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Check us out on the web at....

www.runwmac.com

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- Club Officers . . . **poncherosa@yahoo.com**
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The Lady Gets the Last Laugh

By Laura Clark

Mudslinger in the rain (natch); Northfield in the rain...and on and on. Mold has penetrated my leaky old car to the point where it has overtaken the customary dirty socks smell. I'm not sure if that's a good thing or not. At Northfield, Paul Hartwig's biggest concern was discovering a local nursery with fungus-free baby cucumber plant replacements. Pessimists opted for bug repellent; optimists doggedly applied sunscreen.

Meanwhile, Lady Greylock, rendered virtually invisible in the foggy conditions, kept her own counsel, patiently biding her time. While we had again wimped out of the kamikaze Thunderbolt downhill in favor of an infinitely safer, uphill plod, Lady Greylock was by no means subdued. For as we drove up Gould Road to the Glen, the Lady was bathed in sunshine, proudly sporting a thirty degree temperature increase over the day before. No way would she let us have an easy run for it. On Mother's Day perhaps, but certainly not on Father's Day.

With all the rain, we expected a muddy course. But what we didn't expect were: The Flies. They had apparently preregistered for the event and were determined to get their money's worth. Congregating by the pavilion, they were catching up on the latest gossip, sharing dive bombing tips and eagerly inspecting the food supplies for possible packaging defects. As more runners arrived, they divided themselves into clumps of fifty or so, with the fleetest of wing attaching themselves to the fastest runners and the rest grouping themselves accordingly. There was much jostling for position during the warmup period as potential running mates were selected and then discarded. It was also rumored that there was some behind-the-scenes illegal wagering on the various fly/human team combinations. Final results, however, were recorded only for the human half of the equation and did not take into account the fact that folks who attracted the largest crowd of flies were motivated to run the fastest. Those insects highest on the evolutionary ladder realized it was simply too hot to give chase and stationed themselves by the water stops, hoping to catch a meal on the fly as it were. Human water station volunteers were afterwards cautioned that they were not eligible to donate blood for at least two months in order to give their bodies a chance to build up a decent supply.

Males who were not signed up for the foot/wing competition still suffered from pre-race anxiety as they set their sights on Deb Livingston. Those who had never before finished ahead of her figured that this might be their one and only opportunity. The macho contingent swore that no way would they ever finish behind a woman six months pregnant. Final score: 69 ahead, 40 behind. Female entrants, being more enlightened and realizing that they didn't stand a chance of beating Debbie under any circumstances, laughed all the way up the mountain as the men jockeyed for position.

Other heroes equally foolish were those who had tackled Mt. Washington the day before yet still showed up at Greylock on Sunday. Were they that intent on their trilogy rankings? Did they have a need to prove how tuff they were? Or did they simply need a wider audience to brag about their Washington exploits? Two WMACer's, Rich Busa and Carol Kane, came prepared, ready to whip out their first place medals on the slightest provocation. Carol had even composed a riddle designed to stump anyone with any brain power left after the double 90 degree (incline and heat) climb: "How could I have lost the age group race and still come in first?!"*

Continued next page:

Lady cont:

As for me, I was rather disappointed with my Thunderbolt strategy. Apparently, I was in denial because I expect the course to evolve along the lines of Curley's Thunderbolt snowshoe course. I kept looking for the friendly little shack where Paul Hartwig would be standing, offering encouragement and telling everyone to turn around and head back to the Glen. That never happened. Not only was Paul running this time, but we were expected to go all the way to the top. I tried to imagine snow, lots of it. But I was still hot.

Once I finally saluted the Lady, I felt Alice-in-Wonderlandish as I ran the remainder of the course "backward." Certain sections seemed familiar, but when viewed through the Looking Glass, decidedly out of place. Inevitably, in a long trail race, I usually come across a section that reminds me of another race. This time, the entire course reminded me of other Greylocks. Other Greylocks where I was lost and retracing my footprints to see where I had gone wrong.

Despite Bob Dion's warning, I had no trouble at the usual overgrown "Helen Keller" portion. I remember one rainy spring when the ferns were so big that you literally couldn't see where you were placing your feet. In fact, I was doing pretty good, even repassing Karen McWirt during the last few miles. Good Samaritan that I was, I noticed she was fading badly and offered her my last gel. She, in turn, had the decency not to overtake me, leaving me the dubious distinction of outrunning a person suffering from Lyme disease (the other time she beat me, she had bronchitis). But alas, even this small consolation was not to be as I missed the final turn and, try as I may, could not make up the lost time.

...To be continued... Tune in Sunday, September 24th for the resurrected Greylock Trail Marathon, courtesy of Darlene McCarthy, and see how many of us are loony enough to both run up and down the mountain! Maybe those who do both the Half in June and the Full in September could get one of those Disney-style Goofy medals. Or better still, how about a Greylock Triple Crown with the Half, Full and Snowshoe?!

*Carol placed second in her age group, yet still won the USATF National Championship since the first place winner had neglected to join USATF. Lest you think this is some kind of fluke, the June TrailRunner reports a similar occurrence in this year's 100k National Championship.

Laura Clark

**Greylock Trail Races Half Marathon and 5K
Greylock Glen Adams, MA. June 18, 2006**

Sunny ... Hot ... Humid ... Millions of Flies

WMAC Members in Bold:

Half Marathon Results:

<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT%</u>
1 Ben Nephew	M 30	MA	1:46:46	100.00%
2 Adam Harding	M 19	NY	1:49:43	97.27%
3 Brad Lewis	M 19	NY	1:53:07	94.35%
4 Kent Lemme	M 39	MA	1:53:35	93.96%

5 Garry Harrington	M 46	NH	1:56:05	91.94%
6 Dave Hannon	M 35	VT	1:58:09	90.33%
7 Bryan Johnston	M 27	NH	1:58:13	90.28%
8 Donald Pacher	M 34	VT	2:01:04	88.15%
9 Charlie Iselin	M 43	CT	2:02:00	87.48%
10 Mark Buffone	M 32	MA	2:02:13	87.32%
11 Brett Stoeffler	M 39	CT	2:02:45	86.94%
12 PJ Telep	M 35	VT	2:04:59	85.39%
13 Bob Dion	M 50	VT	2:05:50	84.81%
14 Steve Roberts	M 41	MA	2:06:26	84.41%
15 Ethan Abeles	M 33	MA	2:06:40	84.26%
16 Tom Buckley	M 46	CT	2:06:52	84.12%
17 Chris Baynes	M 35	MA	2:07:14	83.88%
18 Stephen Marsalese	M 40	CT	2:07:25	83.76%
19 Thomas DeHaan	M 43	NY	2:07:28	83.73%
20 Greg Hammett	M 28	NH	2:07:45	83.54%
21 Jim Preite	M 40	MA	2:08:28	83.08%
22 Todd Brown	M 42	CT	2:10:29	81.79%
23 Scott Livingston	M 33	CT	2:12:03	80.82%
24 Davin McGraw	M 49	NH	2:12:16	80.69%
25 John Goodell	M 37	VT	2:13:26	79.98%
26 Ken Clark	M 43	CT	2:13:39	79.85%
27 Jay Kolodzinski	M 27	MA	2:18:19	77.16%
28 Jim Nelson	M 42	CT	2:18:28	77.08%
29 Will Berglund	M 34	MA	2:18:59	76.79%
30 Nick Jubok	M 49	NY	2:19:47	76.35%
31 Kiko Brackes	M 37	MA	2:19:54	76.29%
32 Larry Rosenkrantz	M 41	NY	2:21:03	75.66%
33 Tucker Chrapowitzky	M 28	NY	2:21:05	75.65%
34 <u>Abby Kingman</u> 1 st F	F 44	MA	2:21:15	75.56%
35 Joe Gwozdz	M 51	MA	2:21:39	75.34%
36 <u>Madeline Nagy</u>	F 39	MA	2:21:51	75.24%
37 John Colucci	M 47	MA	2:22:08	75.09%
38 Keith Harratunin	M ?	?	2:23:27	74.40%
39 Steven Andrews	M 47	NH	2:23:38	74.30%
40 Curt Newton	M 43	MA	2:24:22	73.93%
41 Ed Buckley	M 48	MA	2:27:30	72.36%
42 Peter LaGoy	M 46	MA	2:29:33	71.36%
43 Tom Parent	M 29	RI	2:29:33	71.36%
44 Doug Pratt	M 47	MA	2:29:46	71.26%
45 Curt Pandiscio	M 45	CT	2:29:48	71.24%
46 Chris Trager	M 38	MA	2:32:08	70.15%
47 Thomas Parker	M 40	NH	2:32:26	70.01%
48 Dana Royer	M 30	CT	2:33:04	69.72%
49 Bruce Shenker	M 53	NY	2:33:52	69.36%
50 Patrick Lowkes	M 33	VT	2:36:54	68.02%
51 Eric Moore	M 40	NY	2:37:02	67.96%
52 Tony Scott	M 43	NY	2:38:06	67.50%
53 Peter Haines	M 45	CT	2:38:24	67.38%
54 Michael Belcourt	M 44	CT	2:40:30	66.50%
55 Richard Peters	M 46	MA	2:40:57	66.31%
56 Marc Rebillard	M 50	CT	2:41:02	66.27%
57 Pete Lipka	M 54	MA	2:45:01	64.68%
58 Will Danecki	M 56	CT	2:46:06	64.25%
59 <u>Sarah Dolven</u>	F 36	MA	2:47:15	63.81%
60 Dave Hall	M 43	MA	2:47:37	63.67%
61 Jim Gonyea	M 57	MA	2:48:21	63.39%
62 Chris Marvelli	M 37	MA	2:48:48	63.23%
63 Chris Leggett	M 35	MA	2:49:48	62.85%

Continued next page:

Greylock results cont:

64	Ed Saharczewski	M 52	MA	2:49:58	62.79%
65	Vic LaPort	M 65	MA	2:50:14	62.69%
66	Doug Cummings	M 44	MA	2:50:28	62.61%
67	Bob Worsham	M 60	CT	2:50:29	62.60%
68	Eben Futral	M 42	AZ	2:51:39	62.18%
69	Alan Cabot	M 51	MA	2:51:40	62.17%
70	Dan Danecki	M 47	MA	2:54:32	61.15%
71	<u>Kristina Folcik</u>	F 28	CT	2:56:00	60.64%
72	Jim Leggett	M 36	NY	2:56:10	60.58%
73	Deborah Livingston	F 31	CT	2:56:34	60.44%
74	Bruce Marvonek	M 52	CT	2:57:58	59.97%
75	Mike Pytko	M 50	MA	2:58:40	59.73%
76	<u>Emily Gravelle</u>	F 19	NY	2:59:04	59.60%
77	Paul Donovan	M 51	VT	3:00:53	59.00%
78	Chris Sorenson	M 44	MA	3:01:03	58.95%
79	Dennis Desnoyers	M 36	MA	3:01:49	58.70%
80	Gordon Sumner	M 36	ME	3:02:29	58.48%
81	Loren Siebert	M 43	MA	3:03:22	58.20%
82	Dave Mahoney	M 18	CT	3:03:30	58.16%
83	Tom Mack	M 41	NY	3:03:38	58.12%
84	Carol Kane	F 60	CT	3:05:23	57.57%
85	<u>Kara Holmquist</u>	F 36	MA	3:05:37	57.50%
86	Christopher Johnson	M 48	MA	3:06:03	57.36%
87	Dancing Fool	M 48	PA	3:06:03	57.36%
88	Dave Taylor	M 48	CT	3:06:45	57.15%
89	Robert Scott	M 52	CT	3:07:13	57.01%
90	Mark Coviello	M 20	MA	3:09:28	56.33%
91	Andrew Meisler	M 42	CT	3:13:27	55.17%
92	<u>Dee McWilliams</u>	F 41	MA	3:13:28	55.16%
93	<u>Cathy Proenza</u>	F 43	CT	3:13:33	55.14%
94	Cynthia Kozok-Buckley	F 46	CT	3:14:15	54.94%
95	Larry McAndrews	M 47	MA	3:17:20	54.08%
96	Bill Thibault	M 49	MA	3:19:38	53.46%
97	David Aronson	M 51	MA	3:19:45	53.43%
98	Denise Dion	F 48	VT	3:21:48	52.89%
99	Darlene McCarthy	F 43	MA	3:21:56	52.85%
100	Craig Labrec	M 45	CT	3:22:39	52.66%
101	<u>Judy Kochman</u>	F 49	CT	3:23:35	52.42%
102	John Mesevage	M 52	NY	3:23:37	52.41%
103	Kevin Simon	M 56	MA	3:23:38	52.41%
104	<u>Cheryl Jackson</u>	F 33	CT	3:24:53	52.09%
105	Ed Jr. Alibozek	M 66	MA	3:26:21	51.72%
106	Ed Alibozek	M 43	CT	3:26:21	51.72%
107	Paul Hartwig	M 49	MA	3:32:54	50.13%
108	John Foster	M 41	CT	3:34:40	49.72%
109	Karen McWhirt	F 45	CT	3:36:06	49.39%
110	Laura Clark	F 59	NY	3:36:17	49.34%
111	Charles Thayer	M 62	VT	3:39:28	48.63%
112	<u>MaryLou White</u>	F 50	CT	3:39:34	48.61%
113	Sue Snyder	F 51	MA	3:42:51	47.89%
114	Richard Busa	M 76	MA	3:46:36	47.10%
115	Tristan Syrett	M 22	MA	3:51:08	46.17%
116	Peter Sheppard	M 18	MA	3:53:58	45.62%
117	Mark Syrett	M 57	MA	3:56:15	45.17%
118	Timothy Patten	M 45	VT	3:56:42	45.09%
119	<u>Sarah Sheppard</u>	F 21	MA	3:57:06	45.01%
120	Norm Sheppard	M 48	MA	3:57:06	45.01%
121	Walter Kolodzinski	M 63	MA	4:04:49	43.59%
122	Pat Clark	M 37	NH	4:05:11	43.53%

123	Peter Henner	M 53	NY	4:10:40	42.58%
124	Jamie Howard	M 40	NY	4:18:31	41.28%
125	Daniel Davison	M 42	MA	4:23:53	40.44%
126	Blaine Freadman	M 42	MA	4:23:59	40.43%
127	Dick Hoch	M 65	CT	4:47:52	37.07%
128	Sherisa Sterling	F 53	MA	4:53:30	36.36%
129	Brent Terry	M 44	CT	5:21:00	33.25%

Greylock Trail Races ... 5K Results

	<u>Name</u>	<u>Age</u>	<u>ST</u>	<u>Time</u>
1	Justin McCarthy	M 16	MA	21:49
2	Lauren Stocker	F 16	MA	23:15
3	Wayne Stocker	M 52	MA	23:22
4	Buzz Gardner	M 53	CT	24:03
5	Karla Chaffee	F 22	MA	24:38
6	<u>Emily Todd</u>	F 27	NH	24:55
7	Jan Rancatti	M 45	VT	25:23
8	Allen Krabill	M 27	MA	26:08
9	Sarah Higley	F 17	MA	27:29
10	John Kline	M 39	MA	27:42
11	Pat McGrath	M 40	MA	28:10
12	Annette Guerino	F 44	MA	28:37
13	<u>Kathleen Rioux</u>	F 50	NH	28:39
14	Bob Massaro	M 62	MA	28:52
15	Brian Alaric	M 42	MA	29:06
16	<u>Donna Kelley</u>	F 46	MA	29:46
17	<u>Anna Peters</u>	F 13	MA	29:54
18	<u>Cynthia Gardner</u>	F 55	MA	30:02
19	Rebecca Hall	F 13	MA	30:04
20	<u>Kim Ward</u>	F 34	CT	30:05
21	Robert Toth	M 56	MA	30:05
22	Eric Westerdahl	M 41	MA	30:10
23	<u>Juanna Ezinga</u>	F 54	NY	30:25
24	Kerry Ryan	M 6	MA	30:26
25	Mike Aponte	M 34	MA	33:01
26	Brian McCarthy	M 45	MA	33:14
27	Dick Stoefflea	M 73	CT	33:24
28	Schuyler Robinson	M 9	MA	33:27
29	Michael McKinnon	M 53	NH	33:45
30	Andrea Hall	F 12	MA	34:28
31	<u>Alison Peters</u>	F 45	MA	34:33
32	<u>Joanna Lamanna</u>	F 49	NY	36:23
33	<u>Janet Mittelmark</u>	F 44	CT	36:23
34	Thane Preite	M 9	MA	37:45
35	Spencer Chaffee	M 54	MA	38:38
36	<u>Karen Tendrup</u>	F 41	VT	38:54
37	<u>Kris Kozuch</u>	F 48	MA	39:10
38	Claudine Preite	F 39	MA	39:25
39	Julie Wilk-Chaffee	F 53	MA	41:46
40	Bill Glendon	M 60	MA	43:16
41	Konrad Karolczuk	M 53	CT	43:18
42	Dale Desnoyers	M 42	NY	48:28
43	Elaine Buckley	F 59	MA	50:16
44	<u>Sandy Robinson</u>	F 41	MA	55:32

23rd Nipmuck Trail Marathon
Ashford, CT. May 28, 2006
 Sunny & Warm 80's

WMAC Members in Bold:

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>GT %</u>
1 Dave Herr	M 41	3:21:57	100.00%
2 Ben Nephew	M 30	3:30:04	96.14%
3 Nick Auyeung	M 22	3:32:06	95.21%
4 Todd Lagimonier	M 40	3:34:49	94.01%
5 Glen Redpath	M 40	3:38:30	92.43%
6 Matt Estes	M 33	3:45:07	89.71%
7 Brad Lewis	M 19	3:54:28	86.13%
8 Nicholas Clark	M 32	3:54:29	86.13%
9 Bob Dion	M 50	3:55:20	85.81%
10 Michael Karthas	M 21	3:55:21	85.81%
11 Christopher Lanau	M 38	3:57:03	85.19%
12 Ed Kostak	M 38	3:57:29	85.04%
13 Jim Thompson	M 40	4:00:32	83.96%
14 Jerry Turk	M 47	4:01:13	83.72%
15 Richard Ely	M 43	4:03:56	82.79%
16 <u>Kerry Arsenault</u> 1 st	F F 41	4:05:46	82.17%
17 Benny Salo	M 24	4:06:26	81.95%
18 Jim Dube	M 39	4:07:10	81.71%
19 Zack Chorlop-Powers	M 25	4:07:44	81.52%
20 Bob Mathes	M 53	4:11:40	80.25%
21 Ken Clark	M 43	4:16:20	78.78%
22 Scott Livingston	M 33	4:17:06	78.55%
23 Josh Merlis	M 24	4:21:12	77.32%
24 Bob Crowley	M 49	4:22:30	76.93%
25 Michael Dougherty	M 34	4:22:57	76.80%
26 Jim Pugh	M 55	4:32:20	74.16%
27 Greg Monette	M 38	4:35:14	73.37%
28 <u>Maya Siriwardana</u>	F 28	4:37:50	72.69%
29 Dan Broom	M 31	4:39:22	72.29%
30 Rob Higley	M 52	4:39:58	72.13%
31 <u>Susan Landry</u>	F 39	4:40:06	72.10%
32 Jeff List	M 46	4:41:56	71.63%
33 Joshua Schaff	M 36	4:42:18	71.54%
34 Paul Funch	M 55	4:43:28	71.24%
46 Craig Wilson	M 57	4:55:53	68.25%
47 <u>Donna Utakis</u>	F 38	4:56:03	68.21%
48 Jim Bolwell	M 36	4:56:10	68.19%
49 Mike Belcourt	M 44	4:56:26	68.13%
50 David Raczkowski	M 55	4:58:56	67.56%
57 Nikolas Rogers	M 34	5:04:36	66.30%
63 <u>Sheryl Wheeler</u>	F 43	5:07:18	65.72%
66 <u>Kristina Folcik</u>	F 28	5:14:44	64.17%
70 Sam Ayling	M 31	5:20:43	62.97%
71 Will Danecki	M 56	5:20:44	62.97%
72 Timothy Blinn	M 46	5:21:15	62.86%
79 Carlos Carrasco	M 31	5:25:56	61.96%
80 <u>Sandra Carrasco</u>	F 33	5:25:57	61.96%
81 Doug Nemeth	M 35	5:26:50	61.79%
82 <u>Elizabeth Varadian</u>	F 28	5:26:57	61.77%
83 John Varadian	M 55	5:26:57	61.77%
84 Joe Beyer	M 43	5:28:31	61.47%
86 Peter Palmer	M 53	5:30:14	61.15%

97 Kenny Rogers	M 52	5:42:52	58.90%
100 <u>Elaine Romano</u>	F 48	5:46:43	58.25%
101 Seamus Hodgkinson	M 56	5:47:27	58.12%
106 Bruce Marvonek	M 52	5:52:45	57.25%
107 Randy Witlicki	M 50	5:53:42	57.10%
110 Bob Dunfey	M 54	5:59:39	56.15%
112 <u>Cheryl Jackson</u>	F 33	5:59:41	56.15%
113 Robert Scott	M 52	5:59:43	56.14%
116 Darlene McCarthy	F 43	6:03:30	55.56%
117 <u>Michelle Roy</u>	F 36	6:04:40	55.38%
121 Mike Bouscaren	M 59	6:12:00	54.29%
122 Felix Modugno	M 49	6:14:22	53.94%
129 Richard Busa	M 76	6:35:34	51.05%
130 <u>Laura Clark</u>	F 59	6:37:15	50.84%
131 <u>Sandy Beauvais</u>	F 45	6:37:55	50.75%
132 Wilhelm Kadunc	M 53	6:47:27	49.56%
133 Jon Romeo	M 42	6:49:37	49.30%
134 Barbara Sorrell	F 49	7:02:25	47.81%
135 Greg Taylor	M 59	7:03:52	47.64%
136 <u>Julie Gieder</u>	F 42	7:15:04	46.42%
137 Philip Milio	M 56	7:15:05	46.42%
138 Eric Kreuter	M 46	7:16:54	46.22%
139 Philip Schaab	M 64	7:25:35	45.32%
140 <u>Deborah Glen</u>	F 50	7:35:09	44.37%
141 John Glen	M 46	7:35:09	44.37%
142 Lawrence Herman	M 39	8:04:32	41.68%

142 Official Finishers ... Complete Results can be found at...

www.runwmac.com

Geezer Female Conquers NipMuck

by Dave Raczkowski

(Savin that one for the end.)

Out the door at 3 AM to get the 23rd NipMuck Trail Marathon started. I got plenty of rest on Saturday so I was ready to drive off in that huge van I rented. Usually I have 3 volunteers with 3 large pickup trucks to help me haul away stuff but they couldn't make it because of prior commitments for Memorial Day weekend. It was nice not having to jam everything into every square inch of pickup truck I have and when I got to Perry Hill Rd it unloaded in a easily organized manner. First, all the aid boxes, then all the other race stuff. Since I got an early jump I got to Perry Hill just before dawn with just me and my headlamp, a beautiful quiet time. I had enough time to set up which was good because by the time people showed up I had trouble concentrating on talking with people and finishing my setup. OK, maybe I should have stayed in bed an extra hour.

The race started at it's usual 20 minutes late because of having trouble getting runners from far away down the road up to the starting line and also myself with my technical difficulties trying to channel 3 entities through a tape player.

Continued next page:

Geezer at Nipmuck cont:

Speaking of Channel 3, they did a segment from a non-trailrunner viewpoint on the race which can be found at ...
http://www.wfsb.com/Global/category.asp?C=8357&nav=menu120_5

The 3 entities were the inbred trail runner, the trail geezer and one of the trail Gods. The other trail God was up at that new race in Maine. We all got through the theatrics which included my wardrobe of running shorts with 80 Gu packets pinned to them. I even told runners to have a moment of silence for Memorial Day out on the course. To remind them I put up three signs in the second half, first one said Moment of, second Silence, then in one tenth of a mile Thank you.

The race started with the slightest bit of coolness. A blessing over last year which was hot and muggy. At the first turnaround there were 4 runners all bunched in the front which broke up with Dave Herr breaking the spider webs out to Boston Hollow, the second turnaround where he had a 5 minute lead.. He held on to win the apple pie after 3 tries at this race. Ben Nephew was 8 minutes behind having taken a hard fall. A hard fall at NipMuck must be superficial compared to a fall at Sisters with its steep downs and pointy rocks. Last years winner Matt Estes came in 6th still recovering from the Massanutten 100.

On the ladies side Kerry Arsenault had over a half hour lead on second place Maya Siriwardana, (great name) as she took another minute off her masters record for this race. By next year Deb Livingston will have dropped her calf and will be able to give her some competition.

The race was slightly shorter because of a place you could just cut across the road and not loop around. This was thanks to permission being granted by a landowner, Doug Nemeth who also came in 80th in this race.

My race was very conservative for the first half as I've been having trouble with one of my knees. I felt the whole world knew about it because of an article in the Hartford Courant about NipMuck. By the time I got back to Perry Hill Rd, the make believe half way point I was feeling pretty good being amazed at how beautiful a thing ibuprofen is. Knee was kicking real good but the rest of me was somewhat deconditioned because I have been unable to do killer workouts. I've heard bad stories about ibuprofen so I only use it if I need it at a race in which case it works real good. You young trail buckaroos don't abuse this stuff or your kidneys will go kaput. About 6 miles from the finish the heat of the day made me feel a little lightheaded so I slowed down to concentrate on rehydrating. After 20 minutes I was back to pushing the pace. On this day it was possible because it wasn't muggy. Great fun picking up 20 places in the second half.

After finishing, I checked with my EMT who was having a slow day. Thank you Trail Gods. Everyone finished without incident unless they were too pissed off to tell me.

I handed out Fuel Belts, a fine product (self imposed plug) to people who had done this race many times,

Bob Dion, Peter Palmer, Craig Wilson, Bruce Marvonek, Will Danecki and Richard Busa. They have now completed this race 13, 10, 13, 10, 9 and 18 times respectively.

My timer had trouble seeing race numbers when they finished so next year no one will be permitted to start the second half unless their number is in front. Runners will be reminded before the race to put their numbers in front or they will be stopped and they can unpin they're numbers and put it in place during the race. We will also have more pizza and watermelon and skip the mandatory cod liver oil.

But I think the greatest event that occurred was Laura Clark's finish made her the oldest female at 59 to complete this race. Someone has already requested an entry for 2008 the 25th NipMuck so I guess it'll be around for at least 2 more years.

NipMuck Dave

2006 Grand Tree Trail Running Series

Current standings through first 10 races

Best 6 Races:

<u>Name</u>	<u>Age</u>	<u># Races</u>	<u>GT %</u>
1 Ben Nephew	M 30	7	97.06%
2 Dan Verrington	M 44	6	91.00%
3 Dave Dunham	M 42	6	88.66%
4 Dave Hannon	M 35	6	83.60%
5 Ken Clark	M 43	9	82.29%
6 Scott Livingston	M 33	6	77.80%
7 Bob Sharkey	M 54	6	73.49%
8 Thomas Parker	M 40	6	68.77%
9 Richard Busa	M 76	8	50.44%

Best 5 Races:

1 Ben Nephew	M 30	7	97.77%
2 Dan Verrington	M 44	6	93.11%
3 Dave Dunham	M 42	6	90.32%
4 Dave Hannon	M 35	6	89.53%
5 Bryan Johnston	M 27	5	86.63%
6 Donald Pacher	M 34	5	83.49%
7 Ken Clark	M 43	9	82.70%
8 Scott Livingston	M 33	6	78.63%
9 Bob Sharkey	M 54	6	74.15%
10 Thomas Parker	M 40	6	69.28%
11 Mike Belcourt	M 44	5	69.27%
12 Peter Haines	M 45	5	67.71%
13 Doug Cummings	M 44	5	63.08%
14 Eben Futral	M 42	5	63.07%

Continued next page:

GT Standings cont:

15 Bruce Marvonek	M 53	5	61.14%
16 <u>Cheryl Jackson</u>	F 33	5	53.92%
17 Richard Busa	M 76	8	51.11%
18 Chris Harrison	M 53	5	50.07%
19 <u>Sherisa Sterling</u>	F 53	5	48.83%

Best 4 Races:

1 Ben Nephew	M 30	7	98.56%
2 Dmitry Drozdov	M 34	4	98.14%
3 Dan Verrington	M 44	6	93.83%
4 Dave Dunham	M 42	6	90.97%
5 Dave Hannon	M 35	6	89.84%
6 Garry Harrington	M 46	4	89.56%
7 Greg Hammett	M 28	4	89.01%
8 Bryan Johnston	M 27	5	88.33%
9 Rob Smith	M 39	4	85.34%
10 Donald Pacher	M 34	5	85.21%
11 Brett Stoeffler	M 39	4	85.11%
12 Ken Clark	M 43	9	83.47%
13 Scott Livingston	M 33	6	79.11%
14 Jim Shimberg	M 48	4	78.30%
15 Todd Brown	M 42	4	76.84%
16 Bob Dion	M 50	4	75.85%
17 Bob Sharkey	M 54	6	74.87%
18 Paul Funch	M 56	4	71.56%
19 David Holt	M 47	4	70.95%
20 Mike Belcourt	M 44	5	69.96%
21 Thomas Parker	M 40	6	69.90%
22 Jim Pugh	M 55	4	69.01%
23 Peter Haines	M 45	5	68.17%
24 Eben Futral	M 42	5	65.45%
25 Doug Cummings	M 44	5	64.46%
26 Bruce Shenker	M 53	4	63.99%
27 Alan Cabot	M 51	4	62.75%
28 Will Danecki	M 56	4	62.25%
29 Bruce Marvonek	M 53	5	62.11%
30 Vic LaPort	M 65	4	61.51%
31 <u>Kristina Folcik</u>	F 28	4	60.51%
32 <u>Elaine Romano</u>	F 48	4	58.25%
33 <u>Carol Kane</u>	F 60	4	57.77%
34 Robert Scott	M 52	4	55.29%
35 <u>Cheryl Jackson</u>	F 33	5	54.85%
36 Peter Bonnette	M 38	4	53.66%
37 <u>Darlene McCarthy</u>	F 43	4	52.88%
38 Mark Kulacz	M 32	4	52.85%
39 <u>Sherisa Sterling</u>	F 53	5	51.94%
40 Richard Busa	M 76	8	51.73%
41 Chris Harrison	M 53	5	51.48%
42 <u>Laura Clark</u>	F 59	4	49.09%

Check out the "Grand Tree" page on the club's web site at
www.runwmac.com

for all the latest GT news and up-dated standings!

Trail Running at it's Best
The 2006 New England Grand Tree Series.

Current GT Points Standings
Through First 10 Races Top 60 Runners

<u>Name</u>	<u>Age</u>	<u># Races</u>	<u>Total Points</u>
1 Ken Clark	M 43	9	727.90
2 Ben Nephew	M 30	7	673.51
3 Dan Verrington	M 44	6	545.98
4 Dave Dunham	M 42	6	531.98
5 Dave Hannon	M 35	6	501.76
6 Scott Livingston	M 33	6	466.92
7 Bob Sharkey	M 54	6	440.93
8 Bryan Johnston	M 27	5	433.16
9 Donald Pacher	M 34	5	417.44
10 Thomas Parker	M 40	6	412.61
11 Dmitry Drozdov	M 34	4	392.55
12 Richard Busa	M 76	8	386.64
13 Garry Harrington	M 46	4	358.25
14 Greg Hammett	M 28	4	356.02
15 Mike Belcourt	M 44	5	346.34
16 Rob Smith	M 39	4	341.36
17 Brett Stoeffler	M 39	4	340.43
18 Peter Haines	M 45	5	338.57
19 Doug Cummings	M 44	5	315.41
20 Eben Futral	M 42	5	315.34
21 Jim Shimberg	M 48	4	313.20
22 Todd Brown	M 42	4	307.37
23 Bruce Marvonek	M 53	5	305.68
24 Bob Dion	M 50	4	303.39
25 Paul Low	M 32	3	299.26
26 Paul Funch	M 56	4	286.25
27 David Holt	M 47	4	283.81
28 Matt Estes	M 33	3	280.76
29 Jim Pugh	M 55	4	276.05
30 <u>Cheryl Jackson</u>	F 33	5	269.58
31 Paul Young	M 40	3	268.54
32 Bruce Shenker	M 53	4	255.95
33 Todd Pearson	M 29	3	252.08
34 Alan Cabot	M 51	4	251.02
35 Chris Harrison	M 53	5	250.34
36 Will Danecki	M 56	4	249.00
37 Vic LaPort	M 65	4	246.06
38 <u>Sherisa Sterling</u>	F 53	5	244.13
39 Tom Church	M 40	3	242.11
40 <u>Kristina Folcik</u>	F 28	4	242.06
41 Rob Higley	M 52	3	237.21
42 Mark Buffone	M 32	3	236.38
43 Jim Dube	M 39	3	235.76
44 Jerry Turk	M 47	3	235.43
45 <u>Elaine Romano</u>	F 48	4	233.01
46 <u>Carol Kane</u>	F 60	4	231.10
47 Paul Bazanchuk	M 51	3	228.23
48 Bob Gillis	M 51	3	227.76
49 Robert Scott	M 52	4	221.15
50 Gary Jewett	M 39	3	215.63
51 Peter Bonnette	M 38	4	214.65
52 <u>Dawn Heinrich</u>	F 44	3	213.22
53 <u>Darlene McCarthy</u>	F 43	4	211.54
54 Mark Kulacz	M 32	4	211.41
55 Steve Jensen	M 45	3	207.92
56 Dana Royer	M 30	3	206.20
57 Dan Broom	M 31	3	204.70
58 Mark Dearing	M 53	3	203.69
59 Dan Hall	M 49	3	202.17
60 Michael Gilbert	M 43	3	202.16

Breeding the Next Generation of Trail Runners

Looking forward to Greylock in 2006 and beyond...

Half way through the 2006 trail running season, I have finally reached the point where I can admit that I love running on trails. I am a cyclist at heart, but as the Mt. Greylock Trail Race approaches this weekend; I realize that I am also a trail runner. The giddy anticipation of a race, especially one of my favorites, literally puts a spring in my step.

I have maintained a cross training regimen ever since I started running the trails in 2000, but I now run more times in a week than I ride. That is a bit disappointing because I yearn to be competitive again on the bike, but life changes have forced me to adjust. However, settling for a Sunday jaunt up the old mountain that resembles Moby Dick, is not a consolation prize, it is the reward of making adjustments that pay off.

I have not just grown to like the trails; I am in love with running on trails. I have written before about my competitive desires and my reasons for preferring the atmosphere of the trail running community to the other sporting communities that I have been involved with. Road cycling, mountain biking, and even cyclo-cross were "grass roots" at one time, but they now share a common problem: attitude. Road running can be fun, but not nearly as fun as running trails. Triathlon and duathlon...they just combine the attitude of road riding with road running. I used to like adventure racing, but that was when few people did it. Now, it is all glamour and prize money. Trail running still does it for me and I hope it remains pure by my own definition.

Please do not misunderstand me. I still enjoy doing events in all of those sporting disciplines, but recently, I have sought more unique challenges. For example, I did the Jay Challenge last year, an endurance event that includes kayaking, trail running, and mountain biking, all at ultra distances. I saw a lot of great trails over three days in the Northern Vermont wilderness, but you can only do so many "epic" events like that in a year. This year, I am preparing for another unique combination event called the Sea-2-Summit. I hope to report back on this one later in the year.

So, trail running remains the purest form of organized physical challenge for me. I do it regularly and I do it with Debbie, which makes it even more special. As we approach Greylock, the first of WMAC's trilogy races, I am feeling nervous anticipation. Deb and I have had month's worth of debate about doing the race. I had committed to running the half marathon early in the season, but she had too, and that is the rub.

We are expecting our first child in August. *No, we do not know the baby's gender. Yes, we have names picked out. No, we are not telling.* Deb has had an extraordinarily good pregnancy (knock on wood), and is the fittest "Mom-to-be" that I have ever known. She has maintained a fitness regimen that includes teaching her strength training, water aerobics, Pilates, and yoga classes. She also continues to commute to work by bike and run a bit too. She did a sixty-seven mile cycling event in Cape Town, South Africa, ran Northern Nipmuck, Seven Sisters, and the Soapstone Mt. Trail Race Sampler, all while pregnant. Deb

knows her limits better than I, so we will just have to see if she lines up on Sunday. I had encouraged her to run the sampler, but she is concerned about losing her "streak". I should blame Farmer Ed for maintaining such rigid statistics. He should just permit maternity leaves in the records, even if it means having an asterisk next to her name.

Some final thoughts: what could be more inspiring than waiting around at the Nipmuck Marathon for Richard Busa to finish? I almost missed it this year, but then there he was. Flying down that final rocky section, Busa yelled, "Strike up the band, here I come!" If that does not make you want to get off your bum and run like Forrest Gump, then you should seek therapy. I was thrilled for him because I have never witnessed something like that in any of the other athletic communities I belong to. This septuagenarian outruns folks half his age and has so much damn fun doing it. So, as we are all enjoying our last weekend of spring while frolicking in Greylock Glen, think about all your trail running friends. You have "Old Man" Busa on one end of the spectrum, and our little baby-to-be on the other.

Scott Livingston—June 2006

MT. Greylock Trail Marathon is Backkkkkkkkk!

Back in 1998 the first (and to date the only) official Mt. Greylock Marathon was held in conjunction with the celebration of the 100th anniversary of the founding of the MT. Greylock State Reservation .

Featuring 5 major hills with some 6,000 ft of climb, the course wound it's way up, down, and around the highest mountain in Massachusetts over mt. bike and hiking trails in the reservation.

Well if you missed it back then the good news is you don't have to wait another 100 years to run it again.

On September 24th at the Greylock Glen in Adams, the 2nd official MT. Greylock Marathon is set to go starting at 8:00 AM.

And it's also part of the 2006 "Grand Tree Series"

See the entry form in this newsletter or check out on the club's web page for more info.

The race is being held to benefit the Eleanor Sonsini Animal Shelter in Pittsfield. All profits will go directly to the shelter. *Any runner or guest who brings 3 or more cans of dog food to the race or makes a cash donation will be entered to win one of several prizes in the raffle to be held.*

Contact race directors Darlene or Brian McCarthy at ... mccarthy48@verizon.net for any other info.

Don't miss it this time!

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

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

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MEMBERSHIP FORM (Check One): NEW_____ RENEWAL_____

NAME (S)_____	Send Address Changes
ADDRESS_____	ASAP To:
CITY_____STATE_____ZIP_____	WMAC
TEL_____DOB_____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__ Volunteering __Camping__ Backpacking__

OTHER_____

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