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Blue Hills -- Cranmore Hill

People's Forest -- Pedal & Plod

Escarpment -- Savoy

Wapack -- Savoy Loop

Greylock Road

Entry Forms.....

Monroe -- Turkey Trot

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## Up n' Coming Events:

Wed. Night Fun Runs .....5:30 PM  
Now through mid October meet at  
Hoosac Valley High School  
RT. 116 Adams / Cheshire line.

From mid Oct to May meet at the PNA Hall,  
13 Victory ST. in Adams.

### Trail & Road Races:

MT. Toby CANCELLED.....9 / 14  
Pisgah .....9 / 21  
Goodwin Forest .....9 / 21  
Nipmuck .....10 / 5  
Fall Foliage 5K.....10 / 5  
Monroe .....10 / 12  
Groton .....10 / 19  
Hairy Gorilla .....10 / 26  
Busa Bushwhack .....11 / 2  
Stone Cat .....11 / 8  
Upton .....11 / 16  
Turkey Trot 5K .....11 / 27

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

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

The Hot Line ..... 413 – 743 – 5124  
Club Officers - [poncherosa@yahoo.com](mailto:poncherosa@yahoo.com)  
Newsletter ..... [wdanecki@charter.net](mailto:wdanecki@charter.net)  
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## Savoy: The Streak Continues...

by Laura Clark

The drive to Savoy was stressful and it was all my fault as, in typical runner fashion, I continue to equate more with better. Basically, I experimented with as many ways as I could to rephrase the same question, "Should I run the long or the short course?" Jen knew and I knew that I shouldn't even have been asking this question as my dentist had commanded, "Thou shalt not run for two entire, endless weeks following your surgery." Normally it is easy to brush aside medical proclamations. In this case, however, my dentist was a runner so he knew what he was asking.

Still, I had already cheated, having previously decided that running the Harness Track Mile wasn't really running since it was only a mile. Plus, I circled the track in full view and figured announcer John Orsini would be sure to notice if I fell down. Camp Saratoga Trail Race the day after Savoy was a no-brainer. First, because I was the race director and could do whatever I wanted. Second, because it was a mere (count 'em) twelve hours before all restrictions were lifted.

But Savoy was still a significant 36 hours away from the deadline. Jen was really patient, answering all variations on the theme with patience and understanding. If it were Jeff, he would have said, "How many times are you going to ask the same question? Do I have to change my answer to get you to stop?" Which of course was what I wanted Jen to say but she refused to concede. Still, I wasn't really convinced till we arrived, studied the course map and realized that the short Savoy had become even shorter, abbreviated from 4.5 to 3.3 miles. At this point, if you don't instantly recognize which course I chose, you need to read my *Mathematical Manipulations* article in this newsletter. The obvious choice would be 3.3 as 33 and 34 are Jeff's favorite numbers. Even if I couldn't manage a finish time within some mathematical variation of these two numbers, I could still score points by negotiating 3.3 rocky, rooty miles. What a relief to start a race knowing your goal had already been achieved!

Loyal to the truth-in-advertising clause embedded in the waiver, Savoy was once more muddy. The short course traces the infamous South Pond snowshoe route which was abandoned years ago as victims kept crashing through the free-flowing feeder brooks cleverly disguised as regular snow. At least in the summertime, you could see the mud puddles. As we sorted ourselves out, I found myself running in a pack with Bob Massaro, Marty and Bill Glendon and Christine Alberti. As we naturally swerved to the left to avoid one such prominent sticky pit, I watched open-mouthed as Bob plunged right in. I was impressed, thinking he was right up there with the finger-wagging environmentalists who warn about the dangers of creating new trails, rather than about the dangers of twisting your knee in slippery mud. Turned out, though, that he was mindlessly following the guy in front. After that, he decided to stick with us.

Eventually, Marty and I traded the lead on the treacherous downhill, which seemed to go on forever. It was here I achieved one of my lifetime running goals: I launched from the earthbound state and executed a perfect flip. After a stop, drop and roll procedure, I got up and started running, albeit at the back. Ever since I had witnessed Barbara Sorrell execute this textbook maneuver at Curly's, I had always wanted to perform this circus acrobat maneuver. This time, I got it right, I think mainly because I had no "uh-oh" realization where I braced for the inevitable crash. I simply have no memory of tripping and as a result my body was totally limp and relaxed. Not sure though if I want to try it again.

*Continued next page:*

**Savoy cont:**

I finished in 44 minutes, which is sort of close to 34 if you squint. To do this, I felt I had to zip ahead of the pack a bit, although turns out they barely squeaked by under 44 minutes also. I felt supremely guilty so after I crossed the line, I about-faced to do so once more with my group of friends. Good thing there was no chip timing!

Since I had to wait for Jen anyway and it was simply too cold to break out my beach stuff, I opted for another go-around. It is a true fact that your feet don't function properly without your mind buying into the equation. Mentally, while I could have easily handled another loop or two, my mind had only signed on for one. I was done.

As Michael Wardian muses in August's *UltraRunning*, "You are in a safe place to have a bad day or to over-reach. The Race Director, volunteers and perhaps your crew are there to help you, so take advantage of that and push beyond what you think is possible. They will catch you." My crew, that is my pack, had called it a day at 3.3.

I ploughed on, but much more slowly and cautiously.

*Laura Clark*

**Savoy Mountain Trail Races**  
**Savoy Mt. State Forest .... Florida MA**

August 17, 2014 -- 15.2 and 3.3 Miles

Clouds and Sun ( mostly clouds ) low of 54\* high of 72\*

WMAC members in bold:

<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1 Todd Bennett	M 44	CT	2:12:33	100.00%
2 <b><u>Kelsey Allen</u></b> 1 <sup>st</sup> F	F 31	MA	2:13:53	97.02%
3 <u>Kehr Davis</u>	F 37	MA	2:14:22	96.67%
4 Ari Ofsevit	M 30	MA	2:15:05	96.16%
5 Donald Pacher	M 42	MA	2:17:15	94.64%
6 Eric Wyzga	M 39	MA	2:22:28	91.18%
7 Jamie Whitbeck	M 41	MA	2:24:17	90.03%
8 <u>Alex Jospe</u>	F 30	MA	2:26:34	88.63%
9 Tony Bonanno	M 49	CT	2:27:28	88.08%
10 <b>Ted Cowles</b>	M 55	CT	2:28:20	87.57%
11 Miroslav Tashev	M 51	MA	2:29:33	86.86%
12 Gerret VanDyne	M 36	MA	2:30:01	86.59%
13 Sean Meehan	M 35	CT	2:31:47	85.58%
14 Chris Cardimino	M 17	MA	2:35:40	83.44%
15 Carl Matuszek	M 62	NY	2:36:11	83.17%
16 Joe Holland	M 52	MA	2:37:58	82.23%
17 David Loutzenheiser	M 47	MA	2:42:43	79.83%
18 <u>Kate Venne</u>	F 23	MA	2:43:29	79.45%
19 <b>Paul Funch</b>	M 64	MA	2:43:40	79.37%
20 Mathew Cadieux	M 33	MA	2:46:26	78.05%
21 Jason Weakley	M 33	MA	2:48:26	77.12%
22 Brian McCarthy	M 51	MA	2:51:59	75.53%
23 <u>Hillary Greene</u>	F 44	MA	2:52:26	75.33%
24 <b>Bob Dion</b>	M 59	VT	2:52:36	75.26%
25 <u>Catherine Howard</u>	F 37	MA	3:04:24	70.44%
26 Ed Despard	M 30	MA	3:04:55	70.25%

27 David Sutherland	M 52	MA	3:09:29	68.55%
28 David Stauffer	M 35	MA	3:10:00	68.37%
29 Mark Rowe	M 35	MA	3:10:28	68.20%
30 Charles Joyal	M 44	MA	3:10:29	68.19%
31 <b><u>Greta Facchetti</u></b>	F 38	MA	3:10:58	68.02%
32 <b>Fred Pilon</b>	M 68	MA	3:11:04	67.98%
33 Kerry Smith	M 53	MA	3:11:06	67.97%
34 Akira Yatsushashi	M 44	NY	3:11:45	67.74%
35 <u>Kathy McCarthy</u>	M 55	MA	3:13:54	66.99%
36 Bob Segal	M 61	MA	3:15:33	66.43%
37 Richard Godin	M 59	MA	3:16:59	65.94%
38 <b>Daniel Danecki</b>	M 55	MA	3:18:04	65.58%
39 <b>Will Danecki</b>	M 64	CT	3:18:04	65.58%
40 <b>Vic LaPort</b>	M 74	MA	3:20:26	64.81%
41 Jack Weaver	M 58	MA	3:23:52	63.72%
42 <b>Audrey Witter</b>	F 49	MA	3:24:12	63.61%
43 <b>Darlene McCarthy</b>	F 51	MA	3:25:10	63.31%
44 <u>Deb Lemaire</u>	F 40	MA	3:27:44	62.53%
45 Vincent Kirby	M 57	NY	3:29:53	61.89%
46 <u>Samantha Sutcliffe</u>	F 23	RI	3:32:29	61.13%
47 Jeffry Gulel	M 48	MA	3:34:39	60.51%
48 Dave Dubuc	M 31	MA	3:34:39	60.51%
49 <b>Jennifer Ferriss</b>	F 42	NY	3:36:42	59.94%
50 <b>Ed Saharczewski</b>	M 60	MA	3:37:22	59.76%
51 Carl Cignoni	M 63	MA	3:40:08	59.01%
52 <b>Bill Donovan</b>	M 60	MA	3:43:10	58.21%
53 David Raczkowski	M 64	CT	3:54:49	55.32%
54 <b>Denise Dion</b>	F 56	VT	4:02:29	53.57%
55 Doug Harple	M 37	NY	4:58:42	43.49%
56 Bryon Dailey	M 59	MA	5:05:13	42.56%
57 <u>Kathleen Furlani</u>	F 66	CT	5:07:43	42.21%
58 <u>Mary Lou White</u>	F 58	CT	5:10:58	41.77%



*Bill Donovan finishing at Savoy*

*photo by will*

For race photos from this race and others visit Ben Kimball's web page at.....

<http://northeastracephoto.smugmug.com>





*R. I. P. Savoy*



*The ever improving Jen Ferriss*



*Deb Lemaire*

*photos by will*

## Savoy 3.3 Mile Results:

Club members in bold:

<u>Name</u>		<u>Age</u>	<u>ST.</u>	<u>Time</u>
1 <b><u>Carolyn Wisnowski</u></b>	1 <sup>st</sup> F	F 29	MA	28:24
2 <b>Todd Brown</b>		M 50	CT	28:43
3 <u>Anita Curtin</u>		F 15	MA	28:46
4 <b>Scott Bradley</b>		M 59	MA	28:56
5 Dellan Rogers		M 8	MA	29:15
6 <u>Helen Coty-Curtin</u>		F 45	MA	30:33
7 Brian Aiarie		M 50	MA	31:18
8 Jeremy Lemaire		M 41	MA	32:45
9 Carter Lemaire		M 12	MA	33:34
10 Chris Nopper		M 35	MA	34:01
11 <u>Danielle Ignace</u>		F 36	MA	36:08
12 <u>Angeliane Lapointe</u>		F 33	MA	36:11
13 Stephan Lamphear		M 49	MA	36:18
14 <u>Larisa Mendez-Penate</u>		F 42	MA	38:03
15 <u>Kelley Nunez</u>		F 53	??	38:37
16 James Summa		M 59	NY	40:51
17 <b><u>Laura Clark</u></b>		F 67	NY	44:45
18 <b>Marty Glendon</b>		M 68	MA	44:58
19 <b>Bob Massaro</b>		M 70	MA	44:58
20 <u>Christine Alberti</u>		F 47	MA	44:58
21 <b><u>Christa Melillo</u></b>		F 28	MA	47:16
22 <b>Bill Glendon</b>		M 68	MA	50:25
23 <b>Dick Hoch</b>		M 74	CT	1:05:48
24 <b><u>Karin Bradley</u></b>		F 57	MA	1:08:01
25 <b><u>Eileen Monyhan</u></b>		F 43	MA	1:08:01



This year the overall and divisional winners received a small wooden plaque thanks to the efforts of Vic LaPort who had them made up. The first overall finisher in the short race this year was Carolyn ( Danecki ) Wisnowski who is slowly getting back into running, although with twin 2 ½ year olds she never stopped running around. Thanks go out again to all those who helped in putting on this race. From getting permits, to clearing and marking trails, to timing the runners and feeding them, it takes the efforts of many people. Rob Higley and Poncho Mach spent hours out on the trail at Spruce Peak helping to direct runners on to the correct trails, and it was another long day too for the water stop people who had to carry everything in to serve our needs. I hope you thanked them all for the last time.

## SAVOY MOUNTAIN TRAIL RACES

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1988 – 2014

“All good things must come to an end”. With the disappointing turnout for this year’s 27<sup>th</sup> version of the Savoy Mountain Trail Races, the final nail was driven into this race’s coffin. A hearty bunch of runners raced through the Savoy Mt. State Forest and the Hoosac Range trails for the last time. Fifty-eight runners completed the 15.2 miler & another 25 completed the 3.3 miler. On a perfect day for running (cloudy and 60 degrees), WMAC had aid stations and a post race feed ready to serve a much larger crowd than the 83 who showed up. These numbers certainly didn’t justify the time and effort put into the preparation for this race. And after the usual generous donations were doled out to the volunteers, WMAC had only a budget deficit to show for their efforts. Perhaps the trail running community has found other venues of greater interest to tackle. WMAC’s core group of volunteers will welcome the break. They are now free to fill their August schedules with other activities.

Savoy’s first race was the brainchild of Fran “Poncho” Mach. He wanted to put runners to a true test by sending them through a hilly, rocky, and very muddy course of 20 miles. This out-and-back race started at North Pond and went out to Old Florida Rd., similar to the current version, but at that point it headed south on Old Florida Rd. There, runners were greeted with some steep climbs, very rocky sections, and of course ---MUD, and lots of it! It wound its way up to Borden Mt. where runners turned around and returned on those same (and now) muddier trails. Over the years, the mud holes grew larger from ATV use, not only in circumference, but also in depth. Runners who ventured through the “holes” gambled that the depth wouldn’t swallow them up. It was always an adventure to see if one’s foot came back up from the hole’s bottom with a shoe still attached it. That extra work required to pull one’s feet out of these holes left many with little energy to make that last long climb back up to the North Pond finish line. And it took more than just a swim in North Pond to get the mud removed from one’s body.

The Poncho version of the race lasted for 20 years. Starting in 008, the Florida Rd. run to Borden Mt. was abandoned and the race was run over a variety of the Savoy Mt. State Forest trails. A longer distance of 22 miles was established. It was a two-lap course which traveled through the “very popular” Tyler Swamp, and then tracked up to a hand over hand climb to Spruce Hill,

where runners were rewarded with a scenic view of the Hoosac River valley and the Mt. Greylock range. The course then traversed down the Busby Trail and used a short northern section of Old Florida Rd. (Did I say we were through with this road?) to return to the finish. This 11 mile lap tempted many runners to drop out when they reached the finish area after the first lap. Consequently, the 11 mile distance was added to the race agenda in 2009, giving runners an additional choice. This shorter distance proved to be more popular than the 2 lap march and the number of entries were up for the next 3 years.

In 2012, an out and back run on the new scenic 2.7 mile Hoosac Range Trail was incorporated into the 11 mile loop. The trail was built and maintained by the Berkshire Natural Resources Council (BRNC) on their newly acquired property just north of the state forest. It’s southernmost point conveniently ended at Spruce Hill so runners could now continue on to the new section of course to it’s end at Rt.2 where an easy access aid station was set up for them to refuel and then return over the same course. This new course’s distance was 16.5 miles. The turnout was very good with 83 long course finishers and 40 short course completions. Favorable comments were received on this new course.

In 2013 the course was shortened to 15.7 miles by eliminating the ever-popular Tyler Swamp trail and the Busby trail. A return over the “out” sections of the Lost Pond and Blackburnian trails was added along with (oh yea) a ½ mile of Old Florida Rd. Numbers were down to 66 long and 23 short racers. After what many thought was a most positive step in the right direction, this shocking outcome singled the oncoming final bow for the Savoy trail race.

Following the 2013 demise, and against much opposition to put the race on again, I decided to give it one more try. With some more tweaking, I reduced the short race distance to a more moderate 3.3 mile loop, in hopes of attracting more beginners. And, I removed the last ½ mile of Old Florida Rd. from the long course, making it now 15.2 miles in length. Now, the long course was a full single track, out and back attachment to the short course. Improvements to the Blackburnian trail now left the course with minimal mud conditions. Easier to mark, less trail clearing, great challenging single track, great views, great finish, swimming, great feed...now we would have to turn them away! **NOT!!!!!!**

### EPILOGUE

Over the years, it became more evident that the core group of volunteers that shouldered most of the responsibilities for seeing that this race would always come off without a hitch, was starting to get weary and, with little help on the horizon it became apparent that the race was soon to become extinct. Those early years of Savoy were always noted for the great feed that WMAC put on. Fresh local corn on the cob, hot dogs, salads, and many other goodies (some of the homemade variety), were the payoff at the finish line ...not only for the runners, but also for their guests, and last but not least the most important people of all ...**THE VOLUNTEERS!!!!!!** A “**HUUUGE**” thanks to all who have helped at Savoy over the years. Savoy would never have happened without you!

Vic LaPort



## Mathematical Manipulations

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I have finally, ultimately, succumbed. As a self-proclaimed math phobic who can't even add correctly with a calculator, and as someone who is even now jolted awake by elementary-era math nightmares, I have conclusively succeeded in coming to terms with my nemesis. And all it took was a bit of creative goal finagling.

After Snowshoe Nationals in March I had essentially failed to pull together any purposeful running plan beyond the occasional escapist sanity run. And that's OK. There is a time when you do what you have to do. But this summer was a different story. I was energetically searching for new goals. The trouble with my standard objectives was that they no longer applied. A PR? A stretch at any time, but certainly not after a season of inactivity. A tri? Not enough time left in the summer to try. A new race? I decided to focus on the Thatcher Park Centennial 50K. This resolution solved only half the problem, however. What finish time should I shoot for? OK, I know you are thinking standard coach practice dictates selecting three: sun and moon alignment, lucky stars, and something I could still live with.

But before I could get around to spinning the wheel of fortune, I was faced with kidney stone surgery. The only recovery option would be to increase my long distance run by 30 minutes per week. It almost killed me, but dental surgery got to me first with a mandated two week layoff. Meaning that by the time I would be ready to resume training it would be time to taper. What else could go wrong?

Transforming lemons into lemonade, a glimmer of hope came to me after Camp Saratoga #2 where I clocked in at a borderline 34 minutes. Jeff's favorite numbers were 33 and 34, his Vietnam call signs. Amazingly enough, when we were just dabbling in occasional dating, my favorite number was 33. So when we raced we aimed for bibs # 33 and 34. Jeffrey Allen of First Night was nice enough to oblige so we had acquired a collection to reuse for Massachusetts snowshoe races where folks were encouraged to recycle their numbers from week to week.

Now I had my goal! As wacky as it seems, I would try to run some combination of either 33 or 34, without glancing at my watch enroute. Two weeks later, I followed up with a 33 something at Camp and that Saturday, a similar time at the Turning Point 5K at Hudson Crossing Park in Schuylerville. Yeah, I know what you are thinking—what am I doing at 5Ks when my focus is 50K? Besides the fact that both contain the number 5, I had never been to Hudson Crossing Park, so this would tie in handily with my backup plan to enter new-to-me events. The park itself is thoughtfully designed and it is evident that it is the pride and joy of the residents and school kids who worked tirelessly to clear the land. Creatively tucked into the terrain are learning centers, playground-type amusements, and an accessible sensory trail. During my warmup I was entertained by explanatory nature-related signage and encouraged to hunt for iron animal statues. I spotted a pileated woodpecker and a dragonfly, and considering my luck at locating mileage markers, felt myself fortunate.

It was soon evident that, despite the lack of pavement, this was not to be a gnarly trail race. The eventual college-age woman's winner spent more time warming up and doing various exercises than I did simply running the course. The entire Shen boys' team was there, uniforms, coolers and all, and occupied themselves pre-race with Rockette-style routines. Most trail runners I know simply take a quick spin to make sure their shoes are tied properly and their gear doesn't chafe. So, in reality, my 33 minutes would have been a good Camp time but disappointing for this flat trail, except for that fact that: I Met My Goal! Ah, now I know what folks mean when they speak of the beauty of mathematics!

My next whistle stop was Race the Train, an 8.4 mile jaunt along hilly summer access roads resembling the Vermont 100 course—gravel, sun, isolation. I did cheat somewhat and looked up my time from last year, 1:33:09, so I knew my goal was doable. I ended up remotely shadowing Scott Ferri, never quite making connection, but bringing me in at 1:33:02. For once I welcomed the, "What, you couldn't run 2 seconds faster?" teasing as a few more seconds on the minus side would have been disappointing. Welcome to the wonderful world of mathematical manipulation where less turns out to be significantly more.

I was confident in my attempt to climb the 15K Indian Ladder, until on the drive over I realized that 9.3 miles on trail takes considerably longer than 8.4 on dirt roads. My mathathletics calculations fell woefully short, with 2:33 unacceptable even by my standards. I decided to let fate take over and hope for a miracle. There would be no shame if I got lost and tacked on extra miles to the tune of 2:33, but would it be honest? Technically my streak would have ended if not for my belief that all good statistics can be manipulated. So if you divided 33 into my finish time you would come up with something like 26.333333333.....And what's wrong with a marathon?

Coach Couch saved me at Camp #4 when he reasoned that, "Your time of 35:47 is really just 33 minutes plus 33 seconds plus 33 seconds, plus 33 seconds, plus 34 seconds, plus 34 seconds. How many more 33's and 34's could you want?" Does that mean I have a free pass for the rest of the year? Not exactly, as Coach had to work hard to discover this combination. Oh well. Just perhaps, though, it will inspire you to incorporate similar non-Runner's World goals into your game plan. It sure has made life interesting for me.

*Laura Clark*

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

**Published by the Western Mass Athletic Club**

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## **XTERRA French River Trail Run, 18K, Saturday June 28, 2014 .... Oxford, MA**

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**Due to problems with course markings in this race, there are no results to post that would fairly reflect runner performance. The race will not be scored for overall GT final standings (average of "Best 6" races), but anyone who ran French River and runs only five other GT races will get still an official GT series finish based on the average of their five other races.**

**In the Stonehead competition (sum of scores for all GT races run), to give people credit for racing French River, anyone running French River will be awarded a score toward total points equal to the average of their other scores.**

**See Dave's article below for more info on what happened**

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### **Beware of the First Time Trail Race**

by Dave Raczkowski

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***Here is the email I got back from the RD of the Xterra French River Run:***

*Good evening - I usually send a happy-cheery email out after a race thanking everyone for racing and glad they had a good time. I do not feel that would be appropriate in light of the negative experience I know the majority of you had today at the XTERRA French River Trail Run. Leading up to today, we knew we had great courses mapped out, and were excited to put on tough, challenging, and fun race. Tough and challenging, yes, but not for the reason you expect as runners. You were let down, and I take full responsibility for not even coming close to meeting your expectations - I'm sorry. I take a lot of pride on producing quality races for you, the racer, and today event couldn't be further from that.*

*The confusing markings on the course easily take the top spot for "needs significant improvement", which was also a contributing factor to the start time delay (early race had similar issues). Our plan to reuse markings for multiple races completely backfired. If you would like to send me your gamin (or other) gps data for today, I'd greatly appreciate the opportunity to review it in an attempt to isolate bad turns on the course as well. If there was anything else on the top of your mind, please share it with me (good or bad); it's how we grow into a better event management organization.*

*Again, I'm very sorry about today. I'll mail out any awards to the top finishers. Unrelated to the poor course marking and varying distances covered, I heard the timing was in question for a number of runners. I'll work with the timing company to find out more info.*

If there was something that could go wrong at this race, it did. I should have been suspicious with an 11AM start of a trail race held during the summer months. It was held in conjunction with a triathlon and shortly before the start of the trail race the RD said it would be 15 minutes late because of triathlon people still on the course. At 11:20 I thought about going to the

registration table to see if I could get a refund but procrastinated until the race started at 11:35.

After the first water stop I got on the trail with the blue arrows as instructed by the RD at the prerace briefing but after a 1/2 mile I was getting passed by runners who I thought were ahead of me. I don't know what percentage of runners got off the course but many passing me said they had no idea or weren't sure where they were. I got to an aid station where they told me, 2 miles to go. The blue arrows turned to red arrows which made me nervous and then more so when it turned into no arrows. My best bet was to hang with the runner with the I phone who said we were heading towards the finish. Except he was saying only 10% power left, then 7%, then 4% but then we saw the finish.

It's impossible to anticipate every turn on the course where a runner can miss a turn. I know at one of the earliest NipMuck Trail Marathons much of the field missed a turn. The one phrase that still sticks in my mind is "psychologically devastating."

But as you can see by his email, the RD fessed up and he will learn from this year's errors and next year's race will be better. Last year was the first Southern NipMuck and I heard grumblings of people getting off the course. I ran it this year and found that the course was marked exceedingly well. I think we runners have gotten spoiled by races that have been around for many years. Getting off course is almost an afterthought. Any turn that has ever been missed has been marked and marked again so there is no way to get lost. Famous last words because it still can happen.

All the above is a good lead in for a brand new trail race I've been part of helping to organize.

It will be called the Goodwin Forest Trail Run to be held in Hampton, CT on 9/21. Same day as Pisgah but there is a lot of distance between the 2 races. We don't want to take runners away from Pisgah, so if you're thinking of doing that race, do it. A late summer date just didn't work out for us. There will be a 10K and a 30K race. It will not be a Grand Tree Race this year but hopefully in 2015 it will be. My vote will be to make it the first Sunday in June. Entry fee will be \$20 and we will have an over 50 geezer fee of \$15. There is also a campground right there which you can stay at for free the night before the race. To give it the NipMuck Dave touch, trophy logs will be available and I will bake 6 apple pies for the first male and female in 3 divisions. Check their website, [friendsofgoodwinforest.org](http://www.friendsofgoodwinforest.org). They did a great job with their website with maps and elevation profiles.

I learned a valuable lesson at the Xterra Trail Race and I will impress on the others in our highly motivated group which I am glad to be part of how necessary it will be to carefully mark 100% of the turns. We really have our act together, just check out the classy website.

<http://www.friendsofgoodwinforest.org>

This can only mean one thing.

You will get lost.

*Nipmuck Dave*

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**2014 PEDAL & PLOD**  
 4 Mile Run & 22 Mile Bike  
 July 27, 2014 .... Adams, MA.  
*Teams and Ironpersons*

1) 1:16:55	Travis Ciempa Josh Lipka	17 M 27 M	MA MA	runner cyclist
2) 1:21:11	Tom Keefe Kurt Kuehnel	32 M 53 M	MA MA	runner cyclist
3) 1:25:23	Kent Lemme	47 M	MA	ironperson
4) 1:30:14	Paul Phelps Daniel Moon	33 M 44 M	MA MA	runner cyclist
5) 1:31:19	Eric Keegan Michael Tucker	41 M 50 M	MA MA	runner cyclist
6) 1:34:16	<u>Eileen Dooley</u> Mike Dooley	19 F 52 M	MA MA	runner cyclist
7) 1:34:37	Jim Preite Fred Thompson	50 M 73 M	MA MA	runner cyclist
8) 1:34:58	Austin Poulton Tom Kolodziejczyk	18 M 26 M	MA MA	runner cyclist
9) 1:35:10	<u>Tiffany Belanger</u> Ben Pigott	39 F ?? M	MA MA	runner cyclist
10) 1:37:57	Nicholas Marshall	49 M	MA	ironperson
11) 1:39:19	Ryan Kordana Nick Kordana	21 M 19 M	MA MA	runner cyclist
12) 1:39:29	Kevin Carpenter Al Bravo	21 M 56 M	MA MA	runner cyclist
13) 1:39:53	Blaine Freadman Bob Geller	50 M 64 M	MA MA	runner cyclist
14) 1:40:27	Adam Wright Mike Lahey	25 M 63 M	MA MA	runner cyclist
15) 1:40:37	Brendan Bullett Kyle George	35 M 36 M	MA MA	runner cyclist
16) 1:40:47	Dave Birrell	56 M	MA	ironperson
17) 1:40:48	Travis Ciempa Chris Wheeler	17 M 51 M	MA MA	runner cyclist
18) 1:40:58	Allan Bates	65 M	MA	ironperson

19) 1:41:16	unknown	??	??	?? ??
20) 1:41:20	Mark Rambutis	32 M	MA	ironperson
21) 1:41:22	John Phelps	29 M	MA	ironperson
22) 1:41:59	Truman Chojnowski	20 M	MA	ironperson
23) 1:43:02	<u>Tammy Charbonneau</u> Phil Hollingworth	50 F 57 M	MA MA	runner cyclist
24) 1:43:12	Thomas Carman Edward Carman	16 M 46 M	MA MA	runner cyclist
25) 1:43:52	Nicholas Malloy	30 M	MA	ironperson
26) 1:44:34	Rick Tallman Robert Murray	40M 52 M	NY MA	runner cyclist
27) 1:44:37	Dave Hall Bill Martin	51 M 51 M	MA MA	runner cyclist
28) 1:44:51	<u>Taylor Kline</u> John Kline	18 F 48 M	MA MA	runner cyclist
29) 1:46:06	Shawn Melle	43 M	CT	ironperson
30) 1:46:13	John Lahey Paul Cantarella	40 M 67 M	MA MA	runner cyclist
31) 1:46:27	Cameron Geller	24 M	MA	ironperson
32) 1:46:31	<u>Aimee Sinopoli</u> Jeff Grandchamp	39 F 44 M	MA MA	runner cyclist
33) 1:47:43	Scott Bradley Peter Williams	59 M 60 M	MA MA	runner cyclist
34) 1:48:02	<u>Shiobbean Lemme</u> Kim Morris	46 F 43 F	MA MA	runner cyclist
35) 1:48:21	Nate Spangler Gary Phillips	27 M 62 M	MA MA	runner cyclist
36) 1:48:31	<u>Rebecca Collins</u> Chauncey Colins	29 F 56 M	MA MA	runner cyclist
37) 1:49:02	Sam Durbey <u>Christine Haley</u>	17 M 48 F	MA MA	runner cyclist
38) 1:49:17	<u>Cara Aherne</u> Neal Blair	39 F 44 M	MA MA	runner cyclist
39) 1:50:09	<u>Carmel Kushi</u> Thomas Kushi	45 F 46 M	MA MA	runner cyclist
40) 1:51:04	<u>Joanna Arkema</u> <u>Bonnie Fachini</u>	34 F 49 F	MA MA	runner cyclist

***Continued next page:***

**Pedal & Plod cont:**

41)	1:51:33	<u>Ann Marie Miller</u> 48 F <u>Kathy Timpane</u> 51 F	MA MA	runner cyclist	64)	2:02:39	Jophn Krol, Sr. 68 M <u>Mary Lou DiNicola</u> 75 F	MA MA	runner cyclist
42)	1:51:34	Sam Piper 25 M	MA	ironperson	65)	2:07:52	Kirsten Holmberg 23 F James McMahan 29 M	MA MA	runner cyclist
43)	1:51:45	<u>Rita Longworth</u> 27 F	MA	ironperson	66)	2:08:44	<u>Linda Pitney</u> 46 F Brian Sunskis 50 M	MA MA	runner cyclist
44)	1:52:10	Nicholas Curelop 26 M	MA	ironperson	67)	2:13:43	Tim Morey 60 M Stan Serafin 60 M	MA MA	runner cyclist
45)	1:52:26	<u>Claudine Preite</u> 47 F Bill Eagan 59 M	MA MA	runner cyclist	68)	2:15:05	Mark Bushika 47 M	MA	ironperson
46)	1:53:06	<u>Jen Bosworth</u> 42 F Robert Gyurjan 36 M	MA MA	runner cyclist	69)	2:24:28	Brandon Koenig 31 M	NY	ironperson
47)	1:53:44	Frank Gai 67 M Damian Peters ?? M	MA MA	runner cyclist	70)	2:31:03	<u>Amanda Burdick</u> 23 F Shawn Burdick 55 M	MA MA	runner cyclist
48)	1:53:55	James Whittum 51 M	MA	ironperson	71)	2:31:40	<u>Julie Gardner</u> 43 F	MA	ironperson
49)	1:54:00	Albert Ahart 14 M Matthew Nowak 14 M	MA MA	runner cyclist	72)	2:32:11	<u>Sara Malloy</u> 22 F <u>Roxanne Malloy</u> 24 F	MA MA	runner cyclist
50)	1:54:10	Eric Smith 43 M Ken Ostrowski 44 M	MA MA	runner cyclist	73)	2:32:49	<u>Ginger Galvagni</u> 37 F Josh Hasty 39 M	MA MA	runner cyclist
51)	1:54:22	<u>Jodie Lahey</u> 35 F George Whaling 53 M	MA MA	runner cyclist	74)	2:32:59	<u>Allison Joanis</u> 31 F	CT	ironperson
52)	1:54:43	Pete Cole 45 M	MA	ironperson	75)	2:34:29]	<u>Tristanne Chalmers</u> 32 F	MA	ironperson
53)	1:54:45	Tim Drake 54 M	MA	ironperson	76)	2:40:31	<u>Beth Slepian</u> 35 F	NY	ironperson
54)	1:55:15	Skip Soper 54 M Kevin Marsh 49 M	MA MA	runner cyclist	77)	2:40:32	Christopher Barry 45 M <u>Christine Barry</u> 46 F	MA MA	runner cyclist
55)	1:56:06	Craig Wilbur 50 M	MA	ironperson					
56)	1:56:38	Devin Sowalsky 22 M <u>Nancy Sowalsky</u> 42 F	MA MA	runner cyclist					
57)	1:56:54	Stefan Ogle 26 M	MA	ironperson					
58)	1:57:07	<u>Ann Mucia</u> 60 F Jim Mucia 61 M	MA MA	runner cyclist					
59)	1:57:22	Paul Marszalek 53 M Bruce Meekin 55 M	MA MA	runner cyclist					
60)	1:57:28	<u>Amy Duquette</u> 35 F <u>Lauren Smachetti</u> ?? F	NY ??	runner cyclist					
61)	1:59:13	<u>Melissa Stylos</u> 26 F <u>Maggie Birrell</u> 25 F	MA NY	runner cyclist					
62)	2:00:29	Vincent Kirby 57 M	NY	ironperson					
63)	2:01:08	Todd Robert 42 M	MA	ironperson					



*Runners cool off in North Pond after the Savoy Mt. trail races.*

*photo by will*



# 38<sup>th</sup> Escarpment Trail Race .... 18.6 Miles

Windham to Haines Falls, N Y

July 27, 2014

Thunder Storms at the Start ... Sunshine Later

Mid 60's to High 70's .... Wet & Muddy Trails

Club members in bold:

<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>
1 Ben Nephew	39 M	MA	2:58:13
2 Dave Vona	32 M	NY	3:06:04
3 Jaime Julia	29 M	NY	3:09:07
4 Ian Golden	37 M	NY	3:09:15
5 Ryan Welts	33 M	NH	3:10:45
6 Ben Nilsestuen	31 M	NY	3:14:50
7 James McCowan	37 M	NY	3:19:27
8 Bruce Cadenhead	50 M	NY	3:20:47
9 Jeremy Drowne	36 M	NY	3:20:51
10 Luke Wheeler	26 M	NY	3:21:36
11 Peter Keeney	48 M	ME	3:23:53
12 Todd Bennett	43 M	CT	3:24:45
13 Chris Chromczak	29 M	NY	3:25:20
14 Gerry Sullivan	39 M	NY	3:26:27
15 John Knepper	47 M	NJ	3:31:30
16 Mike Siudy	40 M	NY	3:36:35
17 Jotham Burnett	34 M	NY	3:36:46
18 <u>Kristina Folcik</u> 1 <sup>st</sup> F	36 F	NH	3:37:31
19 Ray Webster	39 M	VT	3:39:42
20 Timothy Collins	31 M	NY	3:41:58
21 Rich Fargo	55 M	CT	3:42:01
22 Tony Kharitonov	45 M	NJ	3:42:36
23 Jamie Hobbs	40 M	NY	3:43:26
24 Philip Maynard	30 M	PA	3:43:29
25 Joshua Gavitt	40 M	PA	3:45:03
26 Alan Finder	26 M	NY	3:45:38
27 John Johnson	42 M	PA	3:47:54
28 <u>Raina White</u>	35 F	VT	3:49:19
29 Owen Strong	21 M	NY	3:50:14
30 Brooks Rahmer	29 M	CA	3:52:47
31 Thomas Dehaan	51 M	NY	3:54:17
32 Jim Sweeney	33 M	NY	3:54:28
33 Daniel Williams	40 M	NY	3:54:44
34 Jamie Reichler	45 M	CO	3:55:38
35 Paul Partridge	50 M	NY	3:55:52
36 <u>Sheryl Wheeler</u>	51 F	NY	3:55:55
37 Jason Beaupre	44 M	NY	3:56:35
38 Philip Whitten	40 M	NJ	3:57:03
39 Paul Young	48 M	MA	3:58:54
40 Donald Thurston	48 M	NY	4:02:57
41 John Roemer Iv	54 M	MD	4:03:27
42 Gary Gagliardi	31 M	PA	4:04:22
43 Terry McCann	38 M	NY	4:05:31
44 Edward Gravelle	55 M	NY	4:06:22
45 Alex Vargas	34 M	PA	4:06:48
46 Jonathan Wilmot	21 M	NY	4:07:07
47 Jack Ryon	33 M	NY	4:07:28
48 Bob Sharkey	62 M	RI	4:08:32
49 Steve Faluotico	46 M	MA	4:11:10
50 Luke Driscoll	38 M	NY	4:12:21
51 Stephen Sundown	47 M	NJ	4:12:21
52 Jan Brajer	48 M	NY	4:12:32

53 Stephen Paddock	19 M	NY	4:12:40
54 Jeff Calvert	49 M	PA	4:14:19
55 Justin Beaudry	33 M	NH	4:15:05
56 Scotie Jacobs	39 M	NY	4:15:06
57 Leonard Huffman	41 M	NJ	4:15:34
58 Paul Davey	33 M	PA	4:15:36
59 Michael Baione	45 M	NY	4:18:35
60 <u>Lauren Newey</u>	27 F	OR	4:19:18
61 Joel Cisne	32 M	NY	4:21:31
62 Angelo Radano	31M	CT	4:21:38
63 Scott Mitchell	45 M	NH	4:21:44
64 Giuseppe Cavallo	35 M	NY	4:22:49
65 Jeff Paulson	30 M	CT	4:22:54
66 Joe Mokszycki	58 M	NY	4:24:00
67 Matthew Ivan	36 M	NJ	4:24:42
68 Arthur Gross III	24 M	NY	4:24:46
69 Gene Gugliotta	55 M	NJ	4:26:35
70 John Geesler	55 M	NY	4:27:18
71 Ranieri Bro Barbieri	41 M	??	4:28:56
72 Eric Dalimarta	34 M	NY	4:29:03
73 Scott Hildebrand	38 M	PA	4:29:04
74 Jay Thorn	52 M	NY	4:29:07
75 Marcin Mrowka	44 M	NY	4:31:08
76 <u>Sarah Schlaack</u>	41 F	NH	4:32:25
77 Chris Carper	26 M	NY	4:32:37
78 <u>Michaele Rayburn</u>	42 F	PA	4:32:54
79 David Newman	34 M	NY	4:34:51
80 <u>Alanna Almstead</u>	37 F	NY	4:35:18
81 <u>Amy Hanlon</u>	40 F	CT	4:35:28
82 Ivan Milan	37 M	NY	4:36:50
83 Kenneth Posner	51 M	NY	4:36:55
84 Phil Erwin	46 M	NY	4:37:06
85 Addam Sentz	35 M	NY	4:37:20
86 Michael Ranck	63 M	PA	4:37:21
87 Andrew Kielich	34 M	NJ	4:38:47
88 Paul Kentor	30 M	NY	4:39:01
89 Tony Fletcher	50 M	NY	4:39:14
90 Matt Curtius	40 M	PA	4:39:33
91 Glenn Trimboli	52 M	NJ	4:39:38
92 Joe Delano	35 M	NY	4:40:14
93 Alan Connell	44 M	NJ	4:40:40
94 John Scott	44 M	NY	4:42:05
95 Michael Prukalski	52 M	MA	4:42:08
96 <u>Mendy Taylor</u>	37 F	NY	4:42:32
97 Martin Callahan	47 M	NY	4:42:36
98 Joseph Nuara	27 M	CT	4:43:13
99 Todd Mickolwin	46 M	VA	4:43:39
100 Chris Obara	42 M	NJ	4:46:45
101 Andrei Volkov	51 M	NJ	4:47:00
102 <u>Vanessa Holzmann</u>	29 F	OR	4:47:03
103 <u>Jen Ziegler</u>	44 F	NY	4:47:09
104 Charles Hess	24 M	NY	4:47:49
105 Benjamin Schaffer	25 M	NJ	4:50:29
106 Joe Clapper	55 M	MD	4:50:30
107 Christopher Post	41 M	NY	4:52:29
108 Kalyan Ghosh	43 M	NJ	4:53:10
109 David Hollenbaugh	45 M	NJ	4:53:17
110 Richard Gaines	24 M	NY	4:53:18
111 Bob Meyer	49 M	NJ	4:53:41
112 Yuki Negoro	54 M	NJ	4:54:13

*Continued next page:*

Escarpment results cont:

113 Bryan Housel	37 M	NJ	4:55:05
114 <u>Maggie Pichura</u>	35 F	NY	4:55:19
115 David Roy	59 M	NY	4:55:29
116 <u>Yuko Kosugi</u>	47 F	NY	4:55:56
117 <u>Jill Perry</u>	43 F	NY	4:57:28
118 <u>Angela Capece</u>	30 F	NJ	4:57:28
119 Justin Ivan	36 M	NJ	4:58:36
120 Chris Gallo	38 M	NY	4:59:58
121 Peter Dilullo	46 M	NY	5:00:00
122 Mike Hickey	55 M	NJ	5:00:52
123 Antal Halasz	39 M	NY	5:00:53
124 Brian Bader	34 M	NY	5:01:55
125 Chris Braconeri	35 M	NY	5:01:57
126 <u>Ayako Yamazaki</u>	38 F	NY	5:03:32
127 <u>Karine Thate</u>	38 F	MA	5:04:13
128 Jeffrey Klossner	35 M	MA	5:04:15
129 Bart Carrig	62 M	NY	5:05:24
130 Wayne Silberman	45 M	??	5:06:09
131 Tom Brakel	52 M	NJ	5:06:38
132 Wojciech Cieszkowski	45 M	NY	5:06:40
133 <u>Jane Whipple</u>	49 F	NJ	5:08:39
134 Paul Muessig	65 M	NY	5:09:33
135 Harry Brielmann	55 M	CT	5:09:59
136 Eric Borg	38 M	NY	5:10:15
137 <u>Heather Simon</u>	34 F	NJ	5:11:07
138 Ryan Nix	34 M	NY	5:11:37
139 John Murdock	45 M	NY	5:12:08
140 David Smith	47 M	NY	5:13:47
141 David Kalal	45 M	NJ	5:15:08
142 Eric Pelletier	51 M	CAN	5:15:11
143 Tony Scott	51 M	NY	5:15:19
144 Paul Fitzpatrick	59 M	NY	5:16:50
145 Dennis Foster	56 M	NY	5:17:01
146 Matthias Von Reusner	47 M	NY	5:17:23
147 Edwin Stauffer	51 M	PA	5:19:27
148 Ian Erne	54 M	NY	5:20:14
149 <b>Fred Pilon</b>	68 M	MA	5:21:07
150 Patrick Sheeley	45 M	NY	5:21:23
151 Joseph Limone	31 M	NY	5:23:09
152 James Kerlin	45 M	NJ	5:23:37
153 Christopher Regan	34 M	NY	5:24:07
154 Paul Hennick	63 M	CAN	5:26:03
155 Philip Markovich	52 M	CT	5:26:04
156 Jeff Cooper	59 M	??	5:26:07
157 <u>Barb Mongiovi</u>	39 F	PA	5:26:40
158 Bill Gilligan	51 M	NJ	5:28:35
159 John Ouellette	60 M	CT	5:28:47
160 Jon Iannaccone	42 M	NJ	5:28:59
161 Greg Foster	59 M	PA	5:29:34
162 Tom Howe	48 M	PA	5:30:08
163 <u>Karen McCormack</u>	45 F	NY	5:30:35
164 Seamus Hodgkinson	65 M	NY	5:33:20
165 <u>Rosa Cohen-Cruz</u>	29 F	NY	5:34:39
166 <b>Will Danecki</b>	64 M	CT	5:34:53
167 Mat Gerowitz	38 M	NY	5:35:15
168 Dennis Noskin	55 M	CT	5:35:20
169 Joe Brown	53 M	NY	5:35:40
170 Tomas Geoghegan	46 M	NJ	5:36:16
171 Howard Goldstein	48 M	CT	5:36:27
172 Makoto Kitamura	45 M	NY	5:37:33

173 Joshua Robert	33 M	NH	5:38:25
174 <u>Karen Bouloucon</u>	41 F	NJ	5:39:05
175 Andrew Bein	48 M	CT	5:40:34
176 Peter Priolo	45 M	NY	5:40:35
177 Stewart Dutfield	59 M	NY	5:44:14
178 <b>Robert Scott</b>	60 M	CT	5:44:16
179 Frank Colella	51 M	NY	5:45:11
180 <b>Jennifer Ferriss</b>	42 F	NY	5:46:47
181 Jeffrey Klemm	63 M	VA	5:47:35
182 Bob Worsham	68 M	CT	5:47:35
183 <u>Kellie McGuire</u>	43 F	NY	5:50:21
184 Nick Lamando	55 M	NY	5:51:01
185 Ben Murphy	36 M	NY	5:51:16
186 Tom Barlow	60 M	DE	5:58:11
187 Ellen Kim	42 F	NJ	6:00:08
188 <u>Christine Reynolds</u>	44 F	NY	6:01:03
189 Steve Sansola	59 M	NY	6:02:16
190 <u>Marie Dusault</u>	51 F	NY	6:02:52
191 Kenny Rogers	60 M	MA	6:03:04
192 Peter Belanger	62 M	PA	6:04:27
193 <u>Kathryn Koetje-Simin</u>	43 F	PA	6:09:55
194 <u>Elizabeth Endrich</u>	51 F	NY	6:11:33
195 Ted Listokin	47 M	CT	6:13:43
196 Peter Gstalder	60 M	PA	6:15:08
197 Jim Porter	54 M	NY	6:16:01
198 Charles Greystone	59 M	CT	6:21:53
199 Hunt Bartine	61 M	PA	6:22:28
200 <u>Melissa Feltman</u>	37 F	NY	6:24:00
201 <u>Bernadette Kennedy</u>	54 F	CAN	6:25:16
202 Steve Beach	56 M	CAN	6:33:10
203 <u>Adi Shnall</u>	51 F	CAN	6:33:12
204 <u>Ramonita Colon</u>	43 F	PA	6:39:59
205 Daniel Cohen	23 M	NY	6:44:03
206 Michael Cohen	54 M	NY	6:44:04
207 Ethan Cohen	23 M	NY	6:44:05
208 <u>Beverly Whalen</u>	55 F	NY	6:47:37
209 Kevin Adams	46 M	NY	6:51:33
210 David Seche	54 M	NY	6:52:35
211 Drew Anderson	45 M	NY	6:57:19
212 Kevin Williams	47 M	NY	6:57:20
213 Tom Stellato	60 M	NY	6:59:13
214 Rich Van Kleeck	61 M	NY	6:59:13
215 Joseph Baganz	44 M	NY	6:59:17
216 Drew Hopkins	44 M	NY	7:29:12



*North and South Lake as seen from North Point on the Escarpment Trail. North Lake ( on left ) is the finish line of the race and is approximately 3 miles from here.*

*photo by will*



## Here We Go Again... Part 3

What are the odds that it would rain 3 years in a row on the Escarpment race? I'm not much of a gambler but I would have made a lot of money this year if I had bet that it would.

Thunder storms opened up on us about 20 minutes before the start and soaked all of us waiting around.

Because of new regulations by the State of New York the race this year had to have staggered starts instead of us all going at once. So starting at 9:00 A M only 15 runners at a time were to start every 5 minutes. I was in the group that was scheduled to go at 9:50. They had us line up at 9:40 and that's about when the heaviest of the rain started to come down. Standing there in the pouring rain I started shivering and was getting cold fast.

When we finally started running I took off faster than usual just to try to get warm. Luckily within 15 minutes I was warmed up and then settled into my normal pace, and that was what I liked about the staggered start. Running with only a few others I was able to go at my own pace up the first mountain without being pushed along by dozens of others. I was actually alone for quite awhile at times and I felt much more relaxed.

In less than 1 hour the rain finally stopped and not long after the sun started to shine through the clouds. I passed a few people who had started ahead of me and a few runners who started later caught and passed me, but for most of the whole run I was never in a group of more than 3 others. Of course the trails were wet and muddy but we're getting used to that in this race.

So my run this year was uneventful and by the end of the race I was feeling really good. No one tried racing me to the finish, the sun was shining bright, and I hadn't fallen or pulled any muscles this year. I may have been 4 minutes slower than last year but I still qualified for next year's race. This was my 17<sup>th</sup> finish at Escarpment and I was awarded my "300 mile club" shirt after the race. I then rushed back to my campsite to clean up and get ready for my guests who were coming for my annual post-race cookout. It was sure good to see some of the old gang again as we downed a few beers and burgers and chatted about old times.

So what are the odds that it will rain again on next year's race?

*will run*

### People's Forest 7 Mile Trail Race USATF/CT State Trail Championship Barkhamsted, CT. ... August 2, 2014

Club members in bold:

Name	Age	ST.	Time	GT %
1 Todd Bennett	M 43	CT	51:04	100.00%
2 Brett Stoeffler	M 47	CT	51:05	99.97%
3 Shaun Berard	M 33	CT	53:04	96.23%
4 Stanislav Trufanov	M 35	MA	55:28	92.07%
5 Dave Merkt	M 28	CT	55:32	91.96%
6 Brad Overturf	M 47	CT	55:55	91.33%
7 Ari Ofsevit	M 30	MA	56:43	90.04%
8 Adam Ruth	M 31	CT	57:43	88.48%
9 <b>Kehr Davis</b> 1 <sup>st</sup> F	F 37	MA	58:04	87.94%
10 Charles Glass	M 45	CT	58:16	87.64%

11 Robert Low	M 38	CT	58:48	86.85%
12 Eric Wyzga	M 39	CT	58:59	86.58%
13 Jason Kudon	M 33	CT	59:37	85.66%
14 Angelo Radano	M 31	CT	59:45	85.47%
15 Roger Johnson	M 33	CT	1:01:00	83.72%
16 <b>Ted Cowles</b>	M 55	CT	1:01:17	83.33%
17 Bruce Christensen	M 46	CT	1:03:21	80.61%
18 <u>Alexandra Jospe</u>	F 30	MA	1:03:27	80.48%
19 Peter LaGoy	M 55	MA	1:04:30	79.17%
20 Robert Buttermore	M 27	CT	1:04:42	78.93%
21 Daniel Lamonaca	M 28	NY	1:06:41	76.58%
22 Russell Stroud	M 44	CT	1:06:44	76.52%
23 <u>Kara Mccabe</u>	F 29	NJ	1:06:56	76.29%
24 Ian Cross	M 29	NJ	1:06:57	76.28%
25 Jason Peacock	M 45	CT	1:09:36	73.37%
26 Chris Montross	M 54	CT	1:13:25	69.56%
27 David Sutherland	M 52	CT	1:15:14	67.88%
28 James Carroll	M 41	MA	1:16:31	66.74%
29 Louis Dunkin	M 47	MA	1:18:12	65.30%
30 <u>Everest Peacock</u>	F 16	CT	1:18:15	65.26%
31 <u>Samantha Suteliffe</u>	F 23	RI	1:19:33	64.19%
32 Norm Cormer	M 60	CT	1:19:53	63.93%
33 Stuart King	M 53	CT	1:19:53	63.93%
34 Bill Metzger	M 58	CT	1:19:54	63.91%
35 <u>Cindy Scannell</u>	F 56	CT	1:20:37	63.35%
36 <b>Vic LaPort</b>	M 74	MA	1:20:46	63.23%
37 Joseph Danay	M 51	CT	1:20:54	63.12%
38 Bruce Shenker	M 61	NY	1:20:57	63.08%
39 <u>Kateri Danay</u>	F 16	CT	1:21:17	62.83%
40 Kerry Smith	M 53	MA	1:21:17	62.83%
41 Edward Keegan	M 29	CT	1:24:02	60.77%
42 Ed Despard	M 30	MA	1:24:15	60.61%
43 <u>Catherine Johnson</u>	F 51	CT	1:24:46	60.24%
44 Dennis Phillips	M 53	CT	1:24:47	60.23%
45 Peter Keegan	M 63	CT	1:24:52	60.17%
46 Phil Bricker	M 60	MA	1:25:08	59.98%
47 <u>Kristen Dempsey</u>	F 33	NJ	1:25:12	59.94%
48 Donald Halla	M 55	CT	1:26:02	59.36%
49 <u>Heather Freeman</u>	F 40	CT	1:26:42	58.90%
50 David Schreiter	M 52	CT	1:26:57	58.73%
51 Alan Cabot	M 59	MA	1:27:55	58.09%
52 Eric Daniak	M 40	CT	1:28:14	57.88%
53 <b>Elaine Dill</b>	F 65	MA	1:28:22	57.79%
54 <u>Kate Bonanno</u>	F 12	CT	1:29:27	57.09%
55 Tony Bonanno	M 49	CT	1:29:30	57.06%
56 unknown unknown	? ?	??	1:29:35	57.00%
57 Gaston Fiore	M 31	CT	1:34:04	54.29%
58 <u>Jennifer Stauffer</u>	F 33	MA	1:35:21	53.56%
59 <u>Kelley Nunez</u>	F 53	CT	1:37:55	52.15%
60 David Raczkowski	M 64	CT	1:38:22	51.91%
61 <u>Jaime Wilson</u>	F 42	CT	1:39:07	51.52%
62 Timothy Beach	M 54	CT	1:40:43	50.70%
63 <u>Tracey Carroll</u>	F 41	MA	1:42:23	49.88%
64 Chris Loomis	M 32	CT	1:51:52	45.65%
65 <b>Jamie Howard</b>	M 49	NY	1:57:05	43.62%
66 Chris Costabile	M 54	MD	2:00:56	42.23%
67 Michael Sofman	M 55	FL	2:00:56	42.23%
68 Ed Root	M 68	CT	2:13:49	38.16%
69 Miguel Castro	M 45	CT	2:23:51	35.50%
70 Riley Flanagan-Brow	M 43	CT	2:23:51	35.50%
71 <u>Lee Anne Zarger</u>	F 60	CT	2:58:54	28.54%
72 Kaz Rybak	M 60	CT	3:14:48	28.00%

**Blue Hills Skyline Trail Run ... 12K**  
**Blue Hills Reservation, Milton MA ... July 13, 2014**

Club members in bold:

<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1 Sam Jurek	M 26	MA	1:03:18	100.00%
2 Andy Scott	M 23	MA	1:03:25	99.82%
3 Ben Nephew	M 38	MA	1:04:31	98.11%
4 Matt Picard	M 29	MA	1:13:50	85.73%
5 Eric Nguyen	M 32	MA	1:16:07	83.16%
6 Stanislav Trufanov	M 34	MA	1:16:24	82.85%
7 Scott Patnode	M 32	MA	1:18:43	80.41%
8 Angelo Radano	M 31	CT	1:19:21	79.77%
9 Dima Feinhaus	M 51	MA	1:20:36	78.54%
10 <b>Stacia Broderick 1<sup>st</sup> F</b>	F 36	MA	1:20:37	78.52%
11 Jonathen Cusick	M ??	??	1:21:01	78.13%
12 Seamus Foy	M 36	MA	1:21:27	77.72%
13 <b>Ted Cowles</b>	M 55	CT	1:23:56	75.42%
14 Doug Hall	M ??	??	1:25:15	74.25%
15 Matt Kemp	M 50	MA	1:25:20	74.18%
16 <b>Paul Funch</b>	M 64	MA	1:28:14	71.74%
17 Patrick Connors	M 35	MA	1:28:16	71.71%
18 Kevin Mullen	M ??	MA	1:28:25	71.59%
19 Jason Eldridge	M 41	MA	1:28:31	71.51%
20 Jeremy Fuller	M 32	MA	1:31:22	69.28%
21 Justin Ackerman	M 38	MA	1:31:41	69.04%
22 Frank Hackett	M 33	MA	1:32:22	68.53%
23 Michael Barret	M ??	??	1:33:38	67.60%
24 <u>Kathryn Clairborn</u>	F ??	??	1:34:40	66.87%
25 <u>Robin Schulman</u>	F 50	MA	1:36:05	65.88%
26 Stephen Peckiconis	M 55	MA	1:39:12	63.81%
27 Bernie Kelley	M ??	??	1:39:17	63.76%
28 Gary Jewett	M 48	MA	1:39:34	63.58%
29 Jason Bacon	M 43	RI	1:40:01	63.29%
30 Tai Man	M 47	MA	1:40:05	63.25%
31 Edward Correia	M 40	MA	1:40:08	63.22%
32 <u>Elizabeth Eaton</u>	F 44	MA	1:42:27	61.79%
33 Shaun Daylor	M 35	MA	1:42:29	61.77%
34 <u>Phyllis Lowry</u>	F 47	MA	1:42:43	61.63%
35 Peter Rinaldi	M 40	CT	1:42:51	61.55%
36 Justin Lessard	M 38	MA	1:44:09	60.78%
37 Michael Elkas	M ??	??	1:44:11	60.76%
38 <u>Karen Ringheiser</u>	F 50	MA	1:44:21	60.66%
39 <u>Kim Mendell</u>	F 37	MA	1:44:23	60.64%
40 <u>Maartje Bastings</u>	F 30	MA	1:44:59	60.30%
41 John Schaechter	M 50	MA	1:45:39	59.91%
42 <u>Dana Christensen</u>	F 41	MA	1:46:48	59.27%
43 Andrew Hamilton	M 30	MA	1:49:00	58.07%
44 Brian Fitzgerald	M 26	MA	1:49:27	57.83%
45 Jim Carroll	M ??	??	1:49:58	57.56%
46 Mike Lachapelle	M 34	MA	1:50:13	57.43%
47 Eugene Cheung	M ??	??	1:53:16	55.89%
48 <u>Christina Hall</u>	F 33	MA	1:53:39	55.70%
49 <u>Crystal Ross</u>	F 33	MA	1:53:40	55.69%
50 Barry Dulong	M 43	MA	1:53:45	55.65%
51 Sean Stockler	M 44	MA	1:54:25	55.32%
52 Brian Jowder	M 39	MA	1:54:29	55.29%
53 Phillip Ouellette	M 37	MA	1:55:27	54.83%
54 Spenser Pollock	M ??	??	1:55:40	54.73%
56 Kenny Rodgers	M 60	MA	1:58:32	53.40%

57 <u>Wendy Andre</u>	F 43	MA	1:58:33	53.40%
58 Jim Miller	M 57	MA	1:59:40	52.90%
59 <u>Jean Miller</u>	F 57	MA	1:59:41	52.89%
60 Jason Weintraub	M 37	MA	1:59:55	52.79%
61 Adam Byrnes	M 34	MA	1:59:57	52.77%
62 Chris Stone	M ??	??	2:00:18	52.62%
63 Michael Bates	M 48	MA	2:00:27	52.55%
64 <u>Lilli Morgan</u>	F 25	MA	2:01:35	52.06%
65 Nick Porazzo	M 34	MA	2:01:37	52.05%
66 John Loring	M 67	MA	2:03:45	51.15%
67 <u>Bryna Herbert</u>	F ??	??	2:06:31	50.03%
68 Charles Fayerweather	M 53	MA	2:06:32	50.03%
69 Lee Giordano	M 40	MA	2:06:50	49.91%
70 <u>Pauline Connaughton</u>	F 50	MA	2:08:47	49.15%
71 <u>Annette Florczak</u>	F 40	MA	2:09:22	48.93%
72 Jimi Michiel	M 31	MA	2:10:02	48.68%
73 Jeff Whitney	M ??	??	2:10:43	48.43%
74 Brendan Frank	M 42	MA	2:10:44	48.42%
75 Brian Burns	M 37	MA	2:12:26	47.80%
76 Chris Harrison	M ??	??	2:13:35	47.39%
77 Jason Fahy	M 40	MA	2:13:45	47.33%
78 <u>Giulliana Foy</u>	F ??	??	2:16:34	46.35%
79 <u>Teresa Harvey</u>	F 24	MA	2:19:15	45.46%
80 Tim Daley	M 38	MA	2:20:22	45.10%
81 Chris Kenney	M ??	??	2:20:23	45.09%
82 Dom Naples	M ??	??	2:22:35	44.40%
83 <u>Kristin Dori</u>	F ??	??	2:51:44	36.86%
84 Joe Barca	M ??	??	2:51:45	36.86%
85 Bob Hill	M 44	MA	2:51:46	36.85%
86 Warren Childs	M 55	MA	2:52:09	36.77%
87 <u>Eb Lynch</u>	F 39	MA	2:54:06	36.36%
88 <u>Gail Martin</u>	F 49	MA	2:54:07	36.35%
89 Ryan Couto	M 29	MA	2:54:08	36.35%
90 <u>Bethany Couto</u>	F 29	MA	2:54:09	36.35%
91 <u>Britta Macintosh</u>	F 47	MA	3:04:35	34.29%
92 Russell McAfee	M 31	MA	3:04:36	34.29%

**Cranmore Hill Climb**

**6.6 miles, North Conway NH ... July 20, 2014**

*2 laps up & down the mountain*

Club members in bold:

<u>Name</u>	<u>Age</u>	<u>ST</u>	<u>Time</u>	<u>GT %</u>
1 Jim Johnson	M 37	NH	52:01	100.00%
2 Matthew Veiga	M 27	MA	54:15	95.88%
3 Todd Callaghan	M 44	MA	54:29	95.47%
4 Randy Feeley	M 34	VT	56:46	91.63%
5 Ryan Vigil	M 35	NH	58:28	88.97%
6 Vincent Lyon	M 25	NH	58:56	88.26%
7 Andy Kiburis	M 30	ME	58:57	88.24%
8 Bernat Olle	M 35	MA	1:00:09	86.48%
9 Erik Vandendries	M 49	MA	1:00:25	86.10%
10 Christopher Barr	M 22	NH	1:00:39	85.77%
11 Jeff Walker	M 48	ME	1:00:46	85.60%
12 Jim Boule	M 47	NH	1:01:00	85.27%
13 Peter Keeney	M 48	ME	1:01:19	84.83%
14 Anthony Corluzzo	M 18	NH	1:01:20	84.81%
15 Eric Narcisi	M 34	MA	1:02:29	83.25%

***Continued next page:***



Cranmore Hill results cont:

16 <u>Kim Nedeau</u> 1 <sup>st</sup> F	F 34	MA	1:02:48	82.83%	76 Rick Scott	M 60	MA	1:19:26	65.48%
17 <u>Kelsey Allen</u>	F 31	MA	1:04:33	80.58%	77 Maxim Lamothe	M 40	QC	1:19:50	65.16%
18 Brett Mastrangelo	M 22	NH	1:04:46	80.31%	78 James Long	M 41	MA	1:19:58	65.05%
19 Darrin Rees	M 42	CT	1:04:49	80.25%	79 Stephen Becker	M 31	CT	1:20:18	64.78%
20 Michael Narcisi	M 30	MA	1:04:56	80.11%	80 Kimball Rexford	M 51	NH	1:20:20	64.75%
21 Matt Garfield	M 26	ME	1:06:23	78.36%	81 Pete Orrall	M 31	MA	1:20:20	64.75%
22 Jeff Kasputis	M 33	MA	1:06:28	78.26%	82 <u>Sau-Mei Leung</u>	F 48	MA	1:20:40	64.48%
23 Chuck Hazzard	M 53	ME	1:06:30	78.22%	83 Frank Holmes	M 67	NH	1:20:49	64.36%
24 Jordan Varano	M 35	NY	1:06:38	78.06%	84 Richard Stockdale	M 63	NH	1:21:20	63.95%
25 Marek Telus	M 38	NH	1:06:53	77.77%	85 Mark Regan	M 58	NY	1:21:20	63.95%
26 <u>Christin Doneski</u>	F 43	NH	1:07:03	77.58%	86 <u>Colleen Ryan</u>	F 42	MA	1:21:40	63.69%
27 <u>Leslie Beckwith</u>	F 38	NH	1:07:27	77.12%	87 Robert Thomas	M 54	MA	1:22:12	63.28%
28 Raphael Adamek	M 35	VT	1:07:31	77.04%	88 <u>Abbey Larkin</u>	F 26	NH	1:23:20	62.42%
29 Dana Holmes	M 25	NH	1:07:34	76.99%	89 Anthony Lombardi	M 48	NH	1:23:27	62.33%
30 Stanislav Trufanov	M 35	MA	1:07:51	76.66%	90 <u>Karla Riese</u>	F 33	NH	1:23:40	62.17%
31 Christopher Maienza	M 17	MA	1:08:00	76.50%	91 <u>Freddi Pare</u>	F 42	MA	1:23:50	62.05%
32 Pete Harley	M 43	RI	1:08:18	76.16%	92 Arthur Bellerive	M 49	MA	1:24:11	61.79%
33 Bob Sharkey	M 62	RI	1:08:55	75.48%	93 Richard Fournier	M 52	NH	1:24:51	61.30%
34 Paul Bazanchuk	M 59	NH	1:09:21	75.01%	94 Vincent Rivard	M 68	MA	1:24:52	61.29%
35 Scot Holt	M 45	NH	1:09:25	74.93%	95 Andrew Light	M 30	NH	1:25:21	60.95%
36 James Porter	M 40	NH	1:10:18	73.99%	96 <u>Corrine Schlabach</u>	F 25	CT	1:25:24	60.91%
37 Jason Kudron	M 33	CT	1:10:33	73.73%	97 Bruce Gould	M 62	VT	1:25:36	60.77%
38 John Martin	M 62	MA	1:10:43	73.56%	98 Moussa Goumeyrou	M 22	GA	1:25:49	60.61%
39 Scott Mccue	M 40	MA	1:10:57	73.31%	99 Michael Schreiber	M 41	NH	1:25:51	60.59%
40 Brandon Martin	M 27	MA	1:11:08	73.13%	100 Gene Fahey	M 66	NH	1:27:12	59.65%
41 Tom Hooper	M 35	NH	1:11:16	72.99%	101 <b>Todd Brown</b>	M 50	CT	1:27:43	59.30%
42 Joshua Detellis	M 25	MA	1:11:26	72.82%	102 Paul Sestito	M 43	VT	1:28:12	58.98%
43 <u>Tara Soraghan</u>	F 32	NY	1:11:31	72.73%	103 <u>Katie O'Connor</u>	F 34	MA	1:28:15	58.94%
44 Christopher Shipley	M 51	NH	1:11:42	72.55%	104 Scott Johnson	M 50	ME	1:28:50	58.56%
45 Daniel Doherty	M 52	NH	1:12:20	71.91%	105 <u>Ashley Lader</u>	F 26	NH	1:29:33	58.09%
46 Kevin Demster	M 36	NH	1:12:39	71.60%	106 Joseph Puffer	M 52	NH	1:29:37	58.04%
47 Justin Cole	M 25	NH	1:13:01	71.24%	107 Marc Beaudoin	M 56	NB	1:29:56	57.84%
48 Alex Mitrush	M 35	NH	1:13:07	71.14%	108 Rusty Biloudeau	M 37	MA	1:29:59	57.81%
49 <u>Rachel Klaski</u>	F 19	NH	1:13:08	71.13%	109 <u>Kim Bellerive</u>	F 46	MA	1:30:06	57.73%
50 Jay Murphy	M 43	MA	1:13:08	71.13%	110 Chris Corradino	M 41	MA	1:30:11	57.68%
51 Richard Miller	M 63	NH	1:13:15	71.01%	111 <u>Jo Barrett</u>	F 59	NH	1:30:51	57.26%
52 Len Hall	M 61	NH	1:13:49	70.47%	112 Will Santora	M 15	CT	1:31:54	56.60%
53 Marc Ohlson	M 59	NH	1:14:17	70.02%	113 Jim Santora	M 49	CT	1:31:54	56.60%
54 Andy Alsup	M 34	MA	1:14:18	70.01%	114 <u>Andrea Leonard</u>	F 49	MA	1:32:19	56.35%
55 Erik Wight	M 54	MA	1:14:20	69.98%	115 Eric Schreiber	M 38	NH	1:32:37	56.16%
56 Bob Poirier	M 59	ME	1:15:03	69.31%	116 Nye Winston-Corradino	M 17	MA	1:33:00	55.93%
57 Anthony Park	M 49	MA	1:15:24	68.99%	117 Randy Tuck	M 30	NH	1:33:07	55.86%
58 Gary Jewett	M 48	MA	1:15:30	68.90%	118 Jay Kelly	M 53	MA	1:33:23	55.70%
59 <u>Dawn Heinrich</u>	F 52	NH	1:15:40	68.74%	119 Dave Oedel	M 56	GA	1:33:58	55.36%
60 Joel Warren	M 40	NH	1:15:43	68.70%	120 <u>Lisa Lombardi</u>	F 46	NH	1:34:02	55.32%
61 <u>Brooke Bartlett</u>	F 32	NH	1:15:55	68.52%	121 Shannon Murphy	M 50	CT	1:34:08	55.26%
62 Jeff Gould	M 49	MA	1:16:10	68.29%	122 <u>Elaine Dill</u>	F 65	MA	1:34:09	55.25%
63 Eric Bowden	M 27	MA	1:16:19	68.16%	123 <u>Amanda McCaughey</u>	F 29	NH	1:34:12	55.22%
64 Juan Tabares	M 41	MA	1:16:25	68.07%	124 John Gorvin	M 54	MA	1:34:31	55.03%
65 Chris Harris	M 45	MA	1:17:32	67.09%	125 Peter Orni	M 71	MA	1:35:06	54.70%
66 Daniel Moore	M 42	NH	1:17:57	66.73%	126 Christopher Toppin	M 36	MA	1:35:09	54.67%
67 Chad Allen	M 37	ME	1:17:58	66.72%	127 <b>Thom Parker</b>	M 46	NH	1:35:41	54.36%
68 Everett McBride	M 59	NH	1:18:05	66.62%	128 <u>Lydia Tilsey</u>	F 49	CT	1:36:32	53.88%
69 <u>Jacqueline Shakar</u>	F 55	MA	1:18:13	66.50%	129 John Carey	M 43	MA	1:36:34	53.87%
70 <u>Autumn Bush</u>	F 39	VT	1:18:25	66.33%	130 Paul Correia	M 61	MA	1:36:45	53.76%
71 <u>Kyla Brustin</u>	F 34	NH	1:18:55	65.91%	131 Shon Haley	M 39	NH	1:37:00	53.63%
72 Stephen Smith	M 29	MA	1:18:55	65.91%	132 John Mulroy	M 58	MA	1:37:13	53.51%
73 Nick Padellaro	M 25	MA	1:18:59	65.86%	133 Scott Alsup	M 33	MA	1:37:54	53.13%
74 <u>Patty Blanchard</u>	F 56	NB	1:19:00	65.84%	134 Steve Peterson	M 47	GA	1:38:02	53.06%
75 Kevin Pascoe	M 49	NH	1:19:00	65.84%	135 <u>Korrie Wedel</u>	F 29	NH	1:38:03	53.05%

Continued next page:

### Cranmore Hill results cont:

136 Brian Gallagher	M 64	NH	1:38:28	52.83%
137 Paul Jadis	M 62	NH	1:39:06	52.49%
138 <u>Emer O'Donoghue</u>	F 52	MA	1:39:29	52.29%
139 <u>Lori Bliss Hill</u>	F 43	NH	1:39:32	52.26%
140 Frank Hurt	M 77	NH	1:40:05	51.97%
141 Richard Leonard	M 50	MA	1:40:20	51.84%
142 Richard Mellor	M 64	NH	1:40:38	51.69%
143 <u>Lynne Ainsworth</u>	F 49	NH	1:40:41	51.66%
144 Gary Reuter	M 75	ME	1:40:55	51.54%
145 <b>Dave Dunham</b>	M 50	MA	1:41:05	51.46%
146 <u>Christine Griffin</u>	F 47	NH	1:41:56	51.03%
147 Brian Roderick	M 45	NH	1:42:04	50.96%
148 <u>Mary Doherty</u>	F 50	NH	1:42:04	50.96%
149 <u>Erina Kelly</u>	F 37	NH	1:42:25	50.79%
150 <u>Mary-Pat Pfeil</u>	F 55	NJ	1:42:40	50.67%
151 Chris Ballou	M 43	NH	1:42:52	50.57%
152 Steve Malynn	M 66	MA	1:43:12	50.40%
153 Ed Ramos	M 61	ME	1:43:17	50.36%
154 Zach Gibson Davis	M 13	GA	1:43:29	50.27%
155 R. Dennis Gilyard	M 63	NY	1:43:46	50.13%
156 John Uniack Davis	M 52	GA	1:43:48	50.11%
157 <u>Elizabeth Salesky</u>	F 22	MA	1:45:53	49.13%
158 Scott Mackenzie	M 26	NH	1:46:30	48.84%
159 Craig Ornell	M 54	MA	1:46:54	48.66%
160 David Lapierre	M 50	MA	1:47:08	48.55%
161 <u>Charlotte Bourgeois</u>	F 56	NB	1:48:11	48.08%
162 <u>Kerry Oedel</u>	F 50	GA	1:48:35	47.90%
163 Andrew Haase	M 36	NH	1:48:42	47.85%
164 Jim Hoburg	M 67	NH	1:49:02	47.71%
165 Jason Pyle	M 34	NH	1:49:14	47.62%
166 Scott Heffner	M 41	MA	1:49:14	47.62%
167 Timothy C Lindsey	M 42	NH	1:50:41	47.00%
168 <u>Kristen Lomastro</u>	F 40	NH	1:50:49	46.94%
169 Scott Alley	M 45	MA	1:52:03	46.42%
170 David McNally	M 44	VT	1:53:02	46.02%
171 Walter Kuklinski	M 65	MA	1:54:37	45.38%
172 <u>Margaret Hedstrom</u>	F 60	MA	1:55:57	44.86%
173 Michael Gonnerman	M 71	NH	1:56:14	44.75%
174 <u>Beverly Schmal</u>	F 55	NH	1:56:19	44.72%
175 Daryle Lamoureux	M 43	NH	1:59:26	43.55%
176 <b>Laurel Shortell</b>	F 48	MA	2:02:50	42.35%
177 <u>Kimberly Schneeweiss</u>	F 28	NH	2:02:58	42.30%
178 <u>Emily Meehan</u>	F 35	NH	2:10:30	39.86%
179 Richard Fijalkowski	M 47	MA	2:10:31	39.85%
180 <u>Sally Kiebdaj</u>	F 27	MA	2:10:53	39.74%
181 <u>Jessica Lemear</u>	F 19	NH	2:11:40	39.51%
182 Raymond Boutotte	M 68	MA	2:15:41	38.34%
183 <u>Sarah Moura</u>	F 26	MA	2:15:41	38.34%
184 <u>Anne Lynch</u>	F 44	NH	2:19:27	37.30%
185 <u>Mary Lou White</u>	F 58	CT	2:22:42	36.45%
186 George Boudreau Jr	M 45	MA	2:28:25	35.05%
187 <u>Agnes Kamasi</u>	F 30	MA	2:30:44	34.51%
188 <u>Diane Levesque</u>	F 61	NH	2:33:58	33.78%

### Mystery Photo from Last Issue



*photo by will*

This was the mystery photo in the last newsletter. The question was ...In which "Trail" race do we run by this waterfall? And the hint was.... "The pleasant river between the hills."

There were no guesses at all.

More than 600 people ran past it back in May during the Steel Rail ½ Marathon so I was surprised that no one recognized it. It's the water fall on the Hoosic River along the Ashuwillticook Rail Trail, in the area known as the Cheshire Harbor in Cheshire Massachusetts.

I purposely put quotation marks around the word "Trail" in the clues I gave to note a different type of trail from our regular trail races, and I guess I had mistakenly assumed that many people knew that the Indian word Ashuwillticook translates into...

"The pleasant river between the hills."

BTW... this water fall looks the same today as it did more than 50 years ago when my buddies and I rode our bikes past it along the then railroad tracks to spend the day fishing and swimming at the "Harbor."

### New Mystery Photo



Sticking with a water theme, in which trail race do we run past this river? The clues are in the picture and in the question.

*photo by Nipmuck Dave*

## Wapack Trail Race .... 18 Miles

Wind Blown XC Ski Area .... New Ipswich, NH

August 31, 2014

Sun & Clouds ... Humid ... Low of 62\* ... High of 77\*

**Club members in bold:**

1 Andy Scott	M 23	MA	2:33:42	100.00%
2 Dave Herr	M 49	VT	2:39:04	96.63%
3 Chris Hayhurst	M 42	NH	2:43:01	94.28%
4 Lars Sauvola	M 39	NH	2:44:33	93.41%
5 Adam Wilcox	M 32	NH	2:55:53	87.39%
6 William Jackson	M 32	MA	2:59:21	85.70%
7 Keith Bourassa	M 30	NH	3:06:57	82.21%
8 <b>Kehr Davis 1<sup>st</sup> F</b>	F 37	MA	3:07:25	82.01%
9 Paul Young	M 49	MA	3:07:31	81.97%
10 Donald Pacher, Jr.	M 42	MA	3:08:14	81.65%
11 <u>Alexandra Jospe</u>	F 30	MA	3:11:57	80.07%
12 Pete Harley	M 44	RI	3:13:03	79.62%
13 Jeremy Merritt	M 37	NH	3:19:10	77.17%
14 <b>Ted Cowles</b>	M 55	CT	3:19:40	76.98%
15 Greg Somero	M 31	NH	3:19:57	76.87%
16 Miroslav Tashev	M 51	MA	3:20:49	76.54%
17 Ken Naide	M 42	MA	3:21:59	76.10%
18 Matthew Knight	M 24	MA	3:24:09	75.29%
19 <u>Erica LaBella</u>	F 35	NH	3:27:15	74.16%
20 Tyler Whipple	M 32	NH	3:30:47	72.92%
21 Brian McClelland	M 31	MA	3:31:17	72.75%
22 Russell Stroud	M 44	CT	3:31:25	72.70%
23 Robert Perednia	M 31	MA	3:32:09	72.45%
24 <b>Paul Funch</b>	M 64	MA	3:33:46	71.90%
25 Adam Goldstein	M 41	VT	3:34:48	71.55%
26 Chris Casey	M 35	NH	3:35:31	71.32%
27 <u>Rebecca Waldo</u>	F 25	MA	3:37:36	70.63%
28 Kai Filion	M 35	DC	3:39:10	70.13%
29 Michael Auger	M 54	MA	3:44:23	68.50%
30 Brady Bertram	M 34	NH	3:45:16	68.23%
31 <u>Raina White</u>	F 35	VT	3:47:06	67.68%
32 Gregory Esbitt	M 40	MA	3:49:46	66.89%
33 Douglas Lord	M 44	CT	3:51:23	66.43%
34 Owen Smith	M 34	MA	3:53:19	65.88%
35 David Boudreau	M 42	NH	3:53:45	65.75%
36 Salvatore DiChiara	M 39	NY	3:54:11	65.63%
37 Jason Eldridge	M 41	MA	3:54:19	65.59%
38 Dejan Popovic	M 35	NY	3:56:04	65.11%
39 Jason Weakley	M 33	MA	3:56:07	65.09%
40 Michael Schafer	M 55	ME	3:56:12	65.07%
41 Jason Yeagle	M 36	MA	3:57:09	64.81%
42 Michael Curry	M 27	NH	3:57:31	64.71%
43 John Correiro	M 46	MA	3:57:57	64.59%
44 <u>Tammy Godin</u>	F 51	MA	3:58:36	64.42%
45 Kevin Mullen	M 57	MA	4:00:06	64.01%
46 Kevin Breen	M 44	MA	4:00:16	63.97%
47 <u>Heather Ballestero</u>	F 29	NH	4:00:40	63.86%
48 Jason Bacon	M 43	RI	4:01:10	63.73%
49 Todd Bennett	M 44	CT	4:03:20	63.16%
50 Michael Agbay	M 41	MA	4:03:38	63.09%
51 Stephen Taylor	M 45	MA	4:04:56	62.75%
52 Taylor Scott Berkley	M 20	MA	4:05:42	62.56%
53 John Benevides	M 50	MA	4:05:45	62.54%
54 Vincent Lyon	M 25	NH	4:06:20	62.40%

55 <b>Bob Dion</b>	M 59	VT	4:08:37	61.82%
56 Richard Collins	M 58	ME	4:08:48	61.78%
57 Forrest Butler	M 29	NH	4:11:56	61.01%
58 Edward Despard	M 30	MA	4:12:34	60.86%
59 Andrew Marcinkowski	M 54	NH	4:12:46	60.81%
60 Jeff Lane	M 38	MA	4:13:32	60.62%
61 Rich Sementilli	M 55	MA	4:14:38	60.36%
62 <u>Kelly Manchester</u>	F 30	MA	4:15:12	60.23%
63 <b>Will Danecki</b>	M 64	CT	4:16:14	59.98%
64 <u>Catherine Howard</u>	F 37	MA	4:16:54	59.83%
65 Jim Machakos	M 47	NH	4:17:25	59.71%
66 <u>Sara Praguski Walsh</u>	F 35	MA	4:18:23	59.49%
67 Norm Sheppard	M 56	NH	4:22:04	58.65%
68 Paul Fortin	M 44	MA	4:22:05	58.65%
69 Eric Finney	M 44	MA	4:22:46	58.49%
70 Christopher Agbay	M 37	MA	4:23:14	58.39%
71 Joe Botelho	M 53	MA	4:24:01	58.22%
72 Justin Fritch	M 34	CT	4:24:03	58.21%
73 Joshua Roche	M 28	NH	4:25:12	57.96%
74 Mark Gillies	M 58	NH	4:26:22	57.70%
75 Jim Campiformio	M 64	CT	4:26:25	57.69%
76 Christopher E Pulick	M 44	MA	4:26:25	57.69%
77 Al Cat	M 61	MA	4:31:38	56.58%
78 <u>Shelley Cherry</u>	F 30	MA	4:31:55	56.52%
79 <u>Corrine Schlabach</u>	F 25	CT	4:33:01	56.30%
80 <u>Carolyn Shreck</u>	F 42	NH	4:33:18	56.24%
81 Peter Agbay	M 39	MA	4:37:04	55.47%
82 Robert Najjar	M 58	NH	4:38:25	55.21%
83 <u>Jennifer Morlock</u>	F 45	NH	4:41:06	54.68%
84 Jeff Godin	M 46	MA	4:41:40	54.57%
85 <u>Paula Finestone</u>	F 46	MA	4:42:57	54.32%
86 Edward Mulvey	M 55	MA	4:43:29	54.22%
87 <u>Mindy Slovinsky</u>	F 42	ME	4:43:55	54.14%
88 <u>Valerie Abradi</u>	F 54	ME	4:43:55	54.14%
89 <u>Steph Nephew</u>	F 38	MA	4:46:14	53.70%
90 George Alexion	M 55	ME	4:46:50	53.59%
91 <u>Lindsay Lanzer</u>	F 29	NH	4:47:30	53.46%
92 Nick Lanzer	M 31	NH	4:47:31	53.46%
93 Nick Normandin	M 28	MA	4:48:22	53.30%
94 Tim Larney	M 34	NH	4:51:04	52.81%
95 Bob Segal	M 61	MA	4:51:41	52.69%
96 Kevin Strum	M 58	MA	4:53:53	52.30%
97 Matt Kemp	M 50	MA	4:54:36	52.17%
98 <u>Christy Boris</u>	F 44	MA	4:55:28	52.02%
99 <b>Dan Danecki</b>	M 55	MA	4:55:40	51.98%
100 <u>Whitney Brown</u>	F 40	MA	4:58:42	51.46%
101 <u>Kris Gleason</u>	F 51	MA	5:01:04	51.05%
102 Kenny Rogers	M 60	MA	5:04:57	50.40%
103 David Raczkowski	M 63	CT	5:10:39	49.48%
104 <u>Denise Dion</u>	F 56	VT	5:16:09	48.62%
105 Jason Lang	M 39	CT	5:17:31	48.41%
106 <u>Lisa Klinkenberg</u>	F 40	MA	5:27:52	46.88%
107 Michael Bates	M 48	MA	5:37:41	45.52%
108 <u>Jessi Goldstein</u>	F 43	CA	5:37:42	45.51%
109 <u>Alice Beltran Rodman</u>	F 39	MA	5:42:38	44.86%
110 <u>Sarah Keddell</u>	F 32	MA	5:46:02	44.42%
111 <u>Ashley DeAcetis</u>	F 24	MA	5:46:31	44.36%
112 Benjamin Millina	M 35	NH	5:47:26	44.24%
113 <u>Amber Wood</u>	F 28	CT	5:47:27	44.24%
114 Aaron Farb	M 35	MA	5:56:32	43.11%



Just like last year, but worse for many, this year's 114 Wapack finishers experienced extremely high humidity and temperatures hovering around 80 degrees. Except for some welcome cooling breezes along the ridges, this was not a day for course records and none fell again for the second year in a row. Runners came from all six New England States, New York, DC, California, and Texas.

Taking first place, in his first ever Wapack, in an excellent time of 2:33:42, was 23-year old Andy Scott of Somerville, MA. Five minutes behind him was the course record holder (2:23:50 in 2010), 49-year old Dave Herr of Canaan, VT, who ran 0:02:28 faster than last year despite the humid conditions and despite taking the lead pack of runners off course briefly within the first mile of the race.

On the women's side, Kehr Davis, 37, of N. Egremont, MA, led the field, finishing in 3:07:25. Second woman over the finish line was the second place finisher last year as well, Alexandra Jospe, 30, of Newton, MA, in a time of 3:11:57. Alexandra took 0:20:45 off her time from last year!

Senior (50-59) age group record holder (3:15:29) Ted Cowles led the way again this year in a time of 3:19:40, chased by Miroslav Tashev who finished in 3:20:49. Veteran (60-69) age group record holder (3:17:06) and RD Paul Funch finished in 3:33:46 with Will Danecki following in 4:16:14.

Eleven runners did not finish the race this year, which reflects the difficult weather conditions the runners faced. One experienced runner became so dehydrated that she required medical care and intravenous hydration at the local hospital. Fortunately, she had made it to the Windblown property where a vehicle was able to reach her. Because nearly all of the last 5.5 miles of the race is inaccessible by a vehicle and thus medical attention could be very delayed in case of an emergency, we instituted cut-off times this year to minimize the potential of serious dehydration/exhaustion and injury on the way back to the finish line. Our experience this year confirms that this is a prudent policy to maintain in the future.

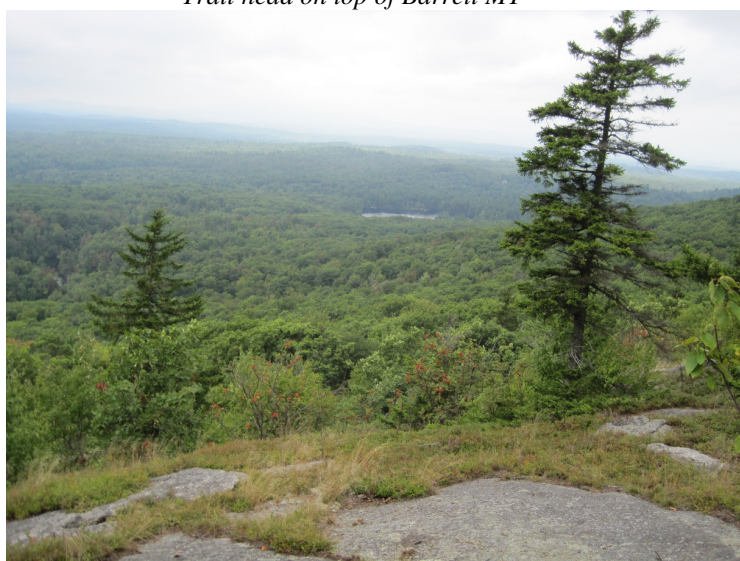
The Wapack Trail Race in 2015 will be held, as usual, on the Sunday of Labor Day weekend.



*Race Director Paul Funch addresses the runners at the start of the race.*



*Trail head on top of Barrett MT*



*A hazy view from the top of Pratt MT.*



*Binney Pond along the Wapack trail*



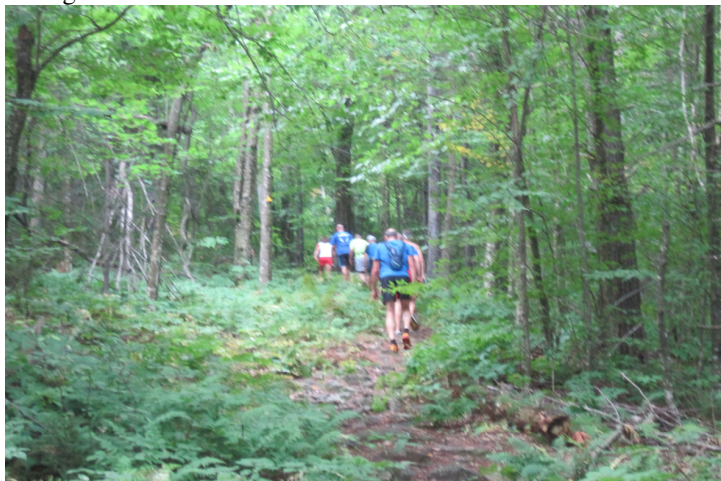
## Another ( Humid ) year at Wapack



Just like rain at the Escarpment race has become the norm the last few years, at the Wapack race it's become the high humidity we've had to deal with for several years now. I can remember some years here when we needed gloves because of the chilly September mornings in the New Hampshire mountains. Not lately though.

Can it be global warming like some say or just a normal weather cycle like others believe? Either way since my "best times" are far behind me anyway there's no real pressure on me to worry about setting a "PR" so I can just enjoy the run for what it is, a fun romp in the mountains with many of my friends. Yes I was sweating like a you know what, like everyone else was,

but for some reason I wasn't feeling all that uncomfortable. I settled into my pace rather quickly and watched as all the younger runners took off up the trail as we started climbing Barrett MT. It doesn't seem like all that long ago that I would have gone with them.

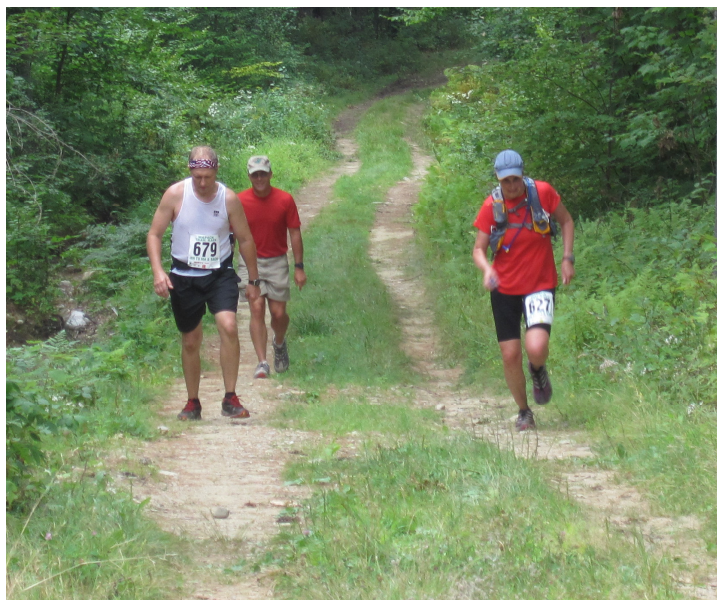


*Runners making their way up Barrett MT*

I've always considered this race to be the closest thing to the Escarpment trail race that there is on the Grand Tree circuit. We go up and then down 4 different mountains with some good running in between. Then we turn around and do it again on the way back. The only difference is just a slightly shorter distance and the climbs aren't quite as high, and this race is an out & back compared to a point to point run at Escarpment. But make no mistake about it, this is a tuff run also. This year 11 runners DNF'ed.

When we finally made it to the top of the first mt and could start running again I noticed I was by myself. No one was coming up behind me and the runners in front of me were already out of sight. I ran along for almost a mile before a couple of people finally caught up to me going up another climb.

I've lost track of how many times I've run this race. I think it's either 17 or 18. My brother Dan holds the record for running every Wapack that's been held. This year was the 22<sup>nd</sup> race.



*Dan Danecki ( on left ) heading for his 22<sup>nd</sup> consecutive Wapack finish.*

With the high humidity usually comes hazy conditions and that's what we had today. The views from the ridge lines on the top of most of the mountains was some what limited, but you could still see enough if you took the time to enjoy it.

I just love the section by Binney Pond. The soft winding trails and bridges are a real joy to run on as we make our way past the pond. Shortly after that we run up an old logging road to the 1st aid station. There are only 2 water stops on the course. This one, which we also hit on the way back, and at the turn around. This year an old running buddy, Rex Miscovitch, was working the water stop. I hadn't seen Rex in several years and after the race when he came back to the finish area we had a chance to chat and catch up on old times.

A few more runners passed me after the aid station and I even passed a couple here and there but I ran mostly by myself all the way to the turn-around.

It wasn't that long ago when I would at least make it to the summit of MT. Watatic before I saw the front runners heading back toward the finish, but for several years now I've been a good  $\frac{1}{2}$  to  $\frac{3}{4}$  of a mile from there when the returning runners start to fly by. It was no different this year either. On the way down the long steep hill to the turn-around I greeted many of the runners climbing up on their way back. A quick refill at the turn-around aid station and then it was my turn to start the long climb back up. There were many people out there hiking this year as this section is a popular hiking area. Some of them were really struggling just trying to hike up the hill and couldn't believe all these crazy runners going up and down the mountain.

Rich Collins from Maine, caught up to me as I made it back up to the top of MT. Watatic and we chatted and ran along together all the way back to Rex's aid station. I took a few minutes to fuel up while Rich took off and I didn't see him again till at the finish. When I mentioned to him after the race that he really took off after the water stop he said "I got tired of talking".

*Continued next page:*



### Wapack cont:

I was pleasantly surprised that on all the long climbs on the way back I didn't have any of the leg cramping issues that usually affect me in races with lots of climbs and especially this race. I have been experimenting with mixing up my own versions of electrolytes and I think I found a combination that seems to work. I wasn't moving all that fast, but I was moving steady with no cramps I and even passed a few runners.

About 5 years ago the first ( and last ) couple of miles of this race had to be changed because one of the land owners had posted his land which we had always run across to get to the Wapack trail. So now we have to go down and around a long grassy jeep type road and pick up the trail from another area. The word is that New Hampshire has a land tax which is based on the view from your property and this landowner wasn't happy with his tax bill and so he put up the "No Trespassing" signs.

So now on the way back to the finish the last mile of this road is slightly uphill and it seems to go on forever. I caught up to one person with about  $\frac{3}{4}$  of a mile to go who was just walking along, having left everything he had out on the trail. It was his first Wapack race and he admitted he was whipped. I wasn't moving much faster but told him to hang in there as I went past. One other runner who must have got his second wind zipped by both of us at that time too. With about  $\frac{1}{2}$  mile to go a young lady caught and passed me. Several miles earlier, after going up the last big climb, I heard someone shout out "where's the trail"? It was a lady runner who had ended up about 100 feet off the trail in some thick bushes. I couldn't see her so I just yelled "over this way" and kept on going. So when this lady passed me near the end I asked her if she was the lost runner. "That was me" she replied as she flew by.

The old finish had us running straight down a steep hill, now we have a sharp turn and a short uphill to the finish. As I crossed the finish line I was surprised to see that I had cut almost 22 minutes off of my time from last year despite the high humidity.

Before cleaning up I went straight to one of the coolers and chugged down 2 cold sodas that I had been dreaming about for the last 5 miles. After cleaning up I had a couple pieces of pizza, some tasty sweet treats, and several bottles of water and Gatorade before hanging out with some of my running buddies who were sitting around cheering for the other finishers. This year there was a record number of runners, 125 total, with many first timers taking the challenge. There were also some runners this year who haven't been here in many years. It was good to see them back again.

One other note, last years champion, Ben Nephew, was there but sat out the race this year to watch the kids so his wife Stephanie could run.

Thanks again to Paul Funch and the Squannacook River Runners club for hosting this event.

18 miles and 8 mountains all for only \$15.00.

That's less than \$1.00 a mile!

It's the best deal around. If you're up for it.

*will run*



*Denise Dion still manages a smile after completing her first Wapack Trail race.*



*Veteran trail runners Rich Collins ( on left ) and Jim Campiformio relax after their run.*



*Roadside Marker near the Squannacook River just down the road from the Wapack Trail race*



## **Groundhog Day at Moreau 15K: Or, Ascending the Staircase of Death Yet Again..and again...**

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*Groundhog Day* is the iconic Bill Murray movie in which our intrepid news reporter repeats his Punxsutawney Phil coverage day after day until his attitude changes for the better. I hope the same experience doesn't happen to me when I wake up tomorrow, especially as I am not sure my body would be equal to the task of running Moreau 15K over and over again. Still, if I ever broke out of the time loop, I would be certain to have a stellar performance with no missteps, no pausing to search for trail markers or hunt down "confidence" ribbons....

The morning began normally enough until I arrived at Moreau State Park where the nighttime Gate Guard informed me I would have to wait until 8AM to enter the park. I carefully explained that this wouldn't work since the race was scheduled to begin at 8AM, but he was adamant, insisting that the second shift would bring our admission stickers. I bargained and was finally allowed to proceed to the race site, provided I pledged to return with the person in charge. The Promised Land at last! Finally, cars were permitted entrance.

After the briefing, which basically involved dire warnings about getting lost and carrying the course map, we were told to line up by bib number, beginning with 9001, so we could be checked off and presumably checked back in should we return. This proved difficult for me as my bib clearly read 6006. How could there be such a gap? Was I displaying a number from my own personal time loop? Eventually, it was pointed out to me that I was wearing my bib upside down and it should have read 9009. Coincidence? Or warning?

As we headed down the beach, I trailed behind, eventually ending up at an ecologically impressive outhouse constructed of all-natural materials. But it was too early in the race for those thoughts. Luckily, at that point RD Chris Bowcutt pulled up and pointed me towards the orange arrows. Any thinking person would have hollered uncle, but in an act of blind optimism, I discerned that I was actually fortunate, having quickly dispensed with the getting lost part. I was free to run!

I had navigated this course in two previous lifetimes so, despite this minor error, I still felt supremely overconfident. Two miles farther and I attacked the Staircase of Death, but it petered out into a pile of leaves. So I tried again, hiking up an alternate path. Still no luck. Here I was suffering through two time loops in one single day, surely some kind of a record. So I did what I should have done originally and backtracked to the last observed pink ribbons. And Lo! And Behold! The trees parted and the way became clear. And I was exhausted.

Once more into the fray and onto the next trail that distinguishes itself by the sheer absence of confidence ribbons and directional arrows. Fortunately, I remembered to veer left toward what looked like a mere scenic overlook, rather than right into the unknown. That is the only thing I remembered from the previous year. Trail races are never truly relaxing as you must constantly look down at the rocks and roots and up for the markers. But Moreau is more than that. Nipmuck Trail

Marathon, like Moreau, is mostly marked with official trail shields with a few ribbons thrown in, but there is never a question of where you need to go next. There is only one color: blue. Moreau sports a veritable rainbow of colors: blue, red, purple, white and the dreaded, difficult-to-distinguish yellow. The trail is so twisty it is difficult to stay on the color of the moment, let alone to distinguish between S10 and D4 colored squares. Sometimes the only way to figure out where to go is to stare at the trail backward and upside down. Like Breakneck (now defunct) this is one race you want to navigate with a partner. But Alas! My normal partner, Charles Brockett made it through the Staircase of Death on his first try and was long gone.

Still, I was pleased with my run. I never descended into a survival shuffle, and at one point I met a hiker who taught me how to read the map. This is the first time I had ever grasped the concept! Whereas Jen Ferriss and Pam Delsignore were bailed out at least three times by the group following them, I was on my own. Scared. Without a whistle or a shotgun and well past the point of no return. I resolved to update my RoadID bracelet and get a cell phone with coverage. Still, after a while I figured out the rhythm of the woods and learned that any trail deteriorating into a pile of dead leaves was up to no good. As soon as I passed one marker, I scouted for the next one, not trusting my memory of prior years.

While I finished an hour over my estimated time, I didn't feel discouraged, since I relied on my own abilities and muddled through well before the Big Bad Wolf recognized my cluelessness. In other words, I was supremely grateful to have finished and eager for another go at it next year. Definitely older and possibly wiser.

*Laura Clark*

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### **Moreau Lake 15k Trail Run September 7, 2014 ... Gansevoort, NY**

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1 Shaun Donegan	NY	28 M	1:23:39.7
2 Jake Stookey	NY	38 M	1:24:45.9
3 Ray Webstar	NY	39 M	1:34:32.5
4 Volker Burkowski	NY	42 M	1:36:45.2
5 Colin Klepetar	NY	35 M	1:37:37.7
6 Bill Hoffman	NY	47 M	1:48:08.9
7 Scott Starr	NY	38 M	1:51:36.7
8 Shane Morse	CT	31 M	1:52:36.0
9 Jeff Farbaniec	NY	51 M	1:54:35.4
10 Bob Radliff	NY	50 M	1:56:06.2
11 James Kavanagh	NY	34 M	2:08:28.6
12 Roy Kline	NY	62 M	2:14:50.8
13 Travis Kline	NY	34 M	2:15:29.2
14 Richard Loud	NY	49 M	2:21:25.5
15 <u>Jessica Mokhiber</u>	NY	34 F	2:24:06.1
16 Todd Palmer	NY	36 M	2:24:06.5
17 <u>Elizabeth Collins</u>	NY	37 F	2:25:43.1
18 Chris Mittiga	NY	34 M	2:26:21.3
19 Tom Law	NY	43 M	2:26:42.8
20 Hugh Davis	NY	54 M	2:31:03.8

***Continued next page:***

Moreau Lake results cont:

21 Michael Letzring	NY	37 M	2:35:14.2
22 Casey Dwyer	NY	34 F	2:36:41.3
23 <b>Jennifer Ferriss</b>	NY	42 F	2:47:11.1
24 <u>Pamela Del Signore</u>	NY	45 F	2:47:11.7
25 Vincent Kirby	NY	57 M	2:48:16.3
26 Paul Franckowiak	NY	46 M	2:54:01.4
27 Jamie Thrall	NY	47 M	2:54:02.3
28 <u>Megan Donaldson</u>	CT	30 F	2:54:06.8
29 Charles Brockett	NY	69 M	3:12:02.1
30 <b>Laura Clark</b>	NY	67 F	4:25:34.1

<http://www.greenleafacing.com/results/>

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**Savoy Loop .... 5 Mile Road Race**  
**Savoy, MA. .... September 6, 2014**

*All proceeds to benefit the children of Emma L. Miller  
Elementary School in Savoy, Massachusetts*

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WMAC members in bold:

<u>Name</u>	<u>Age</u>	<u>Time</u>
1. <b>Steve Fachetti</b>	M42	34:24
2. <b>Dylan Quinn</b>	M17	35:12
3. <u>Kate Sanders</u> 1 <sup>st</sup> F	F43	36:29
4. <b>Jim Preite</b>	M50	36:52
5. Benjamin Griffin	M28	38:01
6. <u>Kristy McWilliams</u>	F37	39:13
7. Joshua Doubiago	M13	39:24
8. <b>Carmel Kushi</b>	F45	39:27
9. Ethan Beach	M13	39:42
10. Shawn Wright	M41	40:41
11. Tim Morey	M56	40:47
12. Lukas Yelle	M16	40:58
13. Mark Rumbutis	M32	40:59
14. Damien Fosnot	M42	41:03
15. Todd Hamilton	M42	41:15
16. <b>Dave Lipinski</b>	M58	42:16
17. Gareth Ross	M37	42:49
18. Keiden Will	M10	42:53
19. <b>Jeff Parkman</b>	M67	42:56
20. <u>Diane Wright</u>	F38	43:13
21. Alexander Lenski	M24	43:13
22. <b>Audrey Witter</b>	F50	43:14
23. Rob Tatten	M26	43:29
24. Steve Nickoski	M49	43:37
25. <u>Robin Avery</u>	F58	43:43
26. <u>Siobhan O'Riordan</u>	F29	44:01
27. Thomas Cook	M13	44:06
28. Mark Burelli	M13	44:23
29. <u>Tristanne Chalmers</u>	F32	44:24
30. Jude Koamaya	M47	44:48
31. Jacob Kunzmann	M11	45:20
32. <u>Heather Perkins</u>	F14	45:41
33. <b>Ed Saharczewski</b>	M61	45:59
34. <u>Megan Cook</u>	F39	46:38

35. Chris Perkins	M53	47:11
36. <u>Maura Hawkins</u>	F55	47:30
37. <u>Tiffany Belanger</u>	F39	47:33
38. Wes Scalise	M55	47:49
39. <u>Colleen Murphy</u>	F47	48:16
40. Omar Ameen	M38	48:23
41. <b>Vic LaPort</b>	M74	48:24
42. Chris DiCarlo	M15	49:03
43. <u>Brigid O'Riordan</u>	F35	49:26
44. <u>Ana Ward</u>	F14	49:54
45. Dan Pascarelli	M45	49:55
46. James Lenski	M53	50:10
47. <b>John Aldrich</b>	M55	50:30
48. <b>Jacqueline Lemieux</b>	F48	50:40
49. Mark Paquette	M65	51:04
50. <u>Molly DiCarlo</u>	F13	51:09
51. <u>Jess Ruebesan</u>	F23	51:39
52. <u>Johannah Hunter</u>	F25	1:52
53. Jacob Meier	M13	52:24
54. <b>Claudine Preite</b>	F47	53:09
55. <u>Heather Taft</u>	F47	54:03
56. Ray Palmer	M57	54:28
57. Ronny Brizan	M13	55:23
58. Matthew Failla	M13	55:45
59. <u>Jessica Dubiago</u>	F13	55:46
60. <u>Kylie Taylor</u>	F12	56:14
61. <u>Nancy Brenner</u>	F63	56:15
62. <b>Eric White</b>	M73	58:14
63. <u>Christine Alberti</u>	F47	58:15
64. <u>Paulina Perras</u>	F25	58:52
65. Marc Perras	M26	58:56
66. <u>Taryn Lascola</u>	F35	1:00:27
67. <u>Jessica Bourassa</u>	F32	1:02:00
68. <u>Paula Andrews</u>	F49	1:03:04
69. <u>Emily Stockman</u>	F39	1:03:04
70. Cassidy Hunter	M13	1:03:05
71. <u>Grace Krzanik</u>	F12	1:04:18
72. <u>Gwendolyn Farnsworth</u>	F12	1:04:20
73. <u>Marie Greenleaf</u>	F50	1:05:19
74. Troy Healey	M12	1:05:43
75. <u>Brenda Haring</u>	F47	1:06:09
76. <u>Brittany Scalise</u>	F24	1:08:45
77. Cameron Fusini	M11	1:09:07
78. <u>Tammy Scalise</u>	F50	1:09:15

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Welcome New Members

From Massachusetts.....

James Durand

Thanks for supporting the WMAC !

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## Odd Occurrences Enroute: Mt. Greylock Uphill

Have you ever gone to a race where you feel as if you have gone down the rabbit hole rather than up the projected mountain and unexpected oddities seem to collide into each other that have more to do with urgent "Eat me!"/"Drink me!" injunctions than real life?

'Twas the night before Greylock when I arrived home late, only to be greeted by a phone message from Brian Teague saying he would like to meet me at the Hess station and carpool to the 9am start line. I thought it a bit odd that he didn't notice the application promised a 10am takeoff, but figured I'd set him straight. Except that he neglected to leave his phone number, which I didn't have. So I emailed him saying I'd wait till 7:15 the next morning but no later.

The deadline came and went, but no Brian, so I resumed my journey. Halfway down the Northway I remembered I could have looked his number up on my snowshoe data base. Oh well. The trip was uneventful until the turn onto Luce Road when I noticed a horse bellying up to the roadside farmstand, corn husks dangling out of his mouth, looking for all the world like a guilty customer flaunting the honor system. Later, I learned he is a classy jumper with 4 feet to his credit who simply can't be penned in. His morning routine was to grab a snack and then hurdle the pasture fence for some serious grazing. I know should have taken a photo but by this time my personal white rabbit was urging, "You're late!" I had a nagging feeling that I should hurry.

When I parked, I was surprised that so many had arrived so early and mentioned that fact to Jessica Northan. She gave me a stunned, deer-in-the-headlights look and informed me that the race would start in 15 minutes. That is totally everyone's worst nightmare, right up there with forgetting running shoes or water bottle. As I tossed stuff all over Annie's seats looking for gels, water, inhaler, Brian Teague ran in circles around me, backseat driving my frantic efforts. Apparently, emails were sent regarding the change but mine and a few others got stuck in iCloud or perhaps got swallowed by the White Whale. It was kind of nice, though, to be freed from the usual warmup routine, clothing/weather debate (I had brought 3 pairs of possible shoe choices!). Things were stripped down to their most elemental level.

Starting out, adrenaline pumping from the rush, legs still stiff from the two hour car ride, I felt rather like I was transitioning from the bike to the run portion of a tri. At least I know now there is a good reason to aim for an excessive time cushion; no more will I feel guilty for insisting on an early takeoff.

This year was an odd replay of last. I passed Laurel, barely holding her off, except that this time I beat her by a whopping 45 seconds instead of 2013's 8 seconds. However, in the interests of my synchronicity goal, I would have preferred the previous year's time which, besides being marginally faster, ended in 33 seconds as opposed to this year's :03. I am aiming for something reminiscent of either 33 or 34 – Jeff's favorite numbers. But would I have slowed down this year for a :33? You bet! Besides, it would have made a better story.

Moving right along, Brian, Laurel Shortell and I restocked on pretzels and cookies and debated which route to take for a downwards trail hike and still end up reasonably close to our vehicles. We were fortunate in that among the three of us; at least Laurel's eyes were sharp enough to decipher our miniature downloaded map. Luckily, Brian, coming in a half hour earlier had used his time wisely, visiting the Bascom Lodge for an enhanced version. He was quite the gentleman, hefting a backpack so we could all descend with fresh shirts. Laurel and I, still sporting our race numbers, caught puzzled glances from the hikers we passed as Brian was the only one who truly looked the part. We had a great time chatting, taking photos (Brian) and searching for mushrooms and other wild edibles (Laurel). I pretty much tagged along.

While I have run down the road on several previous occasions, I had always found it a trifle longish after a taxing uphill effort. Catching the trail, even with the inevitable exit to the road, broke up the journey and made it more manageable. Still, that last road stretch was every bit as long as I had remembered it. Next year, we are planning to have one of us park at the trailhead parking lot to shorten "been there/done that" road section. And from now on, I need to check the race website and not just weather.com the day before.

*Laura Clark*

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## **MT. Greylock 8 Mile Road Race Labor Day .... September 1, 2014**

A Berkshire Running Center Event  
<http://berkshirerunningcenter.com/>

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WMAC members in bold:

<u>Name</u>	<u>Age</u>	<u>Time</u>
1. Mark Mayall	M40-49	00:58:21.7
2. Timothy Mahoney	M30-39	01:01:03.3
3. Richard Messineo	M20-29	01:02:13.9
4. Stephen Foley	M40-49	01:04:25.8
5. Brian Mccarthy	M50-59	01:10:59.7
6. Carl Matuszek	M60-69	01:11:48.8
7. <b><u>Dawn Roberts</u></b> 1 <sup>st</sup> F	F40-49	01:12:07.5
8. Jim McMahan	M20-29	01:14:19.3
9. Greg Tyrosvoutis	M20-29	01:14:51.2
10. <b><u>Amanda Chilson</u></b>	F30-39	01:15:00.0
11. Brendan Bullett	M30-39	01:15:27.4
12. <b><u>Kelly Anne Mckeown</u></b>	F30-39	01:18:52.8
13. <b><u>Kara Mauer</u></b>	F30-39	01:20:09.0
14. Jason Dominick	M40-49	01:21:02.1
15. Joe Stearn	M20-29	01:21:09.0
16. Tonio Pahlen	M50-59	01:22:24.9
17. Mark Rumbutis	M30-39	01:22:52.3
18. <b><u>Carmel Kushi</u></b>	F40-49	01:23:16.0
19. <b><u>Jessica Northan</u></b>	F30-39	01:23:52.3
20. Bill Kittler	M50-59	01:24:23.0
21. Brian Teague	M50-59	01:25:52.4
22. Tim Drake	M50-59	01:26:02.2

***Continued next page:***



### Greylock Road Race results cont:

23. Vincent Kirby	M50-59	01:26:28.1
24. <b>Brian Alarie</b>	M50-59	01:28:13.6
25. Dennis Gilyard	M60-69	01:29:01.5
26. Sean Wondrei	M40-49	01:29:27.7
27. Mark Rowe	M30-39	01:29:29.5
28. <b>Jeff Parkman</b>	M60-69	01:29:51.6
29. Paul Donovan	M60-69	01:30:00.8
30. Bruce Shenker	M60-69	01:30:49.4
31. <u>Jeanna Brown</u>	F20-29	01:30:54.2
32. Harry Hayward	M60-69	01:31:00.6
33. <b>Dave Hall</b>	M50-59	01:31:02.0
34. David Aronson	M50-59	01:31:32.9
35. <u>Mellie Gilder</u>	F30-39	01:31:34.2
36. Henry Art	M60-69	01:31:49.1
37. Michael Roccanti	M50-59	01:32:26.5
38. <u>Kathie Penna</u>	F30-39	01:32:58.3
39. <u>Audrey Witter</u>	F40-49	01:33:17.8
40. Mike Duffy	M60-69	01:34:41.3
41. <u>Kelly Grech</u>	F40-49	01:35:16.2
42. <b>Ed Saharczewski</b>	M60-69	01:35:29.4
43. Christine Tower	F20-29	01:36:40.3
44. Fred Ross 111	M60-69	01:36:55.9
45. <b>George Gilder</b>	M70+	01:39:00.4
46. Walter Kuklinski	M60-69	01:41:02.3
47. Tim Londo	M40-49	01:41:34.5
48. <u>Louisa Gilder</u>	F30-39	01:43:19.3
49. Bernie Mac	M60-69	01:43:40.5
50. Paul Jozefczyk	M50-59	01:47:31.3
51. <u>Jackie Lemieux</u>	F40-49	01:53:10.1
52. <b>John Aldrich</b>	M50-59	01:55:22.9
53. <u>Laura Clark</u>	F60-69	01:57:03.2
54. <u>Laurel Shortell</u>	F40-49	01:57:48.3
55. <b>Eric White</b>	M70+	01:58:38.5
56. Don Grant	M70+	02:01:52.8
57. <b>Dick Hoch</b>	M70+	02:15:48.2
58. <u>Lee Anne Zarger</u>	F60-69	02:29:15.7

### Book Review Corner:

#### The Way to a Runner's Feet is Through Her Stomach...

Biju Thomas & Allen Lim

*The Feed Zone Cookbook:*

*Fast and Flavorable Food for Athletes*, 2011

*Feed Zone Portables*, 2013

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The Saratoga Library's copy of *The Feed Zone Cookbook* is two years old, has circulated 72 times and counting and is already worn, battered and food-stained. If you are lucky you will find it sitting on the shelves waiting for you, but most likely you will have to put it on reserve and wait your turn

Chefs Biju Thomas and Adam Lin reveal how they weaned Pro Cycling athletes from ho-hum diets (another gel anyone?) to exciting, healthful foods. Their book is not another push for gluten-free, vegan, paleo or whatever; their mindset is open and they approach their task with the refreshing, "listen to your own body" attitude.

Presentation is every bit as important as nutrition, especially when it simply easier to reach for an immediate, no fuss pb&j. Every recipe in this book is accompanied by its own kitchen-to-table picture, reassuring you that the extra effort is indeed worth it. Ingredients are fresh, local and most can be assembled with a minimum of three to four steps.

Encouraged by their above success, the authors have addressed the fueling on the run/bike/hike dilemma with *Feed Zone Portables*, based on the premise that there are only so many gels, shot blocks or cardboard-tasting bars one can choke down during a long event before boredom sets in or your stomach rebels. This latest offering contains more nutritional information, including a detailed tour of the digestive system that is definitely not table-top reading material. Dr. Lim discovered that real food and manufactured sports aids are pretty similar except for the lack of water content in the commercial products, explaining the queasy stomach complaint of many endurance athletes.

Among the two-bite options are spinach & zucchini frittata, sweet potato cakes and baked rice balls—flavor worth running with!

In a similar vein is *The Runner's World Cookbook*, featuring 150 recipes each with their own full page illustration. These are not meant to be cooked on the road so there are more ingredients, but there is still the emphasis on quick turnaround with minimal steps. Again, this is a book you will most likely have to put on reserve and then feel as if you want to Xerox every other page.

*Reviewed by Laura Clark*

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*Mt. Greylock Tower*



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

**Thursday .... November 27, 2014 .... 9:30 AM**

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

**Pre Entry .... post marked before November 20th ... \$7.00**

**Race Day registration \$12.00 .... Starting at 8:00 AM**

**Info .... Ed Saharczewski .... 413 - 344 - 3968 .... [edwrdsah@aol.com](mailto:edwrdsah@aol.com).**

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

\*\*\*\*\*

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

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

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

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

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

*WMAC ... 5K Turkey Trot ... 2014*





**- Tough Mother Monroe -**

*No man made mud here! Mother Nature's obstacle course! Trees, rocks, roots, mountains, streams and anything else she feels like throwing at you that day!*

**WMAC's ...Monroe / Dunbar Brook Trail Races**

**10.5 Miles and 2 Miles  
Sunday ... October 12, 2014 .... 10 AM  
Monroe State Forest ... Monroe , Massachusetts**

**Pre Registration... 10.5 Mile \$ 20.00 ... 2 Mile \$ 12.00 ... before 10 / 5 / 14 ..... Race day \$25 -- \$15**

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

**Technical Monroe race shirt** included for first 75 runners, sizes are first come, first served.

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

Info ...Vic LaPort .... vlaport@hotmail.com or ... [www.runwmac.com](http://www.runwmac.com)

**Please keep all pets on a leash and away from runners and food tables!**

\*\*\*\*\*

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

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

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

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

Total \$ \_\_\_\_\_ WMAC member? Yes No **Official Use Only..... Bib # \_\_\_\_\_**

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

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

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



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

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

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