



In this issue:

Did You remember to RE-NEW your club membership?

For many this will be your last newsletter. Check your mailing label to see if your membership has expired and please re-new if due. Thanks!

SnowShoe Series Melting Away:

While this winter has been a blessing for people who don't enjoy shoveling their driveways, the rest of us are praying for snow and lots of it!

Results and Stories from the scaled back Snowshoe Series:

Woodford - - - North / South Pond

Greylock - - - - -Northfield / Hawley

SPA Winterfest - - -Brave the Blizzard

Frosty's Dash

SS series standings after 7 events

ALSO:

2006 Grand Tree Series waiting in the wings - - - Tentative Schedule inside

Up n' Coming Events:

Remaining Snowshoe races:

Check the Club's Web Page for remaining races and up-dates, or contact Ed Alibozek 860 – 668 – 7484 ... edtrnews@yahoo.com

Check us out on the web at....

www.runwmac.com

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

Club Officers . . . poncherosa@yahoo.com

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Write us at:

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

Black Day at North / South Pond : 2006

I don't understand the naming of this race. First it was the South Pond Shuffle, then it was North Pond, and now it's North/South Pond. And where did the "shuffle" go? Are we all so experienced that none of us shuffle anymore? Do we stride rather than shuffle? How do I compare my previous times to now if the course is not the same from year to year? Actually I like variety, and I especially like the fact that Farmer Ed has put that hill climb, with the subsequent long down hill, into the race.

It was perfect for a race; it can get very cold and windy at that location. However, that was not the case this day. The sun was out, and you could actually stand around your car before and after the race.

Some good things about the day were these. We didn't have to wear gaiters (gators, gaitors), especially baby blue ones with white polka dots that somebody forgot. There was a very convenient place to go to pee across the street on a snowmobile trail that was very packed down. All the little yellow spots were funny. Some of them had the footprints about two feet away from them; others had the footprints on either side of them. Wonder why?

I managed to get my little shoe covers on right side-up this time as opposed to upside-down as usual. The course was fantastic. Ed and his crew had been out there during the week making a good track for us, so runners didn't get all bunched up at the front like last year taking turns breaking trail. I started at just the right speed to get placed where I should be before getting into the woods. A single-track snowshoe trail is not good for someone with claustrophobia.

I see that the Cemetery Man, Bruce Marvonek, is back in good form after a hiatus with his knee. He looked strong on the uphill as he shot past me and didn't look back once. By the way, where was that good-looking woman of his today? He's holding out on us. The finish was hard for me after coming out of the woods by the road and having to negotiate that uphill through the gate and to the finish line. I had expended it all trying to catch a couple of guys, and had nothing left.

After snowshoe races I usually get the dry heaves and sound like a hound dog with a bone stuck in his throat. However, today I was blessed with actually being able to throw up not too long after coming across the finish. Luckily for the other finishers I did it out of the way where no one would walk, because I felt a good cleansing coming on. No chunks, just liquid. You know when you do your best at a snowshoe race when you throw up after.

It was good to see some of the people around who are back into snowshoe racing like Larina Bobbitt Riley (with bobbing ponytail), Darlene McCarthy (who managed to keep her shoes from getting tangled together), and Dave Hannon who managed to run the race without taking his clothes off. He didn't finish in the top three because he stopped to make a snow angel.

Jay Kolodzinski let himself get beat by a girl. I finally beat Peter Keeney in a race. Okay, so he started an hour late.

And I want to know where Peter's blond bombshell from Escarpment was today.

Did anybody other than me notice that Bob Dion ran the race in Sherpa Bolt Racers?

And how about that 76 year old Richard Busa? What a man! He may be 76, but he has the legs of a 60 year old, and he likes his coffee too.

Continued next page:

Black Day cont:

I keep asking myself, where is Stan Tiska these days? Has he totally dropped out of anything having to do with exercise? Where has Meg Dunne gone? Richard misses those electric hugs. Where was Annie Mega-Wedgie Shultz? Where was Barbara Sorrel?

Where was Laura Clark's new competitive age-group nemesis?

When I asked Johnny Scalise where the tofu dogs were he told me nobody had time to fly to Seattle to buy any. I didn't understand what he meant by that, so I ate all the cookies instead, especially those little chocolate nipple cookies. And Johnny looks like he's about 30 years old now; he shaved off his gray beard and got a bunch of cosmetic surgery and a year's supply of Botox, so he's all set.

I was lucky enough to be near the finish line when Kelly Short came across. She had stripped down to just her black shortsleeves. Now I'm wondering what she would have stripped down to if this 5K race had been another mile. Ed, make sure this woman enters the 9-mile Moody Springs race!

Did everybody see the WMAC website with all the pictures that Brad Herder put on there? Brad, are you sure you got enough pictures? Well, I have one race under my belt now with my new Dion Lightweight Racers, which were great, and I'm looking forward to the next ones.

No more shuffling for me; I'm a runner now.

Bob Worsham -- bobworsham@charter.net

**NORTH POND LOOP 5K SNOWSHOE RACE
JAN. 7, 2006 SAVOY STATE FOREST FLORIDA,
MA**

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Points</u>
1 Paul Low	32 M	0:29:46	100.0000
2 Matt Cartier	30 M	0:30:14	98.9362
3 Ken Clark	43 M	0:30:52	97.8723
4 Dave Dunham	41 M	0:31:16	96.8085
5 Dave Hannon	34 M	0:33:54	95.7447
6 Dave Wallace	51 M	0:34:44	94.6809
7 Mike Fraysse	33 M	0:34:48	93.6170
8 Josh Merlis	24 M	0:34:53	92.5532
9 Bob Dion	50 M	0:35:46	91.4894
10 Dan French	34 M	0:35:53	90.4255
11 <u>Kelli Lusk</u>	35 F	0:36:27	89.3617
12 Jay Kolodzinski	26 M	0:36:28	88.2979
13 Jack Casey	51 M	0:36:42	87.2340
14 Patrick Riley	27 M	0:37:36	86.1702
15 Greg Rems	29 M	0:37:48	85.1064
16 Nic Scibelli	43 M	0:38:35	84.0426
17 <u>Sheila Osgood</u>	23 F	0:38:47	82.9787
18 Nick Jubok	49 M	0:38:49	81.9149
19 Todd Holland	42 M	0:40:17	80.8511
20 Chris Chromzak	21 M	0:40:27	79.7872
21 Art Roti	33 M	0:40:45	78.7234
22 Mike Lahey	54 M	0:41:14	77.6596

23 David Rice	43 M	0:41:20	76.5957
24 Ed Buckley	47 M	0:41:37	75.5319
25 <u>Kara-Lynn Kerr</u>	27 F	0:41:41	74.4681
26 Tom Hancock	42 M	0:42:05	73.4043
27 Bruce Marvonek	52 M	0:42:07	72.3404
28 Pat Sorsby	30 M	0:42:11	71.2766
29 Bruce Shenker	53 M	0:42:28	70.2128
30 Barry Auskern	45 M	0:43:10	69.1489
31 Howard Bassett	45 M	0:43:19	68.0851
32 Bob Worsham	60 M	0:43:32	67.0213
33 Jan Rancatti	45 M	0:43:38	65.9574
34 Bill Morse	54 M	0:44:01	64.8936
35 Thom Reid	37 M	0:44:12	63.8298
36 <u>Kelly Short</u>	25 F	0:44:15	62.7660
37 <u>Larina Riley</u>	27 F	0:45:18	61.7021
38 Ed Alibozek Jr	66 M	0:45:20	60.6383
39 Carol Kane	60 F	0:46:35	59.5745
40 Andrew Anselmo	40 M	0:46:49	58.5106
41 <u>Liz Schmitt</u>	27 F	0:46:57	57.4468
42 <u>Kelly Anne McKeown</u>	30 F	0:47:28	56.3830
43 <u>Cindy Fisher</u>	47 F	0:47:43	55.3191
44 Vince Kirby	49 M	0:47:47	54.2553
45 <u>Bess McKinney</u>	26 F	0:47:53	53.1915
46 Jim Carlson	57 M	0:49:49	52.1277
47 Jeff Agli	34 M	0:50:14	51.0638
48 Gareth Buckley	29 M	0:50:39	50.0000
49 Walt Kolodzinski	63 M	0:50:51	48.9362
50 <u>Emily Gravelle</u>	19 F	0:50:57	47.8723
51 Justin McCarthy	16 M	0:51:02	46.8085
52 Laura Clark	58 F	0:51:03	45.7447
53 <u>Julia Magnussen</u>	33 F	0:51:23	44.6809
54 Bob Massaro	62 M	0:51:26	43.6170
55 <u>Maya Siri Wardara</u>	28 F	0:51:35	42.5532
56 Jon Howes	49 M	0:51:44	41.4894
57 <u>Darlene McCarthy</u>	43 F	0:51:47	40.4255
58 Jeff Hattem	54 M	0:51:49	39.3617
59 <u>Denise Dion</u>	47 F	0:51:52	38.2979
60 <u>Debbie Lunn</u>	49 F	0:51:56	37.2340
61 <u>Laurel Shortell</u>	39 F	0:51:58	36.1702
62 <u>Chris Corsac</u>	39 F	0:52:01	35.1064
63 Juergen Reher	56 M	0:52:21	34.0426
64 <u>Paige Madison</u>	16 F	0:52:28	32.9787
65 <u>Kim Sernacki</u>	36 F	0:52:37	31.9149
66 Michael Sernacki	40 M	0:52:37	30.8511
67 <u>Heidi West</u>	39 F	0:52:52	29.7872
68 Ryan Lahey	18 M	0:53:01	28.7234
69 Taidgh Buckley	24 M	0:54:08	27.6596
70 Chris Johnson	48 M	0:55:08	26.5957
71 Martin Glendon	59 M	0:56:04	25.5319
72 <u>Karen Hirshfeld</u>	34 F	0:57:55	24.4681
73 Jason Koperniak	18 M	0:58:12	23.4043
74 Kyle Delmolino	18 M	0:58:18	22.3404
75 Jamie Howard	40 M	0:59:32	21.2766
76 Richard Busa	76 M	1:01:27	20.2128
77 <u>Jill Toler</u>	54 F	1:01:29	19.1489
78 <u>Kristen Buckley</u>	31 F	1:01:45	18.0851
79 <u>Jean Alden-St.Pierre</u>	36 F	1:02:13	17.0213
80 <u>Kate Hayes</u>	57 F	1:04:03	15.9574
81 <u>Marge Rajczewski</u>	65 F	1:04:19	14.8936
82 Jack Rajczewski	66 M	1:04:22	13.8298

Continued next page:

North Pond results cont:

83	Bill Glendon	59	M	1:04:27	12.7660
84	Konrad Karolczuk	53	M	1:04:28	11.7021
85	Tom Heffernan	61	M	1:08:45	10.6383
86	<u>Katheryn Holland</u>	12	F	1:11:32	9.5745
87	Charles Hudson	68	M	1:14:15	8.5106
88	Anthony Sarcas	37	M	1:25:19	7.4468
89	Jeff Clark	59	M	1:28:00	6.3830
90	<u>Anne Dobrowolski</u>	54	F	1:30:00	5.3191
91	Ellen Mach	63	F	1:30:00	4.2553
92	Peter Keeney	39	M	1:35:14	3.1915
93	<u>Katie O'Flaherty</u>	29	F	DNF	2.1277
94	-----	---	---	DNF	1.0638

South / North Pond... or...North / South Pond

Edward Alibozek boasts that the WMAC Snowshoe Series is as “flexible as Gumby.” And no wonder: he is the race director of the South/North Pond Snowshoe race or, possibly, the North/South Pond Snowshoe Race. It all depends. Well might first-timers question Edward’s sanity. After all, shouldn’t he, as Esteemed Founder of the WMAC Snowshoe Series, at least know where his race is coming from, or going to? But not to worry. This all has to do with being a Disciple of Gumby...

...Once upon a time, when winters were colder and more predictable, South Pond was always South Pond. But then I entered upon the scene and, surprisingly, did not get lost. Instead, I plunked when I should have leapt and landed up to my thighs in an ice-cold brook disguised as a snow bank. It was hovering near zero degrees and, as a fan of Gary Paulsen’s outdoor survival adventures, I knew what I had to do. I had to stop in my tracks, build a fire, and strip off my wet clothes before I got frostbite. Needless to say, this didn’t happen...where is Worsham when you really need him? So I soldiered on, more afraid of frostbite than of last place. Once back, a simple blow torch application to my frozen bindings, and I was free...

And that simple Cautionary Tale illustrates why we now have the North Pond Option. The North Pond route, besides being farther away from South Pond and the muggy climate of South Florida, avoids the South’s Tyler Swamp tributaries. These enthusiastically flowing brooklets are working diligently to turn this swampy area into a small Everglades. With our recent erratic weather pattern, these babbling brooks were happily going about their business underneath a one-foot cover of the white stuff. Beware the careless snowshoe!

So, race day found Bob with his snowshoes and Edward with his registration forms ensconced in the summer bathhouse. As I was waiting for my turn to enter, the lady ahead of me halted abruptly and turned around, a look of puzzlement on her face. “The door says MEN!” she gasped. “Where do the women register?” In all my years of coming to this race, I had never, ever noticed that the door favored MEN. I wonder how many others knew? Did Edward know...and more importantly, does that mean women don’t have to pay?

Thanks to the trail marking crew the day before and to Jeff, who went out early in Bigfoot snowshoes to trample down some passing lanes, we never clumped enough runners together to rival last year’s Polar Express train ride. The snow was delightful –a deep, fluffy powder just ready for big Dion cleats and a few exuberant snow angels. But what else could you expect? Having two excellent North and South Pole options conveniently located near one all-purpose MEN’s launching pad, virtually guarantees a good time.

Laura Clark

North South Pond 2006 Count On It!

Florida MA, January 7, 2006... North AND South Pond... Leave it to Savoy... not a flake on the ground on the earth and Savoy has snow... lots of it... more than enough to race on... count on Savoy... leave it to 94 snowshoers to show up in faith that Savoy would have snow... count on it... leave it to Ed and John to be there in that frozen shelter to meet and greet and check everyone in... and the course would be well marked... and there would be food to consume after... and others would come out and help them... and the day would happily and safely unfold to the delight of all that came... you can count on it all...

It’s all about counting on people, isn’t it? Faith and trust in the order and trueness of people. There was a lot of counting on others going around this day at Savoy...

Observations of the day... Bruce Marvonek was going from car to car begging for kindling for the shelter potbelly stove... wanted some warmth for John and Ed... (like people would carry kindling in their car...)

Mike Lahey was there with his son Chris and friends... it was clear that Mike was thrilled and proud to have his son there with him...

Darlene made her snowshoe debut after knee surgery... gosh, it was good to see her... she should be there... we count on her... Pete Lipka couldn’t make the race, but came late anyway just to say hello to people and hang out...

Paul Hartwig had just been through a series of surgeries and yet, there he was, stitches not even healed, helping out, along with his son and glad to do it...

Finish line people FREEZING in the cold, helping out with timing and pulling numbers... it was COLD and windy that day and there they were... working for us...

We are getting a lot of new faces at these events... maybe there are some big guns looking to train to qualify for Nationals in Vermont this year... maybe others who are not quite big guns, but have heard what a great group this is. This IS a great group... always looking out for the other person... counting on each other... always welcoming, always with a smile... no matter if you are running, volunteering, cheering or just hanging out... people traveling great distances to be with this group... gotta be something, right?...

It’s called love of the people and love of the sport...

Count me in...

Kaniac - January 2006

**WMAC SNOWSHOE SERIES STANDINGS AFTER 7
EVENTS – BEST THREE SCORES:
WOODFORD - NORTH POND - GREYLOCK -
NORTHFIELD/ HALLOCKVILLE - SPA WINTERFEST
BRAVE THE BLIZZARD - FROSTY'S DASH**

Club Members in Bold:

<u>Name</u>	<u>Age</u>	<u>Total Points</u>	<u>Avg.</u>
01. Richard Bolt	35M	300.0000	100.0000
02. Paul Low	32M	298.5507	99.5169
03. Ken Clark	43M	289.0713	96.3571
04. Ben Nephew	30M	284.0461	94.6820
05. Dave Dunham	41M	276.6044	92.2015
06. Bob Dion	50M	276.1832	92.0611
07. Edward Alibozek	43M	259.0647	86.3549
08. Jay Kolodzinski	26M	257.0479	85.6826
09. <u>Kelli Lusk</u>	35F	250.9559	83.6520
10. Dan French	34M	249.4731	83.1577
11. Patrick Riley	27M	249.3249	83.1083
12. Wayne Stocker	51M	236.3199	78.7733
13. <u>Shiela Osgood</u>	24F	235.8954	78.6318
14. Josh Merlis	24M	232.7318	77.5773
15. Bill Morse	54M	230.0722	76.6907
16. Mike Lahey	54M	224.6834	74.8945
17. Greg Rems	29M	223.7388	74.5796
18. Chris Chromzak	21M	223.2821	74.4274
19. John Onderdonk	38M	219.4627	73.1542
20. Barry Auskern	45M	211.3719	70.4573
21. Paul Bazanchuk	51M	210.4219	70.1406
22. Howard Bassett	45M	206.2968	68.7656
23. <u>Larina Riley</u>	27F	195.6902	65.2301
24. Ed Alibozek Jr	66M	192.1859	64.0620
25. Nick Jubok	49M	190.4183	63.4728
26. Pete Lipka	55M	176.1232	58.7077
27. John Pelton	66M	174.0492	58.0164
28. Justin McCarthy	16M	171.3737	57.1246
29. <u>Jess Hageman</u>	30F	167.3809	55.7936
30. <u>Denise Dion</u>	47F	158.9611	52.9870
31. <u>Kelly Short</u>	25F	157.0414	52.3471
32. Vince Kirby	49M	153.3625	51.1208
33. <u>Laurel Shortell</u>	39F	152.1141	50.7047
34. <u>Maya Siriwardara</u>	28F	146.3938	48.7979
35. Jim Carlson	58M	144.5681	48.1894
36. Rich Busa	76M	136.1139	45.3713
37. Thomas Mack	41M	126.6924	42.2308
38. Juergen Reher	57M	125.2926	41.7642
39. Bob Massaro	62M	122.9027	40.9676
40. Walt Kolodzinski	63M	114.1148	38.0383
41. <u>Darlene McCarthy</u>	43F	109.6284	36.5428
42. Jeff Hattem	54M	107.1593	35.7198
43. <u>Laura Clark</u>	58F	98.5322	32.8441
44. Konrad Karolczuk	53M	98.3093	32.7698
45. Chris Johnson	48M	97.9001	32.6334
46. <u>Paige Madison</u>	16F	68.5623	22.8541
47. Jamie Howard	40M	42.1607	14.0536
48. Peter Finley	44M	41.0459	13.6820
49. Bill Glendon	59M	25.4471	8.4824
50. Andy Keefe	75M	10.4442	3.4814

**THE GREAT NORTHEAST TWO-DAY SNOWSHOE
CHALLENGE FEBRUARY 4th & 5th 2006
HALLOCKVILLE & SPA WINTERFEST**

<u>Name</u>	<u>Age</u>	<u>HALL</u>	<u>SPA</u>	<u>Total</u>
01. John Onderdonk	38	0:42:58	0:19:00	1:01:58
02. Ken Clark	43	0:46:01	0:18:55	1:04:56
03. John Pelton	66	0:53:56	0:25:16	1:19:12
04. Bob Dion	50	0:59:52	0:19:44	1:19:36
05. <u>Jess Hageman</u>	30	0:56:40	0:25:17	1:21:57
06. Dan French	34	1:01:59	0:20:18	1:22:17
07. Pete Lipka	54	0:58:51	0:24:52	1:23:43
08. Bob Massaro	62	1:04:37	0:25:35	1:30:12
09. Jim Carlson	58	1:05:46	0:26:53	1:32:39
10. <u>Maggie Masella</u>	22	1:09:41	0:27:14	1:36:55
11. Rich Busa	76	1:12:37	0:29:36	1:42:13
12. <u>Laura Clark</u>	58	1:12:49	0:29:40	1:42:29
13. <u>Denise Dion</u>	47	1:12:30	0:30:50	1:43:20
14. <u>Michelle Restivo</u>	28	1:18:56	0:25:41	1:44:37
15. Michael Albrecht	34	1:22:53	0:25:32	1:48:25
16. <u>Laurel Shortell</u>	39	1:30:37	0:30:55	2:01:32



Kate Hayes and Scott Hunter, Race Directors of 7 Sisters Trail race and Mt Toby Trail Race. Kate has several age-group wins to her credit on our snowshoe circuit and Scott is an Ultra Marathon Grand Slam Finisher. Photos from Greylock Glen 2006 – Beth Herder.

Grand Tree Series 2006

First and foremost Thanks to Rob Higley for handling the task of tracking down all the race directors of this years GT Series to confirm the dates of the races. If you think this is easy, just try it sometime. He also is responsible for the complete GT schedule listed on the club's web page complete with links to the individual race directors and web sites for the races themselves featuring entry forms and all the race information.

Rob also does all the scoring of Percentages and Points for all the runners in the GT Series.

Actually there isn't much he doesn't do involving the GT Series. He even wins a race now and then along with his usual top 5 finish. Check it out at... www.runwmac.com and click on the 2006 GT series.

Here is a brief summery of the first 8 races in the Series:

The 2006 GT Trail Series is scheduled to kick off on April 8th of this year with the Merrimack River 10 Mile Trail Run. Stephen Peterson is once again the RD for this race.

Next up on April 15th will be the Northern Nipmuck Trail Race featuring 16 miles of "Hills and Hollows". The dynamic duo of Jim Campiformio and Rob Whalen will once again team up for the race directing duties.

Muddy Moose hopes to live up to it's name again on April 23rd. Fergus Cullen has returned as the RD of the popular event in Wolfeboro, NH

Seven Sisters, considered by many to be the toughest 12 miles around, is being held on May 7th, the first Sunday of May as usual. I believe this is the 16th annual running of this race, which usually draws the most runners of any race in the GT Series.

This race serves as a major fund raiser for the Friends of the Holyoke Range and to date the race has donated over \$10,000.00 to their cause of preserving the trails and educating people to the wonders of the Holyoke Mountains. Scott Hunter jumped in a couple of years ago to take over the race director duties when the race was in danger of ending. Thanks Scott!
Don't forget to buy a T-shirt! It's for a good cause.

Bogie's Wapack was added to the schedule this year on May 13th. This is a new race so for the first year it will be a NON-SCORING event. Bogie Dumitrescu is directing his first race so try to support him if you can. Hopefully all will go well and if so it will become a regular GT scoring event next year.

The 22nd annual Soapstone MT. 14.5 miler is set to go on May 21st of this year. This popular race also has a 4 mile "Sampler" version for first timers to try, or for those who prefer a shorter distance. This run also draws a large field and has a wonderful cookout for all runners afterward on the spacious grounds of the Reddington Rock Horse Riding Club where the race starts & finishes. Plenty of parking and overnight camping is offered. Another new race placed on the schedule, this one in Maine, will also be a NON-SCORING event this year.

The Pineland Farms 25K & 50K races in New Gloucester will be held on may 27th. This looks like a well organized race sponsored by the Maine Track Club and has three Co-Race Directors listed. This race would also be a regular GT event starting next year if all goes well this year.

The oldest race in the GT Series, the world famous NipMuck Marathon will be held a week early this year on May 28th. Dave Raczkowski had to back up the race a week, just for this year due to scheduling problems with life in general. This year Dave's creation will celebrate the 23rd annual running and it's still going strong. However, Dave could always use some help so drop him a line if you can offer any.
These races don't put themselves on you know.

THE RULES:

To find yourself listed as an official finisher in the 2006 Grand Tree, you must complete at least six (6) of the listed Grand Tree Trail Races from the schedule on the left. Run as many as you wish, we will use your top six scores, tossing out the others. This will decide by top percentage producer in six events the 2006 Grand Tree Champion(s).

We also keep track of Total Points acquired, and announce a "Stonehead" Champion at the end of the year. There is a fringe cult of trail runners who feel that this is as important an indication of a true trail running champion as any.

There will be standing updates throughout the season at www.runwmac.com - and the WMAC's newsletter so you can see where you sit in the GT every now and then. At the end of the 2006 Season, final rankings for all GT Series trail runners in New England will be posted on the Western Mass Athletic Club's web page as well as in the WMAC's Newsletter.

Runners will be scored as follows:

$$100\% * (\text{winning time} / \text{runners time})$$

If a person runs Seven Sisters in 2:30:00, and the winner ran it in 2:00:00...

$$120/150 = 00.80$$

100% * 0.80 = 80%, that is your the score for that race.

For each race, you also get points proportional to your pace as a percentage of the winner's pace, with the winner getting 100 points, and, for example, a hypothetical runner at 75% of the winner's pace getting 75 points.

Remember, run as many as you wish, we will use your top six scores!! As always have a good time and good luck in the 2006 GT season!

The 2006 "Grand Tree" Series.....

New England Trail Running at it's Best!!!
