



# Trail Running News ...Western Mass Athletic Club

Vol. 15..... Issue 3 ..... Early Summer ..... 2009

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

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## Doubleheader Weekend Powers On...and on.....

Only two of us, Todd Brown and myself, opted for the Father's Day doubleheader weekend which consisted of the Saturday Mt. Washington appetizer followed by the Sunday main course at Greylock. Although Rich Busa probably holds the record for these doubleheaders, this year he preferred to sample only the appetizers. On those years when he does opt for both courses, he always prefaces his Sunday with the disclaimer, "Mt. Washington is easy – all you have to do is go up." This year he was definitely on the money. With all his prior experience, I'm betting he instinctively knew something Todd and I didn't: Lady Greylock was offering only a single item selection of mud pies in hopes to rival her chief competitor, the August Savoy cookout. My Jeff was the only crew member brave enough to volunteer to pick up the pieces both days, with Kim Brown opting to sleep in and skip the appetizer.

One advantage of the Greylock course is that you are pretty much always guaranteed a personal record. With the demise of the old downhill Thunderbolt route, which had acquired a reputation for felling many a reckless runner, the course seems to be forever searching for an identity pleasing to both the foolhardy and the cautious. This quest was further compounded by the two-year Great American Road Improvement Project which effectively closed off all on-road aid stations. This year, with fresh asphalt in operation once more, I was rather curious about which route the Lady would deem proper. But not curious enough to check her spider web network. Why worry before you have to?

Around Mile 5 at Mt. Washington, I promised myself that if I just persisted I would not have to walk a single uphill at Greylock. I knew I was lying to myself, but it made me feel better anyway. Little did I know, however, that for our first three miles, the Lady would treat us to some sections of our snowshoe route and also some sections from past Greylock runs up the Bellows Pipe and Thunderbolt trails. Now I could truly sympathize with the Little Engine that Could. Caterpillar slow, I had plenty of time to look around and recognize certain historic spots from our past treks. I was fairly certain that I was faster on snowshoes. As a matter of fact, I probably should have worn snowshoes – they would have had more grip.

The best thing I can say about the rest of the course was that I did not lose my shoes. But after a while it didn't matter anyway as my sneakers became indistinguishable from the mud they were slogging through. The toughest section for me was the last 4.5 miles because by the time Karen McWhirt and I reached the second-to-the-last aid station I was convinced that it was the mile-to-go rendezvous. By that time I had gotten my second wind and was enjoying the feeling, but it still was a long finale.

I guess because we have explored so many Greylock variations, we never really know what the "real" course is. But at least my journey wasn't made any longer. Even the spot where I *always* get lost was so clearly marked that I couldn't help letting out a triumphant WHOOP! when I successfully navigated it.

Although I have racked up many doubleheaders during the past snowshoe season, this weekend inexplicably seemed more taxing. Perhaps because the road/trail was a less forgiving surface area, or possibly because with only two runners repeating, the initial pace was definitely gung-ho. Would I double again? Probably sometime, but the next time I win the lottery Jeff and I plan to spend our triumphant day-after on a leisurely Mt. Washington excursion and hire Little Engine to do the work.

Laura Clark

# Greylock Trail Races .... 13.5 and 3 Miles

Greylock Glen, Adams, MA

Wet & Muddy Trails - Cloudy – Humid – Mid 60's

WMAC members in bold:

## 13.5 Mile Results:

Name	Age	ST.	Time	GT %
1 Brian Rusiecki	M 30	MA	1:42:14	100.00%
2 Greg Hammett	M 31	NH	1:42:57	99.30%
3 William Hawkins	M 32	NY	1:46:32	95.96%
4 Peter Schouw	M 44	CT	1:50:18	92.69%
5 Bryan Johnston	M 30	NH	1:51:10	91.96%
6 Keith Schmitt	M 40	NH	1:54:16	89.47%
7 <b>Rob Higley</b>	M 55	MA	1:54:41	89.14%
8 Chris Baynes	M 38	MA	1:55:03	88.86%
9 Ross Smith	M 26	MA	1:55:36	88.44%
10 <b>Peter Keeney</b>	M 44	ME	1:55:40	88.39%
11 Brad Lewis	M 22	NY	1:57:05	87.32%
12 Rich Fargo	M 50	CT	1:57:42	86.86%
13 Charlie Iselin	M 46	CT	1:58:01	86.63%
14 Nicholas Bugbee	M 20	MA	1:58:34	86.22%
15 Stanislav Trufanov	M 30	??	1:59:25	85.61%
16 Will Feldman	M 23	MA	1:59:53	85.28%
17 Paul Young	M 43	MA	2:02:03	83.76%
18 Patrick Rondeau	M 34	MA	2:02:32	83.43%
19 <u>Samantha Saeger</u> 1 <sup>st</sup> F	F 26	MA	2:02:34	83.41%
20 Jay Kolodzinski	M 30	MA	2:04:37	82.04%
21 Jim Schroeder	M 41	MA	2:06:57	80.53%
22 Scott Livingston	M 36	CT	2:08:00	79.87%
23 Mark Hopkins	M 26	NY	2:08:28	79.58%
24 Stephen Forrest	M 46	??	2:09:28	78.97%
25 <b>Todd Brown</b>	M 45	CT	2:09:59	78.65%
26 Michael Wade	M 40	??	2:10:03	78.61%
27 Kevin Sheasgreen	M 36	VT	2:10:15	78.49%
28 Derek Jones	M 47	MA	2:11:07	77.97%
29 <u>Amy Lane</u>	F 29	MA	2:11:32	77.72%
30 Jim Nelson	M 45	MA	2:12:10	77.35%
31 <b>Jim Priete</b>	M 45	MA	2:12:39	77.07%
32 <b>John Agosto</b>	M 45	CT	2:13:16	76.71%
33 Rich Teal	M 31	NY	2:13:42	76.46%
34 Steve Wolfe	M 45	??	2:14:07	76.23%
35 Mathew Smith	M 42	NY	2:14:52	75.80%
36 Jeff Hansen	M 39	MA	2:15:33	75.42%
37 Rod David	M 25	MA	2:17:19	74.45%
38 Dan Wood	M 40	MA	2:17:20	74.44%
39 Nick Tooker	M 30	MA	2:21:32	72.23%
40 William Wheeler	M 29	??	2:22:05	71.95%
41 <u>Kerry Arsenault</u>	F 44	CT	2:22:09	71.92%
42 Joe Brautigam	M 47	CT	2:23:13	71.38%
43 Paul Hagan	M 26	MI	2:24:06	70.95%
44 Wil Berglund	M 37	MA	2:24:26	70.78%
45 Scott Petersen	M 23	NY	2:25:09	70.43%
46 <b>Edward Alibozek</b>	M 46	CT	2:25:36	70.22%
47 Stephen Roberts	M 44	??	2:25:43	70.16%
48 Nikolas Rogers	M 37	NY	2:25:43	70.16%
49 Jeffrey Saeger	M 59	MA	2:25:53	70.08%

50 Travis Lanski	M 31	MA	2:26:29	69.79%
51 Peter Gagarin	M 64	MA	2:26:47	69.65%
52 Joshua Moran	M 27	RI	2:26:57	69.57%
53 Bruce Shenker	M 56	NY	2:27:42	69.22%
54 <b>Andy Sheldon</b>	M 38	MA	2:27:52	69.14%
55 Curt Pandiscio	M 48	NH	2:28:02	69.06%
56 Bruce Leshine	M 48	MA	2:28:27	68.87%
57 Russ Hammond	M 49	CT	2:28:59	68.62%
58 Craig Coons	M 51	MA	2:29:22	68.44%
59 <b>Mike Belcourt</b>	M 47	CT	2:29:40	68.31%
60 <u>Grace Jensen</u>	F 46	CT	2:32:12	67.17%
61 Tom Parent	M 32	??	2:33:30	66.60%
62 <u>Paulina Brautigam</u>	F 48	CT	2:34:07	66.34%
63 Ian Shaw	M 20	MA	2:35:00	65.96%
64 <b>Ed Buckley</b>	M 51	MA	2:35:10	65.89%
65 <u>Debbie Livingston</u>	F 34	CT	2:36:58	65.13%
66 Dominic Ambrosi	M 30	CT	2:37:34	64.88%
67 <b>Fred Pilon</b>	M 63	MA	2:38:13	64.62%
68 <u>Michelle Roy</u>	F 39	MA	2:39:29	64.10%
69 <u>Elaine Allen</u>	F 41	CT	2:39:45	64.00%
70 <u>Meagan McFadden</u>	F 26	NY	2:40:23	63.74%
71 Scott Edington	M 50	??	2:40:39	63.64%
72 <b>Will Danecki</b>	M 59	CT	2:40:59	63.51%
73 <u>Sarah Pandiscio</u>	F 18	NH	2:42:48	62.80%
74 Mark Barton	M 37	NH	2:44:32	62.14%
75 Chris Cangelosi	M 37	??	2:44:51	62.02%
76 Brandon Dube	M 27	NY	2:45:01	61.95%
77 <b>Dan Danecki</b>	M 50	MA	2:45:25	61.80%
78 <b>Thomas Parker</b>	M 41	NH	2:45:39	61.72%
79 Ted Cowles	M 50	CT	2:46:19	61.47%
80 Keith Branhem	M 41	NY	2:47:12	61.14%
81 Joe Williams	M 33	MA	2:48:09	60.80%
82 <b>Wayne Stocker</b>	M 55	MA	2:48:09	60.80%
83 Doug Cummings	M 47	MA	2:48:51	60.55%
84 Kyle Hart	M 42	??	2:50:37	59.92%
85 Arthur Johns	M 49	MA	2:52:45	59.18%
86 Mark Alfano	M 37	??	2:55:06	58.39%
87 David Raczkowski	M 58	CT	2:55:51	58.14%
88 Nathan Gonik	M 27	NY	2:58:57	57.13%
89 Douglas Story	M 44	NY	2:58:58	57.12%
90 Tom Eastman	M 29	NY	2:59:46	56.87%
91 Rob Leder	M 38	CT	3:00:52	56.52%
92 <u>Gretchen Nelson</u>	F 44	CT	3:01:30	56.33%
93 <b>Rob Scott</b>	M 55	CT	3:01:48	56.23%
94 Daniel Grow	M 47	MA	3:03:19	55.77%
95 <b>Bob Buckingham</b>	M 49	CT	3:03:25	55.74%
96 Dennis Desnoyers	M 39	MA	3:03:26	55.73%
97 Mark Devlin	M 46	MA	3:06:40	54.77%
98 <b>John Aldrich</b>	M 50	MA	3:06:59	54.68%
99 <u>Denise Dion</u>	F 51	VT	3:07:30	54.52%
100 David Aronson	M 54	MA	3:07:50	54.43%
101 Chuck Roberts	M 52	MA	3:08:30	54.24%
102 <u>Sherisa Sterling</u>	F 56	MA	3:09:13	54.03%
103 Kevin Zelechowski	M 33	MA	3:09:49	53.86%
104 John Loring	M 62	MA	3:10:32	53.66%
105 <u>Pamela Behrens</u>	F 49	MA	3:11:34	53.37%
106 <u>Maura Devlin</u>	F 44	MA	3:11:34	53.37%
107 Peter Sheppard	M 21	??	3:11:46	53.31%
108 <b>Martin Glendon</b>	M 63	MA	3:12:12	53.19%

*Continued next page:*

Greylock results cont:

109	Joe Hollay	M	32	??	3:12:48	53.03%
110	<b>Bob Dion</b>	M	53	VT	3:14:09	52.66%
111	<b>Adam Gwozdz</b>	M	20	MA	3:14:36	52.54%
112	<b>Joe Gwozdz</b>	M	55	MA	3:14:37	52.53%
113	<b>Barbara Sorrell</b>	F	52	NY	3:14:39	52.52%
114	<u>Kelly Hellstein</u>	F	44	MA	3:14:56	52.45%
115	<u>Kattie Hollay</u>	F	30	??	3:15:10	52.38%
116	<u>Sarah Sheppard</u>	F	24	NH	3:15:54	52.19%
117	Norman Sheppard	M	51	NH	3:15:57	52.17%
118	<b>Kim Brown</b>	F	37	CT	3:18:08	51.60%
119	Mike Wieloch	M	45	??	3:19:01	51.37%
120	Mike Duffy	M	57	MA	3:22:08	50.58%
121	Jonathan Messer	M	36	NH	3:23:23	50.27%
122	Randy Witlicki	M	53	VT	3:24:59	49.87%
123	<u>Kaila Holtz</u>	F	27	MA	3:26:19	49.55%
124	Dorin Neacsu	M	45	MA	3:27:02	49.38%
125	<b>Jodie Lahey</b>	F	30	MA	3:27:15	49.33%
126	<u>Greta Facchette</u>	F	32	??	3:27:15	49.33%
127	Stan Tiska	M	52	MA	3:31:03	48.44%
128	<u>Julie Omara</u>	F	37	??	3:32:23	48.14%
129	Carl Cignoni	M	58	MA	3:38:18	46.83%
130	<u>Amber Bertolino</u>	F	31	MA	3:40:55	46.28%
131	<b>Laura Clark</b>	F	62	NY	3:41:11	46.22%
132	<b>Karen McWhirt</b>	F	48	CT	3:42:00	46.05%
133	<u>Kathy Furlani</u>	F	60	CT	3:46:01	45.23%
134	<u>Mary Lou White</u>	F	53	CT	3:48:31	44.74%
135	<b>Sue Snyder</b>	F	54	MA	3:49:17	44.59%
136	<b>Jamie Howard</b>	M	43	NY	4:08:57	41.07%
137	<b>Bill Glendon</b>	M	63	MA	4:09:00	41.06%
138	<b>Konrad Karolczuk</b>	M	56	CT	4:09:45	40.93%
139	<b>Greg Taylor</b>	M	62	NY	4:23:53	38.74%
140	John McCrosskey	M	37	NY	4:31:07	37.71%
141	<b>Dick Hoch</b>	M	68	CT	4:38:11	36.75%

**Greylock Trail Races ... 3 Mile Results**

	<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	
1	Bret Bedard	M	22	MA	17:41
2	James Carothers	M	37	MA	18:34
3	Kent Lemme	M	42	MA	19:02
4	Alex Schueckler	M	19	VT	20:01
5	<b>Laura Stocker</b> 1 <sup>st</sup> F	F	19	MA	22:09
6	Brian Senez	M	22	??	22:31
7	<b>Carolyn Stocker</b>	F	16	MA	22:41
8	<u>Amanda Chilson</u>	F	26	RI	22:46
9	Tim Drake	M	49	MA	23:59
10	<u>Kaylene Lemme</u>	F	15	MA	25:35
11	<b>London Niles</b>	M	12	VT	25:48
12	<u>Liz Schmitt</u>	F	39	NH	25:51
13	<u>Sheila Kolodzinski</u>	F	27	MA	26:18
14	<u>Cynthia Gardner</u>	F	58	MA	26:19
15	Ken Savitsky	M	38	MA	26:20
16	<b>Scott Bradley</b>	M	54	MA	26:22
17	<u>Shylah Weber</u>	F	21	NY	27:02

18	Joe Williams	M	54	MA	27:09
19	<b>Ed Saharczewski</b>	M	55	MA	27:24
20	Bob Toth	M	59	MA	28:00
21	<b>James Hartwig</b>	M	28	MA	28:47
22	<b>Bob Massaro</b>	M	65	MA	28:57
23	<u>Pam Coons</u>	F	23	MA	29:18
24	<b>Claudine Priete</b>	F	42	MA	29:58
25	<u>Sara Chilson</u>	F	22	MA	30:03
26	Jeffrey Omara	M	8	??	30:07
27	<u>Joanna Ezinga</u>	F	57	NY	30:08
28	<b>Rick Alobozek</b>	M	47	MA	30:32
29	<u>Brittany Charon</u>	F	20	MA	30:43
30	Patrick Smelko	M	37	MA	30:47
31	Richard Goff	M	31	??	33:24
32	<b>Spencer Chaffee</b>	M	57	MA	34:43
33	Walter Kolodzinski	M	66	MA	35:31
34	Matt Cripps	M	34	MA	35:32
35	<u>Tracy McGrath</u>	F	42	MA	36:05
36	<b>Ed Alibozek</b>	M	69	MA	36:06
37	<u>Cheryl Ambrosi</u>	F	28	CT	38:36
38	<u>Bethany Lanski</u>	F	28	MA	39:11
39	Roger Lanski	M	56	MA	39:11
40	<b>Karin Bradley</b>	F	52	MA	40:53
41	<u>Sally Lemme</u>	F	41	MA	41:07
42	<u>Karen Tendrep</u>	F	44	VT	41:43
43	Gary Lebean	M	55	MA	42:43

**Not Forever**

Upon reaching th Glen June 21 afternoon: “ Will, what time is it?” “2:42” Farmer Ed has a coke for me, then a hot dog. ☺ Ellen , “R U leaving?” “ Yeah I can make th last ferry. “

I hate to drive fast, but will to make th last ferry trip. Stop for gas ( \$2.45 in Florence ), then to th I-State and GO!! -- 70 – 80. Arrive safely sisters house New London to change shoes, shorts, gobble a Healthy Choice dinner, some B & J almond ice cream, pack groceries ( bought Sat. ) & stuff into th car, down to th ferry where Nick backs me on with 2 minutes to spare. I made it! ☺

Today might have been my last Greylock long. It was very very hard for me, both going up up up and down down down. Following th summit, first Greg comes by then Billy & KK, then John ... 1<sup>st</sup> time trailrunner. The water, mud, & terrain slowed me much more than anyone else. However, while progressing on course . . flagging, especially important for th front runners and me, was xcellent -- at turtle pace, I so enjoyed th vast Quiet . . birds only, which I love to hear. I looked all around down Jones Nose, took it all in -- I just love it there!

So, 16 summertime “goes” at wonderful Greylock for me. 10 mile: 87, 88 --- 1/2: 93, 94, 96, 97, 05 – 09 --- Full: 98. Short: 01 – 04. More “Shorts” in th future?

That would still be fun. ☺

*Dick Hoch*

## 2009 Mt. Greylock Trail Race

by Scott Livingston

June 21<sup>st</sup> was the Mt. Greylock Trail Race, a Father's Day tradition. It was a great way to spend time with the family. The venue, Greylock Glen in Adams, Massachusetts, is one of the most beautiful trail race start/finishes in New England. The Berkshire mountains are so cool and the Western Massachusetts trails are fabulous.

There were several story lines to this event. I was "doubling" as they say, but in a non-traditional manner. The traditional double is to run the Mt. Washington Road Race in Gorham, New Hampshire, on Saturday. Then, make the drive to the Glen for Greylock on Sunday. This may not have been pioneered by my nemesis, Todd Brown, but he is the runner who most consistently executes the double. I've done the Washington / Greylock double once and Deb has done it twice, but my 2009 double was to finish the Pat Griskus Triathlon on Saturday, then do Greylock on Sunday.



*Club Members Todd & Kim Brown at Greylock 2009*

I kind of figured I would be slow today, but I was even slower than expected. I ran 2:08:00, which is four minutes off my best time. After three great 2009 Grand Tree trail running results, I had a rough day. Yesterday's triathlon left me fatigued and my legs were pretty toasted. Oh well. It was really about the training, the trails, and the family time. I was anaerobic in the first quarter mile. It took me more than 40 minutes to run to the summit of Mt. Greylock (straight up from the start line), and I had my first fall of the year (scratches and bruises). My shoe laces came untied four separate times, despite the triple knots. It was that kind of day. Oh, and did I mention the mud? This was as muddy as I have ever seen these trails. The mud puddles were fun, but nasty, and not the best for the trails.

The second major story line was that this was Debbie's 10th Greylock in a row. That is quite a streak considering that her trail running career is only 10 years old. With the exception of her first race, the 1999 Soapstone Sampler, this is the race that really got her hooked. She first did this race three months before we met, so you could say that her love affair with Mt. Greylock pre-dates our own relationship. She remembers the 1999 Greylock vividly. She says it was where she met the great people that make up the New England trail running community. She won the race that year and has returned every year since

then. She has been talking about Greylock for the past month, so I know it meant a lot to her to run well today.



*Deb Livingston after the 2009 Greylock run*

She ran 2:37:00 and loved every minute of this muddy slog. That is about 37 minutes slower than her best time, but is nearly 20 minutes faster than her 2006 pregnancy time. She is one month behind her 2006 pregnancy, but that can't be the only reason why she is quicker. It doesn't matter. She finished with a big smile on her face. The only time I saw her scowl was when she was washing off in the mountain stream that cuts through the Glen. That water was cold.



*Rinsing off in the refreshing waterfall after the race*

We are so grateful for Deb's mom's help. Mrs. Schieffer watched our little guy Shep, hung out in the Glen, and sliced watermelon along with the great volunteers.

As for the speedsters, Brian Rusiecki took the overall win, less than a minute ahead of Greg Hammett in 1:42:14. Samantha Saeger topped all women with a fine time of 2:02:34. Amy Lane was second.

This was the first time in three years that we have run the Greylock course that goes to the summit. The auto road was under construction the last two years, so we had not been over the top in a while. It was great to run up there and see the Memorial Tower again.

*Photos provided by Scott Livingston*

## 2009 Pat Griskus Triathlon

by Scott Livingston

We awoke at the crack of dawn today so that I could finally compete in my first triathlon of the year. Last month, I went to Harriman State Park for a Half Iron-distance race, but it turned into a long duathlon because heavy fog caused the swim to be cancelled.

Today's race was the Pat Griskus Triathlon (Olympic Race) at Quassy Amusement Park in Middlebury, Connecticut. There are two Griskus races, with the older (23 years) Sprint Race scheduled for its usual Wednesday night slot on 8 July. I'm doing that one too because I have always wanted to do the summer race. It is one of the most popular triathlons in New England. Today's race consisted of a 1 mile swim/25 mile bike/6.2 mile run. It started at 7:00 A.M., which is good and bad. The bad part is that we had to get up so early. The good part was that the race was over by 9:30 and we were home by noon with the whole afternoon to relax and do stuff around the house.



My first triathlon was in 1999. My second was in 2002. My third was today. I wanted a change of pace in 2009, so I chose triathlon as my focus. I never took it seriously in the past, but this year, I'm giving it my all. I've been swimming a lot and I built a triathlon/TT bike purpose especially for these events. I'm working my way up to the Ironman distance, but I'm not ready yet.

I was a bit nervous about the mass start open water swim. With limited experience, and none recently, I really didn't know what to expect when 200 people charged into Lake Quassapaug with arms and legs flailing. I did OK. It certainly isn't like swimming in the pool where you have lane lines, clear water, and your own space. My biggest problem was swimming straight. I kept looking up and making course corrections, which is horribly inefficient.

My transitions were OK, but not great. Getting out of the wetsuit was easier than expected, but I was just slow. I opted for comfort (e.g. socks) rather than speed. I was watching the hard core guys and gals. They have the drill down pat. The bike leg was my strong leg today. I made up ground the whole way and just ran out of road otherwise I probably could have continued improving my position. The course was beautiful with lots of ups and downs. It was moderately technical with several tight turns and some rough pavement to deal with.



The run went OK. I picked up a few more spots on the twice out and back course. There were a few hills to contend with. Once you did the first out and back leg, it was difficult to chase because the first leg runners were mixed in with the second leg runners. That was a minor frustration, but no big deal.



I ended up 14th overall in 2:21:19 and was 5th in my age group, which met expectations. After the mediocre swim, I did a lot of passing, which is OK, but next time I don't want to lose so much ground in the water. I had a lot of fun, as did many others, which was the main objective. I simply needed to do a triathlon so that I could go into the next one with more confidence. The Pat Griskus volunteers were awesome. There were lots of road marshals and police on the bike course; the aid stations were well stocked, and the finish area had a mini-expo set up with lots of post-race refreshments.

I'm still adjusting to the triathlon scene. The culture is the complete opposite of trail running. There is a lot more gear. The entry fees are much higher (excluding ultramarathons). Most people spend more time training. There are lots of do-dads in addition to all that gear. The top athletes have a certain intensity. The trail running scene is much more mellow. We are going to get a chance to chill out tomorrow because we are taking part in a Father's Day tradition, the Mt. Greylock Trail Race. I hope the race numbers that had been written on my arm and calves with black magic marker fade by then. Otherwise, I'm going to be getting some serious flak!

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

*Photos courtesy of Scott Livingston*

## Cloud Running with the Little Engine that Could: Summitting Mt. Washington

by Laura Clark

This June marked my third ascent of Mt. Washington, which has the dubious distinction of hosting the world's worst weather. As though running 7.6 miles with a 4,650 vertical foot climb up an 11.5% average grade while negotiating 99 switchbacks weren't challenge enough! Not only has the mountain clocked the planet's fiercest wind speed at 231 miles per hour, hurricane force winds check in every third day and snow falls every month of the year. While some challengers take comfort in the race's motto, *There is only one hill*, directionally deficient runners such as myself find solace in the fact that it is impossible to stray off course.

While the climb is a given, it is the unpredictable weather that is the true wildcard. Basically, it is impossible to dress properly. What works at the start often proves to be woefully inadequate at the finish. For me, choosing the proper attire is one of the more stressful parts of a race, so it was something of a relief to know that whatever I selected was bound to be the wrong choice.

After packing all the winter gear I owned, minus the snowshoes, Jeff and I set out for the wilds of New Hampshire. The trip was mostly uneventful, but we did learn two things: (1) MapQuest will get your destination, but definitely not on time, and (2) there is a reason why small New Hampshire towns feature numerous Bear Inns, Black Bear Restaurants and carved Bear outlets, all having to do with truth in advertising. While we failed to spot the promised license plate moose, Jeff got up close and personal with a glossy black bear who dashed across the road heedless of red and green, a huge jaywalker with no fear of traffic cops.

Wisely, we chose accommodations at the Eagle Mountain House since we would be doing enough running without any ursine encouragement. As the designated race headquarters, this inn was a hub of activity. Basically, we fit right in as everyone was wearing T-shirts, lugging running bags, and obsessively checking multiple weather reports. That evening Dave Dunham, race historian and past winner, spanned forty-eight years of race highlights. Amy Palmiero-Winters, a below-the-knee amputee who was featured in the April 2007 issue of *Runner's World*, urged us to take five more steps and then five more until we reached the top. Just like the Little Engine that Could.

While I was no where near as focused as some, I did have an actual plan, which was somewhat reassuring. The beauty of this race is that there are no surprise entrants. I checked out all the women in my age group and determined that if I ran under 2:15 I had a shot at placing. Since my 2004 time was 2:10, this did not seem a pie in the sky possibility.

The first mile was relatively easy, with a grade resembling that of normal mountains at their steepest sections. But by the second mile the honeymoon was over. I concentrated on quick metronome steps, picturing the choppy railroad cogs that reliably haul Little Engine to the top. I tried sidestepping, but

the first miles were simply too crowded to get into any kind of rhythm. Dave urged us not to start too hard, which, of course, is exactly what I did, all the while feeling proud that I ran the entire second mile. Although I conquered the mountain in 2004, it was so foggy that I never actually saw the course, let alone the finish line. If I had, I would have known that the final miles present a series of recovery dips intersected by steep climbs. But by the time I had arrived at that point, I was simply too tired to take advantage. Next time!

Both Dave and John recommend cutting the tangents, but with 99 of them, I preferred to stick with Bob Dion's Mt. Greylock advice and aimed for the center of the road. This seems to work for me since I feel you waste a lot of mental energy cutting back and forth over slanty surfaces. Perhaps for the frontrunners, conditions are somewhat different, but in a crowd it is rather like playing a distracting game of uphill dodge ball.

The final push to the summit features a 30% gradient. Jeff, crew and guaranteed ride down for Chelynn Tetreault, Laurel Shortell, Rich Busa and myself, stationed himself at a critical point in this climb, just where we could hear Little Engine's whistle, and literally pushed us upwards with his "You're almost there!". I stuck my sneakers into the mental cogs and chugged away in tune to both man and machine, exceeding my time goal with a 2:06:56 finish and earning 3<sup>rd</sup> place in my age group. All the while I was grateful to leave the most difficult part of the adventure to Jeff: driving back down all those steep switchbacks in the fog, with motorcade traffic coming up and folks running down.



**MT. Washington Railway**

Photo by Jeff Clark

I should mention that at this venerable event, 60 years does not even approach over the hill status. The 70 year-old age group is highly competitive, as is the 80+. Halfway up I finally passed an older lady, who crossed the line only five minutes behind me. She was 75 years young! Not to mention Rich, who at 79 and just coming off multiple injuries, placed third with a 2:20.

While I exceeded my goals, I discovered they were the wrong goals. Had I read the website carefully, I would have realized that only first and second age group finishers earn a lottery bypass for the following year. Which leads me to ponder once more Tim Noakes' central governor theory: I had set my brain to achieve and it delivered as directed. What would have happened had I upped the ante?

***Continued next page:***

MT. Washington cont:

Regardless, the reward at the top was glorious as our group experienced the true meaning of the term “undercast.” We had run through the clouds to a spring ski weather summit in tandem with the cog railway’s version of the Little Engine that Could, and now gazed in awe at the clouds below. Amazingly balmy, windless conditions lasted for half an hour until the fog once again rolled in, making us think once more of winter gear and hot showers.

Laura Clark



*Jeff & Laura Clark at the finish in the clouds  
Photo courtesy of Jeff Clark*

**MT. Washington Road Race**

7.6 Miles...Base to Summit ...Pinkham Notch, NH ...6 / 20 / 09

1<sup>st</sup> Overall: #1 Rickey Gates 28 M CO 59:58  
1<sup>st</sup> Women: #24 Brandy Erholtz 31 F CO 1:10:53

**Club Members:**

#20	<b>Dave Dunham</b>	45 M	MA	1:09:22
#80	<b>Todd Brown</b>	45 M	CT	1:24:54
#100	<b>Ken Clark</b>	46 M	CT	1:27:25
#118	<b>Bob Gillis</b>	54 M	MA	1:29:11
#157	<b>Erik Wight</b>	49 M	MA	1:32:51
#186	<u><b>Donna Smyth</b></u>	49 F	VT	1:35:24
#236	<u><b>David Geary</b></u>	43 M	MA	1:38:45
#280	<b>John Pelton</b>	70 M	VT	1:42:01
#482	<b>William Morse</b>	58 M	MA	1:52:57
#523	<b>Howard Bassett</b>	48 M	NH	1:55:26
#717	<u><b>Laura Clark</b></u>	62 F	NY	2:06:56
#733	<b>Fred Ross 111</b>	62 M	VT	2:08:33
#833	<b>Richard Busa</b>	79 M	MA	2:20:11

917 Official Finishers ..... Timing ends a 3:00  
Complete results on .... [www.coolrunning.com](http://www.coolrunning.com)

**2009 Grand Tree Series**  
**Total points leaders through first 7 races**

Top 50 Runners

Club members in Bold:

	<u>Name</u>	<u>Age</u>	<u># Races</u>	<u>Points</u>
1	Ben Nephew	M 33	4	394.25
2	John Paul Lewicke	M 23	4	371.97
3	Keith Schmitt	M 40	4	349.60
4	<b><u>Michelle Roy</u></b>	F 39	5	320.78
5	Nikolas Rogers	M 37	4	290.22
6	David Raczkowski	M 58	5	284.12
7	<b>Mike Belcourt</b>	M 47	4	276.92
8	Jack Pilla	M 50	3	274.52
9	Karl Sauerbrey	M 45	4	272.62
10	Mark Barton	M 37	4	272.19
11	Kevin Zelechowski	M 33	5	268.50
12	<b>Rob Higley</b>	M 55	3	262.27
13	<b>Peter Keeney</b>	M 44	3	261.04
14	<b>Thomas Parker</b>	M 42	4	259.87
15	<b><u>Patty Duffy</u></b>	F 40	4	258.97
16	Brett Stoeffler	M 42	3	255.32
17	Scott Livingston	M 36	3	254.98
18	Chris Crawford	M 40	4	250.35
19	<u>Amy Lane</u>	F 29	3	243.57
20	<u>Beth Krasemann</u>	F 35	3	235.12
21	<b>John Agosto</b>	M 44	3	232.91
22	<u>Elaine Romano</u>	F 51	4	230.98
23	<b>Robert Scott</b>	M 55	4	222.16
24	<b>Erik Wight</b>	M 49	3	217.14
25	Dominic Ambrosi	M 30	3	205.19
26	Scott Slater	M 31	3	200.79
27	Brook Burke	M 39	3	200.56
28	Gary Jewett	M 43	3	200.47
29	Brian Rusieki	M 30	2	198.97
30	<u>Sandy Beauvais</u>	F 48	4	197.73
31	Randall Dutton	M 38	3	196.72
32	<b>Will Danecki</b>	M 59	3	195.83
33	Paul Lahham	M 30	3	194.32
34	Kevin Tilton	M 27	2	193.93
35	<b>Fred Pilon</b>	M 63	3	188.06
36	Greg Hammett	M 31	2	187.89
37	Robert Schulten	M 52	3	179.02
38	<b><u>Karen McWhirt</u></b>	F 48	4	178.15
39	Andy King	M 33	2	177.96
40	Dave Mingori	M 41	2	177.55
41	Paul Young	M 43	2	177.18
42	Christopher LaRocco	M 47	3	174.47
43	Richard Schulten	M 61	3	173.71
44	Benjamin Chaffee	M 31	2	173.66
45	Ron Starrett	M 39	3	173.38
46	Rich Fargo	M 50	2	170.83
47	<b>Jamie Howard</b>	M 43	4	169.97
48	Gabriel Flanders	M 33	2	169.51
49	<b>Dan Scotina</b>	M 54	3	168.20
50	Mark Knapp	M 35	2	168.15

**For complete results, info, and up-dates check out the “Grand Tree” page at .... [www.runwmac.com](http://www.runwmac.com)**

## Muddy Moose Trail Race ... 14 Miles

Wolfeboro, NH ... April 26, 2009

WMAC members in bold, and other familiar names:

Name	Age	ST.	Time	GT %
1 Justin Freeman	M 32	NH	1:37:27	100.00%
2 Dylan McGuffin	M 21	NH	1:40:37	96.85%
3 Mats Lemberger	M 25	CT	1:43:37	94.05%
4 John Paul Lewicke	M 23	MA	1:44:34	93.19%
5 Gigou Pierse-yus	M 22	?	1:47:53	90.33%
6 Andy King	M 33	MA	1:48:17	90.00%
7 Pete Gadowski	M 22	NH	1:49:41	88.85%
8 Keith Schmitt	M 39	NH	1:51:51	87.13%
9 Andrew Clemence	M 19	NH	1:53:16	86.04%
10 Hunter Daggett	M 25	NH	1:53:31	85.85%
11 Stanislav Trufanov	M 30	MA	1:56:12	83.86%
12 <u>Steph Crawford</u> 1 <sup>st</sup> F	F 31	NH	1:56:20	83.77%
13 Jeremiah Fitzgibbon	M 52	NH	1:57:54	82.66%
14 Matt Silva	M 30	NH	1:58:27	82.27%
15 Tom Miller	M 22	NH	1:59:32	81.53%
16 Jeff Walker	M 43	ME	1:59:47	81.36%
17 Jim Pugh	M 58	MA	2:02:21	79.65%
18 Joseph Melim	M 38	NH	2:02:23	79.63%
19 Nat Coughlin	M 32	MA	2:02:38	79.46%
20 Sherpa Lacroix	M 27	NH	2:02:51	79.32%
21 Greg Indruk	M 28	NH	2:03:06	79.16%
22 Mike Kirk	M 37	MA	2:05:05	77.91%
23 <u>Kathryn Vollinger</u>	F 19	CT	2:05:16	77.79%
24 Chuck Landry	M 53	NH	2:05:39	77.56%
25 Mark Belanger	M 38	MA	2:06:09	77.25%
26 Chris Dunn	M 40	NH	2:06:23	77.11%
27 Adam Wilcox	M 27	NH	2:06:23	77.11%
28 Richard Burgunder	M 29	NY	2:07:21	76.52%
29 Austin Stonebraker	M 29	NH	2:08:23	75.91%
30 Brad Beuridge	M 35	NH	2:08:38	75.76%
56 <u>Dawn Heinrich</u>	F 47	NH	2:20:30	69.36%
57 Stephen Rouleau	M 30	NH	2:22:56	68.18%
58 <b>Tom Parker</b>	M 45	NH	2:24:02	67.66%
59 Ryan Triffitt	M 34	ME	2:24:46	67.32%
60 Joe Merriam	M 50	NH	2:25:52	66.81%
76 Chris Crawford	M 40	MA	2:37:45	61.78%
77 David McDermott	M 54	ME	2:37:52	61.73%
78 <b>Michelle Roy</b>	F 39	MA	2:39:18	61.17%
79 Brad Laporte	M 46	ME	2:39:18	61.17%
80 Mike Cushing	M 38	ME	2:39:18	61.17%
98 <u>Emily Trespas</u>	F 38	MA	2:48:51	57.71%
99 David Raczkowski	M 58	CT	2:49:55	57.35%
100 <u>Gillian Barbato</u>	F 20	NH	2:51:57	56.67%
109 Randy Witlicki	M 52	VT	3:03:15	53.18%
110 <u>Jean Denniston</u>	F 28	NH	3:08:05	51.81%
120 <u>Mary Lou White</u>	F 53	CT	3:30:45	46.24%
121 <u>Robyn Hannett</u>	F 34	NH	3:32:00	45.97%
122 <b>Jamie Howard</b>	M 43	NY	3:39:13	44.45%
123 Alex Rodriguez	M 29	NY	3:41:13	44.05%

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

## MorFun Wapack Trail Race

21 Miles ... Ashburnham, MA. May 9, 2009

WMAC members in bold:

Name	Age	ST.	Time	GT %
1 Chad Denning	33 M	NH	3:31:00	100.00%
2 John Paul Lewicke	23 M	MA	3:36:00	97.69%
3 Lars Sauvola	34 M	NH	4:14:00	83.07%
4 Charles Therriault	24 M	NH	4:21:10	80.79%
5 Rory Kondrad	29 M	MA	4:21:20	80.74%
6 Jeffrey Waldron	23 M	NH	4:21:30	80.69%
7 Greg Somero	26 M	NH	4:22:00	80.53%
8 Mark Belanger	38 M	MA	4:31:00	77.86%
9 Brook Burke	? M	NH	4:32:00	77.57%
10 Nat Coughlin	32 M	MA	4:36:00	76.45%
11 David Boudreau	37 M	NH	4:37:00	76.17%
12 Paul Camire	49 M	NH	4:38:00	75.90%
13 Craig Simmons	32 M	MA	4:39:00	75.63%
14 Andy Barrett	32 M	MA	4:40:00	75.36%
15 Curtis Hansen	40 M	NH	4:42:00	74.82%
16 Gregory Watson	38 M	MA	4:47:00	73.52%
17 Andrew Bennett	35 M	MA	4:48:00	73.26%
18 <u>Sara Praguski</u> 1 <sup>st</sup> F	30 F	MA	4:55:10	71.49%
19 <b>Patty Duffy</b>	40 F	MA	4:55:20	71.44%
20 John Skewes	51 M	NH	4:56:00	71.28%
21 Gary Gustafson	40 M	NH	4:57:00	71.04%
22 Dominic Ambrosi	30 M	MA	4:59:10	70.53%
23 Karl Sauerbrey	? M	RI	4:59:20	70.49%
24 <b>Michelle Roy</b>	39 F	MA	5:04:00	69.41%
25 Dan Collison	49 M	NH	5:05:00	69.18%
26 Paul Lahham	29 M	MA	5:09:00	68.28%
27 <u>Maggie Ramos</u>	47 F	NH	5:28:00	64.33%
28 <b>Andrew Carlson</b>	43 M	CT	5:30:00	63.94%
29 Jack Thornton	45 M	MA	5:33:00	63.36%
30 Gregg Field	44 M	RI	5:44:00	61.34%
31 Craig Fraley	30 M	NH	5:45:10	61.13%
32 David McDermott	54 M	ME	5:45:20	61.10%
33 <u>Maggie Gousman</u>	20 F	NJ	5:45:30	61.07%
34 Frank Gousman	54 M	NJ	5:45:40	61.04%
35 <u>Jennifer Smith</u>	43 F	NH	6:00:00	58.61%
36 <u>Jenna Mooney</u>	? F	MA	6:20:00	55.53%
37 Douglas Harvey	30 M	MA	6:22:00	55.24%
38 Richard Mellor	58 M	NH	6:36:00	53.28%
39 Kevin Zelechowski	33 M	MA	6:43:00	52.36%
40 <u>Heather Hoyt</u>	? F	NH	6:45:00	52.10%
41 <u>Betty Yung</u>	25 F	MA	6:45:00	52.10%
42 <b>Dan Scotina</b>	54 M	MA	6:48:00	51.72%
43 Cory Berthiaume	27 M	RI	7:00:00	50.24%
44 <u>Stephanie Curran</u>	? F	NH	7:17:00	48.28%
45 <u>Nora Ball</u>	35 F	NH	7:17:00	48.28%
46 <b>Frederick Ross III</b>	62 M	VT	7:19:00	48.06%
47 Glen Green	42 M	MA	7:53:00	44.61%
48 Jim Callahan	51 M	NH	8:14:00	42.71%
49 <u>Vicki Willis</u>	58 F	NH	9:03:00	38.86%

49 Finishers



## Monroe – Dunbar Brook

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At the conclusion of the Monroe run last year, someone asked me where I had fallen since blood was trickling down both of my legs. That was a surprise to me as I had not wiped out! Only then did I recall just ticking a downed tree trunk with my right knee and the gash on my left shin must have occurred during my scuba adventure in crossing the Dunbar brook. Never felt either!

However, in looking around, it was obvious I wasn't the only one who had sacrificed some skin. Autumn colors were the uniform of the day for many others too. In fact, if singer / songwriter Paul Simon had been around, he might have penned the following song.

So, here we go..... in the key of B sharp ... or B flat ... real flat ... "50 ( or more ) Ways To Lose Your Balance at Monroe / Dunbar Brook."

Just stub a big toe, Joe.  
Get a little too brave, Dave.  
Wonder where the trail went, Kent.  
It could happen to you!

Cascade down the hill, Will.  
Just miss a quick turn, Vern.  
Let yourself free, Leigh.  
You can't fool gravity!

Trip up on a stick, Vic.  
Forget to look down, T. Brown.  
Let's go for a swim, Kim.  
Brrr that water is cold!

Slid down on your back, Zack.  
Mis judge a small gorge, George.  
It wasn't your fault, Walt.  
You never saw that big tree!

Tumble onto a rock, Jacques.  
Just say it's a fluke, Luke.  
You'll get over the pain, Wayne,  
in a fortnight or two!

Don't try to attack, Mack.  
Stumble into a ditch, Rich.  
Hit your knee on a tree, Dee.  
Take a lesson from me!

Roll over a stone, Joan.  
Let your stride get too loose , Bruce.  
No time to be smug, Doug.  
You could you could land on your mug!

Grab a piece of loose bark, L. Clark.  
Think ahead to the chili, Willie.  
Just plain lose your head, Ed.  
And you'll be on the ground!

Slip on a wet leaf, Kieth.  
Slide into the goo, K 2.  
Trip on your own lace, Grace.  
And catch a branch in your face!

Take your eyes off the trail, Gail.  
Just try to fly, Guy.  
Don't pick up your feet, Pete.  
You could crash on your seat!

Slide on the wet moss, Ross.  
Show no fear today, Jay.  
What's a little less blood, Jud,  
when you're knee deep in mud!

Catch a bug in your eye, Sy.  
Make a little mistake, Blake.  
Skin a patch off your shin, Vin.  
It'll grow back in time!

Skid off on your heel, Neil.  
Take way too much speed, Reed.  
Lose your shoe in the mud, Bud.  
And come down with a thud!

Crowd the runner ahead, Ted.  
Try staying with Dion, Leon.  
Plain run out of luck, Chuck.  
You'll end up in the muck!

Create a landslide, Clyde.  
Trip on your little pal, Al.  
Take in the great view, Lou.  
It will happen to you!

Try to pass with a sprint, Clint.  
Get a cramp in you leg, Peg.  
Don't try to look back, Jack.  
Or you'll fall like a sack!

Just make a bad plan, Dan.  
Try to blaze a new path, Cath.  
It's the things you don't see, Marie,  
that'll bring misery!

Miss an easy footplant, Grant.  
Catch a downed cedar knot, Scott.  
Get confused in the rain, Duane.  
What's a little sharp pain?

See you again, Ken,  
for another old man's slow ten,  
or maybe just the two will do,  
in October this year!!!

My apologies to all the great Monroe runners for whom I failed to conjure up even a poor rhyme ... and an even more sincere sorry to those folks for whom I did!

## Seven Sisters Trail Race

12 Miles ... Amherst, MA.    May 3, 2009

WMAC members in bold and other familiar names:

<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1 Brian Rusieki	M 30	MA	1:47:46	100.00%
2 Leigh Schmitt	M 36	MA	1:48:18	99.51%
3 Benjamin Nephew	M 33	MA	1:48:18	99.50%
4 Kevin Tilton	M 27	NH	1:51:20	96.80%
5 John Lewicke	M 23	NH	1:57:59	91.34%
6 <b>Ross Krause</b>	M 29	MA	1:58:59	90.57%
7 Timothy Cote	M 33	NC	2:01:15	88.88%
8 Keith Schmitt	M 40	NH	2:01:16	88.87%
9 Jack Pilla	M 50	VT	2:01:58	88.36%
10 Greg Hammett	M 31	NH	2:02:37	87.89%
11 <b>Rob Higley</b>	M 55	MA	2:02:42	87.83%
12 Paul Young	M 43	MA	2:04:56	86.26%
13 Garry Harrington	M 49	NH	2:05:56	85.57%
14 Gabriel Flanders	M 33	ME	2:05:57	85.56%
15 Benjamin Chaffee	M 31	MA	2:07:15	84.69%
16 Scott Livingston	M 36	CT	2:07:37	84.45%
17 Brett Stoeffler	M 42	CT	2:07:37	84.45%
18 Patrick Bensen	M 26	MA	2:09:13	83.40%
19 <b>Chris Baynes</b>	M 38	MA	2:11:24	82.01%
20 Timothy Mahoney	M 29	MA	2:11:29	81.96%
21 Bryan Johnston	M 29	NH	2:12:41	81.22%
22 Mark Knapp	M 35	MA	2:14:42	80.00%
23 Chris Taft	M 28	MA	2:14:46	79.97%
24 David Birlsall	M 19	CT	2:14:57	79.86%
25 <u>Amy Lane</u>	F 29	MA	2:15:13	79.70%
29 Patrick Rondeau	M 34	MA	2:19:24	77.31%
30 Stanislav Trufanov	M 30	MA	2:19:48	77.09%
31 Todd Bennett	M 38	CT	2:20:52	76.50%
32 Kurt Severance	M 33	MA	2:20:58	76.45%
33 <u>Beth Krasemann</u>	F 35	CT	2:21:54	75.95%
34 Aaron Rutz	M 33	MA	2:23:31	75.09%
35 Nicolas Pugliete	M 19	NY	2:24:26	74.61%
36 Sanjay Arwade	M 34	MA	2:25:22	74.13%
37 <b>John Agosto</b>	M 44	CT	2:25:40	73.98%
42 <b>Todd Brown</b>	M 45	CT	2:28:18	72.67%
46 Jim Pugh	M 58	MA	2:29:24	72.13%
47 Alec Hoverman	M 33	MA	2:29:35	72.04%
48 Rafal Jechraejczak	M 26	MA	2:29:35	72.04%
49 Nikolas Rogers	M 37	NY	2:29:47	71.95%
50 Bill Driggs	M 39	CT	2:30:45	71.49%
54 <b>Mike Belcourt</b>	M 47	CT	2:32:16	70.77%
55 <b>Erik Wight</b>	M 49	MA	2:32:22	70.73%
69 Daman Douglas	M 49	MA	2:39:51	67.42%
73 <u>Debbie Livingston</u>	F 34	CT	2:41:49	66.60%
78 Scott Slater	M 31	CT	2:42:54	66.16%
79 Dana Royer	M 33	CT	2:43:38	65.86%
84 Russell Hammond	M 49	CT	2:45:52	64.97%
90 <u>Jennifer Shultis</u>	F 40	NH	2:47:24	64.38%
102 Bruce Shenker	M 56	NY	2:53:04	62.27%
103 Sean Driscoll	M 22	MA	2:53:57	61.95%
104 <u>Grace Jensen</u>	F 46	CT	2:54:02	61.92%
105 Anthony Parker	M 48	MA	2:54:04	61.91%
106 <u>Justine Falcone</u>	F 18	CT	2:54:09	61.88%
107 Chris Crawford	M 40	MA	2:54:17	61.83%
108 <u>Patty Duffy</u>	F 40	MA	2:54:40	61.70%

119 Guido Mederos	M 53	MA	2:56:46	60.97%
120 <u>Jessica Ryken</u>	F 44	MA	2:57:22	60.76%
126 Adam Caplan Bricker	M 15	MA	3:03:09	58.84%
127 <b>Thomas Parker</b>	M 41	NH	3:03:12	58.82%
137 <b>Robert Scott</b>	M 54	CT	3:06:56	57.65%
146 Eric Thibaud	M 47	MA	3:12:50	55.89%
153 <b>Dan Danecki</b>	M 50	MA	3:14:49	55.32%
154 <u>Vickie Monahan</u>	F 34	CT	3:15:00	55.26%
156 <u>Elaine Romano</u>	F 51	CT	3:16:08	54.95%
160 <u>Jessica Hageman</u>	F 33	NY	3:18:47	54.21%
175 Kevin Zelechowski	M 33	MA	3:25:51	52.35%
176 David Raczkowski	M 58	CT	3:26:02	52.31%
188 <u>Barbara Sorrell</u>	F 52	NY	3:32:39	50.68%
189 Rick DeWitt	M 51	CT	3:33:32	50.47%
190 <u>Susan DeWitt</u>	F 43	CT	3:33:32	50.47%
194 <u>Kim Brown</u>	F 37	CT	3:37:33	49.54%
201 Randy Witlicki	M 52	VT	3:46:18	47.62%
216 Charles Thayer	M 64	NJ	3:57:44	45.33%
222 <u>Laura Clark</u>	F 62	NY	4:02:56	44.36%
225 <b>Ric Villarreal</b>	M 52	CT	4:04:46	44.03%
227 Stan Tiska	M 51	MA	4:10:59	42.94%
232 <u>Karen McWhirt</u>	F 48	CT	4:15:55	42.11%
233 <u>Laura Petsching</u>	F 46	MA	4:19:26	41.54%
235 <u>Mary Lou White</u>	F 53	CT	4:24:46	40.70%
240 <b>Greg Taylor</b>	M 62	NY	4:40:18	38.45%
244 <u>Robyn Andrusyszyn</u>	F 21	NY	5:09:02	34.87%

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

### Amnesia at The Sisters

*by Laura Clark*

Normally I do not obsess about my personal race statistics. Since trail conditions are so erratic, I gauge my performance by who remains unreachably ahead and who is left behind in the dust. But this year, with the Ottawa Marathon looming three weeks ahead, I have become a compulsive number cruncher despite the fact that I have always failed miserably at mental math.

You may well ask, "Why Ottawa?" Isn't that a road? And you are correct. Last time I looked, Ottawa was a major European-style Canadian city intersected by an impressive amount of flat asphalt. But for some reason, way back in November when the Ottawa media folks asked me to do a series of articles about training for a marathon in a typical Northeastern winter, it seemed like a good idea. With free entry and free room in board dangling like the proverbial carrot, I succumbed. But I needed a theme to hold the series together, so like any loyal Northeasterner I set my sights on Boston. Wouldn't it be neat if I could qualify?! Ignoring the fact that my flatlander races range from awful to abysmal, I forged ahead. I churned out marathon-paced workouts, re-read Jack Daniels (the author) and drank Jack Daniels (the whiskey) and even purchased a pair of oxysox guaranteed to massage my tired calves while I slept.

*Continued next page:*

### Amnesia cont:

Then 7 Sisters beckoned and I regained my perspective. I never jinx my current race by researching all my past finish times. Trail races are supposed to be fun, not an obsessive countdown. So this year when I finished in a triumphant 4:02, I figured I had achieved at least a second place PR. Despite accumulating some years since my first acquaintance with the Sisters in 2000, I felt that this particular journey had gotten easier. How exciting is that! While my knees are definite proof of erosion at work, the Sisters likewise have been shrinking, losing milliliters of soil and shedding shards of shaly rock with each footfall. Perhaps that evened out the score.

At any rate, the sheer rock face peak, which usually reduces me to a tiptoeing sleepwalker, barely fazed me. In fact, it seemed shorter than usual. The only section that gave me pause was the cliff pointing straight to the heavens with no way around except to follow the mocking white blaze into the sky. Granted, this pathway is not nearly as intimidating as Escarpment, but then there's that truth-in-advertising clause written into the Escarpment contract. The two-way traffic got pretty heavy from that point on, making rush hour in New York City look like fun.

As I approached the turnaround I took note of those aiming toward me. The frontrunners had long since passed and were scarfing up the trail breakfast, if not already on their drive home, probably contemplating topping the day off with a 50 mile bike ride. No, the faces I observed coming at me were focused, frowning at the trail ahead, clearly struggling. I made a mental note not to look like that when I came back through. No sense scaring off the opposition. All twenty-two of them.

The one remnant from my Ottawa preparations that really did seem to help was my recent Chi Running tutorial session with my friend Ann Margaret McKillop. While I discovered that textbook drills do not exactly transfer to the Sisters, I modified her sidestepping technique to accommodate the 80 degree rocky ups and downs and found myself walking a lot less than usual. I even managed to "run" the final rock garden descent, whereas before I mostly gave up and walked.

Based on this touchy-feely experience, I felt elated when I crossed the line in a stunning 4:02:and lots of change. Not wanting to burst the bubble, I still did not research backward through the realm of dusty statistics. After all, this *was* a trail race. And didn't Deb Livingston, despite being four months pregnant, arrive 5<sup>th</sup> female? And didn't I finally pass Stan Tiska after a long uphill battle? The race must have been easier this year...

Of course, you have already guessed the answer: I was dead wrong. My best Sisters was my second in 3:51, followed just two years ago by a 3:57. Still, I am after all, over the hill, and at least slightly eroded. But that's the last you'll hear about finish times from me. Unless of course, I actually do qualify at Ottawa!

Laura Clark

***Each Time I fall down on my face, I just pick myself up and get back in the race!***

*F. S. ( and Dick Hoch, too. )*

### *Laura's Book Review Corner:*

***We Might as Well Win: On the Road to Success with the Mastermind behind Eight Tour de France Victories,***  
**by Johan Bruyneel. Houghton Mifflin, 2008.**

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"If you're going to expend that first big block of effort and energy to participate, you might as well go ahead and give whatever else it takes to win." This statement by John Bruyneel summarizes the can-do attitude that enabled him to coach Lance Armstrong to an unprecedented seven straight victories in the Tour de France, judged to be the most grueling stage race in the world. It is also an entry point into the behind-the-scenes attention to detail that must necessarily accompany such wins.

While I had always enjoyed watching the Tour de France on television, as a runner I had difficulty understanding why Lance, or any other competitor for that matter, would be content to coast mid-pack surrounded by team lieutenants. I was always disappointed that he didn't ride out front and take charge of the situation every single day. But Bruyneel's book taught me that infrequent losses can pave the way for ultimate wins and that occasional bluffing is an effective strategy when your team is weak but sometimes even when it is strong. According to Bruyneel, not only is there victory in every loss, but the very foundation of victory is built during defeat. These are all tenants which serve equally well in sport, business and life in general.

This slim volume is a compendium of inspirational quotes as Bruyneel reflects on his own career first as Tour competitor and then later as team manager. During one near fatal crash when he propelled straight off a mountain into a tree top and then scrambled back to the road, he recalls thinking, "I'm alive, I might as well finish the race." Even after Lance retired, Bruyneel hung on as team manager, compelled to discover if he were simply a good coach with a great star or if his coaching skill could produce winning teams even without such a clearly defined hero.

At the time of publication, Lance's proposed comeback was more in the realm of an intriguing fictional story. Now, however, Bruyneel may be faced with the biggest challenge of his career: dealing with two potential stars on the same team. But someone who is accustomed to piloting the race car, communicating with his team via headphone, checking emails and TV coverage simultaneously all the while keeping track of threats by the other team, might just be able to pull it off.

*Review by Laura Clark*

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**Trail Running News**  
**Published by the Western Mass Athletic Club**

**Volume ... 15 Issue ... 3 Early Summer ... 2009**

*The last Issue was mailed on April 30<sup>th</sup>*

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**Western Mass Athletic Club  
Savoy Mountain Trail Races  
22 miles - 11 miles - or 4 miles  
Sunday - August 16, 2009 - 9AM  
Savoy Mt. State Forest  
SAVOY, MASSACHUSETTS**

**Start / Finish:** North Pond picnic area at Savoy Mt. State Forest.

**22 Mile Course:** Start at North Pond as usual. Twice around an eleven mile loop that includes a sublime view from Spruce Hill. Uses hiking and ATV trails. Hilly with an abundance of rocks and exposed roots. Can get very muddy with rainy weather. Race begins at 9:00 A.M.

**11 Mile Course:** Once around the above described loop. Start time: 9:00 A.M.

**4 Mile Course:** is the South Pond Shuffle loop, primarily on hiking trails within the park. Plenty of rocks, roots and other trail hazards. Race begins at 9:15 A.M.

- **Pre-Entry Fee is \$15 for the 22 miler, \$12 for the 11 miler, \$10 for the 4 miler, before 8/8/09.**
- **Family discount: no charge in excess of that for 3 people if pre-registered.**
- **Entry fee on race day is \$20 for the 22 miler, \$18 for the 11 miler, and \$15 for the 4 miler.**
- **Sorry, no shirts - no refunds. Results posted on <http://runwmac.com>**
- **Refreshments: Barbecue for runners and guests.**

**More info: Marty Glendon ( 413 ) 684-3797 or [glendon\\_farm@hotmail.com](mailto:glendon_farm@hotmail.com)  
or .... [www.runwmac.com](http://www.runwmac.com)**

\*\*\*\*\*

**Savoy Mountain Trail Races**

**Please send entry form(s) with check for fee made out to.... WMAC, P.O. Box 356, Adams, MA 01220**

**Please circle which Savoy Mt. Trail Race you are entering:    22 mile    11 mile    4 mile**

Please enter me in the indicated Savoy Mt Trail Race. I agree to assume all responsibility for and all risk of damage or injury that may occur to me as a participant of this event. In consideration of being accepted as an entrant in this event, I hereby, for myself, my heirs, executors and administrators, release and discharge any and all sponsors of the Savoy Mt Trail Race from all claims, damages, rights of action, present or future whether 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.

(Please print)

Name \_\_\_\_\_

Street \_\_\_\_\_

City/Town \_\_\_\_\_ State \_\_\_\_\_

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

Email \_\_\_\_\_

Age \_\_\_\_\_ Sex M / F    Entry fee \$ \_\_\_\_\_    Total \$ \_\_\_\_\_    WMAC member? Yes /

No

Signature \_\_\_\_\_

Parent/Guardian (if under 18) \_\_\_\_\_

## Soapstone Mountain Trail Race

14.5 Miles ... Stafford Springs, CT. ... May 17, 2009

Cloudy - Cool - Breezy - High of 56\*

WMAC members in bold:

Name	Age	Time	GT %
1 Brendan Callahan	M 27	1:37:07	100.00%
2 Benjamin Nephew	M 33	1:38:27	98.65%
3 Jim Johnson	M 32	1:38:37	98.48%
4 Keith Schmitt	M 40	1:48:05	89.85%
5 Brett Stoeffler	M 42	1:48:56	89.15%
6 Benjamin Chaffee	M 31	1:49:09	88.98%
7 Dave Mingori	M 41	1:49:52	88.39%
8 Mark Knapp	M 35	1:50:11	88.14%
9 <b>Rob Higley</b>	M 55	1:50:21	88.01%
10 Arthur Magni	M 38	1:50:58	87.52%
11 <b>Peter Keeney</b>	M 44	1:51:21	87.22%
12 Rich Fargo	M 50	1:52:53	86.03%
13 Aaron Flamino	M 34	1:54:25	84.88%
14 Donald Pacher	M 37	1:54:52	84.55%
15 Brian Hughes	M 32	1:55:24	84.16%
16 Michael Pulli	M 32	1:58:42	81.82%
17 <b>John Agosto</b>	M 44	1:59:30	81.27%
18 Kevin Vallez	M 41	1:59:41	81.14%
19 Mark Buongiorno	M 41	1:59:47	81.08%
20 Ernest Lawas	M 39	2:00:02	80.91%
21 <u>Amy Lane</u> <b>1<sup>st</sup> F</b>	F 29	2:00:17	80.74%



*Amy Lane, women's winner at Soapstone MT. 2009*

*photo by Scott Livingston*

22 <u>Abby Mahoney</u>	F 31	2:01:15	80.10%
23 <u>Beth Krasemann</u>	F 35	2:02:30	79.28%
24 Jeff Hansen	M 39	2:02:42	79.15%
25 Bob Sharkey	M 57	2:04:51	77.79%
26 <u>Serena Wilcox</u>	F 30	2:05:29	77.39%
27 David Gallaway	M 40	2:07:34	76.13%
28 Chris Deming	M 42	2:09:07	75.22%
29 Kyle Rogers	M 24	2:09:56	74.74%
30 William LeRoyer	M 29	2:10:52	74.21%
31 Jonathan Chaffee	M 64	2:10:57	74.16%
32 <b>Paul Funch</b>	M 58	2:11:43	73.73%
33 Jason Kudron	M 28	2:12:22	73.37%
34 Norm Fuller	M 49	2:13:37	72.68%
35 Volker Krasemann	M 42	2:13:43	72.63%

36 Jeffrey LaFrance	M 40	2:14:05	72.43%
37 Brian Senez	M 27	2:14:52	72.01%
38 Nikolas Rogers	M 37	2:15:08	71.87%
39 Brian Schmitt	M 28	2:15:27	71.70%
40 <u>Linda Yamamoto</u>	F 32	2:15:37	71.61%
41 Scott Turco	M 36	2:16:21	71.23%
42 <b>Erik Wight</b>	M 49	2:16:48	70.99%
43 Joseph McGuigan	M 35	2:17:25	70.67%
44 Noah Cass	M 25	2:17:34	70.60%
45 Mark Barton	M 37	2:18:24	70.17%
46 <u>Sarah Dolven</u>	F 39	2:18:28	70.14%
47 Tom Parent	M 32	2:19:45	69.49%
48 <b>Mike Belcourt</b>	M 47	2:19:58	69.39%
49 Nick Tooker	M 30	2:20:39	69.05%
50 Tyler Morrison	M 43	2:21:31	68.63%
51 Jeffrey Dingwell	M 54	2:21:46	68.50%
52 Bruce Shenker	M 56	2:22:13	68.29%
53 <u>Amy Senew</u>	F 42	2:22:37	68.10%
54 Garrett Lemer	M 48	2:23:27	67.70%
55 Robert Olsen	M 45	2:23:37	67.62%
56 <u>Michele Hammond</u>	F 50	2:23:39	67.61%
57 Alan Westman	M 36	2:24:18	67.30%
58 Ken Forrest	M 40	2:25:39	66.68%
59 Andrew Phillips	M 38	2:25:49	66.60%
60 Gary Jewett	M 43	2:25:53	66.57%
61 Bogie Dumitrescu	M 34	2:26:53	66.12%
62 <u>Kelly Perkins</u>	F 41	2:26:54	66.11%
63 Charles Peabody	M 37	2:26:59	66.07%
64 <b>Thomas Parker</b>	M 42	2:27:13	65.97%
65 Bill Metzger	M 53	2:27:20	65.92%
66 <b>Dave Geary</b>	M 43	2:27:29	65.85%
67 Tim Blinn	M 49	2:28:02	65.60%
68 Robert Schulten	M 52	2:28:50	65.25%
69 Keith Ketterer	M 43	2:29:32	64.95%
70 <u>Kristina Folcik</u>	F 31	2:29:47	64.84%
71 Eric Wyzga	M 33	2:29:59	64.75%
72 <b>Will Danecki</b>	M 59	2:30:21	64.59%
73 Chris Crawford	M 40	2:30:43	64.44%
74 <b>Michelle Roy</b>	F 39	2:31:07	64.27%
75 Dan Broom	M 34	2:31:50	63.96%
76 Curt Pandiscio	M 48	2:31:56	63.92%
77 Tony Smythy	M 49	2:32:11	63.82%
78 Dave Lilmer	M 61	2:32:19	63.76%
79 Mark Erwin	M 14	2:32:38	63.63%
80 <u>Katherine Schmitt</u>	F 29	2:32:47	63.56%
81 <b>Dan Scotina</b>	M 54	2:33:58	63.08%
82 <u>Laurie Mosley</u>	F 48	2:34:07	63.02%
83 Stuart King	M 48	2:34:12	62.98%
84 Scott Slater	M 31	2:34:58	62.67%
85 <u>Sarah Slater</u>	F 31	2:34:59	62.66%
86 <b>Fred Pilon</b>	M 63	2:35:10	62.59%
87 Brian Sorrells	M 39	2:36:32	62.04%
88 David LaPorte	M 44	2:37:03	61.84%
89 <u>Brigitte Boltz</u>	F 49	2:37:31	61.65%
90 Randall Dutton	M 38	2:37:59	61.47%
91 Tom Drohan	M 39	2:38:12	61.39%
92 <u>Elaine Romano</u>	F 51	2:38:23	61.32%
93 Dom Romano	M 51	2:38:34	61.25%
94 <u>Kathy Schultz</u>	F 50	2:38:54	61.12%

*Continued next page:*

### Soapstone results cont:

95 Steve Collopy	M 52	2:39:17	60.97%
96 Chris LaRocco	M 47	2:41:07	60.28%
97 <u>Justine Falcone</u>	F 18	2:41:08	60.27%
98 <b>George Gilder</b>	M 69	2:41:29	60.14%
99 <b>Bob Worsham</b>	M 63	2:41:58	59.96%
100 <u>Bekkie Wright</u>	F 46	2:42:20	59.83%
101 Joseph Poliquin	M 56	2:42:21	59.82%
102 Ben Fish	M 50	2:42:28	59.78%
103 David Dyson	M 40	2:42:29	59.77%
104 <u>Liz Schmitt</u>	F 31	2:42:32	59.75%
105 Norm Cormier	M 55	2:42:48	59.65%
106 <u>Abby Dolittle</u>	F 54	2:43:26	59.42%
107 <b>Alan Cabot</b>	M 54	2:43:39	59.34%
108 Donald Thompson	M 54	2:43:54	59.25%
109 <u>Carloyn Kennedy</u>	F 46	2:43:57	59.24%
110 Richard Schulten	M 61	2:46:24	58.36%
111 <b>Sherisa Sterling</b>	F 56	2:46:25	58.36%
112 <u>Melissa Courtemanche</u>	F 28	2:47:26	58.00%
113 <u>Tina Willson</u>	F 29	2:48:28	57.65%
114 Nate Willson	M 31	2:48:29	57.64%
115 Kevin Zelechowski	M 33	2:48:45	57.55%
116 <b>Dave Martula</b>	M 64	2:49:01	57.46%
117 David Raczkowski	M 58	2:49:02	57.45%
118 Paul Tusin	M 41	2:50:55	56.82%
119 Anton Deiters	M 68	2:51:17	56.70%
120 Robert Leder	M 38	2:52:15	56.38%
121 <b>Robert Scott</b>	M 55	2:53:14	56.06%
122 <b>Kim Brown</b>	F 37	2:54:07	55.78%
123 Robert Sorrentino	M 36	2:57:57	54.58%
124 <u>Jen Broom</u>	F 35	2:58:20	54.46%
125 <u>Kathleen Hermes</u>	F 50	2:58:21	54.45%
126 George Southiere	M 46	2:58:28	54.42%
127 Matthew Lepine	M 25	2:58:58	54.27%
128 Tom Sullivan	M 22	2:59:15	54.18%
129 <b>Martin Glendon</b>	M 62	2:59:32	54.09%
130 <u>Michelle Duffelmeyer</u>	F 41	2:59:47	54.02%
131 <u>Ruth Griffiths</u>	M 38	2:59:47	54.02%
132 Mark Devlin	M 45	2:59:52	53.99%
133 Daniel Grow	M 47	2:59:53	53.99%
134 <u>Pam Behrens</u>	F 29	2:59:56	53.97%
135 Bruce Leshine	M 48	3:00:42	53.74%
136 <u>Kelly Hellstein</u>	F 44	3:00:43	53.74%
137 Glenn Doulette	M 41	3:05:52	52.25%
138 Larry McAndrew	M 50	3:07:54	51.69%
139 <u>Kathleen Vita</u>	F 49	3:08:46	51.45%
140 David Senderoff	M 39	3:10:07	51.08%
141 Chris Harrison	M 56	3:10:15	51.05%
142 Don Miller	M 65	3:10:28	50.99%
143 <b>Laura Clark</b>	F 62	3:10:48	50.90%
144 WT Drohan	M 41	3:12:07	50.55%
145 <u>Sandy Beauvais</u>	F 48	3:12:18	50.50%
146 Lawrence Seward	M 64	3:12:44	50.39%
147 John Roche	M 27	3:16:12	49.50%
148 <u>Mary Lou White</u>	F 53	3:18:25	48.95%
149 Brendan Coyle	M 35	3:18:35	48.90%
150 <u>Virginia Syombathy</u>	F 34	3:18:36	48.90%
151 <u>Cathi Bosco</u>	F 42	3:18:37	48.90%
152 Matt Lassard	M 34	3:19:51	48.59%
153 Richard Sugrue	M 23	3:22:14	48.02%

154 Todd Sugrue	M 53	3:22:15	48.02%
155 Joe Campolattano	M 27	3:22:25	47.98%
156 <u>Nanette Deane</u>	F 60	3:22:42	47.91%
157 David Miller	M 20	3:24:27	47.50%
158 <u>Katherine Chamrin</u>	F 26	3:27:52	46.72%
159 Richard Goff	M 30	3:33:51	45.41%
160 <b>Karen McWhirt</b>	F 48	3:33:54	45.40%
161 <u>Cindy Bourassa</u>	F 36	3:35:26	45.08%
162 Daniel Snelson	M 38	3:35:27	45.08%
163 <u>Beth Martin</u>	F 40	3:35:28	45.07%
164 <u>Christine Woodside</u>	F 50	3:39:02	44.34%
165 <b>Bill Glendon</b>	M 63	3:53:33	41.58%
166 Mike Tayer	M 44	3:54:03	41.49%
167 <b>Jamie Howard</b>	M 43	3:54:08	41.48%
168 <b>Konrad Karolczuk</b>	M 56	3:54:35	41.40%
169 Kaz Rybek	M 55	4:38:00	34.93%

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### Soapstone Fashions

*by Laura Clark*

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For me, it almost seems like fashion decisions are the toughest part of any event. At Soapstone the big question was: Do I wear shorts or capris? The capris would keep my legs from cramping, but my Hammer shorts display that nifty get-tough Hammer logo as well as a multitude of pockets for storing essentials like toothbrush, comb, gels, mints, map, whistle, camera...there are a lot of pockets! But at least this time around, on my Grand Tree Series #2, I have already figured out that it is not necessarily a good idea to store half-sucked gels in the butt section. Especially if you ever hope to get unstuck from your car seat. Yes, I am still sitting on towels and probably will be until I treat Annie to an expensive upholstery cleaning.

Once I adjusted the towel, Annie and I backed out of the driveway headed to the Soapstone 14.5 miler or 24K, depending on your mathematical preference.

Annie confidently informed me that the outside temperature was already approaching 60 degrees and that shorts were the perfect choice. As we approached the border, however, the wind picked up to the point where I was seriously considering Annie's long-overdue tire rotation. The outside temperature plummeted to 44 degrees.

After pulling into the Soapstone parking lot I promptly yanked off my shorts and pulled on my tights. So much for summer. I added a windshirt against the impending storm and congratulated myself that at least I had the foresight to grab one with pockets. Once we began our first ascent, however, the rain retreated and the windshirt got way too hot. No problem, I simply tied it around my waist, thereby rendering my anti-bonk gourmet snacks totally inaccessible.

This was a different sort of trail race for me in that I was rarely running alone. Either more folks had suddenly gotten older, or I had miraculously gotten faster. Unbelievably, I even saved four companions from getting lost, mostly because I had missed the sharp left after the riverbank twice before and was determined not to do so again.

**Continued next page:**

### Soapstone Fashions cont:

Despite all these perks, the 11.7 mile milk and cookie break was a long time coming and I was forced to lose precious minutes untying my jacket to access my provisions.

Another odd thing about this race is that I always seem to look forward to the road section. If this is the case, then, why don't I just run roads? I'm guessing, though, that most folks feel the same since the blacktop heralds the beginning of the end. Except that I actually relish the steep uphill. This is usually the spot where I can shake off any contenders lurking in my shadow. While I am not an especially speedy uphill runner, I do have endurance, which earns extra brownie points after 13 miles.

As I crossed the finish line, I assessed my performance. My only clothes error was the windshirt, which would have been a great idea if only it had rained more consistently. The only training error I need to address would be the purchase of capris with pockets. Next year!

Laura Clark

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### **Northfield MT. Trail Race .... 10.3K**

Northfield, MA. June 13, 2009  
USATF-New England Trail Championships

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WMAC Members in bold, and other familiar names:

	<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>GT %</u>
1	Josh Ferenc	M 27	0:36:26	100.00%
2	Justin Fyffe	M 29	0:37:05	98.25%
3	Andy McCarron	M 26	0:37:10	98.03%
4	Eric Morse	M 44	0:37:35	96.94%
5	Greg Ward	M 37	0:37:38	96.81%
6	Greg Hammett	M 31	0:38:45	94.02%
7	Todd Callaghan	M 39	0:38:50	93.82%
8	Jim Pawlicki	M 34	0:38:59	93.46%
9	Tim Mahoney	M 29	0:39:15	92.82%
10	<b>Dave Dunham</b>	M 45	0:39:30	92.24%
11	Allan Serrano	M 41	0:39:50	91.46%
12	Tim Van Orden	M 41	0:40:32	89.88%
24	<u>Abby Mahoney</u> 1 <sup>st</sup> F	F 31	0:43:42	83.37%
25	Brian Betournay	M 27	0:43:42	83.37%
29	<b>Todd Brown</b>	M 45	0:44:22	82.12%
30	Paul Bazanchuk	M 54	0:44:25	82.03%
31	Chris Deming	M 42	0:44:51	81.23%
32	Bob Sharkey	M 57	0:45:26	80.19%
33	Eric Furland	M 34	0:45:29	80.10%
34	<b>Jim Preite</b>	M 45	0:45:32	80.01%
39	<u>Samantha Saeger</u>	F 26	0:46:18	78.69%
40	<b>Erik Wight</b>	M 49	0:46:47	77.88%
41	Clint Joslyn	M 35	0:46:49	77.82%
42	<b>Bob Gillis</b>	M 54	0:46:58	77.57%
45	<b>John Agosto</b>	M 44	0:47:03	77.44%
56	<b>Andrew Sheldon</b>	M 38	0:49:20	73.85%

57	<u>Dawn Roberts</u>	F 37	0:49:28	73.65%
66	<b>Ed Alibozek</b>	M 46	0:50:39	71.93%
69	Bruce Leshine	M 48	0:50:59	71.46%
75	Curt Pandiscio	M 48	0:51:18	71.02%
79	<b>Dave Geary</b>	M 43	0:51:34	70.65%
82	Peter Gagarin	M 64	0:51:43	70.45%
97	<b>Thomas Parker</b>	M 41	0:54:17	67.12%
98	Richard Stockdale	M 58	0:54:22	67.01%
99	<u>Susanne Torabi</u>	F 47	0:54:27	66.91%
108	Doug Cummings	M 47	0:55:10	66.04%
111	<u>Dawn Heinrich</u>	F 47	0:55:20	65.84%
115	<b>George Gilder</b>	M 69	0:55:42	65.41%
116	<u>Heather Arsenault</u>	F 31	0:55:47	65.31%
117	Jan Haemhouts	M 18	0:55:56	65.14%
118	Don Perkins	M 42	0:56:00	65.06%
119	<u>Michelle Roy</u>	F 39	0:56:03	65.00%
120	Tod Kenney	M 51	0:56:12	64.83%
124	Kevin Zelechieski	M 33	0:56:48	64.14%
131	<b>Dan Scotina</b>	M 54	0:57:39	63.20%
143	<b>Bill Howard</b>	M 60	0:59:00	61.75%
148	<b>Alan Cabot</b>	M 54	0:59:49	60.91%
155	<b>Bob Worsham</b>	M 63	1:00:50	59.89%
156	<u>Pamela Behrens</u>	F 49	1:01:26	59.31%
162	<b>Bob Massaro</b>	M 65	1:02:38	58.17%
177	<u>Suzanne Welch</u>	F 56	1:04:43	56.30%
178	<b>Fred Ross III</b>	M 62	1:04:56	56.11%
179	Rich MacDonald	M 59	1:05:09	55.92%
180	<u>Laura Clark</u>	F 62	1:06:11	55.05%
185	<u>Kim Brown</u>	F 37	1:06:42	54.62%
186	<u>Emily Trespas</u>	F 38	1:06:46	54.57%
198	<u>Laurel Shortell</u>	F 43	1:10:09	51.94%
202	David Boles	M 62	1:11:51	50.71%
203	<u>Mary Lou White</u>	F 53	1:11:59	50.61%
204	<b>Dick Hoch</b>	M 68	1:13:49	49.36%
209	<b>Konrad Karolczuk</b>	M 56	1:17:45	46.86%
213	John Parker	M 77	1:22:44	44.04%
214	Walter Kolodzinski	M 66	1:25:09	42.79%
215	Ken Skier	M 55	1:28:28	41.18%

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

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## Pedal & Plod

Our "Town Of Adams" events planning committee and the Western Mass Athletic Club presents the annual Pedal & Plod bike and run on July 26, 2009 in downtown Adams.

The 4 mile run and the 22 mile bike race are open to both teams and "Iron Persons".

Pre-register by July 17th for the best deal.

Info on the web page at.... [www.runwmac.com](http://www.runwmac.com)

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## On the Road through the City of Ottawa: The Beginning of the Journey

*You know you will never get to the end of the journey. But this, so far from discouraging, only adds to the joy and glory of the climb.* Winston Churchill

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I write this exactly one week after my amazing journey through the streets of Ottawa. I had expected the Ottawa Marathon would have been the end of my trek from wintertime training to springtime rewards, but now I find it is not the case. Instead of closing the book, I am merely turning the page to another adventure. Will it take the form of a different city to explore, another trail to contemplate or perhaps a return engagement with the promise to take full advantage of the learning curve?

At this point I am not sure. Yes, I do have a chocked-full summer racing calendar filled with old favorites and reunions with special friends. But after this venture outside of my comfort zone, I am ready to take on whatever new challenge presents itself. Just give me a month or so!

Comfort level? My last two marathons, the Nipmuck Trail Marathon and the Adirondack Marathon boasted 214 and 212 finishers, respectively. Ottawa capped out at 4500 athletes. The only other large city marathon I have run was Boston where race day logistics tend to be more daunting than the race itself.

Concerned, I packed trash bag rain jackets, throwaway sweats and reading material for the Big Wait. Was I ever fooled! I spotted only one bag lady who was obviously anticipating her own personal rain cloud. The rest of us set our alarm clocks to echo through our various hotel corridors and emerged, coffee cup in hand, for a several block walk to the starting gate. There we waited for only a few minutes in the porta pottie lines and proceeded to locate our color-ballooned corral. There was virtually no jockeying for position as runners were seeded by their own personal honor system, at whatever pace they felt ready to handle on that particular day, not whatever pace they might have felt good about a year beforehand.

In point of fact, Ottawa is a big city marathon with a hometown feel. The Ottawa Marriott race headquarters was replete with elite Africans who smelled like liniment and looked as if they could probably use a big meal. One of the athletes asked me for directions and I imagine I could have struck up more conversations if I could have worked up my nerve and brushed up on my language skills.

The only frantic hub was the Expo, which reminded me of after-Christmas sales in the mall. But that is all part of the attraction. Wisely, I left Jeff to the tourist route and shouldered my way towards serious shopping. I noticed at once that there were considerably more women than men enjoying the party. One of my best finds was a MiniSportBelt ([www.wifitnessinc.com](http://www.wifitnessinc.com)) enthusiastically demoed by salesrunners who stuffed everything conceivable into one small bounce-free packet. I spent several happy minutes with the other ladies debating the relative merits of the rainbow array of color choices, genuinely grateful I was

not dragging along a bored husband. What truly amazed me, though, was how helpful all the vendors were. If they did not have a desired item, they were quick to suggest other retailers who might.

The best deal, however, was the free bus tour of the course. Our escort was a bona fide tour guide who treated us to a glimpse of Canadian history. I always hesitate to take these tours because they tend to make the route seem impossibly long, but this time I was pleasantly distracted from the truth. We followed this up with a gourmet pasta dinner and leisurely stroll around the city topped off with a three-scoop gelato. Carbo-loading at its finest.

Somewhere during the bus tour I realized that the “mile” markers were in kilometers! Luckily, I hooked up with Mark, a Running Room Pace Bunny, who assuaged my perpetual math anxiety, now multiplied into foreign dimensions. Like the Hertz Rent-A-Car, all I had to do was follow along and leave the thinking to him. As our group pussyfooted to the start mat, my husband, Jeff shouted the perennial bystander standby, “You’re almost there!” That understatement drew such a round of nervous, raucous laughter that French companions demanded a translation!

Truthfully, I was a bit nervous about placing my marathon in the paws of a vegetarian Pace Bunny. After all, wasn’t Peter Rabbit primarily a sprinter? I had tried a pace leader once before at an all-women’s marathon, but soon gave up, finding the experience too chatty and distracting. But here, with guys and gals, the group dynamics were perfect. I hung on for about 30 kilometers but then found the tempo too relentless. The group dangled teasingly in sight, but no matter how hard I tried I could not catch the carrot. Ultimately, I finished eight minutes away from a Boston qualifier.

The final few miles were tough because I knew I was out of the money, but what really helped was the fact that our first names were printed on our bibs so spectators could cheer for us personally. Somewhat dazed, it took me a while to realize how come all those people knew who I was! Despite my disappointment, I felt like a celebrity.

Ultimately, I took six minutes off my time at last year’s Adirondack Marathon, which isn’t too shabby, and enjoyed a beautiful journey through a magnificent European-style city, complete with castles, canals and tulips. I learned that big city marathons do not have to be a logistical nightmare. Moreover, I have emerged with full respect for those who did qualify or otherwise achieve their goals, and I am eternally hopeful that with a bit more focus, my time will come.

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*Laura Clark*

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### Welcome New Members

From Massachusetts: George Gilder

Thanks for supporting the WMAC!

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## 26th NipMuck Don't Matter If You're Fast or Slow

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On paper it looked like it would be an easier undertaking compared to last year. Numbers were down from 235 to 116 starters. Smallest race since 1992. Ah! The good ole days. But it still takes me a week before to get everything ready. It is a treat to give complete attention from 4AM to 11PM with naps so I never got tired working on this race. This year I restricted it so I know the numbers would be down. No new runners, except for those who did 6 races in the Grand Tree Series last year, well maybe 2. I felt I was dealing with responsible runners. Being a paranoid race director, I always get leery with the newbies. I also can't see people flying in from Germany or California to do a trail race. I had to explain to a lot of emails "I know you can't fly here to do 6 races." Thus the negative carbon footprint. I felt good when people who wanted to get in at the last minute who had done the race before got in touch with me. It was easy to make room for them.

I also want the Grand Tree Series to grow. Last year there were 50 runners who did 6 races. I'm curious what the number will be by the end of the season. I got a lot of emails that said "I've done 37 marathons....blah, blah, blah...." I would reply with this: There are no new entries being accepted for the 2009 NipMuck Trail Marathon. If you want to run it in 2010 you need to complete at least 6 races in the Grand Tree Series in 2009. Go to [runwmac.com](http://runwmac.com) for info.

Financially, I shot myself in the foot but good. I figured I'd jack up the price 5 dolla to make up for the newbies. But then the runners got their 1 dolla per year discount. Donations at the race helped but next year, same restrictions and registration will go up to 40 dolla. Can you imagine 40 dolla for a trail race. Some will still get it down to 20. Only reason I miss the newbies is their high profit margin.



*Nipmuck Dave goes over the important stuff at the pre-race briefing before the start of the race.* photo by Scott Livingston

The prerace briefing started mild and moved along well until I realized I had not made myself look like a fool which was Jim Gilford's cue to introduce "NipMuck Dave and the Mucketts." Too bad the cd skipped but we did the show must go on along with the deer caught in the headlights look. Barb Sorrell, Laura Clark and Michelle Roy did an excellent, spectacular job of being the backup group. We will all be going on tour this summer. Go to [PowerMuck.com](http://PowerMuck.com) for tour dates. I was thrilled

no one messed up any lines. I had been practicing for months as I would sing to myself on trail runs. It even made it to YouTube. I have to give credit to Zeke Zucker for a couple of lines and another came from a Quarterflash song.

The philosophy of the song speaks volumes. No matter where we are in the pack we love this sport. Some day when we were old and finish in last place the feeling for this sport will be just as intense as when we were going for PR's. It's just as intense for someone coming in 3 hours after the winner as it is for the winner.

But I will talk about the winners. Down to earth Ben Nephew came in with a respectable 3:12:08. This was the best NipMuck time since 2001. The over 50 runner Jack Pilla blew that age group record by 14 minutes. Donna Utakis won the womens race in 4:44:40. Not the fastest time in that division but she comes to NipMuck often so odds were in her favor she would someday get an apple pie. Laura Clark took a few seconds off her record time in the over 60 female division.

The dropout rate was pretty low, 3.4%. The average for the previous 10 years was 11.1%. People knew what they were getting into and if they hadn't done the race before they knew enough about trailrunning to respect this race. The day was ideal with just a touch of heat in the afternoon.

I'd like to thank Bogie who does the MoFun race. He had extra food which he donated to my race. I had some leftover food which will go to Greylock. Somehow I ended up with more coke and oranges than when I started. Figure that one out.

One warm welcome addition this year was introducing this race to my girlfriend, Ann. I know this is supposed to be about trailrunning but here's the love story. 30 years ago we were married for a few years. Young and stupid. Over time we always stayed in touch with birthday and Christmas cards. A year ago we struck a nice chord. Now we are old and stupid. She's not a trailrunner but she still loves trails. She tells me what kinds of birds are out there without even looking. She lives in Vermont surrounded by mountains and I live in Connecticut surrounded by woods. We trade drives and love each other's homes to much to let the other move. I talked up the race a lot with her and she was always asking questions but she had no real conception until she showed up. She is really a good cook. You can't buy this stuff in a restaurant. The 2 pasta dishes she made were such a hit I ended up donating most of the sandwich meat to the local soup kitchen.

I've been in a NipMuck state of mind for the past week. I still have plenty to clean up and put away. Maybe make a few notes to fine tune for next year. I have no ideas for the outhouse or prerace briefing yet.

I just loved talking to all the crusty trailrunners. Some are dear friends I see at other races. Some I see here just once a year. With less numbers I was able to spend more time with the good ones. These people are real classics.

This was one of my favorite races to date. When I'm 90 and can't remember what I ate for breakfast the 26th NipMuck Trail Marathon will be crystal clear in my mind and heart.

*Dave Raczkowski*

# Nipmuck Trail Marathon

Ashford, CT. June 7, 2009

Sunny ... Dry ... Pleasant ... High of 78\*

WMAC members in Bold:

	<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>GT %</u>
1	Ben Nephew	M 33	3:12:08	100.00%
2	*Jack Pilla	M 50	3:25:49	93.35%
3	Jim Thompson	M 43	3:35:25	89.19%
4	<b>Rob Higley</b>	M 55	3:42:17	86.44%
5	Paul Hufnagel	M 47	3:45:56	85.04%
6	<b>Peter Keeney</b>	M 44	3:46:55	84.67%
7	Scott Livingston	M 36	3:48:29	84.09%
8	Keith Schmitt	M 40	3:49:24	83.75%
9	John Blovin	M 34	3:49:54	83.57%
10	Paul Letoile	M 44	3:53:30	82.28%
11	Mark Buongiorno	M 41	4:01:05	79.70%
12	Jerry Turk	M 50	4:07:57	77.49%
13	Alan Powers	M 32	4:08:09	77.43%
14	Nikolas Rogers	M 37	4:18:37	74.29%
15	Ben Keefe	M 28	4:22:32	73.18%
16	Rob Speers	M 41	4:31:16	70.83%
17	Pete Gwynn	M 48	4:32:25	70.53%
18	Richard Collins	M 52	4:35:49	69.66%
19	<b>Ed Alibozek</b>	M 46	4:37:03	69.35%
20	David Redline	M 43	4:37:12	69.31%
21	Joseph Laskey	M 44	4:37:35	69.22%
22	Mark Leuschner	M 45	4:37:48	69.16%
23	Curt Pandiscio	M 48	4:42:56	67.91%
24	Marc Rebillard	M 53	4:43:16	67.83%
25	Steve Pero	M 57	4:44:36	67.51%
26	<u>Donna Utakis</u> 1 <sup>st</sup> F	F 41	4:44:40	67.49%
27	Toby Kulas	M 32	4:44:58	67.42%
28	Roland Desrochers	M 40	4:46:08	67.15%
29	Raymond Greco	M 42	4:46:09	67.14%
30	Frank Colella	M 46	4:46:13	67.13%
31	Norm Sheppard	M 51	4:48:13	66.66%
32	Clinton Morse	M 47	4:50:35	66.12%
33	Jim Dalton	M 42	4:51:26	65.93%
34	<u>Kelly Perkins</u>	F 41	4:52:07	65.77%
35	<b>Will Danecki</b>	M 59	4:52:50	65.61%
36	Bruce Giguere	M 47	4:54:43	65.19%
37	<u>Michelle Hammond</u>	F 52	4:54:55	65.15%
38	Russell Hammond	M 49	4:54:55	65.15%
39	Matthew Estes	M 36	4:55:04	65.12%
40	<b>Mike Belcourt</b>	M 47	4:57:09	64.66%
41	<b>Patty Duffy</b>	F 40	4:57:23	64.61%
42	Bogie Dumitrescu	M 34	4:57:25	64.60%
43	<b>Michelle Roy</b>	F 39	4:59:20	64.19%
44	Frank Dudas	M 48	4:59:31	64.15%
45	Paul Lahham	M 30	4:59:31	64.15%
46	Philip Markovich	M 47	4:59:54	64.07%
47	Jim Campiforimo	M 59	5:01:24	63.75%
48	William Romito	M 55	5:03:33	63.30%
49	<u>Rebecca Burke</u>	F 33	5:04:20	63.13%
50	<b>Fred Pilon</b>	M 63	5:05:03	62.98%
51	<u>Amy Sorenson</u>	F 37	5:06:26	62.70%
52	<u>Laurel Valley</u>	F 46	5:08:13	62.34%
53	Karl Sauerbrey	M 45	5:09:45	62.03%
54	David Fleming	M 33	5:13:25	61.30%

55	<b>Ed Buckley</b>	M 51	5:14:35	61.08%
56	Joe Alfano	M 43	5:14:39	61.06%
57	Bob Dunfey	M 57	5:15:46	60.85%
58	Kenneth Lemerise	M 58	5:16:30	60.71%
59	John Heleneck	M 49	5:21:20	59.79%
60	Chris Pulick	M 39	5:24:44	59.17%
61	Jeff Branin	M 61	5:25:00	59.12%
62	<b>Bob Worsham</b>	M 63	5:25:15	59.07%
63	Joe Beyer	M 46	5:29:03	58.39%
64	Roger Martell	M 37	5:29:51	58.25%
65	James Miner	M 60	5:29:54	58.24%
66	Joe Hayes	M 60	5:32:09	57.85%
67	Kevin Mullen	M 51	5:32:13	57.83%
68	Casey Caldwell	M 38	5:33:04	57.69%
69	<b>Elaine Romano</b>	F 51	5:34:54	57.37%
70	Christopher LaRocco	M 47	5:39:48	56.54%
71	Brian Loose	M 44	5:45:41	55.58%
72	Peter Lyons	M 44	5:47:23	55.31%
73	David Raczkowski	M 58	5:47:38	55.27%
74	<u>Emmy Stocker</u>	F 50	5:47:54	55.23%
75	John Mudano	M 42	5:48:03	55.20%
76	<u>Laura Church</u>	F 39	5:48:24	55.15%
77	Clarence Eckerson	M 58	5:49:49	54.92%
78	Kevin Strum	M 53	5:51:45	54.62%
79	<u>Davnet Schaffer</u>	F 37	5:55:51	53.99%
80	Paul Schaffer	M 40	5:55:54	53.99%
81	David Ahn	M 34	5:56:19	53.92%
82	Robert DiBurro	M 40	5:57:44	53.71%
83	Rob Leder	M 38	5:58:20	53.62%
84	<b>Barbara Sorrell</b>	F 52	5:59:03	53.51%
85	<b>Robert Scott</b>	M 55	5:59:04	53.51%
86	<u>Cheryl Mulvey</u>	F 49	6:01:27	53.16%
87	<u>Pavia Finestone</u>	F 41	6:01:31	53.15%
88	<u>Susan Collins</u>	F 40	6:01:33	53.14%
89	Ron Starrett	M 39	6:01:36	53.13%
90	Curtess Lintvedt	M 61	6:02:34	52.99%
91	Partrick Canonica	M 60	6:02:36	52.99%
92	<u>Vicki Blais</u>	F 52	6:07:42	52.25%
93	<u>Cathi Bosco</u>	F 42	6:09:46	51.96%
94	<u>Kim Hooper</u>	F 46	6:15:10	51.21%
95	<b>Darline McCarthy</b>	F 46	6:19:49	50.59%
96	Patricia Clark	F 49	6:20:44	50.46%
97	<u>Sandy Beauvais</u>	F 48	6:21:02	50.42%
98	John Tedesco	M 40	6:23:32	50.10%
99	Charles Thayer	M 65	6:27:50	49.54%
100	* <b>Laura Clark</b>	F 62	6:28:23	49.47%
101	<b>Sherisa Sterling</b>	F 56	6:28:42	49.43%
102	<u>Melony Haber Kalafatis</u>	F 52	6:51:58	46.64%
103	James Gilford	M 52	6:52:02	46.63%
104	Kevin Zelechowski	M 33	6:59:09	45.84%
105	<b>Karen McWhirt</b>	F 48	7:02:00	45.53%
106	<u>Kelsey Taylor</u>	F 15	7:02:38	45.68%
107	David Zevin	M 60	7:31:30	42.55%
108	Criag Wilson	M 60	7:31:31	42.55%
109	<b>Jamie Howard</b>	M 43	7:35:40	42.17%
110	<b>Greg Taylor</b>	M 62	7:41:14	41.66%
111	Barry Stoner	M 69	7:52:31	40.66%
112	Jim Simpson	M 67	7:54:40	40.48%

\* Division records

117 starters

## Nipmuck: Where Experience Counts

*I said if you're thinking bout doing this trail race it don't matter if you're fast or slow... Poet and Songwriter, Nipmuck Dave*

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Overwhelmed by the high percentage of newbies (95 in 2008) in the Nipmuck Marathon, the oldest and most venerable Tree in the Grand Tree Series, Race Director Dave Raczkowski decided that drastic measures were called for. Frankly, it has always amazed me that despite Dave's dire warnings of serious injury, expensive medical care, and the fact that runners can expect to expend "more energy per mile in this race than in any race on paved roads," runners blithely select this as their first marathon experience. Ever. While I truly admire the incredible self esteem these folks apparently possess, this venture is not always the best place to put it to the test.

But while Boston and Escarpment have qualifying standards which prove a stretch for many average runners like myself, Nipmuck Dave, author of the now-famous song *Fast or Slow*, hit upon a remarkable solution that favors runners of both persuasions: past participants are invited back and tenderfeet who have completed six or more Grand Tree Races during the previous year are also eligible. With the liberal eight-hour cutoff, it truly doesn't matter if you are fast or slow. How liberating! This year five first timers proudly armed their race bib with Dave's High Fall Risk sticker and it is anticipated that more will follow suit as word spreads.

As a fifth year veteran I have finally achieved the pinnacle of success by being invited to participate in Dave's pre-race morality play, fittingly held in front of the double-wide porta pottie shrine. Every year, promptly at 7:45AM, Dave pokes and prods the faithful to some semblance of order while he sermonizes on the manifold dangers of the trail, the thickness of the mud and proper portapottie etiquette. Typically, a few seasoned veterans are chosen to illustrate The Theme of the Year. And this year I was chosen! Barb Sorrell, Michelle Roy and I were selected to join the Mucketts, a disbanded sixties Rock Group. We would be backing up Dave's original rendition of *Fast or Slow* to the tune of Michael Jackson's *Black and White*.

Obviously, I was not the fast part of the trio, but I did get to throw the rubber snake which was pretty exciting. My true moment of fame came afterwards, however, when Dave actually held up the start of the race so I could stash my props and make a final visit to the throne room (no reading allowed).

Occasionally, the porta pottie itself is the star of the show, lavishly and lovingly attired in keeping with the year's theme. Past years have included but were not limited to: a homage to Silverback Rich Busa, Running through the Jungle and Bathroom Grafitti. This year, however, the theme was a bit more difficult to figure out. In fact, similar to many great works of literature, I am still struggling with it. The John was papered inside and out with Kahtoola pamphlets promoting the joys of winter running. For those of you who think Punxsutahney Phil's burrow is a good place to hibernate during those inconvenient colder months, I must explain that Kahtoolas are to

Yak Traxs as studded snow tires are to the more common all-weather models. There is simply no comparison. I won a pair at this year's Pittsfield Snowshoe Marathon and felt like I was Spiderman climbing icy peaks. That much said, I must issue a disclaimer. We all know that they are no substitute for Dion Snowshoes, but function as a handy way to bracket the snowshoe season when the snow cover is simply too thin or icy to risk ruining your expensive gear.

So was Dave hinting at a late-frost Northern Nipmuck? Was he implying that the trail we were about to traverse was so muddy that spikes would offer an advantage? Or was he simply the victim of an over enthusiastic Kahtoola salesperson with lots of 2009 pamphlets to unload? One thing for sure, we had to look long and hard to find some mud to give our sneakers the proper Nipmuck coating. Even the beaver pond area proved disappointing, the beavers having long since departed for soggy terrain. Could that have been the reason Dave abandoned his "shoes were lost" trademark tee in favor of an older classic design? Perhaps his lawyer had dragged out the old truth in advertising clause and counseled against improper representation.

But speaking about truth in advertising, after five years I finally realized that the Nipmuck Marathon is actually an ultra. That's right! The course goes beyond the normal 26.2 marathon length, clocking in at an impressive 26.4 miles. According to [www.ultrunr.com](http://www.ultrunr.com), "An ultramarathon is any organized footrace extending beyond the standard marathon running distance of 42 kilometers, 195 meters (26 miles, 385 yards)." So there you go! I am of course ignoring the next sentence which comments, "Ultra races typically begin at 50 kilometers..." Why quibble? So those of you out there who have yet to add an ultra to your resume can now relax, you have already notched your tree with an ultra experience without even knowing it, fast at times, slow at others, walking the uphill and running the downhill. Just like Dave.

*Laura Clark*



**The Original Mucketts perform before the race.  
L to R .... Laura Clark , Barb Sorrell and Michelle Roy.**

*photo by Ruth Cutler*

## Fast or Slow

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Talking to my baby last Saturday night  
Thinkin bout doin a trail race but she's all in a fright  
Says those runners with hooves you know they all run so fast  
I said if you're thinking bout doing this trail race it don't matter  
if you're fast or slow

So we show at this trail race first Sunday in June  
Though the people at work they just called me a loon  
Well I got into a nice pace with runners just like me  
We just ran round in the woods wild lost exhausted and free

I ain't afraid of no rocks  
I ain't afraid of no roots  
I ain't afraid of no bees  
Oh let me think about that

I ain't afraid of no falls  
I ain't afraid of no scrapes  
I ain't afraid of no bears  
Well... yeahhhhhh

It's a trail race not a road race  
See the mud there it's where your face is  
Push the uphill roll the downhill  
Crash the downhill walk the uphill

See it's not about racing just pacing  
Cause if you know how to do it you'll be higher placing  
But the important thing is  
I'm not going to spend my life being a speed

Dammit you agree with me when I saw you kickin muck in my  
face  
I said if you're thinking bout doing this trail race it don't matter  
if you're fast or slow  
I said if you're thinking bout doing this trail race it don't matter  
if you're fast or slow  
I said if you're thinking bout doing this trail race it don't matter  
if you're fast or slow

You're fast you're slow - it don't matter you just go go go  
You're fast you're slow - fall down get up that's all

You're fast you're slow - for heavens sake don't step on that  
snake

You're fast you're slow - if the blood ain't squirtin it can't be  
hurtin

You're fast you're slow - if the bone ain't showin you keep on  
going

You're fast you're slow - who cares that tude just blows

You're fast you're slow

*Nipmuck Dave ... 2009*

## Nipmuck Trail Race

---

Nipmuck's magic is real. I can feel it when I run those  
trails. It's there in the trees and in the soil beneath my feet, it  
flows right through me. Laugh if you will, but I know it is  
true....Nipmuck's magic is real.

Running Nipmuck back in 2005 gave me the opportunity to  
celebrate a life. Running the marathon was the catalyst for my  
students raising fifteen hundred dollars for the Shade  
foundation, and gave my students a way to honor a teacher they  
loved. She must have been looking down on me that day  
because she gave me a precious gift in return; the bliss that  
comes from running trails. I ran those trails a second, third and  
fourth time. Each race was important, but this year, just like  
that first Nipmuck, I ran with the hope of passing on a little of  
that magic to someone dear to me.

The maker of this magic (although he will deny he has  
a hand in it's existence) helped make this possible when he  
agreed to let my niece Kelsey run the marathon with me. Dave  
went out on a limb; Kelsey is only 15 and went into Nipmuck  
with no trail running experience other than 1 year of cross  
country so I owe him a great deal.

Kelsey exceeded pretty much everyone's expectations,  
but I must admit I knew all along that she would. This was due  
to the nature of these races. The runners, volunteers and  
spectators pre race, post race and along the course were so  
supportive of Kelsey. Runners on the course were calling her by  
name, and cheering and encouraging her on. The aide station  
volunteers were so kind; making sure Kelsey had everything she  
needed. When Kelsey ran across that finish line I knew the race  
would stay with her, and may just be the catalyst that helps give  
Kelsey the confidence to become a strong independent young  
woman I know she will be. If I could, I would thank each and  
every person that ran Nipmuck this year in person for making  
the day so memorable for Kelsey. I can't say enough about these  
G.T. races...the people you run with and the people who give  
their time to support the runners...well I feel very blessed to  
have the opportunity to share the trails with them.

Since this is supposed to be a race report(not a very  
good one I imagine) I guess it would be prudent to share how  
the actual race went for her. So here it is...no Aunti boasting  
involved, Kelsey ran 90% of the flats...briskly walked up hills  
and ran about 80% of the downs. She never complained once.  
When I asked how she was feeling she said quite matter-of-  
factly "tired" or "knees kind of sore" or "blister starting" but  
that was it. Around mile 19 she actually said in response to my  
asking about her blister, "I don't like to complain...it doesn't  
help in any way and I like to just get things done." She never  
ceases to amaze me. I ran ahead to film her finish and she had  
some real kick in her. I couldn't help it but seeing her finish  
made me cry and those people who really know me would tell  
you that is a rare sight indeed.

Running with her, laughing with her, and just talking about  
life... well I can't think of a better way to spend the day. On  
June 7th 2009 I ran my fifth Nipmuck and Kelsey Taylor ran her  
first. She finished in 7 hours and a second or two and just as I  
had hoped the magic passed to her. ☺

*Michelle Roy*

## **In Memory of Diane Sherrer 1951 -- 2009**

The running community lost a good friend on May 23<sup>rd</sup> of this year when Diane Sherrer from Trumansburg, NY passed away after a 2 year battle with cancer at the age of 58.

Diane wrote weekly running columns for "The Elmira Star Gazette" and "The Ithaca Journal" newspapers. She also wrote articles for "Runners Gazette," "Ultra Running Magazine" and "National Masters News." In 1997, Diane received an Outstanding Club Member Award from "Runner's World" magazine.

Diane was also a nationally certified track and field coach and active member of the Finger Lakes Runners Club for 33 years, and served as a Board member for more than 22 years. She ran in hundreds of races and worked as a race director for many others, including the Finger Lakes 50's where I first met her some 12 years ago. She was the newsletter editor for the Finger Lakes Runner's Club for over 19 years and contributed many articles to our newsletter. Ten years ago she encouraged me to take on the task of editor of our own Trail Running News.

“Known everywhere she went as a tireless spokesperson for runners, Diane was the ultimate competitor, who offered others encouragement and motivation. She was a strong advocate for equality in prize distribution between men and women – having grown up in the pre-Title Nine era. She pushed and challenged others to do more than they ever thought they could accomplish and her spirit and legacy will remain in the hearts of all she touched.”



*Will and Diane in 2006*

**Western Mass Athletic Club**

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