



# Trail Running News ...Western Mass Athletic Club

Vol. 14..... Issue 4 ..... End of Summer ..... 2008

## In this issue:

### Grand Tree Series :

Results and stories from:

Cranmore Hill - Skyline Trail

Peoples Forest - Oxford Dam

Savoy - Mt. Toby

Wapack - Curly's

2008 Trilogy Series Up-Date

Monroe / Dunbar Brook Entry Form

And Plenty More ..... It's All Inside!

### Up n' Coming Events:

- Breakneck .....10 / 5
- Diamond Hill .....10 / 11
- Dunbar Brook ..... 10 / 12
- Groton Forest .....10 /19
- Hairy Gorilla .....10 /26
- Busa Bushwhack ..... 11 / 2
- Stone Cat ..... 11 / 8
- Turkey Trot 5K .....11 /27
- Fat Ass 50K (or less) ..... 12 /27

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

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

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## Savoy: A Marriage of Old and New

by Laura Clark

All spring and summer I worried that my annual August vacation trip to Florida would be cancelled due to lack of a tour guide. But at the last moment, newly retired Martin Glendon found himself with extra time on his hands and generously took charge of our intrepid band of WMAC adventurers. For this 21<sup>st</sup> edition, he enlisted the help of Trail Master Edward Alibozek who pieced together something old (convenient lakeside finish for soaking tired legs), something new (hand-over-hand climb up Spruce Hill), something borrowed (leftover finishers' Tees from old WMAC events) and something blue (persistent North/South Pond Snowshoe blue ribbons). Clearly, this was one bride who would boast the requisite number of good luck charms.

I always look forward to Savoy as my final long run before fall marathon season. On a good day, I clock in at five hours. On less than auspicious occasions, I at least achieve an even longer long run. At first I felt the customary wedding day twinge of sadness when I realized that we would bypass such famous sights as the sickly-green Troll Swamp, the ghostly Car Graveyard and the climb up the Savoy Tower. But after this incredibly wet summer, I must confess that traveling the old Florida route, muddy under even the driest conditions, lacked a certain appeal. Optimistically, I told Jeff to expect a less than five hour finish with an ETA back home of no later than four o'clock.

Upon arrival I was heartened to see Martin Glendon's masterful multi-colored course map. Obviously, he was proud of his revised route and had taken great care to market the finished product. Normally course maps do little to help me, other than reassuring me that I will once again head into the woods, wander around a bit, and hopefully head out in the correct direction.



Race Director Martin Glendon and his Savoy course map.

Photo by Dan Danecki

Continued next page:

Savoy Old & New continued:

But Marty's map, complete with decorative animal stickers that he discovered lurking in the far reaches of his desk, told a complete narrative. It was plain, even to me, that we would be heading around South Pond, where we would pause to catch a sparkly rainbow trout, cross over to Tyler Swamp, where we would entice a wood duck to join us and approach Spruce Hill, where we would sacrifice both trout and duck to the Big Hungry Bear. At Spruce Peak, if we were found worthy, we would be lifted heavenward by a giant eagle and deposited, oh so gently, back at the start where we would (groan) do it all over again.

I headed out on familiar South Pond pine terrain amid the usual clump of runners. After we had sorted ourselves out, I found myself keeping company with Barbara Sorrell and Rich Busa. Rich was recovering from an old injury, Barb from a fairly new one. I was trying to keep up, which says something about my skill right there. Like most others, we blew by the two mile stop headed in the wrong direction but soon righted ourselves. After possibly 75 or 90 minutes (I was afraid to verify an exact time) we encountered the unmanned water stop. This was a surprise for two reasons: (1) Judging by our time, we thought we had somehow overlooked the jugs (2) We had only gone 4.5 miles!!! There were 5.5 miles left. And then we had to do it all over again. Barb, sensing impending doom, hurried on ahead to make up lost time, but for Rich and I, this was the only time zone we could expect to manage successfully.

Then an ever curiously thing happened. The short course was supposedly marked with pink ribbons and the long with orange, or perhaps it was the other way around. At any rate, way off in the boonies, where we had surely passed the limits of any four mile route, we began to see short pink. And then the short pink hooked up with the long orange to make a rather nice couple out there in the middle of nowhere. As I paused to grab some berries, figuring we might never see the eight mile food-enhanced feast, we met two runners scurrying back and forth trying to makes sense of the recent marriage of orange and pink. Not to mention the fact that there were a few blue ribbons, presumably leftover from a snowshoe race, tossed in for good luck. In spite of our best all's fair in love and war assurances, these confused individuals still insisted on following proper protocol. Eventually they reluctantly accepted the fact that they would never get to the church on time the way they were going, so they took our advice and soon outstripped us.

Some finishers commented about the hand-over-hand rock climb up Spruce "Hill," but I thought it was rather fun and a definite invitation to escape the mud puddles below. The view from the escarpment, while much briefer than the extended Catskill version, was breath taking. Plus, there were no thunder/lightning/hail downpours to contend with. Yes, the trail was definitely muddy and flooded in spots, but after my life or death experience at Escarpment a few weeks before, it was really quite pleasant.

My worst demons were of the mental variety. After three hours and ten miles, I bade good-bye to Rich and faced the prospect of heading out into the sunset alone.

For I was sure the sun would be setting before I made it back. I really wanted to quit except that then I would need to get in another long run somewhere before my September marathon. After a coke and numerous chocolate chip cookies, I felt marginally refreshed. Surprisingly, I even began to enjoy myself. For some reason, this time around things were going better. I had abandoned all previous expectations and was simply willing to accept the trail on its own terms.

Apparently, I also wandered into another time zone since my journey was ten entire minutes faster than the initial foray. I may have cut part of the course, but I can't imagine how that could have happened as I never experienced that sinking lost feeling and was always reasonably in sight of trail markers. Still, I wonder how Darlene passed me on the second loop when she was out of sight on the first. But she did mention she had gotten lost, so who knows?

Perhaps the eagle helped me out and dropped me unconscious just a few miles from the finish. But even with an illeagle assist, there I was at 3:30 PM still sitting at the picnic bench trying to figure out how I could condense a two hour drive into half an hour.

*Postscript: Several days later Savoy wheeled in at 22.2 miles. I was not surprised that it was long, only surprised that it was not even longer. While everyone I spoke with afterwards (including myself) swore that the 2008 version was considerably more difficult than the familiar route, this puzzled me. We did not have endless swamp to negotiate nor did we have a long muddy hill climb. Was it the stress brought on by a new course that colored our perceptions? Was it that we were mentally prepared to travel 20 miles and no further? Or was it simply the fact that we were all at least one year older?*

Laura Clark

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**Savoy Mountain Trail Races**  
**22.2 and 3.8 miles**  
**Savoy / Florida , MA ... August 17, 2008**  
Sunny and Pleasant ..... High around 82 degrees

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**Club members in Bold:**

**22.2 Mile Results:**

<u>Name</u>	<u>Age</u>	<u>ST</u>	<u>Time</u>	<u>GT %</u>
1 Jim Johnson	M 31	NH	3:18:04	100.00%
2 Kent Lemme	M 41	MA	3:20:04	99.00%
3 <b>Rob Higley</b>	M 54	MA	3:21:17	98.40%
4 Todd Walker	M 41	MA	3:24:25	96.89%
5 Matt Bedoukian	M 28	CT	3:29:23	94.60%
6 <u>Abby Woods</u> <b>1<sup>st</sup> F</b>	F 30	MA	3:47:04	87.23%
7 Donald Pacher, Jr.	M 36	MA	3:51:30	85.56%
8 <b>Bob Sharkey</b>	M 56	RI	3:54:32	84.45%

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### Savoy results cont:

9	<b>Joe Gwozdz</b>	M 53	MA	3:54:56	84.31%
10	Kevin Lockett	M 43	NY	4:02:23	81.72%
11	<b>Paul Funch</b>	M 58	MA	4:06:56	80.21%
12	<u>Nina Moore</u>	F 27	MA	4:09:08	79.50%
13	<b>Ed Buckley</b>	M 50	MA	4:11:09	78.86%
14	Dan Beaudet	M 38	MA	4:18:40	76.57%
15	Ben Keefe	M 27	RI	4:21:34	75.72%
16	<b>Mike Belcourt</b>	M 46	CT	4:29:34	73.48%
17	<b>Thomas Parker</b>	M 41	NH	4:37:10	71.46%
18	<b>Will Danecki</b>	M 58	CT	4:44:42	69.57%
19	<u>Michelle Roy</u>	F 38	MA	4:45:26	69.39%
20	<u>Kathy McCarthy</u>	F 49	MA	4:49:27	68.43%
21	<b>Bob Worsham</b>	M 64	CT	4:49:32	68.41%
22	<b>Todd Brown</b>	M 44	CT	4:55:18	67.07%
23	Jason Dominick	M 37	MA	5:05:01	64.94%
24	Sean Wandrei	M 34	MA	5:05:02	64.93%
25	<b>Darlene McCarthy</b>	F 45	MA	5:21:57	61.52%
26	Brian McCarthy	M 45	MA	5:32:59	59.48%
27	<b>David Raczkowski</b>	M 57	CT	5:41:19	58.03%
28	Kevin McCaffrey	M 51	MA	5:43:35	57.65%
29	<u>Patty Duffy</u>	F 39	MA	5:46:50	57.11%
30	<u>Laura Clark</u>	F 61	NY	5:47:55	56.93%
31	<u>Shari Hymes</u>	F 46	NY	5:48:34	56.82%
32	Lawrence Seward	M 63	NY	5:51:49	56.30%
33	Randy Witlicki	M 52	CT	5:54:39	55.85%
34	<u>Mary Scherer</u>	F 49	NY	5:59:48	55.05%
35	<b>Barbara Sorrell</b>	F 51	NY	6:09:00	53.68%
36	Patrick McGrath	M 43	MA	7:20:39	44.95%
37	<b>Ed Alibozek, Jr.</b>	M 67	MA	7:20:39	44.95%
38	<b>Ed Alibozek</b>	M 45	CT	7:20:39	44.95%

### *People who ran 11-15 miles, and thus honored the trails...*

10	<b>Dan Danecki</b>	M 49	MA	2:10:00
10	Todd Washburn	M 39	MA	2:13:00
10	Sri Bodkhe	M 42	MA	2:38:00
10	<u>Claire Lunardon</u>	F 25	MA	2:40:00
10	<b>Robert Scott</b>	M 54	CT	2:41:00
10	<b>Richard Busa</b>	M 78	MA	2:53:00
10	<b>Karen McWhirt</b>	F 47	CT	3:06:00
10	<b>Bill Glendon</b>	M 62	MA	3:22:00
10	<b>Konrad Karolczuk</b>	M 55	CT	3:22:00
10	<b>Greg Taylor</b>	M 61	NY	3:39:00
10	<b>Arthur Gulliver</b>	M 69	MA	3:39:00
10	<b>Jamie Howard</b>	M 43	NY	3:47:00
15	<u>Sheryl Wheeler</u>	F 45	NY	
10+	Tim Mahoney	M 28	MA	

### **3.8 Mile Results:**

1	Calvin Mako	M 18	MA	34:48
2	Andy Sheldon	M 37	MA	34:51
3	Richard Godin	M 53	MA	36:35
4	<b>Scott Bradley</b>	M 53	MA	37:48
5	<b>John Aldrich</b>	M 49	MA	37:57
6	<b>Ed Saharczewski</b>	M 54	MA	38:50
7	<u>Cindy Hajjar</u>	F 36	MA	40:15
8	<b>Vic LaPort</b>	M 68	MA	40:42

9	Patrick Smelko	M 37	MA	40:43
10	Stephen Richardson	M 48	MA	42:13
11	<b>Claudine Preite</b>	F 41	MA	42:17
12	<b>Bob Massaro</b>	M 64	MA	43:24
13	<b>Kim Brown</b>	F 37	CT	44:20
14	<u>Laura Scoville</u>	F 52	MA	44:25
15	<b>Marty Glendon</b>	M 62	MA	45:52
16	<b>Poncho Mach</b>	M 61	MA	46:07
17	<u>Kris Kozuch</u>	F 50	MA	59:43
18	<u>Gail Richardson</u>	F 39	MA	64:00

### **08 Mt. Savoy '20 miler'**

*by Jim Johnson*



*Photo by Jim Johnson*

As I described my race this weekend to Jon Healey...his response was 'Welcome to trail racing'.... well, it is more like 'Thank you for visiting trail racing'.... I think I'm done with this kind of stuff ...or at least the longer trail races. Even trail-king Ben Nephew, when catching wind of the race results, emailed me to tell me in not so direct terms that I was kind of nuts to do this race, let alone having it be my first one.

This was the Mt. Savoy 20 Mile Trail Race out in western Mass (the race actually goes through the towns of Savoy, Florida, Adams, and North Adams Massachusetts).

Let's just put it this way...before we get to the race writeup... in no way was this race 20 miles. They revamped the course this year to make it 2 '10 mile' loops. 10 is closer to being right than 5 would be...so I guess that's good...but there was talk of this being even closer to 24 (even from the race director)... so they are in the process of wheeling it to the best of their ability to get a more accurate account of the distance. That could take some time. The mud was ridiculous. No wheel I know of can get past certain parts of this course with any sort of accuracy.

**Loop 1:** The race started out with cannon fire (yes, cannon fire) which was pretty cool.... I crept right up and tucked behind Kent Lemme for the first 6 or so minutes, then decided (incorrectly) that the pace was too slow. So I busted around and took the lead.

**Continued next page:**

## Savoy '08 cont:

Big mistake. For a while I was chugging along and feeling real good...even on the ups I was moving at a really good clip... I then took a wrong turn at the first water stop and to my dismay, received no direction from the 2 people sitting there...they just watched me go across the street and try to dip into the woods in the complete opposite direction from where I should have been going... No problem though...only 20-30 seconds of weirdness there... I then got back on the right track and chugged along again until all of the sudden I came to a section with no visible markers...I continued on what looked to be the trail and then at the top of this hill, it ended. I began to freak out. Screaming and yelling I ran aimlessly around looking for the trail or any visible flags that were all along the course (except for this part)... All the while, realizing that every second I screwed around, I was getting caught by the field. I finally found the trail and began running and then to my dismay, ran directly into the field. I was going the wrong way. I began to shout all sorts of expletives at this point and turned around and sprinted back up the hill. I then saw a tiny arrow on a tree that basically pointed straight ahead even though the trail went left. There WAS a trail that way, it just was a much smaller and less visible trail that led to this mass confusion (part 1). After collecting my thoughts and sprinting ahead for a bit, I again, took a wrong turn for a minute or so up another section that looked like the trail. Again, the markers were very confusing. After correcting that mistake, I came to the climb up to the summit, which is a pretty technical rock climb that stops you dead in your tracks and forces you to climb up the face of this cliff that I probably wouldn't even try if I was just out for a leisurely hike.... Once at the top, the view is absolutely breathtaking...but I had no time to screw around up there....it was immediately down and onward. The mud through the first loop was bad. well over a foot + deep in some sections and those sections would be 10-20 yards long in some spots... A couple of times I dipped down almost to my waist in both mud and a couple of the water crossings that were MUCH deeper than I was expecting. Speaking of water...I neglected to take water from the '2.0' (using the distances loosely here) mile stop, the unmanned (10 one-gallon jugs) 4.5 mile water stop, or the '8.0' mile manned station (which had water and food). I just kept chugging along thinking I was almost done with the first loop.... Then horror. I kept running and running and the time on my watch kept getting longer and longer....eventually I came through '10' miles in 1:26. I knew then, 2 things.....1) the loop was long and 2) I was in huge trouble. I had built up an 8 minute lead over Kent Lemme, but that was soon to change.

**Loop 2:** Once through the half way point, I just could not fathom how I was going to do it again. It's probably as bad as having to do a 3rd loop at Cranmore next year... This time through I knew I had slowed down considerably. I also knew that I couldn't wait for the water stop. It also became very apparent that I had numerous blisters on both feet that were going to affect my upcoming races this week.... I also became very aware that I was dehydrated and needed food badly. I couldn't wait for the water stops. I found myself walking up inclines very early in the second loop. It came to the point where I ran up very few inclines over the last '10' miles. Walking was slowly killing my lead and for a while I knew my race was probably over. I came across the first water stop at 2.0 miles and kept going because it was positioned weird and at that point, I

didn't want to stop and thought I could make it to the next one at 4.5. I almost didn't. I then came up on the EXACT SAME section I got very lost on the first time and again (part 2) ran up the wrong way and this time, got WAY lost. I was literally bounding through the woods way off of any trail, looking frantically for any markers. This was a good 2+ minutes of wandering around. I couldn't even find the way I came in. Finally, I got back on the trail and right in front of that damn little arrow again that was completely confusing and frustrating because it was the same area as the first time. Onward I pushed...I got to the second unmanned water stop and picked up a jug and just stood there looking back down the trail waiting for the pack to come get me....nothing yet. I collected myself and started to go again, but only could run a few steps before I started to bonk and completely lose it. I began to stagger around and lose all focus of where I was going. My thoughts only focused around food...eating something and everything at the finish...stopping at every restaurant on the way home and pigging out.... stuffing my face...jumping into a big room full of hamburgers and hot dogs....all sorts of weird stuff... that's when I began to fall down. Repeatedly. I fell down completely on my face and hands 7 times on the second loop. I never fell once on the first loop. I began walking so much I was sure I would either barely finish, need someone to come get me, or at the very least not even make the top 10. A couple of times, I just stopped and stood there...looking around... wondering what I was doing and why. What was really annoying was that at each time I stopped to get a rest, when I started again, I had no more energy than when I stopped. I barely made it up the summit climb and was able to recklessly stumble down all the downhills. Shortly after climbing down, I became so desperate I started to pluck leaves off of trees and eat them...not a good idea. DON'T do this. The leaves immediately take any and all moisture you have in your mouth.... When I finally hit the last water stop at '8' miles I was delusional. I stopped and reached for a sports drink and knocked about 5 or 6 waters off the table. I then popped in a couple of fig newtons which I was hesitant on doing because I've never eaten anything IN a race before (even a gel). That may have allowed me to finish however. Even a couple of fig newtons and some water and what I think was Powerade didn't re-energize me for long. Pretty soon I found myself in trouble again and walking...just looking behind me and waiting.... eventually I came up on the road and knew I was going to make it...I dug down and was able to run the last quarter mile up to the start/finish area and through in a blistering 3:18:04. Kent Lemme came in at 3:20:04...widdling my 8 minute lead down to 2 over the last loop.

**Post Race:** I then experienced 90 or so minutes of what UFO abductees refer to as 'lost time'...I don't remember much. My speech was slurred and I couldn't think straight at all... trying to answer questions from the volunteers became difficult. One asked me where I was from and I couldn't remember. I actually remember not being able to recall where I had just driven 2 and 1/2 hours from.... I sat down and tried to eat but just felt like passing out. I needed to lay down but instead just plopped my head down on the picnic table and may have passed out or fell asleep for an unknown amount of time....

*Continued next page:*



### Savoy 08 cont:

The race staff was great...bringing me food and water, helping me sit up, and keeping me with the program mentally, so I wouldn't check out. I forced about a gallon of fluids down (water and Powerade) as well as 2 pieces of watermelon, 2 pieces of zucchini bread, chips, a hot dog, some sort of pasta salad, and a muffin. Then I got the chills really bad (85 degrees out) and the shakes. They helped me to my car where I peeled off my shoes and the ankle tape, revealing the horror that was my feet, and then laid down for about an hour and fell asleep. 3 people came to check on me and advised me from driving home. I slept for a while and then got back up, changed my clothes, and staggered over to the finish line (where people were still coming in up past the 7 hour mark) and ate some more food.

After sitting with Abby Woods and Tim Mahoney for a while (Tim nursing some severe muscle spasms/cramps and post race sickness), I filled up my water bottle, took another muffin, and hit the road for my 2 and 1/2 hour ride home. I dosed off a good half-dozen times but made it home in once piece. Even after all the food and water, when I got home I hopped on the scale and was shocked to see 135 lbs (the lower end of my normal weight range on a normal day after eating not nearly as much as I did after the race). I was sub 130 easily at the finish of the race.... After a couple of longer runs in really hot weather in the past year or so, I've seen 129 lbs once or twice...but this had to be a new low in my adult life...I think I put a good 5 lbs of fluids in my system alone, not including the pig-out session that followed. Not good.

Lessons learned here.... no more 20+ mile trail races for me....carry some sort of water / fluids or gel with me when I know I'm going to be running for 3+ hours....lube up the feet before doing any sort of trail races in the future....and Bay State is going to s\*ck... Now on to Thursday's Saunders 10K...I hope I can walk right by then. That may be a 'sh\*tshow' (a common term heard mumbled by Matt Pimentel when he knows a race is not going to go well)...

*Jim Johnson*

### **The 4th Annual Saratoga Spa State Park Five Mile Trail Race**

#### **"The Fall Back 5"**

This beautiful 5-mile trail race is a pleasure to run. The hilly course meanders through pine forests and grassy meadows, along glistening streams, scenic ridges and on both single-track and wide trails.

**Sunday, November 2, 2008 10:00 a.m.**

Info at ... [www.saratogastryders.org](http://www.saratogastryders.org)

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

Results after first two races:

#### *Long Course Trilogy:*

<u>Name</u>	<u>Age</u>	<u>Grey</u>	<u>Savoy</u>	<u>Total</u>
Kent Lemme	M 31	1:44:49	3:18:04	5:04:53
Matt Bedoukian	M 28	1:46:07	3:24:25	5:15:30
<b>Rob Higley</b>	M 54	2:15:46	3:21:17	5:37:03
Don Pacher	M 36	1:49:13	3:51:30	5:40:43
<b>Joe Gwozdz</b>	M 53	2:02:49	3:54:56	5:57:45
<b>Ed Buckley</b>	M 50	2:18:39	4:11:09	6:29:48
Ben Keefe	M 27	2:27:20	4:21:34	6:48:54
<b>Thomas Parker</b>	M 41	2:12:56	4:37:10	6:50:06
<b>Todd Brown</b>	M 44	1:54:56	4:55:18	6:50:14
<b>Will Danecki</b>	M 58	2:24:25	4:44:42	7:09:07
<u>Michelle Roy</u>	F 38	2:27:33	4:45:26	7:12:59
<b>Bob Worsham</b>	M 63	2:30:22	4:49:32	7:19:54
<b>Dave Raczkowski</b>	M 57	2:41:45	5:41:19	8:23:04
<u>Laura Clark</u>	F 61	2:57:47	5:47:55	8:45:42
<u>Barbara Sorrell</u>	F 51	2:41:06	6:09:00	8:50:06
Lawrence Seward	M 63	3:05:00	5:51:49	8:56:49
<b>Ed Alibozek</b>	M 45	2:45:00	7:20:39	10:05:39

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

<b>Dan Danecki</b>	M 49	2:30:04	2:10:00	4:40:04
Sri Bodkhe	M 42	2:27:43	2:38:00	5:05:43
<b>Rob Scott</b>	M 54	2:39:31	2:41:00	5:20:31
<u>Karen McWhirt</u>	F 47	3:03:31	3:06:00	6:09:31
<b>Greg Taylor</b>	M 61	3:17:53	3:39:00	6:56:53
<b>Bill Glendon</b>	M 62	3:49:01	3:22:00	7:11:01
<b>Konrad Karolczuk</b>	M 55	3:49:01	3:22:00	7:11:01

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

<b>Ed Saharczewski</b>	M 54	2:28:39	38:50	3:07:29
<b>Vic LaPort</b>	M 67	2:28:55	40:42	3:09:37
<b>John Aldrich</b>	M 49	2:36:04	37:57	3:14:01

#### *All Short Course Trilogy:*

<b>Scott Bradley</b>	M 53	28:17	37:48	1:06:05
Patrick Smelko	M37	29:06	40:43	1:09:49
Stephen Richardson	M 48	29:25	42:13	1:11:38
<b>Bob Massaro</b>	M 64	28:38	43:24	1:12:02
<u>Claudine Preite</u>	F 41	30:53	42:17	1:13:10
<u>Kim Brown</u>	F 37	29:24	44:20	1:13:44
<u>Kris Kozuch</u>	F 50	36:56	59:43	1:36:39
<u>Gail Richardson</u>	F 39	36:40	64:00	1:40:40

#### *Short Greylock -- Long Savoy:*

Patrick McGrath	M 43	31:09	7:20:39	7:51:48
<b>Ed Alibozek Jr.</b>	M 67	45:30	7:20:39	8:06:09

## First Ever Taconic Hills Trail Run

by Laura Clark

Jack Quinn and I have a lot in common. Besides sharing a love of trail running and snowshoe racing, we are both respected leaders of our local running clubs. Reading the fine print, this means that Jack is a perennial president of the Batten Kill Valley Runners, and I am dictator of the Saratoga Stryders. So when I learned that Jack was adding a new trail race to his repertoire, I was eager to support his latest venture. Best of all, the Taconic Hills 5K & 15K was in Greenwich, NY, a mere twenty-three minutes from my front door. Imagine! I could sleep in on race day and still make it to the church on time!

This last statement can be taken quite literally as the trails are located on the grounds of Christ the King Spiritual Life Center on the edge of the Vermont border. In fact, a drive through the rural landscape past Duck Pond Farm and numerous bed and breakfasts looks more like the storybook concept Vermont than the real Vermont. The Center's website directions were amazingly easy to follow, even for me. The true challenge lay in trying to find the location of the race, described as being on the western section of the property. By now the sun had already risen and was not yet ready to set, so I had no idea which way to point Annie. There was a lot of property out there, at least enough to support a 15K race, so I gave Annie free rein and had a nice tour of the facility before she honed in on the car responsible for marking the dirt road section.. Annie and I trailed discretely behind, pretending to be tourists in no particular hurry. Sure enough, we discovered the parking lot and drove fearfully up an 80 per cent grade. I promptly surmised that the "rolling hills" described on the race application leaned more toward Jack's "now that's a real Vermont hill." Just before I switched off Annie's ignition, she informed me that the outside air temperature was hovering close to 85 degrees.

As compulsive runners, always eager to compare ourselves against a previously set standard, we often find ourselves attending the same events year after year. Occasionally, lured by free beer, vacation plans or a running buddy we might attempt a new-to-us race. Even then, it is a simple matter to queue up at the porta pottie line and ask for advice. By the time you reach the head, you will have more than enough information to plan your race strategy.

Needless to say, this technique did not work so well at this first-ever event. The huge course map was impressive, but the red pen outline zigged and zagged, backtracked and looped so many times it was impossible to commit to memory even if I had a talent for that sort of thing. There were eighteen 15K entrants and slightly more 5Kers, which basically meant that at some time or other we would all be running out front and alone. Already, my course strategy was clear: to make it back in one piece without getting hopelessly lost.

After the usual pre-race explanations, we lined up with 5Kers on one side of the tire tracks, 15Kers on the other. Which would have worked out just fine except we were lined up musical chair

### Cranmore Hill Climb ... 10K

style facing opposite directions! When Jack yelled "GO!" I stood in place watching fascinated as the 5K entrants jockeyed for position, forgetting that I also needed to start my journey.

Did I mention it was 85 degrees and climbing? Not too bad on the trails, but the first several miles were run on open dirt road. In a few minutes, I was transported, not to shady Vermont, but back to my previous life in the Marshall Islands where 90 degrees and 90 percent humidity was the starting point for all of our races. Fortunately, the course was extremely well marked, even for someone like me who gets lost on the same exact section of the Mt. Greylock trail race every single year. Not once did I have the painfully nagging feeling that I really needed to retrace my steps.

What surprised me the most was how few of us were toting water. Fortunately, there were numerous water stops and even one unmanned station. I think I figured out why, too. This particularly lonely spot, situated at the balloon knot end of a loop was Jack's idea of a par course challenge. It consisted of a dainty bridge table upon which was precariously balanced a 50 gallon water cooler jug lacking either handle or spigot. Extra points would be awarded to any contestant foolhardy or desperate enough to heft the load, chug a drink and return the bottle to its upright position. Curiously, there seemed to be no takers and the jug was returned intact to its original owner, presumably for next year's event.

The final section of the course, containing the hill which even Vermonter Jack Quinn labeled as "steep" was reminiscent of the Northfield Mountain Trail Race. You go up and then you go down. The down section was on fairly wide, sometimes grassy trails with a minimum of debris. After all that climbing, it was so much fun to let loose and not have to worry about spraining an ankle!

At the end, everyone received a state fair style best-of-class frilled ribbon, signifying that we were brave enough to venture into unknown territory. Afterwards, we cooled down in the lake with family and friends. The most ambitious borrowed a loaner canoe for a leisurely tour. Next year we hope more folks will enjoy this bit of Vermont right here in New York. We might even clue you in about the course!

To discover this site visit ... [www.christ-the-king-center.org](http://www.christ-the-king-center.org)  
Visitors are welcome to use the trails at no cost provided they sign in and out at the Welcome Center. The grounds are available for family reunions, weddings, etc. Scout groups do not have to pay a rental fee.

### Taconic Hills 15K ... June 28

1 David Lawlor	M 29	1:12:35
2 Greg Rems	M 32	1:14:59
3 <u>Kathleen Newton</u> 1 <sup>st</sup> F	F 48	1:21:14
4 Paul Forbes	M 57	1:21:56
5 <u>Ann Glackin</u>	F 36	1:26:14
10 <u>Laura Clark</u>	F 61	1:45:41
15 <u>Ken Swiatek</u>	M 60	2:19:57

Complete results at ..... [www.bkvr.org](http://www.bkvr.org)

North Conway, NH. June 29, 2008

Club members in Bold and other familiar names:

<u>Name</u>	<u>Age</u>	<u>ST</u>	<u>Time</u>	<u>GT %</u>
1 Justin Fyffe	M 28	VT	0:52:51	100.00%
2 Kevin Tilton	M 26	NH	0:54:32	96.91%
3 Jim Johnson	M 31	NH	0:54:36	96.79%
4 Todd Callaghan	M 38	MA	0:56:34	93.43%
5 Tim VanOrden	M 40	VT	0:57:10	92.45%
6 <b>Dave Dunham</b>	M 44	MA	0:57:40	91.65%
7 Andrew Baird	M 35	ME	0:57:54	91.28%
8 Greg Hammett	M 30	NH	0:58:49	89.86%
9 Tim Mahoney	M 28	MA	0:59:00	89.58%
10 Tim Livingston	M 34	NH	1:00:39	87.14%
11 Paul Young	M 42	MA	1:01:38	85.75%
12 John Paul Lewicke	M 22	MA	1:01:52	85.43%
13 Peter Hult	M 27	MA	1:02:46	84.20%
14 Paul Bazanchuk	M 53	MA	1:02:52	84.07%
15 John Couillard	M 27	MA	1:03:57	82.64%
16 Caleb Mathewson	M 19	MA	1:04:19	82.17%
17 Martin Tighe	M 50	RI	1:04:36	81.81%
18 Michael Keenan	M 35	CT	1:05:08	81.14%
19 Bryan Johnston	M 29	NH	1:05:34	80.61%
20 Gabe Flanders	M 32	ME	1:06:13	79.81%
21 Jeff Brooks	M 38	NH	1:06:23	79.61%
22 <b>Bob Sharkey</b>	M 56	RI	1:06:30	79.47%
23 Andrew Gallant	M 19	MA	1:06:50	79.08%
24 Peter Haime	M 14	NH	1:07:20	78.49%
25 Paul Kirsch	M 42	NH	1:07:55	77.82%
26 Joel Fedorowicz	M 28	NH	1:08:11	77.51%
27 <b>Todd Brown</b>	M 44	CT	1:08:33	77.10%
28 <u>Abby Woods</u> 1 <sup>st</sup> F	F 30	MA	1:08:36	77.04%
29 John Agosto	M 44	CT	1:08:44	76.89%
30 Michael Brouillette	M 29	MA	1:09:14	76.34%
41 <u>Lynne Zummo</u>	F 25	NH	1:13:56	71.48%
42 Chris Corradino	M 35	MA	1:14:10	71.26%
43 Bob Mulvaney	M 55	NH	1:14:37	70.83%
53 <b>Donna Smyth</b>	F 48	VT	1:16:29	69.10%
54 <u>Cathy Hurst</u>	F 38	NH	1:16:39	68.95%
63 <b>Thomas Parker</b>	M 41	NH	1:18:42	67.15%
67 Dave Geary	M 42	MA	1:19:52	66.17%
68 Richard Stockdale	M 57	NH	1:21:04	65.19%
81 <b>Howard Bassett</b>	M 47	NH	1:24:48	62.32%
91 <b>Doug Cummings</b>	M 46	MA	1:28:08	59.97%
99 <u>Jenna Barstow</u>	F 36	NH	1:29:51	58.82%
100 Erik Barstow	M 38	NH	1:29:52	58.81%
108 <u>Jo Ann Peterson</u>	F 47	NH	1:34:24	55.99%
109 William Harned	M 58	NH	1:34:27	55.96%
110 <u>Emer O'Donoghue</u>	F 46	LA	1:34:28	55.95%
111 Walter Kuklinski	M 59	MA	1:34:33	55.90%
112 <u>Lisa Lombardi</u>	F 40	NH	1:35:51	55.14%
113 <u>Claire Lunardon</u>	F 25	MA	1:37:50	54.02%
114 <u>Laurell Shortell</u>	F 42	MA	1:38:37	53.59%
115 Raymond Boutotte	M 62	MA	1:38:57	53.41%
116 <u>Linda Perry</u>	F 47	VT	1:39:06	53.33%
117 <u>Hillary Kreitner</u>	F 39	CT	1:39:09	53.30%
121 James Miller	M 61	NH	1:40:59	52.34%
122 <u>Jean Amaral</u>	F 44	NH	1:41:12	52.22%

123 Roger J. Robert Jr.	M 35	MA	1:41:44	51.95%
124 Bill Crowley	M 57	NH	1:43:52	50.88%
125 Richard Mellor	M 58	NH	1:44:33	50.55%
126 Alexander Rowe	M 37	NH	1:44:40	50.49%
127 <b>Dick Hoch</b>	M 67	CT	1:45:06	50.29%
128 <u>Amy Adamcewicz</u>	F 37	MA	1:45:14	50.22%
129 <b>Fred Ross III</b>	M 62	VT	1:46:10	49.78%
130 Andrew Coyle	M 62	NJ	1:48:35	48.67%
136 <u>Melissa Nelson</u>	F 40	MA	2:10:16	40.57%
137 John Parker	M 76	NH	2:13:20	39.64%
138 Ken Skier	M 54	MA	2:13:33	39.57%
139 <u>Diane Levesque</u>	F 54	NH	2:15:23	39.04%

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

## Worthwhile??

On my way up to North Conway, NH, early June 29, I leave th interstate for "cheap" gas. Pumps aren't working.

"It'll be awhile. There's another 24-hr station 2 miles west; their price is even lower." Worthwhile, yes.

Past 7:30 when I step fm th car at Cranmore Hill.

I'm greeted with smiles by mountain runners I don't kno. Worthwhile, yes. Upstairs to registration there are friends Donna, Fred, Laurel to talk with. Worthwhile, oh yes. A 10-minute downpour weakens just b4 we begin our muddy mountain run. Worthwhile, yes. Seemingly unceasing climbing puts us way up top, whereupon th only way becomes down - - down down down - - and down! On th wickedest drop I'm shashaying wildly out - of - control and scream with ....., Eliciting this LOUD response fm th carefully stepping female I fly by: "JEEZUS!!" Worthwhile, indubitably. Second time around on th endless "strate-up" section again, I gain on th guys ahead. At th summit I overtake them ( walking ) Running, hearing "U're awesum." Worthwhile, u bet! Finally on to th homestretch, Annie closing fast, I hold her off aided by shouts of "Go WMAC!" Worthwhile, oh YES.

A change into dry clothes & shoes, this & that to eat & drink, "Good race, " or "Nice goin" to him or her, I'm on my way south thinking of what I'd come and done.

Worthwhile, absolutely, without - a - doubt.

*Dick Hoch*

**For Sale:** Treadmill. Hardly used. Works well though. I hang my clothes on it and they keep getting smaller.



## On the Trail at the Finger Lakes Fifties: *Just How Far is 50 Miles?*

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Every runner needs to experience the business side of race production if only to attain illuminating glimpses into the mindset of fellow competitors. My favorite task is manning the hotline. I have had nervous athletes ask where they should eat, how they should dress and request a specific flavor of the advertised energy drink. This year's top Believe it or Not Question was fielded at the Finger Lakes Fifties where race directors Joe and Christine Reynolds were asked "How far is fifty miles?"

Stunned silence. There are so many philosophical, moral and training implications that it is difficult to know where to begin. For the crew preparing to feed and coddle a tent city of temporarily homeless individuals and camp followers, it is undoubtedly way too far. For our gas-strapped economy, it is about as far as you can reasonably afford to drive in an hour's time. For the athlete in question, it is probably much farther than his training will support. For those of us who have conscientiously paid our dues, the precise distance depends on the weather, the course conditions and the luck of the draw.

For myself, now cresting the onrushing tide of baby boomers, the luck of the draw began to unravel prior to race day with the demands of an aging parent carving relentlessly into preparation time, leading to the inevitable unshakeable summer cold. Others, like my friend Barbara Sorrell who recently completed the women's division in six-day Sri Chinmoy ultra as second woman overall and first American, failed to push the envelope far enough, succumbing to a tenuously tightened ligament. Multiple record breaker Leigh Schmitt, also still recovering from a previous ultra, barely hung onto the winner's trophy cow.

You would think Barb and Leigh could have relaxed a bit. After all, what did they have to prove? They certainly had the concept of fifty miles down pat. Similarly, my husband Jeff suggested that since I had finally pierced the fifty mile barrier, I could indeed honor my ailing body and choose the 25K route. Yeah, right. I guess like Barb and Leigh, I still felt compelled to test my limits, to discover once again how far fifty miles would be for me on this particular day.

Optimistically, I decided on a plan. Last year I sailed fairly effortlessly through the first two loops and mentally and physically died after 50K. So this year I decided on a new strategy more in keeping with my numerous cold symptoms: I would maintain an even pace throughout. Only one small glitch – I failed to make the cutoff. This had never been a problem before so frankly the possibility never occurred to me. My husky voice provided a ready excuse, but still I wonder if I am just getting too old to make cutoffs anymore. What happens to an ultrarunner when the major goal becomes just to make the cutoffs? I guess I will find out next year.

Still, I had plenty of fun out there. Since the Fifties passes through multiple cow pastures and consequently depends on the goodwill of numerous farmers, runners are constantly warned "Don't let the cows out!" This also applies to the bull.

As Joe Reynolds explains in his prerace briefing, cows are curious creatures and most likely only want to pace you through their domain. And because they are herd animals, where one goes, the rest follow. Still, it is rather disconcerting to be trailed by a bossy squad of females, especially when you are worried about making the bull jealous.

Unfortunately, the cows failed to appear as advertised. This was a pretty lame response from the animal population that gets top billing on the yearly T-shirt. Luckily, I was honored with one of the few cow sightings. As I was heading for The Beach aid station, I heard an unearthly bellowing as one cow gave the warning and chased her teammates down the hill and away from me. I know I was well into my second loop, but did I really look that bad? Or was fifty miles worth of companionship simply too much for the cow population to handle?

Four-footed Fourth of July vacationers at the nearby horse camp, however, turned out in full force. Unfortunately, they were not the trained athletes encountered during the Vermont 100. These horses were definitely tourists and had no clue what a race was or how to behave toward an onrushing runner. I learned that up close and personal, horses stand at least as tall as a small tree but one that is not rooted in place. They unquestionably had the right of way and did not hesitate to take it. They also poop a lot and didn't bother to seek privacy behind an off-trail bush. One slip on the muddy trail and you are apt to be decorated with a particularly pungent variety of brown dirt.

But there is more to an ultra than simply covering the miles in a timely fashion. In order to lengthen the total experience, Jeff and I arrived a day early and helped set up camp. We got to ride the trails, repainting directional signs and making sure that the Laura Clark Memorial Intersection was properly blazed, taped and flagged so no one could make the wrong turn 39 miles into the race. Best of all, we were privy to all the race director short cuts. Not that we would ever use them of course.

While the fifty mile experience was indeed too much for me this year, I did receive my age group 50K dollar store cow, which, when pressed, lets out a terrific MOO!

As we waited for the remaining runners, we constructed a blazing bonfire rivaling any professional fireworks attempt and told war stories well into the night.



*Finger Lakes Bonfire* photo by Karen McWhirt

I learned that however far your particular fifty turned out to be, we all shared the journey. And that was enough

*Laura Clark*



**Finger Lakes 50's ... 25K – 50K – 50 Miles**  
**Finger Lakes National Forest ... Hector, NY ... 7/5/08**  
 Sunny – Mild – High of 82\*

**People's Forest .... 7 Mile Trail Race**  
**Barkhamsted, CT .... August 2, 2008**

Club members in Bold:

**25 K:**

1	Chris Byler	M 24	PA	1:42:06
2	Doug Hegley	M 46	NY	1:58:38
7	<u>Chris Bruner – Sonsire</u>	F 32	NY	2:05:28
10	Trent Peele	M 32	AZ	2:17:43
14	Steve Shaum	M 42	NY	2:20:38
15	<u>Audrey Balander</u>	F 51	NY	2:21:19
56	<b>Jamie Howard</b>	M 42	NY	4:19:47
58	William Murphy	M 59	NY	5:47:21

58 Official Finishers

**50 K:**

1	Michael Wunsch	M 31	NY	3:50:28
2	Tim Engall	M 49	NY	4:20:29
3	Harland Peele	M 34	VA	4:22:40
4	Joe Carrara	M 45	VT	4:23:33
5	Bryon Powell	M 30	VA	4:24:10
12	<u>Chris Daly</u>	F 46	NJ	5:21:12
18	Jim Miner	M 59	NY	5:37:03
31	<u>Lorrie Tily</u>	F 47	NY	6:16:09
36	<b>Will Danecki</b>	M 58	CT	6:26:11
37	<u>Donna Graham</u>	F 42	NY	6:26:31
47	<b>Rob Scott</b>	M 54	CT	6:48:30
57	<u>Laura Clark</u>	F 61	NY	7:52:22
61	<u>Karen McWhirt</u>	F 47	CT	8:05:51
66	<b>Greg Taylor</b>	M 61	NY	9:04:44
68	<u>Cathy Torisi</u>	F 62	NY	10:44:31
69	Dave Black	M 57	CO	11:36:10

69 Official Finishers

**50 Miles:**

1	Leigh Schmitt	M 35	MA	6:52:55
2	Jack Pilla	M 50	VT	6:55:33
3	Yassine Diboun	M 29	NY	7:02:03
4	<u>Aliza Lapierre</u>	F 28	VT	7:28:41
5	Chris Castorena	M 21	NY	8:02:11
6	Matt Chaffin	M 40	NY	8:11:48
7	Horacio Ruiz	M 43	NY	8:38:26
8	Scott Jacobs	M 32	NY	8:46:45
9	Shiran Kochavi	M 39	NJ	9:04:48
10	<u>Kelly Wilson</u>	F 40	VT	9:10:57
15	Jim Newin	M 55	QUE	10:39:34
16	<u>Bekkie Wright</u>	F 45	CT	10:41:29
29	<u>Mary Vish</u>	F 58	NJ	12:05:58
30	<u>Lydia Redding</u>	F 54	NJ	12:56:40

30 Official Finishers

Complete results at.... [www.fingerlakesrunners.org](http://www.fingerlakesrunners.org)

	<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1*	Marc Robaczynski	M 33	CT	0:44:32	100.00%
2	Ben Nephew	M 33	MA	0:48:26	91.95%
3	Matt Bedoukian	M 28	CT	0:51:46	86.03%
4	Ross Krause	M 28	MA	0:52:39	84.58%
5	John Agosto	M 44	CT	0:55:16	80.58%
6	<b>Scott Livingston</b>	M 35	CT	0:55:22	80.43%
7	<b>Bob Sharkey</b>	M 56	RI	0:56:45	78.47%
8	Joel Lehman	M 47	CT	0:59:08	75.31%
9	Bill Ronalter	M 41	CT	0:59:09	75.29%
10	Claude Yoder	M 40	CT	1:00:29	73.63%
11	<u>Tracy Dickey 1<sup>st</sup> F</u>	F 32	CT	1:02:05	71.73%
12	Steve Worthington	M 53	CT	1:04:14	69.33%
13	Paul Cacolice	M 44	CT	1:04:38	68.90%
14	Marc Rebillard	M 52	CT	1:05:11	68.32%
15	Tod Kenney	M 50	CT	1:06:02	67.44%
16	Adam Caplan-Bricker	M 14	MA	1:06:57	66.52%
17	Kim Marchard	M 44	CT	1:07:16	66.20%
18	<b>Thomas Parker</b>	M 41	NH	1:07:21	66.12%
19	Wayne Prescott	M 45	CT	1:07:36	65.88%
20	Julian Bender	M 21	CT	1:08:01	65.47%
21	<u>Steph Nephew</u>	F 32	CT	1:08:04	65.43%
22	Phil Bricken	M 54	MA	1:08:15	65.25%
23	Barry Leibowitz	M 43	CT	1:09:05	64.46%
24	<u>Melissa Dumont</u>	F 34	CT	1:10:40	63.02%
25	Jeffrey Molson	M 46	CT	1:10:47	62.91%
26	Rick Lowry	M 46	CT	1:10:48	62.90%
27	<u>Mimi Willard</u>	F 54	NY	1:10:56	62.78%
28	<u>Douglas Cummings</u>	M 46	MA	1:10:56	62.78%
29	Phil Benjamin	M 52	MA	1:14:56	59.43%
30	<u>Emily Benjamin</u>	F 22	MA	1:15:11	59.23%
31	<b>Mark Kulacz</b>	M 34	MA	1:15:20	59.11%
32	<u>Anna Willis</u>	F 49	CT	1:16:21	58.33%
33	Christopher Stoer	M 32	MA	1:16:47	58.00%
34	<b>Alan Cabot</b>	M 53	MA	1:17:00	57.84%
35	<b>Vic LaPort</b>	M 68	MA	1:17:31	57.45%
36	Al Peressinotto	M 62	CT	1:18:52	56.47%
37	Bruce Shenker	M 55	NY	1:19:16	56.18%
38	Randy Witlicki	M 52	VT	1:20:51	55.08%
39	John Lane	M 16	CT	1:21:33	54.61%
40	<u>Rosemary Lane</u>	F 52	CT	1:21:59	54.32%
41	<u>Ginny Patson</u>	F 40	CT	1:25:47	51.91%
42	<u>Michelle Roy</u>	F 38	MA	1:26:34	51.44%
43	<u>Kelsey Taylor</u>	F 14	MA	1:26:34	51.44%
44	John Forster	M 43	CT	1:27:17	51.02%
45	Desmond Cavaan	M 43	MA	1:28:15	50.46%
46	<b>Bob Massaro</b>	M 64	MA	1:29:02	50.02%
47	Michael Lough	M 50	MA	1:30:59	48.95%
48	John Loring	M 61	MA	1:36:35	46.11%
49	<u>Susan King</u>	F 41	CT	1:37:31	45.67%
50	<u>Allyson Caputo</u>	F 45	CT	1:37:32	45.66%
51	Tony Lucia	M 70	MA	1:42:49	43.31%
52	<b>Jamie Howard</b>	M 43	NY	2:03:06	36.18%
53	<u>Lee Anne Zarger</u>	F 54	CT	2:06:20	35.25%

**Skyline Trail Race .... 7.2 Miles**  
Blue Hills in Milton MA .... July 13, 2008

**Club members in Bold:**

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>GT %</u>
1 Josh Ferenc	M 26	0:59:11 *	100.00%
2 Ben Nephew	M 32	1:03:24	93.35%
3 Greg Hammett	M 30	1:05:53	89.83%
4 John Colavincenzo	M 27	1:07:09	88.14%
5 Garry Harrington	M 48	1:08:57	85.84%
6 Ken Naide	M 36	1:09:45	84.85%
7 Bryan Johnston	M 29	1:11:15	83.07%
8 Rob Smith	M 41	1:11:25	82.87%
9 Scott Anderson	M 43	1:14:35	79.35%
10 Edward Jeffries	M 44	1:16:09	77.72%
11 Stanislav Trufanov	M 29	1:16:47	77.08%
12 Dima Feinhaus	M 45	1:18:57	74.96%
13 Joel Fedorowicz	M 28	1:20:07	73.87%
14 Wayne Chan	M 31	1:20:07	73.87%
15 Joshua Gordon	M 33	1:20:51	73.20%
16 Manuel Francisco	M 48	1:22:03	72.13%
17 <b>Paul Funch</b>	M 58	1:22:12	72.00%
18 <u>Christine Anderson</u>	F 42	1:22:19	71.90%
19 Mark Dearing	M 55	1:22:48	71.48%
20 <b>Mike Belcourt</b>	M 46	1:24:17	70.22%
21 Dan Beaudet	M 38	1:24:36	69.96%
22 Russell Dearing	M 55	1:25:18	69.38%
23 <u>Renee Knapp</u>	F 28	1:27:26	67.69%
24 Kevin Mullen	M 50	1:27:32	67.61%
25 <u>Simonetta Piergentili</u>	F 43	1:29:27	66.16%
26 <b>Tom Parker</b>	M 41	1:30:40	65.28%
27 Matt Earle	M 23	1:30:49	65.17%
28 <u>Jen Schultis</u>	F 39	1:31:05	64.98%
29 John Scheckter	M 44	1:31:07	64.95%
30 Nick Fitzgerald	M 29	1:32:36	63.91%
31 Doug Hall	M 52	1:32:44	63.82%
32 Kevin Silva	M 31	1:32:48	63.78%
33 <u>Karen Ringheiser</u>	F 44	1:33:12	63.50%
34 Scott Collins	M 35	1:33:46	63.12%
35 Leslie Danzell	M 22	1:33:59	62.97%
36 Fernando Coelho	M 33	1:34:03	62.93%
37 <b>Colleen Cummings</b>	F 42	1:34:38	62.54%
38 Stephen Peckikonis	M 49	1:35:10	62.19%
39 <u>Stephanie Nephew</u>	F 32	1:35:24	62.04%
40 <b>Doug Cummings</b>	M 46	1:36:25	61.38%
41 Jim Frenette	M 43	1:36:34	61.29%
42 Patrick McVeigh	M 52	1:37:20	60.81%
43 Mike Barry	M 59	1:38:10	60.29%
44 Guido Medeiros	M 53	1:38:51	59.87%
45 <u>Katie Cabral</u>	F 28	1:40:19	59.00%
46 Ken Rogers	M 54	1:40:20	58.99%
47 John Joyce	M 53	1:45:51	55.91%
48 <u>Cheryl Briggs-Coge</u>	F 34	1:45:59	55.84%
49 Salvadore DiChiara	M 32	1:46:05	55.79%
50 Kevin Zelechowski	M 32	1:46:37	55.51%
51 Bill Resnick	M 38	1:48:03	54.77%
52 <b>Mark Kulacz</b>	M 34	1:48:10	54.72%
53 John Chatlos	M 23	1:51:19	53.17%
54 John Loring	M 61	1:54:19	51.77%

55 Greg Dankert	M 43	1:55:38	51.18%
56 <b><u>Sherisa Sterling</u></b>	F 55	1:57:17	50.46%
57 Tom Hyde	M 58	1:59:36	49.48%
58 <u>Lori Watkins</u>	F 43	1:59:57	49.34%
59 Rob McDonald	M 29	2:00:41	49.04%
60 Hap Farber	M 61	2:09:02	45.87%
61 Patrick Mullen	M 53	2:15:56	43.54%
62 Joe Panepinto	M 45	2:24:45	40.89%
63 Tom Saathoff	M 40	2:33:46	38.49%
64 <b>Richard Busa</b>	M 78	2:33:50	38.47%
65 <u>Mary Lou White</u>	F 52	3:40:00	33.00%

\*course record

**RD Paul Correia adds:**

A typical July day dawned on July 13<sup>th</sup> for this year's Skyline Trail Race. Hot, humid, but maybe a bit overcast to disperse some of the early morning sun. By the 8am race start, it was around 80F, but a bit a breeze had come up.

There were about 10 newbies for this year's race, and one of them has been setting some fast times on the trail race circuit. The course had been well marked again this year by John Scheckter, who despite spending several hours on the course the previous day, was on the starting line this morning. Ben Nephew was back to defend his course record, but as they came through the first water station, there were several contenders around him. After the loop through the second water stop, and back on the skyline trail, only three remained, Josh Ferenc and Greg Hammett, with Ben a bit back, at the third water station.

On the climb up Houghton Hill, Josh pulled away. The race director came upon him atop Big Blue, where he had just made it up in time to adjust the race direction signs. Josh called out " How much farther?". Fortunately for him, it was all down hill from there. Ben came back to get second, with Greg third.

Josh set a new record and surpassed the one hour milepost. Christine Anderson set a new women's masters record of 82:19. Inov-8 provided us with some nice prizes, and EMS, courtesy of runner Jenn Schultis, had some swag for everybody. The most coveted prizes, blueberry crisps baked by Judy Karpinski, went to the men and womens winners, and last place finishers Richard Busa. He needed it.

***TRAIL RUNNING NEWS* .....**

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## Henry Hudson's Escarpment

by Laura Clark

*Every change of season, every change of weather, indeed every hour of the day, produces some change in the magical hues and shapes of these mountains...sometimes when the rest of the landscape is cloudless, they will gather a hood of gray vapours about their summits.* Washington Irving, *Rip Van Winkle*

We thought we were running the 32<sup>nd</sup> version of Dick Vincent's invitation-only Escarpment Trail Race. In fact, we were not. Instead, we were hurled backwards in time and distance straight into Washington Irving's classic tale, *Rip Van Winkle*. According to legend, every twenty years Henry Hudson and the crew of the *Half Moon* dock their ship and trek inland towards Palenville to imbibe from kegs of strongly fermented beer and renew bowling league rivalries. When epic thunderstorms strike, the locals know that Henry and his crew are bowling once again.

And so July 27, 2008 slipped handily into one such twenty year slot. On that day, after imbibing several warm-up brews, Henry Hudson grasped his weighty ball and stepped up to the line, only to find his aim thwarted by a hoard of indecently clad individuals gaily tromping, uninvited, through his party. Unlike Rip Van Winkle, these folks weren't at all interested in napping with the help of a strategically aged brew. At least not yet. To add insult to injury, these party crashers were drinking: water! Worst of all, Hudson soon learned that his considerable bowling skills did not even qualify him to apply for an invitation to this rather odd happening.

But Henry was not born yesterday. He had been hanging around the Kaatskills for nigh on four hundred years and knew how to prod the mercurial mountain spirits. So he laughed heartily when one of the runners tossed a "Beautiful day!" comment over his shoulder. What transpired began with an ominous "hood of rapidly descending vapours"...

...Even as runners approached the initial climb up Windham Peak, they could sense that this 32<sup>nd</sup> adventure would produce some special memories. Frontrunners had to shoo away birds and chipmunks intent on gathering the abundant raspberries which threatened to obliterate the already narrow trail. Thanks to New York's version of a tropical rainy season, many of these berries were at convenient picking height, providing naturally organic produce to supplement Windham aid station's fig newtons. As I munched, I offered a silent prayer of thanksgiving to the weed whacking volunteer who had preceded us.

Weed whackers, however, can only do so much, as we discovered once we crested the peak. Pitted against head high weeds, the whackers lost their enthusiasm and etched out a foot-over-foot descent. While we all know you are not supposed to focus on your feet while running trail but rather fix your eyes ahead several advance feet, here you could do neither. You could locate neither the trail nor your feet. This produced an odd, dizzying sensation, rather like trying to run blindfolded, which for all intents and purposes is exactly what we were doing. About the time most folks were approaching the dreaded

Blackhead Mountain climb, Henry Hudson rolled into action. Bowling balls thundered, advance scout raindrops checked the landing zones and runners scurried upward, trying to make it to the top before the heavens opened. This was an absolutely insane notion as we would be far more exposed on the top of a sheer rock face than in the protective woods. I refused to succumb to the boy scout lightning/thunder counting routine. I was too scared to remember how to count and I really didn't want to know how close I was to my own personal Armageddon.

Soon it became apparent that Hudson was throwing a cleverly curved ball and we were the hapless pins. Quickly the trails became streams, then torrents, then full-blown flash floods boasting frothy, roiling water. The flow was so furious that many larger streams divided into smaller onrushing tributaries. Flooded moles and bunnies floated by clinging to small trees while native frogs gleefully extended their territory. In the hand-over-hand climb up the newly formed Blackhead waterfall, determined runners were beaten by spawning salmon. Standard footing shifted to ankle deep water with occasional bursts of knee-high puddles. Then conditions got worse. The temperature plummeted and it began to hail. Not wimpy, tentative particles but coin-sized, stinging nuggets. I ceased to worry about lightning strikes. The odds now favored hypothermia.

As it became apparent that Hudson was now in league tournament mode, pitting one team against another to produce an endless thunderstorm series, it was instructional to observe how many came to this sport from a boy scout "be prepared" background. Bear in mind that we began our journey with a smiley sun forecast predicting temperatures in the 80's with the prospect of a refreshing shower later in the day. Nevertheless, the scouts among us dutifully hefted all manner of gear, while the majority attacked the wilderness armed with a water bottle and a gel packet. Just when I was wishing for a headlamp, someone raced by me sporting a state-of-the-art infrared deal. And with predicted 80 degree temperatures some of us actually packed: jackets. And not those flimsy dollar store afterthoughts either. I even spotted a joyous lady reveling in her \$150 jacket/wind pants ensemble. She was smiling. She was warm. I was shivering.

But the true heroes of the day were the aid station volunteers. Granted, they did seem to have more clothing than the rest of us, but they were just standing there. At least we got to move and feel like we were somewhat in charge. I arrived at the notorious Dutcher Notch cutoff in a continuous wave of runners, so I figured I was pretty safe from being derailed at the pass. Hungry, I grabbed pretzels and cookies kept relative dry under volunteers' trash bag raincoats. I even chanced a cupful of Gatorade, which normally upsets my stomach, figuring it was probably diluted enough to risk it. Heading out, I was looking forward to the final big climb up Stoppel Point just so I could warm up a bit. How sick is that?

My main goal at this point, besides mere survival, was to arrive at the North Lake ledge before the next lightening strike gathered momentum.

***Continued next page:***

Henry Hudson's Escarpment cont:

At this point you may be wondering why I simply didn't throw in the towel at Dutcher Notch. Basically, there was no easy way out. Even a DNF would involve a four mile trek and then a hitchhike back to North Lake. And in this day and age, who would risk picking up anyone who looked as homeless as I did? I fully expected the North Lake overhang to be abandoned, but it was still fully manned, despite several near lightning misses. I greeted the cheerful volunteers with an amazed, "Congratulations, you're still alive!"

At this point, Hudson apparently realized that while his best powerhouse bowls could produce temporary washouts, he couldn't fire off a single strike against an entire rack of trail runners and faithful volunteers. We crossed the finish line firm in the knowledge that nothing, ever, would measure up to what we experienced out there, individually and in the company of a newly formed band of brothers. We had faced the Kaatskills and the worst Hudson's crew could throw at us and had not only survived, but had become stronger. Best yet, we were left with our own set of fireside tall tales with which to regale our grandchildren.

*Laura Clark*

**Escarpment Trail Run .... 18.6 Miles  
Windham to Haines Falls, NY .... July 27, 2008**

Thunder Storms - - Heavy Rains - - Lightning - - Thunder - -  
Hail - - Wind - - Mud - - Flooded Trails - - Waterfalls - - Etc.

<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>
1 Ben Nephew	M 33	MA	2:59:48
2 Greg Hammett	M 30	NH	3:02:28
3 Michael Dixon	M 25	NJ	3:07:51
4 Gary Harrington	M48	NH	3:12:30
5 Brian Rusiecki	M 29	MA	3:16:07
6 Matt Bedoukian	M 28	CT	3:26:15
7 Rich Fargo	M 49	CT	3:26:48
8 Paul Young	M 42	MA	3:27:29
9 William Hulbert	M 22	NJ	3:34:47
10 Joe Hayter	M 28	NY	3:38:28
11 <b>Peter Keeney</b>	M 42	ME	3:39:10
12 <b>Thomas Buckley</b>	M 48	CT	3:43:37
13 Bruce Cadenhead	M 44	NY	3:49:01
14 Robert Muller	M 43	NY	3:49:43
15 <b>Bob Sharkey</b>	M 56	RI	3:50:35
16 David Putney	M 44	NY	3:51:25
17 Paul Rush	M 44	NY	3:51:44
18 Philip Vondra	M 39	NY	3:52:16
19 <u>Raina White</u> 1 <sup>st</sup> F	F 29	VT	3:53:26
20 Marc Gravatt	M 42	NY	3:54:35
21 Larry Watson	M 47	NY	3:55:18
22 Wayne McDaniel	M 48	NY	3:57:10
23 <b>Josh Merlis</b>	M 26	NY	3:59:25
24 <u>Sherly Wheeler</u>	F 45	NY	3:59:37
25 Patrick Hoffman	M 40	DE	4:00:39
26 John Dixon	M 37	NY	4:01:05

27 Warren Renninger	M 51	PA	4:04:56
28 Steve Guest	M 36	NC	4:05:11
29 Barry Lass	M 44	NJ	4:05:39
30 Chris Chromczak	M 23	NY	4:05:40
31 John Holt	M 41	NY	4:08:49
32 Rocco Della Serra	M 47	NJ	4:09:02
33 <u>Gillian Sharp</u>	F 46	NY	4:09:28
34 Douglas Hegley	M 46	NY	4:10:55
35 Michael Leary	M 52	NY	4:13:22
36 <u>Emma Barclay</u>	F 33	ME	4:13:33
37 Jim Orr	M 52	ONT	4:13:52
38 Don Thurston	M 42	NY	4:14:53
39 John Geesler	M 49	NY	4:15:46
40 Mark Fisser	M 41	UT	4:16:32
41 Marty Callahan	M 41	NY	4:17:33
42 James Cramer	M 45	PA	4:18:18
43 Paul Muessig	M 59	NY	4:18:55
44 Dennis Foster	M 50	NY	4:19:06
45 <u>Conni Grace</u>	F 45	NY	4:22:30
46 Ed Gravelle	M 49	NY	4:24:02
47 Tony Fletcher	M 44	NY	4:24:45
48 Franz Scholten	M 47	NY	4:25:03
49 Brenan Tarrier	M 30	NY	4:27:20
50 Damon Douglas III	M 48	MA	4:27:29
51 Jim Morrison	M 49	ONT	4:27:49
52 Sam Yang	M 42	NY	4:28:54
53 Chris Corrade	M 35	MA	4:29:37
54 <u>Mary Kowalski</u>	F 41	PA	4:29:38
55 Brian Hersey	M 35	NY	4:30:25
56 Pete Minde	M 50	NJ	4:33:08
57 <u>Kristin Althausen</u>	F 23	NJ	4:33:09
58 <u>Elizabeth Carrion</u>	F 32	NJ	4:34:32
59 James Fitzmaurice	M 37	NY	4:35:38
60 Jimmy Buff	M 45	NY	4:36:37
61 Michael Halsted	M 42	NY	4:36:38
62 Tom Chobot	M 53	PA	4:38:07
63 David Hollenbaugh	M 39	NJ	4:40:16
64 Jason Dufour	M 35	CT	4:42:44
65 Wayne Shurter	M 48	NY	4:42:47
66 Frank Wippel	M 49	NY	4:43:30
67 Gene Gugliotta	M 49	NJ	4:48:19
68 Jim Dunn	M 40	ME	4:48:25
69 Peter Dilullo	M 40	NY	4:48:31
70 Patrick Callum	M 47	NY	4:48:39
71 David Hulme	M 40	NY	4:48:42
72 Drew Anderson	M 39	NY	4:49:26
73 Bill Gilligan	M 45	NJ	4:49:48
74 Andras Bucinsky	M 40	NY	4:49:50
75 Ryan Morgan	M 28	NC	4:50:02
76 James Miner	M 59	NY	4:51:24
77 Paul Fitzpatrick	M 53	NY	4:51:35
78 Todd Jennings	M 45	NJ	4:51:37
79 <u>Zsuzsanna Carlson</u>	F 35	NJ	4:51:38
80 <u>Jennifer Fleming</u>	F 34	PA	4:51:59
81 Bart Carrig	M 56	NY	4:53:52
82 Franc Libihoul	M 50	NY	4:56:33
83 John Kinnicutt	M 45	NY	4:56:45
84 <u>Donna Utakis</u>	F 40	MA	4:57:29
85 Michael Ranck	M 57	PA	4:57:47

Continued next page:



**Escarpment results cont:**

86 Steve Faluotioc	M 40	MA	4:57:56
87 Lincoln Fancher	M 49	NY	4:57:57
88 Joe Brown	M 47	NY	4:58:00
89 Craig Fleming	M 36	PA	4:58:01
90 Russell Hammond	M 48	CT	4:58:39
91 Harry Briemann	M 49	CT	4:59:23
92 John Affronti	M 52	NY	5:00:46
93 Keith Strack	M 50	NY	5:04:25
94 Ian Edwards	M 35	NY	5:05:10
95 <u>Melissa Chase</u>	F 43	NY	5:06:15
96 Paul Hennick	M 57	ONT	5:08:35
97 Gary Kessler	M 48	VT	5:08:50
98 <u>Connie Seigh</u>	F 39	NY	5:09:59
99 <u>Jenn Stec-Gagliardi</u>	F 33	PA	5:10:27
100 Tony Power	M 45	ONT	5:13:16
101 Steve Sansola	M 53	NY	5:13:29
102 Bill Norton	M 54	NY	5:13:47
103 <b>Bob Worsham</b>	M 62	CT	5:15:15
104 Peter Cure	M 49	NY	5:19:34
105 Tom Barlow	M 54	DE	5:20:06
106 Tony Scott	M 45	NY	5:24:29
107 Michael Close	M 57	NJ	5:25:59
108 Michael Decaprio	M 33	NY	5:26:10
109 <u>Aimee Harmon</u>	F 28	PA	5:26:24
110 Robert Bergman	M 49	PA	5:26:26
111 <b>Ed Buckley</b>	M 50	MA	5:28:44
112 Edwin Stauffer	M 45	PA	5:28:46
113 Hunt Bartine	M 55	PA	5:29:49
114 Edward Steele	M 42	CT	5:30:09
115 Jeff Cooper	M 53	ONT	5:30:38
116 <u>Jennifer D'Arcy</u>	F 29	NY	5:35:01
117 <u>Annie Fisher</u>	F 33	NY	5:35:28
118 Mike Lynch	M 44	NJ	5:35:30
119 Henri Ragetlie	M 49	ONT	5:36:18
120 Chas Greystone	M 53	CT	5:36:24
121 Stewart Dutfield	M 53	NY	5:37:22
122 Joe Clapper	M 49	MD	5:38:11
123 <u>Michelle Harmon</u>	F 42	MD	5:38:11
124 <u>Jan Pollo</u>	F 44	NY	5:38:16
125 <u>Rachel Dymon</u>	F 36	NY	5:43:28
126 Paul Morris	M 53	NY	5:43:40
127 David Skoglund	M 50	NY	5:43:42
128 Feliz Modugno	M 51	NY	5:44:07
129 <b>Will Danecki</b>	M 58	CT	5:46:04
130 <u>Barbara Mongiovi</u>	F 33	PA	5:46:39
131 Andrew Charles	M 46	PA	5:46:52
132 Graham Noble	M 58	ONT	5:47:00
133 <b>Rob Scott</b>	M 54	CT	5:48:25
134 <u>Katie Cabral</u>	F 28	MA	5:49:15
135 Kenny Rogers	M 54	MA	5:49:16
136 Dom Oliviero	M 43	NY	5:49:50
137 Don Geesler	M 58	NY	5:51:10
138 Anthony Berman	M 50	NY	5:51:55
139 <u>Gabrielle Popoff</u>	F 31	NY	5:52:59
140 Chuck Martin	M 44	ONT	5:54:13
141 Seamus Hodgkinson	M 59	NY	5:54:32
142 Nick Lamando	M 49	NY	5:55:43
143 Bill Ring	M 57	NY	5:55:43

144 Ala Kapitzke	M 45	MA	5:56:42
145 Warren Meyer	M 47	PA	5:57:40
146 Ciprian Nedelcu	M 35	NY	5:57:48
147 Peter Gstalder	M 54	PA	5:58:02
148 <u>Joscelin Grizzetti</u>	F 38	NJ	5:58:30
149 Jim Grizzetti	M 45	NJ	5:58:31
150 <b><u>Cynthia Kozak-Buckley</u></b>	F 48	CT	5:59:44
151 Scott Cassese	M 38	NY	6:02:29
152 Drew Hopkins	M 38	NY	6:02:29
153 <u>Emily Gravelle</u>	F 21	NY	6:03:05
154 <u>Jessica Hageman</u>	F 32	NY	6:03:07
155 Jeffrey Klemm	M 57	VA	6:04:05
156 Tom Howe	M 41	PA	6:08:09
157 Peter Belanger	M 56	PA	6:08:15
158 Greg Foster	M 52	PA	6:08:17
159 Dennis Sullivan	M 52	NY	6:15:01
160 Pat O'Neill	M 55	ONT	6:16:09
161 <u>Jean Kerr</u>	F 49	NY	6:20:35
162 Mark Raynond	M 45	NY	6:20:38
163 Brian Gatens	M 37	NJ	6:23:34
164 Stephen Downing	M 53	PA	6:24:12
165 Gregory Hendler	M 32	VA	6:30:34
166 John Paul Ouellette	M 54	CT	6:30:39
167 Peter Masullo	M 54	NY	6:30:41
168 Dick Vincent	M 56	NY	6:32:23
169 <b>Fred Ross</b>	M 62	VT	6:33:19
170 <u>Karen McWhirt</u>	F 47	CT	6:40:36
171 Scott Martin	M 46	NY	6:41:14
172 Steve Borton	M 61	NY	6:45:32
173 Gatith Griffiths	M 46	NY	6:45:32
174 <u>Elizabeth Levine</u>	F 48	NY	6:47:49
175 Jim Kelley Smith	M 42	NY	6:49:11
176 Gavin Bannat	M 43	NJ	7:04:19
177 <u>Barbara Sorrell</u>	F 51	NY	7:15:06
178 Patrick Parietti	M 48	NY	7:24:25
179 Howard Goldberg	M 50	NJ	7:24:26
180 Kevin Browne	M 50	NY	7:43:13
181 Joe Johnson	M 53	NY	7:43:15
182 Rich Vankleek	M 55	NY	7:43:15
183 <u>Laura Clark</u>	F 61	NY	8:02:38

***On a sad note.....***

Jim Hutchinson, race director of the Vermont 100 mile run, passed away unexpectedly at his home just one week after successfully directing the 20<sup>th</sup> anniversary version of the race.

He will be missed by all of us in the running community.

R I P Jim.



**Pedal & Plod .... 4 Mile Run & 22 Mile Bike  
Adams, MA ..... July 27, 2008**

*Club Members and other familiar names listed below. Complete results at ... [www.runwmac.com](http://www.runwmac.com)*

1)	Evan Dethier Sean Condron	Runner Cyclist	19 Male 19 Male	Williamstown, MA Lanesboro, MA	1:13:22
2)	Stephen Ferro Josh Lipka	Runner Cyclist	19 Male 21 Male	Cheshire, MA Cheshire, MA	1:13:44
3)	Bret Bedard Steven Bedard	Runner Cyclist	22 Male 19 Male	Cheshire, MA Cheshire, MA	1:18:57
4)	Kent Lemme Fred Thompson	Runner Cyclist	41 Male 67 Male	Williamstown, MA North Adams, MA	1:19:03
5)	Kent Lemme	Ironman	41 Male	Williamstown, MA	1:20:43
6)	Aron Christiansen Nick Bugbee	Runner Cyclist	19 Male 20 Male	Mohrsville, PA Savoy, MA	1:23:20
7)	Justin May Alvin Nordell	Runner Cyclist	25 Male 25 Male	Pittsfield, MA Pittsfield, MA	1:23:42
8)	Eric Keegan Derrick Kittler	Runner Cyclist	35 Male 37 Male	Dalton, MA Pittsfield, MA	1:23:58
9)	Allan Bates Bruce Townsend	Runner Cyclist	59 Male 55 Male	Pittsfield, MA Windsor, MA	1:25:09
10)	Bill Kittler Dave Devine	Runner Cyclist	43 Male 36 Male	Pittsfield, MA Pittsfield, MA	1:25:49
11)	Mike Pytko Steve Rondeau	Runner Cyclist	52 Male 50 Male	North Adams, MA North Adams, MA	
12)	Joseph Bator	Ironman	37 Male	Brookline, MA	1:27:40
18)	Jeff Parkman Gary Rivers	Runner Cyclist	60 Male 61 Male	North Adams, MA North Adams, MA	1:28:54
19)	Paul Gage Steve Dowsett	Runner Cyclist	38 Male 20 Male	Cheshire, MA Dalton, MA	1:29:33
20)	Steve St. Clair	Ironman	50 Male	Williamstown, MA	1:29:47
24)	Lisa Mattila Paul Shepardson	Runner Cyclist	49 Female 51 Male	Pittsfield, MA Pittsfield, MA	1:30:55
32)	Jim Preite Melissa Boyer	Runner Cyclist	44 Male 43 Female	North Adams, MA North Adams, MA	1:34:27

37)	Shiobbean Archey Kim Morris	Runner Cyclist	40 Female 38 Female	Pittsfield, MA Lanesboro, MA	1:37:23
40)	Joseph Nowak Bruce Duquette	Runner Cyclist	56 Male 59 Male	Adams, MA Adams, MA	1:38:10
50)	Peter Lipka	Ironman	57 Male	Adams, MA	1:40:47
51)	Steve Facchetti	Ironman	35 Male	Wilbraham, MA	1:41:39
55)	Diane Pytko Paul Cantarella	Runner Cyclist	51 Female 61 Male	North Adams, MA Lanesboro, MA	1:42:31
59)	John Aldrich	Ironman	49 Male	Dalton, MA	1:42:51
60)	Sue Williams	Ironwoman	50 Female	Hinsdale, MA	1:42:55
61)	Bruce Kirchner	Ironman	51 Male	Pittsfield, MA	1:42:56
67)	Claudine Preite Julie Ryan	Runner Cyclist	41 Female 42 Female	North Adams, MA Adams, MA	1:45:01
68)	Monique Gasson	Ironwoman	33 Female	Pittsfield, MA	1:45:09
76)	Diane Wright Bonnie Fachini	Runner Cyclist	32 Female 43 Female	Savoy, MA Cheshire, MA	1:47:22
77)	Greta Facchetti Debbie Facchetti	Runner Cyclist	32 Female 37 Female	Savoy, MA Wilbraham, MA	1:47:30
81)	Paul Fortini	Ironman	50 Male	Dalton, MA	1:48:36
82)	Mindy Fairchild	Ironwoman	36 Female	Averill Park, NY	1:49:00
85)	Melanie Bessette	Ironwoman	44 Female	Pittsfield, MA	1:49:52
91)	Laura Rondeau Cheryl Dabrowski	Runner Cyclist	49 Female 48 Female	North Adams, MA Adams, MA	1:54:27
94)	Mary Kennedy Jacqueline Lemieux	Runner Cyclist	50 Female 41 Female	Williamstown, MA Williamstown, MA	1:56:44
101)	Julie Gardner	Ironwoman	37 Female	Lanesboro, MA	2:09:13
102)	Julia Kim	Ironwoman	48 Female	Brookline, MA	2:09:52
103)	Jeanne Matthew	Ironwoman	38 Female	Adams, MA	2:18:25
104)	Barbara Kittler	Ironwoman	60 Female	North Adams, MA	2:22:45
105)	Jonah Makepeace Kylee Mueller	Runner Cyclist	13 Male 11 Female	Naples, NY Averill Park, NY	2:44:22

**Oxford Dam Trail Race**  
**10.5 Miles .... Oxford, MA .... August 9, 2008**

106 runners participated in this year's race thru the woods of Oxford MA. Race officials believe this to be a record number of runners. Numerous race directors have left very sketchy records for this race but we feel safe to say it to be a record. The race usually attracts about 70 people and we are very pleased with this year's event. Ben Nephew set the course record for this version of the DAM Trail race with a time of 1:13:40. Sheila Lapointe was the first female with a time of 1:34:45.

This year we had wonderful weather and running conditions. The recent rains left the French River running knee deep and the course had numerous wet spots. The course was in great condition and Mother Nature gave us mild and non-humid air, unusual for August.

Thanks to the many volunteers who helped make this race a success.

*John Grenier, RD*

**Club members in Bold:**

<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1* Ben Nephew	M 20-39	MA	1:13:40	100.00%
2 Paul Noone	M 20-39	MA	1:15:25	97.68%
3 Rob Smith	M 40-49	MA	1:16:27	96.36%
4 Matt DePari	M 20-39	MA	1:20:37	91.38%
5 Ben Saviet	M 20-39	MA	1:20:37	91.38%
6 John Kinnee	M 20-39	MA	1:24:58	86.70%
7 Dima Feinhaus	M 40-49	MA	1:25:40	85.99%
8 <b>Ken Clark</b>	M 40-49	CT	1:26:06	85.56%
9 Rodney Furr	M 40-49	MA	1:27:21	84.33%
10 Stanislav Trufanov	M 20-39	MA	1:27:38	84.06%
11 Aidan Kearney	M 20-39	MA	1:29:00	82.77%
12 Todd Waite	M 20-39	MA	1:32:23	79.74%
13 Ross Mungeam	M 00-19	MA	1:32:32	79.61%
14 <b>Paul Funch</b>	M 50-59	MA	1:32:45	79.42%
15 Scott Deslongchamps	M 20-39	CT	1:32:58	79.24%
16 Chris Fox	M 20-39	NH	1:33:58	78.40%
17 Mike Morris	M 20-39	MA	1:34:12	78.20%
18 Dan Beaudet	M 20-39	MA	1:34:17	78.13%
19 Jason Kudron	M 20-39	MA	1:34:31	77.94%
20 Mark Johnson	M 40-49	MA	1:34:33	77.91%
21 <u>Sheila Lapointe</u> <b>1<sup>st</sup> F</b>	F 20-39	MA	1:34:45	77.75%
22 <b>Tom Parker</b>	M 40-49	NH	1:34:47	77.72%
23 Lester Forgit	M 50-59	MA	1:34:52	77.65%
24 Andrew Malaby	M 20-39	MA	1:35:12	77.38%
25 Paul Lahham	M 20-39	MA	1:35:28	77.16%
26 Greg Haskell	M 20-39	MA	1:36:24	76.42%
27 Bill Ludlow	M 50-59	CAN	1:36:27	76.38%
28 Sal DiChiara	M 20-39	NY	1:36:41	76.19%
29 Howard Bottomley	M 60-69	MA	1:36:51	76.06%
30 <u>Karen Ringheiser</u>	F 40-49	MA	1:37:04	75.89%
31 Ben Keefe	M 20-39	RI	1:38:14	74.99%
32 <b>Mike Belcourt</b>	M 40-49	CT	1:38:20	74.91%
33 <u>Tammy Godin</u>	F 40-49	MA	1:38:41	74.65%
34 Brian McKinney	M 20-39	CA	1:39:09	74.30%

35 <u>Kris Gleason</u>	F 40-49	MA	1:39:12	74.26%
36 Mark Wigler	M 50-59	MA	1:39:14	74.24%
37 <u>Abby Cohen</u>	F 20-39	MA	1:39:21	74.15%
38 Paul Cacolice	M 40-49	CT	1:41:10	72.82%
39 Tory Gisleson	M 20-39	MA	1:41:25	72.64%
40 Elijah Bucher	M 00-19	MA	1:41:30	72.58%
41 <u>Danielle Jussier</u>	F 20-39	MA	1:41:33	72.54%
42 <b>Dan Scotina</b>	M 50-59	MA	1:42:05	72.16%
43 Brendan Kearney	M 20-39	MA	1:42:46	71.68%
44 <u>Shelly Rodier</u>	F 40-49	MA	1:42:56	71.57%
45 Charles Peabody	M 20-39	RI	1:43:09	71.42%
46 <u>Patty Kearnan</u>	F 40-49	MA	1:43:25	71.23%
47 Mark Barton	M 20-39	NH	1:45:04	70.11%
48 <b>Alan Cabot</b>	M 50-59	MA	1:45:26	69.87%
49 <u>Deb Williams</u>	F 20-39	MA	1:45:34	69.78%
50 <u>Anita Bugar</u>	F 40-49	MA	1:45:42	69.69%
51 <u>Ruth Griffiths</u>	F 20-39	MA	1:46:01	69.49%
52 Bob Harisen	M 40-49	MA	1:46:05	69.44%
53 <b>Mark Kulacz</b>	M 20-39	MA	1:46:10	69.39%
54 <b>Doug Cummings</b>	M 40-49	MA	1:46:21	69.27%
55 <u>Shondra Smith</u>	F 20-39	MA	1:47:27	68.56%
56 Chris Anderson	M 20-39	MA	1:48:28	67.92%
57 <u>Elizabeth Sheibley</u>	F 40-49	MA	1:48:38	67.81%
58 <u>Alice McKeon</u>	F 40-49	MA	1:49:17	67.41%
59 Sam Baldwin	M 20-39	MA	1:49:30	67.27%
60 Kevin Zelechowski	M 20-39	MA	1:49:53	67.04%
61 Jack Goolsky	M 40-49	MA	1:50:06	66.91%
62 Christopher Stoer	M 20-39	MA	1:50:29	66.68%
63 Tony Gallo	M 20-39	MA	1:50:35	66.62%
64 <b>Michelle Roy</b>	F 20-39	MA	1:51:13	66.24%
65 <u>Elizabeth White</u>	F 00-19	NH	1:51:23	66.14%
66 <u>Michelle Sirois</u>	F 00-19	MA	1:52:27	65.51%
67 <b>Vic LaPort</b>	M 60-69	MA	1:52:41	65.37%
68 David Martin	M 40-49	MA	1:52:48	65.31%
69 <u>Margaret Anne Nix</u>	F 40-49	MA	1:52:53	65.26%
70 <u>Jill Nugent</u>	F 20-39	CT	1:54:38	64.26%
71 Vincent Piarulli	M 20-39	MA	1:54:39	64.25%
72 <u>Angie Koban</u>	F 20-39	MA	1:55:36	63.72%
73 Andrew Gorelik	M 20-39	MA	1:56:21	63.31%
74 <b>Sherisa Sterling</b>	F 50-59	MA	1:56:35	63.19%
75 <u>Robyn Metcalf</u>	F 60-69	MA	1:56:46	63.09%
76 Jeff Godin	M 40-49	MA	1:59:45	61.52%
77 Scott Brown	M 40-49	MA	2:01:55	60.42%
78 Jeff Hattem	M 50-59	MA	2:04:55	58.97%
79 Brenden McGeehan	M 20-39	MA	2:05:10	58.85%
80 Desmond Cavaan	M 40-49	MA	2:05:35	58.66%
81 Edward Bourbeau	M 20-39	PA	2:08:44	57.22%
82 <b>David Raczkowski</b>	M 50-59	CT	2:11:35	55.98%
83 <u>Laura Mastromatteo</u>	F 20-39	MA	2:14:56	54.59%
84 <u>Katya Divari</u>	F 40-49	MA	2:15:08	54.51%
85 <u>Lory Labombard</u>	F 20-39	MA	2:18:47	53.08%
86 <u>Pam Behrens</u>	F 40-49	MA	2:19:13	52.91%
87 <b>Kelly Hellstein</b>	F 40-49	MA	2:19:16	52.90%
88 <u>Karin Oleski</u>	F 50-59	MA	2:21:52	51.93%
89 <b>Dick Hoch</b>	M 60-69	CT	2:22:54	51.55%
90 <u>Raeann Rose</u>	F 40-49	CAN	2:23:11	51.45%
91 <u>Alyssa Adreani</u>	F 20-39	MA	2:23:26	51.36%
92 John Miller	M 60-69	MA	2:24:28	50.99%
93 <u>Linda Hood</u>	F 50-59	NH	2:25:31	50.62%

*Continued next page:*



### Dam race results cont:

94	<b>Richard Busa</b>	M 70+	MA	2:26:02	50.44%
95	<u>Lisa Zancewicz</u>	F 20-39	MA	2:26:11	50.39%
96	<u>Marylou White</u>	F 50-59	CT	2:26:43	50.21%
97	John Goldrosen	M 50-59	MA	2:27:41	49.88%
98	<u>Gina Iadarola</u>	F 40-49	MA	2:30:41	48.89%
99	<u>Kasabdra Iadarola</u>	F 20-39	MA	2:32:06	48.43%
100	<u>Christine Adreani</u>	F 20-39	NY	2:32:19	48.36%
101	Barry Ostrow	M 60-69	MA	2:35:46	47.29%
102	<u>Patricia McKeon</u>	F 40-49	MA	2:35:55	47.25%
103	<u>Marie Leigh</u>	F 50-59	?	2:38:01	46.62%
104	<u>Cyndy Curley</u>	F 40-49	MA	2:39:05	46.31%
105	<u>Michelle Faucher</u>	F 40-49	MA	2:48:18	43.77%
106	<u>Razia Shoyeb</u>	F 40-49	MA	2:49:57	43.35%

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### Dam Wimmin

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Starting out on the flat non-paved, heading for the woods / the Dam Trailrace on Aug 9, 08, I believe a young woman & I trail the field ( I never look back ). She doesn't seem to want me to go by so I don't much try - - then. Into the woods on the winding rocky trail, however, I easily do, and pretty soon past others - - mostly wimmin. Sensing wun "hanging on," "want to pass me?" "No, I like the way u plant your feet." She thinks I know what I'm doing? I'm spending too much energy both trying to stay in front of her and trying to keep my face where it is, not on the trail with my feet. Hey on the woods road I "speed" away! Red, a color not now akin to these woods, must instead cover the butt of a trailrunner. I'm in hot pursuit ( pursoot ).

Noise, never naturally akin to the woods, is provided by numerous non-athletic bike-engined riders. ☺ While John G ( clad in red ) steps aside, I grudgingly give ground, getting up to John then on by to be by myself awhile until there are 3 wimmin on the sunny stony road ahead. Sumthings amiss as they're going in different directions! "Have u seen a marker?" I explore to the right, they to the left: nothing. With disgust I join the reversal. "Ah there's the way." But not far in and - - coming our way another group of wimmin hollerin "not this way." At last back on course in the woods I lead, judging it by their ever-present ( always pleasant ) chatter, when pretty soon I'm warned "Not that way." Always wary of the dreaded faceplant, I'd not trusted elevated eyesite, so .... "Thanx". By & by all's fine & quiet again, quite runnable surface but my tiring legs can only run level and down. Goin up, "May I get by?" What's this. On the back of her shirt - - IRUNLIKEAGIRL. On the back of mine - - I'm thinking - - IWISHIRANTRAILLIKEBUSA.

Yak no whenever you're passed ya tryn hang on. I do try; I do hang on, kinda. Can't be a whole lot left when another's rite there behind, no chatter now.

Tho I can but crawl up the short steep she doesn't overtake me, doesn't try. Then a guy trailside talking, joins her, encourages her. Well, that's it for me, but no. I keep movin, hear him in the distance, then here they come again, his encouragement assisting me as well. ☺ She's not going to overtake me unless it's by

walking over my prone back. So we - - me and so many wimmin of the Dam Trailrace - - finally do it, get it done, cross the line.

Fun! ☺ Wheee!

*Dick Hoch*

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### **Book Review Corner:**

#### ***The Downhill Lie: A Hacker's Return to a Ruinous Sport, by Carl Hiaasen. Knopf, 2008.***

Some of you may be familiar with the works of Carl Hiaasen, a Florida-based novelist who is known for slightly risqué, teasingly humorous ecological mystery novels like *Skinny Dip* and *Skin Tight*. Or, if you have kids, you might have spotted them hunched over cleaned-up teen versions like *Hoot* and *Flush*. So you may be wondering what Carl Hiaasen could possibly offer the running community. On the surface, not much. Even less once you realize that *The Downhill Lie* does not reference the steepness of your coach's assigned hill workout or even the dreaded spectator comment, "It's all downhill from here." Nope. Hiaasen's personal downhill lie exposes his love/hate relationship with the sport of golf.

While quite a few Stryders appreciate the Spa Park golf course as a handy place to run or snowshoe, under duress, some will confess to actually playing more than an occasional round of golf. In fact, some are downright obsessed. These folks can tell you that the downhill lie and the uphill lie refer to instances where you are confronted with an obstinate ball which either lies downhill or uphill of where it is supposed to be. The fifty-something Hiaasen, like many of us, is threatened with a return to a sport where his hopes of remaining mildly competitive are thwarted by sore knees, aching hips and a desperate need to at least begin to justify his expensive arsenal of golf weapons. Therein is his own downhill lie, or in runner's terms, Achilles heel.

Mark Twain once commented that "golf is a good walk spoiled." Yet Hiaasen seems to enjoy his walks, however hilariously disastrous. Apparently golfing in Florida, with its rampant retirement community development, is completely different from our benign Eastern experience. Florida golf courses have become the last refuge of harassed wildlife. We are not talking cute chipmunks or melodious songbirds. From various off-fairway vantage points Hiaasen has appreciated wild boar, hungry rattlesnakes, predatory eagles and resident eight foot alligators. After his encounters, trail running seems benign indeed. Hiaasen conquers his downhill relationship not with a golf tour, but rather with a successful book tour. And in the end, he recognizes the true value of sport when he sees in his son's enthusiasm an echo of his own youthful golfer's honeymoon. He learns to appreciate the challenge of the moment and take enjoyment from his underbrush forays and occasional textbook shots, rather than focus on mere scratches in a training log. And ultimately, once the glory days have passed, that is what it is all about.

*Review by Laura Clark*

## Swimming up the Ladder

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The summer of 2008 will undoubtedly go down as one of the wettest in recent memory. We became proficient with as many different words for rain as Eskimos have for snow: thunder rain, driving rain, stop-and-start teasing rain and rainbow rain. So it was no surprise that this edition of the Indian Ladder Trail Race would follow suit with threatening rain, puddly rain, mud pie rain and sloppy rain. The only thing we lacked, at least until the cleanup crew went into action, was actual rain.

After navigating the Escarpment Trail flash floods the week before and dodging lightening strikes for over two hours, I was rather nonchalant about facing the ladder: I felt I had earned my baptism of fire. Nothing could possibly be worse. Still, I found myself lugging enormous quantities of gear to the start line -- compass, rain jacket, headlamps, multiple-flavor gels -- all the stuff I should have packed to Escarpment but naturally didn't.

On the trek up the hill from the parking lot I joined Josh Merlis and some of the other ARE members. They were all proudly advertising their multiple lines of stylish club apparel. I myself was sporting my lavender ARE Trail Running Camp shirt. After having an absolute blast at my first camp experience since Girls Scouts, I decided I simply had to fork over my \$10 and become a member. I have not yet purchased any of the ARE's Fido Dido\* cloned logo items yet, although when I was living in Europe I did own a few Fido shirts. I'm hoping maybe they are still in an old suitcase somewhere.

Anyway, to digress even further, for those of you who have been too busy trying to qualify for Boston, ARE is a hyperactive running club with the emphasis on fun. Originally formed by a group of SUNY Albany students with time on their hands, it has grown up with the founders, gotten a real job, ARE Event Productions, and is now reaching out to fun lovers of all ages. It is something of an anomaly as most local clubs are top heavy on the master's side. Now that I an official ARE member, I have automatically gotten ten years younger. That is why I felt I could keep up with this crowd which was setting their sights on doing four races in three days. Indian Ladder's 15K and then the 3.5 mile would be races #2 and #3.

One of the considerable perks of being an ARE member is that you get to park your stuff under their tent and it stays DRY! So I was able to change into fresh clothes, if not fresh legs, in between races. Both starts funnel into a conga line along the narrow escarpment ledge where, theoretically, you will be going slowly enough to risk a peak out into the abyss. I usually save that part for after the race.

As the gravelly section was fairly dry, we were lulled into complacency. Then back into the woods, things deteriorated rapidly as out-and-back reality took hold. Many sections were simply big puddles, impossible to skirt. And who would want to waste all that time pussy footing around when you could plunge right in? By the return trip multiple foot strikes had squeezed water from the sections that were merely spongy, creating auxiliary swamps. Fortunately, the trail was well-marked, since you certainly couldn't rely on tracking anyone's footprints. The funnest part was the return trip down the steepest hill. I thought I would be smart and angle my shoes

side-step fashion. Instead, I slid, fancy footwork and all, over a bunch of slippery leaves greased in mud.

Mid and back-of-the-packers got even more bang for their buck since the top contestants had zipped up and down ladders at least once, possibly even twice, before the rest of us average folks. This was made abundantly clear on the 3.5 mile trek which began well after the last 15Ker had crossed the finish. Lining up for the 3.5 miler, I felt pretty smug. The ARE folks, more experienced in multiple events, had shown me how to overlap one race bib on top of the other. Superman-style, I dramatically ripped off my 15K bib, revealing a crispy 3.5 mile number underneath. Recharged, and sporting muddy legs that gave me permission to start out hesitantly, I was ready.

Surprisingly, there were quite a few athletes who took the opportunity to get in a long run. This leads to a brief time out for philosophical reflection. Why is it that you are just as tired after a 5K as after a 15K, or after a half marathon as after a full? My guess is that your mind knows just how much it has to do and then shuts off once the requirements are met. Clearly, my requirements were met at the end of the 15K, as I struggled desperately through the shorter event, which for me was supposed to be a cool down. Next year I will know better and I'll set my timer for both races.

The ladders that the Schoharie branch of the Mohawk Indians had long ago erected to assist them in climbing up the Helderberg Escarpment have vanished into the mists along with the tribe that hacked out their "as the crow flies" direct route to the Albany trading post. While navigating the muddy trails, if we cocked our heads at just the right angle, we could still catch a whiff of tobacco, a whoosh of feathers and a soft padding of moccasins. I would like to think that the Mohawks nodded approval at the white runners following in their footsteps, every bit as determined to overcome adverse weather and challenging trail conditions to reach their destination. When the Mohawks reached their goal, they traded furs for muskets and trinkets; we traded race bibs for Tshirts and chicken barbecue. We both got a good deal.

\*If you are totally in the dark about Fido, you are probably just too young. Fido, a triangular-headed guy with upright hair was popular abroad in the eighties, but never really made it big in the States. Until now. ([www.fidodido.com](http://www.fidodido.com))

*Laura Clark*

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### Indian Ladder Trail Run 15K .... Aug. 3, 2008

1	Jim Sweeney	27 M	NY	57:07
2	Tim Van Orden	40 M	VT	57:08
3	<b>Josh Merlis</b>	26 M	NY	57:25
31	<u>Rachel Clattenburg</u> 1 <sup>st</sup> F	24 F	NY	1:13:06
39	James Miner	59 M	NY	1:15:09
52	<u>Sara Brenner</u>	28 F	NY	1:18:43
135	<u>Laura Clark</u>	61 F	NY	1:43:17
151	<u>Barbara Sorrell</u>	51 F	NY	1:55:09
154	<b>Jamie Howard</b>	43 M	NY	2:04:47
155	<b>Greg Taylor</b>	61 M	NY	2:11:02

Complete results at .... [www.hmrc.com](http://www.hmrc.com)

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**Mt. Toby Trail Race.... 14 Miles**  
**Sunderland MA, August 24, 2008**

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Club members in Bold:

<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1 Justin Fyffe	M 28	VT	1:26:06	100.00%
2 Ben Nephew	M 33	MA	1:29:06	96.63%
3 Lou Bregou	M 38	NH	1:32:22	93.22%
4 Ty Remington	M 32	NY	1:38:43	87.22%
5 Donald Pacher	M 36	MA	1:40:21	85.80%
6 Matt Bedoukian	M 28	CT	1:41:21	84.95%
7 Todd Walker	M 42	MA	1:42:10	84.27%
8 <b>Rob Higley</b>	M 54	MA	1:43:18	83.35%
9 Scott Remick	M 34	MA	1:43:28	83.22%
10 John Agosto	M 44	CT	1:44:00	82.79%
11 <b>Bob Sharkey</b>	M 56	RI	1:46:16	81.02%
12 Scott Brew	M 42	CT	1:47:23	80.18%
13 Jeff Hansen	M 38	MA	1:47:58	79.75%
14 <b>Todd Brown</b>	M 44	CT	1:48:29	79.37%
15 <b>Scott Livingston</b>	M 35	CT	1:51:32	77.20%
16 <u>Ruthie Ireland</u> 1 <sup>st</sup> F	F 40	MA	1:52:51	76.30%
17 Mike Kagey	M 30	MA	1:53:58	75.55%
18 Steve O'Neil	M 57	MA	1:54:04	75.48%
19 <u>Teal Reeves</u>	F 26	NY	1:54:46	75.02%
20 Frank Giglio	M 30	CT	1:54:52	74.96%
21 Mark Mazzola	M 45	MA	1:57:26	73.32%
22 <b>Debbie Livingston</b>	F 33	CT	1:57:35	73.22%
23 Gregory Jones	M 44	MA	1:57:47	73.10%
24 Brian McKinney	M 37	CA	1:59:33	72.02%
25 Dave Martula	M 63	MA	1:59:55	71.80%
26 Ben Keefe	M 27	RI	2:00:03	71.72%
27 Dan Beaudet	M 38	MA	2:00:52	71.24%
28 <b>Ed Buckley</b>	M 50	MA	2:01:03	71.13%
29 John Carey	M 37	MA	2:01:38	70.79%
30 Nick Baldwin	M 28	MA	2:02:11	70.47%
31 Michael Morris	M 30	MA	2:02:24	70.34%
32 John Reino	M 44	MA	2:02:25	70.33%
33 Nathan Sullivan	M 29	MA	2:02:48	70.11%
34 Brian McCarthy	M 45	MA	2:03:20	69.81%
35 <b>Thomas Parker</b>	M 41	NH	2:03:43	69.59%
36 Sal Dichiaro	M 33	NY	2:04:00	69.44%
37 Nikolas Rogers	M 36	NY	2:04:14	69.31%
38 Dylan Reeves	M 27	NY	2:06:31	68.05%
39 Graham Warder	M 48	MA	2:07:28	67.55%
40 Garrett Deane	M 37	MA	2:07:29	67.54%
41 Phil Bricker	M 54	MA	2:08:11	67.17%
42 Bob Prentiss	M 53	MA	2:09:15	66.62%
43 Matthew Lyman	M 27	MA	2:10:01	66.22%
44 Jeff Karpatis	M 27	MA	2:11:01	65.72%
45 Justin Preftakes	M 33	MA	2:11:43	65.37%
46 Michael LoPresti	M 37	CT	2:12:10	65.15%
47 <u>Lisa Doucett</u>	F 53	MA	2:13:01	64.73%
48 Daryl Delisle	M 51	MA	2:13:09	64.66%
49 <u>Shonda Smith</u>	F 30	MA	2:13:13	64.63%
50 Andrew Wilson	M 47	NH	2:13:15	64.62%
51 Dan Wagner	M 51	MA	2:13:59	64.26%
52 Dominic Ambrosi	M 29	MA	2:14:49	63.86%
53 John Buonaccorsi	M 55	MA	2:14:59	63.79%
54 Tom Davidson	M 37	MA	2:15:15	63.66%

55 <u>Kathy McCarthy</u>	F 49	MA	2:15:18	63.64%
56 <b>Doug Cummings</b>	M 46	MA	2:15:40	63.46%
57 David Stauffer	M 29	MA	2:15:44	63.43%
58 <u>Molly Mackenzie</u>	F 23	NH	2:17:11	62.76%
59 <u>Helen Dole</u>	F 26	NY	2:17:58	62.41%
60 <b>Elaine Romano</b>	F 51	CT	2:18:22	62.23%
61 James Farrick	M 45	MA	2:23:25	60.03%
62 Harry Hayward	M 56	MA	2:25:31	59.17%
63 Tom Voss	M 39	MA	2:25:53	59.02%
64 <u>Karen Stone</u>	F 44	MA	2:26:45	58.67%
65 Sam Baldwin	M 31	MA	2:36:20	55.07%
66 Paul Grant	M 60	MA	2:36:28	55.03%
67 Rached Elzinji	M 26	MA	2:38:38	54.28%
68 Douglas Story	M 43	CT	2:39:52	53.86%
69 <b>Laura Clark</b>	F 61	NY	2:41:47	53.22%
70 Mark Dean	M 55	MA	2:42:02	53.14%
71 <u>Dawn Striker</u>	F 44	MA	2:44:12	52.44%
72 <u>Shari Hymes</u>	F 46	NY	2:46:31	51.71%
73 <u>Karen Martin</u>	F 38	NJ	2:47:24	51.43%
74 <u>Claire Coolbeth</u>	F 35	CT	2:48:13	51.18%
75 <u>Erika Heilig</u>	F 38	MA	2:49:01	50.94%
76 <b>Dick Hoch</b>	M 68	CT	2:49:39	50.75%
77 <u>Deb Anderson</u>	F 34	MA	2:50:58	50.36%
78 Mike Duffy	M 57	MA	2:52:09	50.01%
79 Glenn Doulette	M 41	MA	2:54:15	49.41%
80 Charles Thayer	M 64	NJ	3:06:50	46.08%
81 Damian Carroll	M 46	CT	3:07:18	45.97%
82 <u>Mary Lou White</u>	F 53	CT	3:07:54	45.82%
83 <b>Richard Busa</b>	M 78	MA	3:09:37	45.41%
84 Yassir Soffan	M 31	MA	3:13:19	44.54%
85 Hussein Saleh	M 19	MA	3:32:57	40.43%
86 <u>Sue Nealon</u>	F 58	NY	3:34:04	40.22%

**The Fat Ass 50K ( 31 miles or less )**

**Saturday December 27, 2008 10:00 AM**  
**North Adams, MA.**

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

Six 5 mile loops around the Curran Highway.

This is a community running event. All area runners are invited to participate by running as little as one loop or the whole thing.

If you are running fewer than 31 miles, you can start anytime and keep some of the 50Kers company.

All runners are expected to be able to finish the 50K within 6 hours.

Water & Sugar at start & half way point of the 5 mile loop.

Parking: Near the course.

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)

**Wapack Trail Race .... 17.6 Miles**  
**New Ipswich, NH. .... 8 / 31 / 08**

Sunny - Nice Breeze - Wonderful Views - High of 83 \*

**Club members in Bold:**

	<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1	Gary Harrington	M 48	NH	2:38:39	100.00%
2	Paul Young	M 43	MA	2:39:05	99.73%
3	<b>Peter Keeney</b>	M 42	ME	2:39:27	99.50%
4	Keith Schmitt	M 39	NH	2:42:06	97.87%
5	<b>Rob Higley</b>	M 54	MA	2:50:36	93.00%
6	Matt Bedoukian	M 28	CT	2:53:56	91.21%
7	William Heaton	M 23	RI	2:58:53	88.69%
8	Ted MacMahon	M 42	MA	2:59:08	88.57%
9	Ed Momm	M 46	NH	2:59:50	88.22%
10	Martin Fey	M 54	CT	3:00:41	87.81%
11	Gabriel Flanders	M 32	ME	3:02:52	86.76%
12	<b>Bob Sharkey</b>	M 56	RI	3:03:50	86.30%
13	Dima Feinhaus	M 45	MA	3:08:15	84.28%
14	Ken Naide	M 36	MA	3:11:44	82.75%
15	Don Pacher Jr.	M 36	MA	3:19:34	79.50%
16	<b>Paul Funch</b>	M 58	MA	3:20:40	79.06%
17	Chris Corradino	M 35	MA	3:21:17	78.82%
18	<u>Rachel Boudreau</u> 1st F	F 23	MA	3:21:51	78.60%
19	John Shith	M 41	MA	3:21:55	78.57%
20	Nathan Sanel	M 39	NH	3:24:36	77.54%
21	Chris Russell	M 45	MA	3:24:59	77.40%
22	Dan Beaudete	M 38	MA	3:25:15	77.30%
23	Bob Gillis	M 53	MA	3:25:55	77.05%
24	Bruce Campbell	M 50	MA	3:27:31	76.45%
25	Curt Pandiscio	M 47	NH	3:28:35	76.06%
26	Nikolas Rogers	M 36	NY	3:31:49	74.90%
27	Don Slovenkai	M 52	MA	3:33:25	74.34%
28	Richard Collins	M 52	ME	3:34:02	74.12%
29	Reji James	M 39	MA	3:34:37	73.92%
30	Chip Paterson	M 33	NH	3:35:26	73.64%
31	Adam Wilcox	M 26	NH	3:37:31	72.94%
32	Bob Hill	M 41	MA	3:37:51	72.83%
33	Gary Sclar	M 44	MA	3:40:07	72.08%
34	<u>Karen Ringheiser</u>	F 44	MA	3:40:40	71.90%
35	Mark Dearing	M 55	MA	3:41:37	71.59%
36	Norm Sheppard	M 50	MA	3:43:12	71.08%
37	Dane LeBlanc	M 50	MA	3:43:30	70.98%
38	<b>Mike Belcourt</b>	M 46	CT	3:43:47	70.89%
39	David Boudreau	M 36	NH	3:44:05	70.80%
40	<b>Will Danecki</b>	M 58	CT	3:44:19	70.73%
41	Charles Peabody	M 36	RI	3:44:42	70.61%
42	Bob Dunfey	M 57	ME	3:48:57	69.29%
43	<b>Steve Jensen</b>	M 47	CT	3:49:17	69.19%
44	Guido Meideros	M 53	MA	3:49:35	69.10%
45	<b>Dan Danecki</b>	M 49	MA	3:50:36	68.80%
46	Steve Collopy	M 51	MA	3:52:41	68.18%
47	Mark Fontaine	M 50	MA	3:53:38	67.91%
48	<b>Thomas Parker</b>	M 41	NH	3:54:11	67.75%
49	Gary Jewett	M 42	MA	4:01:01	65.83%
50	Mario Perez	M 39	MA	4:01:25	65.72%
51	<u>Michelle Roy</u>	F 38	MA	4:01:39	65.65%

52	Mark Barton	M 37	NH	4:06:47	64.29%
53	<u>Grace Jensen</u>	F 45	CT	4:07:45	64.04%
54	John Sherpa Lacroix	M 26	NH	4:13:43	62.53%
55	Tom Parent	M 32	MA	4:13:44	62.53%
56	Steve VanOrden	M 43	NH	4:13:53	62.49%
57	<u>Ana-Maria Vranceanu</u>	F 34	MA	4:15:50	62.01%
58	<u>Brenda Morris</u>	F 42	MA	4:18:36	61.35%
59	Eric D'Agostino	M 46	MA	4:19:55	61.04%
60	Moe Pratt	M 45	MA	4:19:55	61.04%
61	<u>Penny Matel</u>	F 48	NH	4:21:15	60.73%
62	Mark Weidman	M 51	NH	4:21:16	60.72%
63	Eric Finney	M 38	MA	4:23:35	60.23%
64	Kevin Zelechowski	M 32	MA	4:24:02	60.09%
65	Dan Scotina	M 53	MA	4:24:04	60.08%
66	<u>Carlene Hempel</u>	F 37	MA	4:32:33	58.21%
67	Michael Gorman	M 39	NH	4:37:02	57.27%
68	Mark Siegmund	M 44	ME	4:37:03	57.26%
69	<u>Mary Hull</u>	F 43	MA	4:37:04	57.26%
70	<b>Dave Raczowski</b>	M 57	CT	4:40:27	56.57%
71	John Loring	M 61	MA	4:47:45	55.13%
72	<u>Paulette Slovenkai</u>	F 48	MA	4:54:43	54.01%
73	<u>Diana Ganz</u>	F 26	MA	4:54:48	53.82%
74	<u>Jerri Pratt</u>	F 43	MA	4:54:48	53.82%
75	Richard Mellor	M 58	NH	5:25:32	48.74%

Race day was marked by cloudless skies, warm temperatures, dry conditions, and strong, cooling breezes - ideal conditions for running and taking in the views from atop the peaks of New Ipswich, Pratt, and Watatic Mountains. Garry Harrington, 48, showed no signs of slowing down as he powered to a first place finish of 2:38:39. Garry, Paul Young, Peter Keeney, and Keith Schmitt were in a tight pack at the turnaround, and at the finish, only 48 seconds separated the first three. One has to suspect they weren't doing too much sightseeing. On the women's side, Rachel Boudreau, 23, in her first Wapack, finished in 3:21:51. Special note needs to be made of the performance of Rob Higley, 54, who finished fifth overall, in 2:50:36. His biological clock seems to be running backwards. Someone needs to tell Rob to start acting his age.

Only one person got hopelessly lost on the course this year, so either the extra markings I laid out helped or folks who showed up are paying more attention to the markings that are there. It is, after all, a trail race. In fact, it's one of the tougher ones in New England, rating in the vicinity of a 16 on the Alibozek scale of trail races. This means that the pace is about 60% slower than a flat road race. So the Wapack is not a beginners' race, but one for the experienced and conditioned trail runner. I'm happy to provide them a challenge on a beautiful course (aside from a desolate mile or so on dirt roads), and always happy to hear their stories and their excitement in telling them. Thanks to all the runners for supporting the race, which in turn supports the Friends of the Wapack who maintain and protect the entire 22 miles of the Wapack trail.

*Paul Funch RD*



**Curly's Trail Marathon & Half-Marathon**  
**Pittsfield State Forest .... Pittsfield, MA. September 7, 2008**  
 Cloudy – Breezy early ..... Sunny – Mild later .... High of 74\*

22	<b>Ed Alibozek Jr.</b>	M 68	3:11:41	63.26%
23	David Mudanu	M ?	3:15:04	62.16%
24	<u>Amanda Long</u>	F 28	3:22:20	59.93%
25	<b>Sara Brenner</b>	F 28	3:47:05	53.39%
26	<b>Konrad Karolczuk</b>	M 55	4:17:20	47.12%
27	<b>Jamie Howard</b>	M 43	4:17:20	47.12%

Club members in Bold:

**Marathon:**

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>GT %</u>
1 Ben Nephew	M 33	3:47:47	100.00%
2 Ryan Smith	M ?	4:15:34	89.13%
3 Matt Bedoukian	M 28	4:17:19	88.52%
4 Joseph Hayter	M 28	4:38:24	81.82%
5 <b>Josh Merlis</b>	M 26	4:41:24	80.95%
6 <b>Deb Livingston</b> 1 <sup>st</sup> F	F 34	5:08:08	73.92%
7 <b>Ed Buckley</b>	M 50	5:08:21	73.87%
8 Thomas Williams	M 25	5:16:33	71.96%
9 <u>Nina Moore</u>	F 27	5:16:43	71.92%
10 Ben Keefe	M 27	5:32:30	68.51%
11 Bruce Shenker	M 55	5:34:10	68.16%
12 <b>Will Danecki</b>	M 58	5:40:58	66.81%
13 <u>Michele Hammond</u>	F 49	5:47:49	65.49%
14 Russell Hammond	M 48	5:54:20	64.29%
15 <b>Ed Alibozek</b>	M 45	5:54:32	64.25%
16 <b>Michele Roy</b>	F 38	5:56:19	63.93%
17 Dominic Ambrosi	M 30	5:58:13	63.59%
18 <b>Pete Lipka</b>	M 57	6:03:40	62.64%
19 <b>Bob Worsham</b>	M 62	6:09:28	61.65%
20 <u>Silke Koester</u>	F ?	6:10:30	61.48%
21 <u>Patty Duffy</u>	F 39	6:30:33	58.32%
22 <b>Andrew Carlson</b>	M 42	6:35:52	57.54%
23 John Mudano	M 41	6:59:59	54.24%
24 <u>Karen Stone</u>	F ?	7:01:15	54.07%
25 Charles Thayer	M 64	8:28:13	44.82%

**Half-Marathon:**

1 John Earnhart	M ?	2:01:15	100.00%
2 Eric Holm	M ?	2:04:00	97.78%
3 Ben Nilsestuen	M ?	2:04:05	97.72%
4 Dan Damascas	M ?	2:05:15	96.81%
5 Alastar Duffy	M ?	2:10:10	93.15%
6 Shane Thompson	M 27	2:23:18	84.61%
7 <b>Kristyn Meade</b> 1 <sup>st</sup> F	F 23	2:25:57	83.08%
8 Jay Avitable	M 47	2:26:50	82.58%
9 Brenan Tarrier	M 30	2:29:38	81.03%
10 Matt Thomas	M 37	2:29:50	80.92%
11 <u>Nancy Ogle</u>	F ?	2:30:27	80.59%
12 <b>Thomas Parker</b>	M 41	2:36:54	77.28%
13 <u>Sheila Neideck</u>	F 47	2:40:22	75.61%
14 John McCoy	M 42	2:42:12	74.75%
15 George Gilder	M 68	2:44:06	73.89%
16 <u>Elaine Allen</u>	F 40	2:45:45	73.15%
17 <u>Jen Roccabruno</u>	F ?	2:56:50	68.57%
18 Eric Waterman	M ?	3:05:12	65.47%
19 <u>Danielle Ciccla</u>	F ?	3:05:41	65.30%
20 <u>Denise Wagner</u>	F 46	3:10:08	63.77%
21 <u>Sara Vaughan</u>	F 53	3:10:40	63.59%

**Curly Delivers**

Before he blew his orange whistle that sent us on our way to a brand new trail running adventure, Albert “Curly” Voll said:  
 “ One thing I can tell you is that you’ll remember this race.”  
 Boy was he ever right! And luckily for me it was for all the right reasons.

When I arrived at the Lulu field early that morning in the Pittsfield State Forest, there was still some left over rain showers courtesy of tropical storm Hanna, which was still sweeping up the east coast. However by the time we all lined up to hear our final instructions from race director Beth Herder, all the rain was gone and patches of blue sky could be seen. Our instructions were simple. Follow the orange ribbons that way → for some 13 miles and you’ll eventually end up back here. Then if you decided that you’ve had enough fun for one day you can stop and get recorded for a half-marathon finish. But if you were still having fun you could turn around and go back the way you came ← for another 13 miles and end up back here again for a marathon finish. Simple enough.

Curly blows his whistle and we’re off. The first section of trail is the same as the Curly’s snowshoe race held here in January. Sure looks different without snow. Before long we found ourselves at the bottom of the Ghost Ski Trail. This ½ mile climb takes us straight up about 700 feet of elevation until we’re able to start running again on the Pine Mt. Trail. Some nice single track running in this section. Soon we hooked up with the Taconic Crest Trail which took us through some of the campground and past Berry Pond, which at 2,150 feet is listed as the highest natural body of water in Massachusetts. Up the black top road 1/10 of a mile to the first aid station and some wonderful views of the surrounding mountains and valleys. Back into the woods still on the Taconic Crest for 3 more miles of fantastic single track trail running finally brings us to a long steep switchback downhill and the unmanned aid station at the bottom.

It was still somewhat cloudy up to this point and we were running into a stiff breeze which was both refreshing and at times chilly. I had been running most of the way with Bobby Worsham and a first time trail runner named John who had just moved to New England from Florida. John was only doing the half but he impressed me with the way he kept up with us on the trails and how he even charged up the hills, something he’s never done before down in Florida.

***Continued next page:***

### Curly's cont:

Taking a right on Potter Mt. road after the aid station we follow this steep, washed out dirt road uphill about 1 mile before leveling off and then cutting back into the woods along dirt bike and ATV trails.

This next few miles was mostly downhill and level which was a relief and it finally brought us to the aid station at 11 miles.

The last 2 miles of the loop were fairly flat and rolling with a couple small stream crossings thrown in. We also had to give way to more than one ATV or dirt bike rider in this section.

Most of them were polite and really tried to avoid us, but the noise and exhaust fumes they left behind weren't very pleasant.

There were several turns in this last section and although they were well marked some runners had trouble finding the correct way to go. I had caught up to Ed Alibozek in the last 2 miles and as we were running in together we encountered Peter Lipka coming toward us asking us which way to go.

We thought that he had already been through the finish area so we pointed him down the road to the next turn and then Ed and I ran on into the start / finish area to refuel before heading out again. By now the skies had cleared and we were treated to some wonderful weather and the breeze was still there helping to keep us cool.

About a 1/4 mile into our 2<sup>nd</sup> loop there was Pete again coming back toward us still asking where the finish area was. We pointed him down the trail from where we just came and away he went. Apparently he had gone around and came into the start / finish area the wrong way and was told to go back and follow the correct trail. About 3 miles later Peter came charging up the trail to catch up to us. I guess he finally got everything straightened out so the 3 of us continued on together climbing up until we got to Potter Mt. road. This time we were going down it so we picked up the pace taking advantage of gravity. When I reached the turn off back into the woods at the unmanned aid station, Peter & Ed were nowhere in sight. As I was making my way up the long winding trail I did get a glimpse of Ed coming up from the bottom, but no Peter. I found out later that he had missed the turn into the woods and ran all the way down the road to the bottom.

From that point on I ran alone and never saw another runner all the way to the finish. I was surprised at how fast I made my way up that climb and despite running in a pair of new shoes, which was starting to rub and raise a small blister on my heel, I was really flying going down the other side of the trail and had to yell to warn Brad Herder who was out there looking to snap photos of runners that I was coming through.

I was having some shoe issues this year and this was my 3<sup>rd</sup> different pair of trail shoes so far. I think the small blister on my heel was not only from the shoes being new but also from the many steep climbs in this race. ( I would rate this course on par with the Greylock Marathon. )

I felt really good after that downhill section and continued to push on through the aid station and back finally back onto the Pine Mt. trail. What I was wasn't looking forward to was going down the Ghost Ski Trail which would be coming up soon

around the 24.5 mile mark. Sure enough my legs weren't very happy with my decision to run down this steep hill. I tried not to run too hard and even tried side-stepping some of the way down, but it's so steep that you really couldn't hold back. So after oohing , ahhing, and ouching all the way down I finally got to the bottom and I had to walk as my legs protested and starting cramping up on me.

Note to photogs: This is where you should have been taking photos if you really wanted some true action shots.

When I came out along the grass lawn near the main parking lot and picnic area there were groups of people hanging out there so I started running again just to make it look good.

They applauded as I "ran" by and then cut back into the woods where I started walking again as soon as I was out of sight.

After a few more minutes my legs settled down and I was able to run, ( Re: jog ), along the last mile to the finish.

This was no doubt my best run of the year as far as feeling good and having fun goes. I think I finally found a good pair of trail shoes and I plan on getting another pair before they discontinue this new model like they seem to do every year.

I can only hope that Beth, Brad and Curly and family will treat us to this wonderful romp in the woods again next year and I hope more of you can join us then.

Like Curly said at the start, "You'll remember this race", and he sure delivered on that promise!



*Will Run*

---

### *WMAC's 5K Turkey Trot*

*Thanksgiving Day ... 11 / 27 / 08 ... 9:30 AM  
Polish Hall ... 8 East Hoosac St. ... Adams*

*Day of race sign-up's ... beginning at 8:30 AM*

*Only \$5.00*

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

Or check the web page for up-dates ..... [www.runwmac.com](http://www.runwmac.com)

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# MONROE / DUNBAR BROOK TRAIL RACES

WESTERN MASS ATHLETIC CLUB  
2 MILES AND 10.5 MILES  
10:00 AM Sunday October 12, 2008  
MONROE, MASSACHUSETTS

**Start/Finish:** Dunbar Brook Picnic Area on River Rd, near the Monroe/Florida, MA town line.

The race runs on the trails and service roads of the Monroe State Forest --considered to have some of the most beautiful scenery in the East. Peak Fall colors, stands of old growth hemlocks, waterfalls, brook crossings, bear, moose, and eagles are just a few of the sights that this deep remote valley and its high peaks offer.

**Courses:** The **10.5 mile course** consists of a rolling one mile single track along the brook, followed by a steep climb of approx. 1/2 mile. It then climbs gradually on a mix of single track and fire roads to the summit of Spruce Peak (elev.2730 ft.), the course's high point at approx. race mile 6. The remainder of the course is mostly a gradual downhill, although a few steep sections will be encountered. There are as many as three brook crossings (possibly knee deep).

The **two mile course** is an out and back on the same one mile single track along the brook (mentioned above).

FEES:	10.5 MILE	2 MILE	SWEAT-SHIRTS
Early: by 10/3/08 .....	\$12	\$8	\$8
Race day .....	\$17	\$10	\$8 (if available)

**Family Discount:** no charge in excess of that for 3 people if pre-registered. Sorry, no refunds.

**Awards:** 1st, 2nd, 3rd overall and 1st in each group.

**Refreshments:** Barbecue for runners, their guests, and volunteers.

**More info:** Vic LaPort (413) 664-6203 or [vlaport@hotmail.com](mailto:vlaport@hotmail.com), or visit: <http://www.runwmac.com>

-----  
Cut along dotted line and send with check for total \$\$ made out to WMAC, P.O. Box 356, Adams, MA 01220

**Circle Race You Are Entering:**    2.0 MILE    OR    10.5 MILE    PLEASE PRINT CLEARLY

Name \_\_\_\_\_ Entry fee \$ \_\_\_\_\_  
Street \_\_\_\_\_ Shirt (optional) \$ \_\_\_\_\_  
City/Town \_\_\_\_\_ Total \$ \_\_\_\_\_  
Zip \_\_\_\_\_ Phone \_\_\_\_\_ email \_\_\_\_\_

Age \_\_\_\_\_ Sex M F    Shirt size S M L XL    WMAC Member? Yes No

Please enter me in the indicated Monroe Dunbar Brook Trail Race. I agree to assume all responsibility for and all risk of damage or injury that may occur to me as a participant in this event. In consideration of being accepted as a participant in this event, I hereby, for myself, my heirs, executors and administrators, release and discharge any and all sponsors of the Monroe Dunbar Brook Trail Races from all claims, damages, rights of action, present or future whether from the arising of, or incident to my participation in this event. I hereby certify that I am physically fit and have successfully 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.

Signature \_\_\_\_\_ Date \_\_\_\_\_  
Parent/Guardian (if under18)

Western Mass Athletic Club  
P. O. Box 356  
Adams, MA. 01220

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

\*\*\*\*\*cut\*\*\*\*\*cut\*\*\*\*\*cut\*\*\*\*\*cut\*\*\*\*\*cut\*\*\*\*\*cut\*\*\*\*\*cut\*\*\*\*\*cut\*\*\*\*\*cut\*\*\*\*\*cut\*\*\*\*\*cut\*\*\*\*\*

**MEMBERSHIP FORM ( Check One ): NEW\_\_\_\_\_ RENEWAL\_\_\_\_\_**

**NAME ( S )\_\_\_\_\_**

**Send Address Changes**

**ADDRESS\_\_\_\_\_**

**ASAP To:**

**CITY\_\_\_\_\_STATE\_\_\_\_\_ZIP\_\_\_\_\_**

**WMAC**

**TEL\_\_\_\_\_D O B\_\_\_\_\_SEX\_\_\_\_\_**

**P O Box 356**

**E-MAIL\_\_\_\_\_**

**Adams, MA. 01220**

**( Check one ): Single Membership\_\_\_\_\_ Household Membership\_\_\_\_\_**

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

**Send Form & Fee To: W M A C**

**P O Box 356**

**Adams, MA. 01220**

**HOTLINE INFO: (413) 743-5124**

**Interest (s):**

**Running\_\_ Snowshoes\_\_ Kayak\_\_ X-C Skiing\_\_ Hiking\_\_ Biking\_\_ Skiing\_\_ Camping\_\_ Backpacking\_\_**

**OTHER\_\_\_\_\_**

**Vol. 14 . . . Issue. . . 4 ...End of Summer ... 2008**

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