



Trail - Running News...Western Mass Athletic Club



Vol. 12..... Issue 2 Late Spring 2006

In this issue:

Grand Tree Series Underway:

Results from:

- Merrimack River
- Northern Nipmuck
- Muddy Moose
- Seven Sisters

Plus:

Final Results and Stories from the Shortened Snowshoe Series

Entry Forms – Greylock - Savoy Breakneck

And Plenty More Inside

Up n' Coming Events:

Trail Races

- Soapstone MT. 5 / 21
- Pineland Farms5 / 27
- Nipmuck Marathon 5 / 28
- Northfield MT. 6 / 10
- Greylock Gallop 6 / 18
- Finger Lakes 50's7 / 1
- Cranmore Hill7 / 8
- Skyline Trail 7 / 9
- Vermont 1007 / 15 & 16
- Pedal N' Plod ...Run & Bike7 / 30
- Escarpment Trail7 / 30
- People's Forest 8 / 5
- Oxford Dam8 / 12
- Savoy MT. 8 / 20
- MT. Toby8 / 27

Check the Web page for results & updates

Check us out on the web at....

www.runwmac.com

Call the Hot – Line at.... 413-743-5124

Club Officers ... poncherosa@yahoo.com

Newsletter wdanecki@charter.net

Write us at:

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

Busa's Wanderings ... (Not to be read while consuming food.)

by Rich Busa

Will said he needed articles for the newsletter so I thought I'd chip in.

I'm going to start with Saratoga Winterfest.

Usually, Ed picks me up at the Ingleside Mall but for the first time in 7 years he wasn't doing the race. Luckily, Ken Clark was going and he was going to pick me up. When he arrived I transferred my stuff into his vehicle. I closed my truck up and then made sure I had my keys...I didn't! There they were in the ignition. Not to worry, I always carry a spare set in my wallet. What's that? No wallet! I look in the truck and sure enough there it was on the floor on the driver's side.

So we proceeded to Saratoga leaving the predicament behind.

After a no snow trail race run in shorts it was back to the mall. Oh yeah, my cell phone was also in the truck! Fortunately, Ken had his cell and was also an AAA member and placed a call. I told him he didn't have to wait around thinking that I would sit in the truck and wait for AAA. Ken kindly reminded me that the truck was locked! It's always nice to have one cool head when things aren't going right. The truck arrived in a matter of minutes and it took him no more than 5 minutes to open the truck. End story 1

If WMAC held an annual awards banquet Ed would certainly be up for an award for service above and beyond the call of duty at the Frosty's Dash in Atkinson, NH on Feb. 12th. Remember that day? A raging snowstorm. I would never have gone up on my own because my wife would never have let me leave. But when I told her I was going to be picked up at home she gave in. Ed and Ken showed up right on time. The snow was already piled up and the drive up was slow but not too bad. It was very windy and cold. I tried putting my shoes on outside but I couldn't feel my fingers after I got my one shoe on so I went into the lobby and got my other shoe on. When the race started I saw the lead pack take off and I followed passing three young shoers a couple 100 yards into the race. After that I saw no one. It was a strange feeling as I kept waiting for someone to pass. Finally one guy did but that was it. About a half mile from the finish I saw the guy who passed me up ahead and I was determined to pass him. There was a very strong headwind at this point but I persevered and passed him just before the bridge to the finish. I'm sure members saw the results and said," Rich Busa 9th overall?" I'm sure they thought it was a typo. If they schedule this again in the coming season I'd recommend it highly...what a facility! The ride home was a lot slower, I think it took a couple of hours to get to my house and then they had to get home. What a day. God bless Edzu!!! End story 2.

Northern Nipmuck. Bad day at Black Rock! Nice day and I was doing OK. After the turnaround I felt great and was figuring on a PR. Then I met two runners who had gone off course and we ran together. One of them did nothing but talk about how much time they had lost and how much further they had traveled. The other runner eventually went on ahead as I should have done. I made the mistake of thinking the other runner was paying attention to where we were going; big mistake! All of sudden I commented that I hadn't seen any markers. He said he thought we might have missed a turn and should have gone to the right but we continued ahead and eventually came out to the main road but I knew it wasn't right. I was so damned discouraged and we just started walking. Then I started jogging and he told me to go ahead. As I went on, I noticed the ribbons where we should have taken a left down to the finish. Oh, I also went off earlier. When I came down to the road where the water stop was I went straight instead of to the left.

Continued next page:

Wanderings cont:

Ahead I saw some Jersey Barriers. Something didn't look right. I went around the barriers and came to a washout. Looked as if there was a bridge there once. I retraced my steps and as I went back into the woods I saw three runners approaching. By this time I had figured where I went wrong and directed them to the left. So instead of breaking 4 hours I ended up 4:34. End story III

This is the part where you shouldn't be eating. Muddy Moose, dry season although we got light rain off and on but the course conditions were much better than last year. But unfortunately, whether it's due to the aging process I don't know but it seems that about every 3 years or so my hemorrhoids decide to flare up. So before the race I took out my trusty tube of Preparation H. Shortly after the turnaround my hemorrhoids decided to see the light of day; they were really out to see the world! I stopped to do one of those urologists' digital inspections and sure enough they were out there. Talk about handicap running. Believe it or not, I ran 20 minutes better than last year. End story IV.

Ah 7 Sisters. Perfect day, cool and dry. Before the race I put on a little fashion show for Will, Laura, Jean and Vic, Paul and Dave Hannon. I displayed all of my new Saucony clothing. I'm getting spoiled. I got a pair of racing shorts, team shorts, cool down pant, Munich pant, sprint pant, a singlet, short sleeve T, a long sleeve shirt, water bottle, short sleeve racing T and a \$90 pair of trail shoes. Yet to come, an outer jacket, a backpack and socks. They're going to have to send instructions as to the sequence in which this stuff is worn cause I sure as hell don't know. Oh, I showed off my tube of Prep H but things weren't as bad this week so I can't use it as an excuse. The lead runner usually passes me coming back at the road going up the stairs but when Paul went by well before that I knew he was going to have a course record. End story V.

That Nipmuck Dave is so shrewd. I'm thinking it's going to cost me a buck this year for Nipmuck, 17 finishes plus 2 bucks senior citizen. So what's he do? Raises the price to 25 bucks. Well I'll show 'em, I'm going to quit when I hit 20 in a row.

The Silverback

Summer Fun Runs have moved to the Hoosac Valley High School, RT. 116 on the Adams / Cheshire line every Wednesday starting at 5:30 P.M. Various paces and distances are offered. Also weekend fun runs are held from time to time in different locations. Check with the club for more information on these runs.

Thanks to all of you who have renewed your club memberships.

The WMAC's 2006 Trilogy Series starts at the Greylock Trail races on June 18th. Followed by Savoy on Aug. 20th and wraps up at Monroe on Oct. 8th.

Hope to see you all there!

Editors Note:

Awhile back on the internet there was a list of the 20 Greatest Individual Athletic Achievements of all time. The story below was voted number one and I thought you would like it too so here it is.

#1 Roger Bannister: Sub-Four-Minute Mile

In 1954 it seemed unlikely--maybe even impossible--that anyone could run a mile in less than four minutes. Several runners had come close--Sweden's Gunder Haess had run the mile in four minutes and 1.4 seconds nine years previously--but no one could break through the four-minute barrier. People began to believe that it couldn't be done. Until Britain's Roger Bannister, that is. Competing at Oxford's Iffley Road track on May 6, 1954, the 25-year-old medical student wowed some 3,000 spectators when he crossed the finish line in three minutes and 59.4 seconds. Once the psychological barrier had been broken, mile times kept falling. Bannister's record stood a scant six weeks before John Landy of Australia ran the mile in three minutes and 58 seconds.

The current world record is three minutes and 43.1 seconds.



Roger Bannister's 4 Minute Mile May 6, 1954

**Greylock Trail Races 13.1 and 3 Miles
(more or less)**

Sunday June 18th 2006 10:00 AM

Barbeque for runners and guests afterward.

Part of the 2006 Grand Tree Series!

2006 WMAC SNOWSHOE SERIES

We somehow managed 9 races in 2006, seven with snowshoes and two without. There were 587 total finishers at these nine races, with 339 being different finishers. Through the years of our official racing series, we have had a pretty good string of luck, with every 4th year appearing to be an "off weather year" (1998, 2002 and 2006). Below is the history of the official racing events; all the numerous "fun runs" we have managed are not included.

1998 2 events 46 finishers 40 individuals
1999 3 events 124 finishers 77 individuals
2000 5 events 249 finishers 126 individuals
2001 6 events 424 finishers 202 individuals
2002 6 events 330 finishers 181 individuals
2003 10 events 831 finishers 378 individuals
2004 12 events 933 finishers 414 individuals
2005 15 events 910 finishers 451 individuals
2006 9 events 587 finishers 339 individuals

I guess most of you thought it was tough on the directors. Paul Hartwig and I didn't think it was too bad until Beth Herder asked us at Curly's if we were "in" again next year. I didn't even consider "no", and neither did Paul. Beth said she is "in" again too, which is great for all of us.

As far as the series went, we had Rich Bolt and Paul Low share our men's title this year. Rich was our Snowshoe Champion in 2003 and Paul also won in 2005. Kelli Lusk continued to dominate and won the ladies title for the 3rd straight season! Both Rich and Paul won 3 WMAC races each, with Rich winning the one WMAC "head to head" competition at Hallockville Pond. Paul evened things up with a win over Rich at the National Championship event at Bolton Valley. Both Rich and Paul made the United States Snowshoe Association's National Team this season, as did our 3rd place WMAC Series shoe'r Mark Churchill! Two Time Champion ('99 & '00) Kenny Clark rounded things up with a 4th overall, and Bob Dion finished 5th narrowly over 2004 WMAC Champion Ben Nephew. As a group we are fortunate to be racing along side many of the top snowshoers in this county.

Kelli Lusk went undefeated in the WMAC Series with four wins this season. This was a record setting 3rd straight WMAC title for Kelli, and she wrapped things up with a 2nd place overall finish at the Bolton Valley Nationals. Sheila Osgood, in her first season of snowshoeing, finished 2nd overall and Jessica Hageman finished 3rd. Both of these young ladies capped off their 2006 seasons with medal winning performances at Nationals. Sheila won Gold and Jessica won a Silver medal. Larina Riley finished a strong 4th, and the constantly improving Denise Dion was 5th overall. All together we had 5 different Men's winners, and 6 different Lady's winners. Thanks for the support! See you next season.

2006 AGE DIVISION CHAMPS

16- 19

Paige Madison 68.56
Emily Gravelle 57.69
Kath Holland 12.47

Justin McCarthy 171.37

20 - 24

Shiela Osgood 237.56
Maria Gonchoroff 65.22
Maggie Masella 45.29

Josh Merlis 232.73
Chris Chromzak 223.28
Neil Snedeker 69.26

25 – 29

Larina Riley 195.69
Kelly Short 157.04
Maya Siri Wardara 146.39

Jay Kolodzinski 262.05
Patrick Riley 249.32
Greg Rems 223.74

30 – 34

Jessica Hageman 209.98
Chelynn Tetreault 120.43
Mary Fagan 114.30

Paul Low 300.00
Mark Churchill 293.21
Ben Nephew 284.05

35 – 39

Kelli Lusk 250.96
Pamela Delsignore 98.43
Jacqueline Lemieux 81.67

Richard Bolt 300.00
Rob Smith 260.29
John Onderdonk 219.46

40 – 44

Laurel Shortell 152.11
Darlene McCarthy 109.63
Chris Corsac 69.04

Ken Clark 291.62
Dave Dunham 280.14
Edw. Alibozek 275.26

45 – 49

Denise Dion 158.96
Maureen Roberts 125.95
Barbara Sorrell 39.92

Nick Jubok 217.47
Howard Bassett 215.41
Barry Auskern 211.37

50 – 54

Ann Dobrowolski 8.65

Bob Dion 284.69
Wayne Stocker 253.70
Bill Morse 230.07

55 – 59

Laura Clark 113.60
Kate Hayes 30.96

Pete Lipka 183.21
Jim Carlson 147.66
Juergen Reher 125.29

60 – 64

Carol Kane 103.05
Ellen Mach 5.92

Bob Worsham 192.85
Bob Massaro 137.19
Walt Kolodzinski 114.11

65 – 69

John Pelton 221.27
Ed Alibozek Jr 198.14
Bruce Kurtz 15.18

70 – 79

Rich Busa 137.01
Andy Keefe 16.59

There are some divisions where we could have gone much deeper than top three; 50 – 54 year old men had 16 participants!

WMAC SNOWSHOE SERIES FINAL STANDINGS - 2006

Woodford - North Pond - Greylock Glen -
Hallockville Pond - Saratoga Winterfest -
Brave the Blizzard - Frosty's Dash -
Hawley Kiln - Curly's Thunderbolt

Based on Best 3 Scores, Showing Everyone with at Least 2
Finishes (Thanks for the Support!)

Name	Age	Total Points	Avg.
01. Richard Bolt	35	300.0000	100.00
02. Paul Low	32	300.0000	100.00
03. Mark Churchill	30	293.2125	97.74
04. Ken Clark	43	291.6223	97.21
05. Bob Dion	50	284.6938	94.90
06. Ben Nephew	30	284.0461	94.68
07. Dave Dunham	41	280.1418	93.38
08. Edward Alibozek	43	275.2551	91.75
09. Jay Kolodzinski	26	262.0479	87.35
10. Rob Smith	38	260.2899	86.76
11. Wayne Stocker	51	253.7009	84.57
12. <u>Kelli Lusk</u>	35	250.9559	83.65
13. Dan French	34	249.4731	83.16
14. Patrick Riley	27	249.3249	83.11
15. <u>Sheila Osgood</u>	24	237.5620	79.19
16. Josh Merlis	24	232.7318	77.58
17. Bill Morse	54	230.0722	76.69
18. Mike Lahey	54	224.6834	74.89
19. Greg Rems	29	223.7388	74.58
20. Chris Chromzak	21	223.2821	74.43
21. John Pelton	66	221.2734	73.76
22. John Onderdonk	38	219.4627	73.15
23. Nick Jubok	49	217.4705	72.49
24. Howard Bassett	45	215.4066	71.80
25. Barry Auskern	45	211.3719	70.46
26. Paul Bazanchuk	51	210.4219	70.14
27. <u>Jessica Hageman</u>	30	209.9801	69.99
28. Ed Alibozek Jr	66	198.1383	66.05
29. <u>Larina Riley</u>	27	195.6902	65.23
30. Matt Cartier	30	193.9362	96.97
31. Bob Worsham	60	192.8494	64.28
32. James Pawlicki	31	191.4740	95.74
33. Peter Maksimow	27	187.3189	93.66
34. Dave Wallace	51	183.9666	91.98
35. Pete Lipka	55	183.2143	61.07
36. Steve Peterson	39	180.9662	90.48
37. Dave Hannon	34	177.9669	88.98
38. Justin McCarthy	16	171.3737	57.12
39. Scott Bradley	51	169.4048	56.47
40. Britt Brewer	42	166.1594	83.08
41. <u>Denise Dion</u>	47	158.9611	52.99
42. Art Roti	33	157.2948	78.65
43. Jack Casey	51	157.2340	78.62
44. Kelly Short	25	157.0414	52.35
45. Vince Kirby	49	153.3625	51.12
46. <u>Laurel Shortell</u>	39	152.1141	50.70
47. Todd Holland	42	151.8656	75.93

48. Pat Sorsby	30	148.0623	74.03
49. Jim Carlson	58	147.6634	49.22
50. <u>Maya Siri Wardara</u>	28	146.3938	48.80
51. Bruce Marvonek	52	137.5190	68.76
52. Bob Massaro	62	137.1884	45.73
53. Rich Busa	76	137.0068	45.67
54. Jan Rancatti	45	135.6003	67.80
55. Thomas Mack	41	126.6924	42.23
56. <u>Maureen Roberts</u>	48	125.9548	41.98
57. Bruce Shenker	53	125.7684	62.88
58. Juergen Reher	57	125.2926	41.76
59. Chris Johnson	48	125.0794	41.69
60. <u>Kara-Lynn Kerr</u>	27	123.4477	61.72
61. Chelynn Tetreault	30	120.4348	60.22
62. <u>Mary Fagan</u>	30	114.2995	57.15
63. Walt Kolodzinski	63	114.1148	38.04
64. Laura Clark	58	113.6019	37.87
65. <u>Darlene McCarthy</u>	43	109.6284	36.54
66. Konrad Karolczuk	53	108.4128	36.14
67. Jeff Hattem	54	107.1593	35.72
68. Ed Saharczewski	52	103.6904	51.85
69. <u>Carol Kane</u>	60	103.0528	51.53
70. John Scalise	52	98.8889	49.44
71. <u>Pamela Delsignore</u>	36	98.4320	49.22
72. Ray Chen	41	86.1063	43.05
73. Joe Geiger	55	81.9905	41.00
74. <u>Jacqueline Lemieux</u>	39	81.6667	40.83
75. Neil Snedeker	23	69.2602	34.63
76. <u>Christina Corsac</u>	39	69.0350	34.52
77. <u>Paige Madison</u>	16	68.5623	22.85
78. <u>Maria Gonchoroff</u>	20	65.2174	32.61
79. Tom Adams	62	61.3521	30.68
80. <u>Emily Gravelle</u>	19	57.6937	28.85
81. Jon Howes	49	54.5329	27.27
82. Warren Wallis	47	54.3803	27.19
83. Michael Della Rocco	54	49.7013	24.85
84. Martin Glendon	59	48.7203	24.36
85. Gary La Bella	52	47.8472	23.92
86. <u>Maggie Masella</u>	22	45.2899	22.65
87. <u>Michelle Restivo</u>	28	44.9806	22.49
88. Michael Albrecht	34	44.5210	22.26
89. Jamie Howard	40	42.1607	14.05
90. Peter Finley	44	41.0459	13.68
91. <u>Barbara Sorrell</u>	48	39.9235	19.96
92. <u>Jean Alden-St Pierre</u>	36	34.8784	17.44
93. <u>Kate Hayes</u>	57	30.9574	15.48
94. Bill Glendon	59	25.4471	8.48
95. George Andrews	56	17.5846	8.79
96. Greg Taylor	55	17.3469	8.67
97. Andy Keefe	75	16.5873	5.53
98. Bruce Kurtz	69	15.1786	7.59
99. <u>Katheryn Holland</u>	12	12.4731	6.24
100. Jeff Clark	59	12.1766	4.06
101. Paul Wood	49	10.8178	5.41
102. <u>Ann Dobrowolski</u>	54	8.6524	4.33
103. <u>Debbie Robinson</u>	46	7.39	3.70
104. <u>Ellen Mach</u>	63	5.9219	2.96

Seven Sisters Trail Race
12 Miles ... Amherst, MA. May 7, 2006
Sunny - Breezy - low of 45* - high of 64*

Club Members in Bold and other familiar names:

<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1 Paul Low	32M	MA	1:42:06*	100%
2 Leigh Schmitt	33M	MA	1:48:15	94.32%
3 Dmitry Drozdov	34M	MA	1:50:19	92.55%
4 Ben Nephew	30M	MA	1:52:03	91.12%
5 Matthew Estes	32M	CT	1:52:08	91.05%
6 Andrew Baird	33M	ME	1:57:11	87.13%
7 Paul Young	40M	MA	1:58:06	86.45%
8 Martin Ladouceur	35M	Quebec	1:59:54	85.15%
9 Garry Harrington	46M	NH	2:01:10	84.26%
10 Hossein Baghdadi	27M	MA	2:01:29	84.04%
11 Greg Hammett	28M	NH	2:01:29	84.04%
12 Elijah Barrett	30M	NH	2:01:42	83.89%
13 Rob Higley	52M	MA	2:05:00	81.68%
14 Brett Stoeffler	39M	CT	2:06:38	80.63%
15 Chad Denning	30M	NH	2:06:46	80.54%
16 Dan Verrington	43M	MA	2:06:57	80.43%
17 Dave Dunham	42M	MA	2:07:00	80.39%
18 Timothy Cole	30M	MA	2:07:34	80.04%
19 Sean Burns	43M	MA	2:07:42	79.95%
20 Richard Ely	43M	CT	2:07:46	79.91%
21 Bryan Johnston	26M	NH	2:07:51	79.86%
22 Rich Fargo	47M	CT	2:08:25	79.51%
23 George Adams	35M	NH	2:12:45	76.91%
24 Donald Pacher	34M	VT	2:13:19	76.58%
25 <u>Kelli Lusk</u> 1 st F	36F	MA	2:15:41	75.25%
26 Jim Dube	39M	MA	2:16:12	74.96%
27 Chris Schulten	34M	CT	2:16:26	74.84%
28 Dan Murphy	27M	MA	2:16:45	74.66%
29 Nick Cotton	38M	MA	2:16:57	74.55%
30 Scott Livingston	33M	CT	2:18:21	73.80%
39 Jerry Turk	47M	CT	2:22:15	71.94%
42 Mike Belcourt	44M	CT	2:23:39	71.08%
45 <u>Ruthie Ireland</u>	38F	MA	2:24:39	70.58%
46 Marc Guillaume	34M	MA	2:24:49	70.50%
49 Bob Mathes	53M	NH	2:25:10	70.33%
65 Steve Jensen	45M	CT	2:31:37	67.34%
74 Todd Brown	42M	CT	2:37:28	64.84%
76 Mark Dearing	53M	MA	2:39:22	64.07%
79 Clinton Morse	44M	CT	2:39:58	63.83%
80 David Holt	47M	MA	2:40:45	63.51%
83 <u>Maya Siriwardana</u>	28F	NY	2:41:11	63.34%
92 Guido Medeiros	50M	MA	2:45:02	61.87%
96 Bruce Marvonek	52M	CT	2:46:07	61.46%
97 Wayne Stocker	51M	MA	2:46:15	61.41%
102 <u>Grace Jensen</u>	43F	CT	2:48:18	60.67%
106 Nikolas Rogers	34M	NY	2:50:41	59.82%
122 Paul Fiondella	59M	NY	2:54:46	58.42%
124 <u>Carol Kane</u>	60F	CT	2:54:59	58.35%
128 Will Danecki	55M	CT	2:56:54	57.72%
129 Douglas Cummings	44M	MA	2:57:20	57.58%
134 David Cole	37M	MA	2:58:42	57.13%
135 Vic LaPort	65M	MA	2:58:45	57.12%

136 Ed Saharezewski	52M	MA	2:58:52	57.08%
138 Peter Lipka	54M	MA	3:00:27	56.58%
141 David Sutherland	43M	CT	3:01:20	56.31%
143 <u>Deb Livingston</u>	31F	CT	3:02:09	56.05%
148 Bill Morse	55M	MA	3:05:29	55.05%
151 Howard Bassett	45M	NH	3:07:41	54.40%
156 Dave Hannon	35M	MA	3:08:45	54.09%
157 Dan Danecki	47M	MA	3:10:08	53.70%
162 Rob Scott	51M	CT	3:11:03	53.44%
177 <u>Elaine Romano</u>	48F	CT	3:18:46	51.37%
182 <u>Darlene McCarthy</u>	43F	MA	3:20:49	50.84%
192 Scott Bradley	51M	MA	3:24:40	49.89%
214 Greg Bruno	42M	MA	3:36:27	47.17%
215 Oscar Plotkin	53M	NY	3:37:16	46.99%
225 Paul Hartwig	49M	MA	3:46:16	45.12%
229 <u>Barbara Sorrell</u>	49F	NY	3:49:58	44.40%
234 Chris Johnson	48M	MA	3:54:01	43.63%
240 Greg Taylor	59M	NY	4:02:51	42.04%
242 <u>Laura Clark</u>	59F	NY	4:04:11	41.81%
249 Ric Villarreal	49M	CT	4:13:28	40.28%
252 Richard Busa	76M	MA	4:17:09	39.70%
266 <u>Robin Plourde</u>	36F	MA	5:28:06	31.12%

266 Official Finishers

* New Course Record

Complete results on the "Grand Tree" page at

www.runwmac.com



Do you know these people?

Here's a hint. They have a couple of sons named Will & Dan.

Give up?

If you have run any of the WMAC races in the last 10 years Chet & Celia Danecki were there helping to cook up and serve food to all the hungry runners and their guests. This May they're celebrating their 60th wedding anniversary so make sure you wish them well next time you see them at the races.