



# Trail Running News ...Western Mass Athletic Club

Vol. 14..... Issue 3..... Early Summer ..... 2008

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Seven Sisters -- More Fun Wapack

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Northfield -- Greylock

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Check the web page for info, changes & updates ....

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

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## Greylock: Foiled Again

By Laura Clark

Once again the WMAC tribe and visiting emissaries from various far-flung regions met for their annual convocation at the Greylock Glen. And once again we were not permitted to complete our pilgrimage to the summit due to road construction. Apparently the two-legged hard hats, intimidated by the beavers' industrious damming of the once-pristine Greylock pool, decided to follow suit by blocking off the access roads to the summit, leaving all potential pilgrims stranded and dehydrated by a waterless lighthouse. Not a good way to approach father's day.

So the WMAC tribe gamely cobbled together a half marathon route consisting of various parts of the original half, Darlene McCarthy's Greylock full and Paul Hartwig's Covered Bridge snowshoe race. Talk about dejaveau! One slip of the imagination would find a contestant headed back to the future and into either one of these three options. Usually toward the end of a longish trail race I encounter a section of woods which eerily reminds me of some previous adventure. But in this 2008 Greylock edition, it was possible to bonk backwards into some past journey even when only mildly depleted. Proving, once again, that you don't have to run 100 miles to reap the benefits of weird hallucinations.

Adding to the effect was the fact that this version was less straightforward than the usual run up and down the mountain. Initially, we experienced more than our just share of uphill, but then were rewarded by a pleasant cruise to the turnaround. Those in the second half of the pack were treated to a rare sight: usually the rear echelon is still struggling up some steep hill while the turnaround runners are floating effortless down that same hill. This time, however, we were cruising downhill to the turnaround while the front packers were working hard to make it back up. What an eye-opener! Some of those guys were actually taking a walking break.

The worst part was reaching the turnaround pretzel and cookie oasis to discover that we were not truly halfway but only at the five mile point. As I trudged back up, I tried to do the math: 5+5=10, leaving 3.1 mile for the standard half marathon. Of course, this was not a fussy road half marathon, meaning that the 13.1 mile distance could be an approximation. But keeping Soapstone's 14.5 mile half in mind, I couldn't recall any trail marathon that had ever erred on the side of being too short and less macho. Nevertheless, by the time I had reached the downhill section leading back to the start, I had convinced myself that the guy at the water stop obviously didn't know where he was located in relation to race time and space. As terrain began to look more and more familiar, I made my push towards the imaginary finish line.

Now comes the part where the moral of the story unfortunately reveals itself: it pays to study the course map ahead of time. I usually don't bother, because maps are, to me at least, the equivalent of a foreign language. This time, however, I did give the pre-race blowup a casual glance to see if Thunderbolt would be a factor. All I could discern was a simple out and back, so while I was gleefully careening downhill, I concluded that the backstretch was naturally longer than the first half, being that I was tired and well through my first gel. Mine not to reason why; mine just to do or die.

And then all was revealed. I approached the final aid station vaguely wondering why they would bother to set up so close to the finish, only to be directed yet again upwards towards the final 5K. How dare they! Up until that point the course was extremely well marked (meaning I didn't get lost); after that wayfinding became problematic (meaning I lost focus). So much so in fact that I let the guy I had struggled so hard to pass to take the pilot's position after I had led him astray twice.

*Continued next page:*

Greylock cont:

After that, all that remained was my own personal Waterloo, the spot where I always, no matter which Greylock race I am currently experiencing, make the same wrong turn. Instead of veering left toward the Gould Road sign, I always barrel straight down and out of sight. While I am vaguely alarmed at the lack of ribbons, there are plenty of footprints to assure me that I am on the correct trail. Apparently, this is a tricky this is a decision spot for many of us. On the way back, I notice that if I had been trying to spot buzzards circling in on their prey I probably would have seen the correct ribbon anchored firmly atop the Gould signpost. Sue Snyder (?) was approaching the intersection and I warned her of my mistake, but she forged ahead anyway, failing to acknowledge the ribbon. Oh well.

Sometime, maybe when I am the oldest female runner ever, I would like to have a special Laura Clark signpost at eye level telling me which way to go at that particular five corner intersection. And all the other trail options would be blocked off by yellow caution tape. That sounds like a hallucination worth working on!

Laura Clark

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**Greylock Trail Races ... 13.5 Miles & 5 K**  
**Greylock Glen .... Adams, MA. 6 / 15 / 08**  
Sun & Clouds .... Damp Trails.... High of 77 Degrees

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**Half Marathon:**

Club Members in Bold:

| Name                                     | Age  | ST. | Time    | GT %    |
|--|------|-----|---------|---------|
| 1 Ben Nephew                             | M 32 | MA  | 1:31:46 | 100.00% |
| 2 <b>Chris Baynes</b>                    | M 37 | MA  | 1:40:30 | 91.31%  |
| 3 Keith Schmitt                          | M 39 | NH  | 1:42:55 | 89.17%  |
| 4 Kent Lemme                             | M 41 | MA  | 1:44:49 | 87.55%  |
| 5 Matt Bedoukian                         | M 28 | CT  | 1:46:07 | 86.48%  |
| 6 Donald Pacher                          | M 36 | ?   | 1:49:13 | 84.02%  |
| 7 <b>Jay Kolodzinski</b>                 | M 29 | MA  | 1:50:05 | 83.36%  |
| 8 Garry Harrington                       | M 48 | NH  | 1:51:13 | 82.51%  |
| 9 <b>Beth Krasemann 1<sup>st</sup> F</b> | F 34 | CT  | 1:52:16 | 81.74%  |
| 10 Andy Brower                           | M 25 | ?   | 1:52:21 | 81.68%  |
| 11 <b>Jim Preite</b>                     | M 44 | MA  | 1:52:55 | 81.27%  |
| 12 Dan Damasca                           | M 46 | ?   | 1:53:22 | 80.95%  |
| 13 Jim Nelson                            | M 44 | ?   | 1:54:13 | 80.34%  |
| 14 <b>Todd Brown</b>                     | M 44 | CT  | 1:54:56 | 79.84%  |
| 15 John Couillard                        | M 27 | ?   | 1:55:22 | 79.54%  |
| 16 William Wheeler                       | M 28 | MA  | 1:57:41 | 77.98%  |
| 17 Wil Berglund                          | M 36 | MA  | 2:00:45 | 76.00%  |
| 18 John Agosto                           | M 43 | CT  | 2:01:01 | 75.83%  |
| 19 <b>Joe Gwozdz</b>                     | M 53 | MA  | 2:02:49 | 74.72%  |
| 20 Curt Pandiscio                        | M 47 | NH  | 2:04:07 | 73.94%  |
| 21 <u>Mellie Gilder</u>                  | F 27 | MA  | 2:05:52 | 72.91%  |
| 22 Michael Wein                          | M 27 | NY  | 2:06:09 | 72.74%  |
| 23 <u>Amanda Chilson</u>                 | F 25 | RI  | 2:06:31 | 72.53%  |
| 24 Todd Howell                           | M 29 | ?   | 2:08:28 | 71.43%  |

|                             |      |    |         |        |
|-----------------------------|------|----|---------|--------|
| 25 Tim Schopen              | M 46 | NY | 2:09:43 | 70.74% |
| 26 Stephen Scully           | M 24 | ?  | 2:10:27 | 70.35% |
| 27 <u>Amy Brown</u>         | F 41 | CT | 2:12:11 | 69.42% |
| 28 <b>Thomas Parker</b>     | M 41 | NH | 2:12:56 | 69.03% |
| 29 <u>Carol Tuckerman</u>   | F 43 | OR | 2:13:02 | 68.98% |
| 30 Buzz Gardner             | M 55 | CT | 2:13:19 | 68.83% |
| 31 <b>Rob Higley</b>        | M 54 | MA | 2:15:46 | 67.59% |
| 32 Bruce Shenker            | M 55 | ?  | 2:15:53 | 67.53% |
| 33 <b>Ed Buckley</b>        | M 50 | MA | 2:18:39 | 66.19% |
| 34 <b>Juergen Reher</b>     | M 58 | NY | 2:20:06 | 65.50% |
| 35 <b>Dave Hall</b>         | M 45 | MA | 2:20:58 | 65.10% |
| 36 <b>Peter Lipka</b>       | M 57 | MA | 2:21:14 | 64.98% |
| 37 Cosmo Laviola            | M 26 | ?  | 2:21:56 | 64.65% |
| 38 Nikolas Rogers           | M 36 | NY | 2:22:12 | 64.53% |
| 39 Tom Holton               | M 30 | ?  | 2:23:53 | 63.78% |
| 40 George Gilder            | M 68 | MA | 2:24:09 | 63.66% |
| 41 Casey Tosti              | M 26 | MA | 2:24:11 | 63.65% |
| 42 <b>Will Danecki</b>      | M 58 | CT | 2:24:25 | 63.54% |
| 43 Tom Parent               | M 31 | ?  | 2:26:25 | 62.68% |
| 44 Arthur Johns             | M 51 | MA | 2:26:35 | 62.60% |
| 45 <b>Doug Cummings</b>     | M 46 | MA | 2:26:36 | 62.60% |
| 46 Ben Keefe                | M 27 | RI | 2:27:20 | 62.29% |
| 47 <u>Michelle Roy</u>      | F 38 | MA | 2:27:33 | 62.19% |
| 48 Sri Bodkhe               | M 42 | MA | 2:27:43 | 62.12% |
| 49 <u>Cindy Scannell</u>    | F 50 | CT | 2:27:56 | 62.03% |
| 50 <b>Ed Saharczewski</b>   | M 54 | MA | 2:28:39 | 61.73% |
| 51 <b>Vic Laport</b>        | M 67 | MA | 2:28:55 | 61.62% |
| 52 <b>Daniel Danecki</b>    | M 49 | MA | 2:30:04 | 61.15% |
| 53 <b>Bob Worsham</b>       | M 62 | CT | 2:30:22 | 61.03% |
| 54 <u>Samantha McCarthy</u> | F 21 | MA | 2:32:24 | 60.21% |
| 55 <u>Anna Sheridan</u>     | F 18 | MA | 2:33:24 | 59.82% |
| 56 Eugene Kim               | M 18 | NH | 2:35:39 | 58.96% |
| 57 <u>Jamie Mialkowski</u>  | F 30 | NH | 2:35:48 | 58.90% |
| 58 <b>John Aldrich</b>      | M 49 | MA | 2:36:04 | 58.80% |
| 59 <u>Denise Dion</u>       | F 50 | VT | 2:36:20 | 58.70% |
| 60 <b>Mike Lahey</b>        | M 57 | MA | 2:37:21 | 58.32% |
| 61 <u>Sherisa Sterling</u>  | F 55 | MA | 2:37:36 | 58.23% |
| 62 <u>Brenda Morris</u>     | F 41 | MA | 2:37:38 | 58.22% |
| 63 Harry Hayward            | M 56 | ?  | 2:37:50 | 58.14% |
| 64 <b>Rob Scott</b>         | M 54 | CT | 2:39:31 | 57.53% |
| 65 Joe Williams             | M 32 | ?  | 2:40:14 | 57.27% |
| 66 <u>Barbara Sorrell</u>   | F 51 | NY | 2:41:06 | 56.96% |
| 67 <b>David Raczkowski</b>  | M 57 | CT | 2:41:45 | 56.73% |
| 68 <b>Ed Alibozek</b>       | M 45 | CT | 2:45:00 | 55.62% |
| 69 <u>Leslie Weiss</u>      | F 26 | NY | 2:47:46 | 54.70% |
| 70 Samuel Baldwin           | M 31 | MA | 2:50:08 | 53.94% |
| 71 <u>Angie Koban</u>       | F 28 | MA | 2:50:08 | 53.94% |
| 72 Mike Duffy               | M 56 | ?  | 2:55:27 | 52.30% |
| 73 Barry Huber              | M 56 | CT | 2:56:02 | 52.13% |
| 74 <u>Samantha Martin</u>   | F 26 | MA | 2:56:04 | 52.12% |
| 75 <u>Laura Clark</u>       | F 61 | NY | 2:57:47 | 51.62% |
| 76 <u>Sue Snyder</u>        | F 53 | MA | 3:00:27 | 50.85% |
| 77 <u>Leeann Cerpovicz</u>  | F 45 | ?  | 3:01:10 | 50.65% |
| 78 Glenn Doulette           | M 40 | ?  | 3:01:53 | 50.45% |
| 79 <u>Karen McWhirt</u>     | F 47 | CT | 3:03:31 | 50.00% |
| 80 Lawrence Seward          | M 63 | NY | 3:05:00 | 49.60% |
| 81 <b>Dick Hoch</b>         | M 67 | CT | 3:11:15 | 47.98% |
| 82 Carl Cignoni             | M 57 | MA | 3:12:19 | 47.72% |
| 83 Bob Szokal               | M 62 | NC | 3:14:17 | 47.23% |

Continued next page:

Greylock results cont:

|    |                         |      |    |         |        |
|----|-------------------------|------|----|---------|--------|
| 84 | <u>Mary Lou White</u>   | F 52 | CT | 3:15:10 | 47.02% |
| 85 | <u>Keira Russell</u>    | F 27 | MA | 3:15:12 | 47.01% |
| 86 | <u>Mary Kate Rod</u>    | F 28 | ?  | 3:15:24 | 46.96% |
| 87 | <u>Jaimie Lahey</u>     | F 31 | ?  | 3:15:43 | 46.89% |
| 88 | <u>Greta Facchetti</u>  | F 31 | ?  | 3:15:43 | 46.89% |
| 89 | <b>Greg Taylor</b>      | M 61 | NY | 3:17:53 | 46.37% |
| 90 | <u>Stephanie Luke</u>   | F 32 | MA | 3:47:38 | 40.31% |
| 91 | Jeffrey Luke            | M 39 | MA | 3:49:00 | 40.07% |
| 92 | <b>Bill Glendon</b>     | M 62 | MA | 3:49:01 | 40.07% |
| 93 | <b>Konrad Karolczuk</b> | M 55 | CT | 3:49:01 | 40.07% |
| 94 | <u>Lee Ann Zarger</u>   | F 54 | CT | 4:14:17 | 36.09% |

**5 K Results:**

|    | <u>Name</u>              | <u>Age</u> | <u>ST.</u> | <u>Time</u> |
|----|--------------------------|------------|------------|-------------|
| 1  | William Feldman          | M 22       | MA         | 21:06       |
| 2  | Chris Trager             | M 40       | MA         | 21:32       |
| 3  | Steve Roberts            | M 43       | MA         | 22:12       |
| 4  | <b>Bob Dion</b>          | M 52       | VT         | 22:30       |
| 5  | Marc Rebillard           | M 52       | CT         | 22:35       |
| 6  | <b>Debbie Livingston</b> | F 33       | CT         | 22:38       |
| 7  | Eric Keegan              | M 35       | MA         | 24:12       |
| 8  | <b>Mike Pytko</b>        | M 52       | MA         | 24:13       |
| 9  | Jeremy Trager            | M 33       | ?          | 24:33       |
| 10 | Dennis Desnoyers         | M 38       | MA         | 25:09       |
| 11 | Joe Williams             | M 54       | MA         | 25:24       |
| 12 | Mike Schaefer            | M 24       | ?          | 25:39       |
| 13 | <u>Liz Schmitt</u>       | F 38       | ?          | 25:46       |
| 14 | <u>Grechen Nelson</u>    | F 43       | CT         | 27:42       |
| 15 | <b>Rick Alibozek</b>     | M 46       | MA         | 27:56       |
| 16 | <b>Jan Rancatti</b>      | M 47       | VT         | 28:12       |
| 17 | <b>Scott Bradley</b>     | M 53       | MA         | 28:17       |



*The Alibozek's and the Hartwig's celebrate Father's Day 2008 at the Greylock Trail Races.*

*Photo by Scott Livingston*

|    |                                  |       |    |       |
|----|----------------------------------|-------|----|-------|
| 18 | <u>Cynthia Gardner</u>           | F 56  | MA | 28:31 |
| 19 | <b>Bob Massaro</b>               | M 64  | MA | 28:38 |
| 20 | Robert Toth                      | M 58  | MA | 28:43 |
| 21 | Patrick Smelko                   | M 37  | MA | 29:06 |
| 22 | <b>Kim Brown</b>                 | F 36  | CT | 29:24 |
| 23 | Stephen Richardson               | M 48  | MA | 29:25 |
| 24 | <u>Ally Nelson</u>               | F 8   | CT | 30:22 |
| 25 | Chuck Roberts                    | M 51  | MA | 30:39 |
| 26 | <b>Claudine Preite</b>           | F 41  | MA | 30:53 |
| 27 | <u>Cloe McGrath</u>              | F 16  | MA | 31:08 |
| 28 | Patrick McGrath                  | M 42  | MA | 31:09 |
| 29 | Dale Desnoyers                   | M 44  | NY | 31:35 |
| 30 | Ken Fairman                      | M 64  | MA | 31:58 |
| 31 | <u>Nichole Wheeler</u>           | F 27  | MA | 32:51 |
| 32 | <u>Alyssa Nelson</u>             | F 31  | MA | 33:11 |
| 33 | <u>Amy Daidowicz</u>             | F 29  | MA | 33:11 |
| 34 | <u>Jackie Lemieux</u>            | F 41  | MA | 34:52 |
| 35 | <u>Jamie Delaney</u>             | F 32  | MA | 35:17 |
| 36 | <u>Rebecca Procopio</u>          | F 32  | MA | 35:17 |
| 37 | <b>Tristan Syrett</b>            | M 24  | MA | 36:12 |
| 38 | <b>Mark Syrett</b>               | M 59  | MA | 36:13 |
| 39 | <u>Karen Tendrup</u>             | F 43  | VT | 36:22 |
| 40 | <u>Gail Richardson</u>           | F 39  | MA | 36:40 |
| 41 | <u>Kristine Kozuch</u>           | F 50  | MA | 36:56 |
| 42 | <u>Theresa Winarski</u>          | F 59  | MA | 42:41 |
| 43 | Bill Milky                       | M 53  | MA | 45:28 |
| 44 | <b>Scott and Shep Livingston</b> | 35, 2 | CT | 45:30 |
| 45 | <b>Paul Hartwig</b>              | M 50  | MA | 45:30 |
| 46 | <b>James Hartwig</b>             | M 20  | MA | 45:30 |
| 47 | <b>Ed Alibozek, Jr.</b>          | M 67  | MA | 45:30 |
| 48 | <b>Ed Alibozek</b>               | M 45  | CT | 45:30 |

**Thank-U      Thank-U      Thank-U**

Superb organization, brite plentiful course markings, good abundant food & drink, friendly aid-stop people, and th mountain itself to challenge and test our athletic cores. A great success were th June 15<sup>th</sup> 08 Greylock Trail Races! Despite th rugged endless climes, th lower elevation heat and th zig – zag up-down-and around seemingly going – in – circles final few miles, I loved my run – slog – plod, including especially my unexpected surprisingly fast fly down th rocky rocky wide!! ☺

Not to be forgotten: th time spent b4 and after with friends – sum not seen in a week, sum in years, and new wuns it wood be nice to see again. To all who stepped forward to make this wonderful day possible and enjoyable for all us mountain trail lovers.

Thank - U Thank – U!

*Dick Hoch*

## Who Let the Mice Out?

by Bob Kopac

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In the past I have written articles about strange things that happen during runs and races. See the “Who Let the Cows Out?” article at the <http://www.rrca.org/resources/articles/spr01cows.htm> web site, for example. I thought about that article recently when, after the Miles of Hope Breast Cancer Foundation 5K in LaGrangeville, New York, some runners said they had not known where the mile markers were during the race.

That puzzled me, since each mile was marked on “in memory of” or “in honor of” signs. I know, because the first mile marker was in honor of my wife Lynne, a 5-year breast cancer survivor. To be fair, the mile markers were the same size as the other “in memory of” and “in honor of” signs on the course, so they easily could be overlooked. And, I suppose those runners might have mistaken the volunteers who were calling out split times at the mile markers as being performance artists answering the existential question posed by the rock group Chicago: “Does anybody really know what time it is?” What other explanation could there be?

After the Woodstock, NY Memorial Day Races, my spouse Lynne and I had lunch with friends Al and Laura Grigull, the former directors of the Rhinebeck, NY Mad Dash race, and Roy and Erika Abraham and Harry and Lisa Chafetz. Over lunch we talked about race and running (mis)adventures. Laura Grigull said that one time a runner at the Mad Dash gave a filled-out race flyer to the volunteers at the day-of-race registration table. Only problem was, it was a flyer for some other race, not the Mad Dash.

Roy Abraham told the following anecdote. “I did the Roosa Gap Roller Coaster Run several years ago, eleven and a half miles of pure hills and hell. I ran the race the year before, but I did not know the course intimately. I had heard a rumor that they had changed the course, but that was not true. I got to the end of a quarry area, and nobody was there [to direct traffic and runners!] I should have taken a right turn to go up the gap, but instead I took a left turn and went down this monstrous hill. There was a man running behind me, following me down this hill. Finally a pickup truck pulled alongside me and said, “You guys are going the wrong way!” At that point we were over a mile down this monstrous hill. So, we had to turn around and go up this hill and then go back onto the correct course and go up the steep hill. That turned the run into over a half marathon. The runner behind me followed me the entire time. I must have looked like I knew what I was doing. Obviously I did not have a clue.”

Harry Chafetz reminisced, “Once I ran the Hudson Mohawk Winter Marathon in Albany, New York in February. It was my second marathon, after the New York City Marathon. The wind chill factor reached minus 40 degrees Fahrenheit. As an inexperienced runner, I really did not know how to dress for the cold -- I had sweat pants on. The first half of the race was fine. But then all the moisture collected in my sweat pants, and my sweat pants started to freeze in the second half of the race.

I had to keep lifting the pants up because they were frozen and kept sliding down because of the weight of the ice. “Finally, about a mile or two from the finish, I decided to take my sweat pants off. I was so cold, I could not take them off by myself, so I stopped at a water stop. The guy there was freezing too, standing there giving out water. After a minute or two, he helped me take off my sweat pants. Fortunately I had running shorts on underneath! I finished the last mile in minus 40 degrees wind chill factor with bare legs. But I finished in less than four hours.”

I then recounted a running adventure of a Danish friend. In 2007 Lynne and I vacationed in northern Germany and Denmark with Al and Laura Grigull. While there, we traveled to Aabenraa, Denmark, by the German border, for the Aabenraa Marathon races. Any American running this race gets free lodging. Our hosts were Halfdan and Ane Neumann. While drinking wine together one evening, Halfdan recalled that he and his friend Holger Jacobsen, the race director of the Aabenraa Marathon races, once were running side-by-side in a marathon, when Holger reached behind to grab a water bottle in his fanny pack. The next thing they knew, the runner behind them was writhing on the ground. Holger had accidentally elbowed the runner in the stomach as Holger reached for the water bottle! Halfdan could not stop laughing the rest of the race. He said he now understood how Holger could finish ahead of so many runners.

Finally Al Grigull described his most embarrassing running moment, which topped all our stories. Once, while on an early morning run, he had heard the “call of nature”. Fortunately he found a nearby wooded area to relieve himself, and he used fallen leaves for toilet paper. He then continued his long run. Al said he had felt some tickling during the run. After Al returned home, he went into the shower and pulled off his tights. Out of the corner of his eye, he saw something crawling on the shower floor. It was a mouse! Al accidentally had swept it up with the leaves, and the mouse had traveled inside Al’s tights the rest of the long run. Al said the mouse moved very poorly, proving that running is a dangerous sport.

*Thanks to Bob Kopac from the Mid-Hudson Road Runners Club for sending along this article. For more articles by Bob visit “Kopac’s Corner” at ... [www.mhrrc.org](http://www.mhrrc.org)*

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## Welcome New Members

### From Massachusetts:

Griffin Lipman -- Barbara Kittler -- Jeffrey Guyer

### From Connecticut:

Andrew and Gretchen Carlson

**Thanks for supporting the WMAC!**

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**Merrimack River Trail Race**  
**16K .... Andover, MA. .... April 12, 2008**

WMAC members in bold:

| <u>Name</u>                                | <u>Age</u> | <u>ST.</u> | <u>Time</u> | <u>GT %</u> |
|--|------------|------------|-------------|-------------|
| 1 Kevin Tilton                             | M 26       | NH         | 0:57:46     | 100.00%     |
| 2 James Pawlicki                           | M 33       | MA         | 1:01:48     | 93.47%      |
| 3 Ben Nephew                               | M 32       | MA         | 1:02:31     | 92.40%      |
| 4 Dan Verrington                           | M 45       | MA         | 1:02:49     | 91.96%      |
| 5 Ben Strain                               | M 29       | MA         | 1:02:51     | 91.91%      |
| 6 Kevin Gorman                             | M 31       | MA         | 1:02:52     | 91.89%      |
| 7 Tim VanOrden                             | M 39       | VT         | 1:03:12     | 91.40%      |
| 8 <b>Dave Dunham</b>                       | M 44       | MA         | 1:03:52     | 90.45%      |
| 9 Joe Shairs                               | M 39       | MA         | 1:04:32     | 89.51%      |
| 10 Dave Quintal                            | M 44       | NH         | 1:04:40     | 89.33%      |
| 11 Tim Mahoney                             | M 28       | MA         | 1:05:26     | 88.28%      |
| 12 Paul Young                              | M 42       | MA         | 1:05:30     | 88.19%      |
| 13 Robert Smith                            | M 41       | MA         | 1:05:58     | 87.57%      |
| 14 John Blouin                             | M 37       | MA         | 1:06:02     | 87.48%      |
| 15 Mark Kimball                            | M 48       | NH         | 1:07:00     | 86.22%      |
| 16 <b>Stephen Peterson</b>                 | M 42       | MA         | 1:07:13     | 85.94%      |
| 17 Matthew Curran                          | M 50       | MA         | 1:07:15     | 85.90%      |
| 18 Patrick Dwyer                           | M 36       | MA         | 1:07:34     | 85.50%      |
| 19 Lars Bjune                              | M 30       | MA         | 1:07:44     | 85.29%      |
| 20 John Kinnee                             | M 29       | MA         | 1:08:43     | 84.06%      |
| 21 Mark Wimmer                             | M 37       | NH         | 1:09:43     | 82.86%      |
| 22 Tom Page                                | M 40       | ME         | 1:09:56     | 82.60%      |
| 23 Brodie Miles                            | M 34       | MA         | 1:11:07     | 81.23%      |
| 24 <b>Todd Brown</b>                       | M 44       | CT         | 1:12:44     | 79.42%      |
| 25 Chris Estrella                          | M 17       | MA         | 1:13:10     | 78.95%      |
| 26 Michael Fraysse                         | M 36       | NH         | 1:13:32     | 78.56%      |
| 27 Scott Spence                            | M 43       | MA         | 1:13:40     | 78.42%      |
| 28 Steve Wolfe                             | M 43       | NH         | 1:13:49     | 78.26%      |
| 29 Allen Hall                              | M 43       | MA         | 1:15:07     | 76.90%      |
| 30 Eddie Habeck III                        | M 30       | NY         | 1:15:55     | 76.09%      |
| 31 Dominic Naples                          | M 41       | MA         | 1:16:19     | 75.69%      |
| 32 Kevin Littman                           | M 36       | MA         | 1:16:48     | 75.22%      |
| 33 Ben Winther                             | M 36       | NH         | 1:17:21     | 74.68%      |
| 34 Dave Hannon                             | M 37       | MA         | 1:17:22     | 74.67%      |
| 35 Patrick McVeigh                         | M 52       | MA         | 1:17:52     | 74.19%      |
| 36 Mark Behan                              | M 45       | NH         | 1:18:06     | 73.97%      |
| 37 <u>Sarah Thompson</u> 1 <sup>st</sup> F | F 28       | MA         | 1:18:11     | 73.89%      |
| 38 Arryn Brezinski                         | M 36       | MA         | 1:18:15     | 73.82%      |
| 39 Jim Stevenson                           | M 37       | ME         | 1:18:55     | 73.20%      |
| 40 Gabriel Flanders                        | M 32       | ME         | 1:19:01     | 73.11%      |
| 41 Mark Fontaine                           | M 50       | MA         | 1:19:13     | 72.92%      |
| 42 Gordon Piotte                           | M 47       | MA         | 1:19:16     | 72.88%      |
| 43 Patrick Flaherty                        | M 33       | MA         | 1:19:20     | 72.82%      |
| 44 Carl Murphy                             | M 42       | MA         | 1:19:33     | 72.62%      |
| 45 Stephen Whittey                         | M 51       | MA         | 1:19:45     | 72.43%      |
| 46 Tim Dowling                             | M 26       | NY         | 1:19:48     | 72.39%      |
| 47 Paul Cacolice                           | M 43       | CT         | 1:19:52     | 72.33%      |
| 48 Michael Dietze                          | M 31       | MA         | 1:19:53     | 72.31%      |
| 49 Bob Gillis                              | M 53       | MA         | 1:19:54     | 72.30%      |
| 50 Carlos Borges                           | M 43       | MA         | 1:20:24     | 71.85%      |
| 51 Elijah Bucher                           | M 11       | MA         | 1:20:25     | 71.83%      |
| 52 <b>Thomas Parker</b>                    | M 41       | NH         | 1:20:26     | 71.82%      |
| 53 John Werner                             | M 38       | MA         | 1:20:29     | 71.77%      |

|                                |      |    |         |        |
|--------------------------------|------|----|---------|--------|
| 54 Chris Wanrousek             | M 28 | MA | 1:20:30 | 71.76% |
| 55 Charles Petraske            | M 30 | NY | 1:20:36 | 71.67% |
| 56 Dave Geary                  | M 43 | MA | 1:20:44 | 71.55% |
| 57 <u>Jenn Brooks</u>          | F 28 | MA | 1:20:56 | 71.38% |
| 58 Rick Ciolino                | M 43 | MA | 1:20:57 | 71.36% |
| 59 <u>Renee Bousquet</u>       | F 32 | MA | 1:21:05 | 71.24% |
| 60 James Narron                | M 42 | NJ | 1:22:12 | 70.28% |
| 61 Jim Dangora Jr.             | M 45 | MA | 1:22:23 | 70.12% |
| 62 Jay Curry                   | M 36 | MA | 1:22:24 | 70.11% |
| 63 Dan Cooper                  | M 35 | MA | 1:22:26 | 70.08% |
| 64 Ken Goodin                  | M 53 | MA | 1:22:42 | 69.85% |
| 65 Eric Smith                  | M 48 | VT | 1:22:55 | 69.67% |
| 66 Richard Georato             | M 40 | NH | 1:23:26 | 69.24% |
| 67 James Bono                  | M 40 | MA | 1:23:54 | 68.85% |
| 68 Charles Hanson              | M 46 | MA | 1:24:52 | 68.07% |
| 69 Mark Morris                 | M 27 | MA | 1:25:43 | 67.39% |
| 70 <u>Dawn Heinrich</u>        | F 46 | NH | 1:25:50 | 67.30% |
| 71 <u>Adrienne Cryulik</u>     | F 34 | MA | 1:25:54 | 67.25% |
| 72 Tom Mignosa                 | M 44 | MA | 1:25:55 | 67.24% |
| 73 Richard Moon                | M 44 | MA | 1:26:27 | 66.82% |
| 74 <u>Meghan Lytton</u>        | F 40 | MA | 1:27:07 | 66.31% |
| 75 <b>Bill Morse</b>           | M 56 | MA | 1:27:14 | 66.22% |
| 76 Philip Dunn                 | M 60 | MA | 1:27:27 | 66.06% |
| 77 C Robert Suarez             | M 39 | MA | 1:27:55 | 65.71% |
| 78 Rich Blake                  | M 39 | MA | 1:28:02 | 65.62% |
| 79 <u>Kris Gleason</u>         | F 45 | MA | 1:28:12 | 65.50% |
| 80 David Appleyard             | M 30 | MA | 1:28:19 | 65.41% |
| 81 <u>Kathy Hayward</u>        | F 49 | MA | 1:28:28 | 65.30% |
| 82 Bob Gannon                  | M 39 | NH | 1:28:53 | 64.99% |
| 83 Dave McCrimmon              | M 39 | MA | 1:29:20 | 64.66% |
| 84 Steven Powers               | M 43 | NH | 1:29:23 | 64.63% |
| 85 <u>Christine Lovely</u>     | F 39 | MA | 1:29:30 | 64.54% |
| 86 <u>Beth Yanko</u>           | F 28 | MA | 1:29:32 | 64.52% |
| 87 <u>Danielle Triffitt</u>    | F 33 | ME | 1:30:27 | 63.87% |
| 88 Michael Agbay               | M 35 | MA | 1:31:22 | 63.23% |
| 89 Brian Gallagher             | M 58 | MA | 1:31:25 | 63.19% |
| 90 Frank Nealy                 | M 38 | MA | 1:31:34 | 63.09% |
| 91 Erick DeNeergaard           | M 40 | NH | 1:33:00 | 62.11% |
| 92 Paul Copeland               | M 44 | MA | 1:33:12 | 61.98% |
| 93 <u>Fredrica Introne</u>     | F 32 | MA | 1:33:25 | 61.84% |
| 94 <u>Lisa Doucett</u>         | F 52 | MA | 1:33:36 | 61.72% |
| 95 Gregory Stratis             | M 42 | MA | 1:33:56 | 61.50% |
| 96 Roger Wakeman               | M 40 | NH | 1:34:15 | 61.29% |
| 97 <b>Mark Kulacz</b>          | M 34 | MA | 1:34:16 | 61.28% |
| 98 <u>Patricia Clark</u>       | F 48 | MA | 1:34:38 | 61.04% |
| 99 Tom Lynch                   | M 46 | MA | 1:34:43 | 60.99% |
| 100 David Sullivan             | M 33 | MA | 1:35:43 | 60.35% |
| 101 Jack McAvoy                | M 51 | MA | 1:36:45 | 59.71% |
| 102 <u>Karyn Miller-Medzon</u> | F 44 | MA | 1:36:05 | 60.12% |
| 103 Eric Guenard               | M 31 | MA | 1:36:16 | 60.01% |
| 104 <b>Michelle Roy</b>        | F 38 | MA | 1:36:26 | 59.90% |
| 105 Tom Speidel                | M 47 | MA | 1:36:33 | 59.83% |
| 106 <u>Laura Wieland</u>       | F 17 | MA | 1:38:36 | 58.59% |
| 107 <u>Kate Backus</u>         | F 29 | CT | 1:38:37 | 58.58% |
| 108 William Harned             | M 58 | NH | 1:38:51 | 58.44% |
| 109 <u>Jen Marts</u>           | F 34 | NH | 1:39:03 | 58.32% |
| 110 Sean McDermott             | M 38 | MA | 1:39:23 | 58.13% |
| 111 Sean Derrah                | M 39 | MA | 1:39:23 | 58.13% |

*Continued next page:*

Merrimack results cont:

|     |                                |      |    |         |        |
|-----|--------------------------------|------|----|---------|--------|
| 112 | Jeff Hattem                    | M 57 | MA | 1:39:36 | 58.00% |
| 113 | Christopher Stoer              | M 31 | MA | 1:39:56 | 57.81% |
| 114 | Kevin Yetman                   | M 38 | MA | 1:40:05 | 57.72% |
| 115 | <u>Sandi O'Connell</u>         | F 38 | NH | 1:40:30 | 57.48% |
| 116 | <u>Linda Usher</u>             | F 59 | MA | 1:40:34 | 57.44% |
| 117 | <u>Elizabeth Tardugno</u>      | F 28 | NH | 1:40:56 | 57.23% |
| 118 | Peter Watson                   | M 68 | MA | 1:41:00 | 57.19% |
| 119 | <u>Robyn Metcalfe</u>          | F 59 | MA | 1:41:02 | 57.18% |
| 120 | Josh Robert                    | M 27 | NH | 1:41:13 | 57.07% |
| 121 | <u>Kathyn Fetteroll</u>        | F 16 | MA | 1:41:34 | 56.88% |
| 122 | Franz Buzawa                   | M 45 | MA | 1:41:36 | 56.86% |
| 123 | <u>Adena Schutzberg</u>        | F 44 | MA | 1:41:38 | 56.84% |
| 124 | <u>Vivian Wehner</u>           | F 16 | MA | 1:41:42 | 56.80% |
| 125 | Carol Comeau                   | F 52 | NH | 1:41:48 | 56.75% |
| 126 | <u>Maureen Graves-Anderson</u> | F 45 | ME | 1:41:59 | 56.64% |
| 127 | Eric Finney                    | M 37 | MA | 1:42:12 | 56.52% |
| 128 | <u>Leeann Cerpovicz</u>        | F 45 | MA | 1:42:13 | 56.51% |
| 129 | Barry Scanlon                  | M 42 | MA | 1:42:51 | 56.17% |
| 130 | Joseph Carpenter               | M 28 | CT | 1:42:57 | 56.11% |
| 131 | Mike Fitzgerald                | M 47 | MA | 1:44:06 | 55.49% |
| 132 | Kevin Lamarre Jr.              | M 30 | NH | 1:44:09 | 55.46% |
| 133 | <u>Linda Bates</u>             | F 45 | MA | 1:44:29 | 55.29% |
| 134 | <u>Deloras Hoskins</u>         | F 39 | MA | 1:44:52 | 55.09% |
| 135 | Randy Leach                    | M 37 | MA | 1:45:01 | 55.01% |
| 136 | Paul Jevelle                   | M 32 | MA | 1:45:18 | 54.86% |
| 137 | Patrick Cook                   | M 43 | MA | 1:45:27 | 54.78% |
| 138 | Bob Joubert                    | M 46 | MA | 1:45:30 | 54.76% |
| 139 | <u>Colleen Trahan</u>          | F 27 | MA | 1:46:02 | 54.48% |
| 140 | Richard Zytka                  | M 53 | MA | 1:46:46 | 54.11% |
| 141 | Tom Lima                       | M 53 | MA | 1:47:24 | 53.79% |
| 142 | Dennis Larocque                | M 50 | MA | 1:47:47 | 53.60% |
| 143 | <u>Denise Dion</u>             | F 49 | VT | 1:47:58 | 53.50% |
| 144 | <b>Bob Dion</b>                | M 52 | VT | 1:47:59 | 53.50% |
| 145 | <u>Kathie Dionisio</u>         | F 27 | MA | 1:48:15 | 53.36% |
| 146 | <u>Margaret O'Toole</u>        | F 39 | MA | 1:48:16 | 53.36% |
| 147 | <u>Lisa Davy</u>               | F 43 | NH | 1:48:55 | 53.04% |
| 148 | John Parker                    | M 68 | MA | 1:49:57 | 52.54% |
| 149 | <u>Cynthia Brown</u>           | F 47 | MA | 1:50:08 | 52.45% |
| 150 | Rich Leboeuf                   | M 55 | MA | 1:50:09 | 52.44% |
| 151 | <u>Heather Fish</u>            | F 29 | MA | 1:50:10 | 52.44% |
| 152 | Daniel Holmes                  | M 54 | MA | 1:50:45 | 52.16% |
| 153 | <u>Theresa McCumiskey</u>      | F 44 | RI | 1:52:27 | 51.37% |
| 154 | Tim Creamer                    | M 50 | MA | 1:53:01 | 51.11% |
| 155 | Bob Carter                     | M 46 | MA | 1:53:16 | 51.00% |
| 156 | <u>Lyndsay Wallace</u>         | F 25 | MA | 1:53:24 | 50.94% |
| 157 | <u>Rachel Lakin</u>            | F 43 | NH | 1:53:35 | 50.86% |
| 158 | Stu Greeley                    | M 54 | MA | 1:53:56 | 50.70% |
| 159 | <u>Ann Marie Merrill</u>       | F 32 | CT | 1:54:16 | 50.55% |
| 160 | Chris Merrill                  | M 35 | CT | 1:54:17 | 50.55% |
| 161 | John Loring                    | M 60 | MA | 1:54:21 | 50.52% |
| 162 | John Goldrosen                 | M 57 | MA | 1:54:44 | 50.35% |
| 163 | <u>Diane Levesque</u>          | F 54 | NH | 1:55:04 | 50.20% |
| 164 | <u>Theresa Brockelman</u>      | F 39 | MA | 1:55:07 | 50.18% |
| 165 | <u>Martha McQuaide</u>         | F 38 | MA | 1:55:07 | 50.18% |
| 166 | Larry Godbout                  | M 56 | MA | 1:55:17 | 50.11% |
| 167 | Allen Hoffman                  | M 66 | MA | 1:55:25 | 50.05% |
| 168 | Chris Harrison                 | M 54 | MA | 1:55:59 | 49.81% |
| 169 | <u>Kathleen Cartier</u>        | F 51 | NH | 1:57:27 | 49.18% |
| 170 | <u>Joe Frees</u>               | M 63 | MA | 1:58:25 | 48.78% |

|     |                       |      |    |         |        |
|-----|-----------------------|------|----|---------|--------|
| 171 | Neil Mack             | M 33 | CT | 1:58:37 | 48.70% |
| 172 | <u>Penny Matel</u>    | F 48 | NH | 1:59:44 | 48.25% |
| 173 | Mark Weidman          | M 51 | NH | 1:59:44 | 48.25% |
| 174 | Scott Nordgengren     | M 48 | MA | 2:00:09 | 48.08% |
| 175 | <b>Richard Busa</b>   | M 78 | MA | 2:01:18 | 47.62% |
| 176 | <u>Maxine Jones</u>   | F 29 | MA | 2:08:17 | 45.03% |
| 177 | <u>Tracy Feger</u>    | F 25 | MA | 2:09:19 | 44.67% |
| 178 | Jeremy Green          | M 29 | MA | 2:09:20 | 44.66% |
| 179 | Paul McDermott        | M 72 | MA | 2:12:30 | 43.60% |
| 180 | <u>Deb Fontaine</u>   | F 49 | MA | 2:12:31 | 43.59% |
| 181 | <u>Deborah Knight</u> | F 50 | MA | 2:15:25 | 42.66% |
| 182 | <u>Gail Reilly</u>    | F 58 | MA | 2:18:25 | 41.73% |
| 183 | Phillip Yap-Diangco   | M 27 | NJ | 2:25:09 | 39.80% |

183 Official Finishers

**Dan Then, Me Now.**

5 yrs ago Dan B., 70, an ultrarunner with plenty of heart, came fm California to Virginia for a 50K Horton mountain trailrace. I'll always remember seeing him afterwards sitting in a heap, totally xhausted and disappointed. Th unmitigating, xtraordinary forces of ultrarunning had done him in too soon. He had failed to finish in th allotted time. ( Giving it everything he had, I say he had not failed his race that day, but that's another story. )

I wish that I had approached & spoken with him. Instead I tried not to stare. For back then I was still pretty strong, not too far back in th pack, with no end to my ultrarunning adventures & desires in site or mind.

Alone on th Pineland Farms loop deep in th woods near sundown on May 25<sup>th</sup> during the 50-miler, I saw to th side my good friend Eric ( RD ) sitting on his 3-wheeled trail - buggy. I'd been struggling & suffering big - time for hours, had pushed valiantly within 4 miles of my goal. Graciously he gave me no order, only comments like: we're shutting down, th last aid station is no more, it's been a very long day - - 50 - mile started at 6:00 am. "You'd like me to come with u"? I knew. He nodded, I climed aboard, race over.

Since th distance running duzn't last forever, even tho in our prime, it's ez to think it will, when we slow toward "can I make th cut-offs?? " time in our lives, we make th choice.

- 1) Quit ... retire ... or step down in distance.
- 2) Be stubborn. Get out there and give it all ya got; try.

But when that's just not enuf, obey th race officials while smiling, knowing your effort was unsurpassed by any other ( younger ) runner.

I hope Dan came to feel that way in th Spring of '03.

I did in th spring of '08.

*Dick Hoch*

**Seven Sisters Trail Race**  
**12 Miles .... Amherst, MA. .... May 4, 2008**  
Benefit for the Friends of the Mt. Holyoke Range

WMAC members ( in bold ) and other familiar names:

| <u>Name</u>                                | <u>Age</u> | <u>ST.</u> | <u>Time</u> | <u>GT %</u> |
|--|------------|------------|-------------|-------------|
| 1 Josh Ferenc                              | M 26       | NH         | 1:47:14     | 100.00%     |
| 2 Leigh Schmitt                            | M 35       | MA         | 1:50:06     | 97.40%      |
| 3 Ben Nephew                               | M 32       | MA         | 1:50:29     | 97.06%      |
| 4 Greg Hammett                             | M 30       | NH         | 1:53:33     | 94.44%      |
| 5 Brian Rusiecki                           | M 29       | MA         | 1:54:34     | 93.60%      |
| 6 Todd Callaghan                           | M 38       | MA         | 1:55:42     | 92.68%      |
| 7 Andrew Dirt-Baird                        | M 35       | ME         | 1:56:14     | 92.26%      |
| 8 Justin Freeman                           | M 31       | NH         | 1:59:08     | 90.01%      |
| 9 Keith Schmitt                            | M 39       | NH         | 2:01:42     | 88.11%      |
| 10 Paul Young                              | M 42       | MA         | 2:02:10     | 87.78%      |
| 11 Sonny Gamble                            | M 20       | MA         | 2:02:16     | 87.70%      |
| 12 Matt Bedoukian                          | M 28       | RI         | 2:04:36     | 86.06%      |
| 13 Tim Mahoney                             | M 28       | MA         | 2:05:48     | 85.24%      |
| 14 <b>Peter Keeney</b>                     | M 42       | ME         | 2:08:26     | 83.49%      |
| 15 <b>Chris Baynes</b>                     | M 37       | MA         | 2:08:51     | 83.22%      |
| 16 Brett Stoeffler                         | M 41       | CT         | 2:11:48     | 81.36%      |
| 17 William Heaton                          | M 23       | RI         | 2:13:30     | 80.32%      |
| 18 Rich Fargo                              | M 49       | CT         | 2:14:22     | 79.81%      |
| 19 Garry Harrington                        | M 48       | NH         | 2:14:26     | 79.77%      |
| 20 Troy French                             | M 19       | NH         | 2:18:00     | 77.71%      |
| 21 <u>Beth Krasemann</u> 1 <sup>st</sup> F | F 34       | CT         | 2:18:29     | 77.43%      |
| 22 Seth Miles                              | M 32       | MA         | 2:18:52     | 77.22%      |
| 23 <u>Ruthie Ireland</u>                   | F 40       | MA         | 2:19:45     | 76.73%      |
| 24 <u>Abby Woods</u>                       | F 30       | MA         | 2:20:37     | 76.26%      |
| 25 Paul Bazanchuk                          | M 53       | MA         | 2:20:39     | 76.24%      |
| 26 Justin Ludwig                           | M 21       | NJ         | 2:21:00     | 76.05%      |
| 27 Bob Donahue                             | M 50       | MA         | 2:21:53     | 75.58%      |
| 28 James Nelson                            | M 43       | CT         | 2:21:54     | 75.57%      |
| 29 Joel Fedorowicz                         | M 27       | NH         | 2:22:10     | 75.43%      |
| 30 <b>Bob Sharkey</b>                      | M 56       | RI         | 2:22:27     | 75.28%      |
| 31 <b>Deborah Livingston</b>               | F 33       | CT         | 2:22:43     | 75.14%      |
| 48 <b>Scott Livingston</b>                 | M 35       | CT         | 2:30:52     | 71.08%      |
| 49 <b>Mike Belcourt</b>                    | M 46       | CT         | 2:31:13     | 70.91%      |
| 50 Edward Jeffries                         | M 44       | MA         | 2:31:14     | 70.91%      |
| 51 <u>Serena Wilcox</u>                    | F 29       | UT         | 2:31:34     | 70.75%      |
| 52 Frank Giglio                            | M 29       | CT         | 2:31:35     | 70.74%      |
| 53 Kyle Moriarty                           | M 19       | RI         | 2:31:58     | 70.56%      |
| 54 <u>Dawn Heinrich</u>                    | F 46       | NH         | 2:32:08     | 70.49%      |
| 55 Daniel Grip                             | M 28       | MA         | 2:32:17     | 70.42%      |
| 56 Mark Dearing                            | M 55       | MA         | 2:32:21     | 70.39%      |
| 57 Dan Moriarty                            | M 21       | RI         | 2:32:26     | 70.35%      |
| 58 Wil Berglund                            | M 36       | MA         | 2:32:37     | 70.26%      |
| 59 Scott Slater                            | M 30       | CT         | 2:33:24     | 69.90%      |
| 66 Curt Pandiscio                          | M 47       | NH         | 2:36:21     | 68.59%      |
| 67 Greg Monette                            | M 40       | MA         | 2:36:42     | 68.43%      |
| 68 <b>Steve Jensen</b>                     | M 47       | CT         | 2:37:15     | 68.19%      |
| 69 Peter Hult                              | M 27       | MA         | 2:37:37     | 68.03%      |
| 80 Matt Dawson                             | M 34       | CT         | 2:42:48     | 65.87%      |
| 81 Thierry Carriere                        | M 35       | MA         | 2:43:01     | 65.78%      |
| 82 <b>Norm Richardson</b>                  | M 45       | MA         | 2:43:03     | 65.77%      |
| 83 <u>Elizabeth Paddock</u>                | F 27       | NY         | 2:43:32     | 65.57%      |
| 84 Ian Wright                              | M 21       | NY         | 2:43:33     | 65.57%      |

|                          |      |    |         |        |
|--------------------------|------|----|---------|--------|
| 85 Carl Murphy           | M 42 | NH | 2:43:48 | 65.47% |
| 86 <u>Karen Willcox</u>  | F 35 | MA | 2:44:57 | 65.01% |
| 87 <b>Wayne Stocker</b>  | M 53 | MA | 2:45:46 | 64.69% |
| 88 Eric Wyzga            | M 32 | RI | 2:46:06 | 64.56% |
| 89 Derek Hammel          | M 36 | VT | 2:48:11 | 63.76% |
| 90 Tim Kranz             | M 20 | MA | 2:48:59 | 63.46% |
| 91 Robert Wilson         | M 40 | MA | 2:49:06 | 63.41% |
| 92 Steve Tompkins        | M 47 | CT | 2:49:26 | 63.29% |
| 93 Matthew Smith         | M 21 | MA | 2:49:29 | 63.27% |
| 94 Randall Dutton        | M 37 | CT | 2:49:29 | 63.27% |
| 95 Nathan Sullivan       | M 28 | MA | 2:49:33 | 63.25% |
| 96 Drew Palcsik          | M 39 | VT | 2:49:43 | 63.18% |
| 97 <b>Thomas Parker</b>  | M 41 | NH | 2:49:44 | 63.18% |
| 98 Peter Farrell         | M 21 | MA | 2:49:45 | 63.17% |
| 99 Jeffery Waldron       | M 22 | NH | 2:49:47 | 63.16% |
| 100 Mike Dawson          | M 33 | ME | 2:50:14 | 62.99% |
| 101 Bruce Shenker        | M 55 | NY | 2:50:43 | 62.81% |
| 102 Keith McFarland      | M 36 | MA | 2:51:28 | 62.54% |
| 103 Lance Flott          | M 50 | CT | 2:51:44 | 62.44% |
| 104 <u>Annie Ericson</u> | F 28 | MA | 2:52:34 | 62.14% |
| 105 Peter Thomsen        | M 51 | MA | 2:54:15 | 61.54% |
| 106 <u>Kendra Emery</u>  | F 29 | ME | 2:54:21 | 61.50% |
| 107 Richard Moon         | M 44 | MA | 2:54:25 | 61.48% |
| 108 Cliff Collins        | M 48 | CT | 2:54:31 | 61.45% |
| 109 Peter Westover       | M 63 | MA | 2:54:36 | 61.42% |
| 110 <b>Michelle Roy</b>  | F 38 | MA | 2:55:32 | 61.09% |
| 111 Michael DeBonis      | M 27 | MA | 2:56:06 | 60.89% |
| 112 Michael Gilbert      | M 45 | CT | 2:56:10 | 60.87% |
| 113 Dan Hall             | M 51 | CT | 2:56:10 | 60.87% |
| 114 Paul Cacolice        | M 43 | CT | 2:56:31 | 60.75% |
| 115 Gabe Kontrovitz      | M 31 | MA | 2:56:51 | 60.64% |
| 116 Anthony Park         | M 42 | MA | 2:58:08 | 60.20% |
| 117 <u>Donna Utakis</u>  | F 40 | MA | 2:58:21 | 60.13% |
| 118 Karl Sauerbrey       | M 44 | RI | 2:58:56 | 59.93% |
| 119 Marty Sullivan       | M 47 | MA | 2:59:07 | 59.87% |
| 120 <u>Abby Kingman</u>  | F 46 | MA | 2:59:14 | 59.83% |
| 121 <u>Meghan Lytton</u> | F 40 | MA | 2:59:52 | 59.62% |
| 122 Davis Clayson        | M 45 | MA | 2:59:54 | 59.61% |
| 123 Kevin McCaffrey      | M 51 | MA | 3:01:07 | 59.21% |
| 124 Jeff Reed            | M 53 | MA | 3:01:31 | 59.08% |
| 125 <b>Doug Cummings</b> | M 46 | MA | 3:01:40 | 59.03% |
| 126 <b>Bruce Leshine</b> | M 47 | MA | 3:01:44 | 59.01% |
| 127 Ron Starrett         | M 38 | VT | 3:01:55 | 58.95% |
| 128 <u>Kate Lyden</u>    | F 28 | MA | 3:02:56 | 58.62% |
| 129 Jim Dunn             | M 40 | ME | 3:03:00 | 58.60% |
| 130 Mike Lyden           | M 24 | MA | 3:03:01 | 58.59% |
| 131 Jacob Pretorius      | M 38 | MA | 3:03:19 | 58.50% |
| 132 J. D. Beaulieu       | M 21 | MA | 3:03:30 | 58.44% |
| 133 <b>Grace Jensen</b>  | F 45 | CT | 3:03:54 | 58.31% |
| 134 Christien Guertin    | M 30 | MA | 3:04:32 | 58.11% |
| 135 Kris Murphy          | M 32 | MA | 3:06:26 | 57.52% |
| 136 <u>Kate Naples</u>   | F 40 | MA | 3:07:48 | 57.10% |
| 137 Bruce Cote           | M 27 | CT | 3:08:39 | 56.84% |
| 138 Donald Rickson       | M 45 | MA | 3:09:33 | 56.57% |
| 139 Jeff Reynolds        | M 40 | MA | 3:09:35 | 56.56% |
| 140 Glenn Hammett        | M 30 | NH | 3:09:50 | 56.49% |
| 146 <u>Linda Fijol</u>   | F 34 | MA | 3:12:23 | 55.74% |
| 147 Gregory Murphy       | M 32 | MA | 3:12:40 | 55.66% |
| 148 Scott McFarland      | M 34 | NY | 3:12:42 | 55.65% |

*Continued next page:*

### 7 Sisters results cont:

|     |                          |      |    |         |        |
|-----|--------------------------|------|----|---------|--------|
| 149 | Randy Zucco              | M 37 | MA | 3:13:21 | 55.46% |
| 150 | <b>Robert Scott</b>      | M 53 | CT | 3:13:25 | 55.44% |
| 151 | Kevin Eddings            | M 52 | MA | 3:13:53 | 55.31% |
| 152 | <u>Patty Duffy</u>       | F 39 | MA | 3:14:28 | 55.14% |
| 153 | <b>Dan Danecki</b>       | M 49 | MA | 3:15:14 | 54.93% |
| 154 | Brian Hennessey          | M 48 | CT | 3:15:51 | 54.75% |
| 155 | Nathan Messersmith       | M 46 | CT | 3:16:11 | 54.66% |
| 159 | <u>Tina Severson</u>     | F 40 | CT | 3:16:49 | 54.48% |
| 160 | Matthew Tuths            | M 21 | MA | 3:16:51 | 54.47% |
| 164 | David Sutherland         | M 46 | CT | 3:19:30 | 53.75% |
| 165 | <u>Cynthia Brown</u>     | F 47 | MA | 3:19:33 | 53.74% |
| 166 | Richard Wilkins          | M 55 | RI | 3:19:36 | 53.72% |
| 167 | <b>Elaine Romano</b>     | F 50 | CT | 3:20:27 | 53.50% |
| 168 | John Helenek             | M 47 | CT | 3:23:03 | 52.81% |
| 169 | <u>Rachel Dymon</u>      | F 36 | MA | 3:23:07 | 52.79% |
| 170 | Tom Sebastyn             | M 42 | MA | 3:23:21 | 52.73% |
| 171 | <b>Bob Worsham</b>       | M 62 | CT | 3:23:53 | 52.60% |
| 178 | <b>Dom Romano</b>        | M 50 | CT | 3:30:21 | 50.98% |
| 179 | <u>Lauren Goulding</u>   | F 20 | CO | 3:30:34 | 50.93% |
| 180 | Christopher Stoer        | M 31 | MA | 3:31:31 | 50.70% |
| 181 | <b>Alan Cabot</b>        | M 53 | MA | 3:31:35 | 50.68% |
| 184 | <u>Paula Finestone</u>   | F 39 | MA | 3:33:13 | 50.29% |
| 185 | Andrew Mulvey            | M 18 | NH | 3:33:14 | 50.29% |
| 188 | Randy Witlicki           | M 51 | VT | 3:37:20 | 49.34% |
| 190 | <u>Cheryl Mulvey</u>     | F 47 | MA | 3:39:43 | 48.81% |
| 191 | <u>Kathleen Wanat</u>    | F 33 | MA | 3:39:45 | 48.80% |
| 192 | Michael Dunkerley        | M 34 | MA | 3:46:26 | 47.36% |
| 196 | Richard LeBoeuf          | M 55 | MA | 3:46:55 | 47.26% |
| 197 | Tom Hogan                | M 40 | MA | 3:49:11 | 46.79% |
| 198 | <u>Samantha McCarthy</u> | F 21 | MA | 3:50:30 | 46.52% |
| 199 | Eugene Metto             | M 47 | MA | 3:50:32 | 46.52% |
| 200 | <u>Sandy Beauvais</u>    | F 47 | CT | 3:52:05 | 46.20% |
| 201 | Charles Thayer           | M 63 | NJ | 3:52:06 | 46.20% |
| 202 | Tim Creamer              | M 50 | MA | 3:52:10 | 46.19% |
| 203 | Robert Carew             | M 42 | MA | 3:52:33 | 46.11% |
| 204 | <u>Daphne Lamothe</u>    | F 39 | MA | 3:53:39 | 45.89% |
| 205 | Mark Droy                | M 52 | MA | 3:54:21 | 45.76% |
| 206 | Michael Fitzgerald       | M 41 | MA | 3:57:29 | 45.15% |
| 207 | <b>Karen McWhirt</b>     | F 47 | CT | 3:58:14 | 45.01% |
| 221 | Oscar Plotkin            | M 55 | NY | 4:13:02 | 42.38% |
| 234 | <b>Laura Clark</b>       | F 61 | NY | 4:31:09 | 39.55% |
| 240 | <u>Tara Peterson</u>     | F 31 | MA | 4:53:05 | 36.59% |
| 241 | Jeff Doak                | M 34 | MA | 4:58:31 | 35.92% |

241 Official Finishers ... Complete results on the "Grand Tree" page at .... [www.runwmac.com](http://www.runwmac.com)

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## 2008 Trail Season: An Eulogy and a New Beginning

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Annie is my new best friend, accompanying me to all my trail races. This year, she got a PR at 7 Sisters; I did not. In fact, I came pretty close to a personal worst. Not that I'm jealous or anything. Annie's debut appearance was at the beginner-friendly Dodge the Deer with the Sisters being her

second venture. Quite ambitious, but oddly enough that's almost a mirror image of my own introduction to the trail circuit, with Monroe being the honeymoon and the Sisters, my wake-up call.

As you may have cleverly deduced, Annie would have gotten a PR no matter how she fared. But the fact is she fared pretty darned good, beating out my retired best friend, Professor Plum, by a mind-boggling twenty minutes. We left Sunday morning at o'dark thirty hours, allowing extra time for downpours, fog and frequent pit stops to take full advantage of the lower Mass gas prices. Despite the nasty weather, we still arrived twenty minutes ahead of Professor Plum's old record and were rewarded with our choice of parking spots. Meaning the set-up crew had just barely arrived.

Unlike my rides with Professor Plum, which towards the end were undertaken literally on a wing and a prayer, I did not have to mentally push Annie up the hills. She attacked all obstacles with a lot more vim and vigor than I ultimately did, needing no mental cheerleading to top the crest. In fact, she had to be restrained several times in the interest of fuel economy. In contrast, by the time I finally faced facts, Professor Plum was down to two out of four working cylinders. She could no longer go the distance, however feebly.

At both DTD and the Sisters, folks were surprised to see me toe the line, not having spotted the faithful Professor. When the inevitable truth finally dawned, they tactfully refrained from inquiring about Plum's last days, but instead frowned thoughtfully and asked, "But what about your stickers?" Apparently, the Professor and I were known more for our bumper stickers than our running prowess, which was, after all, an honest assessment. Everyone was relieved when I introduced them to Annie and pointed out that she proudly inherited not only *The driver of this car climbed Mt. Washington*, but also *26.2* and *Saratoga Stryders*. Whew! Now Annie is officially one of us, accepted and admired.

Annie's next scheduled event is Prospect Mountain, and she is even considering running up first and waiting for me in the parking lot in case my quads, ankle and knee still haven't recovered from the merciless Sisters. Following Prospect, it's full speed ahead (within legal limits, of course) to Soapstone, where Annie hopes to set yet another long distance PR if the weather cooperates. I hope to follow in her treads.

Moving right along to four-legged and not four-tired partners.. Check out [www.humanerace.org](http://www.humanerace.org) to see how Chloe fared. Snowshoers will remember Chloe, the enthusiastic Newf who was never, ever cold and her person, Jan Rancatt, both of Readsboro. She was most likely out of her element this time around with all that fur, but still managed to pull off a gutsy 4<sup>th</sup> place in Jan's age group finish. Congratulations, Chloe!

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Laura Clark



**Muddy Moose Trail Race .... 14 Miles  
Wolfeboro, NH ... May 11, 2008**

| <u>Name</u>                              | <u>Age</u> | <u>ST.</u> | <u>Time</u> | <u>GT %</u> |
|--|------------|------------|-------------|-------------|
| 1 Corey Boilard                          | M 29       | NH         | 1:33:25     | 100.00%     |
| 2 Andrew Dirt-Baird                      | M 35       | ME         | 1:35:43     | 97.60%      |
| 3 George Lapierre                        | M 29       | NH         | 1:49:42     | 85.16%      |
| 4 Matthew Dugan                          | M 44       | VT         | 1:50:53     | 84.25%      |
| 5 Gabriel Flanders                       | M 32       | ME         | 1:51:25     | 83.84%      |
| 6 Tom Miller                             | M 21       | NH         | 1:52:58     | 82.69%      |
| 7 <u>Lyne Bessette</u> 1 <sup>st</sup> F | F 33       | MA         | 1:53:26     | 82.35%      |
| 8 Nathan Goldrick                        | M 24       | MA         | 1:54:33     | 81.55%      |
| 9 Steve Olafsen                          | M 51       | NH         | 1:55:38     | 80.79%      |
| 10 Jon Williamson                        | M 42       | VT         | 1:56:41     | 80.06%      |
| 11 <u>Aliza Lapierre</u>                 | F 27       | NH         | 1:56:49     | 79.97%      |
| 12 Brad Beveridge                        | M 34       | NH         | 1:59:10     | 78.39%      |
| 13 Nivaldo Batista-Vieira                | M 47       | MA         | 1:59:52     | 77.93%      |
| 14 <u>Emma Barclay</u>                   | F 33       | ME         | 2:00:00     | 77.85%      |
| 15 Jim Pugh                              | M 57       | MA         | 2:01:19     | 77.00%      |
| 16 Jimbo Stevenson                       | M 37       | ME         | 2:05:08     | 74.65%      |
| 17 Tommy Thoman                          | M 45       | ME         | 2:05:08     | 74.65%      |
| 18 <b>Thomas Parker</b>                  | M 41       | NH         | 2:05:38     | 74.36%      |
| 19 Jim Dunn                              | M 40       | ME         | 2:09:06     | 72.36%      |
| 20 <u>Dawn Heinrich</u>                  | F 46       | NH         | 2:09:19     | 72.24%      |
| 21 Hayes Sweeney                         | M 37       | ME         | 2:10:03     | 71.83%      |
| 22 Adam Wilcox                           | M 26       | NH         | 2:14:00     | 69.71%      |
| 23 <u>Amy Tkaczyk</u>                    | F 34       | NH         | 2:16:26     | 68.47%      |
| 24 Brent Tkaczyk                         | M 38       | NH         | 2:16:26     | 68.47%      |
| 25 John Izzo                             | M 58       | VT         | 2:16:43     | 68.33%      |
| 26 <u>Heidi Havron</u>                   | F 41       | NH         | 2:16:56     | 68.22%      |
| 27 Stephen Rivard                        | M 19       | NH         | 2:18:10     | 67.61%      |
| 28 Brian Gallagher                       | M 58       | NH         | 2:18:22     | 67.51%      |
| 29 <u>Tracey Olafsen</u>                 | F 52       | NH         | 2:18:59     | 67.21%      |
| 30 Chris Hoerner                         | M 20       | NH         | 2:22:57     | 65.35%      |
| 31 <u>Audrey Batista-Vieira</u>          | F 39       | MA         | 2:23:54     | 64.92%      |
| 32 Joshua Robert                         | M 27       | NH         | 2:24:04     | 64.84%      |
| 33 <u>Natasha Kullas</u>                 | F 19       | NH         | 2:25:16     | 64.31%      |
| 34 <u>Susan Talon</u>                    | F 50       | ME         | 2:25:25     | 64.24%      |
| 35 Juan-Carlos Gonzalez                  | M 27       | NH         | 2:27:59     | 63.13%      |
| 36 <u>Suzanne Tremblay</u>               | F 17       | MA         | 2:28:33     | 62.89%      |
| 37 Patricque De La Hoya                  | M 27       | VT         | 2:28:35     | 62.87%      |
| 38 Rick Reynolds                         | M 61       | ME         | 2:29:05     | 62.66%      |
| 39 <u>Tara O'Keefe</u>                   | F 32       | MA         | 2:32:00     | 61.46%      |
| 40 <u>Laura Kuzzy</u>                    | F 20       | NH         | 2:35:16     | 60.17%      |
| 41 <u>Cheri Cavanaugh</u>                | F 43       | MA         | 2:35:23     | 60.12%      |
| 42 <u>Michelle Roy</u>                   | F 38       | MA         | 2:36:10     | 59.82%      |
| 43 <u>Jane Deshaies</u>                  | F 35       | NH         | 2:37:02     | 59.49%      |
| 44 Tim Vacchiano                         | M 41       | ME         | 2:38:06     | 59.09%      |
| 45 <u>Amy Vacchiano</u>                  | F 31       | ME         | 2:38:06     | 59.09%      |
| 46 Gary Chag                             | M 56       | NH         | 2:39:16     | 58.65%      |
| 47 <u>Meghan Fitzgerald</u>              | F 20       | CT         | 2:39:29     | 58.57%      |
| 48 <u>Jennifer Smith</u>                 | F 42       | NH         | 2:39:51     | 58.44%      |
| 49 George Alexion                        | M 48       | ME         | 2:43:12     | 57.24%      |
| 50 <u>Gillian Barbatu</u>                | F 19       | NJ         | 2:47:48     | 55.67%      |
| 51 Robert Benes Jr                       | M 55       | ME         | 2:48:21     | 55.49%      |
| 52 <u>Katie Foley</u>                    | F 16       | NH         | 2:54:49     | 53.44%      |
| 53 <u>Suzanne Mayer</u>                  | F 24       | NY         | 2:56:10     | 53.03%      |
| 54 Charles Thayer                        | M 63       | NJ         | 3:04:25     | 50.66%      |

|                         |      |    |         |        |
|-------------------------|------|----|---------|--------|
| 55 <u>Amber Green</u>   | F 23 | NH | 3:06:48 | 50.01% |
| 56 <u>Kara Arnold</u>   | F 22 | NH | 3:06:48 | 50.01% |
| 57 Hap Farber           | M 61 | MA | 3:10:11 | 49.12% |
| 58 <u>Lindsay Leroy</u> | F 26 | MA | 3:13:00 | 48.40% |
| 59 Timothy Wakefield    | M 41 | MA | 3:15:11 | 47.86% |

59 Official Finishers

**MorFun Wapack Trail Race .... 21 Miles  
Ashburnham, MA. May 10, 2008**

| <u>Name</u>                             | <u>Age</u> | <u>ST.</u> | <u>Time</u> | <u>GT %</u> |
|---|------------|------------|-------------|-------------|
| 1 David Herr                            | M 43       | VT         | 3:13:00     | 100.00%     |
| 2 Dima Feinhaus                         | M 45       | MA         | 4:05:00     | 78.78%      |
| 3 Ryan Welts                            | M 27       | NH         | 4:06:00     | 78.46%      |
| 4 Craig Simmons                         | M 32       | MA         | 4:15:00     | 75.69%      |
| 5 <u>Carol O'Hear</u> 1 <sup>st</sup> F | F 33       | MA         | 4:29:00     | 71.75%      |
| 6 Ryan Prentiss                         | M 33       | MA         | 4:38:00     | 69.42%      |
| 7 David Rod                             | M 24       | MA         | 4:39:00     | 69.18%      |
| 8 <u>Jennifer Shultis</u>               | F 39       | MA         | 4:45:00     | 67.72%      |
| 9 Christopher Corradino                 | M 35       | MA         | 4:46:00     | 67.48%      |
| 10 Dominic Ambrosi                      | M 29       | CT         | 4:48:00     | 67.01%      |
| 11 John Skewes                          | M 50       | NH         | 4:49:00     | 66.78%      |
| 12 <u>Michelle Roy</u>                  | F 38       | MA         | 4:50:00     | 66.55%      |
| 13 Tom Parent                           | M 31       | MA         | 5:00:00     | 64.33%      |
| 14 Fred Pilon                           | M 62       | MA         | 5:09:00     | 62.46%      |
| 15 Willem van Dijk                      | M 42       | MA         | 5:10:00     | 62.26%      |
| 16 Walter Murphy                        | M 54       | MA         | 5:12:00     | 61.86%      |
| 17 Paul Lahham                          | M 28       | MA         | 5:17:00     | 60.88%      |
| 18 <u>Mildred Mugica</u>                | F 36       | NH         | 5:17:00     | 60.88%      |
| 19 <u>Karen Mahoney-Ringheiser</u>      | F 44       | MA         | 5:22:00     | 59.94%      |
| 20 David Boudreau                       | M 36       | NH         | 5:39:00     | 56.93%      |
| 21 Jesus Estrada                        | M 48       | MA         | 5:50:00     | 55.14%      |
| 22 Scott Turner                         | M 59       | MA         | 5:52:00     | 54.83%      |
| 23 Eric Waterman                        | M 31       | CT         | 6:05:00     | 52.88%      |
| 24 <u>Claire Martin</u>                 | F 43       | NH         | 6:06:00     | 52.73%      |
| 25 Dave Martula                         | M 63       | MA         | 6:17:00     | 51.19%      |
| 26 <u>Laurie McCarroll</u>              | F 46       | NY         | 6:34:00     | 48.98%      |
| 27 Daniel Reilly                        | M 40       | MA         | 6:45:00     | 47.65%      |
| 28 Richard Mellor                       | M 57       | NH         | 6:46:00     | 47.54%      |

28 Official Finishers

**Pedal & Plod ..... Run & Bike Race**

**July 27, 2008 .... 8:30 AM .... Adams, MA.**

**4 Mile Run .... 22 Mile Bike**

**Iron Persons or 2 Person Teams**

**Check the club's web page for information to be  
coming soon.**

**Soapstone Mountain Trail Races**  
**14.5 and 4 miles ... Stafford Springs, CT .... 5 / 18 / 08**

WMAC members in bold:

**14.5 Miles:**

| <u>Name</u>                                | <u>Age</u> | <u>Time</u> | <u>GT %</u> |
|--|------------|-------------|-------------|
| 1 Ben Nephew                               | M 32       | 1:46:05     | 100.00%     |
| 2 Matt Bedoukian                           | M 28       | 1:49:41     | 96.72%      |
| 3 Keith Schmitt                            | M 39       | 1:50:33     | 95.96%      |
| 4 Rich Fargo                               | M 49       | 1:50:50     | 95.71%      |
| 5 Brett Stoeffler                          | M 41       | 1:52:14     | 94.52%      |
| 6 William Heaten                           | M 23       | 1:52:37     | 94.20%      |
| 7 Dan Hall                                 | M 51       | 1:52:40     | 94.16%      |
| 8 Arthur Magni                             | M 36       | 1:53:54     | 93.14%      |
| 9 <b>Jay Kolodzinski</b>                   | M 28       | 1:54:00     | 93.06%      |
| 10 Jon Fearnley                            | M 41       | 1:54:23     | 92.74%      |
| 11 Aaron Flamino                           | M 33       | 1:54:59     | 92.26%      |
| 12 Brian Busiecki                          | M 29       | 1:57:23     | 90.37%      |
| 13 <b>Bob Sharkey</b>                      | M 56       | 1:57:53     | 89.99%      |
| 14 Toby Kulas                              | M 31       | 1:59:45     | 88.59%      |
| 15 Ernie Lawas                             | M 38       | 2:02:47     | 86.40%      |
| 16 John Agosto                             | M 43       | 2:03:16     | 86.06%      |
| 17 <u>Beth Krasemann</u> 1 <sup>st</sup> F | F 33       | 2:03:29     | 85.91%      |
| 18 Neal Leibowitz                          | M 39       | 2:04:18     | 85.34%      |
| 19 <u>Robin Pitt</u>                       | F 20       | 2:04:27     | 85.24%      |
| 20 Donald Pacher                           | M 36       | 2:07:10     | 83.42%      |
| 21 Steve Wolfe                             | M 43       | 2:07:23     | 83.28%      |
| 22 <u>Serena Wilcox</u>                    | F 29       | 2:07:28     | 83.22%      |
| 23 Frank Giglio                            | M 29       | 2:07:42     | 83.07%      |
| 24 <b>Paul Funch</b>                       | M 57       | 2:08:20     | 82.66%      |
| 25 Jimmy Gothreau                          | M 50       | 2:08:44     | 82.41%      |
| 26 Joel Lehman                             | M 47       | 2:08:59     | 82.25%      |
| 27 Jim Nelson                              | M 44       | 2:09:09     | 82.14%      |
| 28 Mark Buongiorno                         | M 40       | 2:09:50     | 81.71%      |
| 29 <b>Deb Livingston</b>                   | F 33       | 2:10:06     | 81.54%      |
| 30 William Rowe                            | M 46       | 2:10:54     | 81.04%      |
| 31 <b>Thomas Parker</b>                    | M 40       | 2:11:15     | 80.83%      |
| 32 Bill Ronalter                           | M 41       | 2:11:26     | 80.71%      |
| 33 David Walker                            | M 41       | 2:11:41     | 80.56%      |
| 34 Chris Deming                            | M 41       | 2:11:49     | 80.48%      |
| 35 Nick Yardely                            | M 43       | 2:12:23     | 80.13%      |
| 36 Curt Pandiscio                          | M 47       | 2:14:10     | 79.07%      |
| 37 Peter Muessig                           | M 24       | 2:14:33     | 78.84%      |
| 38 Pete Guyn                               | M 46       | 2:14:47     | 78.71%      |
| 39 Claude Yoder                            | M 40       | 2:15:17     | 78.42%      |
| 40 James Dixon                             | M 43       | 2:16:03     | 77.97%      |
| 41 Jerry Turk                              | M 49       | 2:16:26     | 77.75%      |
| 42 Rick Scott                              | M 54       | 2:16:32     | 77.70%      |
| 43 Volker Krasemann                        | M 41       | 2:16:49     | 77.54%      |
| 44 Paul Cacolice                           | M 43       | 2:17:09     | 77.35%      |
| 45 Mike Gilbert                            | M 45       | 2:17:18     | 77.26%      |
| 46 Scott Tivco                             | M 35       | 2:17:19     | 77.25%      |
| 47 Paul Muessig                            | M 58       | 2:17:33     | 77.12%      |
| 48 Jon Chestu                              | M 37       | 2:19:12     | 76.21%      |
| 49 Michael Main                            | M 44       | 2:19:50     | 75.86%      |
| 50 Cliff Collins                           | M 48       | 2:19:55     | 75.82%      |
| 51 <b>Mike Belcourt</b>                    | M 46       | 2:20:30     | 75.50%      |
| 52 <b>Bruce Leshine</b>                    | M 47       | 2:20:41     | 75.41%      |

|                            |      |         |        |
|----------------------------|------|---------|--------|
| 53 Eric Wyzga              | M 32 | 2:21:14 | 75.11% |
| 54 Ken Forrest             | M 39 | 2:21:36 | 74.92% |
| 55 <u>Donna Utakis</u>     | F 40 | 2:21:58 | 74.72% |
| 56 Bruce Shenker           | M 55 | 2:22:21 | 74.52% |
| 57 Jeffrey LaFrance        | M 39 | 2:23:54 | 73.72% |
| 58 <b>Peter Gagarin</b>    | M 63 | 2:24:03 | 73.64% |
| 59 Scott Deslongchamps     | M 38 | 2:24:26 | 73.45% |
| 60 <u>Kerry Arsenault</u>  | F 43 | 2:26:57 | 72.19% |
| 61 <b>Doug Cummings</b>    | M 46 | 2:28:26 | 71.47% |
| 62 Tom Parent              | M 31 | 2:30:03 | 70.70% |
| 63 John Helenek            | M 48 | 2:32:00 | 69.79% |
| 64 <u>Tracy Citron</u>     | F 42 | 2:32:09 | 69.72% |
| 65 Curt Hirsch             | M 59 | 2:32:12 | 69.70% |
| 66 Joel Boucher            | M 54 | 2:32:50 | 69.41% |
| 67 <u>Anna Hankins</u>     | F 19 | 2:33:04 | 69.31% |
| 68 John Hankins            | M 49 | 2:34:05 | 68.85% |
| 69 Jeff Reed               | M 53 | 2:34:06 | 68.84% |
| 70 N Fontaire              | M 43 | 2:34:13 | 68.79% |
| 71 <u>Amy Senew</u>        | F 41 | 2:36:04 | 67.97% |
| 72 <u>Laurie Mosley</u>    | F 47 | 2:37:01 | 67.56% |
| 73 <u>Todd Mozzel</u>      | M 43 | 2:37:05 | 67.53% |
| 74 <u>Abby Kingman</u>     | F 46 | 2:37:29 | 67.36% |
| 75 Christopher Ahleberg    | M 46 | 2:38:17 | 67.02% |
| 76 Tony Smith              | M 48 | 2:38:56 | 66.75% |
| 77 Brad Forester           | M 34 | 2:39:08 | 66.66% |
| 78 John Burke              | M 42 | 2:39:25 | 66.54% |
| 79 Steve Wolfe             | M 43 | 2:40:35 | 66.06% |
| 80 Randall Dutton          | M 37 | 2:41:05 | 65.86% |
| 81 Ron Starrett            | M 38 | 2:41:07 | 65.84% |
| 82 Nikolas Rogers          | M 36 | 2:41:07 | 65.84% |
| 83 Tom Dwyer               | M 50 | 2:41:31 | 65.68% |
| 84 Dave Lilmer             | M 60 | 2:41:40 | 65.62% |
| 85 Steve Tumpkins          | M 47 | 2:41:51 | 65.54% |
| 86 <u>Gabrielle Popoff</u> | F 31 | 2:42:14 | 65.39% |
| 87 Christopher Zak         | M 38 | 2:42:16 | 65.38% |
| 88 Russell Hammond         | M 48 | 2:43:16 | 64.98% |
| 89 <u>Michelle Hammond</u> | F 49 | 2:43:21 | 64.94% |
| 90 <b>Michelle Roy</b>     | F 38 | 2:44:48 | 64.37% |
| 91 Paul Ghelfi             | M 41 | 2:45:18 | 64.18% |
| 92 Pete Dellabella         | M 33 | 2:45:22 | 64.15% |
| 93 Dave Martula            | M 63 | 2:45:34 | 64.07% |
| 94 Allan Ludgate           | M 41 | 2:45:37 | 64.05% |
| 95 Richard Wilkins         | M 55 | 2:45:52 | 63.96% |
| 96 <b>Elaine Romano</b>    | F 50 | 2:46:09 | 63.85% |
| 97 Chris Larocco           | M 46 | 2:46:17 | 63.80% |
| 98 Ben Keefe               | M 27 | 2:46:21 | 63.77% |
| 99 Tom Drohan              | M 38 | 2:46:25 | 63.75% |
| 100 <u>Jen Rose</u>        | F 43 | 2:46:29 | 63.72% |
| 101 Norm Cormier           | M 54 | 2:47:06 | 63.48% |
| 102 Firdaus Dotinaca       | M 39 | 2:47:08 | 63.47% |
| 103 <u>Abby Doolittle</u>  | F 53 | 2:47:36 | 63.30% |
| 104 Charles Ornek          | M 57 | 2:49:47 | 62.48% |
| 105 Jack Quinn             | M 64 | 2:50:35 | 62.19% |
| 106 Tyler Morrison         | M 41 | 2:51:41 | 61.79% |
| 107 Nathan Messersmith     | M 46 | 2:51:42 | 61.78% |
| 108 David Sutherland       | M 46 | 2:51:42 | 61.78% |
| 109 <b>Dom Romano</b>      | M 50 | 2:51:47 | 61.75% |
| 110 <b>Will Danecki</b>    | M 57 | 2:51:49 | 61.74% |
| 111 Yong Yoo               | M 29 | 2:51:59 | 61.68% |

*Continued next page:*

Soapstone MT. results cont:

|     |                             |      |         |        |
|-----|-----------------------------|------|---------|--------|
| 112 | Jefferey Dingwell           | M 53 | 2:52:00 | 61.68% |
| 113 | <b>Mark Kulacz</b>          | M 34 | 2:52:03 | 61.66% |
| 114 | <u>Sharon Mendes</u>        | F 53 | 2:53:48 | 61.04% |
| 115 | <u>Melissa Courtemanche</u> | F 27 | 2:54:10 | 60.91% |
| 116 | <b>Robert Scott</b>         | M 54 | 2:54:39 | 60.74% |
| 117 | <u>Cathi Bosco</u>          | F 40 | 2:55:23 | 60.49% |
| 118 | <u>Deb Corcoran</u>         | F 44 | 2:57:23 | 59.80% |
| 119 | Bradley Pellissier          | M 51 | 2:57:23 | 59.80% |
| 120 | <b>Bob Worsham</b>          | M 62 | 2:57:48 | 59.66% |
| 121 | <u>Stephanie Gehrsitz</u>   | F 32 | 2:58:40 | 59.38% |
| 122 | <u>Erin Perry</u>           | F 27 | 3:00:07 | 58.90% |
| 123 | Steve O'Donnell             | M 45 | 3:01:42 | 58.38% |
| 124 | <u>Patty Scjork-Reilly</u>  | F 45 | 3:02:01 | 58.28% |
| 125 | <u>Jennifer Mason</u>       | F 37 | 3:03:56 | 57.67% |
| 126 | <b>David Raczkowski</b>     | M 57 | 3:03:56 | 57.67% |
| 127 | <b>Alan Cabot</b>           | M 53 | 3:04:23 | 57.53% |
| 128 | Tim Crowley                 | M 40 | 3:05:35 | 57.16% |
| 129 | Aaron Ellis                 | M 28 | 3:07:24 | 56.61% |
| 130 | <u>Sherisa Sterling</u>     | F 55 | 3:08:59 | 56.13% |
| 131 | Rob Leder                   | M 37 | 3:11:02 | 55.53% |
| 132 | <u>Mary Kate Rod</u>        | F 28 | 3:14:01 | 54.68% |
| 133 | Rodney Bialkin              | M 39 | 3:15:36 | 54.23% |
| 134 | Jack Fulton                 | M 53 | 3:21:10 | 52.73% |
| 135 | <b>Chris Johnson</b>        | M 50 | 3:22:08 | 52.48% |
| 136 | <u>Cheryl Jackson</u>       | F 35 | 3:22:49 | 52.31% |
| 137 | Glenn Doulette              | M 40 | 3:23:08 | 52.22% |
| 138 | <u>Sandy Beauvais</u>       | F 47 | 3:23:08 | 52.22% |
| 139 | <b>Laura Clark</b>          | F 61 | 3:27:30 | 51.12% |
| 140 | <b>Karen McWhirt</b>        | F 47 | 3:28:16 | 50.94% |
| 141 | Andy Moore                  | M 31 | 3:30:10 | 50.48% |
| 142 | Tom Finn                    | M 40 | 3:32:29 | 49.93% |
| 143 | <u>Sherry Kingsley</u>      | F 45 | 3:32:31 | 49.92% |
| 144 | Anthony Mauriello           | M 43 | 3:35:37 | 49.20% |
| 145 | <u>Virgina Syombathy</u>    | F 33 | 3:35:38 | 49.20% |
| 146 | Mario Hagz                  | M 59 | 3:35:39 | 49.19% |
| 147 | Keith Morgan                | M 52 | 3:40:44 | 48.06% |
| 148 | Kaz Rybek                   | M 54 | 4:42:00 | 37.62% |
| 149 | Daniel Wellner              | M 63 | 4:59:10 | 35.46% |

149 Official Finishers

**4 Mile Sampler ... Handicapped staggered starts.**

|    |                           |      |          |         |
|----|---------------------------|------|----------|---------|
| 1  | Clint Morse               | M 46 | 40 to 49 | 0:26:36 |
| 2  | <u>Stephanie Nephew</u>   | F 32 | 1 to 39  | 0:27:10 |
| 6  | <u>Liz Schmidt</u>        | F 38 | 1 to 39  | 0:28:32 |
| 11 | <u>Ginny Patsun</u>       | F 40 | 40 to 49 | 0:30:47 |
| 12 | <b>Bob Massaro</b>        | M 64 | 60+      | 0:30:53 |
| 13 | <b>Kelly Hellstein</b>    | F 43 | 40 to 49 | 0:30:57 |
| 36 | Bill Friday               | M 68 | 60+      | 0:35:00 |
| 60 | <b>Konrad Karolczuk</b>   | M 55 | 50 to 59 | 0:45:23 |
| 71 | <u>Adeline Livingston</u> | F 59 | 50 to 59 | 0:53:23 |
| 72 | Stanley Livingston        | M 64 | 60+      | 0:53:27 |
| 74 | Jackson Morse             | M 9  | 1 to 39  | 1:07:36 |
| 75 | <u>Anna Morse</u>         | F 11 | 1 to 39  | 1:07:59 |
| 76 | <u>Hayden Morse</u>       | F 7  | 1 to 39  | 1:08:06 |

76 Total Finishers

**A Spring Morning**

Sat. eve 4 – 12, lites out 7:10; house is quite. ☺  
 Alarm / up 3:20 early Sunday. Pull off Rt 49 opposite Pachaug State Forest to park. Run begins 4:53, no moon / dark.  
 First lite comes soon, just after encountering 2 guys walking in th middle of 165. Good thing they're talking. South on 138 I go -- first time -- into Rhode Iland a couple miles -- long stretch. Just me, plus occasional fisherman pulling a boat on trailer.

Forge Hill -- tuff! 3 miles to car / 19 ½ ends "loop."  
 Have carried / used Conquest drink & gels.  
 Now enjoy sum tapioca pudding + ½ Ensure. ☺

Time to move-on, peaceful roads / lands adjacent to, past farms, stedily up long hills, I hear roosters, owls, dogs, a woodpecker, cow or 2, duck or 3. With a mile to go I munch on a pc. of chocolate. Run done ( dun ), been almost 7 hrs.  
 Change, to Diner in th Middle of Nowhere -- breakfast anytime.  
 Fuel-up while reading Marathon & Beyond.

Wonderful way to start th day. ☺

*Dick Hoch*

**A.R.E. Trail Running Camp**  
**Dippikill Wilderness Retreat, Warrensburg, NY**  
**Thursday, July 17 to Sunday, July 20, 2008**

Join the Albany Running Exchange for a weekend of exercise, relaxation, learning, and camaraderie!  
 Beautiful accommodations, gourmet meals, optional yoga and kayaking, along with nearly 1000 private acres on which to roam are just some of the reasons you will love this experience!  
 Camp is limited to only 60 participants.

Visit [www.AREEP.com](http://www.AREEP.com) to learn more and register for camp.

- Highlights:
- ◆ Geared towards and exclusively for adults!
  - ◆ Learn the basics of trail running.
  - ◆ Certified yoga instructor on-site.
  - ◆ Special clinics on running form.
  - ◆ Technical DRI-FIT shirt to participants.
  - ◆ Gourmet meals provided.
  - ◆ Pond open for kayaking and swimming.
  - ◆ And much, much more!

ARE Event Productions  
 PO Box 38195, Albany, NY 12203  
[info@areep.com](mailto:info@areep.com) ..... 518 – 320 - 8648

**25<sup>th</sup> Annual .... Nipmuck Trail Marathon**  
**26.4 Miles .... Ashford, CT. .... June 1, 2008**  
 Sunny ... Some Humidity ... High of 78 Degrees

| <u>Name</u>                                | <u>Age</u> | <u>Time</u> | <u>GT %</u> |
|--|------------|-------------|-------------|
| 1 Ben Nephew                               | M 32       | 3:23:15     | 100.00%     |
| 2 Glen Redpath                             | M 42       | 3:24:44     | 99.28%      |
| 3 Jack Pilla                               | M 49       | 3:28:12     | 97.62%      |
| 4 David Herr                               | M 43       | 3:32:01     | 95.87%      |
| 5 Matt Bedoukian                           | M 28       | 3:36:47     | 93.76%      |
| 6 Rich Fargo                               | M 49       | 3:41:37     | 91.71%      |
| 7 William Heaton                           | M 23       | 3:45:12     | 90.25%      |
| 8 Brett Stoeffler                          | M 41       | 3:45:15     | 90.23%      |
| 9 Daniel Uriano                            | M 29       | 3:50:05     | 88.34%      |
| 10 Gary Harrington                         | M 48       | 3:50:51     | 88.04%      |
| 11 <b>Peter Keeney</b>                     | M 42       | 3:50:57     | 88.01%      |
| 12 Paul Hufnagal                           | M 46       | 3:52:42     | 87.34%      |
| 13 Michael Keenan                          | M 35       | 3:58:32     | 85.21%      |
| 14 Toby Koulas                             | M 31       | 3:59:36     | 84.83%      |
| 15 Alan Power                              | M 31       | 3:59:48     | 84.76%      |
| 16 <b>Deb Livingston</b> 1 <sup>st</sup> F | F 33       | 4:03:20     | 83.53%      |
| 17 John Bloin                              | M 33       | 4:04:30     | 83.13%      |
| 18 <b>Bob Sharkey</b>                      | M 56       | 4:04:38     | 83.08%      |
| 19 Martin Fey                              | M 54       | 4:04:44     | 83.05%      |
| 20 Bob Mathes                              | M 55       | 4:08:12     | 81.89%      |
| 21 John Fearnly                            | M 41       | 4:08:30     | 81.79%      |
| 22 Mark Buongiorno                         | M 40       | 4:10:15     | 81.22%      |
| 23 Paul Dicresce                           | M 47       | 4:12:48     | 80.40%      |
| 24 Joseph Laskey                           | M 43       | 4:12:48     | 80.40%      |
| 25 Jerry Turk                              | M 50       | 4:15:35     | 79.52%      |
| 26 Frank Giglio                            | M 29       | 4:15:41     | 79.49%      |
| 27 Curt Pandiscio                          | M 47       | 4:15:42     | 79.49%      |
| 28 Scott Zukowski                          | M 20       | 4:16:35     | 79.21%      |
| 29 Scott Turco                             | M 35       | 4:24:54     | 76.73%      |
| 30 <b>Paul Funch</b>                       | M 57       | 4:25:35     | 76.53%      |
| 31 Joel Lehman                             | M 47       | 4:26:13     | 76.35%      |
| 32 Michael Graz                            | M 37       | 4:27:00     | 76.12%      |
| 33 Jay Sattler                             | M 38       | 4:29:23     | 75.45%      |
| 34 Dana Royer                              | M 32       | 4:31:23     | 74.89%      |
| 35 William Romito                          | M 54       | 4:31:52     | 74.76%      |
| 36 Marty Coleman                           | M 47       | 4:34:01     | 74.17%      |
| 37 <u>Sally Brookings</u>                  | F 51       | 4:35:02     | 73.90%      |
| 38 Drew Bradley                            | M 52       | 4:35:52     | 73.68%      |
| 39 Phantom Tremblay                        | M 46       | 4:37:45     | 73.18%      |
| 40 Richard Collins                         | M 51       | 4:38:47     | 72.91%      |
| 41 Frank Dudas                             | M 47       | 4:39:40     | 72.68%      |
| 42 <u>Cristy Cosgrove</u>                  | F 47       | 4:40:43     | 72.40%      |
| 43 <u>Donna Utakis</u>                     | F 40       | 4:42:38     | 71.91%      |
| 44 Vernon Loeb                             | M 52       | 4:43:00     | 71.82%      |
| 45 Scott Slater                            | M 30       | 4:43:23     | 71.72%      |
| 46 Michael LoBianco                        | M 53       | 4:45:02     | 71.31%      |
| 47 Howard Tansey                           | M 44       | 4:46:13     | 71.01%      |
| 48 Richard Moon                            | M 44       | 4:47:00     | 70.82%      |
| 49 Bill Ronalter                           | M 41       | 4:47:38     | 70.66%      |
| 50 Claude Yoder                            | M 40       | 4:47:39     | 70.66%      |
| 51 Young Paik                              | M 29       | 4:48:21     | 70.49%      |
| 52 Roland Desrochers                       | M 39       | 4:50:45     | 69.91%      |
| 53 Raymond Greco                           | M 41       | 4:50:36     | 69.94%      |
| 54 <u>Kelly Wilson</u>                     | F 40       | 4:52:02     | 69.60%      |

|                                      |      |         |        |
|--------------------------------------|------|---------|--------|
| 55 Pete Lyons                        | M 43 | 4:53:34 | 69.23% |
| 56 <u>Josie Skavdahl</u>             | F 27 | 4:45:38 | 71.16% |
| 57 <u>Tricia Dowcett Bettencourt</u> | F 36 | 4:54:51 | 68.93% |
| 58 Jaret Seiberg                     | M 38 | 4:54:51 | 68.93% |
| 59 <u>Alena Grabowski</u>            | F 35 | 4:55:22 | 68.81% |
| 60 Patrick Fernald                   | M 36 | 4:55:26 | 68.80% |
| 61 Mark Dearing                      | M 55 | 4:55:53 | 68.69% |
| 62 Norm Sheppard                     | M 50 | 4:56:04 | 68.65% |
| 63 Rob Speers                        | M 40 | 4:56:13 | 68.62% |
| 64 Tyler Morrison                    | M 41 | 4:56:14 | 68.61% |
| 65 Roger Martell                     | M 36 | 4:56:28 | 68.56% |
| 66 Andrew Gravelle                   | M 24 | 4:57:22 | 68.35% |
| 67 <u>Laurel Valley</u>              | F 45 | 4:58:10 | 68.17% |
| 68 Matt Marino                       | M 29 | 4:59:26 | 67.88% |
| 69 Bob Dumfy                         | M 56 | 4:59:28 | 67.87% |
| 70 Michael Horgan                    | M 36 | 4:59:44 | 67.81% |
| 71 Willem VanDijk                    | M 43 | 5:00:42 | 67.59% |
| 72 Joe Beyer                         | M 45 | 5:03:25 | 66.99% |
| 73 Bruce Giguere                     | M 40 | 5:04:27 | 66.76% |
| 74 <u>Janice Anderson</u>            | F 42 | 5:04:29 | 66.75% |
| 75 <u>Tracey Citron</u>              | F 42 | 5:05:23 | 66.56% |
| 76 Jon Borg                          | M 30 | 5:06:05 | 66.40% |
| 77 Robert Najjar                     | M 51 | 5:07:29 | 66.10% |
| 78 Paul Lahham                       | M 29 | 5:08:57 | 65.79% |
| 79 Eric D'Agostino                   | M 46 | 5:09:35 | 65.65% |
| 80 Kevin Mullen                      | M 50 | 5:09:37 | 65.65% |
| 81 Scott Deslongchamps               | M 38 | 5:09:58 | 65.57% |
| 82 <u>Patty Lankhorst</u>            | F 39 | 5:10:22 | 65.49% |
| 83 Dan Hall                          | M 51 | 5:10:24 | 65.48% |
| 84 Michael Gilbert                   | M 45 | 5:10:25 | 65.48% |
| 85 <u>Mellisa Chase</u>              | F 43 | 5:11:33 | 65.24% |
| 86 Kenneth Lemerise                  | M 57 | 5:11:33 | 65.24% |
| 87 James Miner                       | M 59 | 5:13:55 | 64.75% |
| 88 <u>Jessica Hageman</u>            | F 32 | 5:15:02 | 64.52% |
| 89 David Oneill                      | M 41 | 5:15:13 | 64.48% |
| 90 <b>Gretchen Carlson</b>           | F 41 | 5:15:15 | 64.47% |
| 91 <u>Jenny Chow</u>                 | F 44 | 5:15:20 | 64.46% |
| 92 Curt Hirsch                       | M 59 | 5:15:49 | 64.36% |
| 93 <u>Pam Dolan</u>                  | F 41 | 5:16:26 | 64.23% |
| 94 <b>Grace Jensen</b>               | F 45 | 5:16:27 | 64.23% |
| 95 Kenny Rogers                      | M 54 | 5:17:49 | 63.95% |
| 96 <u>Ann Sorensen</u>               | F 36 | 5:17:52 | 63.94% |
| 97 Mark Mannering                    | M 50 | 5:18:29 | 63.82% |
| 98 <u>Laura Church</u>               | F 38 | 5:20:01 | 63.51% |
| 99 Bill Gibbs                        | M 44 | 5:20:13 | 63.47% |
| 100 <u>Emmy Stocker</u>              | F 49 | 5:21:04 | 63.30% |
| 101 David Sullivan                   | M 33 | 5:21:37 | 63.20% |
| 102 Criag Wilson                     | M 59 | 5:21:42 | 63.18% |
| 103 David Blum                       | M 50 | 5:21:50 | 63.15% |
| 104 Kent Stivers                     | M 51 | 5:22:04 | 63.11% |
| 105 Richard Schultem                 | M 60 | 5:22:23 | 63.05% |
| 106 Frank Colella                    | M 45 | 5:22:26 | 63.04% |
| 107 David Flemming                   | M 32 | 5:22:44 | 62.98% |
| 108 Gary Trombley                    | M 46 | 5:23:27 | 62.84% |
| 109 <u>Amy Weisz</u>                 | F 35 | 5:23:30 | 62.83% |
| 110 <u>Emily Sqayer</u>              | F 25 | 5:25:24 | 62.46% |
| 111 <u>Dora Olsen</u>                | F 48 | 5:25:46 | 62.39% |
| 112 Brian Loose                      | M 42 | 5:26:10 | 62.31% |
| 113 <u>Denise Wagner</u>             | F 45 | 5:26:10 | 62.31% |

*Continued next page:*

Nipmuck results cont:

|     |                             |      |         |        |
|-----|-----------------------------|------|---------|--------|
| 114 | <u>Donna Graham</u>         | F 41 | 5:26:27 | 62.26% |
| 115 | <b>Will Danecki</b>         | M 58 | 5:26:28 | 62.26% |
| 116 | Dan Wagner                  | M 51 | 5:27:48 | 62.00% |
| 117 | Chris Pulick                | M 38 | 5:28:19 | 61.91% |
| 118 | <u>Emma Riconda</u>         | F 51 | 5:30:04 | 61.58% |
| 119 | Charles Orneck              | M 57 | 5:30:54 | 61.42% |
| 120 | Robert Diburro              | M 39 | 5:30:55 | 61.42% |
| 121 | <u>Ann Esposito</u>         | F 41 | 5:31:08 | 61.38% |
| 122 | <u>Michelle Roy</u>         | F 38 | 5:31:09 | 61.38% |
| 123 | David Wilson                | M 46 | 5:33:48 | 60.89% |
| 124 | Ron Starrett                | M 38 | 5:33:58 | 60.86% |
| 125 | Digger Reid                 | M 53 | 5:35:05 | 60.66% |
| 126 | Guido Medeiros              | M 52 | 5:35:06 | 60.65% |
| 127 | Frank Buzawa                | M 45 | 5:36:49 | 60.34% |
| 128 | <b>Andrew Carlson</b>       | M 42 | 5:36:49 | 60.34% |
| 129 | <u>Sharon Mendes</u>        | F 53 | 5:37:04 | 60.30% |
| 130 | <u>Alisson Lassde</u>       | F 45 | 5:38:04 | 60.12% |
| 131 | Kevin Carrothers            | M 43 | 5:38:58 | 59.96% |
| 132 | Clarence Eckerson           | M 57 | 5:39:58 | 59.79% |
| 133 | Carl Saubrey                | M 44 | 5:41:52 | 59.45% |
| 134 | Marc Rebillard              | M 52 | 5:42:20 | 59.37% |
| 135 | <u>Kathy Braga</u>          | F 35 | 5:45:05 | 58.90% |
| 136 | Zan Franco                  | M 34 | 5:45:06 | 58.90% |
| 137 | <u>Jennifer d'Arcy</u>      | F 29 | 5:45:08 | 58.89% |
| 138 | Patrick Canonica            | M 59 | 5:45:09 | 58.89% |
| 139 | <u>Elaine Romano</u>        | F 50 | 5:46:03 | 58.73% |
| 140 | <u>Rebecca Burke</u>        | F 32 | 5:46:17 | 58.69% |
| 141 | Robert Villani              | M 49 | 5:46:53 | 58.59% |
| 142 | David Peters                | M 53 | 5:47:20 | 58.52% |
| 143 | Paul Vinci                  | M 56 | 5:47:32 | 58.48% |
| 144 | John Mudano                 | M 41 | 5:47:48 | 58.44% |
| 145 | Jeff Branin                 | M 60 | 5:48:09 | 58.38% |
| 146 | Sean McNamara               | M 35 | 5:48:38 | 58.30% |
| 147 | David Ahn                   | M 33 | 5:50:02 | 58.07% |
| 148 | Gavin Bannat                | M 43 | 5:51:40 | 57.80% |
| 149 | David Momnie                | M 57 | 5:51:45 | 57.78% |
| 150 | Bill Donohue                | M 45 | 5:51:46 | 57.78% |
| 151 | Ciprian Nedelco             | M 35 | 5:52:13 | 57.71% |
| 152 | <u>Cathi Bosco</u>          | F 41 | 5:52:36 | 57.64% |
| 153 | Brian Overstreet            | M 24 | 5:52:38 | 57.64% |
| 154 | <u>Victoria Cosgrave</u>    | F 31 | 5:52:39 | 57.64% |
| 155 | <u>Robert Scott</u>         | M 54 | 5:54:07 | 57.40% |
| 156 | Bruce Ruben                 | M 48 | 5:55:10 | 57.23% |
| 157 | Nicholas Rogers             | M 36 | 5:55:35 | 57.16% |
| 158 | Al Catalano                 | M 55 | 5:59:15 | 56.58% |
| 159 | <u>Susan Collins Pulick</u> | F 39 | 5:59:16 | 56.57% |
| 160 | Joe Hayes                   | M 59 | 5:59:17 | 56.57% |
| 161 | Michael Tobin               | M 51 | 5:59:18 | 56.57% |
| 162 | <u>Shelby Trail</u>         | F 48 | 6:02:28 | 56.07% |
| 163 | <b>David Raczkowski</b>     | M 57 | 6:03:00 | 55.99% |
| 164 | <u>Paula Finestone</u>      | F 40 | 6:03:45 | 55.88% |
| 165 | <u>Barbara Sorrell</u>      | F 51 | 6:07:17 | 55.34% |
| 166 | John Tedesco                | M 39 | 6:10:24 | 54.87% |
| 167 | Frank Skuthan               | M 55 | 6:10:26 | 54.87% |
| 168 | <b>Dom Romano</b>           | M 50 | 6:11:11 | 54.76% |
| 169 | Swiss Bourgeau              | M 59 | 6:11:37 | 54.69% |
| 170 | <b>Chris Johnson</b>        | M 50 | 6:11:43 | 54.68% |
| 171 | Bryan Randall               | M 28 | 6:17:43 | 53.81% |
| 172 | <u>Patty Duffy</u>          | F 39 | 6:17:54 | 53.78% |

|     |                         |      |         |        |
|-----|-------------------------|------|---------|--------|
| 173 | Sean O'Conner           | M 48 | 6:17:55 | 53.78% |
| 174 | Joshua Cohn             | M 27 | 6:18:37 | 53.68% |
| 175 | Lawrence Batten         | M 44 | 6:19:38 | 53.54% |
| 176 | Chris Woll              | M 22 | 6:19:39 | 53.54% |
| 177 | <u>Patricia Bissett</u> | F 22 | 6:20:10 | 53.46% |
| 178 | Russell Bissett         | M 25 | 6:20:11 | 53.46% |
| 179 | David Bissett           | M 53 | 6:20:12 | 53.46% |
| 180 | Jeff Harrington         | M 32 | 6:24:12 | 52.90% |
| 181 | <u>Jennifer Broton</u>  | F 35 | 6:24:22 | 52.88% |
| 182 | David Fogerty           | M 41 | 6:25:42 | 52.70% |
| 183 | Howard Goldberg         | M 50 | 6:27:11 | 52.49% |
| 184 | <u>Jill Siladi</u>      | F 44 | 6:29:07 | 52.23% |
| 185 | <u>Sarah Heck</u>       | F 33 | 6:30:37 | 52.03% |
| 186 | <u>Merideth Duval</u>   | F 24 | 6:30:44 | 52.02% |
| 187 | Jim Guilford            | M 51 | 6:31:34 | 51.91% |
| 188 | Derek Ogawa             | M 25 | 6:32:25 | 51.79% |
| 189 | <u>Dlydla Redding</u>   | F 53 | 6:33:08 | 51.70% |
| 190 | Richard DeCampfe        | M 63 | 6:35:11 | 51.43% |
| 191 | Paul Duval              | M 57 | 6:36:45 | 51.23% |
| 192 | Charles Thayer          | M 64 | 6:38:34 | 51.00% |
| 193 | Rob Ledder              | M 37 | 6:39:52 | 50.83% |
| 194 | Wayne Gibbons           | M 48 | 6:41:25 | 50.63% |
| 195 | <u>Beth Martin</u>      | F 39 | 6:44:35 | 50.24% |
| 196 | <u>Deb Corcoran</u>     | F 44 | 6:44:35 | 50.24% |
| 197 | Dennis Hardacker        | M 54 | 6:47:32 | 49.87% |
| 198 | <u>Sandy Beauvais</u>   | F 47 | 6:47:48 | 49.84% |
| 199 | <u>Eileen Purdy</u>     | F 39 | 6:49:08 | 49.68% |
| 200 | Edwin Roth              | M 54 | 6:53:51 | 49.11% |
| 201 | <u>Monika Roth</u>      | F 50 | 6:54:54 | 48.99% |
| 202 | <u>Laura Clark</u>      | F 61 | 6:59:59 | 48.39% |
| 203 | <u>Suzanne Buntrock</u> | F 49 | 7:00:58 | 48.28% |
| 204 | Andrew Lopuchowycz      | M 37 | 7:04:40 | 47.86% |
| 205 | Wihelm Kadunc           | M 55 | 7:12:12 | 47.03% |
| 206 | Tom Detore              | M 60 | 7:22:12 | 45.96% |
| 207 | <b>Greg Taylor</b>      | M 61 | 7:24:33 | 45.72% |
| 208 | <u>Fiona Wright</u>     | F 45 | 7:26:47 | 45.49% |
| 209 | Jim Simpson             | M 66 | 7:27:42 | 45.40% |
| 210 | Lawrence Macon          | M 63 | 7:27:47 | 45.39% |
| 211 | Ronald Paque            | M 67 | 7:30:44 | 45.09% |
| 212 | Mike Brooks             | M 62 | 7:30:54 | 45.08% |
| 213 | Julius Rabinowitz       | M 57 | 7:38:35 | 44.32% |
| 214 | <b>Richard Busa</b>     | M 78 | 7:43:33 | 43.85% |

238 Starters ..... 8 Hour time limit

*And now a word from Rich Busa :* I'm still recovering from a bad cold and I'm into my 5th. week and still can't get rid of my cough, although it wasn't a problem during the race. I think I might have a stress fracture in my right foot. It really kicked up on the second half especially on the way back. That, along with my right side and my neck and left shoulder. I really can't believe I finished! I did pass a young runner at about 22 miles. He was sitting on a rock and I stopped to talk to him; he seemed OK but I don't know if he made it the rest of the way. I was pulling for him because I didn't want to be last!

What's happened to the WMAC? We're getting less and less members showing up at these races.

*Note: This was Rich's 20<sup>th</sup> consecutive Nipmuck finish.*

## Silver in the Muck

by Dave Raczkowski

Just finishing a week and a half of vacation at the NipMuck Trail Marathon. Tomorrow I go back to work. That's going to be a shock to the system as my consciousness gets pretty far out there with this race and those people I work with don't have a clue. You reading this have that clue. From 5/24 to 6/3 all that I have been doing is getting stuff ready for this race, having and running it (ecstasy) and putting it back to sleep for another year. I didn't have to deal with my job, I let the housework slide bigtime and any nonrace related chore was put on a list to be performed when the race was over. The only exception was running which tapered down and daily meditations. Most of this time is spent by myself which is just what I do normally. It's easier to do the details then to explain it to someone else and have them do it. I just need to make sure everything is done so I can totally forget about being a race director and just be another runner when the race starts. I stayed in close contact with emails with my help as quite a few were new. Regular helpers, they just get a time from me to show up on race day and they know what to do and they're into it, more than is required. I had one regular helper who was just there for insurance in case someone couldn't make it. I figured he'd be hanging around all day. Never saw him until the end of the day. He was out at different stops on the course keeping things clean. He's been helping me for at least 15 years so I knew he was doing what needed to be done. I got an email from one runner thanking Angus when she was down and he said something that inspired her. My timer was out the day before the race getting himself setup. He didn't have to do it but I'm not getting in the way of motivation.

I knew I had my hands full as entries were coming in way too fast. I think some of this comes from what runners post on Marathonguide.com about the race. I need to send them something like....."This race stinks. Stay away and that race director should be locked up." I hesitated to even put out applications at Soapstone. 4 days later I closed registration for the first time in NipMuck history. I had to start tearing up checks and calling people to tell them I was sorry. Then I had to deal with people begging me to get in. I wanted to stop at 250 but gave in to 275. As each day went by I got more firm so that 3 days before the race I had to turn down a runner who had done the race 4 times. THAT REALLY HURT. That ain't happening again. At the prerace briefing I stated next year the race will only be open to people who have already attempted the race. That should cut the number in half to numbers we had some 10 years ago.

My prerace theme was about how to poop in the woods. I figured it was a needed service to the trail running community. Hey, I have one toilet for 235 runners, families and friends. Go figure. I even made the inside of the outhouse look like the woods complete with a goose hanging over your head so as you sat on the throne you were wondering if the goose was going to let go. Those in line realized they weren't in Kansas anymore with a sign on the door saying "Poopfest 08."

The race was started by my old high school cross country coach who still coaches part time. He must be around 80 but still

looks fit. This running stuff will keep you in your youth, mind, body and spirit. 40 years ago he planted a damn fine seed in me that kept me in a passionate state of running.

I was so thrilled when he shot his starter's pistol to get NipMuck underway. Finally, I got to relax into a nice place on a beautiful trail with a close friend for 2/3 of the race running without a care in the world with no thoughts of being a race director. Then I knew I wasn't strong enough to keep up with her and if I tried I would suffer for the rest of the race. So she pulled away with her goals that were shinningly and thankfully met. I tried to get in under 6 hours and was on pace when I hit the last mile where each tenth is marked. As I went through each tenth I looked at my watch and did the math. I was hopeful until at .4 miles to the finish where I put up a sign on 2 intertwined trees of different species (did anyone else notice the trees?) that said Trees Love Quietly. The last hill of the race knocked the bjesus out of me. Hopes were dashed by .3 miles. I was still thankful for finishing this race after not even attempting it last year. I had a wonderful relaxing time after the race that is always too short before I switch back to race director mode. The race site was a mess and we had to pack it all up and get it back to my place.

Ben Nephew who tried 2 years ago but came in second held off Glen Redpath who came in second last year. Ben's strategy was to start off hard and stay with it. With 2 second places my guess is Glen will run possessed next year. The ladies race was won by Deb Livingston who now has 2 in a row.



***Shep Livingston samples the apple pie his mom Deb won for being the first ladies finisher at the 2008 Nipmuck Marathon.***

*Photo by Scott Livingston*

***Continued next page:***

### Silver in the Muck cont:

The over 50 women's division has a new record holder. Sally Brookings who came up from Georgia did the race in 4:35 taking 20 minutes off the record. Before the race I presented Rich Busa with a special "Nipmuck Log" to recognize his 20<sup>th</sup> consecutive race. Everything else seemed to go without a hitch. Hard to believe considering the number of runners. They were a very polite low keyed bunch. Polite runners don't take up much room so I never felt crowded. Tell that to Perry Hill Rd where the race started with cars parked for a 1/4 of a mile in each direction.



**Rich Busa and his "20 in a row" award at the 2008 Nipmuck Trail Marathon.**

*Photo by Ron Manizza*

Runners came from 20 states, Canada, South Africa and Germany which sounds nice but I'm not happy with the carbon footprint this race creates. I too also love going to trail races but other than that I'm just as thrilled out of my brain to run the 20 square miles of well marked and subtle trails behind my house and drive nowhere. That's all I do and I just love it to death. Try not doing it for a year because of an injury to see how much you miss loving running trail and the release that comes when you get it back. I know I look a bit gimpy favoring my knee and I'm going much slower but reminders come of how much peace of mind I get from such a simple sport. Having this passion will pull you through whatever life struggles can throw at you. I said, having this passion will pull you through whatever life struggles can throw at you. Anything. Got that? I can always say it again for the slower learners.

Honestly, I do grumble at times about how much work it is to put on this race but I eventually take responsibility for anything that happens to me in this life. For every negative thought there are 10 positive.

It's getting late and I need to be rested for work but can you see what I mean? Over 25 years this race has defined who I am.

I'm still happy to put on this race.

*"Nipmuck" Dave Raczkowski*

### **Book Review Corner:**

## **Major: A Black Athlete, A White Era, and the Fight to be the World's Fastest Human Being**

*by Todd Balf. Crown, 2008.*

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*In those last two seconds, Taylor made perfectly good racers look like they were stalled in sand. He didn't seem to have a threshold—or, like the majority of athletes, the fear of a threshold. Major, Todd Balf*

There is so much more to Black History than George Washington Carver and there is so much more to early sports history than the Bunion Derby. Up until Todd Balf's *Major* not many had known about the Victorian era epic bicycle races dominated by an unlikely black hero -- races every bit as daring and dangerous as today's Tour de France.

The son of a former slave, Major (Marshall) Taylor, a superb natural athlete, partnered with Louis Munger who made the then-equivalent of the Serrata bike, to take the sports world by storm. The only hitch was, of course, that in this post-civil war era, Munger was white and Taylor was black. Like all black superstars, Taylor fought prejudice throughout his career, finding more acceptance abroad than in his own United States.

During the pre-automobile age, the quest was to discover who could bike the fastest. When humans seemingly reached the leg-power limit, they employed rabbits. When that became passé, Stanley Steamers were recruited to ramp up a draft, which obviously increased the danger factor exponentially.

Like our own era, athletes did use drugs, mostly to function during mega-day endurance events. And surprisingly, no one seemed to care. But what was more prevalent was the practice of fixing races. In a crooked world, Taylor became known for his unbendable integrity. Folks flocked to his races, for they knew that his presence would guarantee some element of honesty. However, Taylor's high personal standards just as often conspired against him. Like the *Chariots of Fire* hero, Eric Liddell, Taylor unbendingly refused to race on Sundays, often missing decisive meets against his archrival Floyd McFarland.

Todd Balf's meticulous research succeeds in capturing the flavor of the era, as well as in drawing parallels to our own times and experiences. Taylor's final showdown with McFarland reminded me of the Alberto Salazar/Dick Beardsley duel at the Boston Marathon. Afterwards, neither had anything left to give. A bittersweet tale to be sure, but Taylor raised the bar, not only for blacks, but for sports in general.

PS. According to the flyleaf, Todd Balf resides in Beverly, MA. Does anybody know him?

*Reviewed by Laura Clark*

**Northfield Mountain Trail Race**  
**USATF New England Trail Running Championship**  
 10.3K .... Northfield, MA. .... June 7, 2008

Club members ( in Bold ) and other familiar names:

| <u>Name</u>               | <u>Age</u> | <u>ST.</u> | <u>Time</u> | <u>GT %</u> |
|---------------------------|------------|------------|-------------|-------------|
| 1 Mark Miller             | M 27       | NH         | 0:35:47     | 100.00%     |
| 2 Ryan Carrara            | M 31       | MA         | 0:36:03     | 99.26%      |
| 3 Justin Fyffe            | M 28       | VT         | 0:36:50     | 97.15%      |
| 4 Erik Nedeau             | M 36       | MA         | 0:37:15     | 96.06%      |
| 5 Josh Ferenc             | M 26       | NH         | 0:37:52     | 94.50%      |
| 6 Gregory Hammett         | M 30       | NH         | 0:38:13     | 93.63%      |
| 7 Todd Callaghan          | M 38       | MA         | 0:38:23     | 93.23%      |
| 8 Tim Van Orden           | M 40       | VT         | 0:38:26     | 93.10%      |
| 9 James Pawlicki          | M 33       | MA         | 0:38:32     | 92.86%      |
| 10 Ben Nephew             | M 32       | MA         | 0:39:13     | 91.25%      |
| 11 <b>Dave Dunham</b>     | M 44       | MA         | 0:39:22     | 90.90%      |
| 12 Jason Bryant           | M 35       | NC         | 0:40:05     | 89.27%      |
| 13 Tim Mahoney            | M 28       | MA         | 0:40:07     | 89.20%      |
| 14 Jeremy Huckins         | M 25       | NH         | 0:40:32     | 88.28%      |
| 15 Joshua Gordon          | M 33       | MA         | 0:40:46     | 87.78%      |
| 16 Martin Tighe           | M 50       | RI         | 0:40:52     | 87.56%      |
| 17 Paul Young             | M 42       | MA         | 0:40:56     | 87.42%      |
| 18 <u>Amy Nedeau</u>      | F 33       | MA         | 0:41:12     | 86.85%      |
| 19 Allan Serrano          | M 40       | MA         | 0:41:46     | 85.67%      |
| 20 John Paul Lewicz       | M 22       | MA         | 0:42:09     | 84.90%      |
| 21 Rich Larsen            | M 56       | MA         | 0:42:12     | 84.79%      |
| 22 Ross Smith             | M 25       | MA         | 0:42:45     | 83.70%      |
| 23 Al Ladd                | M 49       | MA         | 0:42:52     | 83.48%      |
| 24 Paul Bazanchuk         | M 53       | MA         | 0:43:15     | 82.74%      |
| 25 Bryan Johnston         | M 28       | NH         | 0:43:33     | 82.17%      |
| 26 Garth Shaneyfelt       | M 35       | MA         | 0:43:50     | 81.63%      |
| 27 Brad Overturf          | M 41       | CT         | 0:43:58     | 81.39%      |
| 28 <u>Christy Carrara</u> | F 32       | MA         | 0:44:08     | 81.08%      |
| 29 <b>Todd Brown</b>      | M 44       | CT         | 0:44:21     | 80.68%      |
| 30 Michael Townsley       | M 39       | MA         | 0:44:22     | 80.65%      |
| 30 Joel Fedorowicz        | M 28       | NH         | 0:44:22     | 80.65%      |
| 32 Dave Menard            | M 42       | MA         | 0:44:52     | 79.75%      |
| 33 Max Thomas             | M 16       | NH         | 0:45:00     | 79.52%      |
| 34 <u>Lara Johnson</u>    | F 27       | MA         | 0:45:13     | 79.14%      |
| 35 Gregg Cornell          | M 47       | RI         | 0:45:15     | 79.08%      |
| 36 Len Hall               | M 54       | NH         | 0:45:29     | 78.67%      |
| 37 <u>Samantha Saeger</u> | F 25       | MA         | 0:45:32     | 78.59%      |
| 38 Michael Hoberman       | M 43       | MA         | 0:45:35     | 78.50%      |
| 39 <u>Hillary Saeger</u>  | F 23       | MA         | 0:45:42     | 78.30%      |
| 40 Peter Huh              | M 27       | MA         | 0:45:45     | 78.21%      |
| 41 Jeff Gould             | M 43       | MA         | 0:45:56     | 77.90%      |
| 42 Michael St Hilaire     | M 36       | NJ         | 0:47:14     | 75.76%      |
| 43 Jeremy Scanlan         | M 25       | MA         | 0:47:36     | 75.18%      |
| 44 <u>Abby Woods</u>      | F 30       | MA         | 0:47:39     | 75.10%      |
| 45 Chris Corradino        | M 35       | MA         | 0:48:30     | 73.78%      |
| 46 Stephen Forrest        | M 44       | MA         | 0:48:34     | 73.68%      |
| 47 <b>Bob Dion</b>        | M 52       | VT         | 0:48:39     | 73.55%      |
| 48 Richard Stockdale      | M 57       | NH         | 0:48:40     | 73.53%      |
| 49 Rich Miller            | M 57       | NH         | 0:48:52     | 73.23%      |
| 50 Jeffrey Saeger         | M 58       | MA         | 0:48:54     | 73.18%      |
| 51 <u>Nancy Cook</u>      | F 43       | MA         | 0:49:02     | 72.98%      |
| 52 Don Slovenkai          | M 52       | NH         | 0:49:04     | 72.93%      |

|                               |      |    |         |        |
|-------------------------------|------|----|---------|--------|
| 53 Richard Clark              | M 54 | MA | 0:49:08 | 72.83% |
| 54 Rick Scott                 | M 54 | MA | 0:49:12 | 72.73% |
| 55 Anthony Swana              | M 40 | MA | 0:49:18 | 72.58% |
| 58 Bob Mulvaney               | M 54 | NH | 0:49:54 | 71.71% |
| 59 Walter Mojkowski           | M 47 | RI | 0:50:13 | 71.26% |
| 60 <b>Bruce Leshine</b>       | M 47 | MA | 0:50:17 | 71.16% |
| 61 Jim Lombara                | M 39 | NH | 0:50:22 | 71.05% |
| 65 John Carey                 | M 37 | MA | 0:50:48 | 70.44% |
| 66 Chuck Hanson               | M 46 | MA | 0:50:57 | 70.23% |
| 67 <b>Wayne Stocker</b>       | M 54 | MA | 0:50:58 | 70.21% |
| 71 <b>Thomas Parker</b>       | M 41 | NH | 0:51:41 | 69.24% |
| 74 <u>Lisa Doucett</u>        | F 52 | MA | 0:52:34 | 68.07% |
| 75 David Santey               | M 23 | NH | 0:52:40 | 67.94% |
| 76 <b>Bill Morse</b>          | M 57 | MA | 0:52:48 | 67.77% |
| 77 Davey Edwards              | M 36 | CT | 0:53:01 | 67.49% |
| 78 Sri Bodkhe                 | M 41 | MA | 0:53:08 | 67.35% |
| 79 <u>Felicia Lombardi</u>    | F 14 | NH | 0:53:12 | 67.26% |
| 82 <u>Heidi Havron</u>        | F 41 | NH | 0:53:45 | 66.57% |
| 83 Harry Masterton Jr         | M 63 | MA | 0:53:47 | 66.53% |
| 84 <b>Juergen Reher</b>       | M 58 | NY | 0:53:55 | 66.37% |
| 85 <b>Howard Bassett</b>      | M 47 | NH | 0:54:16 | 65.94% |
| 86 Glenn Hammett              | M 30 | NH | 0:54:18 | 65.90% |
| 87 <u>Jennifer Dodge</u>      | F 37 | MA | 0:54:29 | 65.68% |
| 88 <b>Doug Cummings</b>       | M 46 | MA | 0:54:31 | 65.64% |
| 89 Peter Orni                 | M 65 | MA | 0:54:33 | 65.60% |
| 98 <b>Ed Buckley</b>          | M 50 | MA | 0:56:03 | 63.84% |
| 100 Ian Fownes                | M 41 | RI | 0:56:18 | 63.56% |
| 111 <b>Mark Kulacz</b>        | M 34 | MA | 0:58:23 | 61.29% |
| 112 <u>Fabienne Pattison</u>  | F 47 | NH | 0:58:32 | 61.13% |
| 113 Kevin Zelechowski         | M 32 | MA | 0:58:35 | 61.08% |
| 114 Timoth Bourassa           | M 38 | NH | 0:58:51 | 60.80% |
| 115 Eugene Fahey              | M 60 | NH | 0:58:55 | 60.74% |
| 116 Patrick Pezzati           | M 45 | MA | 0:59:02 | 60.62% |
| 117 <b>Alan Cabot</b>         | M 53 | MA | 0:59:17 | 60.36% |
| 118 <u>Emer O'Donoghue</u>    | F 46 | MA | 0:59:22 | 60.28% |
| 119 <u>Kana Harden</u>        | F 25 | CT | 0:59:34 | 60.07% |
| 120 <u>Frances Graves</u>     | F 42 | NH | 0:59:38 | 60.01% |
| 121 <u>Samantha McCarthy</u>  | F 21 | MA | 0:59:40 | 59.97% |
| 136 <b>Vic LaPort</b>         | M 67 | MA | 1:02:55 | 56.87% |
| 137 <u>Karen Stone</u>        | F 44 | MA | 1:02:58 | 56.83% |
| 138 Skip Cleaver              | M 63 | NH | 1:02:59 | 56.81% |
| 143 <b>Denise Dion</b>        | F 50 | VT | 1:03:56 | 55.97% |
| 144 Stephen Richardson        | M 48 | MA | 1:04:12 | 55.74% |
| 145 <b>Bob Massaro</b>        | M 64 | MA | 1:04:18 | 55.65% |
| 150 <u>Laurel Shortell</u>    | F 42 | MA | 1:06:30 | 53.81% |
| 151 <b>Dick Hoch</b>          | M 67 | CT | 1:06:42 | 53.65% |
| 154 <u>Diane Levesque</u>     | F 54 | NH | 1:06:58 | 53.43% |
| 155 Brian Gallagher           | M 58 | NH | 1:06:59 | 53.42% |
| 156 Ken Skier                 | M 54 | MA | 1:07:48 | 52.78% |
| 157 <b>Laura Clark</b>        | F 61 | NY | 1:07:59 | 52.64% |
| 158 <u>Whitney Withington</u> | F 22 | MA | 1:08:08 | 52.52% |
| 159 Richard Mellor            | M 57 | NH | 1:08:38 | 52.14% |
| 160 <u>Jean Amaral</u>        | F 44 | NH | 1:08:50 | 51.99% |
| 161 <b>Fred Ross III</b>      | M 61 | VT | 1:09:02 | 51.83% |
| 172 <b>Konrad Karolczuk</b>   | M 55 | CT | 1:23:05 | 43.07% |
| 173 Tate Weatherbee           | M 30 | MA | 1:27:24 | 40.94% |
| 175 <u>Kris Kozuch</u>        | F 50 | MA | 1:27:49 | 40.75% |
| 174 <u>Gail Richardson</u>    | F 39 | MA | 1:27:49 | 40.75% |

174 Official Finishers .... Complete results on the "Grand  
 Tree" page at .... [www.runwmac.com](http://www.runwmac.com)



## Northfield: That's My Kind Of Mountain!

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At the risk of insulting Lady Greylock, I have to confess that Northfield and Mt. Toby are my favorite uphill mountain races. To further explain: While I miss Mt. Greylock (road), and thoroughly enjoy Prospect Mountain, Whiteface and Mt. Washington (if and when I ever win the lottery again), officially these races only go up. Which is rather like eating your meat and potatoes and foregoing your cake and ice cream. Surely, anyone who has the stamina and strength of will to climb vertically deserves the going down dessert. And while Lady Greylock (trail) and Soapstone Mountain feature some stiff uphill climbing, there is no exuberant final downhill.

Both Northfield and Mt. Toby even go so far as to wink an eye and look the other way, throwing some downhill desert into the early uphill mix. No one could ever accuse Whiteface or Mt. Washington of tempting sufferers with even a hint of downhill truce. New England Puritan ethic reins supreme.

For this year's Northfield race I had (gasp) an actual plan. I would start out casually, allowing sufficient time for my asthma and Nipmuck-worn legs to quit the protest march. Shortly before the water stop turnaround, I would kick over into racing gear and enjoy the glorious downhill. While many WMACers are part mountain goat and scramble down steep, rocky trails with no thought of the future, I, unfortunately, am not one of them. But give me a wide, relatively obstacle-free gateway and I am good to go.

And so I did, using the momentum and karma gained to power swiftly along the surprisingly steep uphill that blocked the path to the finish line. I even passed some people—an occurrence which doesn't happen that much any more.

Northfield is a bit different from your normal Grand Tree Race where you encounter the usual suspects and a smattering of locals. Here the scene is dominated by runners competing in the Uphill Mountain Series. So unless you are a Laurel Shortell or a Dave Dunham, it is difficult to bounce your progress or lack thereof off other familiar faces. It is comparable to being on vacation in a foreign state and competing against a bunch of wild cards. Which is always an eye-opener and sometimes a useful experience.

The suffering part finally came, though, but not until the drive home. In a futile effort to justify spending five and a half hours worth of gas to run 10.3 klicks, I was bound and determined not to enjoy Annie's air conditioning system despite the fact the outside air temperature was stretching towards 95 degrees. Plus, Annie is still relatively new and I wasn't sure I could activate the air conditioning while driving, looking for road signs, changing CDs and hydrating. After a sweltering two hours, Annie and I both landed belly-up at the Grafton Lakes Stewarts, where we refueled on gas, ginger ale and a cold ice pop before tackling the final descent into flatlander territory.

*Laura Clark*

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## Still Runnin, Still Rootin

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I want to do 2 big things today, May 10: race th 5-miler in Clinton, Mass and cheer-on nephew Zack, basketball player, in Hartford, CT. Great to meet-up with several friends prior to th 12:30 start downtown. We must immediately move up a long hill b4 th award of a wonderful ez down – down – down.

I'm amazed at th speed of 2 youngsters - -9 or 10? - - ahead. Then we ascend again, get to breathin pretty hard, pass th kids. On to residential streets, many folks are out, recognize racers they kno, cheer for them and everybody else as well. Great atmosphere, I love it, push-on! I'm near runner #1 who seems to holler to everyone by name; they respond in kind. ☺ B4 long, short curvy xtra-steep, "dig-down deep, swing those arms"! Ah, brief relief gentle down, U-turn on to main road by reservoir. Traffic is stopped, lined up, for us. They're watching us; run strong and proud, disguise ( disgize ) our true/ tired feelings. Long decline to th base of th final hill = TREE HILL.

Most give-in to "struggle – walk." Instead, I power slowly by, making noise and chugging like a locomotive!! Over th top, 4 – 5 ? 10ths to go, hey who's that ahead? No, coodn't be. I'm gaining on him. It IS .... Peter W. Who I've never beaten. With th finish in site I'm a step behind, about to be quite a surprise. Will he respond? Sherly if he can. So I blow by, madly "sprint" to th line, winning! We shake hands; "U're in great shape, Dick."

I must change quickly, keep movin - - in th car now. While snacking I drive, much too fast, but certainly not alone. ( So much gas is wasted. ) Off I-84 in Hartford I find Hartford Public H. S. and Zack, brother Dave, sister Barb in th stands.

I made-it! Z's CT. Pride AAU team goes 1 – 1 that afternoon – evening. They're all xtra-good players who go-at-it hard and fast!

I still love to run & race. Zack remains devoted to "hoops."

I find time for both. ☺

*Dick Hoch*

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## Trail Running News

Published by ... Western Mass Athletic Club

Adams, MA.

Volume ... 14 ... Issue ... 3 ... Early Summer ... 2008

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## 2008 Grand Tree Trail Series

WMAC members in Bold:

### Current standings after first 9 races:

#### Best 6 or more races:

| <u>Name</u>                  | <u>Age</u> | <u># Races</u> | <u>GT %</u> |
|------------------------------|------------|----------------|-------------|
| 1 Ben Nephew                 | M 32       | 7              | 97.42%      |
| 2 <b>Thomas Parker</b>       | M 41       | 7              | 72.17%      |
| 3 <b><u>Michelle Roy</u></b> | F 38       | 8              | 62.55%      |

#### Best 5 or more races:

|                              |      |   |        |
|------------------------------|------|---|--------|
| 1 Ben Nephew                 | M 32 | 7 | 98.43% |
| 2 Matt Bedoukian             | M 28 | 5 | 89.76% |
| 3 <b>Thomas Parker</b>       | M 41 | 7 | 73.03% |
| 4 Paul Cacolice              | M 44 | 5 | 69.11% |
| 5 <b><u>Michelle Roy</u></b> | F 38 | 8 | 63.08% |
| 6 <b>Robert Scott</b>        | M 54 | 5 | 57.38% |
| 7 <b><u>Laura Clark</u></b>  | F 61 | 5 | 48.63% |

#### Best 4 or more races:

|                                    |      |   |        |
|------------------------------------|------|---|--------|
| 1 Ben Nephew                       | M 32 | 7 | 99.26% |
| 2 Matt Bedoukian                   | M 28 | 5 | 90.75% |
| 3 Rich Fargo                       | M 49 | 4 | 88.07% |
| 4 Brett Stoeffler                  | M 41 | 4 | 87.73% |
| 5 William Heaton                   | M 23 | 4 | 86.28% |
| 6 <b>Bob Sharkey</b>               | M 56 | 4 | 81.81% |
| 7 <b><u>Beth Krasemann</u></b>     | F 34 | 4 | 80.77% |
| 8 <b><u>Deborah Livingston</u></b> | F 33 | 4 | 79.07% |
| 9 Curt Pandiscio                   | M 47 | 4 | 75.21% |
| 10 <b>Thomas Parker</b>            | M 41 | 7 | 74.03% |
| 11 Paul Cacolice                   | M 44 | 5 | 71.19% |
| 12 Michael Gilbert                 | M 45 | 4 | 66.40% |
| 13 <b>Doug Cummings</b>            | M 46 | 4 | 64.49% |
| 14 <b><u>Michelle Roy</u></b>      | F 38 | 8 | 63.57% |
| 15 Nikolas Rogers                  | M 36 | 4 | 62.90% |
| 16 <b>Will Danecki</b>             | M 58 | 4 | 62.29% |
| 17 Ron Starrett                    | M 38 | 4 | 61.86% |
| 18 <b>Mark Kulacz</b>              | M 34 | 4 | 59.70% |
| 19 <b>Bob Worsham</b>              | M 62 | 4 | 58.89% |
| 20 <b><u>Elaine Romano</u></b>     | F 50 | 4 | 58.31% |
| 21 <b>Robert Scott</b>             | M 54 | 5 | 57.87% |
| 22 <b>David Raczkowski</b>         | M 57 | 4 | 57.15% |
| 23 <b>Dom Romano</b>               | M 50 | 4 | 56.16% |
| 24 <b><u>Laura Clark</u></b>       | F 61 | 5 | 50.90% |
| 25 Charles Thayer                  | M 64 | 4 | 48.03% |
| 26 <b><u>Karen McWhirt</u></b>     | F 47 | 4 | 47.99% |

## Total GT points after first 9 races:

| <u>Name</u>                         | <u>Age</u> | <u># Races</u> | <u>Total Points</u> |
|-------------------------------------|------------|----------------|---------------------|
| 1 Ben Nephew                        | M 32       | 7              | 675.79              |
| 2 <b>Thomas Parker</b>              | M 41       | 7              | 496.18              |
| 3 <b><u>Michelle Roy</u></b>        | F 38       | 8              | 489.49              |
| 4 Matt Bedoukian                    | M 28       | 5              | 448.80              |
| 5 Rich Fargo                        | M 49       | 4              | 352.29              |
| 6 Brett Stoeffler                   | M 41       | 4              | 350.92              |
| 7 Paul Cacolice                     | M 44       | 5              | 345.53              |
| 8 William Heaton                    | M 23       | 4              | 345.13              |
| 9 <b>Bob Sharkey</b>                | M 56       | 4              | 327.25              |
| 10 <b><u>Beth Krasemann</u></b>     | F 34       | 4              | 323.06              |
| 11 <b><u>Deborah Livingston</u></b> | F 33       | 4              | 316.30              |
| 12 Curt Pandiscio                   | M 47       | 4              | 300.85              |
| 13 Josh Ferenc                      | M 26       | 3              | 294.50              |
| 14 <b>Robert Scott</b>              | M 54       | 5              | 286.90              |
| 15 Greg Hammett                     | M 30       | 3              | 284.96              |
| 16 Keith Schmitt                    | M 39       | 3              | 273.24              |
| 17 Michael Gilbert                  | M 45       | 4              | 265.64              |
| 18 Paul Young                       | M 42       | 3              | 263.39              |
| 19 Tim Mahoney                      | M 28       | 3              | 262.72              |
| 20 <b>Chris Baynes</b>              | M 37       | 3              | 262.71              |
| 21 <b>Doug Cummings</b>             | M 46       | 4              | 257.96              |
| 22 Nikolas Rogers                   | M 36       | 4              | 251.60              |
| 23 Garry Harrington                 | M 48       | 3              | 250.32              |
| 24 <b>Will Danecki</b>              | M 58       | 4              | 249.18              |
| 25 Ron Starrett                     | M 38       | 4              | 247.44              |
| 26 <b><u>Laura Clark</u></b>        | F 61       | 5              | 243.13              |
| 27 <b>Todd Brown</b>                | M 44       | 3              | 239.95              |
| 28 <b>Mark Kulacz</b>               | M 34       | 4              | 238.79              |
| 29 Jim Nelson                       | M 44       | 3              | 237.62              |
| 30 <b>Bob Worsham</b>               | M 62       | 4              | 235.56              |
| 31 <b><u>Elaine Romano</u></b>      | F 50       | 4              | 233.22              |
| 32 Frank Giglio                     | M 29       | 3              | 232.90              |
| 33 <b>Paul Funch</b>                | M 57       | 3              | 232.44              |
| 34 Gabriel Flanders                 | M 32       | 3              | 231.56              |
| 35 Steve Wolfe                      | M 43       | 3              | 228.98              |
| 36 <b>David Raczkowski</b>          | M 57       | 4              | 228.60              |
| 37 <b>Dom Romano</b>                | M 50       | 4              | 224.62              |
| 38 <b>Mike Belcourt</b>             | M 46       | 3              | 213.55              |
| 39 Scott Slater                     | M 30       | 3              | 213.46              |
| 40 Chris Corradino                  | M 35       | 3              | 210.68              |
| 41 <b><u>Dawn Heinrich</u></b>      | F 46       | 3              | 210.03              |
| 42 Mark Dearing                     | M 55       | 3              | 209.05              |
| 43 <b><u>Donna Utakis</u></b>       | F 40       | 3              | 206.56              |
| 44 <b>Bruce Leshine</b>             | M 47       | 3              | 205.28              |
| 45 Bruce Shenker                    | M 55       | 3              | 204.07              |
| 46 Richard Moon                     | M 44       | 3              | 199.12              |
| 47 <b>Wayne Stocker</b>             | M 54       | 3              | 197.11              |
| 48 Tom Parent                       | M 31       | 3              | 196.80              |
| 49 David Herr                       | M 43       | 2              | 195.87              |
| 50 Randall Dutton                   | M 37       | 3              | 193.55              |
| 51 Willem Van Dijk                  | M 43       | 3              | 192.62              |
| 52 Paul Lahham                      | M 29       | 3              | 192.53              |
| 53 Tyler Morrison                   | M 41       | 3              | 192.53              |
| 54 Charles Thayer                   | M 64       | 4              | 192.10              |
| 55 <b><u>Karen McWhirt</u></b>      | F 47       | 4              | 191.95              |

## In Memory of Eric Jon Westerdahl

The WMAC sadly announces the unexpected passing of Eric Westerdahl, the club's Vice President, on June 10, 2008. Since moving to the area several years ago, Eric was a very active member of the club, preferring to work behind the scenes volunteering to handle whatever needed to be done to make our events run smoothly.

All of us here at the WMAC wish to express our condolences to Eric's family.



Eric Jon Westerdahl, 43, of Williamstown, MA passed away suddenly on June 10, 2008. Son of Carl A. Westerdahl and the late Mary Church Westerdahl, he was born Dec. 16, 1964 in Chestertown, Md., and reared in Troy, N.Y. He graduated from Troy High School in 1982 and from Cornell University with a B.S. in electrical engineering in 1986. In 1991, he was married to Martha Ann Bennett of Plattsburgh, N.Y. Eric was employed as a safety engineer at Underwriters' Laboratories in Melville, N.Y. and later at Lasermax Roll Systems in Burlington, Mass. After his move to Williamstown, he taught skiing at Jiminy Peak Mountain Resort. He was a volunteer radio show host at WCFM, the Williams College radio station, and assistant at the Museum of Black World War II History in Pownal, VT. He was an active member of the Western Massachusetts Athletic Club. His interests included skiing, running, history, reading, trivia, and esoteric music. In 2000 he completed a six-month long hike of the Appalachian Trail. Eric was known to his family and friends for his intelligence, his quick memory, and his sense of humor. He leaves his wife, Martha Ann Westerdahl; his daughter, Elizabeth Mary Westerdahl; his father and stepmother, Carl A. Westerdahl and Susan S. Clarke of Williamstown; and his siblings, Maura K. Westerdahl and Carl H. Westerdahl, both of Seattle, Wash.

Donations in Eric's memory may be made to the Huntington's Disease Society of America (care and support), 505 Eighth Avenue, Suite 902, New York, NY 10018 or to the Hereditary Disease Foundation (research), 3960 Broadway, 6th floor, New York, NY 10032.

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**Western Mass Athletic Club**

**P. O. BOX 356  
ADAMS, MA. 01220**

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

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**WMAC**

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