA	3:47:54	66.38%
40	Kevin Mullen	M 55	MA	3:48:41	66.15%
41	Richard Collins	M 56	ME	3:49:31	65.91%
42	<u>Heidi Chauvin</u>	F 38	NH	3:51:29	65.35%
43	Russell Hammond	M 52	CT	3:51:41	65.30%
44	Dane LeBlanc	M 54	MA	3:52:27	65.08%
45	<u>Michele Hammond</u>	F 53	CT	3:54:03	64.64%
46	Brandon Benoit	M 20	NH	3:55:52	64.14%
47	Ryan Banfield	M 28	NH	3:55:52	64.14%
48	Bob Dunfey	M 61	ME	3:55:55	64.13%
49	Christopher Pulick	M 42	MA	3:56:45	63.90%
50	Jeff Lane	M 36	MA	3:57:09	63.79%
51	Eric Siegel	M 29	MA	3:57:16	63.76%
52	James Price	M 53	NH	3:57:40	63.65%
53	Gary Jewett	M 46	MA	3:58:19	63.48%
54	Bob Gillis	M 57	MA	3:58:19	63.48%
55	Christopher Agbay	M 35	MA	4:01:30	62.64%
56	Chang Liu	M 23	MA	4:02:40	62.34%
57	<u>Jennifer Howland</u>	F 24	MA	4:03:37	62.10%
58	Justin Ellenton	M 38	MA	4:03:41	62.08%
59	Tyler Whipple	M 30	NH	4:07:01	61.24%
60	Bruce Ehrlich	M 52	MA	4:10:22	60.42%
61	Michael Agbay	M 39	MA	4:11:25	60.17%
62	<u>Amy Morgan</u>	F 34	MA	4:12:05	60.01%
63	Domonic Naples	M 45	MA	4:13:15	59.74%
64	Brian Bender	M 23	MA	4:13:45	59.62%
65	Brig Leland II	M 28	MA	4:14:14	59.51%
66	<b>Dan Danecki</b>	M 53	MA	4:14:45	59.39%
67	Don Slovenkai	M 56	NH	4:18:15	58.58%
68	Scott Edington	M 54	CT	4:22:32	57.62%
69	<b>Will Danecki</b>	M 62	CT	4:22:55	57.54%
70	Jason Bacon	M 41	RI	4:24:31	57.19%

*Continued next page:*



### Wapack results cont:

71	<u>Melissa Marini</u>	F 40	MA	4:27:02	56.65%
72	Marc DiComes	M 32	NH	4:30:20	55.96%
73	<u>Paula Finestone</u>	F 44	MA	4:35:19	54.95%
74	<u>Cheryl Mulvey</u>	F 52	MA	4:35:20	54.95%
75	<u>Vicki Blais</u>	F 55	MA	4:35:20	54.95%
76	Peter Agbay	M 37	MA	4:40:30	53.93%
77	<u>Elizabeth Santorella</u>	F 21	MA	4:43:37	53.34%
78	Art McGrath	M 61	NH	4:43:42	53.33%
79	<u>Linnea Anderson</u>	F 26	RI	4:43:43	53.32%
80	Peter Mueller	M 39	MA	4:47:26	52.63%
81	Eric Finney	M 42	MA	4:48:24	52.46%
82	<u>Nora Ball</u>	F 38	NH	5:00:46	50.30%
83	Kevin Strum	M 56	MA	5:00:59	50.26%
84	Tim Finke	M 36	NH	5:01:12	50.23%
85	<u>Joy LaGrutta</u>	F 37	MA	5:01:35	50.16%
86	Bob Segal	M 59	MA	5:02:57	49.94%
87	Edward Mulvey	M 53	MA	5:03:19	49.88%
88	Tom Brazil	M 50	MA	5:15:14	47.99%
89	<u>Tammy Godin</u>	F 49	MA	5:15:14	47.99%
90	Richard Mellor	M 62	NH	5:26:23	46.35%
91	Craig Wilson	M 63	ME	5:37:42	44.80%
92	<u>Sharon Akers</u>	F 34	NH	5:46:44	43.63%
93	Chris Irving	M 32	MA	5:55:32	42.55%
94	<u>Stacey Kroon</u>	F 29	MA	5:55:32	42.55%
95	<u>Erika Snyder</u>	F 26	MA	5:55:33	42.55%
96	David Raczkowski	M 61	CT	6:53:29	36.59%



*Finish line at the Wapack Trail run.*



*A view from the Wapack Trail*

### They All Stream By

I show up early on Aug. 4<sup>th</sup> for the 50<sup>th</sup> running of the 11.6 mile John Kelly road race to make sure I get my special race shirt. There's Peter W. down from Sharon, MA., I go over. Then I hear "4 min to early start". Early start? I rush over, on this terribly humid morn, it'll just get worse, ( and duz ). "Can I start now?" RD Way H, "Absolutely". Just 5 -6 of us. At 1<sup>st</sup> water - stop: "Your brother'd be so proud of you." I didn't recognize th girls. "What's my brother's name?" "John" "no it's David." We all laff. 😊

I'm moving as well as can be xpected, wondering how far I'll get B4 th leader goes by. I'm surprised when th police car finally passes me followed by him, "we're past 1/2 way", he smiles back at me. Now my race changes; no more solitary. They'll be cruzin by, many with supporting comments. "Good job, good job." "Lookin good." "You're awesome!" I give it right back, "Thanx a ton." "Way to go guys."

Fm a truck slowly by me up RT 1, he shouts " keep it goin, Dicky." I'm overtaken going up th hills. 'Keep pushin o'l timer." Finally th right turn onto Montauk, I'm inspired to hear a gal, "You inspire me." Fm another, "you're tuff!" Then, "Dick, Fisher Iland." Who are U?" "Jimmy Murphy." Haven't seen him in years. "Great job, Dick." "What's your name?" "Chris, I work on th Iland." And another, " Dick you can do this." That's Harry Lepp, elite ultra runner friend fm years back. "Go Harry." Up to Pequot Ave and th home stretch under th hot sun. "Good job, Sir." As I began my drive to finish I get a wonderful surprise: standing and cheering all th runners is my special friend Peter B. fm North Easton, MA., slowly healing fm injury as I later learn, with a shout for me. " I knew you could do this, Dick."

I'm thrilled, th last 2 yrs I could not. 😊

*Dick Hoch*

*John Kelly Road Race results at ... [www.snerro.com](http://www.snerro.com)*

*Welcome New Members .....*

*From Massachusetts..... Lauren Disessa*

*Thanks for supporting the WMAC!*

## Book Review Corner:

### *Running with the Kenyans*, by Adharanand Finn. Ballantine Books, 2012.

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*The truth lies somewhere in between.* Michael Weidner

Here is yet another adventure story crafted by someone who is fortunate enough to put his day job on hold to answer the nagging question, “Do I have the right stuff?” Unlike cross-country skier Bill McKibben (*Long Distance*) and Badwater runner Kirk Johnson (*To the Edge*), Adharanand Finn is not chasing ghosts of dead relatives but rather seeking to shed light upon one of the most burning sports questions of our time: Why are the Kenyans so much faster than the rest of us?

Whether it is our “Go West, young man” heritage or simply too much early exposure to hyperactive Sesame Street segments, Americans are devotees of the quick fix. In their quest to run like the Kenyans they have embraced altitude chambers, barefoot running and now group training camps. It has helped only peripherally to pull us back to the Bill Rodgers glory days. British athletes too, including our hero Finn, are similarly puzzled that the British Empire has failed to unlock the secrets of their former colonists. Is it simply a case of “white men can’t jump” or are there deeper forces at work?

Admittedly sucked into the barefoot running craze, Finn was positive, especially after interviewing Dr. Lieberman and his antelope, that unshod feet were the answer. Once he arrived in Kenya, however, he was disappointed to catch not a single athlete running unshod. And on the backroads of Iten the customary shoe sponsor argument didn’t come into play. Only the school kids ran barefoot. Paradoxically, youngsters who were lucky enough to own sneakers always seemed to finish last. Finn began to suspect that the secret was more about early tuff foot conditioning. And the fact that junk food, wheeled transportation, even the yearly birthday cake, was a rarity. Finn himself lost weight: and got faster.

But for Kenyans the only road to fancy cars, cows and birthday cakes lies in winning big money races. Much like New York City hoop players, they focus their energy and their family’s resources on the apparent ticket out. Whereas we might save for our children’s college education, Kenyan families back their most talented runner. This route is more attainable than college and often the sole route to college scholarships abroad.

So what if, as New York City Mayor Bloomberg decrees, we give up large sugary sodas and in addition transform our single run/bike to work day into year-round normalcy, move to the Colorado mountains and wiggle our piggies -- will that make us Kenyans? Not exactly. Top Kenyan runners also live in running camps where conditions are Spartan, ugali is enjoyed at every meal and running is their primary occupation. In between morning and evening runs, they rest. We have copied their camps but have not completely bought into their attitude. With our Puritan-based work ethos, even our sponsored runners have side jobs selling shoes, blogging or coaching. Idleness is not something we come to easily.

Ultimately, it all boils down to focus. An athlete who is thinking about a financial investment, coaching the high school team or minding the kids is not as focused as those lazing around the campfire, gazing at the stars, dreaming of their next workout. And while Finn did improve, it wasn’t until he sent his wife and kids off to the relatives and moved to camp that he began to chip away at the Kenyan mentality. Kenyan runners innately recognize this ultimate truth. Once athletes become successful, move back with family and deal with financial responsibilities, their winnings begin to decline. Apparently, it is impossible to do more than one thing at a time if you wish to achieve excellence.

There is also a huge cultural disconnect to consider. While extremely focused on their running, Kenyans are at the same time more relaxed. They all seem optimistically cheerful about their ability to win, even when that Pollyanna spirit seems ungrounded in reality. It was this spirit that enabled Beatrice, the least talented in Finn’s group, to push herself to finish her first marathon in the money. Runners seldom wear watches, preferring to go by feel. This relaxed attitude also extends to age group running. As one older runner still in the teenage division explained, “Maybe next year I’ll be twenty.” While this may seem bizarre to us, we have our own equivalent when we delay the normal kindergarten admission until we feel our child is ready for academic competition.

My Dad, Michael Weidner, could have explained the Kenyan secret long ago. His greatest legacy to me was the above quote, “The truth lies somewhere in between.” Whether it is politics, the latest nutritional warning or new math, he always insisted that extremes are not the answer. The truth is compromisingly discovered somewhere in the middle.

*Reviewed by Laura Clark*

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### Mystery Photo



We ran down this section of trail shortly after the start of the 20<sup>th</sup> running of this trail race. Do you know which race it is?

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# WMAC Turkey Trot Thanksgiving Day .... 5K Road Race

**Thursday .... November 22, 2012 .... 9:30 AM**

**PNA Hall .... 13 Victory Street .... Adams, MA.**

**Pre Entry .... post marked before November 15th ... \$5.00**

**Race Day registration \$10.00 .... Starting at 8:00 AM**

**Info .... Ed Saharczewski .... 413 743-5669 .... [edwrdsah@aol.com](mailto:edwrdsah@aol.com).**

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

\*\*\*\*\*

**Name** ( Please Print ) \_\_\_\_\_ **Age** \_\_\_\_\_ **Sex** \_\_\_\_\_

**Street** \_\_\_\_\_ **City** \_\_\_\_\_ **ST.** \_\_\_\_\_

**Zip** \_\_\_\_\_ **Phone** \_\_\_\_\_ **WMAC Member?**    **Yes**    **No**

Please enter me in the Turkey Trot Road Race. I agree to assume all responsibility for and all risk of damage or injury that may occur to me as a participant of this event. In consideration of being accepted as an entrant in this event, I hereby, for myself, my heirs, executors and administrators, release and discharge any and all sponsors of the Turkey Trot Road Race from all claims, damages, rights of action, present or future weather the arising of, or incident to my participation in this event. I hereby certify that I am physically fit and have 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.

Your Signature \_\_\_\_\_ Parent / Guardian if under 18 \_\_\_\_\_

*WMAC 5K Turkey Trot 2012*





## Vermont 100

July 20 – 21, 2012

Brownsville – Hartland – Woodstock, Vermont  
Sunny – Low of 57\* - High of 84\*



Brian Rusiecki shortly after winning the Vermont 100 race. He just missed breaking the course record by less than 1 minute

8	Jay Smithberger	43 M	OH	17:38:18
9	Andrew McDowell	46 M	PA	18:15:21
10	Tom Flummerfelt	38 M	MA	18:38:16
14	<u>Kathleen Cusick</u> 1 <sup>st</sup> F	37 F	TN	18:51:38
15	Jerry Turk	54 M	CT	18:51:46
16	<u>Amy Lane</u>	33 F	MA	18:53:38
22	<u>Debbie Livingston</u>	37 F	CT	19:20:27
32	<u>Donna Utakis</u>	44 F	MA	19:55:37
45	<u>Karen Benway</u>	40 F	RI	20:40:26
54	Steve Sweeney	57 M	NY	21:30:01
71	<u>Lori Wetzel</u>	39 F	MA	22:17:13
121	Joe Brown	51 M	NY	23:46:22
139	Joe Laskey	48 M	CT	25:21:27
147	Charles Leonard	57 M	NY	25:46:04
149	<u>Barbara Sorrell</u>	55 F	NY	25:46:54
161	<u>Kim Goff</u>	51 F	NH	26:21:36
166	John Geesler	53 M	NY	26:35:06
172	Dave Merkt	29 M	CT	26:52:25
173	<u>Emmy Stocker</u>	54 F	CT	26:53:37
178	Joe Hayes	64 M	NH	27:21:32
184	Dave Martula	67 M	MA	27:39:54
198	Ron Starrett	42 M	CT	28:21:59
202	<u>Sheryl Briggs</u>	39 F	MA	28:31:59
217	Leonard Martin	59 M	TN	29:58:56

30 hour time limit

217 Official finishers ... complete results at...  
[www.vermont100.com](http://www.vermont100.com)



Top 5 women finishers at Vermont.  
from left.... Kathleen Cusick - Amy lane - Deb Livingston - Donna Utakis and Karen Benway



Ron Starrett and his sister Jen shortly after finishing his first 100 mile race.

<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>
1 Brian Rusiecki	34 M	MA	14:54:05
2 Rod Bien	40 M	OR	15:52:40
3 Mike Le Roux	37 M	QLD	16:11:10
4 Paul Terranova	39 M	TX	16:19:30
5 James Sweeney	31 M	NY	16:23:30
6 Brian Vandenburg	29 M	WA	16:57:52
7 Michael Meredith	32 M	GB	17:32:36

Photos by Scott Livingston



These days many races provide technical shirts instead of cotton shirts. Tech shirts wick sweat away from your body, whereas cotton shirts absorb so much sweat that you need “pealer” volunteers to peel the shirt off of your body after a race. Many tech shirts consist of polymers that are made from petroleum. I propose that the price of oil has skyrocketed due to the many runners now wearing oil-based tech shirts. In my patriotic quest to drive down the price of oil, I submit the following suggestions for replacing these shirts with clothing made from common items.

Since ethanol made from corn is an additive for gasoline, why not have running clothes made from corn? No, not the husks, as the swinging husks might inflict bruises on your body. Instead I recommend corn stalk leaves. Imagine running a race as the leaves sway side-to-side, cooling your body; it would be an Iowan luau. An added benefit when holding these races in the Corn Belt is the race participants become moving scarecrows, thus helping to protect the farmers' crops, including corn; this is called synergy or cornergy.

An outfit consisting of a bare minimum of corn stalk leaves would be perfect for the San Francisco Bay to Breakers 12K. The gently swaying leaves would hint at certain body parts, thus being sexier than many nude B2B runners (especially the ones who do not work out at a gym); this is known as the Gypsy Rose Lee Effect.

But what do you do in places such as New York City where corn stalk leaves may not be readily available, or available only at NYC prices? I recommend using materials you normally discard. For example, create running outfits made of obsolete computer hard disks and floppy disks. It should be obvious which body parts should be covered with floppy disks versus hard disks.

Floppy disks could be used for creating runner caps, as using hard disks would result in “helmet hair”. Hard disks could be used as ankle protection against yappy designer dogs that are the size of rats. Running shorts could be created from hard disks to safeguard against larger dogs. However, if your running route is guarded by dogs the size of wolves or werewolves or direwolves, you can create Ned Kelly body armor for your torso, arms and legs by using cans of various sizes. To protect your derriere, you can use Crisco cans, which also act as a cushion if you happen to fall on your can(s).

The body armor also is beneficial for marathons. The late Mid-Hudson Road Runner Club member Bob Rother discovered after running the New York City Marathon that he was covered with bruises; he then realized he had been struck by flying elbows at the start of the race. Wearing tin can body armor would have protected him. Adding glass shards to the outfit guarantees you will only be struck once by a fellow runner's elbow, and the outfit would make a great “Mad Max” costume for the Bay to Breakers 12K.



*Costumed runners at the Bay to Breakers 12K.*

*photo by Bob Kopac*

A race that has corn stalk leaves (scarecrow), body armor (tin man) and Dolly Parton (Dorothy) could be called the Wizard of Ozarks Race. I know that Ms. Parton has nothing to do with the subject matter, but I thought Dolly Parton running was an interesting visual, what with her big hair and all.

Some tech shirts are made from discarded plastic bottles. Skip one step in the process and wear plastic bottles. Besides shielding yourself from other runners' elbows, the bottles act as a floatation device should you miss that last turn at the Bay to Breakers 12K and instead run directly into the breakers.

I cannot claim credit for suggesting tires as running shoe material; this has been done before by many, including the Tarahumara tribe. Instead, I recommend adding bottle caps to the soles as a) running cleats or b) a method for a race director to break the Guinness Book of World Records record for the largest number of people tap dancing. (“Come and meet those running feet...”)

Those are my suggestions. You may have your own to reduce, reuse, rerun.... but not recycle, unless you are dressing for a duathlon.

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*Trail Running News is published by the  
Western Mass Athletic Club  
Adams, Massachusetts*

*Volume 18 .... Issue 3 .... Late Summer 2012*

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**2012 Pedal & Plod**  
**4 Mile Run .... 22 Mile Bike**  
**Teams and Ironpersons**  
**July 29, 2012 .... Adams, MA.**

	<b>Name</b>	<b>Age</b>	<b>Category</b>	<b>Town / ST.</b>	<b>Time</b>
1)	Nick Curelop	24 Male	Runner	Pittsfield, MA	24:01
	Tim Dorrin	27 Male	Cyclist	Great Barrington, MA	1:19:28
2)	Tim Van Orden	45 Male	Runner	Pownal, VT	23:53
	Kurt Kuehnel	51 Male	Cyclist	Dalton, MA	1:23:45
3)	Kent Lemme	45 Male	Ironman	Pittsfield, MA	23:22
					1:25:22
4)	Stephen Foley	40 Male	Ironman	Pittsfield, MA	24:11
					1:27:31
5)	<u>Michelle Kroboth</u>	33 Female	Runner	Pittsfield, MA	27:26
	Mike Tucker	48 Male	Cyclist	Pittsfield, MA	1:29:02
6)	Scott Carpenter	17 Male	Runner	Lenox, MA	23:34
	Al Bravo	54 Male	Cyclist	Lenox, MA	1:30:53
7)	James Preite	47 Male	Runner	North Adams, MA	27:23
	Fred Thompson	71 Male	Cyclist	North Adams, MA	1:31:05
8)	William Kittler	48 Male	Runner	Pittsfield, MA	29:38
	David Devine	40 Male	Cyclist	Pittsfield, MA	1:33:14
9)	Pat Mele	55 Male	Runner	Pittsfield, MA	33:26
	Tom Alessio	57 Male	Cyclist	Pittsfield, MA	1:33:29
10)	<u>Greta Facchetti</u>	36 Female	Runner	Savoy, MA	32:27
	Steve Facchetti	39 Male	Cyclist	Wilbraham, MA	1:34:09
11)	Craig Crawford	42 Male	Ironman	Richmond, MA	30:15
					1:34:34
12)	Bill Chapman	58 Male	Runner	Lenox, MA	35:07
	Dan Moon	42 Male	Cyclist	Pittsfield, MA	1:34:53
13)	<u>Lisa Matilla</u>	53 Female	Runner	Pittsfield, MA	33:01
	Paul Shepardson	55 Male	Cyclist	Pittsfield, MA	1:35:08
14)	Mark Rumbutis	30 Male	Ironman	Dalton, MA	28:32
					1:35:17
15)	Skip Greb	68 Male	Runner	Dalton, MA	32:53
	Dave Birrell	54 Male	Cyclist	Adams, MA	1:36:06
16)	Stephen Marko	29 Male	Ironman	New Britain, CT	28:50
					1:36:34
17)	Allan Bates	63 Male	Ironman	Pittsfield, MA	29:24
					1:37:18
18)	Truman Chojnowski	18 Male	Runner	Adams, MA	28:46
	Paul Chojnowski	?? Male	Cyclist	Cheshire, MA	1:37:21



19)	David Williams	39 Male	Runner	Pittsfield, MA	32:17
	John Gigliotti	45 Male	Cyclist	Dalton, MA	1:38:51
20)	Nick Bugbee	24 Male	Runner	Berrien, MI	26:35
	Mark Bugbee	49 Male	Cyclist	Savoy, MA	1:39:13
21)	Daniel Dermody	19 Male	Ironman	Cheshire, MA	26:33 1:39:13
22)	Bernard P. Klem	51 Male	Runner	Dalton, MA	30:17
	Peter L. Williams	58 Male	Cyclist	Pittsfield, MA	1:39:36
23)	Richard Keating	53 Male	Ironman	Belchertown, MA	29:27 1:39:46
24)	Mike Pytko	56 Male	Runner	North Adams, MA	33:10
	Steve Rondeau	54 Male	Cyclist	North Adams, MA	1:39:53
25)	Joshua Primmer	35 Male	Runner	Bennington, VT	27:00
	Mark R. Bushika	45 Male	Cyclist	Adams, MA	1:39:53
26)	<u>Ann Marie Shaw</u>	24 Female	Runner	Pittsfield, MA	36:01
	Daniel Flynn	43 Male	Cyclist	Pittsfield, MA	1:41:01
27)	Blaine Freadman	48 Male	Runner	Richmond, MA	27:20
	Nick Mancari	27 Male	Cyclist	Pittsfield, MA	1:41:29
28)	Josh Hopmans	18 Male	Ironman	Hinsdale, MA	27:48 1:41:30
29)	<u>Carmel Kushi</u>	43 Female	Runner	Pittsfield, MA	31:35
	Thomas Kushi	44 Male	Cyclist	Pittsfield, MA	1:41:34
30)	Eric Keegan	39 Male	Runner	Pittsfield, MA	31:20
	Matthew Puntin	37 Male	Cyclist	Lee, MA	1:41:35
31)	Douglas McAvoy	28 Male	Runner	Pittsfield, MA	26:48
	Andrew Boino	27 Male	Cyclist	Pittsfield, MA	1:41:38
32)	Travis Ciempa	15 Male	Runner	Adams, MA	25:36
	Christopher Wheeler	49 Male	Cyclist	Adams, MA	1:42:30
33)	Thomas Alessio	32 Male	Runner	Dalton, MA	36:26
	Joe Alessio	31 Male	Cyclist	Dalton, MA	1:42:36
34)	<u>Tammy Charbonneau</u>	48 Female	Runner	Peru, MA	34:28
	Philip Hollingworth	55 Male	Cyclist	Pittsfield, MA	1:42:44
35)	Ace Curtiss	58 Male	Runner	Great Barrington, MA	29:37
	Robert Buffis	57 Male	Cyclist	Lanesboro, MA	1:43:06
36)	Nathan Spangler	26 Male	Runner	Pittsfield, MA	35:27
	Gary Phillips	61 Male	Cyclist	Pittsfield, MA	1:44:16
37)	<u>Diane Wright</u>	36 Female	Runner	Savoy, MA	34:42
	Darryl Lipinski	31 Male	Cyclist	Cheshire, MA	1:45:11

38)	Austin Poulton	16 Male	Runner	Cheshire, MA	28:14
	Rick LeBlanc	58 Male	Cyclist	Pittsfield, MA	1:45:59
39)	Tim Burdick	48 Male	Runner	Adams, MA	35:59
	Jeff Grandchamp	47 Male	Cyclist	Adams, MA	1:46:07
40)	<u>Joanna Arkunna</u>	32 Female	Runner	Pittsfield, MA	35:13
	<u>Bonnie J. Fachini</u>	47 Female	Cyclist	Cheshire, MA	1:46:09
41)	Scott LeBeau	54 Male	Ironman	Adams, MA	30:00 1:46:09
42)	Philip Sullivan	24 Male	Ironman	Lanesboro, MA	29:12 1:46:16
43)	James Whithum	49 Male	Ironman	Williamstown, MA	31:55 1:46:21
44)	Tim Morey	54 Male	Runner	Adams, MA	33:17
	<u>Laura Downing</u>	54 Female	Cyclist	Lenox, MA	1:47:03
45)	<u>Shiobean Archey</u>	45 Female	Runner	Pittsfield, MA	39:05
	<u>Kim Morris</u>	42 Female	Cyclist	Lanesboro, MA	1:47:06
46)	<u>Christine Arace</u>	39 Female	Runner	Pittsfield, MA	35:09
	Frank Krol	36 Male	Cyclist	Peru, MA	1:47:29
47)	<u>Rita Longworth</u>	25 Female	Ironwoman	Williamstown, MA	31:34 1:47:31
48)	Tim Drake	52 Male	Ironman	Dalton, MA	33:14 1:47:59
49)	<u>Karin Bradley</u>	55 Female	Runner	Pittsfield, MA	41:57
	Bill Eagan	57 Male	Cyclist	Pittsfield, MA	1:48:00
50)	Pete Cole	43 Male	Runner	Pittsfield, MA	32:24
	Joshua Hast	37 Male	Cyclist	Pittsfield, MA	1:48:15
51)	Tyler Noyes	32 Male	Runner	Clarksburg, MA	29:27
	Gareth Haynes	16 Male	Cyclist	Burlington, NJ	1:49:10
52)	<u>Megan Rodowicz</u>	17 Female	Runner	Cheshire, MA	32:06
	<u>Miranda Gajda</u>	18 Female	Cyclist	Adams, MA	1:49:33
53)	Andrew L. Piper	55 Male	Ironman	Dalton, MA	35:28 1:49:57
54)	<u>Ann Marie Miller</u>	46 Female	Runner	Pittsfield, MA	37:00
	<u>Kathy Timpane</u>	49 Female	Cyclist	Lenoxdale, MA	1:50:01
55)	Raphael Gimbert	28 Male	Ironman	Pittsfield, MA	36:02 1:50:03

56)	Fred Erickson	45 Male	Ironman	Richmond, MA	33:32 1:50:11
57)	Dave Hall	49 Male	Runner	Pittsfield, MA	32:22
	Richard Peters	51 Male	Cyclist	Hinsdale, MA	1:50:25
58)	<u>Diane Chihai</u>	27 Female	Runner	Pittsfield, MA	37:06
	Dorian Jackson	22 Male	Cyclist	Housatonic, MA	1:50:30
59)	<u>Ann Greenbaum-Mucia</u>	58 Female	Runner	Pittsfield, MA	41:46
	Jim Mucia	59 Male	Cyclist	Pittsfield, MA	1:50:55
60)	<u>Shaunna Love</u>	17 Female	Runner	Pittsfield, MA	41:34
	Stepen Bugbee	58 Male	Cyclist	Pittsfield, MA	1:51:02
61)	<u>Laura Baran</u>	42 Female	Runner	North Adams, MA	34:57
	Matthew Riechers	34 Male	Cyclist	Dalton, MA	1:51:15
62)	<u>Theresa Williams</u>	29 Female	Runner	Hinsdale, MA	33:11
	Paul Butler	56 Male	Cyclist	Adams, MA	1:51:23
63)	Michael Dostaler	46 Male	Runner	Pittsfield, MA	39:48
	Scott Green	49 Male	Cyclist	Pittsfield, MA	1:51:39
64)	Brian Sunskis	48 Male	Ironman	Williamstown, MA	34:04 1:51:46
65)	Mike LaPierre	48 Male	Ironman	Pittsfield, MA	34:43 1:51:50
66)	Steve Tomkowicz	49 Male	Runner	Williamstown, MA	34:48
	Brian Tomkowicz	47 Male	Cyclist	Adams, MA	1:52:50
67)	<u>Jacqui Joyner</u>	23 Female	Runner	Lee, MA	44:32
	David Joyner	48 Male	Cyclist	Lee, MA	1:52:52
68)	<u>Tracy Candilore</u>	32 Female	Ironwoman	Pittsfield, MA	33:21 1:52:53
69)	<u>Kelsey Allen</u>	29 Female	Ironwoman	Colrain, MA	28:18 1:53:02
70)	<u>Jodie Lahey</u>	33 Female	Runner	Savoy, MA	36:22
	James Hartwig	32 Male	Cyclist	Adams, MA	1:53:08
71)	<u>Mary Sheehan</u>	52 Female	Ironwoman	Lenoxdale, MA	33:05 1:53:50
72)	<u>Audrey Witter</u>	47 Female	Ironwoman	North Adams, MA	34:09 1:54:11
73)	<u>Aimee Sinopoli</u>	37 Female	Runner	Adams, MA	35:03
	Scott McGinnis	Male	Cyclist	Pittsfield, MA	1:54:29
74)	<u>Heather Benlein</u>	38 Female	Runner	Dalton, MA	34:51
	Dean Bickford	45 Male	Cyclist	Granby, CT	1:54:58



75)	<u>Cynthia Gardner</u> <u>Susan Stack</u>	61 Female 57 Female	Runner Cyclist	Pittsfield, MA Pittsfield, MA	31:17 1:55:00
76)	Franck Tessier	41 Male	Ironman	Lee, MA	36:03 1:55:01
77)	Mike Desrosiers Steve Sotendahl	51 Male 54 Male	Runner Cyclist	Pittsfield, MA Hinsdale, MA	44:10 1:55:03
78)	<u>Cathleen Morey</u> Chauncey Collins	51 Female 54 Male	Runner Cyclist	Adams, MA Lee, MA	43:05 1:55:24
79)	<u>Kimberly Gero</u> Eric Kirchner	29 Female 29 Male	Runner Cyclist	Pittsfield, MA Pittsfield, MA	29:11 1:55:46
80)	Michael Fleischman, Jr.	29 Male	Ironman	Clifton Park, NY	32:56 1:56:01
81)	<u>Megan Anello</u> Stephen Polastri	27 Female 44 Male	Runner Cyclist	Dalton, MA Pittsfield, MA	30:34 1:56:05
82)	<u>Heather Witherell</u> Michael Passetto	33 Female Male	Runner Cyclist	Cheshire, MA Lee, MA	41:35 1:56:45
83)	<u>Virginia Smith</u> Craig Smith	53 Female 55 Male	Runner Cyclist	Pittsfield, Ma Pittsfield, MA	35:26 1:57:14
84)	<u>Christine Chapman</u> Paul Cantarella	30 Female 65 Male	Runner Cyclist	Lee, MA Lanesboro, MA	42:08 1:57:23
85)	<u>Lauren DiSessa</u>	25 Female	Ironwoman	W. Stockbridge, MA	34:41 1:57:40
86)	James E. Holland Arthur Kittler	58 Male 66 Male	Runner Cyclist	Hinsdale, MA North Adams, MA	35:32 1:57:57
87)	Edward Mutch Jr.	37 Male	Ironman	Pittsfield, MA	34:35 1:58:00
88)	<u>Maura Kelly</u> Bill Hart	45 Female 70 Male	Runner Cyclist	Pittsfield, MA Dalton, MA	41:41 1:58:02
89)	Vincent Kirby	55 Male	Ironman	Mechanicville, NY	35:46 1:58:22
90)	Jeff Clark	54 Male	Ironman	Glenmont, NY	32:38 1:58:28
91)	<u>Ellen-Mary Kelly</u> <u>Pat Rosier</u>	37 Female 54 Female	Runner Cyclist	Windsor, MA Pittsfield, MA	40:15 1:59:02
92)	<u>Laurie Cole</u> William Bodine	31 Female 24 Male	Runner Cyclist	Pittsfield, MA Hinsdale, MA	44:19 1:59:15
93)	Scott McWhirt Travis Cunningham	46 Male 36 Male	Runner Cyclist	Adams, MA Adams, MA	44:46 2:00:27

94)	<u>Holly Cadran</u> John Campbell	15 Female 68 Male	Runner Cyclist	Cheshire, Ma Cheshire, MA	40:54 2:00:41
95)	Alex Stevens Katie Cook	17 Male 17 Male	Runner Cyclist	Dalton, MA Dalton, MA	28:47 2:01:09
96)	<u>Laura L. Bowler</u> David J. Bowler	46 Female 46 Male	Runner Cyclist	Pittsfield, MA Pittsfield, MA	38:42 2:02:10
97)	<u>Helen Coty-Curtin</u>	43 Female	Ironwoman	Lee, MA	33:51 2:06:27
98)	Todd Robert	40 Male	Ironman	Pittsfield, MA	34:39 2:06:38
99)	Kenneth W. Fawcett	32 Male	Ironman	Pittsfield, MA	36:17 2:11:23
100	John Aldrich	53 Male	Ironman	Dalton, MA	40:05 2:13:27
101	Shawn Wright	39 Male	Ironman	Savoy, MA	33:31 2:14:17
102	<u>Anna Hogeland</u> Andy Hogeland	23 Female 58 Male	Runner Cyclist	Williamstown, MA Williamstown, MA	36:15 2:15:48
103	Bill Russell John K. Rockett	49 Male 58 Male	Runner Cyclist	Pittsfield, MA Lenoxdale, MA	35:18 2:18:10
104	<u>Jacqueline Lemieux</u>	45 Female	Ironwoman	Williamstown, MA	41:55 2:18:10
105	<u>Julie Gardner</u>	41 Female	Ironwoman	Lanesboro, MA	44:59 2:19:23
106	Henry Plachinski	35 Male	Ironman	Pittsfield, MA	45:49 2:25:01
107	Mike Wilk	40 Male	Ironman	Pittsfield, MA	42:39 2:34:40

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The WMAC is still looking for a volunteer to help out as an assistant newsletter editor with the goal of someday taking over the duties as editor. This is a good opportunity for some of our newer and younger members to help out the club. Everything that's involved can be done at home on your own computer. Internet access and email are required.

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

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

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

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

MEMBERSHIP : NEW \_\_\_\_\_ RENEW \_\_\_\_\_ ...with no changes to names or address \_\_\_\_\_

*Check here for any changes and provide new information below \_\_\_\_\_*

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

Single Membership \_\_\_\_\_ Household Membership \_\_\_\_\_

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

ADDRESS \_\_\_\_\_

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

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

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

I wish to receive the club's newsletter by ..... EMAIL \_\_\_\_\_ SNAIL MAIL \_\_\_\_\_

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

Interest (s): Running\_\_ Snowshoes\_\_ Kayak\_\_ X-C Skiing\_\_ Hiking\_\_ Biking\_\_ Skiing\_\_ Swimming\_\_

OTHER \_\_\_\_\_

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

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