



Trail Running News ...Western Mass Athletic Club

Volume 16 Issue 4 Late Autumn 2010

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Grand Tree Series: Final Standings and Total Points

Results and stories from:

Wapack Trail - Greylock Road

Curly's - Pisgah MT.

Monroe - Groton Forest

Hairy Gorilla - Busa Bushwhack

Stone Cat - Trilogy Series

Turkey Trot & Christmas Party

And Plenty More It's All Inside!

Up n' Coming Events:

Wed. Night Fun Runs5:30 PM
PNA Hall, 13 Victory St. Adams.

Turkey Trot..... 11-25
WMAC's Christmas Party 12-18
Fat Ass 50K1-2-11

Snowshoe:

Woodford..... 12-26
Moose Run1 -02
Turner Trail..... 1-08
Greylock Glen 1-15
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H -T -W1-22
Const. Hill 1-23
Side Hiller 1-29
Curly's 1-30
Northfield2-05

Check the web page for complete schedules,
latest info, and up-dates!

www.runwmac.com

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The 2010 Grand Tree Trail Series

The 16th annual "Grand Tree" trail series for 2010 began on April 3rd of this year with the Northern Nipmuck 16 miler in Union ,CT. It was a sunny and warm day with temperatures in the mid to upper 70's.

The series wrapped up on November 6th in Ipswich, MA with the Stone Cat Ale Marathon and 50 Mile trail races. It was a cool, damp, cloudy and breezy day with temps hovering around 44 degrees all day.

This year we had 23 Official GT races, one less than last year since we lost the Breakneck run this year. But there were 26 different scoring events. Savoy MT., Pisgah MT. , and Stone Cat all have 2 separate race distances going on at the same time. The most races a person could have run this year were 23. No one ran all 23 this year.

This year there were only 4 male runners who completed 10 or more runs compared to 15 last year. Scott Patnode, a newcomer to the GT Series, ran in a total of 13 races this year to lead the men.

Other runners of note for the men were Ben Nephew, Ross Krause, and Will Danecki, all with 10 finishes each.

On the Ladies side, Kathleen Furlani and Mary Lou White each completed 14 races. For Kathleen that's twice as many races as last year, while for Mary Lou it's one more than last year.

Laura Clark was the only other woman to hit double digits with 10 finishes, one less than last year.

Overall a record 2,130 different people ran in one or more of the possible 26 GT events that were held this year. That's an increase of 30 runners from last year. (2,100 in 2009 and 1,836 in 2008).

Out of that number only a total of 533 runners competed in 2 or more GT races throughout the year, but by series end only a total of 67 runners had completed the 6 or more races needed to earn an "Official" Grand Tree Score. (there were 75 finishers in 2009 and 50 in 2008.) Another 21 runners only completed 5 GT races this year and missed out on earning an official score.

For a single race the Hairy Gorilla Half-Marathon once again had the largest field this year at 282 runners. That's 16 more than last year. Seven Sisters came in with 266 finishers for second place, just 2 runners more than Northfield MT. with 264.

We had 3 double events this year. Savoy Mt., Pisgah MT., and Stone Cat each had 2 different GT scoring race distances going on at the same time. Stone Cat had a total of 271 finishers. 160 in the marathon, and 111 in the 50 miler. Pisgah came in with 162 total. 73 in the 23K, and 89 in the 50K.

The smallest field this year was at the Savoy 22 miler where a total of 36 runners finished. More than 20 others who had signed up for the 22 miles decided to stop after only one 11 mile loop. MorFun Wapack came in second with 43 runners.

Continued next page:

Grand Tree Series cont:

2010 Grand Tree Trail Series Champions:

It seems like almost every year the GT Championship is decided by a score of 1% or less. Twice in the past we have had co-champions because of a tie. Last year Ben Nephew edged out Greg Hammett by only 0.02%

It's amazing how just a few second one way or another can make such a difference at the end of a race or end of the year. Stopping to tie a shoe lace, making a "pit stop" behind a tree, or spending a little too much time at an aid station has cost more than one of us a shot at a new PR or some other award. This year was no different as the GT Championship was once again decided by a score of less than 1/2 percent!

As expected, 8 time champion Ben Nephew would be in the mix all year long. This year his biggest challenge would come from Jim Johnson from New Hampshire, who came on the GT circuit 3 years ago by winning the 22 miler at Savoy . Jim was already well known to the snowshoe crowd as past snowshoe champion. Each year Jim has increased his races and distances and this year completed 9 GT races overall.

Ben started the year with a 3rd place finish at Northern Nipmuck, about 2 minutes behind Jim in second place. Ben was 2nd at Merrimack a week later, only 11 seconds behind the winner. At Seven Sisters Ben took 3rd again and was second again at Soapstone, just 26 seconds behind Jim who won. Ben finally won at Greylock in June (he ran Mt. Washington the day before), and won again at The Skyline Trail in July.

(Ben also won for the 10th time at the Escarpment Trail Race in July, a non GT event.)

Jim continued with a 3rd place finish at Northfield, a 2nd at Cranmore Hill, and set a course record in winning The Oxford Dam Race, while Ben was 2nd just 4 seconds behind.

Jim finished up with a 3rd place at Savoy, a 2nd place at Wapack, 3rd in the Pisgah 50K and a win at the Busa Bushwhack.

Ben had an off day at the Pisgah 50K, finishing 4th overall and about 4 and 1/2 minutes behind Jim. Ben was 3rd at the Busa Bushwhack, just 23 seconds behind Jim, and he finished up the year by winning and setting a new course record at the Stone Cat 50 Miler! Ben now holds the course records for both the marathon and the 50 miler at Stone Cat.

Both Ben & Jim ended up with 3 wins each so the final scoring would be decided by their next best 3 races.

After all the scoring was calculated Ben Nephew came out slightly ahead by just 0.36 percent.

Congratulations to Ben Nephew for winning his 9th overall Grand Tree Championship Title.

Way to Go Ben!

On the Ladies Side:

For the women it looked like someone new would be tearing up the trails this year. Gina Lucrezi from MA started off the year by winning the first 4 races she entered. Gina had wins at Northern Nipmuck, Merrimack River, Northfield Mt. and Cranmore Hill. But after that she didn't run in anymore GT races and by finishing only 4 events she wasn't eligible for a Grand Tree score.

Last year's GT Champion Amy Lane was still running well, but she was doing more traveling to ultra events this year and only ran in 7 GT races compared to 12 last year. Amy was 2nd at Greylock, 1st at the Savoy 11 miler, 2nd at Wapack, 1st at Curly's, 1st in a new course record time at the Pisgah 50K , 4th at the Busa Bushwhack, and 1st at the Stone Cat 50 miler.

Abby Mahoney, who was the 2009 Snowshoe Series Champion, also started the year at Northern Nipmuck with a 2nd place finish for the ladies. She won her next race at Seven Sisters, then finished second at Northfield Mt., Cranmore Hill, and People's Forest. (She was the first woman at the Mt. Greylock road race this year also, a non GT event.) She then took first place at Monroe for her last race and thus qualified for the GT Series by finishing 6 races. Last year she was in the mix for the championship but only ran in 5 races.

After all the scores were added up it was Abby who came out ahead by less than 1/4 %.
Again, a few seconds here or there made all the difference.

Also of note is 7 time champion Debbie Livingston who finished less than 1/2 % behind.

Congratulations to Abby Mahoney the women's 2010 Grand Tree Champion!

Way to Go Abby!

Congratulations Ben Nephew and Abby Mahoney the 2010 Grand Tree Trail Series Champions!

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

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

And Thank You to all of you who participated in the GT Series this past year. We look forward to seeing you again next year for the 2011 trail season.

**The 2010 Grand Tree Series...
Trail Running at its Best!**

2010 "Grand Tree Trail Series"
Final Standings 6 or more races

WMAC members in bold:

<u>Name</u>	<u>Age</u>	<u># of races</u>	<u>GT %</u>
1 Ben Nephew	M 35	10	99.86%
2 Jim Johnson	M 33	9	99.50%
3 Brian Rusiecki	M 32	8	97.73%
4 David Herr	M 45	6	96.46%
5 Ross Krause	M 30	10	96.03%
6 Greg Hammett	M 32	6	93.99%
7 Keith Schmitt	M 42	7	91.24%
8 Donald Pacher	M 38	8	89.11%
9 Scott Patnode	M 29	13	84.18%
10 John Agosto	M 46	9	83.91%
11 Bob Sharkey	M 58	8	83.23%
12 Rich Fargo	M 52	6	81.55%
13 Paul Funch	M 60	9	79.85%
14 <u>Abby Mahoney</u> 1 st F	F 32	6	79.14%
15 Ned James	M 55	9	78.93%
16 <u>Amy Lane</u>	F 31	7	78.38%
17 Debbie Livingston	F 35	6	78.32%
18 Rich Teal	M 32	7	76.58%
19 Chris Ollari	M 40	6	76.14%
20 Nikolas Rogers	M 38	7	74.42%
21 Mike Reed	M 28	6	73.37%
22 Bob Gillis	M 55	6	72.75%
23 Ted Cowles	M 52	6	70.97%
24 <u>Heather Kolpa</u>	F 29	7	70.63%
25 David Boudreau	M 39	7	70.55%
26 Damon Steed	M 34	7	69.62%
27 <u>Lisa Doucett</u>	F 55	6	68.34%
28 Gary Jewett	M 44	6	67.97%
29 Tim Rothfuss	M 40	9	67.82%
30 <u>Sara Praguski</u>	F 31	9	67.21%
31 Wayne Stocker	M 56	8	66.73%
32 Scott Edington	M 52	7	65.76%
33 Bill Morse	M 59	6	65.67%
34 Garrett Lemek	M 49	6	65.37%
35 Thomas Parker	M 44	7	65.09%
36 Edward Alibozek	M 47	6	65.05%
37 John Peabody	M 55	7	64.61%
38 Craig Stokowski	M 52	6	64.20%
39 Will Danecki	M 60	10	63.97%
40 Nick Tooker	M 31	6	63.69%
41 Dan Danecki	M 51	6	63.56%
42 <u>Kate Naples</u>	F 43	6	63.36%
43 Doug Cummings	M 49	6	62.53%
44 Alan Cabot	M 55	7	61.89%
45 Tom Parent	M 34	6	61.23%
46 <u>Cheri Cavanaugh</u>	F 46	8	61.10%
47 Bob Worsham	M 65	9	60.78%
48 Chris Hinch	M 42	8	59.91%
49 Vic LaPort	M 70	9	59.46%
50 <u>Kathleen Furlani</u>	F 62	14	58.86%
51 Vincent Kirby	M 54	6	58.67%
52 Dorin Neacsu	M 46	6	58.14%
53 John Loring	M 63	7	56.19%
54 Bill Howard	M 61	6	55.50%
55 <u>Laura Clark</u>	F 63	10	55.21%

56 Randy Witlicki	M 54	7	55.04%
57 Kevin Zelechowski	M 34	7	55.00%
58 Sherisa Sterling	F 57	6	52.11%
59 Chris Harrison	M 57	9	52.02%
60 <u>Mary Lou White</u>	F 54	14	50.49%
61 Richard Mellor	M 60	6	49.97%
62 Bill Glendon	M 64	7	45.62%
63 Jamie Howard	M 45	6	43.25%
64 Konrad Karolczuk	M 58	8	42.43%
65 Ed Root	M 64	8	40.77%
66 <u>Jennifer Kasper</u>	F 35	6	40.75%
67 Walter Kolodzinski	M 67	6	38.02%

Total Points ... 2010 Stonehead Awards:

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

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

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

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

Scott Patnode, a newcomer to the GT Series, ran in a total of 13 races this year. Most of the time he was in the top 10 or the top 15 and he racked up 1,018.46 points to claim the 2010 Stonehead of the year award. He was the only runner to break the thousand point mark this year.

Close behind Scott was GT Champ Ben Nephew with 989.39 points, and Ross Krause with 934.07 points.

For the ladies, Kathleen Furlani continues to improve on her times and this year she ran in twice as many races than last year. Since showing up for her first snowshoe race a few years ago she has become a fixture at both the snowshoe series as well as the trail circuit. In racking up 748.25 points this year she earned the title of Female Stonehead of the year!

Close behind was Mary Lou White who also ran in 14 races and came in second place with 649.18 points.

***Congratulations to:
 Scott Patnode and Kathleen Furlani
 2010 Stoneheads of the year!***

2010 Grand Tree Series ... Total Points

WMAC members in bold:

	<u>Name</u>	<u>Age</u>	<u># of races</u>	<u>Total Points</u>
1	Scott Patnode	M 29	13	1018.46
2	Ben Nephew	M 35	10	989.39
3	Ross Krause	M 30	10	934.07
4	Jim Johnson	M 33	9	889.56
5	Brian Rusiecki	M 32	8	768.16
6	<u>Kathleen Furlani</u> 1 st F	F 62	14	748.25
7	John Agosto	M 46	9	736.00
8	Paul Funch	M 60	9	700.55
9	Donald Pacher	M 38	8	700.51
10	Ned James	M 55	9	685.64
11	<u>Mary Lou White</u>	F 54	14	649.18
12	Bob Sharkey	M 58	8	648.18
13	Keith Schmitt	M 42	7	628.95
14	Will Danecki	M 60	10	614.23
15	David Herr	M 45	6	578.76
16	<u>Sara Praglusk</u>	F 31	9	575.54
17	Tim Rothfuss	M 40	9	574.71
18	Greg Hammett	M 32	6	563.93
19	<u>Amy Lane</u>	F 31	7	542.37
20	Bob Worsham	M 65	9	534.12
21	Rich Teal	M 32	7	527.76
22	Vic LaPort	M 70	9	526.33
23	Wayne Stocker	M 56	8	521.64
24	<u>Laura Clark</u>	F 63	10	519.15
25	Rich Fargo	M 52	6	489.29
26	David Boudreau	M 39	7	483.51
27	Damon Steed	M 34	7	478.43
28	<u>Abby Mahoney</u>	F 32	6	474.85
29	<u>Cheri Cavanaugh</u>	F 46	8	474.52
30	Debbie Livingston	F 35	6	469.95
31	Nikolas Rogers	M 38	7	466.51
32	Chris Hinch	M 42	8	462.63
33	Chris Ollari	M 40	6	456.81
34	Scott Edington	M 52	7	454.00
35	Chris Harrison	M 57	9	452.27
36	<u>Heather Kolpa</u>	F 29	7	448.78
37	Thomas Parker	M 44	7	445.76
38	John Peabody	M 55	7	445.48
39	Mike Reed	M 28	6	440.24
40	Bob Gillis	M 55	6	436.50
41	Ted Cowles	M 52	6	425.84
42	Alan Cabot	M 55	7	424.72
43	Bryan Johnston	M 31	5	416.78
44	<u>Lisa Doucett</u>	F 55	6	410.01
45	Gary Jewett	M 44	6	407.79
46	Steve Wolfe	M 46	5	404.51
47	Bill Morse	M 59	6	394.01
48	Garrett Lemek	M 49	6	392.22
49	Edward Alibozek	M 47	6	390.28
50	Craig Stokowski	M 52	6	385.20
51	John Loring	M 63	7	383.56
52	Nick Tooker	M 31	6	382.14
53	Randy Witlicki	M 54	7	381.94
54	Dan Danecki	M 51	6	381.37
55	<u>Kate Naples</u>	F 43	6	380.17
56	David Loutzenheiser	M 43	5	379.10

57	Kevin Zelechowski	M 34	7	376.02
58	Doug Cummings	M 49	6	375.20
59	Tom Parent	M 34	6	367.38
60	Paul Young	M 45	4	361.86
61	Dave Hannon	M 39	4	355.80
62	Vincent Kirby	M 54	6	352.03
63	John Kinnee	M 31	4	349.51
64	Dorin Neacsu	M 46	6	348.85
65	Ron Elwell	M 50	5	336.44
66	Bill Howard	M 61	6	333.02
67	<u>Gina Lucrezi</u>	F 27	4	332.76
68	Eric Wyzga	M 34	5	331.82
69	Peter Hult	M 29	4	329.82
70	<u>Lisa Maciorakowski</u>	F 34	5	328.92
71	Konrad Karolczuk	M 58	8	328.52
72	Marc Guillaume	M 38	4	326.66
73	<u>Patty Duffy</u>	F 41	5	321.18
74	Kevin Mullen	M 53	5	317.95
75	Bill Glendon	M 64	7	317.53
76	Todd Brown	M 46	5	316.10
77	Douglas Harvey	M 31	5	313.96
78	Ed Root	M 64	8	313.88
79	Kurt Severance	M 35	4	313.29
80	<u>Sherisa Sterling</u>	F 57	6	312.65
81	Christopher Agbay	M 33	5	312.65
82	Bruce Shenker	M 58	5	311.10
83	Carl Matuszek	M 58	4	309.70
84	Thor Kirlies	M 40	4	307.49
85	Richard Mellor	M 60	6	299.83
86	Jay Kolodzinski	M 31	4	294.62
87	Richard Lavers	M 33	4	294.49
88	Mark Belanger	M 39	4	294.22
89	Chris Taft	M 30	4	290.86
90	<u>Ashley Krause</u>	F 33	4	288.10
91	Tony Bonanno	M 45	4	284.30
92	Curtis Morris	M 40	4	282.75
93	William Hawkins	M 33	3	281.09
94	Rob Scott	M 56	5	280.56
95	Kyle Hall	M 15	4	279.24
96	<u>Darlene McCarthy</u>	F 48	5	278.50
97	Karl Sauerbrey	M 46	4	277.34
98	<u>Whitney Brown</u>	F 36	4	277.11
99	<u>Paula Finestone</u>	F 42	5	274.97
100	Christopher Smith	M 44	4	271.80
101	Robert Thomas	M 50	4	270.65
102	Tim Mahoney	M 30	3	270.62
103	Dave Geary	M 45	4	268.44
104	Chris Corradino	M 37	4	267.77
105	Brett Stoeffler	M 43	3	266.84
106	<u>Elaine Allen</u>	F 42	4	266.30
107	Rich Miller	M 59	4	265.82
108	Robert Gazzale	M 42	4	264.85
109	<u>Cheryl Mulvey</u>	F 50	5	264.00
110	Michael Ferrari	M 46	4	262.95
111	Timothy Cote	M 34	3	260.75
112	Jamie Howard	M 45	6	259.52
113	Brad Birkel	M 32	3	257.65
114	Stanislav Trufanov	M 31	3	256.88
115	Stuart King	M 49	4	254.14
116	Ken Naide	M 38	3	254.07

Continued next page:

GT Points cont:

117 Barbara Sorrell	F 53	5	253.53
118 Curt Pandiscio	M 49	4	253.09
119 Robert Jackman	M 27	3	251.43
120 Howard Tansey	M 46	4	251.27
121 Patrick Rondeau	M 35	3	250.12
122 Paul Bazanchuk	M 56	3	249.64
123 John Pajer	M 47	3	248.37
124 Tim Blinn	M 50	4	247.75
125 Dominic Ambrosi	M 31	4	245.98
126 <u>Jennifer Kasper</u>	F 35	6	244.53
127 Nat Coughlin	M 33	3	244.46
128 <u>Margaret Donnelly</u>	F 43	4	244.44
129 Ed Buckley	M 52	4	242.22
130 <u>Elizabeth Touchette</u>	F 27	4	241.05
131 Robijn Hage	M 39	3	239.30
132 Ed Mulvey	M 51	4	238.45
133 Ben Griffin	M 24	4	238.20
134 Stephen Touchette	M 55	4	237.91
135 <u>Deb Touchette</u>	F 55	4	237.24
136 Norm Cormier	M 56	4	237.17
137 <u>Helen Carmichael</u>	F 31	4	236.68
138 <u>Brenda Morris</u>	F 44	4	236.29
139 Scott Livingston	M 37	3	236.22
140 James Porter	M 36	3	236.10
141 <u>Erica LaBella</u>	F 31	3	235.87
142 William Moor	M 28	3	235.28
143 Ben Keefe	M 29	3	234.98
144 Christopher Noonan	M 33	4	234.71
145 Charles Thayer	M 66	5	233.53
146 Frank Roberts	M 28	3	232.83
147 Domonic Naples	M 43	3	232.02
148 Jim Dube	M 44	3	230.48
149 Steve Nelson	M 46	3	230.25
150 Walter Kolodzinski	M 67	6	228.12

Top 150 Runners

For complete results check the Grand Tree page on the club's website at.... www.runwmac.com

Sunday Hikes

While hopefully mending for my return to running, I've been hiking early every Sunday morn on a CT. "rail to trail."

In 1846 RR magistrates began planning a New England route to be direct as possible, "as if a line had been drawn thru the air." After 24 years of preparation & construction the Airline Railroad became the first to carry passengers between Boston and NYC, doing so until 1902. The right of way - - sans rails & ties - - is now open for public use from E. Hampton to the Mass border at E. Thompson. I've covered almost all of it, only the Western part is paved. Nearly all of it is thru woods - - serene and stunningly beautiful!

Dick Hoch

WMAC's DION Snowshoe Series ... 2011

Depending on Snow...

Here is the 2011 WMAC DION Racing Series Schedule... To check for changes, results, photos or other information on specific events, check the Snowshoe web page often. (Winter Weather changes things, we are flexible). The dates listed on this page are good for now, but check the individual race info often... Thanks!!

Dec 11/12 or 18/19 10:30 A.M. 2010 MASS STATE CHAMPIONSHIP AT NORTH / SOUTH POND

December 26, 2010 10:30 A.M. I LOVE WOODFORD
3.0 Miles Woodford, VT

January 02, 2011 10:30 A.M. DAR-MOOSE RUN
5.0 Miles Goshen, MA

January 08, 2011 10:00 A.M. TURNER TRAIL
5.0 Miles Pittsfield, MA

January 15, 2011 10:00 A.M. GREYLOCK GLEN
3.9 Miles Adams, MA

January 16, 2011 10:00 A.M. BRAVE THE BLIZZARD
3.8 Miles Guilderland, NY

January 22, 2011 10:00 A.M. HOOT TOOT & WHISTLE
3.3 Miles Readsboro, VT

January 23, 2011 10:00 A.M. CONSTITUTION HILL
3.6 Miles Lanesborough, MA

January 29, 2011 11:00 A.M. SIDE-HILLER
4.0 Mile Center Sandwich, NH

January 30, 2011 10:00 A.M. CURLY'S RECORD RUN
4.0 Miles Pittsfield, MA

February 05, 2011 9:00 A.M. NORTHFIELD MTN
5.3 Mile Northfield, MA

February 06, 2011 11:00 A.M. SARATOGA WINTERFEST
5 KM Saratoga Springs, NY

February 12, 2011 10:30 A.M. CAMP SARATOGA
8.25 KM Wilton, NY

February 19, 2011 9:30 A.M. MOBY DICK
7.0 Miles Lanesborough, MA

February 20, 2011 10:00 A.M. HALLOCKVILLE ORCHARD
3.8 Miles West Hawley, MA

February 26, 2011 9:00 A.M. NE CHAMPIONSHIP
10KM Northfield, MA

February 27, 2011 10:00 A.M. MOODY SPRING
5.5 Miles West Hawley, MA

March 05, 2011 9:30 A.M. HAWLEY KILN NOTCH
5.0 Miles Hawley, MA

The 2010 "Grand Tree" Trail Series
New England Trail Running at its best.

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

Northern Nipmuck

16 Miles ... Union, CT. ... 4 / 3 / 10

Greg Hammett32 M 1:59:41
Gina Lucrezi.....27 F..... 2:30:49 *112 Finishers*

Merrimack River

10 Miles Andover, MA. ... 4 / 10 / 10

Kevin Tilton 28 M 59:05
Gina Lucrezi... .. 27 F 1:07:41 *220 Finishers*

Muddy Moose

14 Miles ... Wolfeboro, NH. ... 4 / 18 / 10

Justin Freeman33 M 1:36:18
Lisa Keith30 F2:11:19 *113 Finishers*

Seven Sisters

12 Miles ... Amherst, MA. ... 5 / 2 / 10

Andy McCarron.....27 M 1:48:55
Abby Mahoney32 F2:19:26 *266 Finishers*

MorFun Wapack

21 Miles Ashburnham, MA ...5 / 8 / 10

Nicolas Menzies 30 M 3:37:00
Jennifer Shultis 41 F4:42:00 *43 Finishers*

Soapstone MT.

14.4 Miles ... Stafford Springs, CT. ... 5 / 16 / 10

Jim Johnson 33 M ... 1:39:03
Serena Wilcox31 F2:05:12 *160 Finishers*

Northfield MT.

10.3 K ... Northfield, MA. ... 5 / 22 / 10

Eric Blake 31 M ... 32:14
Gina Lucrezi 27 F 37:31 *264 Finishers*

NipMuck Marathon

26.4 Miles ... Ashford, CT. ... 6 / 6 / 10

Dave Herr45 M3:37:57
Deb Livingston35 F4:11:48 *110 Finishers*

Greylock Trail Race

Half Marathon ... Adams, MA. ... 6 / 20 / 10

Ben Nephew..... .34 M 1:41:25
Deb Livingston26 F2:12:40 *157 Finishers*

Cranmore Hill

12K ... North Conway, NH. ... 6 / 27 / 10

Kevin Tilton28 M 51:52
Gina Lucrezi 27 F 1:04:19 *181 Finishers*

Skyline Trail

7.2 Miles ... Milton, MA. ... 7 / 11 / 10

Ben Nephew 34 M 1:04:34
Katia Bertoldi ?? F 1:31:37 *75 Finishers*

People's Forest

7 Miles ... Barkhamsted, CT. ... 7 / 31 / 10

Marc Robaczynski 35 M **43:48***
Carolyn Stocker17 F **56:41***

Course Records *

67 Finishers

Oxford Dam

11.5 Miles ... Oxford, MA. ... 8 / 7 / 10

Jim Johnson33 M **1:09:22***
Heather Kolpa ?? F 1:31:38

Course Record *

86 Finishers

Savoy MT. Savoy, MA 8 / 15 / 10

22.2 Miles:

Brian Ruseicki 31 M 2:49:23
Elaine Allen 42 F 4:04:12 *36 Finishers*

11.1 Miles:

Topher Sabot34 M..... 1:23:24
Amy Lane31F 1:48:21 *60 Finishers*

Continued next page:

2010 Grand Tree Series cont:

MT. Toby

14 Miles ... Sunderland, MA. ... 8 / 22 / 10

John Dudley 31 M 1:28:01

Sara Smiarowski 30 F 1:56:10

69 Finishers

Wapack Trail

18.5 ? Miles ... New Ipswich, NH. ... 9 / 5 / 10

Dave Herr 45 M 2:23:50

Erica LaBella 31 F 3:10:19

71 Finishers

Curly's Half Marathon

14 ? Miles.... Pittsfield, MA ... 9 / 12 / 10

Ross Krause 30 M 1:48:53

Amy Lane 31 F 2:10:28

63 Finishers

Pisgah MT.

23K and 50K ... Chesterfield, NH. ... 9 / 19 / 10

23K:

Justin Fyffe 30 M 1:31:00

Lisa Doucett 55 F 2:017:55

73 Finishers

50K:

Dave Herr 45 M 3:42:26*

Amy Lane 31 F 4:33:09 *

89 Finishers

Course Records *

Monroe / Dunbar Brook

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

Greg Hammett 33 M 1:15:34

Abby Mahoney 32 F 1:34:55

112 Finishers

Groton Forest

9.5 Miles ... Groton, MA. ... 10 / 24 / 10

Steve O'Brien..... 22 M 55:40*

Erica LaBella 31 F 1:12:19

Course Record *

128 Finishers

Hairy Gorilla

Half - Marathon ... Albany, NY. ... 10 / 31 / 10

Ross Krause 30 M 1:23:51

Laura Gersten..... 22 F 1:42:32

282 Finishers

Busa Bushwhack

10 Miles ... Framingham, MA. ... 10 / 31 / 10

Jim Johnson 33 M 1:00:54

Kath Hardcastle.... 29 F 1:12:20

169 Finishers

Stone Cat

Marathon & 50 Miles ... Ipswich, MA. ... 11 / 6 / 10

Marathon:

Keith Schmitt 42 M.... 3:11:32

Laurie Greenberg 35 F..... 3:42:45

160 Finishers

50 Miles:

Ben Nephew 35 M 6:24:47*

Amy Lane 31 F 8:01:35

Course Record *

111 Finishers

Complete race results can be found on the "Grand Tree" page at www.runwmac.com

GT Series Champions ... 1995 - 2010

Male

Female

1995	Matt Cull	Robin Hathaway
1996	Tom Buckley	Debbie Briggs
1997	Bob Dion	Karen Cormier
1998	Keith Schmitt	Tracy Reusch
1999	Ben Nephew	Christy Cosgrove
2000	B. Nephew & L. Schmitt	Nikki Kimball
2001	Ben Nephew	Nikki Kimball
2002	Leigh Schmitt	Deb Livingston
2003	Ben Nephew	Deb Livingston
2004	Ben Nephew	Deb Livingston
2005	Greg Hammett	Deb Livingston
2006	Ben Nephew	Deb Livingston
2007	Greg Hammett	Deb Livingston
2008	G. Hammett & B. Nephew	Deb Livingston
2009	Ben Nephew	Amy Lane
2010	Ben Nephew	Abby Mahoney

Mt. Toby Trail Race ... 14 Miles

Sunderland, MA. August 22, 2010

Club members in bold:

	<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1	John Dudley	M 31	MA	1:28:01	100.00%
2	Matt Shamey	M 30	MA	1:30:46	96.97%
3	Drew Best	M 28	MA	1:30:56	96.79%
4	Chris Baynes	M 40	MA	1:34:48	92.85%
5	John Kinnee	M 31	MA	1:35:08	92.52%
6	Kent Lemme	M 43	MA	1:36:57	90.79%
7	Keith Schmitt	M 41	NH	1:37:32	90.24%
8	Donald Pacher	M 38	MA	1:39:40	88.31%
9	Dave Hannon	M 39	MA	1:39:50	88.16%
10	Marc Guillaume	M 38	MA	1:41:30	86.72%
11	Jeff Maddog	M 40	MA	1:45:29	83.44%
12	Aaron Stone	M 27	MA	1:46:28	82.67%
13	Frank Roberts	M 28	MA	1:49:25	80.44%
14	William Moor	M 28	MA	1:50:04	79.97%
15	Scott Patnode	M 29	MA	1:50:32	79.63%
16	Chris Ollari	M 40	MA	1:51:10	79.18%
17	Ken Naide	M 38	MA	1:52:05	78.53%
18	David Loutzenheiser	M 43	MA	1:54:32	76.85%
19	Mike Reud	M 28	MA	1:55:54	75.94%
20	Rich Teal	M 32	NY	1:55:57	75.91%
21	<u>Sara Smiarowski 1st F</u>	F 30	MA	1:56:10	75.77%
22	Brian Donaghue	M 28	MA	1:57:13	75.09%
23	Dominic Wilson	M 39	CT	1:57:47	74.73%
24	Ted Cowles	M 51	CT	1:58:13	74.45%
25	Brian McCarthy	M 47	MA	1:58:43	74.14%
26	Kevin McCaffrey	M 53	MA	1:59:16	73.80%
27	Chris Corradino	M 37	MA	1:59:43	73.52%
28	Seth Roberts	M 58	MA	2:00:19	73.15%
29	<u>Heather Kolpa</u>	F 29	MA	2:01:12	72.62%
30	<u>Catherine Spina</u>	F 28	MA	2:01:37	72.37%
31	Nikolas Rogers	M 38	NY	2:01:58	72.16%
32	Anthony Park	M 45	MA	2:02:19	71.96%
33	<u>Nancy Cook</u>	F 46	MA	2:02:44	71.71%
34	<u>Nicole Williamson</u>	F 23	MA	2:06:01	69.85%
35	Bob Prentiss	M 55	MA	2:06:42	69.47%
36	<u>Rebecca Cann</u>	F 20	MA	2:07:39	68.95%
37	Sri Bodkhe	M 44	MA	2:08:21	68.58%
38	Garrett Deane	M 39	MA	2:08:55	68.27%
39	Stan Kolpa	M 59	VT	2:09:15	68.10%
40	Rick Lowry	M 48	CT	2:09:54	67.76%
41	Greg Cartier	M 27	MA	2:11:03	67.16%
42	Andrew Foster	M 42	MA	2:11:21	67.01%
43	Jim Plaza	M 58	MA	2:13:22	66.00%
44	Nate Baynes	M 23	MA	2:13:31	65.92%
45	Greg Monette	M 42	MA	2:14:06	65.64%
46	<u>Anni Luneau</u>	F 45	NY	2:18:45	63.44%
47	Christopher Parker	M 40	NY	2:20:23	62.70%
48	Brian Kamerzel	M 32	CT	2:22:27	61.79%
49	<u>Sara Praguski</u>	F 31	MA	2:23:20	61.41%
50	<u>Cheri Cavanaugh</u>	F 46	MA	2:23:21	61.40%
51	<u>Ania Childress</u>	F 34	CT	2:28:43	59.18%
52	Vic LaPort	M 70	MA	2:29:05	59.04%
53	<u>Kathleen Furlani</u>	F 62	CT	2:29:53	58.72%
54	<u>Rika Clement</u>	F 54	MA	2:30:44	58.39%
55	Chris Hinch	M 42	MA	2:31:50	57.97%
59	Stan Novak	M 45	MA	2:37:02	56.05%
56	<u>Sherisa Sterling</u>	F 57	MA	2:37:37	55.84%

57	<u>Tara Gianoulis</u>	F 29	MA	2:37:50	55.77%
58	<u>Meaghan Wilk</u>	F 31	CT	2:38:40	55.47%
60	<u>Lena Leddotter</u>	F 45	NY	2:39:10	55.30%
61	Thomas Parker	M 44	NH	2:39:28	55.19%
62	Mark Dean	M 57	MA	2:41:17	54.57%
63	Chris Harrison	M 57	MA	2:43:42	53.77%
64	Gary Pedigo	M 55	FL	2:44:14	53.59%
65	<u>Madeline Cann</u>	F 18	MA	2:48:35	52.21%
66	<u>Marylou White</u>	F 55	MA	2:51:26	51.34%
67	<u>Carin Zinter</u>	F 37	MA	2:56:30	49.87%
68	Don Grant	M 68	MA	3:24:11	43.11%
69	Ed Root	M 64	CT	3:34:00	41.13%

Second Wind: The Rise of the Ageless Athlete

by Lee Bergquist. Human Kinetics, 2009.

Every club has one: an older states person who inspires younger members to comment admiringly, "I want to grow up to be just like you." Saratoga Stryders has Andy Keefe, a 79 year-old cross-country ski instructor who has overcome a bout with cancer and has taken up snowshoeing, WMAC has Rich Busa, 81, who has completed the Stone Cat and Nipmuck Marathons within the last year, and Adirondack Runners have Regina Tumidajewicz, 82???, who routinely passes women in their seventies.

Second Wind profiles eighteen such athletes competing in a variety of individualized sports. They are the pioneers, defining the new boomer age barrier, proving that growing old is a state of mind. Laying the groundwork are swimmers like Greg Shaw, who upon revisiting his collegiate swimming days has discovered that hard work as well as improvements in gear and technique have actually enabled him to better his schoolboy times.

Others, like 76 year-old Barb Kippel, the oldest woman to finish the 33.5 mile American Birkebeiner XC Ski Race in Wisconsin, have set their sights on completing a landmark tour of the same yearly event. Enroute to her twentieth Birkie, she now competes with an honor guard escort. Her insights into the rationale of endurance competition remain her legacy: "It's just perseverance and strength of mind, much more than it is strength of body."

For many of us, and justly so, it is a feat to complete one marathon. Not so for Don McNelly, 87, a Rochester member of the 50 States Marathon Club. Scan the entrants list of any marathon and you will be lucky to spot one runner in his eighties, possibly a few in their seventies and several handfuls in their sixties. Currently fighting cancer, McNeely has become a walker, but still, how many folks have walked 26.2 miles?

Then there are the everyman streakers whose daily goal is not a streak of victories, a rack of marathons or repeat rounds of favorite event. Like the proverbial postman, they are out there defying rain, sleet, snow and hail to keep them from their appointed rounds. Among the members of the United States Running Streak Association listed in the book's appendix are some familiar names including Chester Tumidajewicz, Regina's son, who currently clocks in at twenty-five plus years and still running.

The lesson here is that despite the inroads of time, the human body still needs and desires to be pushed to its true limit, whatever that particular limit may be.

Reviewed by Laura Clark

Wapack Trail Race ... 18+ Miles

New Ipswich, NH September 5, 2010

Sunny - Breezy - High of 70*

Club members in bold:

Name	Age	ST.	Time	GT %
1 Dave Herr	M 45	VT	2:23:50*	100.00%
2 Jim Johnson	M 33	NH	2:28:13	97.04%
3 Brian Rusiecki	M 31	MA	2:30:46	95.40%
4 William Hawkins	M 33	NY	2:35:44	92.36%
5 Greg Hammett	M 33	NH	2:36:53	91.68%
6 Lars Sauvola	M 35	NH	2:44:19	87.53%
7 Keith Schmitt	M 41	NH	2:50:23	84.42%
8 Cory Elowe	M 21	ME	2:50:39	84.29%
9 Donald Pacher, Jr.	M 38	MA	2:53:32	82.88%
10 Ralph DiLeone	M 40	CT	2:59:05	80.32%
11 Jimmie Cochran	M 35	NH	3:00:05	79.87%
12 Steve Wolfe	M 46	NH	3:00:12	79.82%
13 Scott Patnode	M 29	MA	3:07:07	76.87%
14 Dima Feinhaus	M 47	MA	3:09:56	75.73%
15 <u>Erica LaBella</u> 1 st F	F 31	NH	3:10:19*	75.58%
16 Jeff Hart	M 42	NH	3:10:59	75.31%
17 Nikolas Rogers	M 38	NY	3:16:16	73.28%
18 Paul Funch	M 60	MA	3:17:06	72.97%
19 <u>Amy Lane</u>	F 31	MA	3:18:54	72.31%
20 Jim Garcia	M 52	MA	3:19:10	72.22%
21 Gil Sharon	M 36	MA	3:25:22	70.04%
22 Andy Illidge	M 43	MA	3:28:36	68.95%
23 David Boudreau	M 38	NH	3:30:46	68.24%
24 Christopher Russell	M 47	MA	3:32:42	67.62%
25 Jon McInerney	M 20	NH	3:38:51	65.72%
26 Jason Bui	M 30	MA	3:39:48	65.44%
27 Karl Sauerbrey	M 46	RI	3:41:28	64.95%
28 <u>Sara Praguski</u>	F 31	MA	3:42:42	64.59%
29 Nick Tooker	M 31	MA	3:45:31	63.78%
30 Dane LeBlanc	M 52	MA	3:48:14	63.02%
31 <u>Becky Graseck</u>	F 29	MA	3:50:43	62.34%
32 Davis Clayson	M 47	MA	3:51:00	62.27%
33 Don Allison	M 54	MA	3:51:43	62.07%
34 Dan Danecki	M 51	MA	3:52:58	61.74%
35 Benjamin Yoder	M 32	MA	3:53:40	61.55%
36 Jorge Martinez	M 32	MA	3:54:25	61.36%
37 Charles Peabody	M 38	RI	3:55:30	61.08%
38 Don Spencer	M 44	NH	3:57:02	60.68%
39 Tom Parent	M 34	MA	3:59:39	60.02%
40 Jesse Veinotte	M 29	MA	4:00:23	59.83%
41 Will Danecki	M 60	CT	4:00:39	59.77%
42 Stephen Taylor	M 41	MA	4:02:52	59.22%
43 George Alexion	M 51	ME	4:06:59	58.24%
44 Christopher Agbay	M 33	MA	4:07:16	58.17%
45 Michael Agbay	M 37	MA	4:07:17	58.17%
46 Douglas Harvey	M 31	MA	4:11:17	57.24%
47 <u>Helen Carmichael</u>	F 31	MA	4:12:42	56.92%
48 Kevin Mullen	M 53	MA	4:13:02	56.84%
49 Dan Wagner	M 53	MA	4:15:11	56.36%
50 <u>Paula Finestone</u>	F 42	MA	4:15:48	56.23%
51 Bob Worsham	M 64	CT	4:17:27	55.87%
52 Chris Hinch	M 42	MA	4:20:29	55.22%
53 John Loring	M 63	MA	4:21:19	55.04%
54 <u>Brenda Morris</u>	F 44	MA	4:24:02	54.48%

55 <u>Jeanne Christie</u>	F 52	ME	4:30:52	53.10%
56 Kevin Claire	M 42	MA	4:33:59	52.50%
57 <u>Magda Cardoso</u>	F 34	MA	4:36:05	52.10%
58 <u>Cheryl Mulvey</u>	F 50	MA	4:37:43	51.79%
59 Kenny Rogers	M 56	MA	4:38:21	51.67%
60 Ryan Couto	M 25	MA	4:44:27	50.57%
61 Kevin Zelechowski	M 34	MA	4:51:28	49.35%
62 Jonathan Ryan	M 28	MA	5:00:08	47.92%
63 Michael St. Hilaire	M 31	NH	5:09:35	46.46%
64 <u>Orapin Asarangchai</u>	F 35	MA	5:16:04	45.51%
65 Richard Mellor	M 60	NH	5:25:16	44.22%
66 Chris Allen	M 56	MA	5:36:16	42.77%
67 <u>Hui-Qing Yin</u>	F 35	RI	5:41:44	42.09%
68 Mun-Sang Yue	M 37	RI	5:41:45	42.09%
69 Brian Ristuccia	M 32	MA	5:43:44	41.84%
70 <u>Jennifer Kasper</u>	F 35	MA	5:54:59	40.52%
71 Tony Saathoff	M 42	MA	5:56:19	40.37%

Course records * Slightly different course this year.

Wapack Trail Race Race Report

September 5, 2010

by Paul Funch

Race day was marked by mostly sunny skies, very low humidity, temperatures in the 60s, dry trail conditions, and nice cooling breezes along the course. Seventy three finishers enjoyed as beautiful a day as one could ever hope for. The Wapack Trail goes from Greenfield, NH to Ashburnham, MA and the race is run out and back over the 9 mile section from New Ipswich, NH to Ashburnham. There are four peaks to go over in each direction and the total elevation climb for the 18 miles is 4,000 feet or more. To put these 18 miles in perspective, the finishing time of a runner in the Wapack Trail Race is very close to the time they can run a road marathon, though that is about the only thing those two types of running events have in common!

The Wapack Trail was re-routed around Windblown XC Ski Area this year due to loss of use of parts of the trail that run across private property. The re-route is perhaps 1/2 mile longer. Nevertheless, most repeat runners actually shaved some time off their previous best times, perhaps because the terrain is more runnable and the footing is smoother over the re-routed trail. In any case, because of the significant change in the course, the age group records were all reset this year.

Taking first place in a remarkable time of 2:23:50 was 45-year old Dave Herr of Canaan, VT. Dave has the fastest time seen in the race, with a time of 2:21:16 set in 2002, since the race began in 1992. The others in the top five were Jim Johnson (2:28:13, 30-39 age group winner), Brian Rusiecki (2:30:46), William Hawkins (2:35:44), and Gregg Hammett (2:36:53), so the competition was very strong. The 50-59 age group winner, in a time of 3:19:10, was NE and National ultra distance champion of the 90s and early 00s, Jim Garcia of Westford, MA, who has recently started running again after a hiatus.

Continued next page:

Wapack report cont:

Race Director Paul Funch took honors in the 60-69 age group with a time of 3:17:06.

On the women's side, Erica LaBella, 31, from Sugar Hill, NH, put in a very strong effort, finishing in 3:10:19 and eclipsing Sarah Tanner's course record of 3:18:47 which has held for the past five years. Jeanne Christie, 52, of Windham ME, held on to her 50-59 age group record with a time of 4:30:52.

The Wapack Trail Race in 2011 will be held as always on the Sunday of Labor Day weekend.

Paul Funch RD



RD Paul Funch getting ready for the pre-race briefing at the Wapack Trail Race.

photo by Bob Worsham



A view from the Wapack Trail

photo by Bob Worsham

35th Annual Greylock Road Race

8 Miles uphill ... North Adams, MA.

Labor Day ... September 6, 2010

Club members in bold:

	<u>Name</u>	<u>ST.</u>	<u>Time</u>
1	Mark Mayall	MA	53:45
2	Michael Brouillette	MA	54:32
3	Tim Mahoney	MA	59:02
4	<u>Abby Mahoney</u> 1 st F	MA	1:05:41
5	Allan Bates	MA	1:06:04
6	Dan Damasca	MA	1:08:31
7	Steve StClair	MA	1:10:08
8	Scott Brew	CT	1:11:01
9	Nate Kornell	MA	1:11:09
10	Brian McCarthy	MA	1:11:12
11	<u>Dawn Roberts</u>	MA	1:11:28
12	<u>Laura Hutchinson</u>	MA	1:12:20
13	Barry Braun	MA	1:13:19
14	Chris Canaclosi	MA	1:14:00
15	Jason Dominick	MA	1:14:22
16	Tonio Palmer	MA	1:14:45
17	<u>Kelly Anne McKeown</u>	MA	1:15:13
18	Roy Headwall	MA	1:16:37
19	Joe Gwozdz	MA	1:16:57
20	Brooks Foehl	MA	1:17:28
21	Sri Bodkhe	MA	1:18:42
22	Jeff Parkman	MA	1:18:43
23	Thomas Tift	NY	1:19:34
24	Jonathan Igoe	MA	1:19:53
25	Norm Richardson	MA	1:19:58
26	<u>Theresa Apple</u>	MA	1:23:19
27	Paul Donovan	VT	1:24:09
28	<u>Kathy McCarthy</u>	MA	1:24:16
29	<u>Elizabeth StClair</u>	MA	1:24:40
30	Paul Marszalek	MA	1:24:44
31	Charles Roberts	MA	1:25:07
32	<u>Tamara Dominick</u>	MA	1:25:18
33	Dick Nesbitt	MA	1:25:33
34	Ed Saharczewski	MA	1:25:46
35	James Hartwig	MA	1:26:25
36	Andy Jaffe	MA	1:26:30
37	Scott Bradley	MA	1:27:07
38	Doug Cummings	MA	1:27:22
39	Dave Murphy	MA	1:27:55
40	John Murphy	MA	1:28:09
41	George Gilder	MA	1:29:26
42	<u>Denise Dion</u>	VT	1:34:16
43	Benn Griffin	MA	1:34:22
44	John Aldrich	MA	1:39:13
45	<u>Darlene McCarthy</u>	MA	1:39:54
46	<u>Sue Snyder</u>	MA	1:46:41
47	Don Grant	MA	1:50:26
48	Ponch Mach	MA	1:53:40
49	George Boudreau Jr	MA	2:03:54
50	London Niles	VT	2:09:00
51	<u>Lee Anne Zarger</u>	CT	2:14:32
52	Dick Hoch	NY	2:23:18

Curly's Trail Races --- 5K and ½ Marathon
Pittsfield State Forest Pittsfield, MA 9 / 12 / 10
 Benefits Albert (Curly) Voll Scholarship Fund
 at Pittsfield High School
 Cloudy - Breezy - - High of 64*

Club members in bold:

Half Marathon:

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>GT %</u>
1 Ross Krause	M 30	1:48:53	100.00%
2 William Hawkins	M 33	1:49:49	99.15%
3 Brad Reed	M 26	1:54:00	95.51%
4 Rich Fargo	M 52	1:58:19	92.03%
5 Todd Walker	M 44	1:59:39	91.00%
6 Donald Pacher	M 38	1:59:46	90.91%
7 Paul Hyry Dermoth	M 43	2:03:55	87.87%
8 Bob Sharkey	M 58	2:05:35	86.70%
9 John Agostino	M 46	2:05:52	86.51%
10 Scott Patnode	M 29	2:08:11	84.94%
11 Mike Reed	M 28	2:10:02	83.73%
12 <u>Amy Lane</u> 1 st F	F 31	2:10:28	83.46%
13 Ned James	M 55	2:10:36	83.37%
14 Deb Livingston	F 35	2:11:08	83.03%
15 Carl Matuszek	M 58	2:17:17	79.31%
16 Dan Damasca	M 48	2:17:26	79.23%
17 Chris Ollari	M 40	2:24:23	75.41%
18 Matt Voisin	M 32	2:24:50	75.18%
19 <u>Hillary Greene</u>	F 40	2:25:31	74.83%
20 Adam Linell	M 25	2:26:32	74.31%
21 Ted Cowles	M 51	2:26:36	74.27%
22 Zach Gaber	M 16	2:26:59	74.08%
23 Dominic Wilson	M 39	2:27:04	74.04%
24 Mark Vernazza	M 31	2:27:38	73.75%
25 Ashley Krause	F 33	2:29:22	72.90%
26 Bruce Shenker	M 57	2:32:08	71.57%
27 <u>Sheila Neideck</u>	F 49	2:33:06	71.12%
28 Ed Alibozek	M 47	2:33:16	71.04%
29 <u>Joanne Lynch</u>	F 44	2:33:50	70.78%
30 John Jansen	M 56	2:34:04	70.67%
31 Tim Rothfuss	M 41	2:36:32	69.56%
32 Robert Gazzale	M 42	2:37:01	69.35%
33 Tim Drake	M 50	2:37:10	69.28%
34 Scott Edington	M 52	2:37:23	69.18%
35 <u>Anna Moseman</u>	F 26	2:37:58	68.93%
36 Shawn Pfalzer	M 25	2:37:59	68.92%
37 Will Danecki	M 60	2:39:56	68.08%
38 Nicholay Artuso	M 28	2:41:14	67.53%
39 <u>Rebecca Weintraub</u>	F 36	2:46:56	65.23%
40 Adam Klauber	M 40	2:46:57	65.22%
41 Vince Kirby	M 54	2:47:38	64.95%
42 Bob Worsham	M 64	2:47:57	64.83%
43 <u>Erin Linnell</u>	F 25	2:48:22	64.67%
44 <u>Ashley Lazevnick</u>	F 22	2:48:56	64.45%
45 Chris Hinch	M 42	2:50:40	63.80%
46 <u>Sweep Voll</u>	F 49	2:51:36	63.45%
47 <u>Cheri Kavanaugh</u>	F 46	2:55:26	62.07%
48 <u>Sue Williams</u>	F 44	2:55:27	62.06%
49 Tod Kenney	M 52	2:55:53	61.91%
50 Wayne Stocker	M 56	2:56:37	61.65%

51 Benn Griffin	M 24	3:03:58	59.19%
52 <u>Kathleen Furlani</u>	F 62	3:09:16	57.53%
53 <u>Betsy Molitoris</u>	F 39	3:17:19	55.18%
54 Laura Clark	F 63	3:19:03	54.70%
55 <u>Jamie-R.G Coyne</u>	F 52	3:19:35	54.56%
56 Lawrence Seward Sr.	M 65	3:21:27	54.05%
57 <u>Stefanie Pitts</u>	F 36	3:30:08	51.82%
58 <u>Marylou White</u>	F 55	3:33:25	51.02%
59 Charlie Thayer	M 66	3:42:17	48.98%
60 Bill Glendon	M 64	4:01:14	45.14%
61 Jamie Howard	M 45	4:03:25	44.73%
62 Konrad Karolczuk	M 58	4:13:48	42.90%
63 Walter Kolodzinski	M 67	4:36:38	39.36%

Curly's 5K Results:

<u>Name</u>	<u>Age</u>	<u>Time</u>
1 <u>Ashley Williams</u>	F 25	0:27:16
2 John Guzzi	M 33	0:30:57
3 Jake Navatka	M 21	0:31:19
4 Larry Navatka	M 53	0:32:00
5 Stan Tiska	M 53	0:33:19
6 <u>Meghan Foley</u>	F 24	0:35:05
7 John Baker	M 60	0:35:30
8 <u>Laurie Tierney</u>	F 49	0:38:26
9 <u>Nancy Corbett</u>	F 44	0:40:49
10 Karin Bradley	F 53	0:40:59
11 <u>Jenny Stokes</u>	F 49	0:41:09
12 <u>Lisa Fine</u>	F 31	0:43:18
13 London Niles	M 13	0:43:26
14 <u>Jackie Elliot</u>	F 56	0:44:27
15 <u>Patti Driscoll</u>	F 51	0:44:53
16 Stan Serafin	M 56	0:59:31



Sweep Voll, charging down the final hill in her dad's race

photo by Brad Herder

PRs set at Curly's: Yet Again

While road runners celebrate the cooler autumn season by gearing up for a fast 5K or a possible Boston Marathon qualifier, trail runners just soldier on through heat and humidity, mud and black flies, flower strewn fields and ground bees with an attitude problem. For us, every day on the trail is a good day. By September, though, enthusiasm has taken its toll on the body if not on the spirit. Some of us are trying to ignore nagging injuries and all of us are tired, trying to hang on for our culminating November sample of Stone Cat Ale.

Enter Curly's Marathon with its guarantee of a PR for all to lend spring to our worn out shoes. Now into its third year, Curly's has, intentionally or not, offered the assurance of a personal record to all. After the first year, race directors Beth and Brad Herder modified the extremely difficult course and this year they tinkered still further. There are so many wonderful trails in the Pittsfield State Forest, who can blame them for wanting to show off their neighborhood?

While the half has remained the staple, Beth and Brad have flirted with other distance options as well. Years #1 and #2, featuring the marathon and its halfway twin, saw 25 in the full and 27 in the half for the inaugural event, followed by 18 for the main course and 39 for the appetizer. Most doubles feature a stronger half, so Curly's first year neck-and-neck statistics are truly amazing. The following year, splits were more in line with the growing popularity of halves. Or were they? Perhaps after 2008's especially challenging tour, some of the marathoners had had enough. Happily oblivious after having missed the first year, I bucked the trend, not only completing the marathon, but doing so after I had supposedly committed to the half.

Mentally, it is extremely difficult to switch gears enroute. According to Tim Noakes, author of the definitive *Lore of Running*, visualization is key to a satisfying performance. The brain's central governor does not like surprises, so whenever your body is confronted by the unexpected it balks, having misered enough energy to get the anticipated job done, but no more. That explains why Will Danecki and I never seem to be able to run the extra four miles to turn the 22 mile Savoy race into a marathon or why despite having completed last year's marathon, we balked at completing an unofficial second loop. Initially, we were disappointed that 2010 offered only a half and a new 5K, but as the day unfolded we were truly grateful...

For those of you who live for statistics, the 2010 version lured a whopping 63 participants to the half—more than the previous two year's full and half combined! After a truly pleasant jaunt on the pine-needled 5K course, vacation was over and the half competitors got down to business with the endless Turner Trail uphill. After having experienced Turner from a downwards angle, I was truly surprised that most parts, despite the uphill slant, were truly runnable. But attacked from any angle, I still reached the point where I was ready for it to end.

After the halfway aid station, we were treated to a "new" campground loop and a debris-littered trail not as pleasantly runnable as the Turner downhill. When I arrived at the "it's all

downhill from here" marker, I discovered that the Lulu Brook trail is immensely more satisfying as a snowshoe downhill where the snow somewhat evens out the terrain, than as a precariously tilting slide into the chasm below. Picture the Monroe Brook escarpment ledge, but with less footing. This was not fun. Covered in white, I had no idea the trail was so narrow and treacherous. I longed for the tricky Turner switchbacks. At least if I fell, I knew it would not be off the end of the earth. I was not eager to be the first to discover that the world is flat after all.

Veteran trail runners are familiar with the *déjà vu* phenomenon, where certain sections of certain trails resemble sections of other trails. I guess at some point all forests tend to look alike. After three different courses, however, Curly's took *déjà vu* to a higher level. Some trails were run out of expected sequence; some were run in only in part, and some were run backwards (the trail, not us). Things looked vaguely similar but totally out of kilter, a sort of fun house version of real life.

Adding to the confusion was the fact that the 5k (or more) and the half marathon (or more) were, unlike most trail races, decorated with smiley-faced yellow pie plate markers, all of which were trying valiantly to uphold the truth in advertising clause. Alas, when we hit the 13.1 mile mark, we had actually traveled 14 miles. Not that it really matters, as everyone, unless they opted to explore alternate unmarked pathways, traversed the same distance.

Except for missing the Turner downhill, I had a marvelous time exploring the Herder's stomping grounds and crossed the line with a medal and a raffle prize. Best of all, I harvested one of Farmer Ed's pumpkins. When I arrived home, I discovered that it puzzle pieced perfectly into the gap-toothed spot between my newly planted chrysanthemums.

Laura Clark

She knows how they feel

I'm standing in th woods on th Wesleyan U. cross-country course in Middletown, CT on a wilting-warm late Sept Saturday, awaiting th runners. I'll be looking for Mitchell College men who, xcept for John, last seen caboosing th lead pack, will be bringing up th rear. Here they come!

Th woman beside me, visor pulled low, wearing a shirt showing Chicago, Boston, NYC & other marathon insignia, hollers to Bowdoin College runners by name. She, seeming vaguely familiar to me, turns when they've passed toward th next vantage-point, scampering nimbly up th very steep dirt-rocky path that th runners must deal with twice.

I stay to shout encouragement for Brian, Vernon, Zack my nephew, and Dustin - - who are in this "over their heads" but will, of course, not quit - - b4 rejoining th Bowdoin fan. There, I glance her way, catch her eye. Joan Benoit Samuelson smiles. I quietly nod. Most of what I've written here is true.

Dick Hoch

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

Chesterfield, NH September 19, 2010

Benefit for the New Hampshire Special Olympics

Sun & Clouds - Humid - Breezy - High of 74*

Club members in bold

50K Results:

Name	Age	ST.	Time	GT %
1 David Herr	M 45	VT	3:42:26*	100.00%
2 Brian Rusiecki	M 31	MA	3:46:04	98.39%
3 Jim Johnson	M 33	NH	3:47:29	97.78%
4 Ben Nephew	M 35	MA	3:52:45	95.57%
5 Geogre Adams	M 48	NH	3:53:22	95.32%
6 Greg Hammett	M 33	NH	4:04:07	91.12%
7 Chris Hayhurst	M 38	NH	4:04:31	90.97%
8 Bryan Johnston	M 31	NH	4:22:34	84.72%
9 Joe Holland	M 48	NH	4:27:25	83.18%
10 Robin Hage	M 39	MA	4:30:41	82.17%
11 Tim Roy	M 46	NH	4:32:36	81.60%
12 Keith Schmitt	M 42	NH	4:32:50	81.53%
13 <u>Amy Lane</u> 1 st F	F 31	MA	4:33:09*	81.43%
14 <u>Karen Benway</u>	F 38	RI	4:41:10	79.11%
15 Jason Dunklee	M 36	MA	4:42:38	78.70%
16 Greg Esbitt	M 36	MA	4:49:19	76.88%
17 Clint Joslyn	M 37	NH	4:51:55	76.20%
18 Miles Billings	M 36	MA	4:59:30	74.27%
19 Kirk Kittell	M 29	MA	5:03:24	73.31%
20 Frank Roberts	M 28	MA	5:08:58	71.99%
21 Marc Guillaume	M 38	MA	5:13:57	70.85%
22 Bob Jr. Ayers	M 50	VT	5:15:20	70.54%
23 <u>Christin Doneski</u>	F 39	NH	5:15:42	70.46%
24 David Boudreau	M 38	NH	5:21:10	69.26%
25 <u>Theresa Ridgway</u>	F 40	MA	5:21:42	69.14%
26 Kurt Berna	M 39	NH	5:23:52	68.68%
27 Ryan Triffitt	M 35	ME	5:25:13	68.40%
28 Jay Kolodzinski	M 31	MA	5:28:34	67.70%
29 Scott Patnode	M 29	MA	5:36:32	66.10%
30 Bill Kellner	M 46	VT	5:39:00	65.61%
31 Seth Roberts	M 58	MA	5:39:53	65.44%
32 <u>Christine Mathieu</u>	F 34	NH	5:40:53	65.25%
33 Jeff Lane	M 34	MA	5:41:29	65.14%
34 <u>Donna Smyth</u>	F 50	VT	5:41:34	65.12%
35 John Price	M 39	MA	5:42:36	64.93%
36 Peter Thorne	M 47	MA	5:43:43	64.71%
37 <u>Elaine Allen</u>	F 42	CT	5:46:09	64.26%
38 Curt Pandiscio	M 49	NH	6:00:19	61.73%
39 Eric Ferland	M 35	NH	6:05:22	60.88%
40 Nick Tooker	M 31	MA	6:06:43	60.66%
41 Chris Taft	M 30	MA	6:06:43	60.66%
42 Grant Boaen	M 30	NH	6:07:21	60.55%
43 <u>Rose Colleran</u>	F 39	MA	6:09:20	60.23%
44 Dave Orsman	M 41	MA	6:11:44	59.84%
45 Chris Pulick	M 40	MA	6:13:59	59.48%
46 Timothy Charboneau	M 43	NH	6:14:01	59.47%
47 Will Danecki	M 60	CT	6:14:49	59.34%
48 Ronald Johnston	M 58	NH	6:15:46	59.19%
49 Joe Hayes	M 62	ME	6:17:15	58.96%
50 <u>Kate Buzzell</u>	F 31	ME	6:17:16	58.96%
51 Davis Clayson	M 47	MA	6:17:19	58.95%

52 <u>Marcy Schwam</u>	F 57	MA	6:19:35	58.60%
53 Josh Robert	M 29	NH	6:20:06	58.52%
54 Chris Hinch	M 42	MA	6:20:50	58.41%
55 <u>Paula Finestone</u>	F 42	MA	6:21:30	58.31%
56 John Izzo	M 61	VT	6:22:04	58.22%
57 John Peabody	M 55	RI	6:22:21	58.18%
58 <u>Christine Bush</u>	F 48	CAN	6:22:37	58.13%
59 Brian Sorrells	M 41	CT	6:23:24	58.02%
60 Michael Sullivan	M 56	MA	6:25:25	57.71%
61 Lennie Davis	M 50	NY	6:27:22	57.42%
62 Jim Campiformio	M 60	CT	6:30:30	56.96%
63 <u>Julie Caswell</u>	F 47	ME	6:30:31	56.96%
64 Neil Slepain	M 56	NH	6:39:45	55.64%
65 Sean Marcisin	M 25	MA	6:42:26	55.27%
66 Kevin McCaffry	M 53	MA	6:44:14	55.03%
67 <u>Cheryl Mulvey</u>	F 50	MA	6:45:44	54.82%
68 <u>Mary Richardson</u>	F 51	MA	7:01:36	52.76%
69 Roy Van Buren	M 48	MA	7:02:59	52.59%
70 Greg Sharp	M 58	VT	7:03:48	52.49%
71 Mark McGowan	M 55	CAN	7:10:17	51.69%
72 <u>Barbara Freedman</u>	F 58	CAN	7:10:17	51.69%
73 David Delibac	M 58	NH	7:11:10	51.59%
74 <u>Barbara Sorrell</u>	F 53	NY	7:21:48	50.35%
75 <u>Laura Serri</u>	F 52	CAN	7:37:04	48.67%
76 Kevin Claire	M 42	MA	7:40:52	48.26%
77 Martin Philip	M 40	VT	7:50:41	47.26%
78 Craig Wilson	M 61	ME	7:53:38	46.96%
79 Michael St. Hilaire	M 31	NH	7:53:52	46.94%
80 Clement Choy	M 63	VT	7:58:15	46.51%
81 <u>Frances Skerritt</u>	F 45	CAN	7:58:37	46.47%
82 <u>Mary Lou White</u>	F 55	CT	8:06:38	45.71%
83 <u>Theresa Berna</u>	F 41	NH	8:22:17	44.28%
84 Eric Sherman	M 47	NH	8:22:17	44.28%
85 <u>Kathleen Furlani</u>	F 62	CT	8:43:43	42.47%
86 Dave Black	M 59	CO	9:21:42	39.60%
87 Glenn Gilligan	M 47	VT	9:28:11	39.15%
88 Fred Ross III	M 64	VT	9:28:11	39.15%
89 Eugene Bruckert	M 75	IL	11:13:11	33.04%

Course Records *

23K Results

Name	Age	ST.	Time	GT %
1 Justin Fyffe	M 30	VT	1:31:00	100.00%
2 William Hawkins	M 33	NY	1:41:35	89.58%
3 Edward Parrot	M 40	MA	1:48:41	83.73%
4 Todd Walker	M 44	MA	1:48:59	83.50%
5 Jonathan Hammett	M 35	RI	1:58:47	76.61%
6 Brian Donoghue	M 28	MA	1:59:47	75.97%
7 Lionel Avezou	M 33	MA	2:07:11	71.55%
8 Keith Bourassa	M 26	NH	2:07:12	71.54%
9 Donald Marshall	M 33	MA	2:08:22	70.89%
10 Zachary Gabor	M 16	MA	2:08:27	70.84%
11 John Majonen	M 48	VT	2:09:39	70.19%
12 Stan Kolpa	M 59	VT	2:10:59	69.47%
13 James Callaway	M 48	NH	2:12:00	68.94%
14 Brad Fawley	M 55	VT	2:14:02	67.89%

Continued next page:

Pisgah MT. results cont:

15	Roger Wakeman	M 42	NH	2:14:20	67.74%
16	John Duff	M 58	VT	2:15:22	67.22%
17	<u>Lisa Doucett</u> 1 st F	F 55	MA	2:17:55	65.98%
18	Bill Slammon	M 47	NH	2:17:57	65.97%
19	Glenn Hammett	M 33	NH	2:18:00	65.94%
20	Nick Coffin	M 27	NH	2:18:45	65.59%
21	<u>Sheila Boyle</u>	F 43	MA	2:18:56	65.50%
22	Jim Patrick	M 41	MA	2:20:05	64.96%
23	Rich Brown	M 45	NH	2:21:17	64.41%
24	<u>Whitney Brown</u>	F 36	MA	2:22:30	63.86%
25	<u>Jeffrey Burriss</u>	F 41	MO	2:23:06	63.59%
26	<u>Tara Deeble</u>	F 39	MA	2:23:06	63.59%
27	Aaron Walsh	M 31	NH	2:24:33	62.95%
28	Richard Guerriero	M 50	NH	2:26:54	61.95%
29	<u>Jacquelin Rosains</u>	F 35	MA	2:29:08	61.02%
30	<u>Jennifer Fice</u>	F 38	NH	2:29:51	60.73%
31	Sam Smart	M 48	MA	2:30:37	60.42%
32	Steve Sebastian	M 61	NH	2:30:38	60.41%
33	Jack Dorsey	M 68	NH	2:32:26	59.70%
34	Stephen Moro	M 56	MA	2:35:18	58.60%
35	Tom Parent	M 34	MA	2:36:05	58.30%
36	<u>Nancy Johnston</u>	F 55	VT	2:36:12	58.26%
37	<u>Fabienne Pattison</u>	F 50	NH	2:38:15	57.50%
38	Bill Howard	M 61	MA	2:38:15	57.50%
39	Jeff Richardson	M 54	NH	2:40:24	56.73%
40	<u>Jill Neilson</u>	F 32	NH	2:44:36	55.29%
41	Steve Perrin	M 46	NH	2:45:42	54.92%
42	Wilfred Martinez	M 29	MA	2:48:48	53.91%
43	Jim Reznicek	M 44	NH	2:49:49	53.59%
44	Lu Levensohn	M 45	MA	2:50:36	53.34%
45	<u>Karli Tolman</u>	F 30	NH	2:50:56	53.24%
46	Randy Witlicki	M 54	VT	2:51:03	53.20%
47	<u>Carrie Zellmer</u>	F 33	MA	2:53:11	52.55%
48	Will de Groof	M 37	MA	2:53:11	52.55%
49	<u>Marlee Leveille</u>	F 34	NH	2:54:53	52.03%
50	<u>Jennifer Miller</u>	F 38	CT	2:54:53	52.03%
51	<u>Brenna Leveille</u>	F 28	MA	2:57:05	51.39%
52	Andre Allore	M 49	Can	2:58:37	50.95%
53	Ron Stahley	M 56	VT	3:00:32	50.41%
54	Paul Gantous	M 47	CAN	3:01:34	50.12%
55	<u>Julia Skierszkan</u>	F 47	CAN	3:01:34	50.12%
56	Bob Lance	M 53	NH	3:02:07	49.97%
57	<u>Heller Rogers</u>	F 44	NH	3:02:07	49.97%
58	Newt Tolman	M 68	NH	3:03:08	49.69%
59	Mike Lacharite	M 52	VT	3:07:21	48.57%
60	Jose Viveiros	M 50	MA	3:09:00	48.15%
61	Richard Mellor	M 60	NH	3:12:10	47.35%
62	Ted Spychalla	M 37	MA	3:16:02	46.42%
63	Joseph Black	M 12	CO	3:23:16	44.77%
64	Steven Robert	M 14	VT	3:29:07	43.52%
65	<u>Lori Allen</u>	F 30	NH	3:33:44	42.58%
66	<u>Jeanny Aldrich</u>	F 45	NH	3:34:03	42.51%
67	Rik Robert	M 54	VT	3:34:05	42.51%
68	Tim Ivey	M 51	NY	3:34:26	42.44%
69	<u>Lucy Stamp</u>	F 40	VT	3:48:34	39.81%
70	<u>Anne Doran</u>	F 49	VT	3:48:34	39.81%
71	Walter Kolodzinski	M 67	MA	4:11:15	36.22%
72	Greg Taylor	M 64	NY	4:15:54	35.56%
73	Art Gulliver	M 71	MA	4:20:12	34.97%



Art Gulliver and Greg Taylor check out one of the scenic overlooks at the Pisgah Mt. trail race photo by Greg Taylor



A rugged section of trail in the Pisgah Mt. State Forest photo by Greg Taylor

Thanks to all the runners at the Pisgah Mt. trail races this year, \$1,500 was raised for the New Hampshire Special Olympics. RD Gary Montgomery also reports that a smaller donation was made to The Friends of Pisgah, whose members work hard to maintain and protect New Hampshire's largest State Forest.

The weather was pretty good for running this year with sun & clouds and temps in the low 70's, and the trails were dry and in great shape. Both 50K winners, David Herr and Amy Lane, set new course records this year. And once again more runners chose the 50K race over the 23K race. This race has a real mix of trails, from rugged to smooth and everything else in between. There are some good climbs thrown in but also some wonderful downhills and rolling trails. If you haven't run here before you should mark it on your "to do list". You'll have a great time and you will be helping raise money for a good cause.

George Coope Memorial Road Race
5K and 10K ... Adams, MA Sept. 19, 2010

Club members in bold:

5K:

<u>Name</u>	<u>Age</u>	<u>Time</u>
1 Joshua Lipinski	M 26	0:18:03
2 Phillip Sullivan	M 22	0:19:30
3 John Kline	M 44	0:20:02
4 Damon Couture	M 13	0:20:14
5 Tyler Sneizek	M 18	0:21:10
6 David Lipinski	M 54	0:21:46
7 Glenn Beverly	M 50	0:22:00
8 Miranda Gajda 1st F	F 16	0:22:18
9 Bille Jo Sawyer	F 36	0:22:42
10 Steve Wisniowski	M 40	0:23:01
11 Paul Marszalek	M 49	0:23:32
12 Kyle Fortier	M 29	0:24:01
13 Tom Corrigan	M 48	0:24:32
14 Mike Pytko	M 54	0:24:35
15 Daniel Couture	M 33	0:24:43
16 Diane Pytko	F 53	0:24:45
17 Cate Byrne	F 10	0:24:52
18 Tom Byrne	M 38	0:24:55
19 Ray Palmer	M 53	0:25:15
20 Laurie Therrien	F 43	0:25:19
21 Allison Larabee	F 28	0:25:26
22 Arthur Kittler	M 64	0:25:29
23 Mark Paquette	M 61	0:25:33
24 Liz Bartini	F 32	0:25:53
25 Meghan Foley	F 24	0:25:55
26 Matt Lee	M 33	0:26:30
27 Stan Serafin	M 57	0:27:20
28 Tim Minkler	M 63	0:27:32
29 Tanya Cowder	F 37	0:27:34
30 Allison Wheeler	F 14	0:27:59
31 Molly Wilson	F 12	0:28:11
32 Gail Sookey	F 45	0:28:16
33 Liz Wood	F 31	0:28:19
34 Jeanne Matthew	F 40	0:28:39
35 Meredyth Banahan	F 36	0:28:40
36 Bob Rodowicz	M 52	0:29:28
37 Bianca Trzcinski	F 28	0:29:45
38 Karin Bradley	F 53	0:29:55
39 Elizabeth Azar	F 60	0:30:10
40 Kelly Wisniowski	F 37	0:30:37
41 Meghan Face	F 14	0:30:42
42 Claire Gravel	F 43	0:30:44
43 Carol Corrigan	F 57	0:31:14
44 Danielle Wineberg	F 24	0:31:21
45 Kris Maloney	F 52	0:31:29
46 Andrea Berti	F 29	0:31:55
47 Maryann Pereault	F 37	0:31:57
48 Julie Sniezek	F 40	0:32:16
49 Rachel Tomkowicz	F 43	0:32:16
50 Erica Morin	F 39	0:32:17
51 Mike Collins	M 26	0:32:17
52 Lisa Biros	F 26	0:32:28

53 Jessica Sommer	F 26	0:32:55
54 Jocelyn Arienti	F 14	0:33:01
55 Melissa Feldewerth	F 29	0:33:29
56 Bernadette Lupo	F 29	0:35:28
57 Wesley Scalise	M 50	0:35:28
58 Carson Scalise	M 9	0:35:28
59 Joe & Kellie Robert	27	0:37:45
60 Theresa Winarski	F 62	0:37:57
61 Amy Stevens	F 41	0:47:28
62 Sharon Foucher	F 45	0:48:19

10K:

<u>Name</u>	<u>Age</u>	<u>Time</u>
1 Jim Preite	M 46	0:38:37
2 Dave Wilson	M 48	0:41:59
3 Brian Doyle	M 34	0:43:25
4 John Guzzi	M 33	0:46:08
5 Rebecca Hunter 1st F	F 30	0:46:25
6 Doug McAvoy	M 27	0:47:00
7 William Morrisette	M 17	0:48:10
8 Ed Saharczewski	M 57	0:49:43
9 Chris Damboise	M 46	0:49:53
10 Ron Griswold	M 62	0:50:15
11 Brian Alarie	M 47	0:52:03
12 John Aldrich	M 51	0:52:45
13 Eileen Moynahan	F 39	0:53:00
14 Aimee Sinopoli	F 35	0:55:48
15 Claudine Preite	F 43	0:57:34
16 Becky Couture	F 39	1:03:00
17 Cheryl Dabrowski	F 50	1:03:00
18 Heather Witherell	F 31	1:04:00
19 Melody Lamb	F 51	1:17:00

Fat Ass 50K
Sunday ... January 2, 2011 ... 10:00 AM
North Adams, MA.

State Street "T" (Route 8, just south of Main Street)

Six 5 mile loops around the Curran Highway.

If you are running fewer than 31 miles, you can start anytime and keep some of the 50Kers company.

Aid Stations: Primitive - Water & Sugar at start & half way .

Parking: Near the course.

No entry fee. No refunds! No awards.

Sign up 9:00 - 10:00AM on January 2nd.

Information: Bob Dion, (802) 423-7537. dion@bcn.net

Paul Fitzpatrick, Man of Steel. Part 2

by Bob Kopac

This article, the second part of a two-article series, chronicles a conversation Mid-Hudson Road Runner Club (MHRRC) member Pat DeHaven, my spouse Lynne, and I had with local runner and climber Paul Fitzpatrick after he returned from climbing Lhotse in the Himalayas.

Bob: I followed your climb on the Internet.

Paul: Dan Mazur [trip leader] was on the satellite phone with the dispatcher on the www.everestnews.com web site. Interestingly enough, the only computers that would work above 14,000 feet are the old computers. For the new ones, I suppose the tolerances of the hard drives are so sensitive, they all crash. Some fellows brought portable DVD players. I was astonished by the things people want to have with them on these trips. But now I can appreciate the usefulness of satellite phones. Dan did have his old computer, which was very slow, of course, but was the only thing that worked with very few crashes.

Pat: Did you parallel the Everest camps before you split off for Lhotse?

Paul: They are identical camps. The first 3 camps are the same camps that the Everest teams would use. Base Camp was a crowded place. The others were not because they were in places where you could stretch out the camps for several hundred feet. Because Camp 3 is on the Lhotse face, we would be climbing for an hour, and we would still be in places where there were tents set up. They were strung out up the face.



Paul Fitzpatrick in climbing gear

Bob: Was there a lot of attrition on this trip for your group?

Paul: Proportionately it was about the same as my last expedition, where we had a much larger group. One fellow just never could acclimatize. He would go to Camp 1 and immediately have headaches that would last for hours. After several attempts to go up to Camp 1, he developed other symptoms of a flu or something. He abandoned at Camp 1.

Another fellow went up all the way to Camp 3, but he had some gastro-intestinal problems. He would be going up through the ice fall, it got to the point he would throw up 20 times. He was getting dehydrated and couldn't keep any food down. He was wasting away pretty quickly, and he left. Some guys never even got to Base Camp. One fellow came in and got sick in Namche, turned around and went home.

When we finally went to the summit, two of us got to the summit of Lhotse, and one guy got to the summit of Mount Everest on the south side. We only had 2 tents at High Camp, 2-man tents with 3 people in each, one being Pemba Doma Sherpa in the other tent. Our leader invited her to share the tent. She really was an impressive woman. [Shortly afterwards she fell to her death while climbing.]

The other Sherpa from our team stayed in our tent, but he got sick. So I wasn't planning to go to the summit that day. We were up all night anyway. Anyhow, I put on my boots and got ready and went up with Dan, followed by another team member. I wanted to be a good sport and go along. I knew at that point I was not going above that camp without oxygen. Maybe it was because I was coming down with pneumonia. I knew for sure I wasn't going higher than that camp without oxygen. I got up to 8,000 meters okay, but above that I knew I needed oxygen. I was indifferent about going higher because I really was not interested in climbing with oxygen.

Looking back, I suspect I was starting to get sick. Every time before that, I was full of energy. I wanted to do more. But on that particular day I felt lethargic, and it probably wasn't only the altitude. Almost everyone had a cold at some point. When we went down to rest before the summit push, we went down to a village where there were other teams gathered, just resting before going back up. There was a fellow there with a pretty significant bronchial infection, and I was sitting right next to him. Or, it is possible that we all have these germs in us anyhow, and the stress of climbing made me vulnerable. I'm only glad it happened on the way down and not on the way up.

Dan Mazur stayed below because conditions in the couloir were dangerous. That is where Pemba Doma fell. She was not roped to anyone else, and there wasn't a fixed line there. We were just free-soloing up the couloir. Dan stayed below to coach everybody down, so he didn't summit. But he had summited Lhotse before, so he was just doing his job.

Pat: Were you roped when you summited?

Paul: No. I had to self-arrest towards the bottom of the couloir. I lost my footing and slid a bit. However, I was pretty familiar with self-arrest techniques. I got my ice axe in right away, and I was able to arrest. However, had it been higher up on hard ice, you never know.

I started to feel sick coming down. Pretty much below the couloir, I started to deteriorate even more.

Continued next page:

Man of Steel part two cont:

Then I ran out of oxygen, with walking pneumonia at that altitude. I was laboring at that point, and I had my oxygen gauge at 3 instead of 2. I should have cranked it down. When I ran out of oxygen, I pretty much put my face in the snow. [Laughter] Dan came and hooked me up with another tank. By the way, I'd like to go back and ski the couloir if I could. [Laughter] No one has skied that yet, which surprises me because it is a beautiful ski run. It is steep, but if conditions are right, it is a stunning ski descent. It's like climbing, though; you wouldn't want to make a mistake. [Laughter] The challenge is someone would have to design a ski boot to protect the feet. I had climbing boots with 3 layers of insulation. Then we were back on the Lhotse face, and it was just a matter of walking down a little more moderate terrain, and we were back on the fixed lines.

Pat: There were fixed lines in the safer area and not the more dangerous area?

Paul: They couldn't get enough Sherpas and personnel up there to fix the lines in the hardest part, and also because so much manpower goes over to Everest.

We followed the fixed lines back to Camp 4. By then it had gotten dark, and I forgot exactly where the camp was. So I ended up going down and back up a couple times.

The next day I knew something was really wrong with me because I could hardly start out. I put on my backpack and went a few steps, and I could hardly breathe. That was a 10-hour day just to get down to Camp 2. That was a really sad day because we were following a trail of blood from Pemba Doma. They had her on a sled by then and were taking her down, and we were right behind them. Then we caught up with them, and we said our goodbyes to her.

The days after that, I just got worse and worse. I knew my lungs were filled with fluid in Camp 2. When I was lying down in my tent, I could feel and hear the gurgling in my lungs. I knew I had edema at that point. I was clueless about the pneumonia. I didn't know until the doctors checked me at Base Camp. I spent that night in the Base Camp hospital. It looks like a Quonset hut. There were 2 women doctors there who nobly volunteer their time. They diagnosed me, got an IV in me because I was pretty dehydrated. They gave me other drugs. Interestingly, they use Viagra to treat altitude sickness. [Laughter] Fortunately my mind was always clear. I never had blood in my urine. However, my urine was dark and had particles in it.

I was hoping I could just rest and recover enough to trek out of there, but I also had pneumonia. If it was just edema, I would have improved as I went down the mountain.

Our agent in Kathmandu negotiated a deal with the army to get one of their tiny helicopters to come up a couple days later. That altitude is pretty much the limit. They just clear a bunch of rocks away and try to level out a space to land. It cost me \$5,500.

Pat: If they didn't have the helicopter, could they have taken you down on a sled or an animal?

Paul: Mostly it would have been on the back of a Sherpa. We saw a fellow with altitude sickness facing backwards in a basket being carried on the back of a Sherpa. There are yaks there, but you really don't want to put a person on a yak because yaks don't like their jobs at all. [Laughter] They are really cute, and you would like to go up and pet them and ride them because they are such furry and adorable-looking animals, but they don't have a very pleasant disposition.

Bob: Besides the pneumonia and edema, what other physical things happened to you on the mountain?

Paul: I got a little bit of frostbite on my thumb and a few of my fingers. I just called it "frost nip". I didn't think much of about it at all. It happened lower on the mountain going to Camp 3 when I switched to lighter gloves for more dexterity in working the ropes and the campsite, trying to reposition tents and so forth. They got wet, and my fingers got colder than I thought. It was not that cold.

I was never in what I consider severe weather. It got windy enough a few times to lose some tents. I don't think it went below zero [Fahrenheit] while I was there.



Paul and a fellow climber

photos courtesy of Paul Fitzpatrick

Bob: Have you ever been interested in running the Everest Marathon, or would you rather climb?

Paul: I am thinking of running the Everest Marathon. It starts at Gorak Shep near the Everest Base Camp and ends at Namche Bazaar. It is run right about the time everyone is leaving the climbs. It is a rugged trail. It is more rugged than the Escarpment Trail of New York. It would be so neat if we could get a group from the running club to combine an interesting trek in the Himalaya to acclimatize for a few weeks, and then top it off with a run. You would need mountaineering equipment: boots, ice axe, crampons, and so forth. You can do a peak up to 6,000 meters.

Continued next page:

Man of Steel part 2 cont:

For the marathon, you just hike up the trail with the yaks and everybody else. It is just rugged. There are obviously some significant hills. [Laughter]

Besides the marathon, I would love to go back and trek with somebody I know, like my sister who has expressed interest. I saw people from every age, every imaginable body type and disposition on the trekking routes. People just love to go in there and take the few days or week-long trek up to Everest Base Camp. You can hire a personal Sherpa. You can stay in teahouses and just go a couple of miles a day if you want.

The terrain isn't bad. There are a couple of places in and out of Namche Bazaar that are steep. For example, one of our teammates broke his ankle after the climb on his way down. They had to evacuate him by helicopter because the horses can't negotiate that part of the trail at Namche because it is too steep for the horses. Other than that section, the rest of it is really not steep. The only thing that makes it difficult is the altitude. A lot of people can't do it because of the altitude. One climber got flown out of there with mountain sickness, and a few days later he flies back in to try again. [Laughs]

Bob: What is the ballpark price, to fly there, trek, and fly back?

Paul: Maybe \$3,000 for a week. For the Ama Dablam trip -- technical climbing, a month's trip -- it cost me less than \$5,000, although it has gone up in price the past couple of years. You can do the trek part of it with Elselien te Hennepe who is from Europe; she works with Dan Mazur, and you can just do a trek to Everest Base Camp and Kala Patar. You can do that in about a week up and a few days back, maybe 10 days or 2 weeks. If you go to the <http://www.summitclimb.com> web site, you can find the trekking rates. They do Africa treks in the winter now. On Mount Kenya, there used to be a really moderate ice route, and now it is a tough mixed route because the bottom of it has no more ice due to global warming.

Bob: What happened when you got back from Lhotse to the New York airport?

Paul: [Laughs] I was greeted exuberantly by my 5-year-old niece. I typically squat down to greet her, and she ran into me to give me a hug. I fell over on my back, and I went down on the concrete floor of the airport. I rolled on the side of my back, and I felt something give. I had a sore rib, so I think I might have cracked a rib.

Bob: You summited Lhotse, and a 5-year-old girl takes you down?

Paul: I love the irony of that. [Laughs]

Younger Next Year

by Chris Crowley and Henry Lodge, M.D.
Workman Publishing, 2004.

Billed as "a guide to living like 50 until you're 80 and beyond," at first glance it would seem as if this book would have little to offer folks like us who are serious about running and health. Once runners get settled into their thirties they have all had the experience of meeting younger sedentary individuals who appear and act much older. And of course any newly converted runner of whatever age group, will discover delight in his backward progress toward youth.

However, as I came to discover, there is more to the fountain of youth than merely putting in the miles. Chapter by chapter Chris Crowley, our sports-minded Everyman and his doctor Henry Lodge, confront the realities of aging in a give-and-take format. Chris is decidedly more laid back, but at seventy years of age he has more at stake than his relatively youthful doctor. And although Crowley is now retired from his day job, he has after all, researched and written a book. While both authors focus on the retirement years, they assume their audience will be the "fifty is the new forty crowd," standing on the precipice of their own infallibility.

Retirees are advised to consider their health as their new job while those on the edge are urged to assume the burden of a second avocation. With our workouts and training goals, this is similar to what we do already, sometimes even, I admit, fantasizing about all the extra time we would have if we just skipped all the clothes changing, running and showering.

But, as I learned, there is more to it than that. Total fitness requires not just your sport of choice but a deliberate core strengthening and balancing program that will glide you safely over curbs and moguls, around pavement cracks and tree roots, through the checkout line and up the rock ledge. Growing older is truly a use it or lose it proposition that requires deliberate weight-bearing exercise. Twice a week. As you may have suspected, nutrition takes a leading role, but surprisingly, the need for human contact and group identity rises. It doesn't matter what you do whether it be sports groups, reading groups, volunteer groups—as long as it keeps you involved and interested.

While this is good advice for any age, Crowley manages to make it seem like so much fun it becomes a no-brainer. Some of us like John Pelton, Andy Keefe and Regina Tumidajewicz have already figured this out and that is why we admire them and want to grow up to be just like them. This book might give you just the push you need!

Reviewed by Laura Clark

Trail Running News Published by the
Western Mass Athletic Club Adams, MA.

Worsham's Corner:



Bobby Worsham collects photos of outhouses. Can you identify the race that this double unit is located at?

photo by the Worshamer

Monroe Dunbar Brook Trail Races

10.5 and 2 miles Monroe, MA. 10 / 10 / 10

Clouds and Sun – Breezy – Low of 38* - High of 64*

Club members in bold:

10.5 Miles:

	<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1	Greg Hammett	M 33	NH	1:15:34	100.00%
2	Ross Krause	M 30	MA	1:17:49	97.11%
3	Brian Rusiecki	M 31	MA	1:20:42	93.64%
4	Stanislav Trufanov	M 31	MA	1:25:00	88.90%
5	Chris Hayhurst	M 38	NH	1:28:02	85.84%
6	Conor Frantzen	M 24	MA	1:29:15	84.67%
7	Scott Patnode	M 29	MA	1:29:42	84.24%
8	Jim Preite	M 46	MA	1:31:11	82.87%
9	Rich Teal	M 32	NY	1:31:57	82.18%
10	Ned James	M 55	MA	1:33:16	81.02%
11	Frank Roberts	M 28	MA	1:34:00	80.39%
12	Carl Matuszek	M 58	NY	1:34:21	80.09%
13	Alec Norton	M 25	MA	1:34:51	79.67%
14	<u>Abby Mahoney 1st F</u>	F 32	MA	1:34:55	79.61%
15	Joel Nowatchik	M 32	MA	1:34:56	79.60%
16	Nikolas Rogers	M 38	NY	1:35:43	78.95%
17	Addison Adams	M 15	MA	1:36:04	78.66%
18	John Agosto	M 46	CT	1:36:08	78.61%
19	Todd Brown	M 46	CT	1:36:54	77.98%
20	Andy Sheldon	M 40	MA	1:39:09	76.21%
21	Paul Funch	M 60	MA	1:39:17	76.11%
22	Jonathan Igoe	M 36	MA	1:39:55	75.63%
23	Jim Dube	M 44	MA	1:40:00	75.57%
24	Vincent McBeck	M 17	MA	1:42:46	73.53%
25	Dave Devine	M 38	MA	1:42:53	73.45%
26	Bob Gillis	M 55	MA	1:42:58	73.39%
27	Mathew Lepine	M 27	MA	1:43:00	73.37%
28	Andrew Foster	M 42	MA	1:43:01	73.35%
29	<u>Hillary Greene</u>	F 40	MA	1:43:23	73.09%
30	Mathew Voisin	M 32	MA	1:43:24	73.08%
31	Paul Muessie	M 61	NY	1:44:33	72.28%
32	William Kittler	M 46	MA	1:44:53	72.05%
33	<u>Rita Langworth</u>	F 24	MA	1:45:36	71.56%
34	Tim Rothfuss	M 41	NH	1:46:43	70.81%
35	Todd Howell	M 32	MA	1:46:57	70.66%
36	Garrett Adams	M 48	MA	1:47:11	70.50%
37	Michael Brouillette	M 32	MA	1:47:32	70.27%
38	Wayne Stocker	M 56	MA	1:47:49	70.09%
39	Bruce Leshine	M 49	MA	1:48:02	69.95%
40	Nicholas Curelop	M 22	MA	1:48:08	69.88%
41	<u>Jess Saalfeld</u>	F 42	MA	1:48:17	69.79%
42	Randy Zucco	M 39	MA	1:48:19	69.76%
43	Craig Stokowski	M 52	MA	1:48:39	69.55%
44	Dan Danecki	M 51	MA	1:48:58	69.35%
45	Gary Jewett	M 44	MA	1:49:12	69.20%
46	Jeff Kosputis	M 29	MA	1:49:59	68.71%
47	Joe Gwozdz	M 55	MA	1:50:47	68.21%
48	Dave Geary	M 45	MA	1:51:12	67.96%
49	Jim Martin	M 29	MA	1:51:19	67.88%
50	David Pope	M 30	CT	1:51:42	67.65%
51	Doug Cummings	M 49	MA	1:51:52	67.55%
52	<u>Lisa Doucette</u>	F 55	MA	1:51:56	67.51%
53	Scott Edington	M 52	CT	1:52:01	67.46%
54	<u>Ashley Krause</u>	F 33	MA	1:52:06	67.41%

55	John Peabody	M 55	RI	1:53:23	66.65%
56	John Guzzi	M 33	VT	1:53:52	66.36%
57	Robert Gazzale	M 42	VT	1:53:56	66.33%
58	<u>Kristen Elechko</u>	F 35	MA	1:57:17	64.43%
59	<u>Patty Duffy</u>	F 41	MA	1:58:02	64.02%
60	Chris Hinch	M 42	MA	1:58:09	63.96%
61	<u>Jen Fice</u>	F 38	NH	1:58:26	63.81%
62	Ed Saharczewski	M 56	MA	1:58:31	63.76%
63	Ed Buckley	M 52	MA	1:59:13	63.39%
64	Charles Joyal	M 40	MA	1:59:15	63.37%
65	Tom Parent	M 34	MA	1:59:40	63.15%
66	<u>Kate Naples</u>	F 43	MA	2:01:05	62.41%
67	Daniel Sullivan	M 30	MA	2:02:31	61.68%
68	Benjamin Griffin	M 24	MA	2:02:50	61.52%
69	Vic Laport	M 70	MA	2:03:00	61.44%
70	Bob Worsham	M 65	CT	2:04:28	60.71%
71	Vincent Kirby	M 53	NY	2:05:16	60.32%
72	Will Danecki	M 60	CT	2:06:05	59.93%
73	George Gilder	M 70	MA	2:06:20	59.82%
74	Billy Shea	M 59	MA	2:06:21	59.81%
75	<u>Kathryn Crager</u>	F 46	NY	2:07:04	59.47%
76	<u>William Crager</u>	M 46	NY	2:07:04	59.47%
77	Bill Morse	M 59	MA	2:07:44	59.16%
78	<u>Elizabeth Touchette</u>	F 27	MA	2:07:47	59.14%
79	<u>Deb Touchette</u>	F 55	MA	2:08:55	58.62%
80	<u>Pam Behrens</u>	F 50	MA	2:09:01	58.57%
81	Dan Sullivan	M 26	MA	2:09:07	58.53%
82	Stephen Touchette	M 55	MA	2:09:09	58.51%
83	<u>Paige Lawson</u>	F 44	MA	2:09:44	58.25%
84	Bradley Pellissier	M 53	CT	2:11:43	57.37%
85	John Aldrich	M 52	MA	2:11:49	57.33%
86	Gary Pedigo	M 56	FL	2:11:58	57.26%
87	<u>Darlene McCarthy</u>	F 48	MA	2:13:36	56.56%
88	Fred Perrotta	M 43	NY	2:14:13	56.30%
89	<u>Jodi McIntyre</u>	F 42	MA	2:15:55	55.60%
90	Rodney Bialkin	M 41	MA	2:16:24	55.40%
91	<u>Kathleen Furlani</u>	F 62	CT	2:17:04	55.13%
92	Jim Jenkins	M 55	MA	2:17:40	54.89%
93	<u>Lena Leodotter</u>	F 45	NY	2:20:33	53.76%
94	Bruce Shenker	M 58	NY	2:21:08	53.54%
95	<u>Laura Clark</u>	F 63	NY	2:21:30	53.40%
96	Sandy Stott	M 62	MA	2:21:53	53.26%
97	<u>Sue Snyder</u>	F 56	MA	2:26:00	51.76%
98	Randy Witlicki	M 54	VT	2:26:12	51.69%
99	Chris Harrison	M 57	MA	2:32:33	49.54%
100	<u>Laurel Shortell</u>	F 44	MA	2:35:15	48.67%
101	<u>Jodee Lahey</u>	F 32	MA	2:39:00	47.53%
102	<u>Claudine Preite</u>	F 43	MA	2:43:01	46.36%
103	<u>Mary Kennedy</u>	F 52	MA	2:43:02	46.35%
104	Bob Massaro	M 66	MA	2:43:03	46.35%
105	Poncho Mach	M 68	MA	2:45:04	45.78%
106	Jamie Howard	M 45	NY	2:48:15	44.91%
107	Bill Glendon	M 64	MA	2:51:14	44.13%
108	Steve Cronen-Townsend	M 42	MA	2:55:44	43.00%
109	<u>Jennifer Kasper</u>	F 35	MA	3:00:03	41.97%
110	Ed Root	M 64	CT	3:04:19	41.00%
111	Richard Busa	M 80	MA	3:04:27	40.97%
112	Konrad Karolczuk	M 58	CT	3:04:51	40.88%
113	Jeff Beck	M 50	MA	3:30:00	35.98%
114	<u>Lee Anne Zarger</u>	F 56	CT	4:06:06	30.71%

Monroe 2 mile race:

	<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>
1	Bradley Trembley	M 16	MA	16:01
2	Justin Schneider	M 14	MA	16:17
3	David Lipinski	M 54	MA	16:17
4	Ryan Kordana	M 17	MA	17:45
5	Scott Bradley	M 55	MA	18:09
6	Will Crager	M 14	NY	18:16
7	<u>Jane Crager</u> 1 st F	F 13	NY	18:17
8	Charles Joyal	M 14	MA	19:50
9	John Murphy	M 52	MA	20:22
10	<u>Isabel Cummings</u>	F 10	MA	20:25
11	Thane Preite	M 13	MA	21:57
12	Joey Joyal	M 11	MA	22:15
13	Stan Seratin	M ??	MA	22:21
14	<u>Lily Crager</u>	F 13	NY	22:33
15	<u>Katie Crager</u>	F 10	NY	22:44
16	Kevin Kordana	M 44	MA	23:07
17	Barbara Danecki	F 51	MA	23:34
18	Brian McCarthy	M 49	MA	24:16
19	Robert Nowatchik	M 34	NY	24:45
20	<u>Cheryl Gibson</u>	F 41	MA	24:57
21	<u>Amanda Smith</u>	F 13	MA	25:36
22	<u>Joanne Murphy</u>	F 52	MA	25:44
23	Karin Bradley	F 53	MA	25:45
24	Eric White	M 69	MA	26:21
25	<u>Julia Cummings</u>	F 8	MA	27:26
26	<u>Colleen Cummings</u>	F 44	MA	27:27
27	R.J. Laurello	M 37	MA	27:35
28	<u>Jessica Floid</u>	F 36	MD	28:29
29	<u>Amanda Lepine</u>	F 26	MA	28:48
30	<u>Kristal Nowatchik</u>	F 24	NY	31:20
31	<u>Madeline Joyal</u>	F 12	MA	35:14
32	<u>Kristin Brouillette</u>	F 12	MA	35:15
33	Josephine Hartwig	F 5	MA	38:41
34	James Hartwig	M 30	MA	38:42

Inside and Outside Trees

by Laura Clark

It's difficult to call, but I would have to say that Monroe Dunbar Brook is my favorite of the WMAC Trilogy. While Greylock and Savoy are certainly special, Monroe brings a sense of closure to our summer on the trails. Never mind that there are still four races yet to hang their pink and orange ribbons on an almost full Grand Tree. Monroe, coming at the height of the Berkshire fall, makes a powerful statement. The woods are indeed lovely, dark and deep and all future promises remain lightly suspended in the sunbeamed atmosphere.

This is one time when the early morning drive, highlighted by brilliant scarlet, orange and yellow, is every bit enticing as the trail. Yet while I savor the blended panorama of the outside trees, they are but a prelude to a more intimate relationship. The inside trees of the Monroe State Forest are more than picturesque landscape puzzle pieces – they are old friends, pleased to welcome us in their fancy attire. Starred scarlet

maple leaves and more restrained yellow elms pattern the ground, softening our footfalls and dizzying our senses.

The distance, too, is more relaxed, offering 2 or 10.5 mile options – a far cry from the usual 3.5 or half marathon plus choices. There is more time to enjoy eating and chatting with friends, knowing that a complete afternoon still beckons. And while I relish the challenge of the longer events, there is a certain freedom in knowing you can go all out and not crash and burn well before the finish. Monroe balances ably on the precipice between just enough and too much.

This is not to say that Will Danecki's turkey chili is not earned. The climb up Spruce Hill is every bit as tough as others, but thoughtfully comes at the beginning of the race. Chilly water crossings confront during the latter portion where icy feet, while uncomfortable, are not an invitation to frostbite. The halfwayed downhill is every bit as twisty as Curly's aptly named Turner Trail, but is accompanied by the added guessing-game excitement of leaf-camouflaged rocks and roots. Committing wholeheartedly to any one footfall would be courting disaster. While quick stepping and hopscotching harkens back to childhood fun, I'm not sure if I could have kept it up indefinitely.

To my credit, I achieved one of my race goals: no more falling when passing Kathleen Furlani. At Curly's I passed her, only to trip and land on my ribs (ouch!) directly in front of her. She knows now to give me wide berth and shout "Timber!" It is getting to be something of a joke. So, as usual, about halfway into the race, I approach Kathleen on a steep, technical downhill; she stands respectfully aside, and then proceeds to pass me once again on the flats.

The piece de resistance, however is the final three miles of golden canopied trail. I keep on expecting to overtake scores of nature photographers, but I am all alone. While I had spent most of the race running with and occasionally leading (!) several groups, all of a sudden I was on my own in a magical kingdom. Since I was in Disneyland anyway, I decided to pretend I was Ben Nephew, probably in the lead, but still anxious. Was I truly ahead? Could I keep up the pace? And, back in the real world, could I overtake Kathleen Furlani? I was in Fantasyland anyway, so why not dare to dream? Plus, I had the opportunity to practice holding to the rhythm despite imminent competition, even if I did stray somewhat into the realm of the Chestnut King and all that power of nature stuff in order to do it.

Monroe, in its position as the final WMAC Trilogy event, precipices between exhilaration and nostalgia. This year, with the welcome reappearance of Rich Busa and Laurel Shortell, was no exception. The heretofore indomitable 81 year-old Rich Busa had endured his own series of dominoed injuries topped off by cataract surgery. In honor of his rediscovered ability to see and hopefully not fall down &/ get lost, he was optimistically assigned to escort a hesitant newcomer. For me, this is both good news and bad news, as I am now the logical replacement for the *Most Lost* designation.

Continued next page:

Inside and Outside Trees cont:

But maybe not. My advance Christmas present from Jeff was a Garmin Nuvi, a directional car toy which has become my new best friend. At least I will make it to the races on time and not have to budget an extra window of opportunity!

After having dedicated her springs to the USATF North East Mountain Series, sometimes run on trails, and her winters to the Dion Snowshoe Series, sometimes featuring bare snow trails, Laurel decided her ankles were strong enough to experiment with some intentional trail running. Monroe was her first attempt and she made it through with nary a twinge.

Jeff was nice enough to act as chauffeur as we were both feeling the effects of a ridiculously late pre-race night enjoying our favorite rhythm and blues band. After we bade our final good byes, I managed to stay awake long enough to take in the fall scenics at the Eagle's Nest hairpin turn. But we didn't pause to join the other tourists standing at the lookout point. The view from the outside looking in was indeed breathtaking; but our more intimate experience with the inside trees was the memory we wished to take home.

Happy Trails!

Laura Clark



Barbara Danecki finishing the 2 mile run at Monroe

Welcome New Members

From Massachusetts: David Lipinski -- James Hartwig

From Vermont: John Guzzi

Thanks for supporting the WMAC!

Laura's Book Review Corner:

Racing Weight: How to Get Lean for Peak Performance, A 5-Step Plan for Endurance Athletes,

by Matt Fitzgerald. Velo Press, 2009.

Why, you may ask, are endurance athletes suddenly having such a difficult time making weight? I had always thought this was a concern only for jockeys, gymnasts or the local crew team, assuming that anyone who ran upwards of twenty miles per week was immune to such angst. Apparently not. According to author Matt Fitzgerald, a *Triathlete* magazine editor, coach and certified sports nutritionist, racing weight is an extremely important component for top-notch runners (national or local) or for us ordinary soles who simply want to qualify for Boston or reach a racing goal.

The same eating patterns of the non-athletic public, where junk food is omnipresent and mindless eating is encouraged, are now sabotaging the serious competitor. Not only that, although we exercise hard, we often spend the remainder of the day at sedentary occupations. Amazingly, while there are countless books offering conflicting advice on how to lose weight in order to become healthier, there are none aimed specifically towards endurance athletes who wish to perform at their ideal racing weight. Until now.

Not only has Fitzgerald developed body fat percentage tables which will help you calculate your optimal racing weight, but he has also created the Diet Quality Score whereby you can estimate the overall quality of your daily food intake. While the former requires some math, the latter is a snap for anyone who can count from 1 to 2 on both a positive and a negative scale. Nutrient timing, or what to eat when relative to your workout schedule, is also laid out with suggestions for morning, lunchtime, and after-work exercisers.

Along the way, Fitzgerald debunks a number of widely held training myths, among them the interminable debate over whether speed or endurance is a better weight loss jumpstart. Speed, which revs up your system, is the hands down scientific winner. But who can log a credible speed workout five days per week without turning up on the injured list? So endurance is the overall winner. The real answer, of course, is to mix it up and reap the best of both sides of the controversy.

And for those of us who bemoan a few holiday or off-season pounds, Fitzgerald's response is to get over it. Yes! Now we are "safe" as long as we gain no more than eight percent above our optimal performance weight.

Happy Holidays!

Laura Clark

Trail Running NewsWestern Mass Athletic Club

Volume 16 Issue 4 Late Autumn 2010

WMAC's Trilogy Series ... 2010
Greylock -- Savoy -- Monroe
Final Standings

WMAC members in bold:

Long Savoy:

<u>Name</u>	<u>Grey</u>	<u>Savoy</u> 22 miles	<u>Monroe</u>	<u>Total</u>
1 Brian Rusiecki	1:41:33	2:49:23	1:20:42	5:51:38
2 Scott Patnode	2:09:11	3:46:17	1:29:42	7:25:10
3 Rich Teal	2:13:09	3:45:31	1:31:57	7:30:37
4 Robert Gazzale	2:38:19	4:20:06	1:53:56	8:52:21
5 Will Danecki	2:43:47	4:39:43	2:06:05	9:39:35
6 Laura Clark	3:21:25	6:10:54	2:21:30	11:53:49

Short Savoy :

<u>Name</u>	<u>Grey</u>	<u>Savoy</u> 11 miles	<u>Monroe</u>	<u>Total</u>
1 John Agosto	2:10:37	1:37:52	1:36:08	5:24:37
2 Ned James	2:17:10	1:39:26	1:33:16	5:29:52
3 Joe Gwozdz	2:35:18	2:05:29	1:50:47	6:31:34
4 Dan Danecki	2:43:41	2:01:17	1:48:58	6:33:56
5 Doug Cummings	2:49:48	2:06:25	1:51:52	6:48:05
6 Wayne Stocker	2:50:10	2:11:48	1:47:49	6:49:47
7 Vic LaPort	2:58:16	2:11:24	2:03:00	7:12:40
8 Bob Worsham	2:56:29	2:12:44	2:04:28	7:13:41
9 Ed Buckley	3:07:13	2:11:58	1:59:13	7:18:24
10 Chris Hinch	3:09:43	2:15:44	1:58:09	7:23:36
11 Vincent Kirby	2:50:56	2:39:48	2:05:16	7:36:00
12 Darlene McCarthy	3:04:06	2:19:04	2:13:36	7:36:46
13 Bruce Shenker	3:25:16	1:56:43	2:21:08	7:43:07
14 Randy Witlicki	3:13:37	2:31:31	2:26:12	8:11:20
15 Kathleen Furlani	3:37:34	2:28:52	2:17:04	8:23:30
16 Bill Glendon	3:51:31	3:01:14	2:51:14	9:43:59
17 Jennifer Kasper	3:44:05	3:04:57	3:00:03	9:49:05
18 Jamie Howard	4:26:36	3:18:52	2:48:15	10:33:42
19 Konrad Karolczuk	4:48:31	3:19:43	3:04:51	11:13:05

<i>Short course:</i>	<u>Grey</u>	<u>Savoy</u>	<u>Monroe</u>	<u>Total</u>
1 Scott Bradley	26:46	35:35	18:09	1:20:30

Mixed:

	<u>Grey</u>	<u>Savoy</u>	<u>Monroe</u>	<u>Total</u>
Bob Massaro	32:39	45:48	2:43:03	4:01:30
John Guzzi	25:56	2:02:54	1:53:52	4:22:42
James Hartwig	2:47:24	2:00:17	38:42	5:26:23
John Aldrich	3:33:40	38:34	2:11:49	6:24:03



The 2010 Trilogy Series

This year we had 30 people finish the Trilogy Series, down from 34 runners last year. 15 runners who had completed the first 2 races passed up Monroe and a chance for another neat hat handed out to all Trilogy finishers.

Thanks to the WMAC for purchasing the hats again this year. Unless new race directors are found for Savoy & Monroe next year, this may have been the last Trilogy Series.

The new 22 mile Savoy course that started 3 years ago was supposed to take the place of the original 20 miler. But since the course was two loops of 11 miles each, many runners decided to stop after just one loop, thus creating a new 11 mile race also. The Trilogy Series was always scored as either long or short races, and so we continue with that tradition and award the championship title to the winners of the long and short courses.

Last year's long course champion Brian Rusiecki once again ran all 3 races faster than anyone else and successfully defended his title as overall Trilogy Champion.

Brian finished Greylock in 2nd place, just 8 seconds behind Ben Nephew, was first overall in the Savoy 22 miler, and took 3rd at Monroe this year, for a total time of 5:51:38, a good 1 1/2 hours ahead of the 2nd place finisher.

Congratulations to Brian Rusiecki the 2010 Trilogy Series Champion.
Way to go Brian!

On the ladies side, only one woman finished all 3 long races this year. Laura Clark went long and deep all year and claimed the title of women's Trilogy Champion.
Way to go Laura!

For the third year in a row Scott Bradley ran all 3 short races and this year was the only one to do so. Congratulations to Scott Bradley the Short Course Trilogy Champion!

Way to go Scott!

**Thanks and Congratulations to all runners who completed
WMAC's 2010 Trilogy Series !**

Groton Town Forest Trail Race
9.5 Miles Groton, MA. ... October 24, 2010

Cloudy - Cool - Some Showers - mid 40's

Club members in bold:

<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1 Steve O'Brien	M 22	MA	*0:55:40	100.00%
2 Greg Hammett	M 33	NH	1:00:04	92.67%
3 Bryan Johnston	M 31	NH	1:01:25	90.64%
4 John Kinnee	M 31	MA	1:02:03	89.71%
5 Keith Schmitt	M 42	NH	1:02:20	89.30%
6 Dave Hannon	M 39	MA	1:03:19	87.92%
7 Stanislav Trufanov	M 31	MA	1:05:19	85.22%
8 Andrew Milne	M 47	MA	1:05:33	84.92%
9 John Peters	M 46	MA	1:05:46	84.64%
10 Kristopher Depew	M 41	MA	1:06:26	83.79%
11 Brad Birkel	M 32	MA	1:06:42	83.46%
12 Jim Schroeder	M 43	MA	1:06:51	83.27%
13 Ryan Twomey	M 36	NH	1:08:21	81.44%
14 Kyle Bowers	M 44	MA	1:09:26	80.17%
15 Jonathan Steeves	M 41	MA	1:09:41	79.88%
16 Mark Tonelli	M 16	MA	1:10:53	78.53%
17 Marshall Randolph	M 62	MA	1:11:10	78.22%
18 David Loutzenheiser	M 43	MA	1:12:04	77.24%
19 <u>Erica LaBella</u> 1 st F	F 31	NH	1:12:19	76.98%
20 Eri Verter	M 25	MA	1:12:55	76.34%
21 <u>Erin Lyman</u>	F 31	MA	1:13:12	76.05%
22 Kurt Severance	M 35	MA	1:13:33	75.68%
23 Mick Fortier	M 53	NH	1:13:54	75.33%
24 Yong Xue	M 48	MA	1:15:20	73.89%
25 Michael Ashburn	M 40	MA	1:15:21	73.88%
26 Dan Wood	M 41	MA	1:15:55	73.33%
27 Sergey Borisov	M 56	MA	1:16:15	73.00%
28 <u>Kelly Gabree</u>	F 30	NH	1:16:26	72.83%
29 Tom O'Leary	M 45	MA	1:16:34	72.70%
30 Peter Wolcott-Schickler	M 43	MA	1:17:26	71.89%
31 John Burke	M 44	MA	1:17:35	71.75%
32 Chester Ruszczyk	M 45	MA	1:18:04	71.31%
33 <u>Cheryl McFague</u>	F 43	MA	1:18:23	71.02%
34 Raymond Sancoucy	M 23	MA	1:18:02	71.34%
35 Tim Rothfuss	M 41	NH	1:18:37	70.81%
36 Steven Chaver	M 28	MA	1:18:44	70.70%
37 Doug Cummings	M 49	MA	1:18:51	70.60%
38 Jeffrey Box	M 46	MA	1:18:59	70.48%
39 <u>Adrienne Cyrulik</u>	F 36	MA	1:19:06	70.37%
40 Andrew Stoddard	M 34	MA	1:19:13	70.27%
41 <u>Kay Miller</u>	F 30	MA	1:20:10	69.44%
42 Michael Melnikov	M 51	MA	1:20:25	69.22%
43 Viji Sarathy	M 42	MA	1:20:49	68.88%
44 Bill Morse	M 59	MA	1:20:55	68.79%
45 Jesse Veinotte	M 29	MA	1:21:27	68.34%
46 <u>Sheila Boyle</u>	F 44	MA	1:21:36	68.22%
47 <u>Karen Kassel</u>	F 38	MA	1:21:45	68.09%
48 <u>Tamela Swan</u>	F 47	NH	1:21:49	68.04%
49 Neil Lacey	M 55	MA	1:21:50	68.02%
50 Rick Covenno	M 45	MA	1:21:51	68.01%
51 Bill Ryan	M 42	NH	1:22:01	67.87%
52 Tom Hancock	M 47	MA	1:22:22	67.58%
53 <u>Liz Schmitt</u>	F 40	NH	1:22:34	67.42%
54 Steven Pratt	M 44	MA	1:22:39	67.35%

55 Chris Graham	M 42	MA	1:22:54	67.15%
56 Christopher Russell	M 47	MA	1:23:46	66.45%
57 Nick Hadland	M 39	MA	1:24:08	66.16%
58 <u>Lisa Maciorakowski</u>	F 34	MA	1:24:12	66.11%
59 Dan Danecki	M 51	MA	1:24:41	65.73%
60 Michael Vandermillen	M 48	MA	1:24:44	65.70%
61 Ed Knights	M 60	MA	1:25:01	65.48%
62 <u>Jackie McMillan</u>	F 46	MA	1:25:10	65.36%
63 Paul Vyriotes	M 48	MA	1:25:12	65.34%
64 Marc Petit	M 41	NH	1:25:16	65.28%
65 Emre Togan	M 28	MA	1:25:27	65.14%
66 Michael Quinn	M 46	MA	1:25:32	65.08%
67 <u>Jennifer Shultis</u>	F 42	NH	1:26:02	64.70%
68 <u>Beth Murphy</u>	F 33	MA	1:26:23	64.44%
69 Jay Stiga	M 37	MA	1:26:29	64.37%
70 <u>Elizabeth Kelley</u>	F 25	MA	1:26:04	64.68%
71 Sandy Baguskas	M 42	MA	1:27:00	63.98%
72 Ronnie Steers	M 32	MA	1:27:48	63.40%
73 Seth Miller	M 44	MA	1:28:44	62.73%
74 Luis Escobar	M 25	MA	1:28:56	62.59%
75 <u>Rachel MacCoss</u>	F 31	MA	1:29:13	62.39%
76 <u>Lisa Wiesner</u>	F 40	MA	1:29:23	62.28%
77 Andrew Lunn	M 38	MA	1:31:43	60.69%
78 Bob Worsham	M 65	CT	1:32:04	60.46%
79 Rich Friedrich	M 36	CT	1:32:24	60.24%
80 <u>Kathleen Furlani</u>	F 62	CT	1:32:25	60.23%
81 Alan Cabot	M 55	MA	1:32:27	60.21%
82 Douglas Welch	M 38	MA	1:32:47	60.00%
83 Adam Monty	M 33	MA	1:32:48	59.99%
84 Arthur Niell	M 68	MA	1:32:49	59.97%
85 Brian York	M 31	CA	1:32:51	59.95%
86 Dorin Neacsu	M 46	MA	1:33:40	59.43%
87 <u>Clare Lunn</u>	F 35	MA	1:33:53	59.29%
88 Charlie Martin	M 42	MA	1:34:40	58.80%
89 <u>Brenda Morris</u>	F 44	MA	1:36:48	57.51%
90 <u>Jennifer Nuno</u>	F 40	MA	1:36:50	57.49%
91 Vic LaPort	M 70	MA	1:37:34	57.05%
92 <u>Jill McCarter</u>	F 56	MA	1:37:59	56.81%
93 Jim Jenkins	M 56	MA	1:38:44	56.38%
94 <u>Jennifer Morlock</u>	F 41	MA	1:39:44	55.81%
95 Phillip Hunt	M 55	NH	1:40:29	55.40%
96 <u>Nadine Lussier</u>	F 24	MA	1:40:46	55.24%
97 <u>Vicki Haley</u>	F 56	MA	1:41:09	55.03%
98 <u>Catherine Tedesco</u>	F 41	CA	1:41:30	54.84%
99 Sherisa Sterling	F 57	MA	1:41:32	54.83%
100 <u>Joy Lagrutta</u>	F 35	MA	1:42:00	54.57%
101 James Paisner	M 62	MA	1:42:08	54.50%
102 <u>Marcia Rondeau</u>	F 35	NH	1:42:22	54.38%
103 <u>Heather Waterman</u>	F 36	MA	1:42:24	54.36%
104 Brian StCyr	M 26	MA	1:42:29	54.32%
105 <u>Cheri Cavanaugh</u>	F 46	MA	1:42:34	54.27%
106 <u>Kelly Keegan</u>	F 33	MA	1:42:51	54.12%
107 <u>Andrea Mislak</u>	F 25	MA	1:42:52	54.11%
108 <u>Mary Lou White</u>	F 55	CT	1:45:35	52.72%
109 <u>Emily Tripp</u>	F 35	RI	1:46:16	52.38%
110 <u>ViAnne Brown</u>	F 34	MA	1:48:22	51.37%
111 Chris Harrison	M 57	MA	1:48:23	51.36%
112 Rick Jones	M 36	NH	1:48:32	51.29%
113 <u>Ann Townsend-Pors</u>	F 57	NY	1:48:50	51.15%

Continued next page:

Groton results cont:

114	<u>Kate Mullen</u>	F 33	MA	1:51:16	50.03%
115	Raymond Rogers	M 40	MA	1:51:17	50.02%
116	Michael Tagg	M 30	MA	1:55:22	48.25%
117	<u>Tamara Tagg</u>	F 26	MA	1:56:37	47.73%
118	<u>Joyce Vyriotes</u>	F 36	MA	1:56:38	47.73%
119	Melissa Kubicki	F 34	NH	1:57:05	47.54%
120	<u>Nicole Poitras</u>	F 33	NH	1:58:20	47.04%
121	<u>Angela Rogers</u>	F 48	MA	1:58:28	46.99%
122	Christopher Green	M 54	AUS	1:59:32	46.57%
123	John Loring	M 63	MA	1:59:56	46.41%
124	John Hartley	M 38	MA	1:59:57	46.41%
125	Richard Busa	M 80	MA	2:00:26	46.22%
126	<u>Emily MacConnell</u>	F 26	MA	2:04:48	44.60%
127	Art Gulliver	M 71	MA	2:04:59	44.54%
128	Edward Root	M 64	CT	2:17:15	40.56%

* course record

Groton Forest 3.4 Mile Results:

1	Ray Johnson	M 46	MA	0:22:20
3	Paul Funch	M 60	MA	0:23:41
8	<u>Katie Schmitt</u> 1 st F	F 11	NH	0:25:07
44	<u>Carolyn Danecki</u>	F 25	MA	0:32:16
74	<u>Barbara Danecki</u>	F 51	MA	0:36:08

107 Finishers

Complete results can be found on the "Grand Tree" page at.....
www.runwmac.com

Groton Town Forest Trail Races

October 24, 2010

by Paul Funch RD

Weather was cool mid-40s, overcast, and a few showers - perfect running weather! The course record and numerous age group records were shattered during this 13th annual event. The weather also did not keep runners at home, as a total of 235 finishers established a new record, last set in 2002 when there were 217 finishers.

In the 9.5 mile race, Steve O'Brien smashed Dave Hinga's course record of 57:14, set in 1999 with a time of 55:40. In the women's 60-69 age group, Kathleen Furlani of Broad Brook, CT bested the record by 16 minutes, with a time of 1:32:25. Marshall Randolph of Wellesley, MA beat his own age group (60-69) record by 7 seconds with a time of 1:11:10.

In the men's 80-89 age group, the always amazing Richard Busa of Marlboro, MA established the first record in a time of 2:00:26. Richard's record is likely to stay on the books for a very long time. The first female was Erica LaBella of Sugar Hill, NH, in a time of 1:12:19. Erica is establishing herself as a leading trail runner this year with several first place finishes.

In the 3.4 mile race, Ray Johnson of Littleton, MA won in a time of 22:20. Paul Funch of Groton, MA came in third and lowered the 60-69 age group record from 27:19 to 23:41.

The most impressive runner of the day, however, was Katie Schmitt of Durham, NH. Her father and uncle are consistently among the top trail runners in New England and others in her family are top-notch runners. But Katie, while only 11 years old, was the 8th finisher and was the first female to cross the line in a time of 25:07. With her time, she lowered the previous record for her age group of 26:19 that was set in 2002, and also bested the records for the 15-19, 30-39, and 50+ age groups! And she did it very comfortably and with a big grin on her face.

Finally, Olivia Box of Groton, MA lowered the 15-19 age group record from 29:57 to 28:10.

Busa Bushwack Trail Race

10 Miles Framingham, MA. October 31, 2010

Club members in bold:

	<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1	Jim Johnson	M 33	NH	1:00:54	100.00%
2	Eli Torgeson	M 39	MA	1:01:11	99.54%
3	Ben Nephew	M 35	MA	1:01:17	99.38%
4	Chad Carr	M 34	MA	1:03:25	96.03%
5	Tim Condon	M 24	CT	1:04:22	94.61%
6	Christopher Smith	M 44	MA	1:08:44	88.60%
7	Brad Birkel	M 32	MA	1:09:16	87.92%
8	Scott Patnode	M 29	MA	1:09:48	87.25%
9	Austin Whitman	M 33	MA	1:10:11	86.77%
10	Ian Sanders-Fleming	M 23	MA	1:10:40	86.18%
11	Hunter Bennett-Daggett	M 27	NH	1:10:58	85.82%
12	Robijn Hage	M 39	MA	1:11:04	85.69%
13	Andy Milne	M 47	MA	1:12:14	84.31%
14	<u>Kath Hardcastle</u> 1 st F	F 29	MA	1:12:20	84.19%
15	John Birkett	M 30	MA	1:12:25	84.10%
16	Mark Merolli	M 40	MA	1:12:49	83.64%
17	David Loutzenheiser	M 43	MA	1:13:46	82.56%
18	Jim Dube	M 44	MA	1:14:19	81.95%
19	<u>Stephanie Crawford</u>	F 33	NH	1:14:34	81.67%
20	Cort Cramer	M 33	MA	1:14:52	81.35%
21	Bob Sharkey	M 58	RI	1:15:11	81.00%
22	<u>Kaitlin Anelauskas</u>	F 25	MA	1:15:21	80.82%
23	Kurt Berna	M 39	NH	1:15:48	80.34%
24	Seamus Foy	M 32	MA	1:15:49	80.33%
25	Ken Ross	M 48	MA	1:16:00	80.13%
26	Frank Kjaersgaard	M 43	MA	1:16:22	79.75%
27	Andy Illidge	M 43	MA	1:17:09	78.94%
28	Tim Benison	M 44	??	1:17:15	78.84%
29	Charles Siegal	M 33	MA	1:17:26	78.65%
30	Jeffrey Waldron	M 24	NH	1:17:27	78.63%
31	Marshall Randolph	M 62	MA	1:17:31	78.56%
32	Tom Walker	M 28	MA	1:17:36	78.48%
33	Kevin Coyle	M 26	MA	1:17:40	78.41%
34	Eli Verter	M 25	MA	1:18:08	77.94%
35	<u>Amy Lane</u>	F 31	MA	1:18:14	77.84%

Continued next page:

Busa Bushwhack results cont:

36	Domenic Naples	M 43	MA	1:18:18	77.78%
37	David Javaheri	M 39	MA	1:18:26	77.65%
38	Jonathan Hahn	M 41	MA	1:18:41	77.40%
39	Kiko Bracker	M 42	MA	1:18:53	77.20%
40	Gregory Miller	M 22	MA	1:19:11	76.91%
41	Fred Follansbee	M 30	MA	1:19:22	76.73%
42	<u>Jodie Conway</u>	F 34	MA	1:19:25	76.68%
43	Neil Petersen	M 28	MA	1:19:41	76.43%
44	Joel Bargmann	M 58	MA	1:19:44	76.38%
45	Todd Bowser	M 40	MA	1:21:22	74.85%
46	Todd Anderson	M 38	MA	1:21:41	74.56%
47	James Pike	M 51	MA	1:21:58	74.30%
48	Mark van Hussen	M 37	MA	1:22:10	74.12%
49	Richard Minio	M 40	MA	1:23:23	73.04%
50	Bruce Ehrlich	M 51	MA	1:23:30	72.93%
51	Tom Moore	M 37	MA	1:23:42	72.76%
52	Ken Mcleod	M 44	MA	1:24:00	72.50%
53	Nate McBride	M 37	MA	1:24:12	72.33%
54	John Burke	M 44	MA	1:24:24	72.16%
55	Dirk Murphy	M 44	MA	1:24:44	71.87%
56	<u>Lisa Doucett</u>	F 55	MA	1:25:56	70.87%
57	Glynn Hawley	M 43	MA	1:26:15	70.61%
58	<u>Kimberly Mikesh</u>	F 30	MA	1:26:32	70.38%
59	Shawn Whalen	M 50	MA	1:26:35	70.34%
60	Shatta Mejia	M 40	MA	1:26:47	70.18%
61	Benjamin Yoder	M 33	MA	1:27:01	69.99%
62	Stephen Ludwig	M 55	MA	1:27:02	69.97%
63	Bill Morse	M 59	MA	1:27:08	69.89%
64	Todd O'Connor	M 41	MA	1:27:32	69.57%
65	Dan Ridge	M 53	MA	1:27:38	69.49%
66	Timothy Casey	M 34	MA	1:27:48	69.36%
67	John Wozny	M 40	MA	1:28:24	68.89%
68	<u>Lisa Maciorakowski</u>	F 34	MA	1:28:39	68.70%
69	Robert Thomas	M 50	MA	1:28:52	68.53%
70	<u>Mary Smith</u>	F 28	MA	1:28:55	68.49%
71	Eric Jacobsen	M 38	MA	1:29:01	68.41%
72	Rich Miller	M 59	NH	1:29:16	68.22%
73	Kevin Mullen	M 53	MA	1:29:27	68.08%
74	<u>Sarah Weber</u>	F 21	VA	1:29:34	67.99%
75	Gene Alperovich	M 37	MA	1:29:37	67.96%
76	Reed Alexander	M 52	MA	1:29:38	67.94%
77	Steven Chaves	M 28	MA	1:29:41	67.91%
78	Pete Jensen	M 35	MA	1:30:21	67.41%
79	Jeffrey Godin	M 43	MA	1:30:29	67.31%
80	Christopher Agbay	M 33	MA	1:30:35	67.23%
81	<u>Cristina King</u>	F 29	MA	1:30:43	67.13%
82	<u>Ellen Stanley</u>	F 34	MA	1:31:25	66.62%
83	<u>Jamie McLaughlin</u>	F 45	MA	1:31:32	66.53%
84	William Foley	M 42	MA	1:31:47	66.35%
85	Jeffrey Lippincott	M 41	MA	1:32:35	65.78%
86	Paul Santoro	M 28	MA	1:32:45	65.66%
87	<u>Andrea Buurma</u>	F 25	MI	1:32:45	65.66%
88	Mark Pelletier	M 36	MA	1:33:50	64.90%
89	<u>Jacqueline Rosains</u>	F 36	MA	1:34:23	64.52%
90	<u>Tammy Godin</u>	F 47	MA	1:34:30	64.44%
91	<u>Sara Knutson</u>	F 26	MA	1:34:54	64.17%
92	Sean Regan	M 44	MA	1:35:02	64.08%
93	<u>Sara Praguski</u>	F 31	MA	1:35:07	64.03%
94	<u>Megan Santosus</u>	F 46	MA	1:35:13	63.96%

95	<u>Cheri Cavanaugh</u>	F 46	MA	1:35:41	63.65%
96	<u>Susan Williams</u>	F 43	MA	1:35:41	63.65%
97	<u>Elizabeth Gott</u>	F 29	MA	1:35:48	63.57%
98	<u>Tracy Rabbitt</u>	F 40	MA	1:36:47	62.92%
99	Don Miller	M 66	MA	1:36:49	62.90%
100	Chris Powers	M 38	MA	1:37:03	62.75%
101	Randy Bissonnette	M 47	CT	1:37:36	62.40%
102	Paul Ghelfi	M 43	MA	1:37:53	62.22%
103	Joseph Ciffolillo	M 48	MA	1:37:54	62.21%
104	Marc Salois	M 47	MA	1:37:55	62.20%
105	<u>Laura Michaels</u>	F 24	CT	1:38:29	61.84%
106	<u>Maria Chevalier</u>	F 35	RI	1:38:39	61.73%
107	Geoff Maletta	M 38	MA	1:38:48	61.64%
108	<u>Kate Naples</u>	F 43	MA	1:39:03	61.48%
109	<u>Kathy Olney</u>	F 47	MA	1:39:50	61.00%
110	<u>Jean Miller</u>	F 53	MA	1:40:08	60.82%
111	<u>Helen Carmichael</u>	F 31	MA	1:40:13	60.77%
112	<u>Kathleen Furlani</u>	F 62	CT	1:40:31	60.59%
113	Stephen Ryan Jr	M 29	MA	1:41:05	60.25%
114	Moezeddin Karimeddiny	M 52	MA	1:41:15	60.15%
115	Douglas Caverly	M 51	MA	1:41:16	60.14%
116	<u>Ginny Hoehlein</u>	F 53	MA	1:41:48	59.82%
117	Luis Escobar	M 27	MA	1:42:12	59.59%
118	<u>Chris Kelleher-Ross</u>	F 49	MA	1:43:08	59.05%
119	Louis Ortiz	M 37	MA	1:43:19	58.95%
120	Rick Schnur	M 51	MA	1:43:22	58.92%
121	<u>Bryna Hebert</u>	F 48	RI	1:43:25	58.89%
122	Michael Bingham	M 56	MA	1:43:32	58.82%
123	Luke Whelan	M 39	MA	1:43:57	58.59%
124	<u>Orapin Asarangchai</u>	F 35	MA	1:44:20	58.37%
125	<u>Audra Boscoe</u>	F 37	MA	1:44:32	58.26%
126	<u>Laura McKenzie</u>	F 44	MA	1:44:38	58.20%
127	<u>Kathleen Karde</u>	F 47	MA	1:44:46	58.13%
128	Vic LaPort	M 70	MA	1:44:51	58.08%
129	Michael Rosenfeld	M 59	NH	1:44:58	58.02%
130	<u>Katherine Dezutter</u>	F 15	MA	1:45:12	57.89%
131	Steve Touchette	M 55	MA	1:46:13	57.34%
132	<u>Elizabeth Touchette</u>	F 27	MA	1:46:14	57.33%
133	<u>Deb Touchette</u>	F 55	MA	1:46:14	57.33%
134	Roy Van Buren	M 48	MA	1:46:24	57.24%
135	<u>Louise Brooks</u>	F 57	MA	1:46:48	57.02%
136	Jim Miller	M 53	MA	1:47:43	56.54%
137	<u>Robyn Couturier</u>	F 41	MA	1:47:45	56.52%
138	<u>Holly Damigella</u>	F 31	MA	1:47:46	56.51%
139	<u>Lynn Molinari</u>	F 36	MA	1:47:46	56.51%
140	John Loring	M 63	MA	1:47:47	56.50%
141	<u>Donna Macauley</u>	F 43	MA	1:48:00	56.39%
142	<u>Lynne Demond</u>	F 46	MA	1:50:13	55.26%
143	<u>Vicki Haley</u>	F 56	MA	1:50:25	55.16%
144	James Jenkins	M 56	MA	1:50:26	55.15%
145	<u>Kristin Sweeney</u>	F 58	MA	1:50:37	55.06%
146	Randy Witlicki	M 54	VT	1:50:39	55.04%
147	<u>Alyssa Adreani</u>	F 35	MA	1:50:52	54.93%
148	Jonatas Costa	M 28	MA	1:51:55	54.42%
149	<u>Kathryn Weiler</u>	F 28	MA	1:52:08	54.31%
150	Joe Flinn	M 42	MA	1:52:09	54.30%
151	<u>Abi Cushman</u>	F 29	CT	1:52:11	54.29%
152	<u>Colleen Spindler-Ranta</u>	F 33	MA	1:52:12	54.28%
153	<u>Jane Abu</u>	F 47	MA	1:52:13	54.27%

Continued next page:

Busa Bushwhack results cont:

154 Roger Pelissier	M 46	MA	1:52:58	53.91%
155 Chris Harrison	M 57	MA	1:54:31	53.18%
156 Jim Dezutter	M 48	MA	2:01:23	50.17%
157 <u>Julie O'Mara</u>	F 39	MA	2:01:25	50.16%
158 <u>Lisa English</u>	F 49	MA	2:04:07	49.07%
159 Josh Welch	M 30	CT	2:04:49	48.79%
160 <u>Gail Savidge</u>	F 38	MA	2:07:56	47.60%
161 Tristan Potter	M 22	MA	2:09:08	47.16%
162 Garrett Mann	M 37	MA	2:17:31	44.29%
163 Arnold Pollinger	M 51	MA	2:21:28	43.05%
164 Woodrow Freese	M 48	MA	2:22:56	42.61%
165 <u>Marylou White</u>	F 55	CT	2:22:56	42.61%
166 Jeff Aronis	M 41	MA	2:22:57	42.60%
167 <u>Michelle Schulz</u>	F 41	MA	2:23:26	42.46%
168 <u>Theresa Berna</u>	F 41	NH	2:23:26	42.46%
169 Art Gulliver	M 71	MA	2:33:34	39.66%

Busa Bushwhack 5.3 Mile race winners:

Rich Person	36 M	34:35
Susan MacLeod	33 F	39:04

Hairy Gorilla Half Marathon Trail Race

Albany, NY. October 31, 2010

WMAC members in bold and other familiar names:

<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1 Ross Krause	M 30	MA	1:23:51	100.00%
2 Mike Rutledge	M 42	NY	1:23:58	99.86%
3 Shaun Evans	M 32	NY	1:25:38	97.92%
4 Patrick Cullen	M 24	NY	1:26:34	96.86%
5 Brett Sherwood	M 35	NY	1:27:15	96.10%
6 David Harwood	M 24	NY	1:27:41	95.63%
7 Todd Shatynski	M 34	NY	1:28:03	95.23%
8 Dan Haggerty	M 26	NY	1:28:28	94.78%
9 Ian Parnett	M 24	NY	1:29:51	93.32%
10 Todd Euston	M 32	PA	1:29:57	93.22%
11 Pat Cade	M 26	NY	1:30:09	93.01%
12 Craig Tynan	M 40	NY	1:31:01	92.13%
13 Donald Pacher	M 38	NY	1:31:45	91.39%
14 Aaron Degiovine	M 32	NY	1:33:28	89.71%
15 Chris Winslow	M 31	NY	1:33:36	89.58%
16 Andrew Loux	M 31	NY	1:34:44	88.51%
17 Corey Dubois	M 40	NY	1:35:52	87.46%
18 Matthew Purdy	M 32	NY	1:36:40	86.74%
19 Chris Keyes	M 25	CO	1:37:09	86.31%
20 Dennis Vanvlack	M 38	NY	1:37:36	85.91%
21 Zach Yates	M 19	NY	1:38:10	85.42%
22 John Agosto	M 46	CT	1:38:25	85.20%
23 Andrew Gravelle	M 26	NY	1:38:51	84.83%
24 Chris Ollari	M 40	NY	1:39:08	84.58%
25 Joe Sullivan	M 31	NY	1:39:38	84.16%
26 Ryan Kircher	M 32	NY	1:39:38	84.16%

27 Tj Oconnor	M 35	NY	1:40:11	83.70%
28 Al Faller	M 32	NY	1:40:20	83.57%
29 Mitchel Lazar	M 39	NY	1:40:41	83.28%
30 Clay Lodovice	M 35	NY	1:41:16	82.80%
31 Michael Robertson	M 38	NY	1:41:21	82.73%
32 Chris Taft	M 30	MA	1:41:24	82.69%
33 Nicholas Dipirro	M 22	NY	1:41:54	82.29%
34 David Coyle	M 31	VT	1:41:57	82.25%
35 <u>Laura Gersten 1st F</u>	F 22	NY	1:42:32	81.78%
36 <u>Jaime Sherwood</u>	F 26	NY	1:42:46	81.59%
37 Jim Devine	M 50	NY	1:43:52	80.73%
38 <u>Tina Greene</u>	F 37	NY	1:44:29	80.25%
39 Audreas Krone	M 49	GR	1:45:02	79.83%
40 Richard Teal	M 32	NY	1:45:31	79.47%
41 Terry McCann	M 34	NY	1:45:34	79.43%
42 Chris Panzer	M 46	NY	1:46:08	79.00%
43 Trey Kingston	M 25	NY	1:46:24	78.81%
44 Matt Delaney	M 27	NY	1:47:01	78.35%
45 Brian Northan	M 34	NY	1:47:31	77.99%
46 George Burke	M 44	NY	1:47:38	77.90%
47 Michael Barrett	M 36	NY	1:47:42	77.85%
48 Hugh Davis	M 50	NY	1:48:31	77.27%
49 Kevin Buyck	M 45	NY	1:48:34	77.23%
50 Robert Wither	M 49	NY	1:48:55	76.99%
51 Rob Paley	M 46	NY	1:48:59	76.94%
52 Jim Glavin	M 37	NY	1:49:19	76.70%
53 <u>Melissa Brinkman</u>	F 32	NY	1:49:22	76.67%
54 <u>Alice Thomas</u>	F 47	NY	1:49:34	76.53%
55 <u>Ashley Krause</u>	F 33	MA	1:49:45	76.40%
56 Chris Nowak	M 35	NY	1:49:52	76.32%
57 Dennis Claire	M 31	MA	1:50:04	76.18%
58 Nathan Pung	M 35	NY	1:50:12	76.09%
59 <u>Cheryl Steiner</u>	F 42	NY	1:50:17	76.03%
60 <u>Caryle Andrew-Zippr</u>	F 49	NY	1:50:18	76.02%
61 Steven Legnard	M 34	NY	1:50:19	76.01%
62 Steven Dickerson	M 57	NY	1:51:04	75.49%
63 <u>Kate Motsiff</u>	F 37	NY	1:51:08	75.45%
64 Ted Cowles	M 52	CT	1:51:31	75.19%
65 <u>Kate Losecco</u>	F 24	NY	1:51:32	75.18%
74 <u>Jacque Schiffer</u>	F 46	NY	1:53:56	73.60%
78 Zeke Zucker	M 66	VT	1:55:40	72.49%
79 Mark Hunter	M 40	NY	1:55:55	72.34%
80 Matthew Igler	M 28	NY	1:55:59	72.29%
81 Michael Lair	M 48	NY	1:56:00	72.28%
82 Tom Tift	M 53	NY	1:56:24	72.04%
83 Jeff Clark	M 52	NY	1:56:29	71.98%
93 <u>Amy Farrell</u>	F 33	NY	1:58:38	70.68%
94 Damon Steed	M 34	NY	1:59:00	70.46%
95 Joseph McGraw	M 31	VA	1:59:36	70.11%
96 Daniel Mosny	M 42	NY	1:59:47	70.00%
97 Denis Childs	M 37	MA	1:59:52	69.95%
98 Joseph Sullivan	M 48	NY	2:00:09	69.79%
99 Bart Trudeau	M 47	NY	2:00:11	69.77%
100 Donald Clarke	M 51	FL	2:00:26	69.62%
101 <u>Sara Brenner</u>	F 30	NY	2:00:28	69.60%
102 Bart Hayes	M 55	NY	2:00:35	69.54%
103 Chris Holley	M 29	NY	2:00:44	69.45%
104 Stephen Sweet	M 29	VT	2:01:55	68.78%
105 Michael O'Brien	M 24	NY	2:02:03	68.70%

Continued next page:

Hairy Gorilla results cont:

107 Tom Mack	M 46	NY	2:02:51	68.25%
124 <u>Amy Bartholomew</u>	F 36	GA	2:07:04	65.99%
125 Jeff Baez	M 29	NY	2:07:18	65.87%
126 <u>Sara Madden</u>	F 33	NY	2:07:23	65.82%
127 Vincent Kirby	M 54	NY	2:07:48	65.61%
128 Brian Frazee	M 61	NY	2:08:16	65.37%
129 Matthew Martin	M 28	NY	2:08:34	65.22%
130 <u>Jenny Stahl</u>	F 41	NY	2:08:46	65.12%
131 Scott Schaffer	M 43	NY	2:08:46	65.12%
132 <u>Victoria Harris</u>	F 40	NY	2:08:49	65.09%
133 Tim Sweet	M 31	NY	2:08:50	65.08%
134 <u>Katie Vitello</u>	F 27	NY	2:08:56	65.03%
135 Bradley Pellissier	M 53	CT	2:09:17	64.86%
136 Ron Moraski	M 41	NY	2:09:23	64.81%
137 Bob Buckingham	M 50	CT	2:09:43	64.64%
138 Erik Seales	M 28	CT	2:10:08	64.43%
139 <u>Valerie Rhodes</u>	F 32	NY	2:10:09	64.43%
140 Dennis Gilyard	M 59	NY	2:10:20	64.33%
151 Frank Rees	M 51	NY	2:12:23	63.34%
152 <u>Kathleen M. Goldber</u>	F 51	NY	2:12:32	63.27%
153 <u>Bethany Hawke</u>	F 25	NY	2:12:33	63.26%
154 <u>Kelly Christy</u>	F 31	NY	2:12:40	63.20%
155 Brian Reuter	M 32	PA	2:12:48	63.14%
156 <u>Juliane Holz</u>	F 31	PA	2:12:48	63.14%
157 Don Byerly	M 44	NY	2:12:49	63.13%
158 Keith Meyer	M 52	NY	2:13:02	63.03%
159 <u>Jeanine Mackiewicz</u>	F 38	NY	2:13:07	62.99%
160 Mark Shoemaker	M 37	NY	2:13:07	62.99%
166 David Sutherland	M 48	CT	2:15:50	61.73%
167 <u>Rachel Marchand</u>	F 24	NY	2:15:52	61.71%
168 Lukas Waller	M 27	NY	2:15:52	61.71%
169 Richard Boukas	M 57	NY	2:15:59	61.66%
170 Benn Griffin	M 24	MA	2:16:19	61.51%
171 Randy Goldberg	M 51	NY	2:16:31	61.42%
172 <u>Barbara Goodrich</u>	F 56	CT	2:17:29	60.99%
173 <u>Maureen Roberts</u>	F 52	NY	2:17:35	60.94%
174 Fred Perrotta	M 43	NY	2:17:38	60.92%
175 Kermit Cadrette	M 72	NY	2:17:45	60.87%
176 Stephen Harris	M 59	NY	2:17:52	60.82%
177 <u>Jodi Wey</u>	F 38	NY	2:18:05	60.72%
178 Aaron Wey	M 39	NY	2:18:05	60.72%
179 Mark Hoban	M 54	NY	2:18:59	60.33%
180 <u>Leah Schaffer</u>	F 26	NY	2:19:02	60.31%
181 Ben Lubben	M 32	NY	2:19:03	60.30%
182 Scott Hulseapple	M 39	NY	2:19:11	60.24%
183 Marc Hammond	M 44	VT	2:19:14	60.22%
184 <u>Caitlin McAllister</u>	F 24	MA	2:19:16	60.21%
185 Daniel Campbell	M 27	MA	2:19:16	60.21%
186 <u>Katie Melsert</u>	F 24	NY	2:19:38	60.05%
187 <u>Sarah Bergmann</u>	F 27	NY	2:20:08	59.84%
188 Stanley Tiska	M 53	MA	2:20:10	59.82%
189 <u>Jenn Taft</u>	F 29	MA	2:20:15	59.79%
190 Darlene McCarthy	F 48	MA	2:20:19	59.76%
191 <u>Amy Dillenback</u>	F 41	NY	2:20:25	59.71%
192 Keith Amato	M 39	NY	2:20:26	59.71%
193 <u>Alanna Almstead</u>	F 34	NY	2:20:27	59.70%
194 <u>Brittney Payl</u>	F 24	NY	2:20:32	59.67%
195 Michael McNally	M 60	NY	2:20:34	59.65%
196 Darren Suarez	M 40	NY	2:21:03	59.45%

197 Laura Clark	F 63	NY	2:21:03	59.45%
198 <u>Jennifer Ferriss</u>	F 38	NY	2:21:14	59.37%
199 Paul Wai	M 37	NY	2:22:01	59.04%
200 <u>Rose Duhan</u>	F 42	NY	2:23:21	58.49%
221 Michael Dellarocco	M 59	NY	2:33:28	54.64%
222 <u>Alison Lynch</u>	F 38	NY	2:34:18	54.34%
223 Jeffrey Scherer	M 47	NY	2:34:41	54.21%
224 <u>Chelsea Ring</u>	F 25	NY	2:34:59	54.10%
225 Dave Walsh	M 56	NY	2:35:01	54.09%
226 Brent Tuttle	M 26	NY	2:36:09	53.70%
227 Ryan O'Dell	M 25	NY	2:36:10	53.69%
228 Joe Macura	M 26	NY	2:36:10	53.69%
229 <u>Deanne Hahn</u>	F 27	NY	2:37:13	53.33%
230 <u>Kerry Pertchik</u>	F 37	NY	2:37:55	53.10%
246 Jamie Howard	M 45	NY	2:46:11	50.46%
247 <u>Crista Graves</u>	F 41	MA	2:46:17	50.43%
248 <u>Tara Sano</u>	F 35	NY	2:46:43	50.29%
249 Keosha Elam	M 35	NY	2:46:49	50.26%
250 <u>Althea Bardin</u>	F 26	NY	2:46:54	50.24%
251 James Hartwig	M 30	MA	2:48:39	49.72%
252 Jodie Lahey	F 32	MA	2:48:39	49.72%
253 <u>Crystal Davis</u>	F 30	NY	2:49:50	49.37%
254 <u>Kathryn Lauer</u>	F 24	MA	2:50:08	49.28%
255 <u>Michele Eicher</u>	F 37	NY	2:51:05	49.01%
256 <u>Alissa Caton</u>	F 42	NY	2:51:44	48.83%
257 <u>Suzanne Williamson</u>	F 42	PA	2:53:57	48.20%
258 <u>Christine Neely</u>	F 22	NY	2:54:28	48.06%
259 <u>Katelyn Wilder</u>	F 26	NY	2:55:44	47.71%
260 <u>Anne Reynolds</u>	F 42	NY	2:56:09	47.60%
261 Phil Merens	M 40	NY	2:56:09	47.60%
262 Bill Glendon	M 64	MA	2:58:40	46.93%
263 <u>Donna Tan</u>	F 42	NY	3:01:15	46.26%
264 <u>Tracy Racicot</u>	F 42	NY	3:01:19	46.24%
265 <u>Leah Schessel</u>	F 29	NY	3:02:33	45.93%
266 Chad Otens	M 29	NY	3:02:33	45.93%
267 <u>Jill Barra</u>	F 55	NY	3:04:07	45.54%
268 <u>Nicole Martin</u>	F 31	NY	3:04:07	45.54%
269 <u>Lori Moody</u>	F 39	NY	3:04:07	45.54%
270 Konrad Karolczuk	M 58	CT	3:05:15	45.26%
271 <u>Emily Riegel</u>	F 27	NY	3:05:27	45.21%
272 <u>Barbara Larson</u>	F 27	NY	3:05:27	45.21%
273 <u>Pauline Peters</u>	F 34	NY	3:06:04	45.06%
274 <u>Stephanie Cody-Lutz</u>	F 42	NY	3:07:32	44.71%
275 <u>Michele Cushine</u>	F 40	NY	3:08:24	44.51%
276 Bruce Hyde	M 60	CT	3:09:40	44.21%
277 <u>Colleen Pigliavento</u>	F 42	NY	3:12:18	43.60%
278 <u>Peggy Fraterrigo</u>	F 46	NY	3:12:18	43.60%
279 <u>Kate Prendergast</u>	F 19	NY	3:15:06	42.98%
280 Paul Shreeman	M 34	NY	3:19:04	42.12%
281 <u>Audrey Taylor</u>	F 34	NY	3:26:58	40.51%
282 <u>Lee Ann Zarger</u>	F 56	CT	3:33:46	39.22%

282 Finishers Complete results on the "Grand Tree" page at.... www.runwmac.com

Squirrely Six Miler Winners:

Eamon Dempsey	30 M	37:55
Kristin Zielinski	29 F	33:16

Trooping with the Gorillas

Last year my son-in-law, Darren Suarez, discovered he enjoyed outdoor ventures that did not involve mountain bike wheels or ski poles. So he began serious training for his first ever road race—the Wineglass Marathon. Yes, I know. As the more experienced family member, I encouraged him to test race day protocol at a few local events before plunging headlong into unknown territory. But a busy schedule and two active little girls preempted good intentions. But at the halfway point and with my blessing, Darren took off and met me at the finish line.

This year we were set for a replay, with Darren anticipating his first trail race. At least it wasn't a marathon! For his debut, he selected Hairy Gorilla which was closer to home and promised to be a more casual event. I was worried. Since I had trooped with him for the first thirteen road miles, I figured I needed to do the same distance on the trail. But a year later and twenty plus years younger, Darren was definite Silverback material while I was the grandma babysitter.

With a week to go, I figured the least I could do to improve my status was to attempt an actual taper. So I cut my mileage, shortstopped my minimal weight routine and tossed my rake. Instead, I studied sign language equivalents for “banana” and “friendly runner” in case the local Gorilla population had been taking lessons from Koko.

Saturday was a bit of a problem. After stocking up at the Farmer's Market so at least I wouldn't smell like an offensive meat eater, I had half a day left over with no physical activity in sight. So I decided get ahead on my holiday planning by baking (and hopefully) freezing spritz cookies.

For me, this is the chef's equivalent of a running injury waiting to happen. I have never had good luck with these cookies which promise zillions of tasty morsels with just a flick of the wrist and a dash of holiday sugar. But like an athlete who thinks she can run through the bane of plantar fasciitis, I charged full speed ahead. Rather like my magical thinking that on my once-a-year marathon attempt at the hilly Adirondack Distance Run, I might possibly qualify for Boston. You just never know.

After a few lackluster attempts that I had to hand peel off the Christmas tree disk, I concluded that since gorillas use tools powered by brute strength, I could do the same. It would be good practice for Halloween. So grunting and groaning, I pounded those miserable suckers. They didn't look very pretty, but at least they were on the cookie sheet. After roughly the same time it would take me to run the course the following day, I hollered “Uncle” and unleashed my backup spritz maker. Yes, I always have a backup treetopped in the high pantry just in case. I should have made the move much earlier as I was able to squish though the rest of the dough in short order.

Pity the poor volunteers squeezing frosting over all those Gorilla cookies. I know exactly how their hands felt! Yeah, I know, unlike Gorillas, I don't run on my knuckles, but I do hold my water bottle with my right hand. Thirteen miles is not exactly

the time to practice lefthandness, but it did seem to work out—and here I am typing! Maybe it is OK to ignore some injuries.

So Darren, Jen Ferriss, Maureen Roberts and I lined up together and plowed through graveyards, around Gorillas and tried our best to avoid the Chainsaw Massacre. After a few miles I realized that Darren felt right at home on the trails so I encouraged him to push ahead. But he wouldn't, saying he wanted to run with me and enjoy his first trail race. He was the perfect gentleman – waiting for me on the uphill and politely stepping aside at each downhill portal so I could enter first and run unimpeded.

I never actually noticed any mile markers till Mile 8, which was probably a good thing. Around Mile 11, on cue once again, Darlene McCarthy overtook me. No matter what the race, I can expect to see her within a few telling miles of the finish. Darlene courteously remained behind for about a quarter of a mile, but when it was apparent I wasn't going any faster she breezed by. I also got passed by quite a few winged creatures—fairies, dragonflies, pixies—it was clear there had been a last-minute sale on wings and ballet netting. Luckily, they didn't count in the grand scheme of things, obviously aided and abetted by their extra appendages. Next year I hope they get their own special category as they obviously were not playing fair.

We were treated to a new second half this year, more technical but fewer hills. It took so much concentration to navigate the root-strewn, leaf-covered jungle that I was almost as mentally spent as I was physically exhausted. I resisted a powerful temptation to squish a banana on my way in, concentrating on the PR that Darren calculated was well within reach. Before I had time to bond with my own personal gorilla medal, I handed it over to Darren. A returning hero with two kids and only one stuffed gorilla would be something less than a hero to their young eyes. And what gorilla would not want to indulge in some well-earned trick or treat candy during evening festivities?

After I had sufficient time to bask in the warm glow of accomplishment, my Jeff tactfully point out that since we ran a new course, everyone got a PR! First the Gorilla hands you a treat and then he pays back with a trick. But what else can you expect on All Hallow's Eve?

Laura Clark

Help Wanted

The WMAC is looking for a couple of volunteers to take over the Race Director duties for the Savoy Mt. trail races and the Monroe / Dunbar Brook trail races.

If you are interested please contact one of the club officers at the email or phone number on the front page of this newsletter for more info.

Stone Cat Ale Trail Races

50 and 26.2 Miles Ipswich, MA November 6, 2010

Cloudy - Cool - Damp Trails - Low 40's all day

WMAC members in bold:

50 Miles:

	<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1	Ben Nephew	M 35	MA	*6:24:47	100.00%
2	Josh Katzman	M 30	MA	6:40:28	96.08%
3	Samuel Jurek	M 23	MA	7:01:34	91.27%
4	David Herr	M 45	VT	7:06:27	90.23%
5	Patrick Hamel	M 36	VT	7:06:44	90.17%
6	Brian Rusiecki	M 32	MA	7:06:52	90.14%
7	Robert Shaw	M 25	MA	7:25:42	86.33%
8	Ryan O'Dell	M 25	NY	7:45:10	82.72%
9	John Brown	M 53	MA	7:59:55	80.18%
10	Chris Cappellini	M 44	MA	8:00:55	80.01%
11	<u>Amy Lane</u> 1 st F	F 31	MA	8:01:35	79.90%
12	Tom Page	M 43	ME	8:11:37	78.27%
13	Gregory Esbitt	M 36	MA	8:20:36	76.86%
14	Tony Bonanno	M 45	CT	8:21:07	76.79%
15	Justin Contois	M 30	MA	8:24:59	76.20%
16	<u>Sarah Weigel</u>	F 34	MA	8:25:37	76.10%
17	Mark Blakeley	M 46	MA	8:34:33	74.78%
18	David Boudreau	M 39	NH	8:52:49	72.22%
19	Sean Devan	M 32	NH	8:54:42	71.96%
20	<u>Jenny Hoffman</u>	F 32	MA	8:56:16	71.75%
21	Jeff Vogel	M 33	MA	8:56:27	71.73%
22	<u>Sheryl Wheeler</u>	F 47	NY	9:03:29	70.80%
23	Scott Patnode	M 29	MA	9:06:27	70.42%
24	Charles Leonard	M 55	NY	9:07:56	70.22%
25	Greg Watson	M 39	MA	9:08:46	70.12%
26	Thor Kirleis	M 40	MA	9:15:30	69.27%
27	Michael Stashin	M 48	ON	9:16:15	69.17%
28	Steven Snook	M 50	VT	9:18:44	68.87%
29	Dag Holmboe	M 51	MA	9:21:00	68.59%
30	Peter Christie Jr.	M 39	MA	9:21:55	68.48%
31	Jeff Lane	M 34	MA	9:21:56	68.47%
32	<u>Christine Mathieu</u>	F 34	NH	9:27:20	67.82%
33	Dave Nerrow	M 43	MA	9:29:25	67.58%
34	Dan Soucie	M 28	NH	9:29:50	67.53%
35	Will Danecki	M 60	CT	9:30:14	67.48%
36	<u>Rebecca Burke</u>	F 35	CT	9:30:38	67.43%
37	Joseph Helpert	M 26	OH	9:31:14	67.36%
38	Christopher Haley	M 54	MA	9:32:37	67.20%
39	Dana Spencer	M 30	MA	9:35:02	66.92%
40	Charley Spektor	M 56	MA	9:37:17	66.65%
41	Anthony Portera	M 39	NY	9:39:04	66.45%
42	Jeffery Hart	M 42	NH	9:46:10	65.64%
43	<u>Jennifer Brunet</u>	F 40	NJ	9:46:14	65.64%
44	<u>Elena Makovskaya</u>	F 30	NJ	9:46:17	65.63%
45	Howard Tansey	M 46	MA	9:46:48	65.57%
46	<u>Sheryl Briggs</u>	F 36	MA	9:48:56	65.34%
47	<u>Wendy Akeson</u>	F 41	MA	9:50:40	65.14%
48	Scott Slater	M 32	CT	9:51:18	65.07%
49	Davis Clayson	M 47	MA	9:51:59	65.00%
50	<u>Amy Sorensen</u>	F 38	CT	9:53:41	64.81%
51	Scott Jackson	M 44	MA	9:54:14	64.75%
52	Neil Lacey	M 55	MA	9:55:21	64.63%

53	David Kennedy	M 27	MA	9:56:06	64.55%
54	Kevin Mullen	M 53	MA	9:57:50	64.36%
55	Mark Kruger	M 38	MA	9:59:26	64.19%
56	Paul Sulva	M 41	VT	9:59:41	64.16%
57	Douglas Girling	M 43	NY	10:02:28	63.87%
58	Eric Sicard	M 35	NY	10:02:31	63.86%
59	Timmy Finocchio	M 32	MA	10:03:09	63.80%
60	<u>Courtney Paige</u>	F 35	CT	10:04:16	63.68%
61	<u>Lauren Scaffidi</u>	F 32	MA	10:10:14	63.06%
62	Erik Leeming	M 48	CT	10:19:04	62.16%
63	<u>Brenda Morris</u>	F 44	MA	10:19:48	62.08%
64	Ryan Schiff	M 37	MA	10:21:33	61.91%
65	Ron Johnston	M 58	NH	10:22:31	61.81%
66	Mark Jackson	M 46	MA	10:23:13	61.74%
67	Al Glenn	M 44	NJ	10:24:00	61.66%
68	<u>Amy Mosca</u>	F 38	MA	10:26:33	61.41%
69	<u>Christine Reynolds</u>	F 40	NY	10:28:18	61.24%
70	T. Michael Thornton	M 40	MA	10:29:06	61.16%
71	<u>Rose Colleran</u>	F 40	MA	10:31:47	60.90%
72	David McDermott	M 56	ME	10:33:34	60.73%
73	Damon Steed	M 34	NY	10:33:34	60.73%
74	Wayne Bates	M 52	NY	10:37:41	60.34%
75	<u>Larisa Dannis</u>	F 23	NH	10:40:43	60.06%
76	<u>Lauren Commons</u>	M 47	MA	10:41:08	60.02%
77	Chip Tilden	M 41	NY	10:46:20	59.53%
78	John LaCroix	M 49	VT	10:48:35	59.33%
79	<u>Bethany Bertrand</u>	F 25	MA	10:53:36	58.87%
80	Kenny Rogers	M 56	MA	10:53:39	58.87%
81	Joel Goldberg	M 41	MA	10:57:20	58.54%
82	George Alexion	M 51	ME	10:58:41	58.42%
83	Robert Najjar	M 54	NH	11:04:44	57.89%
84	<u>Jennifer Mitchell</u>	F 29	NJ	11:06:49	57.70%
85	Ray Bernaz	M 32	NJ	11:09:13	57.50%
86	Joe Hayes	M 62	ME	11:22:12	56.40%
87	Barbara Sorrell	F 53	NY	11:23:33	56.29%
88	Eric Finney	M 40	MA	11:23:38	56.29%
89	Mike Fiene	M 64	MA	11:24:23	56.22%
90	<u>Justine Plenkiewicz</u>	F 31	Grand Cayman	11:25:41	56.12%
91	<u>Kristen Evan</u>	F 48	MA	11:29:59	55.77%
92	Timmy Reif	M 42	MA	11:30:00	55.77%
93	Matthew Dunn	M 37	NY	11:30:37	55.72%
94	Jeffrey Fedor	M 47	NY	11:30:38	55.71%
95	<u>Kristina Burns</u>	F 36	MA	11:31:15	55.66%
96	Kevin Zelechowski	M 34	MA	11:31:21	55.66%
97	Woody Freese	M 48	MA	11:33:37	55.47%
98	<u>Maya Ginns</u>	F 37	MA	11:34:43	55.39%
99	<u>Kate Stone</u>	F 26	NH	11:36:03	55.28%
100	Scott Perrapato	M 54	VT	11:42:55	54.74%
101	Ken Sparrow	M 39	MA	11:51:00	54.12%
102	<u>Kathy Edwards</u>	F 39	NY	11:54:25	53.86%
103	<u>Amy Dalton</u>	F 46	MA	12:03:52	53.16%
104	<u>Karen Giroux</u>	F 44	MA	12:08:47	52.80%
105	<u>Lynne Demond</u>	F 46	MA	12:10:14	52.69%
106	Bill Howard	M 61	MA	12:20:50	51.94%
107	Jim Porter	M 50	NY	12:33:02	51.10%
108	<u>Jennifer Kasper</u>	F 35	MA	12:40:58	50.57%
109	Steven Latour	M 39	NH	12:40:59	50.56%
110	David Raczkowski	M 60	CT	12:43:38	50.39%
111	<u>Jacqueline Choi</u>	F 29	NY	12:52:30	49.81%

* Course record

13 Hour Time Limit

Stone Cat Marathon

WMAC members in bold:

	<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1	Keith Schmitt	M 42	NH	3:11:32	100.00%
2	Andrew King	M 34	MA	3:11:39	99.94%
3	Paul Young	M 45	MA	3:12:04	99.72%
4	Wes Lassen	M 32	MA	3:20:13	95.66%
5	Brian Cullinan	M 30	MA	3:23:42	94.03%
6	Tommy Nagy	M 26	MA	3:24:44	93.55%
7	Steve Wolfe	M 46	NH	3:27:10	92.45%
8	Stephen Guillette	M 31	NJ	3:31:22	90.62%
9	Paul Mandeville	M 32	MA	3:38:03	87.84%
10	Robert Martin	M 43	MA	3:38:23	87.70%
11	Brian McGowan	M 41	MA	3:38:47	87.54%
12	Nelson Paz	M 32	MA	3:40:21	86.92%
13	Paul Funch	M 60	MA	3:42:34	86.06%
14	<u>Laurie Greenberg</u> 1 st F	F 35	VT	3:42:45	85.99%
15	Jim Robinson	M 52	NH	3:48:22	83.87%
16	<u>Debbie Moreau</u>	F 39	ME	3:48:32	83.81%
17	<u>Erica Labella</u>	F 31	NH	3:49:53	83.32%
18	Jay Curry	M 39	MA	3:54:35	81.65%
19	John Wozny	M 40	MA	3:56:34	80.96%
20	Ted Charrette	M 50	MA	3:56:54	80.85%
21	Roland Desrochers	M 42	MA	3:58:15	80.39%
22	Ronald Elwell	M 50	MA	3:59:15	80.06%
23	<u>Natasha Leighton</u>	F 36	ME	3:59:43	79.90%
24	Michael Ferrari	M 46	MA	4:00:44	79.56%
25	Chip Speicher	M 51	MA	4:01:00	79.47%
26	<u>Whitney Brown</u>	F 36	MA	4:02:09	79.10%
27	John McCormack	M 38	MA	4:05:23	78.05%
28	Michael Crosby	M 44	MA	4:06:20	77.75%
29	Chuck Hazzard	M 50	ME	4:06:24	77.73%
30	Jim Frenette	M 46	MA	4:09:22	76.81%
31	<u>Rebecca Harman</u>	F 41	NY	4:10:22	76.50%
32	Jon Ethington	M 29	MA	4:10:55	76.33%
33	David Javaheri	M 39	MA	4:11:12	76.25%
34	Jim Pugh	M 59	VT	4:12:38	75.81%
35	<u>Danielle Triffitt</u>	F 35	ME	4:13:37	75.52%
36	<u>Jamie Anderson</u>	M 38	ME	4:14:25	75.28%
37	Raymond Greco	M 44	MA	4:15:24	74.99%
38	<u>Jennifer Brooks</u>	F 31	MA	4:16:56	74.55%
39	Chris Accettella	M 35	MA	4:17:32	74.37%
40	Thomas Campbell	M 29	MA	4:17:34	74.36%
41	Peter Corbett	M 26	MA	4:17:35	74.36%
42	Alan Westman	M 37	MA	4:19:52	73.70%
43	Bob Gillis	M 55	MA	4:22:19	73.02%
44	Steve Whittey	M 53	MA	4:25:36	72.11%
45	Stephen McGee	M 39	MA	4:27:31	71.60%
46	<u>Valerie Abradi</u>	F 50	ME	4:29:18	71.12%
47	Kevin Silva	M 33	MA	4:31:05	70.65%
48	Douglas Harvey	M 31	MA	4:31:08	70.64%
49	Rick Johnson	M 38	MA	4:33:40	69.99%
50	Matthew Soroka	M 33	VT	4:34:36	69.75%
51	David Morris-Barker	M 46	MA	4:34:53	69.68%
52	Glenn Meister	M 48	MA	4:38:07	68.87%
53	<u>Phyllis Lowry</u>	F 44	MA	4:39:49	68.45%
54	Nathan Strong	M 36	MA	4:39:57	68.42%
55	Keith Purrier	M 47	MA	4:39:58	68.41%
56	Billy Shea	M 59	MA	4:41:20	68.08%

57	<u>Tara Deeble</u>	F 39	MA	4:41:52	67.95%
58	Bill Morse	M 59	MA	4:43:33	67.55%
59	<u>Patricia Maguire</u>	F 25	MA	4:44:59	67.21%
60	Dave Geary	M 44	MA	4:45:38	67.06%
61	Brian Monteiro	M 24	MA	4:47:50	66.54%
62	<u>Abby Jackson</u>	F 30	NH	4:48:07	66.48%
63	Jeffrey Barriss	M 41	MA	4:50:43	65.88%
64	Ryan Couto	M 25	MA	4:51:00	65.82%
65	<u>Lorrie Tily</u>	F 49	NY	4:56:20	64.63%
66	Clarence Eckerson	M 60	MA	4:59:28	63.96%
67	<u>Kimberly Dwight</u>	F 40	MA	4:59:34	63.94%
68	Mark Weidman	M 53	NH	4:59:39	63.92%
69	Laura McKenzie	F 44	MA	5:00:50	63.67%
70	<u>Donna Kasianchuk</u>	F 53	NH	5:01:07	63.61%
71	Dan Scotina	M 55	MA	5:03:08	63.18%
72	<u>Jeanne Vumbaco</u>	F 47	MA	5:03:19	63.15%
73	John Maguire	M 27	MA	5:04:10	62.97%
74	<u>Allison Lasso</u>	F 47	MA	5:04:35	62.88%
75	<u>Shelly Rodier</u>	F 44	MA	5:05:00	62.80%
76	<u>Jennifer Fields</u>	F 40	MA	5:05:22	62.72%
77	<u>JoAnn Peterson</u>	F 50	NH	5:06:06	62.57%
78	<u>Kathleen Karpe</u>	F 48	MA	5:06:23	62.51%
79	Michael Agbay	M 38	MA	5:07:24	62.31%
80	Christopher Agbay	M 33	MA	5:07:25	62.30%
81	<u>Stephanie Sheridan</u>	F 44	NH	5:07:54	62.21%
82	<u>Deb Touchette</u>	F 55	MA	5:08:39	62.06%
83	<u>Elizabeth Touchette</u>	F 27	MA	5:08:40	62.05%
84	Steve Touchette	M 55	MA	5:08:40	62.05%
85	<u>Courtney Carney</u>	F 25	CT	5:12:23	61.31%
86	Thomas Parker	M 44	NH	5:12:27	61.30%
87	Luc Levensohn	M 45	MA	5:12:43	61.25%
88	Dennis McGurk	M 63	MA	5:12:56	61.21%
89	Michael Goolkasian	M 46	MA	5:13:22	61.12%
90	<u>Amy Blondin</u>	F 37	MA	5:14:36	60.88%
91	Bob DiBurro	M 42	MA	5:18:02	60.22%
92	<u>Penny Matel</u>	F 51	NH	5:18:07	60.21%
93	Dale Bob Eckert	M 54	MA	5:18:08	60.21%
94	<u>Kate Wheeler</u>	F 37	NH	5:18:51	60.07%
95	Brian Roderick	M 41	NH	5:18:52	60.07%
96	Neil Bernstein	M 58	MA	5:19:20	59.98%
97	Jay Short	M 45	MA	5:21:03	59.66%
98	James Banyas	M 46	NH	5:21:51	59.51%
99	Timmy Poole	M 39	NH	5:21:51	59.51%
100	<u>Heather Wiatrowski</u>	F 35	MA	5:24:34	59.01%
101	Ken Gulliver	M 46	MA	5:24:57	58.94%
102	Rich Lewis	M 53	MA	5:25:37	58.82%
103	<u>Ann Kinsley</u>	F 32	WI	5:27:34	58.47%
104	<u>Frances Davis</u>	F 32	CT	5:28:56	58.23%
105	<u>Alison Phelan</u>	F 46	MA	5:31:30	57.78%
106	<u>Alison Rourke</u>	F 35	MA	5:31:30	57.78%
107	Peter Devine	M 61	ME	5:33:09	57.49%
108	Chip Bott	M 40	MA	5:33:43	57.39%
109	Tom Malcolm	M 54	MA	5:34:34	57.25%
110	<u>Patty Loubris</u>	F 47	MA	5:35:47	57.04%
111	<u>Deb Taylor</u>	F 39	ME	5:36:05	56.99%
112	<u>Andrea Di Benedetto</u>	F 51	ME	5:36:07	56.98%
113	Curtis Rising	M 43	MA	5:36:33	56.91%
114	Jack Raycroft	M 52	MA	5:37:15	56.79%
115	<u>Mecca Cerny</u>	F 31	NJ	5:37:24	56.77%

Continued next page:

Stone Cat results cont:

116	Joseph Reynolds	M 66	NY	5:39:32	56.41%
117	Seth Ambruso	M 30	CT	5:42:30	55.92%
118	Strephon Treadway	M 43	MA	5:42:51	55.86%
119	<u>Deborah Feeney</u>	F 48	NJ	5:43:04	55.83%
120	Fred Peterson	M 44	NH	5:46:52	55.22%
121	<u>Lisa English</u>	F 49	MA	5:46:56	55.21%
122	Laura Clark	F 63	NY	5:48:21	54.98%
123	Stu Greeley	M 57	MA	5:48:22	54.98%
124	Curtis Lintvedt	M 63	NH	5:49:18	54.83%
125	<u>Kelly Williams</u>	F 40	ME	5:49:39	54.78%
126	<u>Ginny Hoehlein</u>	F 53	MA	5:51:44	54.45%
127	Terrence Rodgers	M 50	MA	5:52:40	54.31%
128	Bill Mullen	M 62	MA	5:56:33	53.72%
129	Winston Trefry	M 40	MA	6:00:33	53.12%
130	Jim Logan	M 63	MA	6:03:13	52.73%
131	Dominick DeMarco	M 62	NY	6:03:35	52.68%
132	<u>Shari Hewson</u>	F 48	MA	6:04:29	52.55%
133	<u>Kathey Moskal</u>	F 39	MA	6:04:29	52.55%
134	<u>Elin Hanson</u>	F 48	NJ	6:09:19	51.86%
135	<u>Emily Trespas</u>	F 39	MA	6:09:54	51.78%
136	<u>Yvette Santana</u>	F 51	MA	6:09:59	51.77%
137	Scott Walsh	M 53	MA	6:10:56	51.64%
138	<u>Bonnie Hallinan</u>	F 61	MA	6:11:11	51.60%
139	<u>Sarah Hurkett</u>	F 28	MA	6:25:21	49.70%
140	<u>Mary-Alice Tully</u>	F 59	MA	6:30:25	49.06%
141	<u>Diane Krygowski</u>	F 47	NJ	6:32:17	48.83%
142	<u>Kate Hanscom</u>	F 34	ME	6:33:15	48.71%
143	<u>Marie Leigh</u>	F 52	MA	6:33:47	48.64%
144	<u>Ann Alexion</u>	F 53	ME	6:37:35	48.17%
145	<u>Dale Granger-Eckert</u>	F 58	MA	6:38:53	48.02%
146	<u>Kristen Dunn</u>	F 44	NY	6:41:45	47.67%
147	<u>Penny Duncan</u>	F 59	ME	6:44:03	47.40%
148	<u>Julie O'Mara</u>	F 39	MA	6:46:32	47.11%
149	<u>Julie Higgins</u>	F 32	MA	6:46:51	47.08%
150	Barry Ostrow	M68	MA	6:48:34	46.88%
151	Brian Chisholm	M 55	MA	7:14:01	44.13%
152	Karen McWhirt	F 49	CT	7:14:13	44.11%
153	Rich Busa	M 81	MA	7:17:15	43.80%
154	Robert Scott	M 56	CT	7:17:17	43.80%
155	David Barker	M 71	CT	7:40:05	41.63%
156	Greg Taylor	M 64	NY	7:54:17	40.38%
157	George Boudreau Jr	M 41	MA	8:04:22	39.54%
158	David Boles	M 64	NY	8:13:17	38.83%
159	Jim Simpson	M 68	CA	8:25:06	37.92%
160	Daniel Wheeler	M 52	NY	9:20:26	34.18%

37.5 Miles (3 Loops)

Note - Grand Tree points for runners who dropped from 50 to 37.5 miles are based on the 50 mile race winning pace.

Timothy Charboneau	M 43	NH	7:54:08	60.87%
<u>Jenn Merriam</u>	F 41	NH	8:18:55	57.84%
Steven Kinsey	M 38	NJ	9:11:53	52.29%
Dick Fedion	M 77	NH	9:34:38	50.22%
<u>Nancy Chamberlin</u>	F 50	MA	10:09:21	47.36%

“Only” a Marathon

by Laura Clark

While marathons have multiplied faster than Boston pace group rabbits, 26.2 miles nevertheless remains an intimidating challenge. Hence the popularity of distance festivals, where the prestigious marathon spawns an everyman's selection of shorter playbills, ranging from 5Ks to halves, from fitness walks to barefoot runs. Here the marathon pinnacles achievement.

But in the ultra world, a marathoner is a mere mortal with prime Mt Olympus real estate reserved for the 50K and beyond. So it was with downcast eyes and a barely audible whisper that I confessed to the Stone Cat that I would be attempting “only” the marathon. Last year after persevering past any sensible time limit and keeping countless volunteers well beyond any reasonable hope of supper, I promised all involved that I would never put them through that again. So this year, at the Stone Cat Trail Races, I would assume the default position at the start line...

*Into the woods,
It's time to go,
I hate to leave,
I have to though.*

Ever since my Mom passed away a couple of weeks ago I have pretty much worn out my CD of Stephen Sondheim's *Into the Woods* where happily ever after is not necessarily a given even in a fairy tale world and “Sometimes people leave you halfway through the wood.”

While I was eager to return to the woods and honor my mother, fifty miles would provide a tad too much introspection. Half seemed about right for both my mental as well as my physical state. For as my friends have often told me and I have been reluctant to admit, nighttime running is not one of my talents.

For the eldest entrant, however, eighty one year-old Richard Busa, the marathon effort would prove to be every bit as challenging as any fifty miler. In 2003 at age 72 he claimed title as the oldest VT 100 finisher and while he has since left the ultra circuit he continues to compete. This year Lyme disease and cataract surgery took their toll and Rich “only” completed two marathons, Nipmuck and Stone Cat. How many twenty somethings can make that claim?

The night before we were released into the woods to face our own personal Stone Cats, Rich held court at Calitri's Italian Restaurant, posing for pictures. Not a fuzzy group effort, but individually, arm-to-shoulder with all of his friends. A highly decorated Korean War veteran, the next morning he would outrank us all, donning the armor of the Big Red Marathon Bib #1. Although this was not an official pasta party, we pretty much took over the restaurant, and I couldn't help but thinking that the few regulars there must have thought us fortunate indeed as we prepared to do battle. Rather like *Henry V's* band of brothers.

Continued next page:

Only a Marathon cont:

After not enough sleep, we all lined up in the dark, anxious to finally enter the woods. This was the first year Fall Back occurred after the event, promising an extra hour of rest for the weary but guaranteeing a truly impressive headlight-mandated start. Since the marathoners curved left around the staging area, those of us bringing up the rear were treated to a firefly stream of bobbing lights. Inspired, Rich soon out-sprinted his pacers. I finally caught up with him as he was trying to make a wrong turn directly out of the encompassing circle of lights. We then made a game of it, hunting for the next glo-stick Greenies before Stone Cat gobbled them up. For those of you sadly without a cat companion, Greenies are to cats what chocolate is to the people they own. . .

*The light is good,
I have no fear,
And no one should
The woods are just trees,
The trees are just wood.*

As day dawned, I left Rich with a likely group and entered the singletrack forest. The grudging dawn, which never displayed the promised smiley faced sun, conspired with Cheshire-grinning Stone Cats to plant small seedlings of doubt. The looming single track, leafed with the remnants of rain-pasted foliage and booby trapped with slickly bridging tree roots would prove challenging, even to those familiar with the path. Despite pussy footing, never committing my weight fully to any one step, I was treated to the type of classic free fall one only reads about in training manuals. Usually I crash down in an UMPH! bellowed-out grunt, emerging battered and bruised and with no memory of exactly what happened. But for this brief moment in time I was afforded a flash of feline agility as I slid along the length of a sodden tree root, landed in a classic roll and popped up once more on my feet without breaking stride. My grin was as wide as that of any Stone Cat.

*Into the woods
And down the dell,
The path is straight,
I know it well.*

Since I was no longer just trying to survive an ultra, my new game plan was to see how quickly I could go. Instead of starting fast and getting slower, I finally took the advice of my friends and took it easy in the dark, hoping to recoup later on. Truth be told, this was a no-brainer as I am not blessed with a cat's visual acuity and had not had the foresight to secure a pair of night vision goggles. I had no choice and so there was really no decision involved. And it worked. I discovered myself passing folks even through the final miles. The problem for me now will be to locate other races that begin in the dark.

They say the Vermont 100 is the world's longest buffet table, but I'm willing to bet that Stone Cat's 12.5 mile loop hosts the roundest. In the early hours we were treated to sizzling bacon, then juicy grilled cheese and as cold puddles numbed feet and the promised fifty degree day never materialized, warming chicken soup.

While it is not easy to man an aid station for hours on end, these volunteers are unique in that any one of them could have doubled as a multi-tasking short order chef, eager to cater to the whims of indecisive, hungry runners.

One of the best parts of running "only" a marathon was that I finally got to hang out. Joe Reynolds, of the Finger Lakes Running Club, erected his tent (with flaps!) by the finish line so we could change and then applaud the runners as they either finished or opted for another round. Finding it difficult to stir from my camp chair even for another cup of soup, I marveled at how my friend Karen McWhirt could have completed her marathon last year, rested for a while and then headed out to pull me through the final loop.

After Rich and his escorts, Rob Scott and Karen, crossed triumphantly, I decided it was time to return to the hotel for a shower and a nap (!). Usually, I strip off wet clothes and clean stiff body parts to choruses of "Are you done yet? We're hungry!" And for the first time I didn't fall asleep at the restaurant over dinner! I could get used to "only" a marathon. . .

*Into the woods
And who can tell
What's waiting on the journey?*

Laura Clark



WMAC members Rich Busa, Karen McWhirt, Will Danecki, and Rob Scott at the 2010 Stone Cat trail races.

photo by Greg Taylor



81 year old Richard Busa finishing the Stone Cat Marathon with pacer Rob Scott

photo by Jeff Clark

Email note from Rich Busa to Laura Clark:

Hi Laura,

First, congratulations on breaking 6 hours. Wow! Karen pulled me through again and this time I had Rob in support also. I wasn't even going to run, I didn't sign up. Then my friend Barry, who is the race director of the Bushwhack, said he had signed up and was renting a room so I said that I would go up and perhaps pace him on his second loop. Then, while in the woods putting up markers for the Bushwhack, he slipped and came down on a rock and cut his shin which required 3 stitches. He then told me he would not be going up and asked if I was still going up. He had to know so that he could cancel the room if I was not going. I decided to go and pace one of our other members. Then, at the last minute, my friend got an OK to run and he talked the doctor into leaving the stitches in until after the race. The night before the race I decide to run, thinking that I could do at least a half. Then I found that Karen and Rob were there and it was all history. Karen is just such a great pacer and I found out that Rob is also. With about a mile or less to go Karen went ahead but Rob stayed with me. As we got near the backstop, a young woman with striped socks went ahead of me and Rob said, "That girl with the funny socks is going to pass you." That's all I needed. I waited for the right moment and then kicked it in at just the right time. In retrospect, I felt badly for her because everyone started to cheer and I think she thought it was for her. I passed her just before the finish line. That was a great photo, did Jeff take it? If so please thank him. I'll have to send it to Ed because I'm always telling him I smoke runners at the finish.

Hope to see you when the snow descends.

Have a Happy Thanksgiving and a very Merry Christmas.

PS: Another really great article, thanks for the kind words.

Rich Busa

Note: The woman in the striped socks is Amy Sorensen from Middlefield, CT. She was finishing her 3rd loop in the 50 miler and went on to finish in 9:53:41
