



# Trail Running News ...Western Mass Athletic Club

Volume 15 .... Issue 5 .... Late Autumn .... 2009

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Final Standings and Total Points**

**Also:**

Wapack Trail - Greylock Road

Pisgah MT. - Curly's

George Coope Run - Breakneck

Monroe - Trilogy Series

Groton Forest - Hairy Gorilla

Busa Bushwhack - Stone Cat Ale

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

## Up n' Coming Events:

Wed. Night Fun Runs .....Every Wed.  
WMAC Christmas Party .....12 / 12 / 09  
Fat Ass 50K .....1 / 2 / 10

### WMAC / Dion Snowshoes Series:

I Love Woodford.....12-27-09  
North Pond.....1-3-10  
South Pond.....?-?-10  
Turner Trail .....1-9-10  
Greylock Glen.....1-16-10  
Brave the Blizzard.....1-17-10  
Hoot - Toot & Whistle.....1-23-10  
Curly's Record Run .....1-24-10  
Side-Hiller.....1-30-10  
Northfield MT.....2-6-10  
Saratoga Winterfest.....2-7-10

Check the Snowshoe page for complete schedule!

And watch the web page for the latest info,  
changes & updates ....

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

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## The 2009 Grand Tree Trail Series

*That's All Folks!*

The 15th annual "Grand Tree" trail series for 2009 began with 2 different races on April 11<sup>th</sup> of this year. On the day before Easter runners had to choose between the Northern Nipmuck 16 miler in Union, CT. or the 16K Merrimack River trail run in Andover, MA. It was a cloudy - cool and breezy day in New England with occasional showers for both races.

The series wrapped up on November 7<sup>th</sup> in Ipswich, MA. with the Stone Cat Ale Marathon and 50 Mile trail races. It was a cool - crisp - sunny day with a low of 28 degrees at the 6:15 A. M. start and reaching a high of 46 degrees in the afternoon, but with little to no wind it was ideal running conditions and 3 new course records were set on this day. Some of the best weather of the year was the 3 races in a row in September when Wapack, Pisgah, and Curly's treated runners to absolutely perfect running conditions.

This year we had 24 Official GT races, one less than last year since we lost the Diamond Hill run this year. But twice this year we had 2 different races held on the same day. As mentioned above Northern Nipmuck and Merrimack River to start the series, and then Groton Forest and Hairy Gorilla in late October.

There were 28 different scoring events. Savoy MT. decided to score the shorter 11.1 mile race this year due to the high heat and humidity on race day, and Curly's Marathon, Pisgah MT. and Stone Cat all have 2 separate race distances going on at the same time also. The most races a person could have run this year was 22. No one ran all 22 this year.

Thomas Parker from New Hampshire ran a total of 19 GT races, the most by any runner this year. Thomas also led the series in total races with 20 finishes in each of the last 2 years. This year he was on a quest to run in 60 something races overall so on many weekends he was off running 2 or more other races on both roads and trails.

Other runners of note for the men were Kevin Zelechowski with 18 races, Stanislav Trufanov with 15, Dave Raczkowski - Mark Barton - and Mike Belcourt all with 14 each, John Agosto with 13, Konrad Karolczuk with 12, Brian Rusiecki and Will Danecki with 11, and Ben Nephew - Doug Cummings - Chris Harrison and Rich Busa with 10 finishes each.

### Way to go Guys!

On the Ladies side Michelle Roy from Massachusetts once again topped all women with 17 races completed, also 1 less than last year. Michelle had really expanded her trail running this past year adding more 50's and even a 100 miler to her schedule. So she might have been running a little slower but going much further this year.

More ladies ran in more races than ever this year with Mary Lou White finishing 13, Amy Lane with 12, and Laura Clark with 11. Others of note were Karen McWhirt and Sherisa Sterling with 9, Emily Trespas with 8, and Kathleen Furlani and Barbara Sorrell with 7 each.

### Way to go Ladies!

*Continued next page:*

### GT Series cont:

Overall a record 2,100 different people ran in one or more of the possible 28 GT events that were held this year. An increase of 264 runners from last year. ( 1,836 in 2008 and 1,858 in 2007 ).

Out of that number only a total of 543 runners competed in 2 or more GT races throughout the year, but by series end only a total of 75 runners had completed the 6 or more races needed to earn an "Official" Grand Tree Score. ( 50 finishers in 2008 and 67 in 2007.) Another 24 runners only completed 5 GT races this year and missed out on earning an official score.

For a single race the Hairy Gorilla Half-Marathon had the largest field this year at 266 runners. That's 52 more than last year. Seven Sisters which had led the series for 3 years in a row was 2<sup>nd</sup> with 244 finishers. Cranmore Hill had an increase of 97 runners this year for a total of 236 and both Merrimack River and Northfield MT. had over 200 runners. For a double event , since both races at Stone Cat were GT events again this year, a total of 260 runners officially finished either the marathon or the 50 miler. Every race in the series saw an increase in runners this year with the exception of the Nipmuck Marathon which had 102 less this year. This was because Nipmuck Dave had become concerned about the race becoming too big and crowded with way too many non trail runners wanting to do the race so he tightened the qualifying standards for running in the race.

The most intimate race this year was at Curly's where a total of 18 runners finished the marathon and another 39 runners finished the half-marathon.

In second place was the Savoy 22.2 Miler where 41 runners ran the whole distance. This was mostly because 27 runners who had signed up for the long race decided that after one loop through the hot & humid forest they had enough fun for one day and called it quits after 11.1 miles.

MorFun Wapack had 49 finishers this year compared to 28 last year.

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### **2009 Grand Tree Trail Series Champions:**

Since 2005 Greg Hammett and Ben Nephew have battled each other on the trails for the GT Championship title.

In 2005 Greg edged out Ben by less than 1% to capture the title.

In 2006 Ben came back strong winning 7 races to earn the GT Championship

In 2007 Greg once again squeaked by Ben scoring a win by less than 1/4 %.

Last year it was a dead heat as both Ben & Greg shared the title as co-champions.

This year it looked like it would be Ben & Greg once again as Greg started the year by winning at Northern Nipmuck while Ben finished 3<sup>rd</sup> at Merrimack River.

But a new name was about to become a factor in the series this year. After only running in 3 GT races last year Brian Rusiecki started hitting the trail circuit with a vengeance this year.

Brian was 2<sup>nd</sup> to Greg at Northern Nipmuck and then he went on to win at Seven Sisters, holding off Ben and Leigh Schmitt by 32 seconds. He won again at Greylock a month later and after several 2<sup>nd</sup> and 3<sup>rd</sup>'s he had wins at the Pisgah MT. 50K, Breakneck, and set a new 50 mile course record at Stone Cat.

Meanwhile Ben started to heat up and finally had a win at the Nipmuck Marathon. He would also win and set a course record at the Oxford Dam Race. After finishing 2<sup>nd</sup> in the Pisgah 23K Ben won at Monroe and set another course record at the Stone Cat Marathon.

Greg was able to win once more at the Curly's Half-Marathon. After all the scoring was calculated, and using the best 6 scores, Ben Nephew came out on top by just 0.02%!

After all the races these guys ran this year it still came down to few seconds one way or another to decide the Grand Tree Champion.

Congratulations to Ben Nephew for winning his 8th overall Grand Tree Champion Title.

### **Way to Go Ben!**

On the women's side, after 7 consecutive GT Titles Debbie Livingston knew she would taking it easy this year as she was pregnant with her second child.

She had mentioned earlier in the year how this time it was a little more difficult pregnancy than her first one and she wouldn't be running as much.

This left the door open for some new names to enter the mix. Abby Mahoney, the ladies 2009 Snowshoe Series Champion started the year off with a win at Merrimack River then had wins at Northfield MT and set a new women's course record at People's Forest.

Stephanie Crawford was also running well and had wins at Muddy Moose and The Oxford Dam races.

Another runner who only ran in 3 GT races last year is Amy Lane. This year she finished 12 of them and took first place for the ladies in 7 of them. She had wins at Northern Nipmuck, Seven Sisters, Soapstone MT., Savoy 11 Miler, Wapack Trail, Pisgah MT. 50K, and Breakneck. Amy finished the year at the Stone Cat 50 where she finished 13<sup>th</sup> overall and the 2<sup>nd</sup> woman.

Abby and Stephanie ended up only running in 5 GT races each and were not eligible for the GT Series so the Championship Title goes to Amy Lane.

Congratulations to Amy Lane the women's 2009 Grand Tree Champion!

### **Way to Go Amy!**

**Congratulations to Ben Nephew and Amy Lane the 2009 Grand Tree Trail Series Champions!**

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*GT Series continued next page:*

GT Series cont:

## GT Series Champions .... 1995 - 2009

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	<u>Male</u>	<u>Female</u>
1995	Matt Cull	Robin Hathaway
1996	Tom Buckley	Debbie Briggs
1997	Bob Dion	Karen Cormier
1998	Keith Schmitt	Tracy Reusch
1999	Ben Nephew	Christy Cosgrove
2000	B. Nephew & L. Schmitt	Nikki Kimball
2001	Ben Nephew	Nikki Kimball
2002	Leigh Schmitt	Deb Livingston
2003	Ben Nephew	Deb Livingston
2004	Ben Nephew	Deb Livingston
2005	Greg Hammett	Deb Livingston
2006	Ben Nephew	Deb Livingston
2007	Greg Hammett	Deb Livingston
2008	G. Hammett & B. Nephew	Deb Livingston
2009	Ben Nephew	Amy Lane

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**The 2009 "Grand Tree Trail Series"  
New England Trail Running at its Best!**

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### Total Points ... 2009 Stonehead Awards:

For every GT race you complete throughout the year you also receive "points" based upon your finishing time versus the winning time.

Points are awarded as follows.... The winner of the race always gets 100 points. If you finish at say 75% of the winning time, you would receive 75 points for that race. All points are then added up for a year end total to decide the Stonehead Champions of the year. The more races you run and the faster you run earns you more points.

There are many trail runners who feel that this is as important an indication of a true trail running champion as any.

With a record number of runners in the series this year and several course records being set, points were just a little bit harder to come by.

This year we have a new Men's Stonehead Champion. Another runner somewhat new to the series is Stanislav Trufanov. Last year he ran in the minimum 6 races and racked up 472 points. This year he completed 15 races and in doing so accumulated 1,249.28 point to lead all scorers and claim the men's Stonehead of the year award. Coming in second just 15 points back was 2 time champion Thomas Parker.

**Congratulations to Stanislav Trufanov the 2009 Stonehead Champion of the year!**

**Way to Go Stanislav!**

Also of note for the men who broke the thousand mark are Kevin Zelechowski with 1068.52, Brian Rusiecki with 1064.43, and John Agosto with 1040.22 points.

### **Way to Go Guys!**

For the ladies this year there is still no doubt about the enthusiasm Michelle Roy brings to the trail circuit. If you have ever run with her you just can't help being energized. She has been branching out to longer and slower runs lately but she still shows up for as many GT races as she can. Once again this year she was everywhere completing a total of 17 GT races and racking up 1,057.22 points to claim her 3<sup>rd</sup> consecutive Ladies Stonehead Title and again was the only lady to break the thousand point mark.

**Congratulations Michelle Roy the 2009 Ladies Stonehead Champion of the Year!**

**Way to go Michelle!**

Also of note for the ladies was Amy Lane coming in with 935.66 points, Mary Lou White with 628.47, Laura Clark with 569.21, and Sherisa Sterling with 512.64 points.

### **Way to go Ladies!**

**Congratulations to Stanislav Trufanov and Michelle Roy the 2009 Stoneheads of the year!**

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

The Grand Tree Series would not happen if it were not for all the race directors, running clubs, and volunteers who make these races possible. Not only should you thank them but you should ask how you can help out at the next race.

And Thank You to all of you who participated in the GT Series this past year. We look forward to seeing you again next year for the 2010 trail season.

**The 2009 "Grand Tree Trail Series"**

**New England Trail Running at its Best!**

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**2009 Grand Tree Trail Series**  
 From Northern Nipmuck through Stone Cat  
 Final Standings ... Based on the best 6 Scores

WMAC members in bold:

Name	Age	# of races	GT %
1 Ben Nephew	M 34	10	99.85%
2 Brian Rusiecki	M 31	11	99.83%
3 Greg Hammett	M 32	9	97.92%
4 <b>Ross Krause</b>	M 29	6	91.01%
5 Donald Pacher, Jr.	M 37	9	89.85%
6 Bryan Johnston	M 30	6	89.41%
7 Stanislav Trufanov	M 30	15	88.50%
8 <b>Rob Higley</b>	M 55	9	88.06%
9 <b>Peter Keeney</b>	M 44	6	86.94%
10 Scott Livingston	M 37	7	86.19%
11 Brad Reed	M 26	8	84.94%
12 <b>John Agosto</b>	M 45	13	84.28%
13 <u>Amy Lane</u>	F 30	12	80.92%
14 <b>Paul Funch</b>	M 59	7	80.66%
15 Andrew Donaldson	M 41	7	80.13%
16 Dima Feinhaus	M 46	6	77.71%
17 <b>Ed Alibozek</b>	M 46	7	74.82%
18 Bob Sharkey	M 57	6	74.78%
19 <b>Todd Brown</b>	M 45	6	74.58%
20 Mike Belcourt	M 47	14	73.92%
21 Ben Keefe	M 28	6	73.20%
22 <b>Will Danecki</b>	M 59	11	72.88%
23 Bob Bennett	M 38	6	72.27%
24 Nikolas Rogers	M 37	7	71.95%
25 <b>Erik Wight</b>	M 49	6	71.53%
26 Mark Barton	M 38	14	71.14%
27 Bruce Shenker	M 57	7	70.36%
28 <b>Dave Geary</b>	M 44	8	70.34%
29 John Peabody	M 54	9	69.67%
30 David Boudreau	M 38	6	69.38%
31 <b>Thomas Parker</b>	M 42	19	69.20%
32 Curt Pandiscio	M 48	7	68.83%
33 Benjamin Nosek	M 34	6	68.65%
34 <u>Lisa Doucett</u>	F 54	6	68.48%
35 Paul Lahham	M 30	7	68.34%
36 <b>Michelle Roy</b>	F 39	17	67.98%
37 Karl Sauerbrey	M 45	6	67.44%
38 Dominic Ambrosi	M 31	9	67.31%
39 Kevin Zelechowski	M 33	18	67.22%
40 Scott Edington	M 51	7	67.05%
41 Douglas Cummings	M 48	10	67.05%
42 Tom Parent	M 33	6	66.69%
43 <b>Grace Jensen</b>	F 46	6	66.34%
44 Kevin Mullen	M 52	6	66.12%
45 <b>Dan Scotina</b>	M 54	8	63.95%
46 <b>Fred Pilon</b>	M 63	8	63.62%
47 <b>Bob Worsham</b>	M 64	8	63.61%
48 David Raczkowski	M 59	14	63.12%
49 Steve Collopy	M 52	7	62.85%
50 <b>Mark Alfano</b>	M 37	7	62.65%
51 <b>Bill Howard</b>	M 60	8	62.19%
52 <b>Dan Danecki</b>	M 50	6	61.49%

53 <b>Alan Cabot</b>	M 54	7	60.49%
54 <b>Sherisa Sterling</b>	F 56	9	59.49%
55 <u>Elaine Romano</u>	F 52	6	59.23%
56 <b>Vic LaPort</b>	M 69	7	59.08%
57 <b>Robert Scott</b>	M 55	9	58.71%
58 <u>Emily Trespas</u>	F 38	8	58.69%
59 <b>Barbara Sorrell</b>	F 52	7	57.85%
60 <b>Martin Glendon</b>	M 63	8	56.93%
61 Jeff Hattem	M 58	6	56.37%
62 <b>Laura Clark</b>	F 62	11	56.29%
63 Tony Federer	M 70	6	56.05%
64 Douglas Story	M 45	6	55.30%
65 John Loring	M 62	7	54.55%
66 <u>Kathleen Furlani</u>	F 61	7	53.75%
67 <u>MaryLou White</u>	F 54	13	51.90%
68 Chris Harrison	M 56	10	51.79%
69 <b>Bill Glendon</b>	M 63	9	47.76%
70 <b>Karen McWhirt</b>	F 48	9	45.69%
71 <b>Dick Hoch</b>	M 69	9	45.67%
72 <b>Richard Busa</b>	M 80	10	45.28%
73 <b>Konrad Karolczuk</b>	M 57	12	44.76%
74 <b>Jamie Howard</b>	M 44	9	43.77%
75 <b>Greg Taylor</b>	M 63	8	43.38%

**2009 GT Series Total Points:**

Name	Age	# of races	Total Points
1 Stanislav Trufanov	M 30	15	1249.28
2 <b>Thomas Parker</b>	M 42	19	1234.03
3 Kevin Zelechowski	M 33	18	1068.52
4 Brian Rusiecki	M 31	11	1064.43
5 <b>Michelle Roy</b>	F 39	17	1057.22
6 <b>John Agosto</b>	M 45	13	1040.22
7 Ben Nephew	M 34	10	979.34
8 Mike Belcourt	M 47	14	960.72
9 <u>Amy Lane</u>	F 30	12	935.66
10 Mark Barton	M 38	14	933.58
11 David Raczkowski	M 59	14	821.74
12 Greg Hammett	M 32	9	800.93
13 <b>Rob Higley</b>	M 55	9	786.91
14 Donald Pacher, Jr.	M 37	9	776.51
15 <b>Will Danecki</b>	M 59	11	757.22
16 Brad Reed	M 26	8	652.40
17 Douglas Cummings	M 48	10	643.51
18 <u>MaryLou White</u>	F 54	13	628.47
19 John Peabody	M 54	9	613.08
20 Scott Livingston	M 37	7	591.64
21 Dominic Ambrosi	M 31	9	582.52
22 <b>Laura Clark</b>	F 62	11	569.21
23 Andrew Donaldson	M 41	7	556.11
24 <b>Paul Funch</b>	M 59	7	555.66
25 <b>Dave Geary</b>	M 44	8	548.52
26 <b>Ross Krause</b>	M 29	6	546.04
27 Bryan Johnston	M 30	6	536.44
28 <b>Peter Keeney</b>	M 44	6	521.62
29 <b>Robert Scott</b>	M 55	9	516.75

*Continued next page:*

**GT Points cont:**

30	<b>Sherisa Sterling</b>	F 56	9	512.64
31	<b>Konrad Karolczuk</b>	M 57	12	511.97
32	<b>Fred Pilon</b>	M 63	8	505.82
33	Chris Harrison	M 56	10	501.51
34	Nikolas Rogers	M 37	7	500.38
35	<b>Ed Alibozek</b>	M 46	7	492.60
36	<b>Dan Scotina</b>	M 54	8	488.80
37	<b>Bob Worsham</b>	M 64	8	488.07
38	<b>Bill Howard</b>	M 60	8	484.52
39	Bruce Shenker	M 57	7	484.45
40	Curt Pandiscio	M 48	7	475.07
41	Dima Feinhaus	M 46	6	466.27
42	Scott Edington	M 51	7	461.02
43	Jack Pilla	M 51	5	458.30
44	<u>Emily Trespas</u>	F 38	8	452.87
45	Bob Sharkey	M 57	6	448.69
46	<b>Todd Brown</b>	M 45	6	447.46
47	<b>Martin Glendon</b>	M 63	8	444.61
48	Paul Lahham	M 30	7	443.38
49	<b>Richard Busa</b>	M 80	10	439.56
50	Ben Keefe	M 28	6	439.19
51	Keith Schmitt	M 40	5	439.07
52	Tim Mahoney	M 29	5	434.62
53	Steve Collopy	M 52	7	434.30
54	Bob Bennett	M 38	6	433.63
55	<b>Erik Wight</b>	M 49	6	429.17
56	<b>Mark Alfano</b>	M 37	7	427.75
57	David Boudreau	M 38	6	416.27
58	<b>Alan Cabot</b>	M 54	7	416.20
59	Benjamin Nosek	M 34	6	411.89
60	<u>Lisa Doucett</u>	F 54	6	410.87
61	<b>Vic LaPort</b>	M 69	7	409.67
62	<b>Jim Preite</b>	M 45	5	408.27
63	<b>Bill Glendon</b>	M 63	9	407.81
64	Karl Sauerbrey	M 45	6	404.64
65	Tom Parent	M 33	6	400.16
66	Steve Wolfe	M 45	5	399.25
67	<b>Karen McWhirt</b>	F 48	9	399.01
68	<b>Barbara Sorrell</b>	F 52	7	398.88
69	<b>Grace Jensen</b>	F 46	6	398.03
70	<u>Abby Mahoney</u>	F 31	5	396.99
71	Kevin Mullen	M 52	6	396.74
72	Derek Jones	M 47	5	394.55
73	Jim Johnson	M 32	4	389.27
74	<b>Dick Hoch</b>	M 69	9	386.47
75	David Herr	M 44	4	381.00
76	<b>Jamie Howard</b>	M 44	9	380.66
77	John Loring	M 62	7	375.90
78	<b>Bob Gillis</b>	M 54	5	372.78
79	<b>Andrew Sheldon</b>	M 39	5	372.09
80	John Paul Lewicke	M 23	4	371.97
81	<b>Dan Danecki</b>	M 50	6	368.93
82	<u>Kathleen Furlani</u>	F 61	7	367.75
83	Russell Hammond	M 49	5	357.32
84	<u>Elaine Romano</u>	F 52	6	355.36
85	Garrett Lemek	M 48	5	353.38
86	Paul Young	M 43	4	353.12
87	<u>Sarah Dolven</u>	F 39	5	346.60

88	Jeff Hattem	M 58	6	338.21
89	Gary Jewett	M 43	5	337.38
90	<b>Greg Taylor</b>	M 63	8	336.45
91	Tony Federer	M 70	6	336.32
92	Randall Dutton	M 39	5	335.65
93	Jay Kolodzinski	M 30	4	334.72
94	<u>Dawn Heinrich</u>	F 47	5	333.82
95	Douglas Story	M 45	6	331.79
96	Bruce Leshine	M 48	5	329.92
97	<u>Stephanie Crawford</u>	F 32	4	326.53
98	Patrick Rondeau	M 34	4	326.41
99	Nick Tooker	M 30	5	323.57
100	Chris Taft	M 29	4	320.18
101	<b>Bill Morse</b>	M 58	5	314.43
102	<b>Ken Clark</b>	M 47	4	313.12
103	Rick Scott	M 55	4	295.20
104	Leigh Schmitt	M 37	3	295.14
105	Marshall Randolph	M 61	4	294.50
106	<u>Elaine Allen</u>	F 41	4	293.65
107	Josh Ferenc	M 27	3	292.25
108	Kiko Bracker	M 41	4	290.67
109	Kevin Tilton	M 27	3	286.71
110	Jay Curry	M 38	4	286.30
111	William Hawkins	M 32	3	282.27
112	Jim Frenette	M 45	4	281.44
113	Peter Gagarin	M 64	4	278.24
114	Clinton Morse	M 47	4	277.96
115	Matthe Soroka	M 32	4	272.10
116	Hunter Bennett-Daggett	M 26	3	270.03
117	Andy King	M 33	3	265.99
118	Tim Van Orden	M 41	3	262.86
119	Christopher Smith	M 43	3	261.91
120	<b>Ed Buckley</b>	M 51	4	261.62
121	Richard Mellor	M 59	5	260.94
122	Randy Witlicki	M 53	5	260.47
123	<u>Deborah Livingston</u>	F 34	4	259.71
124	<u>Patty Duffy</u>	F 40	4	258.97
125	John Burke	M 43	4	258.44
126	<b>Wayne Stocker</b>	M 55	4	258.29
127	Carl Cignoni	M 58	5	257.74
128	Rich Fargo	M 50	3	257.69
129	Martin Tighe	M 51	3	257.67
130	<b>George Gilder</b>	M 69	4	256.02
131	Brett Stoeffler	M 42	3	255.32
132	Eric Finney	M 39	4	252.79
133	Garry Harrington	M 49	3	250.38
134	Chris Crawford	M 40	4	250.35
135	<b>Frederick W Ross III</b>	M 63	5	250.16
136	Charles Thayer	M 65	5	249.63
137	<u>Elizabeth Soroka</u>	F 32	4	248.33
138	Scott Brew	M 47	3	245.54
139	Gabriel Flanders	M 33	3	244.75
140	Mark Buongiorno	M 42	3	241.98
141	Paul Ghelfi	M 42	4	240.66
142	Douglas Casa	M 41	3	237.72
143	<u>Beth Krasemann</u>	F 35	3	235.12
144	Christopher LaRocco	M 47	4	234.75
145	Kenny Rogers	M 55	4	233.57

*For complete results check the Grand Tree page on the club's web site at.... [www.runwmac.com](http://www.runwmac.com)*

**The 2009 "Grand Tree" Trail Series  
New England Trail Running at its best.**

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

**Northern Nipmuck**

16 Miles ... Union, CT. ... 4 / 11 / 09

Greg Hammett .....31 M ..... 2:03:19  
Amy Lane.....29 F..... 2:28:21           *108 Finishers*  
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**Merrimack River**

16K .... Andover, MA. ... 4 / 11 / 09

Chris Mahoney ..... 31 M ..... 57:31  
Abby Mahoney... .. 31 F ..... 1:12:40           *228 Finishers*  
\*\*\*\*\*

**Muddy Moose**

14 Miles ... Wolfeboro, NH. ... 4 / 26 / 09

Justin Freeman ... ..32 M ..... 1:37:27  
Stephanie Crawford ....31 F .....1:56:20           *123 Finishers*  
\*\*\*\*\*

**Seven Sisters**

12 Miles ... Amherst, MA. ... 5 / 3 / 09

Brian Rusiecki.....30 M ..... 1:47:46  
Amy Lane ..... 29 F .....2:15:13           *244 Finishers*  
\*\*\*\*\*

**MorFun Wapack**

21 Miles .... Ashburnham, MA ....5 / 9 / 09

Chad Denning ..... 33 M ..... 3:31:00  
Sara Praglowski ..... 30 F ..... 4:55:00           *49 Finishers*  
\*\*\*\*\*

**Soapstone MT.**

14.4 Miles ... Stafford, CT. ... 5 / 17 / 09

Brendan Callahan ..... 27 M ... 1:37:07  
Amy Lane ..... 34 F .....2:00:17           *169 Finishers*  
\*\*\*\*\*

**NipMuck Marathon**

26.2 Miles ... Ashford, CT. ... 6 / 7 / 09

Ben Nephew ..... 33 M .....3:12:08  
Donna Utakis ..... 41 F .....4:44:44           *112 Finishers*  
\*\*\*\*\*

**Northfield MT.**

10.3 K ... Northfield, MA. ... 6 / 13 / 09

Josh Ferenc ..... 27 M ... 36:26  
Abby Mahoney ... 31 F ..... 43:42           *215 Finishers*  
\*\*\*\*\*

**Greylock Trail Races ..... Up & over the top again!**

Half Marathon ... Adams, MA. ... 6 / 21 / 09

Brian Rusiecki ..... 30 M ..... 1:42:14  
Samantha Saeger ..... 26 F .....2:02:34           *141 Finishers*  
\*\*\*\*\*

**Cranmore Hill**

10K ...North Conway, NH. ... 6 / 28 / 09

Joe Gray ..... 25 M ..... 48:37  
Christine Lundy ...38 F ..... 57:16           *236 Finishers*  
\*\*\*\*\*

**Skyline Trail**

7.2 Miles ... Milton, MA. ... 7 / 12 / 09

Chris Baynes ..... 39 M ... 1:06:44  
Hillary Saeger ..... 24 F ..... 1:12:29\*           *71 Finishers*  
\*\*\*\*\*

**Course Record \***

**People's Forest**

7 Miles ... Barkhamsted, CT. ... 8 / 1 / 09

Marc Robaczynski ... 34 M ..... 45:36  
Abby Mahoney .....31 F ..... 57:01\*           *65 Finishers*  
\*\*\*\*\*

**Course Record \***

**Oxford Dam**

10.5 Miles ... Oxford, MA. ... 8 / 8 / 09

Ben Nephew .....33 M ..... 1:12:06\*  
Stephanie Crawford .... 31 F ..... 1:24:55           *117 Finishers*  
\*\*\*\*\*

**Course Record \***

**Savoy MT. .... Savoy, MA .... 8 / 16 / 09**

**22.2 Miles:**

Jim Johnson ..... 32 M ..... 2:53:58\*  
Sarah Dolven ..... 39 F ..... 4:06:45           *41 Finishers*

**11.1 Miles:**

Andy Hall .....37M..... 1:37:49  
Amy Lane .....30F ..... 1:49:31           *68 Finishers*  
\*\*\*\*\*

**Course Record\***

Continued next page:

2009 Grand Tree Series cont:

**MT. Toby**

14 Miles ... Sunderland, MA. ... 8 / 23 / 09

Andrew Combs ..... 25 M ..... 1:29:18  
Renee Knapp ..... 29 F .....1:54:43

138 Finishers

\*\*\*\*\*

**Wapack Trail**

17.6 Miles ... New Ipswich, NH. ... 9 / 6 / 09

Brandon Newbould .....27 M ..... 2:24:10  
Amy Lane ..... 30 F ..... 3:23:45

87 Finishers

\*\*\*\*\*

**Curly's Marathon and Half Marathon**

13.1 and 26.2 Miles .... Pittsfield, MA ... 9 / 20 / 09

**Half Marathon:**

Greg Hammett ..... 32 M ..... 1:38:58  
Amy Sonnanstine ...30 F .....2:06:07

39 Finishers

**Marathon:**

**Paul Funch** .....59 M ..... 4:24:52  
Elaine Allen .....41 F ..... 5:01:18

18 Finishers

\*\*\*\*\*

**Pisgah MT.**

23K and 50K ... Chesterfield, NH. ... 9 / 13 / 09

**23K:**

Josh Ferenc ..... 27 M ..... 1:30:45\*  
Molly Housman . ....36 F .....2:07:30

58 Finishers

**50K:**

Brian Rusiecki .....30 M ..... 3:54:40  
Amy Lane ..... 30 F .....4:47:54

69 Finishers

**Course Record \***

\*\*\*\*\*

**Breakneck**

20 K ... Union, CT. ... 10 / 4 / 09

Brian Rusiecki ..... 30 M ... 1:41:08  
Amy Lane .....30 F .... 2:08:31

75 Finishers

\*\*\*\*\*

**Monroe / Dunbar Brook**

10.5 Miles ... Monroe, MA. ... 10 / 11 / 09

Ben Nephew ..... 34 M .....1:15:20  
Hillary Greene ... ..39 F ..... 1:42:35

102 Finishers

\*\*\*\*\*

**Groton Forest**

9.5 Miles ... Groton, MA. ... 10 / 25 / 09

Andrew Combs..... 25 M ..... 57:19  
Adrienne Cyruklik .....35 F .... 1:16:13

102 Finishers

\*\*\*\*\*

**Hairy Gorilla**

Half - Marathon ... Albany, NY. ... 10 / 25 / 09

Mike Rutledge ..... 41 M ..... 1:25:29  
Melissa Dock..... ..27 F .....1:36:53

266 Finishers

\*\*\*\*\*

**Busa Bushwhack**

10 Miles ... Framingham, MA. ... 11 / 1 / 09

Jim Johnson ..... 32 M ..... 1:01:03  
Tara Wommack....26 F ..... 1:14:33

186 Finishers

\*\*\*\*\*

**Stone Cat**

Marathon & 50 Miles ... Ipswich, MA. ... 11 / 7 / 09

**Marathon:**

Ben Nephew ..... 34 M.... 2:54:45\*  
Courtney Bell ..... 34 F.....3:58:40

158 Finishers

**50 Miles:**

Brian Rusiecki .....31 M .... 6:27:55\*  
Aliza Lapierre ..... 29 F ..... 7:19:15\*

**Course Records \***

102 Finishers

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*Complete race results can be found on the  
"Grand Tree" page at ..... [www.runwmac.com](http://www.runwmac.com)*

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**Wapack Trail Race .... 17.5 Miles**  
**September 6, 2009 .... New Ipswich, NH**  
 Sunny & Clear .... Low of 45\* ... High of 67\*



**WMAC members in bold:**

<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1 Brandon Newbould	M 27	NH	2:24:10	100.00%
2 Dave Herr	M 44	VT	2:27:25	97.80%
3 Brian Rusiecki	M 30	MA	2:35:21	92.80%
4 <b>Rob Higley</b>	M 55	MA	2:43:20	88.27%
5 Lars Sauvola	M 34	NH	2:45:56	86.88%
6 Stanislav Trufanov	M 30	MA	2:47:32	86.05%
7 Graham Heagy	M 22	NH	2:52:35	83.53%
8 David Rod	M 26	MA	2:54:49	82.47%
9 Greg Somero	M 26	NH	2:55:20	82.22%
10 Todd Pearson	M 33	MA	2:55:56	81.94%
11 Jeff Hart	M 41	NH	2:58:20	80.84%
12 Dima Feinhaus	M 46	MA	3:04:42	78.05%
13 Steve Wolfe	M 45	NH	3:06:34	77.27%
14 Scott Livingston	M 36	CT	3:13:26	74.53%
15 Bill Nawn	M 45	NH	3:13:37	74.46%
16 Michael Wade	M 40	NH	3:16:36	73.33%
17 Aaron Olson	M 35	NH	3:17:08	73.13%
18 <b>Paul Funch</b>	M 59	MA	3:17:38	72.95%
19 Nikolas Rogers	M 37	NY	3:22:11	71.30%
20 <u>Amy Lane</u> 1 <sup>st</sup> F	F 30	MA	3:23:45	70.76%
21 Peter Gagarin	M 64	MA	3:24:10	70.61%
22 Paul Camire	M 50	NH	3:24:42	70.43%
23 Mike Belcourt	M 47	CT	3:24:56	70.35%
24 Eric Marshall	M 26	NH	3:25:56	70.01%
25 David Boudreau	M 37	NH	3:29:20	68.87%
26 Matthew Deveau	M 28	MA	3:29:33	68.80%
27 Russell Hammond	M 49	CT	3:29:37	68.78%
28 Bob Dunfey	M 58	ME	3:32:49	67.74%
29 <b>Will Danecki</b>	M 59	CT	3:33:32	67.51%
30 Ron Abramson	M 40	NH	3:33:39	67.48%
31 John O'Connor	M 37	MA	3:35:18	66.96%
32 <u>Erica LaBella</u>	F 30	NH	3:35:38	66.86%
33 John Lacroix	M 27	NH	3:36:48	66.50%
34 <u>Heather Sullivan</u>	F 36	ME	3:37:38	66.24%
35 James Reji	M 40	MA	3:39:58	65.54%
36 Kiyoshi Imai	M 51	NH	3:40:55	65.26%
37 Tom Parent	M 33	MA	3:43:23	64.54%
38 Marshall Randolph	M 60	MA	3:45:36	63.90%
39 John Pierce	M 31	NH	3:45:37	63.90%
40 <b>Steve Jensen</b>	M 48	CT	3:47:31	63.37%
41 Charles Peabody	M 37	RI	3:47:52	63.27%
42 Steve Collopy	M 52	MA	3:48:37	63.06%
43 <b>Dan Danecki</b>	M 50	MA	3:50:07	62.65%
44 Jim Campiformio	M 59	CT	3:52:33	61.99%
45 <u>Grace Jensen</u>	F 46	CT	3:52:47	61.93%
46 <u>Tammy Godin</u>	F 46	MA	3:52:53	61.91%

47 George Alexion	M 50	ME	3:54:01	61.61%
48 Willem Van Dijk	M 44	MA	3:56:59	60.83%
49 Dominic Ambrosi	M 31	MA	3:57:20	60.74%
50 Geno Dube	M 40	NH	3:58:10	60.53%
51 Jeff Dean	M 35	MA	3:59:54	60.09%
52 Dan Wagner	M 52	MA	3:59:58	60.08%
53 <b>Thomas Parker</b>	M 42	NH	4:00:42	59.89%
54 <u>Michelle Roy</u>	F 39	MA	4:03:36	59.18%
55 Karl Sauerbrey	M 45	RI	4:04:32	58.96%
56 Chris Fox	M 34	NH	4:05:05	58.82%
57 Eric Finney	M 39	MA	4:07:11	58.32%
58 <b>Bill Morse</b>	M 58	MA	4:08:35	58.00%
59 Kevin Zelechowski	M 33	MA	4:09:43	57.73%
60 <u>Jeanne Christie</u>	F 51	ME	4:15:31	56.42%
61 <b>Bob Worsham</b>	M 63	CT	4:15:44	56.37%
62 <u>Paula Finestone</u>	F 41	MA	4:16:44	56.15%
63 David Raczkowski	M 58	CT	4:16:51	56.13%
64 <u>Stephanie Curran</u>	F 40	NH	4:18:49	55.70%
65 Edward Mulvey	M 50	MA	4:23:58	54.62%
66 Tom Speidel	M 48	MA	4:24:00	54.61%
67 <u>Katharyn Gilmartin</u>	F 34	MA	4:24:21	54.54%
68 <b>Mark Alfano</b>	M 37	CT	4:24:52	54.43%
69 <u>Cheryl Mulvey</u>	F 49	MA	4:27:04	53.98%
70 John Loring	M 62	MA	4:27:46	53.84%
71 John Burke	M 43	MA	4:28:14	53.75%
72 <u>Brenda Morris</u>	F 43	MA	4:28:41	53.66%
73 Michael Lacharite	M 51	VT	4:29:41	53.46%
74 Richard Mellor	M 59	NH	4:35:54	52.25%
75 Tim Rothfuss	M 40	NH	4:36:43	52.10%
76 Douglas Caverly	M 49	MA	4:42:34	51.02%
77 Jeff Godin	M 41	MA	4:45:22	50.52%
78 Roy VanBuren	M 47	MA	4:46:48	50.27%
79 <u>Jennifer Smith</u>	F 43	NH	4:49:09	49.86%
80 <u>Carolyn Cote</u>	F 49	NH	4:49:10	49.86%
81 Richard Sewell	M 38	MA	4:56:32	48.62%
82 <u>Susan McQuaide</u>	F 46	NH	4:59:12	48.18%
83 Bob Sharkey	M 57	RI	4:59:13	48.18%
84 <u>MaryLou White</u>	F 54	CT	5:05:06	47.25%
85 Stu Greeley	M 56	MA	5:05:33	47.18%
86 <u>Nora Ball</u>	F 35	NH	5:11:15	46.32%
87 Brian Gavin	M 47	MA	5:45:23	41.74%



**Binney Pond as seen from Pratt MT. This overlook view is located just a short distance off the Wapack trail.** *photo by Dan Danecki*



## Wapack Trail Race .... RD's Report

by Paul Funch

Race day was marked by sunny skies, very low humidity, temperature in the 60s, dry trail conditions, and nice cooling breezes along the course - all-around perfect conditions for running and taking in the views from atop the peaks of Barrett, New Ipswich, Pratt, and Watatic Mountains. A record 87 finishers enjoyed as beautiful a day as one could ever hope for. The trails were in great shape due to the extraordinary efforts of the Friends of the Wapack who cleaned up the extensive damage that occurred during the devastating ice storm of December 2008.

Taking first place in a time of 2:24:10 was 27-year old Brandon Newbould of Dover, NH, a newcomer to trail running. His inexperience with trail running and his lack of familiarity with the Wapack Trail course didn't stop him from clocking the fifth fastest time ever recorded in the race since it began in 1992, and coming in only 2:54 off the course record set by Dave Herr, 44, of Canaan, VT in 2002. The others in the top five are Dave Dunham (1992), Ben Nephew (2001), and Leigh Schmitt (2002), so Brandon is in fine company, and is likely to be a leading trail runner in the coming years. Dave Herr was right behind Brandon nearly the entire race but fell back to finish in 2:27:25 for second place overall and the first finisher in the 40-49 age group. The 30-39 age group was led by Brian Rusiecki, 30, who finished third in 2:35:21. Veteran trail runner and ultra runner Peter Gargarin, 65, of Sunderland, MA, led the 60-69 age group with a strong 21st place in 3:24:10.



The Wapack Trail along New Ipswich MT. photo by Dan Danecki

On the women's side, Amy Lane, 30, of Westfield, MA, in her first Wapack, finished a strong effort in 3:23:45. Grace Jensen was first in the 40-49 age group in 3:52:47, narrowly edging out Tammy Godin of North Grafton, MA who finished in 3:52:53. In the 50-59 age group, Jeanne Christie, of Windham, ME, was first in 4:15:31.

Special note needs to be made of the performance of Rob Higley, 55, of Amherst, MA who finished fourth overall, in 2:43:20! A special note was also made last year when Rob finished in 2:50:36 and so now we have clear evidence that his biological clock is running backwards. Rob was the first 50-59 year old in the Boston Marathon of 2004 with a time of 2:51:24 and he continues to put out outstanding performances.



Views from the Wapack Trail

photo by Dan Danecki

There was one drop out due to a twisted ankle, and two strong runners took routes less traveled. Scott Livingston (husband of the holder of the Wapack's course record for women, but also a very accomplished runner in his own right!) climbed up and went straight over Mt. Watatic instead of turning right at the top. By the time he realized his mistake, he was at the base of the mountain and had to re-climb the very steep power line trail. When he got to the course at the top of Mt. Watatic again, he went down to the turnaround and then ran back up Mt. Watatic once more! He was in fifth place when he got lost, but he finished in 14th place. Scott's wife, Deb Livingston, is just two weeks away from giving birth to their second child, so she (probably reluctantly) decided to watch their son Shepard so that Scott could run.

Bob Sharkey, who would be expected to finish near the top 10, inexplicably (well, he IS over 50) ran right over some chalk lines instead of turning a corner and ending up adding several miles to the 17.5 mile race course and turning his race into a training run. Most confused by this was Bob's super-loyal dog Sheeba, who seemed quite concerned to see so many runners finish ahead of his usually speedy master. They were finally reunited in just under 5 hours and Sheeba was noticeably smiling.

Paul Funch

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*TRAIL RUNNING NEWS* ..... Published by the

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## 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.

“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 Bruynell 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, Bruynell 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.

*Reviewed by Laura Clark*

2 WMAC trail-nuts were seen at th 76<sup>th</sup> annual Around Cape Ann 25K at Gloucester – Rockport, MA.on Labor Day Sept. 7. They were Dick Hoch for his 5<sup>th</sup> go there and Thomas Parker for his, well, ask him next time you see him.

## 34th Annual Greylock Road Race

8 miles uphill ... North Adams to Adams, MA. 9 / 7 / 09

WMAC members in bold:

	<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>
1	Tim Mahoney	M30	MA	56:13
2	Mark Mayall	M38	MA	57:41
3	Donald Pacher, Jr	M37	NY	57:56
4	William Wheeler	M29	MA	59:46
5	Michael Menard	M42	MA	1:00:15
6	Tim VanOrden	M41	VT	1:00:46
7	Steven Lumbardo	M40	MA	1:01:10
8	Joe Fois	M34	MA	1:05:27
9	Paul Bazanchuk	M54	MA	1:05:37
10	<u>Abby Mahoney</u> 1 <sup>st</sup> F	F31	MA	1:06:08
11	Scott Brew	M43	CT	1:09:31
12	Steve Roberts	M44	MA	1:10:11
13	Brian Senez	M23	MA	1:10:38
14	Steve StClair	M51	MA	1:11:03
15	<b>Jim Preite</b>	M45	MA	1:11:20
16	<u>Dawn Roberts</u>	F37	MA	1:11:38
17	<b>Andy Sheldon</b>	M38	MA	1:11:58
18	Randy Zucco	M38	MA	1:13:30
19	Roy Headwell	M42	MA	1:13:47
20	Barry Braun	M50	MA	1:14:38
21	Michael Brohm	M49	NY	1:15:19
22	Bruce Shenker	M56	NY	1:15:39
23	Ken Wilson	M47	MA	1:15:59
24	<u>Andria Fisher</u>	F17	MA	1:17:11
25	Sri Bodkhe	M43	MA	1:17:21
26	Seth James	M34	MA	1:17:42
27	Brian Teague	M50	NY	1:18:15
28	<b>Jeff Parkman</b>	M62	MA	1:18:22
29	<u>Hillary Green</u>	F39	MA	1:18:50
30	Ed Gollin	M40	MA	1:19:43
31	Paul Donovan	M55	MA	1:20:44
32	Jason Dominick	M38	MA	1:20:52
33	Cal Brooks	M16	MA	1:21:15
34	Tom Niedeck	M42	MA	1:21:17
35	<u>Shiela Niedeck</u>	F48	MA	1:21:18
36	Richard Nesbitt	M56	MA	1:21:46
37	Andrew Przybylowicz	M50	NY	1:22:16
38	Bennjamin Griffin	M23	NY	1:22:21
39	<u>Tracy Garneau</u>	F29	MA	1:22:48
40	<u>Theresa Apple</u>	F48	MA	1:24:13
41	John Murphy	M51	MA	1:24:18
42	<u>Katherine Best</u>	F25	MA	1:24:59
43	Eric Smith	M49	VT	1:25:41
44	Doug Cummings	M48	MA	1:25:44
45	<b>George Gilder</b>	M69	MA	1:26:07
46	<u>Nicey Rivers</u>	F48	MA	1:26:10
47	<u>Elizabeth StClair</u>	F51	MA	1:26:48
48	Christin Chritoph	M26	MA	1:26:36
49	<b>John Aldrich</b>	M50	MA	1:28:44
50	Charles Roberts	M53	MA	1:28:47
51	<b>Denise Dion</b>	F51	VT	1:29:06
52	<u>Adriane Boscardin</u>	F26	MA	1:29:57
53	<b>James Hartwig</b>	M29	MA	1:30:08

*Continued next page:*

**Greylock results cont:**

54	<b>Scott Bradley</b>	M54	MA	1:30:19
55	Mike Roccanti	M54	CT	1:32:36
56	Rob White	M54	MA	1:33:10
57	<b>Pete Lipka</b>	M58	MA	1:33:34
58	Craig Billie	M57	NY	1:35:43
59	Tom Henry	M55	MA	1:37:30
60	<u>Shiela Dennis</u>	F48	MA	1:37:39
61	<b>Joe Gwozdz</b>	M56	MA	1:37:54
62	<b>Laura Clark</b>	F62	NY	1:40:28
63	Mike Duffy	M58	MA	1:43:43
64	<b>Darlene McCarthy</b>	F47	MA	1:43:44
65	<b>Poncho Mach</b>	M67	MA	1:44:01
66	Tad Ames	M46	MA	1:46:57
67	<b>Ken Swiatek</b>	M61	MA	1:56:07
68	Charly Easton	M65	CT	2:00:03
69	Stu Eichel	M77	NY	2:04:38
70	<u>Leanne Zarger</u>	F55	CT	2:07:09
71	Colin Adams	M46	MA	2:23:14



**Joe Gwozdz and Fran "Poncho" Mach on their way up to the top at the 2009 Greylock Road Race.** photo by Mike Pytko

**Summer's Last Hurrah**

*by Laura Clark*

After months of delayed anticipation which gathered momentum through a wet-chilled July and August, we finally doffed our ski caps to summer at Mt. Toby and entered the final stretch two weeks later at the Mt. Greylock Uphill Road Race on September 7<sup>th</sup>.

While both events featured clear sailing over significantly mudless terrain, Mt. Toby is a Grand Tree Trail Race with real trees that grow in actual soil. The newly paved Mt. Greylock Roadway, on the other hand, had sacrificed its impressive frost heaves populated with hopeful saplings.

According to Nancy Hobbs, the Executive Director of the American Trail Running Association (ATRA), both events can

technically be listed under the ATRA umbrella because both involve mountains. Nancy insists that because trail running frequently involves vertical landscape and mountain roads tend to go up (one way at least), common ground can be found. While her explanation escapes me, both venues attract the same fringe group that revels in pain and bragging rights. The siren call is answered not by your typical minutes/per mile road racer, but by dedicated users of Advil and Hammer nutrition products.



**Ellen Mach & Jean Marra watching the action at the 2009 Greylock Road Race.** photo by Mike Pytko

While Mt. Toby attracted 138 trail devotees who enjoyed the full complement of wicking Tees, age group awards and a fresh corn buffet, Mt. Greylock harkened back to the days of yore, when little was required beyond a race number, some water and a few snacks. Still, there was a palatable air of anticipation to this "new" Greylock – the first official summit since the road was closed for a major overall. Gone were the familiar pot holes, frost heaves and ambitious vegetation eager to overtake the road. Instead we were greeted by tamed pavement, freshly painted lane dividers, orderly culverts and sturdy wooden fences warning us that, yes, this was a mountain with drop-dead cliffs.

True to its Civilian Conservation Corps heritage, the road still retains its two quaint narrow lanes, one up and one down. A little scary for giant American cars and quite scary for runners trying to cut tangents while avoiding said American cars. This year, with the promise of nice (read not rainy) weather, traffic was intimidating. Why, I'm not quite sure. We could still glimpse Moby Dick's Lighthouse through the clouds, but not the view, which was presumably still there.

This year, I was accompanied by my personal photographer, Adirondack Runner Brian Teague, who needless to say, took a bunch of foggy pictures. Not content with a mere eight mile run, he decided to turn the day into a reverse duathlon with an eighteen mile bike ride to our rendezvous, followed by the mountain tour, a brief nap in Annie while I drove, and another bike back home. It should be noted that he chose a recumbent bike for his adventure, which more closely resembles a comfy recliner than any of its more upright cousins. Stu Eichel, our Stryder version of Rich Busa, proved to the mountain and himself that despite the forced hiatus, he was more than equal to the challenge.

**Continued next page:**

Last Hurrah cont:

It seemed to me that more folks than usual enhanced their adventure by running back down, including our latest Stryder, Benn Griffin, who acquired his taste for trails at our Camp Saratoga Summer Series. The year I accepted the challenge, I was surprised how much uphill there was in the downhill portion. This time around both Brian and I looked rather wistfully at those who decided to extend their good time. Perhaps next year...

...Or...all those newly painted trail signs reminded us that we could take the Appalachian trail down at a mere 5.6 miles where we could once again experience real dirt and real trees beating us to the start line. Wouldn't that make a neat race?! Uphill road and downhill trail. In which case the trail would presumably be somewhat accessorized, giving Brian and I a fighting chance at finding Annie.

Laura Clark



**Pisgah Mt. Trail Races .... 23K and 50K**

Pisgah MT. State Forest .... Chesterfield, NH .... 9 / 13 / 09  
Clouds & Sun & Breezy .... Low of 50\* .... High of 65\*

WMAC members in bold:

**23K Results:**

Name	Age	ST.	Time	GT %
1 Josh Ferenc *	M 27	NH	1:30:45	100.00%
2 Ben Nephew	M 34	MA	1:33:38	96.92%
3 George Adams	M 39	NH	1:40:58	89.88%
4 Bryan Johnston	M 30	NH	1:42:56	88.16%
5 <b>Ross Krause</b>	M 29	MA	1:43:57	87.30%
6 Brad Reed	M 25	MA	1:51:20	81.51%
7 Stanislav Trufanov	M 30	MA	1:52:32	80.64%
8 Donald Pacher	M 37	MA	1:53:16	80.12%
9 <b>John Agosto</b>	M 45	CT	1:54:20	79.37%
10 Marc Guillaume	M 37	MA	1:55:56	78.28%
11 Brandyn Maro	M 22	NH	1:56:18	78.03%
12 Steve Wolfe	M 45	NH	1:57:52	76.99%
13 Jeffrey Waldon	M 23	NH	2:04:08	73.11%
14 Derek Jones	M 47	MA	2:05:17	72.44%
15 Joel Fedonwurz	M 29	NH	2:06:06	71.97%
16 <u>Molly Housman</u> 1 <sup>st</sup> F	F 36	NH	2:07:30	71.18%
17 Patrick McVeigh	M 53	MA	2:11:12	69.17%
18 Mike Weigand	M 35	VT	2:11:43	68.90%
19 Matthew Salmon	M 39	MA	2:13:51	67.80%
20 Jay Fauci	M 36	VT	2:14:58	67.24%

21 George Piers	M 44	NH	2:15:40	66.89%
22 John Hammett	M 34	RI	2:15:44	66.86%
23 <b>Grace Jensen</b>	F 46	CT	2:17:32	65.98%
24 <b>Steve Jensen</b>	M 48	CT	2:18:28	65.54%
25 John Majonen	M 47	VT	2:21:45	64.02%
26 James Callaway	M 46	NH	2:21:49	63.99%
27 Ray Cooper	M 28	MA	2:23:30	63.24%
28 Tom Parent	M 33	MA	2:23:32	63.23%
29 <b>Thomas Parker</b>	M 41	NH	2:25:41	62.29%
30 Steve Sebastian	M 60	NH	2:25:44	62.27%
31 Roger Wakeman	M 41	NH	2:28:15	61.21%
32 <u>Kelly Wilson</u>	F 41	VT	2:31:43	59.82%
33 Matt Neikirk	M 40	VT	2:31:49	59.78%
34 Scott Edington	M 51	CT	2:34:38	58.69%
35 Randy Cheyne	M 51	NH	2:35:05	58.52%
36 William Slammon	M 46	NH	2:38:49	57.14%
37 Eric Hannett	M 33	NH	2:42:31	55.84%
38 <u>Virginia Gold</u>	F 40	VT	2:42:40	55.79%
39 <u>Kim Lier</u>	F 49	VT	2:42:40	55.79%
40 Robert Woodworth	M 60	VT	2:42:40	55.79%
41 Steven Perrin	M 45	NH	2:43:50	55.39%
42 <b>Alan Cabot</b>	M 54	MA	2:46:09	54.62%
43 Jeff Hattem	M 58	MA	2:52:54	52.49%
44 Richard Mellor	M 59	NH	2:53:23	52.34%
45 <u>Katrina Wilson</u>	F 42	VT	2:53:53	52.19%
46 <u>Kitty O'Connel</u>	F 55	MA	2:53:59	52.16%
47 Bob Lance	M 52	NH	2:56:00	51.56%
48 <u>Robyn Hannett</u>	F 34	NH	2:56:00	51.56%
49 <u>Heidi Hales</u>	F 38	VT	2:58:10	50.94%
50 Kevin Breslend	M 49	NH	2:58:41	50.79%
51 <u>Marlee Leveille</u>	F 33	NH	3:07:52	48.31%
52 <u>Lois Alexander</u>	F 57	MA	3:11:36	47.36%
53 Roger Martell	M 60	MA	3:20:26	45.28%
54 Peter Bonaccorsi, Jr.	M 65	MA	3:45:38	40.22%
55 <u>Bonnie Alexander</u>	F 32	MA	3:45:38	40.22%
56 Gary Alexander	M 63	MA	3:45:38	40.22%
57 <b>Dick Hoch</b>	M 69	CT	3:48:55	39.64%
58 <b>Greg Taylor</b>	M 63	NY	3:57:35	38.20%

**Course record \***

**Pisgah 50K Results:**

Name	Age	ST.	Time	GT %
1 Brian Rusiecki	M 30	MA	3:54:40	100.00%
2 Dave Herr	M 44	VT	3:57:14	98.92%
3 Jack Pilla	M 51	VT	4:21:58	89.58%
4 <b>Rob Higley</b>	M 55	MA	4:30:39	86.70%
5 Joe Holland	M 47	NH	4:33:39	85.75%
6 Ryan Welts	M 28	NH	4:34:00	85.64%
7 <u>Amy Lane</u> 1 <sup>st</sup> F	F 30	MA	4:47:54	81.51%
8 Nathan Sanel	M 40	NH	5:13:39	74.82%
9 Mark Florenz	M 31	NH	5:18:29	73.68%
10 Greg Veltkamp	M 38	VT	5:24:30	72.32%
11 Jim Frenette	M 45	MA	5:28:58	71.33%
12 David Loutzenheiser	M 42	MA	5:36:28	69.74%
13 Paul Camire	M 50	NH	5:36:43	69.69%

Continued next page:

Pisgah results cont:

14	<u>Amy Springer</u>	F 26	NY	5:38:16	69.37%
15	Edmond Veronneau	M 65	QC	5:39:30	69.12%
16	Eric Ferland	M 34	NH	5:40:40	68.88%
17	<b>Donna Smyth</b>	F 49	VT	5:41:05	68.80%
18	<b>Will Danecki</b>	M 59	CT	5:41:12	68.78%
19	Nikolas Rogers	M 37	NY	5:41:35	68.70%
20	Mike Hall	M 34	VT	5:43:03	68.41%
21	John Richard	M 38	MA	5:46:40	67.69%
22	Matthew Dugan	M 45	VT	5:49:30	67.14%
23	Dana Royer	M 33	CT	5:50:22	66.98%
24	Richard Collins	M 53	ME	5:53:14	66.43%
25	Roger Jr. Martell	M 37	MA	5:56:48	65.77%
26	Norm Sheppard	M 51	NH	5:59:36	65.26%
27	Curt Pandiscio	M 48	NH	5:59:36	65.26%
28	<u>Erin Cooper</u>	F 27	MA	6:02:02	64.82%
29	Robert Najar	M 53	NH	6:08:30	63.68%
30	<u>Ingrid Jonas</u>	F 42	VT	6:10:21	63.36%
31	<b>Fred Pilon</b>	M 63	MA	6:10:51	63.28%
32	David Sontag	M 24	NH	6:11:20	63.20%
33	Charles Williams	M 39	MA	6:13:58	62.75%
34	Mike Belcourt	M 47	CT	6:15:50	62.44%
35	Kevin Mullen	M 52	MA	6:17:17	62.20%
36	<u>Paula Finestone</u>	F 41	MA	6:19:50	61.78%
37	Frank Dudas	M 49	MA	6:20:44	61.64%
38	Joe Beyer	M 46	MA	6:29:08	60.30%
39	Dominic Ambrosi	M 31	MA	6:31:08	60.00%
40	John Izzu	M 60	VT	6:32:55	59.72%
41	David Zimmerman	M 41	ME	6:35:00	59.41%
42	Al Catalano	M 56	MA	6:35:20	59.36%
43	Kevin Zelechowski	M 33	MA	6:47:25	57.60%
44	<b>Michelle Roy</b>	F 39	MA	6:50:07	57.22%
45	Mark Bentsen	M 55	MA	6:52:46	56.85%
46	<u>Lori Watkins</u>	F 44	NH	6:56:00	56.41%
47	Michael Lacharite	M 51	VT	6:58:30	56.07%
48	David Delibacq	M 57	VT	6:58:52	56.02%
49	David Raczkowski	M 58	CT	7:02:39	55.52%
50	<b>Barbara Sorrell</b>	F 52	NY	7:10:51	54.47%
51	Kenny Rogers	M 55	MA	7:16:00	53.82%
52	<u>Kate Cabral</u>	F 29	MA	7:16:00	53.82%
53	Randy Witlicki	M 53	VT	7:20:05	53.32%
54	Kevin McCaffrey	M 52	MA	7:22:50	52.99%
55	Patrick Clark	M 41	NH	7:33:22	51.76%
56	<b>Frederick Ross III</b>	M 63	VT	7:42:28	50.74%
57	<u>Penny Matel</u>	F 49	NH	7:42:28	50.74%
58	Martin Philips	M 39	VT	8:00:14	48.87%
59	<u>Loni Allen</u>	F 29	NH	8:02:10	48.67%
60	Josh Robert	M 28	NH	8:02:13	48.66%
61	Robert Rik	M 53	VT	8:02:13	48.66%
62	Ray Vanburen	M 47	MA	8:03:40	48.52%
63	<u>Gina Fiandace</u>	F 44	MA	8:03:40	48.52%
64	John Mudeuo	M 42	CT	8:04:35	48.43%
65	Andy Cable	M 44	CT	8:32:17	45.81%
66	Clement Choy	M 62	VT	8:32:59	45.75%
67	Richard Fedion	M 75	NH	8:55:14	43.84%
68	<u>Terri Hayes</u>	F 66	SC	9:10:09	42.66%
69	Craig Wilson	M 60	ME	9:58:23	39.22%

69 finishers .... 73 starters

**Pisgah MT. 2009**

After 2 years in a row of running Pisgah in the rain & mud, this year we finally had some wonderful weather. Partly cloudy with temps in the 60's and some nice breezes thrown in was just the right mix for us to enjoy our day in the New Hampshire mountains. Some showers the day before had even softened the trails for us and our feet were very thankful for it. The super mud section in the last few miles was not a factor this year, but it's still a mess as far as I'm concerned. Last year they drove a bulldozer through that area to make the trail extra wide just to please the snowmobile crowd. The problem was they pretty much just left it like that. I saw a feeble attempt to throw some grass seed and hay down in a couple of spots to hide the damage but that was few and far between. I guess if we ran this race in the winter it wouldn't matter.

The great conditions saw some fast times this year. Josh Ferenc set a new course record in winning the 23K, taking a little over 2 minutes off the previous record. I'm not sure what the record is for the 50K race but Brian Rusiecki won in the fastest time run here in several years.

I even took a good 30 minutes off of my time from last year. That could be due to the fact that for most of the year I was only working a few days a week thanks to the recession and was well rested. ( Broke but well rested. ) Or maybe it was because for the 5<sup>th</sup> year in a row fellow club member Donna Smyth was pushing and pulling me along. We always seem to end up running together in this race. My only disappointment was that this year the race was a week earlier than normal and the Big E wasn't open yet so I couldn't spend the next day at the fair like I usually do packing back on all the calories that I burned while running. Bummer!

*will run*

**George Coope Memorial Road Races**

5K and 10K ... Adams, MA ... 9 / 20 / 09

WMAC members in bold and other familiar names:

**5K:**

	<u>Name</u>	<u>Age</u>	<u>Time</u>
1	Joshua Lipinski	M 25	0:18:23
2	William Morrisette	M17	0:20:38
3	Ryan Wheeler	M17	0:21:01
4	Alex Silverman	M64	0:21:12
5	Glenn Beverly	M49	0:21:34
6	David Lipinski	M53	0:21:35
7	Steve Wisniowski	M39	0:22:34
8	Mark Wendolowski	M35	0:22:35
9	Doug McAvoy	M26	0:23:07
10	<b>Meghan O'Grady 1<sup>st</sup> F</b>	F18	0:23:29
11	James Loughman	M43	0:23:49
12	John Kline	M43	0:23:50
13	<u>Megan Rodowicz</u>	F13	0:23:51
14	Mark Paquette	M60	0:23:52
15	<u>Kelsey Wheeler</u>	F15	0:24:15

***Continued next page:***

**George Coope results cont:**

20 Tyler LaFrance	M14	0:25:24
21 <u>Kellie Carnavale</u>	F43	0:25:25
22 <u>Laurie Therrien</u>	F42	0:25:43
26 Richard Theriault	M38	0:26:35
27 <u>Kelly Wisniowski</u>	F36	0:26:58
28 Dan Couture	M32	0:27:06
29 Cary Maroni	M55	0:27:12
30 Tom Rowland	M66	0:27:19
31 <u>Elizabeth Wood</u>	F30	0:28:08
32 <u>Tammy Valicent</u>	F37	0:28:26
36 <u>Becky Couture</u>	F38	0:30:12
37 <u>Carol Corrigan</u>	F56	0:30:16
38 <u>Juletha Wendolowski</u>	F11	0:30:40
39 Zane Wendolowski	M09	0:30:41
40 <u>Tiffany Herzog</u>	F27	0:30:57
41 Kyle Fortier	M28	0:32:05
42 <u>Karin Bradley</u>	F52	0:32:24
43 <u>Zoe Loughman</u>	F12	0:32:41
44 <u>Bianca Trzcinski</u>	F27	0:32:50
45 <u>Jessica Sommer</u>	F25	0:32:50
46 <u>Danielle Wineberg</u>	F23	0:33:21
47 <u>Rachel Tomkowicz</u>	F42	0:33:29
48 <u>Kim Robert-Morandi</u>	F40	0:34:02
49 <u>Marie Dubis</u>	F71	0:34:55
50 Jerome Baran	M60	0:35:31
51 <u>Teri Winarski</u>	F60	0:36:54
52 <u>Jessica Sabo</u>	F21	0:39:22

52 Finishers ... Complete results at..... [www.runwmac.com](http://www.runwmac.com)

**10K:**

<u>Name</u>	<u>Age</u>	<u>Time</u>
1 <b>Jim Preite</b>	M45	0:40:27
2 Allen Bates	M60	0:42:21
3 Steve Rondeau	M51	0:45:09
4 Brian Alare	M46	0:47:53
5 <u>Tracy Garneau 1<sup>st</sup> F</u>	F29	0:48:07
6 Paul McKeever	M49	0:48:21
7 Glenn Grillon	M45	0:49:30
8 <b>Mary Kennedy</b>	F51	0:49:33
9 Ron Griswold	M61	0:49:46
10 <b>Diane Pytko</b>	F52	0:50:12
11 <b>John Aldrich</b>	M50	0:50:25
12 <b>Richard Dassatti</b>	M52	0:50:56
13 Stan Gajda	M40	0:51:45
14 Mark Walker	M32	0:52:00
15 <b>Ed Saharczewski</b>	M56	0:52:53
16 <b>Sue Snyder</b>	F55	0:54:39
17 <b>Claudine Preite</b>	F42	0:54:54
18 <b>Jacqueline Lemieux</b>	F43	0:55:48
19 <u>Laura Gross</u>	F36	0:58:03
20 David Farkas	M32	1:00:49
21 JC Morgan	M35	1:02:23
22 Richard Shook	M74	1:07:49
23 Joe Corrigan	M78	1:08:49
24 <u>Laura Farkas</u>	F32	1:09:23
25 <u>Erika Teutsch</u>	F37	1:17:17

**WMAC / DION Snowshoes Racing Series**

**Tentative 2010 schedule, depending on snow!**  
**Check the web page for changes and up-dates.**  
[www.runwmac.com](http://www.runwmac.com)

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12 / 27 / 2009	10:30 A.M.	I LOVE WOODFORD
	3.5 Miles	Woodford, VT
1 / 03 / 2010	10:00 A.M.	NORTH POND
	3.5 Miles	Florida, MA
1 / ?? / 2010	10:00 A.M.	SOUTH POND
	4.0 Miles	Florida, MA
1 / 09 / 2010	10:00 A.M.	TURNER TRAIL
	4.3 Miles	Pittsfield, MA
1 / 16 / 2010	10:00 A.M.	GREYLOCK GLEN
	3.9 Miles	Adams, MA
1 / 17 / 2010	10:00 A.M.	BRAVE THE BLIZZARD
	3.8 Miles	Guilderland, NY
1 / 23 / 2010	10:00 A.M.	HOOT TOOT & WHISTLE
	3.3 Miles	Readsboro, VT
1 / 24 / 2010	10:00 A.M.	CURLY'S RECORD RUN
	4.0 Miles	Pittsfield, MA
1 / 30 / 2010	11:00 A.M.	SIDE-HILLER
	4.0 Mile	Center Sandwich, NH
2 / 06 / 2010	9:00 A.M.	NORTHFIELD MTN
	3.8 Mile	Northfield, MA
2 / 07 / 2010	11:00 A.M.	SARATOGA WINTERFEST
	5 KM	Saratoga Springs, NY
2 / 13 / 2010	10:30 A.M.	CAMP SARATOGA
	8.25 KM	Wilton, NY
2 / 20 / 2010	10:00 A.M.	HALLOCKVILLE ORCHARD
	3.8 Miles	West Hawley, MA
2 / 21 / 2010	9:30 A.M.	COVERED BRIDGE
	4 & 13.0 Miles	Adams, MA
2 / 27 / 2010	10:00 A.M.	MOODY SPRING
	5.5 Miles	West Hawley, MA
3 / 13 / 2010	9:00 A.M.	NORTHFIELD STATES
	3 - 5 Miles	Northfield, MA
3 / 14 / 2010	9:30 A.M.	HAWLEY KILN NOTCH
	5.0 Miles	Hawley, MA
3 / 20 / 2010	4:30 P.M.	CATAMOUNT SUNSET
	3.0 Miles	Hillsdale, NY

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## Merely Coincidence? A Wineglass Marathon Legacy

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As the runners gathered at the start of the 28<sup>th</sup> Annual Wineglass Marathon they paid tribute to our friend, coach and mentor, Diane Sherrer, who had played an instrumental role in this event until succumbing to cancer this past May. Diane was an excellent athlete in her own right, but what she enjoyed the most was helping others find their potential even if they had no idea what that potential was. Diane knew, and that was all that mattered.

I had always wanted to participate in the Wineglass Marathon, but somehow had never gotten around to it, despite Diane's persistent urging. The fact that I finally tackled the Bath to Corning journey proves, to my mind at least, that Diane is still there watching over us...

This year my son-in-law, Darren Suarez, decided on a marathon, having never ever run a race before in his life! We became email buddies, trading workout schedules and training strategies. Darren had set his sights on NYC but with Halloween looming the day before, that was not a popular option with his two young girls, Elena and Emi. So without any prodding on my part, he serendipitously selected Wineglass Marathon for our two-family expedition.

While I regretted not having savored the Wineglass experience while Diane was alive, I took comfort in the fact that I was following in her footsteps. How many times had she not only encouraged folks to do something new, but tagged along and did it with them – just to make sure. Diane, however, was a much faster runner than I am. As the big day loomed closer, I worried that I would be holding Darren back, not propelling him forward. Darren estimated his pace at a 9:20 mile; I needed to run a 10:15 to qualify for Boston, a goal which has continually eluded me. After patiently explaining the facts of life to Darren, he always bounced back with a perky “Good, we can run together then!” I figured I was good for maybe the first three miles.

But Diane knew better and set coincidences in motion that were just too hard to ignore. The Wineglass Marathon follows the Keuka Lake Wine Trail and is noted for its fast downhill course and souvenir Pleasant Valley Brut Champagne split. Two days before departure, we were surprised to learn that our daughter Julie was able to secure a fabulous “cabin” for our overnight stay. I insisted on calling it a villa and for good reason. With three floors and a deck overlooking the Lake, it was tempting to forget the marathon and spend the day sipping wine! But we had miles to go...

The evening before we left, I checked my email to find a despondent note from Dick Vincent, Escarpment Race Director, who was scheduled to undergo Achilles surgery the next morning. As soon as I awoke Saturday, I had a sudden impulse to send him a cheer-up card. This is something I rarely do, but I rooted around in my desk and found a generic blank note featuring a rhino proclaiming, “Reading builds strength.” Did I tell you I am a librarian? When I went to address the

envelope that was tucked inside, I discovered it was already addressed to Diane! I must have gotten just as far as the envelope. At any rate, Diane already knew reading builds character. Perhaps that is something Dick will discover during his recovery.

The plan was for us to pick up the race packets so Elena could play her Saturday morning soccer game. We arrived in Corning, just in time to hook up with Bob and Denise Dion. This was fortunate since we had planned to get together on race day but Jeff's cell phone had elected to remain behind to tend to last minute office details. We also ran into Joe Duvall, the director of the Ottawa Marathon. So in the space of five minutes we chatted with the only other people in Corning that we knew! That evening we enjoyed superb squash ravioli at Bully Hill, a nearby vineyard that coincidentally serves dinner only on Saturday evenings. Thank you Diane!

While I have run other marathons, this was the first time that I have committed to partnering with someone. At first, Darren and I were extremely courteous, trying to match stride for stride. Moreover, I was worried about trying to keep up a brilliant, distracting conversation. No idea why, we were there to run, not to provide radio commentary. Soon, however, we relaxed and began to feel comfortable with each other, rather like runner and pacer. We were both looking forward to spotting our Mile 9 cheerleaders and Elena's and Emi's “It's all downhill from here” signs.

We went through nine miles in around 1:32 which was pretty much according to plan. I hung on until Mile 12 and then started to fade. This is where you would be thinking, “See, she went out too fast after all.” But I beg to differ. There was so much less mental effort involved when working as a team. Normally, somewhere around Mile 13 I meet my personal Wall and so this is where I take a breather. Sure enough, I powered up the Mile 14 hill and did fine until Mile 18 where I confronted the squad of nasty bacteria that I had been trying to ignore since Saturday evening. I simply had no energy left. The rest wasn't pretty. At this point, I vaguely wondered if the Wineglass might thankfully appear amidst standard water stop provisions. There were a pair of free lancers at Mile 23 offering Dixie cup beer samples, but as tempting as it was, I felt imbibing a grain-based product would be disloyal to the spirit of the grape and of course out Pleasant Valley sponsor.

At the end, I didn't hear our cheerleaders, not even Joe Reynolds with his persistent cow bell. I just wanted to finish and never run again. While I missed Boston yet again, Darren pulled a victorious 4:05, and that is, ultimately, what this race was all about. Diane's legacy remains intact and next year when Darren qualifies, two families will tackle the journey to Boston with him. The circle widens ever outward.

*Results & Photos at..... [www.wineglassmarathon.com](http://www.wineglassmarathon.com)*

*Laura Clark*

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*WMAC / Dion Snowshoe Series starts on  
12 / 27 / 09 ... depending on snow .... Info at ....  
[www.runwmac.com](http://www.runwmac.com)*

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## Curly's Trail Marathon and Half-Marathon

Pittsfield State Forest .... Pittsfield, MA. .... 9 / 20 / 09

Mostly Sunny ... Breezy .... Low of 39\* .... High of 67\*

WMAC members in bold:

### Half Marathon :

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>GT %</u>
1 Greg Hammett	M 32	1:38:58	100.00%
2 <b>Ross Krause</b>	M 29	1:39:44	99.23%
3 Stanislav Trufanov	M 30	1:47:28	92.09%
4 Brad Reed	M 25	1:49:42	90.22%
5 Andrew Donaldson	M 41	2:05:19	78.97%
6 <u>Amy Sonnanstine</u>	F 30	2:06:07	78.47%
7 Paul Muessig	M 60	2:07:18	77.74%
8 <b>Andy Sheldon</b>	M 38	2:09:15	76.57%
9 Robert Gazzale	M 41	2:16:13	72.65%
10 John Peabody	M 54	2:16:23	72.57%
11 Joe Krider	M 41	2:16:31	72.49%
12 <u>Sheila Niedeck</u>	F 48	2:18:45	71.33%
13 <u>Nancy Ogle</u>	F 48	2:18:46	71.32%
14 <u>Mercedes Pour</u>	F 35	2:26:02	67.77%
15 <b>Thomas Parker</b>	M 41	2:26:32	67.54%
16 <b>Scott Bradley</b>	M 54	2:27:34	67.07%
17 <b>Bill Howard</b>	M 60	2:29:35	66.16%
18 Christopher Parker	M 39	2:39:50	61.92%
19 <u>Anni Luneau</u>	F 44	2:39:51	61.91%
20 <u>Shiobbean Archey</u>	F 42	2:40:13	61.77%
21 Wayne Wilhelm	M 42	2:44:32	60.15%
22 Ben Griffin	M 23	2:44:32	60.15%
23 <b>Martin Glendon</b>	M 63	2:55:25	56.42%
24 <u>Marylou White</u>	F 54	2:56:14	56.16%
25 Stanley Tiska	M 52	2:56:33	56.06%
26 Glen Green	M 43	2:59:15	55.21%
27 Eric Waterman	M 32	2:59:30	55.13%
28 <u>Katherine Waterman</u>	F 32	2:59:31	55.13%
29 <u>Kathleen Furlani</u>	F 61	3:00:24	54.86%
30 <b>Ed Alibozek Jr</b>	M 69	3:05:28	53.36%
31 Patrick McGrath	M 44	3:05:29	53.36%
32 <u>Betsy Molitoris</u>	F 38	3:10:06	52.06%
33 Thomas Constantine	M 58	3:18:52	49.77%
34 <b>Bill Glendon</b>	M 63	3:22:00	48.99%
35 <b>Rich Busa</b>	M 79	3:28:47	47.40%
36 <b>Konrad Karolczuk</b>	M 57	3:38:45	45.24%
37 <u>Sue Sachetti</u>	F 47	3:43:31	44.28%
38 <u>Mary Andrews</u>	F 56	3:43:31	44.28%
39 Walter Kolodzinski	M 66	4:15:23	38.75%

### Marathon:

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>GT %</u>
1 <b>Paul Funch</b>	M 59	4:24:52	100.00%
2 Jay Kolodzinski	M 30	4:40:38	94.38%
3 Bruce Campbell	M 51	4:43:09	93.54%
4 <b>Will Danecki</b>	M 59	4:48:25	91.83%
5 Russ Hammond	M 49	4:54:58	89.80%

6 <b>Ed Alibozek</b>	M 46	4:59:25	88.46%
7 <u>Elaine Allen</u>	F 41	5:01:18	87.91%
8 <b>Pete Lipka</b>	M 58	5:01:31	87.84%
9 Mike Belcourt	M 47	5:21:22	82.42%
10 Kevin Zelechowski	M 33	5:27:28	80.88%
11 <u>Michelle Roy</u>	F 39	5:29:04	80.49%
12 <b>Bob Worsham</b>	M 64	5:44:19	76.93%
13 Brian Sorrells	M 40	5:54:02	74.81%
14 David Raczkowski	M 58	5:59:35	73.66%
15 <u>Barbara Sorrell</u>	F 52	6:08:32	71.87%
16 <u>Laura Clark</u>	F 62	6:30:56	67.75%
17 Doug Story	M 45	6:48:19	64.87%
18 <b>Greg Taylor</b>	M 63	7:50:01	56.35%



**Paul Funch takes first place in the marathon**

*Photo by Brad Herder .... Berkshire Sports.com*

## Curly's Marathon: When 2 + 2 does not necessarily = 4, but definitely yields an A+

*by Laura Clark*

Upon arriving home after Curly's Marathon, I unloaded Annie, thanked her for getting me to the race on time and then proceeded to drop my shoes in the front hall and load my dirty clothes into the washer. I did NOT hose down my shoes nor scrape them with a putty knife, nor did I feel compelled to wash my socks separately lest they contaminate the wash water. In a word, cleanup procedures were rather boring and uneventful and did not attract unkind comments from family members.

HoHum! After an entire summer of running in mud, I was floundering, out of routine, not quite sure what to do next...

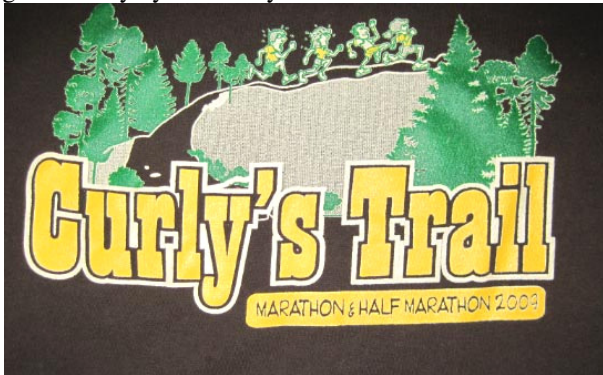
Besides being totally out of character, the toughest part of this picture perfect fall race day proved to be navigating to the starting line.

***Continued next page:***



### Curly's cont:

For on this day, the Pittsfield State Forest, like the mythical Brigadoon, was surrounded by a dark, impenetrable fog that yielded only if and when we made it to the forest. Thankfully, I had plenty of practice trekking to Curly's Snowshoe Race and if I squinted my eyes just so, I could pretend that the fog was a blinding snowstorm. Therefore, I knew that I needed to spot the Community College before the Hungerford Road turnoff and more importantly, I knew to ignore the ancient detour signs designed to waylay less hardy tourists.



*Shirt design from 2009*

But I was not prepared for the darkness. The sun rises later in the fall (DUH!) and that combined with the early start had me worrying that I should have brought my headlamp and reflective gear. Mentally, I was still on summer time. Which was only one of the mental hurdles I had to overcome. The biggest was the fact that I was not fully committed and waffled between the full or the half. Normally, I hate to go halvies on anything, but with Wineglass Road Marathon looming a scant two weeks away, I wavered between my heart and all those road racing books that recommend a two week taper. I have yet to figure out how a marathon could be considered a taper. Plus, my husband, Jeff, expected me home by 3:00 PM which would give me 6 ½ hours to run and a half hour to change, visit the grandkids and make the two hour drive back home.

Not sure if I could rely on Brigadoon magic, I hedged my bets, explaining to an incredulous Jeff that this was a notoriously mountainous course and it could take as long as five hours to complete the half. So not only was I caught in my own personal turnaround dilemma I had fibbed to get myself there—not a good omen.



**Curly's Trail race** *photo by Brad Herder .... Berkshire Sports.com*

But all these nagging doubts soon faded into the midst. If I had but one day in Brigadoon, this was going to be a perfect A+. To say that Race Directors Beth and Brad Herder were over-solicitous was an understatement. I felt concern radiating from Beth towards each and every runner as she patiently answered the same questions over and over. It was almost like my mother was directing the race and I knew nothing could go wrong. The course was marked so well that even with my reputation for exploring alternate paths, I did not take a wrong turn. Others were not so lucky. Edward Alibozek passed me twice, with newbie Benn Griffin in tow. Edward said it was my fault because when we shook hands before the start I rubbed my bad luck off on him. But I know better. He missed that tricky left hand turn by the brook crossing because he was dead set on last year's course. Since this was my first Curly's dirt version, I had no such expectations.

My downfall this time was clumsiness (sorry, I couldn't resist that one). Normally I may stumble once or twice, but I am fairly cautious. I am not going to win the race and for me, living to run another day is foremost on my mind. But this time I was intrigued by Beth's pre-race warning to watch out for the wildlife. So I was bound and determined to follow instructions. I spotted a lamb, a cow and a purple Hairy Gorilla before I took a header. And that was only in the first two miles. While in the prone position, I noticed a nondescript small tan Teddy Bear, trying to hibernate his way into a hollow tree. And then I got it. The wildlife were Goodwill refugees, rescued by Beth and released once more into the woods and self-sufficiency. Only they hadn't quite gotten the hang of it and so were lounging on tree branches, hoping to liberate gels and snacks from the pockets of fallen runners.



**Scott Bradley at Curly's 2009**  
*photo by Brad Herder .... Berkshire Sports.com*

Once I figured out their dastardly agenda, I concentrated fully on the task at hand and eventually partnered with Martin Glendon as we powered down the infamous Turner Trail. For those of you who did not have the pleasure this winter, know that the Turner Trail is really named after Mr. Turner, who at one time owned the land. Upon my first introduction during this winter's Turner Trail Snowshoe Race, I naturally assumed that Turner was a permanent landform feature and not a person.

**Continued next page:**

### Curly's cont:

But then I guess it would have been named Switchback Trail. Every few feet presented yet another ninety degree switchback, making your feet struggle to keep up with the rest of your body, or vice versa, depending on which part struck land first. The downhill was runnable, gradual, yet totally unrelenting, making even those of us who live for this sort of experience yearn for a breather.

After such exhilaration, it is difficult not to sign up for another go-around. And Beth, who knew of my pre-race concerns, was so supportive that I felt it my duty not to let her down. Around the three mile mark, where the baby loop passes the campsite, I could hear the cheering for the rest of the half finishers. I was feeling rather neglected and definitely lonely. But wait! Ahead of me was Rocky Raccoon. And what a magnificent waterfall! And how come I had never noticed that huge prehistoric turtle balancing on that rock? What if a hurricane washed him away?! I really wanted to rescue that turtle, but couldn't figure out how to lug him another eight miles. So, coward that I was, I left him to October storms and winter snow. I hope he makes it. Every little detail stood etched in Brigadoon magic, against the backdrop of a crystal clear autumn day. This time I noticed the many cairns punctuating Turner Trail. Were they playfully constructed by the Goodwill wildlife? Were they comparable to road speed bumps, designed to warn reckless speedsters with yet another stubbed toe?

Yet there were so many of them, I almost wonder if they were some kind of performance art, like those Central Park banners several years ago. But whatever purpose they served, I made a mental note not to drift too far off course during the next year's Turner Trail Snowshoe Race!



**Race Director Beth Herder timing Laura Clark at the finish line of the 2009 Curly's Marathon.**  
*photo by will run*

Obviously, while I learned a lot during my second loop I did not set any speed records, taking a full half hour longer to enjoy the trail. I really felt OK and I imagine if I had somebody pushing me, my time would have been faster. But it is doubtful if I would have had a better *time*.

*Laura Clark*

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***Please remember that club memberships expire in January.  
Check your mailing label and please renew if you're due.  
Your membership dollars help us plan our events for the year.***

***Thanks for supporting the WMAC!***

### **Breakneck 20K Trail Race**

**Bigelow Hollow State Forest .... Union, CT. 10 / 4 / 09**

**Sun & Clouds .... Breezy ... Low of 48\* .... High of 62\***

**WMAC members in bold:**

<u>Name</u>	<u>Gender</u>	<u>Time</u>	<u>GT %</u>
1 Brian Rusiecki	M	1:41:08	100.00%
2 Scott Livingston	M	1:47:51	93.77%
3 Stanislav Trufanov	M	1:48:58	92.81%
4 Jim Dube	M	1:53:06	89.42%
5 <b>John Agosto</b>	M	1:54:50	88.07%
6 Ray Hanley	M	1:55:17	87.73%
7 Scott Brew	M	1:56:20	86.93%
8 Mark Wimmer	M	1:56:56	86.49%
9 Dima Feinhaus	M	2:01:41	83.11%
10 Andrew Donaldson	M	2:03:46	81.71%
11 Clint Morse	M	2:07:09	79.54%
12 <b>Ed Alibozek</b>	M	2:07:13	79.50%
13 Doug Casa	M	2:08:14	78.87%
14 <b>Steve Jensen</b>	M	2:08:29	78.71%
15 <u>Amy Lane</u> 1 <sup>st</sup> F	F	2:08:31	78.69%
16 Dave Molk	M	2:11:34	76.87%
17 Mike Belcourt	M	2:12:19	76.43%
18 Randall Dutton	M	2:12:56	76.08%
19 <b>Grace Jensen</b>	F	2:14:21	75.28%
20 Garrett Lemek	M	2:14:55	74.96%
21 Bob Bennett	M	2:15:01	74.90%
22 <u>Elaine Allen</u>	F	2:16:04	74.33%
23 Paul Lahham	M	2:16:08	74.29%
24 Bruce Shenker	M	2:16:45	73.95%
25 Vincent Zito	M	2:16:47	73.94%
26 <u>Michelle Hammond</u>	F	2:17:14	73.69%
27 Ron Elwell	M	2:18:11	73.19%
28 Dominic Ambrosi	M	2:19:11	72.66%
29 <u>Rebecca Stearns</u>	F	2:19:34	72.46%
30 Scott Edington	M	2:20:21	72.06%
31 Ben Keefe	M	2:21:45	71.35%
32 Kevin Mullen	M	2:24:07	70.17%
33 John Peabody	M	2:24:29	70.00%
34 David Bruton	M	2:24:36	69.94%
35 Curt Hirsch	M	2:26:33	69.01%
36 <b>Ed Buckley</b>	M	2:27:16	68.67%
37 <b>Will Danecki</b>	M	2:28:07	68.28%
38 Kevin Zelechowski	M	2:28:24	68.15%
39 Rafael Martinez	M	2:30:47	67.07%
40 Doug Cummings	M	2:31:11	66.89%
41 Brad Reed	M	2:32:02	66.52%
42 Mike Gilbert	M	2:32:11	66.45%
43 Dan Hall	M	2:32:12	66.45%
44 Roger Durand	M	2:32:55	66.14%
45 <b>Bob Worsham</b>	M	2:33:05	66.06%
46 Jerry Filler	M	2:33:41	65.81%
47 <b>Alan Cabot</b>	M	2:33:44	65.78%
48 Fred Kriebel	M	2:33:58	65.68%
49 Mark Barton	M	2:35:03	65.23%
50 <b>Mark Alfano</b>	M	2:35:52	64.88%
51 <b>Tom Parker</b>	M	2:36:17	64.71%
52 Dave Raczkowski	M	2:39:52	63.26%
53 <u>Elaine Romano</u>	F	2:40:49	62.89%

**Continued next page:**

### Breakneck results cont:

54 Dom Romano	M	2:40:51	62.87%
55 Brian Sorrells	M	2:42:28	62.25%
56 <u>Andra Mazur</u>	F	2:44:07	61.62%
57 Paul Westcott	M	2:44:08	61.62%
58 <u>Karen Ringheiser</u>	F	2:47:20	60.44%
59 <u>Emily Trespas</u>	F	2:48:15	60.11%
60 Gary Pedigo	M	2:48:37	59.98%
61 <b>Carol Kane</b>	F	2:56:09	57.41%
62 Chris McClure	M	2:57:57	56.83%
63 Bruce Marvonek	M	2:59:32	56.33%
64 Doug Story	M	3:02:55	55.29%
65 Charles Thayer	M	3:12:47	52.46%
66 <u>Tricia Pandolfo</u>	F	3:15:54	51.62%
67 <u>MaryLou White</u>	F	3:19:41	50.65%
68 Chris Harrison	M	3:22:47	49.87%
69 <u>Cathi Bosco</u>	F	3:31:41	47.78%
70 Ed Root	M	3:43:17	45.29%
71 <b>Rich Busa</b>	M	3:55:44	42.90%
72 <b>Konrad Karolczuk</b>	M	3:59:57	42.15%
73 <u>Jeanne Malawev</u>	F	4:06:06	41.09%
74 <u>Natalie Carpenter</u>	F	4:06:08	41.09%
75 Barry Ostrow	M	4:06:39	41.00%

### **Unlucky 13**

After 13 years of circling Breakneck Pond in Northeast Connecticut and finishing it off with a home cooked meal afterwards, the curtain has come down on the Breakneck Trail Race. The brainchild of Karl Molitoris, the first race was held in 1997 in honor of Vic LaPort who actually had broken his neck in a mountain bike crash while mapping out trails for the Mt. Greylock Marathon course.

Karl made the announcement during the pre-race briefing, citing the state of Connecticut's new tougher regulations and a ridiculous increase in insurance amounts as the main reasons he just can't continue putting on the race as an official event.

However he did leave the door open as to having a "fun run" sometime on the same course.

This seems to be a common problem many race directors have these days in dealing with a bunch of desk jockey's in their respective states who keep piling on new and expanded rules in order to get permission to hold any kind of organized events on state lands. It seems they frown on anybody who wants to get out and enjoy the great outdoors and are discouraging those from doing so.

Karl's race held on his old stomping grounds was a true "No Frills" trail race. There were no race bibs, no aid stations and for many years the course had no extra markings ( flagging or arrows ) other than the blazes on the trees which marked the trails. You could even choose which direction to run around the pond. So come next October there will be no more Cat Rocks, beaver dams, or swamp crossings for us, and no more meals cooked and served up by Karl's mom & sister.

Many THANKS to Karl and his family for welcoming us to their neck of the woods for the last 13 years.

*will run*

### **Monroe / Dunbar Brook Trail Races**

**10.5 and 2 miles ... Monroe, MA. ... October 11, 2009**

Cloudy ... Cool ... Breezy ... Low of 41\* ... High of 55\*

#### WMAC members in bold:

	<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>GT %</u>
1	Ben Nephew	M 34	1:15:20	100.00%
2	Brian Rusiecki	M 30	1:22:05	91.78%
3	Donald Pacher	M 37	1:24:23	89.28%
4	Scott Livingston	M 37	1:25:08	88.49%
5	Stanislav Trufanov	M 30	1:25:09	88.47%
6	<b>Rob Higley</b>	M 55	1:26:58	86.62%
7	Jay Kolodzinski	M 30	1:27:48	85.80%
8	Scott Brew	M 43	1:32:22	81.56%
9	<b>Jim Preite</b>	M 45	1:32:25	81.52%
10	<b>John Agosto</b>	M 45	1:32:31	81.43%
11	<b>Andy Sheldon</b>	M 39	1:35:25	78.95%
12	<b>Bob Gillis</b>	M 54	1:38:57	76.13%
13	<b>Ken Clark</b>	M 47	1:39:22	75.81%
14	Ned James	M 54	1:41:20	74.34%
15	Jay Curry	M 38	1:41:42	74.07%
16	<u>Hilary Greene</u>	F 39	1:42:35	73.44%
17	<b>Todd Brown</b>	M 45	1:44:35	72.03%
18	<b>Joe Gwozdz</b>	M 54	1:44:40	71.97%
19	Dave Devine	M 37	1:44:51	71.85%
20	David Boudreau	M 37	1:46:52	70.49%
21	<b>Wayne Stocker</b>	M 55	1:44:55	71.80%
22	Steff Kasputis	M 38	1:46:57	70.44%
23	Robert Gazzale	M 41	1:47:12	70.27%
24	Mark Barton	M 38	1:48:19	69.55%
25	Chris Corrandino	M 36	1:48:23	69.51%
26	Richard Lafond, Jr.	M 50	1:48:27	69.46%
27	John Peabody	M 54	1:48:33	69.40%
28	<u>Chelynn Tetreault</u>	F 34	1:48:58	69.13%
29	<b>Will Danecki</b>	M 59	1:48:59	69.12%
30	<b>Dave Geary</b>	M 44	1:49:27	68.83%
31	Scott Edington	M 51	1:49:51	68.58%
32	<b>Nick Jubok</b>	M 53	1:50:30	68.18%
33	William Rowe	M 47	1:50:51	67.96%
34	Bill Kittler	M 45	1:51:32	67.54%
35	<u>Elaine Allen</u>	F 41	1:51:44	67.42%
36	Richard Guffy	M 59	1:51:45	67.41%
37	Lauren Commons	M 46	1:51:47	67.39%
38	Douglas Cummings	M 48	1:51:49	67.37%
39	<b>Tim Drake</b>	M 49	1:52:01	67.25%
40	<b>Thomas Parker</b>	M 41	1:53:15	66.52%
41	Ted Resnikoff	M 45	1:53:16	66.51%
42	<b>Dan Danecki</b>	M 50	1:54:48	65.62%
43	<b>Alan Cabot</b>	M 54	1:56:03	64.91%
44	Mike Belcourt	M 47	1:56:37	64.60%
45	Jon Svendsen	M 36	1:57:54	63.90%
46	Roger Durand	M 56	1:58:44	63.45%
47	David Kasper	M 40	1:59:54	62.83%
48	Arthur Johns	M 49	2:00:22	62.59%
49	<b>Bill Morse</b>	M 58	2:00:32	62.50%
50	Dan Cooper	M 37	2:00:34	62.48%
51	Richard Gopin	M 54	2:02:06	61.70%

**Continued next page:**

**Monroe results cont:**

52	Harold Hayward	M 57	2:02:31	61.49%
53	Bennjamin Griffin	M 23	2:02:52	61.31%
54	<b>Robert Scott</b>	M 55	2:05:08	60.20%
55	<b>Vic LaPort</b>	M 69	2:06:00	59.79%
56	<b>George Gilder</b>	M 69	2:07:22	59.15%
57	<b>Ed Saharczewski</b>	M 56	2:08:46	58.50%
58	<b>Sherisa Sterling</b>	F 56	2:10:38	57.67%
59	<b>Marty Glendon</b>	M 63	2:10:47	57.60%
60	<b>Denise Dion</b>	F 51	2:10:55	57.54%
61	Gary Pedigo	M 54	2:12:24	56.90%
62	<b>Stephanie Landy</b>	F 49	2:12:31	56.85%
63	<b>Andrea Gerardi</b>	F 51	2:13:44	56.33%
64	Kevin Zelechowski	M 33	2:13:49	56.30%
65	Dave Raczkowski	M 59	2:14:06	56.18%
66	<b>Michelle Roy</b>	F 39	2:14:07	56.17%
67	Chip Bott	M 39	2:15:41	55.52%
68	Carl Cignoni	M 58	2:16:04	55.37%
69	<b>Jodi McIntyre</b>	F 41	2:17:35	54.75%
70	Cassi Heppelmann	F 24	2:18:02	54.58%
71	Mike Duffy	M 58	2:18:08	54.54%
72	<b>Darlene McCarthy</b>	F 47	2:18:27	54.41%
73	John Loring	M 62	2:20:03	53.79%
74	<b>Vincent Kirby</b>	M 52	2:22:01	53.05%
75	<b>Anita Childress</b>	F 33	2:22:10	52.99%
76	<b>Poncho Mach</b>	M 67	2:22:37	52.82%
77	Richard Theriault	M 38	2:22:48	52.75%
78	<b>Jeryl Simpson</b>	F 52	2:23:13	52.60%
79	<b>Sue Snyder</b>	F 55	2:24:13	52.24%
80	<b>Mary Kennedy</b>	F 51	2:26:09	51.55%
81	<b>Claudine Preite</b>	F 42	2:26:39	51.37%
82	Charles Thayer	M 65	2:26:45	51.33%
83	<b>Laurie Schwartz</b>	F 52	2:27:50	50.96%
84	<b>John Aldrich</b>	M 51	2:27:52	50.95%
85	<b>Stephanie Cooper</b>	F 41	2:29:43	50.32%
86	<b>Kathleen Furlani</b>	F 61	2:29:52	50.27%
87	<b>Laura Clark</b>	F 62	2:31:25	49.75%
88	<b>Bill Glendon</b>	M 63	2:31:42	49.66%
89	<b>Bob Massaro</b>	M 65	2:31:45	49.64%
90	<b>Ken Fairman</b>	M 65	2:31:57	49.58%
91	Larry McAndrew	M 50	2:32:21	49.45%
92	<b>Karen Giroux</b>	F 43	2:33:43	49.01%
93	Jeff Beck	M 49	2:39:34	47.21%
94	Douglas Story	M 45	2:43:06	46.19%
95	<b>Jennifer Kasper</b>	F 34	2:51:20	43.97%
96	<b>Richard Busa</b>	M 79	2:55:17	42.98%
97	Walt Kolodzinski	M 66	2:56:39	42.65%
98	<b>Karen McWhirt</b>	F 48	2:57:20	42.48%
99	<b>Jamie Howard</b>	M 44	2:57:26	42.46%
100	<b>Konrad Karolczuk</b>	M 57	2:57:42	42.39%
101	<b>Shirley Iselin</b>	F 66	3:23:55	36.94%
102	<b>Ric Villareal</b>	M 52	3:24:42	36.80%

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**Trail Running News .....**

***Published by the Western Mass Athletic Club  
Vol. 15 ..... Issue 5 ..... Late Autumn 2009***

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**Jean Marra cooking up the hot dogs at the 2009 Monroe race**  
*photo by will run*

**Monroe 2 Mile Results:**

	<u>Name</u>	<u>Age</u>	<u>Time</u>
1	Kent Lemme	M 42	13:19
2	<b>Timothy Stocker</b>	M 14	16:37
3	<b>Carolyn Stocker</b>	F 16	16:37
4	Busboy	M 31	16:51
5	<b>Bob Dion</b>	M 50	18:18
6	Aaron Svendsen	M 12	18:24
7	<b>Scott Bradley</b>	M 54	18:44
8	<b>Emily Croshier</b>	F 23	20:51
9	<b>K Svendsen</b>	F 39	21:51
10	Peter Svendsen	M 19	23:38
11	<b>Thane Preite</b>	M 12	24:49
12	<b>Katie Therrien</b>	F 16	25:42
13	<b>Kristen Brown</b>	F 41	26:42
14	<b>Yuhui Cang</b>	F 41	26:44
15	<b>Dick Hoch</b>	M 62	27:00
16	<b>Karin Bradley</b>	F 52	27:21
17	<b>Lauren Dustin</b>	F 51	30:57

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**Monroe Memories**

*by Laura Clark*

I remember one particular Monroe when we all stood around in winter tights with our tongues sticking out trying to catch the first snowflake. I remember another when Jeff spent quality time with Gen May trying to fish her two sneakers out of a monster mud bog.

Yet another edition found a much younger Justin McCarthy attempting his first long distance race. He was doing fine until the icy cold river crossing a mile before the finish. He was not yet Polar Plunge material. Despite the icy water, it was a fairly warm day and like his Mom, Darlene, he was way overdressed, flinging clothes left and right. I felt sorry for him and so offered to heft his jacket for the final mile. After all, he was having enough difficulty hurling his body along the trail, let alone all those clothes. As we entered the approach to the finish, like all true kids, he found his second wind and sprinted past to beat me. That's the last time I ever volunteered to carry anyone's jacket!

***Continued next page:***

## Monroe Memories cont:

But I am sure all would agree that the most memorable Monroe was the day after the hurricane when WMACers intent on their Trilogy award braved washed-out roads, downed trees and impressive rock falls. And that was just driving to the race! My favorite picture is that of Race Director Bob Dion on his hands and knees hammering carpet squares on the slick bridge spanning the river. Blessedly, before race began he thought better of this approach and deemed the bridge off-limits, where it has remained to this day.

This year proved the exception. Monroe 2009 took place in pristine autumn weather with a shy sun peeking through and one wimpy mud puddle. The river, though, was its usual frigid self. The only "complaint" was that the pokey sun never did live up to its promise and those of us who took the long uphill climb into consideration when selecting racing outfits were more than ready for a few steaming bowls of Will Danecki's famous chili after the three mile downhill to the finish.



**Shirley Iselin and Ric Villarreal finish off the chili at the 2009 Monroe race.**

*photo by will run*

No matter what the conditions, Monroe typifies the autumn New England running scene at its best. And the training outlay for this ten mile jaunt is nonexistent. We have been building mileage all spring and summer and even if we slack off somewhat in October, the legs still remember. The straight downhill miles along the river are as close to flying as we will ever come.

I lingered at camp long after most folks had left, proudly wearing my Trilogy Moose Hat and collecting all the clothing items I had loaned out to my more optimistic friends. I was reluctant to call it a day and the end of another WMAC Trail season. On the way home I got caught in all the leaf peeper traffic. While I was glad that these folks were also appreciating the fine day, I felt smug in the fact that WMACers had gotten the better deal. We were not just skimming off the top, but had the total body experience inside the forest and up close and personal with a fair number of trees.

*Laura Clark*

## **Not Quite**

My day up at Dunbar Brook, Oct 11, was worthwhile and wonderful - - almost. Being plenty early - - Rob was putting up race signs to th south - - I went xploring nearby, like I've done b4. Have you discovered th little cemetery just off th road down to our race-base? Plus now, after all these years, I've finally seen th dam. Since when racing I'm always fearful of falling into th drink from th trail there, I'd never looked & seen it.

Waiting to run was hard to do in that cold. I like to be out of th car so as to meet folks, which I did. ☺ Pre-race time was fine, just about. What was lacking? Not fall color - - so pretty; Reds were kinda rare, but they were there. Well, sunshine, yet we soon got some of that. Not course flagging, "pink like your underpants," Vic declared to one female trailrunner.

Quick Hoch feet, yes to be sure. ☺

I began my 2-mile trek following all th others. Out to ellen I'd overtaken wun. Trailed another thru th woods to slip by down th road crossing, racing th funnest part for me ( despite an overjoyed-Busa encounter years ago ) by all th trees to th finish. Big pots of rice & chili, tended by Mrs. D. , large box of donuts, smiles of satisfaction with th whole atmosphere, we had it all - - xcept me. Something, making my day incomplete, was missing, or .... perhaps somebody .... a particular non-presence. Hmmmmmmmmmmmmmmmmm.

*Dick Hoch*



**Dick Hoch at Monroe in '08**

*photo by Alicia Gwozdz*

**WMAC's Trilogy Series**  
**Greylock -- Savoy -- Monroe**

**Final Standings ....**

WMAC members in bold:

**All Long course:**

<u>Name</u>	<u>Age</u>	<u>Grey</u>	<u>Savoy</u> 22 miles	<u>Mon</u>	<u>Total</u>
1 Brian Rusiecki	M 30	1:42:14	3:00:17	1:22:05	6:04:36
2 <b>Rob Higley</b>	M 55	1:54:41	3:23:32	1:26:58	6:45:11
3 Jay Kolodzinski	M 30	2:04:37	3:59:58	1:27:48	7:32:23
4 <b>Will Danecki</b>	M 59	2:40:59	4:47:05	1:48:59	9:17:03
5 Mike Belcort	M 47	2:29:40	4:50:56	1:56:37	9:17:13
6 Mark Barton	M 37	2:44:32	5:08:35	1:48:19	9:41:26
7 <b>Michelle Roy</b>	F 39	2:39:29	5:10:27	2:14:07	10:04:03
8 Dave Raczkowski	M 58	2:55:51	5:29:27	2:14:06	10:39:24
9 John Loring	M 62	3:10:32	5:57:58	2:20:03	11:28:33
10 <b>Laura Clark</b>	F 62	3:41:11	6:43:37	2:31:25	12:56:13

**Short Savoy :**

<u>Name</u>	<u>Age</u>	<u>Grey</u>	<u>Savoy</u> 11 miles	<u>Mon</u>	<u>Total</u>
1 Stanislav Trufanov	M 30	1:59:25	1:56:01	1:25:09	5:20:35
2 <b>Jim Preite</b>	M 45	2:12:39	1:44:32	1:32:25	5:29:36
3 <b>Todd Brown</b>	M 45	2:09:59	1:59:55	1:44:35	5:54:29
4 <b>Andy Sheldon</b>	M 38	2:27:52	1:51:54	1:35:25	5:55:11
5 <b>Thomas Parker</b>	M 41	2:45:39	2:08:50	1:53:15	6:47:44
6 <b>Wayne Stocker</b>	M 55	2:48:09	2:16:06	1:44:55	6:49:10
7 Doug Cummings	M 47	2:48:51	2:16:06	1:51:49	6:56:46
8 <b>Dan Danecki</b>	M 50	2:45:25	2:18:30	1:54:48	6:58:43
9 <b>Rob Scott</b>	M 55	3:01:48	2:24:55	2:05:08	7:31:51
10 <b>Denise Dion</b>	F 51	3:07:30	2:26:59	2:10:55	7:45:24
11 <b>Sherisa Sterling</b>	F56	3:09:13	2:37:37	2:10:38	7:57:28
12 <b>Kathleen Furlani</b>	F 61	3:46:01	2:48:04	2:29:52	9:03:57
13 <b>Bill Glendon</b>	M 63	4:09:00	3:13:57	2:31:42	9:54:39
14 <b>Karen McWhirt</b>	F 48	3:42:00	3:24:30	2:57:20	10:03:50
15 <b>Konrad Karolczuk</b>	M 56	4:09:45	3:28:11	2:57:42	10:35:38
16 <b>Jamie Howard</b>	M 44	4:08:57	3:35:04	2:57:26	10:41:27

**Short course:**

	<u>Age</u>	<u>Grey</u>	<u>Savoy</u>	<u>Mon</u>	<u>Total</u>
1 <b>Scott Bradley</b>	M 54	26:22	38:15	18:44	1:23:21
2 <b>Karin Bradley</b>	F 52	40:53	1:01:48	27:21	2:10:02

**Mixed:**

	<u>Age</u>	<u>Grey</u>	<u>Savoy</u>	<u>Mon</u>	<u>Total</u>
Kent Lemme	M 42	19:02	1:38:49	13:19	2:11:13
<b>Ed Saharczewski</b>	M 55	27:24	43:07	2:08:46	3:18:17
<b>Tim Drake</b>	M49	23:59	2:02:57	1:52:01	4:18:57
<b>Bob Massaro</b>	M65	28:57	3:05:53	2:31:45	6:06:35
<b>John Aldrich</b>	M50	3:06:59	43:22	2:27:52	6:18:13
<b>Dick Hoch</b>	M69	4:38:11	3:48:22	27:00	8:53:33

**The 2009 Trilogy Series**



This year we had 34 people finish the Series compared to only 19 last year. 10 runners who had completed the first 2 races passed up Monroe and a chance for a neat hat handed out to all finishers. Thanks to Rob Higley who once again took the lead on ordering the hats, and to the WMAC for paying for them.

Greylock was back to the old tougher course where we run straight up to the top of the mountain then make our way around and back down to the Glen. The Savoy and Monroe races were on the same courses.

For the past 2 years Brian Rusiecki was leading the long course Trilogy Series after the first 2 races, but he never showed up to run at Monroe. This year he finally did show up for the last race and wrapped up the long course championship title.

Brain won the Greylock trail race, finished 3<sup>rd</sup> in the Savoy 22 miler, and finished 2<sup>nd</sup> to Ben Nephew at Monroe for a combined time of 6:04:36.

Congratulations to Brian Rusiecki the 2009 Trilogy Series Champion.

Way to go Brian!

On the ladies side, Michelle Roy once again claimed the women's title of Trilogy Champion.

Way to go Michelle!

For the second year in a row Scott Bradley ran all 3 short races and this year was joined by his wife Karin as the only 2 runners to do the short course series.

Congratulations to Scott & Karin Bradley the Short Course Trilogy Champions!

Way to go Scott & Karin!

**Thanks to all who ran in the 2009 Trilogy Series!**

## “Raceway” Over the Hudson

by Bob Kopac

On October, 4, 2009, 700 runners were sky high – figuratively and literally -- 212 feet above the Hudson River for the inaugural Treetops to Rooftops 5K between Highland and Poughkeepsie, NY.

The race was part of the grand opening celebrations of the Walkway Over the Hudson. At 1.28 miles long including bridge approaches, it is the country’s longest pedestrian bridge and perfect for a 5K – a “Raceway” over the Hudson.

The Walkway is located on top of an abandoned railroad bridge. Built in 1888, the bridge provided a vital link for transporting freight between the East Coast and the Midwest. However, by 1974, rail traffic had decreased to one train a day. That year, sparks from a braking train resulted in a massive bridge fire. The structure stood abandoned for years until 1990 when a volunteer group obtained the bridge. Almost two decades later, and after \$39 million of state, federal and private funding, the bridge re-opened as a scenic pedestrian walkway -- just in time for the 400<sup>th</sup> anniversary of Henry Hudson discovering the Hudson River. How fortuitous it was for him to discover a river that bore his name.

Runners eagerly anticipated running across the trestle bridge with spectacular views of the just-changing autumn leaves, the Hudson River, and the Mid-Hudson Bridge, a suspension bridge just south of the Walkway. That is, if they had the chance to see it, as the weather forecast called for “morning FOG”. The Hudson River can generate volumes of it, so thick you cannot see your running shoes. Since park officials insisted on allowing pedestrians on the Walkway at the same time as the 5K, two words came to my mind: Road Kill. I envisioned runners charging blindly through the fog and running over unsuspecting pedestrians.



Running across the bridge ..... photo by Bob Kopac

Fortunately there were only wisps of fog, making for ideally cool racing conditions. Before the start, running greats Kathrine Switzer and Roger Robinson spoke to the assembled runners. Kathrine talked enthusiastically about how using the bridge for recreation was beneficial for the area. As Kathrine told me later, “Reclaiming derelict facilities and using them

beautifully and wisely for recreation is putting a whole new face on running and sustainability.”



Kathrine Switzer and Roger Robinson

photo by Bob Kopac

This historic race on the old bridge belonged to the young, as the first male runner and female runner each were 17 years old. James Boeding of Millerton, NY, a Marathon Project member, was the overall winner, and Kira DiCaprio of Poughkeepsie, NY was the first female finisher. They were followed by close to 700 runners and walkers – but not too closely, as James won in 16:26 and Kira’s time was 20:12. For their winning efforts, they each received an autographed copy of Kathrine Switzer’s book **Marathon Woman**.

Although I had wondered whether the concrete surface would affect the participants, several runners said they were not bothered by it. The sturdiness of the Walkway and the thick and high bridge railings helped prevent any panic attacks due to fear of heights. And, since the Walkway is 24 feet wide with several 36-foot-wide cutouts, there was no pedestrian Road Kill. However, next time maybe I will ask the race to be delayed until the fog burns off so we have blue skies for the photographs.

After the race, Kathrine Switzer congratulated co-race directors Mary Phillips and Susanne O’Neil, “You guys rock! You did it – with all the ... foggy weather, you pulled off a fabulous event, the race of the future, and even got the sun to come out. It was an honor and a privilege to be there.”

For information about the Walkway Over the Hudson, see the <http://www.walkway.org> web site

For information about the Treetops to Rooftops 5K, see the <http://www.mhrrc.org> web site.

## Hairy Gorilla Trail Race

Half - Marathon .... Albany, NY .... October 25, 2009

WMAC members in bold:

<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1 Mike Rutledge	M 41	NY	1:25:29	100.00%
2 Ian Parnett	M 23	NY	1:28:52	96.19%
3 Donald Pacher	M 37	MA	1:30:27	94.51%
4 Jeffery Dengate	M 32	NY	1:31:14	93.70%
5 Thomas O'Grady	M 24	NY	1:32:05	92.83%
6 Anthony Giuliano	M 30	NY	1:32:05	92.83%
7 Evan Williams	M 22	NY	1:32:27	92.46%
8 Pat Cade	M 25	NY	1:32:34	92.35%
9 Andy Loux	M 30	NY	1:33:14	91.69%
10 <b>Jim Preite</b>	M 45	MA	1:34:02	90.91%
11 <b>John Agosto</b>	M 45	CT	1:34:19	90.63%
12 Nick Brundage	M 23	NY	1:35:44	89.29%
13 Matthew Purdy	M 31	NY	1:35:46	89.26%
14 <u>Melissa Dock</u>	F 27	NY	1:36:53	88.23%
15 Joe Sullivan	M 30	NY	1:37:00	88.13%
16 Garry Harrington	M 49	NH	1:38:16	86.99%
17 Ed Gravelle	M 51	NY	1:38:34	86.73%
18 Nathan Pung	M 34	NY	1:40:11	85.33%
19 Seth French	M 29	NY	1:40:19	85.21%
20 John Sovocool	M 53	NY	1:40:24	85.14%
21 Gregory Tirums	M 25	NY	1:41:01	84.62%
22 Dennis Vanvlack	M 37	NY	1:41:01	84.62%
23 Andrew Kinley	M 31	NY	1:41:10	84.50%
24 Kevin Seaman	M 24	NY	1:41:49	83.96%
25 Edward Hampston	M 41	NY	1:42:04	83.75%
26 Kevin Creagan	M 44	NY	1:42:23	83.49%
27 Kyle Mochol	M 23	NY	1:43:01	82.98%
28 Matt Schmit	M 24	NY	1:43:02	82.97%
29 Todd Whitehead	M 23	NY	1:43:04	82.94%
30 Brian Bennett	M 19	NY	1:46:17	80.43%
31 Matt Delaney	M 26	NY	1:46:18	80.42%
32 Timothy Casion	M 23	NY	1:46:23	80.35%
33 Patrick Spooner	M 27	NY	1:46:42	80.12%
34 Bobby Lawyer	M 19	NY	1:46:43	80.10%
35 Alex Solomon	M 23	NY	1:47:31	79.51%
36 Anders Wood	M 24	NY	1:47:31	79.51%
37 Matthew Soroka	M 32	VT	1:47:36	79.45%
39 <u>Eileen Leavitt</u>	F 44	NY	1:48:24	78.86%
40 Robert Preville	M 56	NY	1:48:24	78.86%
41 David Jacobs	M 24	NY	1:48:31	78.77%
42 <u>Samantha Augeri</u>	F 26	NY	1:48:35	78.73%
43 Max Johnson	M 26	NY	1:48:36	78.71%
44 Kyle Breier	M 30	NY	1:48:37	78.70%
45 Steve Dickerson	M 56	NY	1:48:41	78.65%
46 <u>Chelsea Maguire</u>	F 23	NY	1:48:44	78.62%
47 Bill Kosina	M 49	NY	1:49:04	78.38%
48 Matt Eisenstein	M 23	NY	1:49:11	78.29%
49 Kevin Buyck	M 44	NY	1:49:29	78.08%
50 Dougla Durrant	M 31	NY	1:49:52	77.81%
51 Michae Robertson	M 37	NY	1:49:54	77.78%
52 Chris Panzer	M 45	NY	1:49:57	77.75%
53 <u>Nancy Potter</u>	F 50	NY	1:49:59	77.72%
54 Michael Rogers	M 19	NY	1:50:11	77.58%
55 Peter Richards	M 44	NY	1:50:23	77.44%
56 Bruce Shenker	M 57	NY	1:50:33	77.33%
57 <b>Rich Chipman</b>	M 49	NY	1:51:07	76.93%
58 Andy Stewart	M 28	NJ	1:52:39	75.88%
59 <u>Molly Hyde</u>	F 27	MD	1:52:57	75.68%
60 Robert Whittaker	M 37	NY	1:53:01	75.64%
61 Sean Rumney	M 26	NY	1:53:05	75.59%
62 Regis Fernandez	M 38	NJ	1:53:20	75.43%
63 Robert Cuyler	M 44	NY	1:53:21	75.42%
64 Benjamin Atchison	M 28	NY	1:53:21	75.42%
65 <u>Jacque Schiffer</u>	F 45	NY	1:53:23	75.39%
66 Joe Benoit	M 52	NY	1:53:25	75.37%
67 Ben Keefe	M 28	RI	1:53:45	75.15%
68 David Williams	M 52	NY	1:54:01	74.97%
69 Jeff Clark	M 51	NY	1:54:03	74.95%
70 Kirk Courneen	M 26	NY	1:54:16	74.81%
71 Paul Cox	M 16	NY	1:54:17	74.80%
72 Andrew Gilchrist	M 17	NY	1:54:17	74.80%
73 Andrew Friebel	M 26	NY	1:55:25	74.06%
74 Greg Gecewicz	M 26	NY	1:55:29	74.02%
75 <u>Melinda Frazer</u>	F 29	NY	1:56:00	73.69%
76 Nick Freedman	M 25	PA	1:56:47	73.20%
77 Patrick O'Brien	M 24	PA	1:56:54	73.13%
78 Reed Sparling	M 52	NY	1:56:55	73.11%
79 <u>Melissa Brinkman</u>	F 30	NY	1:56:58	73.08%
80 <u>Chris Varley</u>	F 45	NY	1:57:02	73.04%
81 Joshua Katzman	M 33	NY	1:57:22	72.83%
82 <u>Annie Ericson</u>	F 29	MA	1:57:52	72.53%
83 Joe Matripolito	M 42	PA	1:58:07	72.37%
84 Samuel Ellsworth	M 28	NY	1:59:14	71.69%
85 Joe Jackson	M 40	NY	1:59:24	71.59%
86 <u>Jennifer Elliott</u>	F 37	NY	1:59:24	71.59%
87 Tom Mack	M 45	NY	1:59:42	71.41%
88 K Collins	M 50	NY	1:59:58	71.26%
89 Seamus Hodgkinson	M 60	NY	1:59:58	71.26%
90 Cory Ramsey	M 17	NY	2:00:08	71.16%
91 <u>Natalie Cormier</u>	F 23	NY	2:00:28	70.96%
92 Brendan Dunfee	M 35	NY	2:01:05	70.60%
93 <u>Marcia Valenzuela</u>	F 30	NY	2:02:08	69.99%
94 Benn Griffin	M 23	NY	2:02:18	69.90%
95 <u>April Martin</u>	F 47	NY	2:02:30	69.78%
96 Timothy Sweet	M 30	NY	2:02:34	69.74%
97 Joseph Miller	M 51	NY	2:02:38	69.71%
98 <u>Elizabeth Soroka</u>	F 32	VT	2:02:45	69.64%
99 Jacob Hoyt-Friedman	M 27	NY	2:03:00	69.50%
100 Steve Kosier	M 31	NY	2:03:09	69.41%
101 John Nuss	M 54	NY	2:03:18	69.33%
102 <u>Danielle Blanchard</u>	F 25	NY	2:03:20	69.31%
103 Eric Aschenbrenner	M 33	NY	2:04:01	68.93%
104 <b>Vincent Kirby</b>	M 53	NY	2:04:03	68.91%
105 <u>Ania Childress</u>	F 33	CT	2:04:52	68.46%
106 <u>Vicki Matysek</u>	F 42	NY	2:04:58	68.40%
107 Paul Meadows	M 49	NY	2:05:01	68.38%
108 Brian McKenna	M 30	NY	2:05:13	68.27%
109 David Brown	M 51	NY	2:05:26	68.15%
110 Ralph Battle	M 48	NY	2:05:34	68.08%
111 <u>Cindy Scannell</u>	F 51	CT	2:05:54	67.90%
112 Brian Dillenbeck	M 39	NY	2:06:07	67.78%
113 Justin Nottingham	M 28	NY	2:06:39	67.50%
114 <u>Susan Lopez</u>	F 17	NY	2:07:32	67.03%
115 <u>Eleni Kariolis</u>	F 26	NY	2:07:51	66.86%

*Continued next page:*



**Hairy Gorilla results cont:**

116 Scott Bergonzi	M 45	CT	2:07:53	66.84%
117 <u>Kerry Barba</u>	F 25	NY	2:08:02	66.77%
118 Julie Spear	F 24	CT	2:08:03	66.76%
119 Gregory Pouliot	M 24	NY	2:08:06	66.73%
120 <u>Melinda Cleveland</u>	F 29	NY	2:08:11	66.69%
121 <u>Lisa Hill</u>	F 50	NY	2:08:19	66.62%
122 Tom Tift	M 52	NY	2:08:33	66.50%
123 Robert Mujica	M 36	NY	2:08:35	66.48%
124 <u>Maggie Ryan</u>	F 34	MA	2:08:47	66.38%
125 Richard Boukas	M 56	NY	2:08:50	66.35%
126 <u>Stacey Kelley</u>	F 33	NY	2:09:26	66.04%
127 James Danoff-Burg	M 43	NY	2:09:26	66.04%
128 <u>Laura Greeley</u>	F 30	NY	2:09:28	66.03%
129 Jeffrey Baez	M 28	NY	2:09:31	66.00%
130 Max Parker	M 16	NY	2:09:32	65.99%
131 <u>Brooke Hill</u>	F 19	NY	2:09:41	65.92%
132 Charles Brockett	M 63	NY	2:10:13	65.65%
133 Dan Shyne	M 42	NY	2:10:23	65.56%
134 Denis Hurley Jr.	M 46	NY	2:10:26	65.54%
135 Matthew Pearsall	M 48	NY	2:10:36	65.45%
136 <u>Laura Morrison</u>	F 23	NY	2:11:33	64.98%
137 Don Byerly	M 43	NY	2:11:50	64.84%
138 Mark Hoban	M 53	NY	2:11:51	64.83%
139 <u>Barb Goodrich</u>	F 55	CT	2:11:57	64.78%
140 <u>Tara Joyce</u>	F 21	NY	2:12:03	64.74%
141 Fred Perrotta	M 42	NY	2:12:13	64.65%
142 Andrew Tanzillo	M 41	NY	2:12:27	64.54%
143 <u>Catherine Gilbert</u>	F 37	NY	2:12:52	64.34%
144 Gary Heldt	M 33	NY	2:13:00	64.27%
145 <u>Julie Mitchell</u>	F 50	NY	2:13:05	64.23%
146 Daniel Gorr	M 28	NY	2:13:10	64.19%
147 <b>Martin Glendon</b>	M 63	MA	2:13:26	64.06%
148 <u>Margaret Gilman</u>	F 45	NY	2:13:44	63.92%
149 <u>Amanda Winalski</u>	F 26	CT	2:13:45	63.91%
150 Tom Flynn	M 25	NY	2:14:10	63.71%
151 <u>Mary Kennedy</u>	F 51	MA	2:14:30	63.56%
152 <b>Robert Scott</b>	M 55	CT	2:14:53	63.38%
153 <u>Shayne Johnson</u>	F 36	NY	2:15:03	63.30%
154 Kyle Johnson	M 36	NY	2:15:03	63.30%
155 <u>Wendy Mastroplito</u>	F 43	PA	2:15:11	63.24%
156 <u>Molly Casey</u>	F 25	NY	2:15:52	62.92%
157 David Skoglund	M 52	NY	2:16:11	62.77%
158 <u>Holly Klein</u>	F 33	NY	2:16:35	62.59%
159 Bryan Scannell	M 37	NY	2:16:37	62.57%
160 Alan Michaels	M 38	NY	2:16:37	62.57%
161 Nathaniel Barber	M 45	NY	2:16:37	62.57%
162 Mike Bowman	M 37	NY	2:16:38	62.56%
163 <u>Lauren Padilla</u>	F 26	NY	2:16:51	62.46%
164 Frank McCann	M 33	NY	2:16:51	62.46%
165 Seamus McKillop	M 20	NY	2:17:14	62.29%
166 <u>Jess Berschwinger</u>	F 21	NY	2:17:27	62.19%
167 Ryan Walsh	M 29	NY	2:17:41	62.09%
168 <u>Mary Roy</u>	F 27	NY	2:17:44	62.06%
169 Scott Maclachlan	M 44	NY	2:17:58	61.96%
170 Randy Goldberg	M 50	NY	2:18:47	61.59%
171 Sunil Kumta	M 46	NY	2:18:48	61.59%
172 Ronald Boutin	M 59	NY	2:18:50	61.57%
173 Edward Willett	M 58	NY	2:19:00	61.50%
174 <u>Joan Brown</u>	F 51	NY	2:19:39	61.21%
175 Dj Leibach	M 28	NY	2:20:03	61.04%

176 <b>Debbie Briggs</b>	F 58	NY	2:20:24	60.89%
177 <u>Deborah Coyle</u>	F 41	NY	2:20:24	60.89%
178 Jamie Elderkin	M 44	NY	2:20:53	60.68%
179 <b>Barbara Sorrell</b>	F 52	NY	2:21:04	60.60%
180 <b>Darlene McCarthy</b>	F 47	MA	2:21:04	60.60%
181 <u>Sondra Buono</u>	F 34	NY	2:21:07	60.58%
182 Gabriel Buono	M 38	NY	2:21:08	60.57%
183 <u>Alyson Whitehead</u>	F 24	NY	2:21:09	60.56%
184 <u>Alena Bicknell</u>	F 43	NY	2:21:13	60.53%
185 <u>Jessica Marchand</u>	F 31	NJ	2:21:26	60.44%
186 <u>Suzanne Mahoney</u>	F 61	NJ	2:21:26	60.44%
187 Jim Britt	M 42	NY	2:21:28	60.43%
188 Patrick Omalley	M 28	NY	2:21:59	60.21%
189 Ryan Harrington	M 13	NY	2:22:11	60.12%
190 Marc Hammond	M 43	VT	2:22:11	60.12%
191 Eric Sanborn	M 46	NY	2:22:24	60.03%
192 <u>Linda Schrader</u>	F 48	NY	2:22:44	59.89%
193 <u>Kate Thies</u>	F 33	NY	2:22:50	59.85%
194 <u>Jennifer Bates</u>	F 25	NY	2:23:09	59.72%
195 Kevin Reedy	M 34	NY	2:23:29	59.58%
196 <b>Laura Clark</b>	F 62	NY	2:23:34	59.54%
197 <u>Stephanie Busse</u>	F 22	NY	2:23:45	59.47%
198 <u>Amanda Melillo</u>	F 28	NY	2:23:45	59.47%
199 <u>Bernice Wozniak</u>	F 37	NY	2:24:10	59.29%
200 <u>Debra Batcher</u>	F 50	NY	2:24:17	59.25%
201 Brian Reuter	M 31	PA	2:24:24	59.20%
202 <u>Sherri Levan</u>	F 39	NY	2:24:34	59.13%
203 <u>Emma Reuss</u>	F 22	NY	2:24:52	59.01%
204 <u>Kristy Godette</u>	F 22	NY	2:24:52	59.01%
205 <b>James Harlwig</b>	M 29	MA	2:25:06	58.91%
206 Barry Huber	M 57	CT	2:25:12	58.87%
207 <u>Karen Spinozzi</u>	F 61	NY	2:25:31	58.74%
208 <u>Susan Bright</u>	F 35	NY	2:25:40	58.68%
209 <u>Sara Wells</u>	F 30	CT	2:25:58	58.56%
210 Mark Friebel	M 51	NY	2:26:18	58.43%
211 Todd Friebel	M 48	NY	2:26:18	58.43%
212 William Hart	M 40	NY	2:26:40	58.28%
213 <u>Libby Brooks-Shesle</u>	F 28	NJ	2:26:46	58.24%
214 David Bereau	M 45	NY	2:27:11	58.08%
215 <u>Christina Chamberla</u>	F 27	NY	2:28:02	57.75%
216 <u>Lauren Chamberlain</u>	F 24	NY	2:28:05	57.73%
217 Tom Moloney	M 52	NY	2:28:18	57.64%
218 <u>Erica Petersen</u>	F 31	NY	2:28:52	57.42%
219 <b>Jodie Lahey</b>	F 31	MA	2:29:45	57.08%
220 <u>Karen Martin</u>	F 39	NJ	2:29:58	57.00%
221 <u>Lauren Vigna</u>	F 38	NY	2:30:52	56.66%
222 Ryan Wilder	M 28	NJ	2:30:54	56.65%
223 <u>Dawn Tomassi</u>	F 39	NY	2:30:54	56.65%
224 <u>Marla Brucker</u>	F 56	NY	2:31:11	56.54%
225 <u>Caitlin Gorr</u>	F 24	NY	2:31:30	56.42%
226 Anthony Lydon	M 36	NY	2:31:32	56.41%
227 <u>Heather Bolander-Sm</u>	F 28	NY	2:31:45	56.33%
228 Peter Henner	M 57	NY	2:32:08	56.19%
229 Robert Norman	M 34	NY	2:32:48	55.94%
230 <b>Bill Glendon</b>	M 63	MA	2:33:48	55.58%
231 <u>Karen Cusato</u>	F 41	NY	2:33:50	55.57%
232 Daniel Saldana	M 32	NY	2:34:37	55.29%
233 <u>Anna Dickerson</u>	F 59	NY	2:34:47	55.23%
234 Kyle Millington	M 24	NY	2:35:10	55.09%

**Continued next page:**

### Hairy Gorilla results cont:

235 <u>Nicole Nielson</u>	F 33	NY	2:35:36	54.94%
236 <u>Zoe Elliott</u>	F 39	NY	2:35:36	54.94%
237 <u>Kirsten Roberts</u>	F 45	NY	2:37:02	54.44%
238 <u>Kelly Burns</u>	F 28	CT	2:38:42	53.86%
239 <u>Tamara Singer</u>	F 36	NY	2:38:49	53.83%
240 Michael Singer	M 38	NY	2:38:50	53.82%
241 <u>Alexandra Harris</u>	F 16	NY	2:39:00	53.76%
242 David Harris	M 43	NY	2:39:00	53.76%
243 <u>Gwen Manfre</u>	F 38	NJ	2:39:53	53.47%
244 <u>Elissa Williams</u>	F 28	NJ	2:39:58	53.44%
245 <u>Rachael Kerner</u>	F 25	NY	2:40:16	53.34%
246 Gary Kerner	M 31	NY	2:40:16	53.34%
247 Timothy Tice	M 28	NY	2:40:22	53.30%
248 <u>Sarah Nolan</u>	F 31	NY	2:40:22	53.30%
249 <u>Alissa Caton</u>	F 41	NY	2:42:30	52.61%
250 Dave Harshbarger	M 43	NY	2:45:22	51.69%
251 <u>Erinn McCarthy</u>	F 28	NJ	2:46:00	51.50%
252 <u>Jennifer Schermerho</u>	F 27	NY	2:46:04	51.48%
253 <b>Jamie Howard</b>	M 44	NY	2:50:25	50.16%
254 Michael Maguire	M 54	NY	2:51:26	49.86%
255 <u>Debbie Wood</u>	F 49	NY	2:51:45	49.77%
256 Scott Morris	M 48	NY	2:53:09	49.37%
257 <u>Maria Oldiges</u>	F 22	NY	2:54:17	49.05%
258 <b>Konrad Karolczuk</b>	M 57	CT	2:56:07	48.54%
259 <u>Caitlin Looney</u>	F 16	NY	2:56:33	48.42%
260 <u>Melissa Champagen</u>	F 32	NY	2:57:49	48.07%
261 Michael Norman	M 17	NY	3:05:39	46.05%
262 <b>Karen McWhirt</b>	F 48	CT	3:06:39	45.80%
263 Ray Lee	M 67	NY	3:13:14	44.24%
264 <b>Greg Taylor</b>	M 63	NY	3:18:02	43.17%
265 <u>Leanne Zarger</u>	F 55	CT	3:18:57	42.97%
266 John Perry	M 47	NY	3:19:48	42.78%

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## Tricks and Treats at Hairy Gorilla

by Laura Clark

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When we reach a certain landmark age, seven minute miles are a thing of the past and PRs only come at odd 11.35 mile distances or at races never before experienced. So I have shifted my focus away from PRs and towards equaling or surpassing more recent performances.

To add interest, I have also developed some fairly quirky goals. After Brian Teague pointed out that folks never seem to carpool with me more than once, that quest has topped my list. As with all objectives, there are certain quantifying factors. Brian, being a hybrid runner of many years standing, doesn't count. And neither does my husband Jeff. He doesn't have a choice. At this juncture, I reluctantly admit that my failure to entice others has less to do with my choice of friends than with my outlook. What I regard as a fairly mild trail tends to frighten normal people.

So naturally I figured there was no chance I would ever find a car buddy for the Albany Running Exchange's Hairy Gorilla Half Marathon and Squirrely Six Miler. Besides the requisite muddy, technical trail this Halloween race features fully costumed Gorillas and Squirrels, themed water stops, assorted

graveyards and a chainsaw wielding woodsman.

But I was wrong. I corralled Jen Ferris, who to my delight, said it sounded like fun. Jen made the perfect companion for two reasons. First, she lives just up the road so we needed only one car and didn't have to plan an elaborate rendezvous in a mutually familiar out-of-the-way location. Second, she is a computer wizard to whom the Albany roundabouts represent a fun experience and not a nightmarish adventure. I could picture her holding her own against fearless French competition on that mother of all roundabouts, the Champs d'Elise. With Jen navigating, this was the first time I did not end up in the Price Chopper parking lot. This particular Price Chopper has long been a rendezvous point for many befuddled souls who find themselves rotating through Dante's nine circles of hell as a prelude to Thatcher Park's Graveyard.

I'm suggesting that next year Race Director Josh Merlis hire Jen Ferris, or perhaps even Dante himself, to design a similar series of traffic circles for the second half of the 13 miler, where things can get rather hairy. A major portion of this section consists of a half dozen or so intersecting trails that were very likely designed by someone experiencing nature on his ATV. This someone was obviously very lost, traveling up and down, back and forth on his own personal journey through hell, pulling us along in his wake. The result is dizzying, even for someone like me who is not running all that fast. The same runners kaleidoscope by time and again, heading in multiple directions. I have always wondered how the course marshals Gorillas seem to know where you have been and where you need to go when there are so many of us helter-skeltering along. Obviously, this section just begs for roundabout restructuring, perhaps featuring a refueling table sponsored by Price Chopper.

Moving right along, my other vaguely race-related goal was to locate my gravestone. As close as I can figure it, every pre-registered runner gets his own personal gravestone. Other headstones memorialize those who have run the race in previous years but are currently too dead to make an appearance. Some gravestones form an ominous cemetery plot at the start; others are randomly planted along the course or on the edge of the parking lot. Somehow, I never seem to have enough energy after the race to go exploring. But this year, my headstone was conveniently lodged near the six mile finish line, indicating that if I had any sense I would lie down and take a nap. I declined the invitation and planned on absconding with my marker after six more miles. Since I was conveniently buried directly behind the food tent, I could approach the scene of the crime fully fortified.

But with six miles left in which to ponder the implications, I began to have my doubts. If I took my gravestone home and suddenly became undead next year, would I get another? Would I even deserve another? Perhaps one of Dante's roundabouts was reserved for folks who stole valued objects. I decided not to chance it. What starts out as a treat could just as easily revert back to a cruel trick of fate.

But the cruelest tricks were yet to come.

***Continued next page:***

Tricks & Treats cont:

Somewhere around the nine mile mark I was passed by a perky grey-haired lady who spronged past me with evident enthusiasm and no apology whatsoever. Naturally, I fretted that she could very likely be in my age group. But in a light bulb moment, in itself surprising for this late in the game, I remembered that this event also featured a half marathon relay. Obviously, she was part of a relay team. Tricked again! She was Suzzanne Mahoney from High Bridge, NJ and she won my age group!

If you enter enough local trail races you can pretty much judge how you are doing by who is already ahead of you and who is trying to get ahead of you. True to form, Barbara Sorrell and Darlene McCarthy finished several minutes in front of me, but Martin Glendon crossed the line a full ten minutes in the lead. Marty and I had been running buddies all summer, sometimes even dead-heating it. Now one month after our neck-and-neck at Curly's Half, he was suddenly ten minutes better! The best I could figure was that some Gorilla out there passed him a *Get Out of Roundabout Free Card*.

Next year I may just trade a few extra bananas for my gravestone and see if I can run faster as a mummy.

Laura Clark

**Groton Town Forest Trail Race .... 9.5 Miles**

Groton, MA .... October 25, 2009

WMAC members in bold:

	<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1	Andrew Combs	M 25	MA	0:57:19	100.00%
2	Greg Hammett	M 32	NH	0:59:16	96.71%
3	Bryan Johnston	M 30	NH	1:00:14	95.16%
4	Jeff Hunt	M 45	MA	1:01:47	92.77%
5	Nathan Huppe	M 29	NH	1:02:32	91.66%
6	Mark Odell	M 44	MA	1:04:02	89.51%
7	Nick Menzies	M 30	MA	1:04:21	89.07%
8	Brian Hughes	M 32	MA	1:04:38	88.68%
9	Stanislav Trufanov	M 30	MA	1:06:56	85.63%
10	Andrew Milne	M 46	MA	1:07:41	84.68%
11	T. Michael Thornton	M 39	MA	1:07:57	84.35%
12	Andrew Novis	M 46	MA	1:08:05	84.19%
13	Andrew Martin	M 31	MA	1:08:27	83.73%
14	David Nerrow	M 42	MA	1:09:32	82.43%
15	Michael Lohrer	M 54	MA	1:09:44	82.19%
16	Eric Nazar	M 28	MA	1:09:45	82.17%
17	Michael Cooley	M 29	MA	1:09:52	82.04%
18	Michael Mazzotta	M 29	MA	1:09:52	82.04%
19	Jason Bui	M 29	MA	1:11:06	80.61%
20	Allen Hall	M 44	MA	1:11:11	80.52%
21	Jim Maloy	M 51	MA	1:11:44	79.90%
22	Matthew Knight	M 19	MA	1:12:00	79.61%
23	Michael Collins	M 41	MA	1:12:21	79.22%
24	Daniel Townsend	M 30	MA	1:12:49	78.71%
25	Bill Nawn	M 45	MA	1:12:52	78.66%
26	Andrew Donaldson	M 41	MA	1:12:59	78.53%

27	Rick Scott	M 55	MA	1:13:02	78.48%
28	Robert Low	M 34	CT	1:13:13	78.28%
29	Eric Marshall	M 26	NH	1:14:20	77.11%
30	David Burgess	M 41	MA	1:14:43	76.71%
31	Marshall Randolph	M 61	MA	1:14:53	76.54%
32	Devon Skerritt	M 31	MA	1:15:35	75.83%
33	John Saunders	M 52	NH	1:15:48	75.62%
34	<u>Adrienne Cyrulik 1<sup>st</sup></u>	F F 35	MA	1:16:13	75.20%
35	<u>Erica LaBella</u>	F 30	NH	1:17:41	73.78%
36	Christopher Martin	M 37	NH	1:17:46	73.70%
37	Sean Brooks	M 33	MA	1:18:20	73.17%
38	Dave Mitchell	M 29	MA	1:18:34	72.95%
39	John Burke	M 43	MA	1:18:48	72.74%
40	Michael Melnikov	M 50	MA	1:19:18	72.28%
41	Larry Smith	M 45	NH	1:19:21	72.23%
42	Mark Barton	M 38	NH	1:20:07	71.54%
43	Doug Cummings	M 48	MA	1:20:11	71.48%
44	<u>Lisa Doucett</u>	F 54	MA	1:20:32	71.17%
45	Benjamin Nosek	M 34	MA	1:20:33	71.16%
46	Chris Graham	M 41	MA	1:21:35	70.25%
47	Brian Meanley	M 27	NH	1:21:36	70.24%
48	Ron Elwell	M 49	MA	1:23:42	68.48%
49	Peter Bobryk	M 49	MA	1:24:00	68.23%
50	Charles Hanson	M 47	MA	1:24:39	67.71%
51	<u>Michele Liguori</u>	F 40	MA	1:24:46	67.62%
52	Eric Finney	M 39	MA	1:24:55	67.50%
53	Chris Kelley	M 44	MA	1:25:29	67.05%
54	Sean Regan	M 43	MA	1:25:30	67.04%
55	Michael Vandermillen	M 47	MA	1:25:32	67.01%
56	<b>Dan Scotina</b>	M 54	MA	1:25:38	66.93%
57	Donnie Cox	M 24	MA	1:25:49	66.79%
58	Bryan Perrotti	M 42	MA	1:26:14	66.47%
59	<b>Thomas Parker</b>	M 42	NH	1:26:21	66.38%
60	<u>Jill Lacourse</u>	F 33	CO	1:26:56	65.93%
61	Danny Rico	M 45	MA	1:28:15	64.95%
62	John Peabody	M 54	RI	1:28:18	64.91%
63	Jay Kinghorn	M 35	CO	1:28:22	64.86%
64	Peter Rachester	M 34	MA	1:28:22	64.86%
65	<u>Betsy Baglow</u>	F 47	MA	1:28:35	64.70%
66	Mark Jerome	M 32	MA	1:28:54	64.47%
67	<b>Dan Danecki</b>	M 50	MA	1:29:26	64.09%
68	Paul Ghelfi	M 42	MA	1:30:12	63.54%
69	<u>Laura Burkett</u>	F 41	RI	1:30:28	63.36%
70	Scott Maguffin	M 27	MA	1:30:39	63.23%
71	Luke Whalen	M 38	MA	1:30:46	63.15%
72	Everett Hosking	M 55	NH	1:33:42	61.17%
73	<u>Lisa Wiesner</u>	F 39	MA	1:34:11	60.86%
74	John Wiesner	M 40	MA	1:34:11	60.86%
75	<b>Bill Howard</b>	M 60	MA	1:34:26	60.70%
76	<u>Cassie Coons</u>	F 59	NH	1:34:31	60.64%
77	<u>Sherisa Sterling</u>	F 56	MA	1:35:01	60.32%
78	<b>Vic LaPort</b>	M 69	MA	1:35:32	60.00%
79	<b>Bob Worsham</b>	M 64	CT	1:35:58	59.73%
80	Kevin Zelechowski	M 33	MA	1:36:28	59.42%
81	Bill Rogers	M 31	MA	1:36:54	59.15%
82	<u>Michelle Roy</u>	F 39	MA	1:37:32	58.77%
83	<u>Andra Hollis</u>	F 45	MA	1:38:03	58.46%
84	<u>Emily Trespas</u>	F 38	MA	1:38:10	58.39%
85	Cary Kilroy	M 65	RI	1:39:35	57.56%

Continued next page:

**Groton Forest results cont:**

87	Aims Coney	M 54	MA	1:41:38	56.40%
88	<u>Robyn Quinn</u>	F 37	MA	1:41:39	56.39%
89	Jeff Hattem	M 58	MA	1:42:10	56.10%
90	<u>Tara Taft</u>	F 47	MA	1:42:29	55.93%
91	Gregg Edelstein	M 41	MA	1:43:31	55.37%
92	Tony Federer	M 70	NH	1:44:05	55.07%
93	<u>Jessica O'Keeffe</u>	F 33	MA	1:47:33	53.29%
94	<b>Ken Fairman</b>	M 65	MA	1:48:32	52.81%
95	Jim Ellis	M 50	MA	1:49:39	52.27%
96	Chris Harrison	M 56	MA	1:53:59	50.28%
97	Brian O'Keeffe	M 33	MA	1:56:19	49.28%
98	Mike Gates	M 53	MA	2:00:07	47.72%
99	<b>Dick Hoch</b>	M 69	CT	2:00:52	47.42%
100	Justin Maitland	M 28	MA	2:06:52	45.18%
101	Edward Root	M 63	CT	2:11:09	43.70%
102	<u>Tamara Latorre</u>	F 44	MA	2:13:03	43.08%

All proceeds of the race are donated to The Groton Trails Committee for developing and maintaining the trail system throughout Groton.

***Book Review:***

*Run*, by Ann Patchet. HarperCollins, 2007.

With Ann Patchet's latest offering, *Run*, our sport enters mainstream suspense fiction. Clocking in at 295 pages, this is by no means an effortless one-night stand, but with all the unexpected twists and turns along the road, it will be difficult to put down in time for your own daily running fix. The scene is set in upper crust Boston with several forays into *Mystic River* territory. The brunt of the action takes place over a twenty-four hour period, adding to the intensity. As secrets are exposed, previous lives revealed and emotions rubbed raw, both you and the characters will come to feel as if the time span were closer to twenty-four years. Bernard Doyle, a former mayor of Boston, was left to raise his black adopted sons, Tip and Teddy after his wife dies of cancer. He is the ideal parent, protective and concerned, but overly ambitious, ever inching his reluctant sons into a life of politics. Things come to a head during a blinding New England snowstorm when the birth mother the boys never met risks her life to push Tip out of the way of an oncoming car, exposing family secrets and introducing them to hard scrapple Southie Boston.

This novel is unique in that running is viewed as a normal way of life. Tip and Teddy break into a run when they realize they will be late for another obligatory political rally and running is viewed not only as a sport but as an acceptable means of releasing energy and tension. And towards the finale, we are rewarded with the perfect Cinderella track scene. As more Americans are running for health and fitness and hopefully for enjoyment, Ann Patchett has struck a valid chord.

In *Run* characters act, rather than expostulate, and hold onto a few of their deepest secrets, leaving you wondering long after you have crossed the finish.

*Reviewed by Laura Clark*

photo by Brad Herder



**Busa Bushwack Trail Race  
10 Miles .... Framingham, MA. .... Nov 1, 2009**

WMAC members in bold:

	<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>GT %</u>
1	Jim Johnson	M 32	1:01:03	100.00%
2	Ben Nephew	M 34	1:01:57	98.55%
3	Greg Hammett	M 32	1:03:15	96.52%
4	Andrew Wommack	M 26	1:04:20	94.90%
5	Bryan Johnston	M 30	1:06:03	92.43%
6	Dave Hannon	M 38	1:06:35	91.69%
7	Donald Pacher	M 37	1:06:43	91.51%
8	Timothy Condon	M 23	1:07:16	90.76%
9	<b>Ross Krause</b>	M 29	1:07:33	90.38%
10	Joshua Gordon	M 35	1:08:32	89.08%
11	Hunter Bennett-Daggett	M 26	1:09:36	87.72%
12	Christopher Smith	M 43	1:11:22	85.54%
13	John Pager	M 47	1:12:18	84.44%
14	Jeffrey Silveira	M 48	1:12:19	84.42%
15	<b>John Agosto</b>	M 45	1:12:19	84.42%
16	Joshua Grzegorzewski	M 34	1:13:15	83.35%
17	Dan Townsend	M 30	1:13:26	83.14%
18	<b>Ken Clark</b>	M 47	1:13:50	82.69%
19	Mike Mazzotta	M 29	1:13:50	82.69%
20	Jonathan McCall	M 34	1:13:52	82.65%
21	Gabe Merton	M 30	1:13:57	82.56%
22	Nickolas Cotton	M 41	1:14:00	82.50%
23	Domonic Naples	M 42	1:14:03	82.44%
24	Michael Abbene	M 20	1:14:10	82.31%
25	Bob Sharkey	M 57	1:14:17	82.19%
26	Bill Potter	M 38	1:14:22	82.09%
27	Bruce Smith	M 43	1:14:27	82.00%
28	<u>Tara Wommack</u> <b>1<sup>st</sup> F</b>	F 26	1:14:33	81.89%
29	Patrick Cullen	M 32	1:14:38	81.80%
30	Douglas Casa	M 41	1:14:52	81.55%
31	Dima Feinhaus	M 46	1:15:44	80.61%
32	David Latzerleiser	M 42	1:15:51	80.49%
33	Erol Verter	M 24	1:15:56	80.40%
34	Andrew Donaldson	M 41	1:16:00	80.33%
35	Tim Maul	M 42	1:16:36	79.70%
36	Paul Serafini	M 42	1:17:00	79.29%
37	Marshall Randolph	M 61	1:17:16	79.01%
38	Robert Low	M 34	1:17:27	78.83%
39	<u>Stephanie Crawford</u>	F 32	1:17:36	78.67%
40	Charlie Siegel	M 32	1:17:37	78.66%

**Continued next page:**

**Busa Bushwhack results cont:**

41	Scott Patnode	M 28	1:17:50	78.44%
42	Robert Nagle	M 51	1:18:05	78.19%
43	<u>Amy Lane</u>	F 30	1:18:57	77.33%
44	Chris Taft	M 29	1:19:08	77.15%
45	<u>Adrienne Cyrulik</u>	F 35	1:19:36	76.70%
46	Trevor Clark	M 21	1:19:36	76.70%
47	Rocky Ward	M 22	1:20:11	76.14%
48	<u>Alex Kamin</u>	F 24	1:20:19	76.01%
49	David Krom	M 50	1:20:34	75.78%
50	<b>Thomas Parker</b>	M 41	1:20:44	75.62%
51	Gregory Donoghue	M 35	1:21:23	75.02%
52	Kiko Bracker	M 41	1:21:53	74.56%
53	Jim Frenette	M 45	1:22:06	74.36%
54	Ben Keefe	M 28	1:22:07	74.35%
55	Chris Kelley	M 44	1:22:22	74.12%
56	Benjamin Nosek	M 34	1:22:37	73.90%
57	Adam King	M 32	1:22:57	73.60%
58	Glynn Hawley	M 42	1:23:27	73.16%
59	Roger Martall Jr	M 37	1:23:38	73.00%
60	Benjamin Yoder	M 32	1:23:54	72.77%
61	<b>Dave Geary</b>	M 44	1:23:55	72.75%
62	Richard Miller	M 58	1:24:02	72.65%
63	Andy Illidge	M 42	1:24:03	72.64%
64	Scott Stevens	M 39	1:24:16	72.45%
65	<u>Alaina Kiskaddon</u>	F 20	1:24:20	72.39%
66	Ronadl Elwell	M 49	1:24:28	72.28%
67	Moezeddin Karimeddiny	M 51	1:24:48	71.99%
68	Mike Abbott	M 40	1:25:15	71.61%
69	<b>George Gilder</b>	M 69	1:25:19	71.56%
70	Kevin Mullen	M 52	1:25:33	71.36%
71	John Peabody	M 54	1:26:03	70.95%
72	<u>Sarah Adler</u>	F 25	1:26:17	70.76%
73	<u>Elizabeth Touchette</u>	F 25	1:26:41	70.43%
74	Scott Edington	M 69	1:26:44	70.39%
75	Tom Dufault	M 47	1:27:31	69.76%
76	<u>Phylis Lowry</u>	F 43	1:27:57	69.41%
77	Ed Mulvey	M 50	1:27:57	69.41%
78	Eric Jacobson	M 37	1:28:18	69.14%
79	Sergey Borisov	M 55	1:29:29	68.23%
80	<u>Deb Touchette</u>	F 54	1:29:30	68.21%
81	Stephen Touchette	M 54	1:30:23	67.55%
82	<b>Bill Morse</b>	M 58	1:30:46	67.26%
83	Mark Vernazza	M 30	1:31:10	66.97%
84	Mark Barton	M 38	1:31:13	66.93%
85	Alexander Reed	M 51	1:31:16	66.89%
86	John Burke	M 43	1:31:53	66.44%
87	Mark Bentsen	M 55	1:31:55	66.42%
88	Dan Cooper	M 37	1:32:24	66.07%
89	<u>Lisa Maciorakowski</u>	F 33	1:32:24	66.07%
90	Jay Curry	M 38	1:32:25	66.06%
91	Colin Kelly	M 37	1:32:33	65.96%
92	Joe Ferrini	M 55	1:34:12	64.81%
93	<b>Michelle Roy</b>	F 39	1:34:46	64.42%
94	Neil Moses	M 51	1:34:47	64.41%
95	Richard Coe	M 43	1:34:57	64.30%
96	Roy Van Buren	M 47	1:35:13	64.12%
97	<u>Suzanne Chlapowski</u>	F 45	1:35:19	64.05%
98	Charlie Tillett	M 53	1:36:12	63.46%
99	<u>Katya Divari</u>	F 47	1:36:37	63.19%

100	John Austin	M 38	1:36:43	63.12%
101	Michael Ferrari	M 45	1:36:44	63.11%
102	Randall Dutton	M 39	1:36:50	63.05%
103	Christopher Cole	M 52	1:36:56	62.98%
104	Dan Sullivan	M 25	1:37:03	62.91%
105	<u>Alyssa Adreani</u>	F 34	1:37:40	62.51%
106	Hans Kalkofen	M 38	1:37:52	62.38%
107	Paul Ghelfi	M 42	1:38:17	62.12%
108	Michael Agbay	M 37	1:38:51	61.76%
109	<u>Sona Schuermann</u>	F 41	1:38:56	61.71%
110	Peter Bonaccorsi Jr.	M 65	1:39:02	61.65%
111	Justin Green	M 21	1:39:04	61.63%
112	Tejbir Singh	M 30	1:39:05	61.62%
113	<b>Bill Howard</b>	M 60	1:39:31	61.35%
114	<u>Sarah Hurkett</u>	F 27	1:39:32	61.34%
115	<u>Christine Miller</u>	F 23	1:39:39	61.26%
116	Joseph Carpenter	M 40	1:40:09	60.96%
117	Geoff Maletta	M 37	1:40:28	60.77%
118	<u>Gaggi DeStefanis</u>	F 41	1:40:35	60.70%
119	Jim Miller	M 52	1:41:35	60.10%
120	Jerry Doyle	M 52	1:43:17	59.11%
121	Jeff Hattem	M 58	1:43:28	59.00%
122	Russ Hatch	M 36	1:44:24	58.48%
123	<u>Emily Trespas</u>	F 38	1:44:27	58.45%
124	<u>Jane Cody</u>	F 41	1:44:29	58.43%
125	Thomas Donovan	M 55	1:44:38	58.35%
126	<u>Elizabeth Boldrosen</u>	F 43	1:44:39	58.34%
127	<u>Christine D'Arrigo</u>	F 58	1:44:57	58.17%
128	<u>Laura McKenzie</u>	F 43	1:45:01	58.13%
129	<u>Megan Santosus</u>	F 45	1:45:09	58.06%
130	<u>Vicki Blais</u>	F 53	1:45:09	58.06%
131	<u>Julie O'Mara</u>	F 38	1:45:10	58.05%
132	<u>Kathleen Karpe</u>	F 47	1:45:14	58.01%
133	Robert Daly	M 52	1:45:19	57.97%
134	<u>Katie Cobral</u>	F 29	1:45:20	57.96%
135	<u>Cathy Wilson</u>	F 49	1:45:21	57.95%
136	<u>Jean Miller</u>	F 52	1:45:23	57.93%
137	<u>Keren Cole</u>	F 51	1:45:26	57.90%
138	Brendon Reese	M 47	1:45:30	57.87%
139	<u>Alexandra Carleton</u>	F 42	1:45:32	57.85%
140	Jonathan Ryan	M 28	1:45:38	57.79%
141	Kenny Rogers	M 55	1:45:41	57.77%
142	Arnie Pollinger	M 50	1:45:42	57.76%
143	<u>Heather Kramer</u>	F 46	1:45:46	57.72%
144	<u>Robyn Coururier</u>	F ??	1:45:46	57.72%
145	Luis Ortiz	M 36	1:45:47	57.71%
146	Douglas Caverly	M 50	1:45:48	57.70%
147	Kevin Zelechowski	M 33	1:45:58	57.61%
148	Will McPherson	M 21	1:46:02	57.58%
149	<b>Alan Cabot</b>	M 54	1:46:19	57.42%
150	Patrick Flaherty	M 49	1:46:20	57.41%
151	Steve Collopy	M 52	1:46:39	57.24%
152	<u>Kathy Furlani</u>	F 61	1:46:40	57.23%
153	<b>Sherisa Sterling</b>	F 56	1:46:42	57.22%
154	<u>Kristen Dori</u>	F 43	1:47:35	56.75%
155	Tony Federer	M 70	1:48:46	56.13%
156	Roger Martell	M 60	1:49:02	55.99%
157	<u>Ginny Hoehlein</u>	F 52	1:49:03	55.98%
158	<u>Christine Adreani</u>	F 39	1:49:51	55.58%

**Continued next page:**

**Busa Bushwhack results cont:**

159	<u>Donna Macauley</u>	F 42	1:50:11	55.41%
160	<b>Victor LaPort</b>	M 69	1:50:23	55.31%
161	<u>Chris Kelleher-Ross</u>	F 48	1:50:51	55.07%
162	Hans Thamhain	M 73	1:50:51	55.07%
163	<u>Kimberly Phillips</u>	F 40	1:53:03	54.00%
164	John Bakstran	M 52	1:53:35	53.75%
165	<u>Noreen O'Shea</u>	F 45	1:56:15	52.52%
166	Donald Miller	M 65	1:56:17	52.50%
167	<u>Marylou White</u>	F 54	1:56:20	52.48%
168	Chris Harrison	M 56	1:59:24	51.13%
169	<u>Stephanie Cooper</u>	F 41	2:00:51	50.52%
170	Richard Bourgeois	M 51	2:01:25	50.28%
171	<u>Holly Damigella</u>	F 30	2:08:04	47.67%
172	<u>Shawn Kearns</u>	F 34	2:09:29	47.15%
173	<u>Carinda Ferrini</u>	F 23	2:09:39	47.09%
174	<u>Heather Collins</u>	F 23	2:09:40	47.08%
175	<u>Gayle Ferrini</u>	F 56	2:12:19	46.14%
176	<u>Cyndy Curley</u>	F 44	2:12:35	46.05%
177	<u>Allison Alter</u>	F 31	2:12:36	46.04%
178	<b>Dick Hoch</b>	M 69	2:13:49	45.62%
179	<u>Sheila Jeffrey</u>	F 48	2:14:33	45.37%
180	<u>Susan Eastman</u>	F 48	2:14:37	45.35%
181	Stephen Milt	M 71	2:15:06	45.19%
182	<u>Alice Sheu</u>	F 30	2:15:30	45.06%
183	<u>Yolande Frederick</u>	F 44	2:17:08	44.52%
184	Louie Cohn	F 54	2:20:09	43.56%
185	<b>Konrad Karolczuk</b>	M 57	2:28:40	41.07%
186	John Connell	M 73	2:29:05	40.95%

I wonder who - - like me - -saves their WMAC race numbers.  
I like WMAC spelled out at th top of them thru th years - - neat!

I total 40, 24 currently taped on my office wall along with many others.

I got #128 two times: 8 / 15 / 04, 6 / 15 / 08. 345 also 2 times:  
6 / 19 / 94, 6 / 16 / 02.

What about you?

*Dick Hoch*

**FAT ASS 50K (or less)**  
**Sat. ... 1/2/2010 ... 10 AM**  
**North Adams, MA.**

**Place: State Street Tavern on RT.8, just south of Main ST. Six 5 mile loops around the Curran Highway. Limited aid - water and sugar at start.**

**Event will be held regardless of the weather.**

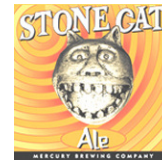
**Sign up on race day only 9:00-10:00 AM.**

**No entry fee. No awards.**

**Info ... Bob Dion - 802 - 423 - 7537**

**dion@bcn.net**

**. www.runwmaC.com**



**Stone Cat Trail Races**  
**Marathon and 50 Miles**

Willowdale State Forest ... Ipswich, MA. ... 11 / 7 / 09  
Sun & Clouds ... Low of 28\* .... High of 46\*

**WMAC members in bold:**

**50 Mile results:**

	<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>GT %</u>
1	Brian Rusiecki *	M 31	06:27:55*	100.00%
2	Leigh Schmitt	M 37	06:32:06	98.93%
3	Jack Pilla	M 51	06:51:49	94.20%
4	David Herr	M 44	06:52:20	94.08%
5	Joe Carrara	M 47	07:18:21	88.49%
6	<u>Aliza Lapierre</u> *	F 29	07:19:15*	88.31%
7	Brad Overturf	M 42	07:21:00	87.96%
8	Ron Farkash	M 41	07:43:35	83.68%
9	<b>Peter Keeney</b>	M 43	07:48:15	82.84%
10	Chris Cappellini	M 43	07:49:10	82.68%
11	Tom Page	M 42	07:51:30	82.27%
12	David Nerrow	M 42	07:52:55	82.03%
13	<u>Amy Lane</u>	F 30	07:54:40	81.72%
14	Mark Buongiorno	M 42	07:57:43	81.20%
15	Tony Kopecky	M 41	07:59:30	80.90%
16	Giant Parlin	M 33	08:02:00	80.48%
17	Alex Russo	M 20	08:02:46	80.35%
18	<u>Susan Dodge</u>	F 49	08:04:20	80.09%
19	Rowly Brucken	M 41	08:11:32	78.92%
20	Bob Ayers Jr.	M 49	08:26:31	76.59%
21	Curt Pandiscio	M 48	08:31:36	75.82%
22	Todd Archambault	M 35	08:32:27	75.70%
23	Daniel Uhlir	M 35	08:32:37	75.67%
24	Greg Esbitt	M 35	08:33:48	75.50%
25	Thomas Bleakney	M 39	08:34:43	75.37%
26	<u>Laura McDonough</u>	F 48	08:37:45	74.92%
27	<u>Rebecca Nisetich</u>	F 26	08:39:35	74.66%
28	Jim Nelson	M??	08:46:20	73.70%
29	John Richard	M 39	08:46:55	73.62%
30	<u>Jenny Hoffman</u>	F 31	08:53:55	72.66%
31	Ben Keefe	M 28	08:55:44	72.41%
32	Bruce Giguere	M 41	08:57:40	72.15%
33	Curtis Hansen	M 41	08:59:58	71.84%
34	<b>Will Danecki</b>	M 59	09:00:33	71.76%
35	Shane Thompson	M 28	09:07:06	70.90%
36	<u>Jennifer Brunet</u>	F 39	09:11:32	70.33%
37	Charles Leonard	M 54	09:11:32	70.33%
38	Justin Manganaro	M 26	09:12:36	70.20%
39	<u>Donna Smyth</u>	F 50	09:15:31	69.83%
40	Dima Feinhaus	M 46	09:20:45	69.18%
41	<u>Shannon McGinn</u>	F 33	09:22:19	68.99%
42	Joseph Laskey	M 45	09:26:08	68.52%
43	Curt Fischer	M 41	09:27:34	68.35%
44	Frank Dudas	M 49	09:28:13	68.27%
45	<u>Laura Bleakley</u>	F 39	09:32:43	67.73%

**Continued next page:**

Stone Cat results cont:

46 <u>Rebecca Burke</u>	F 34	09:35:39	67.39%
47 Charles Williams	M 39	09:37:09	67.21%
48 Raymond Greco	M 43	09:39:04	66.99%
49 Joseph Holtschlag	M 31	09:41:40	66.69%
50 Peter Laura	M 28	09:42:16	66.62%
51 Kevin Mullen	M 52	09:43:47	66.45%
52 Jeff Lane	M 33	09:50:02	65.74%
53 Paul Lahham	M 20	09:50:08	65.73%
54 Shane Skowron	M 21	09:50:54	65.65%
55 Wayne Heffelfinger	M 48	09:57:58	64.87%
56 Ariel Diaz	M 28	10:07:40	63.84%
57 Mike Belcourt	M 47	10:08:52	63.71%
58 Doug MacEachern	M 54	10:09:31	63.64%
59 <u>Penny Matel</u>	F 50	10:09:31	63.64%
60 <u>Christine Reynolds</u>	F 39	10:10:04	63.59%
61 Scott Jamieson	M 48	10:15:23	63.04%
62 Gary Gustafson	M 41	10:15:35	63.02%
63 <u>Brenda Morris</u>	F 43	10:16:29	62.92%
64 <u>Ingrid Jonas</u>	F 43	10:23:35	62.21%
65 David Souza	M 34	10:33:27	61.24%
66 Kevin Zelechowski	M 33	10:33:27	61.24%
67 Lawrence Ryan	M 45	10:37:38	60.84%
68 Patrick Ford	M 43	10:37:42	60.83%
69 David McDermott	M 55	10:41:13	60.50%
70 <u>Jodi Badershall</u>	F 32	10:44:05	60.23%
71 Chris Pulick	M 39	10:44:59	60.14%
72 David Raczkowski	M 59	10:48:42	59.80%
73 Strepchon Treadway	M 42	10:53:27	59.36%
74 <b>Dan Scotina</b>	M 54	10:54:35	59.26%
75 Nathan Armstrong	M 35	10:56:35	59.08%
76 Ken Gulliver	M 45	10:59:59	58.78%
77 <u>Maya Ginns</u>	F 36	11:03:37	58.46%
78 Ray Zirblis	M 55	11:03:39	58.45%
79 <b>Rob Scott</b>	M 54	11:09:15	57.96%
80 Dominic Ambrosi	M 31	11:09:21	57.95%
81 Al Glenn	M 43	11:09:44	57.92%
82 <u>Michelle Roy</u>	F 39	11:11:31	57.77%
83 <u>Angela Boudreau</u>	F 39	11:19:05	57.12%
84 Chris Wile	M 53	11:19:05	57.12%
85 Chip Tilden	M 40	11:27:21	56.44%
86 <b>Andrew Carlson</b>	M 44	11:33:31	55.93%
87 Peter Cross	M 64	11:39:37	55.45%
88 <u>Kristen Evan</u>	F 47	11:40:26	55.38%
89 Timmy Reif	M 41	11:40:26	55.38%
90 Jon Brodsky	M 44	11:44:50	55.04%
91 <u>Laura DeMeo</u>	F 36	11:44:50	55.04%
92 Steven Latour	M 38	11:45:45	54.97%
93 <b>Barbara Sorrell</b>	F 52	11:56:15	54.16%
94 Nicholas Palazzo	M 62	12:01:25	53.77%
95 Ron Starrett	M 39	12:25:01	52.07%
96 Todd Hobson	M 48	12:25:20	52.05%
97 <u>Karen Fennie</u>	F 50	12:25:25	52.04%
98 Patrick Nelson	M 41	12:35:30	51.35%
99 Dick Fedion	M 76	13:08:00	49.23%
100 Gary Labella	M 56	13:08:45	49.18%
101 <u>Laura Clark</u>	F 62	13:22:23	48.35%
102 Si-Ning Li	M 22	13:41:45	47.21%

\* Course records 109 Starters

Stone Cat Marathon Results:

WMAC members in bold and other familiar names:

	<u>Name</u>	<u>Age</u>	<u>ST</u>	<u>Time</u>	<u>GT %</u>
1	Ben Nephew*	M 34	MA	02:54:45*	100.00%
2	Greg Hammett	M 32	NH	03:09:30	92.22%
3	Jeff Hunt	M 45	MA	03:09:50	92.05%
4	Mark Engerman	M 42	MA	03:11:59	91.02%
5	Steve Wolfe	M 45	NH	03:18:23	88.09%
6	Andy King	M 33	MA	03:18:31	88.03%
7	Michael Lohrer	M 54	MA	03:32:09	82.37%
8	Stan Trufanov	M 30	MA	03:34:48	81.35%
9	Kevin Sullivan	M 38	MA	03:35:35	81.06%
10	Dave Molk	M 27	MA	03:44:33	77.82%
11	Garry Harrington	M 49	NH	03:44:35	77.81%
12	Bruce Campbell	M 52	MA	03:45:19	77.56%
13	George Lapierre	M 30	VT	03:46:41	77.09%
14	Brian Lenihan	M 42	MA	03:46:41	77.09%
15	Michael Thornton	M 39	MA	03:48:43	76.40%
16	<b>Paul Funch</b>	M 59	MA	03:51:31	75.48%
17	David Boudreau	M 38	NH	03:51:40	75.43%
18	Steve Smith	M 43	MD	03:53:02	74.99%
19	Roland DesRochers	M 41	MA	03:54:13	74.61%
20	Rob Zaccardi	M??	MA	03:55:00	74.36%
21	Jay Curry	M 38	MA	03:58:13	73.36%
22	<u>Courtney Bell</u> 1 <sup>st</sup> F	F 34	MA	03:58:40	73.22%
23	Joe Alfano	M 43	MA	03:58:43	73.20%
24	Stuart Smith	M 38	MA	03:59:25	72.99%
25	Nathan Echols	M 42	NJ	04:00:15	72.74%
26	Callum Henderson	M 41	MA	04:02:09	72.17%
27	Brad Beveridge	M 35	NH	04:04:17	71.54%
28	Jeffery Hart	M 41	NH	04:05:15	71.25%
29	Ed Reagan	M 53	NY	04:05:59	71.04%
30	Nathan Sanel	M 41	NH	04:06:49	70.80%
31	<u>Erica Labella</u>	F 30	NH	04:08:48	70.24%
32	Howard Tansey	M 45	MA	04:10:21	69.80%
33	Dan Townsend	M 30	MA	04:14:09	68.76%
34	<u>Lauren Commons</u>	M 46	MA	04:14:18	68.72%
35	Jim Pugh	M 58	MA	04:14:26	68.68%
36	David Holt	M 50	MA	04:15:55	68.28%
37	<u>Mindy Slovinsky</u>	F 38	ME	04:16:36	68.10%
38	Colin Maclay	M 41	MA	04:18:50	67.51%
39	Eric Gelber	M 42	NY	04:24:13	66.14%
40	John Pearsall	M 51	ME	04:24:45	66.01%
41	Michael Crosby	M 43	MA	04:27:04	65.43%
42	Eric Finney	M 39	MA	04:28:36	65.06%
43	<u>Elizabeth Touchette</u>	F 26	MA	04:32:41	64.09%
44	<u>Ashley Gosnell</u>	F 26	MA	04:33:13	63.96%
45	<u>Jennifer Merriam</u>	F 40	NH	04:33:46	63.83%
46	Chris Pruchnic	M 41	CO	04:33:53	63.80%
47	Doug Cummings	M 47	MA	04:34:28	63.67%
48	Clinton Morse	M 47	CT	04:36:23	63.23%
49	<u>Joy Grossman</u>	F 45	VT	04:36:47	63.14%
50	<u>Robin Asbury</u>	F 42	NH	04:37:23	63.00%
51	Dale Bob Eckert	M 53	MA	04:37:42	62.93%
52	<u>Amy Mosca</u>	F 37	MA	04:38:09	62.83%
53	<u>Kathleen Winslow</u>	F 41	MA	04:38:09	62.83%

Continued next page:

**Stone Cat Marathon results cont:**

54	Chris Accettella	M 34	MA	04:38:52	62.66%
55	Thomas Campbell	M 28	MA	04:38:52	62.66%
56	<u>Karen Ringheiser</u>	F 45	MA	04:41:14	62.14%
57	Tim Clarke	M 48	MA	04:41:58	61.98%
58	<b>Bill Morse</b>	M 58	MA	04:43:07	61.72%
59	<u>Kathleen Karpe</u>	F 47	MA	04:44:26	61.44%
60	<u>Laura McKenzie</u>	F 44	MA	04:44:26	61.44%
61	Tim Pruchnic	M 37	ME	04:44:37	61.40%
62	Matt Carroll	M 36	MA	04:44:47	61.36%
63	<u>Deb Touchette</u>	F 54	MA	04:44:54	61.34%
64	Stephen Touchette	M 54	MA	04:44:55	61.33%
65	<b>Thomas Parker</b>	M 42	NH	04:46:33	60.98%
66	<u>Christine Carone</u>	F 32	VT	04:46:48	60.93%
67	Shawn McCardle	M 41	PEI	04:48:36	60.55%
68	George Alexion	M 50	ME	04:48:58	60.47%
69	Glenn Meister	M 47	MA	04:49:08	60.44%
70	Ronald Johnston	M 57	NH	04:50:03	60.25%
71	Kevin Curry	M 51	MA	04:50:24	60.18%
72	Kenny Rogers	M 55	MA	04:50:50	60.09%
73	<u>Emily Trespas</u>	F 38	MA	04:51:41	59.91%
74	Stephen Gould	M 58	ME	04:52:17	59.79%
75	<u>Jeanne Christie</u>	F 52	ME	04:52:39	59.71%
76	Robert DiBurro	M 41	MA	04:55:15	59.19%
77	Mark Barton	M 38	NH	04:56:14	58.99%
78	<u>Sarah Sheppard</u>	F 25	MA	04:56:15	58.99%
79	<u>Priscilla Welch</u>	F 56	MA	04:58:45	58.49%
80	Nick Tooker	M 30	MA	05:02:18	57.81%
81	Steve Collopy	M 52	MA	05:02:38	57.74%
82	<u>Courtney Paige</u>	F 34	CT	05:02:55	57.69%
83	<u>Lois Alexander</u>	F 57	MA	05:04:29	57.39%
84	<u>Sarah Evertson</u>	F 49	MA	05:04:51	57.32%
85	Ira Zaroff	M 34	NY	05:05:09	57.27%
86	Dennis McGurk	M 62	MA	05:06:40	56.98%
87	<u>Kimberly Phillips</u>	F 40	MA	05:07:37	56.81%
88	Dan Cooper	M 37	MA	05:07:45	56.78%
89	<u>Stephanie Sheridan</u>	F 43	NH	05:10:42	56.24%
90	David Delibac	M 57	VT	05:11:08	56.17%
91	<u>Rebeckah Iseman</u>	F 30	MA	05:11:44	56.06%
92	<u>Deanne Hobba</u>	F 42	MA	05:13:52	55.68%
93	<u>Patricia Clark</u>	F 49	MA	05:16:52	55.15%
94	Clarence Eckerson	M 58	MA	05:20:46	54.48%
95	Scott Walsh	M 52	MA	05:22:32	54.18%
96	<u>Andrea DiBenedetto</u>	F 50	ME	05:23:01	54.10%
97	<u>Deb Taylor</u>	F 38	ME	05:23:01	54.10%
98	Michael Goolkasian	M 45	MA	05:24:12	53.90%
99	<u>Cindy Bennett</u>	F 51	MA	05:24:15	53.89%
100	Joseph Reynolds	M 65	NY	05:24:17	53.89%
101	Keith DeVeau	M 41	ME	05:25:20	53.71%
102	<u>Kristina Burns</u>	F 35	MA	05:25:27	53.69%
103	David Morris-Barker	M 45	MA	05:25:29	53.69%
104	<u>Jen Tougas</u>	F 36	MA	05:25:39	53.66%
105	Robert Martin	M 42	MA	05:25:41	53.66%
106	Vincent Ma	M 40	CA	05:25:52	53.63%
107	Reza Olia	M ??	MA	05:25:55	53.62%
108	Robert Schrater	M 61	MA	05:25:58	53.61%
109	Paul Copeland	M 46	MA	05:27:14	53.40%
110	Peter Perkins	M 69	MA	05:28:29	53.20%
111	<b>Bob Buckingham</b>	M 49	CT	05:31:05	52.78%
112	<u>Nora Ball</u>	F 36	NH	05:31:06	52.78%

113	Geno Dube	M 40	NH	05:31:06	52.78%
114	Bruce Olean	M 64	RI	05:33:33	52.39%
115	Larry Godbout	M 58	MA	05:35:38	52.07%
116	<u>Julie O'Mara</u>	F 38	MA	05:36:30	51.93%
117	Richard Zaunbrecher	M 56	MA	05:36:46	51.89%
118	Jim Banyas	M 45	NH	05:37:39	51.75%
119	Timmy Poole	M 38	NH	05:37:39	51.75%
120	<u>Kate Wheeler</u>	F 36	NH	05:37:39	51.75%
121	<u>Alison Phelan</u>	F 45	MA	05:40:58	51.25%
122	Pete Lyons	M 44	MA	05:43:00	50.95%
123	<u>Stephanie Cooper</u>	M 41	MA	05:49:16	50.03%
124	Richard Lewis	M 52	MA	05:50:34	49.85%
125	<u>Denise Murphy</u>	F 45	MA	05:54:14	49.33%
126	Patrick Smith	M 47	MA	05:54:14	49.33%
127	<u>Christine Wenzel</u>	F 33	MA	05:54:40	49.27%
128	<u>Karen Giroux</u>	F 43	MA	05:54:57	49.23%
129	<u>Nancy Hatfield</u>	F 43	MA	05:58:07	48.80%
130	<u>Carin Zinter</u>	F 36	MA	05:58:25	48.76%
131	Stu Greely	M 56	MA	05:59:05	48.67%
132	Dale Granger-Eckert	M 57	MA	06:00:59	48.41%
133	<u>Mary McDonald</u>	F 56	AR	06:07:59	47.49%
134	<u>Celia Leber</u>	F 45	OR	06:08:49	47.38%
135	<b>Frederick Ross III</b>	M 63	VT	06:11:58	46.98%
136	Terry Reagan	M 54	MA	06:14:35	46.65%
137	<u>Krista Schepanovsky</u>	F 41	MA	06:14:35	46.65%
138	<u>Bonnie Hallinan</u>	F 60	MA	06:16:56	46.36%
139	<u>Karen McWhirt</u>	F 48	CT	06:17:41	46.27%
140	Stan Tiska	M 52	MA	06:21:37	45.79%
141	Bob Falk	M 66	NY	06:22:32	45.68%
142	Marty Ellowitz	M 55	MA	06:22:32	45.68%
143	<u>Liza Genovese</u>	F 40	MA	06:24:10	45.49%
144	<u>Diane Krygowski</u>	F 46	NJ	06:27:35	45.09%
145	<u>Ann Alexion</u>	F 52	ME	06:31:56	44.59%
146	Bill Pennington	M 54	MA	06:31:59	44.58%
147	Peter Beane	M 55	ME	06:32:03	44.57%
148	<u>Penny Duncan</u>	F 58	ME	06:32:08	44.56%
149	<u>Pamela Thompson</u>	F 54	ME	06:39:33	43.74%
150	Jay Short	M 44	MA	06:41:10	43.56%
151	<b>Richard Busa</b>	M 80	MA	06:47:34	42.88%
152	Barry Ostrow	M 67	MA	06:47:38	42.87%
153	Gary Larson	M 64	ME	06:49:18	42.69%
154	John McLaughlin	M 43	MA	07:12:15	40.43%
155	David Barker	M 70	CT	07:29:15	38.90%
156	Jim Simpson	M 67	CA	07:31:58	38.66%
157	<u>Tamara LaTorre</u>	F 44	MA	07:36:34	38.27%
158	<b>Greg Taylor</b>	M 63	NY	07:40:15	37.97%

\* course record

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## Welcome New Members

**From Massachusetts:** Paige Lawson -- Ben Gamache

**From Vermont:** Rebecca Armstrong

**From Connecticut:** Mark Alfano

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**Thanks for supporting the WMAC!**



## Facing Down the Stone Cat

*A race is just a race, but a friend who paces you is a friend for life.* Joseph Franko

by Laura Clark

Normally, I like cats. In fact, my husband Jeff and I are currently owned by Riley, a rescue cat who entered our lives last November. To say it was difficult to win him over is a mild understatement. Even now that he has melded into our family life, any attempt to pick him up and take him where he does not choose to go is met with tooth and claw resistance. Much like my relationship with the Stone Cat Ale mascot

This year marked my third attempt to conquer G.A.C.'s Stone Cat 50 Miler in Willowdale State Forest near Boston. I was banking that my kindness to difficult cats in need might provide leverage for my annual face down with the Stone Cat.

I would like to call myself an ultrarunner and since I have some 50Ks to my credit, I guess I am. But if the truth be told, most of those 50Ks were shortfalled 50 miler attempts. Stubbornly refusing to stare reality in the face, I decided that with one summertime Finger Lakes 50 to my credit, tackling a late fall ultra with a guaranteed in-the-dark finish would be a good idea. But I must confess I had an ulterior motive: I really REALLY wanted just one of those coveted 50 mile jackets. The one where an aggressive Stone Cat growls "50 Mile Finisher," thereby providing indisputable proof of ultra prowess.



Stone Cat offers two legitimate entry categories with the possibility of an unofficial third option. Four times around the 12.5 mile loop course yields the main 50 miler, while two circles and a baby loop define the marathon length "fun-run." Three loops guarantee an add-on or drop-down 37.5 miles for those who still have energy after the marathon or those who are overwhelmed by the demands of the main event. And while the course isn't as demanding as some, the time of year affords special challenges. Most especially, a slippery, leaf-strewn trail conceals lurking Stone Cats, and for the mid-packers, a Deep Woods experience in a total darkness best suited to nocturnal prowlers.

Ultras require forethought, not to mention training volume, so competitors are not likely to wake up at four in the morning and decide, "Today is a good day to die." Athletes use brief intervals between training runs to gather their gear and convince their buddies to join the adventure. And since an individual's typical network of ultra acquaintances extends across several states, the reunion aspect at times eclipses the main event. In a way, this is a good thing, offering an opportunity to discuss strategy and equipment as well as to deflect that omnipresent case of nerves.

Our Western Mass/Finger Lakes group of friends was divided between marathoners and 50 mile hopefuls, topping the charts with Rich Busa, at 80 years strong. My girlfriend Karen McWhirt who planned to use the marathon as an Escarpment qualifier, agreed to pace me for my final loop. Two years ago when Karen conquered her personal Stone Cat, her final loop was her fastest! She is that good at running in the dark. While Karen is a nurturing individual, she can be tough as nails when it comes to getting her runners to do what it takes to get through the night and past the checkpoints. You know that with Karen there, you will meet your goal.

But before I could "relax" and let Karen do my thinking for me, I had to make it through the first three loops without being tripped by crouching Stone Cats. While the weather was chilly, with most runners opting for tights and layered tops, the sun was shining, the wind was nonexistent and the mud puddles were wimpy, especially for this extraordinarily wet year. At dinner the night before my friends offered conflicting advice. Karen had crafted a meticulous pace chart, Barb Sorrell shared her math for dummies calculations for hitting each aid station and another friend admonished me to ditch my watch and run within myself! Touched by their concern, I tried to avoid catastrophe by pleasing all three.

I have always wanted to experience the satisfaction of fluid, effortless movement but despite practicing Chi Running and reading *Born to Run* three times, this goal had somehow eluded me. There were teasing tastes, certainly, but nothing lasting. Until now. I felt so strong on the first two loops that I briefly entertained the worry that I had somehow cut short part of the course, not an unreasonable fear as anyone who knows me can attest. My feet barely skimmed the ground, pussy footing delicately over all the rocks and roots. Reality hit shortly after the third loop, but up until then it was glorious.

I used to joke that I would never enter a 100 miler because I could never stay awake all night. But in reality, 62 years of age is probably not the ideal time to entertain such a quest. And I'm OK with that: Stone Cat represented my 100 mile reality with euphoria, struggles, nighttime navigation and FOOD. Folks joke that the Vermont 100 offers the world's longest buffet table, but having crewed there, I would submit that Stone Cat has the best variety. Early morning aid stations featured pancakes, sizzling bacon and hash browns. The afternoon grilled cheese was to die for. Short-order chefs lovingly tended the sandwiches a few at a time so they were wonderfully warm and oozing with mouse-pleasing, finger-licking cheese.

**Continued next page;**

## Stone Cat cont:

Towards evening, sensitive stomachs were offered a choice of chicken noodle soup with or without the noodles.

And no matter what time you stopped by, volunteer waiters would run to greet you and refill your water bottle, all the while trying to tempt you with the specials of the hour.

After the euphoria of the first two loops, Stone Cat pounced on my third. For no apparent reason, my right knee periodically refused to function and I was forced to add more walking to the mix. I have been studiously trying to avoid a toe operation by becoming a frequent shopper at Foot Smart, but unfortunately my dysfunctional toe chose that moment to demand another online upgrade. Still, I completed the third go-around with a full eight minutes to spare, an improvement over my two prior misses.

And Karen was waiting! Mercifully, we walked the initial section which was liberally strewn with nasty Stone Cats. Unfortunately, the next segment featured the longest hill of the race. It wasn't all that steep, but by loop four, it was relentless. So where I should have been jogging, I was reduced to catty-corner sidestepping.

Night curtains quickly in the Deep Woods. One minute I was gamely shuffling, the next I was squinting. While cats are nocturnal and have no need of glow sticks or reflective tape, I would have gladly added a few dollars to my entry fee to fund a few helpful fireflies. But then would I have been a true Stone Cat? Bereft of sight, my other senses overcompensated. I heard an owl, a dog (or coyote?) and even the tiniest mousey squeakings. Foraging deer magnified into mountain lions or bear. Now I know why migrating geese waste valuable flight energy honking. For the same reason I kept talking to Karen who bounded ahead, determined that I make the cutoff and earn my jacket.

About halfway through, Karen began to hint, "You, know, it's just a jacket. The marathon fleece is nice too." I whined that I REALLY wanted that particular jacket. With no reserves left, I dangled my final peace offering: "If you just get me to the jacket, I promise I will never, ever, ask you to do anything like this again." Karen hesitated a moment, then replied that she was thinking of having this same conversation with me a few days after the event. The chips were down, my cards were played.

Along the way I learned what it takes to make a good pacer: she carries several bright lights, wears easy-to-spot pink sneakers, and dots her back with reflective tape to entice the brain-dead into forward hunting motion. At the last aid station, she yanks me away before I get to sample the red wine, the white wine or the peppermint schnapps. And she arranges for little morale boosters: we passed somebody! We were not last! We edged out a twentyish guy and his girlfriend pacer who seemed more like they were having date night than an ultra experience. Whatever keeps you going!

Unbeknownst to either Karen or I, Jeff observed the clean up crew packing away the jackets, so he reflexively pounced on one just my size. Despite finishing over the cutoff, I still earned

my jacket, if only by a whisker. I am wearing it now as I type. Riley is snuggled on my lap, purringly resting head and paw on a bright red sleeve. He approves!

Oh and did I mention that Riley is a black cat, apparently inheriting his full share of supernatural power. My Stone Cat warrior's bib proclaimed #223, both 2s representing the number of times I failed to make the checkpoint and the 3 for "the third time's the charm." My total elapsed time was 13:22:23. Better still, my tune-up race at the Hairy Gorilla Half Marathon yielded a 2:23:34. Not that I'm superstitious, but I would swear Riley and Stone Cat were in cahoots.

Would I do it again? My friends have tactfully told me they suspect 50 miles is not my distance. They are probably right. But an Alaskan summertime 50 with guaranteed around the clock daylight...now that's another story altogether.

*Laura Clark*

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## **Stone Cat 50**

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This year I finally let my friends talk me into going to the Stone Cat Trail Races. I've been asked more than once before but I never did accept the invite. They're a tough crowd that I run with. Karen, Rob, Laura and Jeff have been known to order \$50.00 bottles of wine at pre and post race dinners and not even bat an eye over it. I told you they're tough.

Race morning was pretty darn cool with temps in the 20's but no wind. Still from what I've heard about from past years, this was pretty good weather. I went with shorts from the start but had an extra long sleeve shirt and gloves on. Except for my hands which took almost 1 hour to get warm I was very comfortable. After the first loop I shed my extra shirt but ended up keeping the gloves for the whole race. I did put the shirt back on for the last loop which was later in the afternoon.

The 50 mile race consists of running four 12.5 mile loops. At the end of each loop you have to run through the clock / finish line before doing anything else. I had my drop bag about 75 feet away so I would finish the loop then run over to my bag and refuel and get anything else I needed before heading back out for the next loop. Somewhere along the line I guess I wasted too much time between loops because checking my watch at about the 49 and a half mile mark I realized that I had about 4 minutes left to finish in under 9 hours. I'm also smart enough to realize that there was no way I would be able to do it. I gave it my best but came up 33 seconds short. It's still my best 50 mile time ever so I'm very happy about it, but there's that "what if" question that just won't go away. I suppose I can try again next year but I don't think it will ever be the same.

So like a \$50.00 bottle of wine, I'm not going to waste a drop of my time the next time around.

*will run*

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# WMAC's Christmas Party

## Saturday, December 12, 2009

**This year's festivities will take place at the PNA Hall on Victory Street in Adams.**

**Social / cocktail hour begins at 6pm with dinner at 7 pm.**

**Dinner will be a buffet catered by Boston Seafood.**

As in the past, dinner is free to club officers and to members who have volunteered at three club races in 2009. For all others, the cost is \$15 per person. This includes dinner, tax, tip, coffee and dessert.

Please return the form below before December 4th with payment to:

WMAC – fa la la la la

P. O . Box 356

Adams MA 01220

In order to hold your reservation we are also asking those who will receive free dinners to also send in payment which will be returned at the party.

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

or Fran Mach .....413 – 743 – 5124 ..... [poncherosa@yahoo.com](mailto:poncherosa@yahoo.com)

by Dec. 4<sup>th</sup> to let them know you're coming.

Hope to see you there!

-----  
NAME (s) \_\_\_\_\_  
\_\_\_\_\_

**Please list races worked for free dinner:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Western Mass Athletic Club**

**P. O. BOX 356  
ADAMS, MA. 01220**

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

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

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

NAME ( S ) \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
TEL \_\_\_\_\_ D O B \_\_\_\_\_ SEX \_\_\_\_\_  
E-MAIL \_\_\_\_\_

Send Address Changes  
ASAP To:  
WMAC  
P O Box 356  
Adams, MA. 01220

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

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

**Send Form & Fee To: W M A C  
P O Box 356  
Adams, MA. 01220**

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

Interest (s):

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

OTHER \_\_\_\_\_

*Vol. 15 . . . Issue . . . 5 . . . Late Autumn . . . 2009*

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The Hot – Line . . . 413-743-5124