



In this issue:

Grand Tree Series Final Standings.

Results and stories from:

Wapack -- Greylock road

Pisgah -- Nipmuck

Monroe -- Groton Forest

MT. Toby -- Hairy Gorilla

Stone Cat -- Busa Bushwhack

And plenty more inside

Up n' Coming Events:

Wed. Night Fun Runs5:30 PM
Now through Spring we will meet at the
PNA Hall on 13 Victory St. in Adams.
Come run or walk with us and stay for
drinks and trivia afterward.

Turkey Trot 5K.....11 / 28
Christmas Party.....12 / 21
Fat Ass 50K.....12 / 28

Snowshoes: Tentative Schedule

Hilltop Farms 5K.....12 / 29
Pittsfield Surprise 5 mi1/4 / 14
Const. Hill 3.6 mi1/11/14
H T & Whistle 3.3 mi.....1/18/14
Hawley Kiln 6 mi.....1/19/14
Side Hiller 4 mi.....1/ 25/14
Curly's 4 mi1 /26/14
Northfield Mt. 5 mi2 / 1/14
Winterfest 5 mi2 /2 /14
Saratoga 5 mi2/ 8/14
Prospect Mt. 5 mi.....2/15/14
Moby Dick 7 mi.....2/22/14
USSSA Dion Nationals 10K.....3/1/14

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

www.runwmac.com

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“Grand Tree” Trail Series

This year marked the 19th year of the Grand Tree Trail Running Series.

Many different running clubs and the races they put on are all a part of the current Grand Tree Series. Back in 1995 Ed Alibozek took the lead in organizing all the races in the series and also set up the current scoring system and the first Grand Tree Series ranking were listed. Since then the WMAC has continued to list the schedules, scoring and final rankings of the Grand Tree Series in cooperation with the different RD's, running clubs and races involved.

For the last 10 years Rob Higley has figured all the scoring and kept the statistics for the series and this year Fred Pilon handled the scheduling along with other duties for the GT trail series.

The 19th annual “Grand Tree” trail series for 2013 began with the Merrimack River 10 miler in Andover, MA on April 13th this year, and wrapped up with the Busa Bushwhack 10 miler on November 10th in Framingham, MA.

With the loss of the Northern Nipmuck race this year we were left with 19 GT races and 21 different scoring events. Pisgah Mt. and Stone Cat once again had 2 separate race distances going on at the same time. And once again this past year there were 2 races held on the same day. The Groton Forest and the Monroe races were both held on October 13th. Because of this the most races a person could run this year was 18.

On the men's side, Ted Cowles from Connecticut did indeed run in all 18 events. Close behind Ted was Stanislav Trufanov from Massachusetts with 17 races, one more than he ran last year.

The only other male to run in double digits was Curt Pandiscio from CT. with 12 races. Three others had 8 finishes and 4 had 7 finishes.

Way to go Guys!

On the ladies side, Kelsey Allen from Massachusetts had 6 finishes, 4 less than last year, and only 2 other women ran in at least 6 races, which is the required number of races to qualify for a Grand Tree score. Laura Clark from New York had 6 finishes and so did Katya Divari from Massachusetts.

Way to go Ladies!

Overall 2,358 different runners ran in one or more of the GT races that were held this year. That's an increase of 136 runners from last year and another all time high. (2,222 in 2012 and 1,965 in 2011). But out of that total number of runners only 26 completed at least 6 GT races during the year to earn an official Grand Tree Score. Another all time low.

(28 last year - 48 in 2011 - 66 in 2010 and 75 in 2009)

As you can see there have been less and less GT finishers the last few years. Some reasons are more of the regular runners are doing more races and ultra events in different areas of the country, and also there are a lot more trail races around these days that are not part of the GT series which are sometimes held on the same day as the GT races. So even though there have been less finishers in the final standings, many of the GT races have seen an overall increase of runners the past few years.

Twelve other runners only completed 5 GT races and another 38 finished only 4 races this past year so they missed out on a final Grand Tree score.

Continued next page:

GT Series cont:

For a single race Seven Sisters once again led the series with the most finishers at 386. An increase of 80 runners over the 306 who finished there last year. Cranmore Hill had a total of 279 runners, an increase of 141 over last year. Hairy Gorilla drew 208 this year, and Greylock had 206 finishers.

For a double event, Stone Cat had a total of 349 runners who finished either the marathon or the 50 miler. (215 in the marathon and 134 in the 50 miler).

In the other double race Pisgah MT. had a combined total of 219 finishers. (126 in the 23K and 93 in the 50K).

The 2 most intimate races of the year were Wapack & Back with 54 finishers and Blue Hills with 52.

Grand Tree Champions - 2013

The ladies champion this past year wasn't really decided until about the last month of the series.

Alexandra Jospe had 4 wins through Pisgah in mid September, and Kristina Folcik had 3 wins through Nipmuck in early October. Last year's champion, Kelsey Allen, hadn't run in some of the earlier races of the year and finally had her first win at the Wapack race in September. She finished second 2 weeks later at Pisgah and was second woman again 3 weeks after that at Monroe before winning at MT. Toby and Busa Bushwhack to close out the series and get her minimum 6 races in while neither Alexandra nor Kristina finished the required 6 races to qualify for a final GT score. So for the third year in a row Kelsey Allen is the ladies Grand Tree Champion.

Way to go Kelsey!

The men's side wasn't as clear this year either, at least not until the end of the season. No one ran away with it so to speak. I believe this is the first time in 19 years of the GT Series that no one person won more than once.

Out of the 18 possible races we had 18 different winners.

As mentioned earlier, many of the past male champions haven't run much of the GT races the past few years. This has left the door open for many newer people to compete for the title.

One of the more steady runners to come on the trail circuit a couple of years ago has been Stanislav Trufanov. Running in 16 races last year he finished 3rd overall in the final standings. This year he finished 17 races and added a win at Wapack & Back to his resume and that was more than good enough to claim the title as overall Grand Tree Champion for 2013.

Way to go Stanislav!

Congratulations to Stanislav Trufanov and Kelsey Allen, the 2013 Grand Tree Series Champions!

Stonehead Awards

For every GT race you complete throughout the year you also receive "points" based upon your finishing time versus the winning time. All points are then added up for a year end total to decide the Stoneheads of the year. The more races you run and the faster you run earns you more points.

There are many trail runners who feel that this is as important an indication of a true trail running champion as any.

On the men's side this year, the final points total was not settled until the last 2 races of the year.

The 2011 Stonehead, Ted Cowles, was running neck and neck with last years Stonehead, Stanislav Trufanov with only 2 races to go. Stan being some 20 years younger than Ted usually finishes ahead of him, but as we all know, on "any given day" anything can happen. But this was to be Stan's year and he finished out the year with a couple of good runs and finished ahead of Ted by only some 35 points to claim the title of Stonehead of the year for the second year in a row.

For several years now both Stan & Ted have been the only runners to score over one thousand points, this year coming in with over 1,400 points each.

Way to go Stanislav! Men's 2013 Stonehead of the year!

On the ladies side, as I mentioned earlier, very few women ran in multiple races this past year.

Ladies GT Champ Kelsey Allen ran in only 6 events this year but with her 3 wins and 2 second places she racked up 475 points to finish 13th overall in the points total. So Kelsey also returns as the 2013 Ladies Stonehead of the year. And for the second year in a row she wins both the GT Championship and the Stonehead award.

Way to go Kelsey! Ladies 2013 Stonehead of the year!

Check out the Snowshoe Schedule in this newsletter and come join us when the snow falls for some winter fun in the woods. Join many of the same runners from the trail circuit and see what some of the same trails we run in the summer look like covered in snow.



More info on the Snowshoe page at...

www.runwmac.com

2013 ...Grand Tree Trail Series ...Final Standings

Best 6 Races

Club members in bold:

| Name | Age | # Races | GT % |
|--|------|------------|---------|
| 1 Stanislav Trufanov | M 34 | 17 | 94.10 % |
| 2 Todd Bennett | M 43 | 8 | 89.30 % |
| 3 Tom Dmukauskas | M 38 | 6 | 85.69 % |
| 4 Ted Cowles | M 55 | 18 | 85.64 % |
| 5 Donald Pacher | M 41 | 6 | 85.62 % |
| 6 Miroslav Tashev | M 51 | 6 | 85.07 % |
| 7 Brock Anello | M 34 | 6 | 84.37 % |
| 8 Tony Bonanno | M 48 | 8 | 83.51 % |
| 9 Eric Wyzga | M 38 | 6 | 82.29 % |
| 10 Scott Patnode | M 32 | 6 | 80.97 % |
| 11 <u>Kelsey Allen</u> 1 st F | F 30 | 6 | 79.29 % |
| 12 Michael Wade | M 44 | 7 | 78.68 % |
| 13 Todd Brown | M 49 | 6 | 74.86 % |
| 14 Curt Pandiscio | M 52 | 12 | 74.18 % |
| 15 Kevin Maier | M 29 | 6 | 71.00 % |
| 16 David Sutherland | M 51 | 6 | 67.22 % |
| 17 Dorin Neacsu | M 49 | 7 | 64.34 % |
| 18 Jason Weakley | M 32 | 6 | 64.17 % |
| 19 Vic LaPort | M 73 | 7 | 62.20 % |
| 20 Will Danecki | M 63 | 7 | 61.53 % |
| 21 Thom Parker | M 48 | 6 | 59.90 % |
| 22 Jeff Hattem | M 62 | 6 | 59.61 % |
| 23 Bob Worsham | M 68 | 6 | 59.44 % |
| 24 <u>Katya Divari</u> | F 51 | 6 | 54.12 % |
| 25 Dave Raczkowski | M 62 | 8 | 48.59 % |
| 26 <u>Laura Clark</u> | F 66 | 6 | 41.60 % |

Stoneheads...

Total Points ... Final Standings

Club members in bold:

| Name | Age | # Races | Total Points |
|------------------------|------|------------|--------------|
| 1 Stanislav Trufanov | M 34 | 17 | 1,455.66 |
| 2 Ted Cowles | M 55 | 18 | 1,421.16 |
| 3 Curt Pandiscio | M 52 | 12 | 838.22 |
| 4 Todd Bennett | M 43 | 8 | 700.62 |
| 5 Tony Bonanno | M 48 | 8 | 641.15 |
| 6 Michael Wade | M 44 | 7 | 532.54 |
| 7 Tom Dmukauskas | M 38 | 6 | 514.15 |
| 8 Donald Pacher | M 41 | 6 | 513.69 |
| 9 Miroslav Tashev | M 51 | 6 | 510.44 |
| 10 Brock Anello | M 34 | 6 | 506.24 |
| 11 Eric Wyzga | M 38 | 6 | 493.72 |
| 12 Scott Patnode | M 32 | 6 | 485.83 |
| 13 <u>Kelsey Allen</u> | F 30 | 6 | 475.74 |
| 14 Todd Brown | M 49 | 6 | 449.16 |
| 15 Dorin Neacsu | M 49 | 7 | 439.31 |
| 16 Vic LaPort | M 73 | 7 | 430.06 |
| 17 Will Danecki | M 63 | 7 | 426.55 |
| 18 Kevin Maier | M 29 | 6 | 426.00 |
| 19 David Sutherland | M 51 | 6 | 403.30 |
| 20 Rob Higley | M 59 | 5 | 401.44 |

| | | | |
|-------------------------------|------|---|--------|
| 21 Alexander Hayman | M 27 | 5 | 392.52 |
| 22 <u>Alexandra Jospe</u> | F 29 | 5 | 386.97 |
| 23 Jason Weakley | M 32 | 6 | 385.03 |
| 24 Ned James | M 58 | 5 | 383.86 |
| 25 Dave Raczkowski | M 62 | 8 | 375.60 |
| 26 <u>Lola Murray</u> | F 22 | 5 | 368.95 |
| 27 Thom Parker | M 48 | 6 | 359.40 |
| 28 Josh Flanagan | M 34 | 4 | 359.26 |
| 29 Jeff Hattem | M 62 | 6 | 357.65 |
| 30 Bob Worsham | M 68 | 6 | 356.64 |
| 31 Katelynn Venne | F 22 | 5 | 351.72 |
| 32 Paul Young | M 48 | 4 | 345.76 |
| 33 <u>Kristina Folcik</u> | F 35 | 4 | 333.95 |
| 34 Jim Nelson | M 49 | 4 | 327.81 |
| 35 <u>Katya Divari</u> | F 51 | 6 | 324.74 |
| 36 Gary Jewett | M 47 | 5 | 323.84 |
| 37 Bob Segal | M 60 | 5 | 315.44 |
| 38 <u>Jennifer Howland</u> | F 25 | 4 | 305.02 |
| 39 Carl Matuszek | M 61 | 4 | 301.76 |
| 40 <u>Carolyn Shreck</u> | F 41 | 5 | 298.01 |
| 41 Robert Perednia | M 30 | 4 | 296.83 |
| 42 Stephen Granger-Bevan | M 28 | 3 | 296.44 |
| 43 Chris Hayhurst | M 41 | 3 | 291.55 |
| 44 Ben Kimball | M 41 | 4 | 288.69 |
| 45 Patrick Gee | M 49 | 4 | 287.86 |
| 46 Jim Johnson | M 35 | 3 | 279.39 |
| 47 David Herr | M 48 | 3 | 275.13 |
| 48 Jeremy Merritt | M 36 | 4 | 272.50 |
| 49 Anthony Tieuli | M 40 | 4 | 271.30 |
| 50 Wayne Stocker | M 59 | 4 | 270.29 |
| 51 Dana Boudreau | M 39 | 4 | 264.36 |
| 52 Jerimy Arnold | M 32 | 3 | 263.11 |
| 53 Keith Schmitt | M 44 | 3 | 261.21 |
| 54 John Loring | M 66 | 5 | 260.72 |
| 55 Brodie Miles | M 40 | 3 | 258.56 |
| 56 Mike Williams | M 42 | 4 | 256.92 |
| 57 Robijn Hage | M 42 | 3 | 256.51 |
| 58 Ryan Welts | M 32 | 3 | 256.23 |
| 59 Jason Bacon | M 43 | 4 | 254.01 |
| 60 Glen Cooper | M 47 | 4 | 253.90 |
| 61 Philip Tatro | M 50 | 5 | 252.52 |
| 62 <u>Laura Clark</u> | F 66 | 6 | 249.63 |
| 63 Christopher Harrison | M 60 | 5 | 242.81 |
| 64 Joe Holland | M 51 | 3 | 242.23 |
| 65 Gary Hebert | M 48 | 4 | 241.96 |
| 66 Allen Cabot | M 58 | 4 | 239.27 |
| 67 Dan Danecki | M 54 | 4 | 238.38 |
| 68 <u>Carolina Villarreal</u> | F 31 | 4 | 236.85 |
| 69 Mark Staples | M 44 | 3 | 232.94 |
| 70 Garry Harrington | M 53 | 3 | 231.80 |
| 71 Robert Scott | M 59 | 4 | 229.58 |
| 72 Joe Gwozdz | M 58 | 3 | 227.17 |
| 73 Vincent Zito | M 41 | 3 | 226.58 |
| 74 David Loutzenheiser | M 46 | 3 | 224.73 |
| 75 David Boudreau | M 42 | 3 | 224.72 |
| 76 George Gilder | M 73 | 4 | 222.48 |
| 77 <u>Jennifer Ferriss</u> | F 41 | 4 | 222.35 |

Top 77 runners. For complete results check out the GT page at..

www.runwmac.com

**The 2013 "Grand Tree" Trail Series
New England Trail Running at its best.**

Races – Places – Dates – Winning Times – Number of Finishers

Merrimack River

10 Miles Andover, MA. ... 4 / 13 / 13

Jim Johnson.....35 M59:08
Kristina Folcik... ..35 F 1:08:37

198 Finishers

Muddy Moose

14 Miles ... Wolfeboro, NH. ... 4 / 28 / 13

Josh Ferenc31 M 1:25:09
Bridget Ferrin-Smith ...31 F 1:56:08

131 Finishers

Seven Sisters

12 - 13 Miles ... Amherst, MA. ... 5 / 5 / 13

Stephen Granger-Bevan.....32 M 1:51:01
Alexandra Jospe 29 F2:26:52

386 Finishers

Wapack and Back

21.5 Miles Ashburnham, MA5 / 11 / 13

Stanislav Trufanov34 M3:52:00
Clara Kelly..... 33 F 4:19:32

54 Finishers

Soapstone MT.

14.4 Miles ... Stafford Springs, CT. ... 5 / 19 / 13

Matt Shamey 33 M 1:38:38
Kristina Folcik 35 F 1:54:40

178 Finishers

Greylock Trail

Half Marathon ... Adams, MA. ... 6 / 16 / 13

Derek Jacobski..... 26 M 1:41:10
Kehr Davis36 F2:11:38

206 Finishers

Blue Hills Skyline Trail

12 K ... Milton, MA. ... 7 / 7 / 13

Andy Scott22 M 1:05:13
Phillippa Keast.....30 F 1:25:18

52 Finishers

Cranmore Hill

North Conway, NH. ... 7 / 21 / 13

Men run 3 laps Ladies run 2 laps up & down the mtn.

Joseph Gray29 M 56:23 --- 3 laps
Morgan Arritola27 F 42:31 ---2 laps

279 Finishers

People's Forest

7 Miles ... Barkhamsted, CT. ... 8 / 3 / 13

Dave Merkt 29 M 54:08
Alexandra Jospe.....29 F 1:03:12

61 Finishers

Savoy MT.

15.7 Miles Savoy, MA 8 / 18 / 13

John Kinnee 34 M 2:08:17
Alexandra Jospe29 F2:48:18

66 Finishers

Wapack Trail

18 Miles ... New Ipswich, NH. ... 9 / 1 / 13

Ben Nephew.... ..38 M 2:40:55
Kelsey Allen30 F3:21:38

95 Finishers

Pisgah MT.

23K and 50K ... Chesterfield, NH. ... 9 / 15 / 13

23K:

Jerimy Arnold32 M 1:41:04
Nina Silitch.40 F2:06:50

126 Finishers

50K:

Scott Traer 32 M 3:41:17
Alexandra Jospe29 F4:59:37

93 Finishers

Continued next page:

Nipmuck Marathon

26.4 Miles Ashford, CT. 10 / 6 / 13

Chris Hayhurst41 M3:23:17
Kristina Folcik35 F3:53:19

136 Finishers

Monroe / Dunbar Brook

10.5 Miles ... Monroe, MA. ... 10 / 13 / 13

Brian Rusiecki..... 34 M1:22:16
Kehr Davis36 F1:35:16

82 Finishers

Groton Forest

9.5 Miles ... Groton, MA. ... 10 / 13 / 13

Steve O'Brien.....27 M 55:56
Jamie Klickstein.....45 F 1:09:41

78 Finishers

MT. Toby

14 Miles Sunderland, MA.10 / 20 / 13

Drew Best.....31 M 1:25:41
Kelsey Allen30 F 1:50:45

77 Finishers

Hairy Gorilla

Half - Marathon ... Albany, NY. ... 10 / 27 / 13

Mike Rutledge 45 M 1:27:26
Jennifer Adams27 F1:36:10

208 Finishers

Stone Cat

Marathon & 50 Miles ... Ipswich, MA. ... 11 / 2 / 13

Marathon:

Mike Davis44 M..... 3:06:29
Aliza Lapierre33 F..... 3:16:15

215 Finishers

50 Miles:

Sebastien Roulier39 M 6:10:55
Larisa Dannis26 F 7:37:04

134 Finishers

Busa Bushwhack

10 Miles ... Framingham, MA. ... 11 / 10 / 13

Samuel Jurek 26 M 1:06:03
Kelsey Allen.....30 F..... 1:12:17

173 Finishers

GT Series Champions 1995 - 2013

| | Male | Female |
|------|------------------------|------------------|
| 1995 | Matt Cull | Robin Hathaway |
| 1996 | Tom Buckley | Debbie Briggs |
| 1997 | Bob Dion | Karen Cormier |
| 1998 | Keith Schmitt | Tracy Reusch |
| 1999 | Ben Nephew | Christy Cosgrove |
| 2000 | B. Nephew & L. Schmitt | Nikki Kimball |
| 2001 | Ben Nephew | Nikki Kimball |
| 2002 | Leigh Schmitt | Deb Livingston |
| 2003 | Ben Nephew | Deb Livingston |
| 2004 | Ben Nephew | Deb Livingston |
| 2005 | Greg Hammett | Deb Livingston |
| 2006 | Ben Nephew | Deb Livingston |
| 2007 | Greg Hammett | Deb Livingston |
| 2008 | G. Hammett & B. Nephew | Deb Livingston |
| 2009 | Ben Nephew | Amy Lane |
| 2010 | Ben Nephew | Abby Mahoney |
| 2011 | Ross Krause | Kelsey Allen |
| 2012 | Ross Krause | Kelsey Allen |
| 2013 | Stanislav Trufanov | Kelsey Allen |

Many THANKS go out to Rob Higley who once again compiled all the GT scoring this past year, and also for managing the WMAC web page. To Fred Pilon for handling all the Grand Tree scheduling in 2013, and to the WMAC for posting the up-dates and results on their web page and in this newsletter.

The Grand Tree Series would not happen if it were not for all the race directors, running clubs, and volunteers who make these races possible. Not only should you thank them but you should ask how you can help out at the next race.

And Thank You to all of you who participated in the GT Series this past year. We look forward to seeing you again next year for the 2014 trail season.

**The 2013 Grand Tree Trail Series...
New England Trail Running at its Best!**

Wapack Trail Race 18 miles
Windblown XC Ski Area ... New Ipswich, NH
September 1, 2013

Cloudy ...Some Sun ...Very Humid ... Mid to High 70's

WMAC members in bold:

| <u>Name</u> | <u>Age</u> | <u>ST.</u> | <u>Time</u> | <u>GT %</u> |
|--|------------|------------|-------------|-------------|
| 1 Ben Nephew | M 38 | MA | 2:40:55 | 100.00% |
| 2 Dave Herr | M 48 | VT | 2:41:32 | 99.62% |
| 3 Kevin Tilton | M 31 | NH | 2:52:31 | 93.28% |
| 4 Scott Traer | M 32 | MA | 2:54:47 | 92.07% |
| 5 Stanislav Trufanov | M 34 | MA | 3:01:45 | 88.54% |
| 6 Thomas (Ben) Thompson | M 22 | MA | 3:07:54 | 85.64% |
| 7 Matthew Smith | M 26 | MA | 3:11:14 | 84.15% |
| 8 Tony Bonanno | M 48 | CT | 3:12:10 | 83.74% |
| 9 William Jackson | M 31 | MA | 3:16:37 | 81.84% |
| 10 Todd Bennett | M 43 | CT | 3:17:18 | 81.56% |
| 11 Gregory Esbitt | M 39 | MA | 3:17:42 | 81.39% |
| 12 Ted Cowles | M 54 | CT | 3:20:52 | 80.11% |
| 13 Scott Patnode | M 32 | MA | 3:20:55 | 80.09% |
| 14 Rob Higley | M 59 | MA | 3:21:30 | 79.86% |
| 15 <u>Kelsey Allen</u> 1 st F | F 30 | MA | 3:21:38 | 79.81% |
| 16 Rob Bond | M 24 | MA | 3:24:07 | 78.84% |
| 17 Ned James | M 58 | MA | 3:24:20 | 78.75% |
| 18 Sean Radcliffe | M 53 | NH | 3:28:07 | 77.32% |
| 19 <u>Alexandra Jospe</u> | F 29 | MA | 3:32:42 | 75.65% |
| 20 Todd Brown | M 49 | CT | 3:34:20 | 75.08% |
| 21 Michael Wade | M 44 | NH | 3:37:10 | 74.10% |
| 22 Garry Harrington | M 53 | NH | 3:38:37 | 73.61% |
| 23 Thomas Gennaro | M 27 | MA | 3:41:19 | 72.71% |
| 24 Ben Kimball | M 41 | MA | 3:44:00 | 71.84% |
| 25 Jeremy Merritt | M 36 | NH | 3:46:48 | 70.95% |
| 26 <u>Lola Murray</u> | F 22 | MA | 3:48:20 | 70.47% |
| 27 <u>Katelynn Venne</u> | F 22 | MA | 3:48:21 | 70.47% |
| 28 Patrick Gee | M 48 | CT | 3:49:24 | 70.15% |
| 29 Curt Pandiscio | M 52 | CT | 3:51:58 | 69.37% |
| 30 Charles Hornbaker | M 31 | VA | 3:53:58 | 68.78% |
| 31 Jon McInerney | M 23 | NH | 3:55:02 | 68.47% |
| 32 Michael Auger | M 53 | MA | 3:56:05 | 68.16% |
| 33 David Boudreau | M 41 | NH | 3:57:36 | 67.73% |
| 34 Dane LeBlanc | M 55 | MA | 3:57:40 | 67.71% |
| 35 <u>Erin Vancellette</u> | F 38 | MA | 3:57:50 | 67.66% |
| 36 Bob Dunfey | M 62 | MA | 4:04:12 | 65.90% |
| 36 Tyler Whipple | M 31 | NH | 4:04:34 | 65.80% |
| 38 Gary Jewett | M 47 | MA | 4:04:50 | 65.72% |
| 39 Jason Weakley | M 32 | MA | 4:05:53 | 65.44% |
| 40 Matthew Evans | M 40 | MA | 4:08:05 | 64.86% |
| 41 Jason Bacon | M 42 | RI | 4:10:07 | 64.34% |
| 42 Jeff Lane | M 37 | MA | 4:10:47 | 64.17% |
| 43 <u>Elizabeth Santorella</u> | F 22 | MA | 4:11:40 | 63.94% |
| 44 Mike Maher | M 48 | MA | 4:14:04 | 63.34% |
| 45 Brady Bertram | M 33 | NH | 4:14:37 | 63.20% |
| 46 Eric Siegel | M 30 | MA | 4:14:39 | 63.19% |
| 47 Randal Parradee | M 42 | MA | 4:14:48 | 63.15% |
| 48 Paul Blankman | M 37 | MA | 4:15:28 | 62.99% |
| 49 Curtis Child | M 30 | MA | 4:20:59 | 61.66% |
| 50 Steve Collopy | M 56 | MA | 4:24:19 | 60.88% |
| 51 Nathan Augustine | M 39 | ME | 4:26:30 | 60.38% |
| 52 Michael Williams | M 42 | CT | 4:27:19 | 60.20% |

| | | | | |
|--------------------------------|------|----|---------|--------|
| 53 Mark Gillies | M 57 | NH | 4:27:27 | 60.17% |
| 54 Dana Boudreau | M 39 | NH | 4:27:32 | 60.15% |
| 55 Christopher E Pulick | M 43 | MA | 4:30:13 | 59.55% |
| 56 Thom Parker | M 46 | NH | 4:30:14 | 59.55% |
| 57 <u>Paula Finestone</u> | F 45 | MA | 4:31:39 | 59.24% |
| 58 <u>Amber Christoffersen</u> | F 32 | MA | 4:33:19 | 58.88% |
| 59 <u>Julie Walker</u> | F 42 | MA | 4:35:30 | 58.41% |
| 60 Kevin Mullen | M 56 | MA | 4:35:35 | 58.39% |
| 61 Gary Hebert | M 48 | CT | 4:36:12 | 58.26% |
| 62 Michael Vandermillen | M 51 | MA | 4:36:21 | 58.23% |
| 63 Robert Schaff | M 48 | CT | 4:39:12 | 57.63% |
| 64 Will Danecki | M 63 | CT | 4:40:22 | 57.40% |
| 65 Ken Gellman | M 47 | MA | 4:40:57 | 57.28% |
| 66 Dan Wagner | M 56 | MA | 4:41:09 | 57.24% |
| 67 Bob Worsham | M 67 | CT | 4:42:19 | 57.00% |
| 68 Paul Fortin | M 43 | MA | 4:42:36 | 56.94% |
| 69 <u>Charlotte Walsh</u> | F 46 | MA | 4:44:28 | 56.57% |
| 70 Art McGrath | M 62 | NH | 4:46:32 | 56.16% |
| 71 <u>Shelley Cheung</u> | F 29 | MA | 4:49:45 | 55.54% |
| 72 Dan Danecki | M 54 | MA | 4:51:16 | 55.25% |
| 73 Philip Markovich | M 51 | CT | 4:52:06 | 55.09% |
| 74 Kevin Strum | M 57 | MA | 4:52:15 | 55.06% |
| 75 Guy Caracciolo | M 42 | MA | 4:52:44 | 54.97% |
| 76 <u>Jennifer Morlock</u> | F 44 | NH | 4:54:33 | 54.63% |
| 77 Michael Bailey | M 35 | NH | 4:56:24 | 54.29% |
| 78 <u>Suzanne Corvi</u> | F 44 | MA | 5:02:27 | 53.20% |
| 79 <u>Carlene Hempel</u> | F 42 | MA | 5:02:28 | 53.20% |
| 80 Philip Tatro | M 49 | MA | 5:16:11 | 50.89% |
| 81 Marc DiComes | M 33 | NH | 5:20:46 | 50.17% |
| 82 Richard Mellor | M 63 | NH | 5:26:29 | 49.29% |
| 83 <u>Valerie Siedlik</u> | F 30 | MA | 5:27:59 | 49.06% |
| 84 Gus Iarrobino | M 48 | MA | 5:28:18 | 49.02% |
| 85 <u>Cheryl Mulvey</u> | F 53 | MA | 5:30:30 | 48.69% |
| 86 Edward Mulvey | M 54 | MA | 5:30:30 | 48.69% |
| 87 Peter Copelas | M 53 | MA | 5:32:34 | 48.39% |
| 88 John Loring | M 66 | MA | 5:47:06 | 46.36% |
| 89 <u>Carrie Lombardo</u> | F 42 | CT | 5:50:50 | 45.87% |
| 90 Lawrence LaRose | M 50 | NY | 5:50:53 | 45.86% |
| 91 Beau Bousquet | M 42 | MA | 5:58:38 | 44.87% |
| 92 <u>Jerilyn Goldberg</u> | F 42 | MA | 5:58:41 | 44.86% |
| 93 <u>Sharon McMonagle</u> | F 28 | NH | 6:08:04 | 43.72% |
| 94 David Raczkowski | M 62 | CT | 6:14:15 | 43.00% |
| 95 Rich Sewell | M 42 | MA | 6:16:38 | 42.73% |



photo by Paul Funch

Wapack Trail Race Report September 1, 2013

Unlike last year's low humidity and temperatures in the 60s, this year's 96 Wapack finishers experienced very high humidity and temperatures around 80 degrees. Except for scarce cooling breezes along the ridges, this was not a day for course records and none fell. It was fortunate that the sun did not stay out for long to compound the heat build-up that the runners experienced. Runners came from all six New England States, New York, and Virginia.

Taking first place in a time of 2:40:55 was 38-year old Ben Nephew of Mansfield, MA. Close behind was the course record holder, 48-year old Dave Herr of Canaan, VT. When they finished the race, they each thought they were one position further down in the results because they were behind another runner at the turnaround. However, the front-runner's inexperience got him lost somewhere on the way back. The trail that is well-marked at hiking speeds can be easily missed at racing speeds! It is hoped he comes back in a future year to run the race with more success.

On the women's side, last year's winner Kelsey Allen, 30, of Colrain, MA, once again comfortably led the field, finishing in 3:21:38. Second woman over the finish line was Alexandra Jospe, 29, of Newton, MA, in a time of 3:32:42.

Paul Funch RD



Runners relax after the Wapack trail race.

photo by Paul Funch

Check us out on the web at www.runwmac.com

For Results -- Info -- and Schedules

38th Annual Greylock Road Race

8 miles uphill to the summit of MT. Greylock

September 2, 2013

Club members in bold:

| <u>Name</u> | <u>Age</u> | <u>Time</u> |
|--|------------|-------------|
| 1 Eric Blake | M 34 | 51:38 |
| 2 Tim Mahoney | M 34 | 57:29 |
| 3 Donald Pacher | M 41 | 1:02:38 |
| 4 Jeff Dengate | M 36 | 1:05:21 |
| 5 David Wilson | M 51 | 1:08:30 |
| 6 <u>Jennifer Mygatt</u> 1 st F | F 32 | 1:11:29 |
| 7 Brian McCarthy | M 50 | 1:11:34 |
| 8 Allan Bates | M 64 | 1:11:47 |
| 9 Edward Gravelle | M 54 | 1:12:31 |
| 10 Amanda Chilson | F 31 | 1:14:19 |
| 11 <u>Jacqueline Shakar</u> | F 54 | 1:14:55 |
| 12 Joe Fois | M 38 | 1:15:50 |
| 13 Paul Bazanchuk | M 58 | 1:17:22 |
| 14 Daniel Potvin | M 48 | 1:18:02 |
| 15 Tom Tift | M 55 | 1:18:46 |
| 16 <u>Danielle Ignace</u> | F 35 | 1:18:52 |
| 17 Jan Rancatti | M 52 | 1:20:15 |
| 18 Carmel Kushi | F 44 | 1:20:55 |
| 19 Dylan Quinn | M 16 | 1:21:04 |
| 20 Andrew Gravelle | M 29 | 1:21:05 |
| 21 <u>Kathy McCarthy</u> | F 54 | 1:22:08 |
| 22 <u>Sau-Mei Leung</u> | F 47 | 1:22:25 |
| 23 Tommy Lusignan | M 44 | 1:23:23 |
| 24 Mike Lahey | M 62 | 1:25:56 |
| 25 Vince Kirby | M 57 | 1:27:03 |
| 26 Jeffrey Parkman | M 66 | 1:27:09 |
| 27 Bruce Shenker | M 60 | 1:27:20 |
| 28 Paul Donovan | M 59 | 1:27:48 |
| 29 Mike Duffy | M 62 | 1:28:40 |
| 30 Scott Bradley | M 58 | 1:34:26 |
| 31 Henry Art | M 68 | 1:35:11 |
| 32 Vic LaPort | M 73 | 1:35:33 |
| 33 David Aronson | M 58 | 1:38:08 |
| 34 Darlene McCarthy | F 50 | 1:38:32 |
| 35 Carl Cignoni | M 62 | 1:40:47 |
| 36 Nye Winston-Corradino | M 16 | 1:42:37 |
| 37 Bernie Mack | M 65 | 1:44:02 |
| 38 Fred Ross III | M 67 | 1:45:25 |
| 39 <u>Jessica Willis</u> | F 45 | 1:45:47 |
| 40 Chris Corradino | M 40 | 1:46:45 |
| 41 Eric White | M 72 | 1:48:45 |
| 42 Laura Clark | F 66 | 1:55:33 |
| 43 <u>Laurel Shortell</u> | F 47 | 1:55:41 |
| 44 Benjamin Griffin | M 27 | 1:57:11 |
| 45 Jack Chapman | M 60 | 2:01:21 |
| 46 Dick Hoch | M 72 | 2:07:45 |



Dick Hoch finishing the 2013 Pisgah Mt. 23K race.

photo by Fred Ross 111

One More at Pisgah

I'm finding out that becoming old is very different from merely getting older. My ability to do things – like mountain trail race – drastically recedes, diminishes, falls away. Thru my 60's I totaled over 58 hrs at Pisgah in completing 6 50k's, 1 23k. Four yrs later I both wanted to and made myself believe that I could – without an undue amount of physical destruction due to age induced deterioration – do it again. So I came to Chesterfield, NH on Sept 15 for my 8th “go.”

I led fellow 70er Art Gulliver off th road and for a short while on trail. But he, unlike me, is a genuine trail guy. When he came and eased on ahead, I had no further company until ultrarunners came along. They were ALL – I emphasize – positive, complimentary, encouraging toward th ol trail turtle (me).

Late in th day I was in bad shape, weak, unsteady, out of control. I fell numerous times but never with anyone nearby. I have no doubt I would've gotten help had I asked. However, I remained thru-out mentally sound & strong. Despite what was happening, my GOAL was always to finish on my own 2 feet, whatever. When th moment arrived th response of everybody was wonderful. I deeply thank all. In addition, a special Big Big thanks to RD's Gary & Chris (before them Mike & Sue), plus their helpers every year I showed-up to get out there and push-on, whatever.

Loved every minute, well, for sure th great majority. ☺

Dick Hoch

Race # and Unusual Times

Do you save your race numbers? I have. My lowest is 5. I have a hand-written 5 fm a little race long ago in Amherst, another fm my 1st Pisgah Mountain trail. My highest is my Boston Marathon. Th most numbers for me is 5. I've five 9s, five 13s. I was given my 5th 51 recently for my last Pisgah. I also raced with 100, 200, 300, 500, and 900.

Unbelievable ia an over-used word these day. However, I've achieved – honestly, fairly – some unbelievable race results. First off, I don't have and have never worn a watch nor paid / pay attention to finish-line clocks. While doing & completing a race I'm thinking “now” and “today”, concentrating on just doing th best I can. I check my time sometime after.

On Oct. 1st, 1989, I did th marathon at East Lyme, CT. Thanksgiving Day morning in Atlanta I did THAT marathon. My times for those certainly dissimilar 26.2ers: precisely th same!! In 2002 I finished th marathon in northcentral Pennsylvania which goes over th eastern continental divide in th Allegheny Mtns in 4:52:02. Three yrs later I returned for more fun (and suffering) to be clocked at 4:52:01!

My final shocker happened this year at th Summit Run near Northampton. Three yrs ago-not nearly 100% physically – I ended up on top in 42:22. this year – fit, ready, but also older – I improved by a gnat's eyelash: 42:21:85!!

So let's hear fm YOU, also YOU in th chair, and what about YOU over there??

Dick Hoch

Trail Trivia.....

The Latin phrase...

"Anima Sana In Corpore Sano"

Translates into...

"A Sound Mind In A Sound Body"

Which athletic apparel company uses this phrase in their name?

A ... New Balance B ... Nike

C ... Saucony D ... Asics

Pisgah MT. Trail Races
23K and 50K
Chesterfield, NH, September 15, 2013
Sunny and Dry ... Mid 70's

WMAC members in bold:

23K Results:

| <u>Name</u> | <u>Age</u> | <u>ST.</u> | <u>Time</u> | <u>GT %</u> |
|--|------------|------------|-------------|-------------|
| 1 Jeremy Arnold | M 32 | MA | 1:41:04 | 100.00% |
| 2 Jonathan Hammett | M 38 | RI | 1:42:48 | 98.31% |
| 3 Wayne Kermenski | M 38 | VT | 1:45:04 | 96.19% |
| 4 Robert Jackman | M 31 | RI | 1:45:38 | 95.68% |
| 5 Todd Bennett | M 43 | CT | 1:46:11 | 95.18% |
| 6 Donald Pacher | M 41 | MA | 1:50:00 | 91.88% |
| 7 Chris Landon | M 42 | NH | 1:50:32 | 91.44% |
| 8 Stanislav Trufanov | M 34 | MA | 1:51:29 | 90.66% |
| 9 Eric Wyzga | M 38 | RI | 1:55:03 | 87.85% |
| 10 Clint Joslyn | M 40 | NH | 1:57:20 | 86.14% |
| 11 Matt Mann | M 43 | VT | 1:57:32 | 85.99% |
| 12 Andrew Schneider | M 37 | MA | 1:58:31 | 85.28% |
| 13 Tim Fleming | M 47 | VT | 1:58:35 | 85.23% |
| 14 Ben James | M 46 | VT | 1:58:35 | 85.23% |
| 15 Jim Nelson | M 49 | CT | 1:58:37 | 85.20% |
| 16 Joe Holland | M 51 | NH | 1:59:04 | 84.88% |
| 17 Michael Wade | M 44 | NH | 1:59:25 | 84.63% |
| 18 Patrick Quinn | M 38 | RI | 2:00:27 | 83.91% |
| 19 Charles Therriault | M 28 | NH | 2:01:38 | 83.09% |
| 20 Justin Cox | M 37 | NH | 2:02:02 | 82.82% |
| 21 Scott Ribich | M 36 | MA | 2:02:21 | 82.60% |
| 22 Ted Cowles | M 54 | CT | 2:03:16 | 81.99% |
| 23 Jeff Carmichael | M 50 | VT | 2:03:32 | 81.81% |
| 24 Michael Einermann | M 37 | VT | 2:06:09 | 80.12% |
| 25 <u>Nina Silitch</u> 1st F | F 40 | NH | 2:06:50 | 79.68% |
| 26 Kevin Pascoe | M 48 | NH | 2:10:33 | 77.42% |
| 27 <u>Lola Murray</u> | F 22 | MA | 2:10:33 | 77.42% |
| 28 Eric Howe | M 46 | MA | 2:10:37 | 77.38% |
| 29 Gary Pzegeo | M 45 | MA | 2:11:06 | 77.09% |
| 30 Kyhl Lyndgaard | M 36 | VT | 2:11:20 | 76.95% |
| 31 Michael McLaughlin | M 38 | MA | 2:14:03 | 75.39% |
| 32 Jason Lane | M 40 | NH | 2:14:43 | 75.02% |
| 33 Gary Sclar | M 49 | MA | 2:15:01 | 74.85% |
| 34 Curt Pandiscio | M 52 | CT | 2:15:35 | 74.54% |
| 35 Eric Hannett | M 37 | NH | 2:16:06 | 74.26% |
| 36 Robert Kenetick | M 47 | MA | 2:17:14 | 73.65% |
| 37 <u>Elaine Allen</u> | F 45 | CT | 2:18:12 | 73.13% |
| 38 Robert Drewell | M 40 | MA | 2:18:14 | 73.11% |
| 39 Andy Klaski | M 50 | NH | 2:19:51 | 72.27% |
| 40 Brian Killkelly | M 49 | VT | 2:19:54 | 72.24% |
| 41 <u>Lara Lonon</u> | F 40 | VT | 2:23:27 | 70.45% |
| 42 Don Slovenkai | M 57 | NH | 2:23:27 | 70.45% |
| 43 <u>Tara Deeble</u> | F 42 | MA | 2:24:11 | 70.10% |
| 44 Richard Brown | M 48 | NH | 2:25:07 | 69.64% |
| 45 <u>Robyn Hannett</u> | F 38 | NH | 2:25:55 | 69.26% |
| 46 <u>Eve Goldenberg</u> | F 46 | MA | 2:26:48 | 68.85% |
| 47 Dave Delworth | M 33 | NH | 2:27:05 | 68.71% |
| 48 Douglas Rogers | M 57 | VT | 2:27:17 | 68.62% |
| 49 <u>Kelly Sosa</u> | F 33 | NH | 2:27:51 | 68.36% |
| 50 Julian Murphy | M 21 | NH | 2:28:54 | 67.88% |

| | | | | |
|------------------------------|------|----|---------|--------|
| 51 Nick Williams | M 33 | NH | 2:28:57 | 67.85% |
| 52 Mitchell Leet | M 34 | NH | 2:29:22 | 67.66% |
| 53 Bryan Bassler | M 34 | NH | 2:30:26 | 67.18% |
| 54 Matthew Schexnyder | M 38 | MA | 2:30:32 | 67.14% |
| 55 Jeff Barriss | M 44 | MA | 2:30:41 | 67.07% |
| 56 <u>Daniell Ignace</u> | F 35 | MA | 2:30:52 | 66.99% |
| 57 William Slammon | M 50 | NH | 2:32:16 | 66.37% |
| 58 Kristofer Olson | M 16 | NH | 2:33:52 | 65.68% |
| 59 John Gagnon | M 52 | VT | 2:34:56 | 65.23% |
| 60 Phil Bricker | M 59 | MA | 2:35:25 | 65.03% |
| 61 <u>Jane Hoffmann</u> | F 51 | MA | 2:36:00 | 64.79% |
| 62 <u>Nancy Heydinger</u> | F 52 | VT | 2:36:00 | 64.79% |
| 63 <u>Stacy Lynn Reznick</u> | F 34 | NH | 2:36:05 | 64.75% |
| 64 <u>Selina Hunter</u> | F 48 | VT | 2:36:48 | 64.46% |
| 65 Mark Crone | M 48 | CT | 2:36:49 | 64.45% |
| 66 James Callaway | M 50 | MA | 2:37:08 | 64.32% |
| 67 David Smelser | M 46 | MA | 2:37:09 | 64.31% |
| 68 <u>Emily Biolsi</u> | F 31 | VT | 2:38:11 | 63.89% |
| 69 Ron Wright | M 33 | NH | 2:39:20 | 63.43% |
| 70 Steve Sebastian | M 64 | NH | 2:39:38 | 63.31% |
| 71 T.J. Hughes | M 35 | RI | 2:39:59 | 63.17% |
| 72 Dve McLaughlin | M 39 | MA | 2:39:59 | 63.17% |
| 73 <u>Jennifer Melkonian</u> | F ?? | MA | 2:40:19 | 63.04% |
| 74 Akira Yatsuhashi | M 43 | NY | 2:40:28 | 62.98% |
| 75 <u>Virginia Gold</u> | F 44 | VT | 2:41:16 | 62.67% |
| 76 Douglas Rice | M 35 | MA | 2:41:19 | 62.65% |
| 77 <u>Susanne Olson</u> | F 44 | NH | 2:42:12 | 62.31% |
| 78 <u>Clare Croteau</u> | F 33 | NH | 2:42:58 | 62.02% |
| 79 <u>Amie Hewett</u> | F 43 | ME | 2:43:05 | 61.97% |
| 80 <u>Heather Delworth</u> | F 35 | NH | 2:44:46 | 61.34% |
| 81 Dennis Carmody | M 59 | MA | 2:46:08 | 60.83% |
| 82 Bob Segal | M 60 | MA | 2:46:34 | 60.68% |
| 83 Steve Perrin | M 49 | NH | 2:47:06 | 60.48% |
| 84 Roy Van Buren | M 51 | MA | 2:50:30 | 59.28% |
| 85 <u>Lisa Clancy</u> | F 46 | RI | 2:51:14 | 59.02% |
| 86 <u>Paulette Slovenkai</u> | F 53 | NH | 2:51:21 | 58.98% |
| 87 Franz Buzawa | M 50 | MA | 2:51:47 | 58.83% |
| 88 <u>Linda O'Donnell</u> | F 53 | NH | 2:52:10 | 58.70% |
| 89 <u>Ann Lent</u> | F 54 | NH | 2:52:13 | 58.69% |
| 90 Jeff Hattem | M ?? | MA | 2:53:52 | 58.13% |
| 91 Michael Geenty | M 59 | CT | 2:53:57 | 58.10% |
| 92 Jim Reznicek | M 47 | NH | 2:54:17 | 57.99% |
| 93 <u>Cynthia Brown</u> | F 53 | MA | 2:54:35 | 57.89% |
| 94 Ed Dinnany | M 66 | VT | 2:54:35 | 57.89% |
| 95 <u>Janet Sanderson</u> | F 46 | RI | 2:55:37 | 57.55% |
| 96 <u>Lauren Therriault</u> | F 27 | NH | 2:55:51 | 57.47% |
| 97 Ron Stahley | M 59 | VT | 2:56:01 | 57.42% |
| 98 <u>Sue Minor</u> | F 31 | NH | 2:56:13 | 57.35% |
| 99 <u>Sharon Nault</u> | F 44 | NH | 2:56:40 | 57.21% |
| 100 Jeff Sheppard | M 54 | MA | 2:56:45 | 57.18% |
| 101 <u>Diane Harty</u> | F 58 | NH | 2:59:27 | 56.32% |
| 102 Richard Mellor | M 63 | NH | 2:59:38 | 56.26% |
| 103 Keith Kelley | M 52 | NH | 3:03:22 | 55.12% |
| 104 Chris Thompson | M 51 | MA | 3:03:59 | 54.93% |
| 105 <u>Jen Speranzo</u> | F 39 | MA | 3:06:55 | 54.07% |
| 106 <u>Laura Winters</u> | F 37 | NH | 3:07:05 | 54.02% |
| 107 <u>Leah Belanger</u> | F 33 | NH | 3:07:30 | 53.90% |
| 108 David Delibac | M 61 | VT | 3:07:44 | 53.84% |

Continued next page:

Pisgah results cont:

| | | | | |
|-------------------------------|------|----|---------|--------|
| 109 Paul Neri | M 55 | MA | 3:08:41 | 53.56% |
| 110 Michael Lacharite | M 55 | NC | 3:09:15 | 53.40% |
| 111 <u>Pamela Suhr</u> | F 49 | CT | 3:13:24 | 52.26% |
| 112 <u>Anna DeBattiste</u> | F 48 | NH | 3:16:34 | 51.42% |
| 113 <u>Jennifer Miller</u> | F 41 | CT | 3:27:58 | 48.60% |
| 114 <u>Geri Walton</u> | F 53 | NH | 3:30:29 | 48.02% |
| 115 Bob Lance | M 56 | NH | 3:30:29 | 48.02% |
| 116 <u>Eleanor Fortesque</u> | F ?? | CT | 3:34:16 | 47.17% |
| 117 <u>Rachel Lakin</u> | F 49 | NH | 3:36:56 | 46.59% |
| 118 <u>Renee Ciulla</u> | F 32 | NH | 3:42:22 | 45.45% |
| 119 <u>Cindie Collins</u> | F ?? | ME | 3:42:36 | 45.40% |
| 120 <u>Patty Lou Bris</u> | F 50 | ME | 3:42:38 | 45.40% |
| 121 <u>Carey Stillman</u> | F 48 | NH | 3:47:44 | 44.38% |
| 122 <u>Viktoriya Abbate</u> | F 45 | FL | 4:02:21 | 41.70% |
| 123 <u>Nancy Rose Peduzzi</u> | F 58 | FL | 4:02:21 | 41.70% |
| 124 Newt Tolamn | M 71 | ?? | 4:02:21 | 41.70% |
| 125 <u>Art Gulliver</u> | M 74 | MA | 4:44:20 | 35.55% |
| 126 <u>Dick Hoch</u> | M 73 | CT | 6:18:28 | 26.70% |

Pisgah Mountain Trail Races

50K Results:

| <u>Name</u> | <u>Age</u> | <u>ST.</u> | <u>Time</u> | <u>GT %</u> |
|---|------------|------------|-------------|-------------|
| 1 Scott Traer | M 32 | MA | 3:41:17 | 100.00% |
| 2 Josh Ferenc | M 31 | VT | 3:42:07 | 99.62% |
| 3 Chris Hayhurst | M 41 | NH | 4:01:23 | 91.67% |
| 4 Greg Hammett | M 36 | NH | 4:03:25 | 90.91% |
| 5 George Adams | M 43 | NH | 4:21:01 | 84.78% |
| 6 Jeff Ingalls | M 42 | MA | 4:34:27 | 80.63% |
| 7 Anthony Parillo | M 29 | MA | 4:52:59 | 75.53% |
| 8 Tom Dmukauskas | M 37 | MA | 4:54:33 | 75.13% |
| 9 Nate Morin | M 39 | MD | 4:59:25 | 73.90% |
| 10 <u>Alexandra Jospe</u> 1 st F | F 29 | MA | 4:59:37 | 73.86% |
| 11 Josh Garrison | M 27 | NY | 4:59:53 | 73.79% |
| 12 Scott Patnode | M 32 | MA | 4:59:57 | 73.77% |
| 13 <u>Kelsey Allen</u> | F 30 | MA | 5:06:15 | 72.26% |
| 14 Jon Floyd | M 41 | VT | 5:08:20 | 71.77% |
| 15 Rick Gordon | M 53 | VT | 5:09:10 | 71.57% |
| 16 Chris Casey | M 34 | NH | 5:12:31 | 70.81% |
| 17 Laurie Greenberg | M 38 | VT | 5:13:16 | 70.64% |
| 18 Alexander Hayman | M 27 | MA | 5:17:21 | 69.73% |
| 19 Lars Blackmore | M 44 | VT | 5:18:06 | 69.56% |
| 20 Mike Tegart | M 29 | VT | 5:18:34 | 69.46% |
| 21 Paul Camire | M 54 | NH | 5:20:27 | 69.05% |
| 22 <u>Anna Savage</u> | F 31 | DC | 5:25:11 | 68.05% |
| 23 <u>Rob Higley</u> | M 59 | MA | 5:25:16 | 68.03% |
| 24 Steve Hertford | M 53 | VT | 5:30:53 | 66.88% |
| 25 Mark Staples | M 44 | MA | 5:34:38 | 66.13% |
| 26 Sean Snow | M 46 | NH | 5:35:58 | 65.86% |
| 27 Jay Fauci | M 40 | VT | 5:37:37 | 65.54% |
| 28 Kevin Maler | M 29 | MA | 5:42:06 | 64.68% |
| 29 <u>Donna Utakis</u> | F 45 | MA | 5:44:23 | 64.25% |
| 30 John Beard | M 49 | NY | 5:45:09 | 64.11% |
| 31 Jeff Lane | M 37 | MA | 5:45:20 | 64.08% |
| 32 Chris Carmody | M 31 | MA | 5:45:37 | 64.03% |
| 33 Matthew Cadieux | M 32 | MA | 5:47:27 | 63.69% |
| 34 <u>Donna Smyth</u> | F 53 | VT | 5:51:14 | 63.00% |

| | | | | |
|-----------------------------|------|----|---------|--------|
| 35 Rob Hunter | M 33 | MA | 5:51:24 | 62.97% |
| 36 Thomas Parker | M 48 | NH | 5:51:58 | 62.87% |
| 37 Tim Horan | M 40 | NY | 5:52:31 | 62.77% |
| 38 Jeffrey Taylor | M 53 | NH | 5:54:04 | 62.50% |
| 39 <u>Shiela Boyle</u> | F 46 | MA | 6:00:30 | 61.38% |
| 40 Bill Nawn | M 49 | NH | 6:01:37 | 61.19% |
| 41 Chris Lord | M 41 | VT | 6:03:43 | 60.84% |
| 42 <u>Christine Mathier</u> | F 37 | NH | 6:06:07 | 60.44% |
| 43 <u>Jennifer Sorrell</u> | F 50 | VT | 6:07:05 | 60.28% |
| 44 Ben Kimball | M 41 | MA | 6:08:38 | 60.03% |
| 45 <u>Jodi Badershall</u> | F 35 | ME | 6:13:15 | 59.29% |
| 46 <u>Marcy Beard</u> | F 44 | NY | 6:14:49 | 59.04% |
| 47 <u>Tuul Sukhbaatar</u> | F 33 | NH | 6:19:25 | 58.32% |
| 48 Dave Zimmerman | M 45 | NH | 6:21:47 | 57.96% |
| 49 Richard Voto | M 44 | MA | 6:23:01 | 57.77% |
| 50 Gary Jewett | M 47 | MA | 6:23:22 | 57.72% |
| 51 Bob Dunfey | M 62 | ME | 6:29:57 | 56.75% |
| 52 Glenn Hammett | M 36 | NH | 6:30:34 | 56.66% |
| 53 Paul Sulva | M 43 | VT | 6:33:23 | 56.25% |
| 54 <u>Paula Finestone</u> | F 45 | MA | 6:33:23 | 56.25% |
| 55 Christopher Pulick | M 43 | MA | 6:33:23 | 56.25% |
| 56 <u>Carolyn Shreck</u> | F ?? | NH | 6:37:40 | 55.65% |
| 57 Mark Sarno | M 32 | MA | 6:41:18 | 55.14% |
| 58 Jason Weakley | M 32 | MA | 6:44:55 | 54.65% |
| 59 Tim Finke | M 37 | NH | 6:45:31 | 54.57% |
| 60 Kevin Claire | M 45 | MA | 6:45:37 | 54.55% |
| 61 Chris Snow | M 33 | VT | 6:46:20 | 54.46% |
| 62 <u>Lindsey Topham</u> | F 29 | MA | 6:46:28 | 54.44% |
| 63 Kevin Strum | M 57 | MA | 6:48:07 | 54.22% |
| 64 Cesar Hernandez | M 29 | MA | 6:52:11 | 53.69% |
| 65 <u>Colleen Murphy</u> | F 30 | NH | 6:52:11 | 53.69% |
| 66 John Peabody | M 58 | RI | 6:55:20 | 53.28% |
| 67 Mark Howard | M 51 | VT | 7:02:22 | 52.39% |
| 68 <u>Danielle Howes</u> | F 40 | VT | 7:02:52 | 52.33% |
| 69 Danny Miller | M 43 | VT | 7:03:01 | 52.31% |
| 70 Wayne Reisberg | M 46 | VT | 7:04:52 | 52.08% |
| 71 Chris Dahlberg | M 34 | MA | 7:05:47 | 51.97% |
| 72 Eng-Lai Tan | M 42 | NJ | 7:05:57 | 51.95% |
| 73 Michael Topalian | M 51 | MA | 7:07:40 | 51.74% |
| 74 Joe Sicard | M 32 | VT | 7:15:11 | 50.85% |
| 75 Joe Beyer | M 50 | MA | 7:19:38 | 50.33% |
| 76 Marc McGowan | M 58 | QC | 7:24:19 | 49.80% |
| 77 <u>Jo Ann Peterson</u> | F 52 | MA | 7:33:33 | 48.79% |
| 78 <u>Sarah Avery-Leal</u> | F 49 | NH | 7:35:03 | 48.63% |
| 79 John Mudano | M 46 | CT | 7:42:30 | 47.85% |
| 80 <u>Karen Giroux</u> | F 47 | MA | 7:42:44 | 47.82% |
| 81 <u>Ann Tobalske</u> | F 46 | ME | 7:52:00 | 46.88% |
| 82 Josh Robert | M 32 | NH | 7:57:19 | 46.36% |
| 83 <u>Loni Allen</u> | F 33 | NH | 7:57:19 | 46.36% |
| 84 <u>Mary Caulfield</u> | F 50 | NH | 8:08:56 | 45.26% |
| 85 John DiCicco | M 42 | MA | 8:12:16 | 44.95% |
| 86 <u>Deborah Williams</u> | F 42 | MA | 8:12:16 | 44.95% |
| 87 <u>Alena Stevens</u> | F 42 | CT | 8:13:03 | 44.88% |
| 88 Phil Tatro | M 49 | MA | 8:16:17 | 44.59% |
| 89 Clement Choy | M 66 | VT | 8:25:17 | 43.79% |
| 90 <u>Lisa Woods</u> | F 50 | MA | 8:48:51 | 41.84% |
| 91 Kim Vanyo | F ?? | MA | 8:48:52 | 41.84% |
| 92 <u>Bonnie Hallinan</u> | F 63 | MA | 8:52:47 | 41.53% |
| 93 Lee Dickey | M 59 | MA | 8:55:57 | 41.29% |

96 Starters

Nipmuck Trail Marathon 26.4 miles

Ashford, CT October 6, 2013

Wet & Muddy Trails

Rain ... Heavy at times ... Mid 60's

WMAC members in bold:

| Name | Age | ST. | Time | GT % |
|---|--------|-----|---------|---------|
| 1 Chris Hayhurst | M40-49 | NH | 3:23:17 | 100.00% |
| 2 Jonathan Hammett | M30-39 | RI | 3:38:02 | 93.23% |
| 3 Seth Acton | M30-39 | RI | 3:42:51 | 91.22% |
| 4 Stanislav Trufanov | M30-39 | MA | 3:48:14 | 89.07% |
| 5 Peter Keeney | M40-49 | ME | 3:48:51 | 88.83% |
| 6 Kristina Folcik 1st F | F30-39 | NH | 3:53:19 | 87.13% |
| 7 Scott Patnode | M30-39 | MA | 3:58:31 | 85.23% |
| 8 Aidan Cooper | M20-29 | NJ | 4:03:47 | 83.39% |
| 9 Graeme Street | M30-39 | CT | 4:07:01 | 82.30% |
| 10 Leif Ellison | M30-39 | CT | 4:07:57 | 81.99% |
| 11 Ken Naide | M40-49 | MA | 4:09:14 | 81.56% |
| 12 Chris Kelly | M30-39 | CT | 4:11:31 | 80.82% |
| 13 Tony Zacharski | M40-49 | CT | 4:12:02 | 80.66% |
| 14 Steve Tansley | M30-39 | CT | 4:12:35 | 80.48% |
| 15 Alexander Hayman | M20-29 | MA | 4:17:47 | 78.86% |
| 16 Susanna M ????? | F30-39 | CT | 4:18:25 | 78.66% |
| 17 Ted Cowles | M50-59 | CT | 4:19:03 | 78.47% |
| 18 Brian Sleigh | M40-49 | CT | 4:20:41 | 77.98% |
| 19 Christine Loudon | F40-49 | CT | 4:24:27 | 76.87% |
| 20 David Molk | M30-39 | NJ | 4:24:50 | 76.76% |
| 21 Jeff Dixon | M40-49 | MA | 4:25:11 | 76.66% |
| 22 Matthew Austin | M20-29 | CT | 4:29:56 | 75.31% |
| 23 Jennifer Latham | F40-49 | NY | 4:30:16 | 75.22% |
| 24 Andrew Burness | M30-39 | CT | 4:30:18 | 75.21% |
| 25 Vincent Antonelli | M40-49 | CT | 4:32:41 | 74.55% |
| 26 John Mcfarland | M40-49 | CT | 4:33:37 | 74.29% |
| 27 Mark Leuschner | M50-59 | NH | 4:34:12 | 74.14% |
| 28 Alison Cleary | F20-29 | RI | 4:39:59 | 72.61% |
| 29 Russell Stroud | M40-49 | CT | 4:40:02 | 72.59% |
| 30 Steve Chaffee | M40-49 | NY | 4:41:48 | 72.14% |
| 31 Alex Mcdaniel | M30-39 | CT | 4:42:22 | 71.99% |
| 32 Raymond Sansoucy | M20-29 | MA | 4:42:24 | 71.98% |
| 33 Steve Nichols | M40-49 | CT | 4:43:28 | 71.71% |
| 34 Laura Blais | F40-49 | CT | 4:43:54 | 71.60% |
| 35 Peter Harris | M60-69 | VT | 4:44:55 | 71.35% |
| 36 Abbie Harris | F30-39 | ID | 4:44:56 | 71.34% |
| 37 James Miner | M60-69 | NY | 4:45:36 | 71.18% |
| 38 Robert Hunter | M30-39 | MA | 4:46:40 | 70.91% |
| 39 Josh Kalla | M20-29 | PA | 4:49:24 | 70.24% |
| 40 Thea Cox | F30-39 | CT | 4:50:37 | 69.95% |
| 41 Paul Baldini | M40-49 | CT | 4:50:38 | 69.94% |
| 42 Michael Prukalski | M50-59 | MA | 4:50:53 | 69.88% |
| 43 Kris Craig | M50-59 | RI | 4:50:57 | 69.87% |
| 44 Curt Pandiscio | M50-59 | CT | 4:51:38 | 69.71% |
| 45 Philip Pannenko | M20-29 | CT | 4:52:46 | 69.44% |
| 46 Robert Drewell | M40-49 | MA | 4:53:02 | 69.37% |
| 47 Dana Boudreau | M30-39 | NH | 4:53:06 | 69.36% |
| 48 Matthew Burrell | M20-29 | CT | 4:53:09 | 69.34% |
| 49 Russell Hammond | M50-59 | CT | 4:54:36 | 69.00% |
| 50 Jay Avitable | M50-59 | CT | 4:54:42 | 68.98% |
| 51 Art Byram | M40-49 | CT | 5:04:32 | 66.75% |
| 52 Amy Hanlon | F30-39 | CT | 5:05:07 | 66.62% |
| 53 David Sutherland | M50-59 | CT | 5:05:15 | 66.60% |
| 54 Jenny Carpenter | F40-49 | NY | 5:06:12 | 66.39% |

| | | | | |
|--------------------------------|--------|----|---------|--------|
| 55 Charles Rocca | M40-49 | CT | 5:10:06 | 65.55% |
| 56 Adam Lung | M40-49 | CT | 5:10:34 | 65.46% |
| 57 David Redline | M40-49 | CT | 5:10:44 | 65.42% |
| 58 John Beard | M40-49 | NY | 5:12:47 | 64.99% |
| 59 Jennifer Clark | F30-39 | CT | 5:14:15 | 64.69% |
| 60 Marcy Beard | F40-49 | NY | 5:14:36 | 64.62% |
| 61 Kevin Prager | M30-39 | ME | 5:14:39 | 64.61% |
| 62 Brian Gray | M30-39 | NY | 5:16:28 | 64.24% |
| 63 Nathan Dowden | M40-49 | MA | 5:17:59 | 63.93% |
| 64 Anne Parmenter | F50-59 | CT | 5:18:16 | 63.87% |
| 65 Fred Pilon | M60-69 | MA | 5:18:24 | 63.85% |
| 66 Brian Durant | M40-49 | VA | 5:19:10 | 63.69% |
| 67 Matthew Mareka | M20-29 | CT | 5:19:36 | 63.61% |
| 68 Jason Bacon | M40-49 | RI | 5:19:39 | 63.60% |
| 69 Charles Markunas | M50-59 | CT | 5:20:20 | 63.46% |
| 70 Dane Leblanc | M50-59 | MA | 5:20:22 | 63.45% |
| 71 Michael Agbay | M40-49 | MA | 5:23:00 | 62.94% |
| 72 Stephen Ewing | M30-39 | MA | 5:24:58 | 62.56% |
| 73 Jefferson Wood | M40-49 | MA | 5:25:00 | 62.55% |
| 74 Shannon Macgregor | M30-39 | NY | 5:25:07 | 62.53% |
| 75 Mark Sarno | M30-39 | MA | 5:27:22 | 62.10% |
| 76 Brad Pellissier | M50-59 | CT | 5:28:15 | 61.93% |
| 77 Justin Neumann | M30-39 | CT | 5:28:37 | 61.86% |
| 78 Jackson Blum | M20-29 | NH | 5:29:45 | 61.65% |
| 79 Robert Schaff | M40-49 | CT | 5:32:04 | 61.22% |
| 80 Heather Wiatrowski | F30-39 | MA | 5:35:09 | 60.65% |
| 81 Titus Roden | M40-49 | MA | 5:35:32 | 60.59% |
| 82 Will Danecki | M60-69 | CT | 5:35:33 | 60.58% |
| 83 Catherine Kuhn | F30-39 | CT | 5:38:15 | 60.10% |
| 84 Nicole Karnas | F30-39 | CT | 5:38:50 | 60.00% |
| 85 Suzanne Salemi | F30-39 | CT | 5:40:50 | 59.64% |
| 86 Bob Worsham | M60-69 | CT | 5:41:09 | 59.59% |
| 87 Amber Christoffersen | F30-39 | MA | 5:43:20 | 59.21% |
| 88 Jeff Doot | M40-49 | CT | 5:45:06 | 58.91% |
| 89 Etienne Jaulin | M50-59 | MA | 5:45:35 | 58.82% |
| 90 Michael Crutchley | M40-49 | CT | 5:45:36 | 58.82% |
| 91 Jim Marsden | M20-29 | MA | 5:45:37 | 58.82% |
| 92 Robert Scott | M50-59 | CT | 5:48:14 | 58.38% |
| 93 Tim Finke | M30-39 | NH | 5:48:43 | 58.29% |
| 94 Sam Wachsmann | M40-49 | PA | 5:55:30 | 57.18% |
| 95 Scott Ashe | M50-59 | CA | 6:00:27 | 56.40% |
| 96 Robert Ashe | M50-59 | CA | 6:00:30 | 56.39% |
| 97 Karen Martin | F50-59 | NY | 6:00:31 | 56.39% |
| 98 Philip Whewell | M30-39 | NY | 6:00:33 | 56.38% |
| 99 Joe Beyer | M50-59 | MA | 6:04:16 | 55.81% |
| 100 Jarred Erzinger | M20-29 | NH | 6:09:48 | 54.97% |
| 101 Suzanne Whitehead | F40-49 | TN | 6:10:24 | 54.88% |
| 102 Stacy Toro | F40-49 | TN | 6:10:25 | 54.88% |
| 103 Mark Siegmund | M40-49 | ME | 6:14:43 | 54.25% |
| 104 Emily Snayd | F30-39 | CT | 6:14:45 | 54.25% |
| 105 Mike Dunne | M30-39 | CT | 6:14:46 | 54.24% |
| 106 Tara Rasch | F30-39 | MA | 6:15:14 | 54.18% |
| 107 Jt Archie | M30-39 | NY | 6:15:17 | 54.17% |
| 108 Stephanie Mismas | F30-39 | CT | 6:15:26 | 54.15% |
| 109 Kurt Zimmermann | M40-49 | CT | 6:15:27 | 54.14% |
| 110 Christina Healey | F30-39 | MA | 6:16:36 | 53.98% |
| 111 Richard Voto | M40-49 | MA | 6:16:38 | 53.97% |
| 112 Bernard Kelley | M40-49 | RI | 6:16:40 | 53.97% |
| 113 Scott Foxx | M40-49 | NC | 6:23:12 | 53.05% |

Continued next page:

Nipmuck results cont:

| | | | | |
|--------------------------------|--------|----|---------|--------|
| 114 <u>Barbara Sorrell</u> | F50-59 | NY | 6:27:07 | 52.51% |
| 115 <u>Kathleen Babcock</u> | F40-49 | NH | 6:30:32 | 52.05% |
| 116 <u>Sara Sessions</u> | F40-49 | CT | 6:32:05 | 51.85% |
| 117 <u>Karen Giroux</u> | F40-49 | MA | 6:32:10 | 51.84% |
| 118 <u>Sarah Croucher</u> | F30-39 | CT | 6:32:50 | 51.75% |
| 119 <u>Todd Szoka</u> | M40-49 | CT | 6:32:51 | 51.75% |
| 120 <u>Kristen Brescia</u> | F30-39 | NY | 6:33:22 | 51.68% |
| 121 <u>Jordan Vanek</u> | M30-39 | CT | 6:33:29 | 51.66% |
| 122 <u>Ralph Blanchard</u> | M50-59 | CT | 6:33:38 | 51.64% |
| 123 <u>Caroline Williams</u> | F50-59 | VA | 6:37:04 | 51.20% |
| 124 <u>Heather Wheeler</u> | F40-49 | NH | 6:39:35 | 50.87% |
| 125 <u>David Raczkowski</u> | M60-69 | CT | 6:47:27 | 49.89% |
| 126 <u>Bekkie Wright</u> | F50-59 | CT | 6:55:25 | 48.93% |
| 127 <u>Joseph Poliquin</u> | M60-69 | CT | 6:55:31 | 48.92% |
| 128 <u>Patrick Canonica</u> | M60-69 | MA | 7:00:39 | 48.33% |
| 129 <u>Susan Dobson</u> | F40-49 | NE | 7:05:19 | 47.80% |
| 130 <u>Kimber Green</u> | F40-49 | MA | 7:05:21 | 47.79% |
| 131 <u>Susan Leveret</u> | F50-59 | VT | 7:10:55 | 47.17% |
| 132 <u>Joe Hayes</u> | M60-69 | NH | 7:28:50 | 45.29% |
| 133 <u>Brenda Smith</u> | F ?? | ?? | 7:33:11 | 44.86% |
| 134 <u>Zack Price</u> | M20-29 | NJ | 7:33:12 | 44.86% |
| 135 <u>Michelle Czlapinski</u> | F30-39 | WI | 7:33:13 | 44.85% |
| 136 <u>R.C. Fagan</u> | M50-59 | IL | 7:40:41 | 44.13% |

Then the Rains Came (Part 2) 30th Annual Nipmuck Marathon

The weather forecast on October 6th called for a 30% chance of isolated showers so just in case I threw my rain jacket in with my gear as I left the house a little after 5:00 am heading for my latest adventure at the Nipmuck Trail Marathon. I've run Nipmuck several times in the rain over the years, but that was when the race was still run in June and much warmer. Now that it's held in October I wasn't sure what to expect if it rained. Within a mile from the house it was already starting to sprinkle and by the time I got on the highway it was a steady rain. It's a 92 mile drive for me and with every mile the rain became heavier. At one point on I-84 just outside of Hartford we were down to about 30 miles an hour as it was very hard to see the road or any other cars in front of us.

In the steady rain I finally arrived at the race and put on my rain gear as I went to check in. Most people were hold up in there cars so we didn't get a lot of socializing in before the race began. I debated wearing my rain jacket while running but just before the race start it finally stopped raining. The temperature was about 63 degrees with no wind so I figured I'd just go with my usual shorts, shirt and hat.

Within the first ½ mile I tucked in behind my buddies Curt and Bobby and just in front of Fred as we all chatted back & forth and kept up a steady but not to fast pace. The first few miles were actually pleasant. The trail wasn't too muddy at that point and the temps were very comfortable.

Somewhere around 5 miles I rolled my ankle and pretty much hobbled for the next mile into the first turn-around. I took an extra minute or 2 to fuel up and get my ankle under control while everyone else took off right away. Running along the river on the softer trail section on the way back my ankle felt a little better and soon I had caught up to my friends, just as the rain started up again.

We ran together into the aid station at the half-way point (start / finish area) and I briefly thought about running down the road about 100 feet to my car and grabbing my rain jacket. But I was feeling pretty good at that point and thought that maybe the rain would let up soon (ha ha) so I continued on to the second section.

I lost another minute or two in the aid station trying to fuel up so my friends were already long gone up the trail.

On the way out to the second turn-around I ran most of the time alone. I did pass and was passed by several runners who had the bright red "High Fall Risk" sticker on their bib number signaling that this was their first Nipmuck. The last couple of years there have been more newbies at this race than us old-timers. I only recognized a handful of people from the group of us who used to run here every year.

The rain continued to come down, sometimes heavy, and the trails began to become muddier and slippery.

I slid down one little incline and felt a muscle pull in my side and shoulder when I jerked my body around trying to regain my balance and not take a tumble. I also had a cramping issue in my leg when I slipped again on a wet downhill section and stretched my leg out farther than it's supposed to go and ended up walking for a few minutes. It was strange that my sore ankle bothered me more when I walked than when I ran. By the time I reached the second turn-around I was not only soaking wet but I was starting to get cold. Needless to say the last 7 miles back to the finish were pretty miserable. But I wasn't looking for sympathy and I knew everyone else out there was going through the same thing so it was one foot in front of the other at that point. Surprisingly I actually caught several people on the way back. Some were walking along slowly and others were stopped at the aid station. One runner who I had run with back in the first section was at the aid station and so we headed out together for the last 3.4 miles. He was more of a road runner so he moved ahead on the dirt road section and I thought he was gone for good, but with about 2 miles to go I caught up to him again. I was pretty whipped at that point too so we just kept up a slow but steady pace to the finish while exchanging stories about some of our running adventures.

I grabbed a bowl of veggie chili at the finish (only because it was hot food) and went to my car to eat it and try to warm up. Afterward I changed up into some dry clothes and dug my rain jacket out of the trunk before walking back up to the finish area.

Because of the cold rain I didn't hang around long to watch the other runners finish like I usually do. Saying good by to a few of my friends before leaving I headed home in the pouring rain and heavy traffic with the heater on high the whole way.

will run

Photos from around the trails



Runners check in at Nipmuck in the rain.



Runners take off at Monroe.



Parking along Perry Hill Rd. at Nipmuck.



The finish line late in the day at Stone Cat.



Setting up before the crowds at Monroe.



MR. Stone Cat himself made an appearance at his races.

Monroe / Dunbar Brook Trail Races

10.5 & 2 Miles

Dunbar Brook Picnic Area,

Monroe / Florida, MA ... October 13, 2013

Sun & Clouds Mid 60's

WMAC members in bold:

10.5 Mile Results:

| <u>Name</u> | <u>Age</u> | <u>ST.</u> | <u>Time</u> | <u>GT %</u> |
|--|------------|------------|-------------|-------------|
| 1 Brian Rusiecki | M 34 | MA | 1:22:16 | 100.00% |
| 2 Todd Bennett | M 43 | CT | 1:28:10 | 93.31% |
| 3 Tom Dmukauskas | M 38 | MA | 1:28:50 | 92.61% |
| 4 Joshua Lipinski | M 29 | MA | 1:29:30 | 91.92% |
| 5 Brock Anello | M 34 | MA | 1:31:42 | 89.71% |
| 6 Rob Higley | M 59 | MA | 1:32:20 | 89.10% |
| 7 Tony Bonanno | M 48 | CT | 1:33:33 | 87.94% |
| 8 Donald Pacher | M 41 | MA | 1:34:40 | 86.90% |
| 9 Todd Roberts | M 43 | MA | 1:34:52 | 86.72% |
| 10 Jeff Kasputis | M 32 | MA | 1:35:05 | 86.52% |
| 11 Ted Cowles | M 54 | CT | 1:35:11 | 86.43% |
| 12 <u>Kehr Davis</u> 1 st F | F 36 | MA | 1:35:16 | 86.35% |
| 13 <u>Kelsey Allen</u> | F 30 | MA | 1:36:06 | 85.61% |
| 14 Jeff List | M 54 | MA | 1:38:15 | 83.73% |
| 15 Bill Longbridge | M 43 | MA | 1:40:00 | 82.27% |
| 16 Kani Brown | M 28 | MA | 1:40:37 | 81.76% |
| 17 Anthony Park | M 48 | MA | 1:40:54 | 81.53% |
| 18 Michael McDuffie | M 29 | MA | 1:41:32 | 81.02% |
| 19 <u>Kate Venne</u> | F 22 | MA | 1:42:32 | 80.23% |
| 20 Joe Gwozdz | M 58 | MA | 1:42:35 | 80.19% |
| 21 Michael Tucker | M 47 | MA | 1:42:48 | 80.03% |
| 22 Todd Brown | M 49 | CT | 1:43:26 | 79.54% |
| 23 David Loutzenheiser | M 46 | MA | 1:44:51 | 78.46% |
| 24 Cosmo Laviola | M 31 | MA | 1:44:52 | 78.45% |
| 25 Francis Bock | M 38 | MA | 1:48:55 | 75.53% |
| 26 Philip Sullivan | M 25 | MA | 1:49:23 | 75.21% |
| 27 Paul Galotti | M 29 | MA | 1:49:44 | 74.97% |
| 28 <u>Lola Murray</u> | F 22 | MA | 1:50:16 | 74.61% |
| 29 Bernie Landa | M 41 | NY | 1:51:09 | 74.01% |
| 30 Dave Hall | M 50 | MA | 1:51:47 | 73.59% |
| 31 Curt Pandiscio | M 52 | CT | 1:52:24 | 73.19% |
| 32 Wayne Stocker | M 59 | MA | 1:52:35 | 73.07% |
| 33 Carolyn Stocker | F 20 | MA | 1:52:36 | 73.06% |
| 34 <u>Kimberly Battipaglia</u> | F 41 | CT | 1:52:36 | 73.06% |
| 35 <u>Megan Anello</u> | F 28 | MA | 1:53:50 | 72.27% |
| 36 <u>Elaine Allen</u> | F 45 | CT | 1:54:14 | 72.02% |
| 37 Nate Davis | M 29 | MA | 1:56:29 | 70.63% |
| 38 Charles Joyal | M 43 | MA | 1:56:37 | 70.54% |
| 39 Peter Stone | M 38 | MA | 1:58:46 | 69.27% |
| 40 Hector Morera | M 46 | CT | 1:59:26 | 68.88% |
| 41 <u>Jessica Rykken</u> | F 49 | MA | 1:59:31 | 68.83% |
| 42 Thom Parker | M 46 | NH | 1:59:46 | 68.69% |
| 43 Dan Danecki | M 54 | MA | 2:00:16 | 68.40% |
| 44 Gayle C. Smith | M 54 | CT | 2:00:34 | 68.23% |
| 45 Bruce Shenker | M 61 | NY | 2:00:41 | 68.17% |
| 46 <u>Donna Utakis</u> | F 45 | MA | 2:01:21 | 67.79% |
| 47 <u>Alexandra Ross</u> | F 13 | CT | 2:01:31 | 67.70% |
| 48 Joe Melillo | M 26 | MA | 2:01:33 | 67.68% |
| 49 Will Danecki | M 63 | CT | 2:04:10 | 66.25% |
| 50 <u>Jess Dockendorff</u> | F 32 | MA | 2:04:56 | 65.85% |

| | | | | |
|-----------------------------|------|----|---------|--------|
| 51 Arthur Johns | M 49 | MA | 2:05:46 | 65.41% |
| 52 Vic LaPort | M 73 | MA | 2:06:02 | 65.27% |
| 53 <u>Darlene McCarthy</u> | F 51 | MA | 2:06:10 | 65.20% |
| 54 Bob Worsham | M 68 | CT | 2:08:14 | 64.15% |
| 55 <u>Greta Fachetti</u> | F 36 | MA | 2:08:29 | 64.03% |
| 56 Steve Fachetti | M 40 | MA | 2:08:29 | 64.03% |
| 57 Elton Ogden | M 57 | MA | 2:08:58 | 63.79% |
| 58 Shaun Gariepy | M 28 | MA | 2:10:51 | 62.87% |
| 59 Jennifer Garrett | F 40 | MA | 2:10:56 | 62.83% |
| 60 <u>Tyna Senecal</u> | F 31 | VT | 2:11:23 | 62.62% |
| 61 Robert Scott | M 59 | CT | 2:12:12 | 62.23% |
| 62 <u>Ginny Patsun</u> | F 45 | CT | 2:13:15 | 61.74% |
| 63 <u>Audrey Witter</u> | F 49 | MA | 2:13:17 | 61.72% |
| 64 <u>Catherine Keating</u> | F 39 | MA | 2:16:00 | 60.49% |
| 65 Nye Winston | M 16 | MA | 2:17:18 | 59.92% |
| 66 Chris Corradino | M 40 | MA | 2:17:19 | 59.91% |
| 67 Bill Donovan | M 59 | MA | 2:23:29 | 57.34% |
| 68 John Loring | M 66 | MA | 2:29:28 | 55.04% |
| 69 <u>Curry Galloway</u> | F 31 | MA | 2:32:16 | 54.03% |
| 70 Dave Raczkowski | M 62 | CT | 2:32:54 | 53.80% |
| 71 Denise Dion | F 55 | VT | 2:34:09 | 53.37% |
| 72 Tom Parent | M 37 | MA | 2:34:13 | 53.34% |
| 73 Stephen Ross | M 52 | CT | 2:38:38 | 51.86% |
| 74 <u>Mairead Pratschke</u> | F 40 | MA | 2:40:15 | 51.34% |
| 75 Gary Pedigo | M 58 | FL | 2:40:31 | 51.25% |
| 76 Brian Alarie | M 50 | MA | 2:46:20 | 49.46% |
| 77 Allen Ross | M 70 | MA | 2:48:12 | 48.91% |
| 78 <u>Vicki Quagliaroli</u> | F 60 | CT | 3:00:28 | 45.59% |
| 79 <u>Sue Snyder</u> | F 59 | MA | 3:05:29 | 44.35% |
| 80 <u>Laura Clark</u> | F 66 | NY | 3:20:26 | 41.04% |
| 81 <u>Eileen Monyahan</u> | F 42 | MA | 3:23:16 | 40.47% |
| 82 <u>Christa Melillo</u> | F 27 | MA | 3:28:37 | 39.43% |

2 Mile Results:

| <u>Name</u> | <u>Age</u> | <u>ST.</u> | <u>Time</u> |
|-----------------------------|------------|------------|-------------|
| 1 <u>Jacquelyn Pierce</u> | F 24 | MA | 16:26 |
| 2 Doug Cummings | M 52 | MA | 18:32 |
| 3 Scott Bradley | M 58 | MA | 19:21 |
| 4 <u>Isabel Cummings</u> | F 13 | MA | 20:09 |
| 5 <u>Colleen Cummings</u> | F 47 | MA | 21:26 |
| 6 <u>Julia Cummings</u> | F 11 | MA | 21:37 |
| 7 <u>Kelly List</u> | F 54 | MA | 26:10 |
| 8 John Aldrich | M 55 | MA | 27:09 |
| 9 <u>Jacqueline Lemieux</u> | F 45 | MA | 27:15 |
| 10 <u>Claudine Preite</u> | F 46 | MA | 27:20 |
| 11 <u>Rachel Lipton</u> | F 26 | MA | 32:21 |
| 12 <u>Macy Hartwig</u> | F 5 | MA | 37:47 |
| 13 <u>Josephine Hartwig</u> | F 8 | MA | 37:58 |
| 14 Dick Hoch | M 73 | CT | 42:26 |

Trail Running News.....

*Published by the Western Mass Athletic Club
Adams, MA.*

Volume 19 Issue 4 Late Autumn 2013

Monroe Puzzle Pieces

Just when you think you have everything figured out, one of the puzzle pieces goes missing and reconfiguring becomes the name of the game. Or perhaps stealthily trimming the remaining pieces to fit the available pattern. We have all been there. This year, at Monroe, it was my turn.

Although Jen-less, Annie and I arrived at the parking lot in good speed. We even freelanced a bit and dared to choose a spot different from our usual resting place. While I felt a refreshing burst of exhilaration at this daring move, little did I know that this was the foundation that would topple my house of cards.

I was uncharacteristically confident about clothing options, also, buying into a “What would Jen say?” philosophy and wisely choosing shorts over tights. Except that my choice was not my usual Hammer shorts with multiple pockets, but a sporty skort, with storage space sufficient for a much faster runner. But for a brief moment in time, I was stylish, daring and in tune with my inner me.

That euphoria lasted at least through the first mile when we left the ridge line and headed uphill *Into the Woods*. While the course was the same, the woods seemed somehow different -- muted and configured into pleasing quilt patterns. Fall had fallen earlier this year and I could almost swear I was transported to November's Stone Cat, where rocks and roots are camouflaged under thick leaf cover. Except here at Monroe, the freshly fallen foliage smiled back at us in brilliant reds, oranges, purples and yellows. WOW! No need to glance upwards to enjoy the autumn scenery; I could keep my eyes on the trail and enjoy the same effect. I was having such a good time though, that I forgot to look for ribbons. Oh well, at least there was someone behind me to reel me in.

Paradoxically, to make up for my wanderings, I did not get lost in my usual spot, the sharp right, after the long, bumpy downhill that was just after the logging road stretch. Of course, you can piece together exactly where I mean, right? But even that small victory did not make up for the fact that I was running scared—flashbacks of my Stone Cat, leaf-provoked concussion rattled around in my head.

It was the non-muddiest Monroe I can recall, so to make up for it, I created my own muddied version. Just after the first water crossing, while trying to access the gel stashed in my socks (pocket shortage, remember) my wet shoes attached themselves to several layers of leaves and I skidded downward. It was so impossibly freakish as to be funny. This was followed shortly after by my clever rock climbing technique: I approached said rock, politely knocking on the door by placing one foot nearby while I raised the other in full ascent mode. Except that I placed the anchored foot in a knee-deep crevice cleverly concealed by a leaf dump. I bet those trees were laughing!

Always, the final three miles are the best: the pine-needled old growth forest, the fairly level route along the river and then, at last, the familiar ridge path. A time to let loose.

On the drive home, I felt truly sorry for the leaf peepers at the Hairpin Turn. Their view was past peak, but ours was spectacular.

Laura Clark



Bruce and Theresa Mendel have been buying, cooking, and serving up the food at the WMAC's races for the past several years now. Make sure you thank them when you see them at the next race.



Rob Higley and Ted Cowles in the early morning hours at the Monroe Trail races.

photos by will

For photos from Monroe and other trail races check out this link from North East Race Photos....

http://northeastracephoto.smugmug.com/Running2013-1/Trail-Running/Monroe-Dunbar-Brook-Trail-Race/32566940_XDKzrD#!i=2831267826&k=LHq5Z7X

WMAC members in bold:

| | <u>Name</u> | <u>Age</u> | <u>ST.</u> | <u>Greylock</u> | <u>Savoy</u> | <u>Monroe</u> | <u>Total</u> |
|----|-------------------------|------------|------------|-----------------|--------------|---------------|--------------|
| 1 | Donald Pacher | M 41 | MA | 2:02:27 | 2:26:32 | 1:34:40 | = 6:03:39 |
| 2 | Tony Bonanno | M 48 | CT | 2:06:26 | 2:26:40 | 1:33:33 | = 6:06:39 |
| 3 | Rob Higley | M 59 | MA | 2:07:50 | 2:30:22 | 1:32:20 | = 6:10:32 |
| 4 | Brock Anello | M 34 | MA | 2:07:27 | 2:34:25 | 1:31:42 | = 6:13:34 |
| 5 | Ted Cowles | M 54 | CT | 2:13:34 | 2:27:19 | 1:35:11 | = 6:16:04 |
| 6 | Todd Brown | M 49 | CT | 2:15:29 | 2:40:32 | 1:43:26 | = 6:39:27 |
| 7 | Joe Gwozdz | M 58 | MA | 2:22:02 | 2:49:21 | 1:42:35 | = 6:53:58 |
| 8 | Bill Longridge | M 43 | MA | 2:25:42 | 3:08:10 | 1:40:00 | = 7:13:52 |
| 9 | <u>Katelyn Venne</u> | F 22 | MA | 2:37:23 | 2:56:15 | 1:42:32 | = 7:16:10 |
| 10 | Curt Pandiscio | M 52 | CT | 2:47:35 | 2:48:26 | 1:52:24 | = 7:28:25 |
| 11 | Will Danecki | M 63 | CT | 2:52:26 | 3:18:37 | 2:04:10 | = 8:15:13 |
| 12 | Vic LaPort | M 73 | MA | 2:57:40 | 3:25:38 | 2:06:02 | = 8:29:20 |
| 13 | <u>Darlene McCarthy</u> | F 50 | MA | 3:01:30 | 3:22:01 | 2:06:10 | = 8:29:41 |
| 14 | Joe Melillo | M 26 | MA | 3:05:03 | 3:25:42 | 2:01:33 | = 8:32:18 |
| 15 | Dan Danecki | M 54 | MA | 2:57:59 | 3:41:37 | 2:00:16 | = 8:39:46 |
| 16 | Bob Worsham | M 67 | CT | 2:57:24 | 3:31:47 | 2:08:14 | = 8:59:25 |
| 17 | William Donovan | M 59 | MA | 3:14:53 | 3:58:44 | 2:23:29 | = 9:37:06 |
| 18 | Dave Raczkowski | M 62 | CT | 4:01:09 | 4:11:12 | 2:32:54 | = 10:45:15 |
| 19 | <u>Sue Snyder</u> | F 59 | MA | 3:55:36 | 4:52:22 | 3:05:29 | = 11:53:27 |
| 20 | <u>Laura Clark</u> | F 66 | NY | 4:12:39 | 6:12:43 | 3:20:26 | = 13:45:48 |

Short Course:

| | | | | | | | |
|---|------------------------|------|----|-------|---------|-------|-----------|
| 1 | Scott Bradley | M 58 | MA | 24:58 | 0:41:58 | 19:12 | = 1:26:17 |
| 2 | <u>Claudine Preite</u> | F 46 | MA | 31:29 | 0:57:46 | 27:20 | = 1:56:35 |
| 3 | John Aldrich | M 54 | MA | 33:09 | 1:30:47 | 27:09 | = 2:31:05 |
| 4 | Dick Hoch | M 73 | CT | 52:34 | 1:32:32 | 42:26 | = 3:07:32 |

The 2013 Trail Trilogy Series is in the books. Forty runners had run the first 2 races of the Trilogy, but 16 didn't show up at Monroe to complete the series. This year we had 24 finishers, up 2 from last year. Twenty in the long course and 4 in the short course. There were no "mixed" course finishers this year. The runner leading after the first 2 races had a 12 minute lead over the next closest runner but he skipped the last race and left the door open for the 2nd & 3rd place runners to battle it out. Donald Pacher hung on to his small lead and is the 2013 Trilogy Champion winning by 3 minutes over the second place finisher. [Way to go Don!](#) For the ladies Katelyn Venne is the Women's Trilogy Champion, winning the title by more than 1 hour over the next closest woman. [Way to go Katelyn!](#)

Scott Bradley won the short course Trilogy for the men and Claudine Preite took the title for the ladies.

[Way to go Scott & Claudine!](#)

All Trilogy finishers this year received a fanny pack for their efforts. Thanks go out to Vic LaPort for handling this years awards and to the WMAC for footing the bill. And thanks to all of you who ran the Trilogy Series this past year. Hope to see you again next year!



Groton Forest ... 9.5 Mile Trail Race
Groton, MA. ... October 13, 2013

| <u>Name</u> | <u>Age</u> | <u>ST.</u> | <u>Time</u> | <u>GT %</u> |
|---|------------|------------|-------------|-------------|
| 1 Steve O'Brien | M 27 | MA | 0:55:56 | 100.00% |
| 2 Ryan Aschbrenn | M 36 | NH | 0:59:50 | 93.48% |
| 3 Josh Flanagan | M 34 | MA | 1:03:22 | 88.27% |
| 4 Kinnee John | M 34 | MA | 1:03:27 | 88.15% |
| 5 Andrew Wedlake | M 41 | MA | 1:03:59 | 87.42% |
| 6 Marc Reid | M 23 | MA | 1:05:00 | 86.05% |
| 7 Brodie Miles | M 40 | MA | 1:05:16 | 85.70% |
| 8 Miroslav Tashev | M 51 | MA | 1:08:14 | 81.97% |
| 9 Nicholas Cotton | M 45 | MA | 1:08:18 | 81.89% |
| 10 Mark Bell | M 47 | MA | 1:08:18 | 81.89% |
| 11 Jay Duffner | M 34 | MA | 1:09:01 | 81.04% |
| 12 Jamie Klickstein 1st F | F 45 | MA | 1:09:41 | 80.27% |
| 13 Stanislav Truanov | M 34 | MA | 1:10:58 | 78.82% |
| 14 Torbjorn Phillpotts | M 43 | MA | 1:12:02 | 77.65% |
| 15 Kevin Maier | M 29 | MA | 1:13:19 | 76.29% |
| 16 Anderson Eric | M 37 | MA | 1:13:22 | 76.24% |
| 17 Mark Bartlett | M 44 | MA | 1:14:04 | 75.52% |
| 18 Andrew Donaldson | M 45 | MA | 1:14:52 | 74.71% |
| 19 Julien Geiser | M 28 | MA | 1:16:18 | 73.31% |
| 20 Nicholas Hadland | M 42 | MA | 1:16:23 | 73.23% |
| 21 Lee Burneson | M 53 | MA | 1:16:23 | 73.23% |
| 22 Karl Jassen | M 38 | CT | 1:16:24 | 73.21% |
| 23 Jeffrey Box | M 49 | MA | 1:16:35 | 73.04% |
| 24 Eric German | M 39 | NH | 1:18:19 | 71.42% |
| 25 Schulman Robin | F 49 | MA | 1:19:27 | 70.40% |
| 26 Michele Liguori | F 44 | MA | 1:19:10 | 70.65% |
| 27 Chip Kakas | M 37 | MA | 1:20:01 | 69.90% |
| 28 Laura DeChristoforo | F 22 | MA | 1:27:23 | 64.01% |
| 28 David Morang | M 51 | NH | 1:20:25 | 69.55% |
| 29 Joseph Londa | M 54 | NY | 1:21:17 | 68.81% |
| 30 Karen Kassel | F 41 | MA | 1:23:01 | 67.38% |
| 31 Eric Lee | M 22 | MA | 1:23:48 | 66.75% |
| 32 Ronald Ayers | M 33 | MA | 1:24:24 | 66.27% |
| 33 James Price | M 54 | NH | 1:24:42 | 66.04% |
| 34 Richard Brown | M 48 | NH | 1:25:00 | 65.80% |
| 35 Wendi Sylvia | F 44 | RI | 1:25:23 | 65.51% |
| 36 Bryan Perrotti | M 46 | MA | 1:26:05 | 64.98% |
| 37 Jason Shamberger | M 36 | MA | 1:27:19 | 64.06% |
| 39 Hillary Wells | F 51 | MA | 1:27:32 | 63.90% |
| 40 Wendy Price | F 46 | NH | 1:28:51 | 62.95% |
| 41 Andrea Kakas | F 37 | MA | 1:29:25 | 62.55% |
| 42 Dorin Neacsu | M 49 | MA | 1:29:38 | 62.40% |
| 43 John Selle | M 36 | MA | 1:30:45 | 61.63% |
| 44 Emma Ordemann | F 18 | MA | 1:31:33 | 61.10% |
| 45 Greg Doran | M 41 | MA | 1:31:42 | 61.00% |
| 46 Marylou Porzio | F 48 | MA | 1:32:26 | 60.51% |
| 47 Derryck Coleman | M 24 | RI | 1:32:29 | 60.48% |
| 48 Alan Cabot | M 58 | MA | 1:32:38 | 60.38% |
| 49 Barbara Bell | F 47 | MA | 1:32:56 | 60.19% |
| 50 Kathryn Collins | F 27 | MA | 1:34:07 | 59.43% |
| 51 Korry Dow | F 38 | MA | 1:34:51 | 58.97% |
| 52 John Londa | M 56 | MA | 1:34:55 | 58.93% |
| 53 Clare Lunn | F 38 | MA | 1:35:06 | 58.82% |
| 54 Walter Perkins | M 67 | MA | 1:35:20 | 58.67% |
| 55 Chris Russel | M 50 | MA | 1:35:34 | 58.53% |

| | | | | |
|----------------------------|------|----|---------|--------|
| 56 Andrew Balsler | M 42 | AK | 1:35:37 | 58.50% |
| 57 Jeff Hattem | M 62 | MA | 1:36:01 | 58.25% |
| 58 Hruska Tara | F 43 | NH | 1:36:50 | 57.76% |
| 59 Brittany Plante | F 23 | RI | 1:39:24 | 56.27% |
| 60 Allison Bowman | F 36 | CT | 1:40:07 | 55.87% |
| 61 Rodney Bialkin | M 44 | MA | 1:40:23 | 55.72% |
| 62 Melissa Little | F 46 | CT | 1:43:18 | 54.15% |
| 63 Paul Neri | M 55 | MA | 1:43:47 | 53.89% |
| 64 Marie Guzzo | F 54 | MA | 1:44:15 | 53.65% |
| 65 Jesse Bialkin | M 43 | MA | 1:44:15 | 53.65% |
| 66 David Sorrells | M 54 | MA | 1:46:20 | 52.60% |
| 67 Susan Clever | F 42 | MA | 1:47:45 | 51.91% |
| 68 Harrison Chris | M 60 | MA | 1:50:43 | 50.52% |
| 69 Jennifer Boyden | F 28 | NH | 1:51:40 | 50.09% |
| 70 Carolyn Bolton | F 45 | MA | 1:53:08 | 49.44% |
| 71 Melinda Graham | F 45 | MA | 1:53:09 | 49.43% |
| 72 Becky Glennie | F 20 | MA | 1:55:45 | 48.32% |
| 73 Cori Glennie | F 23 | MA | 1:55:45 | 48.32% |
| 74 Jim Jenkins | M 58 | MA | 2:00:01 | 46.60% |
| 75 Sharisa Sterling | F 60 | MA | 2:03:51 | 45.16% |
| 76 Anuj Mehta | M 32 | MA | 2:06:59 | 44.05% |
| 77 Ashley Turner | F 28 | MA | 2:07:00 | 44.04% |
| 78 Curt Hirsch | M 65 | CT | 2:08:08 | 43.65% |

Mt. Toby 14 Mile Trail Race
Sunderland Town Park, Sunderland, MA.
October 20, 2013

WMAC members in bold:

| <u>Name</u> | <u>Age</u> | <u>ST.</u> | <u>Time</u> | <u>GT %</u> |
|---|------------|------------|-------------|-------------|
| 1 Drew Best | M 31 | MA | 1:25:41 | 100.00% |
| 2 Satchemo Ryder | M 33 | IA | 1:31:06 | 94.05% |
| 3 Aaron Stone | M 28 | MA | 1:32:46 | 92.36% |
| 4 Andy Scott | M 22 | MA | 1:34:03 | 91.10% |
| 5 Todd Bennett | M 43 | CT | 1:42:54 | 83.27% |
| 6 Donald Pacher | M 41 | MA | 1:43:49 | 82.53% |
| 7 Miroslav Tashev | M 51 | MA | 1:44:11 | 82.24% |
| 8 Stanislav Trufanov | M 34 | MA | 1:46:08 | 80.73% |
| 9 Michael McRae | M 38 | MA | 1:46:44 | 80.28% |
| 10 Sanjay Arwade | M 39 | MA | 1:46:47 | 80.24% |
| 11 Brock Anello | M 34 | MA | 1:47:15 | 79.89% |
| 12 Alex Guriev | M 27 | MA | 1:47:34 | 79.66% |
| 13 Daniel Grip | M 34 | NY | 1:48:03 | 79.30% |
| 14 Eric Wyzga | M 38 | RI | 1:48:33 | 78.93% |
| 15 Michael Spitzer | M 50 | MA | 1:48:43 | 78.81% |
| 16 Chris Kusek | M 35 | MA | 1:49:47 | 78.05% |
| 17 Greg Rossolimo | M 33 | CT | 1:50:02 | 77.87% |
| 18 Kelsey Allen 1st F | F 30 | MA | 1:50:45 | 77.37% |
| 19 Ted Cowles | M 55 | CT | 1:52:45 | 75.99% |
| 20 Steve O'Neil | M 62 | MA | 1:54:26 | 74.88% |
| 21 Chase Emmons | M 45 | MA | 1:55:44 | 74.04% |
| 22 Patrick Gee | M 49 | CT | 1:55:45 | 74.02% |
| 23 Lola Murray | F 22 | MA | 1:56:19 | 73.66% |
| 24 John Lehan | M 52 | MA | 1:57:57 | 72.64% |
| 25 Ned James | M 58 | MA | 1:58:07 | 72.54% |

Continued next page:

MT. Toby results cont:

| | | | | |
|-------------------------------|------|----|---------|--------|
| 26 <u>Nina Silitch</u> | F 40 | NH | 1:59:19 | 71.81% |
| 27 Randy Lisle | M 40 | MA | 1:59:35 | 71.65% |
| 28 Eric Lee | M 22 | MA | 2:02:29 | 69.96% |
| 29 Curt Pandiscio | M 52 | CT | 2:02:52 | 69.74% |
| 30 Joe Fois | M 38 | MA | 2:03:27 | 69.41% |
| 31 Rich White | M 33 | WA | 2:04:50 | 68.64% |
| 32 Dominic Wilson | M 42 | CT | 2:05:12 | 68.44% |
| 33 Garrett Deane | M 42 | MA | 2:06:54 | 67.52% |
| 34 Ethan Willhite | M 24 | MA | 2:07:02 | 67.45% |
| 35 <u>Jane Weakley</u> | F 31 | MA | 2:08:01 | 66.93% |
| 36 Chris Zimnowski | M 27 | NY | 2:08:14 | 66.82% |
| 37 Kerry Smith | M 52 | MA | 2:08:58 | 66.44% |
| 38 <u>Karin George</u> | F 49 | MA | 2:09:11 | 66.33% |
| 39 Akira Yatsuhashi | M 43 | NY | 2:09:54 | 65.96% |
| 40 Jeff Stevens | M 28 | MA | 2:10:00 | 65.91% |
| 41 Gregory Pellerin | M 46 | MA | 2:10:27 | 65.68% |
| 42 Robert Drewell | M 40 | MA | 2:10:34 | 65.62% |
| 43 Sonny Gerardi | M 39 | MA | 2:13:58 | 63.96% |
| 44 <u>Ashley Daily</u> | F 26 | CT | 2:14:02 | 63.93% |
| 45 Ryan Lambert | M 26 | NY | 2:14:31 | 63.70% |
| 46 Dan Gnatek | M 26 | MA | 2:14:31 | 63.70% |
| 47 <u>Kristin Tetrault</u> | F 33 | ME | 2:14:40 | 63.63% |
| 48 Anthony Tieuli | M 40 | MA | 2:16:19 | 62.86% |
| 49 Craig Haymowicz | M 62 | OR | 2:19:40 | 61.35% |
| 50 Jesse Kesilewski | M 35 | CT | 2:20:01 | 61.20% |
| 51 <u>Clarisse Hutchinson</u> | F 17 | MA | 2:20:45 | 60.88% |
| 52 <u>Frances McGrath</u> | F 24 | MA | 2:22:23 | 60.18% |
| 53 Daryl Delisle | M 56 | MA | 2:22:33 | 60.11% |
| 54 Jonathan Verville | M 51 | NH | 2:22:42 | 60.04% |
| 55 Dorin Neacsu | M 49 | MA | 2:22:50 | 59.99% |
| 56 <u>Kathleen Jacob</u> | F 52 | OR | 2:23:24 | 59.75% |
| 57 <u>Emily Hinton</u> | F 58 | MA | 2:24:45 | 59.19% |
| 58 <u>Carolina Villarreal</u> | F 31 | MA | 2:25:55 | 58.72% |
| 59 <u>Lindsay Providenti</u> | F 38 | MA | 2:26:58 | 58.30% |
| 60 <u>Lisa Fydenkevez</u> | F 45 | MA | 2:27:30 | 58.09% |
| 61 <u>Leeann Cerpovica</u> | F 51 | MA | 2:28:21 | 57.76% |
| 62 Jason Weakley | M 32 | MA | 2:28:44 | 57.61% |
| 63 Paul Neri | M 55 | MA | 2:30:02 | 57.11% |
| 64 Vic LaPort | M 73 | MA | 2:30:31 | 56.93% |
| 65 Jeff Hatttem | M 62 | MA | 2:30:52 | 56.79% |
| 66 <u>Alena Stevens</u> | F 42 | CT | 2:33:02 | 55.99% |
| 67 <u>Katya Divari</u> | F 51 | MA | 2:35:29 | 55.11% |
| 68 <u>Najah Aboelata</u> | F 25 | MA | 2:38:22 | 54.10% |
| 69 Maxwell Pellerin | M 17 | MA | 2:40:59 | 53.22% |
| 70 Chris Harrison | M 60 | MA | 2:46:12 | 51.55% |
| 71 George Gilder | M 73 | MA | 2:49:39 | 50.51% |
| 72 <u>Pat Swim</u> | F 59 | CT | 2:51:15 | 50.03% |
| 73 <u>Valerie Stevens</u> | F 33 | MA | 3:00:11 | 47.55% |
| 74 <u>Leigh Zlotkowski</u> | F 34 | CT | 3:01:56 | 47.10% |
| 75 <u>Mary Lou White</u> | F 58 | CT | 3:19:23 | 42.97% |
| 76 Leo Boffoli | M 52 | MA | 3:25:57 | 41.60% |
| 77 Tom Swim | M 68 | CT | 3:34:07 | 40.02% |

Answer to Trail Trivia.....D - Asics

The first letters from the Latin phrase spell out the name.

**Fat Ass 50K
(31 miles or less)**

**Saturday December 28, 2013
American Legion Hall
North Adams, MA.**

Time: 10:00AM Start (for those planning to run the whole 31 miles)

Place: American Legion Hall on American Legion Drive.
(just South of the Holiday Inn) North Adams, MA

Weather: Event will be held regardless of weather.

Course: Six 5 mile loops around the Curran Highway.

This is a community running event. All area runners are invited to participate by running as little as one loop or the whole thing. If you are running fewer than 31 miles, you can start anytime and keep some of the 50Kers company.

All runners are expected to be able to finish the 50K within 6 hours.

Aid Stations: Primitive - Water & Sugar at start & half way point of the 5 mile loop.

Parking: Near the course.

Entry Fee: No entry fee. No refunds! No awards.
All runners who complete at least 20 miles will be listed.
Sign up 9:00 - 10:00AM on December 28th.

Information: Bob Dion ... dion@bcn.net ... (802) 423-7537.

We want to see as many of our WMAC, Berkshire County, Vermont and New York running friends as possible for this event.

Hang out in the friendly confines of the American Legion after you conquer your personal distance and cheer on your fellow runners.

To all WMAC Members.....

Most everyone's membership expires on January 1st of every year, although some of you have paid for multiple years in advance. Please check either your mailing label or email notice for your expiration date and please renew your membership when due. Remember your continued support allows us to plan our events for the coming year.

Thanks for supporting the WMAC!

Hairy Gorilla Half Marathon
Voorheesville, NY October 27, 2013

WMAC members in bold:

| <u>Name</u> | <u>Age</u> | <u>ST.</u> | <u>Time</u> | <u>GT %</u> |
|---|------------|------------|-------------|-------------|
| 1 Mike Rutledge | M 45 | NY | 1:27:26 | 100.00% |
| 2 Ray Webster | M 38 | VT | 1:28:43 | 98.55% |
| 3 Christopher McCloskey | M 32 | NY | 1:29:19 | 97.89% |
| 4 Aaron Major | M 34 | NY | 1:30:39 | 96.45% |
| 5 Paul Young | M 48 | MA | 1:31:17 | 95.78% |
| 6 Brian Northan | M 38 | NY | 1:32:10 | 94.86% |
| 7 Andrew Lavin | M 34 | NY | 1:32:28 | 94.56% |
| 8 Kyle McCormack | M 19 | NY | 1:32:41 | 94.34% |
| 9 Brock Anello | M 34 | NY | 1:35:07 | 91.92% |
| 10 Stanislav Trufanov | M 34 | MA | 1:35:27 | 91.60% |
| 11 Shaun Donegan | M 27 | NY | 1:35:42 | 91.36% |
| 12 Dennis Vanvlack | M 41 | NY | 1:35:49 | 91.25% |
| 13 Jennifer Adams 1st F | F 27 | NY | 1:36:10 | 90.92% |
| 14 Mark Stephenson | M 49 | NY | 1:36:24 | 90.70% |
| 15 John Graf | M 48 | NY | 1:37:52 | 89.34% |
| 16 Gaven Richard | M 40 | NY | 1:37:54 | 89.31% |
| 17 Paul Partridge | M 49 | NY | 1:39:07 | 88.21% |
| 18 Annie Ericson | F 33 | MA | 1:39:15 | 88.09% |
| 19 Aaron Degiovine | M 35 | NY | 1:40:39 | 86.87% |
| 20 Bruce Beesley | M 48 | NY | 1:41:41 | 85.99% |
| 21 Todd McAuley | M 45 | NY | 1:42:08 | 85.61% |
| 22 Justin Caron | M 14 | NY | 1:42:45 | 85.09% |
| 23 Ted Cowles | M 55 | CT | 1:42:48 | 85.05% |
| 24 Andrew Reed | M 42 | NY | 1:42:52 | 85.00% |
| 25 Daniel Maychack | M 40 | NY | 1:42:55 | 84.96% |
| 26 Luke Wiest | M 40 | NY | 1:43:19 | 84.63% |
| 27 Ian Burnett | M 26 | PA | 1:44:40 | 83.54% |
| 28 Alan Finder | M 25 | NY | 1:44:43 | 83.50% |
| 29 Matt Zappen | M 37 | NY | 1:45:29 | 82.89% |
| 30 Matthew Marsh | M 27 | NY | 1:46:11 | 82.34% |
| 31 Mariana Bartonicek | F 26 | NY | 1:46:25 | 82.16% |
| 32 Cheryl Steiner | F 45 | NY | 1:46:49 | 81.85% |
| 33 Curt Pandiscio | M 52 | CT | 1:46:57 | 81.75% |
| 34 Matthew Iglar | M 31 | NY | 1:47:06 | 81.64% |
| 35 Bryan Shults | M 35 | NY | 1:47:39 | 81.22% |
| 36 Kevin Rudy | M 18 | NY | 1:47:52 | 81.06% |
| 37 Sydney Shaw | F 17 | NY | 1:47:55 | 81.02% |
| 38 Andrew Bordwell | M 31 | NY | 1:48:07 | 80.87% |
| 39 Trey Kingston | M 28 | NY | 1:48:20 | 80.71% |
| 40 Gary Longhi | M 49 | NY | 1:49:51 | 79.59% |
| 41 Kyle Breier | M 34 | NY | 1:50:22 | 79.22% |
| 42 Sereena Coombes | F 38 | NY | 1:50:30 | 79.13% |
| 43 Adam Lyon | M 30 | NY | 1:51:02 | 78.75% |
| 44 Brian Dillenbeck | M 43 | NY | 1:51:12 | 78.63% |
| 45 William Guerra | M 27 | MA | 1:52:00 | 78.07% |
| 46 Greg Rashford | M 35 | NY | 1:52:22 | 77.81% |
| 47 Melissa Brinkman | F 34 | NY | 1:53:14 | 77.22% |
| 48 Eric Ciocca | M 35 | MA | 1:53:30 | 77.03% |
| 49 Steven Holzmann | M 27 | NY | 1:54:17 | 76.51% |
| 50 Mike Soeller | M 52 | NY | 1:54:46 | 76.18% |
| 51 George Shurter | M 59 | NY | 1:54:52 | 76.12% |
| 52 Glenn Herbert | M 55 | NY | 1:55:33 | 75.67% |
| 53 Michelle Davis | F 25 | NY | 1:56:08 | 75.29% |
| 54 Kim Seabury | F 46 | NY | 1:56:10 | 75.27% |

| | | | | |
|--------------------------------|------|----|---------|--------|
| 55 Gary Gundlach | M 60 | NY | 1:56:55 | 74.78% |
| 56 Ian Morrison | M 37 | NY | 1:57:10 | 74.62% |
| 57 Kim Morrison | F 34 | NY | 1:57:10 | 74.62% |
| 58 Mike Lair | M 51 | NY | 1:57:53 | 74.17% |
| 59 Joe Benoit | M 56 | NY | 1:58:29 | 73.79% |
| 60 Chris Varley | F 49 | NY | 1:58:37 | 73.71% |
| 61 Julie Wawrzynek | F 31 | NY | 1:58:38 | 73.70% |
| 62 Andrea Hollinger | F 25 | NY | 1:59:11 | 73.36% |
| 63 Addam Sentz | M 34 | NY | 1:59:22 | 73.25% |
| 64 Tom Tift | M 56 | NY | 1:59:31 | 73.16% |
| 65 Glenn Pierce | M 49 | NY | 2:00:17 | 72.69% |
| 66 Madeline Mercado | F 18 | NY | 2:00:20 | 72.66% |
| 67 Tom Mack | M 49 | NY | 2:00:30 | 72.56% |
| 68 Jeffery Clark | M 55 | NY | 2:00:33 | 72.53% |
| 69 Bruce Shenker | M 61 | NY | 2:00:35 | 72.51% |
| 70 Marcy Woytash | F 20 | NY | 2:01:10 | 72.16% |
| 71 Michael Gregg | M 35 | NY | 2:01:16 | 72.10% |
| 72 Laurie Mosley | F 52 | CT | 2:02:05 | 71.62% |
| 73 Nicole Bullock | F 30 | NY | 2:02:11 | 71.56% |
| 74 Liz Urban | F 28 | NY | 2:02:46 | 71.22% |
| 75 Alan Macaluso | M 51 | NY | 2:03:38 | 70.72% |
| 76 Paul Greco | M 27 | NY | 2:03:46 | 70.64% |
| 77 Ralph Battle | M 52 | NY | 2:04:27 | 70.26% |
| 78 Megan Bicknell | F 25 | VA | 2:04:35 | 70.18% |
| 79 Adam Gagnon | M 28 | NY | 2:04:42 | 70.11% |
| 80 Catherine Price | F 19 | NY | 2:05:19 | 69.77% |
| 81 Seamus Hodgkinson | M 64 | NY | 2:05:31 | 69.66% |
| 82 Molly Casey | F 29 | NY | 2:05:48 | 69.50% |
| 83 Liz Kelsey | F 44 | NY | 2:08:00 | 68.31% |
| 84 Christine Tokarz | F 37 | NY | 2:08:23 | 68.10% |
| 85 Kelly Bowie | F 34 | NY | 2:08:32 | 68.02% |
| 86 Aaron Armstrong | M 49 | NY | 2:08:34 | 68.01% |
| 87 Dan Shyne | M 46 | NY | 2:09:15 | 67.65% |
| 88 Kathy Johnson | F 41 | NY | 2:09:24 | 67.57% |
| 89 Michael Schmidt | M 43 | NY | 2:09:35 | 67.47% |
| 90 Addam Sentz | M 36 | NY | 2:09:35 | 67.47% |
| 91 Ian Hamilton | M 35 | NY | 2:09:44 | 67.39% |
| 92 Valene Rhodes | M 35 | NY | 2:09:52 | 67.33% |
| 93 Dan Coffey | M 51 | NY | 2:09:58 | 67.27% |
| 94 Tyna Senecal | F 31 | NY | 2:10:03 | 67.23% |
| 95 Ryan Nielsen | M 31 | NY | 2:10:53 | 66.80% |
| 96 Chad Stewart | M 31 | NY | 2:10:54 | 66.79% |
| 97 William Wells | M 34 | NY | 2:11:08 | 66.68% |
| 98 David Bush | M 47 | NY | 2:11:28 | 66.51% |
| 99 Ralaine Bordwell | F 29 | NY | 2:11:42 | 66.39% |
| 100 Erika Anderson | F 39 | NY | 2:11:45 | 66.36% |
| 101 John Bateman | M 48 | NY | 2:11:52 | 66.30% |
| 102 Rose Duhan | F 45 | NY | 2:12:16 | 66.10% |
| 103 Lee Johnson | M 27 | NY | 2:12:25 | 66.03% |
| 104 Pamela Delsignore | F 44 | NY | 2:14:05 | 65.21% |
| 105 Cortney Von Hahmann | F 21 | NY | 2:14:10 | 65.17% |
| 106 Bob Dunton | M 29 | NY | 2:14:12 | 65.15% |
| 107 Joe Yavonditte | M 64 | NY | 2:14:28 | 65.02% |
| 108 Alison Rodriguez | F 21 | NY | 2:14:40 | 64.93% |
| 109 Amy Wdzieczny | F 25 | NY | 2:14:51 | 64.84% |
| 110 Adam Shaw | M 47 | NY | 2:14:56 | 64.80% |
| 111 Erynn Thurman | F 29 | NY | 2:14:59 | 64.77% |
| 112 Steve Black | M 53 | NY | 2:15:02 | 64.75% |
| 113 Andreas Stresemann | M 54 | NY | 2:16:00 | 64.29% |

Continued next page:

Hairy Gorilla results cont:

| | | | | | |
|-----|----------------------------|------|----|---------|--------|
| 114 | <u>Emily Fox</u> | F 18 | NY | 2:16:25 | 64.09% |
| 115 | Andrew Tanzillo | M 45 | NY | 2:16:26 | 64.09% |
| 116 | Erik Hage | M 44 | NY | 2:16:29 | 64.06% |
| 117 | <u>Michelle Berrus</u> | F 27 | NY | 2:16:40 | 63.98% |
| 118 | Stewart Forbes | M 36 | NY | 2:16:41 | 63.97% |
| 119 | Christopher Defiore | M 30 | NY | 2:16:48 | 63.91% |
| 120 | Patrick Omalley | M 32 | NY | 2:17:45 | 63.47% |
| 121 | Vinny Kramer | M 56 | NY | 2:18:01 | 63.35% |
| 122 | <u>Madeline Haas</u> | F 26 | NY | 2:18:13 | 63.26% |
| 123 | Ray Lauenstein | M 44 | NY | 2:18:27 | 63.15% |
| 124 | Robert Harris | M 50 | NY | 2:18:37 | 63.08% |
| 125 | Randy Goldberg | M 54 | NY | 2:18:40 | 63.05% |
| 126 | <u>Kathleen Goldberg</u> | F 54 | NY | 2:18:40 | 63.05% |
| 127 | <u>Joanne Shurter</u> | F 53 | NY | 2:18:41 | 63.05% |
| 128 | Vic Laport | M 73 | MA | 2:19:01 | 62.89% |
| 129 | <u>Carla Angevine</u> | F 41 | CT | 2:19:12 | 62.81% |
| 130 | <u>Aislinn Macmaster</u> | F 44 | CT | 2:19:12 | 62.81% |
| 131 | <u>Abby Doolittle</u> | F 58 | CT | 2:19:12 | 62.81% |
| 132 | <u>Jeannie McDonnell</u> | F 47 | NY | 2:19:17 | 62.77% |
| 133 | Peter Dean | M 43 | NY | 2:19:30 | 62.68% |
| 134 | <u>Doris Torchia</u> | F 46 | NY | 2:19:32 | 62.66% |
| 135 | Greg Moran | M 41 | NY | 2:19:32 | 62.66% |
| 136 | Jason Grossman | M 40 | NY | 2:19:44 | 62.57% |
| 137 | <u>Teri Basdekis</u> | F 38 | NY | 2:20:05 | 62.42% |
| 138 | <u>Bonny Wilson</u> | F 42 | NY | 2:21:01 | 62.00% |
| 139 | <u>Kelly Macaluso</u> | F 38 | NY | 2:21:27 | 61.81% |
| 140 | <u>Jessica Bonfey</u> | F 31 | NY | 2:21:51 | 61.64% |
| 141 | <u>Elizabeth Doolittle</u> | F 26 | NY | 2:22:12 | 61.49% |
| 142 | <u>Laura Kenney</u> | F 35 | NJ | 2:22:25 | 61.39% |
| 143 | John Burmeister | M 28 | NY | 2:22:42 | 61.27% |
| 144 | <u>Allison Bandos</u> | F 28 | NY | 2:23:26 | 60.96% |
| 145 | Jeff Mannion | M 44 | NY | 2:24:21 | 60.57% |
| 146 | <u>Christina Bartonice</u> | F 22 | NY | 2:24:22 | 60.56% |
| 147 | <u>Gale Dellarocco</u> | F 26 | NY | 2:24:23 | 60.56% |
| 148 | <u>Claire Dellarocco</u> | F 24 | NY | 2:24:23 | 60.56% |
| 149 | Ryan Mahoney | M 28 | NY | 2:24:51 | 60.36% |
| 150 | <u>Kristin Caulkins</u> | F 39 | NY | 2:25:03 | 60.28% |
| 151 | <u>Janet Guilfoyle</u> | F 48 | NY | 2:25:03 | 60.28% |
| 152 | Christopher Thomas | M 53 | NY | 2:25:04 | 60.27% |
| 153 | <u>Alena Bicknell</u> | F 47 | NY | 2:25:09 | 60.24% |
| 154 | <u>Jaime Wilson</u> | F 41 | CT | 2:25:35 | 60.06% |
| 155 | <u>Terri Rowe</u> | F 42 | NY | 2:26:06 | 59.84% |
| 156 | <u>Kristen Knights</u> | F 22 | NY | 2:26:07 | 59.84% |
| 157 | <u>Jennifer McDade</u> | F 30 | NY | 2:26:12 | 59.80% |
| 158 | <u>Danielle Blanchard</u> | F 29 | NY | 2:26:59 | 59.49% |
| 159 | Nick Mezzadonna | M 47 | NY | 2:28:38 | 58.82% |
| 160 | <u>Taryn Vanaskie</u> | F 32 | NY | 2:28:39 | 58.82% |
| 161 | <u>Amber Summers</u> | F 21 | NY | 2:28:53 | 58.73% |
| 162 | Wigens Mathurin | M 47 | NY | 2:30:01 | 58.28% |
| 163 | Jeremy Steingraeber | M 49 | NY | 2:30:14 | 58.20% |
| 164 | <u>Yvonne Steingraeber</u> | F 48 | NY | 2:30:14 | 58.20% |
| 165 | <u>Colby Brown</u> | F 27 | NY | 2:30:29 | 58.10% |
| 166 | Adam Fox | M 36 | NY | 2:30:48 | 57.98% |
| 167 | Glen Case | M 58 | NY | 2:32:00 | 57.52% |
| 168 | <u>Mona Caron</u> | F 44 | NY | 2:32:32 | 57.32% |
| 169 | <u>Christine Caruso</u> | F 29 | NY | 2:32:36 | 57.30% |
| 170 | <u>Victoria Graf</u> | F 27 | NY | 2:32:38 | 57.28% |
| 171 | <u>Amy Thomas</u> | F 24 | NY | 2:33:43 | 56.88% |
| 172 | <u>Rosalinda Guerra</u> | F 32 | NY | 2:34:00 | 56.77% |

| | | | | | |
|-----|---------------------------|------|----|---------|--------|
| 173 | <u>Amanda Summer</u> | F 25 | NY | 2:34:02 | 56.76% |
| 174 | <u>Sarah Nolan-Tice</u> | F 35 | NY | 2:34:52 | 56.46% |
| 175 | <u>Tracy Racicot</u> | F 45 | NY | 2:35:07 | 56.37% |
| 176 | George Gilder | M 73 | NY | 2:35:52 | 56.09% |
| 177 | <u>Barb Davi</u> | F 50 | NY | 2:36:59 | 55.70% |
| 178 | <u>Judith Torel</u> | F 50 | NY | 2:37:21 | 55.57% |
| 179 | <u>Laura Gallagher</u> | F 19 | NY | 2:37:30 | 55.51% |
| 180 | <u>Meg Martin</u> | F 28 | NY | 2:37:47 | 55.41% |
| 181 | <u>Cairin Martin</u> | F 25 | NY | 2:37:47 | 55.41% |
| 182 | <u>Jennifer Masa</u> | F 28 | NY | 2:38:05 | 55.31% |
| 183 | Robert Yorma | M 38 | NY | 2:40:08 | 54.60% |
| 184 | <u>Taneesha Butler</u> | F 37 | NY | 2:40:08 | 54.60% |
| 185 | <u>Stephanie Nelson</u> | F 25 | NY | 2:40:58 | 54.32% |
| 186 | <u>Stephanie Canhamam</u> | F 36 | NY | 2:41:18 | 54.21% |
| 187 | <u>Wendy Perry</u> | F 38 | NY | 2:41:29 | 54.14% |
| 188 | <u>Susan Brandow</u> | F 54 | NY | 2:41:56 | 53.99% |
| 189 | <u>Sandra Matzel</u> | F 38 | NY | 2:42:02 | 53.96% |
| 190 | <u>Leah Gaetano</u> | F 45 | NY | 2:42:04 | 53.95% |
| 191 | <u>Tammy Colman</u> | F 44 | NY | 2:42:04 | 53.95% |
| 192 | Theodore Close | M 62 | NY | 2:43:11 | 53.58% |
| 193 | <u>Katrina Charysyn</u> | F 29 | NY | 2:44:12 | 53.25% |
| 194 | <u>Evangeline Wells</u> | F 24 | NY | 2:44:17 | 53.22% |
| 195 | <u>Ellen Elias</u> | F 30 | NY | 2:45:31 | 52.82% |
| 196 | Peter Henner | M 61 | NY | 2:45:40 | 52.78% |
| 197 | Bill Ladve | M 41 | NY | 2:47:02 | 52.34% |
| 198 | Chuck Tobin | M 39 | NY | 2:47:02 | 52.34% |
| 199 | Don Pestuglicci | M 30 | NY | 2:47:36 | 52.17% |
| 200 | Dave Walsh | M 59 | NE | 2:48:47 | 51.80% |
| 201 | Laura Clark | F 66 | NY | 2:49:42 | 51.52% |
| 202 | <u>Kathy Trainor</u> | F 29 | NY | 2:50:42 | 51.22% |
| 203 | Jason Stein | M 31 | NY | 2:52:28 | 50.70% |
| 204 | <u>McKenzie Quinn</u> | F 10 | NY | 2:59:54 | 48.60% |
| 205 | <u>Stacy Pestuglicci</u> | F 28 | NY | 2:59:54 | 48.60% |
| 206 | <u>Amanda Fry</u> | F 28 | NY | 3:03:07 | 47.75% |
| 207 | <u>Brandi Connal</u> | F 37 | NY | 3:10:03 | 46.01% |
| 208 | Paul Shreeman | M 37 | NY | 3:11:55 | 45.56% |

Join us for our Wednesday Night Fun Runs.

From now until spring we meet at the PNA Hall on 13 Victory St. in Adams, starting at 5:30 PM.

Come run or walk with us and stay afterward for drinks and games.

Official Club business is discussed on the first Wednesday of the month.

More info at... poncherosa@yahoo.com

Or ... 413 - 743 - 5124

Mt. Toby 14 Mile Trail Race
Sunderland Town Park, Sunderland, MA.
 October 20, 2013

WMAC members in bold:

| <u>Name</u> | <u>Age</u> | <u>ST.</u> | <u>Time</u> | <u>GT %</u> |
|--|------------|------------|-------------|-------------|
| 1 Drew Best | M 31 | MA | 1:25:41 | 100.00% |
| 2 Satchemo Ryder | M 33 | IA | 1:31:06 | 94.05% |
| 3 Aaron Stone | M 28 | MA | 1:32:46 | 92.36% |
| 4 Andy Scott | M 22 | MA | 1:34:03 | 91.10% |
| 5 Todd Bennett | M 43 | CT | 1:42:54 | 83.27% |
| 6 Donald Pacher | M 41 | MA | 1:43:49 | 82.53% |
| 7 Miroslav Tashev | M 51 | MA | 1:44:11 | 82.24% |
| 8 Stanislav Trufanov | M 34 | MA | 1:46:08 | 80.73% |
| 9 Michael McRae | M 38 | MA | 1:46:44 | 80.28% |
| 10 Sanjay Arwade | M 39 | MA | 1:46:47 | 80.24% |
| 11 Brock Anello | M 34 | MA | 1:47:15 | 79.89% |
| 12 Alex Guriev | M 27 | MA | 1:47:34 | 79.66% |
| 13 Daniel Grip | M 34 | NY | 1:48:03 | 79.30% |
| 14 Eric Wyzga | M 38 | RI | 1:48:33 | 78.93% |
| 15 Michael Spitzer | M 50 | MA | 1:48:43 | 78.81% |
| 16 Chris Kusek | M 35 | MA | 1:49:47 | 78.05% |
| 17 Greg Rossolimo | M 33 | CT | 1:50:02 | 77.87% |
| 18 Kelsey Allen 1 st F | F 30 | MA | 1:50:45 | 77.37% |
| 19 Ted Cowles | M 55 | CT | 1:52:45 | 75.99% |
| 20 Steve O'Neil | M 62 | MA | 1:54:26 | 74.88% |
| 21 Chase Emmons | M 45 | MA | 1:55:44 | 74.04% |
| 22 Patrick Gee | M 49 | CT | 1:55:45 | 74.02% |
| 23 <u>Lola Murray</u> | F 22 | MA | 1:56:19 | 73.66% |
| 24 John Lehan | M 52 | MA | 1:57:57 | 72.64% |
| 25 Ned James | M 58 | MA | 1:58:07 | 72.54% |
| 26 <u>Nina Silitch</u> | F 40 | NH | 1:59:19 | 71.81% |
| 27 Randy Lisle | M 40 | MA | 1:59:35 | 71.65% |
| 28 Eric Lee | M 22 | MA | 2:02:29 | 69.96% |
| 29 Curt Pandiscio | M 52 | CT | 2:02:52 | 69.74% |
| 30 Joe Fois | M 38 | MA | 2:03:27 | 69.41% |
| 31 Rich White | M 33 | WA | 2:04:50 | 68.64% |
| 32 Dominic Wilson | M 42 | CT | 2:05:12 | 68.44% |
| 33 Garrett Deane | M 42 | MA | 2:06:54 | 67.52% |
| 34 Ethan Willhite | M 24 | MA | 2:07:02 | 67.45% |
| 35 <u>Jane Weakley</u> | F 31 | MA | 2:08:01 | 66.93% |
| 36 Chris Zimnowski | M 27 | NY | 2:08:14 | 66.82% |
| 37 Kerry Smith | M 52 | MA | 2:08:58 | 66.44% |
| 38 <u>Karin George</u> | F 49 | MA | 2:09:11 | 66.33% |
| 39 Akira Yatsuhashi | M 43 | NY | 2:09:54 | 65.96% |
| 40 Jeff Stevens | M 28 | MA | 2:10:00 | 65.91% |
| 41 Gregory Pellerin | M 46 | MA | 2:10:27 | 65.68% |
| 42 Robert Drewell | M 40 | MA | 2:10:34 | 65.62% |
| 43 Sonny Gerardi | M 39 | MA | 2:13:58 | 63.96% |
| 44 <u>Ashley Daily</u> | F 26 | CT | 2:14:02 | 63.93% |
| 45 Ryan Lambert | M 26 | NY | 2:14:31 | 63.70% |
| 46 Dan Gnatek | M 26 | MA | 2:14:31 | 63.70% |
| 47 <u>Kristin Tetrault</u> | F 33 | ME | 2:14:40 | 63.63% |
| 48 Anthony Tieuli | M 40 | MA | 2:16:19 | 62.86% |
| 49 Craig Haymowicz | M 62 | OR | 2:19:40 | 61.35% |
| 50 Jesse Kesilewski | M 35 | CT | 2:20:01 | 61.20% |
| 51 <u>Clarisse Hutchinson</u> | F 17 | MA | 2:20:45 | 60.88% |
| 52 <u>Frances McGrath</u> | F 24 | MA | 2:22:23 | 60.18% |
| 53 Daryl Delisle | M 56 | MA | 2:22:33 | 60.11% |

| | | | | |
|-------------------------------|------|----|---------|--------|
| 54 Jonathan Verville | M 51 | NH | 2:22:42 | 60.04% |
| 55 Dorin Neacsu | M 49 | MA | 2:22:50 | 59.99% |
| 56 <u>Kathleen Jacob</u> | F 52 | OR | 2:23:24 | 59.75% |
| 57 <u>Emily Huntinton</u> | F 58 | MA | 2:24:45 | 59.19% |
| 58 <u>Carolina Villarreal</u> | F 31 | MA | 2:25:55 | 58.72% |
| 59 <u>Lindsay Providenti</u> | F 38 | MA | 2:26:58 | 58.30% |
| 60 <u>Lisa Fydenkevez</u> | F 45 | MA | 2:27:30 | 58.09% |
| 61 <u>Leeann Cerpovica</u> | F 51 | MA | 2:28:21 | 57.76% |
| 62 Jason Weakley | M 32 | MA | 2:28:44 | 57.61% |
| 63 Paul Neri | M 55 | MA | 2:30:02 | 57.11% |
| 64 Vic LaPort | M 73 | MA | 2:30:31 | 56.93% |
| 65 Jeff Hattem | M 62 | MA | 2:30:52 | 56.79% |
| 66 <u>Alena Stevens</u> | F 42 | CT | 2:33:02 | 55.99% |
| 67 <u>Katya Divari</u> | F 51 | MA | 2:35:29 | 55.11% |
| 68 <u>Najah Aboelata</u> | F 25 | MA | 2:38:22 | 54.10% |
| 69 Maxwell Pellerin | M 17 | MA | 2:40:59 | 53.22% |
| 70 Chris Harrison | M 60 | MA | 2:46:12 | 51.55% |
| 71 George Gilder | M 73 | MA | 2:49:39 | 50.51% |
| 72 <u>Pat Swim</u> | F 59 | CT | 2:51:15 | 50.03% |
| 73 <u>Valerie Stevens</u> | F 33 | MA | 3:00:11 | 47.55% |
| 74 <u>Leigh Zlotkowski</u> | F 34 | CT | 3:01:56 | 47.10% |
| 75 <u>Mary Lou White</u> | F 58 | CT | 3:19:23 | 42.97% |
| 76 Leo Boffoli | M 52 | MA | 3:25:57 | 41.60% |
| 77 Tom Swim | M 68 | CT | 3:34:07 | 40.02% |

Stone Cat Trail Races ... 26.2 and 50 Miles
Willowdale State Forest ... Ipswich, MA. ... 11 / 2 / 13
 Mostly Sunny Low of 45* -- High of 62*

50 Mile Results:

| <u>Name</u> | <u>Age</u> | <u>ST.</u> | <u>Time</u> | <u>GT %</u> |
|--|------------|------------|-------------|-------------|
| 1 Sebastien Roulier | M 39 | QC | 6:10:55 | 100.00% |
| 2 Josh Katzman | M 33 | MA | 6:24:23 | 96.50% |
| 3 Matthew McKenna | M 28 | NY | 7:22:00 | 83.92% |
| 4 Brandon Baker | M 26 | NH | 7:24:46 | 83.40% |
| 5 Jeff Ingalls | M 42 | MA | 7:31:16 | 82.19% |
| 6 David Herr | M 48 | VT | 7:32:14 | 82.02% |
| 7 Paul Young | M 48 | MA | 7:35:47 | 81.38% |
| 8 <u>Larisa Dannis</u> 1 st F | F 26 | NH | 7:37:04 | 81.15% |
| 9 Jason Bui | M 33 | MA | 7:41:55 | 80.30% |
| 10 Jerimy Arnold | M 32 | MA | 7:52:45 | 78.46% |
| 11 Sean McDonough | M 30 | MA | 8:01:21 | 77.06% |
| 12 Daniel Gulas | M 36 | MA | 8:07:30 | 76.09% |
| 13 Dima Feinhaus | M 50 | MA | 8:08:55 | 75.87% |
| 14 Ryan O'Dell | M 28 | NY | 8:10:46 | 75.58% |
| 15 Bernie Doucet | M 46 | NB | 8:14:47 | 74.97% |
| 16 Rowly Brucken | M 45 | VT | 8:25:51 | 73.33% |
| 17 Andy Novis | M 50 | MA | 8:26:19 | 73.26% |
| 18 Robijn Hage | M 42 | MA | 8:27:19 | 73.11% |
| 19 <u>Elena Makovskaya</u> | F 33 | NJ | 8:34:17 | 72.12% |
| 20 Bruno Hache | M 43 | NB | 8:47:48 | 70.28% |
| 21 Mark Brown | M 38 | MA | 8:52:17 | 69.68% |
| 22 Ernesto Burden | M 43 | NH | 8:52:55 | 69.60% |
| 23 <u>Patricia Carriero</u> | F 35 | MA | 8:56:22 | 69.15% |
| 24 Bob Cattan | M 43 | ME | 8:57:11 | 69.05% |

Continued next page:

Stone Cat Results cont:

| | | | | |
|-----------------------------|------|----|----------|--------|
| 25 Douglas Donovan | M 43 | NV | 8:57:45 | 68.98% |
| 26 Joe Fubel | M 42 | MA | 9:00:54 | 68.57% |
| 27 <u>Sheila Boyle</u> | F 47 | MA | 9:07:15 | 67.78% |
| 28 Colin Busby | M 29 | NS | 9:10:12 | 67.41% |
| 29 Andrew Titus | M 43 | NB | 9:10:13 | 67.41% |
| 30 <u>Meghan Lytton</u> | F 45 | MA | 9:11:27 | 67.26% |
| 31 <u>Jennifer Sorrell</u> | F 50 | VT | 9:19:43 | 66.27% |
| 32 Steve Mitchell | M 40 | ME | 9:19:59 | 66.24% |
| 33 Travis Gervais | M 38 | VT | 9:20:49 | 66.14% |
| 34 Scott Jackson | M 47 | MA | 9:21:17 | 66.08% |
| 35 Sean Case | M 44 | ME | 9:22:18 | 65.96% |
| 36 <u>Lauren Desautels</u> | F 26 | MA | 9:23:11 | 65.86% |
| 37 Michael McKechnie | M 38 | MA | 9:23:40 | 65.80% |
| 38 Charles Williams | M 43 | MA | 9:24:37 | 65.69% |
| 39 <u>Wendy Andre</u> | F 43 | MA | 9:24:59 | 65.65% |
| 40 <u>Danielle Triffitt</u> | F 38 | ME | 9:25:06 | 65.64% |
| 41 <u>Jillian Madison</u> | F 44 | MA | 9:27:19 | 65.38% |
| 42 David Anastasi | M 35 | MA | 9:28:37 | 65.23% |
| 43 Richard Lally | M 30 | MA | 9:30:32 | 65.01% |
| 44 Andrew McLaughlin | M 59 | MA | 9:31:18 | 64.93% |
| 45 Michael Saitow | M 41 | MA | 9:32:49 | 64.75% |
| 46 Charles Leonard | M 58 | NY | 9:32:54 | 64.74% |
| 47 Tim Horan | M 40 | MA | 9:39:38 | 63.99% |
| 48 Anthony Tieuli | M 40 | MA | 9:39:53 | 63.96% |
| 49 <u>Kristin Lundy</u> | F 43 | VT | 9:40:06 | 63.94% |
| 50 Richard Loud | M 48 | NY | 9:40:25 | 63.91% |
| 51 James Provenzano | M 49 | MA | 9:41:21 | 63.80% |
| 52 <u>Marie Donovan</u> | F 35 | NV | 9:41:27 | 63.79% |
| 53 Robert Perednia | M 30 | MA | 9:43:18 | 63.59% |
| 54 Anthony Portera | M 42 | NY | 9:43:19 | 63.59% |
| 55 John Marino | M 40 | MA | 9:44:38 | 63.44% |
| 56 <u>Kristy Burns</u> | F 39 | MA | 9:45:55 | 63.31% |
| 57 <u>Alison Cleary</u> | F 28 | RI | 9:48:43 | 63.00% |
| 58 Stephen Taylor | M 44 | MA | 9:50:06 | 62.86% |
| 59 Anthony Bell | M 31 | NS | 9:50:39 | 62.80% |
| 60 <u>Jenny Hoffman</u> | F 35 | MA | 9:54:54 | 62.35% |
| 61 Jim Demeritt | M 46 | MA | 9:57:24 | 62.09% |
| 62 Richard Benoit | M 45 | NH | 10:04:14 | 61.39% |
| 63 Marshall Lovelette | M 34 | MA | 10:07:31 | 61.05% |
| 64 Troy Johnstone | M 42 | NB | 10:09:56 | 60.81% |
| 65 Blair Mann | M 39 | NB | 10:11:16 | 60.68% |
| 66 David Souza | M 38 | MA | 10:15:58 | 60.22% |
| 67 David Dobrindt | M 42 | MA | 10:18:37 | 59.96% |
| 68 Steve Murray | M 50 | MA | 10:18:37 | 59.96% |
| 69 Gary Hebert | M 48 | CT | 10:19:27 | 59.88% |
| 70 Chris Risko | M 44 | MA | 10:21:38 | 59.67% |
| 71 <u>Carolyn Shreck</u> | F 41 | NH | 10:22:00 | 59.63% |
| 72 Fred Peterson | M 47 | NH | 10:24:49 | 59.36% |
| 73 Kent Wosepka | M 43 | MA | 10:27:05 | 59.15% |
| 74 Adam Allie | M 33 | SC | 10:28:39 | 59.00% |
| 75 <u>Jennifer Merriam</u> | F 44 | NH | 10:28:54 | 58.98% |
| 76 <u>Adena Schutzberg</u> | F 49 | MA | 10:29:11 | 58.95% |
| 77 David Smydra | M 34 | MA | 10:29:26 | 58.93% |
| 78 Will Danecki | M 63 | CT | 10:31:32 | 58.73% |
| 79 Jason Como | M 38 | MA | 10:32:49 | 58.61% |
| 80 Nate McBride | M 40 | MA | 10:38:10 | 58.12% |
| 81 James Russo | M 57 | NY | 10:42:38 | 57.72% |
| 82 Christopher Agbay | M 36 | MA | 10:42:54 | 57.69% |
| 83 Jason Bacon | M 43 | RI | 10:43:37 | 57.63% |

| | | | | |
|------------------------------|------|----|----------|--------|
| 84 <u>Kristen Kercher</u> | F 43 | NH | 10:43:37 | 57.63% |
| 85 Yancy Lent | M 41 | MA | 10:50:05 | 57.06% |
| 86 Joe Lane | M 48 | MA | 10:52:07 | 56.88% |
| 87 Tim Dunham | M 45 | MA | 10:53:26 | 56.76% |
| 88 Glen Cooper | M 47 | MA | 10:53:41 | 56.74% |
| 89 Craig Murray | M 39 | MA | 10:54:13 | 56.70% |
| 90 John Peabody | M 58 | RI | 10:58:00 | 56.37% |
| 91 Thomas Ellis | M 47 | NH | 10:59:30 | 56.24% |
| 92 Mark Siegmund | M 49 | ME | 10:59:34 | 56.24% |
| 93 Dietmar Bago | M 45 | MA | 11:03:59 | 55.86% |
| 94 Bob Warren | M 53 | MA | 11:07:34 | 55.56% |
| 95 Kenny Rogers | M 59 | MA | 11:08:03 | 55.52% |
| 96 Philip Markovich | M 51 | CT | 11:08:56 | 55.45% |
| 97 Ryan Couto | M 28 | MA | 11:09:16 | 55.42% |
| 98 <u>Jennifer Shultis</u> | F 45 | OR | 11:09:55 | 55.37% |
| 99 <u>Christine Reynolds</u> | F 43 | NY | 11:12:30 | 55.15% |
| 100 David Moser | M 45 | IA | 11:13:17 | 55.09% |
| 101 Mike Soucy | M 42 | MA | 11:15:56 | 54.87% |
| 102 Andrew Macginnitie | M 48 | MA | 11:16:45 | 54.81% |
| 103 <u>Tania McNamara</u> | F 41 | NS | 11:20:12 | 54.53% |
| 104 <u>Chad McNamara</u> | M 41 | NS | 11:20:13 | 54.53% |
| 105 <u>Susan Bourque</u> | F 38 | MA | 11:20:54 | 54.47% |
| 106 <u>Zona Sharfman</u> | F 36 | MA | 11:20:54 | 54.47% |
| 107 <u>Katya Divari</u> | F 51 | MA | 11:21:54 | 54.39% |
| 108 Mark Bilbe | M 38 | MA | 11:23:58 | 54.23% |
| 109 Michael Condella | M 26 | MA | 11:25:08 | 54.14% |
| 110 Josh Butler | M 37 | MA | 11:27:56 | 53.92% |
| 111 Scott Jamieson | M 52 | MA | 11:28:44 | 53.85% |
| 112 <u>Jocelyn Falls</u> | F 42 | NY | 11:29:53 | 53.77% |
| 113 <u>Lauren Reid</u> | F 53 | MA | 11:32:21 | 53.57% |
| 114 Cesar Hernandez | M 27 | MA | 11:39:17 | 53.04% |
| 115 Nathan Cockrell | M 31 | NY | 11:39:50 | 53.00% |
| 116 <u>Robin Mancinelli</u> | F 52 | PA | 11:45:22 | 52.58% |
| 117 Jim Porter | M 53 | NY | 11:50:41 | 52.19% |
| 118 <u>Alena Stevens</u> | F 42 | CT | 11:56:33 | 51.76% |
| 119 <u>Gail Martin</u> | F 48 | MA | 11:56:39 | 51.76% |
| 120 David Martin | M 53 | MA | 11:56:41 | 51.75% |
| 121 Brian Roderick | M 44 | NH | 11:57:52 | 51.67% |
| 122 <u>Maria Chevalier</u> | F 38 | RI | 11:59:43 | 51.54% |
| 123 Peter Copelas | M 53 | MA | 12:02:07 | 51.37% |
| 124 Sam Smart | M 50 | MA | 12:02:25 | 51.34% |
| 125 Raymond Zirblis | M 59 | VT | 12:02:42 | 51.32% |
| 126 <u>Barbara Sorrell</u> | F 56 | NY | 12:02:43 | 51.32% |
| 127 <u>Carin Zinter</u> | F 40 | MA | 12:03:55 | 51.24% |
| 128 <u>Christina Healey</u> | F 36 | MA | 12:11:15 | 50.72% |
| 129 Robert Campbell | M 41 | MA | 12:19:26 | 50.16% |
| 130 <u>Brenda Morris</u> | F 47 | MA | 12:21:52 | 50.00% |
| 131 Ken Gulliver | M 49 | MA | 12:25:15 | 49.77% |
| 132 <u>Deb Peak</u> | F 38 | MA | 12:42:02 | 48.67% |
| 133 Steve Feeley | M 58 | MA | 12:42:04 | 48.67% |
| 134 James Girmindl | M 57 | NY | 12:43:07 | 48.61% |

Trail Running News.....

Western Mass Athletic Club

Volume 19 Issue 4 Late autumn 2013

Stone Cat 26.2 Mile Results:

WMAC members in bold:

| <u>Name</u> | <u>Age</u> | <u>ST.</u> | <u>Time</u> | <u>GT %</u> |
|---|------------|------------|-------------|-------------|
| 1 Mike Davis | M 44 | NB | 3:06:29 | 100.00% |
| 2 Brendan Lynch | M 35 | MA | 3:10:18 | 97.99% |
| 3 Jeff Hunt | M 49 | MA | 3:11:19 | 97.47% |
| 4 <u>Aliza Lapierre</u> 1 st F | F 33 | VT | 3:16:15 | 95.02% |
| 5 Frank White | M 39 | MA | 3:21:02 | 92.76% |
| 6 Andrew Salmon | M 34 | MA | 3:24:20 | 91.26% |
| 7 <u>Elizabeth Gleason</u> | F 28 | VT | 3:25:11 | 90.89% |
| 8 David Long | M 39 | MA | 3:25:45 | 90.64% |
| 9 Marty Daignault | M 50 | MA | 3:29:14 | 89.13% |
| 10 Brian Betournay | M 32 | NH | 3:32:22 | 87.81% |
| 11 Matthew Curran | M 56 | MA | 3:32:37 | 87.71% |
| 12 Mike Penta | M 45 | MA | 3:33:01 | 87.54% |
| 13 Mark Staples | M 44 | MA | 3:34:31 | 86.93% |
| 14 Mark Engerman | M 46 | MA | 3:36:54 | 85.98% |
| 15 Todd Bennett | M 43 | CT | 3:37:57 | 85.56% |
| 16 Stanislav Trufanov | M 34 | MA | 3:39:02 | 85.14% |
| 17 Philip Porter | M 39 | MA | 3:39:42 | 84.88% |
| 18 Dana Spencer | M 33 | MA | 3:40:34 | 84.55% |
| 19 David Javaheri | M 42 | MA | 3:44:38 | 83.02% |
| 20 Bob Poirier | M 58 | ME | 3:44:52 | 82.93% |
| 21 Ken Naide | M 41 | MA | 3:46:46 | 82.24% |
| 22 William Leroyer | M 33 | MA | 3:47:53 | 81.83% |
| 23 <u>Jennifer Howland</u> | F 25 | MA | 3:49:00 | 81.43% |
| 24 Shane Sherwood | M 41 | MA | 3:49:46 | 81.16% |
| 25 Carl Scott | M 56 | VT | 3:50:15 | 80.99% |
| 26 Chris Fauske | M 50 | MA | 3:50:59 | 80.73% |
| 27 Matthew Adams | M 40 | MA | 3:51:19 | 80.62% |
| 28 Tom Whitaker | M 43 | ME | 3:52:11 | 80.32% |
| 29 Brian Beakey | M 45 | NH | 3:53:30 | 79.86% |
| 30 <u>Sheryl Wheeler</u> | F 50 | NY | 3:54:18 | 79.59% |
| 31 Mark Belanger | M 42 | MA | 3:54:34 | 79.50% |
| 32 Sean McDonough | M 52 | MA | 3:56:56 | 78.71% |
| 33 Mike McLaughlin | M 38 | MA | 3:58:47 | 78.10% |
| 34 <u>Kristi Umile</u> | F 40 | MA | 3:59:31 | 77.86% |
| 35 Aaron Toleos | M 42 | MA | 3:59:33 | 77.85% |
| 36 Alexander Hayman | M 27 | MA | 3:59:58 | 77.71% |
| 37 Peter Durning | M 41 | MA | 4:03:56 | 76.45% |
| 38 John Wozny | M 43 | MA | 4:04:46 | 76.19% |
| 39 <u>Thea Cox</u> | F 30 | CT | 4:05:44 | 75.89% |
| 40 Reji James | M 44 | MA | 4:07:12 | 75.44% |
| 41 Cliff Buckley | M 40 | MA | 4:07:37 | 75.31% |
| 42 Ted Cowles | M 55 | CT | 4:08:44 | 74.97% |
| 43 Matthew Lamothe | M 30 | MA | 4:08:59 | 74.90% |
| 44 Rich Sementilli | M 54 | MA | 4:10:08 | 74.55% |
| 45 Tom Davidson | M 42 | MA | 4:12:36 | 73.83% |
| 46 Randal Parradee | M 42 | MA | 4:13:03 | 73.69% |
| 47 Stuart Smith | M 42 | MA | 4:15:04 | 73.11% |
| 48 Colin Maclay | M 45 | MA | 4:16:32 | 72.69% |
| 49 Joseph Osborne | M 50 | MA | 4:18:57 | 72.02% |
| 50 <u>Fran O'Donoghue</u> | F 50 | CT | 4:19:16 | 71.93% |
| 51 Schmuhl Fred | M 48 | NH | 4:19:36 | 71.83% |
| 52 <u>Andrea Leonard</u> | F 49 | MA | 4:19:39 | 71.82% |
| 53 Mickel Mcclish | M 42 | MA | 4:20:38 | 71.55% |
| 54 <u>Renee Bousquet</u> | F 38 | MA | 4:22:19 | 71.09% |
| 55 Eric Grelle | M 33 | MA | 4:22:32 | 71.03% |
| 56 <u>Alanna Almstead</u> | F 37 | NY | 4:23:38 | 70.74% |

| | | | | |
|---------------------------------|------|----|---------|--------|
| 57 William Woodley | M 40 | MA | 4:24:51 | 70.41% |
| 58 Charles Therriault | M 28 | NH | 4:26:11 | 70.06% |
| 59 Loring Besse | M 48 | MA | 4:27:47 | 69.64% |
| 60 <u>Heather Furman</u> | F 43 | VT | 4:27:59 | 69.59% |
| 61 <u>Hollie Kirwan</u> | F 28 | MA | 4:28:14 | 69.52% |
| 62 Chris Bentis | M 37 | MA | 4:28:36 | 69.43% |
| 63 David Boudreau | M 42 | NH | 4:28:55 | 69.35% |
| 64 <u>Tara Deeble</u> | F 42 | MA | 4:29:13 | 69.27% |
| 65 <u>Jane Hoffmann</u> | F 51 | MA | 4:29:38 | 69.16% |
| 66 Dana Boudreau | M 39 | NH | 4:30:05 | 69.05% |
| 67 <u>Jenny Carpenter</u> | F 42 | NY | 4:30:13 | 69.01% |
| 68 Terry Shields | M 42 | MA | 4:30:43 | 68.89% |
| 69 <u>Cristina King</u> | F 32 | ME | 4:30:54 | 68.84% |
| 70 <u>Nancy Neatt</u> | F 35 | NS | 4:31:00 | 68.81% |
| 71 Michael Ferrari | M 49 | MA | 4:31:09 | 68.77% |
| 72 Peter Bartholomew | M 43 | MA | 4:31:17 | 68.74% |
| 73 Rich Leonard | M 59 | MA | 4:31:30 | 68.69% |
| 74 <u>Daine Bessey</u> | F 57 | ME | 4:31:37 | 68.66% |
| 75 <u>Mary Dyan</u> | F 38 | MA | 4:31:37 | 68.66% |
| 76 Matthew Hodge | M 26 | MA | 4:31:38 | 68.65% |
| 77 Stephen McGee | M 42 | MA | 4:31:45 | 68.62% |
| 78 Jason Bridgeo | M 42 | NH | 4:32:33 | 68.42% |
| 79 Thomas Campbell | M 32 | MA | 4:32:47 | 68.36% |
| 80 Chris Accettella | M 38 | MA | 4:32:48 | 68.36% |
| 81 <u>Anne Manning</u> | F 46 | CT | 4:33:49 | 68.11% |
| 82 David Leonard | M 32 | MA | 4:34:07 | 68.03% |
| 83 <u>Shannon Doherty Alger</u> | F 43 | MA | 4:34:12 | 68.01% |
| 84 Lawrence Ryan | M 49 | MA | 4:34:31 | 67.93% |
| 85 James Banyas | M 49 | MA | 4:36:10 | 67.53% |
| 86 Rick Johnson | M 41 | MA | 4:36:16 | 67.50% |
| 87 Bouke Noordzij | M 43 | MA | 4:37:00 | 67.32% |
| 88 <u>Lynn Vasconcelos</u> | F 38 | MA | 4:38:00 | 67.08% |
| 89 <u>Teresa Townsend</u> | F 29 | MA | 4:38:15 | 67.02% |
| 90 Robert Amatruda | M 27 | MA | 4:38:54 | 66.86% |
| 91 <u>Jennifer Anderson</u> | F 42 | MA | 4:41:23 | 66.27% |
| 92 Tom Mitchell | M 50 | MA | 4:42:28 | 66.02% |
| 93 <u>Rachel Hunt</u> | F 40 | MA | 4:46:11 | 65.16% |
| 94 Aaron Noble | M 29 | MA | 4:46:13 | 65.15% |
| 95 Keith Johnson | M 40 | MA | 4:46:20 | 65.13% |
| 96 <u>Gretchen Parmentier</u> | F 36 | MA | 4:46:22 | 65.12% |
| 97 Andrew Woods | M 36 | NS | 4:46:37 | 65.06% |
| 98 <u>Amanda McCaughey</u> | F 29 | NH | 4:46:39 | 65.06% |
| 99 James Lamothe | M 55 | MA | 4:48:10 | 64.71% |
| 100 Eric Randall | M 54 | NH | 4:48:11 | 64.71% |
| 101 Jeffrey Reed | M 59 | MA | 4:48:38 | 64.61% |
| 102 <u>Katelyn Perkins</u> | F 30 | VT | 4:48:56 | 64.54% |
| 103 Gerard Doyle | M 56 | MA | 4:50:01 | 64.30% |
| 104 Kenneth Lemerise | M 62 | MA | 4:51:07 | 64.06% |
| 105 <u>Mironda Meyer</u> | F 45 | MA | 4:51:44 | 63.92% |
| 106 <u>Kim Boyarsky</u> | F 44 | VT | 4:53:10 | 63.61% |
| 107 Eric Brigham | M 43 | VT | 4:53:11 | 63.61% |
| 108 David Sutherland | M 51 | CT | 4:53:47 | 63.48% |
| 109 Marc Blandin | M 33 | MA | 4:54:28 | 63.33% |
| 110 <u>Lori Hennessey</u> | F 49 | VT | 4:54:34 | 63.31% |
| 111 Brian Burns | M 36 | MA | 4:54:35 | 63.30% |
| 112 <u>Meghan Lynch</u> | F 33 | MA | 4:55:18 | 63.15% |
| 113 Matthew Carroll | M 39 | MA | 4:55:52 | 63.03% |
| 114 <u>Jennifer Melkonian</u> | F 37 | MA | 4:57:03 | 62.78% |

Continued next page:

Stone Cat results cont:

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|--------------------------------|------|----|---------|--------|
| 115 <u>Cindy Jolliemore</u> | F 38 | MA | 4:57:53 | 62.60% |
| 116 Jedi Alexion | M 54 | ME | 4:58:24 | 62.49% |
| 117 <u>Carolina Villarreal</u> | F 31 | MA | 4:58:54 | 62.39% |
| 118 <u>Ruth Brediger</u> | F 52 | MA | 5:01:01 | 61.95% |
| 119 Jim Courville | M 31 | MA | 5:02:05 | 61.73% |
| 120 <u>Kimberly Dwight</u> | F 43 | MA | 5:02:42 | 61.61% |
| 121 Wayne Reisberg | M 46 | VT | 5:04:27 | 61.25% |
| 122 Etienne Jaulin | M 55 | MA | 5:04:44 | 61.20% |
| 123 Jennifer Ferriss | F 41 | NY | 5:04:44 | 61.20% |
| 124 Curtis Lintvedt | M 66 | NH | 5:05:00 | 61.14% |
| 125 <u>Janet Sanderson</u> | F 46 | RI | 5:05:55 | 60.96% |
| 126 Rick Abradi | M 55 | ME | 5:06:19 | 60.88% |
| 127 <u>Carrie Albright</u> | F 34 | PA | 5:06:55 | 60.76% |
| 128 Aaron Hamlin | M 39 | MA | 5:07:39 | 60.62% |
| 129 Michael Gooksjian | M 49 | MA | 5:08:00 | 60.55% |
| 130 Christopher Tabb | M 38 | MA | 5:08:01 | 60.54% |
| 131 Bob Segal | M 60 | MA | 5:09:08 | 60.32% |
| 132 Robert Diburro | M 45 | MA | 5:10:27 | 60.07% |
| 133 Gary Richards | M 57 | CT | 5:11:58 | 59.78% |
| 134 Mark Weidman | M 56 | NH | 5:13:22 | 59.51% |
| 135 <u>Laura McKenzie</u> | F 47 | MA | 5:14:31 | 59.29% |
| 136 <u>Kathleen Karpe</u> | F 51 | MA | 5:14:31 | 59.29% |
| 137 Brian Lucchesi | M 38 | MA | 5:15:18 | 59.14% |
| 138 <u>Peggy Gordon</u> | F 42 | MA | 5:15:34 | 59.09% |
| 139 <u>Kristin Comprosky</u> | F 47 | MA | 5:15:52 | 59.04% |
| 140 Kevin Koen | M 49 | MA | 5:15:58 | 59.02% |
| 141 Dave McLaughlin | M 39 | MA | 5:17:27 | 58.74% |
| 142 Stuart Barnes | M 56 | MA | 5:17:45 | 58.69% |
| 143 <u>Maura Maclean</u> | F 49 | MA | 5:18:55 | 58.47% |
| 144 <u>Jacquelyn Miller</u> | F 28 | MA | 5:18:55 | 58.47% |
| 145 <u>Nicolle Quinn</u> | F 39 | MA | 5:19:01 | 58.46% |
| 146 <u>Bethany Couto</u> | F 28 | MA | 5:19:01 | 58.46% |
| 147 Christopher Wile | M 57 | MA | 5:19:53 | 58.30% |
| 148 <u>Angela Boudreau</u> | F 43 | MA | 5:19:56 | 58.29% |
| 149 <u>Jen Brennan</u> | F 41 | MA | 5:20:50 | 58.12% |
| 150 Bart McCarthy | M 41 | MA | 5:21:47 | 57.95% |
| 151 Robert Cleland | M 62 | NH | 5:22:16 | 57.87% |
| 152 Josh Cleland | M 43 | NH | 5:22:17 | 57.86% |
| 153 <u>Melissa Gray</u> | F 41 | MA | 5:22:18 | 57.86% |
| 154 <u>Jennifer Hughes</u> | F 43 | MA | 5:22:21 | 57.85% |
| 155 <u>Alison Lackey</u> | F 32 | MA | 5:22:31 | 57.82% |
| 156 <u>Melissa Bradley</u> | F 27 | MA | 5:23:25 | 57.66% |
| 157 <u>Kate Swails</u> | F 32 | MA | 5:23:33 | 57.64% |
| 158 <u>Courtney Silver</u> | F 36 | MA | 5:24:28 | 57.47% |
| 159 Phil Tatro | M 50 | MA | 5:24:48 | 57.41% |
| 160 Paul Neri | M 55 | MA | 5:25:22 | 57.31% |
| 161 David Olivieri | M 30 | MA | 5:25:33 | 57.28% |
| 162 <u>Linda Fitzpatrick</u> | F 62 | MA | 5:25:35 | 57.28% |
| 163 Chris Dahlberg | M 35 | MA | 5:29:05 | 56.67% |
| 164 Doug Rice | M 35 | MA | 5:30:17 | 56.46% |
| 165 <u>Jennifer Thistle</u> | F 41 | PA | 5:31:24 | 56.27% |
| 166 Jeff Hattem | M 62 | MA | 5:32:37 | 56.07% |
| 167 Robert Scott | M 59 | CT | 5:33:52 | 55.86% |
| 168 <u>Patti Dobrindt</u> | F 41 | MA | 5:36:05 | 55.49% |
| 169 <u>Shannon Turner</u> | F 29 | NH | 5:39:32 | 54.92% |
| 170 Dale Bob Eckert | M 57 | MA | 5:41:34 | 54.60% |
| 171 <u>Deanne Hobba</u> | F 46 | MA | 5:42:26 | 54.46% |
| 172 <u>Cindy Bennett</u> | F 55 | MA | 5:42:27 | 54.46% |
| 173 <u>Michelle Olivieri</u> | F 29 | MA | 5:45:19 | 54.00% |

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|--------------------------------|------|----|----------|--------|
| 174 <u>Michele Campbell</u> | F 41 | MA | 5:46:39 | 53.80% |
| 175 <u>Ann Flower Seyse</u> | F 27 | NY | 5:47:25 | 53.68% |
| 176 Brian Stitt | M 31 | NY | 5:47:25 | 53.68% |
| 177 <u>Luciana Castellan</u> | F 53 | MA | 5:47:38 | 53.64% |
| 178 <u>Emily Trespas</u> | F 42 | MA | 5:48:19 | 53.54% |
| 179 Frederick Ross III | M 67 | VT | 5:48:19 | 53.54% |
| 180 <u>Valerie Mathews</u> | F 33 | MA | 5:49:22 | 53.38% |
| 181 <u>Sophia Darling</u> | F 38 | NY | 5:49:53 | 53.30% |
| 182 Joseph Reynolds | M 69 | NY | 5:50:06 | 53.27% |
| 183 <u>Elaine Blais</u> | F 44 | MA | 5:50:31 | 53.20% |
| 184 <u>Freddi Pare</u> | F 41 | MA | 5:56:05 | 52.37% |
| 185 <u>Mindy Randall</u> | F 53 | NH | 5:56:37 | 52.29% |
| 186 <u>Terri Murray</u> | F 45 | MA | 5:57:24 | 52.18% |
| 187 Curtis Rising | M 46 | MA | 5:59:34 | 51.86% |
| 188 <u>Robin Guldemond</u> | F 50 | MA | 6:01:13 | 51.63% |
| 189 <u>Aimee Chambers</u> | F 40 | VT | 6:01:15 | 51.62% |
| 190 <u>Ann Dickinon</u> | F 56 | MA | 6:08:39 | 50.59% |
| 191 Paul Stansel | M 39 | CT | 6:10:19 | 50.36% |
| 192 <u>Rachel Stansel</u> | F 38 | CT | 6:10:20 | 50.36% |
| 193 <u>Lynn McCarthy</u> | F 39 | MA | 6:16:39 | 49.51% |
| 194 <u>Ann Larson</u> | F 57 | MA | 6:21:49 | 48.84% |
| 195 Gary Larson | M 68 | ME | 6:21:54 | 48.83% |
| 196 <u>Lisa Nicholls</u> | F 37 | CO | 6:23:11 | 48.67% |
| 197 Jeffrey Sheppard | M 54 | MA | 6:24:05 | 48.55% |
| 198 <u>Jeanne Peckiconis</u> | F 52 | ME | 6:24:57 | 48.44% |
| 199 Douglas Story | M 49 | CT | 6:27:48 | 48.09% |
| 200 <u>Ann Alexion</u> | F 56 | ME | 6:37:20 | 46.93% |
| 201 <u>Lisa Glickenhause</u> | F 53 | NY | 6:37:50 | 46.87% |
| 202 <u>Bonnie Hallinan</u> | F 64 | MA | 6:40:35 | 46.55% |
| 203 Richard Bernardi | M 46 | NH | 6:42:47 | 46.30% |
| 204 <u>Christine Robinson</u> | F 55 | MA | 6:44:27 | 46.11% |
| 205 <u>Dale Granger-Eckert</u> | F 61 | MA | 6:44:28 | 46.11% |
| 206 David Follansbee | M 38 | NH | 6:46:21 | 45.89% |
| 207 <u>Deb Jackson</u> | F 63 | MA | 7:04:25 | 43.94% |
| 208 <u>Mary Bruno</u> | F 37 | MA | 7:10:04 | 43.36% |
| 209 <u>Britta Macintosh</u> | F 46 | MA | 7:31:56 | 41.26% |
| 210 <u>Donna Chiocca</u> | F 50 | NH | 7:35:09 | 40.97% |
| 211 <u>Beth Macy</u> | F 59 | MA | 7:45:11 | 40.09% |
| 212 Richard Busa | M 84 | MA | 8:31:00 | 36.49% |
| 213 Karen McWhirt | F 52 | CT | 8:31:00 | 36.49% |
| 214 <u>Tracey Ingle</u> | F 45 | MA | 9:11:47 | 33.80% |
| 215 Dan Wheeler | M 55 | NY | 10:03:59 | 30.88% |



Stone Cat Ale Trail Races

November 2, 2013

Checking the weather forecast for the Ipswich, MA. area 2 days before the race I was a little skeptical about what it was saying. Low of 45 in the morning and sunny and mild with temps near 62 during the day? Come on now this is November. That can't be right. I've been fooled twice by false forecasts this year already so I packed some of my cold weather running gear along with my rain gear just in case. But none of it was needed as the weather forecast lived up to it's billing on this day. This was my 5th time at the Stone Cat races and I have to say every year has been pretty good weather wise but they weren't as good as this year was.

This race starts behind a school and we run across the playing field and enter the woods of the State Forest down at the end of the field. We run loops here to get our distances in. Each loop is 12.5 miles so it's 4 loops for the 50 miles and 2 loops plus a mile and a little extra run around the school and field for the marathon distance. There are no mountains on this course to climb, but there are several up-hill sections that get steeper by the 3rd and 4th loop, but most of the course is very runnable. There is a good mix of single track trails, forest roads, and some nice winding soft trails along woodland ponds and old growth forests. And the 3 aid stations along the way have just about everything you could want or need. Mmmmmmm bacon!

In the past both races always started at the same time with the marathon runners doing the 1 mile loop around the school yard before heading into the woods to join the 50 milers. Because daylight savings time was extended a few years ago it's still dark at the start of this race and we need some kind of light for the first 45 minutes or so. This always made for quite a show with 300 or more different lights bobbing across the field in the early morning darkness heading into the woods.

But a change this year had the 50 mile race starting 15 minutes before the marathoners. This worked out very well because what usually happened was that the faster marathon runners caught up to most of us 50 milers in a narrow trail section where it was hard to pass people, and being still somewhat dark made it all the more difficult for everyone.

With the head start we got this year most of us were on the wider grassy trails with daylight starting to break before the marathoners zipped by us without causing any issues this year.

And speaking of that narrow trail section, wouldn't you know that I stepped on a rock and turned my ankle only a few miles into the race. Yup, the same one I rolled at Nipmuck a month ago. Luckily it wasn't quite as bad but it did stay sore for the rest of the race and for some 3 weeks afterward too.

Having missed the Pisgah 50K back in mid September due to car issues I was worried about not having enough training miles in to complete a 50 miler. Sure I did get through the wet and muddy Nipmuck Marathon a month ago, but because of my ankle issue I didn't get many more miles in since then.

So here I am in a 50 with minimum running in the last couple of months. And this year another change in race policy was that you're not allowed to drop down to the marathon distance like in the past. You either finish the race you signed up for or you DNF. Well you know we sign up for some of these runs as much as 6 months ahead and you can never know what will happen before race day.

But before I knew it I was already at the end of the first loop. Not too bad, 2:38 something, and just in time too as I had to make a quick pit stop at Mr. Port – A – Potty. Back at my drop bag I grabbed some gel packs and sport beans and headed off to loop two. I was feeling pretty good now (after my pit stop if you know what I mean ☺) and ran very smooth and comfortable through this loop. I enjoyed running with and talking to several different people along the way and soon we were running across the school yard at the end of the loop. Wow, 4:48 on the clock. I picked up a good 20 minutes in that loop. Again re-fueling from my drop bag off I went on to loop 3.

Around 4 miles, at the first aid station, I heard someone say that Rich Busa just left here about 5 minutes ago. I knew Rich was entered in the marathon race and I was hoping to see him along the trail. Leaving the aid station the same time as me was a young lady (Carolyn) from NH. As we ran along I told her about Rich being just ahead of us and that he turned 84 just 3 days ago. She didn't know Rich but had heard of the Busa Bushwhack race, the one named in his honor.

Within a mile we caught up to Rich who was being escorted along by my friend Karen. After exchanging some verbal jabs and wishing him a happy birthday we continued on up the trail. Carolyn soon moved ahead but I met up with another runner (Jim from NY) who I'd run with for awhile in the second loop. We ran the last 7 miles together to the end of the 3rd loop.

Here most of my friends who only ran the marathon were all sitting around in the warm sunshine enjoying the festivities along with some of their favorite beverages. Part of me wanted to join them but I wasn't about to quit now. So after fueling up I headed out for the 4th and last loop as my friends cheered me on.

I started to feel my lack of training in this loop, but I was still feeling pretty good overall so I ran when I could and walked when I had to. For most of this loop I was on my own. I passed about 4 runners in the first 10 miles and caught up to another one (David from MA.) with about 3 miles to go. We ran along for the next couple of miles and with about a mile to go he said he wanted to try to break 10:30 so I told him to go for it and he took off. He was about half my age so I didn't even try to keep up with him. He did make his goal by 34 seconds and I finished about 2 minutes later.

I was very happy with my run and my time on this day with all things considered. Of course my knees complained to me for the next 5 days or so about how I abused them but other than that I was really surprised at how I ran on this gorgeous autumn afternoon at the Stone Cat trail race.

will run

Busa Bushwhack ... 10 Mile Trail Race
Framingham, MA. November 10, 2013

Club members in bold:

| <u>Name</u> | <u>Age</u> | <u>ST.</u> | <u>Time</u> | <u>GT %</u> |
|---|------------|------------|-------------|-------------|
| 1 Samuel Jurek | M 26 | MA | 1:06:03 | 100.00% |
| 2 Russell Johanson | M 29 | MA | 1:06:43 | 99.00% |
| 3 Ron Lipka | M 36 | MA | 1:08:04 | 97.04% |
| 4 Josh Flanagan | M 34 | MA | 1:09:10 | 95.49% |
| 5 Tom Dmukauskas | M 38 | MA | 1:09:32 | 94.99% |
| 6 Russell Greenwald | M 36 | MA | 1:09:37 | 94.88% |
| 7 Matt Picard | M 29 | MA | 1:09:38 | 94.85% |
| 8 Doron Reuveni | M 47 | MA | 1:09:53 | 94.51% |
| 9 John Drewniak | M 34 | MA | 1:10:15 | 94.02% |
| 10 Kyle Lampart | M 22 | MA | 1:10:16 | 94.00% |
| 11 Geoffrey Keast | M 32 | MA | 1:12:03 | 91.67% |
| 12 Matthew Conlon | M 22 | MA | 1:12:11 | 91.50% |
| 13 Matt Goldman | M 39 | MA | 1:12:15 | 91.42% |
| 14 Kelsey Allen 1st F | F 30 | MA | 1:12:17 | 91.38% |
| 15 Miroslav Tashev | M 51 | MA | 1:12:18 | 91.36% |
| 16 Michael McDuffie | M 28 | MA | 1:12:31 | 91.08% |
| 17 Mark E Sullivan | M 39 | NH | 1:13:15 | 90.17% |
| 18 John Lesperance | M 51 | MA | 1:13:29 | 89.88% |
| 19 Robijn Hage | M 42 | MA | 1:13:41 | 89.64% |
| 20 Alexander Hayman | M 27 | MA | 1:14:21 | 88.84% |
| 21 Danny Bent | M 34 | UK | 1:14:27 | 88.72% |
| 22 Joseph Atchue | M 18 | MA | 1:15:09 | 87.89% |
| 23 Alistair Ryan | M 31 | MA | 1:15:34 | 87.41% |
| 24 Mark Brown | M 38 | MA | 1:15:37 | 87.35% |
| 25 Matt Seney | M 37 | MA | 1:15:39 | 87.31% |
| 26 Dave Vital | M 30 | MA | 1:16:08 | 86.76% |
| 27 Patrick Condry | M 49 | MA | 1:17:26 | 85.30% |
| 28 Todd Bowser | M 43 | MA | 1:17:33 | 85.17% |
| 29 Kevin Maier | M 29 | MA | 1:18:03 | 84.63% |
| 30 David Mills | M 34 | MA | 1:18:06 | 84.57% |
| 31 Donald Burke | M 57 | MA | 1:19:19 | 83.27% |
| 32 John Fennel | M 41 | MA | 1:20:28 | 82.08% |
| 33 Ted Cowles | M 54 | CT | 1:20:58 | 81.58% |
| 34 Seth Wolfman | M 33 | MA | 1:21:12 | 81.34% |
| 35 Philp Fischer | M 43 | MA | 1:21:31 | 81.03% |
| 36 John Lehan | M 52 | MA | 1:21:36 | 80.94% |
| 37 Christopher Shipley | M 50 | NH | 1:21:55 | 80.63% |
| 38 John Sava | M 49 | MA | 1:22:01 | 80.53% |
| 39 Sarah Wood | F 29 | MA | 1:22:17 | 80.27% |
| 40 Andrew Donaldson | M 45 | MA | 1:22:29 | 80.08% |
| 41 Adam Bohmiller | M 31 | MA | 1:22:51 | 79.72% |
| 42 Geoff Maletta | M 41 | MA | 1:22:55 | 79.66% |
| 43 Dom Naples | M 46 | MA | 1:22:56 | 79.64% |
| 44 Viktoria Koskenoja | F 27 | MA | 1:23:08 | 79.45% |
| 45 Doyal Richerson | M 41 | MA | 1:23:14 | 79.36% |
| 46 Robert Fournier | M 49 | MA | 1:23:24 | 79.20% |
| 47 Mike Donohue | M 32 | MA | 1:24:22 | 78.29% |
| 48 Julie Lefebvre | F 37 | MA | 1:24:25 | 78.24% |
| 49 Jeff Ganz | M 47 | MA | 1:24:28 | 78.20% |
| 50 Stephen Galloway | M 50 | MA | 1:24:41 | 78.00% |
| 51 Lori Muhr | F 47 | MA | 1:25:15 | 77.48% |
| 52 Gabriella Howard | F 27 | MA | 1:25:56 | 76.86% |
| 53 Michele Liguori | F 44 | MA | 1:26:27 | 76.40% |
| 54 John Schaechter | M 49 | MA | 1:26:44 | 76.15% |
| 55 Heather Kramer | F 50 | MA | 1:27:08 | 75.80% |

| | | | | |
|------------------------------|------|----|---------|--------|
| 56 Rob Daly | M 56 | MA | 1:27:09 | 75.79% |
| 57 Sean Blood | M 43 | MA | 1:27:13 | 75.73% |
| 58 Anita Bugan | F 46 | MA | 1:27:26 | 75.54% |
| 59 Caitlin Desmond | F 31 | MA | 1:27:28 | 75.51% |
| 60 Guido Jacques | M 37 | MA | 1:27:32 | 75.46% |
| 61 Paul Kazanjian | M 37 | MA | 1:27:38 | 75.37% |
| 62 Paul Lafayette | M 35 | MA | 1:27:43 | 75.30% |
| 63 Kevin Fitzgerald | M 35 | RI | 1:27:44 | 75.29% |
| 64 James Pike | M 54 | MA | 1:27:54 | 75.14% |
| 65 Robin Schulman | F 49 | MA | 1:28:22 | 74.75% |
| 66 Steve Cruickshank | M 49 | MA | 1:28:48 | 74.38% |
| 67 Chris Brandi | M 30 | MA | 1:29:09 | 74.09% |
| 68 Jeffrey Coughlin | M 31 | MA | 1:29:12 | 74.05% |
| 69 Kirsten Woody | F 45 | NH | 1:29:15 | 74.01% |
| 70 Jeff Williams | M 43 | CT | 1:29:26 | 73.85% |
| 71 Chris Powers | M 41 | MA | 1:29:43 | 73.62% |
| 72 Jon Endow | M 51 | MA | 1:29:44 | 73.61% |
| 73 Will Foley | M 45 | MA | 1:29:50 | 73.53% |
| 74 Jacqueline Rosains | F 39 | MA | 1:31:54 | 71.87% |
| 75 Al Del Re | M 43 | MA | 1:32:34 | 71.35% |
| 76 Cherisse Haakonsen | F 39 | MA | 1:33:23 | 70.73% |
| 77 Adam Gerard | M 34 | MA | 1:33:38 | 70.54% |
| 78 Robert Pollok | M 35 | MA | 1:34:09 | 70.15% |
| 79 Kris Gleason | F 50 | MA | 1:34:12 | 70.12% |
| 80 Bill Pennington | M 58 | MA | 1:34:27 | 69.93% |
| 81 Maria Chevalier | F 38 | RI | 1:35:18 | 69.31% |
| 82 Brian Smith | M 29 | MA | 1:35:20 | 69.28% |
| 83 Sarah Lipka | F 34 | MA | 1:35:42 | 69.02% |
| 84 Sean Terry | M 27 | MA | 1:36:03 | 68.77% |
| 85 Skip Schneider | M 44 | MA | 1:36:39 | 68.34% |
| 86 James Brock | M 48 | MA | 1:36:53 | 68.17% |
| 87 Su Mittra | M 36 | MA | 1:37:00 | 68.09% |
| 88 Amy Strong | F 35 | MA | 1:38:00 | 67.40% |
| 89 Melissa Murphy | F 29 | MA | 1:38:09 | 67.30% |
| 90 Mike McCollum | M 33 | MA | 1:38:43 | 66.91% |
| 91 Luis Vasquez | M 35 | MA | 1:38:54 | 66.78% |
| 92 Kimberly Martin | F 47 | MA | 1:38:57 | 66.75% |
| 93 Jeff Hattem | M 62 | MA | 1:39:23 | 66.46% |
| 94 Mark Jackson | M 40 | CT | 1:39:35 | 66.33% |
| 95 Jim Miller | M 56 | MA | 1:40:43 | 65.58% |
| 96 Jean Miller | F 56 | MA | 1:40:44 | 65.57% |
| 97 Bryna Hebert | F 51 | RI | 1:40:46 | 65.55% |
| 98 Brady Hardiman | M 32 | MA | 1:40:47 | 65.54% |
| 99 Trish Reske | F 52 | MA | 1:41:24 | 65.14% |
| 100 Jennifer Hebert | F 35 | MA | 1:41:41 | 64.96% |
| 101 Eric Hebert | M 40 | MA | 1:41:4 | 64.95% |
| 102 Stefanie Schalm | F 39 | MA | 1:41:54 | 64.82% |
| 103 Michael Hutchinson | M 50 | MA | 1:42:29 | 64.45% |
| 104 Jackie McMillan | F 49 | MA | 1:42:30 | 64.44% |
| 105 Hans Kalkofen | M 42 | MA | 1:42:44 | 64.29% |
| 106 Alex Kates | M 45 | RI | 1:42:45 | 64.28% |
| 107 Janice Morales | F 37 | MA | 1:43:00 | 64.13% |
| 108 Tracey Jones | F 48 | MA | 1:43:05 | 64.07% |
| 109 Erin O'Dea | F 36 | MA | 1:43:36 | 63.75% |
| 110 Derek Tiago | M 27 | MA | 1:44:05 | 63.46% |
| 111 Bill Ellegood | M 45 | MA | 1:44:06 | 63.45% |
| 112 Arthur Johns | M 30 | MA | 1:44:07 | 63.44% |
| 113 Kathy Olney | F 50 | ?? | 1:45:06 | 62.84% |
| 114 Donald Hogardt | M 66 | MA | 1:45:27 | 62.64% |

Continued next page:

Busa Bushwhack results cont:

| | | | | |
|-------------------------------|------|----|---------|--------|
| 115 Mark Gillies | M 57 | NH | 1:45:31 | 62.60% |
| 116 Charles Collinson | M 62 | MA | 1:45:36 | 62.55% |
| 117 Danny Bent-Friend | M 34 | UK | 1:46:23 | 62.09% |
| 118 <u>Katya Divari</u> | F 51 | MA | 1:46:28 | 62.04% |
| 119 Braima Massaquoi | M 40 | MA | 1:46:40 | 61.92% |
| 120 Peter Hicks | M 41 | MA | 1:47:37 | 61.38% |
| 121 <u>Mary Louise Fowler</u> | F 25 | MA | 1:48:20 | 60.97% |
| 122 Rick Napolitan | M 53 | MA | 1:48:23 | 60.94% |
| 123 John Bakstran | M 56 | MA | 1:49:02 | 60.58% |
| 124 <u>Erica Holt</u> | F 28 | MA | 1:49:13 | 60.48% |
| 125 Chris Corvi | M 45 | MA | 1:49:39 | 60.24% |
| 126 <u>Katharine Jenkins</u> | F 34 | NH | 1:49:40 | 60.23% |
| 127 <u>Anna Wilkins</u> | F 35 | MA | 1:49:44 | 60.19% |
| 128 David Eng | M 44 | MA | 1:49:45 | 60.18% |
| 129 <u>Mary Traphagen</u> | F 49 | MA | 1:50:04 | 60.01% |
| 130 Jay Parry | M 29 | OH | 1:51:05 | 59.46% |
| 131 <u>Julia Paxson</u> | F 42 | MA | 1:52:02 | 58.96% |
| 132 <u>Galit Reuveni</u> | F 43 | MA | 1:53:11 | 58.36% |
| 133 Steve Traynor | M 51 | MA | 1:54:40 | 57.60% |
| 134 Kevin Mullen | M 48 | MA | 1:54:53 | 57.49% |
| 135 <u>Grace Pietsch</u> | F 31 | MA | 1:56:29 | 56.70% |
| 136 Paul Pongor | M 56 | MA | 1:57:30 | 56.21% |
| 137 <u>Claire Yunger</u> | F 43 | MA | 1:57:49 | 56.06% |
| 138 <u>Terri Moitozo</u> | F 52 | MA | 1:57:51 | 56.05% |
| 139 Joe Ferrini | M 60 | MA | 1:57:52 | 56.04% |
| 140 <u>Curry Galloway</u> | F 31 | MA | 1:58:06 | 55.93% |
| 141 Michael Rosenfeld | M 62 | NH | 1:58:22 | 55.80% |
| 142 <u>Karin Oleski</u> | F 65 | MA | 1:59:04 | 55.47% |
| 143 John Loring | M 66 | MA | 1:59:43 | 55.17% |
| 144 <u>Kerri Peloquin</u> | F 45 | MA | 2:01:17 | 54.46% |
| 145 <u>Heidi Pfeifer</u> | F 41 | MA | 2:01:18 | 54.45% |
| 146 Alan Cabot | M 58 | MA | 2:02:59 | 53.71% |
| 147 <u>Jennifer Garron</u> | F 36 | MA | 2:04:36 | 53.01% |
| 148 <u>Monica Sadowski</u> | F 36 | MA | 2:05:00 | 52.84% |
| 149 Jim Jenkins | M 59 | MA | 2:05:06 | 52.80% |
| 150 <u>Rebecca Levreault</u> | F 39 | MA | 2:05:09 | 52.78% |
| 151 <u>Mary Burkinshaw</u> | F 56 | MA | 2:07:20 | 51.87% |
| 152 <u>Dara Croci</u> | F 33 | MA | 2:07:22 | 51.86% |
| 153 <u>Karen Schneider</u> | F 44 | MA | 2:07:26 | 51.83% |
| 154 <u>Kristine Burke</u> | F 36 | MA | 2:07:58 | 51.62% |
| 155 <u>Kelly Garofalo</u> | F 38 | MA | 2:08:16 | 51.49% |
| 156 <u>Juleen Weber</u> | F 36 | MA | 2:08:27 | 51.42% |
| 157 <u>Tina Napolitan</u> | F 49 | MA | 2:08:42 | 51.32% |
| 158 <u>Sheila Morris</u> | F 56 | MA | 2:08:43 | 51.31% |
| 159 <u>Laura Ingalls</u> | F 33 | MA | 2:08:54 | 51.24% |
| 160 <u>Joan Meagher</u> | F 39 | MA | 2:08:55 | 51.23% |
| 161 <u>Patricia Luke</u> | F 55 | MA | 2:09:03 | 51.18% |
| 162 Eric Johnston | M 43 | MA | 2:09:09 | 51.14% |
| 163 Christopher Harrison | M 60 | MA | 2:12:14 | 49.95% |
| 164 <u>Beth O'Brien</u> | F 31 | MA | 2:12:54 | 49.70% |
| 165 <u>Karen Cowles</u> | F 28 | MA | 2:13:01 | 49.66% |
| 166 <u>Donna MaCauley</u> | F 46 | MA | 2:14:18 | 49.18% |
| 167 <u>Sue Malomo</u> | F 36 | MA | 2:15:05 | 48.90% |
| 168 Dave Fravel | M 43 | MA | 2:15:06 | 48.89% |
| 169 <u>Stephanie Luke</u> | F 25 | MA | 2:17:59 | 47.87% |
| 170 <u>Gayle Strickland</u> | F 43 | MA | 2:18:39 | 47.64% |
| 171 David Bohmiller | M 35 | MA | 2:19:48 | 47.25% |
| 172 Rob Grimes | M 34 | MA | 2:25:33 | 45.38% |
| 173 <u>Andrea Calhoun</u> | F 29 | MA | 2:37:58 | 41.81% |

Mystery Photo



This was the mystery photo in the last issue.
Did you recognize where it is?

No one correctly guessed that it's the swamp pond we run past on the dirt road at the Soapstone MT. trail races. This picture is looking straight across from where we come out of the woods after the first section, before we turn right on the dirt road on our way to the "Killer Hill" climb. We also run by it again on our way back to the finish.

photo by will

Mystery Photo



Here is the mystery photo for this issue.
In which race do we run past this old iron mine kiln?

Hint: is just down the road from the aid station.

photo by Bob Worsham



WMAC Turkey Trot
Thanksgiving Day 5K Road Race

Thursday November 28, 2013 9:30 AM

START / FINISH ... PNA Hall 13 Victory Street, Adams, MA.

Pre Entry post marked before November 21st ... \$5.00

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

Info Ed Saharczewski 413 - 344 - 3968 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 Christmas Party

Saturday, December 21, 2013

This year's festivities will again take place at Zucchini's Restaurant, 1331 North St. Pittsfield, MA.

Social / cocktail hour begins at 6 pm with dinner at 7 pm.

As in the past, dinner is free for club officers, RD's for WMAC races, and for members who have volunteered at three club races during the past year. **For all others, the cost is \$15 per person.** This includes dinner, tax, tip, coffee and dessert.

Please return the form below with payment to: WMAC – fa la la la la
P. O . Box 356
Adams, MA. 01220

Please RSVP by Dec. 13

As usual, a great band. Hope to see you there!

For more info contact Fran Mach ... poncherosa@yahoo.com or Ed Saharczewski ... edwrdsah@aol.com
or call the Hot Line ... 413 – 743 - 5124

NAME (s) _____

Total Enclosed _____

Races worked for free dinner:

- Greylock Trail _____
- Savoy _____
- Monroe _____
- P.R. 50 K _____
- Greylock Road Race _____
- Pedal and Plod _____
- Fall Foliage _____
- Turkey Trot _____

WMAC's 2013 Christmas Party

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*****cut*****cut*****

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

Check here for any changes and provide new information below _____

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

Single Membership _____ Household Membership _____

NAME (S) _____
ADDRESS _____
CITY _____ STATE _____ ZIP _____
TEL _____ D O B _____ SEX _____
E-MAIL _____

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

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

Interest (s):

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

OTHER _____

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

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

Volume 19Issue 4 Late Autumn 2013