



# Trail - Running News...Western Mass Athletic Club

Vol. 13..... Issue 1 ..... Happy New Year ..... 2007



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Check the web page for results & updates

Check us out on the web at .....

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

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## The 2006 Grand Tree Series.....*That's All Folks!*

The 12th annual "Grand Tree" trail series for 2006 began on April 8<sup>th</sup> at the Merrimack River 10 miler in Andover, MA. and wrapped up the season at the Stone Cat Trail Marathon and 50 miler on November 4<sup>th</sup> in Ipswich, MA.

This year there were 24 Official GT races but actually 26 different scoring events since both Pisgah and Stone Cat had 2 separate race distances going on at the same time. The most races a person could run this year was 24 and once again no one ran in all 24.

The highest total achieved this year was 22 races by perennial Stonehead Champion, Ken Clark.

Others of note were Bob Sharkey and fellow WMAC member 77 year old Rich Busa finishing 17 races each and a rejuvenated Bruce Marvonek completing 16 races this year. Also Thomas Parker and Alan Cabot ran in 14 races each. All of the above are WMAC members.

On the ladies side, WMAC's Laura Clark was the only lady to hit double digits this year with 11 races completed. Rounding out the list was Sherisa Sterling with 8 races, and Carol Kane, Elaine Romano, and Barb Sorrell with 7 each.

Overall 1,573 different people ran in one or more of the possible 26 events that were held this year. ( 1,451 last year and 1,121 two years ago ).

A total of 63 runners completed 6 or more races this year to earn an "Official" Grand Tree Finish. ( 47 finishers last year and 42 two years ago.)

Seven Sisters once again led the series with the most participants at 266, a big increase compared to 229 last year. Again this year both races at Stone Cat were GT events and a total of 216 runners showed up to run placing the race second for most participants. A close 3<sup>rd</sup> was Merrimack River with 196 finishers.

The most intimate totals this year were at Breakneck where 35 runners braved not only the unmarked trails but also the 3 inches of rain that came down during the race. There were only 38 runners who went the 50K distance at Pisgah MT. this year, and a total of 54 runners at The People's Forest run.

### 2006 Grand Tree Champions:

After being edged out of the GT Championship title last year by a mere .01% , Ben Nephew came back strong to win his 6<sup>th</sup> overall GT title this year. Running in a total of 11 races this year Ben had wins at both the Greylock Half Marathon and the Greylock Marathon. He also won at Skyline Trail, The People's Forest, The Busa Bushwhack and the Pisgah MT. 23K.

Congratulations to Ben Nephew the overall Grand Tree Trail Series Champion for 2006.

Way to go Ben!

Continued next page:

GT Series continued:

On the women's side, despite running for two most of the year, Debbie Livingston managed to complete the minimum 6 races and finished high enough in the standings to capture her 5<sup>th</sup> consecutive Grand Tree Championship. Deb even notched a win at Breakneck a little over one month after giving birth to her son.

Congratulations to Deb Livingston the Ladies 2006 Grand Tree Trail Series Champion.

Way to go Deb!

**Congratulations to both Ben Nephew and Deb Livingston the 2006 Grand Tree Series Champions!**

**Total Points ... 2006 Stonehead Awards:**

After finishing second in total points last year by only running in 15 races, former 7 time Stonehead Champion Ken Clark was back in action on the trails this year racking up 22 finishes and 1,872 points to claim his 8<sup>th</sup> overall Stonehead Award.

Ken was back in top form this year with many "Top Ten" finishes and even winning at the Hairy Gorilla Half Marathon .

Congratulations to Ken Clark the 2006 Stonehead of the year.

Way to go Ken!

Also of note for the men, Bob Sharkey, Bruce Marvonek, and Ben Nephew all broke the thousand point barrier.

For the ladies, Laura Clark ( not related to Ken ) ran in 2 more races this year than last year and was able to rack up enough points to claim the Ladies Stonehead Award for 2006.

Congratulations Laura Clark, Ladies Stonehead of the Year!

Way to go Laura!

**Congratulations to Ken Clark and Laura Clark the 2006 Stoneheads of the year!**

Many THANKS once again go out to Rob Higley who compiled all the GT scoring and scheduling for this year, and also for managing the club's web page, Ed Alibozek for keeping all the trail race statistics for all these years, and the WMAC for hosting and posting the up-dates and results on their web page and in this newsletter.

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

**New England Trail Running at it's best .....**

*The Grand Tree Trail Series.*

**Thank you all for participating! See you next year!**

**2006 Grand Tree Series Final Results .....**

Final Standings for all runners completing 6 or more races.

**WMAC Members in Bold:**

<u>Name</u>	<u>Age</u>	<u># Races</u>	<u>GT %</u>
1 Ben Nephew	M 31	11	100.00 %
2 Garry Harrington	M 46	10	95.31 %
3 Bryan Johnston	M 27	9	94.86 %
4 Greg Hammett	M 29	7	94.03 %
5 <b>Ken Clark</b>	M 44	22	93.48 %
6 Rob Smith	M 39	9	93.15 %
7 <b>Dave Dunham</b>	M 42	7	91.40 %
8 Dan Verrington	M 44	6	91.00 %
9 Dave Hannon	M 35	9	90.92 %
10 Brett Stoeffler	M 39	7	89.97 %
11 Donald Pacher, Jr.	M 34	8	89.77 %
12 <b>Rob Higley</b>	M 52	9	89.64 %
13 <b>Bob Sharkey</b>	M 54	17	88.16 %
14 <b>Todd Brown</b>	M 42	7	84.35 %
15 <b>Scott Livingston</b>	M 33	10	83.65 %
16 Jim Shimberg	M 48	6	81.00 %
17 Tom Parent	M 29	7	80.52 %
18 Rick Scott	M 52	6	79.40 %
19 <b>Bob Dion</b>	M 51	6	79.05 %
20 Peter Haines	M 45	11	78.37 %
21 <b>Paul Funch</b>	M 56	8	78.08 %
22 <b>Bruce Marvonek</b>	M 53	16	77.14 %
23 Bogdan Dumitrescu	M 31	7	75.45 %
24 <b>Ed Buckley</b>	M 48	6	75.34 %
25 <b>Bruce Leshine</b>	M 45	7	75.02 %
26 <b>Edward Alibozek</b>	M 43	10	74.94 %
27 <b>Mike Belcourt</b>	M 44	10	74.50 %
28 Jay Curry	M 35	7	74.13 %
29 <b>Thomas Parker</b>	M 40	14	74.08 %
30 <b>Alan Cabot</b>	M 51	14	74.00 %
31 <b>Bill Morse</b>	M 55	9	73.89 %
32 <b>Steve Jensen</b>	M 45	6	72.62 %
33 <b>David Raczkowski</b>	M 55	7	72.38 %
34 Bruce Shenker	M 53	8	71.13 %
35 <b>Peter Lipka</b>	M 55	9	69.98 %
36 <b>Bob Worsham</b>	M 61	8	69.67 %
37 Douglas Cummings	M 45	12	69.58 %
38 Eben Futral	M 42	8	69.25 %
39 <b>Will Danecki</b>	M 56	10	68.83 %
40 Ryan Prentiss	M 32	6	68.55 %
41 <b>Deborah Livingston</b>	F 31	6	68.36 %
42 <b>Kevin Simons</b>	M 56	11	66.99 %
43 <b>Vic LaPort</b>	M 66	9	66.45 %
44 Daniel Lavoie	M 48	6	66.43 %
45 Eric Finney	M 36	8	64.95 %
46 <b>Dan Danecki</b>	M 47	6	62.97 %
47 <b>Robert Scott</b>	M 52	10	62.41 %
48 <b>Elaine Romano</b>	F 49	7	60.61 %
49 <b>Carol Kane</b>	F 61	7	60.19 %
50 <b>Ed Alibozek, Jr.</b>	M 67	7	59.39 %

Continued next page:

GT Series continued:

51	Mark Kulacz	M 32	7	58.72 %
52	John Loring	M 59	6	58.22 %
53	Chris Harrison	M 53	10	58.08 %
54	<b>Richard Busa</b>	M 77	17	57.09 %
55	<u>Sherisa Sterling</u>	F 53	8	56.98 %
56	<u>Darlene McCarthy</u>	F 44	6	56.39 %
57	<u>Cheryl Jackson</u>	F 33	6	54.76 %
58	<u>Laura Clark</u>	F 59	11	54.53 %
59	<u>Paul Hartwig</u>	M 50	6	54.33 %
60	<u>Barbara Sorrell</u>	F 49	7	53.02 %
61	<u>Karen McWhirt</u>	F 45	6	51.43 %
62	<u>Greg Taylor</u>	M 60	7	46.26 %
63	<u>Dick Hoch</u>	M 66	6	45.52 %

**2006 GT .... Total Points .... Top 100**

	<u>Name</u>	<u>Age</u>	<u># Races</u>	<u>Points</u>
1	<b>Ken Clark</b>	M 44	22	1872.96
2	<b>Bob Sharkey</b>	M 54	17	1360.17
3	<b>Bruce Marvonek</b>	M 53	16	1083.31
4	Ben Nephew	M 31	11	1073.51
5	<b>Thomas Parker</b>	M 40	14	981.39
6	<b>Alan Cabot</b>	M 51	14	959.97
7	Garry Harrington	M 46	10	915.42
8	<b>Richard Busa</b>	M 77	17	866.17
9	Bryan Johnston	M 27	9	817.56
10	Rob Smith	M 39	9	811.30
11	Peter Haines	M 45	11	808.78
12	<b>Scott Livingston</b>	M 33	10	808.73
13	Douglas Cummings	M 45	12	790.49
14	Dave Hannon	M 35	9	771.83
15	<b>Rob Higley</b>	M 52	9	771.70
16	<b>Mike Belcourt</b>	M 44	10	717.58
17	Donald Pacher, Jr.	M 34	8	696.91
18	Kevin Simons	M 56	11	685.86
19	<b>Edward Alibozek</b>	M 43	10	666.64
20	<b>Will Danecki</b>	M 56	10	658.64
21	Greg Hammett	M 29	7	647.72
22	<b>Bill Morse</b>	M 55	9	628.91
23	<b>Dave Dunham</b>	M 42	7	628.79
24	Brett Stoeffler	M 39	7	620.42
25	<b>Paul Funch</b>	M 56	8	607.57
26	<b>Peter Lipka</b>	M 55	9	603.33
27	<b>Robert Scott</b>	M 52	10	595.64
28	<b>Vic LaPort</b>	M 66	9	577.63
29	<b>Todd Brown</b>	M 42	7	570.95
30	<u>Laura Clark</u>	F 59	11	559.48
31	Tom Parent	M 29	7	554.48
32	Bruce Shenker	M 53	8	549.05
33	Dan Verrington	M 44	6	545.98
34	Chris Harrison	M 53	10	541.86
35	<b>Bob Worsham</b>	M 61	8	539.90
36	Eben Futral	M 42	8	527.74
37	<b>Bruce Leshine</b>	M 45	7	519.83
38	Bogdan Dumitrescu	M 31	7	514.95
39	Jay Curry	M 35	7	507.78

40	<b>David Raczkowski</b>	M 56	7	499.10
41	Eric Finney	M 36	8	491.65
42	Jim Shimberg	M 48	6	485.99
43	Rick Scott	M 52	6	476.37
44	<b>Bob Dion</b>	M 51	6	474.31
45	<b>Ed Buckley</b>	M 48	6	452.05
46	<b>Peter Keeney</b>	M 40	5	439.48
47	<b>Steve Jensen</b>	M 45	6	435.70
48	<u>Sherisa Sterling</u>	F 53	8	424.11
49	<u>Carol Kane</u>	F 61	7	416.58
50	<u>Elaine Romano</u>	F 49	7	415.03
51	Will Berglund	M 35	5	411.42
52	Ryan Prentiss	M 32	6	411.32
53	<u>Deborah Livingston</u>	F 31	6	410.15
54	<b>Peter Gagarin</b>	M 61	5	409.92
55	<b>Ed Alibozek, Jr.</b>	M 67	7	408.07
56	Bob Mathes	M 53	5	401.79
57	Daniel Lavoie	M 48	6	398.56
58	Mark Kulacz	M 32	7	397.07
59	Dmitry Drozdov	M 34	4	392.55
60	Leigh Schmitt	M 34	4	391.29
61	David Herr	M 41	4	390.06
62	<b>Dan Danecki</b>	M 47	6	377.84
63	Stephan Cardoos	M 55	5	376.22
64	Gary Jewett	M 40	5	369.70
65	Paul Young	M 41	4	367.81
66	<b>Chris Baynes</b>	M 36	4	366.65
67	Jason Bridgeo	M 35	5	365.73
68	<u>Barbara Sorrell</u>	F 49	7	362.52
69	Jim Pugh	M 55	5	354.66
70	John Loring	M 59	6	349.32
71	Keith Schmitt	M 38	4	348.02
72	Jay Kolodzinski	M 27	4	345.70
73	<b>Norm Sheppard</b>	M 48	5	343.87
74	<u>Darlene McCarthy</u>	F 44	6	338.34
75	Todd Pearson	M 30	4	335.77
76	Jim Dube	M 39	4	335.19
77	<u>Cheryl Jackson</u>	F 33	6	328.57
78	Dan Cooper	M 34	5	326.00
79	<b>Paul Hartwig</b>	M 50	6	325.99
80	<b>Greg Taylor</b>	M 60	7	319.59
81	Jerry Turk	M 47	4	316.22
82	<b>Wayne Stocker</b>	M 52	5	315.53
83	Nikolas Rogers	M 34	5	313.27
84	Andrew Donaldson	M 38	4	312.68
85	Paul Bazanchuk	M 51	4	309.14
86	<u>Karen McWhirt</u>	F 45	6	308.56
87	<u>Kristina Folcik</u>	F 28	5	306.06
88	<u>Abby Woods</u>	F 28	4	301.17
89	Paul Low	M 32	3	299.26
90	David Greene	M 35	4	294.17
91	<b>Christopher Johnson</b>	M 49	5	291.83
92	Dan Wagner	M 50	4	290.32
93	Loren Siebert	M 43	4	286.68
94	David Holt	M 47	4	283.81
95	Matt Estes	M 33	3	280.76
96	Glen Redpath	M 41	3	276.51
97	John Kinnee	M 27	3	274.15
98	<b>Dick Hoch</b>	M 66	6	273.10
99	<u>Grace Jensen</u>	F 43	4	272.14
100	Dan Broom	M 32	4	271.05

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

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

**Merrimack River**

10 miles .... Andover, MA. ... 4 / 8 / 06

Paul Low ... 32 M ... 56:30 \*  
Kelli Lusk ... 36 F ... 1:09:40  
*196 Finishers*

**Northern Nipmuck**

16 Miles ... Union, CT. ... 4 / 15 / 06

Matt Estes...32 M ...2:01:43 \*  
Grace Jenson ...43 F ... 2:57:08  
*96 Finishers*

**Muddy Moose**

14 Miles ... Wolfeboro, NH. ... 4 / 23 / 06

Dmitry Drozdov .. 34 M .. 1:29:20 ..  
Steph Crawford .. 28 F .. 1:51:35  
*111 Finishers*

**Seven Sisters**

12 Miles ... Amherst, MA. ... 5 / 7 / 06

Paul Low ... 32 M ... 1:42:06 \*  
Kelli Lusk ... 36 F ... 2:15:41  
*266 Finishers*

**Soapstone MT.**

14.4 Miles ... Stafford, CT. ... 5 / 21 / 06

Dmitry Drozdov ... 34 M ... 1:36:51  
Kerry Arsenault ... 41 F ... 2:05:59  
*116 Finishers*

**NipMuck Marathon**

26.2 Miles ... Ashford, CT. ... 5 / 28 / 06

Dave Herr ... 41 M ... 3:21:57  
Kerry Arsenault ... 41 F ... 4:05:46  
*142 Finishers*

**Northfield MT.**

10.3 K ... Northfield, MA. ... 6 / 10 / 06

Dimitry Drozdov ... 34 M ... 35:32  
Suzy West ... 42 F ... 47:19  
*97 Finishers*

**Greylock Trail Races**

Half Marathon ... Adams, MA. ... 6 / 18 / 06

Ben Nephew ... 30 M ... 1:46:46  
Abby Kingman ... 44 F ... 2:21:15  
*129 Finishers*

**Cranmore Hill**

10 K ... North Conway, NH. ... 7 / 08 / 06

David Hunt ... 20 M ...48:15  
Dawn Heinrich ... 44 F ... 1:05:05  
*101 Finishers*

**Skyline Trail**

7.2 Miles ... Milton, MA. ... 7 / 9 / 06

Ben Nephew ... 30 M ... 1:04:34  
Samantha Saeger ... ? F ... 1:12:42  
*58 Finishers*

**People's Forest**

7 Miles ... Barkhamsted, CT. ... 8 / 5 / 06

Ben Nephew ... 31 M ... 48:00  
Abby Woods ... 28 F ... 1:00:28  
*54 Finishers*

**Oxford Dam**

10.5 Miles ... Oxford, MA. ... 8 / 12 / 06

Greg Hammett ...29 M ... 1:08:26  
Caitlin Forgit ... 18 F ... 1:27:41  
*70 Finishers*

**Savoy MT.**

20 Miles ... Savoy, MA. ... 8 / 20 / 06

Leigh Schmitt ... 34 M ... 2:43:28  
Amy Vile ... 30 F ... 3:25:03  
*68 Finishers*

**MT. Toby**

14 Miles ... Sunderland, MA. ... 8 / 27 / 06

Erik Nedeau ... 34 M ... 1:28:02  
Amy Nedeau ... 31 F ... 1:36:26  
*134 Finishers*

Continued net page:

2006 Grand Tree races cont:

**Wapack Trail**

17.8 Miles ... New Ipswich, NH. ... 9 / 3 / 06

John Friedman ... 26 M ... 2:46:13

Sarah Tanner ... 35 F ... 3:18:47

58 Finishers

\*\*\*\*\*

**Busa Bushwhack**

9.3 Miles ... Framingham, MA. ... 9 / 10 / 06

Ben Nephew ... 31 M ... 54:18

Stephanie Crawford ... 29 F ... 1:07:01

91 Finishers

\*\*\*\*\*

**Pisgah MT.**

23 K and 50K ... Chesterfield, NH. ... 9 / 17 / 06

**23 K:**

Ben Nephew ... 31 M ... 1:33:57 \*

Ruthie Ireland ... 38 F ... 1:56:49

58 Finishers

**50K:**

Dave Herr ... 41 M ... 3:55:00

Dawn Toronto ... 38 F ... 5:21:21

38 Finishers

\*\*\*\*\*

**Greylock Marathon**

26.2 Miles ... Adams, MA. ... 9 / 24 / 06

Ben Nephew ... 31 M ... 3:59:01

Nancy Kleinrock ... 46 F ... 5:34:24

67 Finishers

\*\*\*\*\*

**Breakneck**

20 K ... Union, CT. ... 10 / 01 / 06

Garry Harrington ... 46 M ... 1:43:57

Deb Livingston ... 31 F ... 2:22:00

35 Finishers

\*\*\*\*\*

**Monroe / Dunbar Brook**

10.5 Miles ... Monroe, MA. ... 10 / 8 / 06

Don Pacher Jr. ... 34 M ... 1:22:11

Susan Melcher ... 44 F ... 1:42:20

99 Finishers

\*\*\*\*\*

**Diamond Hill**

22.5K ... Diamond Hill Park, RI ... 10 / 14 / 06

Brian Hughes .... 29 M ... 1:40:36

Monika Schnee ... 33 F ... 1:54:31

60 Finishers

\*\*\*\*\*

**Groton Forest**

9.5 Miles ... Groton, MA. ... 10 / 22 / 06

Greg Hammett ... 29 M ... 57:36

Amber Cullen ... 24 F ... 1:13:48

108 Finishers

\*\*\*\*\*

**Hairy Gorilla**

Half - Marathon ... Albany, NY. ... 10 / 29 / 06

Ken Clark ... 44 M ... 1:33:56

Sheila Osgood ... 24 F ... 1:46:06

110 Finishers

\*\*\*\*\*

**Stone Cat**

Marathon & 50 Miles ... Ipswich, MA. ... 11 / 04 / 06

**Marathon:**

David Dornaus ... 32 M ... 3:30:55

Mary Churchill ... 31 F ... 4:01:21

134 Finishers

**50 Miles:**

Leigh Schmitt ... 34 M ... 7:04:09

Amy Curry ... 30 F ... 9:16:23

63 Finishers

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**GT Champions ..... "95 - 06"**

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

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On October 28<sup>th</sup>, I suffered a blood clot of .75 mm in the Cerebellum portion of my brain. The portion of the brain that was damaged was responsible for balance and coordination. It also makes you constantly light headed.

Before I go any further, I would like to thank all WMAC'ers and friends for your cards, thoughtfulness and prayers. You are a great group of people!

Physiotherapy is prescribed as soon as possible. The saying, "You get out what you put in" holds true in most stroke cases. Determination is the key.

Lucky for me, I was a trail ultra-runner, who also doesn't sweat. All the therapy is designed to make me feel uncomfortable. It fits right in! How much more uncomfortable can you feel than a runner who is running on a 90 degree day and doing a 50 miler, who is dubbed "The Human Furnace"?

After a night in the ER and of constant vomiting which they claimed was normal, it took another day and a half plus an MRI to find out that I suffered a stroke.

Arriving at Burbank Hospital for therapy on the 4<sup>th</sup> of November, I walked with an aid of a walker and only going about five steps before getting nauseous. The therapy was 3 ½ hours each day but I was able to scrounge up a couple more hours each day. I was told all the running and my good physical shape for my age really helped me progress.

In seven days I was home without an aid for walking. Out patient therapy is two days a week. It's hard to believe the things that I have trouble doing are things that I normally took for granted.

As I write this letter it is exactly one month since it happened. I'm not sure how far I will go but I hope to be back soon in some capacity.

On Plavix for life.

*Art Gulliver*

*Note:*

*You can drop Art a note and wish him well at.....*

Art Gulliver  
39 Sargent Ave.  
Leominster, MA. 01453

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\*\*\*\*\*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**\_\_\_\_\_

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