



# Trail Running News ...Western Mass Athletic Club

Vol. 14..... Issue 5 ..... Late Autumn ..... 2008

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

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

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## The 2008 Grand Tree Series.....That's All Folks!

The 14th annual "Grand Tree" trail series for 2008 began on April 5<sup>th</sup> at the Northern Nipmuck 16 miler in Union, CT. and wrapped up the season at the Stone Cat Trail Marathon and 50 miler on November 8<sup>th</sup> in Ipswich, MA.

This year there were 25 Official GT races but actually 28 different scoring events since once again both Pisgah Mt and Stone Cat had 2 separate race distances going on at the same time, and the new Curly's run also had both a half and full marathon this year. The most races a person could run this year was 25. No one ran all 25 this year. Thomas Parker from New Hampshire ran in 20 events, the most by any runner this year. Thomas had 20 finishes last year also.

Michelle Roy from Massachusetts topped all women with 18 races completed, 3 more than last year.

Other runners of note for the men were Doug Cummings with 14 races, Bob Sharkey, Ben Nephew, Alan Cabot, and Dave Raczkowski with 13 each, Greg Hammett with 12, Matt Beoukian with 11, and Gary Harrington, John Agosto, and Mike Belcourt with 10 each.

Way to go guys!

On the ladies side, Michelle Roy's 18 races placed her in 2nd place overall for the number of GT races completed this year, and was 8 more than her closest competitor of Laura Clark who was the only other lady to hit double digits with 10 races. Deb Livingston finished 8 races this year and rounding out the list for the ladies was Karen McWhirt, Elaine Romano, and Barb Sorrell with 6 races each, the minimum needed to complete the Grand Tree Series.

Way to go ladies!

Overall 1,836 different people ran in one or more of the possible 28 GT events that were held this year. That's 22 runners less than last year. ( 1,858 in 2007 and 1,573 in 2006 ).

Out of that number only a total of 463 runners competed in 2 or more GT races through out the year, but by series end only a total of 50 runners had completed the 6 or more races needed to earn an "Official" Grand Tree Score.  
( 67 finishers in 2007 and 64 in 2006.)

For a single race Seven Sisters once again led the series for the third year in a row with the most finishers at 241. Slightly less than the 258 who finished there last year. For a double event , since both races at Stone Cat were GT events again this year, a total of 270 runners showed up to run, and a total of 261 officially finished either the marathon or the 50 miler placing the race second for most participants. In third place this year we had both the Nipmuck Marathon and the Hairy Gorilla half-marathon tie with 214 runners in each.

The most intimate races this year were the 28 runners at the MorFun Wapack run, and the 38 finishers at a usual muddy Savoy, ( not counting the 14 who had enough fun for the day and stopped after one loop ).

For a double event Curly's half and full marathons had 27 finishers in the half and 25 in the full.

Continued next page:

GT Finals cont:

**2008 Grand Tree Champions:**

Since 2005 Greg Hammett and Ben Nephew have battled each other on the trails for the GT Championship title.

In 2005 Greg edged out Ben by less than 1% to capture the title. In 2006 Ben came back strong winning 7 races to earn his 6<sup>th</sup> overall GT Championship. Last year Greg once again squeaked by Ben scoring a win by less than 1/4 %.

So what else could we expect from them this year?

At Northern Nipmuck Greg finished 2<sup>nd</sup> and Ben was 3<sup>rd</sup>. At Seven Sisters, Ben was 3<sup>rd</sup> and Greg was 4<sup>th</sup>. Ben then went on to wins at Soapstone MT, Nipmuck Marathon, and the Greylock half-marathon while Greg sat those 3 out. Picking up again at the Skyline Trail run, Ben finished 2<sup>nd</sup> and Greg was 3<sup>rd</sup>. Greg then once again sat out the next 4 races while Ben came in 2<sup>nd</sup> at the People's Forest, 1<sup>st</sup> at the Oxford Dam Race in a new course record time, 2<sup>nd</sup> at MT. Toby, and 1<sup>st</sup> at Curly's Marathon.

At the Pisgah MT. races, Ben went short winning the 23K while Greg went long winning the 50K. After that it was Ben sitting out while Greg went on to score wins at Breakneck, Groton Forest, Hairy Gorilla, Busa Bushwhack, and the Stone Cat Marathon in a course record time. Greg also just missed a win at Monroe/ Dunbar Brook, coming in 2<sup>nd</sup> just 16 seconds back.

Since the GT Series is scored on your best 6 races, both Ben & Greg have 6 wins each making them co-champions for 2008.

**Congratulations to Greg Hammett and Ben Nephew the overall Grand Tree Trail Series Champions for 2008.**

Way to go Ben & Greg!

On the women's side, the streak continues. Debbie Livingston wrapped up her 7th consecutive GT Series Championship. This year Deb faced some tough competition on the trails from fellow CT. runner Beth Krasemann and Abby Woods from MA..

Beth scored wins at Northern Nipmuck, Seven Sisters, Soapstone MT., and the Greylock half-marathon, and was a very close second at the Busa Bushwhack. Abby took first place at Cranmore Hill, Savoy MT., and Monroe / Dunbar Brook. She also was close in a couple other races. Deb meanwhile was concentrating on longer runs this year. She had wins at the Nipmuck Marathon, Curly's Marathon, Pisgah MT 50K just one week later, and Breakneck. She also finished 2 or 3<sup>rd</sup> in a few other runs.

After 5 GT races Deb held a very slight lead, 81.83% to 81.51% for Beth and Abby in 3<sup>rd</sup> with a 77.73% score. But for whatever reasons both Beth & Abby only ran a total of 5 races this year and did not qualify for a final GT score.

Deb went on to complete eight GT races and finished with a 80.71% score, more than enough to capture her 7<sup>th</sup> consecutive Grand Tree Championship.

**Congratulations to Deb Livingston the Ladies 2008 Grand Tree Trail Series Champion.**

Way to go Deb!

**Congratulations to co-champions:  
Greg Hammett and Ben Nephew!**

**And ladies champion Deborah Livingston!**

**The 2008 Grand Tree Series Champions!**

**Total Points ... 2008 Stonehead Awards:**

For every GT race you complete through out the year you also receive "points" based upon your finishing time versus the winning time.

Points are awarded as follows... The winner of the race always gets 100 points. If you finish at say 75% of the winning time, you would receive 75 points for that race. All points are then added up for a year end total to decide the Stonehead Champions of the year. The more races you run and the faster you run earns you more points.

There are many trail runners who feel that this is as important an indication of a true trail running champion as any.

Last year, club member Thomas Parker ran a total of 20 races and scored enough points to claim the overall Stonehead of the Year Award. This year, although he was slowed up some during the second half of the year due to some nagging problems, he again ran a total of 20 races and by totaling 1,382.00 points he once again is the Stonehead of the Year!

**Congratulations to Thomas Parker the 2008 Stonehead Champion of the year.**

Way to go Thomas!

Also of note for the men are GT Champions Ben Nephew in 2<sup>nd</sup> place with 1,257.73 points and Greg Hammett in 3<sup>rd</sup> with 1,164.22 points. Bob Sharkey was the only other men's runner to hit the thousand point mark with 1,083.09 and a 5<sup>th</sup> place overall finish.

Way to go Guys!

**Continued next page:**

### GT Stoneheads cont:

For the ladies this year there was no doubt about the commitment Michelle Roy has made to the trail circuit the last couple of years. Once again she was every where completing 18 GT races, 3 more than last year.

We don't have all the statistics from past years, but we still believe she set the ladies record last year with 15 races, and only added to it with 3 more races this year. And we're pretty sure she's the first woman to hit the thousand point mark like she did this year with 1,130.55 total points. This year she can claim 2<sup>nd</sup> place overall in number of races completed, and 4<sup>th</sup> place overall for total points.

Oh yeah, she can also add her 2<sup>nd</sup> Stonehead of the Year Award to her resume.

### **Congratulations Michelle Roy the Ladies Stonehead Champion of the Year!**

#### **Way to go Michelle!**

Also of note for the ladies was Deb Livingston coming in with 631.42 points and Laura Clark with 503.82 points.

Way to go Ladies!

### **Congratulations to Thomas Parker and Michelle Roy!**

#### **The 2008 Stoneheads of the Year!**

Many THANKS go out to Rob Higley who once again compiled all the GT scoring and scheduling for this past year, and also for managing the club's web page, Ed Alibozek for keeping the trail race statistics for all these years, and the WMAC for posting the up-dates and results on their web page and in this newsletter. Also Thanks to Dave Raczkowski and the Willimantic Athletic Club for offering T-shirts to all the Grand Tree finishers this year.

The Grand Tree Series would not happen if it were not for all the race directors, running clubs, and volunteers who make these races possible. Not only should you thank them but you should ask how you can help out at the next race.

### **The 2008 "Grand Tree Series"**

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

Check out all the Grand Tree Series results on the WMAC web page.... [www.runwmac.com](http://www.runwmac.com)

## **The 2008 Grand Tree Trail Series Final Standings .... based on minimum of six races**

### **From Northern Nipmuck through Stone Cat**

WMAC members in Bold:

<u>Name</u>	<u>Age</u>	<u># Races</u>	<u>GT %</u>
1 Greg Hammett	M 31	12	100.00%
2 Ben Nephew	M 33	13	100.00%
3 Paul Young	M 43	8	94.62%
4 Keith Schmitt	M 40	7	94.49%
5 Matt Bedoukian	M 28	11	92.46%
6 Garry Harrington	M 48	10	90.90%
7 <b>Bob Sharkey</b>	M 56	13	87.63%
8 John Agosto	M 44	10	85.36%
9 <b>Rob Higley</b>	M 54	8	85.1%
10 Gabriel Flanders	M 32	7	81.52%
11 Dima Feinhaus	M 45	6	81.16%
12 <b>Deborah Livingston</b>	F 33	8	80.71%
13 <b>Paul Funch</b>	M 58	9	79.71%
14 <b>Scott Livingston</b>	M 35	6	79.61%
15 Stanislav Trufanov	M 29	6	78.77%
16 <b>Todd Brown</b>	M 44	7	78.53%
17 <b>Thomas Parker</b>	M 41	20	75.93%
18 Curt Pandiscio	M 47	6	75.32%
19 <b>Mike Belcourt</b>	M 46	10	75.31%
20 Paul Lahham	M 29	9	73.13%
21 Nikolas Rogers	M 36	9	71.80%
22 Ben Keefe	M 27	7	71.22%
23 Chris Corradino	M 35	6	71.11%
24 Paul Cacolice	M 44	7	71.08%
25 Sal Dichiarra	M 33	6	70.67%
26 <b>Ed Buckley</b>	M 50	6	70.39%
27 <b>Doug Cummings</b>	M 47	14	69.54%
28 Dominic Ambrosi	M 30	7	69.36%
29 Mark Dearing	M 55	6	69.28%
30 <b>Alan Cabot</b>	M 53	13	69.15%
31 George Gilder	M 68	7	68.31%
32 Tom Parent	M 32	8	67.74%
33 <b>Michelle Roy</b>	F 38	18	67.64%
34 Bruce Shenker	M 56	6	66.79%
35 <b>Will Danecki</b>	M 58	9	66.39%
36 <b>Bob Worsham</b>	M 62	7	65.52%
37 Kevin Zelechowski	M 32	8	63.54%
38 <b>Mark Kulacz</b>	M 34	7	61.21%
39 <b>David Raczkowski</b>	M 58	13	60.87%
40 <b>Elaine Romano</b>	F 51	6	60.43%
41 <b>Vic LaPort</b>	M 68	6	60.32%
42 <b>Robert Scott</b>	M 54	6	56.91%
43 <b>Barbara Sorrell</b>	F 51	6	55.45%
44 John Loring	M 61	7	54.24%
45 <b>Laura Clark</b>	F 61	10	53.44%
46 <b>Dick Hoch</b>	M 68	7	51.00%
47 <b>Karen McWhirt</b>	F 47	6	47.91%
48 Charles Thayer	M 64	7	47.58%
49 <b>Richard Busa</b>	M 79	7	44.36%
50 <b>Konrad Karolczuk</b>	M 56	6	42.93%

## 2008 Grand Tree Series Total Points "Stonehead Awards"

WMAC members in Bold:

<u>Name</u>	<u>Age</u>	<u># Races</u>	<u>Total Points</u>
1 <b>Thomas Parker</b>	M 41	20	1382.00
2 Ben Nephew	M 33	13	1257.73
3 Greg Hammett	M 31	12	1164.22
4 <u>Michelle Roy</u>	F 38	18	1130.55
5 <b>Bob Sharkey</b>	M 56	13	1083.09
6 Matt Bedoukian	M 28	11	984.07
7 <b>Doug Cummings</b>	M 47	14	913.91
8 Garry Harrington	M 48	10	880.44
9 John Agosto	M 44	10	824.19
10 <b>Alan Cabot</b>	M 53	13	816.08
11 <b>David Raczkowski</b>	M 58	13	756.68
12 Paul Young	M 43	8	740.89
13 <b>Mike Belcourt</b>	M 46	10	725.24
14 <b>Paul Funch</b>	M 58	9	700.32
15 Keith Schmitt	M 40	7	655.05
16 <u>Deborah Livingston</u>	F 33	8	631.42
17 Nikolas Rogers	M 36	9	616.72
18 Paul Lahham	M 29	9	598.76
19 <b>Will Danecki</b>	M 58	9	584.00
20 <b>Rob Higley</b>	M 54	8	569.12
21 Gabriel Flanders	M 32	7	562.21
22 <b>Todd Brown</b>	M 44	7	538.28
23 Tom Parent	M 32	8	528.73
24 <u>Laura Clark</u>	F 61	10	503.82
25 Kevin Zelechowski	M 32	8	495.73
26 Ben Keefe	M 27	7	489.63
27 Paul Cacolice	M 44	7	487.25
28 Dima Feinhaus	M 45	6	486.97
29 Dominic Ambrosi	M 30	7	479.73
30 <b>Scott Livingston</b>	M 35	6	477.68
31 George Gilder	M 68	7	472.78
32 Stanislav Trufanov	M 29	6	472.61
33 Rob Smith	M 41	5	455.08
34 Curt Pandiscio	M 47	6	451.93
35 <b>Bob Worsham</b>	M 62	7	445.70
36 Tim Mahoney	M 29	5	440.05
37 William Heaton	M 23	5	433.82
38 Brett Stoeffler	M 41	5	430.68
39 Chris Corradino	M 35	6	426.64
40 Sal Dichiaro	M 33	6	424.03
41 <b>Ed Buckley</b>	M 50	6	422.34
42 <b>Mark Kulacz</b>	M 34	7	422.00
43 Donald Pacher, Jr.	M 36	5	418.16
44 Mark Dearing	M 55	6	415.68
45 Bryan Johnston	M 29	5	412.85
46 <u>Beth Krasemann</u>	F 35	5	407.54
47 Bruce Shenker	M 56	6	400.74
48 Josh Ferenc	M 26	4	394.50
49 Abby Woods	F 30	5	388.67
50 Bob Gillis	M 53	5	375.37
51 Dan Beaudet	M 38	5	373.19
52 John Loring	M 61	7	371.56
53 Todd Callaghan	M 38	4	367.54

54 Charles Peabody	M 36	5	362.87
55 <u>Elaine Romano</u>	F 51	6	362.57
56 <b>Vic LaPort</b>	M 68	6	361.92
57 <b>Peter Keeney</b>	M 42	4	360.55
58 <u>Karen Ringheiser</u>	F 44	5	359.72
59 Rich Fargo	M 49	4	352.29
60 <b>Dick Hoch</b>	M 68	7	346.97
61 Kevin Mullen	M 51	5	343.91
62 Norm Sheppard	M 50	5	343.84
63 <b>Robert Scott</b>	M 54	6	341.47
64 <b>Dan Scotina</b>	M 53	5	339.00
65 <u>Barbara Sorrell</u>	F 51	6	332.67
66 Charles Thayer	M 64	7	329.75
67 Kenneth Naide	M 36	4	327.14
68 Guido Medeiros	M 53	5	319.67
69 <u>Grace Jensen</u>	F 45	5	310.15
70 Kate Naples	F 41	5	307.98
71 Frank Giglio	M 30	4	307.85
72 Joel Fedorowicz	M 28	4	307.47
73 Kenny Rogers	M 54	5	304.70
74 <b>Richard Busa</b>	M 79	7	302.56
75 Justin Fyffe	M 28	3	297.15
76 David Herr	M 43	3	293.26
77 Paul Bazanchuk	M 53	4	293.11
78 <b>Dom Romano</b>	M 50	5	291.46
79 <u>Sherisa Sterling</u>	F 55	5	289.38
80 <u>Karen McWhirt</u>	F 47	6	287.45
81 Kent Lemme	M 41	3	286.55
82 Russell Hammond	M 48	4	285.93
83 <u>Patty Duffy</u>	F 39	5	280.07
84 Brian Rusiecki	M 29	3	278.59
85 <u>Donna Utakis</u>	F 40	4	278.08
86 <u>Michelle Hammond</u>	F 49	4	277.97
87 <u>Heidi Havron</u>	F 42	4	273.72
88 <b>Dave Dunham</b>	M 44	3	272.99
89 <b>Bruce Leshine</b>	M 47	4	271.49
90 Ross Krause	M 28	3	267.40
91 Willem Van Dijk	M 43	4	266.01
92 <b>Bill Morse</b>	M 57	4	265.86
93 Michael Gilbert	M 45	4	265.64
94 Randall Dutton	M 37	4	265.48
95 John Kinnee	M 29	3	263.50
96 <b>Chris Baynes</b>	M 37	3	262.71
97 <b>Wayne Stocker</b>	M 54	4	261.18
98 <b>Jay Kolodzinski</b>	M 29	3	259.36
99 <b>Konrad Karolczuk</b>	M 56	6	257.59
100 <u>Lisa Doucett</u>	F 53	4	256.93
101 <b>Chris Johnson</b>	M 51	5	255.86
102 <b>Ed Alibozek</b>	M 45	4	251.33
103 Paul Ghelfi	M 41	4	251.29
104 <b>Dan Danecki</b>	M 49	4	250.63
105 Ron Starrett	M 38	4	247.44
106 <u>Pam Dolan</u>	F 41	4	247.13
107 <u>Emily Trespas</u>	F 37	4	247.02
108 Mark Buongiorno	M 41	3	242.74
109 John Couillard	M 27	3	241.28
110 Brian Gallagher	M 58	4	240.17
111 Jim Nelson	M 44	3	237.62
112 John Paul Lewicke	M 23	3	237.27

*Continued next page:*

**Stonehead awards cont:**

113	Dave Martula	M 63	4	236.08
114	<u>Ruthie Ireland</u>	F 40	3	234.76
115	<b>Steve Jensen</b>	M 47	4	234.40
116	Joel Lehman	M 47	3	233.80
117	Christopher Stoer	M 32	4	233.18
118	<u>Penny Matel</u>	F 49	4	232.40
119	Glenn Hammett	M 31	4	231.72
120	Peter Hult	M 27	3	230.45
121	Josh Robert	M 27	4	229.96
122	Steve Wolfe	M 43	3	228.98
123	<u>Karen Stone</u>	F 44	4	228.16
124	Bill Ronalter	M 41	3	226.51
125	<b>Joe Gwozdz</b>	M 53	3	225.88
126	<u>Mary Lou White</u>	F 53	5	225.84
127	Richard Mellor	M 58	5	225.58
128	Franz Buzawa	M 45	4	225.26
129	<b>Jamie Howard</b>	M 43	5	224.53
130	<u>Denise Dion</u>	F 50	4	224.27
131	Scott Turco	M 36	3	224.04
132	<b>Greg Taylor</b>	M 62	5	222.28
133	Claude Yoder	M 40	3	222.26
134	<u>Amy Lane</u>	F 29	3	221.70
135	Don Slovenkai	M 52	3	221.11
136	Randy Witlicki	M 52	4	220.20
137	Rick Scott	M 54	3	218.14
138	Scott Deslongchamps	M 38	3	217.00
139	Richard Collins	M 52	3	216.73
140	<u>Donna Smyth</u>	F 49	3	215.26

*For complete results check out the "Grand Tree" page at.....*  
[www.runwmac.com](http://www.runwmac.com)

**GT Champions .... 1995 - 2008**

	<u>Male</u>	<u>Female</u>
1995	Matt Cull	Robin Hathaway
1996	Tom Buckley	Debbie Briggs
1997	Bob Dion	Karen Cormier
1998	Keith Schmitt	Tracy Reusch
1999	Ben Nephew	Christy Cosgrove
2000	B. Nephew & L. Schmitt	Nikki Kimball
2001	Ben Nephew	Nikki Kimball
2002	Leigh Schmitt	Deb Livingston
2003	Ben Nephew	Deb Livingston
2004	Ben Nephew	Deb Livingston
2005	Greg Hammett	Deb Livingston
2006	Ben Nephew	Deb Livingston
2007	Greg Hammett	Deb Livingston
2008	G. Hammett & B. Nephew	Deb Livingston

**The 2008 "Grand Tree Trail Series"**  
**New England Trail Running at it's Best!**

**WMAC's ... DION Snowshoes .... Racing Series**

Our tentative 2009 schedule is listed below. Remember that Winter Weather can influence these dates and races, so always check the web page or contact the race director as the dates approach. To check results, photos or other info on specific events, go to [www.runwmac.com](http://www.runwmac.com) and click on the snowflake.



December 28, 2008 10:30 A.M. I LOVE WOODFORD  
3.5 Miles Woodford, VT

January 03, 2009 10:00 A.M. TILDA HILL  
3.5 Miles Florida, MA

January 10, 2009 10:30 A.M. NORTH POND  
3.5 Miles Florida, MA

January 11, 2009 10:00 A.M. SOUTH POND  
4.0 Miles Florida, MA

January 17, 2009 10:00 A.M. GREYLOCK GLEN  
3.5 Miles Adams, MA

January 18, 2009 10:00 A.M. BRAVE THE BLIZZARD  
5 KM Guilderland, NY

January 25, 2009 10:30 A.M. CURLY'S RECORD RUN  
4.0 Miles Pittsfield, MA

January 31, 2009 9:00 A.M. NORTHFIELD MTN  
10.3 KM Northfield, MA

Feb. 01, 2009 11:00 A.M. SARATOGA WINTERFEST  
5 KM Saratoga Springs, NY

February 07, 2009 11:00 A.M. SIDE-HILLER  
4.0 Mile Center Sandwich, NH

February 08, 2009 10:00 A.M. MOODY SPRING  
5.0 Miles West Hawley, MA

February 14, 2009 10:30 A.M. CAMP SARATOGA  
8.25 KM Wilton, NY

February 21, 2009 10:00 A.M. COVERED BRIDGE  
4 & 13.0 Miles Adams, MA

February 22, 2009 10:00 A.M. HALLOCKVILLE  
3.8 Miles West Hawley, MA

February 28, 2009 9:30 A.M. HAWLEY KILN NOTCH  
5.0 Miles Hawley, MA

March 14, 2009 9:00 A.M. NORTHFIELD STATES  
3 - 5 Miles Northfield, MA

March 21, 2009 4:00 P.M. CATAMOUNT SUNSET  
3.0 Miles Hillsdale, NY

**The 2008 "Grand Tree" Trail Series  
New England Trail Running at it's Best.**

Races – Places – Dates – Winning Times – Number of Finishers

**Northern Nipmuck**

16 Miles ... Union, CT. ... 4 / 5 / 08

Josh Ferenc .....26 M ..... 1:59:25  
Beth Krasemann ...34 F..... 2:32:02 *114 Finishers*  
\*\*\*\*\*

**Merrimack River**

16 K .... Andover, MA. ... 4 / 12 / 08

Kevin Tilton ..... 26 M ..... 57:46  
Sarah Thompson ... 28 F .... 1:18:11 *183 Finishers*  
\*\*\*\*\*

**Seven Sisters**

12 Miles ... Amherst, MA. ... 5 / 4 / 08

Josh Ferenc ..... 26 M ... 1:47:14  
Beth Krasemann ..... 34 F .... 2:18:29 *241 Finishers*  
\*\*\*\*\*

**MorFun Wapack**

21 Miles .... Ashburnham, MA ....5 / 10 / 08

David Herr ..... 43 M ... 3:13:00  
Carol O'Hear ... 33 F .... 4:29:00 *28 Finishers*  
\*\*\*\*\*

**Muddy Moose**

14 Miles ... Wolfeboro, NH. ... 5 / 11 / 08

Cory Boilard ... 29 M .... 1:33:25  
Lyne Bessette ....33 F .....1:53:26 *59 Finishers*  
\*\*\*\*\*

**Soapstone MT.**

14.4 Miles ... Stafford, CT. ... 5 / 18 / 08

Ben Nephew ..... 32 M ... 1:46:05  
Beth Krasemann ... 34 F ..... 2:03:29 *149 Finishers*  
\*\*\*\*\*

**NipMuck Marathon**

26.2 Miles ... Ashford, CT. ... 6 / 1 / 08

Ben Nephew ..... 32 M .....3:23:15  
Deb Livingston ..... 33 F .....4:03:20 *214 Finishers*  
\*\*\*\*\*

**Northfield MT.**

10.3 K ... Northfield, MA. ... 6 / 7 / 08

Mark Miller ... 27 M ... 35:47  
Amy Nedeau ... 33 F ... 41:12 *174 Finishers*  
\*\*\*\*\*

**Greylock Trail Races .....** Altered Course

Half Marathon ... Adams, MA. ... 6 / 15 / 08

Ben Nephew ..... 32 M ..... 1:31:46  
Beth Krasemann ... 34 F .....1:52:16 *94 Finishers*  
\*\*\*\*\*

**Cranmore Hill**

10 K ... North Conway, NH. ... 6 / 29 / 08

Justin Fyffe ... 28 M ..... 52:51  
Abby Woods ...30 F ... 1:08:36 *139 Finishers*  
\*\*\*\*\*

**Skyline Trail**

7.2 Miles ... Milton, MA. ... 7 / 13 / 08

Josh Ferenc ..... 26 M ... 59:11\*  
Christine Anderson ... 42 F ... 1:22:19

**Course Record \*** *65 Finishers*  
\*\*\*\*\*

**People's Forest**

7 Miles ... Barkhamsted, CT. ... 8 / 2 / 08

Marc Robaczynski ... 33 M ..... 44:32\*  
Tracy Dickey ..... 32 F ... 1:02:05

**Course Record \*** *53 Finishers*  
\*\*\*\*\*

**Oxford Dam**

10.5 Miles ... Oxford, MA. ... 8 / 9 / 08

Ben Nephew .....32 M ... 1:13:40\*  
Sheila Lapointe .... ? F ..... 1:34:45

**Course Record \*** *106 Finishers*  
\*\*\*\*\*

**Savoy MT.**

22.2 Miles ... Savoy, MA. ... 8 / 17 / 08

Jim Johnson ..... 31 M ..... 3:18:04  
Abby Woods ..... 30 F ..... 3:47:04 *38 Finishers*  
\*\*\*\*\*

Continued next page:

2008 Grand Tree Series cont:

**MT. Toby**

14 Miles ... Sunderland, MA. ... 8 / 24 / 08

Justin Fyffe ..... 28 M ..... 1:26:06  
Ruthie Ireland ..... 40 F .....1:52:51

86 Finishers

\*\*\*\*\*

**Wapack Trail**

17.6 Miles ... New Ipswich, NH. ... 8 / 31 / 08

Gary Herrington ..... 48 M ..... 2:38:39  
Rachel Boudreau ..... 23 F ..... 3:21:51

75 Finishers

\*\*\*\*\*

**Curly's Marathon and Half Marathon**

13.1 and 26.2 Miles .... Pittsfield, MA ... 9 / 7 / 08

**Half Marathon:**

John Earnhart .... ? M ..... 2:01:15  
Kristyn Meade ...23 F .....2:25:57

27 Finishers

**Marathon:**

Ben Nephew .....33 M ..... 3:47:47  
Deb Livingston ...34 F ..... 5:08:08

25 Finishers

\*\*\*\*\*

**Pisgah MT.**

23K and 50K ... Chesterfield, NH. ... 9 / 14 / 08

**23K:**

Ben Nephew .... 33 M ..... 1:38:38  
Ruthie Ireland ...40 F .....2:00:41

61 Finishers

**50K:**

Greg Hammett ..... 31 M ... 4:05:22  
Deb Livingston ..... 33 F ... 5:19:52

68 Finishers

\*\*\*\*\*

**Breakneck**

20 K ... Union, CT. ... 10 / 5 / 08

Greg Hammett ..... 31 M ... 1:50:17  
Deb Livingston .....33 F .... 2:00:50

41 Finishers

\*\*\*\*\*

**Diamond Hill**

22.5K ... Diamond Hill Park, RI ... 10 / 11 / 08

Paul Young ..... 43 M ... 1:41:53  
Karen Benway .....36 F ... 1:51:19

42 Finishers

\*\*\*\*\*

**Monroe / Dunbar Brook**

10.5 Miles ... Monroe, MA. ... 10 / 12 / 08

Kent Lemme ..... 41 M ....1:14:16\*  
Abby Woods ... ..30 F .... 1:41:40

**Course Record \***

93 Finishers

\*\*\*\*\*

**Groton Forest**

9.5 Miles ... Groton, MA. ... 10 / 19 / 08

Greg Hammett ... 31 M .... 58:17  
Pilar Meltz .....33 F ... 1:10:11

90 Finishers

\*\*\*\*\*

**Hairy Gorilla**

Half - Marathon ... Albany, NY. ... 10 / 26 / 08

Greg Hammett ..... 31 M .... 1:22:05  
Rebecca Foulger ..... 26 F ... :1:47:47

214 Finishers

\*\*\*\*\*

**Busa Bushwhack**

15K ... Framingham, MA. ... 11 / 2 / 08

Greg Hammett ..... 31 M ..... 54:31  
Kim Webster.... .....32 F .... 1:03:53

113 Finishers

\*\*\*\*\*

**Stone Cat**

Marathon & 50 Miles ... Ipswich, MA. ... 11 / 8 / 08

**Marathon:**

Greg Hammett ..... 31 M ... 3:04:50\*  
Laurie Greenburg ... 33 F..... 3:46:39

160 Finishers

**50 Miles:**

Leigh Schmitt .....36 M .... 6:30:08\*  
Christine Daly ..... 47 F ..... 8:06:14\*

**Course Records \***

101 Finishers

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# Pisgah Mt. Trail Races .... 50K & 23K

Chesterfield, NH .... September 14, 2008

Rain - Fog - Flooded Trails - Lots of Mud - High of 73\*

WMAC members in Bold:

## 50K:

Name	Age	ST.	Time	GT %
1 Greg Hammett	M 31	NH	4:05:22	100.00%
2 David Herr	M 43	VT	4:11:56	97.39%
3 Brian Rusiecki	M 29	MA	4:16:04	95.82%
4 Gary Harrington	M 48	NH	4:21:18	93.90%
5 Glen Redpath	M 43	NY	4:29:52	90.92%
6 Todd Callaghan	M 38	MA	4:38:11	88.20%
7 Karl O'Leary	M 29	NY	4:48:33	85.03%
8 Joe Holland	M 46	NH	4:49:10	84.85%
9 Patrick Lowkes	M 35	VT	4:50:14	84.54%
10 Ed Momm	M 42	NH	5:07:08	79.89%
11 <b>Bob Sharkey</b>	M 56	RI	5:07:56	79.68%
12 John Richard	M 37	MA	5:13:21	78.30%
13 <b>Paul Funch</b>	M 58	MA	5:19:13	76.87%
14 <b>Deb Livingston</b> 1 <sup>st</sup> F	F 33	CT	5:19:52	76.71%
15 Curt Pandiscio	M 47	NH	5:27:04	75.02%
16 <u>Erin Cooper</u>	F 26	MA	5:36:51	72.84%
17 <u>Amy Lane</u>	F 29	MA	5:42:22	71.67%
18 <u>Donna Utakis</u>	F 40	MA	5:43:04	71.52%
19 Nikolas Rogers	M 36	NY	5:43:29	71.44%
20 <b>Donna Smyth</b>	F 48	VT	5:46:09	70.88%
21 Nate Wallace	M 27	MA	5:54:19	69.25%
22 Jay Fauci	M 35	VT	5:54:36	69.20%
23 Ryan Prentiss	M 33	MA	5:56:43	68.78%
24 Nathan Sanel	M 39	NH	5:59:14	68.30%
25 Renat Fatkulin	M 20	VT	5:59:45	68.20%
26 Chris Prybbella	M 21	VT	5:59:46	68.20%
27 Thomas Worthington	M 21	VT	5:59:47	68.20%
28 Bill Kellner	M 44	VT	5:59:58	68.16%
29 Geno Duke	M 39	NH	6:03:02	67.59%
30 Chris Corradino	M 35	MA	6:12:25	65.89%
31 Robert Najjar	M 52	NH	6:13:06	65.76%
32 Norm Sheppard	M 50	NH	6:14:04	65.59%
33 <b>Will Danecki</b>	M 58	CT	6:15:23	65.36%
34 <b>Michelle Roy</b>	F 38	MA	6:16:16	65.21%
35 <b>Mike Belcourt</b>	M 46	CT	6:17:27	65.01%
36 Bob Dunfey	M 57	ME	6:22:45	64.11%
37 Joe Beyer	M 57	MA	6:24:57	63.74%
38 <u>Jenny Chow</u>	F 44	NJ	6:25:34	63.64%
39 Nathan Echols	M 41	NJ	6:25:34	63.64%
40 John Lacroix	M 26	NH	6:31:57	62.60%
41 David Prentiss	M 64	MA	6:37:20	61.75%
42 <b>Grace Jensen</b>	F 45	CT	6:44:07	60.72%
43 <u>Pam Dolan</u>	F 41	CT	6:44:07	60.72%
44 <u>Laurel Valley</u>	F 46	ME	6:45:42	60.48%
45 B.J. Bierce	M 45	ME	6:45:42	60.48%
46 <u>Carrie Lombardo</u>	F 37	CT	6:45:42	60.48%
47 <u>Penny Matel</u>	F 48	NH	6:46:47	60.32%
48 <u>Melissa Chase</u>	F 43	NY	7:04:00	57.87%
49 Kent Stivers	M 51	CT	7:04:00	57.87%
50 Mark Weedman	M 51	NH	7:09:19	57.15%
51 Steve VanOrden	M 43	NH	7:09:22	57.15%

52 <u>Robyn Metcalfe</u>	F 60	MA	7:12:36	56.72%
53 <b>David Raczkowski</b>	M 57	CT	7:15:33	56.34%
54 Jason Dominick	M 37	MA	7:15:49	56.30%
55 Sean Wandrei	M 23	MA	7:16:20	56.23%
56 David Delibacm	M 56	VT	7:20:25	55.71%
57 John Mudano	M 41	CT	7:24:01	55.26%
58 Rich Luciano	M 56	NJ	7:34:14	54.02%
59 Josh Robert	M 27	NH	7:37:04	53.68%
60 Rik Robert	M 52	VT	7:37:04	53.68%
61 <b>Barbara Sorrell</b>	F 51	NY	7:40:48	53.25%
62 John Helemek	M 48	CT	7:58:51	51.24%
63 <u>Lori Watkins</u>	F 44	MA	7:58:51	51.24%
64 Peter Bonnette	M 40	CT	8:02:43	50.83%
65 Frank Skuthan	M 55	NJ	8:02:45	50.83%
66 Chris Conway	M 38	NH	8:05:21	50.55%
67 <b>Greg Taylor</b>	M 62	NY	9:32:15	42.88%
68 <b>Dick Hoch</b>	M 68	CT	9:58:59	40.96%

## Pisgah 23K:

1 Ben Nephew	M 33	MA	1:38:38	100.00%
2 Brian Johnston	M 29	NH	1:42:57	95.81%
3 Rob Smith	M 41	MA	1:44:39	94.25%
4 Keith Schmitt	M 51	NH	1:44:51	94.07%
5 Bob Parks	M 38	VT	1:51:58	88.09%
6 <b>Scott Livingston</b>	M 35	CT	1:54:03	86.48%
7 John Agosto	M 44	CT	1:56:28	84.69%
8 Gabriel Flanders	M 32	ME	2:00:16	82.01%
9 <u>Ruthie Ireland</u> 1 <sup>st</sup> F	F 40	MA	2:00:41	81.73%
10 Dick Jardine	M 54	NH	2:05:18	78.72%
11 <u>Raina White</u>	F 29	VT	2:05:30	78.59%
12 Glenn Hammett	M 31	NH	2:09:47	76.00%
13 Jim Patrick	M 39	MA	2:10:15	75.73%
14 John Majonen	M 46	VT	2:11:12	75.18%
15 Jerome McDougale	M 53	NH	2:12:00	74.72%
16 <u>Ruth Coffman</u>	F 29	NH	2:12:40	74.35%
17 Jonathan Vanderhoof	M 29	NH	2:12:55	74.21%
18 Brian Chidley	M 43	CT	2:17:44	71.61%
19 Bob Damond	M 46	NH	2:20:02	70.44%
20 <u>Suzie Carrier</u>	F 48	NH	2:21:19	69.80%
21 Zeke Zucker	M 64	VT	2:22:13	69.35%
22 Kevin Chafee	M 23	NH	2:22:24	69.26%
23 John Duff	M 55	VT	2:22:31	69.21%
24 John Skewes	M 51	NH	2:22:52	69.04%
25 <b>Thomas Parker</b>	M 41	NH	2:23:02	68.96%
26 Richard Guffy	M 58	CT	2:23:12	68.88%
27 Jeffrey Waldron	M 22	NH	2:23:23	68.79%
28 <u>Sarah Brown</u>	F 26	NH	2:25:31	67.78%
29 David Santey	M 23	NH	2:27:02	67.08%
30 Eric Hannett	M 32	NH	2:27:33	66.85%
31 James Callaway	M 45	NH	2:27:33	66.85%
32 Bradley Poster	M 53	VT	2:31:56	64.92%
33 Raymond Cooper	M 27	MA	2:32:45	64.57%
34 <u>Kate Naples</u>	F 41	MA	2:32:58	64.48%
35 Blake Woodman	M 29	NH	2:34:07	64.00%
36 <u>Fabienne Pattison</u>	F 48	NH	2:38:19	62.30%
37 Ed Dinnany	M 61	VT	2:38:19	62.30%
38 <u>Julianne Eadan</u>	F 35	VT	2:40:22	61.50%
39 Tom Parent	M 32	MA	2:44:58	59.79%

*Continued next page:*



### Pisgah results cont:

40 Alan Cabot	M 53	MA	2:45:49	59.48%
41 Robert Kingsbury	M 53	NH	2:46:41	59.17%
42 Bob Lance	M 51	NH	2:46:45	59.15%
43 Steve Sebastian	M 59	NH	2:47:57	58.73%
44 Newell Tolman	M 66	NH	2:49:26	58.21%
45 Ramona Janowetch	F 47	NH	2:50:39	57.80%
46 Ryan Kerr	M 35	NH	2:52:58	57.02%
47 Lisa Ford	F 40	VT	2:53:06	56.98%
48 Steven Perrin	M 44	NH	2:54:24	56.56%
49 Susan Foster	F 43	CT	2:54:39	56.47%
50 Robyn Hannett	F 33	NH	3:00:29	54.65%
51 Rebecca Ryan	F 51	VT	3:06:41	52.83%
52 John Loring	M 61	MA	3:08:34	52.31%
53 Sarah Heck	F 33	ME	3:09:52	51.95%
54 Yuen Chun	F 51	NY	3:20:53	49.10%
55 Sandy Lang	F 50	NH	3:21:28	48.96%
56 Marlee Leveille	F 32	NH	3:21:28	48.96%
57 Don Spencer	M 42	NH	3:28:15	47.36%
58 Loni Allen	F 28	NH	3:30:52	46.77%
59 Jennifer Parker	F 30	VT	3:32:46	46.36%
60 Oliver Holt	M 61	NH	3:33:09	46.27%
61 Richard Mellor	M 58	NH	6:10:34	26.62%

### **To Drop or Not To Drop**

Sept 14 Pisgah 50K in rain = mud mud mud, slippery rocks & roots - - I fell several times, endless ups and tricky downs. I began on th paved with Fred, th ol mountain goat, as I've done b4. He & Donna to be an official pair Sept 20 at Mt. Washington - - where else? Super!

At trail, Art's with me for awhile, then mostly by myself th rest of th whole long day. The z beginning miles behind me is when I begin to question, while climbing and negotiating thru mud bogs, whether or not I can keep-on and do it, all of it ( ? ) Some ultrarunners were dropping out - - Pisgah just too much today. I followed a gal down to th 2<sup>nd</sup> aid station where, despite my "Come with me" she was adamant to drop. After awhile came Fred fm ahead; "I'm baggin it."

Into th K-loop station another gal, who passed me up th Pisgah Mtn Trail, dropped. There too a guy who had completed th K-loop. What about me? Dozens of times I heard my pesky inner voice: "Aren't you going to drop? This mud is impossible, everything wet and slick. When are u going to drop!" Me? Instead, after finally completing a section, I'd rationalize. Up, up, up, and over th Pisgah Mtn Trail ( where Greg finally cawt me ) I'd think: It didn't take me that long, + no mud; maybe no more mud. ( HA ) Getting to th K-loop station was certainly laboriously slow-going for me. But almost there I cawt th gal who was about to drop. I'd think: "Now I'm doing better."

Altho th first part of th K-loop is a "jog-in-th-park," th concluding longer part reduced me to a stagger. Only way up: hands on legs, PUSH-step, hands on legs, PUSH-step, etc. etc.

Trudging into th final manned station - - yes they were still there - - I was energy-starved, in drop condition. Food? ick. Gatorade? yuk. Continue? why?

Why? Heck, man, there're only 3 sections left, and 2 are road ( traction ). Eat, imbibe, u haven't thrown-up yet! Upon climbing out, over to, and up th Davis Trail ( hands on legs, PUSH-step ), wow th Davis firm & normal .... For awhile. Then, th mud of all muds - - narrow trail or wide trail, water and MUD! Slips & slides had produced a shout or 2 of profanity b4, but here in th falling dark I pretty much "lost it."

Perhaps I'd fallen silent by th time Gary approached fm th road checking that I was OK. At least he didn't mention it b4 driving back. So I made my way to a royal finish, hollered in by Gary, Chris, Donna, Fred, and Marlene.

To drop or not to drop.  
I wish I had, but I'm glad I didn't! ☺

*Dick Hoch*

### **Pisgah Mud Fest 2008**

This was the second year in a row we started the race in pouring rain. Last year it was thunder storms, this year just steady rain. The good news was that the rain let up in the first 2 hours of the race. The bad news was waiting for us in the last 5 miles of the race. Although I thought we had more rain last year during the run, it seemed that this year there was more standing water on the trails. But at least it wasn't cold so we all continued on somewhat comfortable. One section of the trail was completely flooded, not from the rain but from a nearby beaver dam. It didn't matter at that point since we were all soaked anyway. Despite all the wet and muddy trails I was still feeling pretty good as I started the Kilburn loop. Although not too hilly in this section, there are a few trails that go up hill. When I completed the loop and came back to the aid station I was starting to feel the effects of not only the wet & muddy trails, but also the tired legs from running a tough trail marathon the week before.

Looking at my watch I saw 5:15 staring back at me. I knew from doing this race so many times that I needed at least 1 hour to complete the last 5 miles and continue my streak of sub 6 hour finishes. Still I tried to pick up the pace a little and give it a shot. Little did I know that the state of New Hampshire decided to run a bulldozer through the trails in the last few miles in an attempt to widen the trails for the snowmobile riders. With no thoughts given to erosion they just dug up the trails and left them like that. Have you got any idea what a couple inches of rain mixed with loose dirt looks like? Well to make a long story short, the mud finally did me in and I pretty much dropped down to a crawl. At least the last mile and some change is all on road so I was able to run a little bit more into the finish and a 6:15:23 time. So my sub 6 hour streak is over. No big deal. Last year was close at 5:57 so I knew it had to end sometime. Still Pisgah MT. is one of my favorite races and I'm looking forward to next year's run. I just hope it's dry for a change.

*Will Run*

**Breakneck 20K Trail Race**  
Union, CT. .... October 5, 2008

Club members in Bold:

<u>Name</u>	<u>Time</u>	<u>GT %</u>
1 Greg Hammett	1:50:17	100.00%
2* <b>Rob Higley</b>	1:55:21	* 33.33%
3 Erick Holm	1:59:57	91.94%
4 <b>Deborah Livingston</b>	2:00:50	91.27%
5 John Agosto	2:00:56	91.19%
6 <b>Scott Livingston</b>	2:07:58	86.18%
7 <b>Robin Pitt</b>	2:09:53	84.91%
8 <b>Mike Belcourt</b>	2:10:10	84.72%
9 <b>Bob Worsham</b>	2:17:44	80.07%
10 Paul Lahham	2:18:12	79.80%
11 Steve Tompkins	2:18:13	79.79%
12 Brett Stoeffler	2:18:16	79.76%
13 Todd Mosser	2:20:08	78.70%
14 <b>Cheryl Cunningham</b>	2:20:43	78.37%
15 Russell Hammond	2:20:44	78.36%
16 <b>Tricia Dowcett-Bettencourt</b>	2:21:24	77.99%
17 Brendan Kane	2:21:25	77.98%
18 James Dixon	2:21:27	77.97%
19 Dominic Ambrosi	2:22:44	77.27%
20 <b>Alan Cabot</b>	2:23:00	77.12%
21 <b>Edward Alibozek</b>	2:23:31	76.84%
22 <b>Michele Hammond</b>	2:28:26	74.30%
23 <b>Danielle Ciccone</b>	2:28:27	74.29%
24 <b>Ginny Patsun</b>	2:32:26	72.35%
25 Randell Dutton	2:33:19	71.93%
26 <b>Douglas Cummings</b>	2:36:04	70.66%
27 Tom Parent	2:40:40	68.64%
28 <b>Kathy Schultz</b>	2:42:32	67.85%
29 <b>Elaine Allen</b>	2:42:34	67.84%
30 <b>David Raczkowski</b>	2:42:46	67.76%
31 Curt Hirsch	2:42:48	67.74%
32 <b>Elaine Romano</b>	2:44:18	67.12%
33 <b>Dom Romano</b>	2:45:00	66.84%
34 <b>Vickie Monahan</b>	2:47:28	65.85%
35 <b>Carol Kane</b>	3:11:03	57.72%
36 Charles Thayer	3:55:56	46.74%
37 <b>Jamie Howard</b>	4:08:58	44.30%
38 <b>Laura Clark</b>	4:08:59	44.29%
39 <b>Konrad Karolczuk</b>	4:13:22	43.53%
40 Fran O'Donoghue	4:37:38	39.72%
41 <b>Anne Manning</b>	4:37:39	39.72%

\* Took beaver dam shortcut (old course) on return,  
7 minutes added to time, but a DNF wrt GT.

*Trail Running News.....*

*Western Mass Athletic Club*

*Adams, Massachusetts*

Vol. 14 ..... Issue 5 .... Late Autumn .... 2008

**Diamond Hill Trail Race ... 22.5K**  
Diamond Hill Park ... RI ... October 11, 2008

<u>Name</u>	<u>Age</u>	<u>ST</u>	<u>Time</u>	<u>GT %</u>
1 Paul Young	M 43	MA	1:41:53	100.00%
2 Kevin Gorman	M 31	MA	1:48:11	94.18%
3 <b>Bob Sharkey</b>	M 56	RI	1:48:23	94.00%
4 Chris Fox	M 34	RI	1:49:45	92.83%
5 <b>Karen Benway 1<sup>st</sup> F</b>	F 36	RI	1:51:19	91.53%
6 Sal Dichiaro	M 33	NY	2:01:41	83.73%
7 Tom Flummerfelt	M 34	MA	2:02:08	83.42%
8 Douglas Casa	M 40	CT	2:06:49	80.34%
9 <b>Amy Strong</b>	F 30	MA	2:08:23	79.36%
10 Tim Finocchio	M 30	MA	2:08:23	79.36%
11 Paul Lahham	M 29	MA	2:09:18	78.80%
12 Michael Melnikov	M 49	MA	2:09:20	78.78%
13 Nikolas Rogers	M 36	NY	2:09:56	78.41%
14 Russell Hammond	M 48	CT	2:10:03	78.34%
15 Nate Van Duzer	M 41	MA	2:12:04	77.15%
16 Charles Peabody	M 36	RI	2:12:36	76.84%
17 Michael Ralph	M 50	MA	2:12:51	76.69%
18 <b>Michelle Hammond</b>	F 49	CT	2:18:02	73.81%
19 Kevin Mullen	M 51	MA	2:18:06	73.78%
20 Dominic Ambrosi	M 30	MA	2:18:12	73.72%
21 <b>Thomas Parker</b>	M 41	NH	2:18:18	73.67%
22 Willem Van Dijk	M 43	MA	2:18:49	73.39%
23 Mike Lague	M 34	MA	2:19:40	72.95%
24 <b>Michelle Roy</b>	F 38	MA	2:19:55	72.82%
25 <b>Dan Scotina</b>	M 53	MA	2:22:14	71.63%
26 Rodney Lemay	M 42	RI	2:26:28	69.56%
27 Ian Fownes	M 42	RI	2:30:12	67.83%
28 <b>Karen Dowd</b>	F 47	NY	2:30:41	67.61%
29 Jim Miller	M 51	MA	2:35:58	65.32%
30 Mike Grube	M 40	RI	2:40:11	63.60%
31 Paul Ghelfi	M 41	MA	2:40:13	63.59%
32 <b>Emily Trespas</b>	F 37	MA	2:44:40	61.87%
33 Scott Caldwell	M 52	RI	2:45:34	61.54%
34 Kevin Zelechowski	M 32	MA	2:48:29	60.47%
35 <b>Alan Cabot</b>	M 53	MA	2:54:43	58.31%
36 <b>Kristen Dori</b>	F 42	RI	2:58:52	56.96%
37 <b>Lauren Farkash</b>	F 39	MA	2:58:53	56.96%
38 Roland Goodell	M 41	MA	3:17:00	51.72%
39 Patrick Sullivan	M 38	MA	3:25:42	49.53%
40 Tim Nelson	M 44	MA	3:34:31	47.49%
41 Norberto Menendez	M 38	RI	3:41:10	46.07%
42 Don Clukies	M 66	RI	3:41:11	46.06%

**Welcome New Members**

**From Massachusetts:** Paul Gage .... Andy Sheldon  
Jacqueline Lemieux .... Bob Gillis

**From New York:** Pamela Burdick

**Thanks for supporting the WMAC!**

# BREAKNECK GREENERY

*The dictionary has 162 definitions for the word 'run'; pick the right run.*

Karl Molitoris, 2008 **BREAKNECK** T-Shirt

*by Laura Clark*

For reasons having more to do with attitude than with name, the Breakneck Trail Race stands a class apart from the other events in the Grand Tree Series. On the surface, this seems odd. It is certainly not as muddy as Muddy Moose, or as up and down as Seven Sisters or as long as Curley's Marathon. And there are only a few carefully scripted opportunities to step off a ledge and down into the frightening world of hospital emergency services.

But for those who are used to following designated trail markers and need the race director's customary reassuring statement, "If you travel a short distance and fail to see a ribbon or an arrow, retrace your steps," it is certainly an eye-opener. Breakneck is more of a cult experience, appealing to those leaning toward adventure racing but lacking the monetary support or expertise in multiple sports to fully commit.

Once upon a time, Breakneck was a fairly normal race with ribbons, caution tape and directional arrows. But folks kept getting lost anyway. With the option of running either left or right around the lake, it was inevitable that the course would favor whatever route the person laying the trail preferred. In frustration, race director Karl Molitoris took the bold step of adding a lone course marshal at a crucial juncture. That didn't help much either. So Karl, who had already eliminated aid stations, water jugs, plastic cups, and GU wrappers in favor of a self-supported event eons before he could be praised for going green, took the next logical step. He eliminated those pesky arrows and ribbons. Now not only did he not have to mark the course, he did not have to extend his carbon footprint driving back and forth multiple times to check and recheck the trail.

For this second green year, contestants were instructed to "Run the Ridge Trail the entire length to Breakneck Pond. Run around the pond any way you want 1) staying on the Breakneck Pond View and Nipmuck Trails, or 2) dirt roads (longer and hillier but marginally better footing) or 3) any combination of trails and roads, back to the Ridge Trail and run the Ridge back to the finish." Whatever happened to Rules? That truly is the scariest thing about Breakneck, especially for folks used to filling in exam bubbles, obeying the speed limit and working their way down the checklist of model citizenry.

There are a few hidden clauses, however, which Director Molitoris ruthlessly enforces. Last year a runner was disqualified for abandoning the trails, stumbling up a driveway and asking directions. This year an additional cautionary note was added when the Beaver King successfully lobbied for animal rights and struck a deal: "Of the upstart renegade beaver dams, humans are permitted full trodding rights, but upon the Beaver Castle, they may set no footprint, even if it is constructed from recycled material" (Nike Air Pegasus 25,

Brooks Trance 8, End Stumptown). For this concession, Karl got extra earth-friendly sustainability credits. Beavers got peace and quiet.

Hmmm... The main Beaver establishment represents a time-honored shortcut, whereby the runner who remains balanced and does not lose either his shoes or water bottle in the murky bottom is granted a one mile deficit over less foolhardy companions. Thanks to our monsoon summer, this year's dam stretched forbiddingly across a watery lair worthy of Nessie. A giant Sequoia had uprooted directly in the middle, blocking all sight of the opposite side. Nevertheless, at least one person ignored Karl's warning and miraculously made it through, only to be ruthlessly disqualified. To be fair, beaver lodges are not, technically, trails, just another underground greenish-brown solar home with an exceedingly long driveway.

I was understandably nervous going into the race. By this time, veterans had learned that in adventure racing teamwork is the key to survival. Loners simply didn't stand a chance. You needed at least three people to search out potential trails from all possible angles, including the prone position. My Three Blind Mice Team of Karen McWhirt and Rich Busa had gone the way of family obligations and injuries leaving me GPS-less and without a clue. So even before I sent in my application, I secured Konrad Karolczuk as a teammate.

I was quite proud of myself. Konrad lives nearby and back in the olden days had marked sections of the trail. On race day we scouted the lineup and added Jamie Howard, a valuable addition because he actually owned a GPS and a camera. Both Konrad and I had forgotten to bring our own ribbons and cracker crumbs, so we were hoping Jamie could create a photo essay which would jog our memories for the inevitable return journey on the Ridge Trail.

While we debated clothing and equipment, it was fun to watch newbies in the parking lot trying to figure out where the registration, maps, race numbers and prerace refreshments were located. The only clue that they had arrived in the right place was a perky yellow tour guide umbrella attached to the top of Karl's car. Totally green again. There are no race numbers, no pins, no goody bags and Tshirts only if you pay extra when you preregister. Even more to the point, the start line was wherever Karl happened to be standing, the finish line was a boulder and the only results board was Karl's clipboard.

On this day, clothing was problematic. The weather was supposed to be mild and sunny. It was cloudy, damp, cool and rainy. Most elected to take a supplemental windbreaker. This decision would add one of the few non-green moments to the day. Inevitably the rain stopped, runners got warm and jackets were shed along the trail. You could have stocked a nice sized store with all the apparel hanging on the trees. It was like Christmas out there, mitten trees and all.

It was quite comforting to run with Konrad. He knew which land features were coming up and would actually make you stop and look around so you wouldn't lose your way coming back.

***Continued next page:***

Breakneck Greenery cont:

At one particularly tricky intersection where the logical thing would be to run straight down the hill instead of making a sharp right to climb up a rock formation, I dragged a small log over the offending trail to remind us not to go there. On the way back, we noticed that the log had been kicked several feet down the wrong trail. I felt badly for the person who stumbled and hoped when he hit the ground he had the good fortune to look up and notice the correct tree blaze.

Much of Konrad's favored route was new to me as it involved ATV roads and not the rock-strewn trails Rich, Karen and I were accustomed to. Sometimes the roads were a relief, but I truly missed the lovely pine needle trail by the lake. Our new team made it back in four hours. This was fifteen minutes longer than last year, despite that fact that Karen and I had chosen the original "more difficult" route, going to prove that familiarity makes the journey proceed faster apace.

Jamie made a PR this being his first Breakneck but the rest of us held no illusions. We knew our team would come in last. In a way, that took a lot of pressure off and left us free to enjoy the day and concentrate on not getting lost. I was surprised at how many folks stuck around to see us finish. OK, it didn't hurt that Karl's Mom had fixed a buffet worthy of a four-star restaurant. There was so much food and such variety that you had to rest between trips back and forth to the table.

For those of us who made it out of the woods, this was definitely "the right run." It was a totally different experience where the race goes not always to the swift but to those who pay attention and where comradeship not only helps the time go faster, but pushes you out of the woods and forward to the buffet table.

Laura Clark

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**WMAC Wednesday Night Fun Runs**

**5:30 PM**

Now meeting at the PNA Hall on Victory Street in Adams.

Come join us for a fun run ( or walk ) and for drinks and trivia afterward. Runners of all abilities and new runners are always welcome.

Official club business is discussed on the first Wednesday of the month. Hope to see you there.

**Western Mass Athletic Club .... Adams, MA.**

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**Fear No Hills**

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In minutes on Nov. 9 we're out of th town of Monson, Mass. Up into th hills. Climing th first wun I come upon a young girl with - - I find out later - - her dad, both in blue shirts, talking of th race. On th back of her shirt: Fear No Hills! So rite away I kno she's no ordinary kid, but duz she belong on this course with plenty of Hills? Near th top I gradually pull ahead and away; I figure that's it. Over th next few miles I'm feeling good, moving well. Half way up a real long hill I hear their voices fm behind. Very soon there they are and there they go, and I'm summarily dropped! What saves me besides th road leveling - out are th water stops. They stop, I don't. I move ahead, they catch-up. I introduce myself; they are John & Elizabeth. "Must be training for cross-country," I suggest. No, turns out she's too young, just 11; 7<sup>th</sup> grade next year.

An 11 yr-old girl besting me in a hard half-marathon - - - - good grief. ☹

I don't fear th hills. But I'm sher feeling them now. Dad & dawter are soon out-of-site and all I can do is try not to slow too much b4 Rt. 32, then 3+ miles back to town- - - mostly downhill. There, a guy breezes by, "Beautiful day." I press to maintain. Signs: 10 done, then 11, and ..... what do I see? 4 runners in view, 2 in blue. Having never done more than 10 - - Holy Cow, an 11 year old running 10 miles? - - she's apparently finally feeling long distance. I'm gaining, coming up and going by. I say only "Gotta be tuff." She is that.

Upon finishing I go immediately to th P. A. to ask 'm to recognize her. Here she comes: "Good race Elizabeth. Elizabeth, u did it!"

Fear No Hills. ☺

Dick Hoch

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**Monson Half-Marathon  
November 9, 2008**

1	Joseph Ekuom	M	NY	1:08:49
8	<u>Heidi Westerling</u> 1 <sup>st</sup> F	F	NH	1:19:06
67	Peter Gagarin	M	MA	1:38:33
86	Seth Roberts	M	MA	1:40:59
267	<b>Dick Hoch</b>	M	CT	2:15:17
275	<u>Elizabeth Quevillon</u>	F	MA	2:18:07
276	John Quevillon	M	MA	2:18:09
297	<u>Cyndy Curley</u>	F	MA	2:36:21

297 Finishers..... Complete results at.....  
[www.coolrunning.com](http://www.coolrunning.com)

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## On th Go

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I get up early Sun. morn Sept 21 becuz later I won't be getting enuf running doing th 5K race ( not wunce but twice ). So out th door into th cool dark I go - - well really not dark with streetlites th whole way. Montauk to Pequot around back to Montauk, 4 – miler, peaceful, ez pace, I greet 1 walker. Following breakfast, what I'll need in th car, on my way 6:35. I'm lucky to have an xcellent cassette player cuz I have so much music I taped myself fm radio & records. Only stop enrout is at "my" always lo-price Sunoco just off I91, Springfield, MA.

Oh, where am I going? To th same place to race as I did in '89. At registration a guy comments on my Pisgah shirt fm 7 days ago and asks about it. ( See To Drop or Not to Drop.) A fellow waves, who is Bob M who I offen meet-up with at races; there is Doug C of Longmeadow.

Th Holyoke Range Summit Climb begins with a flat mile to th south of Rt 47, mostly swing-arms climbing fm then on. Soon enuf everybody in site is walking. A woman just ahead proves quite adept at power-walking. When able I break into a run, catch-up, remarking, "U're a fast walker." Unable to sustain that for long results in my hands-on-legs, step and PUSH, etc. (walk) My comment whn she catches up is "I'm not a fast walker." I'm fortunate not to need my walk much of th final fling upward, finishing strong where, yes, everybody comes out on top! ☺

I take an OJ, talk with Rick S, b4 departing spot a Pineland Fms shirt like mine - - Jeff H, who remembers me participating there. With a bagel to chew on, I start down, encouraging those still coming up. A car pauses, "Want a ride or are u all set?" "I'm all set, thanx." Th hardest part of my course repeat is Rt 47 - - no shoulders on th road in th too warm sunshine. ☹ I drive away 10:53, 2 ½ hrs to Foxboro will be interrupted for an attire change and cheeseburger on Mass Tpk.

Nephew Zack and other boys fm all over New England will be showing what they can do at th basketball College Showcase, scouts and Div 11 & 111 coaches in attendance. Zack, now a senior at little F. I. H. S., has a very good day - - plays very well. ☺

Aboard th last ferry trip to F. I. I'm thinking: "For me also a very good, on – th – go – day."

*Dick Hoch.*

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### **Don't forget the fun doesn't end when the snow falls.**

Check out the 2009 snowshoe schedule in this newsletter or on the club's web site and come join us for some winter fun out on the trails.

**The WMAC's / Dion Snowshoes racing series.**

Hope to see you there!

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## Book Review Corner:

### ***Run Faster from the 5K to the Marathon,*** by Brad Hudson. Broadway Books, 2008.

*Reviewed by Laura Clark*

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It has been a while since I've sat down with a book that would automatically kick into "home free" mode once the two-thirds mark had been reached. By this I mean a book relying on detailed training tables to fill the remainder of the volume with math and intimidation. I figured it was about time and that suffering was probably good for me, so I turned to Brad Hudson's contribution to the "run faster, run better" quest.

Admittedly, at sixty-one years of age, I knew there was little likelihood I would get any faster even with the most scientific of plans. Apparently Brad Hudson, founder and coach of the Performance Training Group in Eugene Oregon, has reached the same conclusion and has adapted his tables with progressive, age-related options. Meaning I get to skip a few days of hard training. Anyone who lives in close proximity of Pre's old stomping ground must know what he is doing, right?

Hudson assumes that you are not rushing out to hire your own personal coach who will guide you to Olympic glory. Instead, he gives you the tools you will need to be your own best coach; mainly, a technique he terms adaptive running. The athlete who practices adaptive running buys into George Sheehan's tried and true philosophy that each of us is unique, "an experiment of one." So Hudson's tables are more like suggestions for a perfect world scenario.

If you have the flu, a family obligation or an unexplained lack of energy, Hudson will demonstrate how to adapt your training regime to circumstances and still remain on goal for your peak race. At the end of the season, he will show you how to analyze key components of your performance with an eye towards future improvement. In my heart of hearts, I know I will never follow any such regime, preferring to rely on spontaneity and a heavy dose of weekend race warrior action. But then neither will I break any records.

What sucked me in initially was Hudson's assertion that it is counter-productive to fall completely off the wagon even during designated rest periods. A few Januarys ago, when faced with hammering out Boston-bound winter miles, I asked my good friend Carol Kane how she managed Boston year after year. Her response: "I never abandon my long runs." As Hudson has discovered, a leisurely lapse will simply force an athlete to work too hard to recover previous fitness levels.

So this winter, while enjoying some well-earned time off, make sure you reserve a few days for maintenance rather than emerging from the cave to an April fool's "I told you so."

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# WMAC Christmas Party

## Saturday, December 13, 2008

This year's festivities will take place at the Six House Pub on Cold Spring Road in Williamstown. Social/cocktail hour begins at 6pm with a dinner at 7 pm.

As in the past, dinner is free to club officers and to members who have worked three club races. For all others, the cost is \$15 per person. This includes dinner, tax, tip, coffee and dessert.

Please return the form below with payment to: WMAC – fa la la la la  
P. O. Box 356  
Adams MA 01220

Please RSVP by Dec. 1

In order to hold your reservation we are also asking those who will receive free dinners to also send in payment which will be returned at the party.

Hope to see you there!

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NAME (s) \_\_\_\_\_

Races worked for free dinner:

Greylock Trail \_\_\_\_\_

Savoy \_\_\_\_\_

Monroe \_\_\_\_\_

P.R. 50 K \_\_\_\_\_

Moody Spring \_\_\_\_\_

Pedal and Plod \_\_\_\_\_

Fall Foliage \_\_\_\_\_

Turkey Trot \_\_\_\_\_

Moody Spring \_\_\_\_\_

South Pond \_\_\_\_\_

Hawley Kiln \_\_\_\_\_

Greylock Glen \_\_\_\_\_

## George Coope Memorial Run 5K & 10K Road Race

Adams, MA. .... September 21, 2008

WMAC members in Bold:

### 5K:

	<u>Name</u>	<u>Age</u>	<u>Time</u>
1	Tyler Lawson	16 M	19:30
2	Ethan Harmon	15 M	20:01
3	Matt Gutmann	17 M	20:19
4	Joshua Lipinski	24 M	20:20
5	Steven Wisniowski	38 M	20:37
6	Doug McAvoy	25 M	21:02
7	<b>Chase Preite</b>	15 M	21:11
8	Brandon Asher	15 M	21:23
9	Nathan Gutmann	14 M	21:47
10	<u>Michele Wojtkowski</u>	40 F	21:52
11	Dan Simonds	37 M	21:54
12	David Lipinski	52 M	22:17
13	Luke Demers	16 M	22:18
14	Tom Meczywor	18 M	22:47
15	Mark Paquette	58 M	22:57
16	Jason Jennings	15 M	23:10
17	John Bresett	15 M	23:21
18	<u>Anna Bugbee</u>	13 F	23:33
19	Jared Gale	17 M	23:54
20	Simon Wineberg	16 M	24:02
21	Erik Ziemba	17 M	24:04
22	Ben Langner	17 M	24:07
23	Matt Rodowicz	16 M	24:08
24	Mark Bugbee	46 M	24:10
25	Paul Marszalek	47 M	24:18
26	Tom Corrigan	45 M	24:20
27	<u>Sandi Wojtkowski</u>	39 F	24:25
28	Larry Linder	50 M	24:41
29	Wesley Scalise	49 M	24:58
30	Andrew Reilly	17 M	24:59
31	Dave Sookey	52 M	25:12
32	<u>Kelly Wisniowski</u>	35 F	25:17
33	<u>Bonnie Fachini</u>	43 F	25:23
34	<u>Sue Durocher</u>	35 F	25:38
35	Jim Pietras	30 M	25:43
36	<u>Megan Rodowicz</u>	12 F	26:00
37	<u>Kellie Carnavale</u>	42 F	26:26
38	Richard Beauchemin	51 M	26:30
39	<u>Sue Solari</u>	47 F	26:35
40	<u>Dawn Verelli</u>	35 F	27:14
41	<u>Sue Joyner</u>	50 F	27:40
42	Tyler LaFrance	13 M	28:13
43	Cary Maroni	54 M	28:21
44	<u>Gail Sookey</u>	43 F	28:21
45	Philip Sullivan	20 M	28:27
46	<u>Erica Morin</u>	37 F	28:39
47	<u>Jodie Lahey</u>	30 F	28:48
48	Robert Rodowicz	50 M	28:49
49	Kyle Fortier	27 M	28:49
50	Nicholas Lefebvre	17 M	29:06
51	<u>Amber Bertolino</u>	30 F	29:24
52	<u>Carol Corrigan</u>	55 F	29:34
53	<u>Pat Conroy Sheply</u>	48 F	29:55
54	<u>Theresa Winarski</u>	60 F	30:29

55	<u>Marie Dubis</u>	70 F	30:30
56	<u>Linda Lagess</u>	58 F	33:57
57	<u>Jerry Rieper</u>	60 M	35:18
58	<u>Joan Corrigan</u>	73 F	36:07
59	<u>Shelley O'Dowd</u>	39 F	36:18
60	<u>Tammy Scalise</u>	44 F	37:17
61	Carson Scalise	8 M	37:46
62	<u>Heather Frost</u>	33 F	43:29
63	<u>Darcy Scalise</u>	7 F	46:00
64	<u>Brittany Scalise</u>	18 F	46:01
65	<u>Danielle Mack</u>	30 F	46:31
66	<u>Melissa Guien</u>	26 F	53:59
67	<u>Kim Schneider</u>	38 F	53:59

### 10K:

1	Zach Morris	15 M	38:35
2	<b>Jim Preite</b>	44 M	39:17
3	<b>Paul Gage</b>	38 M	41:50
4	Allan Bates	59 M	42:17
5	<b>Norm Richardson</b>	45 M	43:30
6	William Morrissette	16 M	44:58
7	<b>Mike Pytko</b>	52 M	46:17
8	<b>Peter Lipka</b>	57 M	47:27
9	<u>Rebecca Hunter</u>	28 F	48:03
10	<b>Richard Dassatti</b>	51 M	48:37
11	<b>Diane Pytko</b>	51 F	49:17
12	<u>Mary Kennedy</u>	50 F	52:10
13	Stan Gajda	39 M	52:41
14	<b>Claudine Preite</b>	41 F	53:02
15	<u>Greta Fachetti</u>	32 F	54:47
16	<u>Jacqueline Lemieux</u>	42 F	58:46
17	<u>Julie Arnold</u>	49 F	59:07
18	Tyler Dabrowski	17 M	59:18
19	<u>Cheryl Dabrowski</u>	48 F	59:56
20	Nick Dabrowski	26 M	59:56
21	Joe Kelly	75 M	1:00:04
22	<b>Martin Glendon</b>	62 M	1:00:11
23	<u>Laurie Rondeau</u>	49 F	1:00:38
24	<u>Karolyn Maloney</u>	22 F	1:03:03
25	<b>Bill Glendon</b>	62 M	1:03:10
26	Richard Shook	73 M	1:03:42
27	Jason Misani	20 M	1:03:58
28	<u>Kris Maloney</u>	50 F	1:07:59
29	<u>Kylie Bods</u>	22 F	1:11:25
30	<u>Trish Hasper</u>	37 F	1:14:14

### Notice to all WMAC Members

Please remember that most club memberships need to be renewed in January. Your prompt renewal allows us to plan our events for the coming year and helps support this newsletter and our web site. So please check your mailing label and Renew When Due!

**Thanks for supporting the WMAC!**

**Monroe / Dunbar Brook Trail Races**  
**10.5 and 2 Miles ... Monroe, MA. .... Oct. 12, 2008**  
 Sunny .... Low of 42 .... High of 70

Club members in Bold:

<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1 Kent Lemme	M 41	MA	*1:14:16	100.00%
2 Greg Hammett	M 31	NH	1:14:35	99.58%
3 Ross Krause	M 28	MA	1:22:33	89.97%
4 <b>Rob Higley</b>	M 54	MA	1:22:45	89.75%
5 <b>Peter Keeney</b>	M 42	ME	1:22:56	89.55%
6 Tim Mahoney	M 29	MA	1:24:38	87.75%
7 Garry Harrington	M 48	NH	1:25:09	87.22%
8 <b>Jim Preite</b>	M 44	MA	1:28:43	83.71%
9 <b>Jay Kolodzinski</b>	M 29	MA	1:29:12	83.26%
10 Stas Trufanov	M 29	MA	1:29:56	82.58%
11 John Agosto	M 44	CT	1:34:21	78.71%
12 Chris Corradin	M 35	MA	1:36:11	77.21%
13 William Rowe	M 46	MA	1:38:13	75.62%
14 <b>Todd Brown</b>	M 44	CT	1:39:18	74.79%
15 Paul Muessig	M 59	NY	1:40:49	73.67%
16 <u>Abby Woods</u> 1 <sup>st</sup> F	F 30	MA	1:41:40	73.05%
17 <b>Andrew Sheldon</b>	M 37	MA	1:41:47	72.97%
18 <b>Mike Belcourt</b>	M 37	CT	1:42:30	72.46%
19 Nikolas Rogers	M 36	NY	1:44:30	71.07%
20 Jay Curry	M 37	MA	1:45:07	70.65%
21 Dan Cooper	M 36	MA	1:45:10	70.62%
22 <b>Bob Dion</b>	M 53	VT	1:49:38	67.74%
23 Vincent McBeck	M 15	MA	1:49:46	67.66%
24 Jeff Kasputis	M 27	MA	1:49:55	67.57%
25 <b>Pete Lipka</b>	M 57	MA	1:50:56	66.95%
26 <b>Joe Gwozdz</b>	M 53	MA	1:51:05	66.86%
27 <b>Bruce Leshine</b>	M 47	MA	1:52:10	66.21%
28 David Murphy	M 53	MA	1:52:44	65.88%
29 <b>Dan Danecki</b>	M 49	MA	1:52:57	65.75%
30 <b>Dave Hall</b>	M 45	MA	1:53:30	65.43%
31 Jay Shelgren	M 55	NY	1:55:01	64.57%
32 Tom Brogan	M 40	NY	1:55:21	64.38%
33 Brian Teague	M 49	NY	1:55:49	64.12%
34 <b>Wayne Stocker</b>	M 54	MA	1:55:55	64.07%
35 <b>Douglas Cummings</b>	M 47	MA	1:56:39	63.67%
36 Jeff Williams	M 46	MA	1:56:58	63.49%
37 <b>Bill Morse</b>	M 57	MA	1:57:05	63.43%
38 George Gilder	M 68	MA	1:58:04	62.90%
39 <b>Will Danecki</b>	M 58	CT	1:59:06	62.36%
40 <u>Amy Salmon</u>	F 34	MA	1:59:44	62.03%
41 Walter Perkins	M 62	MA	1:59:47	62.00%
42 <b>John Aldrich</b>	M 50	MA	1:59:54	61.94%
43 <u>Sheila Niedeck</u>	F 47	MA	1:59:55	61.93%
44 Peter Zelton	M 44	MA	2:00:17	61.74%
45 Charles Joyal	M 38	MA	2:00:18	61.73%
46 <b>Michelle Roy</b>	F 38	MA	2:02:00	60.87%
47 Harry Hayward	M 56	MA	2:02:29	60.63%
48 <u>Elaine Allen</u>	F 40	CT	2:03:38	60.07%
49 <b>Bill Howard</b>	M 59	MA	2:03:49	59.98%
50 David Sutherland	M 46	CT	2:04:18	59.75%
51 <u>Hilary Coolidge</u>	F 42	MA	2:04:32	59.64%
52 <b>Vic LaPort</b>	M 68	MA	2:05:00	59.41%

53 Jim Ruddock	M 41	MA	2:06:04	58.91%
54 Frederick Gardiner	M 50	MA	2:07:16	58.36%
55 John Murphy	M 50	MA	2:07:43	58.15%
56 <b>Alan Cabot</b>	M 53	MA	2:08:54	57.62%
57 Daniel Grow	M 47	MA	2:09:11	57.49%
58 <u>Pam Behrems</u>	F 48	MA	2:09:13	57.47%
59 John Loring	M 61	MA	2:09:34	57.32%
60 Rodney Bialkin	M 39	MA	2:10:44	56.81%
61 <u>Mary Quinn</u>	F 46	NY	2:11:37	56.43%
62 <b>Denise Dion</b>	F 50	VT	2:12:23	56.10%
63 Eric Roozekrans	M 49	MA	2:13:20	55.70%
64 <b>Poncho Mach</b>	M 66	MA	2:14:47	55.10%
65 <b>Darlene McCarthy</b>	F 46	MA	2:15:07	54.96%
66 Brian Alarie	M 45	MA	2:15:14	54.92%
67 Chuck Roberts	M 52	MA	2:15:32	54.80%
68 <b>Thomas Parker</b>	M 41	NH	2:15:52	54.66%
69 <u>Ginny Patsun</u>	F 40	CT	2:16:28	54.42%
70 <u>Tracy Reusch</u>	F 44	MA	2:16:45	54.31%
71 Ken Rogers	M 54	MA	2:16:47	54.30%
72 Patrick Smelko	M 37	MA	2:17:04	54.18%
73 <b>Kim Brown</b>	F 37	CT	2:18:06	53.78%
74 Mike Duffy	M 57	MA	2:20:10	52.98%
75 Ken Fairman	M 64	MA	2:20:23	52.90%
76 <b>Bob Massaro</b>	M 64	MA	2:21:33	52.47%
77 <b>David Raczkowski</b>	M 58	CT	2:21:55	52.33%
78 <b>Laura Clark</b>	F 61	NY	2:24:24	51.43%
79 Carl Cignoni	M 57	MA	2:24:37	51.35%
80 <u>Carly Kinnas</u>	F 31	MA	2:27:13	50.45%
81 <u>Stephanie Landy</u>	F 48	NY	2:28:04	50.16%
82 <u>Stephanie Cooper</u>	F 40	MA	2:28:06	50.15%
83 Paul Bazanchuk	M 53	MA	2:28:20	50.07%
84 M. H. Baker	M 38	MA	2:30:51	49.23%
85 <b>Chris Johnson</b>	M 51	MA	2:36:18	47.52%
86 <b>Martin Glendon</b>	M 62	MA	2:38:23	46.89%
87 Steve Townsend	M 40	MA	2:40:10	46.37%
88 Jeff Beck	M 48	MA	2:47:24	44.36%
89 Jason Bonneau	M 31	MA	2:49:33	43.80%
90 <b>Jamie Howard</b>	M 43	NY	2:49:36	43.79%
91 <b>Bill Glendon</b>	M 62	MA	3:03:46	40.41%
92 <b>Konrad Karolczuk</b>	M 56	CT	3:03:47	40.41%

\* *Course Record*

**2 Mile Results:**

1 <b>Tim Stocker</b>	M 13	MA	16:32
2 Michael Brouillette	M 30	MA	16:33
3 <b>Chase Preite</b>	M 15	MA	17:38
4 <b>Carolyn Stocker</b>	F 15	MA	17:53
5 <b>Scott Bradley</b>	M 53	MA	18:40
6 <b>Ed Saharczewski</b>	M 54	MA	20:05
7 <b>Thane Preite</b>	M 11	MA	23:06
8 <u>Alice Murphy</u>	F 14	MA	24:19
9 <b>Dick Hoch</b>	M 68	CT	26:05
10 <u>Lisa Richter</u>	F 40	NY	26:25
11 <u>Joanne Pascar</u>	F 36	MA	29:55
12 <u>Anna Murphy</u>	F 16	MA	33:37
13 <u>Theresa Murphy</u>	F 12	MA	33:40
14 Luke Archambault	M 22	MA	33:41
15 Joe Dubuc	M 22	MA	33:42
16 <u>Diane Borders</u>	F 41	TN	33:43



## Monroe Mosaic .... Laura's Trail Tales

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Monroe was my first WMAC trail race. I came with Saratoga Stryders Bill and Cathy Taylor who have since moved on to multiple Ironmans. In fact, they have moved on completely – to Mexico where they can train year-round. My next race was the following May at Seven Sisters, where I accompanied Steve Mitchell who has since switched to triathlons and shorter track events. Then I latched onto Colorado Bob Irving, who seemed like a keeper. That is, until he returned to Colorado. Are you beginning to see a downhill pattern here? As I gained confidence, I no longer required the support of a more experienced partner, but I still felt the need to share the mileage with someone who would appreciate long rides in a car permeated with that distinctive sweaty sneaker smell. My Jeff, by this time had wisely headed off to further kayak adventures, returning only occasionally in long haul designated driver roles.

My first victim was Brian Teague. I believed he had potential since he already enjoyed running on our local trails. In a typical lapse of judgment, I invited him to share the ride to Amherst, MA for the Seven Sisters Trail Race which could more properly be termed a rock climb. Not exactly a stellar introduction. Plus, on that particular day it was raining relentlessly. Coincidentally, that happened to be the one time EMS erected their rock climbing wall in the parking lot. The idea of enthusiastically tackling a rock climbing wall after three hours of the real thing convinced Brian that we were truly out of our minds. So Brian declared that maybe he'd go back someday, but just to hike and take pictures. That was three years ago.

Next, I latched onto Joe O'Leary. Apparently not yet learning my lesson, I invited him to: Seven Sisters. As an authentic "Be All You Can Be" Army recruiter, Joe thoroughly enjoyed himself. Soon afterwards however, he got injured and spent the summer painting his house and course marshalling at our Camp Saratoga Trail Races. Then as soon as he got better he was deployed to Afghanistan. Next up was Sue Nealon who attempted Indian Ladder last year, but dropped out when her husband David broke his arm and she had to drive him to the hospital. This year she was training for the Adirondack Half Marathon in hilly Schroon Lake, so I convinced her to join me for the Mt. Toby climb which features pleasant wooded trails and wide carriage roads. At least until this summer when monsoon rains carved treacherous caverns into the access roads and unleashed dozens of previously sleeping rock formations. Prior to this experience Sue had expressed interest in Monroe, but as October approached she found something urgent to do elsewhere. But guess what?! It was three years later and time for Brian to bounce back. He talked to some folks from his Adirondack Runners Club and seemed willing to believe me that Monroe was relatively straightforward. When compared to Seven Sisters, what race isn't? Still, Brian poised a profound observation: no one ever goes to a trail race twice with me. It is true -- I seem to have a disturbing habit of wearing my friends out rather quickly. In retrospect, I'm not sure if it was the idea of another trail race that appealed to Brian or the opportunity to photograph the glorious fall colors.

Rarely had we experienced a day more perfect -- cool at the start with sharp sunlight defining brilliant leaf patterns. The pattern deal goes two ways. On the drive up, we admired the leaves on the trees; on the trail, it was mostly the dizzying mosaic of fallen leaves that got our attention. For as beautiful as they were, the leaves were treacherous, masking rocks and roots and all the usual trail debris.

My first tour guide mistake was to lead Brian over to the map where Bob Dion was adding dimension to the usual course description by explaining exactly how he tackled each separate element of the race: the narrow ledges overlooking spectacular views of the white water below, the inevitable climb, this time to the top of Spruce Peak, the equally inevitable roller coaster ride down and the pine needled

welcome mat return parallel to Dunbar Brook. From his perspective as a top competitor, it sounded like a totally different race than the one I was used to. I glanced apologetically at Brian who by this time was beginning to doubt my version.

Around ten o'clock a sense of nervous apprehension filled the air. All eyes were turned not to the start, but to the parking lot. We finally began fifteen minutes later when it became apparent that we were not waiting for Rich Busa to adjust his gear or for the Alibozeks to pick their pumpkins and cabbages. A major component of the race had failed to materialize and we were left empty. Without Rich I had no idea where to line up or how fast to run. While we were waiting, reluctant to acknowledge our loss, various present and past race directors chimed in with a patchwork warning list of local hazards. This did nothing to boost Brian's confidence.

Monroe launches with a token acknowledgement of the need for an initial wide sorting-out trail but soon lapses into serious single track perched casually on the edge of an impressive abyss. Besides being barely the width of a size 10 sneaker, it is loaded with the extra-sturdy roots of trees equally determined not to plunge into the chasm. This somewhat tense situation is soon preempted by a sharp uphill turn. While first timers and frontrunners eagerly attack the 70 percent grade, I prefer to bide my time and pick off the gradually disillusioned. Much to my surprise, I discovered that I was soon shadowing Darlene McCarthy. At first I congratulated myself, but when the trail leveled out and she sped away, reality again took over.

Now plunging downwards I successfully navigated such famous tourist spots as the swampy area where Rich and I took time out to role play Hansel and Gretel seeking the witch's gingerbread house. This time, however, the main trail was well marked and the frustrating detour avoided. Still, I fretted that I had somehow missed the five mile water stop. When the 7.1 mile water jugs miraculously appeared, it finally dawned on me that the five mile respite was simply a figment of my imagination or perhaps some other trail race.

During the reward section alongside the old growth hemlocks, I fretted that I had fallen behind my companions and had no one to keep myself motivated. I tried to pretend I was the frontrunner, miles ahead of the competition, but who was I kidding? Still, I finished a minute and change ahead of last year so I guess I was doing something right. Brian, meanwhile, was puzzled by the brook crossings and couldn't understand why we would choose ice cold water over a perfectly serviceable bridge. He'll bounce back in a more few years to hike, take pictures and down a few more bowls of Will Danecki's traditional chili.

Still, one question remains: Who feels lucky enough to break the pattern and accompany me to my next two trail races?

*Laura Clark*

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### **The Fat Ass 50K ( 31 miles or less ) Saturday December 27, 2008 10:00 AM North Adams, MA.**

**Place:** State Street Tavern ( Route 8, just south of Main Street )  
Event will be held regardless of weather.

Six 5 mile loops around the Curran Highway.  
No entry fee. No refunds! No awards.  
Sign up race day only 9:00 – 10:00AM

Information: Bob Dion, (802) 423-7537. [dion@bcn.net](mailto:dion@bcn.net)

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## WMAC's 2008 "Trilogy Series" Greylock -- Savoy -- Monroe

### Long Course Trilogy:

<u>Name</u>	<u>Age</u>	<u>Grey</u>	<u>Savoy</u>	<u>Monroe</u>	<u>Total</u>
Kent Lemme	M 31	1:44:49	3:18:04	1:14:16	6:19:09
<b>Rob Higley</b>	M 54	2:15:46	3:21:17	1:22:45	6:59:48
<b>Joe Gwozdz</b>	M 53	2:02:49	3:54:56	1:51:05	7:48:50
<b>Todd Brown</b>	M 44	1:54:56	4:55:18	1:39:18	8:29:32
<b>Thomas Parker</b>	M 41	2:12:56	4:37:10	2:15:52	9:05:58
<b>Will Danecki</b>	M 58	2:24:25	4:44:42	1:59:06	9:08:13
<b>Michelle Roy</b>	F 38	2:27:33	4:45:26	2:02:00	9:14:59
<b>Dave Raczkowski</b>	M 57	2:41:45	5:41:19	2:21:55	10:44:59
<b>Laura Clark</b>	F 61	2:57:47	5:47:55	2:24:24	11:10:06

### Long at Greylock -- 1/2 Savoy -- Long at Monroe:

<b>Dan Danecki</b>	M 49	2:30:04	2:10:00	1:52:57	6:33:01
<b>Bill Glendon</b>	M 62	3:49:01	3:22:00	3:03:46	10:14:47
<b>Konrad Karolczuk</b>	M 55	3:49:01	3:22:00	3:03:46	10:14:47

### Long at Greylock -- Short at Savoy -- Short at Monroe:

<b>Ed Saharczewski</b>	M 54	2:28:39	38:50	20:05	3:27:34
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### Long at Greylock -- Short at Savoy -- Long at Monroe:

<b>Vic LaPort</b>	M 67	2:28:55	40:42	2:05:00	5:14:37
<b>John Aldrich</b>	M 49	2:36:04	37:57	1:59:54	5:13:55

### Short at Greylock -- Short at Savoy -- Long at Monroe:

Patrick Smelko	M37	29:06	40:43	2:17:04	3:26:53
<b>Kim Brown</b>	F 37	29:24	44:20	2:18:06	3:31:50
<b>Bob Massaro</b>	M 64	28:38	43:24	2:21:33	3:33:35

### Short Course Trilogy:

<b>Scott Bradley</b>	M 53	28:17	37:48	18:40	1:24:45
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## WMAC's 2008 Trilogy Series

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Greylock was pretty good this year as we ran on the altered course for the second year in a row. The trails were a little wet in spots and the 77 degrees brought in a little humidity with it, but overall it wasn't too bad. The road construction was just about done when I visited the top of Greylock back in August so let's hope we can get back to our regular course next year.

Savoy happened after all thanks to Marty Glendon who pulled it off at the last minute. The advertised distance turned out to be a good couple of miles longer, but then again the original 20 miler was longer also. Unfortunately for us, 3 days of heavy rain during the week before the race gave us as much mud as we have ever seen at Savoy. And it was a different mud than we were used to. But the warm sunny day of the race allowed

most of us to survive and jump in the pond to wash off afterward. We're looking forward to more Savoy's in the future.

And what can I say about Monroe this year? About as perfect a day as we ever had at this race. Crisp and cool while running and sunny and pleasant afterward. The first 2 runners broke the course record and many others set a new PR this year. No wonder everyone hung around longer than usual this year.

After the first 2 races this year there were 37 runners eligible for the 2008 Trilogy Series. But only 19 of them completed the series by running the Monroe / Dunbar Brook race.

Last year we had a total of 32 finishers. We may have lost a few runners in the series because of the status of the Savoy races not being finalized until only a few weeks before the race date, but with 18 runners not finishing the final race this year we had the smallest turn out in Trilogy history.

In the long course trilogy, Kent Lemme from Williamstown only ran 3 trail races this year and they just happened to be Greylock -- Savoy -- and Monroe.

Kent finished 4<sup>th</sup> overall at Greylock, second overall at Savoy, and held off Greg Hammett by 19 seconds to win at Monroe in a new course record time. Kent Lemme is the 2008 Trilogy Series Champion.

Way to go Kent!

On the ladies side in the long course, Michelle Roy, who has been tearing up the trail circuit again this year,

( see the Stonehead Awards ) completed all three races in a total time of 9:14:59 and is the ladies Trilogy Series Champion for 2008.

Way to go Michelle!

Again this year only one runner did all 3 short races. Scott Bradley wins the short course trilogy series.

Way to go Scott!

Everyone else did a mix of the races this year. The new, tougher Savoy took it's toll on several runners, and a few other regulars just didn't make it to Monroe this year to finish all 3 races. Hopefully we can do it all again next year and have more of you join us.

All 2008 Trilogy finishers received a mesh hat thanks to Rob Higley and the WMAC to commemorate their accomplishment.

THANKS to all who competed in the WMAC's Trilogy Series this year.

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Hope to see you all again next year!

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## A Trail by Any Other Name.....

The Mudslinger/Fall Back 5 has now joined the ranks of other famous events sporting name inconsistencies like Satins/Silks/Stars/Stripes 5K and Monroe/Dunbar Brook. But at least with Mudslinger/Fall Back you know where you stand. If you are stuck in the mud, you are most definitely are mired in the Mudslinger. If you are slipping on leaves and feeling full of unwonted energy, then you are on the trail with the Fall Back 5, having presumably landed a bonus hour of sleep.

This year, the only people to arrive early were the setup crew, so doubtless all participants were feeling bright-eyed and bushy-tailed and eager to chase down any squirrels grown fat and lazy after the previous week's haul of nuts at the Squirrelly 6. As a matter of fact, Fall Back seemed a continuation of the same theme, minus the ARE's Halloween treats.

The same ARE crew was there at the finish line and registration table demonstrating how to use bread twisties to fasten their chips to our shoes. Despite the fact that I donated my boot as a demonstration model, I failed to follow directions, preferring my Hairy Gorilla technique of first shoelacing and then twist tying my chip firmly onto my sneaker. That darn plastic was not going to get lost in mud or water—at least not on my watch. It didn't, and I had the satisfaction of domino stacking the finishers behind me as Josh Merlis struggled to (a) untie my shoe, (b) unlace my laces (c) remove the twisty, and finally (d) get his \$30 chip back in the till.

I had run the course on Wednesday during our freezing rain/wet snow interlude and knew for certain I was in Fall Back territory. The leaves had definitely fallen and were icy, slick and concealing all manner of rocks and roots. So Race Director Jorge Gomes, mindful of the threat of lawsuits, spent two days blowing leaves off the trail (with a machine, not his mouth). Normally, I'd say, "It's a trail race, what did you expect?!" but being that it was only five miles and we would not be in death march marathon mode, this would give the speedsters an opportunity to shine.

One hundred and five athletes were treated to a "something old, something new" mix of familiar XC 5K trails and relatively unknown areas of parkland. Mentally, the journey seemed easier than last year when in the spirit of Winter Standard Time, Fall Back actually did fall back into backwards mode. Physically, however, I suffered. So did Dennis Fillmore and Dave Boles who had also struggled through the pig wallows, overly enthusiastic babbling brooks and large bodies of standing water at the Hairy Gorilla the previous week. Interestingly, Pam DelSignore, who ran the exact same 13.1 miler, said she felt fine. At this point, it is appropriate to note that Pam is about 20 years younger. Hmm...perhaps there is something to this age group categorization after all. Especially since Jen Ferris (36) who pretty much trailed me at the Camp Saratoga series this year in her first attempt at racing, pulled ahead with a good minute and a half to spare. And this was her first five miler. Ever.

Perhaps it's time to drag out my last year's over the hill series and continue the adventure. On further reflection, though, what

was so refreshing about this race was the fact that there was such a nice mix of ages represented – from 8 year-old TJ Tracy in his first five miler, to assorted Saratoga Streaks, all the way up to 73 year-old Peter Hettrich. It's not often that folks of such assorted ages and backgrounds can share equally in the same experience. This is what I love most about running, besides the fact that it does justify that extra donut at the end.

Results at .... [www.hmrrc.com](http://www.hmrrc.com)

Laura Clark

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## Book Review Corner:

*My Life on the Run: The Wit, Wisdom and Insights of a Road Racing Icon,*

by Bart Yasso. Rodale, 2008.

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If you have ever requested free race bibs and bags from *Runner's World* magazine, then you are familiar with Bart Yasso. He is the guy who gets them to you on time. But he is much more than that. He is *Runner's World* Roving Ambassador, responsible for traveling to expos, smiling and chatting with all who stop by his booth for advice and inspiration. He has, as he freely admits, the best job in the world, getting paid to do what he loves best.

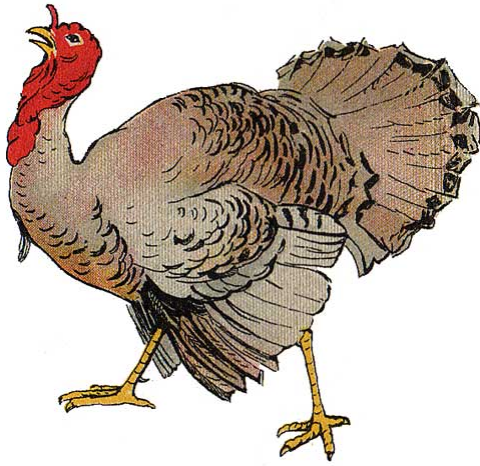
But this is not the reason he should be admired, as you will discover if you share his life on the run. He is the guy who gets sent to every wacky event that most folks would approach with a "You couldn't pay me to do that" attitude. Each chapter in Bart's *Life on the Run* is an independent essay detailing his public and personal journeys: climbing Mt. Kilimanjaro, burro racing in Colorado, accepting the challenge of the Bare Buns Fun Run and coming in either first, second or possibly third in the early days of the Badwater Ultra. Along the way he invented the Yasso 800's which, if incorporated into your marathon training program, will prove to be an amazingly accurate predictor of your actual finishing time.

Whether organizing a running program for substance abusers or counting race bibs, Yasso treats the job and the runners with the respect they deserve. Even in his competitive prime, he refused to take his running as seriously as many of us do. His adventures are laced with a hearty dose of humor and a willingness, as in his Antarctica Marathon tour, to cut short his own race to ensure the safety of fellow competitors.

While Bart's running is now limited due to the effects of Lyme disease, he accepts his ailing body with better grace than most of us could muster. "I may not be able to run fast or far anymore, but I can still make every runner feel like a hero...Running is about acceptance of yourself and others."

Reviewed by Laura Clark

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## WMAC Turkey Trot

### Thanksgiving Day 5K Road Race

Thursday .... November 27, 2008 .... 9:30 AM

Saints Hall .... 8 – 10 East Hoosac Street .... Adams, MA.

Sign up on Race Day Only .... Starting at 8:30 AM

Entry Fee .... \$5.00

Info .... Ed Saharczewski .... 413 743-5669 .... [saharczewski@aol.com](mailto:saharczewski@aol.com).

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

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

Zip \_\_\_\_\_ Phone \_\_\_\_\_

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

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

## My First Grand Tree

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First, I have to admit that I'm pretty new at this trail running stuff (ran my first two races last year), so you more experienced racers may find my perspectives naïve... But, I had to write because I'm so excited that I've met this year's goal of completing six of the Grand Tree Races and wanted to share my excitement with everyone else.

The Grand Tree certainly provides a great flavor for running trails in New England. I ended up running three in CT, two in MA, one in RI and one up in NH.

I had been training pretty hard, usually putting in my miles at Shenipsit Forest in Somers, CT. So Soapstone was a fun race to start the season. It's always easier to run on your home course. The weather was nice. The race was well-organized and the food was great. I did, unfortunately, add a little to the course by following some trail bike race markers for a distance, but since it was my first Soapstone, I PR'd anyway.

Next up was my second People's Forest. I always start at the back of the pack, run my own pace, and slowly try to work my way forward. This strategy worked out well at People's as I managed to catch Mike and Des (a couple of guy's I train with at Shenipsit) about half way through the course, and maintained that lead the rest of the way. Although I put a few pounds on over last winter (and us girls never like to have that pointed out), it doesn't seem to have hurt me any. I took eight minutes off my time from last year. I think it was partly because I have gotten a better sense of when to stop for fluids and have shortened my breaks, and partly conditioning. Jumping into the Farmington River at the end cools you right off!

Pisgah was a mudfest. It was raining before we started, rained for at least the first hour of the race, and the back part of the course was having some work done and was all mud. At one point I went down into a mud puddle up to my chest! Most of the time I found myself pacing some guy wearing red Mizuno's. They certainly weren't red when we finished. I was wearing my usual white when I started and was pretty much a mud ball when it was all over. Still, a great race, well run, and a good experience at weather adversity.

Breakneck. What can I say about Breakneck? No water stops. No trail markers. Just go out there and run around the lake. I love this race. But then I'm pretty much of a purist. I just love to get out and run on the trails. No MP3 player, no chit-chat, just nature at its finest. I took a few minutes off my time from last year, and I plan to be back next year. Great feast!

To finish off the GT, I did the double on October 11<sup>th</sup> and 12<sup>th</sup>. Diamond Hill in Rhode Island, then Monroe up in the Berkshires. Thank goodness I wasn't driving on Sunday. I slept all the way home.

Got lost twice following the guy in the red Mizuno's at Diamond Hill. He keeps a pretty even pace, which helps me control my less experienced exuberance, but those little lost detours probably added a mile or two to our jaunt. At least the

Mizuno guy doesn't have much of a sprint. With just a little effort I once again managed to pull a few yards ahead of him at the finish. Diamond Hill ends at a nice open field where I could play football and mingle with the other runners.

Monroe. Getting across the Dunbar Brook was certainly chilling. The first crossing was fine, but further downriver it was deeper and faster water, with slippery rocks. I went down and at one point was in up to my neck. I grudgingly accepted a little help with the crossing from my running partner, (I hoped they wouldn't DQ me for that, photos at runwmac .com page 19), but I managed to shake it off and came out charging down the rest of the course.

Thanks to WMAC for an awesome job of organizing the whole series and the great webwork. A special thank you to all those understanding race directors who allowed me to start a couple of minutes after everyone else so that I could focus on running my pace. Thanks to all those unheralded water stop volunteers who provided aid and encouragement in the middle of nowhere. Also, a special thanks to those runners who encouraged me along the way with comments like "Great, now I'm being passed by a midget", or "You? This race is really going to the dogs".

And, finally, a special shout out to all those things and people that made my first Grand Tree memorable: to that bear that caught my attention around mile two at Monroe: to that guy who dropped the bagel after the race at Pisgah: to that little girl with the stick who was kind enough to play fetch with me at that water station on the Busa Bushwack (even if it did take a few minutes off my time): to that awesome lady at Monroe who rubbed my tummy for ten minutes as I lay exhausted after completing that weekend's double: and to Bruce, for letting me clean out his chili dish.

It was a great season. See you next year!

*Cairo*



## Groton Town Forest Trail Races

### 9.5 & 3.4 Miles

Groton, MA. .... October 19, 2008

WMAC members in Bold:

#### 9.5 miles:

Name	Age	ST.	Time	GT %
1 Greg Hammett	M 31	NH	0:58:17	100.00%
2 Paul Young	M 43	MA	1:01:53	94.18%
3 Rob Smith	M 41	MA	1:01:59	94.03%
4 Keith Schmitt	M 40	NH	1:02:18	93.55%
5 John Kinnee	M 29	MA	1:02:51	92.73%
6 Chris Reynolds	M 24	MA	1:03:26	91.88%
7 PJ Deschenes	M 31	MA	1:04:19	90.62%
8 Garry Harrington	M 48	NH	1:05:57	88.37%
9 Frank Kjaersgaard	M 41	MA	1:06:43	87.36%
10 Michael Dimick	M 27	VT	1:08:15	85.40%
11 Mark Kimball	M 47	MA	1:09:05	84.37%
12 Jim Maloy	M 50	MA	1:09:41	83.64%
13 <b>Pilar Meltz 1<sup>st</sup> F</b>	F 33	MA	1:10:11	83.04%
14 <b>Sue LaChance</b>	F 48	MA	1:10:24	82.79%
15 Andrew Donaldson	M 40	MA	1:10:52	82.24%
16 Marshall Randolph	M 60	MA	1:11:17	81.76%
17 Adam Smith	M 26	MA	1:11:20	81.71%
18 David Mastroianni	M 35	MA	1:11:34	81.44%
19 Robert Low	M 33	MA	1:12:27	80.45%
20 Matt Flinders	M 38	MA	1:12:42	80.17%
21 Scott Keohane	M 43	MA	1:13:50	78.94%
22 Nick Edmonds	M 28	MA	1:13:54	78.87%
23 Christopher Russell	M 45	MA	1:14:46	77.95%
24 David Sontag	M 23	NH	1:17:59	74.74%
25 Kevin Barrett	M 49	MA	1:18:17	74.45%
26 Brian Marhitto	M 24	CT	1:18:17	74.45%
27 Michael Melnikov	M 49	MA	1:18:40	74.09%
28 <b>Christine Lovely</b>	F 39	MA	1:18:55	73.85%
29 Stephen Scully	M 25	MA	1:20:05	72.78%
30 Mark Gerath	M 49	MA	1:20:29	72.42%
31 Charles Peabody	M 36	RI	1:20:35	72.33%
32 Brian Sowers	M 36	MA	1:20:38	72.28%
33 Charles Hanson	M 46	MA	1:21:03	71.91%
34 Chris Graham	M 40	MA	1:21:05	71.88%
35 Nick Drovin	M 22	NH	1:21:07	71.85%
36 <b>Doug Cummings</b>	M 47	MA	1:21:07	71.85%
37 Greg Haskell	M 27	MA	1:21:17	71.70%
38 George Gilder	M 68	MA	1:21:29	71.53%
39 <b>Heidi Havron</b>	F 42	NH	1:21:31	71.50%
40 <b>Rebekah Welch</b>	F 32	MA	1:21:32	71.48%
41 Victor Golovkin	M 45	MA	1:22:04	71.02%
42 Stephen Feeley	M 53	MA	1:22:10	70.93%
43 Tim Benison	M 42	MA	1:22:52	70.33%
44 Ricardo Muchiutti	M 37	MA	1:23:42	69.63%
45 Tom Parent	M 32	MA	1:24:30	68.97%
46 <b>Alan Cabot</b>	M 53	MA	1:24:36	68.89%
47 Tom Hancock	M 45	MA	1:24:51	68.69%
48 Michael Ralph	M 50	MA	1:25:48	67.93%
49 <b>Thomas Parker</b>	M 41	NH	1:26:15	67.57%
50 <b>Nancy Flaherty</b>	F 48	MA	1:26:20	67.51%
51 Richard Leonard	M 54	MA	1:26:48	67.15%
52 <b>Andrea Leonard</b>	F 44	MA	1:26:49	67.13%
53 <b>Susan Williams</b>	F 42	MA	1:26:55	67.06%

54 Andrew Lunn	M 36	MA	1:27:09	66.88%
55 <b>Julia Magnusson</b>	F 36	MA	1:27:48	66.38%
56 Kevin Zelechowski	M 32	MA	1:30:44	64.24%
57 <b>Linda Solomon</b>	F 25	MA	1:31:10	63.93%
58 <b>Sandi O'Connell</b>	F 39	NH	1:31:18	63.84%
59 <b>Hilary Coolidge</b>	F 42	MA	1:31:25	63.76%
60 Tom Speidel	M 47	MA	1:31:28	63.72%
61 <b>Lisa Wiesner</b>	F 38	MA	1:31:33	63.66%
62 <b>Chayanin Thaxter</b>	F 47	MA	1:31:50	63.47%
63 <b>Emily Trespas</b>	F 37	MA	1:32:42	62.87%
64 <b>Sherisa Sterling</b>	F 55	MA	1:34:03	61.97%
65 Sean Townsend	M 24	MA	1:34:11	61.88%
66 <b>Jeanne Mahon</b>	F 47	MA	1:34:13	61.86%
67 <b>Vic LaPort</b>	M 68	MA	1:35:15	61.19%
68 <b>David Raczkowski</b>	M 58	CT	1:35:18	61.16%
69 <b>Clare Lunn</b>	F 33	MA	1:35:33	61.00%
70 <b>Jen Cawley</b>	F 45	NH	1:36:39	60.30%
71 Roland Goodell	M 41	MA	1:36:51	60.18%
72 Thomas Gumbart	M 48	MA	1:37:28	59.80%
73 <b>Dana Mihok</b>	F 42	MA	1:40:47	57.83%
74 Michael Dennerty	M 56	MA	1:41:22	57.50%
75 <b>Lee Hart</b>	F 40	MA	1:44:52	55.58%
76 <b>Martha Hanright</b>	F 46	MA	1:45:05	55.46%
77 Wyatt Gulliver	M 12	MA	1:45:46	55.11%
78 Ken Gulliver	M 44	MA	1:45:47	55.10%
79 Chris Harrison	M 55	MA	1:46:39	54.65%
80 Hap Farber	M 61	MA	1:47:42	54.12%
81 Oleg Pyatnychko	M 41	MA	1:47:43	54.11%
82 Joe Panepinto	M 45	MA	1:49:07	53.41%
83 <b>Sarah Riale</b>	F 26	MA	1:50:59	52.52%
84 <b>Kristin Abdelnour</b>	F 27	MA	1:51:00	52.51%
85 <b>Meghan Feeley</b>	F 24	MA	1:54:32	50.89%
86 Jim Ellis	M 49	MA	1:55:44	50.36%
87 <b>Lauren Murgia</b>	F 25	MA	1:56:14	50.14%
88 Leo Murgia	M 56	NH	1:56:15	50.14%
89 <b>Stephanie Shenton</b>	F 47	MA	1:58:25	49.22%
90 Carl Cignoni	M 57	MA	2:02:19	47.65%

#### RD's Report:

The 11<sup>th</sup> Annual Groton Town Forest Trail Races were held on October 19, 2008, once again amid peak fall foliage. It was partly cloudy and the temperatures were in the low 50s, nearly perfect for running, except for a fairly thick coating of leaves that made the footing a bit less sure than usual.

There were 90 finishers in the 9.5 mile race and 95 in the 3.4 mile race. This year, the 3.4 mile race was sanctioned by USA Track & Field – New England and was part of their Cross Country Grand Prix Race Series. The increased competition brought down the records! Four female runners (Meghan Lynch; Caitlyn Clark, 23, of Cambridge, MA; Halaina Demba, 22, of Ayer, MA; and Sumner Fletcher, 23, of Uxbridge, MA) broke the old women's course record, and three male runners (Kevin Somers; Matthew Germain; and Ryan Miller, 25, of Haverhill, MA) broke the old men's course record!

Continued next page:

Groton Forest cont:

First place went to Kevin Somers, 30, of Jamaica Plain, MA in a blistering time of 18:48 that peeled 50 seconds off the course record.

The first female finisher, and 9<sup>th</sup> overall, was Meghan Lynch, 22, of Somerville, MA in 21:54, who took a full 2:11 off the course record! Suzanne Williams, 39, of Rutland, MA finished in 21<sup>st</sup> place overall and set a new 30-39 age group record of 25:22, which is 1:43 faster than the old record. Matthew Germain, 26, of Haverhill, MA finished in 2<sup>nd</sup> place overall and set a new 20-29 age group record of 19:11, which is 3:03 faster than the old record!

The overall winner of the 9.5-mile race was Greg Hammett, 31, of Chesterfield, NH in a time of 58:17. Greg established a new record for the 30-39 age group with his time, beating his own record, set last year, of 58:44. The first female over the line was Pilar Meltz, 33, of Boston, MA, in a time of 1:10:11. Last year, Stanley Dutton of Antrim, NH smashed the men's 60-69 age group record by over 5 minutes, finishing in a time of 1:13:24. But that record fell this year to Marshall Randolph, 60, who finished 16<sup>th</sup> overall in a time of 1:11:17, thus taking another 2:07 off the age group record!

*Paul Funch RD*

**Groton 3.4 Mile Results:**

<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>
1 Kevin Somers	M 30	MA	18:48
2 Matthew Germain	M 26	MA	19:11
3 Ryan Miller	M 25	MA	19:17
4 Junyong Pak	M 30	MA	19:59
5 Jeff Bartlett	M 22	MA	21:14
6 Jamie Aubuchon	M 41	MA	21:31
7 Mark O'hare	M 34	MA	21:48
8 Scott Bosworth	M 44	MA	21:50
9 Kristopher Depew	M 39	MA	21:54
10 <u> Meghan Lynch 1<sup>st</sup> F</u>	F 22	MA	21:54
11 Mark Bell	M 42	MA	22:08
12 <u> Caitlyn Clark</u>	F 23	MA	22:27
13 John Wiesner	M 39	MA	22:36
14 <u> Halaina Demba</u>	F 22	MA	23:07
15 Andrew Merlino	M 45	MA	23:25
16 <u> Sumner Fletcher</u>	F 23	MA	23:32
17 John Rheaume	M 27	MA	24:09
18 Joel Bargmann	M 56	MA	24:42
19 <u> Julia Collins</u>	F 26	MA	24:53
20 <u> Alexandra Slayton</u>	F 24	MA	24:59
21 <u> Suzanne Williams</u>	F 39	MA	25:22
47 <b> Paul Correia</b>	M 55	MA	31:13
94 <u> Pauline Saunders</u>	F 49	MA	48:41
95 Wiley Ordemann	M 8	MA	50:09

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

**Greylock Federal's Fall Classic**

5K Road Race

North Adams, MA. .... October 5, 2008

Club members in Bold and other familiar names:

<u>Name</u>	<u>Age</u>	<u>ST</u>	<u>Time</u>
1 Nicholas Raby	19 M	MA	17:27
2 Anthony Milazzo	17 M	MA	17:46
3 Zach Morris	15 M	MA	17:54
4 Nicholas Cumlop	20 M	MA	18:01
5 Patrick Rondeau	33 M	MA	18:28
6 Pat Moran	20 M	MA	18:28
7 <b> James Preite</b>	44 M	MA	18:40
8 Stephen Roberts	43 M	MA	18:50
9 Stuart Barlow	44 M	VT	18:56
10 <b> Paul Gage</b>	38 M	MA	19:09
16 Steve St Clair	50 M	MA	20:11
20 Steven Wisniowski	38 M	MA	21:00
21 <b> Jeffrey Parkman</b>	61 M	MA	21:22
22 <b> Michael Pytko</b>	52 M	MA	21:27
23 <u> Sarah Witruk 1<sup>st</sup> F</u>	26 F	MA	21:30
24 <b> Peter Lipka</b>	57 M	MA	21:31
25 <b> Richard Dassatti</b>	51 M	MA	21:33
29 <u> Abby Bishop</u>	17 F	MA	21:50
35 Brian Alarie	45 M	MA	22:30
36 <u> Rebecca Hunter</u>	28 F	MA	22:31
37 <u> Maribel Diaz-Sanchez</u>	34 F	MA	22:32
38 <b> Scott Bradley</b>	53 M	MA	22:48
44 <u> Elizabeth St Clair</u>	50 F	MA	23:02
45 <u> Melinda Walton</u>	34 F	MA	23:07
46 <u> Diane Pytko</u>	51 F	MA	23:50
50 <b> Mary Kennedy</b>	50 F	MA	24:27
53 <b> Paul Fortini</b>	51 M	MA	24:33
54 <u> Cindy Allen</u>	42 F	MA	24:50
59 <b> Pamela Burdick</b>	33 F	NY	24:59
60 Don Ahrens	46 M	MA	25:02
61 <b> Claudine Preite</b>	41 F	MA	25:08
62 <u> Emily Serrano</u>	16 F	MA	25:16
69 <b> Eric White</b>	67 M	MA	25:35
90 <b> Melanie Bessette</b>	44 F	MA	27:42
91 <u> Linda Gardner</u>	48 F	MA	27:44
103 <u> Julie Gardner</u>	37 F	MA	28:31
121 Richard Shook	73 M	MA	30:13
122 Ronald Clemens	65 M	MA	30:28
123 <u> Sibyl Jacobson</u>	66 F	NY	30:35
125 <u> Ann Vella</u>	72 F	MA	30:55
130 Carson Scalise	8 M	MA	35:59
131 Wes Scalise	49 M	MA	36:00
134 <b> Peter Dassatti</b>	15 M	MA	36:20
138 <u> June Tooley</u>	55 F	MA	38:10
139 <u> Laurel Bradley</u>	37 F	MA	38:11
140 <u> Lisa Bassi</u>	52 F	MA	40:43
141 <u> Darcy Scalise</u>	7 F	MA	40:45
142 <u> Tammy Scalise</u>	44 F	MA	40:48
143 <u> Jaime Campbell</u>	27 F	MA	40:58
144 <u> Jodi Bond</u>	38 F	MA	41:21

144 Official Finishers.... Complete results at..... [www.runwmac.com](http://www.runwmac.com)

# Hairy Gorilla Half Marathon Trail Race

John Boyd Thacher State Park .... Albany, NY

October 26, 2008

WMAC members in bold and other familiar names:

<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1 Greg Hammett	M 31	NH	1:22:05	100.00%
2 Bobby Asher	M 27	NY	1:23:54	97.83%
3 Mike Rutledge	M 40	NY	1:24:08	97.56%
4 Shaun Horan	M 27	NY	1:27:28	93.85%
5 Ross Krause	M 28	MA	1:28:24	92.85%
6 Todd Shatynski	M 32	NY	1:29:59	91.22%
7 Ray Webster	M 33	VT	1:30:19	90.88%
8 Matt Bedoukian	M 28	CT	1:31:15	89.95%
9 Chris Cure	M 17	NY	1:31:57	89.27%
10 Chris Yarsevich	M 30	NY	1:32:41	88.56%
11 Craig Tynan	M 38	NY	1:32:45	88.50%
12 Ian Parnett	M 22	NY	1:33:06	88.17%
13 Brian Northan	M 33	NY	1:34:12	87.14%
14 Garry Harrington	M 48	NH	1:34:26	86.92%
15 Stanislav Trufanov	M 29	MA	1:34:39	86.72%
16 Patrick Cade	M 24	NY	1:35:08	86.28%
17 Joseph Sullivan	M 29	NY	1:35:24	86.04%
18 Matthew Karkoski	M 46	NY	1:36:16	85.27%
19 Matthew Purdy	M 30	NY	1:36:49	84.78%
20 John Agosto	M 44	CT	1:36:59	84.64%
21 David Chan	M 19	NY	1:37:07	84.52%
22 Andy Loux	M 29	NY	1:37:16	84.39%
23 Nicholas Dipirro	M 20	NY	1:38:12	83.59%
24 Robert Muller	M 43	NY	1:38:16	83.53%
25 Charlie Gadol	M 51	NY	1:38:25	83.40%
42 <u>Rebecca Foulger 1<sup>st</sup> F</u>	F 26	NY	1:47:47	76.16%
43 Andrew Gravelle	M 24	NY	1:48:07	75.92%
44 John Holt	M 41	NY	1:49:06	75.24%
45 Andrew Sattinger	M 36	NY	1:49:39	74.86%
46 <u>Nancy Potter</u>	F 49	NY	1:51:02	73.93%
47 Robert Ordish	M 23	NY	1:51:29	73.63%
48 Peter Richards	M 43	NY	1:51:46	73.44%
49 Andrew Gilchrist, Jr.	M 16	NY	1:51:59	73.30%
50 Patrick Lynskey	M 36	NY	1:52:17	73.10%
57 <u>Rachel Boardman</u>	F 28	PA	1:55:27	71.10%
62 <u>Jacque Schiffer</u>	F 44	NY	1:56:26	70.50%
63 <u>Alice Thomas</u>	F 45	NY	1:56:36	70.40%
78 <b>Alan Cabot</b>	M 53	MA	1:59:51	68.49%
81 Stewart Dutfield	M 53	NY	2:01:09	67.75%
87 <u>Jessica Hageman</u>	F 32	NY	2:03:51	66.28%
88 George Gilder	M 68	MA	2:03:52	66.27%
89 Tom Mack	M 44	NY	2:03:55	66.24%
90 Frank Paone	M 51	NY	2:04:09	66.12%
91 Tony Fletcher	M 44	NY	2:04:40	65.84%
92 Doug Freese	M 63	NY	2:06:46	64.75%
105 <u>Christine Reynolds</u>	F 38	NY	2:09:41	63.30%
106 <u>April Martin</u>	F 46	NY	2:09:52	63.21%
107 <u>Pamela Delsignore</u>	F 39	NY	2:09:53	63.20%
108 <u>Rachel Schabot</u>	F 40	NY	2:09:54	63.19%
117 <u>Cindy Scannell</u>	F 50	CT	2:12:58	61.73%
118 <u>Jennifer Faller</u>	F 27	MA	2:13:19	61.57%
130 <b>Thomas Parker</b>	M 41	NH	2:20:05	58.60%
145 Joseph Reynolds	M 64	NY	2:24:33	56.79%
156 <b>Martin Glendon</b>	M 62	MA	2:29:33	54.89%
157 <u>Laura Clark</u>	F 61	NY	2:29:44	54.82%
158 Barry Huber	M 56	CT	2:29:56	54.75%
159 <u>Linda Pickering</u>	F 48	NY	2:30:02	54.71%
160 <u>Mary Keniston</u>	F 46	NY	2:30:02	54.71%
161 Stephen Piorkowski	M 56	NY	2:30:10	54.66%
162 <u>Danielle Ferry</u>	F 19	NY	2:30:10	54.66%
163 <u>Amanda Blanchard</u>	F 20	NY	2:30:10	54.66%
164 <u>Laina Baines</u>	F 25	NY	2:30:23	54.58%
165 Alan Mason	M 29	NY	2:30:23	54.58%
166 Marc Hammond	M 42	VT	2:30:34	54.52%
167 <u>Sondra Buono</u>	F 33	NY	2:30:46	54.44%
168 <u>Kristin Abdelnour</u>	F 27	MA	2:30:55	54.39%
169 <u>Sarah Riale</u>	F 26	MA	2:30:55	54.39%
170 <u>Ruth Crammond</u>	F 27	NY	2:31:20	54.24%
171 David Scott Jr.	M 36	NY	2:31:20	54.24%
172 <b>Barbara Sorrell</b>	F 51	NY	2:32:31	53.82%
173 Chris Hinch	M 40	MA	2:33:29	53.48%
174 Thomas Eastman	M 29	NY	2:34:06	53.27%
175 <b>Jamie Howard</b>	M 43	NY	2:34:26	53.15%
176 <u>Rachel Morgan</u>	F 27	NY	2:35:03	52.94%
177 <u>Maura Ludlow</u>	F 31	NY	2:35:14	52.88%
178 <u>Jamie Guillory</u>	F 23	NY	2:36:19	52.51%
179 <u>Laura Rickard</u>	F 27	NY	2:36:19	52.51%
180 Tommy Wright	M 38	NY	2:38:17	51.86%
183 Mike Norman	M 16	NY	2:38:59	51.63%
184 Robert Norman	M 33	NY	2:39:12	51.56%
185 <u>Annette Soljan</u>	F 28	NY	2:39:33	51.45%
186 Mark Hoban	M 52	NY	2:39:34	51.44%
187 David Boles	M 62	NY	2:40:22	51.18%
188 Patrick Omalley Jr.	M 27	NY	2:42:08	50.63%
189 <u>Taunya Englert</u>	F 25	NY	2:43:10	50.31%
190 <u>Jessica Mokniber</u>	F 28	NY	2:43:11	50.30%
191 <u>Lori Baldanza</u>	F 41	NY	2:43:31	50.20%
192 <b>Chris Johnson</b>	M 51	MA	2:43:42	50.14%
193 <u>Pam Jones</u>	F 47	NY	2:44:14	49.98%
194 Gary Labella	M 55	NY	2:46:03	49.43%
195 <u>Shannon Richie</u>	F 27	NY	2:46:41	49.25%
196 <u>Nicole Toohey</u>	F 29	NY	2:46:49	49.21%
197 <u>Barb Youchan</u>	F 34	NY	2:49:35	48.40%
198 <u>Kathleen Macrillo</u>	F 42	NY	2:53:04	47.43%
199 <u>Shane Stack</u>	F 37	NY	2:53:36	47.28%
200 Larry Peleggi	M 51	NY	2:54:42	46.99%
201 <b>Karen McWhirt</b>	F 47	CT	2:54:50	46.95%
202 <u>Rachael Williams</u>	F 31	NY	3:01:53	45.13%
203 <b>Greg Taylor</b>	M 62	NY	3:02:55	44.87%
204 Michael Tulloch	M 57	NY	3:03:22	44.76%
205 <u>Laurie McEvoy</u>	F 38	NY	3:03:22	44.76%
206 <u>Nicole Martin</u>	F 29	NY	3:03:41	44.69%
207 Robert Gibbs	M 29	NY	3:03:41	44.69%
208 <b>Bill Glendon</b>	M 62	MA	3:09:07	43.40%
209 <b>Konrad Karolczuk</b>	M 56	CT	3:09:08	43.40%
210 <u>Victoria Andrews</u>	F 32	NY	3:12:09	42.72%
211 David Andrews	M 34	NY	3:12:09	42.72%
212 <u>Tracy Racicot</u>	F 40	NY	3:12:34	42.63%
213 <u>Melissa Herold</u>	F 27	MD	3:20:51	40.87%
214 <u>Cathy Troisi</u>	62	NY	3:44:11	36.61%

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



# Busa Bushwhack Trail Race .... 9.3 Miles

Framingham, MA .... November 2, 2008

WMAC members in Bold and other familiar names:

<u>Name</u>	<u>Age</u>	<u>ST</u>	<u>Time</u>	<u>GT %</u>
1 Greg Hammett	M 31	NH	0:54:31	100.00%
2 Nick Menzies	M 29	MA	0:56:03	97.26%
3 P J Deschenes	M 31	MA	0:57:03	95.56%
4 Michael Peyron	M 33		0:58:08	93.78%
5 John Kinee	M 29		0:58:12	93.67%
6 Dave Mingori	M 41		0:58:24	93.35%
7 Brogan Graham	M 25	MA	1:01:14	89.03%
8 Christopher Smith	M 42		1:01:19	88.91%
9 Garry Harrington	M 48	NH	1:02:03	87.86%
10 <b>Bob Sharkey</b>	M 56	RI	1:02:32	87.18%
11 John Peters	M 44		1:02:38	87.04%
12 John Whelan	M 51	MA	1:02:56	86.63%
13 Dima Feinhaus	M 45		1:03:50	85.41%
14 <u>Kim Webster</u> 1 <sup>st</sup> F	F 32		1:03:53	85.34%
15 <u>Beth Krasemann</u>	F 35	CT	1:04:32	84.48%
16 Andrew Donaldson	M 40		1:04:35	84.41%
17 Patrick Ruby	M 23	MA	1:05:33	83.17%
18 John Agosto	M 44	CT	1:05:43	82.96%
19 Christian Wilkens	M 33	MA	1:05:50	82.81%
20 Robert Gillis	M 53	MA	1:06:18	82.23%
21 Ron Schildge	M 27		1:06:45	81.67%
22 <u>Lisa Mikkelsen</u>	F 43	MA	1:07:19	80.99%
23 Adam Smith	M 26	MA	1:08:07	80.03%
24 <u>Stephanie Crawford</u>	F 31		1:08:52	79.16%
25 Shawn O'Brien	M 38		1:08:56	79.09%
26 Jeffrey Saeger	M 58		1:09:12	78.78%
27 Russell Morin	M 36		1:09:48	78.10%
28 <u>Vanessa Wood</u>	F 25		1:10:02	77.84%
29 <u>Kimberly Battipaglia</u>	F 36	CT	1:10:15	77.60%
30 <u>Adrienne Cyrulik</u>	F 34	MA	1:10:18	77.55%
43 Bogie D	M 34		1:14:24	73.28%
49 Tom Parent	M 32		1:15:43	72.00%
50 Charles Peabody	M 36		1:16:03	71.69%
58 Norman Sheppard	M 50	MA	1:17:56	69.95%
59 Michael Agbay	M 36	MA	1:18:16	69.66%
60 <u>Nixie Raymond</u>	F 49		1:18:44	69.24%
61 <b>Doug Cummings</b>	M 47	MA	1:18:52	69.13%
62 Yigal Agam	M 34	MA	1:19:02	68.98%
63 Edward Greenaway	M 24	MA	1:19:04	68.95%
64 Jim Miler	M 51		1:19:42	68.40%
65 Kevin Zelechowski	M 32	MA	1:19:46	68.35%
66 <u>Claire Lunardon</u>	F 25		1:19:46	68.35%
67 Michael Ralph	M 50	MA	1:19:51	68.27%
68 <u>Nancy Thomson</u>	F 44		1:20:21	67.85%
69 Mike Barry	M 59	MA	1:22:32	66.05%
70 <b>Dan Scotina</b>	M 53		1:22:44	65.89%
71 Steve Collopy	M 51	MA	1:22:52	65.79%
72 <u>Michelle Spina</u>	F 40		1:22:59	65.70%
73 Paul Copeland	M 45		1:24:26	64.57%
74 Mickey Lackey	M 63		1:24:36	64.44%
75 Sean Regan	M 42	MA	1:24:38	64.42%
76 Geoffrey Kent	M 48	MA	1:24:49	64.28%
77 <u>Cheri Cavanaugh</u>	F 44	MA	1:25:05	64.07%
78 <b>Michelle Roy</b>	F 38	MA	1:25:32	63.74%

80 <u>Heather Kramer</u>	F 45	MA	1:26:38	62.93%
93 <b>David Raczkowski</b>	M 58	CT	1:29:41	60.79%
94 Roger Pelissier	M 44		1:29:51	60.68%
95 Andrew Harris	M 47		1:29:52	60.66%
96 <b>Alan Cabot</b>	M 53	MA	1:30:46	60.06%
97 John Bakstran	M 51	MA	1:30:56	59.95%
98 <u>Heather Percyz</u>	F 26	MA	1:31:07	59.83%
99 <u>Diane McNamara</u>	F 54		1:32:00	59.26%
100 <u>Jill McCarter</u>	F 54		1:32:13	59.12%
101 George Silver	M 65		1:32:24	59.00%
102 Joe Panepinto	M 45	MA	1:32:52	58.70%
103 <u>Kimberly Phillips</u>	F 39	MA	1:33:19	58.42%
104 Leroy Decker	M 36		1:33:20	58.41%
105 Andy Barron	M 29		1:35:21	57.18%
106 Robert Wyckoff	M 32		1:35:26	57.13%
107 Chris Harrison	M 55	MA	1:35:44	56.95%
108 Hap Farber	M 61	MA	1:40:14	54.39%
109 Andrew Gorelik	M 34	MA	1:43:19	52.77%
110 Daniel Gorelik	M 11	MA	1:43:19	52.77%
111 <b>Dick Hoch</b>	M 68	CT	1:45:16	51.79%
112 Shaun McCarthy	M 38		1:48:28	50.26%
113 <u>Rosemary Balday</u>	F 52		1:51:12	49.03%

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

## All Alone Am I

Th '08 Busa Bushwhack was radically different for me fm th '07. Last yr there were plenty of trailrunners ahead of me as well as behind. I remember small groups of folks to go with, strive to reach, and strain to keep ahead of. This time I trailed John G. until past th road-crossing when he accelerated (or perhaps more correctly: I decelerated on th rocky-narro up.)

We had overtaken 1. That was IT. For all th rest of th trailrace I never saw another to entice me to "pick-it-up." I think there were maybe a few slower than me, who never caused me concern. All alone was I in th refreshingly quiet woods. Aside fm a few very helpful course marshals at key turns, no wun to kno if I slacked-off. But, in his interview as Athlete of th Month at his school - - for outstanding cross-country running- - my nephew Tim was quoted, "I feel everyone should always try their best ...." With no wun to see, I pushed, I hurt, I did not slack-off ( I tripped and fell hard 2 times), I tried my best. Perhaps I turned "turtle" over th past twelve months. Eventually I'll find out how much more time this wonderful race took me this year.

Besides th running, th hilite of th day was talking with Rich, for our man was in demand. ( I got there early.) A youngster - - who did race - - approached him to autograph his ( th kid's ) shirt. Rich willingly obliged. Sher wood be great to have him AND others currently nursing injuries, back on th trails soon!

*Dick Hoch*

**Stone Cat Ale Trail Races**  
**50 Miles & Marathon**  
Ipswich, MA. ....November 8, 2008

WMAC members in Bold:

**50 Mile Results:**

Name	Age	ST.	Time	GT %
1* Leigh Schmitt	M 36	MA	06:30:08	100.00%
2 Dave James	M 30	CT	06:50:51	94.96%
3 Tom Page	M 41	ME	07:17:08	89.25%
4 Bret Sarnquist	M 30	VT	07:27:45	87.13%
5 Ryan Palmison	M 24	NH	07:30:47	86.55%
6 David Holt	M 49	MA	07:38:59	85.00%
7 Ryan O'Dell	M 23	NY	08:04:09	80.58%
8* <u>Christine Daly</u> 1 <sup>st</sup> F	F 47	NJ	08:06:14	80.24%
9 Greg Lowe	M 44	MA	08:06:15	80.23%
10 Mark Buongiorno	M 41	CT	08:07:48	79.98%
11 Sean Quinn	M 25	NJ	08:10:20	79.56%
12 Mike Carroll	M 42	MA	08:15:47	78.69%
13 Dima Feinhaus	M 45	MA	08:23:01	77.56%
14 John Richard	M 38	MA	08:26:18	77.06%
15 Garrett Miles	M 31	MI	08:32:20	76.15%
16 <u>Lisa Spohn</u>	F 37	PA	08:33:48	75.93%
17 Thomas Williams	M 25	CT	08:40:10	75.00%
18 Collin Anderson	M 21	MD	08:42:25	74.68%
19 Steven Nelson	M 44	CT	08:43:40	74.50%
20 Keith Magnus	M 28	MA	08:44:34	74.37%
21 James Hess	M 40	CT	08:53:45	73.09%
22 <u>Amy Lane</u>	F 28	MA	08:55:10	72.90%
23 Matthew Greenberg	M 39	DE	08:55:16	72.89%
24 <u>Diana Widdowson</u>	F 42	PA	09:06:01	71.45%
25 Matibini Matibini	M 33	MA	09:10:04	70.92%
26 <u>Kimberly Battipaglia</u>	F 36	CT	09:12:21	70.63%
27 Robert Lee	M 35	MA	09:15:08	70.28%
28 Scott Turco	M 36	CT	09:15:50	70.19%
29 Rich Collins	M 52	MA	09:19:43	69.70%
30 Nick Tooker	M 29	MA	09:20:12	69.64%
31 <u>Yukiko Nishide</u>	F 46	NY	09:23:25	69.24%
32 Jim Frenette	M 44	MA	09:23:29	69.24%
33 Kevin Mullen	M 51	MA	09:28:05	68.68%
34 Vincent Lindsley	M 31	CT	09:32:49	68.11%
35 Kenny Rogers	M 54	MA	09:34:06	67.96%
36 Curtis Hansen	M 40	NH	09:34:55	67.86%
37 Gary Gustafson	M 40	NH	09:34:56	67.86%
38 Kevin Hutt	M 41	CT	09:39:13	67.36%
39 Jason Dominick	M 37	MA	09:39:16	67.35%
40 Jon Mulholland	M 34	NY	09:39:22	67.34%
41 Greg Esbitt	M 34	MA	09:41:32	67.09%
42 John Paul Lewicke	M 23	MA	09:42:43	66.95%
43 Francis Fagan	M 58	PEI	09:45:52	66.59%
44 Matt Coonrod	M 28	VT	09:46:03	66.57%
45 Sal Dichiaro	M 33	NY	09:48:14	66.32%
46 Ray Zirblis	M 54	VT	09:51:36	65.95%
47 Charles Leonard	M 53	NY	09:53:19	65.75%
48 Paul Ghelfi	M 41	MA	09:54:03	65.67%
49 <u>Kaylie Horch</u>	F 37	MD	09:58:01	65.24%
50 Adam Wilcox	M 26	NH	10:00:14	65.00%

51 <u>Pam Dolan</u>	F 41	CT	10:06:20	64.34%
52 Wayne Bates	M 50	NY	10:06:22	64.34%
53 Robert Najjar	M 52	NH	10:08:10	64.15%
54 Edward Soldo	M 37	ON	10:08:51	64.08%
55 Gary Edwards	M 44	ON	10:08:51	64.08%
56 Sean Wandrei	M 34	MA	10:10:00	63.96%
57 <u>Carrie Lombardo</u>	F 37	CT	10:13:16	63.62%
58 <u>Jennifer Broton</u>	F 35	PA	10:14:25	63.50%
59 <u>Christine Reynolds</u>	F 38	NY	10:14:50	63.45%
60 Brian Delaney	M 50	ME	10:17:53	63.14%
61 <u>Penny Matel</u>	F 49	NH	10:18:10	63.11%
62 <u>Kristin Pizzi</u>	F 27	MA	10:21:13	62.80%
63 <u>Emmy Stocker</u>	F 50	CT	10:23:43	62.55%
64 <u>Katie Cabral</u>	F 28	MA	10:28:02	62.12%
65 <b><u>Michelle Roy</u></b>	F 38	MA	10:31:35	61.77%
66 Neil Lacey	M 53	MA	10:34:46	61.46%
67 Marvin Olsen	M 45	NH	10:35:30	61.39%
68 Christopher Wile	M 52	MA	10:36:53	61.26%
69 Richard Kelly	M 47	MA	10:36:54	61.26%
70 <u>Brenda Morris</u>	F 42	MA	10:46:03	60.39%
71 Steve Pingree	M 21	NY	10:52:38	59.78%
72 Chip Tilden	M 39	NY	10:52:56	59.75%
73 Chris Shanley	M 42	MA	10:53:39	59.69%
74 Lee Dickey	M 55	MA	10:53:45	59.68%
75 Michael Kelly	M 47	PA	10:53:49	59.67%
76 <b><u>Barbara Sorrell</u></b>	F 51	NY	10:54:17	59.63%
77 <u>Sheryl Briggs-Coye</u>	F 34	MA	10:55:34	59.51%
78 Mike Ruccio	M 36	MA	10:56:00	59.47%
79 Bob Lussier	M 50	MA	10:56:33	59.42%
80 Charles Nasser	M 45	MA	10:56:34	59.42%
81 <b><u>David Raczkowski</u></b>	M 58	CT	10:59:50	59.13%
82 John Buzansky	M 46	PA	11:05:13	58.65%
83 Joe Hayes	M 60	ME	11:08:42	58.34%
84 <u>Claire Martin</u>	F 45	NH	11:08:57	58.32%
85 Yancy Cottrill	M 31	DC	11:40:09	55.72%
86 Todd Beckett	M 34	DC	11:44:49	55.35%
87 <u>Laura Josephs</u>	F 21	MA	11:51:33	54.83%
88 <b><u>Robert Scott</u></b>	M 54	CT	11:54:58	54.57%
89 Ron Francis	M 61	ON	11:58:19	54.31%
90 Patrick Canonica	M 59	MA	12:10:43	53.39%
91 <u>Lisa Peters</u>	F 45	NH	12:14:27	53.12%
92 <u>Kristen Evan</u>	F 46	MA	12:15:17	53.06%
93 Timmy Reif	M 40	MA	12:15:17	53.06%
94 <u>Ying Tao</u>	F 23	MA	12:53:20	50.45%
95 Tyler Moore	M 23	NY	12:53:20	50.45%
96 <u>Ashley Dezen</u>	F 23	MA	12:53:20	50.45%
97 Bob Keating	M 61	NH	12:54:13	50.39%
98 Kevin Claire	M 40	MA	12:57:05	50.20%
99 <u>Nicole Stambaugh</u>	F 31	MD	13:07:13	49.56%
100 <u>Brenda Smith</u>	F 41	MA	13:10:22	49.36%
101 Dick Fedion	M 75	NH	13:11:09	49.31%

\* Course records.

*101 Official Finishers*

## Stone Cat Marathon Results

WMAC members in Bold and other familiar names:

<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1* Greg Hammett	M 31	NH	3:04:50	100.00%
2 Paul Young	M 43	MA	3:08:54	97.85%
3 Shane Sherwood	M 36	MA	3:11:25	96.56%
4 Keith Schmitt	M 40	NH	3:11:54	96.32%
5 Jeff Hunt	M 44	MA	3:12:20	96.10%
6 Patrick Lowkes	M 35	VT	3:18:21	93.19%
7 Mark Engerman	M 41	MA	3:20:12	92.32%
8 Chris Rhim	M 43	VT	3:28:43	88.56%
9 <b>Bob Sharkey</b>	M 56	RI	3:36:48	85.25%
10 Nathan Echols	M 41	NJ	3:37:57	84.81%
11 Dean Bryant	M 53	NY	3:43:33	82.68%
12 Gabriel Flanders	M 32	ME	3:45:12	82.07%
13 Ian Parlin	M 32	ME	3:46:19	81.67%
14 <u>Laurie Greenberg</u>	F 33	VT	3:46:39	81.55%
15 <b>Paul Funch</b>	M 58	MA	3:50:09	80.31%
16 Kenneth Naide	M 36	MA	3:50:39	80.14%
17 <u>Carey Clifford</u>	F 35	VT	3:50:53	80.05%
18 <u>Heather Kolpa</u>	F 28	MA	3:52:24	79.53%
19 Kristin Hall	F 41	MA	3:55:06	78.62%
20 Andy Hall	M 37	MA	3:59:11	77.28%
21 Chris Waldron	M 22	NH	3:59:15	77.26%
22 Ed Reagan	M 52	NY	3:59:22	77.22%
23 Frank MacGillivray	M 53	NS	4:00:10	76.96%
24 <u>Sarah Hudson</u>	F 31	MA	4:01:50	76.43%
25 Frank Colella	M 46	NY	4:04:05	75.73%
26 <b>Donna Smyth</b>	F 49	VT	4:05:32	75.28%
27 Stuart Smith	M 37	MA	4:06:11	75.08%
28 <u>Courtney Bell</u>	F 33	MA	4:06:22	75.02%
29 <u>Jenny Chow</u>	F 45	NJ	4:07:33	74.66%
30 <u>Maureen Forsyth</u>	F 33	MA	4:08:01	74.52%
31 Paul Kirsch	M 42	NH	4:12:22	73.24%
32 Bruce Campbell	M 51	MA	4:14:48	72.54%
33 Dan Cooper	M 36	MA	4:14:50	72.53%
34 Jay Curry	M 37	MA	4:14:50	72.53%
35 Kenneth Lemerise	M 57	MA	4:16:01	72.20%
36 Doug MacEachern	M 53	PEI	4:16:20	72.11%
37 Brodie Miles	M 35	MA	4:16:44	71.99%
38 <u>Karen Ringheiser</u>	F 44	MA	4:16:45	71.99%
39 Howard Tansey	M 44	MA	4:17:27	71.79%
40 John Skewes	M 51	NH	4:17:28	71.79%
41 <b>Bob Gillis</b>	M 53	MA	4:18:52	71.40%
42 Richard Miller	M 57	NH	4:18:52	71.40%
43 Gary Jewett	M 42	MA	4:18:53	71.40%
44 Josh Burns	M 23	NJ	4:20:57	70.83%
45 Jim Robinson	M 50	NH	4:23:16	70.21%
46 <b>Alan Cabot</b>	M 53	MA	4:23:20	70.19%
47 Geno Dube	M 38	NH	4:24:47	69.81%
48 Chris Reed	M 23	NJ	4:26:26	69.37%
49 <b>Dan Scotina</b>	M 53	MA	4:26:59	69.23%
50 Trevor Laverriere	M 23	MA	4:27:36	69.07%
55 Norm Sheppard	M 50	NH	4:29:35	68.56%
56 <b>Bill Morse</b>	M 57	MA	4:30:05	68.44%
57 Reji James	M 39	MA	4:30:33	68.32%
58 Guido Medeiros	M 53	MA	4:32:20	67.87%
59 Paul Copeland	M 45	MA	4:32:43	67.77%

65 Glenn Meister	M 46	MA	4:42:05	65.52%
66 <u>Kelly van Weezel</u>	F 29	MD	4:42:30	65.43%
67 Steven Calder	M 49	MA	4:43:27	65.21%
68 Gary Trombley	M 46	CT	4:43:36	65.17%
69 <u>Jeanne Christie</u>	F 51	ME	4:44:52	64.88%
70 <u>Laurel Valley</u>	F 46	ME	4:44:55	64.87%
71 James DeLuca	M 25	MA	4:45:16	64.79%
72 <u>Emily Trespas</u>	F 37	MA	4:45:45	64.68%
73 <u>Elizabeth Touchette</u>	F 25	MA	4:46:04	64.61%
74 Stephen Touchette	M 53	MA	4:46:32	64.51%
75 Joshua Nemzer	M 50	MA	4:46:38	64.48%
76 Eric Finney	M 38	MA	4:47:22	64.32%
77 George Alexion	M 49	ME	4:47:46	64.23%
78 Dominic Ambrosi	M 30	MA	4:48:11	64.14%
79 Robert DiBurro	M 40	MA	4:48:12	64.13%
80 <b>Douglas Cummings</b>	M 47	MA	4:49:48	63.78%
81 Mark Dearing	M 55	MA	4:50:48	63.56%
82 <u>Heather McKendry</u>	F 44	NH	4:51:12	63.47%
83 David McDermott	M 54	ME	4:51:13	63.47%
84 Jeff Vandenengel	M 22	MA	4:54:26	62.78%
85 <u>Sue Talon</u>	F 51	ME	4:54:37	62.74%
86 Nick Paquette	M 39	NH	4:54:38	62.73%
87 <u>Laura McKenzie</u>	F 43	MA	4:54:51	62.69%
88 John Miles	M 61	MI	4:55:06	62.63%
89 <u>Kathleen Karpe</u>	F 46	MA	4:55:21	62.58%
90 <u>Tracey Timmins</u>	F 42	MA	4:56:47	62.28%
91 <u>Deloras Hoskins</u>	F 39	MA	4:57:12	62.19%
92 Mark Alfano	M 36	CT	4:58:12	61.98%
93 Billy Shea	M 57	MA	5:02:09	61.17%
94 <u>Deb Touchette</u>	F 53	MA	5:02:09	61.17%
100 <u>Holly Fitzgerald</u>	F 32	MA	5:06:02	60.40%
101 Randy Witlicki	M 52	VT	5:08:26	59.93%
102 Dennis Reidy	M 47	MA	5:11:50	59.27%
103 Rick West	M 61	PEI	5:12:44	59.10%
104 Todd Hobson	M 47	VT	5:13:32	58.95%
105 <u>Joy Grossman</u>	F 44	VT	5:14:07	58.84%
106 <u>Hallie Grossman</u>	F 15	VT	5:14:07	58.84%
107 Ken Gulliver	M 44	MA	5:14:15	58.82%
108 <u>Karen Stone</u>	F 44	MA	5:15:30	58.58%
109 <u>Karin Trombley</u>	F 28	NH	5:17:25	58.23%
110 <u>Christine Wenzel</u>	F 32	MA	5:21:30	57.49%
111 <u>Debbie Migliore</u>	F 48	NH	5:21:35	57.48%
112 Lawrence DeHof	M 58	ME	5:22:49	57.26%
113 Bruce Olean	M 63	RI	5:23:12	57.19%
114 <u>Karen Hammond</u>	F 46	MA	5:23:21	57.16%
115 Chris Conway	M 38	NH	5:27:36	56.42%
116 Timothy Williams	M 38	MA	5:28:30	56.27%
117 <u>Kate Wheeler</u>	F 35	NH	5:29:41	56.06%
118 Timmy Poole	M 37	NH	5:29:42	56.06%
119 Brian Roderick	M 39	NH	5:30:03	56.00%
120 Joseph Reynolds	M 64	NY	5:30:41	55.89%
130 <b>Frederick Ross III</b>	M 62	VT	5:48:55	52.97%
131 James Willoughby	M 70	NJ	5:51:48	52.54%
132 <u>Jean Barry</u>	F 64	MA	5:55:04	52.06%
133 Franz Buzawa	M 45	MA	5:55:27	52.00%
134 <u>Meg Cullings</u>	F 47	ME	5:55:33	51.98%
135 <u>Nora Ball</u>	F 35	NH	5:56:44	51.81%
136 Michael Crosby	M 42	MA	5:57:08	51.75%

Continued next page:

Stone Cat results cont:

137	Andre Barber	M 45	MA	6:00:18	51.30%
138	<u>Stephanie Cooper</u>	M 40	MA	6:00:38	51.25%
139	Richard Lewis	M 51	MA	6:00:39	51.25%
140	<u>Liza Genovese</u>	F 39	MA	6:01:33	51.12%
141	<u>Amy Hsu</u>	F 37	MA	6:10:39	49.87%
142	<u>Diane Krygowski</u>	F 45	NJ	6:12:49	49.58%
143	<u>Rhonda Dearing</u>	F 49	MA	6:19:05	48.76%
144	<b><u>Karen McWhirt</u></b>	F 47	CT	6:20:39	48.56%
145	Matt Goodwin	M 35	MA	6:24:37	48.06%
146	Jim Simpson	M 66	CA	6:25:37	47.93%
147	<u>Karen Yoder</u>	F 34	IN	6:29:35	47.44%
148	Ken Yoder	M 62	IN	6:29:36	47.44%
149	Benjamin Yoder	M 31	MA	6:29:36	47.44%
150	<u>Celia Leber</u>	F 44	OR	6:30:49	47.29%
151	Peter Farmer	M 65	NY	6:35:43	46.71%
152	<b>Art Gulliver</b>	M 69	MA	6:39:36	46.25%
153	Barry Ostrow	M 66	MA	6:43:45	45.78%
154	Stephen Milt	M 70	MA	6:48:08	45.29%
155	<u>Penny Duncan</u>	F 57	ME	6:53:14	44.73%
156	<u>Ann Alexion</u>	F 51	ME	6:55:59	44.43%
157	<b>Greg Taylor</b>	M 62	NY	7:15:35	42.43%
158	<u>Nahir Otano-Gracia</u>	F 26	MA	7:23:05	41.72%
159	<b>Richard Busa</b>	M 79	MA	8:27:43	36.40%
160	<u>Lauri Fauerbach</u>	F 38	PA	8:51:17	34.79%

\* Course record.

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

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## Stone Cat

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As opposed to the Stone Kitty which is the marathon. The Cat is the 50 miler. The Friday before the race I didn't have to work so I ended up taking 3 naps. In between those naps I pulled my passenger car seat out and replaced it with a bed. I set my alarm for midnight and was wide awake when it went off. Got to the race start at 3AM and hopped into bed till 5AM. Actually I got up before that as I could not stay still any longer. Before the race I got to talk to a lot of people I know. This race attracts runners who are on the same cosmic level as myself. I talked to Rob Higley about financing shirts for those who have completed 6 or more races in the Circuit. I agreed to mail them out. I'm not putting up the money myself but I'm using Willimantic Athletic Club funds to pay for them considering Nipmuck is the reason that clubs treasury is so big. I dare anyone in the club to say I'm using funds for a non club activity.

The morning was just too beautiful with fog and about 55 degrees at the start never changing by more than 5 degrees all day and into the night. I did the first 1 1/2 loops out of 4 with a close friend and we got to talk about everything under the sun. There were a few runners and volunteers who recognized me as the guy who does Nipmuck. I do my best to be humble and

unimportant but as someone who knows me well said recently I do a lousy job of being unimportant which I can't disagree with especially when at this race there are volunteers taking care of you making you feel important.

After 17 miles I was beginning to tire and I knew it was time for me and my friend to separate. There were no goodbyes just a gradual lengthening of distance until she was out of sight heading to complete for her first 50 miler. Even though I enjoyed the company I knew it was time to think of my own race. 33 miles to go and I was already in trouble. I slowed my pace as runners passed me. I rested for the next 8 miles and recovered enough to be able to pick up the pace again. By the last loop I was feeling better than I had all year compared to any race. I had been having trouble with my knee and I had just completed a month of PT. Daily runs were no test for my knee but 50 miles was and I was amazed and delighted at how good it felt at mile 40. Sure I was compensating some and holding back on the downhill's at this point but my knee didn't hurt, not even sore so I picked up the pace knowing this was the last race of the year. I wanted so much to make this race pay.

As the light faded I put my headlamp on. I really didn't need it but since I was running possessed I might miss something and fall. I had a thought of looking forward to running trails in the off season at night feeling safe from the hunters as deer don't use headlamps. I picked up a few runners in the dark. I had never run that fast in the dark. I took off my MP3 so I could better concentrate as I was worried about falling or missing a turn. At 8 hours I came up with a goal of breaking 11 hours but doing the math I thought my chances were slim. Just as slim at 9 hours as I didn't pick up any of the deficit.

At mile 47 my pushing had got me on a pace to break 11 hours but still to close to call. Fortunately it felt good to push. This was no death march. At 1/2 mile still too close to call. At 200 yards where I could see the finish I still could not make a call. So I got to duel with myself to the finish and was greeted with a clock that said 10:59:50.

I always felt well taken care of with each aid station stocked with happy volunteers who were considerably happier with each loop. By the 4th loop they were full blown out parties with at least one designated sober person to make sure all ran smoothly. 50 feet from one aid station someone would come out and ask you what you needed and offered to fill a water bottle.

Even in the dark it was nice to hang out after the race. The Stone Cat mascot offered me a place to sleep if I didn't want to drive home. The person who finished last in 07 started to cry joy tears after she finished. Jim Gilford the race director came over and gave her a big hug.

By the time I got home and the next day I was stiff but not too much in my knee but stiff in my whole body like I had felt in races in my distant past. Already, I can't wait for Northern Nipmuck next April.

*NipMuck Dave Raczkowski*

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## The 2008 NYC Marathon Sideshow Awards

by Bob Kopac

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In the past I have bestowed Sideshow Awards to “interesting” Boston Marathon runners. [See the <http://www.mhrrc.org/KopacsCorner/Default.aspx> web site and click on “Boston Marathon” on the dropdown list.] This year Lynne and I traveled due south from Poughkeepsie, NY to the 2008 NYC Marathon and our position at Fifth Avenue and 105<sup>th</sup> Street. Living up to the NYC marathon’s reputation of being an international marathon, I was able to bestow awards and disqualifications to many foreign as well as domestic “interesting” runners -- “interesting”, as in “That’s an interesting looking baby.”

Here is a Shutterfly link to photos of the award winners at the <http://share.shutterfly.com/action/welcome?sid=0BctmLdyyYsnxg> web site.

The *Winning-Edge* Award goes to female winner Paula Radcliffe, who runs on the outside edge of her shoes. (Shutterfly photos 11-17)

The *Picture-of-Dorian-Gray* Award goes to Ludmila Petrova, the 40-year-old female Russian runner who finished 2<sup>nd</sup> with a master’s world record. (Photos 18-20)

The *Cinderella-at-the-Ball* Award goes to Kara Goucher, the 3<sup>rd</sup>-place female, in her inaugural marathon. She is the first American woman since 1994 to finish in the top 3 women at the NYC Marathon. (Photos 21-26)

The *Longest-Mile* Award goes to Abderrahim Goumri, the 2<sup>nd</sup>-place finisher, who ran out of gas in the final mile and was caught and passed by Marilson Gomes Dos Santos. (Photos 67-75)

The *Lazarus* Award goes to Marilson Gomes Dos Santos who, despite the TV commentators reporting that he appeared dead tired, surged past Abderrahim Goumri in the final mile to win the NYC Marathon. (Photo 76)

The *Local-Boy-Makes-Good* Award goes to Kirk Dornton (Marist Alumni Racing Team) (Photos 130, 132-133) and Schuyler Schuster (Vassar Alumni Racing Team). (Photos 135-137)

The *Mercury-God-of-Running* Award goes to Martin Fuller and his winged cap. (Photo 138)

The *Your-Colors-are-Running* Award goes to Italian Stefano Leorato who ran in a red-white-and-green wig (Photo 188, 193), and Frenchman Denis Marbehan who ran in a red-white-and-blue wig (Photo 143) as did a pack of Frenchmen. (Photo 237)

The *It’s-Not-Flag-Day* Disqualification goes Frenchman Philippe Durand for carrying the French and American flags. (Photos 189-190)

The *Wasting-Away-in-Margaritaville* Award goes to the runner wearing a flamingo hat and pink tights. (Photos 152-153)

The *America-Runs-on-Dunkin* Award goes to the runner in a giant Dunkin Donuts cup costume. (Photos 160-161)

A *Running-Tale* Award goes to the runner dressed in a green lizard costume. (Photo 162)

The *This-Could-be-Heaven-or-This-Could-be-Hell* Award goes to the runners wearing devil horns. (Photos 164, 170)

The *Baseball-Season-is-Over* Disqualification goes to runners dressed as Batman. (Photos 169, 201)

The *It’s-Not-the-St.-Patrick’s-Day-Parade* Disqualification goes to the leprechaun runner. (Photo 173)

The *Harold-Stern* Award goes to the runner wearing a gigantic black wig. (Photo 174) FYI, Howard Stern’s wife ran the marathon.

The *Wanneebe-King-for-a-Day* Award goes to John Wannee wearing a crown made of balloons. (Photos 180, 182)

*Continued next page:*

### **Marathon photos cont:**

The *William-Wallace-Fought-the-English* Disqualification goes to Peter Satchell for wearing an British flag T-shirt and a Scottish kilt. (Photos 204-205)

The *Braveheart-but-Cold-Unmentionables* award goes to the runners wearing kilts. Peter Satchell, this is how it should be done. (Photos 207-208)

The *Dress-in-Layers-to-Keep-Warm* Award goes to Frenchwoman Jocelyn Alarcon dressed in a red-white-and-blue layered skirt. (Photo 206)

The *Running-of-the-Bulls* Award goes to Spanish runner Francisco Chico dressed as a matador. (Photo 209)

The *'bukuro-Bonzai* Award goes to Japanese runner Tsutomu Shimabukuro running with 2 artificial legs. (Photo 210)

The *Mr.-Blackwell's-Worst-Dressed-List* Disqualification goes to Paul of California (of course) wearing a pink outfit and an orange wig. What was he thinking?! (Photo 211)

The *Mr.-Blackwell-Best-Dressed* Award goes to Cesar Carrasco resplendent in a uniform with epaulets and carrying the Texas flag. (Photo 242)

*Sorry-You-Can't-Vote* Disqualification goes to the Irish runner Neil Horgan wearing an "Ireland For Obama" T-shirt (Photos 213, 215) and to Renato Villalta wearing an "Italy Loves Obama" T-shirt. (Photo 224)

The "*Sorry-You-and-Your-Candidate-Did-Not-Finish-First*" Disqualification goes to James Lu for having "McCain" and "Palin" on each leg. (Photo 226, 228)

The *No-Christmas-Advertising-Allowed-Before-Thanksgiving* Disqualification goes to Robert Lunn for wearing a Saint Nick outfit. (Photo 218)

The *Spell-that-Again-Sam* Award goes to Grundlingh Enslin, who wore an Uncle Sam outfit. (Photos 217, 219)

The *No-Talking-on-a-Cell-Phone* Disqualification goes to Norwegian David Lyngstad. (Photos 220-221)

The *It's-the-Great-Pumpkins* Award goes to Ruth and Lucy Stackpool-Moore wearing orange wigs and orange running outfits. (Photos 223, 225)

The *Black-and-White-and-Run-All-Over* Award goes to the runners dressed as convicts. (Photo 237)

The *Light-the-Way* Award goes to Larry the Lighthouse, a beacon at NYC races. (Photos 240, 243)

The *Light-my-Fire* Award goes to Matthew Hancock in a fireman's outfit. (Photo 245)

The *Hapi-Together* Award goes to the group of Japanese runners wearing hapi coats. (Photos 247-248)

The *If-the-Bra-Fits* Award goes to the British women running in pink bras to raise money for breast cancer research. (Photos 249-253, 255)

The *Easter-Egg-Hunt* Award goes to Onteora Runners' Club runner Bob Ricketson who spotted us in the crowd. No one else in the ORC or MHRRC running clubs saw us, even though I was wearing orange. (Photos 229-233)

The *Laughing-on-the-Outside-Crying-on-the-Inside* Award goes to Lynne Kopac, who watched the race from the sidelines after she canceled her NYC Marathon a few weeks before the race due to injury. (Photos 38-39, 139)

*Thanks to Bob Kopac from the Mid Hudson Road Runners Club for sending along this article and sharing his photos with us.  
For more articles by Bob visit Kopac's Corner at [www.mhrrc.org](http://www.mhrrc.org)*

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# **In Memory of Chester Danecki**

**1921 - 2008**



**Long time WMAC volunteer Chester Danecki passed away peacefully on October 16 at the age of 87. Chet and Celia started coming to the trail races in the mid 1990's to cheer on their sons Dan & Will but it wasn't long before they started helping out organizing the food preparation and serving it up to the hungry runners and their guests. For over 10 years Chet helped out as the chief hot dog cooker, watermelon slicer, and chili server at most of the club's trail events.**

**He will be greatly missed by all his family and friends.**

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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