

Wapack 2014

by Paul Funch, RD

Just like last year, but worse for many, this year's 114 Wapack finishers experienced extremely high humidity and temperatures hovering around 80 degrees. Except for some welcome cooling breezes along the ridges, this was not a day for course records and none fell again for the second year in a row. Runners came from all six New England States, New York, DC, California, and Texas.

Taking first place, in his first ever Wapack, in an excellent time of 2:33:42, was 23-year old Andy Scott of Somerville, MA. Five minutes behind him was the course record holder (2:23:50 in 2010), 49-year old Dave Herr of Canaan, VT, who ran 0:02:28 faster than last year despite the humid conditions and despite taking the lead pack of runners off course briefly within the first mile of the race.

On the women's side, Kehr Davis, 37, of N. Egremont, MA, led the field, finishing in 3:07:25. Second woman over the finish line was the second place finisher last year as well, Alexandra Jospe, 30, of Newton, MA, in a time of 3:11:57. Alexandra took 0:20:45 off her time from last year!

Senior (50-59) age group record holder (3:15:29) Ted Cowles led the way again this year in a time of 3:19:40, chased by Miroslav Tashev who finished in 3:20:49. Veteran (60-69) age group record holder (3:17:06) and RD Paul Funch finished in 3:33:46 with Will Danecki following in 4:16:14.

Eleven runners did not finish the race this year, which reflects the difficult weather conditions the runners faced. One experienced runner became so dehydrated that she required medical care and intravenous hydration at the local hospital. Fortunately, she had made it to the Windblown

property where a vehicle was able to reach her. Because nearly all of the last 5.5 miles of the race is inaccessible by a vehicle and thus medical attention could be very delayed in case of an emergency, we instituted cut-off times this year to minimize the potential of serious dehydration/exhaustion and injury on the way back to the finish line. Our experience this year confirms that this is a prudent policy to maintain in the future.

The Wapack Trail Race in 2015 will be held, as usual, on the Sunday of Labor Day weekend.