



# Trail Running News ... Western Mass Athletic Club

Volume 16 .... Issue 3 .... Late Summer .... 2010

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- Cranmore Hill - Skyline Trail
- Peoples Forest - Escarpment
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GT and Trilogy Up-dates

Greylock Road & Monroe Entry Forms

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

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

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

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## Bone on Bone

by Dave Raczkowski

That's the diagnosis my doctor gave me. That knee just wasn't getting any better, so I was hoping another surgery could fix it. But the x-rays showed that there wasn't any space between the bones. The only fix would be a knee replacement but I'd have to promise to quit running. I think I'll keep my knee, thank you very much. I can still run if you want to call it that. But it's sooooo slow. But I'm comfortable. I need that knee for work until I retire so, I have to quit racing or it will deteriorate even quicker. Since I can't race, I don't feel motivated to go to any races. At this time I'm just going to fade into the woodwork. But don't be misled. There's still some phoenix left in me that could arise somewhere down the line.

But I still love and enjoy long runs in my backyard. I consider myself quite wealthy. I measure wealth by how many trails I have to run on and love. More than enough to keep my crazy for the rest of my life. It has both organized trails where there are blazes on the trees and three times as many trails that are less visible, some downright subtle. The way to tell you are on a trail is by how it feels underfoot. When twigs start crunching, I know I'm off trail.

So I recommend that if you're racing and you love it, appreciate it to no end because it won't last forever unless you feel you have that special gift in which case I hope you run forever and ever. When you achieve a PR or accomplish some other goal, make sure you stop for a moment and feel real good about it. That way it will always last forever in your heart and soul.

With this feeling in mind my only goal for Nipmuck was to finish. I did the most wicked of tapers for race day and I was trotting along quite nice for the first 15 miles. Then the humidity of the day made me see a wall in front of me. I didn't want to hit it so I slowed down to ease myself into it. But some of those hills made me feel I was carrying a full pack up them. I was thrilled to finish. But that's not my swan song.

Everyone else was talking about the humidity. Slower times reflected this. The winning time by David Herr was the slowest since the first year NipMuck was held. That year, 1984, I had no way of measuring trails so it was about two miles longer than the present day course. Still only 4 percent of the field dropped out this year. I restrict the hell out of this race. Only runners who have done it in the past, those who completed 6 Grand Tree races in '09, and those who completed 50 mile trail races were allowed in. Keeps the race small, keeps the work manageable, yet profitable enough so that Joshua's Land Trust and The Hole in the Wall Gang Camp both got a nice hunk of change.

No records this year but a new age group was created. It took 25 years to have an over 60 year old female finish, Laura Clark, but it took all 27 years to come up with an over 80 year old finisher. That would be Rich Busa who finished in 8:45. This race is supposed to have an 8 hour time limit but gimme a break, he's 80. I'm honored to cut slack. Every year Rich runs at NipMuck it enlightens us to realize we will be hopefully running that long.

The pre-race briefing lived up to its standards. I had seven tape decks; each was a synchronized fart tracks. I was quite proud out the grand finale. But that wasn't my swam song.

Clint Morse was the new assistant race director. In 2011 he will be the RD. I didn't leave him too many chores. I wanted him to mostly observe, learn, and get to know my help who have been with me for decades.

Continued next page:

### **Bone on Bone cont:**

Some of them put in double the hours I asked them to. I wasn't too sure how many would be willing to help out Clint out in 2011. But to the person they've already volunteered for next year. I will be the assistant RD. Might even be fun. No registration to worry about, don't need to get a quarter ton of food together, and my back is already thanking me for not having to haul water. I won't be doing the pre-race briefing but I may interrupt Clint when he gives his with the same finesse I have used in the past.



*Dave Raczkowski gives his last pre-race briefing at the 2010 NipMuck Marathon* photo by Scott Livingston

One way to get people to help you with a project like this is to have an unwavering passion for it. I remember helping a member of the Willimantic AC with his kids' summer track meets. W.C. Fields said, "Anyone who hates children can't be all bad." That was my feeling but I was still happy helping someone else with their dream. I know I've lived this dream of NipMuck to the fullest. No way could I have done it without my trusted help.

I was trying like crazy to come up with a respectable swan song. I had been working on a secret plan to have the race start at a new place. We'd have a building and I could cut out the Rt 74 crossing. 70 mph cars and trail racing don't mix. But plans just haven't materialized yet and I'm not feeling too optimistic that they will. Anyway, there will always be Perry Hill Rd.

Funny how things go in circles. I originally got into running decades ago after a divorce. Endings create beginnings. I needed something to get me back off the ground so I started running. I did roads for a couple of years before I just lit up with Fred Pilon's M & M Trail Marathon. Wouldn't it be neat to have a trail marathon in my own back yard? That's how NipMuck was born.

One key helper this year and last was my girlfriend who kept asking me what else can I do. I kept giving her jobs until I couldn't come up with any more which made race directing go much easier this year. Since my knee has been limiting my running it's nice to be sinking myself into a love affair so this retirement has not made me sad. Endings create beginnings. This circle came around because that divorce way back when was with my present day girlfriend. And there is the sweetest swan song. That would be NipMuck Ann.

Good luck Clint!

*Nipmuck Dave*

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### ***What are you saving it for? A Continuing Saga in Three Parts***

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After rereading running philosopher George Sheehan, I decided that I would lay it all on the line at Soapstone Half Marathon. What was I saving it for? Did I really need to be alert for the three hour car ride home? By this time Annie should know the way. And did I really want/need to be bright-eyed and bushy tailed at work on Monday? Most Mondays I pretend anyway. So ditto for the following marathon weekend...

Technically, a marathon is a 26.2 mile event, unless it is Nipmuck Trail Marathon, logging in at 26.4. For roadies, a marathon weekend consists of expo Saturdays and rubber-to-asphalt Sundays. For trail runners, marathon weekend sometimes involves a Saturday warm up race crowned by an o'dark thirty motor trip topped off by a really long race. No expo, no goodie bag, no bystanders—all offset by ridiculously easy parking, lots of tradition and a friendly, casual crowd.

#### **Part I: The Warm up at Freihofers' Run for Women:**

Freihofers Run for Women has all of the hype, all of the stars and all of the ceremony traditionally associated with big city marathons. Except that you don't actually have to run 26 miles to enjoy the glamour. Like its longer cousins, it has spawned so many auxiliary events—kids' runs, race walking, community walks—that you don't even have to run to take part. Begun in 1979 to enhance the new women's running movement, it is more of a celebration than anything else with club teams, sister/sister teams and mother/daughter teams.

I used to take Freihofers seriously, jockeying for position, aiming for a coveted age group posting. As I got older and moved beyond the age of nationally ranked masters, I even made the podium a few times. Now I still take Freihofers seriously but in a different way. While this year marked my fifteenth year of perfect attendance with at least one of my daughters, the definition has now expanded to include granddaughters Emi and Elena. And while I claim to dread the hype and the crowds, once there the spirit and enthusiasm of the women and girls takes over and all seems fitting, not overdone.

***Continued next page:***

## Nipmuck Saga cont:

Last year Elena, at all of seven years old, graduated herself from the kids' sprints to the real thing. My daughter Julie and I knew she could go the distance as she had done her homework with her school's running club. This year, as an experienced eight year-old, she knew what to expect and like any first-time marathoner had moved beyond merely finishing. She had a goal: to even-pace the entire distance, walking only at the water stops.

When we arrived, Emi, at four years, was thrilled with short sprints and full of life, even if somewhat intimidated by the crowds. Elena, though, was subdued, her eyes focused inward on her expectations. This year Julie and I benefited from the learning curve, shepherding Elena streetside a full twenty minutes ahead of time.

Last year we delayed and Elena was stuck in a forest of faster legs. I tried to restrain myself and let Julie do the coaching. Clearly, Julie and Elena were a true mother/daughter team.

The younger Elena was more than willing to pause at the Blue House marking the final stretch to hi-five her sister, Dad, Uncle and Grandpa. This year's version shook her head slightly and soldiered on. She had a mission. On the final downhill, Coach Grandma took the lead and Elena let go.

I figured that part would be fun. It wasn't. It was work. Julie and I had all we could do to keep up with her pumping legs. When the announcer called Elena's name as she crossed the finish line, she cracked her first smile of the day. Her work was done.

But Mom's and Grandma's work is just beginning. Next year we may possibly be able to keep up with Elena. If we train hard. But with Emi waiting impatiently in the wings for her turn, we're not off the hook yet!

### **Part II: The Main Event at Nipmuck:**

The next morning at the Nipmuck Marathon I felt like Elena. Nervous, focused. As much as I enjoyed meeting old friends, taking the obligatory decorative porta pottie tour and chorusing Nipmuck Dave's theme song, *Fast or Slow*, I wanted to get on with the main event. On the other hand, with Nipmuck Dave retiring to get on with his life after twenty-seven years of directing this event, none of use wanted to reach the end of his final director's speech.

For me, Nipmuck is more than just a pleasant jaunt in the woods. There is work to be done with a qualifying Escarpment time to be earned. Technically, I had already qualified at Curleys Marathon last September, but Nipmuck always seems like the official this-year qualifier, with the Escarpment application arriving as it does a few scant days before. And while I am not that fast, I do hold the Nipmuck record for over sixty year-old women, at least until someone else bumps up to my age group. So I had my own tradition to uphold.

Jeff and George comprised my support crew, as I knew I would be laying it all on the line. Jeff did the driving while George did

the motoring and the hauling. We arrived at the usual time, but were surprised to discover that our parking spot bumped up considerably. There was no line at check-in and little bustle at the porta-pottie. This worried me as a larger field pretty much guarantees I will have someone to keep me company most of the time. Others thought the field was smaller this year, and it was. By about ten runners. Go figure.

As usual, I shadowed Barbara Sorrell figuring I could turn my brain off, follow her turn signals and coast unimpeded toward Escarpment. As usual, that didn't quite happen although we did rejoin near the end. While most folks favor the flatter, but more technical first half, I hit "home free" during the hillier run through second where I just have to worry about leg strength and not ankle snapping rocks and roots. Amazingly, I passed some who had overtaken me with earlier fancy footwork. Go Team! And I felt as if I were a team. Jeff, George Sheehan and Elena were right there. Jeff was cheerleading, George was lecturing and Elena was focusing on victory. Inspired by Elena, this year I too had a plan: run on the edge for twenty miles and really push the final six. Thanks to my team, I didn't let up and was satisfied that I crossed the line strong and with nothing left to give.

### **Part III: The Grand Finale:**

I collapsed into one of the thoughtfully placed folding chairs and gratefully accepted a Corona from Rob Scott. Focused solely on my race, I had hauled tons of gear but had neglected to picture the finish line scenario. After running through a hot, humid Nipmuck jungle atmosphere with hip-tall ferns and skunk cabbages, clearly something extra was called for. Something more than a monkey handing me a freshly peeled banana.

We all settled in, awaiting the arrival of our hero, Rich Busa, our backup hero, Konrad Karolczuk and pacer-of-the-decade, Karen McWhirt. Rich, who landmarked eighty years in October, is no stranger to distance. He launched his twenty-two year Nipmuck streak in 1989 and was bound and determined to continue on course. But this year, hampered by several injuries and a bout with Lyme disease, Nipmuck was in doubt.

Konrad has been having a banner year, being first to total 100 WMAC snowshoe races. Like the Roger Bannister and the four minute mile, now that he has paved the way, we are all rushing to fill the gap of proven possibility. Bolstered by his success, he chose Nipmuck for his first marathon. Karen has never run a 100 miler in her own right, but has helped many friends achieve that goal. She excels in the dark, both night dark and mental dark. If Karen is your pacer, you know that you will somehow make it through the dark side and into the light.

We cheerleaders also needed a Karen to keep us focused. When a thunderstorm hit, we retreated to our cars and then to our homes, leaving only Edward Alibozek, Rob Scott and a scurrying race crew to keep vigil. We were cowards, I admit and this fact will always be a lifetime regret.

My only excuse is that I'm still haunted by the 2008 Escarpment lighting strikes

**Continued next page:**

### *Nipmuck cont:*

So we missed witnessing Rich raise the bar for the rest of us by becoming the first 80 year-old Nipmucker. We missed sharing Konrad's defining first marathon. We missed a stellar performance by WMAC's best pacer. We missed an opportunity to celebrate, to reflect and, yes, to quaff another beer.

Congratulations to Rich, Konrad and Karen and to all who persevered that day and to Nipmuck Dave who made it all possible.

*Laura Clark*



*Rich Busa & Karen McWhirt at the 2010 NipMuck Marathon*  
photo by Scott Livingston

### **The Art of Racing with the Frogs and Other Excellent Adventures**

*by Annie*

I was so excited when I opened my headlights the morning of July 18<sup>th</sup>—I was going to camp! Sure I had stayed at Camp Saratoga hundreds of times, but Dippikill was a remote overnight camp with the promise of an exciting road trip and final access up bumpy dirt roads. I do so love mixed terrain events with the opportunity to exercise different treads and balancing mechanisms. Despite my lack of experience on uneven terrain, I felt fully prepared and in tune with the latest trend towards minimalist rubber propulsion. I was one with the Tarahumara!

Although my cross-country jaunt was fun and scenic, in hindsight I felt I could have attacked the curves more aggressively. Still, not too shabby for a first attempt. My driver, Laura Clark, patiently explained that's pretty much the way human runners feel too, once the initial tiredness has worn off. Thanks to my diligent training, we arrived early enough to locate a prime parking spot and scout out the competition. Pulling in, I thought I looked pretty spiffy, accessorized with Saratoga Stryder, 26.2, ARE and Dion snowshoe decals, casually powdered with a thin coating of trail dust. My right

rear light was appealingly dimpled, indicating to all challengers that I was not afraid to take chances. My interior was perfumed generously with eau'd sneaker and brightly festooned with race applications, *Adirondack Sports & Fitness* magazines and a few stray orange course marking flags.

While this getup sets me loftily apart in the Stryder crowd, I looked pretty normal when lined up next to the ARE vehicles. There were some serious contenders here, not to mention rows of Dippikill inflated frogs hopping to get into the action. But Laura and my passenger, Jen Ferriss were not easily intimidated. They immediately countered the ARE logos with Stryder tattoos of their own. I was relieved, especially since we were apparently the only Stryders racing with the frogs.

From my limited parking lot vantage point, I observed that the athletes entered the woods, ran up and down and all around and came out again. Jen and Laura were evenly matched, with Jen powering the ups and Laura flying the downs. As fate would have it, the course pointed heavenwards toward the finish and Jen charged to victory, a mere frog leg ahead. This put me in a tough position—cheering for both friends equally despite the fact that Laura was indeed my official person. Fortunately, they were both too elated and too exhausted to take notice of my dilemma.

While obviously green in tone, this was a red letter day for me. I met new friends, picked up some crewing pointers and learned that it is the fun and the effort that truly counts, and of course the gourmet picnic afterwards during which no frogs were eaten or exploited. On the drive home Laura, Jen, our two new green frogs and I relived our adventures and thought and thought and thought about them.

The following week, we all volunteered at the flat and fast Silks & Satins 5K. Unlike Dippikill, this is a rather posh event where frogs are heard but not seen. Held outside the newly renovated Fasig-Tipton Horse Auction Pavilion, an extremely valuable piece of real estate, I felt somewhat out of my league among the thoroughbreds. Stickers and dimples cannot hold their own with silks and satins.

But I learned there is always room for a workhorse. As gate time approached and prime parking became nonexistent, latecomers were faced with a dilemma. Even at a sprint, runners could not possibly make it back to their car to stash their new Tees before the bugle blew. So I sturdily offered my services as Annie the Clothes Horse. And I was proud and honored to do so.



*Laura Clark's car ... Annie*

# Nipmuck Trail Marathon 26.4 Miles

Ashford, CT. .... June 6, 2010

Cloudy - Very Humid - Some Drizzle - High of 82\*

Club members in bold:

	<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>GT %</u>
1	David Herr	M 45	3:37:57	100.00%
2	Brett Stoeffler	M 43	3:46:52	96.07%
3	Matt Estes	M 37	3:56:27	92.18%
4	Howie Brienan	M 41	4:02:28	89.89%
5	Alan Powers	M 33	4:04:26	89.17%
6	Mark Buongiorno	M 42	4:05:30	88.78%
7	Justin Manganaro	M 26	4:08:50	87.59%
8	Jerry Turk	M 52	4:10:30	87.01%
9	<b>Deb Livingston</b> 1 <sup>st</sup> F	F 35	4:11:48	86.56%
10	Bob Sharkey	M 58	4:16:28	84.98%
11	<b>John Agosto</b>	M 45	4:18:34	84.29%
12	<b>Paul Funch</b>	M 59	4:22:30	83.03%
13	Scott Slater	M 32	4:24:10	82.50%
14	<u>Kerry Arsenault</u>	F 44	4:27:58	81.33%
15	Joseph Laskey	M 45	4:29:10	80.97%
16	<b>Rob Higley</b>	M 56	4:29:33	80.86%
17	Salvatore Dichiaro	M 34	4:31:16	80.35%
18	Nikolas Rogers	M 38	4:34:02	79.53%
19	Jim Pugh	M 59	4:38:12	78.34%
20	<b>Damon Steed</b>	M 34	4:39:32	77.97%
21	Ben Keefe	M 29	4:41:22	77.46%
22	Roland Desrochers	M 41	4:46:05	76.18%
23	David Boudreau	M 38	4:46:42	76.02%
24	<u>Frances Davis</u>	F 31	4:47:02	75.93%
25	Rob Speers	M 42	4:49:02	75.41%
26	Raymond Greco	M 43	4:49:23	75.32%
27	Norm Sheppard	M 52	4:56:30	73.51%
28	Howard Tansey	M 46	4:57:45	73.20%
29	Karl Sauerbrey	M 46	4:58:15	73.08%
30	<u>Amy Sorensen</u>	F 38	5:02:30	72.05%
31	Joe Beyer	M 47	5:04:15	71.64%
32	<u>Patti Duffy</u>	F 41	5:06:35	71.09%
33	<u>Sara Praguski</u>	F 31	5:06:36	71.09%
34	<b>Ed Albozek</b>	M 47	5:07:28	70.89%
35	Mark Lueschner	M 46	5:07:29	70.88%
36	<u>Zsuzsanna Carlson</u>	F 37	5:07:43	70.83%
37	<u>Donna Utakis</u>	F 42	5:14:35	69.28%
38	Jim Campiformio	M 60	5:16:05	68.95%
39	Doug Mayer	M 45	5:18:00	68.54%
40	<u>Linda Kulinski</u>	F 40	5:18:25	68.45%
41	Mike Lynch	M 46	5:18:28	68.44%
42	Al Catalano	M 57	5:19:30	68.22%
43	Frank Colella	M 47	5:19:35	68.20%
44	Kenneth Lemerise	M 59	5:21:40	67.76%
45	<u>Rebecca Burke</u>	F 34	5:24:30	67.16%
46	Philip Markovitch	M 48	5:27:15	66.60%
47	Dave Blum	M 52	5:31:05	65.83%
48	<b>Will Danecki</b>	M 60	5:31:06	65.83%
49	<u>Kristina Folcik</u>	F 32	5:32:30	65.55%
50	Robert Villani	M 51	5:33:20	65.39%
51	<u>Kelly Parks</u>	F 41	5:34:27	65.17%
52	John Peabody	M 55	5:34:40	65.12%
53	Marc Rebillard	M 54	5:34:50	65.09%
54	<u>Pam Dolan</u>	F 43	5:35:52	64.89%

55	<u>Jessica Hageman</u>	F 34	5:36:07	64.84%
56	Kent Stivers	M 53	5:36:11	64.83%
57	Brian Loose	M 45	5:38:51	64.32%
58	Joe Hayes	M 61	5:38:58	64.30%
59	Frank Skuthan	M 57	5:39:24	64.22%
60	<u>Jane Bugbee</u>	F 22	5:40:00	64.10%
61	Paul Vinci	M 58	5:40:22	64.03%
62	James Miner	M 61	5:42:50	63.57%
63	Richard Schulten	M 62	5:45:25	63.10%
64	Doug Nemeth	M 39	5:45:34	63.07%
65	Bob Dunfey	M 58	5:48:32	62.53%
66	John Muir	M 48	5:48:53	62.47%
67	<u>Grace Jensen</u>	F 47	5:48:55	62.46%
68	<b>Dominic Ambrosi</b>	M 31	5:48:57	62.46%
69	Patrick Canonica	M 61	5:50:55	62.11%
70	Curt Pandiscio	M 49	5:51:10	62.06%
71	<u>Vicki Blais</u>	F 53	5:52:33	61.82%
72	<u>Martha Gilford</u>	F 51	5:53:18	61.69%
73	Ed Mulvy	M 51	5:55:56	61.23%
74	Kevin Strum	M 54	5:56:36	61.12%
75	Robert Najjar	M 54	6:02:23	60.14%
76	<b>Robert Scott</b>	M 56	6:03:30	59.96%
77	<b>Bob Worsham</b>	M 64	6:05:00	59.71%
78	Tom Craven	M 63	6:05:35	59.62%
79	David Redline	M 44	6:05:50	59.58%
80	Scott Edington	M 51	6:06:39	59.44%
81	<u>Cheryl Mulvy</u>	F 50	6:07:20	59.33%
82	<u>Paula Finestone</u>	F 42	6:07:21	59.33%
83	Michael Tobin	M 53	6:09:20	59.01%
84	Chris Jaworski	M 52	6:09:48	58.94%
85	James Gilford	M 53	6:13:35	58.34%
86	<u>Cheryl Jackson</u>	F 37	6:17:00	57.81%
87	Randall Dutton	M 39	6:17:01	57.81%
88	<u>Davnet Schaffer</u>	F 39	6:18:55	57.52%
89	Clarence Eckerson	M 59	6:21:11	57.18%
90	<u>Emmy Stocker</u>	F 51	6:24:30	56.68%
91	Charlie Nelson	M 59	6:24:39	56.66%
92	Craig Wilson	M 61	6:24:52	56.63%
93	David McDermott	M 56	6:25:00	56.61%
94	Paul Schaffer	M 41	6:26:30	56.39%
95	Gary Pedigo	M 55	6:28:32	56.10%
96	Seth Ambroso	M 30	6:32:45	55.49%
97	<b>Bill Howard</b>	M 61	6:34:10	55.29%
98	Peter Lyons	M 45	6:34:12	55.29%
99	<u>Barbara Sorrell</u>	F 53	6:43:04	54.07%
100	David Raczkowski	M 59	6:45:00	53.81%
101	<u>Laura Clark</u>	F 63	6:47:48	53.45%
102	<u>Julie White</u>	F 44	6:48:15	53.39%
103	<b>Greg Taylor</b>	M 63	6:49:30	53.22%
104	<u>Sandy Beauvais</u>	F 49	6:50:20	53.12%
105	<u>D. Lydia Redding</u>	F 55	7:25:34	48.92%
106	Peter Westcott	M 47	7:44:55	46.88%
107	Jeff Lynn	M 60	7:54:40	45.92%
108	<b>Richard Busa</b>	M 80	8:45:12	41.50%
109	<u>Karen McWhirt</u>	F 49	8:45:12	41.50%
110	<b>Konrad Karolczuk</b>	M 57	8:45:37	41.47%

Thank you Dave Raczkowski for inviting us  
to run in your forest all these years!

# Mount Greylock Trail Races

## Half Marathon and 5K

Greylock Glen .... Adams, MA. .... June 20, 2010

Mostly Cloudy – Humid – Wet Trails – High of 87\*

Club members in bold:

### Half Marathon Results:

<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1 Ben Nephew	M 34	MA	1:41:25	100.00%
2 Brian Rusiecki	M 31	MA	1:41:33	99.87%
3 <b>Ross Krause</b>	M 30	MA	1:49:36	92.53%
4 Marc Couture	M 46	CAN	1:51:40	90.82%
5 Marc Guillaume	M 38	MA	1:53:03	89.71%
6 Don Pacher	M 38	MA	1:58:32	85.56%
7 Peter Hult	M 29	MA	1:59:40	84.75%
8 <b>Peter Keeney</b>	M 44	ME	1:59:41	84.74%
9 David Thompson	M 39	CT	2:02:58	82.47%
10 Chris Fox	M 35	NH	2:05:10	81.03%
11 Charlie Iselin	M 47	CT	2:06:29	80.18%
12 Jay Kolodzinski	M 31	MA	2:07:42	79.42%
13 <b>Scott Livingston</b>	M 37	CT	2:07:44	79.40%
14 Nicholas Curelop	M 22	MA	2:09:10	78.52%
15 Scott Patnode	M 29	MA	2:09:11	78.51%
16 Steve Forrest	M 46	MA	2:09:28	78.33%
17 <b>John Agosto</b>	M 46	MA	2:10:37	77.64%
18 <b>Deb Livingston</b> 1 <sup>st</sup> F	F 35	CT	2:12:40	76.44%
19 <b>Rich Teal</b>	M 32	NY	2:13:09	76.17%
20 Matthew Smith	M 43	NY	2:14:08	75.61%
21 Elias Domingo	M 37	MA	2:15:46	74.70%
22 Edward Gravelle	M 51	NY	2:16:04	74.53%
23 Jack Miller	M 37	MA	2:16:17	74.42%
24 <b>Ned James</b>	M 55	MA	2:17:10	73.94%
25 <u>Amy Lane</u>	F 30	MA	2:20:39	72.11%
26 Nikolas Rogers	M 38	NY	2:21:25	71.71%
27 Chris Ollari	M 40	MA	2:21:33	71.65%
28 Jim Nelson	M 46	CT	2:21:37	71.61%
29 Ken Chapman	M 31	MA	2:22:44	71.05%
30 <b>Todd Brown</b>	M 46	CT	2:23:00	70.92%
31 Andrew Gravelle	M 26	NY	2:25:08	69.88%
32 <b>Damon Steed</b>	M 34	NY	2:25:47	69.57%
33 Andrew Dobberfuhl	M 28	NY	2:26:28	69.24%
34 Steve Faluotico	M 42	MA	2:26:37	69.17%
35 Nick Tooker	M 30	MA	2:26:50	69.07%
36 <u>Michelle Dupont</u>	F 42	MA	2:27:07	68.94%
37 Mike Reed	M 20	MA	2:27:30	68.76%
38 Chris Loomis	M 28	CT	2:27:46	68.63%
39 Kyle Hall	M 15	CT	2:30:04	67.58%
40 <b>Ed Alibozek</b>	M 47	CT	2:31:15	67.05%
41 <u>Maggie Ryan</u>	F 34	MA	2:31:31	66.93%
42 <u>Andrea Fisher</u>	F 17	MA	2:31:45	66.83%
43 Bob Posey	M 46	MA	2:34:20	65.71%
44 Dan Ball	M 46	IN	2:34:42	65.56%
45 <u>Sheila Niedeck</u>	F 49	MA	2:34:49	65.51%
46 Dan McDevitt	M 26	MA	2:35:14	65.33%
47 <b>Joe Gwozdz</b>	M 55	MA	2:35:18	65.30%
48 <b>Andy Sheldon</b>	M 39	MA	2:35:24	65.26%
49 Curt Pandiscio	M 49	NH	2:35:30	65.22%
50 Ted Cowles	M 51	CT	2:36:04	64.98%
51 <b>Norm Richardson</b>	M 47	MA	2:36:05	64.98%

52 <u>Joann Oliver</u>	F 44	MA	2:36:16	64.90%
53 Stuart King	M 49	CT	2:36:53	64.64%
54 <u>Chelynn Tetreault</u>	F 35	MA	2:38:09	64.13%
55 Robert Gazzale	M 42	VT	2:38:19	64.06%
56 Lionel Avezou	M 33	MA	2:39:27	63.60%
57 Randy Zucco	M 39	MA	2:39:59	63.39%
58 Craig Stokowski	M 52	MA	2:40:41	63.12%
59 Alan Cabot	M 55	MA	2:40:50	63.06%
60 Christopher Ingemi	M 34	MA	2:41:35	62.76%
61 Chris Corradino	M 37	MA	2:41:36	62.76%
62 David Taylor	M 52	CT	2:42:06	62.56%
63 Marcus Jaiclin	M 38	MA	2:42:13	62.52%
64 <b>Dan Danecki</b>	M 51	MA	2:43:41	61.96%
65 <b>Will Danecki</b>	M 60	CT	2:43:47	61.92%
66 Tom Hudson	M 35	MA	2:45:23	61.32%
67 <u>Sara Praguski</u>	F 31	MA	2:45:46	61.18%
68 <u>Patty Duffy</u>	F 41	MA	2:45:48	61.17%
69 <u>Brigitte Filion</u>	F 48	CAN	2:47:19	60.61%
70 <b>James Hartwig</b>	M 30	MA	2:47:24	60.58%
71 Tim Blinn	M 50	CT	2:47:49	60.43%
72 Stan Tiska	M 53	MA	2:47:54	60.40%
73 Chris Cangelosi	M 38	MA	2:48:10	60.31%
74 <u>Mickey Rivers-Murphy</u>	F 48	MA	2:48:45	60.10%
75 Andrew Donovan	M 22	NH	2:49:16	59.92%
76 Doug Cummings	M 48	MA	2:49:48	59.73%
77 <b>Lauren Stocker</b>	F 20	MA	2:50:08	59.61%
78 <b>Wayne Stocker</b>	M 56	MA	2:50:10	59.60%
79 <b>Vincent Kirby</b>	M 53	NY	2:50:56	59.33%
80 Paul Fortin	M 39	MA	2:51:05	59.28%
81 Norm Cormier	M 56	CT	2:51:35	59.11%
82 Jeff Kasputis	M 29	MA	2:51:36	59.10%
83 Scott Deslongchamps	M 40	CT	2:52:08	58.92%
84 David Taylor	M 26	CT	2:53:06	58.59%
85 <b>Davd Wilson</b>	M 48	MA	2:53:09	58.57%
86 Logan Wilson	M 16	MA	2:53:11	58.56%
87 Sean O'Connor	M 16	MA	2:53:12	58.55%
88 Tom Sebastian	M 45	VA	2:53:59	58.29%
89 Mike Duffy	M 58	MA	2:54:12	58.22%
90 <u>Susan Fortin</u>	F 40	MA	2:54:22	58.16%
91 <b>Juergen Reher</b>	M 60	NY	2:56:15	57.54%
92 <b>Bob Worsham</b>	M 64	CT	2:56:29	57.47%
93 Tom Tift	M 52	NY	2:57:33	57.12%
94 Arthur Johns	M 49	MA	2:57:46	57.05%
95 <u>Alison Richard</u>	F 20	MA	2:58:02	56.96%
96 <b>Vic LaPort</b>	M 69	MA	2:58:16	56.89%
97 Steven Lafortune	M 15	MA	2:58:50	56.71%
98 <u>Lindsey Dimario</u>	F 30	MA	2:58:56	56.68%
99 Ben Griffin	M 24	MA	3:01:10	55.98%
100 <u>Stace Beaulieu</u>	F 39	MA	3:01:49	55.78%
101 <b>Rob Scott</b>	M 56	CT	3:02:22	55.61%
102 Joe Williams	M 34	MA	3:03:40	55.22%
103 Daniel Hall	M 53	CT	3:03:42	55.21%
104 <u>Emily Howard</u>	F 18	NH	3:03:43	55.20%
105 <b>Darlene McCarthy</b>	F 47	MA	3:04:06	55.09%
106 <u>Marcy Schwam</u>	F 57	MA	3:04:34	54.95%
107 Michael Lacharite	M 52	VT	3:04:44	54.90%
108 <b>Ed Buckley</b>	M 52	MA	3:07:13	54.17%
109 Sean Lewis	M 28	MA	3:08:13	53.88%
110 Chris Hinch	M 42	MA	3:09:43	53.46%
111 <u>Alexia Bro</u>	F 29	MA	3:09:44	53.45%

Continued next page:

**Greylock results cont:**

112 Jonathan Messer	M 37	NH	3:09:46	53.44%
113 Matt Boynton	M 24	MA	3:13:23	52.44%
114 Ross Beyeler	M 23	MA	3:13:35	52.39%
115 Randy Witlicki	M 54	VT	3:13:37	52.38%
116 Craig Coons	M 52	MA	3:15:17	51.93%
117 <u>Sara Coons</u>	F 28	NH	3:15:19	51.92%
118 <b>Sherisa Sterling</b>	F 57	MA	3:15:33	51.86%
119 Michael Morrissey	M 21	MA	3:15:35	51.85%
120 Carl Cignonis	M 59	MA	3:16:21	51.65%
121 Tom Eastman	M 30	NY	3:16:35	51.59%
122 <u>Stephanie Speicher</u>	F 39	CT	3:17:12	51.43%
123 <b>Denise Dion</b>	F 52	VT	3:17:44	51.29%
124 Chuck Roberts	M 53	MA	3:18:27	51.10%
125 <u>Philippa Sanders</u>	F 22	VT	3:18:46	51.02%
126 <u>Kylie Chartier</u>	F 14	MA	3:18:48	51.01%
127 <u>Colleen Hebert</u>	F 43	CT	3:19:18	50.89%
128 Ed Chartier	M 39	MA	3:20:50	50.50%
129 <b>Laura Clark</b>	F 63	NY	3:21:25	50.35%
130 <u>Laurie Tierney</u>	F 49	MA	3:22:03	50.19%
131 <u>Sweep Voll</u>	F 49	MA	3:22:04	50.19%
132 Luc Levensohn	M 45	MA	3:24:34	49.58%
133 Wilfred Martinez	M 29	MA	3:24:42	49.54%
134 Bruce Shenker	M 57	NY	3:25:16	49.41%
135 <b>Sue Snyder</b>	F 55	MA	3:26:50	49.03%
136 Michael Capps	M 39	MA	3:26:52	49.02%
137 Charles Thayer	M 66	NJ	3:27:51	48.79%
138 <u>Hollie Houde</u>	F 32	MA	3:29:10	48.49%
139 Chris Noonan	M 33	MA	3:29:11	48.48%
140 <u>Ann Tarrant</u>	F 36	MA	3:29:20	48.45%
141 Greg Gibbs	M 42	NJ	3:29:23	48.44%
142 <b>John Aldrich</b>	M 51	MA	3:33:40	47.46%
143 <b>Jodie Lahey</b>	F 31	MA	3:35:25	47.08%
144 <u>Samantha McCarthy</u>	F 23	MA	3:35:27	47.07%
145 <b>Greg Taylor</b>	M 63	NY	3:37:30	46.63%
146 <u>Kathy Furlani</u>	F 61	CT	3:37:34	46.61%
147 <u>Daphne Lamothe</u>	F 41	MA	3:42:07	45.66%
148 <u>Olivia Oberle</u>	F 15	MA	3:43:11	45.44%
149 <u>Jennifer Kasper</u>	F 35	MA	3:44:05	45.26%
150 <u>Mary Lou White</u>	F 54	CT	3:49:00	44.29%
151 <b>Bill Glendon</b>	M 64	MA	3:51:31	43.81%
152 Peter Henner	M 57	NY	3:57:22	42.73%
153 <b>Karen McWhirt</b>	F 49	CT	4:08:44	40.77%
154 <b>Jamie Howard</b>	M 44	NY	4:26:35	38.04%
155 <u>Julie Higgins</u>	F 31	MA	4:38:04	36.47%
156 <b>Konrad Karolczuk</b>	M 57	CT	4:48:31	35.15%
157 <u>Lee Anne Zarger</u>	F 56	CT	5:40:37	29.77%



*Men's winner Ben Nephew near the top of the Thunder Bolt Trail at the 2010 Greylock Trail race.*



*Women's winner Debbie Livingston running through the wild flowers at the base of Jones Nose at the 2010 Greylock Trail race.*

**Greylock 2010:**

A quick but intense thunder storm dumped a good deal of rain in the Adams area about 5 hours before the race. This is the 3<sup>rd</sup> year in a row that runners had to deal with wet and humid conditions during the race. The left over clouds and fog also robbed us of the views from up top after we worked so hard to get up there. The weather cleared up later although most of us were already finished by then. On a positive note, the waterfall at the Glen after the run was as cold, I mean refreshing, as ever for us hot & weary runners.

*will*

*photos by Brad Herder  
www.berkshiresports.com*

## Greylock 5K Results:

	<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>
1	Kent Lemme	M 43	MA	17:26
2	Jeffrey Andritz	M 28	NY	22:57
3	<b>Tim Stocker</b>	M 15	MA	23:01
4	<b>Carolyn Stocker</b>	F 17	MA	23:01
5	Tim McKenna	M 34	MA	25:43
6	Camilo Botero	M 15	MA	25:45
7	John Guzzi	M 33	VT	25:56
8	Tom Curran	M 40	VT	26:07
9	Miranda Gajda	F 16	MA	26:26
10	<b>Scott Bradley</b>	M 55	MA	26:46
11	Stephanie Nephew	F 34	MA	27:00
12	<b>Richard Alibozek</b>	M 48	MA	27:03
13	Pamela Coons	F 24	MA	27:29
14	<b>Tad Ames</b>	M 47	MA	29:04
15	Ed Gollin	M 40	MA	29:43
16	<b>London Niles</b>	M 13	VT	30:00
17	<u>Mary Wilk</u>	F 16	MA	30:06
18	<u>Meghan Foley</u>	F 24	MA	30:45
19	Ray Palmer	M 53	MA	31:20
20	Philip Levensohn	M 13	MA	31:32
21	Bob Zimmerman	M 42	MA	31:41
22	<b>Justin Schneider</b>	M 14	MA	32:20
23	<b>Bob Massaro</b>	M 63	MA	32:39
24	<u>Mary Lou Murrock</u>	F 46	NY	33:05
25	<b>Tammi Alibozek</b>	F 40	MA	33:32
26	<u>Billie Jo Sawyer</u>	F 36	MA	35:50
27	Walt Kolodzinski	M 67	MA	37:10
28	<u>Ceciley Chisholm</u>	F 21	MA	37:14
29	<b>Karin Bradley</b>	F 53	MA	37:30
30	<u>Connie Mele</u>	F 40	MA	37:32
31	<u>Nancy Sherman</u>	F 49	MA	37:33
32	<u>Joyel Chisholm</u>	F 34	MA	45:18
33	<u>Deirdre Chisholm</u>	F 26	MA	45:18
34	<u>Casey Desnoyers</u>	F 11	MA	54:45
35	Dale Desnoyers	M 46	NY	54:46
36	Dennis Desnoyers	M 40	MA	54:47



Dan Danecki at the 2010 Greylock Trail race

photo by Brad Herder

## Mt. Washington and Mt. Greylock ... Double Weekend 2010

20.1 miles ...8,250 feet of climbing

by Ben Nephew

### Washington:

I wasn't that excited about the Mount Washington Road Race this year, despite the 50th anniversary. After training hard for the race last year, I had a rough day, and even on a good day it's really not my best event. I'm a good climber, but not really good enough to do well at that type of race. Based on this, I decided to not focus directly on Mt. Washington this spring as I have the past few years by doing treadmill runs in my garage. I'd much rather be out on the trails, so I skipped the Washington simulations on the treadmill, and just ran in the woods. While this seemed like a recipe for a poor run up the hill, I didn't really care. I'm practical, and I've known for a while that I won't be making the U.S. Mountain Running team. Having said that, the ability to go uphill fast is the best way to win difficult trail races, so it's not the worst skill to focus on. In hindsight, there were two things that saved my race: Peppercorn Hill and Gavin.

Despite the fact that I had a traffic filled stress inducing drive up to Jackson for the pre-race festivities on Friday, the celebration of the 50th running of the race and the founding of the Washington Hall of Fame actually got me excited for the race. There have been so many great runners and performances on the mountain, and the induction speeches were truly inspiring. One of my biggest issues contributing to last year's poor race was actually my busy work schedule leading to a lack of sleep. I was still very busy at work this year, but I was much better at getting some rest. This was easy the night before the race with my own room all to myself at Ken Tripp's condo. However, my excitement for the race started to turn back negative as it steadily warmed the morning of the race. I felt pretty good on the warm-up, but not as good as Dunham who was running remarkably fast considering his recent plantar fascia injury. I tried to warm up gradually to avoid generating too much heat, as it looked to be a hot one.

The cannon finally went off, and I was soon buried behind several dozen runners of all abilities. I settled into my stride, and soon started weaving through the field. I felt good, but was not very confident, as last year I felt OK for a mile, and then started to feel horrible. I tried to hold back as much as possible through the first mile in 6:35, and waited for the wheels to come off as I started the second mile. A few runners passed me back on the steep slopes of mile 2, but I was holding my own for the most part. One interesting incident was when the women's leader cut in front of runner a few steps ahead of me, and then suddenly slowed her pace. The male runner put his hand in her back to avoid running her over, and she yelled and swung her arms out. It was all quite dramatic, but there was a happy ending, as the male runner calmly explained that slowing after passing makes things difficult, and she seemed to understand. That's why I like runners.

***Continued next page:***



### Double weekend cont:

At some point in the second mile, on a particularly steep section, I realized I needed to take Gavin-sized steps. My 3 yr. old son loves to hike, and when I lead him up technical trails, I always have to make sure to find paths that his little strides can handle. Unless you are Jonathan Wyatt, a short stride is the best strategy for running a strong consistent race. So, as the road came closer to my face, I told myself to take Gavin steps, over and over until the road backed down to a somewhat sane incline. By the time I reached mile 2, I was feeling confident I would have a good race, and had settled in behind the lead woman as we chased a pack of mostly Inov-8 runners, Alex Nichols, Peter Maksimow, Jim Johnson, Shiloh Mielke, and Justin Freeman.

I hit halfway in 32:45, which was good considering the heat, but a few seconds faster would have been nice. I tried to conserve a bit from that point until the tough climb from 4.5 to mile 5, which was always rough. It seemed to be particularly difficult for several runners ahead of me, and I finally passed Andy Ames on this stretch. Andy crushed me in the second half of the race two years ago when I ran my PR. I got pretty close to Jim and the rest of the Inov-8 crew on this stretch, but they took off at 5 miles on a faster section. For some reason, I didn't remember the steep grade around 5.5 miles, which almost reduced me to a walk after the hard work I put in to get mile 5. I was doing OK, relatively though, as couple of guys were walking and laughing at their inability to lift their knees. When I started to consider walking, I thought back to the hikes I've done with Gavin in his pack at Blue Hills. I've been picking him up from daycare pretty regularly this spring, and we often stop off at Blue Hills for a 90 minute hike on the Skyline trail, which has many short, steep hills. I have no problem running these hills, but with 45 pounds of Gavin and pack on my back, I struggle with simple forward motion on the stair-steep climbs that are at 20-30%. It's obvious that it's a great strength workout, but at times I stop to tell Gavin that he might need to get out of the pack. He always tells that it's OK, and that I can do it. He's right, I just need to slow down and pace myself.

Over the next mile, I slowly reel in Jim, and pass him after the hairpin at mile 6.5. My quads are really feeling it at this point, and I can't seem to accelerate on the easier grades. Jim passes me back, and goes after Ryan Hafer and Peter Maksimow, who then take off themselves. My quads aren't really interested in letting me do anything very exciting, and I just try to keep pace. I see Peter take an elbow from Ryan just before the headwall, which was unfortunate. However, it was great to see Peter running well and literally fighting for a place for the first time in a while after struggling with fatigue for quite a while.

When I turned to make my ascent of the headwall, I realized that I've never been happy with my finish at Washington, where I really struggle up the headwall. I figured if I can hike an extended 30+% grade with Gavin on my back, I should be able run up a few meters at 22%. So I clenched my teeth, lifted my knees, and hammered up after Peter and Jim as hard as I could. I thought I saw 1:08:54 as I crossed the line, but I definitely stopped dead after the first timing mat, and just about keeled over. My official time was 1:08:59, which I can't complain about. It's a minute off my PR, but I'd have to say the heat in the first 4 miles probably cost me a minute or so. I think some

of the price of the hot first half caught up with me in that last mile.

I was shocked to score for CMS, and have us win the team title. When I scored for the team in 2008, we lost the team race to BAA! Matt Russell of CMS had a great race and almost joined Joe Gray on the strong US team. For a first time at the mountain, Alex ran a great 2nd half. It was definitely nice to run a decent time without spending 1-2 runs a week in the garage on the treadmill. While those workouts are definitely enjoyable at times, they don't compare to actually being outside on the trails. One my reasons for being able to skip the treadmill workouts was that I found a towering 200ft hill on my way home from work that I could get to regularly, Peppercorn Hill. There is a nice steep trail to the summit, and I was able to get in good workouts of 10-20 repetitions. It doesn't sound like much, but in southeastern MA, it's a gold mine! Maybe next year I'll have to try to do long hill workouts with Gavin on my back, cracking the whip!

My 230's were great for the long grind, and I saw a number of other bright blue 230's headed up the mountain, mostly ahead of me!

### **Greylock:**

You know you are a trail runner when your wife asks you what you want for Father's Day, and all you ask for is a family trip to a race! As soon as I could get down off of Washington (which involved nausea and brakes on fire), I headed home for a relaxing dinner with the family, and then packed up the car for Greylock. I've done this double many times, and it's not as bad as it sounds. Washington is exhausting, but you aren't doing much pavement pounding at nine minute pace with a 6 inch stride. As long as you refuel, racing the next day is certainly possible. It's also nice to be able to summit the highest mountains in NH and MA on consecutive days. Over the last few years, there have been many versions of the Greylock half marathon due to road construction on the summit road, but this year was returning to my favorite version where you climb for about 5k to the summit, run 4 miles of extremely technical singletrack, and then hammer down very runnable singletrack and carriage road to the finish. I'm not the best climber, there are other guys that can run technical terrain faster, and I'm not known for my speed on the roads, but I'm pretty good at all three types of trail that you find at Greylock.

The competitive context of this race is pretty simple. I haven't won a race all year, and although I have won Greylock 5-6 times, one of the first people I saw when we drove in was Brian Rusiecki, who beat me at 7 Sisters and both the Bear Mountain and Pineland Farms 50 miles. My trail racing record this spring has been:

Northern Nipmuck	3rd
Merrimack River	2nd (10 seconds back)
Blue Hills	2nd (32 seconds back)
7 Sisters	3rd
Bear Mountain	4th
Soapstone	2nd (26 seconds back)
Pineland	2nd (way back)

Continued next page:

### Double weekend cont:

Most of my wins at Greylock have not required beating someone that regularly beats me, and considering that Brian drops me when I am fresh at 7 Sisters, I was a bit worried what was going to happen the day after Washington. I didn't really have much time to worry about it, as I barely had time to warm-up after getting to Adams quite late. Considering how hot and humid it was, my lack of warm-up was probably not necessarily a bad thing. It would have been good to tighten the news shoes again though. I was excited to give my new Oroc 280's a real trial by fire. I had run in them a few times, but nothing near as intense as the Greylock course.

I guess my plan was try and get Brian to go out at a pace that was too fast for him. For a little while, I thought I might be able to put some time on him up the 2500' climb in the first 5k, but after about a mile, he started to reel me back in. I kept pushing as much as possible without totally ruining my legs, and he followed me closely for the first 25 minutes of the climb. As the trail steepened towards the summit of Mt. Greylock, Brian passed me, but didn't really pull away. I thought about passing him back a couple times, but we weren't exactly going slowly. We hit the summit at about 33 minutes, which I think is pretty quick for a singletrack climb of 2500' over 5k. Although I thought we had pulled away from the field, I heard cheers for Ross Krause as we neared the summit, who had been very strong at 7 Sisters earlier in the year. Brian put a few seconds on me up the last steep pitch, but it's better to have a bit of a gap on the downhill that was coming up to see where you are going. In general, it's not a safe place.

As soon as we hit the first wet, slimy, rocky, rooty, narrow and muddy downhill off the summit, I knew that the Orocs were going to do well. I was very confident in the incredible grip and reassured by the protection from sharp rocks and raised roots. The next 4.5 miles of trail really were a mess. I probably took about 20 normal strides over that entire section, and spent most of my time hopping, stutter stepping, bobbing, weaving, hurdling, and praying that I wouldn't fall. A fall in this section would most likely involve a loss of blood, conscious, teeth, or all of the above. Brian seems to love technical trails, so I wasn't surprised at his aggressive pace over this mess of a trail. As each mile passed, I became more and more confident with my 280's, and thought about passing Brian for a second, maybe two. I then remembered that I wanted to see my son grow up, and tried to give Brian enough room where I wasn't instigating any accelerations above stupid pace. Brian and I usually talk quite a bit during 50 milers, but there was no talking going on today.

Due to the concentration involved, miles 3-7 seem to take forever, but we finally reached the 300 foot plunge down Jones Nose and then out of the singletrack at mile 7.5. Brian was moving well as we hit the fast carriage road downhill, but I decided to see if I get a few seconds on him before the last gradual hill from 8-9 miles. My recent smoking fast 16:00 5k made me delusional about my leg speed, and I did manage to pull away. I was expecting Brian to reel me in when we started the hill past mile 8, but he was just maintaining the gap. I started to think that I might be able hang on to the lead if my legs would hold up, as the last 2.5 miles is flat out to the finish, and I was hoping all my speed workouts would pay off.

I struggled to maintain my pace through the puddles from miles 9-10, and Brian was only a few meter behind as we started the descent to the finish. I was just trying to turn my legs over as fast as possible, and carry my momentum through the many turns. The stable forefoot of the 280's was really appreciated on some of the rockier hairpin turns, and I seemed to be slowly but consistently inching away from Brian. By the time I reached the final mile, I thought I had built up a solid lead. Right at that point, we passed a couple who cheered me on. I enjoyed that for about 5 seconds until I heard them start to cheer again. The last mile is tight singletrack, and my legs were ready to be down for the weekend. My race almost ended on the last bridge, which is made of synthetic decking. While the studs in the Orocs are outstanding on slimy wood bridges, that plastic stuff is rather slippery. I saved myself from flying into a creek with a cat-like grab onto the handrail. I ran scared the rest of the way in, and managed to hold on for an 8 second win in 1:41:25. Bob Dion thought it was strange that I was looking behind me right towards the end, but soon saw Brian fly out of the trees, and it then made sense.

Brian and I were both about 2 minutes faster than the course record for that version of Greylock, when I was chased by Greg Hammett all day. It definitely was not a fast day this year, so I'm happy with the time. The Orocs were comfortable with any sort of terrain at paces that probably ranged from 5-15 minutes/mile. Steph's Dad came with us to the race so she could run the 5k, where she finished 3rd without any complaints from her troublesome hamstring. Gavin had a good time with his Grandpa and his trail buddy Shep, so a good time was had by all. After hanging out in the post-race waterfall for a while, we headed out for sandwiches and ice cream, which turned very messy in the 90F heat!

*Ben Nephew*

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## Welcome New Members

**Massachusetts:** James Hartwig

Tammi Alibozek Justin Schneider

Tad Ames Jessica Willis

**New York:**

Genevieve St.Pierre

**Thanks for supporting the WMAC!**

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## Into the Realm of the Chestnut King

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There comes a point when you realize you are not going to get any faster and just maintaining the status quo looks pretty good. It was at this painful juncture when I started twiddling with nutrition (Chia seeds), mental focus, to possibly include fairies and other superpowers, and running form (Chi Running). I hesitate to pronounce unequivocal endorsement, but at least I am still in the game. If you are young, fearless and still able to reap the benefits of speed work, all this is a lot of hokey. But if you are searching for the Fountain of Youth, read on...

I have recently finished reading (OK—true confessions—audiobooking) the 100 Cupboards series by Nathan Wilson. The three book cycle features Henry York, a timid twelve year-old who is foisted upon Kansas relatives. Kansas—that deceptively staid land bordered on one side by prairie wheat farms and on the other by magical possibilities. In true Harry Potter fashion, Henry battles the forces of evil in his quest to enlist the aid of the Chestnut King and save the 100 worlds behind the cupboards from the undying witch.

So what does this have to do with anything in general and Greylock Half Marathon in particular? Well, for starters, the Chestnut King's tree home is virtually inaccessible, just like Greylock atop the Thunderbolt climb. And those who do succeed in locating the tree are forced to dwell there forever if their recovery/turnaround time is too lengthy. Similarly, only the truly worthy climb the Thunderbolt. Not only did we all prove ourselves worthy, but this year Zeus was so impressed that he refrained from hurling his thunderbolts until we were all safely down range, back in our cars and headed for home.

Our hero, Henry York, acquires his powers from nature. When things get tough, he draws on his surroundings. So I imagined myself sucking up energy from the dirt, from the leaves and even, in desperation, from the very rocks themselves. It seemed to help somewhat. I needed to do something. On this particular journey, I could no longer follow mindlessly in Martin Glendon's footsteps since his sore Achilles placed him on the injured list. I was on my own. So while rocks and trees and leaves do not, technically run, although they have been known to pick up speed at the outer edges of a 100 miler, they were a source of company, distraction and power.

And while my journey was on a different level entirely from that of the winners, it was totally in keeping with the often mist-shrouded Greylock tower and magic Brigadoon Glen. Except that at Greylock we are lucky enough to return every year instead of once every hundred years.

*Laura Clark*

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Visit ... [www.berkshiresports.com](http://www.berkshiresports.com) for some great photos of the Greylock Trail Race taken by Beth & Brad Herder

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## The More Things Change, The More They Stay The Same

*by Chris Reynolds*

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Like it or not, the times are changing, and for some of it, all we can do is roll with it because in order to grow we must embrace change. But in the same respect, it is important to remember our roots; where we came from and what gave us the strength to get us where we are today. This all became quite apparent to me during the months leading up to and then the whole craziness of the 22nd edition of the Finger Lakes Fifties trail races. When this event began 22 years ago I was barely out of high school and knew absolutely nothing about this thing called ultra running. Now I am five years into directing this event that I have embraced and totally love. Each year, when I think what I learned from the previous events has me prepared for the next race, I find out that there is still more to learn. It's an ongoing process and I hope that with each new thing I learn and put back into the race, the event will become better for the runners.

Since its inception, this race has seen three different venues, starting out as one of our local club races. We still get our loyal local contingency but we now see runners from all over the country and I love introducing them to the beauty of our area. This year we saw our biggest starting field of 250 runners (combined number in the 25K, 50K, 50-mile races), with a big shift in that the number of 50-mile registrants almost overtook the number of 50K registrants.

The 50K race has always been the most popular distance; back in 1994 there was a mere 47 finishers in the 50K and this year there was 118 finishers! So once again, from preentries to number of finishers, the 50K race remains the most popular distance. This year we had to make some late-stage course changes due to work on a section of trail that has been the nemesis of many runners over the years. Funny, there were no tears shed when it was announced that this section would not be part of the race course this year. After much thought and measuring, a new route was added onto the old course. The trails here were very nicely shaded and great to run on; however, when it came to piecing together a race course on trails it became very difficult to get an exact distance. There was just no way to get the 50K distance exact; the closest we could come turned the race into 32.9 miles. And in true ultra runner fashion, I did not hear one complaint about the additional distance, only some confusion from a few runners who missed the announcement about the distance change. "Am I really getting that much slower? Maybe it's because I'm getting older" was the comment from one runner, who was quite relieved to hear that the distance was longer than she had thought.

This year there was some confusion of the first two runners that crossed the finish line in the 50K race, where it was later discovered that they had gone off-course and were therefore disqualified.

***Continued next page:***

### *The More Things Change cont:*

Despite how things have changed, one thing that I have discovered over the years remains the same: ultra runners are very tolerant people.

The man who was thought to be the winner, when he heard about his mistake and disqualification, was very apologetic and offered to even return the beer that he had received as winner! The graciousness of this running community never ceases to amaze me. I would like to thank Chris Bynum of New York, N.Y., and Amy Lane of Westfield, Mass., for their patience as I investigated this issue, thus making them have to wait for the announcement that they were the actual winners of the race. I apologize that they were unable to get their due respects as winners on race day.

The 50K Masters wins went to Matt Wilson (Downingtown, Pa.) and Nancy Kleinrock (Trumansburg). And these two Masters finished third and fifth respectively overall!

In 1994 there were only five finishers in the 50 mile race – all of them male! This year we saw a record number of 50 mile registrants (more than 80!) and a record number of finishers, ages ranging from 17 to 62! And 17-year old Matt Tillotson, who ran the 50-mile race last year, ran the entire 50 miles this year in his Vibram Five Fingers, smiling every time I saw him.

I would love to be out on the course, everywhere, watching the runners popping in and out of the woods, hurdling downed trees, and jumping rocks and roots. However, duty calls at the finish line/lap area/aid station and it seems that I never get to see the runners on the course until they come through my area. Fortunately, that means that I get to see the 50 mile runners come through here three times and witness their smiles when they finish. This year with the larger “main course” loop, this meant a much smaller “baby loop” of only a half-mile (as opposed to the old baby loop of 3.4 miles!). It was so cool to watch the tired runners come through and realize that they only had to run this very short loop; it brought new speed and spring to their steps. Smokin’ fast in the 50-mile race was overall winner Brian Rusiecki of Westfield, Mass., and Frances Davis of Danbury, CT. As for the Masters – Jack Pilla of Charlotte, Vt., once again tore-up the course finishing first Masters and second overall! Jack now owns the course records for the old and new course! Patty Duffy of Springfield, Mass., was first Masters female.

In the “old days” there were no “finisher awards” and age group awards were handcrafted, if there were any at all. The only sponsorship was The Finger Lakes Runners Club, who created the race. Today each finisher is rewarded with a bottle opener to hang around their necks so that they can always access their favorite recovery brews. Age group awards are still hand-made by volunteers (when the Dollar Store lets us down) and much heart and soul goes into these. We now have wonderful sponsors for our overall winners’ awards and for our aid station fuels – they give so much so that we can continue to try to keep our registration fees reasonable.

For numerous years we have been so very fortunate to have our Wilderness Search and Rescue crew out on the course, keeping track of runners and providing super assistance to the injured and sick. They are our family now.

Despite the growth of the event, I have to say that my favorite part isn’t even the actual race. It’s what goes on around the race. The runners who step up to help with registration, help me get groceries, go out and mark the woodchuck holes to prevent potential disaster for other runners, do last-minute trimming of the cat’s claw, work aid stations when their races are over; the list goes on and on. And then there is the family reunion. Runners bring their families and hang out around the campfire. There is the camping the night before the race with no one wanting to leave the campfire but knowing that they have to get some sleep for the long run ahead. The shoulders that are there for me to cry on when, at the end of the long day, it appears that I may have lost a runner and then continue to help me “find” the runner who was never even on the course. It’s the dirty and bleeding runners who smile when they are done and relive their battles on the trail to anyone who will listen. And it’s the first-timers who can’t wait to do it again.

Congratulations to all those that ran what you could on this hot sunny day, even if you weren’t able to finish. I hope that you will come back and try again next year. Congratulations to the finishers and winners who just rocked the course and set the new course record standards! Without you runners there would be no race. And it definitely couldn’t be done without all of the wonderful volunteers!

When I entered into the world of ultra running I found that there is competition, but there is also a community and family like no other. Thank goodness some things never change.

*Chris Reynolds*



*Karen McWhirt and Laura Clark show off their skills with sparklers around the campfire at the Finger Lakes 50's*

*photo by will*

## Finger Lakes 2010: Be Careful What You Wish For

by Laura Clark

“Limited Time Offer!” Not Sold in Stores!”  
“Only While Available!”

Marketing slogans like these are so commonplace that we scarcely pay any heed but when applied outside the box, they prove every bit as potent as originally intended. Finger Lakes Fifties Race Directors Chris and Joe Reynolds, seeking to attract more runners to their event, decided to cap registration at 250 runners. Since total participants for the 25K, 50K and 50 miler normally hover around the 150 mark, this cutoff seemed ridiculously optimistic. But human nature being what it is, exclusivity is a true barometer of desirability.

Like most seasoned Fifties veterans, I expect my memory to overlap somewhat closely with reality. While I preregistered to save big bucks and to validate my training, I did not take the trouble to scan the already familiar website as the day drew closer. Had I done so, I would have been shocked to discover that the usual day-of registration was scrubbed due to capacity crowds. Score one for good old American entrepreneurship!

Apparently, folks scanning their monitors in search of holiday vacation opportunities hovered their mice over the pay now button. Traditionally held on the Saturday nearest the Fourth of July weekend, the Fifties is so much more than a passing interlude sandwiched between rat race activities. With three evenings of free camping in New York State's Finger Lakes National Forest, runners are encouraged to relax and enjoy a total experience rather than just a brief punctuation mark. Nearby opportunities for kayaking, swimming, hiking and, of course, beer and wine tasting, abound for post-race excursions or for family members who are reluctant to spend twelve hours of prime vacation time hanging out at a finish line.

And this brings us to that portion of the story where you get to laugh at our latest tenting adventure, secure in the knowledge that such an accumulation of bad luck and incompetence pretty much guarantees a great camping experience for everyone else. Except that this year nothing much happened. Followers of our serial may recall that we now possess at least five tents, or parts thereof, testimony to our mishaps. But this year our tent did not get crippled by lightning, did not suffer from erectile dysfunction and did not get nibbled on by mice. We even lent an extra canopy (we always travel with numerous spare parts) to our friends. The only mildly frustrating occurrence was the discovery that our octopus dining fly had jettisoned one leg. But the remaining seven took up the slack nicely. We are futilely hoping that over winter hibernation it will regrow the missing part. I attribute our uncharacteristic luck this year to the fact that I had the foresight to pack an EMS discount coupon. Although it expired before we got to use it, the insurance factor was well worth it.

Many of us in the Frequent Fifties category were surprised that there was: a course change. Each 25K loop lengthened to 16.5 miles, touring some new sections and blessedly eliminating the dreaded Searsburg Road full sun uphill which makes Heartbreak Hill seem like a mere blimp on the horizon. Also erased was the stacked box climb over the barbed wire fence into the freshly-

macheted swamp section. This climb proves difficult enough for height-challenged runners under the best of conditions and cruelly quad-busting for anyone by the third go-around.

Rather than suffer through another plodding 50 miler, I decided to aim for a fast (for me) 50K effort, replicating my initial 2002 foray with perhaps ten minutes of age-related leeway. Should that fail, I figured I would be satisfied with beating the fifty mile cutoff. However, it did not penetrate my mathematically challenged brain that with the altered route this year's 50K would be closer to 33 miles. While this extra mileage alone would pretty much guarantee failure, the “something old, something new” structure refolded the map previously implanted in my brain, creating dangerous precipices and unexpected synapses. The new section, grafted onto the exact portion where I always make a wrong turn, was a lucky break for me, validating my basic instincts. YES! All these years of getting lost were finally paying off! Those clinging to the original map and still running on autopilot were not so lucky. We all felt at times as if we were floating in a dream, with bits and pieces of old course approached from new angles, perspectives either lengthened or shortened.

A neat feature of the Fifties route is that it mirrors the Northeastern weather motto, “If you don't like the weather, wait a few minutes and it will change.” The Forest currently practices multiple land use management, meaning that we tread single-track woodlands once favored by the Iroquois Confederacy, summer-use dirt roads, horse camps, commercial blueberry fields and multiple cow pastures.

Hence, the race's battle cry, “Don't let the cows out!” truly is cautionary and not flippantly humorous. More to the point, this means you may encounter hoof-shaped sinkholes, perfect for ankle turning, impressive poop mounds that you truly do not want to run through---and Cows! As Joe Reynolds aptly dramatizes in the pre-race briefing, the bulls are only interested in other cows while the cows are simply curious about the runners and perhaps interested in a companionable jog. Still, as a strong-smelling female, I would not want to be caught wearing a black and white combo outfit anywhere near the third survival loop.

Coming to the sport of ultrarunning rather late in life, with no realistic chance of making multiple cutoffs, I have always been somewhat disappointed that I would never experience my own 100 miler hallucinations. I longed to see twinkling fairies, flying pigs, and even the occasional giraffe. But this year, during a mere 50K, my dreams were realized through a fortunate combination of ninety degree heat plus the lingering effects of a strong dose of antibiotics.

Somewhere near the horse camp (yes, city horses do get to camp out), I glanced up to see a horsey course marshal signaling a left-hand turnoff. Another notch for the race directors' recruiting efforts! The next time I ventured a peek, the horse had vanished, only to be replaced by two hikers climbing upward, away from the turnoff. Without a pacer, I was confronted by a dilemma faced only by those deep into the dark woods of a nighttime hundred. Do I trust the left-hand turn markers or will the arrows laugh and dematerialize once I have turned the fateful corner?

**Continued next page:**

## FL 50's cont

Were the hikers in fact runners dealing with the uphill as best they could? And most importantly, could the horse be trusted to give me a ride back?

Less dramatic was my phantom Greg Taylor. I initially spotted Greg on the first series of dirt road downhill and figured I would catch up to him and chat a bit. A few rises later and he was nowhere to be seen. Greg had recently reinvented himself, so it was quite possible that the new, improved model, despite my best efforts, could be hidden around the next bend. The Friends of Greg Taylor spent the remainder of their loops vainly chasing a phantom Greg, only to discover that he was a good half hour behind, having paused several times to take pictures.

The most exciting *Cow Jumps over the Moon* report came from Rob Scott who sticks by his claim that he was stampeded by a herd of 51 cows. Needless to say we were all impressed by his ability to hallucinate and still keep an accurate count. No doubt they were headed toward the nearby satellite receiver, late for their favorite episode of *The Honeymooners*. Corny, yes, but this is the stuff from which great tall tales are launched.

As for me, I had been experimenting with the Tarahumara's miracle Chia seeds made popular by Chris McDougall and the *Born to Run* crowd. They seemed to work pretty well, or at least I thought they were working, which is functionally the same thing. Nothing, however, could compensate for the Learning Curve. As much as I deplore wimpy warning labels, I learned that the standard ten page instruction manual issued with antibiotics is sometimes worth paying attention to. I did wait until the prescribed four day rest period before exercising. But somehow, I don't think a 50K was exactly what the doctor had in mind when he said I could resume my normal activities on the fifth day. More dramatically, I learned that excessive sun exposure is not always a good thing, even on the fifth day. By the final three miles and a good dose of cow pasture sun, I felt dizzy and was reduced to a discouraged shuffle.

There was no way I could make my time goal. Still, as I approached the final aid station, the attendant asked me if I were a 50 mile candidate. I figured he was either delusional or faithfully following the sanctioned checklist into oblivion. Still further on, Dave Boles, enjoying the swimming hole close to the finish, told me that if I hustled, I could still make the cutoff. Enlightenment came at the end of the trail when I learned the course was two miles longer and consequently the cutoff had been stretched an additional thirty minutes! If only I had known...with motivation like that I might have made the alternate eight-hour goal instead of clocking in at 8:13. Then again, at least I did make it in. The way I was feeling, any faster and they would have been scraping me off the dirt.

An hour and a hamburger later I recovered sufficiently to claim my Trail Beasties camouflage T-shirt and purple beer can opener finisher's lanyard to assist with popping a few cold ones. Next year I hope to offer the trophy cows a serious challenge and perhaps even scan the website ahead of time.

Laura Clark

## **Finger Lakes 50's ..... 25K - 50K - 50 Miles** **Finger Lakes National Forest .... Hector, NY ... 7 / 3 / 10** **Cool Start ... 56\* .... High 80's by Afternoon ... Dry Trails**

### 25 K:

1 Christian Thompson	M 22	CO	1:52:46
2 Michael Hannon	M 22	??	1:59:00
5 <u>Cheryl Dingman</u> 1 <sup>st</sup> F	F 23	NY	2:16:10
6 Tim Ingall	M 51	NY	2:17:34
14 Steve Shaum	M 44	NY	2:32:40
15 <u>Audrey Balander</u>	F 53	NY	2:33:06
61 Dave Boles	M 63	NY	3:52:59
67 <b>Jamie Howard</b>	M 44	NY	4:22:13
72 Dan Wheeler	M 52	NY	5:34:36

### 72 Finishers

### 50 K:

1 Chris Bynum	M 30	NY	4:56:28
2 Matt Reynolds	M 39	MA	4:56:42
4 <u>Amy Lane</u> 1 <sup>st</sup> F	M 30	MA	5:01:50
5 <u>Nancy Kleinrock</u>	F 50	NY	5:02:23
7 David Boudreau	M 38	NH	5:11:04
22 <u>Sheryl Wheeler</u>	F 47	NY	5:44:18
28 Nick Tooker	M 31	MA	5:58:55
34 Jim Miner	M 61	NY	6:10:55
53 <u>Carrie Lombardo</u>	F 39	CT	6:36:54
59 <u>Lorrie Tily</u>	F 49	NY	6:46:55
85 <u>Barbara Sorrell</u>	F 53	NY	7:33:32
86 <b>Rob Scott</b>	M 56	CT	7:33:33
91 Seth Ambruso	M 30	CT	7:45:15
95 <u>Mary Vish</u>	F 60	NJ	7:57:48
98 <u>Laura Clark</u>	F 63	NY	8:13:06
111 <b>Greg Taylor</b>	M 63	NY	9:08:40
115 <u>Karen McWhirt</u>	F 49	CT	9:43:28
116 <u>Terri Hayes</u>	F 67	SC	10:18:58
117 Eugene Bruckert	M 75	IL	10:32:43
118 William Sezna	M 63	NY	10:43:57

### 118 Finishers

### 50 Miles:

1 Brian Rusiecki	M 31	MA	6:46:30
2 Jack Pilla	M 52	VT	6:54:21
3 Joshua Finger	M 37	PA	7:12:49
7 Matt Tillotson	M 17	NY	9:16:05
8 <u>Frances Davis</u> 1 <sup>st</sup> F	F 31	CT	9:16:22
13 Scott Deslongchamps	M 40	CT	9:46:39
14 <u>Zsuzsanna Carlson</u>	F 37	NJ	9:49:57
16 Jay Auitable	M 49	CT	9:52:51
17 <u>Sara Praglusi</u>	F 31	MA	10:19:18
19 <u>Patty Duffy</u>	F 41	MA	10:24:00
21 <u>Sara Wells</u>	F 30	CT	10:32:17
26 <b>Will Danecki</b>	M 60	CT	11:24:08
33 <u>Karen Fennie</u>	F 50	NY	12:16:05
36 <u>Carolyn Gernand</u>	F 62	VA	12:47:33

### 36 Finishers

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

## Inov-8 vs. Walsh at the Blue Hills 7.2 extremely technical miles ... 2000' of climbing

by Ben Nephew

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There was a bit of an all-England trail shoe battle in Milton, MA this past weekend. For all the Yanks out there, Walsh shoes are the original trail and mountain racing shoes, or Fell racing, as they say in the U.K. They are very popular in European trail races, but you rarely see them on this side of the pond. When I saw them on the feet of a particularly fit looking lad prior to the start of the Blue Hills 7.2 mile trail race, I was a bit curious. One of my goals for the race was to try and lower my best time of just under 1:03, and try to approach Josh Ferenc's CR of 59:11. That record is incredibly fast, and I'd be pretty happy with anything under 1:01. Looking at the forecast the night before the race, I thought we were going to get some cooler weather for the race, but it didn't feel that way on my warm up.

As I expected, the long-legged fellow in the Walsh's, Stephen Granger-Bevan (SGB) latched right onto me at the start as we ran about a half mile to the bottom of the first 350' climb. I turned a hard left in my Mudroc 290's, and ran that first rock scramble climb way too hard, hitting the top at about 5:50 into the race. It seemed I had opened a gap, and I quickly tried to get my legs back under me before we started down the first descent. I specifically pushed the pace again, thinking that SGB might lose some time trying to find the trail. Despite my efforts, he apparently caught up with me on the downhill. I don't get caught too often on downhills, and at that point was pretty sure this guy had run a few Fell races. I thought about changing my plan of going out hard, but decided to stick with it just for the training, even if I faded in the second half. SGB passed me towards the bottom of the first descent, but I then passed him back on the next climb. It's a hard course to follow, so I was a bit surprised he was trying to take the lead so early. We traded the lead a few more times over the next mile leading to the road crossing at 2.5 miles, and he led onto the carriage road at about 20 minutes. I'm pretty sure that's much faster than I typically run that section.

I thought he might take off with his big stride on the fast carriage road, but I reeled him in on minor each climb. The course is a big figure 8, and when we hit the turn-around at about 31:45, he took off up the next 250' climb. Our pace had not been extremely fast on the carriage road, and I had the impression that both of us were a bit tired from the first 2.5 miles of hills. It was also much hotter than expected, and heat on the uphills was extremely oppressive. After he started hiking about halfway up the hill, I decided to keep running and moved into the lead. This was too much for my legs, and I was soon back in second. SGB man ran strongly up the final section, and opened up a gap as I tried to recover from the hill. My legs were still beat on the next downhill, and I lost more time. I was about 20 seconds behind at the base of the next 150' climb, and at this point was just trying to keep my heart from cracking my ribs. Sweat was pouring off me, and I was struggling to run up moderate grades. I managed to recover a bit on the way down to the final road crossing, but my stomach muscles started to cramp from all the hard downhill running, and I couldn't take

advantage of the short section of runnable trail before the final two hills.

I couldn't see SGB on the next climb, which I thought was surprising, but you can't really see too far ahead on the twisting singletrack. I hiked much of the climb, and focused on getting up and down Blue Hill one last time to the finish. There is a new detour onto some carriage road at the start of the final uphill, and although it makes the course longer, it was nice to get off the incessantly technical singletrack for a couple minutes. The stone staircase at the bottom of the singletrack reduced me to a hike, and I was staggering up the following ledges as the sun baked my brain. I am usually able to run hard around the summit to the final ski slope downhill, but the heat and early pace sucked the life out of my legs, and I couldn't hold a full stride for more than a hundred meters or so.

I pushed the last half mile as hard as I could without falling down, and finished with a 1:04:34. As I sat on the ground putting ice on the back of my head, I was shocked when someone asked when I dropped the guy in second. Apparently Walsh's do not have built-in navigation, and SGB runner blew by the turn leading to the final section of trail after the road crossing. It was marked, actually the course has been extremely well marked the last few years, but these things happen. I guess I finally got some good luck on the course a decade after someone turned the final arrow to point down the first climb. That year, I ran a much more difficult and longer finish route and reached the finish first, but was DQ'd for not running the correct route. I ended up running back up the hill right after my finish to turn the arrow to the correct direction.

Inov-8 shoes ended up taking the first two spots, as Ross Smith finished in second in 1:08:59, just in front of the SGB in 1:09:21. Ross typically competes in orienteering events, and was wearing a weathered pair of X-talon 212's. Apparently navigating the marked course was not much of a challenge for Ross! I was right in thinking that SGB was fit, as he ran a 32:28 10k on a rolling course a couple months ago. Looking at the rest of the results, it seems as though the heat made it a long day. Four runners in the top 10 who ran last year were all 3-5 minutes slower this year. So after adjusting for heat, I ran a PR on the course! Although my warm-up probably helped on the first climb, I might have been better off trying to stay as cool as possible prior to the race. Your body can only handle a certain amount of heat, and once your core temp starts to climb, your pace is sure to fall.

The Mudroc 290's did a great job of keeping me off the jagged rocks, and my feet were in good shape after the race. The secure upper was greatly appreciated during emergency evasive maneuvers to stay on course and/or avoid falling.

*Full results and a few photos (on the home page) at:*  
**<http://runwmac.com/gt2010/skyline2010.html>**

*For some great pictures of the course and an elevation profile, see my friend Dan's site:*  
**<http://breakhearttrailrunning.blogspot.com/2009/07/skyline-trail-race-report.html>**

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**Blue Hills – Skyline Trail Race .... 7.2 Miles**  
**Milton, MA. ... July 11, 2010**

Club members in bold:

	<u>Name</u>	<u>Time</u>	<u>GT %</u>
1	Ben Nephew	1:04:34	100.00%
2	Ross Smith	1:08:58	93.62%
3	Stephen Granger-Bevan	1:09:21	93.10%
4	Ken Naide	1:14:33	86.61%
5	Paul Young	1:15:14	85.82%
6	Scott Patnode	1:16:52	84.00%
7	Giovanni Berlanda/Scorza	1:20:35	80.12%
8	Mana Francisco	1:22:52	77.92%
9	<b>Paul Funch</b>	1:24:45	76.18%
10	John Pajer	1:24:52	76.08%
11	Mark Dearing	1:25:14	75.75%
12	Chris Johnson	1:25:41	75.36%
13	Richard Dechellis	1:26:03	75.03%
14	Jamison Peschel	1:26:59	74.23%
15	Adam Smith	1:28:18	73.12%
16	Andrew Donaldson	1:29:32	72.11%
17	Kiko Bracken	1:29:45	71.94%
18	Matt Marino	1:30:19	71.49%
19	Julian Jamison	1:31:27	70.60%
20	Eric Wyzga	1:31:28	70.59%
21	<u>Katia Bertoldi</u> <b>1<sup>st</sup> F</b>	1:31:37	70.47%
22	<u>Annie Ericson</u>	1:31:39	70.45%
23	Russell Dearing	1:33:49	68.82%
24	Tom Killoran	1:35:05	67.91%
25	Keith Bach	1:35:17	67.76%
26	Kevin Mullen	1:35:27	67.64%
27	<u>Alex Kamin</u>	1:35:34	67.56%
28	Cameron O'Reilly	1:36:31	66.90%
29	Kevin Silva	1:36:48	66.70%
30	Christopher Noonan	1:36:52	66.66%
31	Gary Jewett	1:38:11	65.76%
32	Mark Rosenblum	1:38:16	65.71%
33	Joe McGuigar	1:38:55	65.27%
34	William Resnick	1:41:18	63.74%
35	Steve Cruickshank	1:41:39	63.52%
36	<u>Lisa Maciorakowski</u>	1:41:46	63.45%
37	David Yee	1:42:09	63.21%
38	Danie Boccia	1:42:33	62.96%
39	Brad Skillman	1:43:55	62.13%
40	Jim Frenelt	1:44:20	61.89%
41	<u>Elizabeth Eaton</u>	1:45:38	61.12%
42	John Peabody	1:46:01	60.90%
43	<u>Sheryl Briggs</u>	1:47:05	60.30%
44	Doug Harvey	1:49:25	59.01%
45	Guido Medeiros	1:49:31	58.96%
46	<u>Lori Huberman</u>	1:52:28	57.41%
47	<u>Sarah Adler</u>	1:52:43	57.28%
48	Colin Booth	1:52:54	57.19%
49	<u>Karen Caddell</u>	1:53:21	56.96%
50	Kenny Rogers	1:53:28	56.90%
51	<b>Vic LaPort</b>	1:53:34	56.85%
52	John Loring	1:54:04	56.60%
53	<b>Bill Howard</b>	1:55:43	55.80%
54	<u>Sherisa Sterling</u>	1:55:50	55.74%
55	Peter Saulino	1:56:24	55.47%

56	<u>Alyssa Adreani</u>	1:58:48	54.35%
57	<u>Tuck Welsh</u>	1:58:59	54.27%
58	Thomas Hyde	2:01:18	53.23%
59	Jim Martin	2:01:30	53.14%
60	<u>Hollie Houde</u>	2:13:28	48.38%
61	Chris Harrison	2:13:31	48.36%
62	Donald Dayton	2:13:38	48.32%
63	<u>Bethany Bertrand</u>	2:15:34	47.63%
64	Ryan Couto	2:15:35	47.62%
65	<u>Kim Koerner</u>	2:20:20	46.01%
66	Kevin Zelechowski	2:20:21	46.00%
67	<u>Susan Ericson</u>	2:22:19	45.37%
68	<u>Jennifer Fields</u>	2:22:20	45.36%
69	<u>MaryLou White</u>	2:27:16	43.84%
70	<b>Richard Busa</b>	2:44:38	39.22%
71	<u>Maria Leigh</u>	2:45:38	38.98%
72	<u>Yvette Santana</u>	2:47:41	38.51%
73	Barry Ostow	2:47:42	38.50%
74	<u>Kristen Eaton</u>	3:05:40	34.78%
75	Tom Vollmer	3:08:51	34.19%



*The view from the Blue Hills Skyline Trail*

**4th Annual George Coope Memorial Road Race**

5K Run ~ 10K Run ~ 1M Walk  
 Sunday September 19, 2010 - 10 AM Start

Race Day Registration begins at 8:30 AM

Mill Street Fair Grounds, Mill St. Adams, MA

For further information contact Haley Meczywor at  
 413-743-8300 .... [HMeczywor@town.adams.ma.us](mailto:HMeczywor@town.adams.ma.us)

Info also at..... [www.runwmac.com](http://www.runwmac.com)



# 2010 Pedal & Plod

4 Mile Run -- 22 Mile Bike

Teams and Iron Persons

July 25, 2010 - Adams, MA.

1)	Tim Van Orden Kurt Kuehnel	Runner Cyclist	41 Male 49 Male	Pownal, VT Dalton, MA	1:19:56
2)	Kent Lemme	Ironman	43 Male	Williamstown, MA	1:24:27
3)	Steve Roberts David Reid	Runner Cyclist	45 Male 45 Male	Dalton, MA Mesa, AZ	1:26:14
4)	Bret Bedard	Ironman	24 Male	Cheshire, MA	1:28:06
5)	Michelle Kroboth Ben Pigott	Runner Cyclist	30 Female 29 Male	Pittsfield, MA Pittsfield, MA	1:28:49
6)	<b>Jim Preite</b> Fred Thompson	Runner Cyclist	46 Male 69 Male	North Adams, MA North Adams, MA	1:29:20
7)	Bill Kittler Dave Devine	Runner Cyclist	45 Male 36 Male	Pittsfield, MA Pittsfield, MA	1:30:52
8)	Daniel Dermody Daniel Celentano	Runner Cyclist	17 Male 20 Male	Cheshire, MA Adams, MA	1:31:16
9)	Aron Christiansen Nicholas Bugbee	Runner Cyclist	21 Male 22 Male	Mohrsville, PA Savoy, MA	1:32:53
10)	Bill Chapman David Boyce	Runner Cyclist	56 Male 48 Male	Lenox, MA Pittsfield, MA	1:32:55
11)	Jeff Daury Michael D. Tucker	Runner Cyclist	43 Male 46 Male	Pittsfield, MA Pittsfield, MA	1:33:30
12)	Eileen Dooley Michael Dooley	Runner Cyclist	15 Female 48 Male	Lee, MA Lee, MA	1:34:47
13)	Alan Bates	Ironman	61 Male	Pittsfield, MA	1:35:04
14)	Alex Hansen Matt Giardina	Runner Cyclist	23 Male 23 Male	Pittsfield, MA Pittsfield, MA	1:35:19
15)	Scott Bradley Paul Shepardson	Runner Cyclist	55 Male 53 Male	Pittsfield, MA Pittsfield, MA	1:35:28
16)	Joseph Bator	Ironman	39 Male	Brookline, MA	1:35:38
17)	Kevin Carpenter Al Bravo	Runner Cyclist	17 Male 52 Male	Lenox, MA Lenox, MA	1:36:01
18)	Alex Schueckler	Ironman	20 Male	Stamford, VT	1:36:28
19)	Tim Dupras	Ironman	19 Male	Stamford, VT	1:36:48
20)	Peter Wilke David Harrington	Runner Cyclist	16 Male 36 Male	Pittsfield, MA Pittsfield, MA	1:36:59
21)	<b>Jeff Parkman</b> Gary Rivers	Runner Cyclist	62 Male 63 Male	North Adams, MA North Adams, MA	1:38:02
22)	Steve Roulier	Ironman	47 Male	Southwick, MA	1:38:04
23)	Christine Goretti Rob Magadini	Runner Cyclist	42 Female 41 Male	Stockbridge, MA Stockbridge, MA	1:38:09
24)	Matt Volt	Ironman	38 Male	Dallas, TX	1:38:10
25)	Eric Keegan John Flynn	Runner Cyclist	37 Male 45 Male	Pittsfield, MA Pittsfield, MA	1:38:11

26)	Bob Benner	Ironman	51 Male	Pittsfield, MA	1:39:07
27)	Shiobbean Archey Kim Morris	Runner Cyclist	42 Female 40 Female	Pittsfield, MA Pittsfield, MA	1:40:11
28)	Sarah Moon Dan Moon	Runner Cyclist	17 Female 40 Male	Pittsfield, MA Pittsfield, MA	1:40:27
29)	Michael Tucker	Ironman	43 Male	Pittsfield, MA	1:41:02
30)	Chris Trager Mark Bugbee	Runner Cyclist	42 Male 47 Male	Dalton, MA Savoy, MA	1:41:05
31)	<b>Mike Pytko</b> Steve Rondeau	Runner Cyclist	54 Male 52 Male	North Adams, MA North Adams, MA	1:42:03
32)	David Murphy Robert Geller	Runner Cyclist	56 Male 60 Male	Pittsfield, MA Pittsfield, MA	1:42:08
33)	Jeanne Matthew Dave Birrell	Runner Cyclist	40 Female 52 Male	Adams, MA Adams, MA	1:43:33
34)	Josh Hasty Pete Cole	Runner Cyclist	35 Male	Pittsfield, MA Pittsfield, MA	1:43:41
35)	Sarah Voisin Gary Moynihan	Runner Cyclist	30 Female 46 Male	Pittsfield, MA Pittsfield, MA	1:44:06
36)	Nancy Thomson	Ironwoman	46 Female	Sudbury, MA	1:45:13
37)	Meghan Foley Lance Nicholson	Runner Cyclist	24 Female 46 Male	North Adams, MA Pittsfield, MA	1:45:43
38)	Timothy Nichols Mark Cazavelan	Runner Cyclist	27 Male 27 Male	Dalton, MA Dalton, MA	1:45:45
39)	Diane Wright Bonnie Fachini	Runner Cyclist	34 Female 45 Female	Savoy, MA Cheshire, MA	1:46:13
40)	Bill Tatsapaugh Bill Eagan	Runner Cyclist	58 Male 55 Male	Lenox, MA Pittsfield, MA	1:46:37
41)	Darryl Lipinski Josh Chittenden	Runner Cyclist	29 Male 29 Male	Cheshire, MA Adams, MA	1:47:45
42)	Benjamin Gamache David Patenaude	Runner Cyclist	17 Male 46 Male	North Adams, MA North Adams, MA	1:47:45
43)	<b>Tim Drake</b>	Ironman	50 Male	Dalton, MA	1:48:21
44)	Matt Lee Isaiah Brown	Runner Cyclist	33 Male 16 Male	Pittsfield, MA Richmond, MA	1:48:34
45)	Frank Krol	Ironman	34 Male	Peru, MA	1:48:38
46)	Diana Wall	Ironwoman	48 Female	Dalton, MA	1:48:48
47)	<b>Carmel Kushi</b> Thomas Kushi	Runner Cyclist	41 Female 42 Male	Pittsfield, MA Pittsfield, MA	1:49:22
48)	Ann Mucia James Mucia	Runner Cyclist	56 Female 57 Male	Pittsfield, MA Pittsfield, MA	1:49:28
49)	Patrick Mele Paul Cantarella	Runner Cyclist	53 Male 63 Male	Pittsfield, MA Lanesboro, MA	1:49:59
50)	<b>Diane Pytko</b> James Whittum	Runner Cyclist	53 Female 48 Male	North Adams, MA Williamstown, MA	1:49:59
51)	Ted Kellar	Ironman	44 Male	Pittsfield, MA	1:50:11
52)	Michael Rosenbaum Jim Thatcher	Runner Cyclist	67 Male	Great Barrington, MA Austerlitz, NY	1:51:47
53)	Aimee Sinopoli Miranda Gajda	Runner Cyclist	35 Female 16 Female	Adams, MA Adams, MA	1:52:01

54)	Joseph Williams, Jr. Paul Butler	Runner Cyclist	56 Male 50 Male	Pittsfield, MA Adams, MA	1:52:05
55)	Bernie Mack Dennis Pollock	Runner Cyclist	61 Male 63 Male	Pittsfield, MA Hinsdale, MA	1:52:36
56)	Jacqui Joyner Dave Joyner	Runner Cyclist	21 Female 46 Male	Lee, MA Lee, MA	1:53:15
57)	Phillip Hollingworth	Ironman	53 Male	Pittsfield, MA	1:53:27
58)	Ed Vella Mary Lou Dinicola	Runner Cyclist	47 Male 71 Female	Pittsfield, MA Pittsfield, MA	1:53:39
59)	Doreen Fontaine Travis Cunningham	Runner Cyclist	30 Female 25 Male	Cheshire, MA Adams, MA	1:53:40
60)	Theresa Apple John R. Campbell	Runner Cyclist	49 Female 66 Male	Pittsfield, MA Cheshire, MA	1:53:46
61)	Heather Witherell Michael Passetto	Runner Cyclist	31 Female 27 Male	Cheshire, MA Lee, MA	1:54:13
62)	David Allard Alan Wilken	Runner Cyclist	62 Male 60 Male	Great Barrington, MA Stockbridge, MA	1:54:14
63)	<b>Jodie Lahey</b> <b>James Hartwig</b>	Runner Cyclist	31 Female 30 Male	Savoy, MA Adams, MA	1:54:19
64)	Keagan McGrath Shawn McGrath	Runner Cyclist	11 Male 39 Male	Cheshire, MA Cheshire, MA	1:54:22
65)	Kate Robert	Ironwoman	28 Female	Amherst, MA	1:54:38
66)	Paul Marszalek Bruce Meekin	Runner Cyclist	49 Male 51 Male	Adams, MA Ware, MA	1:54:39
67)	Christopher Dodge	Ironman	33 Male	Pittsfield, MA	1:55:08
68)	Mark Wendolowski	Ironman	35 Male	Northampton, MA	1:55:42
69)	Peter Fruet Donald Briggs	Runner Cyclist	67 Male 61 Male	Pittsfield, MA Windsor, MA	1:55:54
70)	Alyson Alibozek Jason Duval	Runner Cyclist	13 Female 19 Male	Adams, MA Adams, MA	1:56:38
71)	Andrew L. Piper	Ironperson	53 Male	Dalton, MA	1:57:44
72)	Val Hollingworth Steve Sotendahl	Runner Cyclist	49 Female 52 Male	Pittsfield, MA Hinsdale, MA	1:57:46
73)	Ken Ferris	Ironperson	45 Male	Pittsfield, MA	1:57:48
74)	Laura Scholz Erik Scholz	Runner Cyclist	39 Female 43 Male	Adams, MA Adams, MA	1:57:50
75)	Elizabeth St. Clair	Ironwomen	51 Female	Williamstown, MA	1:57:51
76)	Ellen-Mary Kelly Pat Rosier	Runner Cyclist	35 Female 52 Female	Windsor, MA Pittsfield, MA	1:58:22
77)	Chris Bevin <b>Jackie Lemieux</b>	Runner Cyclist	40 Male 44 Female	Bennington, Vt Williamstown, MA	1:59:15
78)	Alicia Wendolowski	Ironwoman	34 Female	Northampton, MA	1:59:22
79)	Tara Raymaakers Scott Raymaakers	Runner Cyclist	21 Female 48 Male	Pittsfield, MA Pittsfield, MA	2:00:01
80)	Noah Gurzenski Jim Gurzenski	Runner Cyclist	15 Male 54 Male	Longmeadow, MA Longmeadow, MA	2:00:26
81)	<b>John Aldrich</b>	Ironman	51 Male	Dalton, MA	2:01:29

82)	James R. Loughman Michael E. Parada	Runner Cyclist	43 Male 41 Male	Adams, MA Adams, MA	2:01:34
83)	Julie Gardner April Nelson	Runner Cyclist	39 Female 36 Female	Pittsfield, MA Troy, NY	2:01:34
84)	Peter Lazes Andrew J. Breslin	Runner Cyclist	65 Male 63 Male	West Stockbridge, MA Lenox, MA	2:01:42
85)	Trudy Hall Helena Thatcher	Runner Cyclist	15 Female 14 Female	Alford, MA Austerlitz, NY	2:01:45
86)	Laura C. Bowler David Bowler	Runner Cyclist	44 Female 44 Male	Pittsfield, MA Pittsfield, MA	2:02:09
87)	Shauna Love Stephen Bugbee	Runner Cyclist	15 Female 55 Male	Pittsfield, MA Pittsfield, MA	2:02:50
88)	Rachel Tomkowicz Brian Tomkowicz	Runner Cyclist	43 Female 45 Male	Adams, MA Adams, MA	2:03:13
89)	Cora Aherne Neal Blair	Runner Cyclist	35 Female 40 Male	Pittsfield, MA Pittsfield, MA	2:03:13
90)	Heather Benlein Dean Bickford	Runner Cyclist	36 Female 43 Male	Dalton, MA Granby, CT	2:03:44
91)	Laurie Schwartz Nina Silver	Runner Cyclist	52 Female 57 Female	Pittsfield, MA Pittsfield, MA	2:09:03
92)	Amanda Burdick Shawn Burdick	Runner Cyclist	19 female 52 Male	North Adams, MA North Adams, MA	2:11:30
93)	Chuck Roberts	Ironman	53 Male	Williamstown, MA	2:14:34
94)	Laurie Cole William Bodine	Runner Cyclist	29 Female 22 Male	Pittsfield, MA Hinsdale, MA	2:14:43
95)	Samantha Melendez Susan Poulin	Runner Cyclist	20 Female 55 Female	Cheshire, MA Pittsfield, MA	2:16:10
96)	Mary E. Wilk Nancy Wilk	Runner Cyclist	16 Female 49 Female	Cheshire, MA Cheshire, MA	2:19:56
97)	Francine Germaine	Ironwoman	53 Female	Dalton, MA	2:19:57
98)	Valerie Schueckler Brad Schueckler	Runner Cyclist	51 Female 50 Male	Stamford, VT Stamford, VT	2:21:57
99)	Bethany Frye Rick LaCosse	Runner Cyclist	19 Female 21 Male	Adams, MA North Adams, MA	2:24:33

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*Join us for our Wednesday night fun runs starting at 5:30 PM in the Hoosac Valley High School parking lot on the Adams / Cheshire line, Rt. 116. Runners and walkers of all abilities are welcome.*

*Thanks for Supporting the WMAC!*

## Escarpment Trail Race ... 30K

Windham to Haines Falls, NY .... July 25, 2010

Mostly Cloudy - Humid - A few Sprinkles - High of 80\*

Club members in bold:

	<u>Name</u>	<u>Age</u>	<u>ST</u>	<u>Time</u>					
1	Ben Nephew	35 M	MA	2:58:59	55	David Putney	46 M	NY	4:28:25
2	Dave Vona	28 M	NY	3:10:52	56	Jim Dunn	42 M	ME	4:28:46
3	Jesse Johnson	35 M	PA	3:15:22	57	Joe Mokszycki	54 M	NY	4:29:36
4	Stanislav Trufanov	31 M	MA	3:16:19	58	David Hollenbaugh	41 M	NJ	4:29:48
5	Ray Webster	35 M	VT	3:24:11	59	Bob Gillis	55 M	MA	4:29:50
6	Jon Clark	36 M	CA	3:29:00	60	<u>Amy Nalven</u>	31 F	NJ	4:31:05
7	Matt Bedoukian	30 M	CT	3:29:22	61	Larry Schlaline	48 M	PA	4:31:12
8	Chris Bunyan	39 M	NJ	3:32:15	62	<u>Bernadette Taylor</u>	43 F	NJ	4:31:13
9	Rich Fargo	51 M	CT	3:32:32	63	<u>Donna Utakis</u>	42 F	MA	4:31:58
10	Bruce Cadenhead	46 M	NY	3:34:12	64	Greg Aspden	37 M	ON	4:34:36
11	Michael Bakker	44 M	NY	3:34:59	65	Steven Fleisig	48 M	NJ	4:35:19
12	<u>Kristen Tamburrino</u> 1 <sup>st</sup> F	35 F	ON	3:42:49	66	David Hulme	42 M	NY	4:36:42
13	Lucas Hartley	31 M	NY	3:43:32	67	<u>Silke Koester</u>	27 F	NY	4:37:37
14	Benjamin Nilestven	27 M	NY	3:43:32	68	Jack Ryon	28 M	NY	4:38:04
15	Kelsey Barra	19 M	NY	3:46:45	69	Johnny Rodriguez	46 M	NJ	4:40:19
16	Thomas Buckley	50 M	CT	3:47:16	70	Peter Dilullo	42 M	NY	4:41:15
17	<u>Sheryl Wheeler</u>	47 F	NY	3:50:44	71	Todd Mickolwin	42 M	ON	4:43:12
18	<b>Peter John Keeney</b>	44 M	ME	3:51:52	72	Wayne McDaniel	50 M	NY	4:45:45
19	Mark Fisher	43 M	UT	3:52:26	73	Paul Young	44 M	MA	4:45:45
20	Jeffrey Lease	52 M	NY	3:56:14	74	Michael Baione	41 M	NY	4:46:19
21	Michael Halstead	44 M	NY	3:57:41	75	Bruce Shenker	57 M	NY	4:46:37
22	Rocco Della Serra	49 M	NJ	3:58:29	76	Andrei Aroneanu	56 M	NJ	4:51:44
23	John Geesler	51 M	NY	3:58:45	77	Jeff Cooper	55 M	ON	4:51:52
24	Steve Faluotico	42 M	MA	3:58:51	78	Peter Cure	51 M	NY	4:52:32
25	Adam Smith	23 M	PA	3:59:25	79	John Hogan	44 M	NJ	4:53:36
26	Bob Sharkey	58 M	RI	3:59:36	80	Gene Gugliotta	51 M	NJ	4:53:45
27	David Miller	49 M	NY	4:05:21	81	Ian Foster	33 M	VA	4:53:50
28	David Allara	24 M	NJ	4:06:21	82	Paul Fitzpatrick	55 M	NY	4:55:20
29	Alan Powers	33 M	NY	4:06:58	83	Wayne Shurter	50 M	NY	4:56:15
30	Matthew Rees	35 M	NY	4:08:23	84	Kevin Zelechowski	34 M	MA	4:56:24
31	Chris Gebhardt	36 M	NY	4:08:56	85	Paul Hennick	59 M	ON	4:56:59
32	Kirk Kittell	29 M	MA	4:09:00	86	Tom Gannon	54 M	NY	4:57:04
33	Michael Bates	40 M	NY	4:09:17	87	John Sikorjak	34 M	NY	4:57:09
34	Todd Van Sickle	36 M	NY	4:09:40	88	Harry Young	39 M	NY	4:57:15
35	Donald Thurston	44 M	NY	4:09:42	89	<u>Susan Landry</u>	43 F	PA	4:57:41
36	Marty Callahan	43 M	NY	4:12:28	90	Edwin Stauffer	47 M	PA	4:59:16
37	Mike Mcconnell	46 M	FL	4:13:10	91	Jon Rodgers	29 M	PA	4:59:57
38	Chris O'Bara	38 M	NJ	4:13:17	92	Mark Barbour	50 M	VA	5:01:28
39	John Holt	43 M	NY	4:13:49	93	Bill Gilligan	47 M	NJ	5:02:23
40	Garry Harrington	50 M	CO	4:14:37	94	<u>Michele Hammond</u>	51 F	CT	5:05:10
41	<u>Connie Seigh</u>	41 F	NY	4:14:41	95	Russell Hammond	50 M	CT	5:05:11
42	Robert Muller	45 M	NY	4:14:42	96	Henri Ragetlie	51 M	ON	5:06:45
43	Kevin Adams	42 M	NY	4:15:13	97	<u>Marie Dusault</u>	47 F	NY	5:06:56
44	Dennis Foster	52 M	NY	4:15:17	98	Greg Van Inwegen	49 M	NJ	5:07:29
45	<u>Raina White</u>	31 F	VT	4:15:18	99	James Rea	47 M	NY	5:07:51
46	Tony Fletcher	46 M	NY	4:20:34	100	<u>Laura Gelman</u>	35 F	NJ	5:08:26
47	Jason Dufour	37 M	CT	4:22:31	101	Dan Mathisson	39 M	NY	5:08:48
48	<b>Paul Funch</b>	60 M	MA	4:23:03	102	Drew Anderson	41 M	NY	5:09:07
49	Chris Chromczak	25 M	NY	4:23:19	103	Bart Carrig	58 M	NY	5:10:22
50	Franz Scholten	49 M	NY	4:24:15	104	James Miner	61 M	NY	5:10:28
51	Bryan Rickards	33 M	NY	4:24:54	105	Gene Gatens	52 M	NJ	5:11:14
52	<u>Conni Grace</u>	47 F	NY	4:27:48	106	Steve Sansola	55 M	NY	5:11:16
53	<u>Zsuzsanna Carlson</u>	37 F	NJ	4:27:59	107	Michael Ranck	59 M	PA	5:14:20
54	Vijay Singh	40 M	NY	4:28:04	108	Ken Zellers	61 M	PA	5:16:00
					109	Charles Greystone	55 M	CT	5:16:52
					110	Bronislaw Czech	61 M	FL	5:17:11
					111	Stewart Dutfield	55 M	NY	5:17:11
					112	Larry Siegrist	53 M	NJ	5:17:33
					113	Jimmy Buff	47 M	NY	5:17:48
					114	Dave Douglas	47 M	NY	5:19:01

*Continued next page:*

### Escarpment results cont:

115 <u>Rebecca Read</u>	33 F	ON	5:19:59
116 <b>Will Danecki</b>	60 M	CT	5:20:01
117 <u>Colleen Abbey</u>	42 F	ON	5:22:23
118 Gary Jewett	44 M	MA	5:22:25
119 Mark Fromm	53 M	NJ	5:22:46
120 Gabriel Tambunga	37 M	PA	5:23:40
121 Leo Burke	51 M	NY	5:23:50
122 Harry Brielmann	52 M	CT	5:23:55
123 Tom Barlow	56 M	DE	5:23:56
124 <u>Diane Chesla</u>	42 F	ON	5:24:23
125 Anthony Berman	53 M	NY	5:27:35
126 Jeffrey Clark	52 M	NY	5:27:37
127 <b>Debbie Briggs</b>	59 F	NY	5:28:32
128 Tony Scott	47 M	NY	5:29:02
129 Greg Foster	54 M	PA	5:30:33
130 Seth Rosenfield	41 M	NY	5:31:29
131 Graham Noble	61 M	ON	5:32:16
132 Mark Mulvihill	60 M	PA	5:33:10
133 Kevin Baltzer	51 M	NJ	5:33:18
134 <b>Bob Worsham</b>	64 M	CT	5:33:28
135 <u>Maria Pizzacalla</u>	42 F	ON	5:33:44
136 Tom Howe	44 M	PA	5:33:46
137 <u>Laney Baris</u>	35 F	NJ	5:34:15
138 <u>Katy Roberts</u>	41 F	NY	5:35:04
139 Joe Clapper	51 M	MD	5:36:20
140 <u>Michelle Harmon</u>	44 F	MD	5:36:20
141 Jon Foster	24 M	VA	5:37:34
142 <u>Barbara Mongiovi</u>	35 F	PA	5:38:20
143 <u>Stace Beaulieu</u>	39 F	MA	5:42:59
144 <u>Jean Kerr</u>	51 F	NY	5:42:59
145 Kenny Rogers	56 M	MA	5:43:04
146 Tony Power	47 M	ON	5:43:34
147 Seamus Hodgkinson	61 M	NY	5:43:42
148 <u>Julie Morris</u>	29 F	TX	5:44:39
149 John Paul Ouellette	56 M	CT	5:45:11
150 Christopher Jaworski	52 M	NJ	5:47:19
151 Pat O'Neill	57 M	ON	5:48:22
152 <b>Robert Scott</b>	56 M	CT	5:49:30
153 Hunt Bartine	57 M	PA	5:49:44
154 <u>Kim Didrich</u>	30 F	NY	5:50:46
155 Brian Dillenbeck	39 M	NY	5:50:47
156 Peter Gstalder	57 M	PA	5:50:55
157 John Affronti	54 M	NY	5:50:56
158 <u>Trish D'Imperio</u>	49 F	PA	5:54:32
159 <u>Ellen Kim</u>	38 F	NJ	5:55:05
160 Ciprian Nedelcu	37 M	NY	5:56:44
161 Chris Senez	20 M	NY	5:57:17
162 Charles Thayer	66 M	NJ	5:59:09
163 Gary Pedigo	55 M	FL	5:59:25
164 <u>Sarah McGrath</u>	32 F	NY	6:00:39
165 Yusuf Osmani	36 M	NY	6:02:01
166 Mark Raymond	47 M	NY	6:02:30
167 <b>Carol Kane</b>	64 F	CT	6:02:55
168 Gary Krebs	52 M	NJ	6:02:57
169 Edward Steele	44 M	CT	6:03:10
170 Jeffrey Klemm	59 M	VA	6:09:40
171 Michael Turano	37 M	NJ	6:13:44
172 David Skoglund	52 M	NY	6:17:08
173 <u>Lori Watkins</u>	45 F	MA	6:18:30
174 Anthony V. Ferreri	48 M	NY	6:19:48

175 Nick Lamando	51 M	NY	6:19:49
176 Patrick Parietti	50 M	NY	6:21:51
177 William Carpenter	51 M	NY	6:21:52
178 <b>Barbara Sorrell</b>	53 F	NY	6:25:30
179 Van Talmage	64 M	NC	6:35:24
180 Jack Raycroft	52 M	MA	6:38:41
18 David Rodgers	59 M	PA	6:52:24
182 James Costello	55 M	NY	6:52:54
183 Bill Ring	59 M	NY	6:55:12
184 Joe Johnson	55 M	NY	6:55:17
185 Feliz Modugno	53 M	NY	6:55:25
186 <b>Laura Clark</b>	63 F	NY	7:15:15
187 Rich Vankleek <i>Sweep</i>	56 M	NY	7:29:02
188 John Schatzel <i>Sweep</i>	55 M	NY	7:29:03

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## The Escarpment Trail: A 100 Mile Stage Race

*by Laura Clark*

Coming to the sport of Ultrarunning in my over-the-hill years, I realized I could never achieve the ultimate goal progression: 50K, 50 miles, 100K, all leading to the inevitable 100 miles. I've gotten to the point where I am comfortable at 50K events, but 50 milers are a stretch of the imagination. "Been there, done that" and definitely not cool to burden my friends and fellow race directors any more. After being ceremoniously awarded my 50 mile Princess Crown at the Finger Lakes Fifties, courtesy of Diane Sherrer, I tell myself I'm content to leave it at that.

But ultramarathons are an all-comers mixed lot, including road events, trail races and even occasional multi-day stage competitions. So instead of running a losing race against Father Time, I redefined my 100 mile parameters to encompass yearly stage installments. No longer would I be threatened by the necessity to stay awake all night or to beat relentless cutoffs. Seven years later, I finally achieved my goal: a 100 mile shirt at Escarpment Trail Run in upstate New York's Catskill Mountains.

Granted, this objective would be fairly lame if attached to an average race. But this particular 18.6 mile slice of the Escarpment Trail is special. Its very name conjures up visions of rocky cliffs and precipitous terrain. And to get in you have to qualify, proving to Dick Vincent, the race director, that you are a true mountain goat, able to scramble on despite a twisted knee or a sprained ankle.

For while the Catskills are frequently regarded as a tamer, more eroded version of the Adirondacks, they are truly wild. Rip Van Winkle knew what he was doing when he lay down for his nap since there was little chance of his being disturbed. If you are seriously hurt, the only option is an expensive helicopter ride out.

The 2.2 mile climb to Stoppel Point reveals the somber site of a crashed single engine aircraft nestled among the pine trees.

*Continued next page:*

### Stage Race cont:

While the pilot was flying in bad weather with a revoked student license, other abandoned airframes, notably that of test pilot Jack Bade, a celebrated World War II flying ace, are sobering. Whether from above or on the ground, bad things can happen in those mountains.

*Check out more airplane crashes in the Catskills at:*

(<http://chayden.org/Catskills/Notes/AircraftCrashes.html>)

But what truly sets Escarpment Trail above all others is the ceremonious pre-race roll call and tentative awarding of 100 mile shirts to those who will have completed the journey six times. It took me seven go-arounds to earn my shirt since one year I took a DNF at Dutcher's Notch, the only vehicle access point for the entire race. And even then, I had to nurse my swollen ankle on some of the most treacherous downhill just to get to Dutcher, only to endure another two mile hike to the rescue vehicle.

A revealing glance through my personal "Running Times" notebook, confirmed the fact that I had indeed grown slower as I aged into Escarpment. Experience does not necessarily trump advancing years. I began my quest with a respectable 6:20 beginner's finish, progressed to 6:03 and scored 100 miles at 7:30. So much for continuous improvement. I have purposefully deleted my 2008 time of 8:00 from serious record-keeping. That was the year that the spirit of Manitou rose again. When Manitou, a Native American boogeyman who descended from the sky to eat naughty children was heroically slain, his body turned to stone and formed the Escarpment ledge. In 2008, Manitou awoke once more. Exceedingly hungry, he could no longer be satisfied by mere appetizers. He unleashed a Zeus-worthy three hour thunder and lightning storm that turned trails into rivers, rock climbs into waterfalls, towering pines into toothpicks and runners into walkers. The race became a beyond-category survival contest where PRs and cutoffs were irrelevant.

The oddest occurrence enroute happened this year when I felt I finally had a handle on the course: I was greeted by a stray birthday balloon draped decoratively across the trail. Unlike the smashed aircraft, it was pleasantly plump and roundly intact. And best of all, it was blue, the color of the trail markers. I took it as an omen. I felt peppy and in control, dancing effortlessly through the maze of rocks.

And then I tumbled. It was a stupid fall, on a portion of overgrown trail that I had no business running. I tripped on something unseen and went down hard on my right leg. A lump formed almost immediately. Still, it did not really hurt and I continued passing landmarks sooner than I felt I had in previous years. It was all an illusion naturally, since while my age-related effort felt the same, truly it was not. A few miles before the finish my leg started to throb. Emergency aspirin did not help. So I took the risk, looked down and realized that the knee band I was wearing was acting like a tourniquet, cutting off the blood flow. And I didn't even need to wear it, had just stuck it on for reassurance on a tricky trail.

Still, I rejoiced, earning a bonus *I was wounded on the Escarpment Trail* pin from the medic who patched me back together again.

Inspired and thankful to still be in one piece, the following evening I raced the Saratoga Stryders' local Camp Saratoga Trail Run, edging out Dave Peterson to capture #1 in the age-adjusted category. When John Couch, our Chief Statistician, warned me that with three out of five in the series completed, Dave was improving at a faster rate, I rejoined, "Yeah, but Dave didn't run Escarpment the day before!" Thanks to the wonderful world of statistical manipulation, I am at peace with over-the-hill.

While some decide the Escarpment 100 mile shirt is not worth their life, many who achieve this landmark never return for a second stage. Still, at the post-race picnic, I did spot a few proudly worn 200 and 300 mile shirts. Wouldn't that be something?

*Laura Clark*

***It's all downhill from here. Just under 3 more miles to go!***



Pictured above is the view of North and South Lakes taken from North Point on the Escarpment Trail. North Lake is on the left and the finish of the race is about 50 yards from the lake.

It was mostly overcast and humid for this year's race, and although the next day was sunnier the hazy humidity remained as seen in this photo. If you look to the left about half way up you can make out the Hudson River in the valley through the haze.

You can also get an idea of how the area drops off steeply just past the lakes. This is the Escarpment. ( Steep slope or cliff formed by erosion or faulting. ) This Eastern Escarpment of New York is some 20 miles long and the trail follows it most of the way. The last couple of miles are right along the edges of the cliff, going downhill from left to right in this photo.

*photo by will*

## The Escarpment Trail Run

*Established 1977*

*“For Mountain Goats Only”*

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Hello Wizard's of Mountain Goat-ery:

Time does fly by and here I am typing up this letter for the 34<sup>th</sup> time after the 34<sup>th</sup> running of what is the highlight of my summer. A few of you have been here for the majority of them, many of you for quite a few of them, and some of you are joining us for the first time. I hope you all enjoyed tackling the Wall of Manitou as much as I have enjoyed having you a part of my mountains and my summer. Thank you all!

If you are one of the lucky majority, there is a photo of you enclosed with this letter. Our ace photographer, Ashley Hopkins, ( it was Ashley's late dad Barry who started me running trails back in 1974 ) did a fabulous job of getting almost every one of you. If we could identify you, you have a photo. Amazing how after 18 miles and 10,000 feet of elevation change, not to mention some bumps and bruises, not all of you look like you. If you had any thoughts of using this as a profile photo for Facebook, maybe you should think again. ☺

Check out Ashley's Flickr page in the event you didn't get a photo or if you care to see some of the others.

<http://www.flickr.com/photos/prettypreciouspumpkin/sets/72157624488264941>

It seems that every year the Escarpment serves up something different for us to contend with and this year was no exception. This year it was high humidity that gave Manitou the upper hand, adding minutes and effort to everyone's day. But if it hindered our new female champion, Kristen Tamburrino from Canada, she didn't show it. She logged a stellar time of 3:42:49 and finished 12<sup>th</sup> overall, leaving most of the field behind.

And what can we say about our Ten Time Champion Ben Nephew? 10 out of 11 years he has won and again this year he turns in another sub 3 hour performance. If there is a Chairman of the Trail, a Keeper of the Beast, ( Manitou ) it is Ben. Thanks so much for being a great champion to start off our 22<sup>nd</sup> century.

Where would we be if it weren't for the most incredible corps of volunteers I have ever come across? There was one volunteer for every two runners this year, every one of them with a big smile and huge burden to carry. Thanks you very much.

Next year's run is scheduled as always for the last Sunday in July, which will be July 31, 2011. I hope to see you all there, healthy, fit, and ready to rumble.

Thanks for supporting our event!

*Dick Vincent*

## Hello:

My name is Doug Welch and I am the Race Director of Lex's 5k Run for the MDA. We are a small charity run in Worcester, MA. being held on Sunday September 12, 2010.

We are in our 3rd year, and this year is our second year as an organized race. 100% of the proceeds go directly to the MDA as they manage our budget and we receive no salary for our work. It is truly a labor of love for us as Lex (my wife) is both a runner and a Muscular Dystrophy patient.

(You can read more of our story on our website if you choose).

I am writing you today in hopes that you will pass along this info about our race to your club members. As we are both runner's, we've really focused a lot of energy in to making this a great runner-focused event. We designed a fabulous USATF Certified course that is a good mix of groomed trails and roads, hills and flats based in a scenic park area in Worcester. And we've put together a great group of sponsor's and volunteer's to make sure this year's event comes-off without a hitch.

It's a great run for a good cause with a challenging and fun course! You may not set a PR, but with only 100-150 runners expected you might win your age group! And besides the Technical Race Shirts, there are a lot of great prizes and swag to be given away from our sponsor's (Brooks Running, GoMotion Gear, SOLE, PR Running, DCU), so everyone will leave with something!

We've even set-up free massages for our runner's with certified massage therapists from Boston Massage and Accupuncture on Boylston Street!

We want all of our runner's to leave happy and wanting to come back for more next year!

Go to <http://www.lexsrun.org> for info and on-line registration through active.com

(we have mail-in registration available also).

Lex's Run 5k for the MDA  
Sunday, September 12, 2010  
Lake Park  
285 Lake Ave.  
Worcester, MA. 01604  
Registration: 8am  
Race Starts: 10am  
<http://www.lexsrun.org>

Thank you in advance for your consideration on this matter!

Kind Regards,

Douglas Welch  
Race Director  
Lex's Run 5k for the MDA  
508-944-7844 (c)  
508-925-5020 (h)



**Cranmore Hill Climb ... 12K**  
**North Conway, NH ... June 27, 2010**  
**USA Mountain Running Championship**  
**USATF-NE Mountain Running Circuit**

Club members in bold:

	<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1	Kevin Tilton	M 28	NH	0:51:52	100.00%
2	Jim Johnson	M 33	NH	0:52:07	99.52%
3	Tommy Manning	M 34	CO	0:53:26	97.07%
4	Matthew O'Connor	M 23	NH	0:54:31	95.14%
5	Todd Callaghan	M 40	MA	0:54:41	94.85%
6	Mike Quintal	M 32	MA	0:55:28	93.51%
7	Andy McCarron	M 27	NH	0:56:34	91.69%
8	Tim Mahoney	M 30	MA	0:57:05	90.86%
9	David Herr	M 45	VT	0:57:36	90.05%
10	<b>Dave Dunham</b>	M 46	MA	0:58:50	88.16%
11	Paul Reilly	M 30	MA	0:59:34	87.07%
12	Allan Serrano	M 42	NY	0:59:47	86.76%
13	Peter Hult	M 29	MA	1:00:32	85.68%
14	Matthew Zanchi	M 20	MA	1:01:29	84.36%
15	Rich Fargo	M 51	CT	1:03:12	82.07%
16	Tim Cox	M 37	NH	1:03:44	81.38%
17	Michael Robinson	M 17	NH	1:03:56	81.13%
18	<u>Gina Lucrezi</u> <b>1<sup>st</sup> F</b>	F 27	MA	1:04:19	80.64%
19	<u>Abby Mahoney</u>	F 32	MA	1:04:44	80.12%
20	Paul Bazanchuk	M 55	MA	1:05:18	79.43%
21	Chris Thibaudeau	M 39	VT	1:05:36	79.07%
22	James Doneski	M 41	NH	1:05:58	78.63%
23	Luke Fernandez	M 24	ME	1:06:02	78.55%
24	Stuart Curtis	M 52	NH	1:06:38	77.84%
25	Domingo Elias	M 37	MA	1:06:54	77.53%
26	Jeff Brooks	M 40	NH	1:06:58	77.45%
27	<b>Erik Wight</b>	M 50	MA	1:07:07	77.28%
28	Nat Coughlin	M 33	MA	1:07:49	76.48%
29	Thor Kirlies	M 40	MA	1:07:57	76.33%
30	Paul Kirsch	M 44	NH	1:08:10	76.09%
31	Chris Fox	M 35	NH	1:08:57	75.22%
32	James Porter	M 35	NH	1:09:04	75.10%
33	Jeff Gould	M 45	MA	1:09:05	75.08%
34	Kurt Gustafson	M 25	MA	1:09:47	74.33%
35	<u>Karen Encarnacion</u>	F 44	MA	1:09:57	74.15%
36	Ian MacLellan	M 20	MA	1:10:03	74.04%
37	Jonathan Rice	M 31	MA	1:10:03	74.04%
38	Robert Wanamaker	M 51	ME	1:10:19	73.76%
39	Bob Gillis	M 55	MA	1:10:21	73.73%
40	Jason Holt	M 29	MA	1:10:42	73.36%
41	Bob Mulvaney	M 57	NH	1:10:47	73.28%
42	Kevin Pascoe	M 45	NH	1:10:55	73.14%
43	John Martin	M 58	MA	1:11:29	72.56%
44	<b>Todd Brown</b>	M 46	CT	1:11:50	72.20%
45	Ricahrd Stockdale	M 59	NH	1:12:03	71.99%
46	<b>Ned James</b>	M 55	MA	1:12:07	71.92%
47	Don Slovenkai	M 54	NH	1:12:22	71.67%
48	Erik Barstow	M 40	NH	1:12:23	71.66%
49	Thomas Fownes	M 16	RI	1:12:25	71.62%
50	Curtis Morris	M 40	MA	1:12:31	71.52%
51	Brandon Baker	M 23	NH	1:12:52	71.18%
52	Patrick Jamieson	M 21	MA	1:13:04	70.99%
53	Brad Clarke	M 43	ME	1:13:10	70.89%
54	Rich Miller	M 59	NH	1:13:33	70.52%

55	<u>Kathrin Midgley</u>	F 36	MA	1:13:40	70.41%
56	David Krom	M 51	MA	1:13:45	70.33%
57	Brad Beveridge	M 36	NH	1:13:55	70.17%
58	Brian Cook	M 33	NH	1:13:59	70.11%
59	Gary Jewett	M 44	MA	1:14:53	69.26%
60	Joe Zeldzny	M 34	NH	1:14:56	69.22%
61	Marc Ohlson	M 55	NH	1:15:22	68.82%
62	Joshua Zundin	M 30	ME	1:15:37	68.59%
63	Chris Howard	M 49	MA	1:15:58	68.28%
64	Christopher Smith	M 44	NH	1:16:08	68.13%
65	Eric Parry	M 26	MA	1:16:14	68.04%
66	Frank Holmes	M 63	NH	1:16:18	67.98%
67	Rich Victor	M 43	MA	1:16:26	67.86%
68	Michael Rosa	M 31	MA	1:16:56	67.42%
69	Mark Belanger	M 39	MA	1:17:00	67.36%
70	Dan Poliquin	M 43	NH	1:17:11	67.20%
71	Ken Goodwin	M 55	MA	1:17:27	66.97%
72	<b><u>Donna Smyth</u></b>	F 50	VT	1:17:43	66.74%
73	<u>Lisa Doucett</u>	F 54	MA	1:18:15	66.28%
74	Scott Jamieson	M 49	MA	1:18:35	66.00%
75	<u>Fran O'Donoghue</u>	F 47	CT	1:18:38	65.96%
76	Jim Drew	M 60	NH	1:18:43	65.89%
77	Anthony Park	M 45	MA	1:18:57	65.70%
78	Seamus Foy	M 31	MA	1:19:01	65.64%
79	Paul Hadley	M 46	MA	1:19:06	65.57%
80	Tim Rothfuss	M 40	NH	1:19:18	65.41%
81	John Mulroy	M 54	MA	1:19:25	65.31%
82	<u>Whitney Brown</u>	F 36	MA	1:19:38	65.13%
83	Andrew Ross	M 23	MA	1:19:42	65.08%
84	Chris Corradino	M 37	MA	1:20:06	64.75%
85	Peter Boisvert	M 35	NH	1:20:09	64.71%
86	Kevin Becker	M 53	MA	1:20:14	64.64%
87	Vin Rivard	M 64	MA	1:20:18	64.59%
88	Robert Thomas	M 50	MA	1:20:25	64.50%
89	Arthur Bellerive	M 45	MA	1:21:02	64.01%
90	<b>Bill Morse</b>	M 59	MA	1:21:08	63.93%
91	Craig Stokowski	M 52	MA	1:21:09	63.91%
92	<u>Kate Naples</u>	F 42	MA	1:21:46	63.43%
93	<u>Margaret Donnelly</u>	F 43	CT	1:21:46	63.43%
94	Michael Reddy	M 48	MA	1:21:54	63.33%
95	<u>Jennifer Dodge</u>	F 39	MA	1:22:02	63.23%
96	Brian Roberts	M 29	MA	1:22:09	63.14%
97	<u>Diane Gagnon</u>	F 53	ME	1:22:23	62.96%
98	Nathan Augostine	M 36	ME	1:22:30	62.87%
99	Viji Sarathy	M 42	MA	1:22:46	62.67%
100	David LaPorte	M 45	CT	1:22:56	62.54%
101	<u>Haley Heinrich</u>	F 17	NH	1:23:21	62.23%
102	John Carey	M 39	MA	1:23:31	62.10%
103	Jim McDermott	M 46	MA	1:23:40	61.99%
104	Gene Fahey	M 62	NH	1:24:14	61.57%
105	Anthony Toomey	M 48	MA	1:24:29	61.39%
106	Jim Robinson	M 52	NH	1:24:44	61.21%
107	Mike McKenna	M 40	MA	1:24:52	61.12%
108	Gordon Towne	M 20	MA	1:25:20	60.78%
109	Chuck Hagedorn	M 55	MA	1:25:22	60.76%
110	Joseph Fox	M 31	VT	1:25:31	60.65%
111	<b>Thomas Parker</b>	M 44	NH	1:25:52	60.40%
112	Paul Grant	M 62	MA	1:26:10	60.19%
113	Michael St Hilair	M 31	NH	1:26:29	59.97%
114	Chris Chestas	M 52	MA	1:27:17	59.42%
115	<u>Helen Carmichael</u>	F 31	MA	1:28:31	58.60%

**Continued next page:**

Cranmore Hill results cont:

116 Benjamin Quick	M 33	MA	1:28:40	58.50%
117 Denise Zimmer	F 26	NH	1:28:45	58.44%
118 Kevin Zelechowski	M 34	MA	1:28:49	58.40%
119 Sharon Morrison	F 40	NH	1:29:02	58.26%
120 Hanne Heinrich	F 15	NH	1:29:05	58.22%
121 Jeff Richardson	M 54	NH	1:29:45	57.79%
122 Daniel Coons	M 55	NH	1:31:12	56.87%
123 Emer O'Donoghue	F 48	NH	1:31:17	56.82%
124 Charles Tenander	M 48	NH	1:31:20	56.79%
125 Michael Childs	M 60	MA	1:31:31	56.67%
126 William Harned	M 60	NH	1:32:40	55.97%
127 Kimberly Bellerive	F 42	MA	1:32:43	55.94%
128 Joseph Nigio	M 40	MA	1:33:24	55.53%
129 Roger Marcoux	M 58	NH	1:33:37	55.40%
130 Donald Hogart	M 63	MA	1:33:48	55.29%
131 John Straus	M 56	RI	1:33:52	55.26%
132 Sinthy Kounlasa	F 54	NH	1:33:56	55.22%
133 James Miller	M 63	NH	1:34:01	55.17%
134 Peter Orni	M 67	MA	1:35:21	54.40%
135 Walt Kuklinski	M 61	MA	1:35:35	54.26%
136 Paulette Slovenkai	F 50	NH	1:35:49	54.13%
137 Patricia Glavard	F 48	VT	1:36:26	53.79%
138 Dave McPherson	M 45	MA	1:36:29	53.76%
139 J Robert Fallon	M 53	NH	1:36:52	53.54%
140 Katelyn DuRenzo	F 23	ME	1:37:07	53.41%
141 Brian Gallagher	M 60	NH	1:37:14	53.34%
142 Shivin Mishra	M 26	MA	1:37:28	53.21%
143 Ken Greenwood	M 52	NH	1:37:34	53.16%
144 Ian Fownes	M 43	RI	1:38:03	52.90%
145 Robert Dolan	M 49	NH	1:38:56	52.43%
146 Lorna Erwin	F 38	NH	1:39:04	52.36%
147 Renee Mitchell	F 34	NH	1:39:05	52.35%
148 Kurt Giavard	M 50	VT	1:39:49	51.96%
149 John Bilodeau	M 23	MA	1:39:50	51.95%
150 Tony Federer	M 71	NH	1:41:13	51.24%
151 Meg Michaels	F 55	MA	1:41:33	51.08%
152 Donna Plachowicz	F 57	MA	1:41:45	50.97%
153 Rich Mellor	M 60	NH	1:42:11	50.76%
154 PJ Curtis	M 37	MA	1:43:12	50.26%
155 Skip Cleaver	M 65	NH	1:45:29	49.17%
156 Andrew Scott	M 29	RI	1:46:07	48.88%
157 Jeff Hattem	M 59	MA	1:46:48	48.56%
158 Tom Collins	M 22	MA	1:46:53	48.53%
159 Peter Splaine	M 43	NH	1:47:22	48.31%
160 Chirstine Ontank	F 43	MA	1:47:24	48.29%
161 Lawrence Santos	M 47	MA	1:47:54	48.07%
162 Annalee Nurmennirmi	F 29	MA	1:48:43	47.71%
163 Tate Weatherbie	M 32	MA	1:48:46	47.69%
164 Jose Viveiros	M 49	MA	1:48:56	47.61%
165 Ken Skier	M 56	MA	1:48:58	47.60%
166 Fred Ross III	M 64	VT	1:51:46	46.41%
167 Joy Will	F 28	MA	1:52:01	46.30%
168 Jennifer Casper	F 35	MA	1:55:18	44.98%
169 Gregory Carson	M 49	NH	1:55:25	44.94%
170 MaryLou White	F 54	CT	1:56:19	44.59%
171 Diane Levesque	F 56	NH	1:56:44	44.43%
172 Angel Green	F 32	MA	1:59:36	43.37%
173 Victoria Subina	F 34	MA	2:00:31	43.04%
174 Anthony Swana	M 42	MA	2:00:32	43.03%
175 Laurel Shortell	F 44	MA	2:02:16	42.42%

176 Claire Rosa	F 25	MA	2:02:39	42.29%
177 Kerri Deschaine	F 30	MA	2:04:42	41.59%
178 Paul DiLorenzo	M 36	MA	2:04:44	41.58%
179 George Boudreau Jr	M 41	MA	2:07:21	40.73%
180 Melissa McDevitt	F 42	NH	2:30:05	34.56%
181 Margarita Bancy	F 52	MA	2:54:39	29.70%

**Peoples Forest ... 7 Mile Trail Race**

Barkhamsted, CT .... July 31, 2010

Club members in bold:

	<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT%</u>
1	* Marc Robaczynski	M 35	CT	0:43:48*	100.00%
2	<b>Ross Krause</b>	M 30	MA	0:49:32	88.43%
3	Daniel Lane	M 20	CT	0:51:08	85.66%
4	Tim Mohoney	M 30	MA	0:51:10	85.60%
5	Toby Kulas	M 34	CT	0:54:15	80.74%
6	David Thompson	M 40	CT	0:54:31	80.34%
7	Raymond Hanley	M 46	??	0:54:59	79.66%
8	Rich Fargo	M 51	CT	0:55:42	78.64%
9	Joel Leihman	M 49	CT	0:56:24	77.66%
10	<b>Carolyn Stocker 1<sup>st</sup> F</b>	F 17	MA	0:56:41	77.27%
11	<u>Abby Mahoney</u>	F 32	MA	0:57:30	76.17%
12	<b>Ned James</b>	M 55	MA	0:58:13	75.24%
13	<b>Debbie Livingston</b>	F 35	CT	0:58:26	74.96%
14	Chris Taft	M 29	MA	0:58:33	74.81%
15	William Moor	M 28	MA	0:58:58	74.28%
16	Steve Virgadula	M 50	CT	0:59:22	73.78%
17	Kyle Hall	M 15	CT	0:59:27	73.68%
18	Mike Reed	M 28	MA	0:59:39	73.43%
19	Bill Ronalter	M 43	CT	0:59:47	73.26%
20	<u>Courtney Robaczynski</u>	F 35	CT	1:00:56	71.88%
21	Adam Bricker	M 16	MA	1:02:50	69.71%
22	David Halliday	M 30	CT	1:03:31	68.96%
23	John Richers	M 55	CT	1:04:21	68.07%
24	<u>Brittany Heninger</u>	F 21	CT	1:04:46	67.63%
25	Claude Yoder	M 42	CT	1:04:50	67.56%
26	Ted Cowles	M 51	CT	1:05:02	67.35%
27	Eric Dery	M 36	CT	1:05:39	66.72%
28	Michael Gilbert	M 48	??	1:06:46	65.60%
29	Art Roxi	M 38	CT	1:06:54	65.47%
30	Tim Blinn	M 50	CT	1:07:06	65.28%
31	<b>Wayne Stocker</b>	M 56	MA	1:07:20	65.05%
32	<b>Edward Alibozek</b>	M 47	CT	1:07:22	65.02%
33	<u>Marla McPherson</u>	F 22	CT	1:07:33	64.84%
34	Garrett Lemek	M 49	CT	1:07:34	64.82%
35	Marty Duchow	M 48	CT	1:07:38	64.76%
36	Andrew Meisler	M 46	CT	1:08:28	63.97%
37	Stuart King	M 49	CT	1:08:32	63.91%
38	<u>Margaret Donnelly</u>	F 43	CT	1:08:39	63.80%
39	Christopher DiCorpo	M 56	CT	1:09:00	63.48%
40	<u>Sherri Haynes</u>	F 25	CT	1:09:46	62.78%
41	Norm Cormier	M 56	CT	1:11:51	60.96%
42	Mark Barton	M 38	CT	1:13:08	59.89%
43	Phil Bricker	M 56	MA	1:14:04	59.14%
44	Dorin Neacsu	M 46	MA	1:15:48	57.78%

Continued next page:

People's Forest results cont:

45	Chris Zarzcki	M 54	CT	1:15:50	57.76%
46	<u>Cindy Scannell</u>	F 52	CT	1:16:06	57.56%
47	<u>Debra Forand</u>	F 44	CT	1:16:38	57.16%
48	Randy Witlicki	M 54	VT	1:16:50	57.01%
49	<b>Bob Worsham</b>	M 64	CT	1:17:38	56.42%
50	Michael Childs	M 60	MA	1:19:14	55.28%
51	Dan Hall	M 54	CT	1:21:08	53.99%
52	Alan Cabot	M 55	MA	1:22:06	53.35%
53	<u>Kathleen Furlani</u>	F 61	CT	1:22:11	53.30%
54	Donald Smith	M 66	CT	1:33:06	47.05%
55	<b>Bob Massaro</b>	M 66	MA	1:35:12	46.01%
56	Kurt Gustafson	M 25	MA	1:35:50	45.70%
57	Jon Romeo	M 46	CT	1:36:30	45.39%
58	James Parkinson	M 23	CT	1:37:53	44.75%
59	<u>Lisa Cornelio</u>	F 44	CT	1:38:30	44.47%
60	<u>Leslie Bakke</u>	F 46	CR	1:40:15	43.69%
61	Ed Root	M 64	CT	1:49:41	39.93%
62	<b>Jamie Howard</b>	M 45	NY	1:52:55	38.79%
63	<b>Konrad Karolczuk</b>	M 57	CT	1:52:55	38.79%
64	Walter Kolodzinski	M 67	MA	1:59:56	36.52%
65	Tim Parkinson	M 20	CT	2:02:07	35.87%
66	<u>Lee Anne Zarger</u>	F 50	CT	2:19:45	31.34%
67	<u>Anneliese Monier</u>	F 83	CT	2:59:59	24.34%

*\* Course record*

**The Dam Trail Race**

11.5 Miles .... Oxford, MA .... August 7, 2010

**Club members in bold:**

	<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1	Jim Johnson *	M 20-39	NH	1:09:22*	100.00%
2	Ben Nephew	M 20-39	MA	1:09:26	99.90%
3	<b>Ross Krause</b>	M 20-39	MA	1:15:58	91.31%
4	John Pajer	M 40-49	MA	1:16:26	90.75%
5	Rosh Mungeam	M 00-19	MA	1:20:15	86.44%
6	Dave Mingori	M 40-49	MA	1:22:42	83.88%
7	Brendan McKeogh	M 00-19	MA	1:22:43	83.86%
8	<b>John Agosto</b>	M 40-49	CT	1:24:15	82.33%
9	Adam Caplan-Bricker	M 00-19	MA	1:26:21	80.33%
10	Thor Kirleis	M 40-49	MA	1:26:26	80.25%
11	Jason Kudron	M 20-39	CT	1:26:35	80.12%
12	Rob Low	M 20-39	CT	1:28:21	78.51%
13	Chris Ohari	M 40-49	MA	1:29:11	77.78%
14	Marty Ellowitz	M 50-59	MA	1:29:56	77.13%
15	<b>Paul Funch</b>	M 60-69	MA	1:30:45	76.44%
16	Domonic Naples	M 40-49	MA	1:31:22	75.92%
17	<u>Heather Kolpa</u> 1 <sup>st</sup> F	F 20-39	MA	1:31:38	75.70%
18	Aidan Kearney	M 20-39	MA	1:31:40	75.67%
19	Mike Walker	M 20-39	MA	1:31:42	75.65%
20	Curt Newton	M 40-49	MA	1:32:17	75.17%
21	Ben Yoder	M 20-39	MA	1:33:48	73.95%
22	Eric Wyzga	M 20-39	RI	1:34:04	73.74%
23	Stephen Taylor	M 40-49	MA	1:38:05	70.72%
24	Patrick Haverty	M 40-49	MA	1:38:12	70.64%
25	Joe McGuigan	M 20-39	MA	1:38:49	70.20%
26	Charles Peabody	M 20-39	MA	1:40:31	69.01%
27	<u>Lisa Maciorakowski</u>	F 20-39	MA	1:40:34	68.98%

28	Steven Cruickshani	M 40-49	MA	1:40:49	68.80%
29	Rob Thomas	M 50-59	MA	1:41:29	68.35%
30	Garrett Lemek	M 40-49	CT	1:41:49	68.13%
31	Howie Bottomly	M 60-69	MA	1:42:42	67.54%
32	Ben Norland	M 20-39	CT	1:43:12	67.22%
33	<u>Tarah Martell</u>	F 20-39	MA	1:43:19	67.14%
34	C J Fusco	M 20-39	CT	1:43:22	67.11%
35	<u>Hollye Kleiner</u>	F 20-39	NY	1:43:50	66.81%
36	Chris Weisz	M 20-39	MA	1:44:14	66.55%
37	James Gawie	M 50-59	MA	1:44:18	66.51%
38	<u>Shelly Rodier</u>	F 40-49	MA	1:44:30	66.38%
39	Scott Schaeffer-Duffy	M 50-59	MA	1:44:49	66.18%
40	Mark Barton	M 20-39	NH	1:45:43	65.62%
41	<u>Kate Naples</u>	F 40-49	MA	1:46:03	65.41%
42	Mark Fallon	M 40-49	MA	1:46:32	65.11%
43	<u>Pat Clark</u>	F 50-59	MA	1:46:52	64.91%
44	Ron Elwell	M 50-59	MA	1:47:43	64.40%
45	Scott Edington	M 50-59	MA	1:48:00	64.23%
46	Michael Agbay	M 20-39	MA	1:48:55	63.69%
47	Christopher Agbay	M 20-39	MA	1:48:55	63.69%
48	Mark Wigler	M 60-69	MA	1:49:22	63.43%
49	<u>Brenda Morris</u>	F 40-49	MA	1:51:28	62.23%
50	<u>Melissa Arvanigian</u>	F 20-39	MA	1:51:46	62.06%
51	Dorim Neacsu	M 40-49	MA	1:52:19	61.76%
52	<u>Suzanne Chlapowski</u>	F 40-49	MA	1:52:24	61.71%
53	<u>Ania Childress</u>	F 20-39	CT	1:52:28	61.68%
54	David Sorrells	M 50-59	MA	1:53:39	61.04%
55	<u>Cheri Cavanaugh</u>	F 40-49	MA	1:54:23	60.64%
56	Phil Bricker	M 50-59	MA	1:55:10	60.23%
57	Joe Carpenter	M 40-49	MA	1:55:48	59.90%
58	<u>Magda Cardoso</u>	F 20-39	MA	1:55:55	59.84%
59	<u>Ginny Hoehlein</u>	F 50-59	MA	1:56:07	59.74%
60	Jack Goolsky	M 50-59	MA	1:57:00	59.29%
61	<b>Vic LaPort</b>	M 70+	MA	1:57:28	59.05%
62	Steve Collopy	M 50-59	MA	1:57:34	59.00%
63	John Loring	M 60-69	MA	2:00:42	57.47%
64	Luke Whalen	M 20-39	MA	2:02:02	56.84%
65	<u>Bethany Bertrand</u>	F 20-39	MA	2:03:42	56.08%
66	Ryan Couto	M 20-39	MA	2:03:42	56.08%
67	David Gustafson	M 50-59	MA	2:06:41	54.76%
68	<u>Eunice Flanders</u>	F 50-59	MA	2:08:52	53.83%
69	<u>Kathleen Furlani</u>	F 60-69	CT	2:09:10	53.70%
70	Jeff Hattem	M 50-59	MA	2:16:09	50.95%
71	Bart Murphy	M 50-59	MA	2:16:23	50.86%
72	<u>Orapin Asarangchai</u>	F 20-39	MA	2:17:03	50.61%
73	<u>Cheryl Healy</u>	F 50-59	MA	2:17:34	50.42%
74	<u>Karen Caddell</u>	F 40-49	MA	2:17:38	50.40%
75	Chris Harrison	M 50-59	MA	2:19:19	49.79%
76	<u>Mary Lou White</u>	F 50-59	CT	2:24:08	48.13%
77	<u>Marie Leigh</u>	F 50-59	MA	2:25:25	47.70%
78	<u>Patricia McKeon</u>	F 50-59	MA	2:28:53	46.59%
79	<u>Deb Guterman</u>	F 50-59	MA	2:28:55	46.58%
80	<u>Lena Leodotter</u>	F 60-69	NY	2:33:04	45.32%
81	George Boudreau	M 40-49	MA	2:33:05	45.31%
82	<u>Yvette Santana</u>	F 50-59	MA	2:48:14	41.23%
83	Barry Ostrow	M 60-69	MA	2:48:17	41.22%
84	<u>Karen Pajer</u>	F 40-49	MA	2:49:11	41.00%
85	<u>Cindy Curley</u>	F 40-49	MA	2:49:12	41.00%
86	Ed Root	M 60-69	CT	3:01:26	38.23%

*\*Course record*

**Grand Tree Series 2010 ... Best n Races**  
**From Northern Nipmuck through People's Forest**  
**Midway Standings after first 12 races**

Club members in bold:

**Best 6 Races:**

Name	Age	# Races	GT %
1 Ben Nephew	M 34	6	99.09%
2 <b>Ross Krause</b>	M 30	6	90.94%
3 <b>Ned James</b>	M 55	6	73.20%
4 Alan Cabot	M 55	6	60.75%
5 <u>Kathleen Furlani</u>	F 61	6	50.84%
6 <u>Mary Lou White</u>	F 54	7	45.06%

**Best 5 Races:**

1 Ben Nephew	M 34	6	99.41%
2 <b>Ross Krause</b>	M 30	6	91.78%
3 Bob Sharkey	M 58	5	80.66%
4 Rich Fargo	M 51	5	79.45%
5 <u>Abby Mahoney</u>	F 32	5	79.05%
6 Scott Patnode	M 29	5	78.83%
7 <b>Debbie Livingston</b>	F 35	5	77.38%
8 <b>Ned James</b>	M 55	6	74.05%
9 Gary Jewett	M 44	5	67.72%
10 <u>Sara Praguski</u>	F 31	5	66.21%
11 <b>Thomas Parker</b>	M 44	5	65.85%
12 <b>Wayne Stocker</b>	M 56	5	65.60%
13 Garrett Lemek	M 49	5	64.82%
14 Craig Stokowski	M 52	5	63.13%
15 Alan Cabot	M 55	6	62.23%
16 Tim Rothfuss	M 40	5	61.44%
17 <u>Kathleen Furlani</u>	F 61	6	53.09%
18 <b>Laura Clark</b>	F 63	5	50.19%
19 <u>Mary Lou White</u>	F 54	7	45.59%

**GT Series .... 2010 Total Points Up-date:**

Name	Age	# Races	Points
1 Ben Nephew	M 34	6	594.54
2 <b>Ross Krause</b>	M 30	6	545.65
3 <b>Ned James</b>	M 55	6	439.18
4 Bob Sharkey	M 58	5	403.30
5 Rich Fargo	M 51	5	397.26
6 Jim Johnson	M 33	4	396.57
7 <u>Abby Mahoney</u>	F 32	5	395.24
8 Scott Patnode	M 29	5	394.16
9 <b>Debbie Livingston</b>	F 35	5	386.92
10 Alan Cabot	M 55	6	364.50
11 Donald Pacher	M 38	4	347.01
12 Gary Jewett	M 44	5	338.59
13 <u>Sara Praguski</u>	F 31	5	331.07
14 <b>Thomas Parker</b>	M 44	5	329.26
15 <b>Wayne Stocker</b>	M 56	5	327.99
16 Garrett Lemek	M 49	5	324.09
17 <b>John Agosto</b>	M 46	4	319.98
18 Craig Stokowski	M 52	5	315.65

19 <b>Paul Funch</b>	M 60	4	313.36
20 Tim Rothfuss	M 40	5	307.21
21 <u>Mary Lou White</u>	F 54	7	307.08
22 <u>Kathleen Furlani</u>	F 61	6	305.06
23 Richard Lavers	M 33	4	294.49
24 Mark Belanger	M 39	4	294.22
25 Brian Rusiecki	M 31	3	290.58
26 Bob Gillis	M 55	4	290.09
27 Curtis Morris	M 40	4	282.75
28 Mike Reed	M 28	4	280.56
29 Kyle Hall	M 15	4	279.24
30 <b>Damon Steed</b>	M 34	4	274.72
31 <b>Edward Alibozek</b>	M 47	4	270.84
32 Tim Mahoney	M 30	3	270.62
33 Brett Stoeffler	M 43	3	266.84
34 Paul Young	M 44	3	262.14
35 Timothy Cote	M 34	3	260.75
36 Eric Wyzga	M 34	4	258.08
37 Nick Tooker	M 31	4	257.70
38 <u>Patty Duffy</u>	F 41	4	257.16
39 Stuart King	M 49	4	254.14
40 <u>Gina Lucrezi</u>	F 27	3	253.85
41 Scott Edington	M 51	4	253.12
42 John Peabody	M 55	4	252.76
43 Robert Jackman	M 27	3	251.43
44 <b>Laura Clark</b>	F 63	5	250.95
45 Peter Hult	M 29	3	248.76
46 Tim Blinn	M 50	4	247.75
47 Dominic Ambrosi	M 31	4	245.98
48 Nat Coughlin	M 33	3	244.46
49 <u>Margaret Donnelly</u>	F 43	4	244.44
50 Nikolas Rogers	M 38	4	242.12
51 Bryan Johnston	M 30	3	241.43
52 <b>Will Danecki</b>	M 60	4	239.07
53 Ed Mulvey	M 51	4	238.45
54 <b>Todd Brown</b>	M 46	4	238.11
55 Kurt Severance	M 34	3	237.61
56 Norm Cormier	M 56	4	237.17
57 <b>Rob Scott</b>	M 56	4	236.76
58 <b>Scott Livingston</b>	M 37	3	236.22
59 James Porter	M 36	3	236.10
60 Ben Keefe	M 29	3	234.98
61 Christopher Noonan	M 33	4	234.71
62 Steve Wolfe	M 45	3	232.24
63 <b>Bob Worsham</b>	M 64	4	230.77
64 Steve Nelson	M 46	3	230.25
65 Richard Dechellis	M 40	3	227.19
66 Jay Kolodzinski	M 31	3	226.93
67 Salvatore Dichiaro	M 34	3	226.09
68 Brandon Baker	M 23	3	225.39
69 <b>Bill Howard</b>	M 61	4	223.57
70 Robert Wannamaker	M 51	3	222.96
71 Brad Beveridge	M 36	3	220.34
72 Michael Childs	M 60	4	218.20
73 Brook Burke	M 40	3	216.73
74 <b>Rich Teal</b>	M 32	3	215.09
75 Karl Sauerbrey	M 46	3	212.39

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

## Savoy MT. Trail Races ... 22 ...11 ... and 4 Miles

### Savoy Mt. State Forest ... Savoy / Florida, MA.

Cloudy – Cool – Very Dry Trails – High of 73\*

WMAC members in bold:

#### 22 Mile Results:

Name	Age	ST.	Time	GT %
1 Brian Ruseicki	M 31	MA	2:49:23	100.00%
2 David Herr	M 45	VT	2:51:59	98.49%
3 Jim Johnson	M 33	NH	2:52:32	98.17%
4 John Pajer	M 47	MA	3:27:45	81.53%
5 Jason Friedman	M 34	NY	3:31:29	80.09%
6 Jeffery Dengate	M 33	NY	3:34:09	79.10%
7 Matt Reynolds	M 40	MA	3:36:16	78.32%
8 Bob Sharkey	M 58	RI	3:39:29	77.17%
9 <b>Paul Funch</b>	M 60	MA	3:44:02	75.61%
10 <b>Rich Teal</b>	M 32	NY	3:45:31	75.11%
11 Scott Patnode	M 29	MA	3:46:17	74.85%
12 Steve Forrest	M 46	MA	3:47:03	74.60%
13 <b>Damon Steed</b>	M 34	NY	3:53:35	72.51%
14 Ken Chapman	M 31	MA	3:55:28	71.93%
15 <u>Elaine Allen</u> <b>1<sup>st</sup> F</b>	F 42	CT	4:04:12	69.36%
16 <u>Heather Kolpa</u>	F 29	MA	4:06:09	68.81%
17 Mike McQuillan	M 33	CT	4:17:10	65.87%
18 <u>Annie Ericson</u>	F 30	MA	4:17:57	65.67%
19 James Fitzmaurice	M 39	NY	4:18:34	65.51%
20 Robert Gazzale	M 42	VT	4:20:06	65.12%
21 Charles Joyal	M 40	MA	4:25:24	63.82%
22 Chester Ruszczuk	M 45	MA	4:37:27	61.05%
23 <b>Will Danecki</b>	M 60	CT	4:39:43	60.56%
24 Bill Kellner	M 46	VT	4:40:58	60.29%
25 Kevin Zelechowski	M 34	MA	4:44:39	59.51%
26 <u>Kathy McCarthy</u>	F 51	MA	4:46:40	59.09%
27 Peter Minde	M 52	NJ	4:48:29	58.71%
28 Paul Vinci	M 58	CT	4:58:35	56.73%
29 Tim Rothfuss	M 41	NH	5:00:44	56.32%
30 <u>Sara Praguski</u>	F 31	MA	5:11:06	54.45%
31 <u>Mirela Pustelnick</u>	F 34	CT	5:32:47	50.90%
32 <b>Ed Alibozek</b>	M 47	CT	5:50:50	48.40%
33 <u>Lynn Malie</u>	F 31	NY	6:02:01	46.79%
34 <u>Emily Shallcross</u>	F 30	NY	6:02:02	46.79%
35 Luke Baillargeon	M 30	MA	6:06:07	46.26%
36 <u>Laura Clark</u>	F 63	NY	6:10:54	45.67%

#### 11 Mile Results:

Name	Age	ST.	Time	GT %
1 Topher Sabot	M 34	MA	1:23:24	94.72%
2 Rob Hult	M 40	MA	1:30:16	87.52%
3 Nat Herz	M 23	ME	1:36:38	81.75%
4 Patrick Rondeau	M 35	MA	1:37:42	80.86%
5 <b>John Agosto</b>	M 46	CT	1:37:52	80.72%
6 <b>Ned James</b>	M 55	MA	1:39:26	79.45%
7 Peter Hult	M 24	MA	1:40:40	78.48%
8 Carl Matuszek	M 58	NY	1:42:37	76.98%
9 Brian McCarthy	M 47	MA	1:46:28	74.20%

10 <u>Amy Lane</u> <b>1<sup>st</sup> F</b>	F 31	MA	1:48:21	72.91%
11 Dominic Wilso	M 39	CT	1:51:16	71.00%
12 <u>Jean Mygatt</u>	F 29	MA	1:51:49	70.65%
13 David Boudreau	M 38	NH	1:52:26	70.26%
14 Chris Kusek	M 32	MA	1:56:24	67.87%
15 Bruce Shenker	M 57	NY	1:56:43	67.68%
16 Gregory Rems	M 34	VT	1:56:52	67.60%
17 John Peabody	M 55	RI	2:00:11	65.73%
18 <b>James Hartwig</b>	M 30	MA	2:00:17	65.68%
19 <b>Dan Danecki</b>	M 51	MA	2:01:17	65.14%
20 <b>Bob Dion</b>	M 54	VT	2:02:03	64.73%
21 John Guzzi	M 33	VT	2:02:54	64.28%
22 Willem Van Dijk	M 45	MA	2:03:21	64.04%
23 Garth Buckley	M 34	MA	2:03:57	63.73%
24 <b>Joe Gwodz</b>	M 55	MA	2:05:29	62.96%
25 Doug Cummings	M 48	MA	2:06:25	62.49%
26 Dorin Neacsu	M 46	MA	2:06:45	62.33%
27 Sri Bodkhe	M 44	MA	2:08:30	61.48%
28 Tom Parent	M 34	MA	2:08:38	61.41%
29 Charlie Gadol	M 53	NY	2:10:51	60.37%
30 <b>Vic LaPort</b>	M 70	MA	2:11:24	60.12%
31 Brian Sorrells	M 40	CT	2:11:36	60.03%
32 <u>Cheri Cavanaugh</u>	F 46	MA	2:11:38	60.01%
33 <u>Lauren Stocker</u>	F 21	MA	2:11:45	59.96%
34 <b>Wayne Stocker</b>	M 56	MA	2:11:48	59.94%
35 <b>Ed Buckley</b>	M 52	MA	2:11:58	59.86%
36 <b>Bob Worsham</b>	M 64	CT	2:12:44	59.52%
37 Chris Hinch	M 42	MA	2:15:44	58.20%
38 Dan Sullivan	M 30	MA	2:17:16	57.55%
39 <b>Ed Saharczewski</b>	M 56	MA	2:17:24	57.50%
40 Glenn Gilligan	M 47	VT	2:18:09	57.18%
41 Fred Perrotta	M 43	NY	2:18:26	57.07%
42 <u>Darlene McCarthy</u>	F 47	MA	2:19:04	56.81%
43 James Ells	M 57	NH	2:19:26	56.66%
44 Carl Cignoni	M 59	MA	2:20:17	56.31%
45 <u>Cindy Hajjar</u>	F 39	MA	2:20:25	56.26%
46 <u>Kathleen Furlani</u>	F 62	CT	2:28:52	53.07%
47 <u>Jodi McIntyre</u>	F 42	MA	2:30:43	52.42%
48 <u>Denise Dion</u>	F 52	VT	2:31:26	52.17%
49 Randy Witlicki	M 54	VT	2:31:31	52.14%
50 <u>Mary Richardson</u>	F 50	MA	2:31:39	52.09%
51 <b>Vincent Kirby</b>	M 53	NY	2:39:48	49.44%
52 <u>Mary Lou White</u>	F 54	MA	2:41:20	48.97%
53 Dick Vincent	M 58	NY	2:56:23	44.79%
54 <b>Bill Glendon</b>	M 64	MA	3:01:14	43.59%
55 <u>Jennifer Kaster</u>	F 35	MA	3:04:57	42.71%
56 Ed Root	M 64	CT	3:15:22	40.44%
57 Walter Kolodzinski	M 67	MA	3:12:58	40.94%
58 <b>Jamie Howard</b>	M 45	NY	3:18:52	39.72%
59 <b>Konrad Karolczuk</b>	M 57	CT	3:19:43	39.56%
60 <b>Art Gilliver</b>	M 71	MA	3:38:57	36.08%



## Savoy 4 Mile Results:

	<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>
1	Tim Whitney	M 34	VT	29:46
2	<b>Todd Brown</b>	M 46	CT	31:35
3	<u>Kristin Hall</u> 1 <sup>st</sup> F	F 42	MA	31:43
4	Addison Adams	M 15	MA	32:25
5	<u>Wendy Johncheck</u>	F 37	MA	32:31
6	<u>Dana Whitney</u>	F 37	VT	33:06
7	<b>Justin Scheider</b>	M 14	MA	33:45
8	<u>Billie Sawyer</u>	F 36	MA	33:50
9	Garrett Adams	M 48	MA	34:47
10	<b>Scott Bradley</b>	M 55	MA	35:35
11	Mathew Lynch	M 20	MA	35:58
12	Sean Lewis	M 28	MA	35:59
13	<b>Rick Alibozek</b>	M 48	MA	37:26
14	<u>Caitlin McCarthy</u>	F 14	MA	37:34
15	<u>Elena Rossi-Snook</u>	F 37	NY	38:15
16	<b>John Aldrich</b>	M 50	MA	38:34
17	<u>Meghan Foley</u>	F 24	MA	39:43
18	Stephen Richardson	M 50	MA	39:47
19	Stan Serafin	M 50	MA	43:36
20	<b>Jessica Willis</b>	F 42	MA	44:20
21	<b>Tammi Alibozek</b>	F 40	MA	44:30
22	<b>Bob Massaro</b>	M 66	MA	45:48
23	<b>Poncho Mach</b>	M 68	MA	46:33
24	Tom Zimmerman	M 64	NY	1:01:24
25	<u>Hope Weiner</u>	F 42	NY	1:01:26
26	<u>Kris Kozuch</u>	F 52	MA	1:06:24
27	<u>Gail Richardson</u>	F 41	MA	1:06:26
28	<b>Dick Hoch</b>	M 70	CT	1:39:17

## Savoy: Twenty-three Years and Counting

by Laura Clark

The Savoy Mountain Trail Race has had a continuous run of twenty-three or three years, depending on your point of view. Three years ago Marty Glendon took over and has since spent a major portion of his cross training efforts grooming the landscape. He designed a two loop route which, when navigated twice, would yield an estimated twenty mile trek. He created a spiffy course map and raided his desk for stickers to decorate the various features: a duck for Tyler Swamp, a trout for South Pond and a bear for Old Florida Road.

Savoy holds a special place in my heart as it was my first really long trail race. I remember on particularly hot Sunday suffering through four loops of Saratoga Battlefield's Wilkerson Trail just to make sure I could do the distance. While I do miss the landmark car graveyard on the first Savoy, certain aspects of both events continue to haunt the various race directors. After the first year of the new Savoy, it was determined that the route was once again shorter than advertised, this time bumping up to a whopping twenty-two almost-marathon miles. Definitely more significant than the old eighteen, feels like twenty course.

The fairly runnable mountain ascent to the fire tower has been replaced by the climb up Spruce Hill. Technically a hill is stubbier than a mountain but this particular rise features a hand-

over-hand rock climb, reminiscent of Escarpment terrain, that the twenty-two milers get to tackle not once, but twice. Checking it out for the first time was Escarpment Race Director Dick Vincent, on the recovery from Achilles surgery. Sounds like a good place to find out if the surgery actually worked.

Historically, this rock climb is closer to the spirit of the Savoy State Forest, part of the Hoosac Mountain Range. "Hoosac" is an Algonquin word roughly translated as "place of stones," a definite challenge to early farming settlers and later to railroad workers carving the Hoosac Tunnel. Now it was our turn to confront those treacherous stones. I fell three times, managing to reinjure my recent Escarpment swollen leg, sprain my wrist and wrench my neck. Needless to say, remaining mobile at work the following day was as much of a challenge as remaining upright on race day.

It was nice to see the same Search & Rescue guys once more stationed by the Spruce Hill Climb. One of them even remembered me! It made me feel all mushy inside, like I was something more than a runner, a part of the mountain that they are intimately familiar with. Farther on, the back-up rescue guy was trying to plug some sort of big battery device into a tree. It wasn't working. Perhaps he had also experienced one fall too many.

At the beginning of the race, Marty, in Nipmuck Dave style, climbed on top of his pick up truck and gave the usual race announcements, He warned against following the power cables for more than a brief moment. As he did this, I could swear he pointed down, so I naturally assumed the cables were coiled along the ground. Naturally, they were dangling high above, strung on telephone poles marching relentlessly up the mountain. Since some of us lost a few minutes following the power source, I tried to make lemonade out of lemons thinking this would be the perfect opportunity to see if I could actually run a negative split. HA! What was I thinking?

My final loop was much slower, in part due to the fact that I was all alone. I figured I could run a portion of the second with Darlene McCarthy, but she reconsidered. Basically, I was on my own until the end, when three people passed me. I guess that's the problem with being permitted to run either the long or still longer course to qualify for Grand Tree Moose points. Mentally, it is incredibly hard to cruise past the finishers soaking in the pond, eating barbecue and relaxing in the Good Old Boys circle of chairs. But I figured to get my money's worth out of my four hour round trip drive. Darlene, on the other hand, lives nearby and she would have no need for trail miles vs. gas dollars conversions.

Speaking of Grand Tree, Doug Cummings, and Will Danecki are definite candidates for extra Moose points, having spotted three females running across the trail in front of them near the end of the 1st loop. Fortunately, they yielded ground and did not challenge them for trail rights as moose are sometimes wont to do.

In honor of their first moose sighting, I hope that next year Marty will affix a memorial moose stamp on the course map.

*Continued next page:*

### 23 Years and Counting cont:

Beforehand Will and I confronted the almost-marathon dilemma head-on and spoke brave words about tacking on the 4-mile South Pond loop to make it an even twenty-six for the day. At the old Savoy, I never felt compelled to pin another six onto the more or less twenty, but here the possibility is temptingly in reach. But again, neither Will nor I followed our impulses to their logical conclusion. I imagine it all has something to do with set point. If you know you are in for twenty-two, you adjust your pace accordingly. After achieving your primary goal, your brain shuts off, saying something equivalent to "Enough is enough already." Momentum is lost and extra credit seems like a ridiculous idea.

The following day I wound up our Camp Saratoga Trail Series and I won a Fleet Feet coupon for first in the age/sex category, meaning I was so much older than everyone else. Launching my achy body was tough, but our Camp trail, featuring only a few tame domestic rocks, is so much smoother than Savoy it is rather like a vacation. Plus, there was only one 5K loop. The following day I left work early and took a nap, in honor of my age-graded status.

*Laura Clark*

### Slowest at Savoy

Running has occasionally brought on an ache or pain here or there for me, but I've usually been able to run "thru it". So I kept running early Spring '10. There were races I wanted to go to, and did by not running for a short period b4 and after them. Th ankle pain eventually went away, but not b4 hip / upper leg pain came. That proved to be serious. ☹

There was never a time when I yelled out; rather, it was a dull pain I could tolerate. It was end of May when it became apparent to me I wasn't going to run "thru this."

I was sadly surprised to feel th most severe pain fm June thru early August whenever just trying to walk - every other step. ☹

Fishers Iland people wondered why I wasn't using th new recreation pathway. ( That hurt as well. ) Finally, slow careful walking first became possible by Aug 10.

Uh-oh, I'm not going anywhere early this morning, Aug 15, cuz there's a car in th driveway. I bang on th apartment door. They finally wake up, find th key, & move th car. Most folks sleep-n on Sunday morns - - not me. I was lucky to lose just 12 min on my trip to Savoy. Lookin forward especially to th drive fm 116 on 8A thru Hawley to 2, 1 of my favorite roads. ☺ 1 of 2 major reasons for making th long trip to Savoy is meeting friends - - neat, real neat. Th other is of course running - - or, special today only - - hiking th course. Yes I cannot run, but was able to walk pain free on Tues 10<sup>th</sup> when my goal immediately became to complete th Savoy short - 5 days hence whatever way I cood.

I enjoyed my slow solitude journey thru th quiet woods, cheering on th leading 22-milers while returning to th picnic area. Also enjoyed my traditional chocolate cone outside th Williamsburg Gen Store while returning to th Iland, where I hope to be running again soon.

*Dick Hoch*

## WMAC's Trilogy Series ... 2010

### Greylock - Savoy - Monroe

#### Scores after first two races:

<u>Name</u>	<u>Greylock</u>	<u>Savoy 22</u>	<u>Total</u>
Brian Rusiecki	1:41:33	2:49:23	4:30:56
Scott Patnode	2:09:11	3:46:17	5:55:28
Steve Forest	2:09:28	3:47:03	5:56:31
<b>Rich Teal</b>	2:13:09	3:45:31	5:58:40
<b>Damon Steed</b>	2:25:47	3:53:35	6:19:22
Robert Gazzale	2:38:19	4:20:06	6:58:25
<b>Will Danecki</b>	2:43:47	4:39:43	7:33:30
<u>Sara Praguski</u>	2:45:46	5:11:06	7:56:52
<b>Ed Alibozek</b>	2:31:15	5:50:50	8:22:05
<b>Laura Clark</b>	3:21:25	6:10:54	9:32:19

<u>Name</u>	<u>Greylock</u>	<u>Savoy 11</u>	<u>Total</u>
Peter Hult	1:59:40	1:40:40	3:40:20
<b>John Agosto</b>	2:10:37	1:37:52	3:48:29
<b>Ned James</b>	2:17:10	1:39:26	3:56:36
<u>Amy Lane</u>	2:20:39	1:48:21	4:09:00
<b>Joe Gwozdz</b>	2:35:18	2:05:29	4:40:47
<b>Dan Danecki</b>	2:43:41	2:01:17	4:44:58
<b>James Hartwig</b>	2:47:24	2:00:17	4:47:41
Doug Cummings	2:49:48	2:06:25	4:56:13
<b>Lauren Stocker</b>	2:50:08	2:11:45	5:01:53
<b>Wayne Stocker</b>	2:50:10	2:11:48	5:01:58
<b>Bob Worsham</b>	2:56:29	2:12:44	5:09:13
<b>Vic LaPort</b>	2:58:16	2:11:24	5:09:40
<b>Ed Buckley</b>	3:07:13	2:11:58	5:19:11
Bruce Shenker	3:25:16	1:56:43	5:21:59
<b>Darlene McCarthy</b>	3:04:06	2:19:04	5:23:10
Chris Hinch	3:09:43	2:15:44	5:25:27
<b>Vincent Kirby</b>	2:50:56	2:39:48	5:30:44
Carl Cignoni	3:16:21	2:20:17	5:36:38
Randy Witlicki	3:13:37	2:31:31	5:45:08
<b>Denise Dion</b>	3:17:44	2:31:26	5:49:10
<u>Kathy Furlani</u>	3:37:34	2:28:52	6:06:26
<u>Mary Lou White</u>	4:49:00	2:41:20	6:30:20
<u>Jennifer Kaster</u>	3:44:05	3:04:57	6:49:02
<b>Bill Glendon</b>	3:51:31	3:01:14	6:52:45
<b>Jamie Howard</b>	4:26:36	3:18:52	7:45:27
<b>Konrad Karolczuk</b>	4:48:31	3:19:43	8:08:14

#### Mixed:

<u>Name</u>	<u>Greylock</u>	<u>Savoy</u>	<u>Total</u>
<b>Todd Brown</b>	2:23:00	31:35	2:54:35
<b>John Aldrich</b>	3:33:40	38:34	4:12:14
Walt Kolodzinski	37:10	3:12:58	3:50:08

#### All Short:

<b>Scott Bradley</b>	26:46	35:35	1:02:21
<b>Rick Alibozek</b>	27:03	37:26	1:04:29
<b>Tammi Alibozek</b>	33:32	44:30	1:18:02
<b>Bob Massaro</b>	32:39	45:48	1:18:27

## Savoy Mountain

by Jim Johnson

Coming off of the Cigna 5k on Thursday (8/12), a 10.5 mile trail jaunt with Classy Tilton on Friday (8/13), and then Bridge of Flowers 10k on Saturday (8/14) out in Shelburne Falls, MA, I decided to head over to one of my summer highlights and a race I just can't get away from...I guess it was because I almost died at it two years ago...in any case, I decided to go to this even though I was pretty beat. The Savoy Mountain Trail Race out in Savoy/Florida MA is a 22.2 mile jaunt through very muddy, rocky, rooty, and grown-in trails in Savoy State Forest in western Mass. It is part of the WMAC Grand Tree series and I first did this race 2 years ago (2008). Back then, it was my first jaunt at a serious trail distance (although some reading this may think that 22 miles isn't all that far...it is still pretty far for me...and 3+ hours is a long time for me to be running, given what I typically do for races and training.

I'll let you do some catching up on your own, regarding my past jaunts here (2009 and 2008 respectively). For now, I'll talk about this year's race and the joy and pain that ensued. To start off, I raced twice in the previous 3 days going into this race, and even though I am kind of used to racing frequently, this race is really NOT the race you want to have as the encore to a triple bill of racing. This race takes a lot out of me and really is not to be taken lightly at all. I kept this in the back of my mind during the previous couple days of racing, but couldn't let it affect me during those shorter, faster races...so I kept telling myself that I'd deal with it when Sunday came...well, Sunday definitely came, and I barely showed up for it.

After my trip out to Shelburne Falls on Saturday for the 10k, I continued to drive 1+ hour southwest to Stockbridge, MA to visit with Kristin, who was out at the Kripalu Yoga Training Center for the month of August, getting her certification. I arrived there probably around 1:30pm and was WIPED. I spent about 3 hours laying in the grass on the grounds of the center, trying to get some sort of rest. I had a horrible headache almost the whole day and was basically a walking zombie, I was so tired. We walked around a bit, saw some of the trails and scenery on the property, and grabbed a bite to eat. When I left at 8:30pm, I had no place in mind to drive to other than the state park, where the race was the next day. I had no place in mind to actually stay for the night. I figured I could find a spot somewhere and just sleep in my car. I should have done that...but I was so tired (I actually felt borderline sick and hungover), I stopped at a couple of local motels in Lenox, MA to try to get a room. Everyplace in the area was booked because of some film festival at Tanglewood, so I ended up finding one place that had one available room because of a cancellation...it cost me an arm and a leg to stay because of the timing, and I actually talked them down about 60 bucks, but still ended up paying \$218 bucks for one of the dirtiest, smelliest rooms I've ever stayed in. It was a real kick in the pants, but I had no choice other than to sleep in my car (and I probably should have done that). I literally got my key, walked in the room, shut the door, and laid down on top of the bed. I didn't bring anything in with me or even get under the covers. In the morning, I jumped up and headed up about 50 minutes or so to Savoy for the race. I felt like I had been drinking all night for some reason...just a horrible headache, dehydrated, lethargic, etc...

When I arrived at the state forest, I started to get my second wind. I ran into fellow CMS teammate John Pajer and John Peabody (TNT) and started to feel a little better about being at another race that weekend. I really loved this race the past 2 years because of the difficulty and epic nature of just finishing this thing... Even though I had those other races planned, I really didn't want to miss this and figured I'd just give it a go...whatever happens happens. I knew Brian Rusiecki (Vasque) was running and would most likely wipe the forest floor with me, but that was fine with me...I just wanted to get this done again...maybe with some luck, I'd be able to steal one, but I wasn't going to hold my breath. After signing up, packing my handheld water bottles with gels, and a short warmup with John, it was over to the line for the start.

As the cannon (yes cannon) fired, we headed out and Brian immediately took the lead. I felt terrible right away, but figured I'd just try to stay put behind him and see what happens. There was also another, younger guy with us for quite a while. A couple miles in, he indicated that he was running the 11 (the half distance race that runs in conjunction with the 22 miler). Shortly after the 2+ mile water stop, Brian accidentally went straight and then hooked a right on the road, when you were supposed to hook an earlier right and stay on the trails. I yelled up to him, but he didn't react fast enough. When he realized, he hooked back through the woods and got back on the trails with us, but now was in 3rd place. I took the lead there, which was eerily similar to last year, when a little before that, Brian and Leigh Schmitt missed a turn, which put me in the lead (but for good). I decided to just keep plugging along, up the muddy, rocky, grassy, rooty trails and run my race for as long as I could. It would stay that way for about 6 more miles.

I felt comfortable and my legs were holding up 'ok'. For a while, I kept looking behind me and didn't see anyone. I had a pretty large lead and started to actually think that maybe Brian's 100 miler he ran not too long ago was still in his legs and he was content with just running his own race back in 2nd. I actually started to think (although obviously prematurely) that this just may be my first ever race where I'd get 3 wins. That all came to a grinding halt when I hit the climb up to Spruce Mountain.

Somewhere near 8 miles, you start to climb up a pretty good switch back and then a hand over hand climb up to the top. Right as I was starting to climb up the steep face of the summit, I peered back to see that Brian and the other guy were pretty much caught back up and now right behind me! After miles of being all alone, I guess I really took it easy on the climb and took those guys for granted. I thought I really had an easy win if I could just keep moving, but now realized it was not even going to be close. I did a lot of slow climbing and some powerhiking to get up there and those guys were just hammering up the ascent to run me down. I reached the top first, but barely. I then started to hammer the downhill, which is a pretty dangerous mix of switchback, jumpdowns, and very rocky, eroded trails. As fast as I would rock the downhills and straightaway fireroad sections, I'd look back and still see Brian back there, equally hammering the faster sections. I built back a little bit of a lead, but knew it would not last. It was basically a lost cause (I was actually humming the Beck song 'Lost Cause' during that part of the run...no joke)... I knew I could probably get to half way in front of Brian, but that would be it. I briefly thought about calling it quits at half way, in the lead, for which I would have gotten 100 points.

Continued next page:



Savoy MT. cont:

( They announced before the race that the 11 loop would get the same amount of points as the 22 this year and that you did have the option of bailing at 11 and getting GT points ).

I figured I could easily do that, but then would feel guilty and have that 'what if' feeling afterwards...I also didn't think it was fair to the guy who was behind me for the first couple miles. I had told him I was running the 22. I thought it would be rather unsportsmanlike of me to do that, seeing all that was happening to me was that I was getting tired. I wasn't hurt and knew I could finish...I just couldn't finish first...so that wasn't enough for me to actually go through with it and declare the 11 mile race when I came through half way. In the back of my mind, I was kind of hoping that Brian would do that, and that I'd have an easy run over the second loop without him behind (or in front) of me. I came through the half way point first, grabbed my second bottle off the table, and started the second loop. I looked back and saw Brian maybe 30 seconds back and knew it was only a matter of time (if he didn't stop at 11).

I should have known better, as this kid is one of the best ultra guys around...he wasn't just going to do the 11...but I played those games with myself. As I ran the first couple miles of the second loop, I kept looking and didn't see him. I kept thinking that he may have actually stopped at 11 and felt a little better for a while...but I started to get that same awful feeling I had 2 years ago. I started to bonk on the slightest of uphill and started to catch myself walking on the ups and some of the straight sections too. On and off walking, with 8 miles to go is NOT good in this race. I also became aware that, unlike last year, I wasn't eating or drinking enough. In 2009, I had 2008 fresh in my mind and really kept up with hydration and nutrition during the run. Because last year went so well, I forgot about the plan that actually worked for me (eating and drinking regularly, BEFORE I get into trouble) and just figured I was past all that and could just grind this out...once I started to bonk, it was too late. It was probably 4-5 miles in, that I turned and saw Brian now coming up behind me. My fears were realized. He didn't stop at halfway and was now running almost twice as fast as me (or so it seemed). I kept a pathetic pace ahead of him for as long as I could, but he eventually was right up behind me, so I moved over and wished him well. He graciously offered me a gel and asked me if I needed anything...I declined (as I had all the gels still in my water bottle) and watched him roll on and out of sight. It didn't take long for him to disappear.

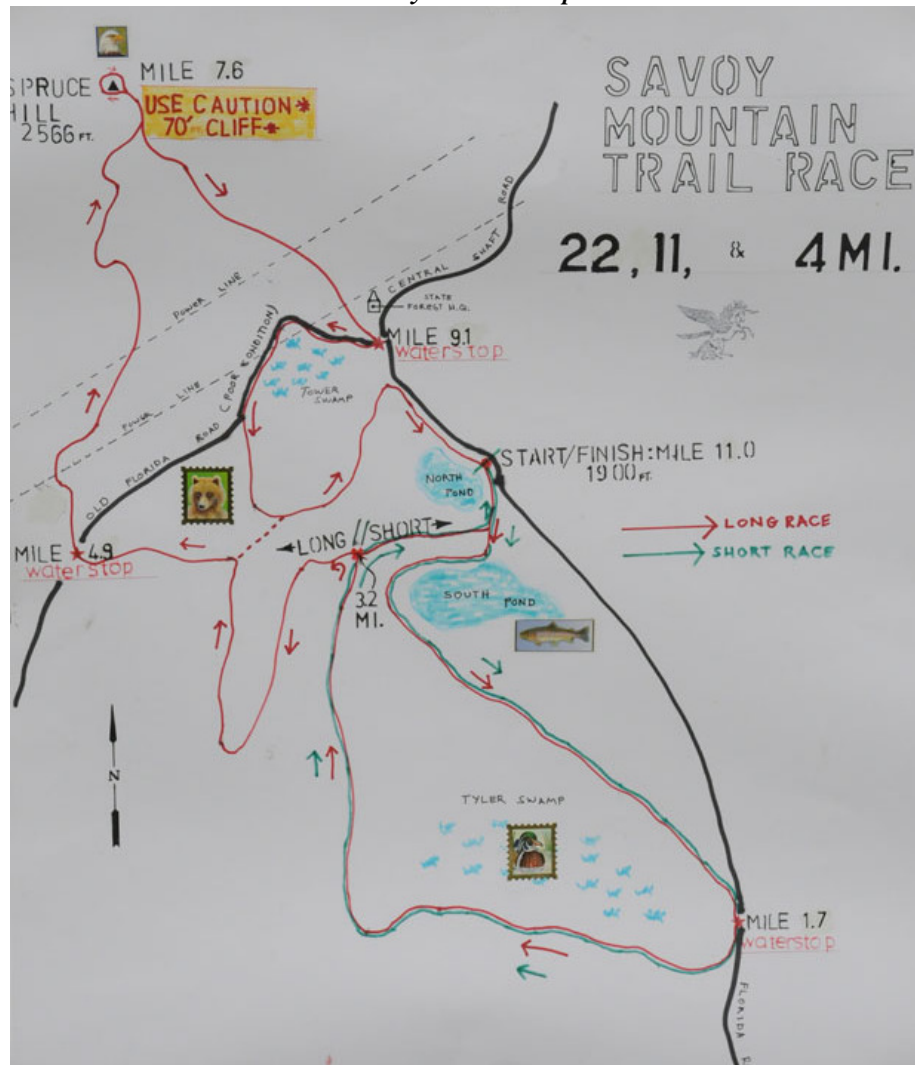
Once I hit the second climb up to Spruce Mountain, I kept looking up and through the woods but he was long gone. I thought there may be a slight chance that he'd come back, but figured it was a long shot. I powerhiked a ton on the second loop and figured if he was keeping up any sort of run/jog up the climb, he'd be minutes ahead of me at the end. I kept looking back, fearing that someone else was running well and would run me down, but never saw a soul. I got up and over the mountain and started to feel 'OK' as I hit the descent. I worked the straight, fireroad sections on the way down, hoping I would catch a glimpse of Brian, that would breathe life back into my race, but to no avail. He was long gone. I still found myself powerhiking up easy climbs that I had run without issue on the

first loop. That is depressing, but it's the nature of this course.

In the section of the course, shortly before you come up to the last trail/road section before the finish, there is one more climb, after a footbridge, that I remember vividly from 2008 and 2009. During these two sections, both years, I thought my race was done. It's a deceptively hard climb, late in the race. Both years, I figured, after walking most of it, that I would be caught easily, but wasn't. This year, I hit that section and kept thinking that the only guy in the race that was going to beat me, was already ahead of me, so I wasn't worried about it, until I turned around and to my absolute shock, saw another runner now right behind me! I almost died when I saw him. Out of nowhere...he was also cranking. I'm talking 5 times faster than I was going...It was so unbelievable, I actually thought maybe he was an 11 mile runner who started late, or a 22 mile runner who missed the start and he was on his first lap. But it wasn't. It was David Herr, who is a VERY good ultra/trail/marathoner who is always dangerous on these mountain and trail races. At first, I didn't recognize him and because I didn't see him at the start, I didn't know he was in the race. Had I known, I would have been thinking about him the whole time... As he went up past me, I said 'nice job man'...and then recognized him and said 'is that you David?' to which he replied 'yep' and then that was it. He was gone. I'm talking GONE. He was cranking easily under 7 minute pace, and I was walking. When I came up to the last road/trail section, I could see him way in the distance....We had only 6-7 minutes left. What a kick in the pants...but that is racing. I mustered up a running stride and tried to catch back up once the climb was done, but that was it...my legs were, and had been trashed from the 2 prior races, and I was just too damn tired to go any harder. I swallowed my pride and accepted the fact that I got smoked by 2 very good trail/ultra runners who are much much better than me at these longer grinds anyways. The fact that I was able to beat them in 2009 was probably a fluke. I had a good day last year, and maybe they both had bad ones.... This year, it was a complete roll reversal...

As I saw the paved road through the trees, I knew I was close and got that 'oh thank God' feeling as I came out of the woods and pushed up to the finish, about a half minute back of David and a few minutes back of Brian, who KILLED this course. To my shock, I was about a minute and a half FASTER than last year...even after bonking bad on the last loop. I was a little bit faster on the first loop, than last year, and I guess held it together about the same on the second loop, even though I felt much worse this year. I think the weather had a lot to do with it. It was much cooler this year, which made for some fast times. Brian ran nearly 10 minutes faster than he did last year, and David absolutely killed his time from last year. When I saw who had beaten me and what our times were, I knew that I actually ran probably better than I should have, given all the circumstances, and realized it was a pretty good day. I didn't get the win, but I did get it done. I ran faster than I had before, and I finished! I think it's always going to be considered a good day when you can go through the halfway point of this race and be able to finish the entire thing. A lot of folks decided to call it quits at half way, and only 36 brave souls actually finished the entire thing. I guess there is only one thing I can say now, after finishing this again for yet another year...I can't wait for next time! ☺

*Jim Johnson*



Runners take off at the start of the 2010 Savoy Mt. Trail Races

photos by Barbara Danecki



*Brian Ruseicki wraps up 1<sup>st</sup> place in the 22 miler*



*First 3 finishers in the 22 miler chat about the run afterwards.  
Right .... Brian Ruseicki Left .... Dave Herr Center .... Jim Johnson*

*photos by Barbara Danecki*

## Thoughts from Savoy 2009: Waterstop Shirley Ten Years After

by Bob Worsham

Wow! Waterstop Shirley was at the nine-mile aid station (and 20 miles). Remember that article I wrote about her at Savoy in 1999? I'm sure you trail-running newbies don't because you were in middle school then. Today she was more beautiful than she was 10 years ago. Here is the original article that I had written 10 years ago.

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### Savoy 1999: Waterstop Shirley

Warning! Disclaimer: This article has nothing to say about nutrition, hydration, electrolyte balance, keeping shoe laces tied, preventing watch bands from slipping, or wayward running shorts.

I learn something from every race. From this race I learned to not play soccer with a bunch of teenagers in the middle of my running season. It has a way of playing havoc with my Achilles tendon. It was sore all through the week right up to the day of Savoy. However, runners' logic goes something like this. If I take three Advil at 6:00 AM and three more at 9:00 AM, and stretch well before the race, then after several miles my tendon will be warmed up and I won't even know it's there. My problem is that I am one of Gerry Stage's low-IQ runners. This logic didn't work.

I went at regular race speed to the first pile of water jugs in the woods. Then on that long uphill dirt road with all the ruts I started worrying because I had started favoring my left foot and not pushing off of it to get up that hill. Then into the nice level rolling part I couldn't lengthen my stride to get any speed. Many people I knew began passing me.

Between the first and second tar road crossings, on that long dirt road, I was touched by an angel. Girl From the North Country (Sue Johnston) tapped me on the arm as she went by, followed closely by Deb (hundred-miler) Reno. Not too long after that, on the trail leading to the next tar road, the realization set in that I was not going to be able to finish this race. The pain was too great, and I had only gone about seven miles. Turn back now or continue to the water stop? Or maybe I could just walk off trail into the woods, curl up and die on the spot. What was I going to write about if I dropped out? Shame, embarrassment!

So it was on to the waterstop at about the eight-mile mark, the one at the bottom of the mountain. It was here that I met "Waterstop Shirley." With a sheepish look I told her I was dropping out of the race. Last year there was a crowd of people working at this waterstop. I was quite surprised to find only one woman here this year, especially since this is a busy stop. You have runners going out and runners coming down the mountain. How could one person manage all this?

I told Shirley that I would help pick up cups until I got a ride back to North Pond, but my real motivation was to see how just one person could do this stop alone. I turned on my tape recorder and started observing. Shirley appeared very calm and not at all stressed out by this task at hand. The whole table was

covered with cups of water, Gatorade, and banana sections. Her big shiny SUV, Pathfinder I think, was parked right behind her, more supplies readily at hand.

Then a pack of runners hit the table from both directions. Cups were flying in all directions. Ha, I thought! Let's see what Shirley does now! Then I took my eyes off of her for a few seconds while I purchased a 25-cent kiss from a local forest nymph, and spoke with some friends passing. When I looked back the whole table was replenished with water, Gatorade, and bananas, as if no one had come through. She must have seen the look on my face as I surveyed the table. There was the slightest hint of a smile beginning to creep from the corner of her mouth. I tucked my tail between my legs and started picking up cups dropped by runners. Next time I would watch closer to see how she did it.

There was a lull, and we chatted about where all the people from last year were. Then more runners hit. I pretended not to look at her, but took a small mirror out of my torso pack, covertly observing her in action. I noticed cups flying out of the box untouched, and landing in position right on the table; Shirley poured water from one jug with her left hand and Gatorade from another jug with her right hand at the same time. Then she sliced bananas like a Benihana table chef preparing your meal in front of you. She then threw the knife up in the air behind her back, and it came down right inside the storage box point first! Before it landed she had grabbed the powdered Gatorade scoop and made another gallon of fresh Gatorade. I put the mirror away. When I turned around she was standing there calmly with her arms folded and her little smile, as if she hadn't moved at all. The table was perfect again. I started picking up cups.

We should all give a round of applause to the people like Shirley who make it possible for us to get through these races alive. We normally only see them for a brief instant, but we couldn't do it without them. Shirley has this down to a science. Poncho, make sure we have Shirley back at that waterstop next year.

Finally a woman came along who asked directions to North Pond; she was supposed to meet up with a guy who was in the race. I asked for a ride and she obliged. The next thing I knew, there was a big wet tongue in my ear. No, it wasn't Anne Lucy, driver of the car, who was doing this. It was Emily from the back seat. Emily was the sweetest yellow Labrador retriever you could ever meet, barring Summit and Sierra. She was so excited to have a passenger that would give her affection, and I was equally excited to be getting it. Emily and I exchanged kisses and hugs the whole way back to North Pond. Thanks for the ride Anne! Anne also had a big shiny SUV, a Jeep. Where do people get the money to buy these things anyway? I'd have to take out a six-year mortgage to get one.

I learned later that it was a good thing that I didn't go all the way to the top of the mountain as originally planned. I knew Beth Herder and father Curly were doing that waterstop. Originally I thought I'd hook up with them for a ride back. I subsequently learned that the Maiden of Greylock wouldn't have let me drop out of the race.

***Continued next page:***

**Waterstop Shirley cont:**

She would have kicked my butt back down the mountain to Shirley's station.

After getting back to North Pond I walked out the cinder path from the finish and through the mud bogs to see runners come in. I went all the way out to the point where runners arrive at the bottom of the hill, then have to veer left heading for the bogs. From there I walked a little way down the trail towards South Pond to watch from the cover of the forest. I discovered that when runners think they are alone they will fart unabashedly. I won't reveal from whom I learned this.

At the picnic where I ate food that I didn't deserve, I learned some things. I learned that there are certain women who attract large swarms of men and make them babble like high school boys. I learned that I touch Stan Tiska more than his wife does. I learned that a woman with "challenging" feet can be both attractive and have a personality. I learned that a woman can have very cold hands, but still be hot. I learned that if I want to look like Keith Schmitt I have to lift a lot more weights. If I want to run like Ben Nephew I have to be somebody else 25 years younger. I learned that Will Danecki has still not forgiven me for Soapstone. I learned that Cynthia Kozak-Buckley is charming, and that husband Tom will be back next year as the Terminator. I learned that Poncho and Miss Ellen were quite amused by Twin Peeks. I learned that in about 1996 there was a woman who ran part of Nipmuck with no top on.

I learned that a new record was set for the largest pre-race dump in the woods at a GT event. The actual awarding of the trophy cannot occur until it is independently verified that it all came from one person at one time. A forensic pathologist has been dispatched to the scene to take core samples from various depths, check for uniform consistency, and take DNA smears. I hope no one has stepped in it or that no dogs have chanced upon the scene before the pathologist arrives. I overheard that the pre-race meal was pepperoni pizza and corn on the cob, washed down with large quantities of Bass Ale.

Since the race I have limped all week at work and tried to exercise by bike riding. However, it's just not the same. I have to skip the Mt. Toby race and pray that I'll be okay for Way-Pack/Wah-Pack. While I am resting I am taking a course in foot massage at the local community college.

***The shamed and embarrassed BobbyBoy Worsham***  
***(End of the 1999 article)***

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**Back to 2009**

Imagine my surprise when I came up on her waterstop on the first loop. I recognized her right away. It was like seeing an old friend after years, but in another way it was just like yesterday. I asked if she remembered me (even though now I'm fat, slow, and gray), and she said she did. Maybe she was just trying to make me feel good. So she replenished my bottle and off I went looking forward to the next loop.

As I said in my other article on Savoy 2009, when I reached the unmanned water jugs 5 miles into the loop they were all empty, and I had to make a decision about taking the shortcut back to the start area. Then it occurred to me that if I did that I wouldn't see Shirley again. It also occurred to me that I was carrying my camera with me and maybe I could get a picture of her on that second loop. So I continued on from there with the Spruce Peak climb ahead. There was no bypassing that climb because a guy was there to check on people not cutting the course short.



***Shirley Deneault... a / k / a /... Waterstop Shirley***

As I approached Shirley's waterstop what was I going to do? What could I chat about? Should I ask to take her picture or should I just do it? After almost a year I can't remember, but I think I asked, and she obliged. So here is Shirley's picture. I think that is the same smile she had on her face in 1999 after she handled runners arriving from both directions and restocked the table while appearing not to break a sweat or hardly move at all. A friend of hers had arrived at the waterstop, so I didn't spend a lot more time there after getting the picture.

After finishing the race I finally got enough energy to talk to Martin Glendon, the race director, and tell him the 1999 story. He laughed and said he remembered that article. Then he told me that when Shirley arrived that morning to set up the waterstop she had encountered a black bear. Nothing like a little excitement to liven up one's day. Shirley could go home that day saying that she had seen a black bear and a Worsham bare (well, almost).

I hope she will be there again this year and I hope I can still run at least 11 miles.

**Update 2010: She was and I did**

*Bob Worsham*

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

**Western Mass Athletic Club**

***Volume 16 .... Issue 3 .... Late Summer .... 2010***

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**Paul Fitzpatrick, Man of Steel. Part 1**  
by Bob Kopac

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Paul Fitzpatrick can be seen at Mid-Hudson Road Runners Club races where he runs, volunteers, and delivers fruit donated by *Adams Fairacre Farms*. He may appear to be a mild-mannered Clark Kent., but Paul actually is Superman, able to leap tall mountains in a single bound. Well, maybe not by leaping and not in a single bound, but Paul does conquer mountains. Paul cross-trains by scaling mountains around the world. My spouse Lynne and I sat down with Paul to discuss his secret identity before he went to climb Lhotse in the Himalayas.

Bob: When did you start running?

Paul: I can't remember when I didn't run. Going through school, it was always part of soccer training, at Arlington Junior High School. I did not run track in high school. I never appreciated the spirit and what went on in cross-country running on the track team. I was never a good runner; I never had speed. So I was not inclined to go onto the track team.

My passion for running started when I was living in Vermont. It had been a few years since I had been involved in sports. I sensed, what I think a lot of people do, about the idea of "sound mind, sound body". I was anticipating my first hike on the Appalachian Trail, so I wanted to build my stamina and strength. I went to the soccer field and kicked the ball by myself and chased after it. And then I just laced up a pair of old sneakers and started to run on the roads. Gradually I realized that I felt better about things and about myself; I just enjoyed being out on the roads running.

Bob: How do you train?

Paul: I have been running to and from work at *Adams Fairacre Farms* since I moved back to the area in 1980. I would like to call my commutes training [running, walking or biking 6 miles each way], although that would be charitable. It started simply because I wanted to not drive a car, to not burn something that is a renewable resource, and also just to feel like I am sort of independent from technology.

Lynne: I heard you biked across the country?

Paul: I biked around it. I went up from my house up to Canada and across the Trans-Canada Highway to British Columbia and Vancouver. Then I cycled down the West Coast and then came back across the United States.

My canoe trip was another three months, up into Canada. It was one of my "Every Man" trips. Those trips had to go from my back door. The canoe trip was out my back door, down to the Wappingers Creek, where I put my canoe in the creek. From there, I went up the Hudson River, through the Champlain Canal, Lake Champlain, and the Richelieu River to the St. Lawrence River and then the Ottawa River. I ended up on Trout Lake just by Lake Nipissing, above Lake Huron in Ontario, Canada.

I knew I did not want to go on a well-beaten trail. I wanted to do something unusual, and what was unusual was the connection with the historical course of the French fur traders who had a trade route from Montreal. They would have the big boats go through the Great Lakes, and then they would hook up with the smaller boats that would then ply the waterways up into the northwest, all the way up to Lake Athabaska. If you look at the map, you'll see there really is a Northwest Passage. You end up going down the Mackenzie River into the Arctic Ocean. The key is just to have a smaller boat than Henry Hudson had and not have commercial aspirations. I did the first leg of the trip. I was pretty much dirt poor at the time. I did what I could with the resources and the time that I had.

Bob: How long have you been running marathons?

Paul: My first marathon was the Dutchess County Classic in the mid-1980s. It was after my canoe trip and before my bicycle trip. Once you get involved in marathoning, you want to qualify for the Boston Marathon. I ran Boston 4 or 5 times. I think 1989 was the first one. Then I went there for 3 consecutive years, and then I took a few years off, and then returned in 1997.

I would like to run Boston again, but to qualify for it by the open competition standard, not age-adjusted standards. I would like to run a sub-3:00 marathon again. My best marathon time was 2:49, twice in Vermont City and once in the Dutchess County Classic.

I used to think climbing helped my running, until I crushed my knee. [Laughs] I know when I am running well, I am climbing better. If I am climbing a lot, though, it cuts into the training I have for running. I would like to have the situation where I would have the time to do both as well as I would like to, and that is just not happening. So, I guess it does not help my running, just because it takes time away.

Bob: How did you get into climbing?

Paul: It seemed to become an extension of hiking and the love of being in the mountains. For a time the technical aspects of climbing did not make sense to me. It seemed very complicated technologically, if your intentions are just to be in the mountains and to be climbing up a mountain. Realizing that I needed some instruction and guidance to go to Denali, I took a short course in the Cascades, conducted by the *American Alpine Institute*, just to train to travel safely on glaciers and to introduce me to rope climbing.

As part of that alpine training program, we had a day of technical rock climbing. It was just a wonderful discovery to get on the rock. I didn't have to think about it, it just jelled, like a wonderful thing to be doing -- the movement on the rock, the feeling you have -- it is hard to describe. It just felt right. I enjoyed going up technically on rock. It was far more exciting than the rappelling. Everyone can picture the exciting rappels you do. I didn't like that part nearly so much as the excitement of slowly working your way up the rock.

***Continued next page:***

Man of steel cont:

Bob: What mountains have you climbed?

Paul: At what point does a hill become a mountain? [Laughs] I vacationed in the Tetons a couple of times. I was in the Himalayas on Ama Dablam, "Mother's Charm Box". It is a beautiful mountain with two ridges that look like arms wrapping themselves around you, and there is a hanging glacier that looks like a little charm box. [It is 6,812 meters or 22,349 feet high.]

A couple of years before Ama Dablam I was in Peru and climbed Pisco and Huascarán. Pisco was interesting because that expedition was only two weeks long. We missed a connecting flight in Miami because of weather delays in New York, so we lost a day. It was just four days after I landed in Lima that we were on top of Pisco at 19,000 feet. My head was just ready to explode. [Laughs]

The group that went to Peru was organized by an outfit in New Hampshire called *International Mountain Climbing School*. I climbed with them several times on weekend trips or day trips. I was part of guided climbs in New Hampshire for quite a few years, and I got to know them pretty well. In 1998, before Peru, I did Denali.

I summited Denali on the last possible day we had available. That was to be a traverse, actually. Our itinerary was a little bit more ambitious than summiting along the west buttress. But that season we got involved with rescues, and there was a lot of attrition in our group, some illness. At the end of it, we were whittled down to a rather small climbing team. And as I said, there were some casualties on the mountain, we lost several days just trying to rescue people.

When there is a problem high on the mountain, the whole camp is galvanized, and any professionals who can lend a hand -- I shouldn't say all of them -- but many of them, as many as possible, go to the assistance of those who need it. I couldn't do very much, but I did try to lend a hand. Some of these fellows were trapped for several days. The weather had something to do with it, and the fact they were so high on the west rib. They finally rescued the last fellow with a helicopter that dumped most of its fuel so it could get up that high and then just drop a screamer rope with a basket. They finally plucked him off after about five days.

Bob: Let's talk about the movie *Touching the Void* [the true story of how mountaineer Joe Simpson survived cataclysmic events while climbing the west face of Siula Grande in the Peruvian Andes with Simon Yates. The movie's tag line is "The closer you are to death, the more you realize you are alive"]. You took your mother to see this movie. What were you thinking?!

Paul: [Laughs] I should have asked that question. I hope that she trusts my judgment that I would not get into a similar situation. I did have that phenomenon that Joe Simpson described when he had no water and had that plug in his throat, and he was almost asphyxiated because it got lodged in his windpipe. That happened to me in the Tetons, because I had a little bit of an odyssey myself soloing up there. It was a 22-hour day. By the

end of it, I was pretty well knackered. I had been without water too long. So I got that thing in my throat, and I couldn't even reach down to pull it out, but it was just there. It almost asphyxiated me. It is a plug of mucus or saliva that hardens in your throat and just gets stuck there. That was quite an interesting night, walking out of there.

There is an expression, "Did you have an epic?" I could never say I never had an epic. But, that was funny because I got the wrong descent route about three times. It was getting darker and darker. Finally I backtracked and took my appropriate descent route. I got down to the rappel station, thinking I had remembered the correct station from my climbing a few years earlier. So I get on the rappel and realize I am on the wrong rappel station. I had a single rope, and the station was designed for two ropes. I am getting down there, and I realized after I started that my rope was not touching the bottom. [Laughs] I had to swing over and get on the other rappel, climb back up, and start rappelling down.

But of course, just when you think things can't get any worse, when I am switching my rappel to set up the final one, out pops my rappel device and gets lost down the mountain. [Laughs] So I thought, well now what will I do? There always is a way to improvise. It is good to have a little bag of tricks so you can improvise.

Lynne: Did you ever think you were going to die?

Paul: No. After a while it just becomes comical. It's like a comedy of errors. And all you can do is shake your head and laugh. It just becomes funny after a while. When you are exhausted, you do put yourself at risk. I did slip off the side of a snow-and-ice ridge and smashed into the rocks and thought, "All I need now is a broken hip."

Bob: Ed Viesturs [who climbed Mount Everest six times and climbed the 14 peaks over 26,200 feet without bottled oxygen] ran the 2006 NYC Marathon in 3:15:18.

Paul: If I remember correctly, Ed climbed Annapurna. That is an amazing mountain... I met Dan Mazur [another famous mountain climber]. Dan was involved in the odyssey on Mount Everest in 2006. He was the one, among others, who found Lincoln Hall, who was presumed dying or dead. Dan realized he was still very much alive. It was the other side of the ethics of mountaineering, where Dan forfeited his own and his climb's chance at the summit because he recognized, and you hope everyone would, that they had to save this fellow's life and do whatever they could to help him.

Dan is the president of *Summit Climb*. That is the organization I will be joining for Lhotse, on the shoulder of Everest. It shares the same ascent route up to Camp 3 or 4, up to the South Col, then we take a right-hand turn, and Everest climbers go left. I think it is right over the Geneva Spur that the routes diverge. Lhotse is one of the 8,000 meter peaks, the fourth highest mountain in the world [8,516 meters or 27,939 feet].

Continued next page:

**Man of steel cont:**

Lynne: And you are going to do it without oxygen?

Paul: I hope so. I would not want to do it with oxygen. It is very likely I will not be able to do it, but at this point, sitting here in the comfort of your home, [laughs] I would rather fail without oxygen than succeed with it. If people want to climb and use oxygen, it is fine with me. But certain people would suggest, such as Reinhold Messner, if you have bottled oxygen, you are physiologically climbing a 7,500 meter peak and not an 8,000 meter peak. It is very important for some people than it is to me to summit these mountains, so if it is rewarding for them to use oxygen, I have no problem with that. There will be oxygen available for medical emergencies. It's not like, if my life is in danger, I'm going to say don't give me oxygen. I don't want to use oxygen to ascend the mountain, but certainly to save my life, if it comes to that.

[Paul and Lynne have a discussion about breast cancer, lymphedema, and altitude.]

Paul: One of the groups I that I loved being around on Denali was the group we called the Bees. The Bees were the breast-cancer-awareness climbers. We called them the Bees because *North Face* supplied their climbing outfits, and they all wore yellow and black so they looked like bumblebees. It was inspiring and a joy to be around that team. Unfortunately they had some sickness, and it did not go all that well for them. But just having the moxie, because they wanted to do it, and they found a way to get it done... On Denali, you are always self-supported. You are hauling heavy packs all the time, so that would be a problem [as well as altitude, as to the risk of lymphedema for breast-cancer survivors].

Lynne: With all the rock at Everest Base Camp, what's it like sleeping in a tent? Is it really uncomfortable?

Paul: It is uncomfortable. I have pads. We did not take those inflatable pads. I took that on Denali, and it worked well. But they advise not taking it because we get to a point where we are wearing crampons a lot. [Laughs]

[Paul shows us a photograph of himself and a Buddhist lama.]

Paul: You supplicate the mountain gods to look favorably on your ambitions on the mountain. Our main Puja ceremony with the lama was in the village of Pangboche. He was unable to get up to Base Camp to do the ceremony just before the climb. It was amusing; he laughed at me because I had a cut on my forehead from when I had to rush into a latrine that morning, and naturally it was too low. So he blessed my bruise. [Laughs]

To have the opportunity, to me it is a privilege to explore parts of your existence. Sometimes you have to be forced into those circumstances, the way things slow down when you are in a perilous situation. I remember just cruising on my bike, tearing down the Sierra Nevadas, having ridden up from Yosemite and just catching up with the cars, trying to brake my bicycle to not overrun the cars. You are right on the edge of the drop off, and your brain is telling you that all you have do is hit a pebble with your front wheel and off you go. Under those circumstances,

you start to focus so intently, things start to get bigger. You are kind of slowing down because you are so focused on what you have to do. It is an intriguing position to be in.

The same is true for a freefall when you are climbing. If you are on a long fall, it is how people describe, things just slow down. You are aware of things with a calmness that overcomes you. You wouldn't recommend the experience. But when you have it, you say, this is part of the human condition; I am glad I am aware of it.

***End of part one.***



***Puja ceremony at basecamp***



***Blessing from Lama of Pangboche***

*photos courtesy of Paul Fitzpatrick*



# 35th Annual ... WMAC's Mount Greylock Road Race



## 8 Miles (Uphill)

Monday (Labor Day) September 6, 2010 10 a.m.  
North Adams, Massachusetts

**Note: runners must arrange their own transportation back from the summit.**

**Start/Finish:** Mt. Williams Reservoir, Notch Road / Pattison Road.

**Directions:** From N. Adams -Take Rt.2 west, turn left on Notch Rd., continue uphill for approx. 2 miles. Reservoir is on right.  
From Williamstown -Take Rt.2 east, turn right on Luce Rd., continue for approx. 4 miles.

**No changing rooms available at the start. They are available at the finish. Porto-john at start area.**

**Course:** 8 miles on paved road to the summit of Mt. Greylock (highest peak in Massachusetts- el. 3491 ft)

*At least 2 water stops.*

**Entry:** Day of race entry only, \$10.00. Family discount: no charge in excess of that for 3 people.

**Awards:** 1st, 2nd, 3 rd overall male and female. Results available at [www.runwmac.com](http://www.runwmac.com).

**Refreshments:** at the finish area for runners and guests.

**More info:** Bob Dion (802) 423-7537 or [dion@bcn.net](mailto:dion@bcn.net) or [www.runwmac.com](http://www.runwmac.com)

**Registration: Day of race only .... 8:45 - 9:45a.m.**

**Please fill out entry form and bring to race with check for fee made out to WMAC**

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## 35th Annual Mount Greylock Road Race September 6, 2010

Name (Please print) \_\_\_\_\_

Age \_\_\_\_\_ Sex M / F

Street \_\_\_\_\_

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

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

WMAC member? Yes NO

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

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

Signature \_\_\_\_\_

date \_\_\_\_\_

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

# MONROE DUNBAR BROOK TRAIL RACES

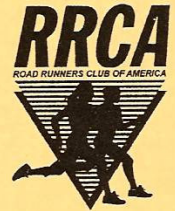


WESTERN MASS  
ATHLETIC CLUB

2 MILES AND 10.5 MILES

10:00 AM Sunday October 10, 2010

MONROE, MASSACHUSETTS



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

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

**Courses:** The **10.5 mile course** consists of a rolling one mile single track along the brook, followed by a steep climb of approx. 1/2 mile. It then climbs gradually on a mix of single track and fire roads to the summit of Spruce Peak (elev.2730 ft.), the high point at approx. race mile 5. The remainder of the course is mostly a gradual downhill, although a few steep sections will be encountered. There are as many as three brook crossings (possibly knee deep). The **two mile course** is an out and back on the same one mile single track along the brook (mentioned above).

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

<u>FEEES:</u>	<u>10.5 MILE</u>	<u>2 MILE</u>	
Early: by 10/1/10	\$12	\$8	
Race day	\$17	\$10	
<b>Family Discount: no charge in excess of that for 3 people if <u>pre-registered</u>.</b>			<b>Sorry, no refunds.</b>

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

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

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

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

PLEASE PRINT CLEARLY

Circle Race You Are Entering:    2.0 MILE    or    10.5 MILE

OFFICIAL USE ONLY

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

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

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

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

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

Western Mass Athletic Club  
P. O. Box 356  
Adams, MA. 01220

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

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MEMBERSHIP : NEW\_\_\_\_ RENEW\_\_\_\_ ...with no changes to names or address\_\_\_\_

*Check here for any changes and provide new information below \_\_\_\_\_*

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

Single Membership\_\_\_\_\_ Household Membership\_\_\_\_\_

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

I wish to receive the club's newsletter by ..... EMAIL \_\_\_\_\_ SNAIL MAIL \_\_\_\_\_

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

Interest (s):

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

OTHER \_\_\_\_\_

Web Page... [www.runwmac.com](http://www.runwmac.com)  
Club Officers... [poncherosa@yahoo.com](mailto:poncherosa@yahoo.com)

Newsletter... [wdanecki@charter.net](mailto:wdanecki@charter.net)  
The Hot - Line... 413-743-5124

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