



# Trail Running News ... Western Mass Athletic Club

Vol. 15..... Issue 4 ..... Late Summer ..... 2009

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

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## Savoy 2009: Heat, Mud, Views, and No Water

by Bob Worsham

Long distance trail running is a delicate balance of pre-race nutrition and fluid intake and proper timing of when to unload all the "nutrition" that you took in leading up to the start time. You always see guys (and even gals now) running a few feet into the woods at the start line of a race to take a last-minute pee. Do you ever see anyone jumping out of the start line to take a last-minute dump? I never see anyone poised with toilet paper in hand on the start line. The night before I had loaded up with about 5lbs of pasta, and, at about 4:30AM, I ate two Clif Bars because there weren't any Luna Bars available. Thus, when I arrived at North Pond at 7:30AM I was blue from holding my sphincter muscle tight for the last 10 miles of the trip. I jumped out of the car and ran up to the permanent-structure bathroom with porcelain seats. When you anticipate sitting on the toilet as you walk through the bathroom door, things start to happen inside your body that you have no control over. Well as I opened the door to the men's room there was a young female park employee cleaning it. I had to go back outside and wait 5 minutes, and when I finally sat, well . . . it wasn't pretty. I could write this whole article about what happened next, but I don't think you'd want to hear it unless you were Farmer Ed, who gets a kick out of scatological situations and humor. Needless to say, I will add an item to my night-before checklist that involves an extra pair of running shorts.

This year and last year the Savoy course has changed to an 11-mile loop, done twice if you are doing the long race. I think the purpose of this change was to avoid the deep black mud on the old course. This new course is very good; it was designed by Farmer Ed. He knows the trails all over central and western mass. The pros are that it is new and novel, very scenic, has a beautiful view of Mt. Greylock across the valley with Adams in the middle, has a variety of running terrain, and plenty of places to pass (if you can still pass people). It also is still held at the great North Pond picnic area where friends gather and you can rinse off in the lake afterward.

The cons are that it has a lot of mud spots in the trail that you can't get around and that you have to go right through, unlike the old roads on the original course where you might be able to run up on the rim if you didn't slip and fall in and get bitten by mud snakes. Even though it was dry Sunday the mud bogs were still there. I saw a guy get a shoe sucked off early in the first mile. More pros are that it doesn't have too much forest road. I really love the section that goes from the 5-mile waterstop up to Spruce Peak for the view across the valley.

I took a small camera and took some pictures and videos. When I got to the top of Spruce peak I pulled it out (the camera) and as Dave Raczowski and Michelle Roy came up behind me I got their picture. On the way down the trail from Spruce Peak I got a video of Michelle running in front of me. However, I was running too, so it's very bouncy; I'm lucky I didn't trip and get that camera up my nose. I arrived back into the North Pond area after my first 11-mile loop. I had intended to do the 22 miles, but had doubts at that point. I spent 10 minutes hydrating, drinking Perpetuem, eating stuff, and taking drugs. I decided to go out for the second loop and told Bob Dion to delete my time from the 11 mile race.

In my second loop in the two mile stretch to the first waterstop on the loop I didn't see a single soul. After that waterstop it was pretty difficult to the 5-mile waterstop because I was hot, tired, and had no energy. One guy passed me just before heading downhill from the top of the mountain. It was getting very hot as mid-day approached.

Continued next page:

## 2009 Savoy cont:



**Michelle Roy and Dave Raczkowski climbing Spruce Peak**  
photo by Bob Worsham

As I was getting to that 5-mile waterstop I drained my single bottle and poured a powdered serving of Perpetuem into it to be ready to refill it at the stop. When I arrived at the stop all the jugs were empty. I couldn't believe it. I counted 8 empty gallon containers. I took each one and tried to get the last few drops out of it into my bottle. They were pretty much dry. With 69 people in the 11 mile race and 41 people in the 22 mile race that is 151 people hits on that water. And that doesn't include the people that dropped out. That's 7 ounces for each person who stopped. I took 3 times that on my first stop there to fill up my 20oz bottle. I hoped that people hadn't been dumping it on their heads; but I heard later that they were. Here is a rule for all you new trail runners. Don't dump the drinking water on your heads; drink it or leave it. Use the cool clean streams to put water on your heads, your face, your body, and take off your shirt and dip it in, then wear it. Women are especially invited to do this. Martin, you got some 'splainin to do.

So at this point I was faced with four miles to the next waterstop, the Spruce Peak climb in between, nothing to drink, and no way to take my next scheduled electrolyte capsules in 35 minutes. I considered the drop-out option. It would be an easy walk back down the trail to the North Pond area. Many people probably did not know of this shortcut to drop out. Then I started thinking that if I dropped out here I wouldn't see Waterstop Shirley at the next waterstop. There, the decision was made; I had to see Shirley again! (see the separate article on Shirley) Once making this decision I decided to take it easy rather than take a chance on heat stroke and bonking. I walked a lot of hills and jogged very slowly on the downhills and levels, as I'm sure a lot of others did. As I found out later, this water ran out much earlier than when I reached it.

One guy I passed on the way to Spruce Peak was a tall slender young guy who looked about 25-30. He was wearing a camelbak that was empty at about mile 18. I couldn't believe a camelbak was empty. I don't know if he didn't fill it after the first loop or just drank it all as he made his way into the second loop. After I went past him he sat down on a rock and I turned

around and asked him if he wanted an electrolyte capsule or some Hammergel. He said he had been taking them, so I just kept going. Offering him Hammergel made me think of taking some myself. When I did I discovered that it was very hot and a very runny liquid. A light bulb went off in my head. Take the electrolytes with my hot liquid Hammergel. This worked like a charm and might have saved me.

Finally, I got to the Spruce Peak uphill and what did I see? Dave Raczkowski was coming down. I couldn't figure out how he had gotten ahead of me since I remembered that I got into the start area before him at the end of the first loop. Then I realized that I had spent 10 minutes at the half watering up, eating a Hammer bar, and taking Advil and B12. Also, Ed came up to me at the half and was talking to me while I was eating stuff. I think Dave got out of the half without stopping long. So he appears to be coming back well now from his knee surgery a couple years ago.

After I achieved the Spruce Peak summit I knew I could finish the race. There was a guy at the uphill junction just before this climb to make sure no one failed to go up the hill; his name was Mike. I asked him if he wished this race would be over because he was going to have to be there until everyone was in. He said he was fine but wished he had brought water up with him. I took a picture of him and a little video.

It was easy back down the hill, and I jogged all the way to the 9 mile waterstop where I knew Shirley would be waiting. It was great to get some water into me at that point and take a picture of Shirley. So it was on to the finish for the next two miles. I came in at 5:47:30, a far cry from my old days at between 3:30 and 4:00 (on the old course and 10 years younger).

After finishing, I sat on a rock by the water barrel and drank water for about 15 minutes. After I collected myself I got my clean clothes and a towel and went to the hidden "rock" to rinse off. Guess who was there fishing? Mark Syrett! He hadn't run the race and was just there fishing with two poles in the water. So I asked if I could rinse off and did. While I toweled off we talked. He lives near Kevin Simons in Hamden, MA, but went all the way to North Pond to fish. Remember Kevin? Also, did you all see that Rich Busa finished the 11 miler? What is he now, about 79? Wow, what a man! Whenever I feel like packing it in I just think about him. No Poncho or Ellen in sight. Maybe they were out on the old course looking for mudsnakes to catch.

After cleaning up I couldn't eat anything at the picnic, so just left. I did stop at Coffee Roasters on route 2 and got a French roast coffee and pecan tart.

*The Worshamer*

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## Welcome New Members

**From Massachusetts:** Sherry Gibson  
Tim Drake Chris Alberti

**From New York:** Rich Chipman

**Thanks for supporting the WMAC!**

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## Savoy Mt. Trail Races

22 Miles .... 11 Miles .... 4 Miles

Savoy Mt. State Forest .... Savoy, MA. .... 8 / 16 / 09

Sunny -- Hot -- Humid -- High of 87\*

WMAC members in bold:

### 11 Miles:

	<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1	Andy Hall	M 37	MA	1:37:49	84.17%
*	Kent Lemme	M 42	MA	1:38:52	83.28%
*	Patrick Rondeau	M 34	MA	1:41:32	81.09%
2	<b>Jim Preite</b>	M 45	MA	1:44:32	78.76%
3	David Loutzenheiser	M 42	MA	1:47:17	76.74%
4	<u>Amy Lane</u> 1 <sup>st</sup> F	F 30	MA	1:49:31	75.18%
5	Craig Coons	M 52	MA	1:51:01	74.16%
6	<b>Andy Sheldon</b>	M 38	MA	1:51:54	73.58%
7	Mark Staples	M 40	MA	1:54:24	71.97%
8	Stanislav Trufanov	M 30	MA	1:56:01	70.97%
9	Andrew Wolf	M 19	VT	1:57:43	69.94%
10	Khafiz Gondry	M 29	NM	1:59:03	69.16%
11	Randy Zucko	M 38	MA	1:59:10	69.09%
12	Mike Clark	M 32	RI	1:59:16	69.03%
13	<b>Todd Brown</b>	M 45	CT	1:59:55	68.66%
14	Bruce Shenker	M 56	NY	2:00:36	68.27%
15	Chris Carradino	M 30	MA	2:01:02	68.03%
16	<u>Roxanne Wegman</u>	F 22	NY	2:02:21	67.29%
17	<b>Tim Drake</b>	M49	MA	2:02:57	66.96%
18	Alastaire Duffy	M 36	New Zealand	2:03:45	66.53%
19	<b>Joe Gwozdz</b>	M 56	MA	2:04:14	66.27%
20	John Peabody	M 54	RI	2:05:29	65.61%
21	<u>Sheila Niedeck</u>	F 48	MA	2:05:37	65.54%
22	<u>Pamela Desigmore</u>	F 40	NY	2:08:20	64.16%
23	<b>Peter Lipka</b>	M 58	MA	2:08:42	63.97%
24	<b>Thomas Parker</b>	M 41	NH	2:08:50	63.91%
25	Mick Tooker	M 30	MA	2:10:36	63.04%
26	Joseph Roucken	M 26	CT	2:12:11	62.29%
27	<u>Kathy McCarthy</u>	F 50	MA	2:12:43	62.04%
28	<b>Fred Pilon</b>	M 63	MA	2:13:41	61.59%
29	<u>Rachel Clattenburg</u>	F 25	NY	2:13:43	61.57%
30	<u>Sara Brenner</u>	F 29	NY	2:15:31	60.76%
31	<b>Wayne Stocker</b>	M 55	MA	2:16:06	60.49%
32	Douglas Cummings	M 47	MA	2:16:06	60.49%
33	<b>Dan Danecki</b>	M 50	MA	2:18:30	59.45%
34	Thomas Tift	M 51	NY	2:19:42	58.94%
35	<b>James Hartwig</b>	M 29	MA	2:21:48	58.06%
36	<b>Rob Scott</b>	M 55	CT	2:24:55	56.81%
37	Dan Wagner	M 52	MA	2:25:29	56.59%
38	<b>Denise Dion</b>	F 51	VT	2:26:59	56.02%
39	Fred Perrotta	M 42	NY	2:29:54	54.93%
40	<u>Yukiko Nishide</u>	F 47	NY	2:34:48	53.19%
41	Hiroyuki Nishide	M 48	NY	2:34:48	53.19%
42	Vincent Lindsley	M 32	CT	2:37:21	52.33%
43	<b>Sherisa Sterling</b>	F 56	MA	2:37:37	52.24%
44	<b>Jodie Lahey</b>	F 31	MA	2:38:33	51.93%
45	<b>Darlene McCarthy</b>	F 46	MA	2:40:53	51.18%
46	<u>Susan Wong</u>	F 61	NY	2:42:37	50.63%
47	<u>Bekkie Wright</u>	F 46	CT	2:42:41	50.61%

48	Joseph Poliquin	M 57	CT	2:42:45	50.59%
49	<u>Maryalice Eckart</u>	F 44	MA	2:43:02	50.50%
50	<u>Dee McWilliams</u>	F 44	MA	2:43:02	50.50%
51	<b>Ed Alibozek, Jr.</b>	M 61	MA	2:47:23	49.19%
52	Patrick McGrath	M 44	MA	2:47:29	49.16%
53	<u>Kathleen Furlani</u>	F 61	CT	2:48:04	48.99%
54	Eric Nelson	M 32	MA	2:51:08	48.11%
55	Lawrence Seward	M 64	NY	2:54:39	47.14%
56	Patrick Smelko	M 38	MA	2:54:44	47.12%
57	Chris Harrison	M 56	MA	2:56:59	46.52%
58	<u>MaryLou White</u>	F 53	CT	2:58:57	46.01%
59	<u>Julie Omara</u>	F 37	MA	2:59:27	45.88%
60	<b>Bob Massaro</b>	M 65	MA	3:05:53	44.29%
*	<b>Edward Alibozek</b>	M 46	CT	3:08:27	43.69%
61	<b>Bill Glendon</b>	M 63	MA	3:13:57	42.45%
62	Walt Kolodzinski	M 66	MA	3:16:59	41.80%
63	<b>Rich Busa</b>	M 79	MA	3:18:52	41.40%
64	<b>Karen McWhirt</b>	F 48	CT	3:24:30	40.26%
65	<b>Jamie Howard</b>	M 44	NY	3:35:04	38.28%
66	<b>Konrad Karolczuk</b>	M 56	CT	3:28:11	39.55%
67	Luke Baillargeon	M 29	MA	3:45:22	36.53%
68	<b>Dick Hoch</b>	M 69	CT	3:48:22	36.05%

\* Unofficial results for runners starting late

*27 runners dropped down to 11 miles after the first loop*

### 22 Miles:

	<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>1st Loop</u>	<u>Total</u>	<u>GT %</u>
1	Jim Johnson	M 32	NH	1:22:20	2:53:58	100.00%
2	Leigh Schmitt	M 37	MA	1:26:18	2:59:54	96.70%
3	Brian Rusiecki	M 30	MA	1:26:09	3:00:17	96.50%
4	David Herr	M 44	VT	1:26:09	3:12:52	90.20%
5	<b>Rob Higley</b>	M 55	MA	1:36:54	3:23:32	85.47%
6	Brian Nelson	M 29	CT	1:41:54	3:26:17	84.33%
7	Todd Walker	M 42	MA	1:37:31	3:27:48	83.72%
8	Josh Merlis	M 27	NY	1:52:49	3:42:21	78.24%
9	Joseph Hayter	M 29	NY	1:52:49	3:42:21	78.24%
10	Matt Reynolds	M 39	MA	1:42:50	3:44:18	77.56%
11	Brad Reed	M 25	MA	1:37:52	3:48:10	76.25%
12	Don Pacher, Jr.	M 37	MA	1:42:50	3:50:08	75.59%
13	Jay Kolodzinski	M 30	MA	1:45:13	3:59:58	72.50%
14	<b>Paul Funch</b>	M 59	MA	1:53:34	4:02:33	71.72%
15	James Doneski	M 40	NH	1:53:11	4:05:21	70.91%
16	<u>Sarah Dolven</u> 1 <sup>st</sup> F	F 39	MA	1:56:15	4:06:45	70.50%
17	Nate Wallace	M 28	MA	1:49:31	4:06:45	70.50%
18	Marty Ellowitz	M 55	MA	1:55:11	4:12:34	68.88%
19	John Kinnicut	M 46	NY	1:55:55	4:12:53	68.79%
20	<u>Donna Utakis</u>	F 41	MA	-----	4:23:40	65.98%
21	<b>Erik Wight</b>	M 49	MA	-----	4:23:59	65.90%
22	Takeshi Yamazaki	M 46	NY	-----	4:24:20	65.81%
23	<u>Kim Battidaglia</u>	F 37	CT	2:09:42	4:34:55	63.28%
24	<u>Yumi Ogita</u>	F 47	NY	2:14:59	4:39:23	62.27%
25	David Boudreau	M 37	NH	2:09:50	4:40:41	61.98%
26	<b>Will Danecki</b>	M 59	CT	2:05:00	4:47:05	60.60%
27	Brian McCarthy	M 40	MA	2:12:11	4:48:26	60.31%
28	Mike Belcourt	M 47	CT	2:06:46	4:50:56	59.80%

*Continued next page:*

Savoy results cont:

	<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>1st Loop</u>	<u>Total</u>	<u>GT %</u>
29	Mark Wigler	M 60	MA	2:17:19	5:00:31	57.89%
30	<u>Cheri Cavanaugh</u>	F 45	MA	2:17:12	5:08:35	56.38%
31	Mark Barton	M 37	NH	2:06:51	5:08:35	56.38%
32	<u>Michelle Roy</u>	F 39	MA	2:26:53	5:10:27	56.04%
33	Dave Raczkowski	M58	CT	2:26:53	5:29:27	52.81%
34	Mark Alfano	M 37	CT	2:23:09	5:35:42	51.82%
35	Lawrence Seward Jr.	M37	NY	2:39:52	5:45:22	50.37%
36	<b>Bob Worsham</b>	M 63	CT	2:24:22	5:47:28	50.07%
37	Bob Wheeler	M 32	CT	2:24:58	5:48:06	49.98%
38	Joe Kusnitz	M 32	CT	2:23:50	5:48:06	49.98%
39	John Loring	M 62	MA	2:53:48	5:57:58	48.60%
40	<u>Laura Clark</u>	F 62	NY	2:53:04	6:43:37	43.10%
41	Tim Rothfuss	M 40	NH	2:30:56	7:04:13	41.01%

**4 Miles:**

1	Richard Godin	M 54	MA	37:42
2	<b>Scott Bradley</b>	M 54	MA	38:15
3	Roy McCluskey	M 41	MA	39:11
4	<u>Cindy Hajjar</u>	F 38	MA	41:54
5	<u>Pamela Coons</u>	F 23	MA	42:26
6	<b>Ed Saharczewski</b>	M 55	MA	43:07
7	<b>John Aldrich</b>	M 50	MA	43:22
8	<u>Tricia Hajjar</u>	F 36	MA	44:25
9	Mike Murray	M 35	MA	47:58
10	<b>Ken Fairman</b>	M 65	MA	48:12
11	<u>Mary Kennedy</u>	F 51	MA	48:12
12	<u>Christine Alberti</u>	F 42	MA	52:08
13	<b>Brian McCarthy</b>	M 47	MA	56:29
14	<u>Sheryl Gibson</u>	F 40	MA	57:30
15	<u>Karin Bradley</u>	F 52	MA	1:01:48

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**Savoy Jigsaw**

by Laura Clark

According to Wikipedia, The People's Online Free Encyclopedia that no one admits to referencing, "A jigsaw puzzle is a tilting puzzle that requires the assembly of numerous small, often oddly shaped, interlocking pieces...Jigsaw Pieces were originally created by painting a picture on a flat, rectangular piece of wood, and then cutting that picture into small pieces with a jigsaw, hence the name." Rather like Race Director Martin Glendon's map of the newest version of Savoy.

Marty's map is a work of art, accessorized with colorful stamps jigsawed around notable terrain features. You can really see how much he cares about his race and how much he wants you to enjoy it. This year I actually identified the South Pond landmark although I did not personally encounter the puzzle piece trout. I would prefer to think that recognition came because I was so much more familiar with the course. In reality, though, I am forced to admit it was because I was so much slower.

Last year I did amazingly well, even clocking a negative split second loop. I didn't have to go off course to log that lifetime achievement. Perhaps. In true Breakneck fashion, it was difficult to tell where the course ended and Neverland began. This year, the trail was marked so much better that I stood no chance of catching up to some of the faster runners who, intent on the chase, forge blindly ahead. Reassured by the abundance of ribbons, I soon joined the ranks of the oblivious and slingshot backwards from some yellow caution tape when I failed to notice a well-marked left-hand turn.

In recognition of our unrelenting tropical rainy season, I added ten minutes to my goal time. After the first loop, I realized that I hadn't fully appreciated the mud and tacked on another ten for extra insurance. This left me plenty of time to ponder one of the trail's great mysteries: footwear, or possible lack thereof. While I barely kept my shoes attached to my feet, I might as well have been going barefoot for all the good they did me. Every rubber rock-gripping, anti-gravity crevice was totally clogged with mud. Why agonize over a few manufactured ounces of shoe weight, when I was running with five pound cement blocks attached to my feet? And what good, really, are all those ATV-tractioned soles when confronted with serious Savoy mud? We should offer Savoy as a testing ground for future shoe models.

After the first loop, twenty-seven runners thought they had enough fun and called it an experience they didn't care to repeat. The mud, combined with the tropical heat, the first all summer, took its toll. But after a cute miniature Coke at the buffet table, I thought I was ready to go. I was actually a bit ahead of target and figured I had a fighting chance. But somehow, I never regained any semblance of enthusiasm. This was truly puzzling. It was tougher suctioning my two plungers out of the mud, but I had been doing that all summer so I had put in the training. It was hotter, but heat doesn't bother me all that much. I think it was the lack of the 27 who normally would have been slugging it out with me in the rear. The loneliness of the long distance runner not withstanding, I truly wanted some conversation.

As I approached the out-of-category climb up Spruce Hill, I casually glanced at my water bottle and started looking around for cacti or other water-containing plants. All I found was mud puddles and lurking Guardia bacteria. On the first loop, as Darlene and I hit the second water stop we were wondering if the liquid would persevere through a hot second round. Remembering this observation, I shifted into low gear and began my death march, afraid that running would require too much water. As I had feared, the water had long since evaporated. So I trudged on. My plan was that when I met up with the walkie-talkie guy stationed at the bottom of the hill I would inquire about the status of the nine-mile water stop. I figured I could make it to the top on my two swallows and survive the downhill to the next refueling point. Along the way, I finally did encounter someone else. He was sitting dejectedly at the side of the trail, completely waterless. What to do? I played Good Samaritan but was secretly and ashamedly glad when he refused, saying he was going to turn around. He didn't and I didn't either.

**Continued next page:**

Savoy Jigsaw cont:

So we both finished but it wasn't pretty. Somewhere along the way I abandoned all thought of adding another four miles for a marathon. What was I thinking?

The moral of the story is that water in jugs are for drinking, not bathing. Streams are for bathing. On a bright note, perhaps a muddy sneaker sticker could be added to next year's jigsaw. Then every year thereafter we could chisel in another telling souvenir. Survivors would be award their own jigsaw copy to piece together, laminate, mount and display. Alongside our petrified mud-encased sneakers.

PS. Next time you see Marty be sure and thank him for all the trail-clearing hours he and his loyal WMAC contingent logged to make Savoy a possibility and North Pond / South Pond a snowshoe event to look forward to!

*Laura Clark*

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**Savoy Mountain Man**

Howdy sod runner. Is your trail a mite hard?  
Then I think it should cheer you if I tell of a pard  
Who was caught on a trail in Savoy 2008  
With a hunger and thirst that would not abate  
Now I'll turn back the pages to a mid August sight  
When Jim Johnson was running a trail, pretty light

Jim Johnson's legs are weary  
And the rest of his body too  
His tank is running on empty  
He has no grub to get him through.

The trail is hard and all uphill  
The sun is dropping low  
There's mud up in the mountains  
And Jim's got far to go.

But Jim flies through the forest  
Though his armor's got a crack  
He cruises through the finish line  
With a breakdown on fast track.

Jim wanders over to get some grub  
He seems a bit bogged down  
His race is won, he's letting go  
He thinks he's westward bound.

But Jim Johnson comes back from the brink  
He gives assurances that he is fine  
With fond memories of Savoy  
He returns to victory in 2009!

*Marty Glendon*

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**WMAC's Trilogy Series .....**  
**Greylock -- Savoy -- Monroe**  
**Standings after the first 2 races**

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**Long course:**

<u>Name</u>	<u>Age</u>	<u>Grey</u>	<u>Savoy</u>	<u>Total</u>
			<b>22 miles</b>	
1 Brian Rusiecki	M 30	1:42:14	3:00:17	4:42:31
2 <b>Rob Higley</b>	M 55	1:54:41	3:23:32	5:18:13
3 Jay Kolodzinski	M 30	2:04:37	3:59:58	6:04:35
4 Mike Belcort	M 47	2:29:40	4:50:56	7:20:36
5 <b>Will Danecki</b>	M 59	2:40:59	4:47:05	7:28:04
6 <b>Michelle Roy</b>	F 39	2:39:29	5:10:27	7:49:56
7 Mark Barton	M 37	2:44:32	5:08:35	7:53:07
8 Dave Raczkowski	M 58	2:55:51	5:29:27	8:25:18
9 Mark Alfano	M 37	2:55:06	5:35:42	8:30:48
10 John Loring	M 62	3:10:32	5:57:58	9:08:30
11 <b>Laura Clark</b>	F 62	3:41:11	6:43:37	10:24:48

<u>Name</u>	<u>Age</u>	<u>Grey</u>	<u>Savoy</u>	<u>Total</u>
			<b>11 miles</b>	
1 Patrick Rondeau	M 34	2:02:32	1:41:32	3:44:04
2 Stanislav Trufanov	M 30	1:59:25	1:56:01	3:55:26
3 <b>Jim Preite</b>	M 45	2:12:39	1:44:32	3:57:11
4 <b>Amy Lane</b>	F 30	2:11:32	1:49:31	4:01:03
5 <b>Todd Brown</b>	M 45	2:09:59	1:59:55	4:09:54
6 <b>Andy Sheldon</b>	M 38	2:27:52	1:51:54	4:19:46
7 Craig Coons	M 52	2:29:22	1:51:01	4:20:23
8 Bruce Shenker	M 56	2:27:42	2:00:36	4:28:18
9 <b>Fred Pilon</b>	M 62	2:38:13	2:13:41	4:51:54
10 <b>Thomas Parker</b>	M 41	2:45:39	2:08:50	4:54:29
11 <b>Dan Danecki</b>	M 50	2:45:25	2:18:30	5:03:55
12 <b>Wayne Stocker</b>	M 55	2:48:09	2:16:06	5:04:15
13 Doug Cummings	M 47	2:48:51	2:16:06	5:04:57
14 <b>Rob Scott</b>	M 55	3:01:48	2:24:55	5:26:43
15 <b>Ed Alibozek</b>	M 46	2:25:36	3:08:27	5:34:03
16 <b>Denise Dion</b>	F 51	3:07:30	2:26:59	5:34:29
17 <b>Sherisa Sterling</b>	F 56	3:09:13	2:37:37	5:46:50
18 <b>Jodie Lahey</b>	F 31	3:27:15	2:38:33	6:05:48
19 <b>Julie Omara</b>	F 37	3:32:23	2:59:27	6:31:50
20 <b>Kathleen Furlani</b>	F 61	3:46:01	2:48:04	6:34:05
21 <b>Mary Lou White</b>	F 53	3:48:31	2:58:57	6:41:28
22 <b>Karen McWhirt</b>	F 48	3:42:00	3:24:30	7:06:30
23 <b>Bill Glendon</b>	M 63	4:09:00	3:13:57	7:22:57
24 <b>Konrad Karolczuk</b>	M 56	4:09:45	3:28:11	7:37:56
25 <b>Jamie Howard</b>	M 44	4:08:57	3:35:04	7:44:01
26 <b>Dick Hoch</b>	M 69	4:38:11	3:48:22	8:26:33

**Short course:**

	<u>Age</u>	<u>Grey</u>	<u>Savoy</u>	<u>Total</u>
1 <b>Scott Bradley</b>	M 54	26:22	38:15	1:04:37
2 <b>Ed Saharczewski</b>	M 55	27:24	43:07	1:10:31
3 <b>Pam Coons</b>	F 23	29:18	42:26	1:11:44
4 <b>Karin Bradley</b>	F 52	40:53	1:01:48	1:42:41

**Mixed:**

Kent Lemme	M 42	19:02	1:38:49	1:57:54
<b>James Hartwig</b>	M 29	28:47	2:21:48	2:50:35
<b>Ed Alibozek Jr.</b>	M 69	36:06	2:47:23	3:23:29

<b>John Aldrich</b>	M 50	3:06:59	43:22	3:50:21
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## Savoy MT. Revisited

by Jim Johnson

With the 40th anniversary of Woodstock this weekend, it was only fitting that I celebrate by spending almost 3 hours in the mud on Sunday... It's hard to believe that one full year has past since the last time I wrote about this race. After last year's experience, I was pretty sure I wouldn't be giving this another go...but as stubborn as I am, I should have known that I'd be back for more. I headed back out once again to Savoy Mountain State Forest in Savoy, MA for the Savoy MT. Trail races. Last year, this was my first 'real' long trail race (well, long by my standards) and you may remember my article on how wiped out I was afterward .

This year, I'm in better shape going in, have been doing higher (slightly) mileage, and took the necessary precautions for being out in the woods for close to 3 hours (in other words, taking more with me than my singlet and shorts). Here's how it all went down...

**Pre-race:** I headed out the door at about 5:15am from Salem, NH and had a smooth ride (about 2:45) out to Savoy, with a pit-stop in Gill, MA at the Mobile station. I saw two guys there with Boston Marathon shirts on...they took one look at me in my 'short' shorts and dry fit shirt, hopping out of my bright yellow Xterra with running-related stickers all over it and I guess put 2 and 2 together... I chatted with them briefly about heading out to the race and they had indicated that they were ultra guys doing this as preparation for their next race. Since this was as 'ultra' as I get, I couldn't really relate. 50 min. or so later, I pulled up to the parking lot and saw some of the usual suspects that show to these WMAC races. I didn't really know a lot of people there, but quickly met John Peabody (RI- TNT) who is a friend of Scott Mason's. I also met some very friendly runners from NY and others who all at one point or another indicated that they had read my race writeup of the previous year on my blog. Pretty cool I thought, and everyone seemed to have enjoyed the banter...in fact, since they all showed up, it seemed as though nobody was scared off by my post :). I made my way over to registration, where race director Marty Glendon actually immediately remembered me and started giving me some friendly ribbing about last year's race and the condition I was in afterwards. Also, the nice lady who basically saved my life last year after the race, remembered me too and was amazed that I was back and also asked me immediately, whether or not I ate breakfast that morning :). After chatting a bit, I headed back over to the car to get ready.

I went with the Inov-8 x-talon 212's, as I was told that the course was actually muddier than last year. I couldn't imagine how it could have gotten any sloppier, but was definitely in for a treat. I also prepared two hand-held water bottle/gel carriers I bought the day before. I filled both with water and packed 3 gels in each, along with some gummy thingies I bought at Whirlaway the night before. I also threw 2 gels in my shorts pocket in the back. I wanted to make darn sure I didn't bonk like last year. In preparation, I had run the day before, in the River Trail in Andover, MA carrying one of these. It was the first time I had carried water and it was a little cumbersome I thought, since I am so used to just running shorter road races where this sort of thing is not needed....but I weighed the two options... 1)

put up with carrying this bottle and deal with switching hands every so often, or 2) bonk and not finish. I made my way back over to the starting area and did a mile (half out half back) over the first part of the course...It was all coming back to me now...



**Yuki Nishide, Jim Johnson, and Takeshi (Casey) Yamazaki at the 2009 Savoy MT. trail races.**

photo by Hiro Nishide, supplied by Jim Johnson

**Loop 1:** After a brief talk about the history of the race, Marty lit what seemed to be an M-80 or something, which was louder than the cannon at the beginning of the Mt. Washington Road Race and we were off. Right before the speech, Bob Dion recognized Leigh Schmitt's accomplishments at Western States and everyone looked over at Leigh (whom I had never met) so I knew that there was one guy right there that was going to run out front. I also had a feeling that Brian Rusiecki was in the race (again, had never met or seen him) who has been winning a bunch of the WMAC races or running right near the top. Lastly, I was pretty sure David Herr was there as well, but I had only seen him a couple times and wasn't 100% sure it was him...so basically I was now sure that there was a better field up front in this race this year than last.

The explosion went off and we were off. The 11 and 22 mile races go off together, but I knew that all the top guys mentioned above would be doing the full 22miles.

Immediately, Leigh and Brian went out front and I tucked in behind them. There were 2 or 3 guys right behind me and we ran very tight for the first quarter mile or so. The trail doesn't take too long before it gets crazy. I stayed behind Leigh and Brian, who chatted back and forth about training and racing this past summer. It sounded, by what I could hear, that Leigh had been taking some time off from serious training. This only made me feel slightly better about my chances of running with him. I would say about a half mile or so in (by looking at the [course map](#)) Leigh and Brian ran a couple steps past a sharp right hand turn up a hill (by South Pond).

***Continued next page:***

### Savoy Revisited cont:

I vividly remember that turn and wasn't surprised they missed it. I yelled real quick 'right guys' and they stopped and turned quickly, but I was already at the turn so I went up ahead. That was it. I led for the next 21.5 miles.

The next mile or so is pretty straight forward trail with little up and down, out to the first water stop at 1.7. This water stop isn't very crucial in my opinion, especially on the first loop, but this year, they put the water stop across the trail so you could not run out onto the road too early. This wasn't the case last year, as it was on the corner and I ran right across the road and onto a trail I wasn't supposed to be on. A very good improvement this year and the volunteers at that stop were there directing the runners in the right direction. You hop out onto the road for a few seconds and then dip back into the woods. This is where it gets VERY muddy. Immediately, I noticed there was no way around any of the mud. It was right through and deal with it. This is all part of the fun and part of what this is about. I was liking it. Until about another half mile or so later, when my shoe got sucked clean off in one of the foot+ deep mud pits. I took the next step with bare sock and went straight down, but saw my shoe had come off but sat right on top of the mud. I grabbed it quickly and threw my foot back in and tied the lace tight (which I apparently neglected to do before the race began) and took a quick peek back. Leigh and Brian were coming and it looked like David was right with them. I hammered on and noticed that not soon after I came up to the area I went very wrong at last year. This year, there was an enormous tree down right where I took the wrong turn (twice) last year. I laughed out loud a bit and looked straight ahead and wondered how the heck I took the wrong turn at all last year. On I pressed.

It was up and down up and down, through mud, across little streams, along single track/double track, and 'barely' track trail until the first switchback that separates the long course from the short course. At this point I glanced and saw and heard what seemed to be 3 guys not too far back. I may have had a 60-70 yard lead or so by this point. The next part of the course is more of the same...more mud, more trails winding all around and up and down and eventually up to the 4.9 mile unmanned water stop, which is a bunch of jugs of water and some cups that had been laid out in the woods. I pressed on right by this, as I had my own water, which I had (up until this point) used sparingly. I took this moment to open up some of the gummies I was carrying and eat a few of those and put back some water. It was getting hot and I was feeling it a little bit, but was running very comfortable, all the while trying to realize that this was a LONG race and I hadn't even made it halfway through the first loop yet. If I started to feel it this early, I would be in trouble. I backed off a bit repeatedly when thinking of how much race was left. I also vividly remember most of the course from last year and knew what was ahead of me.

Not too long after the water stop, you cross through two areas of power lines, which open you up to the blazing sun. This was the hottest part of the course, as you scramble across a little bit of rock and tall grass, with no tree cover. It doesn't last long, but it does take some out of you. After crossing the second power line, this (in my opinion) is the toughest part of the course (especially on the 2nd loop). It is the beginning of the climb up

to Spruce Hill (2566 feet). It is a continuous mix of VERY rocky up and down trail that really starts to get your cardio going. I had a few uphill climbs in here on the first loop that I had to walk on and off. Not good I thought, being the 1st loop...but on the downhill and flat sections, I was rocking along, so I knew I was still not 'bonking' yet and it was just the nature of the climbs that was getting to me (as usual). The last push up to the summit of Spruce Hill is a technical rock climb, straight up a rock face. I'm not kidding. You are literally stopping in your tracks and climbing with hands and feet, straight up. There is no running involved here. I don't consider this the toughest part of the course, because you can't run it, so you are climbing up, but recovering at the same time. At this point in the race, I looked all the way down and could not see anyone behind me. As I came up across the top of the summit, I quickly looked to the left at the spectacular views, but had no time to enjoy it. It is immediately back down. The climb back down is treacherous at first. It is back and forth down rocks and rock steps, with sharp lefts and rights that is essentially tree-grabbing and swinging down. It then opens up slightly, but is still VERY steep down. Near the bottom, the trail connects with the previous trail on the way up, and if there are people on their way up, you can see them. I didn't see anyone, indicating that they were already past that point and maybe up at the top already.

The next mile + is mostly all down. The fastest part of the course by far. It opens up to an almost fire road type of trail and the footing is 'OK' considering. I rocked down across the two power lines and you come to a sharp right hand turn at the 9.1 mile water stop. This one is crucial in my opinion, although I didn't stop there on my first loop. It is 2 miles from the finish and great for refilling your water if needed. There is also some food at it as well as a couple of volunteers. I passed right through here, as I still had water in my bottle, although not much. I had left my other full bottle at the start, and was going to switch out my bottles when I went through the halfway point. Right after the 9.1 mile water stop, there is a decent stretch of fire road. Some parts are actually OK and others are treacherous. There was A LOT of mud on this part of the road and at one particular point (the funniest part of the whole race for me), I came to what looked like a shallow puddle of muddy water that went from one side of the road to the other. There was thick woods on both sides and no room to go around it at all. There was a little lip on the left side that you can run on for only half way, and then you have to get down into the water to continue on. I actually remember this from last year and knew that water was WAY deeper than it looked. Boy was I right. I got to the end of the lip and took one step into the puddle and almost disappeared. The water came clean up to my 'bathing suit area'. I couldn't help but laugh. For anyone who could have seen it, it must have been like watching a cartoon. The water was at least 3 feet deep (and it was by all outward appearances, just a puddle in the road). After that, was another that wasn't as bad, and then a stream crossing that you had to step through (or scramble across a few large submerged boulders). It was rushing pretty good and was emptying into a small swamp. It was about 10 or so feet wide, so you couldn't jump it, but you could see right to the bottom. It was probably the same depth or a little deeper, than the previous puddle, but the water was crystal clear and COLD.

*Continued next page:*

### ***Savoy Revisited cont:***

It was actually refreshing, and good that it kinda cleans all the mud off you (for like 5 seconds before you hit the next part of the trail that is all mud).

After the end of the fire road, I looked back (this gives you the longest stretch you can see behind you) and I couldn't see anyone. It was like last year, but still I was running scared the entire way. I crossed over the power line again (as it switches back) and dipped back into a very dark and muddy section that has a continuous climb to it. This is a pretty tough slog and tough part of the course, but because you are in the last 2 miles of the loop, it doesn't seem as bad mentally because you are either close to the end of the first loop (when you hit it the first time) or at the end of the race (on the second loop). It winds up to another wider trail (almost road) that brings you back down to the start. Once you get up to the wider trail, there's a lot of downhill and you eventually come out to a section along Central Shaft Rd., where you can see the pavement and you know you are almost home. This is a huge mental boost. As I hit the pavement and made my way back up the road to the starting area, I took a few looks behind me (you can see maybe 200-300 meters at one point) and I didn't see anyone back there. There were a lot of people cheering, which was cool, as I made my way past the clock and stopped quickly at the water stop table to grab my full water bottle and leave my empty one. I had been somewhat conservative with my water up until that point, and had about an inch left in it when I had hit the pavement, so I opened it up and dumped it on my head to cool off (knowing I was just a minute away from grabbing a fresh one). Somewhere over the first loop I had also taken a gel. I just can't remember exactly where it was, but it was at a point where I was on a climb and had time to break it out. I came through half way in just over 1:22, which put me on pace for a sub-3hour run...but I knew my second loop would be 10+ minutes slower, just due to the nature of the race...

#### **Loop 2:**

At the start of the second loop, I began to think a lot about the next few guys. I thought about how they were all ultra guys and predominantly trail guys and wasn't sure how they tackle races like this. The course was very technical and I wasn't sure that my quick first loop would hold up to maybe 2 steady loops that they may be running. I also envisioned that they may have been running conservative on loop 1 and would hammer loop 2. It's funny, all the things that cross your mind during long solitary runs like this...

By the time I hit the road after the first water stop, I started to really feel tired on all the uphill parts of the course. My pace would drop right down to a crawl as I made even the smallest of ascents. Each time this happened, I kept telling myself that I was losing ground and was going to be caught. I kept thinking over and over that if I could make it to the top of Spruce Hill, I could win it (having less than 4 miles to go at that point). But more and more, as I started to hit the muddy parts of the course from Tyler Swamp (the road at 1.7 in) my pace got slower and slower. I wasn't 'bonking' yet, but I felt close. I took more and more water and another gel...all the while looking back and waiting to see a jersey or two through the woods. Occasionally I

thought I heard something, but in looking back, I figured it was either me hearing things in my diminishing mental state, or animals scurrying across the trail.

As I hit the first big switchback that separates the long and short course, I looked back and saw nothing and pushed on. There is some decent climbing in this section up to the water stop at 4.9 miles. As I hit the water stop, which had been untouched when I first came through, it was a disaster. All the jugs were toppled over and cups everywhere. I didn't stop, but did take out another gel (my 3rd) and had some of my own water. This was the start of the toughest part of the entire race in my opinion. The climb up past the two power lines and then to the scramble up Spruce Hill is TOUGH on the second lap. I walked ALOT of this, as my legs started to give out on me like last year. The main difference this time around though was that this year, other than on the climbs here, my body was holding together and I felt good...tired...but good. By the 4.9 mile water stop last year, I was toast. I was walking even the flat parts. This year, I was fine on the flats and could keep up a good rhythm. Through this section on the second loop this year though, I couldn't keep up the running on the ascents, as I had for the most part on the first loop.

When I hit the climb up Spruce Hill, I got to recover and felt like I actually climbed it faster the second time. I lapped my first runner here. After a mad scramble down the back side of it, I had two of my closest calls all day. One was right at the top of the summit as I started to jump down (there are a lot of sections where you actually need to jump down to the next rock or level), I missed the mark and almost went over the edge. Instinctively, I lunged out and grabbed a small tree that was sturdy enough to hold me and I pulled myself back onto the trail. Not too long after that, I rolled my ankle for the first and only time (amazingly) all day. It wasn't too bad, and I was able to shake it off less than a minute later. As I came back down to the section of trail that shares the trail with the ascent, I ran right into Leigh and Brian. They were side by side going up. I quickly exchanged 'good job guys' with them and pressed on. This was the first assurance of how much of a lead I had, in probably 15 miles. I knew that they still had most of the climb up to the summit to go, and then a lot of the descent, which was multiple minutes...so that was the first time I felt like I could actually win the race. That feeling didn't last long though, as I started to think about it and realized that I only saw Leigh and Brian...I didn't see David...so I started to think that maybe David was ahead of them and he was up near the top when I saw the other two runners, and that wouldn't put him too far behind me... this was enough to make me think for the rest of the time, that Leigh and Brian were not in 2nd and 3rd place...but I pushed on and really worked the downhill all the way back to the 9.1 mile waters top. From the top of Spruce Hill (7.6 mile mark) onward, I was also out of water, as it was growing hotter outside and I was working a lot harder on the second loop. My plan was to fill the water up at the 9.1 mile stop, which would last me to the end. As I neared the last water stop, I started passing a lot of the folk who were grinding through their first loop. This helped me, as many of them offered encouragement as I went by and I, the same. It was also nice just seeing people out there, as most of my run was just me with my thoughts.

***Continued next page:***



### Savoy Revisited cont:

As I approached the last water stop at 9.1, one of the volunteers was about 20 seconds up the trail and saw me coming. I yelled to him and asked if I could get my water bottle filled and he immediately yelled back to the table to get a jug ready. I had already unscrewed the cap and had the bottle ready to go. I hit the table and the woman had the jug ready and filled my bottle in literally 3 seconds as I grabbed one quick cup of water off the table, threw it over my head, grabbed the bottle and took off. It worked out perfectly.

The next part of the course was back long the fire road and through the waist deep puddles and stream. I didn't screw around this time and ran right through them (well, waded through them). At the end of the road, I was still peeking back to make sure that whoever was running in 2nd place was not closing. After the fire road, I continued to pass lapped runners who were all giving me words of encouragement. This took me back into the back side of the Tower Swamp area where it is very dark, muddy, and a steady climb up and out to the last wide trail back to the finish. I walked a good deal of the climb here and it made me a bit nervous, but each step I took was a step closer to finishing this race and that kept me going stronger than I was a few miles back. As I hit the last section of wide trail, the course flattens out a bit and then starts to rock down. The climbs were all over and I got my second wind. I started flying back down and eventually saw the road, to which tears practically came to my eyes. I passed a few more runners just as I hit the pavement and pushed on that last minute or so up to the finish line.

I came through in 2:53:58, which was 24:02 FASTER than I ran last year (3:18:04 last year) over the exact same course. Now, last year I got lost for a couple minutes (maybe 3 total) but still...that is a huge change and I credit it entirely to not going out as fast and to drinking water (and nutrition) as I went. No doubt about it, staying hydrated is what did it. I finished up really strong and didn't need anywhere near the amount of food and fluids as I did last year...I also didn't need to be carried back to my car for an hour + nap either. I am amazed that I was able to average sub 8 minute miles (thanks to a quicker first lap) and run 7:50 pace over this course. I can't imagine a regular trail race getting much sloppier than this race. Did I have fun though? You bet.

Leigh was next through in 2:59:54 and Brian was close behind in just over 3 hrs (3:00:17). David was about 12+ minutes back in 4th place. It looks by the splits, that David was right up with Brian, a few ticks in front of Leigh through the first loop and then either backed off on the 2nd loop or ran into a 2nd loop similar to what I experienced last year.

72 people finished 1 loop (11 miles) and 15 people did the 4 mile (short course). A decision was made before the race, to award GT points to people in the 11 mile course and to also allow people who were going to do the 22 to stop at 11 and use that time. It looks like 27 people who signed up for the 22, opted to just do the 11.

**Post Race:** After the race, I had a couple of hot dogs, and a few pieces of watermelon, hung out and chatted with some of the

folk who had finished up the 11, and talked with Brian about his race. Then we took a walk down to the beach on North Pond for a dip and to wash the inch-thick layer of mud off my person. We were joined by Leigh, and I got to talk with him for the first time... both are good guys for sure. I walked around and snapped a couple of shots of the start/finish area, got a little more to eat/drink, chatted with Bob Dion for a while about the upcoming snowshoe season and the new racing shoe Dion has for this winter, and then hit the car for the 2:45 ride back east.

One funny thing about this race is that aside from a weekly series (like the Wakefield Wed. night races or the Fudgicle series in Tewksbury), this is the only race I've ever won twice. I've only been back racing for 2 and 1/2 years, but still, I thought it was interesting that I haven't done that other than at Savoy. I have a couple of 1st and 2nds at races, but never two 1st until now.

*Jim Johnson*



**Mike Lavoie from the KdIxp Repeater Radio Communications Group directing runners up and down at the bottom of Spruce Peak during the Savoy MT. trail races.**  
photo by Bob Worsham

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## Trail Running News.....

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## Oxford Dam Trail Race ... 10.5 Miles

Hodges Village Dam ... Oxford, MA .... 8 / 08 / 09

Name	Age	ST.	Time	GT %
1 Ben Nephew	M 20-39	MA	1:12:06	100.00%
2 Hunter Bennett-Doggatt	M 20-39	NH	1:17:50	92.63%
3 Brogan Graham	M 20-39	MA	1:19:30	90.69%
4 Scott Proulx	M 20-39	MA	1:20:26	89.64%
5 <b>Peter Keeney</b>	M 40-49	ME	1:20:42	89.34%
6 Brad Reed	M 20-39	MA	1:22:42	87.18%
7 Bob Sharkey	M 50-59	RI	1:23:09	86.71%
8 Stanislav Trufanov	M 20-39	MA	1:23:54	85.93%
9 Derek Jones	M 40-49	MA	1:24:38	85.19%
10 <u>Steph Crawford</u>	F 20-39	NH	1:24:55	84.91%
11 Peter Lagoy	M 50-59	MA	1:25:00	84.82%
12 Jason Kudron	M 20-39	CT	1:26:42	83.16%
13 Dominic Naples	M 40-49	MA	1:27:12	82.68%
14 <b>Ken Clark</b>	M 40-49	CT	1:27:53	82.04%
15 AndyDonaldson	M 40-49	MA	1:28:13	81.73%
16 <b>Paul Funch</b>	M 50-59	MA	1:30:00	80.11%
17 Ross Mongean	M 0-19	MA	1:30:20	79.81%
18 Bob Bennett	M 20-39	MA	1:30:53	79.33%
19 Rich Dechellis	M 40-49	MA	1:31:36	78.71%
20 <u>Adrienne Byrulik</u>	F 20-39	MA	1:32:14	78.17%
21 Paul Serafini	M 40-49	MA	1:33:24	77.19%
22 Paul Lahham	M 20-39	MA	1:35:14	75.71%
23 <b>Dave Geary</b>	M 40-49	MA	1:37:11	74.19%
24 Brendan McGrath	M 20-39	MA	1:38:14	73.40%
25 Garrett Lemer	M 40-49	CT	1:38:27	73.23%
26 <u>Alyssa Godesky</u>	F 20-39	MD	1:38:37	73.11%
27 <u>Abby Cohen</u>	F 20-39	NY	1:38:39	73.09%
28 Mark Barton	M 20-39	NH	1:38:59	72.84%
29 Stephan Cardoos	M 50-59	MA	1:40:08	72.00%
30 <u>Lisa Maciorakowski</u>	F 20-39	MA	1:40:20	71.86%
31 Mike Belcourt	M 40-49	CT	1:40:54	71.46%
32 <u>Lisa Doucett</u>	F 50-59	MA	1:40:58	71.41%
33 Bruce Leshine	M 40-49	MA	1:41:05	71.33%
34 <b>Tim Drake</b>	M 40-49	MA	1:41:08	71.29%
35 Michael Kane	M 20-39	MA	1:41:58	70.71%
36 Benjamin Nosek	M 20-39	MA	1:42:23	70.42%
37 <b>Thomas Parker</b>	M 40-49	NH	1:43:00	70.00%
38 Chris Ivie	M 20-39	UT	1:43:09	69.90%
39 Jim Martin	M 20-39	MA	1:43:16	69.82%
40 Mark Alfano	M 20-39	CT	1:43:30	69.66%
41 John Peabody	M 50-59	RI	1:44:10	69.22%
42 Jim Gawle	M 50-59	MA	1:44:21	69.09%
43 Dan Wagner	M 50-59	MA	1:44:21	69.09%
44 Kevin Mullen	M 50-59	MA	1:44:46	68.82%
45 Scott Stevens	M 20-39	MA	1:45:13	68.52%
46 John Colucci	M 50-59	MA	1:45:27	68.37%
47 <b>Dan Scotina</b>	M 50-59	MA	1:45:52	68.10%
48 Steve Collopy	M 50-59	MA	1:46:23	67.77%
49 <u>Kate Diogo</u>	F 20-39	MA	1:46:26	67.74%
50 <u>Shelly Rodier</u>	F 40-49	MA	1:47:31	67.06%
51 Doug Cummings	M 40-49	MA	1:47:50	66.86%
52 <u>Maureen Scheible</u>	F 20-39	MA	1:48:12	66.64%
53 Mike Arabadjis	M 40-49	MA	1:48:13	66.63%
54 <u>Libby White</u>	F 0-19	NH	1:49:16	65.98%
55 Jerry White	M 50-59	NH	1:49:29	65.85%
56 <u>Sherise Sterling</u>	F 50-59	MA	1:51:20	64.76%
57 Kevin Zelechowski	M 20-39	MA	1:51:30	64.66%
58 Joe Carpenter	M 40-49	MA	1:52:03	64.35%
59 <u>Kris Gleason</u>	F 40-49	MA	1:52:03	64.35%
60 <u>Lisa Pariello</u>	F 20-39	MA	1:52:20	64.18%
61 <b>Bill Howard</b>	M 60-69	MA	1:52:25	64.14%
62 <b>Fred Pilon</b>	M 60-69	MA	1:53:06	63.75%
63 Craig Halica	M 20-39	MA	1:54:07	63.18%
64 Mark Kalaca	M 20-39	MA	1:54:20	63.06%
65 Steve Viatones	M 50-59	MA	1:54:55	62.74%
66 Rob MacDonald	M 20-39	MA	1:55:02	62.68%
67 Dan Larkin	M 20-39	MA	1:55:07	62.63%
68 Jack Goolsky	M 50-59	MA	1:55:43	62.31%
69 Dave Raczkowski	M 50-59	CT	1:56:03	62.13%
70 <u>Katie Cabral</u>	F 20-39	MA	1:56:05	62.11%
71 Kenny Rogers	M 50-59	MA	1:56:06	62.10%
72 Ed Bbourbeau	M 20-39	NH	1:57:10	61.54%
73 Rich Stockdale	M 50-59	NH	1:58:02	61.08%
74 Todd Pizzi	M 20-39	MA	1:58:08	61.03%
75 <u>Samantha Panepinto</u>	F 0-19	MA	1:59:02	60.57%
76 Joe Panepinto	M 40-49	MA	1:15:16	95.79%
77 <u>Stephanie White</u>	F 20-39	NH	1:59:18	60.44%
78 <b>Vic LaPort</b>	M 60-69	MA	2:00:06	60.03%
79 Kim Sheffield	M 50-59	MA	2:00:38	59.77%
80 Jeff Hattem	M 50-59	MA	2:01:32	59.32%
81 <u>Michelle Roy</u>	F 20-39	MA	2:02:25	58.90%
82 <u>Ginny Hoehleir</u>	F 50-59	MA	2:02:32	58.84%
83 <u>Patricia McKeon</u>	F 50-59	MA	2:04:32	57.90%
84 Dave Gustafson	M 50-59	MA	2:04:45	57.80%
85 <u>Julie O'Mara</u>	F 20-39	MA	2:04:48	57.77%
86 <u>Suzanne Chlapowski</u>	F 40-49	MA	2:05:00	57.68%
87 John Loring	M 60-69	MA	2:05:22	57.51%
88 <u>Sheryl Briggs-Coye</u>	F 20-39	MA	2:05:30	57.45%
89 <u>Tuck Welch</u>	F 20-39	MA	2:06:38	56.94%
90 <u>Karen Oleski</u>	F 60-69	MA	2:06:43	56.90%
91 <u>Jacqueline Lewis</u>	F 20-39	NY	2:06:45	56.88%
92 Michael Ivie	M 20-39	MA	2:07:54	56.37%
93 Phil Dinsky	M 60-69	MA	2:09:26	55.70%
94 <u>Irene Pizzi</u>	F 20-39	MA	2:09:38	55.62%
95 Allen Hoffman	M 60-69	MA	2:12:00	54.62%
96 Rich Zytka	M 50-59	MA	2:12:33	54.39%
97 Chris Harrison	M 50-59	MA	2:13:15	54.11%
98 <u>Mary Lou White</u>	F 50-59	MA	2:16:44	52.73%
99 Dorin Neacsu	M 40-49	MA	2:18:42	51.98%
100 Charles Thayer	M 60-69	MA	2:21:28	50.97%
101 <b>Richard Busa</b>	M M-70+	MA	2:21:46	50.86%
102 Jayson Christian	M 20-39	MA	2:22:59	50.43%
103 <u>Joy Martin</u>	F 20-39	MA	2:23:51	50.12%
104 <u>Linda Hood</u>	F 50-59	NH	2:24:58	49.74%
105 John Wetmiller	M 60-69	MA	2:26:12	49.32%
106 <u>Marie Leigh</u>	F 50-59	MA	2:29:17	48.30%
107 <u>Melanie Christian</u>	F 20-39	MA	2:30:49	47.81%
108 <b>Dick Hoch</b>	M 69 +	CT	2:33:54	46.85%
109 <u>Cindy Curley</u>	F 40-49	MA	2:34:02	46.81%
110 Edward Root	M 60-69	CT	2:37:04	45.90%
111 <u>Gina Iadarola</u>	F 40-49	MA	2:37:31	45.77%
112 <u>Kasondra Iadarola</u>	F 20-39	MA	2:42:14	44.44%
113 Scott Ciprari	M 20-39	MA	2:42:17	44.43%
114 Barry Ostro	M 60-69	MA	2:45:59	43.44%
115 <u>Michelle Farley</u>	F 20-39	??	3:01:48	39.66%
116 <u>Tracy Dilascio</u>	F 20-39	MA	3:01:48	39.66%
117 <u>Devvie Giniewicz</u>	F 40-49	MA	3:06:30	38.66%

**Mt. Toby Trail Race .... 14 Miles**  
**Sunderland, MA. .... August 23, 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	1:29:18	100.00%
2	David Hunt	M 22	CT	1:30:43	98.44%
3	William Hawkins	M 32	NY	1:34:30	94.50%
4	John Dudley	M 31	MA	1:36:08	92.89%
5	Matthew Twarog	M 33	MA	1:36:36	92.44%
6	Brian Rusiecki	M 30	MA	1:36:59	92.08%
7	Martin Tighe	M 51	RI	1:37:20	91.75%
8	Mark Brouillette	M 31	MA	1:37:51	91.26%
9	Donald Pacher	M 37	MA	1:37:56	91.18%
10	<b>Ross Krause</b>	M 29	MA	1:40:19	89.02%
11	<b>Rob Higley</b>	M 55	MA	1:41:00	88.42%
12	Robert Jackman	M 27	RI	1:43:50	86.00%
13	Brad Reed	M 25	MA	1:44:36	85.37%
14	Brogan Graham	M 26	MA	1:45:26	84.70%
15	Patrick Rondeau	M 34	MA	1:45:35	84.58%
16	Todd Walker	M 43	MA	1:45:42	84.48%
17	Joshua Gordon	M 35	MA	1:47:08	83.35%
18	Matthew Reynolds	M 39	MA	1:47:34	83.02%
19	Stanislav Trufanov	M 30	MA	1:48:20	82.43%
20	Marc Guillaume	M 37	MA	1:50:05	81.12%
21	Cole Rossiter	M 16	CT	1:51:23	80.17%
22	Zack Kraus	M 17	CT	1:51:23	80.17%
23	Patrick Clare	M 17	CT	1:51:23	80.17%
24	Joel Anderson	M 17	CT	1:51:24	80.16%
25	<b>John Agosto</b>	M 45	CT	1:51:37	80.01%
26	Derek Jones	M 47	MA	1:52:03	79.70%
27	Jeff Hansen	M 39	MA	1:53:27	78.71%
28	Rich Larsen	M 57	MA	1:54:06	78.26%
29	Alex Wirth-Cauchon	M 48	MA	1:54:38	77.90%
30	<b>Renee Knapp 1<sup>st</sup> F</b>	F 29	MA	1:54:43	77.84%
31	Scott Brew	M 47	MA	1:55:54	77.05%
32	David Molk	M 27	MA	1:56:03	76.95%
33	Randy Zucco	M 38	MA	1:57:36	75.94%
34	<u>Nancy Cook</u>	F 45	MA	1:58:04	75.64%
35	<b>Bob Gillis</b>	M 54	MA	1:58:38	75.27%
36	Rick Scott	M 55	MA	1:58:45	75.20%
37	<u>Amy Lane</u>	F 30	MA	1:59:11	74.93%
38	Steve Anderson	M 45	MA	1:59:12	74.92%
39	Mark Mazzola	M 46	MA	1:59:32	74.71%
40	Jason Collins	M 34	MA	2:00:31	74.10%
41	Derek Vill	M 16	CT	2:00:56	73.84%
42	Curtis Newton	M 46	MA	2:01:01	73.79%
43	Larry Walker	M 43	RI	2:01:37	73.43%
44	Stephen Whittey	M 52	MA	2:01:46	73.34%
45	Sri Bodkhe	M 43	MA	2:02:12	73.08%
46	Ben Keefe	M 28	RI	2:02:15	73.05%
47	<u>Teal Reeves</u>	F 27	NY	2:02:47	72.73%
48	<u>Heather Kolpa</u>	F 28	MA	2:02:52	72.68%
49	Graham Warder	M 49	MA	2:03:05	72.55%
50	<u>Sarah Dolven</u>	F 39	MA	2:03:26	72.35%
51	<u>Jane Harrington</u>	F 25	MA	2:03:39	72.22%
52	Stan Kolpa	M 58	VT	2:04:28	71.75%
53	Kevin Rogers	M 26	MA	2:04:32	71.71%
54	<b>Dave Martula</b>	M 64	MA	2:05:31	71.15%

55	Rich Sementelli	M 50	MA	2:06:32	70.57%
56	Seth Roberts	M 57	MA	2:06:55	70.36%
57	Kiko Bracker	M 40	MA	2:08:11	69.67%
58	John Carey	M 38	MA	2:08:15	69.63%
59	Scott Deslongchamps	M 39	CT	2:09:18	69.06%
60	Tom Davidson	M 38	MA	2:09:41	68.86%
61	Anthony Valenti	M 25	MA	2:10:07	68.63%
62	Willem Van Dijk	M 44	MA	2:10:13	68.58%
63	<u>Kristen Elechko</u>	F 34	MA	2:10:27	68.46%
64	<u>Lisa Doucett</u>	F 54	MA	2:10:27	68.46%
65	John Goda	M 40	MA	2:11:00	68.17%
66	Michael Ferrari	M 45	MA	2:11:14	68.05%
67	Brian McCarthy	M 46	MA	2:12:32	67.38%
68	Andrew Wilson	M 48	NH	2:12:36	67.35%
69	Kenneth Ferro	M 22	MA	2:13:49	66.73%
70	Mark Alfano	M 37	CT	2:14:18	66.49%
71	Ted Hale	M 55	MA	2:14:27	66.42%
72	Denis Childs	M 36	MA	2:14:55	66.19%
73	McCaffrey Kevin	M 52	MA	2:15:12	66.05%
74	Dylan Reeves	M 28	NY	2:15:23	65.96%
75	Daryl Delisle	M 52	MA	2:15:40	65.82%
76	Michael McCall	M 23	MA	2:15:49	65.75%
77	Paul Hake	M 27	MA	2:15:55	65.70%
78	Charles Peabody	M 37	RI	2:16:00	65.66%
79	Steve Collopy	M 52	MA	2:16:25	65.46%
80	Garrett Deane	M 38	MA	2:17:26	64.98%
81	Bob Prentiss	M 54	MA	2:17:46	64.82%
82	<u>Melissa Boisselle</u>	F 28	MA	2:18:16	64.59%
83	Troy Hopkins	M 42	CT	2:18:21	64.55%
84	Bruce Leshine	M 48	MA	2:18:24	64.52%
85	John Peabody	M 54	RI	2:18:25	64.52%
86	Ben Bensen	M 57	MA	2:18:36	64.43%
87	<b>Dave Geary</b>	M 43	MA	2:19:00	64.24%
88	Kevin Zelechowski	M 33	MA	2:19:02	64.23%
89	<u>Sarah Pringle</u>	F 26	MA	2:19:04	64.21%
90	<u>Kathy McCarthy</u>	F 50	MA	2:19:13	64.14%
91	<b>Thomas Parker</b>	M 41	NH	2:19:35	63.98%
92	Patrick Pezzati	M 46	MA	2:20:02	63.77%
93	John Dent	M 55	MA	2:20:24	63.60%
94	Tom Parent	M 33	MA	2:21:29	63.12%
95	Damien Morvidelli	M 30	MA	2:22:22	62.73%
96	Jon Lindsay	M 35	MA	2:23:11	62.37%
97	Dan Grow	M 47	MA	2:23:26	62.26%
98	<u>Jessica Harwood</u>	F 29	MA	2:23:50	62.09%
99	Jim Farrick	M 46	MA	2:23:51	62.08%
100	Tim Rothfuss	M 40	NH	2:23:52	62.07%
101	<u>Brenda Morris</u>	F 42	MA	2:24:40	61.73%
102	<u>Elaine Romano</u>	F 52	CT	2:25:14	61.49%
103	Dom Romano	M 52	CT	2:25:14	61.49%
104	Dominic Ambrosi	M 30	MA	2:26:09	61.10%
105	Douglas Cummings	M 47	MA	2:28:38	60.08%
106	Curt Hirsch	M 61	CT	2:29:10	59.87%
107	Richard Godin	M 54	MA	2:30:37	59.29%
108	Christopher Parker	M 39	NY	2:30:45	59.24%
109	Harry Hayward	M 57	MA	2:31:06	59.10%
110	<u>Catherine Iannello</u>	F 28	MA	2:31:34	58.92%
111	Jeff Hattem	M 58	MA	2:32:25	58.59%
112	<u>Betsy Baglow</u>	F 47	MA	2:33:35	58.14%
113	<b>Bill Howard</b>	M 60	MA	2:33:46	58.08%

*Continued next page:*

MT. Toby results cont:

114 Pam Behrens	F 49	MA	2:34:29	57.81%
115 Vic LaPort	M 69	MA	2:34:59	57.62%
116 Kathleen Furlani	F 61	CT	2:36:45	56.97%
117 Alan McCall	M 60	CT	2:38:04	56.50%
118 Mike Duffy	M 58	MA	2:39:31	55.98%
119 Bob Bennett	M 38	MA	2:40:31	55.63%
120 Michael Childs	M 59	MA	2:41:53	55.16%
121 Carl Cignoni	M 58	MA	2:42:18	55.02%
122 <u>Laura Clark</u>	F 62	NY	2:43:12	54.72%
123 <u>Erin Poyant</u>	F 25	MA	2:44:25	54.31%
124 GeorgeSouthiere	M 46	RI	2:45:12	54.06%
125 <u>MartinGlendon</u>	M 63	CT	2:45:59	53.80%
126 <u>Carly Kinnas</u>	F 32	MA	2:46:06	53.76%
127 Eric Nelson	M 32	MA	2:49:52	52.57%
128 <u>Anni Luneau</u>	F 44	NY	2:53:06	51.59%
129 Josh Bezonsky	M 39	Can	2:58:01	50.16%
130 <u>Bill Glendon</u>	M 63	MA	3:04:55	48.29%
131 <u>Ric Villarreal</u>	M 52	CT	3:04:57	48.28%
132 Thm Constantine	M 58	NY	3:10:37	46.85%
133 <u>Shirley Iselin</u>	F 65	CT	3:19:08	44.84%
134 <u>Richard Busa</u>	M 79	MA	3:23:45	43.83%
135 Ed Root	M 63	CT	3:32:22	42.05%
136 <u>Dick Hoch</u>	M 69	CT	3:32:22	42.05%
137 <u>Konrad Karolczuk</u>	M 56	CT	3:35:27	41.45%
138 Kevin Brown	M 39	MA	3:36:35	41.23%



**Konrad Karolczuk and Will Danecki were caught gossiping about Bobby Worsham at the 2009 Savoy MT. trail races.**

photo by Bobby Worsham

**Finger Lakes 50's .... 50 Miles - 50K - 25K**  
**Finger Lakes National Forest .... Hector, NY. July 4, 2009**  
Clouds and Sun .... Mud -- Mud -- and more Mud!

**50 Miles:**

	<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>
1	Derrick Spafford	M 43	CAN	8:10:08
2	Jean-Charles Daoust	M 32	CAN	8:52:57
3	Matt Reynolds	M 38	MA	9:13:53
8	Scott Deslongchamps	M 39	CT	9:35:14
10	Matt Tillotson	M 16	NY	9:45:48
11	<u>Maureen Dracup 1<sup>st</sup> F</u>	F 44	NY	9:45:56
16	<u>Zsuzsanna Carlson</u>	F 36	NJ	10:40:13
17	<u>Lori Johnson</u>	F 45	PA	10:40:13
23	Michael Taggerty	M 47	NY	13:01:20

23 finishers .... 6 DNF's .... 16 runners dropped to the 50K

**50 K:**

1	Jack Pilla	M 51	VT	4:16:22
2	Joe Carrara	M 46	VT	4:40:26
3	Marc Buckwalter	M 39	PA	4:53:43
4	Choukri Benmamoun	M 39	CT	5:16:38
5	Kevin Bandru	M 47	PA	5:16:44
11	<u>Carrie Lombardo 1<sup>st</sup> F</u>	F 38	CT	6:01:03
22	<u>Stephanie Wilson</u>	F 44	VA	6:05:40
27	<u>Will Danecki</u>	M 59	CT	6:18:07
28	<u>Sarah Montgomery</u>	F 38	CAN	6:20:01
44	<u>Sarah Danner</u>	F 15	NY	7:04:30
45	Ian Grosfelt	M 18	NY	7:04:30
55	<u>Barbara Sorrell</u>	F 52	NY	7:50:36
61	<u>Jen Stanton</u>	F 36	NY	8:16:42
62	Jim Miner	M 60	NY	8:16:42
65	<u>Laura Clark</u>	F 62	NY	8:49:15
67	Alex Bliss	M 21	NY	10:37:22
68	Andrew Bliss	M 20	VA	10:37:22
69	Foster Bliss	M 53	VA	10:37:22

69 finishers .... 5 DNF's

**25K:**

1	Eric Sambolec	M 31	NY	1:56:32
2	Jeff Dubois	M 29	NY	2:05:43
3	Hannon Didier	M 33	NY	2:09:00
4	Tim Ingall	M 50	NY	2:10:16
5	Daniel Friedman	M 25	NY	2:17:07
13	<u>Julie Staub 1<sup>st</sup> F</u>	F 29	NY	2:29:41
15	<u>Audrey Balander</u>	F 52	NY	2:31:02
19	Steve Shaum	M 43	NY	2:34:38
43	<u>Jill Fickbohm</u>	F 48	NY	3:27:33
57	<u>Wendy Bliss</u>	F 44	VA	5:51:32
58	<u>Cathy Troisi</u>	F 63	NY	5:52:26

58 finishers .... 2 DNF's

Complete results at .... [www.fingerlakesrunners.org](http://www.fingerlakesrunners.org)

## Finger Lakes Filthies .... RD's report

by Chris Reynolds

I have come to find that trail runners are just big kids and our playground is the forest and the trails. But what do kids really love? Getting dirty, of course! The 2009 edition of the Finger Lakes Fifties provided the perfect playground for this group of kids. Two weeks of daily rain turned the beautiful, smooth single-track of the Finger Lakes National Forest into an absolute mud-pit! Although race day proved to be sunny, clear, cool, and rain-less, normally superb racing conditions, it was too late to counteract the effects of the rain on the trails. But despite the absolute quagmire conditions, the runners all seemed to have a great time. A record 145 people pre-registered for the event with only 18 no-shows on race day. Yet what I found to be simply amazing was that, despite the known pre-race weather and likely trail conditions, another 43 runners registered on race day. After only one loop of the course runners were coming in looking like creatures from the black lagoon. Trail beasts? Definitely. Yes, kids do love to get dirty.

Forty-four people had registered for the 50-miler but it was local favorite, Yassine Diboun, of Ithaca, NY, who took the early lead. His run was going great and he was looking strong for the win, but the muddy conditions took their toll on an old IT band injury causing him to have to drop at around 41 miles. Derrick Spafford of Yarker, Ontario, had been closing in on Diboun so when Diboun dropped, Spafford was there to take over and take the win with a strong 8:10:08, pretty darn good given the conditions. Maureen Dracup, running her first 50-miler, took the women's race in 9:45:56. Masters wins went to Randy Yasenckak of Ashland, PA, and Kelly Wilson of Charlotte, VT. But one of the bigger stories of the day was that of 16-year old Matthew Tillotson of Horseheads, NY. This was Matt's first 50-miler and some questioned my allowing this young runner into the 50-mile race. However, I had been watching Matt at some of our other local trail races and learned about his training and felt that if he was able to make the cut-off, then he must have done the work to tackle the distance.

Matt looked strong as he completed each loop of the course and finished filthy and smiling in a very respectable time of 9:45:48 – again, amazing given his age and the trail conditions. I think this young man is definitely one to watch out for in the future of ultrarunning. Only six runners resigned their fates to the trail and grabbed a DNF while another 16 dropped to the 50K distance.

The 50K race saw 69 finishers. Jack Pilla of Charlotte, VT, went out strong from the start, running with Diboun. Jack already owns the 50-mile masters record for this course but was looking to add to his resume with the 50K masters record. Again, the mud proved to be the titan and squash any course record ideas, but Pilla still came through for the overall win in 4:16:22, a mere three minutes and 9 seconds off from the masters record! Joe Carrara also of Charlotte, VT, finished second overall and took the masters win. First female honors went to Carrie Lombardo of Middletown, CT and female masters title went to Stephanie Wilson of Oakhill, VA.

This race was also one for the young with Sarah Danner, 15, who recently completed the Buffalo Marathon, and Ian Grosfelt, 18, arm-in-arm, skipping across the finish line!

Again, amazing . . . only five people who had registered succumbed to the trail beast and took a DNF.

Having to deal with the mud for only one loop, the 25K runners were able to put all of their marbles into the pot right from the start. No need to save anything – and I think many were grateful of that when they finished! Eric Sambolec of Ithaca, NY, grabbed the overall win in 1:56:32 and local runner Tim Ingall of Lansing, NY, took the masters win. First female was Julie Staub of Brooklyn, NY, with the female masters winner Audrey Balander of Cortland, NY, less than two minutes behind her!

I heard many of these runners say they had a “PW” (personal worst) on the course, but if it was easy, what kind of stories would you all have to tell? This is much more interesting! Only two runners received DNFs, so what does that say?



**RD Christine Reynolds at the 2009 Finger Lakes 50's**

photo courtesy of Finger Lakes Runners Club

Epic . . . that's how one runner described the mud. That's how I describe the entire day. The Fifties is really a great time to run and hang out with family and friends and this day proved to be just that. It really is a great thing to see and it is why I really love being able to be a part of this event. Family members registered, ran, and finished together. Friends, old and new, paired-up and supported each other through difficult times in fighting the mud. This year's race was dedicated to one of the race's biggest supporters and one of our very dear friends, Diane Sherrer, who lost a two-year battle to cancer in May. I think Diane was watching over us and had a large part in bringing us the great race day weather. And I think she would have been very happy with how the whole event turned out. This year the “Trail Beast” was the mud . . . who knows what it will be next year, but the “Trail Beast” will be out there waiting to challenge you, you can bet on it!

One last note of thanks must go out to Wilderness Search & Rescue for watching over the runners, and to The Finger Lakes Runners Club, Western NY Ultra Series, Hammer Nutrition, Butternuts Beer & Ale, Run WorldWide, and Dick's Sporting Goods for their continued sponsorship.

**Continued next page:**

## FL Fifties cont:

Joe & Abbie Marnell – you provided the most wonderful post-race meal I have ever tasted. And HUGE thanks to all of the many volunteers who gave their time to work the aid stations and finish line, prepare prior to race day and clean-up after – it can't happen without you. And thank you to all of you runners who came out to play in the mud - you all are the soul of this event.

Chris Reynolds

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Laura Clark running through the finish chute at the 2009 FL 50's.

photo by Jeff Clark

## Slip Sliding through the Finger Lakes Fifties

*You know the nearer your destination, the more you're slip sliding away.* Paul Simon

by Laura Clark

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Never did Paul Simon's ballad ring truer than for the 2009 Fourth of July edition of the Finger Lakes Fifties, a 25K, 50K or 50 mile loop option through the Finger Lakes National Forest. This 16,212 acre preserve with over thirty miles of interconnecting trails, is part of the 800 mile Finger Lakes Trail System Network. Conveniently located between Seneca and Cayuga Lakes in the heart of New York State's premier wine and microbrew district, numerous relaxing post-race activities come immediately to mind.

With the merry-go-round format simplifying drop bag logistics, The Fifties traditionally attracts a significant number of newbies eager to test their mettle. The not-too-long, not-too-short 15.5 mile loop features a mix of pastures accessorized with spectator

cows and the occasional wake-up call bull, single track trail, rooty swamps, dirt roads and two brief pavement breaks.

This year, however, there was a different spin to our carousel ride as each successive go-around proved exponentially more difficult due to the past month's relentless deluge. Two straight weeks of main course rain, preceded by another two week appetizer of daily showers had turned the trail into a soggy quagmire. The newly hatched red newts were ecstatic, but the rest of us had difficulty sharing their joy. Adding one hundred and fifty pairs of circling feet to the mix resulted in a surface of grape vat consistency staining both legs and sneakers with a brownish-purple mixture. The mud had assumed a presence of its own and morphed into a formidable Trail Beast, similar to the Golems of legend, lying in wait to trap the presumptuous.

Military history is littered with supposedly fool-proof forced march campaigns destroyed, not by the apparent enemy, but by Mud. Waterloo, Hitler's doomed Russian invasion and the struggle in the Mekong Delta come readily to mind. In his ground-breaking book, *Mud: A Military History*, C. E. Wood, a former Marine with plenty of prior experience, reveals that just as the Eskimos have many words for snow, not all of them flattering, the Army has classified mud into two basic categories: Type I, or bottomless (soft) mud, Type IIa, moist enough to function as a liquid, and Type IIb, highly adhesive Johnson & Johnson's quality. At the Fifties, the Trail Beast appeared in all of these forms and like Golem constantly shifted shapes so that what held true on the first loop was a mere joke on the second. Despite our rapid introduction to life in boot camp, the attrition rate was surprising low, with an unlucky thirteen DNFs and sixteen 50 mile hopefuls who concluded that discretion was the better part of valor and downgraded to the 50K. I was among those who thought it wiser to shift gears. This should have been no surprise as I have only once churned out a complete 50 miler, but this year, after connecting with Ann Margaret McKillop's Chi Running sessions and exploring Tarahumara philosophy, I have actually gotten: faster. Not as fast as when I could crank out a 1:30 road half marathon, but faster than in recent memory. Which, at age 62 and over-the-hill, is nothing to be sneered at. However, Tarahumara live in the dry Copper Canyons of Mexico and I was dealing with a resurrected Golem.

Still, I couldn't help but marvel at the frontrunners. Yassine Diboun, the 50 mile favorite, hydroplaned like he had been doing it all his life. But for us mere mortals, forced to deal with several classes of Mud silmunateously, the choices were less obvious: pussyfoot hopefully around the edges, risk the center's bottomless mud, or seek alternate paths. Either solution was inevitably doomed to failure.

The first loop wasn't really that bad, reminding me of the 2006 edition where I cursed the fact that the only truly runnable sections were, you guessed it, the uphill. By the second go-around, I knew I was in trouble when I found myself looking forward to the two uphill road sections where I could slough off the mud encasing my now five pound combat boots. And to think that moments before the race I had actually worried that I hadn't fully scraped the previous week's brown accumulation off my shoes! Pity the poor sole who anxiously debated the merits of sturdy Montrail's versus lightweight racers.

*Continued next page:*

### Slip Sliding cont:

In this case, we might as well have espoused the new barefoot running craze, for all the traction we gleaned from our ribbed rubber super structures.

In the real battleground, where medals were awarded for bravery and only incidentally for speed, C. E. Wood reports that Spc.4 Matt Jones in Vietnam at first tried scraping the mud off his boots with a knife, then wore them in the shower and finally resorted to polishing over the stubborn grime, thereby incorporating the mud into the boot itself. Surprisingly, Finger Lakes runners were more optimistic in their ultimate response. In 2006, Co-Race Director Joe Reynolds reported that six pairs of sneakers were trashed as well as an uncountable number of socks. This year there were none. Either that represents increased confidence in green cleaning products or a sad commentary on the state of the economy, where no item of apparel, no matter how disreputable, is beyond redemption.

At this juncture, the plummeting of over 150 pairs of feet had churned the trail to Type IIb suction-quality adhesive, grasping greedily for every hesitant sneaker. When challenging rain-permeated trails it is normal to spy the occasionally skid mark, where a runner misjudges the landing zone and spins down the runway. But here, the trails were pocketed with multiple skid marks, some due to feeble attempts to accelerate quickly over the offending slickness, but more produced by misguided breaking attempts. This roller coaster ride was further complicated by the fact that only the most dedicated would go out of their way to train in such conditions.

Knees twisted, ankles wobbled and lower backs introduced themselves to an already out-of-whack body.

I, personally, was given the opportunity to test the truism that sprained ankles never really heal, just lie dormant. With my trick right ankle on the verge of breakdown, I was forced to limp around the right edge of the grease pit, subjecting my stronger left to the glassy slide. This led to an interesting discovery, interesting in the way that any bit of trivia can be entertaining after six hours of battling mudslides.

Eventually I realized that I was tripping over something more solid than liquid soap and glanced down at my shoe, dreading the thought of having to unearth my shoelace and retie. I was amazed to discern that my nemesis was not my own kindergarten incompetence, but rather, sturdy blades of saw grass that had woven around my useless rubber studs and became encased in several layers of hardened mud!

The piece d'reistance was a unique mud combination that has apparently gone undocumented in military annals. The fourth aid station is thoughtfully situated before a slight incline leading to the final cow pasture, giving runners ample opportunity to crunch and munch along with the cows. Since the cows are gracious enough to share their grazing lands, we runners are expected to reciprocate by carefully latching the gates behind us. This particular entrance, however, was much favored by both two-footed and four-footed mammals and featured a mudpie mixture of soggy pastureland seasoned with standing

water, spiced with cow pies of impressive dimensions and churned by suctioning feet. Trying to negotiate this morass was bad enough, but attempting to hold onto your food and the contents of your stomach while doing so was nearly impossible.

It was at this point, with Yassine on his third loop and me right behind him on my second, that a slipping IT band caused him to DNF for the first time ever. He could have been any one of us, and by the shell-shocked, numb look on the finishers' faces, it was apparent that we all faced a formidable Trail Beast that day. As my husband, Jeff, commented, "Sometimes you win, and sometimes the trail wins." Cathy Trosi, a 50 Stater, wryly observed that, "I am more sore today than I was after doing three marathons in three days."

And that, I guess, about sums it up...

...Except that this event is not simply about running. It is about families camping out together, soaking in the swimming hole, chowing down and challenging the stars with a fireworks bonfire. It is also about honoring our fellow runner, mentor, coach and journalist, Diane Sherrer, who succumbed this spring after a two year battle with cancer. Many were the Diane stories we traded around the campfire that evening, knowing in our hearts that she was amongst the stars twinkling with delight at our small victories, quietly affirming, "I knew you could do it."

Laura Clark

**And now the rest of the story...** While this is all well and good and marginally educational, I realize I have not dealt with the one burning question you have leftover from last year: did we or did we not purchase another new tent? With our success rate, you should already know the answer. Once again we laid all our gear out on the lawn in a wishy attempt to infuse some fresh air into the carbon fibers. What we got was lots of cleansing rain. What we discovered was an entire mouse colony that had swiss cheesed its way through multiple layers of neatly rolled tarp. So, once again, off to our favorite sporting goods store. By now the sales people all know us by name and were delighted to see us.



Laura's "New Brown Shoes"

**Escarpment Trail Race .... 30 K**  
**July 26, 2009 .... Windham to Haines Falls, NY**  
 Clouds and Sun ... Wet – Muddy – Slippery Trails

<u>Name</u>	<u>Age</u>	<u>Time</u>
1 Benjamin Nephew	M 34	2:56:37
2 Gregory Hammett	M 31	3:01:48
3 Dave Vona	M 27	3:10:59
4 Michael Dixon	M 26	3:12:41
5 William Hulbert	M 23	3:23:55
6 Chris Baynes	M 39	3:26:20
7 <b>Peter Keeney</b>	M 43	3:29:16
8 Stanislav Trufanov	M 30	3:30:00
9 Michael Halstead	M 43	3:32:56
10 Rich Fargo	M 50	3:34:33
11 Paul Young	M 43	3:38:18
12 Kevin Lockett	M 44	3:41:47
13 Michael Bakker	M 43	3:45:26
14 Tim Morgan	M 25	3:50:59
15 Nick Bergman	M 31	3:51:16
16 Zach Charlop-Powers	M 28	3:51:24
17 Wayne Mcdaniel	M 49	3:51:29
18 Niklas Bohn	M 31	3:52:04
19 Joshua Cone	M 26	3:53:27
20 John Geesler	M 50	3:55:32
21 John Holt	M 42	3:58:43
22 John MCGovern	M 45	3:59:44
23 Thomas Buckley	M 49	4:00:15
24 Rocco Serra	M 48	4:03:26
25 David Allara	M 23	4:05:14
26 Robert Muller	M 44	4:05:25
27 Joseph MCGowan	M 32	4:05:28
28 Edward Gravelle	M 50	4:06:04
29 Robinson Clark	M 39	4:06:24
30 David Putney	M 45	4:07:08
31 Scott Newcomer	M 39	4:07:40
32 Jeffrey Lease	M 51	4:08:16
33 <u>Sheryl Wheeler</u> 1 <sup>st</sup> F	F 46	4:09:23
34 Greg Aspden	M 36	4:10:44
35 Donald Thurston	M 43	4:10:53
36 <b>Bob Gillis</b>	M 54	4:14:15
37 <u>Conni Grace</u>	F 46	4:14:55
38 Kenneth Davis	M 44	4:16:24
39 <b>Paul Funch</b>	M 59	4:17:14
40 Gene Gugliotta	M 50	4:20:50
41 <u>Connie Seigh</u>	F 40	4:20:53
42 Bruce Campbell	M 51	4:21:24
43 Ian Parlin	M 33	4:22:38
44 Jim Orr	M 53	4:23:10
45 Tony Fletcher	M 45	4:24:57
46 Kevin Adams	M 41	4:25:18
47 Bob McPhillips	M 52	4:25:18
48 Marty Callahan	M 42	4:25:19
49 James Fitzmaurice	M 38	4:25:22
50 Jim Dunn	M 41	4:26:12
51 Patrick Callum	M 48	4:27:54
52 Bryan Rickards	M 32	4:28:10
53 <u>Susannah Grosso</u>	F 25	4:28:11

54 Paul Muessig	M 60	4:30:13
55 Peter Cure	M 50	4:31:54
56 Tom Chobot	M 53	4:32:18
57 Steve Faluotico	M 41	4:32:22
58 <u>Kristin Althausen</u>	F 24	4:40:01
59 <u>Jennifer Fleming</u>	F 35	4:40:08
60 <u>Zsuzsanna Carlson</u>	F 36	4:41:10
61 Wayne Shurter	M 49	4:42:04
62 Brian Hersey	M 36	4:43:05
63 Rob Tremblay	M 46	4:43:12
64 Russell Hammond	M 49	4:43:22
65 Eric Sicard	M 34	4:44:45
66 Michael Ranck	M 58	4:45:16
67 Bruce Shenker	M 56	4:48:12
68 George Hollerbach	M 54	4:48:15
69 Robert Bunce	M 47	4:48:59
70 Dennis Foster	M 51	4:49:01
71 Bill Gilligan	M 46	4:49:14
72 Tony Scott	M 46	4:49:38
73 Hank Schiffman	M 59	4:50:11
74 David Hollenbaugh	M 40	4:50:15
75 David Johnson	M 63	4:51:44
76 Chris Chromczak	M 24	4:52:22
77 Brenan Tarrier	M 31	4:52:23
78 Paul Hennick	M 58	4:52:45
79 Jim Morrison	M 50	4:53:15
80 <u>Donna Utakis</u>	F 41	4:53:46
81 <u>Lauren Monge</u>	F 33	4:54:38
82 Michael Murphy	M 60	4:54:55
83 Wil Berglund	M 37	4:54:59
84 Peter Dilullo	M 41	4:55:13
85 Michael Leary	M 53	4:55:51
86 <u>Michele Hammond</u>	F 50	4:56:31
87 <u>Robyn Safford</u>	F 42	4:57:58
88 James Miner	M 60	4:59:41
89 Todd Jennings	M 46	4:59:48
90 <u>Barbara Mongiovi</u>	F 34	5:01:27
91 Kevin Buyck	M 43	5:01:42
92 <b>Will Danecki</b>	M 59	5:04:48
93 Todd Mickolwin	M 41	5:05:27
94 <u>Jen Stec-Gagliard</u>	F 34	5:06:21
95 Franz Scholten	M 48	5:06:23
96 <u>Kimberly Battipaglia</u>	F 37	5:06:24
97 Paul Sulva	M 39	5:07:15
98 Greg Pringle	M 46	5:07:34
99 Bart Carrig	M 58	5:08:30
100 Leo Burke	M 50	5:09:35
101 Kevin Cunningham	M 51	5:09:48
102 <u>Marie Dusault</u>	F 46	5:09:53
103 Steve Sansola	M 54	5:09:53
104 Joe Clapper	M 50	5:10:37
105 <u>Michelle Harmon</u>	F 43	5:10:37
106 Bill Norton	M 55	5:12:10
107 Andrew Wynarczuk	M 26	5:12:11
108 Michel Ritz	M 39	5:12:12
109 David Hulme	M 41	5:12:13
110 Jeff Cooper	M 54	5:12:23
111 <u>Kathy Gannon</u>	F 46	5:13:29
112 Tom Gannon	M 53	5:13:31

*Continued next page:*



### Escarpment results cont:

113 Jimmy Buff	M 46	5:13:32
114 <b>Robert Scott</b>	M 55	5:14:20
115 Charles Greystone	M 54	5:14:44
116 Tom Howe	M 42	5:18:26
117 Glenn Bourgeau	M 60	5:19:21
118 <u>Beth Auman</u>	F 27	5:22:53
119 Marshall Breite	M 56	5:22:54
120 Mark Barbour	M 49	5:22:56
121 John Affronti	M 53	5:24:13
122 Scott Klettke	M 35	5:24:14
123 Gary Jewett	M 43	5:24:26
124 <u>Michelle Roy</u>	F 39	5:24:41
125 Frank Wippel	M 50	5:25:45
126 Joe Brown	M 48	5:28:32
127 Stewart Dutfield	M 54	5:28:32
128 Michael Samuels	M 40	5:30:03
129 Jeffrey Klemm	M 58	5:31:14
130 Dennis Noskin	M 50	5:31:38
131 Bob Lantz	M 55	5:32:26
132 <u>Rachel Dymon</u>	F 37	5:33:02
133 Edwin Stauffer	M 46	5:33:19
134 <u>Diane Chesla</u>	F 41	5:33:51
135 Bill Ring	M 58	5:34:06
136 Don Geesler	M 59	5:36:19
137 Joe Johnson	M 54	5:36:46
138 <u>Debbie Briggs</u>	F 58	5:37:07
139 Peter Belanger	M 57	5:37:10
140 Mark Mulvihill	M 59	5:37:12
141 Alan Kapitzke	M 46	5:37:44
142 Craig Fleming	M 37	5:38:14
143 <u>Jean Kerr</u>	F 50	5:40:00
144 Edward Steele	M 43	5:40:02
145 Patrick Parietti	M 49	5:43:17
146 <b>Andrew Carlson</b>	M 43	5:43:19
147 <u>Gretchen Carlson</u>	F 42	5:43:19
148 Frank Colella	M 46	5:43:20
149 Hunt Bartine	M 56	5:43:35
150 Seamus Hodgkinson	M 60	5:44:04
151 Harry Brielmann	M 50	5:45:32
152 Feliz Modugno	M 52	5:45:32
153 Kevin Zelechowski	M 33	5:45:33
154 Pat O'Neill	M 56	5:45:52
155 Henri Ragetlie	M 50	5:47:07
156 <u>Maria Pizzacalla</u>	F 41	5:49:06
157 David Skoglund	M 51	5:51:08
158 Peter Gstalder	M 56	5:54:00
159 <u>Kendra Olsen</u>	F 48	5:57:31
160 Mark Raymond	M 46	5:57:32
161 Anthony Ferreri	M 46	5:57:36
162 Nick Lamando	M 50	5:57:38
163 Kenneth Tso	M 29	5:59:46
164 Drew Hopkins	M 39	6:03:50
165 Paul Morris	M 54	6:04:58
166 Ciprian Nedelcu	M 36	6:09:22
167 Gary Pedigo	M 54	6:13:50
168 <b>Barbara Sorrell</b>	F 52	6:17:04
169 <u>Jill Nogrady</u>	F 47	6:18:48
170 Paul Fitzpatrick	M 54	6:18:49

171 Scott Martin	M 47	6:19:30
172 Patrick Reedy	M 33	6:20:33
173 John Butler	M 42	6:20:48
174 <u>Diana Rodriguez Tobon</u>	F 28	6:28:32
175 <u>Jennifer Senez</u>	F 25	6:28:39
176 Douglas Story	M 44	6:34:41
177 <u>Elizabeth Levine</u>	F 49	6:35:44
178 Dick Vincent	M 57	6:35:44
179 <u>Sherisa Sterling</u>	F 56	6:37:09
180 <u>Carolyn Blanding</u>	F 50	6:38:17
181 <u>Karen Mcwhirt</u>	F 48	6:50:20
182 <u>Laura Clark</u>	F 62	7:10:31
183 <u>Karen Spinozzi</u>	F 61	7:13:41
184 <u>Linda Schrader</u>	F 48	7:13:51
185 Franc Libihoul	M 51	7:13:53
186 Steve Borton (sweep)	M 62	7:52:47
187 John Schatzel (sweep)	M 54	7:52:48
188 Rich Vankleek (sweep)	M 56	7:52:49

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### **Into the Enchanted Woods...Escarpment 2009**

by Laura Clark

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As a children's librarian I get to read lots of kiddie lit. It so happened that the week before Escarpment I was immersed in Michael Reisman's *Simon Bloom, The Gravity Keeper*. While not exactly on the level of Harry Potter, it was an engaging story nonetheless. As the chosen Keeper of The Book of Gravity, Simon and his friends follow the time-honored formula which pits kids against the forces of evil as well as disbelieving grownups.

What lingered in my mind, however, was Simon's Dunkerhook Woods, an enchanted forest with a mind of its own, visible only to believers. Perhaps it was my anticipatory frame of mind, but Dunkerhook reminded me of Escarpment -- fiercely independent, hostile to those who take her challenges too lightly. Just ask the pilot who left us the wrecked airplane monument at the top of Stoppel Point.

Treating the trail with proper respect, besides some actual running, my prerace preparation consisted of studying Ben Nephew's account of his 2004 victory. Not that I expected to win, but Ben handily divides the trail into sections, all with appropriate mileage markers. Now that I have reached the point where achieving my 100 mile shirt seems a distinct possibility, I know that the first bit of trail bridging the steam will be either muddy or underwater and most likely both. After that, I simply fill in the blanks between Ben's sections, knowing that each year will present a different challenge.

For Escarpment Trail, like Dunkerhook Woods, seems to live by its own rules, disdaining those dictated by outsider weather patterns. Witness last year when the weather guessers "possible showers late in the afternoon" flip-flopped into three hours of thunder, lightning, torrential rain and hail commencing mid-morning and ending only as the last runners sloshed across the finish line.

Continued next page:

### Enchanted Woods cont:

So I crossed the bridge warily, not at all confident of my welcome. But as I was beginning the first ascent of the day up Windham Peak, something magical occurred. The Dutch Masters' brooding clouds parted, revealing twinkling, rain-refreshed leaves wafting Dunkerhook's inviting, oxygen-filled breeze. With this personal invitation, I felt invincible; or at the very least, confident I would make the cutoff. But as with all enchantments, there is a price to pay. Escarpment could offer pristine air, fresh raspberries and encouraging birdsong one minute and then abruptly about-face with moldy jungle fumes, poison iridescent berries and haunted trees the next.

Escarpment is unique among most trail races in that all aid station supplies have to be hauled in by volunteers who get just as much exercise and definitely more weight training points than the runners. For this reason, participants must be almost self-sufficient, able to survive to the next oasis if one greeting point runs out of supplies. So I weighted my pocketed Hammer shorts (this is not an advertisement, I just am really thrilled with my latest gear addition) with gel, numbing Vitamin I and the mint candies I savor towards the end of any long effort when even the most extensive smorgasbord holds little appeal.

Somewhere between Dutcher's Notch and Stoppel Point, I decided it would be prudent to break out the business meeting mints my husband Jeff had thoughtfully acquired. These mints were green, matching the forest theme and a definite change from my usual candy cane variety. Best of all, the wrapper was not a sticky twisty effort but a one-stop pop in your mouth affair. Except that there was no pop—rather like the champagne without the fizz. There I stood, rooted to the precipice defeated not by mud or rock slides, but by cellophane.

At this point Rob Scott chivalrously paused, suspecting that I was perhaps hurt or otherwise in distress. Rob gamely shed his White Knight apparel and stepped back into the twenty-first century, letting five runners go past as he wrestled the wrapper to the ground. The cellophane won -- a scary testament to the effectiveness of our modern germ-free, shrink-wrapped society. Or perhaps it was enchanted. Rob, meanwhile, was gladdened to be running this trail where the code of chivalry is still more valued than road minutes per mile. I was glad too, having received my peppermint mental boost without the calories.

Apparently, the Woods enchanted entire groups of finishers, convincing them that this year's deep, slippery mud was so much worse than last year's torrential rain-swollen rivers, giant hailstones and lightning strikes. Granted, there was more tell-tale blood on the course, highlighted by a dripping trail of the stuff on the out-of-category climb up Blackhead.

Perhaps the problem was perceptual. Last year we abandoned all time goals in favor of survival. This year, with just slime to contend with, folks retained their high expectations. Puzzlingly, with mud the only contender, the unofficial word was that this was the first time in thirty-three years that more than half the field recorded over five hours on the trail.

Still, at least one runner remained unfazed and it wasn't even the perennial winner, Ben Nephew. As we were heading to the

campsite to give the shower system a good workout, Jeff and I spotted a young lady running. Not an unusual sight, except that she was proudly wearing this year's race Tee Shirt. But at least she had the good sense to stick to the roads!

Laura Clark

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## **Escarpment 2008: How I Learned to Live With PTSD**

by Bob Worsham

The reason this story is a year late is that I am just now recovering from being traumatized at Escarpment 2008. I haven't been able to write this story until now, a year later.

Before the weekend of Escarpment 2008 I had checked the weather and saw there was a chance of showers in the area of Haines Falls. "Oh well," I thought. I've run in rain before. Remember Nipmuck a few years back where we started in rain and ran the whole race in the rain. It certainly wouldn't be as bad as that; there'll never be another race with conditions as bad as that. Then there have been those Savoy races in rain and mud. What could be as bad as that?

Also there was that time when a bunch of us met for a run on the Skyline Trail in Somers, CT. In the middle of that it started pouring and we had a bit of lightning to go along with it. We all laughed after that and talk about it fondly. So what's the problem with a "chance of showers" at the Escarpment race? Getting wet wouldn't hurt me. It's not like I was going to melt or something.

### ***What, me worry?***

At 3:00AM I took off from Woodstock, CT for my three hour drive to Haines Falls and Escarpment 2008. Everything went fine on the way there and I arrived at the North Lake area early enough to get my favorite parking spot. With the things I would need at the start line in my Stop & Shop plastic bag I boarded the bus and shortly was headed for the starting line. Stretching, drinking Perpetuum, drinking water, peeing, pooping, peeing, stretching, peeing, jogging, peeing, and getting my shoe laces just right were my rituals before the Escarpment race.

I had made my way up the hill to my secret pooping spot, weaved my way back into the woods, got behind a tree, looked left, looked right, oops, who's that over there to the right? It's Kenny Rogers taking a poop near MY poop spot. Of all the nerve! So I said hello to him on my walk out. I guess my secret isn't safe any more.

Now my water bottle belt was on, all my pre-race drink was drunk, and my Hammer Nutrition bars were eaten. Time to listen to the roll call; however, this year it was a negative roll call of the people who had not shown up to get their numbers. During roll call into the woods to pee again. After drinking 40 ounces of liquid I guess one can expect a tendency to need to do that. Across the street to the start line we went, and we all charged up that first hill. Things are going fine, but the hill gets steeper every year. I don't remember walking as much in previous years. What a joy to hit that first aide station at the end of those flat rocks at the summit.

**Continued next page:**

### Escarpment 2008 cont:

Now it's back down that mountain to cruise along the trail. Oops. What's this? All the weeds are grown in over the trail. Well, that makes it a little hard to see where you're stepping.

Early in the climb up Blackhead it started to rain. Hmm. It started to rain quite hard. Well, this is just one of those little showers that were forecast. It'll be over soon. Isn't that funny; it's raining so hard that we are getting little waterfalls coming at us going up Blackhead. That's not something one sees every day at a trail race. And what's that noise in the distance? Is that thunder? Wow, somewhere somebody is in a mess of thunder. After achieving the top of Blackhead I discovered a bunch of really wet volunteers at the top. Well, it'll be a lot easier running downhill in this rain from Blackhead. Hmm. These rocks that we have to kind of climb through on our hands and butts are a bit slippery. This mud on the steep downhills is also quite slippery, as I found myself going from tree to tree to keep from slipping on my butt.

As I got further down that hill, where the trail starts a more gentle descent, those wonderful sounding thunder boomers that I noticed in the distance before seemed to be getting closer. With this expansive forest though what would be the chances that they would come right over us in this race? Probably pretty miniscule I thought. Hmm. The rain isn't letting up; in fact it seems to be getting a little harder. It'll be over in a minute, I thought. No rain this hard can last too much longer.

Um, I thought, the thunder is starting to sound really close. It's almost as if it's following me personally. Soon I started to get worried about the lightning flashes that I noticed that were now with the thunder. Flash! One-one-thousand, two-one-thousand, . . . five-one-thousand, BOOM! Okay, about a mile away. No big deal. Gee, that lightning certainly is frequent. It seems to be happening about every 30 seconds to a minute. And the trails seem to be filling up with water in some places. That rain hasn't let up yet has it? It seems to be pelting me like small hailstones. That's getting annoying.

Okay, it's going to pass over me as quickly as it approached, and then the thunder and lightning will be gone. But why does it seem to be kind of stalled out like my running? Seems like it is stuck over me traveling at the same speed that I am running.

As I was making my third ascent I started getting a little nervous. Flash! One-thousand-one, one-thousand-two, one-thousand-three, . . . BOOM! Flash! One-thousand-one, one-thousand-two, . . . BOOM! Oh my golly, these are getting close. Flash! One- . . . BOOM! Holy crap! Now that sucker was close! Am I going to get struck by lightning? Or is it going to strike so close to me that I feel it travel through my body? Am I going to be hurt? Am I going to die? I started imagining the newspaper article that read "Escarpment Trail runner struck by lightning." The strikes were coming fast and furious, and the further I got up that mountain the closer they seemed to be, and they were consistently close. What should I do? There was nowhere to seek cover. I wouldn't be any safer if I simply stopped. I wasn't going to turn around and go back down the mountain. So onward!

This rain still hasn't let up, and it's hitting me just as hard as it was 30 minutes before. The clouds close to the top of the mountain were making things so dark that it felt like I was running as the sun goes down as the darkness closes in on you. And what's with these trails anyway. Now they are so deep with water that you can't see where to step so you won't turn your ankle. Can't run fast on that or you'll have a sprained ankle miles from the finish. Too much brush on the sides of the trail to run slightly off of it.

I actually felt so demoralized at one point with the darkness, the driving rain, the lightning, that I just stopped running and started walking.

I felt claustrophobic and just wanted to be somewhere else instantly. Beam me up Scotty! But then when I thought about it what could I do but just go on like everybody else in the race. Of course the winner had finished before the rain caught up to him. So I plodded on to Dutcher's Notch where the volunteers cheered me up. I truly don't know how they did it that day. Dave Boles is always at Dutcher's to cheer me on, so I mixed up more Perpetuem with water, ate a banana piece and pushed on toward Stoppel. I always find Stoppel easy compared to Blackhead.

As I made my way up Stoppel the lightning strikes started getting more frequent again and close. Knowing that lightning tends to strike high things didn't make me feel that great getting closer to the top. I stopped counting after the flashes because all the strikes were now a second or under so why bother. After one flash I heard what sounded like a tree falling or a large limb crashing to the ground. And guess what? It was still pouring rain. Approaching the Stoppel aide station right on top of that mountain made me appreciate what those volunteers must have been experiencing as they had to stand there in a stationary spot watching all the strikes around the area. They all looked soaked and a little apprehensive under the conditions. I took on some water and started down that slippery hill.

About a third of the way between Stoppel and the finish the rain started to let up significantly, and the lightning strikes were much less frequent but still occurring. So I could calm down a little and just concentrate on finishing the race. Once you get off those rocks, it's always much further than you think to the finish line. And it's a tough section to make it through too.

You usually find a number of people walking this section with legs that have just gone limp from fatigue. When you start seeing things that you know indicate that the finish line is not far away elation sets in and you know you can finish, and it's just a little further. Of course this day making it down those sections of rock was a bit dangerous because they were wet. You have to be careful when they are dry, but this day they were treacherous. I had to crank up my alertness to make sure I didn't slip on any of those butt-slider sections.

Then it was down that last section of rock and toward the finish area. What a feeling to come in after an ordeal like that. All of us that are middle and back of the packers had to brave that rain and lightning, while the fast runners made it in before the bad conditions hit.

*Continued next page:*

**Escarpment 2008 cont:**

I ended up spending around three hours in the rain and lightning with a finish time of about 5:15. At least now I know that I can do anything after what I did that day. I did miss a great opportunity that day though; I was so spent and worn out from the rain and lightning that I totally forgot about watching the finishing women in their wet running tops.

Or is this just old age? At least my shoes were really clean.

Worshamer

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***Born to Run: A Hidden Tribe, Superathletes, and the Greatest Race the World Has Never Seen,***

by Christopher McDougall. Knopf, 2009.

*"Every morning in Africa, a gazelle wakes up. It knows it must outrun the fastest lion or it will be killed. Every morning in Africa, a lion wakes up. It knows it must run faster than the slowest gazelle, or it will starve. It doesn't matter whether you're a lion or gazelle - when the sun comes up, you'd better be running."*

---Unknown

Just substitute your own problem body part for Christopher McDougall's simple question, "Why does my foot hurt?" and you can instantly identify with his dilemma. McDougall does not want to win a race or qualify for Boston – all he wants is his daily five mile fix. As an adventure writer and former war correspondent, his body seems remarkably indestructible. That is, until he turned forty, laces on a pair of running shoes and begins to jog through the placid Pennsylvania countryside.

In a desperate effort to feel whole again, McDougall's journalistic mind, followed by his hobbled body and financed by *Runner's World* and *Men's Health* leads him on a byzantine quest through cutting edge science all the way back to our hunter-gatherer beginnings. Refusing to accept his doctor's injunction that the human body is not designed for running, his investigations pit him against drug runners, Mexico's desolate Copper Canyons and firmly entrenched scientific myths. Somewhere along the trail he not only finds the answer to our perennial question/complaint, but learns about so much more than mere bio-mechanics.

McDougall's attempt to insert running man into the gazelle/lion scenario leads him to the desolate Copper Canyons of Mexico, the last stand of the Tarahumara Indians, an almost mythical tribe of Stone Age super athletes who call themselves the Raramuri, or the Running People. And no wonder. They think nothing of running sixty miles or so across rough desert terrain just to get to the site of a forty-eight hour race.

After a cops and robbers scene worthy of Laurel and Hardy, McDougall finally locates the elusive Caballo Blanco, a former

prize fighter with a broken-down body who has lived restoratively among the Tarahumara for ten years. Caballo takes him for an eye-opening run, explaining the basics: "Think *Easy, Light, Smooth, and Fast*. You start with easy, because if that's all you get, that's not so bad. Then work on light. Make it effortless...When you've practiced that so long that you forget you're practicing, you work on making it *smooooooth*. You won't have to worry about the last one – you get those three, and you'll be fast." Caballo's mantra is surprisingly similar to the techniques espoused by Chi Running, the Pose Method and the cult of barefoot running.

The price for these lessons? McDougall becomes the point man for Caballo's dream: a fifty mile race between Americans, Mexicans and Tarahumara on Raramuri stomping grounds. Billed as "The Greatest Race the World Has Never Seen," the United States contingent includes Scott Jurek arguably the top ultrarunner in the country, Jenn Shelton, a surfer girl turned ultrarunner and Barefoot Ted, the authority on Vibram FiveFingers and now Tarahumara-style Huarache sandals.

Reading *Born to Run* is like deciphering those layered novels that shift back and forth across time and character subplots. Coincidental to McDougall's quest for unhindered running and Caballo's race director mishaps, we visit the Western States and Leadville ultra distance races, sample a persistence running hunt with Bushmen and visit Bill Bowerman's waffle iron. We learn that less is more when it comes to shoe price but more trumps less when you are toting wilderness supplies.

As the fifty mile contest of body over mind nears completion, what shines through is the sheer joie de vire of the event. It seems the secret to running like the Tarahumara has to do more with pure delight and community spirit than with training tables or VO2 max. The spectators, basically the entire town of Urique, and the runners have themselves become the event. Although the race features a hard-fought photo finish, it is a finish that unites rather than divides. Small, unheralded acts of kindness feature just as much in the final outcome as leg turnover. Those who get the most applause are those who have struggled the most just to make it to the finish line.

Not Sold in Stores?? If you are searching for that special out-of-print book or just like to support green bargains in general, visit [www.biblio.com](http://www.biblio.com). They offer a wide selection of hard-to-find as well as hot-off-the-press, only read once, items at incredible prices. Each line item is accompanied by an honest description of current condition.

*Book review by Laura Clark*

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Trail Running News ...

A publication of the

Western Mass Athletic Club

Adams, Massachusetts 2009

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## In Memory of Bob Rother, 5 Years After

by Bob Kopac

It has been 5 years since our friend Bob Rother collapsed and died during a track workout with my spouse Lynne. After the funeral, Bob's children gave us a box containing many of Bob's running mementos. I decided to rummage through the box to commemorate random memories of Bob's running life.

Bob was one of the founders of the LaGrange (NY) 100-Mile Club and the follow-on Mid-Hudson Road Runners Club of Poughkeepsie, NY. He also was a prolific and tenacious runner. The daily running logs for "Bullet Bob Rother" show training type, distance, pace, rest, pulses, weight, and, last but not least, injury. For example, the entry for 01/01/95 has "Minimum S'Port All & back brace and orthotics & Air Pegasus B10." It did not surprise me that he once ran with a back brace when "normal" people in similar circumstances would not be running at all. Bob had fallen off his roof and broke his back, yet continued to run with this back brace. I asked him if he had asked his doctor if he could run. Bob said no, he might not have liked the answer. After he was diagnosed with prostate cancer, he took daily trips to Memorial Sloan Kettering Cancer Center in NYC for radiation treatments, yet he ran with Lynne during the week and every weekend.

Bob saved many newspaper clippings about running, including many old *Poughkeepsie Journal* articles by his (then hirsute) friend Pete Colaizzo. In Pete's 11/26/92 column about the MHRRC Turkey Trot, he quoted Bob as saying, "My favorite personal memory was in 1974, I think, when I wound up running with Fred Lebow (New York RRC president) at the end." The 25 kilometer race now is named the Bob Rother Memorial Run.

According to his handwritten records, in 1979, at age 46, Bob ran the Boston Marathon in 3:13. I uncovered a Boston Athletic Association postcard with Bob's 1980 Boston Marathon finishing time that put his performance that year in context with other competitors in the race. What interested me was the small number of finishers and the fast times of the runners as compared to today's Boston Marathon. Bob's finishing time of 3:23:44 placed him 3,029<sup>th</sup> out of 3,427 male finishers. (The postcard did not list the number of female finishers.) His male masters ranking was 1,032<sup>nd</sup> out of 1,315. The average male masters group finishing time was 3:12:34. One side of the postcard said, "The data on the reverse side of this card was calculated by a Honeywell Level 6 computer system within minutes after you crossed the finish line at Prudential Center." At least they did not use an abacus.

The box contained an index card in Bob's handwriting. The card chronicled Bob's hard-core racing, including the fact that he ran a half marathon in New York State the day before running the 1979 Boston Marathon, long before the Disney World Marathon's Goofy Challenge. The following is taken verbatim from the card.

## 1979 Bob Rother's "Great Feet" Age 46

W/E	Event	Time	Pace
4/15	Columbia CC 1/2 Marathon	1:36:56	7:24
Mon (4/16)	Boston Marathon	3:13:20	7:23
4/22	So. Rockland 1/2 Marathon	1:25:53	6:30
4/29	Sybil Ludington 50K	4:14:nn	8:05
5/6	Diet Pepsi 10K	38:43	6:15
5/13	Plattsburg Marathon	3:21:nn	7:40
5/20	Heritage Trail Marathon	3:20:nn	7:40
5/27	Forest Park 40M	5:33:nn	8:20

I found a receipt dated Sept. 10, 1973 for a pair of Super Cortez running shoes. This brand was the first running shoe sold in 1972 by a company you may have heard of: Nike. The shoe was designed by legendary University of Oregon running coach Bill Bowerman. In 1973 Bob paid \$11.95 plus \$1.50 shipping and handling for these super-lightweight leather racing shoes.

Bob ran in the early days of running, before the Running Boom made the sport popular and "respectable." I found written evidence of how "disreputable" the sport was back then. Bob worked for a large corporation for many years until he retired. In 1972 Bob wrote a letter requesting that the company's club host a trophy event for runners as the club did for other sports. He wrote: "The club sponsors trophy events for other sports such as softball, bowling, volleyball and golf. Why not running? ... Since running is a physical sport like the others mentioned above, I feel that it should be treated equally and given consideration for a trophy event. And I would think that the corporation for purely good business sense would want to encourage each of its employees to stay physically active by participating in the sports they enjoy the most."

Bob received the following reply, which illustrated to me what non-runners thought of the "sport" of running in those Dark Ages: "Subject: Trophy Jogging" (Note the use of the word "Jogging" instead of "Running".) "Please be advised that it will not be possible for the club to sponsor a Trophy Jogging Event. Jogging is considered a health fitness program and is in no way a competitive sport. To change this concept would be detrimental and could possibly cause physical harm to the participants. Sorry that we cannot accommodate you and trust you can understand our position." Sorry, but I do not understand the position. That bureaucratic reasoning sounded to me like the reasoning why Kathrine Switzer was expelled by the Amateur Athletic Union for running the 1967 Boston Marathon as a woman because one and a half miles was the "longest distance allowable for women" (as described by Kathrine Switzer in her book *Marathon Woman*).

I am happy to report that, due to the persistence of Bob Rother and other employee runners (aka "joggers") and probably due to the changing perception of the sport of running, the club eventually relented and created a cross-country race that was popular with employees. (The race is now defunct.) Bob Rother ran that race every year. The race was also one of the reasons I started running -- to get the T-shirt, of course, which I still have. I was pleased to discover I can thank Bob Rother for that -- for the T-shirt, but more importantly, for getting me involved in running.

**Cranmore Hill Climb .... 11 K**  
**North Conway, NH. June 28, 2009**

USA Mountain Running & North American-Central American-Caribbean (NACAC) Mountain Championships

Club members and other familiar names:

	<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1	Joe Gray	M 25	WA	0:48:37	100.00%
2	Zac Freudenburg	M 31	MO	0:49:48	97.63%
3	Matt Byrne	M 34	PA	0:49:57	97.33%
4	Rickey Gates	M 28	CO	0:50:04	97.11%
5	Shiloh Mielke	M 29	NC	0:51:38	94.16%
6	Eric Blake	M 30	CT	0:51:50	93.80%
7	Simon Gutierrez	M 43	CO	0:51:54	93.67%
8	Aaron Saft	M 31	NC	0:52:16	93.02%
9	Kevin Tilton	M 27	NH	0:52:24	92.78%
10	John Tribbia	M 27	CO	0:52:40	92.31%
11	Josh Ferenc	M 27	NH	0:52:42	92.25%
12	Jim Johnson	M 32	NH	0:53:33	90.79%
13	Tommy Manning	M 33	CO	0:53:39	90.62%
14	Judson Cake	M 31	ME	0:53:43	90.51%
15	Ben Nephew	M 34	MA	0:54:53	88.58%
16	Derick Williamson	M 27	TX	0:54:58	88.45%
17	Justin Fyffe	M 39	VT	0:55:02	88.34%
18	Jason Bryant	M 36	NC	0:55:16	87.97%
19	Eric Morse	M 44	VT	0:55:22	87.81%
20	Paul Chafe	M ?	CAN	0:55:32	87.55%
21	Graydon Snyder	M ?	??	0:55:46	87.18%
22	Todd Callaghan	M 39	MA	0:55:49	87.10%
23	Miguel Angel Lopez	M ?	MEX	0:55:53	87.00%
24	Ed Whetham	M 32	MN	0:56:06	86.66%
25	<b>Dave Dunham</b>	M 45	MA	0:56:19	86.33%
26	Tim Mahoney	M 29	MA	0:56:47	85.62%
27	Lee Stephens	M 29	FL	0:57:03	85.22%
28	Bobby Williamson	M 40	TX	0:57:04	85.19%
29	Kelly Mortenson	M 38	MN	0:57:14	84.95%
30	<u>Christine Lundy</u> 1 <sup>st</sup>	FF 38	CA	0:57:16	84.90%
64	<u>Abby Mahoney</u>	F 31	MA	1:05:21	74.40%
65	Dave Sargent	M 35	MA	1:05:37	74.09%
66	Jeff Brooks	M 39	NH	1:05:45	73.94%
67	Michael Robinson	M 16	NH	1:05:49	73.87%
68	Bob Sharkey	M 57	RI	1:05:50	73.85%
72	Stanislov Trufanov	M 30	MA	1:06:02	73.63%
73	<b>Todd Brown</b>	M 45	CT	1:06:18	73.33%
78	<u>Dawn Roberts</u>	F 37	MA	1:07:25	72.11%
79	Chris Deming	M 42	CT	1:07:30	72.03%
87	<b>John Agosto</b>	M 45	CT	1:10:04	69.39%
91	<b>Bob Gillis</b>	M 54	MA	1:10:26	69.03%
96	<b>Erik Wight</b>	M 49	MA	1:11:14	68.25%
97	Eric Parry	M 25	MA	1:11:32	67.96%
98	Chris Corradino	M 36	MA	1:11:46	67.74%
99	Eric Ferland	M 34	NH	1:11:53	67.63%
100	Don Slovenkai	M 53	NH	1:12:15	67.29%
105	Andy Poster	M 33	NH	1:13:30	66.15%
109	<u>Kathy Hurst</u>	F 39	NH	1:14:50	64.97%
110	<u>Donna Smyth</u>	F 49	VT	1:14:51	64.95%
116	<u>Dawn Heinrich</u>	F 47	NH	1:16:26	63.61%
121	<u>Lisa Doucett</u>	F 53	MA	1:17:52	62.44%

124	<b>Dave Geary</b>	M 43	MA	1:18:09	62.21%
125	Curt Pandiscio	M 48	NH	1:18:19	62.08%
141	<b>Thomas Parker</b>	M 41	NH	1:22:10	59.17%
153	<u>Michelle Roy</u>	F 39	MA	1:23:26	58.27%
189	<b>Bill Howard</b>	M 60	MA	1:31:14	53.29%
208	<u>Laurell Shortell</u>	F 43	MA	1:40:31	48.37%
209	<u>Meg Michaels</u>	F 54	MA	1:40:44	48.26%
210	<b>Fred Ross 111</b>	M 66	VT	1:40:44	48.26%
217	<u>Suzanne Welch</u>	F 57	MA	1:45:02	46.29%
220	<u>Emily Trespas</u>	F 38	MA	1:45:21	46.15%
224	David Boles	M 62	NY	1:50:18	44.08%
230	<b>Dick Hoch</b>	M 68	CT	1:54:25	42.49%
235	John Parker	M 77	NH	2:25:16	33.47%
236	<u>Marge Heck</u>	F 57	MA	2:30:40	32.27%

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

### So Sweet

I was lucky to get 7 hrs sleep before driving to North Conway, N. H. on June 28. Th place was quiet. Was also lucky that there was no fog. So I left 2:20 am, arriving 5 hrs later. Fred & Donna were impressed with my '90 Mt Equinox shirt; Fred's responsible for th outstanding back of that shirt - - unlike any other! Great to see and talk with fellow mountain runners. I was absolutely thrilled to be able and allowed to take part in th 2009 North American Mountain Running Championship on Cranmore Hill. They came from Mexico, Canada, and 23 states!

I don't know about them, but it sure was a mighty challenge for me. On th initial, brutal climb I was really afraid th top was out of my reach. Somhow I finally crawled up, then got myself all th way back down as well. Many front-runners on their second loop flew by. Th leader especially so. He was so damn fast I would not've believed it had I not seen him with my own eyes barreling down right past me!! Whoosh! Astounding!

I feel certain I would not've succeeded on my second ascent had I not first firmly engaged my mind to do it. Th whole excruciating way no one came from behind, one ahead was uncatchable. Stumbling and mumbling at th summit, my dead legs slowly found new life, and began to move normally once again. Quite soon goin down th one ahead came into view. She was stepping quickly, gliding smooth-like. Still, I was oh so gradually gaining. Throw away th brake and GO!

This is th place on th planet where I'm fastest. Bone tired and truly focused, MAN was it FUN! Down down down, and around to th grassy flat, perhaps due to Erick B. coming over from Portland to help-out, I heard my name called while striving - straining toward th end, seconds in arrears of "the one ahead. " I didn't catch her. However, givin it all ya got, and then some.

Ah how sweet it is! So sweet. ☺

*Dick Hoch*

**Skyline Trail ... 7.2 Miles**  
Blue Hills in Milton, MA. .... July 12, 2009

**People's Forest Trail Race .... 7 Miles**  
Barkhamsted, CT. .... August 1, 2009

Club members in bold and other familiar names:

	<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>GT %</u>
1	Chris Baynes	M 39	1:06:44	100.00%
2	Ken Naide	M 37	1:11:49	92.92%
3	Paul Young	M 43	1:12:24	92.17%
4*	<b>Hillary Saeger 1<sup>st</sup> F</b>	F 24	1:12:29	92.07%
5	Todd Dillon	M 42	1:12:41	91.81%
6	Christopher Smith	M 43	1:15:04	88.90%
7	Hunter Bennett-Daggett	M 25	1:15:15	88.68%
8	Will Berglund	M 37	1:15:35	88.29%
9	Phil Stern	M 46	1:16:21	87.41%
10	Manuel Francisco	M 49	1:17:06	86.56%
11	Pascal Marmier	M 36	1:18:05	85.46%
12	Dima Feinhaus	M 46	1:18:40	84.83%
13	<b>Paul Funch</b>	M 59	1:21:43	81.67%
14	Wayne Chan	M 32	1:22:24	80.99%
15	Andrew Donaldson	M 41	1:23:41	79.75%
16	<u>Kristin Hall</u>	F 41	1:23:56	79.51%
17	<u>Stephanie Crawford</u>	F 32	1:24:06	79.35%
18	Dave Will	M 38	1:24:51	78.65%
19	Kiko Bracker	M 40	1:25:15	78.28%
20	Jon Sauerbrey	M 35	1:27:25	76.34%
21	Bob Bennett	M 38	1:27:27	76.31%
22	Mark Dearing	M 56	1:27:44	76.06%
23	Jim Frenette	M 44	1:27:52	75.95%
24	John Shuster	M 27	1:29:36	74.48%
25	Rob Hunter	M 29	1:29:38	74.45%
26	<u>Selena Stern</u>	F 26	1:30:34	73.68%
27	Fernando DeCosta	M 33	1:31:16	73.12%
28	Karl Sauerbrey	M 45	1:31:20	73.07%
29	Mark Barton	M 37	1:31:48	72.69%
30	Mark Sarno	M 28	1:33:48	71.14%
37	Guido Medeiros	M 53	1:37:13	68.64%
38	Fernando Coelho	M 34	1:39:10	67.29%
39	<u>Karen Ringheiser</u>	F 45	1:39:40	66.96%
40	Matt Marino	M 30	1:40:42	66.27%
41	<u>Emily Saul</u>	F 29	1:41:31	65.74%
46	<b>Dan Scotina</b>	M 54	1:45:45	63.11%
47	<u>Sheryl Briggs-Coye</u>	F 35	1:46:14	62.82%
48	Eric Finney	M 39	1:47:47	61.91%
49	Don Cuddy	M 57	1:48:16	61.64%
50	<b>Vic LaPort</b>	M 69	1:50:11	60.57%
51	Jim Pike	M 50	1:51:15	59.99%
52	<u>Kathleen Cabral</u>	F 39	1:51:25	59.90%
53	John Loring	M 62	1:52:26	59.35%
54	Tony Federer	M 70	1:52:34	59.28%
55	<u>Lori Watkins</u>	F 44	1:53:08	58.99%
56	<b>Sherisa Sterling</b>	F 56	1:53:25	58.84%
65	<u>Susan Ericson</u>	F 40	2:17:32	48.52%
66	<u>MaryLou White</u>	F 53	2:17:50	48.42%
67	<b>Richard Busa</b>	M 79	2:37:02	42.50%
68	<u>Shirley Iselin</u>	F 65	2:41:23	41.35%
69	<b>Ric Villarreal</b>	M 52	2:41:27	41.33%
70	<u>Marie Leigh</u>	M 51	3:01:40	36.73%
71	<u>Yvette Santana</u>	F 50	3:01:40	36.73%

\* Course record

71 Official finishers .... Complete results on the "Grand tree" page at .... [www.runwmac.com](http://www.runwmac.com)

	<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1	Marc Robaczynski	M 34	CT	0:45:36	100.00%
2	Brian Rusieki	M 30	MA	0:49:24	92.31%
3	William Hawkins	M 32	NY	0:49:40	91.81%
4	<b>Ross Krause</b>	M 29	MA	0:50:56	89.53%
5	Tim Mahoney	M 29	MA	0:51:19	88.86%
6	<b>John Agosto</b>	M 45	CT	0:56:52	80.19%
* 7	<b>Abby Mahoney 1<sup>st</sup> F</b>	F 31	MA	0:57:01	79.98%
8	Joel Lehman	M 48	CT	0:57:05	79.88%
9	Chris Taft	M 28	MA	0:57:14	79.67%
10	Derek Jones	M 47	MA	0:57:32	79.26%
11	Ryan McGuire	M 18	CT	0:58:24	78.08%
12	Tony Recter	M 31	CT	0:58:30	77.95%
13	Jeffrey LaFrance	M 40	CT	0:58:42	77.68%
14	<u>Amy Lane</u>	F 29	MA	1:01:23	74.29%
15	<b>Ken Clark</b>	M 46	CT	1:02:32	72.92%
16	Kelsey Small	M 19	CT	1:02:36	72.84%
17	Peter Hornak	M 46	CT	1:02:52	72.53%
18	<b>Edward Alibozek</b>	M 46	CT	1:05:39	69.46%
19	Jeffrey Jakobsen	M 34	CT	1:06:11	68.90%
20	Michael Jurczak	M 30	CT	1:07:07	67.94%
21	Jeffery Dingwell	M 54	CT	1:07:13	67.84%
22	Steve Worthington	M 54	CT	1:07:23	67.67%
23	<u>Marla McPherson</u>	F 21	CT	1:07:41	67.37%
24	Garrett Lemek	M 48	CT	1:07:45	67.31%
25	<u>Tricia Bettencourt</u>	F 38	CT	1:07:48	67.26%
26	Mark Barton	M 37	CT	1:09:47	65.35%
27	<b>Carolyn Stocker</b>	F 16	MA	1:09:57	65.19%
28	<b>Wayne Stocker</b>	M 55	MA	1:09:57	65.19%
29	Bruce Shenker	M 56	NY	1:10:01	65.13%
30	Jonathan Rubin	M 50	CT	1:10:39	64.54%
31	<b>Fred Pilon</b>	M 63	MA	1:10:40	64.53%
32	<b>Thomas Parker</b>	M 42	NH	1:10:42	64.50%
33	Mike Belcourt	M 47	CT	1:10:56	64.29%
34	<u>Colleen Cummings</u>	F 43	MA	1:13:27	62.08%
35	Mark Alfano	M 37	CT	1:13:28	62.07%
36	<u>Anne Manning</u>	F 42	CT	1:13:28	62.07%
37	Willem Van Dijk	M 44	MA	1:15:15	60.60%
38	Doug Cummings	M 47	MA	1:15:55	60.07%
39	<u>Cindy Scannell</u>	F 51	CT	1:19:03	57.69%
40	<u>Debbie Livingston</u>	F 34	CT	1:20:09	56.89%
41	<b>Vic LaPort</b>	M 69	MA	1:20:44	56.48%
42	Randy Witicki	M 53	VT	1:20:45	56.47%
43	<u>Martha Jurczak</u>	F 29	CT	1:21:45	55.78%
44	<b>Martin Glendon</b>	M 63	CT	1:22:00	55.61%
45	<u>Diane Jacobsen</u>	F 34	CT	1:23:21	54.71%
46	<u>Erin Kozloski</u>	F 27	CT	1:23:23	54.69%
47	<u>Mary Becker</u>	F 29	CT	1:23:27	54.64%
48	<u>Kathleen Furlani</u>	F 60	CT	1:23:47	54.43%
49	<b>Alan Cabot</b>	M 54	MA	1:25:34	53.29%
50	<u>Ginny Patsun</u>	F 41	CT	1:27:07	52.34%
51	Frank Gavl	M 62	PA	1:28:11	51.71%
52	Bob Vaughan	M 61	MA	1:33:46	48.63%
53	<u>Annalisa Paltauf</u>	F 25	CT	1:34:02	48.49%
54	<u>Kathleen Le</u>	F 27	CT	1:37:27	46.79%
55	Stephen Todd	M 44	CT	1:37:37	46.71%
56	<b>Bob Massaro</b>	M 65	MA	1:37:38	46.71%
57	<u>Mary Lou White</u>	F 53	CT	1:44:15	43.74%
58	<b>Richard Busa</b>	M 79	MA	1:50:59	41.09%
59	<u>Yvette Santana</u>	F 50	MA	1:51:05	41.05%
60	<b>Bill Glendon</b>	M 63	MA	1:51:06	41.04%
61	<b>Konrad Karolczuk</b>	M 56	CT	1:51:25	40.93%
62	<u>Marie Leigh</u>	F 51	MA	1:53:03	40.34%
63	Tony Lucia	M 71	MA	1:53:36	40.14%
64	<b>Jamie Howard</b>	M 44	NY	1:57:47	38.72%
65	Ed Root	M 63	CT	2:00:41	37.78%

**Pedal n' Plod .... 4 mile run -- 22 mile bike .... Adams, MA. .... 7 / 26 / 09**

**Club members and other familiar names:**

1)	Steven Bedard	20 Male	Runner	Cheshire, MA	1:22:56
	Bret Bedard	23 Male	Cyclist	Cheshire, MA	
2)	Nick Fogel	19 Male	Runner	Williamstown, MA	1:25:11
	Ian Nesbit	18 Male	Cyclist	Williamstown, MA	
3)	Kent Lemme	42 Male	Ironperson	Williamstown, MA	1:25:11
4)	Josh Hummell	20 Male	Runner	Wilbraham, MA	1:25:13
	Kurt Kuehnel	48 Male	Cyclist	Dalton, MA	
5)	Jen Ward	37 Female	Runner	Pittsfield, MA	1:28:53
	Brian Rabuse	37 Male	Cyclist	Dalton, MA	
6)	Paul Gage	39 Male	Runner	Cheshire, MA	1:29:41
	Steve Dowsett	21 Male	Cyclist	Pittsfield, MA	
7)	Jim Preite	45 Male	Runner	North Adams, MA	1:30:36
	Fred Thompson	60 Male	Cyclist	North Adams, MA	
13)	Jeff Parkman	62 Male	Runner	North Adams, MA	1:35:08
	Gary Rivers	62 Male	Cyclist	North Adams, MA	
15)	Nicholas Bugbee	21 Male	Ironperson	Savoy, MA	1:35:54
19)	Allan Bates	60 Male	Ironperson	Pittsfield, MA	1:38:38
25)	Carl Tompkins	44 Male	Runner	Waterbury, NY	1:40:32
	Stephen Bugbee	54 Male	Cyclist	Pittsfield, MA	
26)	Lisa Mattila	50 Female	Runner	Pittsfield, MA	1:40:36
	Paul Shepardson	52 Male	Cyclist	Pittsfield, MA	
27)	Shiobbean Archey	41 Female	Runner	Pittsfield, MA	1:41:01
	Kim Morris	38 Female	Cyclist	Lanesboro, MA	
34)	Cheryl Dabrowski	49 Female	Runner	Adams, MA	1:43:16
	Stephen Rondeau	51 Male	Cyclist	North Adams, MA	
35)	Cynthia Gardner	58 Female	Runner	Pittsfield, MA	1:43:34
	Bonnie Fachini	44 Female	Cyclist	Cheshire, MA	
37)	Jeffrey Guyer	38 Male	Runner	Pittsfield, MA	1:44:06
	Steve Cowan	47 Male	Cyclist	Pittsfield, MA	

**Continued next page:**



**Pedal & Plod cont:**

47)	Genevieve May Charles O'Neill	49 Female 57 Male	Runner Cyclist	Queensbury, NY Williamstown, MA	1:47:07
54)	Mark Paquette Mike Bassi	60 Male 60 Male	Runner Cyclist	Cheshire, MA Adams, MA	1:48:31
64)	Diane Pytko Mike Pytko	52 Female 53 Male	Runner Cyclist	North Adams, MA North Adams, MA	1:52:09
65)	Steve Facchetti Deb Facchetti	36 Male 37 Female	Runner Cyclist	Wilbraham, MA Wilbraham, MA	1:52:26
66)	Pete Lipka	58 Male	Ironperson	Adams, MA	1:53:05
72)	Melanie Bessette	45 Female	Ironperson	Pittsfield, MA	1:55:54
73)	Sue Williams	51 Female	Ironperson	Dalton, MA	1:56:51
80)	Claudine Preite Julie Ryan	42 Female 43 Female	Runner Cyclist	North Adams, MA Adams, MA	1:59:30
81)	Laura C. Bowler David J. Bowler	43 Female 43 Male	Runner Cyclist	Pittsfield, MA Pittsfield, MA	1:59:35
82)	Dina Cantarella Paul L. Cantarella	36 Female 62 Male	Runner Cyclist	South Boston, MA Lanesboro, MA	1:59:36
83)	John Aldrich	50 Male	Ironperson	Dalton, MA	1:59:38
86)	Paul Fortini	51 Male	Ironperson	Dalton, MA	2:02:07
97)	Kristine Maloney Laura Rondeau	50 Female 50 Female	Runner Cyclist	North Adams, MA North Adams, MA	2:10:24
100)	Jacqueline Lemieux Laura Grandchamp	42 Female 34 Female	Runner Cyclist	Williamstown, MA Adams, MA	2:13:53
102)	Debra Alibozek	41 Female	Ironperson	Adams, MA	2:19:51
104)	Julie Gardner	38 Female	Ironperson	Lanesboro, MA	2:21:36
105)	Rachel Tomkowicz Brian Tomkowicz	42 Female 44 Male	Runner Cyclist	Adams, MA Adams, MA	2:27:52

**Complete results on the club's web page at .... [www.runwmac.com](http://www.runwmac.com)**

## 2009 "Grand Tree" Trail Series

Latest standings... after 14 races through Mt. Toby

### GT % scores for best 6 or more races:

Name	Age	# Races	GT%
1 Ben Nephew	M 33	6	97.14 %
2 Brian Rusieki	M 30	6	96.64 %
3 <b>Rob Higley</b>	M 55	6	87.55 %
4 Stanislav Trufanov	M 30	8	82.94 %
5 <b>John Agosto</b>	M 45	8	78.88 %
6 <u>Amy Lane</u>	F 30	7	78.57 %
7 <b>Erik Wight</b>	M 49	6	71.53 %
8 Mark Barton	M 37	9	70.05 %
9 Mike Belcourt	M 47	8	69.45 %
10 <b>Dave Geary</b>	M 43	6	67.87 %
11 <b>Thomas Parker</b>	M 41	11	67.11 %
12 <u>Michelle Roy</u>	F 39	10	64.78 %
13 <b>Fred Pilon</b>	M 63	7	63.49 %
14 Kevin Zelechowski	M 33	10	60.89 %
15 <b>Dan Scotina</b>	M 54	6	60.43 %
16 David Raczkowski	M 58	8	58.68 %
17 <u>Sherisa Sterling</u>	F 56	6	56.28 %
18 <b>Robert Scott</b>	M 55	6	55.87 %
19 Chris Harrison	M 56	7	50.82 %
20 <u>Laura Clark</u>	F 62	7	50.12 %
21 <u>MaryLou White</u>	F 53	9	48.83 %
22 <u>Karen McWhirt</u>	F 48	6	44.08 %
23 <b>Richard Busa</b>	M 79	6	43.90 %
24 <b>Bill Glendon</b>	M 63	6	42.26 %
25 <b>Dick Hoch</b>	M 69	6	42.26 %
26 <b>Konrad Karolczuk</b>	M 56	7	41.85 %
27 <b>Jamie Howard</b>	M 44	7	41.63 %

### Total points: Top 75 Runners

Name	Age	# Races	Total Points
1 <b>Thomas Parker</b>	M 41	11	710.25
2 Stanislav Trufanov	M 30	8	642.23
3 <u>Michelle Roy</u>	F 39	10	623.08
4 <b>John Agosto</b>	M 45	8	616.64
5 Mark Barton	M 37	9	601.58
6 Ben Nephew	M 33	6	582.83
7 Brian Rusieki	M 30	6	579.85
8 Kevin Zelechowski	M 33	10	569.74
9 <u>Amy Lane</u>	F 30	7	545.68
10 Mike Belcourt	M 47	8	540.77
11 <b>Rob Higley</b>	M 55	6	525.31
12 David Raczkowski	M 58	8	457.19
13 <b>Fred Pilon</b>	M 63	7	442.54
14 Keith Schmitt	M 40	5	439.07
15 <b>Peter Keeney</b>	M 44	5	438.77
16 Tim Mahoney	M 29	5	434.62
17 <b>Erik Wight</b>	M 49	6	429.17
18 <u>MaryLou White</u>	F 53	9	422.13
19 DonaldPacher, Jr.	M 37	5	421.29
20 <b>Dave Geary</b>	M 43	6	407.23

21 <u>Abby Mahoney</u>	F 31	5	396.99
22 Greg Hammett	M 31	4	381.21
23 <b>Todd Brown</b>	M 45	5	375.43
24 John Paul Lewicke	M 23	4	371.97
25 <b>Dan Scotina</b>	M 54	6	362.61
26 Nikolas Rogers	M 37	5	360.38
27 Bob Bennett	M 38	5	358.73
28 Paul Young	M 43	4	353.12
29 Chris Harrison	M 56	7	349.09
30 <u>Sarah Dolven</u>	F 39	5	346.60
31 Karl Sauerbrey	M 45	5	345.68
32 <u>Laura Clark</u>	F 62	7	343.82
33 <u>Lisa Doucett</u>	F 54	5	339.70
34 <u>Sherisa Sterling</u>	F 56	6	337.65
35 Gary Jewett	M 43	5	337.38
36 <b>Robert Scott</b>	M 55	6	335.21
37 Scott Livingston	M 36	4	334.85
38 Curt Pandiscio	M 48	5	333.99
39 <u>Dawn Heinrich</u>	F 47	5	333.82
40 Bruce Shenker	M 56	5	333.17
41 Brad Reed	M 25	4	332.50
42 Dominic Ambrosi	M 30	5	331.17
43 Bruce Leshine	M 48	5	329.92
44 Patrick Rondeau	M 34	4	326.41
45 <b>Edward Alibozek</b>	M 46	5	324.64
46 Derek Jones	M 47	4	322.12
47 <b>Will Danecki</b>	M 59	5	319.93
48 Bob Sharkey	M 57	4	318.54
49 Mark Alfano	M 37	5	308.43
50 <b>Paul Funch</b>	M 59	4	307.23
51 Douglas Cummings	M 47	5	307.23
52 <b>Bob Gillis</b>	M 54	4	296.65
53 <b>Bill Howard</b>	M 60	5	296.30
54 <u>Elaine Romano</u>	F 52	5	292.47
55 <b>Konrad Karolczuk</b>	M 56	7	290.26
56 Jim Johnson	M 32	3	289.27
57 <b>Jamie Howard</b>	M 44	7	288.04
58 Kevin Tilton	M 27	3	286.71
59 William Hawkins	M 32	3	282.27
60 Garrett Lemek	M 48	4	278.42
61 Jack Pilla	M 50	3	274.52
62 Tom Parent	M 32	4	272.40
63 Paul Lahham	M 30	4	270.03
64 <b>Ross Krause</b>	M 29	3	269.12
65 John Loring	M 62	5	268.27
66 Benjamin Nosek	M 33	4	266.92
67 <b>Martin Glendon</b>	M 63	5	266.53
68 Nick Tooker	M 30	4	265.76
69 John Peabody	M 54	4	265.14
70 <u>Karen McWhirt</u>	F 48	6	264.46
71 <b>Richard Busa</b>	M 79	6	263.40
72 Tim Van Orden	M 41	3	262.86
73 Bryan Johnston	M 30	3	260.84
74 <u>Deborah Livingston</u>	F 34	4	259.71
75 <u>Patty Duffy</u>	F 40	4	258.97

Check out the "Grand Tree" page on the club's website for complete results and latest up-dates.

*The 2009 "Grand Tree" trail series.  
New England trail running at it's best!*

# MONROE DUNBAR BROOK TRAIL RACES



WESTERN MASS  
ATHLETIC CLUB

2 MILES AND 10.5 MILES

10:00 AM Sunday October 11, 2009

MONROE, MASSACHUSETTS



**Start/Finish:** Dunbar Brook Picnic Area on River Rd, near the Monroe/Florida, MA town line.

The race runs on the trails and service roads of the Monroe State Forest --considered to have some of the most beautiful scenery in the East. Peak Fall colors, stands of old growth hemlocks, waterfalls, brook crossings, bear, moose, and eagles are just a few of the sights that this deep remote valley and its high peaks offer.

**Courses:** The **10.5 mile course** consists of a rolling one mile single track along the brook, followed by a steep climb of approx. ½ mile. It then climbs gradually on a mix of single track and fire roads to the summit of Spruce Peak (elev.2730 ft.), the high point at approx. race mile 5. The remainder of the course is mostly a gradual downhill, although a few steep sections will be encountered. There are as many as three brook crossings (possibly knee deep). The **two mile course** is an out and back on the same one mile single track along the brook (mentioned above).

**Notice to those who feel they must bring their pets to this race. Consider this: ALL PETS MUST BE KEPT AWAY FROM THE RACE AREA, WHICH INCLUDES THE RACE COURSE, THE START/FINISH AREA, AND THE REGISTRATION/PICNIC AREA. OBVIOUSLY, LEASHING THESE PETS IS MANDATORY. The safety of the runners is paramount. Please comply with this WMAC regulation. Thank you.**

<u>FEES:</u>	<u>10.5 MILE</u>	<u>2 MILE</u>
Early: by 10/2/09	\$12	\$8
Race day	\$17	\$10

**Family Discount: no charge in excess of that for 3 people if pre-registered. Sorry, no refunds.**

**Awards: 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> overall and 1<sup>st</sup> in each age group. Aid: 2 water stops (3.6 and 7.0 miles).**

**Post Race: Refreshments and barbecue for runners, their guests, and volunteers.**

**More info: Vic LaPort (413) 664-6203 or vlaport@hotmail.com, or visit: <http://www.runwmac.com>**

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Cut along dotted line and send with check for total \$\$ made out to WMAC, P.O. Box 356, Adams, MA 01220

Circle Race You Are Entering:    2.0 MILE    or    10.5 MILE

OFFICIAL USE ONLY

BIB # \_\_\_\_\_

PLEASE PRINT CLEARLY

Name \_\_\_\_\_  
 Street \_\_\_\_\_  
 City/Town \_\_\_\_\_  
 Zip \_\_\_\_\_ Phone \_\_\_\_\_ email \_\_\_\_\_  
 Age \_\_\_\_\_ Sex M F                      WMAC Member? Yes No

Entry fee \$ \_\_\_\_\_

Please enter me in the indicated Monroe Dunbar Brook Trail Race. I agree to assume all responsibility for and all risk of damage or injury that may occur to me as a participant in this event. In consideration of being accepted as a participant in this event, I hereby, for myself, my heirs, executors and administrators, release and discharge any and all sponsors of the Monroe Dunbar Brook Trail Races from all claims, damages, rights of action, present or future whether from the arising of, or incident to my participation in this event. I hereby certify that I am physically fit and have successfully trained for competition in this event. I also grant permission for the use of my name and/or picture in any broadcast, photograph or other account of this event.

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

**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 ) \_\_\_\_\_ Send Address Changes  
ADDRESS \_\_\_\_\_ **ASAP To:**  
CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ **WMAC**  
TEL \_\_\_\_\_ D O B \_\_\_\_\_ SEX \_\_\_\_\_ **P O Box 356**  
E-MAIL \_\_\_\_\_ **Adams, MA. 01220**

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

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

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

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

Interest (s):  
Running\_\_ Snowshoes\_\_ Kayak\_\_ X-C Skiing\_\_ Hiking\_\_ Biking\_\_ Skiing\_\_ Camping\_\_ Backpacking\_\_

**OTHER** \_\_\_\_\_

*Vol. 15 . . . Issue . . . 4 . . . Late Summer . . . 2009*

*Web Page . . . [www.runwmac.com](http://www.runwmac.com) Newsletter . . . [wdanecki@charter.net](mailto:wdanecki@charter.net)  
Club Officers . . . [poncherosa@yahoo.com](mailto:poncherosa@yahoo.com) The Hot - Line . . . 413-743-5124*