



Trail Running News ...Western Mass Athletic Club

Vol. 13..... Issue 4 Mid Summer 2007



In this issue:

Results and stories from:

Nipmuck Marathon

Northfield MT.

Greylock Trail Races.....

Cranmore Hill.....

Finger Lakes 50's.....

Skyline Trail

People's Forest

Oxford Dam

Savoy MT.

And Plenty More It's All Inside!

Up n' Coming GT Trail Races:

Wapack Trail	9 / 2
Pisgah MT.	9 / 9
Breakneck	9 / 30
Monroe	10 / 7
Diamond Hill	10 / 13
Groton Forest	10 / 21
Hairy Gorilla	10 / 28
Busa Bushwhack	11 / 4
Stone Cat	11 / 10

Check the web page for changes & updates

Check us out on the web at

www.runwmac.com

Contact us at

The Hot Line 413 – 743 – 5124

Club Officers ... poncherosa@yahoo.com

Newsletter wdanecki@charter.net

Write us at:

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

A Couple Dozen NipMucks

by Dave Raczkowski

A large crowd of 203 runners arrived in Ashford, Ct. on June 3rd this year. Not since 1999 had there been so many runners. That was the last year I had race day entries. I let 6 runners sneak in by phone 2 days before the race this year. The pre-race briefing went off early by NipMuck standards due to dark clouds and claps of thunder. I wanted to get this thing underway before the clouds opened. The pre-race theme was about patience. Will Danecki played the part of a good straight man and people enjoyed my bit on cranial rectal implantus. This malady can happen if you follow another runner too closely.

Just a few minutes after the race started the downpours began. I wasn't running because of upcoming knee surgery. You know, I bet running had something to do with it. I made it to a new trail intersection to make sure the signs I put up were still there so runners could stay on course. Too bad for Bob Sharky. He missed the sign but at least he got to see a beautiful trail. Leaders were already coming through. I made it to the first turnaround and got to take some pictures of people navigating around a beaver dam. I knew the mud would be classic as I got to see 5 people get shoes sucked off their feet. Grace Jensen was a riot as she tried to balance herself on the dam to wash the mud off her foot and shoe as oncoming runners would come close to knocking her into the beaver pond as she then balanced on one foot to put her shoe back on. The beaver have a nice peaceful co-existence with the trail and their pond.

Runners then told me of downed runner. They give me his location and as I'm getting myself out there I say prayers along the way. He smashed his knee which I later find out is a torn tendon. I felt we had to get him out of there pronto before the next deluge. The scenario had some good points. He had one good leg, he was with his girlfriend who was also running so his head was in a good place and we were only 300 yards from my truck. Runners who were going by were also volunteering if we had to do a full lift to get him out. With the help of a spectator and myself we acted as 2 crutches and he hopped out meeting my EMT as we get to my truck. He slaps a blowup leg splint on him. We get him back to the start and stick him in the back seat of his car and his girlfriend drives him to an ER near where he lives. I got an appreciative phone call later from him that night. Consider him lucky. What if it was further from the road, he was more immobilized and we had another downpour. Hypothermia. RD's always need to be aware that there may be a tragedy around the next bend in the trail and we need to do whatever we can to decrease a chance of something bad happening.

Using the history of all the runners who've done NipMuck the odds are 1 in 700 that someone goes to the ER. Helping out instead of running was an eye opener. It's a nice stress free break but I don't know if I can feel responsible running next year. The weather will decide it for me. I also got to see a lot of work my volunteers do while I'm at play.

After that I fill my truck with water and head out to the second half of the course. Less eventful then the first but still a lot of gopher work. I made it back to the only finish I've ever witnessed to see Alex Barth win the race followed by Glen Redpath a minute later. Since he was over 40 they both got apple pies. A reporter from a local newspaper captured it on film and both were very gracious in talking to a non runner reporter talking about their love of trail running.

Continued next page:

Nipmuck cont:

Rich Fargo who won the first 7 NipMucks from 1984 to 1990 came in seventh. Deb Livingston was back from dropping a calf last year to win the ladies race. Abby Kingman was the second female. I had a special prize for the first female who came in that did not get a pie. That was Sheryl Wheeler of Escarpment fame. She was crowned Miss Powermuck 05. Sorry I didn't get it out in 2005 but she still felt honored.

As I was hanging out at the finish runners were coming up to me and thanking me for a well managed race. I was gracious in accepting their compliments but did not let it swell my head. Besides I was thinking of the next pile of junk I had to clean up. Then an attractive lady runner told me how trail running is now a big part of her life and it all started a few years ago at NipMuck. Call it a male thing but having an impact on a gazelle, I'm very much OK with that. Flash to the Hollywood movie about NipMuck where I drop onto my knees into some of that muck by the beaver dam and propose to her on the spot. Since the movie didn't happen I just say "Thanks. Made my day."

So 2008 will be the Silver NipMuck. I hope my knee gets better so I can run again. Out on the trail, that's where I get my ideas for decorating the outhouse and coming up with pre-race material. No ideas at this time but if you come up with something before next year let me know and I can see if I can engineer it. Looking forward to running some races with my friends this summer. Even if I'm running slow with Rich Busa, I'll be thankful.

NipMuck Dave

Nipmuck Trail Marathon
Ashford, CT June 3, 2007
Cloudy – Rainy – Mucky - Cooley

WMAC Members in Bold and other familiar names:

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>GT %</u>
1 Alex Barth	M 35	3:26:11	100.00%
2 Glen Redpath	M 41	3:27:01	99.60%
3 Jack Pilla	M 48	3:30:51	97.79%
4 Jon Fearnley	M 40	3:39:23	93.98%
5 Peter Keeney	M 41	3:41:56	92.90%
6 Brett Stoeffler	M 40	3:48:53	90.08%
7 Rich Fargo	M 48	3:51:48	88.95%
8 Tom Buckley	M 47	3:52:42	88.60%
9 Jason Burke	M 29	3:54:37	87.88%
10 Matthew Estes	M 34	3:59:27	86.11%
17 Bob Sharkey	M 55	4:12:26	81.68%
21 Scott Livingston	M 34	4:13:36	81.30%
22 Ethan Abeles	M 33	4:13:38	81.29%
23 Geno Dube	M 38	4:14:23	81.05%
24 Deb Livingston 1 st F	F 32	4:14:29	81.02%
28 Paul Funch	M 56	4:20:59	79.00%

35 Steve Jensen	M 46	4:29:46	76.43%
36 Jim Pugh	M 57	4:31:13	76.02%
38 Abby Kingman	F 46	4:32:52	75.56%
39 David Greene	M 35	4:37:17	74.36%
43 Sheryl Wheeler	F 44	4:40:49	73.42%
53 Don Allison	M 51	4:51:16	70.79%
59 Grace Jensen	F 44	4:54:11	70.09%
60 Guido Medeiros	M 51	4:54:31	70.01%
61 April Martin	F 45	4:54:53	69.92%
62 Mark Dearing	M 54	4:54:55	69.91%
63 Russell Dearing	M 28	4:54:57	69.90%
64 Donna Utakis	F 39	4:56:48	69.47%
65 Bob Dunfey	M 55	4:57:17	69.36%
66 Dana Royer	M 31	4:57:26	69.32%
67 Craig Wilson	M 58	4:59:15	68.90%
75 Lori Lebel	F 34	5:08:38	66.81%
78 Curt Pandisco	M 46	5:09:07	66.70%
89 Will Danecki	M 57	5:16:45	65.09%
90 Richard Kelly	M 46	5:17:01	65.04%
98 Bogie Dumitrescu	M 32	5:23:20	63.77%
107 Kenny Rogers	M 53	5:33:39	61.80%
110 Bob Worsham	M 61	5:35:04	61.54%
112 Bekkie Wright	F 44	5:36:26	61.29%
118 Vicki Blais	F 50	5:41:05	60.45%
120 Elaine Romano	F 49	5:43:42	59.99%
121 Dom Romano	M 49	5:43:44	59.98%
122 Bruce Marvonek	M 53	5:44:30	59.85%
123 Robert Scott	M 53	5:44:49	59.80%
124 Chris Johnson	M 49	5:45:24	59.69%
127 Joe Hayes	M 58	5:46:23	59.52%
132 Cheryl Mulvey	F 47	5:50:26	58.84%
133 Susan Collins-Pulick	F 38	5:50:27	58.83%
134 Randy Witlicki	M 51	5:50:44	58.79%
135 Paula Finestone	F 39	5:50:59	58.74%
139 Emmy Stocker	F 48	5:52:50	58.44%
144 Darlene McCarthy	F 44	5:55:14	58.04%
145 Andrew Blanchard	M 30	5:55:21	58.02%
146 Barbara Sorrell	F 50	5:55:37	57.98%
153 Michelle Roy	F 37	6:03:12	56.77%
154 John Mudano	M 40	6:03:42	56.69%
155 Joe Milligan	M 72	6:03:43	56.69%
163 Sherisa Sterling	F 54	6:28:13	53.11%
164 Laura Clark	F 60	6:28:30	53.07%
165 PJ Peterman	F 55	6:32:08	52.58%
167 Susan McCarthy	F 49	6:33:38	52.38%
169 Karen McWhirt	F 46	6:34:52	52.22%
170 Richard Busa	M 77	6:43:59	51.04%
171 Kim Hooper-Stanley	F 44	6:45:24	50.86%
183 Art Gulliver	M 68	7:38:20	44.99%
184 Dave Zevin	M 58	7:40:27	44.78%
185 Ruth Morrow	F 52	7:50:38	43.81%
186 Jamie Howard	M 41	8:13:18	41.80%

186 Official Finishers

Complete results on the "Grand Tree" page at

www.runwmac.com

Further Adventures in the 60-to-Death Age Category: Nipmuck Trail Marathon

Who could guess that the 60+ age group could be so highly competitive? But there I was, relieved to be not an end-of-the-road 59 but a newly minted 60 and already worried about the competition. At Soapstone, Race Director Dave Raczkowski took me aside to warn me that even if Carol Kane did not register, a foreigner from the sovereign state of Texas had joined the fray. At least I know I'm not going to beat Carol, but this wild card entry meant I had to go out strong no matter what. I'm guessing Dave was a bit concerned too. It is one thing to have a friend nearly throw up on you when handed a prize winner's apple pie moments after crossing the finish line, but a total stranger...???

My day-before preparations consisted of: running Freihofer's with my daughter, getting stuck in the parking lot elevator and losing my car keys. Not exactly an auspicious start to the weekend! Luckily, Jeff chauffeured me to Nipmuck so I could nap. When I finally woke up, we tuned into a local radio station which optimistically forecasted a few brief showers in the afternoon. By the time I got on the porta-pottie line I felt the first in a long line of drops. Oh well.

Standing on the porta-pottie line is an obligatory social event at Nipmuck. In no other race does the line creep along so slowly. Granted, there's a lot of reading to be done inside thanks to Dave's original decorations, but still...Sanding on that line is rather like playing the grade school game of telephone. Rumors are passed along, injuries are evaluated, and by the time you reach the head you know who your competition is and just how fast you will have to travel once you leave the john. So I scoped out Texas and decided she must be a young 60 also, but like me, no Carol Kane. Whew!

Team 3 Blind Mice (Karen McWirt, Rich Busa and I) started out strong with Rich taking his usual lead position and Karen and I chatting behind. Chatting?! I thought this was a race. In his article on the Muddy Moose in the past WMAC Newsletter, Andrew Wolfe mentions that he ran Thomas Parker's race instead of his own. That seemed like a strategy, but I thought I'd go one better, focusing on multiple Thomas Parkers to lead me to an apple pie finish.

My first Thomas Parker was Karen who likes to start out slow and then blast the final half. I figured she would keep my nervous energy reined in. Second was Barb Sorrell, whom I had run with last year until she stepped in a hole near this year's beaver dam and sprained her ankle. This would prove to be an impossible feat this year as there were no holes, only ankle deep mud courtesy of the beavers' ongoing construction project.

I knew I could never hang with Barb the entire way since last year she passed me at the end having hiked most of the course while nursing her sprained ankle. That either says a lot about how fast a runner I am or how fast a hiker Barb is. Probably a bit of both.

Once Barb hit second gear I latched onto Rich and we spent the time wondering where Karen was. Typically, she hits her full speed around midway just when Rich and I are beginning to fade and she carries us through until Rich miraculously perks up at the end. This time, however, she never appeared, being engaged in her own personal struggle just to finish. I knew that soon I would have to latch onto someone else's race if I stood any chance of beating Texas and qualifying for Escarpment. I wasn't sure which was my main goal and which was my backup goal. I figured: Why not think big?

Around this point the rain also realized it might fall short of its goal if it just drizzled around wasting time. So it got serious, threw in some heavy surges and mixed up a few decent mud pies. It is pretty difficult to remain in forward motion when your legs are sliding horizontally in sticky brown stuff. The road section, which I usually dislike, was actually a relief. Especially proceeded as it was by a very special aid station stocked with Coke and toasty cheese sandwiches. From that point on, I decided the time had come to run my own race. And I did. I pushed myself even though there wasn't anyone around to push me back.

As pleasant as this was, it didn't last long as I soon heard determined steps behind me. I had read somewhere that looking over your shoulder can cost precious seconds. So I tried to be cool and refrain from glancing toward the rear. Sherisa Sterling passed me, but I rallied and we played leapfrog for a while longer. With 1K left, she passed me for good. I tried to pretend I didn't care since I still had my age group locked in, but really, I did care. However, in pushing each other, we both achieved our goal of qualifying for Escarpment, a victory for us both.

When I crossed Nipmuck's finish line this year, I received not an apple pie (Dave must have learned his lesson) but a beautiful bouquet of red roses, which Dave ceremoniously retrieved from the John. Although we took good care of them on the car ride back home, placing them carefully in a leftover half gallon of water, they drooped their heads within a few days. Could it have been the gas fumes inside the initial holding container?

Whatever...All I know is the Ancient Tribe of Nipmuck again worked its magic, granting me roses, a qualifier and shiny rain-washed hair. For days afterward, people told me how great my hair looked. While I have participated in many other rain-soaked events, Nipmuck is the only one that always seems to grant me a good hair day bonus.

Laura Clark

Monroe / Dunbar Brook Trail Races

10.5 and 2 Miles - - - Sunday - October 7, 2007

Info Vic LaPort vlaport@hotmail.com

www.runwmac.com

Mt Greylock Trail Races

13.1 Miles & 5K ... Adams, MA. June 17, 2007

Partly Sunny - Cool - Breezy - A few Sprinkles - High of 78*

Club Members in Bold:

<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1 Hunter Bennett-Daggett	M 23	MA	1:38:12	100.00%
2 Donald Pacher Jr	M 35	VT	1:42:41	95.63%
3 Peter Keeney	M 41	ME	1:42:42	95.62%
4 Visa Jamsa	M 45	Finland	1:43:49	94.59%
5 Christopher Funch	M 18	MA	1:44:17	94.17%
6 Brian Rusiecki	M 28	MA	1:44:35	93.90%
7 Charlie Iselin	M 44	CT	1:44:42	93.79%
8 Keith Schmitt	M 38	NH	1:45:53	92.74%
9 Ethan Abeles	M 34	MA	1:46:01	92.63%
10 Tom Buckley	M 47	CT	1:47:06	91.69%
11 Bob Sharkey	M 55	RI	1:48:17	90.69%
12 Todd Brown	M 43	CT	1:48:57	90.13%
13 Steve Roberts	M 42	MA	1:50:04	89.22%
14 Jay Kolodzinski	M 28	MA	1:51:14	88.28%
15 Jim Nelson	M 43	CT	1:51:59	87.69%
16 Scott Livingston	M 34	CT	1:52:54	86.98%
17 Jim Preite	M 43	MA	1:53:23	86.61%
18 Matt Bedoukian	M 27	RI	1:56:50	84.05%
19 <u>Vanessa Wood</u> 1 st F	F 24	MA	1:56:52	84.03%
20 Allen Hall	M 42	MA	1:57:47	83.37%
21 Tom Parent	M 30	MA	1:58:49	82.65%
22 Mark Field	M 29	MA	1:59:34	82.13%
23 Curt Pandiscio	M 47	CT	1:59:35	82.12%
24 Ross Krause	M 27	MA	2:00:38	81.40%
25 <u>Abby Kingman</u>	F 46	MA	2:01:12	81.02%
26 Deb Livingston	F 32	CT	2:01:36	80.76%
27 Joe Gwozdz	M 52	MA	2:01:55	80.55%
28 Paul Funch	M 56	MA	2:02:08	80.40%
29 Damon Douglas	M 47	MA	2:03:53	79.27%
30 Dan Damasca	M 45	MA	2:04:07	79.12%
31 <u>Stephanie Crawford</u>	F 30	MA	2:04:55	78.61%
32 Steve Jensen	M 46	CT	2:05:06	78.50%
33 Larry Rosenkranz	M 42	NY	2:05:12	78.43%
34 Bill Terry	M 44	MA	2:06:35	77.58%
35 Jack Miller	M 34	MA	2:07:20	77.12%
36 Thomas Parker	M 40	NH	2:07:26	77.06%
37 Chris Bernier	M 25	MA	2:07:30	77.02%
38 Jake DacChille	M 19	NY	2:07:49	76.83%
39 John Savage	M 31	MA	2:08:11	76.61%
40 Grace Jensen	F 44	CT	2:08:41	76.31%
41 <u>Sarah Dolven</u>	F 37	MA	2:09:02	76.10%
42 Chris Taft	M 26	MA	2:09:13	76.00%
43 Bruce Leshine	M 46	MA	2:09:23	75.90%
44 Jeffrey Lee	M 40	MA	2:09:48	75.65%
45 Roy Headwell	M 40	NY	2:09:50	75.63%
46 <u>Mona Funicello</u>	F 33	MA	2:09:52	75.62%
47 Mike Belcourt	M 45	CT	2:10:23	75.32%
48 Peter Lipka	M 55	MA	2:11:32	74.66%
49 <u>Megan Jennings</u>	F 27	MA	2:12:16	74.24%
50 Ross Stacer	M 54	MA	2:13:34	73.52%
51 Bogie Dumitrescu	M 32	MA	2:15:13	72.62%
52 Mike Kent	M 43	MA	2:15:35	72.43%
53 Kevin Chaffee	M 21	MA	2:16:12	72.10%

54 <u>Raina White</u>	F 28	VT	2:16:35	71.90%
55 <u>Mimi Willard</u>	F 53	NY	2:17:02	71.66%
56 <u>Meghan Lytton</u>	F 39	MA	2:17:03	71.65%
57 Ken Forrest	M 38	CT	2:18:20	70.99%
58 Max Metcalfe	M 18	MA	2:19:40	70.31%
59 <u>Anne Abbott</u>	F 25	MA	2:20:18	69.99%
60 Sean Wandrei	M 33	MA	2:20:24	69.94%
61 Scott Markham	M 29	MA	2:20:27	69.92%
62 Bruce Giguere	M 39	CT	2:20:33	69.87%
63 Bruce Marvonek	M 53	CT	2:20:34	69.86%
64 Mike Butler	M 34	MA	2:21:17	69.51%
65 <u>Abby Doolittle</u>	F 52	CT	2:21:43	69.29%
66 Juergen Reher	M 57	NY	2:23:04	68.64%
67 Dan Danecki	M 48	MA	2:23:43	68.33%
68 Bruce Shenker	M 54	NY	2:24:32	67.94%
69 Alan Cabot	M 52	MA	2:24:34	67.93%
70 Eric Smith	M 47	VT	2:25:07	67.67%
71 Vic LaPort	M 66	MA	2:25:18	67.58%
72 Ed Saharczewski	M 53	MA	2:25:21	67.56%
73 <u>Maya Seegers</u>	F 18	NY	2:25:23	67.55%
74 Mark Chatel	M 37	MA	2:25:37	67.44%
75 Charles Joyal	M 37	MA	2:25:51	67.33%
76 Will Danecki	M 57	CT	2:26:35	66.99%
77 Doug Cummings	M 45	MA	2:27:00	66.80%
78 Paul Cacolice	M 43	CT	2:27:09	66.73%
79 Joe Williams III	M 31	MA	2:27:10	66.73%
80 Jared Ray	M 24	NY	2:27:46	66.46%
81 Dave Hall	M 44	MA	2:28:33	66.11%
82 Loren Siebert	M 44	MA	2:29:53	65.52%
83 Chris Johnson	M 49	MA	2:29:56	65.50%
84 Dennis Desnoyers	M 37	MA	2:30:25	65.28%
85 David Dietrich	M 56	NY	2:30:26	65.28%
86 Bob Worsham	M 61	CT	2:30:59	65.04%
87 <u>Christina Harding</u>	F 31	MA	2:32:53	64.23%
88 Cynthia Kozak-Buckley	F 47	CT	2:33:15	64.08%
89 <u>Darlene McCarthy</u>	F 44	MA	2:33:58	63.78%
90 <u>Ann Marie Miller</u>	F 40	MA	2:34:05	63.73%
91 <u>Michelle Roy</u>	F 37	MA	2:34:21	63.62%
92 Scott Bradley	M 52	MA	2:34:40	63.49%
93 <u>Robyn Metcalfe</u>	F 59	MA	2:35:15	63.25%
94 David Aronson	M 52	MA	2:38:16	62.05%
95 <u>Mary Lou Murrock</u>	F 43	NY	2:38:42	61.88%
96 Kevin Simons	M 57	MA	2:38:51	61.82%
97 Denise Dion	F 49	VT	2:40:54	61.03%
98 Tristan Syrett	M 23	MA	2:41:15	60.90%
99 Peter Sheppard	M 19	MA	2:41:20	60.87%
100 Norm Sheppard	M 49	NH	2:41:23	60.85%
101 <u>Lisa Cherry</u>	F 34	MA	2:41:46	60.70%
102 Robert Scott	M 53	CT	2:42:14	60.53%
103 John Loring	M 59	MA	2:43:00	60.25%
104 John Mesevage	M 53	NY	2:43:11	60.18%
105 Charles Thayer	M 63	VT	2:44:49	59.58%
106 Edward Alibozek	M 44	CT	2:45:57	59.17%
107 Ed Alibozek Jr	M 67	MA	2:45:58	59.17%
108 Paul Hartwig	M 50	MA	2:45:59	59.16%
109 Michael Pierog	M 26	MA	2:46:45	58.89%
110 Laura Clark	F 60	NY	2:51:02	57.42%
111 Larry McAndrew	M 48	MA	2:52:07	57.05%

Continued next page:

Greylock results cont.:

112	Martin Glendon	M 61	MA	2:58:22	55.05%
113	Peter Henner	M 54	NY	2:58:58	54.87%
114	<u>Debra Alibozek</u>	F 39	MA	2:59:35	54.68%
115	<u>Sharon Tariff</u>	F 41	MA	3:00:27	54.42%
116	Karen McWhirt	F 46	CT	3:00:30	54.40%
117	Richard Busa	M 77	MA	3:06:58	52.52%
118	Mark Syrett	M 58	MA	3:10:59	51.42%
119	Greg Taylor	M 60	NY	3:11:24	51.31%
120	Jamie Howard	M 41	NY	3:19:52	49.13%
121	<u>Karen Tendrup</u>	F 42	VT	3:44:19	43.78%
122	Dick Hoch	M 66	CT	3:44:54	43.66%
123	Bill Glendon	M 61	MA	3:44:55	43.66%
124	Konrad Karolczuk	M 54	CT	3:44:56	43.66%

Greylock 5K Results:

	<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>
1	Nathan Hoffman	M 28	NY	19:31
2	David Paulsen	M 29	NY	22:38
3	William Kittler	M 42	MA	22:41
4	Buzz Gardner	M 54	CT	23:05
5	Dave Devine	M 35	MA	24:02
6	Kerry Ryan	M 18	MA	24:29
7	<u>Mackenzie Hitchcock</u>	F 12	MA	24:43
8	Chad Joyal	M 11	MA	26:40
9	<u>Liz Schmitt</u>	F 37	NH	26:44
10	John Aldrich	M 48	MA	27:05
11	Bob Massaro	M 63	MA	28:06
12	<u>Ally Nelson</u>	F 17	CT	28:24
13	Rick Alibozek	M 45	MA	28:33
14	Becca Hall	F 14	MA	28:43
15	Chase Preite	M 14	MA	28:49
16	<u>Cynthia Gardner</u>	F 56	MA	29:00
17	Robert Toth	M 57	MA	29:01
18	Patrick Smelko	M 36	MA	29:31
19	Satchel Douglas	M 13	MA	30:16
20	<u>Ginny Patsun</u>	F 39	CT	30:51
21	Chuck Roberts	M 50	MA	31:30
22	Thane Preite	M 10	MA	31:48
23	Walt Kolodzinski	M 64	MA	32:07
24	<u>Maggie Smelko</u>	F 35	MA	32:44
25	Claudine Preite	F 40	MA	32:49
26	<u>Chloe McGrath</u>	F 14	MA	33:01
27	Patrick McGrath	M 42	MA	33:02
28	Keith Durand	M 24	MA	34:09
29	Kippie Douglas	M 8	MA	34:17
30	Michael Lytton	M 50	MA	34:23
31	Sarah Glendon	F 28	DC	34:39
32	Mary Glendon	F 30	MA	34:40
33	<u>Sarah Pandiscio</u>	F 16	CT	34:55
34	Tulsa Douglas	M 11	MA	35:31
35	<u>Theresa Ross</u>	F 42	MA	35:32
36	<u>Kristin Joyal</u>	F 35	MA	35:54
37	Joey Joyal	M 7	MA	35:55

38	<u>Carmen Dumitrescu</u>	F 28	MA	38:02
39	Stephanie Roulier	F 12	MA	40:09
40	<u>Kara Herman</u>	F 37	MA	40:30
41	<u>Madeline Joyal</u>	F 9	MA	41:08
42	Sarah Roulier	F 9	MA	47:46
43	Sharon Roulier	F 43	MA	47:48
44	<u>Megan Talbert</u>	F 27	MA	47:48
45	Andrew Wolfe	M 43	NH	47:49
46	Evan Wolfe	M 10	NH	47:50

Lure of Greylock

A year ago I crawled home fm Greylock on Trailrace Day at 3:19 in the afternoon, convinced that was it for me. No more long - - no way, no dout about it. I cood absolutely never do it again. I had come recently injured, banged a knee enroute thereby walk-limping too many miles thru hot-humid. With flies everywhere last year, I felt it was too horrible-hard. Thank goodness for friends who stepped up to help me as I finally appeared at th Glen.
I vowed: Never again!

Months later, Spring 07, what's this? Major road repair on th Greylock Reservation. There'll be our trailrace, but not th same. Hmm... I'm healthy now, been running races - - road & trail. Maybe this course will be easier (?).

Greylock is so beautiful. I love it there. So many good people to meet & talk with. So awesum quiet in th woods up on th mountain. Up th mountain's real hard for me. Last year..... Aw that was a long time ago. Heck, Greylock's always been real hard for me. But I've always come back. Hey what's wrong with hard? I'm going to be there; I've gotta be there....

Now's th day after and I'm so happy to've gone to Greylock again, to've spoken with many of you, to've strapped on my bottle (Conquest) carrier and made my way ever up, up, up, ... Down, down, down meetin & greetin everybody! ☺ Th BEST!
Hi Ellen, Jean & Jean, thanx and bye.

I'm proud to've kept on pushin with another tired trailrunner given it her all, to've heard my name hollered as I romped across th grass to another Greylock long completion.

Dick Hoch

TRAIL RUNNING NEWS

Published by WESTERN MASS ATHLETIC CLUB

ADAMS, MASSACHUSETTS

Volume ... 13 Issue ... 4 Mid Summer 200

GREYLOCK ACTIVE STREAKS

1993 – 2007 15 CONSECUTIVE YEARS

Edward Alibozek Dan Danecki
Joe Gwozdz Paul Hartwig

1994 – 2007 14 CONSECUTIVE YEARS

Bill Glendon Curt Pandiscio

1995 – 2007 13 CONSECUTIVE YEARS

Ed Alibozek Jr Will Danecki

1998 – 2007 10 CONSECUTIVE YEARS

Todd Brown Claudine Preite Rob Scott

1999 – 2007 9 CONSECUTIVE YEARS

Deb Livingston Darlene McCarthy Ed Sahaczewski

2000 – 2007 8 CONSECUTIVE YEARS

Laura Clark Kevin Simons

2001 – 2007 7 CONSECUTIVE YEARS

Dick Hoch

2002 – 2007 6 CONSECUTIVE YEARS

Jim Nelson

2003 – 2007 5 CONSECUTIVE YEARS

Doug Cummings Karen McWhirt Karen Tendrup

2004 – 2007 4 CONSECUTIVE YEARS

Stephen Roberts Tom Parent
Denise Dion
Mark Syrett Tristan Syrett

2005 – 2007 3 CONSECUTIVE YEARS

Dennis Desnoyers Jamie Howard
Cynthia Gardner Konrad Karolczuk
Scott Livingston Larry McAndrew
Charlie Thayer Robert Toth

GREYLOCK HALF CHAMPIONS

199	Greg Crowther Tamera Wilber	1:36:38 2:00:04
1994	Kevin McGovern Carol Tuckerman	1:32:34 1:56:13
1995	Kevin McGovern Robin Hathaway	1:30:22 2:00:49
1996	Fran Ireland Cheryl Dube	1:35:31 2:00:10
1997	Keith Schmitt Beth Herder	1:32:39 2:00:31
1998	Kevin McGovern Robin Hathaway	1:40:25 1:57:11
1999	Ben Nephew Deborah Livingston	1:43:36 2:07:47
2000	Leigh Schmitt Nikki Kimball	1:45:59 1:58:09
2001	Leigh Schmitt Deborah Livingston	1:41:31 2:07:00
2002	Ben Nephew Deborah Livingston	1:37:05 2:03:05
2003	Ben Nephew Deborah Livingston	1:39:04 2:00:59
2004	Ben Nephew Pam Alexander	1:31:44 1:58:43
2005	Ben Nephew Deborah Livingston	1:43:39 2:08:52
2006	Ben Nephew Abby Kingman	1:46:46 2:21:15
2007	Hunter Bennett-Daggett Vanessa Wood	1:38:12 1:56:52

GREYLOCK MARATHON CHAMPIONS

1998	Keith Schmitt Beth Herder	3:55:47 4:55:12
2006	Ben Nephew Nancy Kleinrock	3:59:01 5:34:24

ALWAYS IN OUR MEMORY

Mel Band 1997 – 2001 / George Coope 1993 – 1995, 1998

Grandfather Trees

In th TRN issue I received in June, I read with keen interest Laura Clark's encounter with her Grandfather Tree. I'll never forget first seeing MY Grandfather Tree many yrs ago.

I'm forever eager to xplore trails & old roads thru th woods and do so at every opportunity. Being a slow runner who looks about, I spot things others may not. Cood that be a trail hidden in there? Yes, a nice wide wun too.

In awhile, suddenly, trailside, prodigious, there he stood! Th trunk - - fm ground up to over my head - - absolutely Bunyanesque!! Like Laura's, this grand tree appeared to be dead, yet it strikingly commanded a dignified presence among th ordinary trees. I've returned every few yrs or so to stand & stare in awe & wonder. Tomorrow I'm going to leave my planned route and clime ¾ of a mile to reach th hidden trailhead then proceed thru th woods to this special spot. God I hope to see that magnificent tree standing there still.

I've parked adjacent to th Green River, ready to run along it on th non-paved 4 miles. Well b4 6:00, it's very cool; my hands tell me so.

Up on th paved roller comin back south, sunshine peeks among th trees. Now I'm movin up, up, up. Nope, this trail's not likely to be discovered. If it is, th Grandfather Tree still won't be found if folks obey th No Trespassing sign. Super here in th woods. ☺

So where is it? Impossible to miss. More than ½ mile, finally, there he is! Not pretty, undeniably regal, huge, majestic!!



I stare upwards. There are 2 trunksize newer limbs xtending way skyward. My runtime is increased a minute or so as I'm compelled to walk all th way around th ancient monstrous base. Again I gaze skyward to study which greenleaves belong to which branches belong to which trees? Not easily ascertained yes Yes YES, this Grandfather tree LIVES! By God, he lives!! Wun more appreciative look, then I move away to continue my long-run, now happily satisfied and truly inspired! ☺

Dick Hoch

Savoy Mt. Trail Races

20 Miles & 4.5 Miles Savoy, MA. August 19, 2007
Partly Cloudy – Cool – Dry – High of 66*

WMAC members in Bold:

20 Mile Results:

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>GT %</u>
1 David Herr	M 42	2:38:22	100.00%
2 Brian Rusiecki	M 28	2:46:43	94.99%
3 Paul Young	M 42	2:48:03	94.24%
4 Peter Keeney	M 41	2:55:40	90.15%
5 Bob Sharkey	M 55	3:01:35	87.21%
6 Martin Fey	M 53	3:02:39	86.71%
7 Todd Brown	M 43	3:05:19	85.46%
8 Ethan Abeles	M 34	3:07:28	84.48%
9 Patrick Sorsby	M 31	3:14:08	81.58%
10 Paul Funch	M 57	3:14:24	81.46%
11 Rob Higley	M 53	3:14:25	81.46%
12 Mark Buongiorno	M 39	3:14:31	81.42%
13 Joe Gwozdz	M 52	3:19:09	79.52%
14 Curt Pandiscio	M 46	3:19:17	79.47%
15 Robert Bourassa	M 33	3:19:59	79.19%
16 Senn Jennings	M 39	3:22:23	78.25%
17 Steve Jensen	M 46	3:22:57	78.03%
18 John Holt	M 40	3:25:33	77.05%
19 Mark Rebillard	M 52	3:26:35	76.66%
20 Chris Cosma	M 29	3:31:24	74.91%
21 Jay Kolodzinski	M 28	3:31:35	74.85%
22 Thomas Parker	M 40	3:32:20	74.58%
23 Joseph Banas	M 50	3:32:44	74.44%
24 Grace Jensen 1st F	F 44	3:33:47	74.08%
25 Ed Buckley	M 49	3:38:24	72.51%
26 Jimmy Buff	M 44	3:39:58	72.00%
27 Bruce Shenker	M 54	3:42:35	71.15%
28 Mike Belcourt	M 45	3:43:47	70.77%
29 <u>Mimi Willard</u>	F 53	3:47:01	69.76%
30 Phil Bricker	M 53	3:48:59	69.16%
31 Peter Lipka	M 57	3:49:55	68.88%
32 Bruce Marvonek	M 54	3:51:59	68.27%
33 <u>Pam Dolan</u>	F 40	3:52:25	68.14%
34 Bob Worsham	M 61	3:52:56	67.99%
35 Edward Alibozek	M 44	3:52:57	67.98%
36 Bogie Dumitrescu	M 32	3:55:11	67.34%
37 Doug Cummings	M 45	3:55:12	67.33%
38 Kevin McCaffrey	M 50	3:56:11	67.05%
39 Will Danecki	M 57	3:56:20	67.01%
40 <u>Darlene McCarthy</u>	F 44	3:59:45	66.06%
41 Alan Cabot	M 52	4:01:21	65.62%
42 Vic LaPort	M 67	4:02:58	65.18%
43 David Momnie	M 57	4:05:38	64.47%
44 Chris Johnson	M 49	4:09:48	63.40%
45 Christopher LaRocco	M 45	4:09:49	63.39%
46 <u>Michele Roy</u>	F 37	4:11:49	62.89%
47 Randy Witlicki	M 51	4:15:01	62.10%
48 Rob Scott	M 53	4:18:36	61.24%

Continued next page:

Savoy results cont:

49	Juergen Reher	M 57	4:37:13	57.13%
50	<u>Laura Monti</u>	F 36	4:38:39	56.83%
51	Ken Gulliver	M 43	4:47:31	55.08%
52	Martin Glendon	M 61	5:02:44	52.31%
53	Karen McWhirt	F 46	5:03:00	52.27%
54	Laura Clark	F 60	5:03:26	52.19%
55	Dan Lavoie	M 48	5:18:21	49.75%
56	Jamie Howard	M 42	5:44:25	45.98%
57	Art Gulliver	M 68	6:20:36	41.61%
58	<u>Subik Reilly</u>	F 44	6:26:03	41.02%
59	<u>Loretta Gleason</u>	F 46	6:26:06	41.02%

Savoy ... 4.5 mile results:

1	Justin McCarthy	M 17	MA	32:14
2	Brian Chidley	M 42		34:28
3	Mike Pytko	M 51	MA	35:20
4	Kathy McCarthy	F 48		36:58
5	Paul Hartwig	M 50	MA	37:21
6	Ed Saharczewski	M 53	MA	37:25
7	Scott Bradley	M 5	MA	38:47
8	<u>Cassie Lincoln</u>	F 14		38:48
9	Peter Dassatti	M 14	MA	38:49
10	Ed Alibozek, Jr.	M 67	MA	39:01
11	John Aldrich	M 48	MA	39:12
12	Richard Dassatti	M 50	MA	39:16
13	Ronald Boutin	M 57		40:56
14	Patrick Donovan	M 60		41:11
15	Emily Pattison	F 17	CT	41:39
16	<u>Laura Lutz</u>	F 31		41:40
17	Joseph Hickey	M 28		41:52
18	Bob Massaro	M 63	MA	41:57
19	Poncho Mach	M 65	MA	42:52
20	Kyle Peters	M 14		43:07
21	Rich Donaher	M 45		43:08
22	<u>Audrey Wilter</u>	F 42		43:10
23	<u>Kim Brown</u>	F 36		44:46
24	Patrick Smelko	M 36		45:31
25	Stephen Richardson	M 47		45:41
26	Walt Kolodzinski	M 6	MA	46:12
27*	<u>Chloe McGrath</u>	F 15	MA	49:25
28*	Patrick McGrath	M 42	MA	49:38
29	Dick Hoch	M 67	CT	50:42
30	Harold Becker	M 44		52:54
31	Richard Busa	M 77	MA	54:13
32	<u>Kris Kozuch</u>	F 49		56:49
33	<u>Kathy LaBeau</u>	F 40		56:50
34	Bill Glendon	M 61	MA	1:03:04
35	Konrad Karolczuk	M 54	CT	1:03:05

* 4:00 late start

Western Mass Athletic Club
Adams, Massachusetts

WMAC's 2007 Trilogy
Greylock - Savoy - Monroe
Current standings after first two races

<u>Name</u>	<u>Age</u>	<u>Grey</u>	<u>Savoy</u>	<u>Total</u>
<i>Long Course:</i>				
#1	Brian Rusiecki	M 28	1:44:35 - 2:46:43 =	4:31:18
#2	Peter Keeney	M 41	1:42:42 - 2:55:40 =	4:38:22
#3	Bob Sharkey	M 55	1:48:17 - 3:01:35 =	4:49:52
#4	Ethan Abeles	M 34	1:46:01 - 3:07:28 =	4:53:29
#5	Todd Brown	M 43	1:48:57 - 3:05:19 =	4:54:16
#6	Paul Funch	M 57	2:02:08 - 3:14:24 =	5:16:32
#7	Curt Pandiscio	M 46	1:59:35 - 3:19:17 =	5:18:52
#8	Joe Gwozdz	M 52	2:01:55 - 3:19:09 =	5:21:04
#9	Jay Kolodzinski	M 28	1:51:14 - 3:31:35 =	5:22:49
#10	Steve Jensen	M 46	2:05:06 - 3:22:57 =	5:28:03
#11	Thomas Parker	M 40	2:07:26 - 3:32:20 =	5:39:46
#12	Grace Jensen	F 44	2:08:41 - 3:33:47 =	5:42:28
#13	Mike Belcourt	M 45	2:10:23 - 3:43:47 =	5:54:10
#14	Peter Lipka	M 57	2:11:32 - 3:49:55 =	6:01:27
#15	<u>Mimi Willard</u>	F 53	2:17:02 - 3:47:01 =	6:04:03
#16	Bruce Shenker	M 54	2:24:32 - 3:42:35 =	6:07:07
#17	Bogie Dumitrescu	M 32	2:15:35 - 3:55:11 =	6:10:46
#18	Bruce Marvonek	M 54	2:20:34 - 3:51:59 =	6:12:33
#19	Doug Cummings	M 45	2:27:00 - 3:55:12 =	6:22:12
#20	Will Danecki	M 57	2:26:35 - 3:56:20 =	6:22:55
#21	Bob Worsham	M 61	2:30:59 - 3:52:56 =	6:23:55
#22	Alan Cabot	M 52	2:24:34 - 4:01:21 =	6:25:55
#23	Vic LaPort	M 67	2:25:18 - 4:02:58 =	6:28:16
#24	Darlene McCarthy	F 44	2:33:58 - 3:59:45 =	6:33:43
#25	Edward Alibozek	M 44	2:45:57 - 3:52:57 =	6:38:54
#26	Chris Johnson	M 49	2:29:56 - 4:09:48 =	6:39:44
#27	<u>Michele Roy</u>	F 37	2:34:21 - 4:11:49 =	6:46:10
#28	Juergen Reher	M 57	2:23:04 - 4:37:13 =	7:00:17
#29	Rob Scott	M 53	2:42:14 - 4:18:36 =	7:00:50
#30	Laura Clark	F 60	2:51:02 - 5:03:26 =	7:54:28
#31	Martin Glendon	M 61	2:58:22 - 5:02:44 =	8:01:06
#32	Karen McWhirt	F 46	3:00:30 - 5:03:00 =	8:03:30
#33	Jamie Howard	M 42	3:19:52 - 5:44:25 =	9:04:17

Short Course:

#1	John Aldrich	M 48	27:05 - 39:12 =	1:06:17
#2	Bob Massaro	M 63	28:06 - 41:57 =	1:10:03
#3	Patrick Smelko	M 36	29:31 - 45:31 =	1:15:02
#4	<u>Chloe McGrath</u>	F 15	33:01 - 49:25 =	1:22:26
#5	Patrick McGrath	M 42	33:02 - 49:38 =	1:22:40

Mixed:

Ed Saharczewski	M 53	2:25:21 - 37:25 =	3:02:46
Scott Bradley	M 52	2:34:40 - 38:47 =	3:13:27
Paul Hartwig	M 50	2:45:59 - 37:21 =	3:23:20
Ed Alibozek Jr.	M 67	2:45:58 - 39:01 =	3:24:59
Rich Busa	M 77	3:06:58 - 54:13 =	4:01:11
Dick Hoch	M 67	3:44:54 - 50:42 =	4:35:36
Bill Glendon	M 61	3:44:55 - 1:03:05 =	4:47:59
Konrad Karolczuk	M 54	3:44:56 - 1:03:05 =	4:48:01

SAVOY TOTAL MILES & BEST TIME

<u>340 MILES</u>		
Bob Dion		<u>Best Time</u> 2:35:49
Art Gulliver		3:56:17
<u>320 MILES</u>		
Edward Alibozek		2:54:15
Kevin Simons		3:33:24
<u>309 MILES</u>		
Joe Gwozdz		2:51:53
<u>300 MILES</u>		
Ken Gulliver		3:19:41
<u>290 MILES</u>		
Bill Glendon		3:38:16
<u>284.5 MILES</u>		
Richard Busa		4:11:19
Martin Glendon		3:41:27
<u>280 MILES</u>		
Dan Danecki		3:03:56
<u>264.5 MILES</u>		
Vic LaPort		2:58:13
<u>260 MILES</u>		
Will Danecki		3:21:42
<u>240 MILES</u>		
Ken Clark		2:40:49
<u>224.5 MILES</u>		
Bruce Marvonek		3:02:04
<u>220 MILES</u>		
Bob Worsham		3:27:54
<u>200 MILES</u>		
Todd Brown		3:04:23
Jeff Gould		3:06:59
<u>187 MILES</u>		
Scott Bradley		2:58:41
<u>180 MILES</u>		
Curt Pandisco		3:08:06
Sharisa Sterling		3:13:35
<u>160 MILES</u>		
John Carey		3:01:41
Laura Clark		5:01:04
Peter Gagarin		2:47:37
Peter Keeney		2:37:05
Steve Schiller		2:43:05
<u>149 MILES</u>		
James Preite		2:57:58
Sue Snyder		3:54:15
<u>147 MILES & 144.5 MILES</u>		
Ed Alibozek Jr	3:53:17	Rob Scott 4:02:49

SAVOY ACTIVE STREAKS

1992 – 2007	16 CONSECUTIVE YEARS	
Edward Alibozek	Bill Glendon	
1993 – 2007	15 CONSECUTIVE YEARS	
Richard Busa	Art Gulliver	
1994 – 2007	14 CONSECUTIVE YEARS	
	Ken Gulliver	
1995 – 2007	13 CONSECUTIVE YEARS	
Will Danecki	Joe Gwozdz	
1996 – 2007	12 CONSECUTIVE YEARS	
Ed Alibozek Jr	Bob Worsham	
1998 – 2007	10 CONSECUTIVE YEARS	
Todd Brown	Paul Hartwig	
1999 – 2007	9 CONSECUTIVE YEARS	
	Ed Saharczewski	
2000 – 2007	8 CONSECUTIVE YEARS	
Doug Cummings	Dick Hoch	
	Laura Clark	
Justin McCarthy	Rob Scott	
2001 – 2007	7 CONSECUTIVE YEARS	
	Poncho Mach	
2003 – 2007	5 CONSECUTIVE YEARS	
	Randy Witlicki	
2004 – 2007	4 CONSECUTIVE YEARS	
Martin Glendon	Pete Lipka	Bob Massaro
2005 – 2007	3 CONSECUTIVE YEARS	
John Aldrich	Ed Buckley	
David Herr	Chris Johnson	
	Konrad Karolczuk	
Kris Kozuch	Darlene McCarthy	

Errors of omissions? Send a note: edtrnews@yahoo.com

Final ?? Swing around Savoy

There were fewer participants than usual for what possibly may have been our final swing around Savoy. This was puzzling, since for the first time in recent memory, conditions were ideal. It was not too hot, not too cold, not too muddy and not too dry. Like Baby's Bear's porridge, everything was "just right." Some perennial long-trekkers, like Rich Busa, still on the semi-injured list but yet unwilling to miss Savoy's last dance, opted to risk the shorter route. Those choosing the longer journey had a chance to reflect on Savoy's possible demise—it was fairly lonely out there on the long course and the excellent markings and lack of mud were conducive to stray thoughts taking more than a fleeting hold.

Did I say absence of mud? For any race other than Savoy, entire tall tales would have been built around the dark, sticky stuff. But here, where I have memories of sinking ankle deep when attempting the shortcut from the car to the registration table, the mud clinging to the trail was a mere dark shadow of its former self. Taking position in the rear of the pack, I was puzzled by those sneakers that deliberately strayed into the center of the muck, looking for all the world like Arthur Murray's foot-printed dance lessons. But then as I got into the swing of things, I realized that you could avoid the time-eating side paths and stroll boldly through the middle, like St. Peter walking on water. I could imagine the drama played out dance numbers ahead of me as some highly competitive individuals attempted to avoid the wallflowers skirting around the edges and sprint directly across the dance floor. Some succeeded. Some, obviously, did not. As I soon discovered myself, paths just millimeters away from the stuck feet often held. You just never knew.

Despite the general lack of fellow travelers, I was lucky and generally found myself in some proximity with Martin Glendon and Karen McWhirt. This was nice not only because I had someone to chat with, but also because I had folks to reel me in. At one point, I was in scout position and climbed directly over a line of yellow-arrowed flagged logs. Martin followed nimbly behind and Karen just stood there, open-mouthed with wonder. I was climbing directly over the barrier that blocked the wrong path! This was strictly my fault, as the trail was clearly marked. What was I thinking?

To be fair, there were numerous fallen trees that you were supposed to jump over, but these were clearly labeled with two sets of arrows pointing in opposite directions, one for the ascent and one for the return journey. Did that mean we had a choose-your-own-adventure choice? When ascending the mountain, it certainly was tempting to think it would be perfectly legal to simply turn around and follow the descending arrow.

This year I felt stronger at the end than I usually do, probably because I didn't have to spend all that energy extracting my feet from the mud. Best of all, the corn was still hot and there was plenty of it!

The following is taken unashamedly without permission from www.savoyballroom.com

Many of us who wish fervently for a major reprise of the music and dance of the Swing Era are beginning to realize that the success of venues like the Savoy weren't accidental. Certain people went out of their way to create the conditions that enabled it to flourish. Exactly how the plans of those individuals interacted with the happy throngs of people who were just out to enjoy themselves and have a good time is not easy to pinpoint, but perhaps if we collect more first hand information we can get a lot closer to the real story.

It's eerie how the above reflection echoes through the 1930's and 1940's right down to our own annual dance at Savoy. I hope a few of us who have enjoyed ourselves for so many turns around Savoy will step forward and carry on the dance. And hearty applause to Ellen and Poncho Mach and Ed Saharczewski who have led the dance for so long!

Laura Clark

Remaining "Grand Tree" Races for 2007

- | | | | |
|--|--------------------|------------------------------|---|
| 15 | September 2, 2007 | 9:00 am | New Ipswich, NH
17.5 miles |
| WAPACK TRAIL | | | |
| <i>Paul Funch</i> pgfunch@charter.net | | | |
| 16 | September 9 2007 | 8:45 am | Winchester, NH
23K / 50 K |
| | | Gary Montgomery | info@gotENDURANCE.com |
| PISGAH MTN. | | | |
| 17 | September 30, 2007 | 10:00 am | Union, CT
20 K |
| | | Karl Molitoris | karlmolitoris@yahoo.com |
| BREAKNECK | | | |
| 18 | October 7, 2007 | 10:00 am | Monroe, MA
10.5 --- 2 miles |
| | | Vic LaPort ... | vlaport@hotmail.com ... www.runwmac.com |
| DUNBAR BROOK | | | |
| 19 | October 13, 2007 | 10:00 am | Diamond Hill Park, RI
22.5K |
| | | Peter Dubendris | www.diamond-hill-run.com/ |
| DIAMOND HILL – BIRCHWOLD | | | |
| 20 | October 21, 2007 | 12:30 pm | Groton, MA
9.5 & 3.5 miles |
| | | Paul Funch - 978-448-2813 | pgfunch@charter.net |
| | | | http://www.GrotonTFTR.freesevers.com |
| GROTON FOREST | | | |
| 21 | October 28, 2007 | 9:30 am | Albany, NY
13.1 & 6 miles |
| | | | www.albanyrunningexchange.org/ |
| HAIRY GORILLA & SQUIRRELY SIX | | | |
| 22 | November 4, 2007 | 9:00 am | Framingham, MA
5.6 & 9.3 miles |
| | | Barry Ostrow | b.ostrow@comcast.net |
| BUSA BUSHWHACK | | | |
| 23 | November 10, 2007 | 6:15 am | Ipswich, MA
26.2 & 50 miles |
| | | Jeff Washburn - 978-462-2717 | thewashman@aol.com |
| | | | www.gaconline.net |
| STONE CAT ALE | | | |
-

In Memory of George Coope

Long time club member George Coope passed away unexpectedly on June 29, 2007 at his home in Adams MA. He was 83 years old.

During the early years of the WMAC trail races George would be out there running with us, many times acting as the sweeper because he would always be on the lookout for new areas to hunt or fish in while doing the trail race at the same time.

Although bad knees finally forced him to give up running, he still continued to help organize and staff the water stops at many of our races for several years afterward. George was well known in Adams as the caretaker of the Catholic Churches and also as the military representative who attended veterans funerals to present the flag to the families on behalf of the United States Military.

He would also get involved in any activity in town where volunteers were needed.



He leaves 3 daughters along with seven grandchildren and 1 great grandson and a whole town full of friends and acquaintances as the hundreds of people who came to his funeral can attest to.

One of George's favorite things to do was to listen to polka music while talking with friends and having a beer or two. Because George was instrumental in reviving the Polish Picnic grounds in Adams, a special Polka Picnic was held in his honor on August 19th which was well attended. A Polka band provided the music as many people toasted George's memory with his favorite beer, Pabst Blue Ribbon. As George was fond of saying, "It doesn't get any better than this!"

All of us here at the club extend our condolences to George's family.

Western Mass Athletic Club
P. O. BOX 356
ADAMS, MA. 01220

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

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

MEMBERSHIP FORM (Check One): NEW____ RENEWAL_____

NAME (S) _____

Send Address Changes

ADDRESS _____

ASAP To:

CITY _____ STATE _____ ZIP _____

WMAC

TEL _____ D O B _____ SEX _____

P O Box 356

E-MAIL _____

Adams, MA. 01220

(Check one): Single Membership_____ Household Membership_____

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

Send Form & Fee To: W M A C

P O Box 356

Adams, MA. 01220

HOTLINE INFO: (413) 743-5124

Interest (s):

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

OTHER _____

Vol. 13 . . . Issue. . . 4 . . . Mid Summer . . . 2007

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

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