



# Trail Running News ...Western Mass Athletic Club

Vol. 17..... Issue 5 ..... Early Winter ..... 2011

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

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

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## The 2011 Grand Tree Trail Series

The 17th annual “Grand Tree” trail series for 2011 began with a choice of 2 different races on April 9<sup>th</sup>. Runners had to choose between the Northern Nipmuck 16 miler in Union, CT or the Merrimack River 10 miler in Andover, MA.

The series wrapped up a little later this year as 2 races were postponed from their regular dates due to nasty weather and were rescheduled in November

One other race, The Hairy Gorilla near Albany was cancelled when the state of New York withheld the permit to use the park because of the October snow storm. The race was not held this year.

This left us with 22 GT races and 25 different scoring events since once again Savoy, Pisgah Mt. and Stone Cat had 2 separate race distances going on at the same time. Also this year on 3 occasions there were 2 different races that were held on the same day. Because of this the most races a person could run this year was 19.

On the men’s side, Ted Cowles from Connecticut ran in 18 events, the most by any runner this year. He missed out on running all 19 races when he had to skip Stone Cat because of his work duties for the power company in the wake of the snow storm. Last year Ted only ran in 6 GT races.

Other runners of note for the men were Scott Patnode and Thomas Parker with 14 finishes each, Eric Wyzga with 11, and Ross Krause with 10. Four others had 9 finishes.

Way to go Guys!

Kathleen Furlani topped all women again this year with 12 races completed, which was 2 less than last year. Her friend and traveling partner, Mary Lou White was the only other woman to hit double digits with 10 finishes, which was 4 less than last year. Barbara Sorrell had seven finishes and the 4 other women GTers finished 6 each.

Way to go ladies!

Overall 1,965 different people ran in one or more of the possible 22 GT events that were held this year, down 165 runners from last year. ( 2,130 in 2010 and 2,100 in 2009 ). Possibly because of the loss of the Hairy Gorilla run this year which always drew a lot of new runners.

Out of that total number there was only 48 runners who completed at least 6 GT races through out the year to earn an “Official” Grand Tree Score. ( 66 finishers in 2010 and 75 in 2009.)

Thirty five other runners only completed 5 races and missed out on a Grand Tree score.

For a single race Seven Sisters led the series with the most finishers at 247. Slightly less than the 266 who finished there last year. Cranmore Hill, Merrimack River, and Northfield MT. all had more than 200 runners also. For a double event , since both races at Stone Cat were GT events again this year, a total of 308 runners showed up to run, and a total of 301 officially finished either the marathon or the 50 miler.

In the other double events Pisgah MT. had a combined total of 194, and Savoy had a combined total of 122. But as a single event the Savoy 22 miler only had 28 finishers for the most intimate race of the year. Followed by Curly’s with 50 and Wapack & Back with 56. See the GT Races page in this newsletter for more results.

## 2011 Grand Tree Trail Series Champions:

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This past year many of the long time familiar runners who are usually in the mix for the Grand Tree title have concentrated on other races and more ultra events leaving the door open for new people to compete for the championship.

After winning the title 9 times in the last 12 years defending champ Ben Nephew was more involved with the Inov 8 Team races and with other ultra events this year and he only ran in 4 GT races.

Many new younger runners have joined us in both the snowshoe and trail series in the last few years. Among them is Ross Krause. He turns in a solid performance in most of his races and usually finishes somewhere in the top ten.

This year he ran in 10 GT races, the same as last year. In those races he had 2<sup>nd</sup> place finishes at Northern Nipmuck, Seven Sisters, Soapstone MT., Curly's Half-Marathon, and the Busa Bushwhack. He finished the year strong and won the Stone Cat Marathon in November and a week later he won again at MT. Toby. His efforts on the trails this year helped him edge out 4 other competitors and win the title of G T Champion.

### Way to go Ross!



*Ross Krause – 2011 Grand Tree Champion*

*photo by Bob Birkby*

### On the Ladies Side:

For the women, defending champ Abby Mahoney started the year with a win at Northern Nipmuck and had another win at the Savoy 11.2 miler, but she only ran in 3 other races in the series which was one short of the 6 races needed to qualify for an official GT score. Several other past women champions also ran in less races this year and like on the men's side it left an opening for new people to take over.

That new comer to the series this year is Kelsey Allen. She only ran in the minimum 6 races this past year but she won 4 of them. She had wins at Seven Sisters, Curly's Half, Monroe, and Mt. Toby. She also had a 2<sup>nd</sup> place finish at the Busa Bushwhack. That was more than enough to earn her the 2011 GT title.

### Way to Go Kelsey!



*Kelsey Allen – 2011 Grand Tree Champion*

*photo by Bob Birkby*

## Congratulations Ross Krause and Kelsey Allen the 2011 Grand Tree Trail Series Champions!

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### GT Series Champions .... 1995 - 2011

	Male	Female
1995	Matt Cull	Robin Hathaway
1996	Tom Buckley	Debbie Briggs
1997	Bob Dion	Karen Cormier
1998	Keith Schmitt	Tracy Reusch
1999	Ben Nephew	Christy Cosgrove
2000	B. Nephew & L. Schmitt	Nikki Kimball
2001	Ben Nephew	Nikki Kimball
2002	Leigh Schmitt	Deb Livingston
2003	Ben Nephew	Deb Livingston
2004	Ben Nephew	Deb Livingston
2005	Greg Hammett	Deb Livingston
2006	Ben Nephew	Deb Livingston
2007	Greg Hammett	Deb Livingston
2008	G. Hammett & B. Nephew	Deb Livingston
2009	Ben Nephew	Amy Lane
2010	Ben Nephew	Abby Mahoney
2011	Ross Krause	Kelsey Allen

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## The 2011 Grand Tree Trail Series Final Standings

Scoring based on best 6 races

WMAC members in bold:

<u>Name</u>	<u>Age</u>	<u># races</u>	<u>GT %</u>
1 <b>Ross Krause</b>	M 31	10	98.56 %
2 Jim Johnson	M 34	6	96.30 %
3 Brian Rusiecki	M 32	6	94.68 %
4 Keith Schmitt	M 43	8	92.02 %
5 John Kinnee	M 32	6	89.53 %
6 Donald Pacher	M 39	6	89.20 %
7 Mike Mazzotta	M 30	8	88.50 %
8 Scott Patnode	M 30	14	87.23 %
9 Stanislav Trufanov	M 32	8	86.74 %
10 <b>Scott Livingston</b>	M 38	6	85.70 %
11 <u>Kelsey Allen</u> <b>1<sup>st</sup> F</b>	F 28	6	82.78 %
12 Paul Young	M 46	6	82.31 %
13 Eric Wyzga	M 36	11	82.13 %
14 Dave Molk	M 29	6	79.10 %
15 David Loutzenheiser	M 44	7	79.03 %
16 John Agosto	M 47	6	78.33 %
17 <b>Todd Brown</b>	M 47	9	77.39 %
18 <b>Debbie Livingston</b>	F 36	6	77.14 %
19 <b>Ned James</b>	M 56	7	76.68 %
20 Bob Sharkey	M 59	7	75.88 %
21 <b>Ted Cowles</b>	M 53	18	74.75 %
22 David Boudreau	M 40	7	74.66 %
23 Anthony Parillo	M 27	6	74.02 %
24 <b>Thomas Parker</b>	M 45	14	70.59 %
25 Nick Tooker	M 32	6	67.63 %
26 Russell Hammond	M 51	6	66.02 %
27 Dorin Neacsu	M 47	9	65.89 %
28 Chris Hinch	M 43	9	65.23 %
29 Richard Sugrue	M 25	6	63.75 %
30 Douglas Cummings	M 50	6	62.11 %
31 <b>Will Danecki</b>	M 61	9	61.62 %
32 <u>Kelsey Battige</u>	F 25	6	61.42 %
33 Christopher Agbay	M 34	6	60.99 %
34 <b>Vic LaPort</b>	M 71	6	60.92 %
35 David Sutherland	M 49	6	60.54 %
36 Todd Sugrue	M 56	6	60.49 %
37 <b>George Gilder</b>	M 71	7	59.94 %
38 Douglas Harvey	M 32	6	58.81 %
39 Jeff Hattem	M 60	7	58.46 %
40 <b>Bob Worsham</b>	M 66	6	57.04 %
41 <u>Kathleen Furlani</u>	F 63	12	55.88 %
42 <u>Ania Childress</u>	F 35	6	55.04 %
43 John Loring	M 64	6	52.98 %
44 <b>Barbara Sorrell</b>	F 54	7	52.84 %
45 <u>Mary Lou White</u>	F 56	10	46.33 %
46 David Raczkowski	M 61	6	44.68 %
47 <u>Laura Clark</u>	F 64	6	42.44 %
48 <b>Richard Busa</b>	M 82	6	39.43 %

## Total Points ... 2011 Stoneheads

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

All points are then added up for a year end total to decide the Stonehead Champions of the year. The more races you run and the faster you run earns you more points.

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

Ted Cowles, who only started running 3 years ago and joined us on the trails in 2009, ran in a total of 18 races this year to lead all runners in finishes. Last year he just ran in the 6 minimum races needed. His goal this year was to run in all possible GT races but as mentioned earlier he had to miss Stone Cat when his job at the power company required him to work in the wake of the massive power outages from the October snow storm.

Ted is a steady runner and has gotten better each year as he increases his running and mileage. His 18 finishes and 1,254.58 points this year has earned him the title of Stonehead of the year.

### Way to go Ted!



*Ted Cowles – 2011 Stonehead of the year*

*photo by Bob Birkby*

Close behind Ted was last years Stonehead Scott Patnode. Scott ran in 14 races this year (one more than last year) and was the only other runner to rack up more than one thousand points with 1,143.23.

For the ladies, last years Stonehead Kathleen Furlani defended her title by finishing 12 races. ( 2 less than last year. ) Kathy has been a fixture in both the trail series and the snowshoe series the last few years and has been showing up at some ultra events lately also.

*Continued next page:*

### Stoneheads cont:

In racking up 616.34 points she once again can be called Female Stonehead of the year!

#### **Way to go Kathleen!**



*Kathleen Furlani – 2011 Stonehead of the year  
photo by Sarah Higley*

Mary Lou White was the only other woman to run in at least 10 races and finished with 437.13 points.

### **Congratulations to: Ted Cowles and Kathleen Furlani 2011 Stoneheads of the year!**

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

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

And Thank You to all of you who participated in the GT Series this past year. We look forward to seeing you again next year for the 2012 trail season.

### **The 2011 Grand Tree Trail Series... New England Trail Running at its Best!**

Check out the Grand Tree web page at ...  
[www.runwmac.com](http://www.runwmac.com)

### *Club News .....*

Notice to all club members. Most yearly memberships will expire on January 1, 2012. Check your mailing label on this newsletter for your renewal date and please renew when due. Your continued support and renewed membership helps us to plan our events for the coming year.

**Thanks for supporting the WMAC!**

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The WMAC is looking for a volunteer to assist with the newsletter and eventually take over the duties of newsletter editor. For some of the younger club members this would be a good opportunity to help out and become more involved with club activities. If you're interested or want more info contact Will at.....  
[wdanecki@charter.net](mailto:wdanecki@charter.net)

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The WMAC's Christmas Party was held at the 6 House Pub in Williamstown on December 10<sup>th</sup> this year. Guests were treated to appetizers of shrimp, cheese & crackers, and assorted dips and spreads, and then had several choices from the buffet for dinner including meat and vegetarian dishes. Coffee, tea, and several different types of dessert were offered afterward in case you didn't stuff yourself enough at the buffet. The food was very good like always and if you didn't come this year you missed out on a real treat at a great price. This year we even had waitresses to take our drink orders so you could stay at your table talking to friends instead of standing in a crowd at the bar waiting to order something. The Chris Merenda band came back and entertained us once again this year and with 1 extra member they were much faster and louder than last year. Thanks to the WMAC for once again hosting the party for us.

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### **Welcome New Members**

#### **From Massachusetts:**

Kate Egnaczak - Eric Peters

Michael Wheaton - Isaac Tirrell

Heather Benlein - Laura Baran

**From Connecticut:** Ted Cowles

**Thanks for supporting the WMAC!**

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## 2011 GT Series ... Total Points "Stonehead" Awards

WMAC members in bold:

Name	Age	# races	Points
1 <b>Ted Cowles</b>	M 53	18	1,254.58
2 Scott Patnode	M 30	14	1,143.23
3 <b>Ross Krause</b>	M 31	10	951.07
4 <b>Thomas Parker</b>	M 45	14	922.32
5 Eric Wyzga	M 36	11	854.30
6 Keith Schmitt	M 43	8	726.67
7 Mike Mazzotta	M 30	8	695.66
8 Stanislav Trufanov	M 32	8	670.00
9 <b>Todd Brown</b>	M 47	9	660.27
10 <u>Kathleen Furlani</u> 1 <sup>ST</sup> F	F 63	12	616.34
11 Jim Johnson	M 34	6	577.80
12 Chris Hinch	M 43	9	575.65
13 Dorin Neacsu	M 47	9	571.65
14 Brian Rusiecki	M 32	6	568.07
15 David Loutzenheiser	M 44	7	546.22
16 <b>Will Danecki</b>	M 61	9	540.88
17 John Kinnee	M 32	6	537.19
18 Donald Pacher	M 39	6	535.21
19 <b>Ned James</b>	M 56	7	528.81
20 Bob Sharkey	M 59	7	522.30
21 David Boudreau	M 40	7	514.30
22 <b>Scott Livingston</b>	M 38	6	514.19
23 <u>Kelsey Allen</u>	F 28	6	496.71
24 Paul Young	M 46	6	493.84
25 David Herr	M 46	5	479.46
26 Chris Hayhurst	M 39	5	479.41
27 Greg Hammett	M 34	5	478.37
28 Dave Molk	M 29	6	474.62
29 John Agosto	M 47	6	469.96
30 <b>Debbie Livingston</b>	F 36	6	462.84
31 Anthony Parillo	M 27	6	444.13
32 <u>Mary Lou White</u>	F 56	10	437.13
33 Rob Hult	M 41	5	434.91
34 John Pajer	M 49	5	420.12
35 <b>George Gilder</b>	M 71	7	415.89
36 Nick Tooker	M 32	6	405.80
37 <u>Abby Mahoney</u>	F 33	5	398.20
38 Jeff Hattem	M 60	7	397.14
39 <b>Richard Teal</b>	M 33	5	396.17
40 Russell Hammond	M 51	6	396.13
41 <u>Amy Lane</u>	F 32	5	393.16
42 Ben Nephew	M 36	4	391.03
43 <b>Ashley Krause</b>	F 34	5	385.92
44 Marty Ellowitz	M 57	5	383.19
45 Richard Sugrue	M 25	6	382.53
46 Steve Forrest	M 47	5	381.19
47 Kevin Tilton	M 29	4	378.57
48 Douglas Cummings	M 50	6	372.64
49 <u>Kristine Lynch</u>	F 29	5	372.13
50 <u>Kelsey Battige</u>	F 25	6	368.53
51 <b>Barbara Sorrell</b>	F 54	7	367.99
52 Christopher Agbay	M 34	6	365.91
53 <b>Vic LaPort</b>	M 71	6	365.51
54 David Sutherland	M 49	6	363.25

55 Todd Sugrue	M 56	6	362.93
56 Tim Cote	M 35	4	358.47
57 Chris Ollari	M 41	5	355.23
58 Douglas Harvey	M 32	6	352.85
59 Andy Donovan	M 28	5	349.46
60 Tim Mahoney	M 31	4	345.91
61 <b>Bob Worsham</b>	M 66	6	342.24
62 Anthony Park	M 46	5	333.76
63 <b>Tim Drake</b>	M 51	5	332.86
64 Brian Sorrells	M 42	5	330.65
65 <u>Ania Childress</u>	F 35	6	330.25
66 Todd Bennett	M 40	4	328.76
67 <u>Patty Duffy</u>	F 43	5	326.46
68 Anthony Tieuli	M 38	5	325.52
69 <u>Sara Praguski Walsh</u>	F 32	5	323.33
70 <u>Michelle Hammond</u>	F 52	5	322.84
71 Chris Fox	M 36	4	318.51
72 John Loring	M 64	6	317.86
73 Bruce Leshine	M 50	5	317.60
74 Dave Merkt	M 27	4	317.03
75 Dave Geary	M 46	5	310.61
76 Michael Agbay	M 39	5	307.41
77 Stephen Granger-Bevan	M 26	3	294.89
78 Ken deAlmeida	M 38	4	294.42
79 Chris Dunn	M 42	4	293.67
80 Andrew Donaldson	M 43	4	293.20
81 <b>Dan Danecki</b>	M 52	5	290.97
82 Andy Illidge	M 44	4	287.42
83 <u>Lori Watkins</u>	F 46	5	285.91
84 Bob Gillis	M 56	4	285.48
85 Brad Beveridge	M 37	4	284.04
86 Matthew Haley	M 34	5	282.32
87 Tim Van Orden	M 43	3	282.18
88 <u>Brenda Morris</u>	F 45	5	281.50
89 Kenny Rogers	M 57	5	281.49
90 Dominic Wilson	M 40	4	281.23
91 Judson Cake	M 33	3	277.75
92 Robert Gazzale	M 43	4	277.06
93 Mark Dearing	M 58	4	275.28
94 Richard Mellor	M 61	5	273.20
95 Joe Hayes	M 63	5	272.06
96 <b>Bill Donovan</b>	M 57	5	271.22
97 Stephen Taylor	M 42	4	268.73
98 David Raczkowski	M 61	6	268.07
99 <b>Sherisa Sterling</b>	F 58	5	267.11
100 <b>Jennifer Ferriss</b>	F 39	5	265.72

Top 100 runners. Complete results on the Grand Tree page at....

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

*Trail Running News .....*

*Western Mass Athletic Club*

Volume 17 .... Issue 5 ..... Early Winter ... 2011

**The 2011 "Grand Tree" Trail Series**  
**New England Trail Running at its best.**

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

**Northern Nipmuck**

16 Miles ... Union, CT. ... 4 / 9 / 11

Brian Rusiecki .....32 M ..... 2:05:02  
Abby Mahoney.....33 F..... 2:30:49      *80 Finishers*  
\*\*\*\*\*

**Merrimack River**

10 Miles .... Andover, MA. ... 4 / 9 / 11

Judson Cake ..... 33 M ..... 57:35  
Abbey Gosling... .. 25 F ..... 1:12:14  
*211 Finishers*  
\*\*\*\*\*

**Muddy Moose**

14 Miles ... Wolfeboro, NH. ... 5 / 1 / 11

Kevin Tilton ... ..... 29 M ..... 1:28:51  
Princepsa Cook .....26 F .....2:05:08  
*71 Finishers*  
\*\*\*\*\*

**Seven Sisters**

12 Miles ... Amherst, MA. ... 5 / 1 / 11

Brian Rusiecki.....32 M ..... 1:47:20  
Kelsey Allen .....27 F .....2:17:20  
*247 Finishers*  
\*\*\*\*\*

**Wapack and Back**

21.5 Miles .... Ashburnham, MA ...5 / 7 / 11

Dave Herr .....46 M ..... 3:22:00  
Erica Labella ..... 31 F .....4:56:00  
*56 Finishers*  
\*\*\*\*\*

**Soapstone MT.**

14.4 Miles ... Stafford Springs, CT. ... 5 / 15 / 11

Jim Johnson ..... 34 M ... 1:36:30  
Annie Wyman .....25 F .....2:05:12  
*162 Finishers*  
\*\*\*\*\*

**Northfield MT.**

10.3 K ... Northfield, MA. ... 5 / 21 / 11

Eric MacKnight ..... 22 M ..... 36:27  
Kasie Enman ..... ..31 F ..... 40:47  
*225 Finishers*  
\*\*\*\*\*

**Greylock Trail Race**

Half Marathon ... Adams, MA. ... 6 / 19 / 11

Greg Hammet..... .33 M .... 1:42:12  
Amy Nolan .....21 F .....2:07:07  
*177 Finishers*  
\*\*\*\*\*

**Cranmore Hill**

3.87K laps. .... 3 times for men ..... 2 times for women.  
North Conway, NH. ... 6 / 26 / 11

Max King .....31 M ..... 42:21  
Kasie Enman .....31 F ..... 32:59  
*219 Finishers*  
\*\*\*\*\*

**Skyline Trail**

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

Stephen Granger-Brevan .....26 M .... 1:02:48  
Samantha Saeger ..... ..28 F .....**1:11:44 \***  
*\*New course record*      *103 Finishers*  
\*\*\*\*\*

**People's Forest**

7 Miles ... Barkhamsted, CT. ... 8 / 6 / 11

Marc Robaczynski ..... 36 M ..... **43:16\***  
**Deb Livingston** .....36 F ..... 59:02  
*Course Record \**      *65 Finishers*  
\*\*\*\*\*

**Oxford Dam**

11.5 Miles ... Oxford, MA. ... 8 / 6 / 11

Jim Johnson .....34 M .... **1:04:31\***  
**Ashley Krause** .....34 F ..... 1:22:27  
*Course Record \**      *81 Finishers*  
\*\*\*\*\*

**Savoy MT. .... Savoy, MA .... 8 / 21 / 11**

**11.1 Miles:**  
Lance Harden..... 22 M .... 1:23:23  
Abby Mahoney .....33 F ..... 1:45:02      *94 Finishers*

**22.2 Miles:**  
Greg Hammett .....34 M..... 2:57:59  
Elizabeth Faye .....28 F ..... 4:26:04  
*28 Finishers*  
\*\*\*\*\*

Continued next page:

2011 Grand Tree Series cont:

**Wapack Trail**

18.4 ? Miles ... New Ipswich, NH. ... 9 / 4 / 11

Brandon Newbould .....29 M ..... 2:26:29  
Amy Lane .....32 F ..... **3:07:09\***

61 Finishers

**Course Record\***

\*\*\*\*\*

**Curly's Half Marathon**

14.9 ? Miles.... Pittsfield, MA ... 9 / 11 / 11

Lance Harder .....24 M ..... 1:46:55  
Kelsey Allen .....28 F.....2:07:02

50 Finishers

\*\*\*\*\*

**Pisgah MT.**

23K and 50K ... Chesterfield, NH. ... 9 / 18 / 11

**23K:**

Donald Pacher .....39 M ..... 1:47:15  
Suzie Carrier . .....52 F .....2:19:38

92 Finishers

**50K:**

Dave Herr .....46 M ..... **3:41:52\***  
Amy Lane .....32 F .....**4:31:11 \***

102 Finishers

**Course Records \***

\*\*\*\*\*

**Nipmuck Marathon**

26.4 Miles .... Ashford, CT. .... 10 / 2 / 11

Ben Nephew .....36 M .....3:17:36  
Karen Benway .....39 F .....4:02:43

143 Finishers

\*\*\*\*\*

**Monroe / Dunbar Brook**

10.5 Miles ... Monroe, MA. ... 10 / 9 / 11

Tim Van Orden ..... 43 M .....1:16:54  
Kelsey Allen ... .....28 F .....1:33:17

94 Finishers

\*\*\*\*\*

**Groton Forest**

9.5 Miles ... Groton, MA. ... 10 / 23 / 11

Steve O'Brien..... 23 M .... **55:26\***  
Mary Smith .....29 F .... 1:15:21

**Course Record \***

109 Finishers

\*\*\*\*\*

**Hairy Gorilla**

Half - Marathon ... Albany, NY. ... 10 / 30 / 11

*Because of the October snowstorm the venue for this event, John Boyd Thacher State Park, mandated the cancellation of the 2011 race.*

*The race was not rescheduled for this year.*

\*\*\*\*\*

**Stone Cat**

Marathon & 50 Miles ... Ipswich, MA. ... 11 / 5 / 11

**Marathon:**

Ross Krause ..... 31 M.... 3:07:31  
Erica LaBella ..... 32 F.....4:07:50

194 Finishers

**50 Miles:**

Josh Katzman .....31 M .... 6:29:44  
Aliza Lapierre .....31 F ..... **7:06:13\***

**Course Record \***

107 Finishers

\*\*\*\*\*

**MT. Toby**

14 Miles .... Sunderland, MA. ....11 / 13 / 11

*Rescheduled from August 28<sup>th</sup> due to Hurricane Irene*

Ross Krause .....31 M .... 1:31:53  
Kelsey Allen .....28 F ..... 1:47:41

83 Finishers

\*\*\*\*\*

**Busa Bushwhack**

10 Miles ... Framingham, MA. ... 11 / 20 / 11

*Rescheduled from October 30<sup>th</sup> due to snow storm Alfred*

Stephen-Granger-Bevan ..... 26 M ..... 1:03:09  
Kim Webster.....33 F..... 1:09:23

167 Finishers

\*\*\*\*\*

## Falling Back at the Fall Back 5

by Laura Clark

The Time Change is an artificial fact of modern life, but this year it was easier to take with the return of the Fall Back 5 Trail Race at the Saratoga Spa State Park. Two weeks before, I had finally scuttled my early morning runs in the woods. We are not talking Park woods with its ambient civilization glow but Deep Woods lanterned with yellow unblinking eyes. My headlamp worked fine and I knew the way, but eavesdropping on owl conversations definitely unnerved me. With a scant mile to go the songbirds finally woke up, leaving me hollering somewhat resentfully, "You slackers!"

Now that we have officially fallen back we are granted a brief grace period. It was deliciously sinful to fall back into bed for an extra hour on race morning and depart in broad daylight to pick up Lee Czajkowski for our stint at the registration table. When I pulled in front of Lee's apartment, I busied myself with Annie's owner's manual, trying in vain to locate the section that would tell me how to reset her clock to proper fall back mode. Lee was amused. She firmly shut the booklet and proceeded to push various buttons, figuring out the entire process by trial and error. I was totally in awe. Pressing random computer keys is one thing, but manipulating dials on a moving vehicle requires an enormous amount of self-confidence. Thanks to Lee, Annie was in proper Fall Back mode well before race time.

We were granted perfect fall weather, so park officials decided to seize the day by holding registration outdoors underneath the portico. Except that it happened to be twenty degrees. I learned one thing: wearing New Balance minimalist shoes does nothing to insulate your feet from cold marble flooring. Lee, however, handled Fall Back expertly, dressing in her snowshoe registration gear. The only thing I had going for me was a pair of hand warmers salvaged from the bottom of my duffle.

With registration duties completed, I took a red caboose tour as sweep (broom not chimney) while Lee moved on to refreshment table and then to finish line. The view from the back of the pack was amazingly liberating. I did not have to worry about being late to the start. No stretching. No jockeying for position. After all, wasn't I supposed to be last? Yet I was the one runner every course marshal eagerly anticipated: the signal to pack it up and head for the chow line.



I soon discovered, however, that there was a competition of sorts for last place. As I headed out, I hooked up with Jamie

Howard, a Western Mass Club friend, who had completed Ipswich's Stone Cat Ale Marathon the previous day. Stone Cats, concocted by Mercury Brewery, are tough contenders, delighting in hidden rocks, deep, you-can't-go-around-them puddles and lots of hearty celebration afterwards. Jamie was more than ready for sweep position. Imagine! A pair of serious last place contenders.



So we decided to tour the course together, trading off and on for the coveted final spot. Jamie shoots all year long even when it is not hunting season, and it was fun to view the route from a photographer's perspective. And even more fun to do what Chief Snowshoer Edward Alibozek is always urging us to do: stop and enjoy the scenery. The new Fall Back 5 showcased previously undiscovered nooks and crannies carefully researched by Park Educator Allison Schweitzer and heretofore known only to the resident deer population. It was amazing to see how sections of the cross country course, previous Mudslinger versions and Allison's newly marked trails all pulled together, meshing into a smoothly flowing experience. There is a certain knack required to design a proper route that works with the landscape rather than aimlessly meandering around seeking to fulfill the five mile mission.

The most unique segment took us alongside the rain-swollen brook past Geyser Spouter, the East's answer to Old Faithful, over the limestone-slicked rock cemented with dark captured leaves and up and up a thirty foot tall wooden staircase. In case you were wondering, there are exactly sixty steps. Now how many of you can run and count at the same time?



*Continued next page:*



**Fall Back 5 cont:**



The journey also took us through the marsh lookout area, where Jamie and I, still contending for last position, naturally took the opportunity to mount the observation deck and search vainly for turtles who had long since fallen back into hibernation mode. We noted that the hares were already well in the lead, leaving us alone to tuff it out in the Hound of the Baskerville's prime territory. This is the section where I normally warn my companions, mainly Jen Ferriss, to tippy toe and observe radio silence. After roughly a year of humoring me, Jen was convinced that The Hound was a figment of my imagination.

On this day, however, I was vindicated. Jen, Kim Scott, Jane Mastaitis, Pam Delsignore and Maureen Roberts, traveling companionably in a Stryder Sisterhood pack, bought into the safety in numbers theory.

They learned that The Hound, bared teeth and all, likes nothing better than a careless group of mostly vegetarians. The first time Jeff and I encountered The Hound, I meekly suggested that we about face and take an alternate route. But Jeff grabbed a stick and rose to the challenge saying, "I survived two tours in Vietnam. I am not going to be defeated by a dog." We made it, but barely. Over the years, Park officials have dispatched legions of animal control officers to the scene, but to no avail. Apparently they are just as scared as we are.



Spectators are not exactly a major attraction of any trail race, but Fall Back was the exception. Mike Greenslade, in Race the Train mode, commandeered a van to drive a personalized cheering section to each road intersection, picking up any remaining course marshals once Jamie and I headed though. And on this picture perfect day, Jamie and I were never once tempted to fall back into the comfy van, eager to see where else the trail would lead us.

*Laura Clark*

*Thanks to Jamie Howard for all the above photos from along the Fall Back race course.*

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**Fall Back 5 Trail Race**

**Saratoga Spa State Park .... 11 / 6 / 2011**

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1 <sup>st</sup> overall ...Rick Bush	34 M	28:54
1 <sup>st</sup> Female ... <u>Dana Bush</u>	33 F	31:33
<u>Karen Provencher</u>	56 F	37:11
<u>Jessica Hageman</u>	36 F	37:47
<u>Maureen Roberts</u>	53 F	41:36
<u>Jennifer Ferriss</u>	39 F	41:38
Peter Finley	50 M	42:11
<b>Vincent Kirby</b>	55 M	42:46
Renee Cooper	52 M	46:11
<b>Jamie Howard</b>	46 M	1:05:14
<b>Laura Clark</b>	64 F	1:05:15

122 finishers.

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

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**Looking for some running fun this winter?**

**Checkout the snowshoe series page on the club's website and come join us for a romp in the woods with the 2012 - WMAC / Dion Snowshoe Series.**

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## Trick or Treat at Mount Greylock

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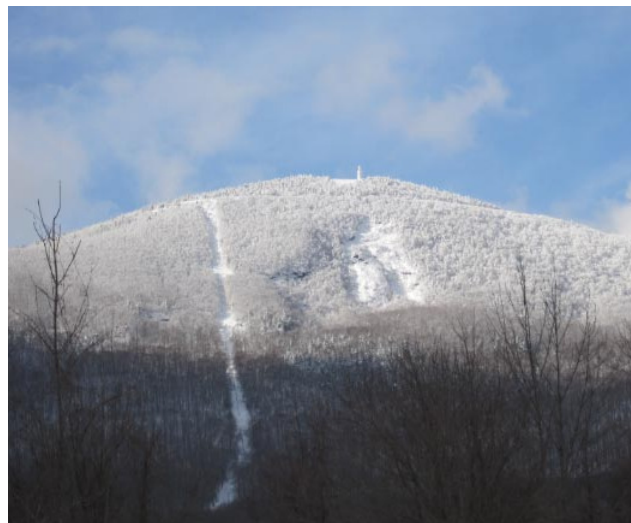
We all have a difficult time with transitions, so why should we be surprised when Mother Nature occasionally does also? The scene that greeted East coast residents Sunday morning October 30<sup>th</sup> was more reminiscent of Tim Burton's *Nightmare before Christmas* than life as we know it. The start line wavered between Halloween and Christmas with snow pumpkins, yellow frosted leaves and cars careening on worn summer treads.

Saturday night found Jeff and I monitoring outside conditions. We swore that while it wasn't snowing out the front door, it was precipitating nicely from a back porch perspective. It's a trick we picked up from our black cat Riley, who fastidiously checks both front and back doors before making a firm outside commitment. But despite our best efforts, by Sunday morning there still wasn't enough depth for a credible snowshoe experience from either side of the house.

I had been feeling down lately, worried that my "trick" knee would prevent me from snowshoeing so Jeff surprised me with an early Christmas gift—a pilgrimage to Mt. Greylock's abundant snow cover. He gave me half an hour to get ready, which was no easy task, considering we all know what happens to abandoned winter gear. We managed to piece together enough parts of outfits and amazingly Jeff, who is more casual about organization, never once cried out, "Honey, have you seen my...?"

As we headed upwards through Grafton and Williamstown, the scene grew increasingly bizarre. Jeff's car George was once more our chauffeur because Annie, reluctant to tarnish her yearly spa polish and wax treatment, elected to sleep in. Apparently folks had misplaced their long-handled snow scrapers since flying fortress cars with ten-inch wet snow packs on their roofs hurled spin-off missiles at oncoming vehicles.

I actually ducked a few times. Fortunately I was not driving. Then there was the flock of geese grounded, not in a still-unfrozen lake, but in the middle of a soccer field, their overburdened feathers apparently having reached critical mass. They seemed comfy enough but looked rather embarrassed. That was followed soon afterwards by the sight of a man shoveling off his driveway while being plummeted by falling iced leaves waiting patiently for their turn to be raked. Next door a family had decorated their lawn with a pumpkin head snowman.



Lady Greylock did not disappoint, dealing us two seasons for the price of one: knee deep snow, heavy but not impossibly slushy, accented by orange-gold foliage peeking through the sunbeams. She was her usual windy self, causing me to once more pile on unnecessary layers. Jeff and I got a terrific workout breaking through the snow, getting our heart rate up while doing what seemed to be a snail's crawl. Initially, we favored the 3.5 mile loop but without those orange flags to keep us on course, decided it would be a fine day to explore. And really, out and back in those conditions was a lot easier to handle for the first snowshoe expedition of the season.

We half expected to see Edward and Tippi rounding the bend, but we had the woods pretty much to ourselves. From the absence of tracks, it is safe to say that we were the first snowshoers on Greylock this year.

When we arrived home, I made an autumn vegetarian dinner—stuffed pumpkin, naturally. Then we baked Christmas cookies to hand out to the witches, pumpkins, goblins and all the other *Nightmare before Christmas* extras who will come knocking on our Halloween door.

Laura Clark

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## Wednesday Night Fun Runs.....

5:30 PM ... PNA Hall ... 13 Victory ST. Adams, MA.

**Join us for a run and stay for drinks and trivia afterwards. Official Club business is discussed on the first Wed. of the month.**

Trail Running News.....

Is published by the Western Mass Athletic Club.

Adams, Massachusetts

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## My Favorite Christmas Movie

by Bob Kopac

As I was recovering at home from my second hip replacement, I decided to watch my favorite Christmas movie. Lynne had gotten me the DVD version, so I was all set: 3 remote controls, 2 pillows on a chair, and a table in the living room facing the TV. It was Guy Command Central!

People get all sentimental watching their favorite Christmas movie, enjoying it year after year, and I admit I am no exception. However, what if that film dealt with running? Wouldn't that kick-start people into wanting to go out to run in the snow and ice? Makes one's heart and feet warm just thinking about it! Perhaps such a movie already existed.

I went to the Internet and searched for "Christmas movie". I found the web site:

[http://www.auburn.edu/~vestmon/christmas\\_movie.html](http://www.auburn.edu/~vestmon/christmas_movie.html) that listed many Christmas movies, but not one of them was a running film! I did find Buru Kurisumasu (Blue Christmas), which William Hohausser summarized as follows: "Set in present day Japan... UFOs appear and whom ever sees them has their blood permanently turned blue. This causes a mass panic where everyone is classified by their blood color and all the blues are cruelly discriminated against and eventually rounded up in concentration camps. In the midst of this, a romance blooms between a red and a blue..." Perhaps played by Mary Matalin and James Carville? Interesting, but not a running flick. I noticed, however, that the list was incomplete, for I did not find my second-favorite Christmas movie.

Also, Buru Kurisumasu has since been removed from the site. Perhaps other films have been left off the list, including running ones. If anyone would know of a running Christmas flick, it would be participants in the sport. I asked various local runners what their favorite Christmas movie was.

Erika Abraham said she loved Laurel and Hardy in Babes in Toyland: lots of marching, but no running. Roy Abraham's choice was Home Alone: mayhem and running around, but no real running. Jim Smith selected Miracle on 34th Street, while Lynn Smith decided on The Grinch: neither film brought to mind running, however. Lynne Kopac's preference was the 1951 version of A Christmas Carol starring Alastair Sims: lots of chain rattling but no running. Bob Rother's favorite had been Bad Santa, which was an interesting alternative, albeit with no running.

Pat DeHaven recommended A Christmas Story. I had never seen this film, so I rented the video to see if there was any running involved. The film deals with 1940s Indiana. For Christmas, Ralphie wants a genuine Red Ryder 200-shot Carbine Action Air Rifle. However, his mother says, "You'll shoot your eye out!" Meanwhile, his father wins a "major award": a glowing leg lamp, complete with fishnet stocking! The stocking could have a run, making this film a candidate for a running movie.

[ Side note: you actually can buy such a lamp on the Internet (do a search for "Christmas Story lamp") or you can build your own if you are the home-owner type

( See <http://www.ooblick.com/lamp/> web site.) If you ask, "Why would you want to?" you are not a Guy.]

I also can report that there was a lot of running in the movie, when bullies repeatedly chased Ralphie and his friends down an alley. Perhaps we could emphasize those running sequences and claim that this should be the movie of choice for runners. It is a good candidate, but it just does not compare with my favorite Christmas movie.

My choice is Die Hard. I am incredulous that more people do not think of this as a Christmas movie. The action takes place during a Christmas Eve party at the Nakatomi Plaza. John McClane (Bruce Willis) dresses the first dead bad guy in a Santa Claus hat and writes on the perp's sweatshirt "NOW I HAVE A MACHINE GUN HO-HO-HO." If that doesn't put you in the Christmas mood, nothing will! Brings a tear to my eye, I tell you. And there is a lot of running; for example, McClane sprinting on the rooftop while the bad guys fire automatic weapons at him.

Another running reference is at the beginning of the film during the following dialog: "Don't you have any Christmas music?" "This IS Christmas music!" while *Christmas In Hollis* by Run-DMC plays. (*RUN-DMC*, get it?) And yes, in case you were wondering, Die Hard is listed on the Christmas Movie web site. On learning of my choice, Jim Smith said Die Hard was his favorite Christmas movie also. Thus I will convert runners one by one.

P.S. Oh yeah, my second-favorite Christmas movie? The first Lethal Weapon movie, of course.

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## Groton Town Forest Trail Races October 23, 2011

For this year's races, the weather was cool, in the mid-50s, and overcast - nice running weather! The Nashua River was within a foot of the trail in places due to all the rain of late, but the course itself was dry with only one stream crossing. The course record was set for the second time in two years, but only two age group records were broken during this 14th annual event.

In the 9.5 mile race, Steve O'Brien, 23, of Groton, MA, beat his own course record (and the 20-29 age group record) of 57:40, set last year, with a time of 57:26. The first female was Mary Smith, 29, of Norwood, MA, in a time of 1:15:21. In the 70-79 men's age group, Vic LaPort, 71, of Clarksburg, MA, lowered the record to 1:33:41.

In the 3.4 mile race, John Wiesner of Groton, MA won in a time of 22:18. Kerri Strauss, 37, of Groton, MA was the first female across the finish line in a time of 27:30.

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Paul Funch

**Groton Forest ... 9.5 Mile Trail Race**  
Groton, MA. ... October 23, 2011

WMAC members in bold:

<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1 Steve O'Brien	M 23	MA	0:55:26	100.00%
2 Nicholas Rindenello	M 25	MA	0:58:39	94.52%
3 John Kinnee	M 32	MA	1:01:13	90.55%
4 Michael Mazzotta	M 30	MA	1:04:27	86.01%
5 Michael Barrett	M 28	NJ	1:04:31	85.92%
6 Dave Hannon	M 40	MA	1:04:55	85.39%
7 Brodie Miles	M 38	MA	1:05:59	84.01%
8 Scott Patnode	M 30	MA	1:07:04	82.65%
9 Andrew Milne	M 48	MA	1:07:09	82.55%
10 Jim Schroeder	M 44	MA	1:09:07	80.20%
11 Dave Turcotte	M 36	MA	1:10:27	78.68%
12 Allen Hall	M 46	MA	1:10:30	78.63%
13 Miroslav Tasheva	M 49	MA	1:10:38	78.48%
14 Eric Wyzga	M 36	RI	1:10:54	78.19%
15 Michael Loisel	M 33	MA	1:11:18	77.75%
16 Drew Jett	M 25	MA	1:11:37	77.40%
17 Christopher Page	M 28	MA	1:11:50	77.17%
18 Alex Parker	M 44	MA	1:12:13	76.76%
19 Eri Verter	M 26	MA	1:12:47	76.16%
20 Anthony Parillo	M 27	MA	1:13:29	75.44%
21 Marty Ellowitz	M 57	MA	1:13:41	75.23%
22 Bob Sharkey	M 59	RI	1:14:27	74.46%
23 <u>Mary Smith</u> 1 <sup>st</sup> F	F 29	MA	1:15:21	73.57%
24 Andrew Donaldson	M 43	MA	1:15:22	73.55%
25 <b>Ted Cowles</b>	M 53	CT	1:17:10	71.84%
26 Tom Barrett	M 29	NJ	1:17:38	71.40%
27 Paul Vyriotes	M 49	MA	1:17:43	71.33%
28 Domonic Naples Jr.	M 44	MA	1:17:57	71.11%
29 David Taylor	M 54	CT	1:18:04	71.01%
30 Rick Hughson	M 46	MA	1:18:27	70.66%
31 Andrew Donovan	M 28	MA	1:18:49	70.33%
32 <u>Adrienne Cyrulik</u>	F 37	MA	1:19:00	70.17%
33 Joe Beutel	M 30	MA	1:19:28	69.76%
34 <b>Thomas Parker</b>	M 44	NH	1:19:54	69.38%
35 Jeffrey Box	M 47	MA	1:20:29	68.88%
36 Lein Tung	M 51	MA	1:20:34	68.80%
37 <u>Karen Kassel</u>	F 39	MA	1:21:19	68.17%
38 Dan Sullivan	M 31	MA	1:21:36	67.93%
39 <u>Kelsey Battige</u>	F 24	MA	1:21:40	67.88%
40 Marc Petit	M 42	NH	1:21:55	67.67%
41 <u>Cheryl McFague</u>	F 44	MA	1:21:59	67.62%
42 Christopher Rogers	M 31	MA	1:22:18	67.36%
43 <u>Sara Praguski-Walsh</u>	F 32	MA	1:22:23	67.29%
44 <u>Kay Miller</u>	F 31	MA	1:22:36	67.11%
45 Doug Cummings	M 50	MA	1:22:38	67.08%
46 Kevin Dufresne	M 33	MA	1:23:01	66.77%
47 <u>Nancy Flaherty</u>	F 51	MA	1:23:31	66.37%
48 Glen Cooper	M 45	MA	1:23:33	66.35%
49 Matthew Mulrooney	M 29	MA	1:23:35	66.32%
50 <u>Michaela Corr</u>	F 26	MA	1:24:04	65.94%
51 Chris Graham	M 43	MA	1:24:31	65.59%
52 Brian Sowers	M 39	MA	1:24:36	65.52%
53 Mark Barton	M 40	NH	1:25:51	64.57%

54 Justin White	M 50	MA	1:25:54	64.53%
55 Dorin Neacsu	M 47	MA	1:26:07	64.37%
56 Thomas Guggina	M 42	MA	1:26:26	64.13%
57 Andrew LaPointe	M 31	MA	1:26:41	63.95%
58 <u>Stephanie Nephew</u>	F 35	MA	1:27:00	63.72%
59 Jay Stiga	M 38	MA	1:30:05	61.54%
60 Ming Lei	M 38	MA	1:30:07	61.51%
61 Joshua White	M 36	VT	1:30:15	61.42%
62 Ted Kennelly	M 46	MA	1:30:59	60.93%
63 <u>Cathy Tedesco</u>	F 42	CA	1:31:07	60.84%
64 Sean Regan	M 45	MA	1:32:05	60.20%
65 <u>Lisa Mair</u>	F 43	MA	1:32:05	60.20%
66 Alan Cabot	M 56	MA	1:32:18	60.06%
67 <u>Lisa Wiesner</u>	F 41	MA	1:32:46	59.76%
68 <u>Robyn Quinn</u>	F 39	MA	1:33:10	59.50%
69 Jim Quinn	M 43	MA	1:33:11	59.49%
70 Mike Barthman	M 25	MN	1:33:18	59.41%
71 <b>Vic LaPort</b>	M 71	MA	1:33:41	59.17%
72 Anthony Tieuli	M 38	MA	1:34:44	58.52%
73 Jeff Hattem	M 60	MA	1:34:51	58.44%
74 Neil Lacey	M 56	MA	1:35:53	57.81%
75 <u>Chris Morrison</u>	F 45	MA	1:36:13	57.61%
76 <u>Leslie Neville</u>	F 46	MA	1:36:13	57.61%
77 <u>Emily Sullivan</u>	F 47	MA	1:36:17	57.57%
78 Matthew Saabye	M 35	MA	1:36:20	57.54%
79 Adam Monty	M 34	MA	1:36:21	57.53%
80 <u>Sariya Saabye</u>	F 31	MA	1:36:26	57.48%
81 <u>Donna White</u>	F 51	MA	1:36:31	57.43%
82 <u>Jennifer Morlock</u>	F 42	MA	1:36:35	57.39%
83 <u>Brenda Morris</u>	F 45	MA	1:37:37	56.79%
84 <u>Kathleen Furlani</u>	F 63	CT	1:39:01	55.98%
85 <u>Kathleen Wood</u>	F 46	MA	1:39:15	55.85%
86 <u>Laura Warner</u>	F 34	MA	1:43:02	53.80%
87 John Bresnahan	M 46	MA	1:43:30	53.56%
88 Gregory Shensone	M 58	MA	1:43:30	53.56%
89 <u>Laurel Carpenter</u>	F 46	MA	1:43:46	53.42%
90 Gary Kilroy	M 67	RI	1:44:11	53.21%
91 <u>Sherisa Sterling</u>	F 58	MA	1:45:34	52.51%
92 <u>Emily Esposito</u>	F 32	MA	1:45:42	52.44%
93 <u>Carol Rittenhouse</u>	F 51	VT	1:46:36	52.00%
94 John Loring	M 64	MA	1:48:48	50.95%
95 <u>Emily Tripp</u>	F 36	RI	1:50:56	49.97%
96 <u>Vi-Anne Brown</u>	F 35	MA	1:50:57	49.96%
97 Pei Jin	M 57	CA	1:51:19	49.80%
98 Christopher Seitz	M 39	MA	1:54:15	48.52%
99 Matt Fienberg	M 41	MA	1:56:42	47.50%
100 Joe Panepinto	M 48	MA	1:56:43	47.49%
101 <u>Mary Lou White</u>	F 56	CT	1:58:14	46.88%
102 <u>Dana Mihok</u>	F 45	MA	1:58:30	46.78%
103 <u>Melinda Graham</u>	F 43	MA	1:58:31	46.77%
104 Durga Choudhury	M 43	NH	1:58:43	46.69%
105 John Hartley	M 39	MA	2:00:27	46.02%
106 <u>Judy Harris</u>	F 51	MA	2:01:27	45.64%
107 David Raczowski	M 61	CT	2:06:35	43.79%
108 <u>Cheney Harper</u>	F 35	MA	2:07:40	43.42%
109 <u>Katie Lyford</u>	F 33	VT	2:14:29	41.22%

Trail Running News.....Western Mass Athletic Club

Volume 17 .... Issue 5 ..... Early Winter ... 2011

## Stone Cat 50 ... 2011

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Because the seasonal time change wasn't scheduled to happen until 2:00 AM Sunday morning on November 6<sup>th</sup>, we were once again lined up in the dark at 6:15 AM on Saturday November 5<sup>th</sup> at the 2011 edition of the Stone Cat Marathon and 50 Mile trail races. It was 28 degrees but there was no wind so many of us were dressed in shorts but had multiple layers of tops on and of course gloves. Soon the long lines of bobbing lights were off and running across the school yard field heading for the woods. This year the marathoners were doing a loop around the field in the opposite direction so it created a really neat light show in the cold dark November morning.

As the 50 milers headed into the woods we found our selves skirting puddles and mud pits all in the first ½ mile. Little did we know how silly that would seem some 3 miles later when we had to go about 30 yards through ankle deep running water. Very cold running water I might add. So cold that many of us had to walk or even stop for a minute on the other side to catch our breath. Then we had to run with for pretty much the rest of the loop with frozen shoes and feet before we finally thawed out. Chris Reynolds told me later she thought she ran through chalk or something because her shoes were all white. It took her a few minutes to realize it was actually ice covering her shoes. The worse part was that those of us running the 50 miler had to go through the water 3 more times. I think there was a record number of marathon finishers this year because many runners who signed up for the 50 miler decided to stop after the marathon distance and only cross the water twice rather than go through it four times. I was just getting into a good running rhythm until the water slowed me down some. My laces came loose but because they were frozen solid I couldn't retie them. And because my shoes and feet were so frozen and stiff it actually hurt to run my normal pace. I was doing more of a hop – skip – and jump movement for the next hour and a half. Chris and I went back and forth, leading and following each other for the rest of the loop, all the while complaining about how lousy we were running.

So we finally finished the first 12.5 mile loop in a little over 2 ½ hours. I was somewhat thawed out at this point and was able to retie my shoes and refuel before heading out for the 2<sup>nd</sup> loop.

I decided to leave my mittens in my drop bag and just go with my thin gloves thinking that I was pretty much warmed up by now. Big mistake. Less than 10 minutes later my fingers became very cold. Pulling my long sleeves over them didn't seem to help so the only other thing I could do is put my hands into the pockets of my shorts. ( Yes, all my trail running shorts have real side pockets. ) It was a little awkward running like this but within a few minutes I was getting some feeling back in my fingers. I ran like this for several miles until my hands were warm again, and for the rest of the race I didn't have any more issues with cold hands. But, here comes the water crossing again. Even though the sun had come up it was still early morning and chilly. Just before going through the water I stopped and tied my laces real tight. I was alone this time so I blasted through the water as fast as I could, and for some reason it didn't seem to be quite as cold as the first time. Still it was cold enough. I did walk a little bit on the other side, trying to get refocused before I picked up the pace again. I didn't have

the frozen shoes this time so it made it easier to keep my rhythm going. I recovered rather quickly and finished up the 2<sup>nd</sup> loop in pretty good shape.

A quick stop at my drop bag and I'm off on to the 3<sup>rd</sup> loop. Another buddy of mine, Joe Hayes, was about 3 to 5 minutes ahead of me at the end of the second loop and I was hoping to be able to catch up to him in this 3<sup>rd</sup> loop. Joe always knows who else in the race is in his age group and plans his run accordingly. I was surprised when only a little more than a mile into the loop he jumped out at me from behind a tree along the trail. I asked him if he was trying to mug me and he just laughed. He said he was having some issues but I didn't ask about it and kept on running along. He didn't follow me and I didn't see him again the rest of the race. In fact I didn't see too many other runners the rest of the loop either. I passed 2 runners and one other passed me and that was it. I was feeling pretty good at this point and it was my best loop of the day.

When I got back to the start / finish I saw many of my friends, some of whom had only run the marathon distance, and some who had dropped down to the marathon distance sitting around in the afternoon sun sipping some of their favorite beverages.

I was so jealous of them knowing that I had at least another 2 ½ hours to go before I could join them. And I also knew that the party would pretty much be over by the time I got back. But I came here to run and so run I did. Once again I quickly re-fueled at my drop bag and was off for the final loop.

I had seen one other runner heading out for the 4<sup>th</sup> loop as I was coming in and I was again surprised to have caught up to him in less than 2 miles. I followed behind him for awhile until he stepped off the trail to make a pit-stop. As I continued past he wished me well and for the next 5 or 6 miles I ran alone.

Just before the last aid station I passed several runners who were just walking along. By this time I was mixing some walking in along with my running too. I was really feeling it in my legs but knowing I only had about 4 miles to go I did my best to ignore it. One lady who I had passed back in the 3<sup>rd</sup> loop had gotten her second wind and soon she was right behind me. We chatted a bit before she moved on ahead saying she really wanted to break 10:30. I did my best to stay with her but she was much younger and soon was out of sight. So I kept plugging along by myself and soon I was running across the school yard playing field and through the finish line. Some of my friends were still there to greet me and after I picked up my finishers jacket the lady who passed me near the end came over to thank me for pushing her to her sub 10:30 finish, and I thanked her for pulling me to my sub 10:30 finish. After changing up and waiting around a little bit longer for some of our other friends to finish we went back to the hotel to clean up. Later we met up with more friends for a terrific diner at a local restaurant. So it wasn't a great run this year, but then again any time we finish a race like this it always feels good. And spending the weekend with some of my running friends was an added bonus.

So another run is in the books and hopefully next year's Stone Cat will be a little easier than this year.

*will run*

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**Stone Cat Trail Races**  
**26.2 Miles & 50 Miles**  
**Ipswich, MA .... November 5<sup>th</sup> 2011**

Mostly Sunny -- Low of 28\* -- High of 42\*

WMAC members in bold:

**26.2 Mile Results:**

<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT%</u>
1 <b>Ross Krause</b>	M 31	MA	03:07:31	100.00%
2 Sean McDonough	M 28	MA	03:11:31	97.91%
3 Dan Verrington	M 49	MA	03:14:26	96.44%
4 Keith Schmitt	M 43	NH	03:15:56	95.70%
5 John Blouin	M 37	MA	03:21:51	92.90%
6 Brad Reed	M 28	MA	03:24:01	91.91%
7 Matthew Veiga	M 24	MA	03:27:36	90.33%
8 Aaron Price	M 34	MA	03:29:40	89.44%
9 Graham Schmidt	M 34	CA	03:31:18	88.74%
10 Ken Naide	M 39	MA	03:37:23	86.26%
11 Jason Matulewicz	M 38	MA	03:39:43	85.34%
12 Jerry Hughes	M 37	MA	03:46:46	82.69%
13 John Wozny	M 41	MA	03:52:53	80.52%
14 Mark Belanger	M 40	MA	03:53:14	80.40%
15 Wes Lassen	M 33	MA	03:53:41	80.24%
16 David Javaheri	M 40	MA	03:54:07	80.10%
17 David Boudreau	M 40	NH	03:54:47	79.87%
18 Chris Blondin	M 38	MA	03:55:00	79.79%
19 Brad Beveridge	M 37	NH	03:58:51	78.51%
20 William Jackson	M 30	MA	03:58:51	78.51%
21 Jason Hill	M 36	MA	04:01:03	77.79%
22 David Long	M 37	MA	04:02:59	77.17%
23 Ken Dealmeida	M 37	NH	04:03:13	77.10%
24 Roland Desrochers	M 43	MA	04:04:14	76.78%
25 Aaron Toleos	M 40	MA	04:05:37	76.35%
26 Dana Boudreau	M 37	NH	04:06:08	76.19%
27 <b>Erica LaBella 1<sup>st</sup> F</b>	F 32	NH	04:07:50	75.66%
28 Nicholas Whitman	M 37	MA	04:11:21	74.60%
29 Scott Davis	M 42	NH	04:12:53	74.15%
30 Nathan Augustine	M 37	ME	04:15:15	73.46%
31 Ken Goedecke	M 36	NH	04:15:44	73.33%
32 Raymond Greco	M 45	MA	04:17:21	72.86%
33 <b>Kelly Virkler</b>	F 27	NY	04:17:29	72.83%
34 Mike Toomey	M 39	MA	04:18:50	72.45%
35 <b>Thomas Parker</b>	M 45	NH	04:20:03	72.11%
36 Matthew Cirinna	M 43	NH	04:20:46	71.91%
37 <b>Abby Jackson</b>	F 31	NH	04:22:23	71.47%
38 Peter Whitman	M 41	MA	04:23:42	71.11%
39 Stuart Smith	M 40	MA	04:23:43	71.11%
40 <b>Valerie Abradi</b>	F 51	ME	04:24:08	70.99%
41 Anthony Tieuli	M 38	MA	04:26:41	70.31%
42 <b>Susan Woodmansee</b>	F 36	MA	04:27:04	70.21%
43 Thomas Campbell	M 30	MA	04:27:17	70.16%
44 Don Boire	M 35	CT	04:29:36	69.55%
45 <b>Lorrie Tily</b>	F 50	NY	04:30:53	69.22%
46 <b>Jill Conroy</b>	F 30	MA	04:31:03	69.18%
47 <b>Suzie Carrier</b>	F 52	NH	04:34:22	68.35%
48 <b>Julie Monfreda</b>	F 28	MA	04:35:33	68.05%
49 Chris Accettella	M 36	MA	04:37:53	67.48%

50 Jeff Hamilton	M 41	MA	04:37:53	67.48%
51 <b>Andrea Leonard</b>	F 47	MA	04:38:42	67.28%
52 Jay Curry	M 40	MA	04:39:10	67.17%
53 David Geary	M 46	MA	04:39:11	67.17%
54 <b>Arryn Brezinski</b>	M 39	MA	04:39:13	67.16%
55 <b>Heather Furman</b>	F 41	VT	04:40:02	66.96%
56 Barry Stone	M 27	NY	04:40:12	66.92%
57 Dan Scotina	M 56	MA	04:40:27	66.86%
58 Jack Thornton	M 47	MA	04:41:34	66.60%
59 David Morris-Barker	M 47	MA	04:42:26	66.39%
60 Michael Saporito	M 46	MA	04:42:58	66.27%
61 <b>JJ Boggs</b>	F 41	VT	04:43:46	66.08%
62 <b>Mary Costigan</b>	F 39	ME	04:44:00	66.03%
63 Tom Mitchell	M 48	MA	04:44:03	66.02%
64 Franz Buzawa	M 48	MA	04:44:09	65.99%
65 Chris Hinch	M 43	MA	04:44:12	65.98%
66 <b>Alison Phelan</b>	F 47	MA	04:44:15	65.97%
67 James Banyas	M 47	NH	04:44:17	65.96%
68 <b>Laura MacKenzie</b>	F 45	MA	04:46:29	65.45%
69 Scott Jackson	M 45	MA	04:47:17	65.27%
70 <b>Jennifer Fields</b>	F 41	MA	04:47:28	65.23%
71 Christopher Agbay	M 34	MA	04:48:26	65.01%
72 Michael Agbay	M 39	MA	04:48:26	65.01%
73 Peter Agbay	M 36	MA	04:48:26	65.01%
74 <b>Cindy Scannell</b>	F 53	CT	04:48:53	64.91%
75 Douglas Harvey	M 32	MA	04:49:20	64.81%
76 Mike Fiene	M 65	MA	04:49:21	64.81%
77 Bob Manning	M 56	MA	04:49:29	64.78%
78 Jason Bridgeo	M 40	NH	04:49:45	64.72%
79 Vance Garry	M 36	MA	04:53:16	63.94%
80 Michael Goolkasian	M 47	MA	04:53:38	63.86%
81 <b>Kathleen Karpe</b>	F 49	MA	04:54:04	63.77%
82 Luc Levensohn	M 46	MA	04:55:45	63.40%
83 <b>Kat Wood</b>	F 41	MA	04:56:06	63.33%
84 <b>Mim Lombardo</b>	F 43	MA	04:56:06	63.33%
85 Doug MacEachern	M 56	PE	04:57:44	62.98%
86 Kevin Mullen	M 54	MA	04:59:11	62.68%
87 Evan Sussman	M 32	MA	04:59:24	62.63%
88 Christopher Petersen	M 32	MA	05:00:01	62.50%
89 <b>Elizabeth Sullivan</b>	F 28	MA	05:01:33	62.18%
90 Mike Doyle	M 62	MA	05:01:34	62.18%
91 Jim Courville	M 29	MA	05:02:20	62.02%
92 <b>Patty Duffy</b>	F 43	MA	05:02:24	62.01%
93 <b>Sara Praglusi Walsh</b>	F 32	MA	05:02:27	62.00%
94 Erik Simard	M 39	MA	05:02:32	61.98%
95 <b>Jennifer Brennan</b>	F 39	MA	05:02:33	61.98%
96 <b>Deb Touchette</b>	F 56	MA	05:02:37	61.97%
97 Stephen Touchette	M 56	MA	05:02:38	61.96%
98 Jared Yaris	M 28	NH	05:02:43	61.94%
99 <b>Lana Popova</b>	F 45	MA	05:03:08	61.86%
100 Richard Leonard	M 57	MA	05:03:11	61.85%
101 Matthew Carroll	M 37	MA	05:04:32	61.58%
102 <b>Jodie OMalley</b>	F 37	MA	05:04:33	61.57%
103 Mark Siegmund	M 47	ME	05:04:44	61.53%
104 Stephen Moro	M 57	MA	05:05:02	61.47%
105 <b>William Morse</b>	M 60	MA	05:05:21	61.41%
106 Gary McCheyne	M 50	NY	05:05:32	61.37%
107 <b>Stephanie Sheridan</b>	F 45	NH	05:05:59	61.28%
108 <b>Anne Healy</b>	F 39	MA	05:07:01	61.08%

***Continued next page:***

Stone Cat results cont:

109 Mark Weidman	M 54	NH	05:07:08	61.05%
110 Brian Roderick	M 42	NH	05:09:00	60.69%
111 <u>Amy Amirault</u>	F 36	MA	05:09:32	60.58%
112 <u>Lee Ann Faessler</u>	F 40	MA	05:09:32	60.58%
113 Ben Moore	M 44	CT	05:10:28	60.40%
114 <u>Katya Divari</u>	F 49	MA	05:10:36	60.37%
115 <u>Jo Ann Peterson</u>	F 51	MA	05:14:19	59.66%
116 Dale Bob Eckert	M 55	MA	05:15:07	59.51%
117 Dustin Diedricksen	M 30	MA	05:15:31	59.43%
118 Michael Paige	M 40	CT	05:15:41	59.40%
119 <u>Brenda Murphy</u>	F 37	ME	05:17:34	59.05%
120 Brett Ashwood	M 32	MA	05:18:56	58.79%
121 <u>Tara DiMaggio</u>	F 30	MA	05:18:57	58.79%
122 <u>Kate Wheeler</u>	F 38	NH	05:19:15	58.74%
123 <u>Susan Talon</u>	F 54	ME	05:19:15	58.74%
124 <u>Lori Watkins</u>	F 46	MA	05:19:57	58.61%
125 Nathaniel Stellwagen	M 35	MA	05:20:52	58.44%
126 Wilfred Delibac	M 59	VT	05:22:39	58.12%
127 Tom Malcolm	M 55	MA	05:22:47	58.09%
128 <u>Christine Wenzel</u>	F 35	MA	05:22:54	58.07%
129 Sam Smart	M 48	MA	05:23:19	58.00%
130 George Alexion	M 52	ME	05:23:51	57.90%
131 David McDermott	M 57	ME	05:24:32	57.78%
132 Joseph Reynolds	M 67	NY	05:24:33	57.78%
133 <u>Kimberly Dwight</u>	F 41	MA	05:24:38	57.76%
134 Chris Anderson	M 43	MA	05:24:53	57.72%
135 <u>Monica Berube</u>	F 37	MA	05:27:55	57.18%
136 <u>Martha Marcucci</u>	F 45	MA	05:29:02	56.99%
137 <u>Jill Puleo</u>	F 35	RI	05:29:13	56.96%
138 Lincoln Cox	M 45	RI	05:31:06	56.63%
139 Ken Gulliver	M 47	MA	05:31:56	56.49%
140 <u>Tricia Pandolfo</u>	F 41	CT	05:33:44	56.19%
141 Jeff Hattem	M 60	MA	05:36:15	55.77%
142 Neil Lacey	M 56	MA	05:37:13	55.61%
143 <u>Sophia Darling</u>	F 36	NY	05:37:56	55.49%
144 <u>Karen Ingall</u>	F 41	NY	05:38:23	55.42%
145 <u>Bethany Couto</u>	F 26	MA	05:38:33	55.39%
146 Bill Mullen	M 63	MA	05:40:37	55.05%
147 Clarence Eckerson	M 61	MA	05:41:39	54.89%
148 <u>Shari Hewson</u>	F 49	MA	05:42:15	54.79%
149 <u>Courtney Silver</u>	F 34	MA	05:42:52	54.69%
150 <u>Emily Trespas</u>	F 40	MA	05:42:52	54.69%
151 <u>Kathey Moskal</u>	F 40	MA	05:43:18	54.62%
152 <u>Linda Fitzpatrick</u>	F 60	MA	05:44:23	54.45%
153 <u>Christine Racine</u>	F 38	ME	05:45:00	54.35%
154 <u>Denise Robertson</u>	F 50	NH	05:45:38	54.25%
155 <u>Lisa Peters</u>	F 48	NH	05:46:48	54.07%
156 Jordan Ambargis	M 49	NH	05:46:49	54.07%
157 <u>Maria Costanzo</u>	F 53	NY	05:46:51	54.06%
158 <u>Karen Pignataro</u>	F 48	NY	05:47:26	53.97%
159 <u>Kerri Moore</u>	F 41	CT	05:47:35	53.95%
160 <u>Carol Ellowitz</u>	F 50	MA	05:48:13	53.85%
161 <u>Christine Reynolds</u>	F 41	NY	05:52:16	53.23%
162 Richard Lewis	M 54	MA	05:53:35	53.03%
163 David Wells	M 50	MA	05:55:11	52.79%
164 David Anastasi	M 33	MA	05:55:45	52.71%
165 Paul Sosenko	M 54	MA	06:01:09	51.92%
166 Stu Greeley	M 58	MA	06:01:19	51.90%
167 Brett Nelson	M 43	NH	06:07:41	51.00%

168 Herbert Lin	M 55	MA	06:09:33	50.74%
169 <u>Yvette Santana</u>	F 52	MA	06:10:01	50.68%
170 Samuel Sobel	M 29	NH	06:10:10	50.66%
171 Kevin Robinson	M 55	ME	06:11:37	50.46%
172 <u>Kate Hanscom</u>	F 35	ME	06:15:13	49.98%
173 <b>Robert Scott</b>	M 57	CT	06:19:51	49.37%
174 <u>Karen McWhirt</u>	F 50	CT	06:22:38	49.01%
175 <u>Jeanne Peckiconis</u>	F 50	ME	06:22:39	49.00%
176 James Logan	M 64	MA	06:23:28	48.90%
177 <u>Ann Alexion</u>	F 54	ME	06:24:35	48.76%
178 <u>Leah Belanger</u>	F 31	NH	06:27:38	48.37%
179 Peter Belanger	M 59	PA	06:30:52	47.97%
180 Grant Boalen	M 31	NH	06:30:53	47.97%
181 Josh Robert	M 30	NH	06:30:54	47.97%
182 <u>Loni Allen</u>	F 31	NH	06:30:54	47.97%
183 <u>Dale Granger-Eckert</u>	F 59	MA	06:32:16	47.80%
184 <u>Lisa Glickenhous</u>	F 51	NY	06:33:22	47.67%
185 David Raczkowski	M 61	CT	06:36:14	47.32%
186 Paul Fiori	M 58	NH	06:41:11	46.74%
187 <u>Mary Bruno</u>	F 35	MA	06:43:02	46.53%
188 <u>Amber Woolfenden</u>	F 40	MA	06:46:05	46.18%
189 <b>Richard Busa</b>	M 82	MA	07:10:37	43.55%
190 <b>Jamie Howard</b>	M 46	NY	07:16:45	42.93%
191 <b>Art Gulliver</b>	M 72	MA	07:20:59	42.52%
192 Barry Ostrow	M 69	MA	07:25:54	42.05%
193 Richard Fedion	M 78	MA	07:45:25	40.29%
194 David Barker	M 72	CT	08:26:01	37.06%

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**37.5 Mile results ( 3 loops )**

Note - 37.5 mile GT score based on winning marathon time.

Davis Clayson	M 48	MA	07:13:36	61.90%
Nathan McBride	M 38	MA	08:00:00	55.92%
Clement Choy	M 64	VT	09:04:00	49.34%
Matthew Coonrod	M 31	VT	09:49:42	45.51%
<u>Julie Higgins</u>	F 33	MA	09:50:45	45.43%
<u>Bonnie Hallinan</u>	F 62	MA	10:08:50	44.08%
Doug Hanson	M 52	RI	10:13:21	43.76%

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**Stone Cat 50 Miles:**

1 Josh Katzman	M 31	MA	06:29:44	100.00%
2 Sebastien Roulier	M 37	QC	06:45:07	96.20%
3 Chad Denning	M 36	NH	06:56:25	93.59%
4 Samuel Jurek	M 24	MA	07:04:52	91.73%
5 <u>Aliza Lapierre</u> <b>1<sup>st</sup> F</b>	F 31	VT	<b>*07:06:13</b>	91.44%
6 David Herr	M 46	VT	07:08:43	90.91%
7 Mark Manz	M 26	NY	07:13:10	89.97%
8 Daniel Larson	M 35	MA	07:47:11	83.42%
9 Dima Feinhaus	M 48	MA	08:04:05	80.51%
10 Blaine Moore	M 31	ME	08:07:50	79.89%
11 Dave Merkt	M 27	CT	08:09:53	79.56%
12 Rowland Brucken	M 43	VT	08:10:25	79.47%
13 <u>Serena Wilcox</u>	F 32	VT	08:11:28	79.30%

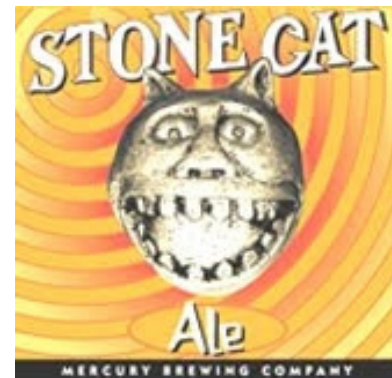
Continued next page:

Stone Cat results cont:

14 Gregory Esbitt	M 37	MA	08:12:52	79.07%
15 Greg Lowe	M 47	MA	08:14:06	78.88%
16 Giant Parlin	M 35	ME	08:17:17	78.37%
17 Marty Ellowitz	M 57	MA	08:19:38	78.00%
18 Shawn McCardle	M 43	PE	08:20:28	77.87%
19 Graham McShane	M 29	MA	08:26:10	77.00%
20 Jeff Brooks	M 41	NH	08:26:59	76.87%
21 Jodi Isenor	M 36	NS	08:29:53	76.44%
22 Zak Wieluns	M 32	ME	08:31:49	76.15%
23 <u>Nancy Kleinrock</u>	F 51	NY	08:32:48	76.00%
24 <u>Amy Lane</u>	F 32	MA	08:36:49	75.41%
25 <u>Elena Makovskaya</u>	F 31	NJ	08:42:33	74.58%
26 James Nelson	M 47	CT	08:45:35	74.15%
27 James Hughes	M 39	MA	08:52:28	73.19%
28 Greg Cartier	M 29	MA	08:52:39	73.17%
29 Neil Feldman	M 41	MA	08:52:45	73.16%
30 Bruce Giguere	M 43	CT	08:54:00	72.98%
31 Mark Kruger	M 39	MA	08:56:18	72.67%
32 Howard Tansey	M 47	MA	09:00:25	72.12%
33 Jim Robinson	M 53	NH	09:01:23	71.99%
34 Micah Hoernig	M 35	NY	09:03:54	71.66%
35 Michael Yako	M 47	MA	09:07:21	71.20%
36 Paul Young	M 46	MA	09:10:36	70.78%
37 <u>Danielle Fischer</u>	F 39	NH	09:12:02	70.60%
38 Stephen Taylor	M 42	MA	09:24:52	69.00%
39 <u>Jennifer Brooks</u>	F 32	MA	09:27:24	68.69%
40 Rob Speers	M 43	CT	09:30:09	68.36%
41 Charles Leonard	M 56	NY	09:42:22	66.92%
42 <u>Karine Comeau</u>	F 39	NS	09:43:24	66.80%
43 Pdraig Mullins	M 29	MA	09:45:06	66.61%
44 Sydney Barnes	M 39	NH	09:47:22	66.35%
45 Jim Frenette	M 47	MA	09:49:39	66.10%
46 <u>Ashley Dezen</u>	F 26	MA	09:54:08	65.60%
47 <u>Courtney Paige</u>	F 36	CT	09:55:19	65.47%
48 Doug Beaulieu	M 47	ME	09:57:43	65.20%
49 Brian Tjersland	M 44	MA	10:00:54	64.86%
50 <u>Tara Deeble</u>	F 40	MA	10:04:33	64.47%
51 Jeffrey Barriss	M 42	MA	10:04:33	64.47%
52 <u>Dana Begin</u>	F 36	MA	10:05:14	64.39%
53 Gregory Cremer	M 45	ME	10:07:59	64.10%
54 Michael Turner	M 36	NH	10:08:02	64.10%
55 Marc Petersen	M 45	AK	10:08:04	64.09%
56 Hylton Southey	M 38	MA	10:08:51	64.01%
57 Stephen Peckiconis	M 52	MA	10:09:19	63.96%
58 Andrew McLaughlin	M 57	MA	10:09:27	63.95%
59 Paul Sulva	M 41	VT	10:11:28	63.74%
60 Matt Wunch	M 36	CT	10:15:45	63.29%
61 Lance Hoenig	M 43	ME	10:17:46	63.09%
62 <u>Rebecca Burke</u>	F 36	CT	10:22:34	62.60%
63 <b>Will Danecki</b>	M 61	CT	10:26:48	62.18%
64 Keith Arnold	M 36	PA	10:34:28	61.43%
65 Andy Bowen	M 41	VT	10:37:04	61.18%
66 Steve Shaum	M 46	NY	10:37:52	61.10%
67 Sal Genovese	M 46	MA	10:38:25	61.05%
68 Ryan Couto	M 26	MA	10:40:11	60.88%
69 <u>Wendy Andre</u>	F 41	MA	10:44:35	60.46%
70 <u>Katie Warren</u>	F 31	MA	10:44:35	60.46%
71 Kenny Rogers	M 57	MA	10:44:35	60.46%
72 John Peabody	M 56	RI	10:46:39	60.27%

73 <u>Rachel Somogie</u>	F 28	MA	10:49:50	59.97%
74 Michael Sullivan	M 57	MA	10:50:20	59.93%
75 <u>Amy Sorensen</u>	F 39	CT	10:51:55	59.78%
76 <u>Michelle Roy</u>	F 41	MA	10:53:38	59.63%
77 <u>Phyllis Lowry</u>	F 45	MA	10:53:41	59.62%
78 <u>Wendy Akeson</u>	F 42	MA	10:53:42	59.62%
79 <u>Kristy Burns</u>	F 37	MA	10:58:31	59.18%
80 Justin Ellenton	M 37	MA	11:03:46	58.72%
81 Ted Darling	M 36	ME	11:05:44	58.54%
82 Matthew Manney	M 52	MA	11:07:42	58.37%
83 <u>Amy Mosca</u>	F 39	MA	11:14:03	57.82%
84 Roy Van Buren	M 49	MA	11:23:15	57.04%
85 <u>Leanne Tierney</u>	F 47	MA	11:23:15	57.04%
86 <b>Barbara Sorrell</b>	F 54	NY	11:31:27	56.36%
87 <u>Rebekah Thomas</u>	F 38	VT	11:32:10	56.31%
88 <u>Brenda Morris</u>	F 45	MA	11:32:10	56.31%
89 Chip Tilden	M42	NY	11:33:32	56.20%
90 Richard Zaunbrecher	M 58	MA	11:39:09	55.74%
91 Rob MacDonald	M 32	MA	11:42:26	55.48%
92 Joe Hayes	M 63	NH	11:49:03	54.97%
93 <u>Robin Cucinotta</u>	F 40	ME	11:53:24	54.63%
94 Jeff Lane	M 35	MA	11:55:40	54.46%
95 <u>Karen Giroux</u>	F 45	MA	11:57:41	54.30%
96 Randy Leach	M 41	MA	12:00:53	54.06%
97 Adrian Denis	M 37	MA	12:08:55	53.47%
98 <u>Jean Gillis</u>	F 37	MA	12:08:55	53.47%
99 <u>Lauren Reid</u>	F 51	MA	12:10:57	53.32%
100 Kevin Obrien	M 46	MA	12:13:25	53.14%
101 <u>Deborah Peak</u>	F 36	MA	12:13:58	53.10%
102 <u>Lynn Thornton</u>	F 41	MA	12:15:14	53.01%
103 Larry Hanson	M 57	MA	12:16:07	52.94%
104 Jim Porter	M 51	NY	12:16:33	52.91%
105 <u>Marilyn Oberhardt</u>	F 46	MA	12:24:09	52.37%
106 <u>Julie O'Mara</u>	F 40	MA	12:25:56	52.25%
107 Steven Latour	M 40	NH	12:25:57	52.25%

\* **Course record**



Check out the many Stone Cat race photos at .....

<http://www.broadreachphoto.com>



## Mt Toby ... 14 Mile Trail Race

Sunderland, MA ... November 13, 2011

Rescheduled from original Aug 28th date due to Hurricane Irene

WMAC members in bold:

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>GT %</u>
1 <b>Ross Krause</b>	M 31	1:31:53	100.00%
2 Chris Hayhurst	M 39	1:32:04	99.80%
3 Aaron Stone	M 28	1:34:16	97.47%
4 Keith Schmitt	M 43	1:38:19	93.46%
5 Marc Guillaume	M 39	1:38:41	93.11%
6 John Pajer	M 49	1:39:29	92.36%
7 <b>Scott Livingston</b>	M 39	1:41:00	90.97%
8 Brandon Mulligan	M 19	1:42:08	89.96%
9 Donald Pacher	M 39	1:41:24	90.61%
10 Scott Patnode	M 30	1:43:23	88.88%
11 Sanjay Arwade	M 37	1:45:04	87.45%
12 John McCarthy	M 33	1:45:15	87.30%
13 Ben Whitbeck	M 34	1:45:28	87.12%
14 <u>Kelsey Allen</u> <b>1<sup>st</sup> F</b>	F 28	1:47:41	85.33%
15 Eric Wyzga	M 39	1:49:01	84.28%
16 Jim Mulligan	M 46	1:51:06	82.70%
17 <b>Todd Brown</b>	M 47	1:52:08	81.94%
18 James McMahan	M 26	1:52:36	81.60%
19 Kevin John Rogers	M 28	1:52:50	81.43%
20 James Whitbeck	M 38	1:54:44	80.08%
21 Anthony Parillo	M 27	1:55:01	79.89%
22 David Loutzenheiser	M 44	1:55:33	79.52%
23 Michael McRae	M 36	1:56:09	79.11%
24 <b>Ned James</b>	M 56	1:56:49	78.66%
25 <b>Debbie Livingston</b>	F 36	1:57:23	78.28%
26 George Daniels	M 49	1:57:52	77.96%
27 Matt Reynolds	M 41	1:58:41	77.42%
28 <u>Kristine Lynch</u>	F 29	1:58:47	77.35%
29 Brian McCarthy	M 48	1:59:02	77.19%
30 Luiz Vieira	M 29	1:59:49	76.69%
31 <u>Kelsey Battige</u>	F 25	2:02:21	75.10%
32 Rich Travis	M 45	2:02:37	74.94%
33 Francis Boch	M 36	2:02:40	74.90%
34 <b>Isaac Tirrell</b>	M 29	2:02:53	74.77%
35 <b>Ted Cowles</b>	M 53	2:03:07	74.63%
36 John Lehan	M 50	2:03:15	74.55%
37 <u>Shannon Coz</u>	F 33	2:03:16	74.54%
38 Aaron Judge	M 31	2:04:31	73.79%
39 David Taylor	M 54	2:05:33	73.18%
40 Denis Childs	M 38	2:06:34	72.60%
41 Paul Ghelfi	M 44	2:06:56	72.39%
42 Russell Stroud	M 41	2:07:58	71.80%
43 <u>Patty Duffy</u>	F 43	2:08:31	71.50%
44 <u>Lisa Tambussi</u>	F 47	2:08:46	71.36%
45 Greg Monette	M 43	2:09:46	70.81%
46 Jon Endow	M 49	2:10:10	70.59%
47 Kris Murphy	M 34	2:10:17	70.53%
48 Anthony Park	M 46	2:11:21	69.95%
49 Joseph Sayles	M 29	2:14:35	68.27%
50 Brian Haley	M 48	2:15:26	67.84%
51 Todd Sugrue	M 55	2:16:25	67.35%
52 Joe Beutel	M 30	2:16:40	67.23%
53 Mark Johnson	M 53	2:17:17	66.93%
54 <b>Ed Buckley</b>	M 53	2:17:52	66.65%

55 Thomas Assumma	M 28	2:18:17	66.45%
56 George Goodridge	M 33	2:18:18	66.44%
57 Anthony Tieuli	M 38	2:19:40	65.79%
58 Harry Hayward	M 54	2:21:33	64.91%
59 Jeff Stevens	M 26	2:22:13	64.61%
60 David Sutherland	M 49	2:25:56	62.96%
61 Duffey Brian	M 40	2:26:20	62.79%
62 Jeff Hattem	M 60	2:27:05	62.47%
63 <u>Lori Watkins</u>	F 47	2:29:16	61.56%
64 Randall Dulton	M 41	2:29:34	61.43%
65 <u>Kathy Mccarthy</u>	F 53	2:29:36	61.42%
66 Carl Cignoni	M 60	2:30:24	61.09%
67 <b>Vic LaPort</b>	M 71	2:31:03	60.83%
68 <b>Vincent Kirby</b>	M 55	2:33:16	59.95%
69 <u>Kathleen Furlani</u>	F 63	2:38:17	58.05%
70 <u>Heather Murphy</u>	F 45	2:39:15	57.70%
71 Joe Flueckiger	M 43	2:46:36	55.15%
72 Richard Sugrue	M 25	2:47:05	54.99%
73 Luke Baillargeon	M 31	2:48:54	54.40%
74 Matthew Coz	M 49	2:50:09	54.00%
75 David Slack	M 53	2:52:01	53.42%
76 <u>Valerie Stevens</u>	F 31	2:52:18	53.33%
77 <u>Ania Childress</u>	F 35	2:56:47	51.98%
78 <u>Lisa Woods</u>	F 48	2:59:12	51.27%
79 <u>Mary Lou White</u>	F 56	3:08:27	48.76%
80 <u>Casey Mendrala</u>	F 22	3:20:14	65.52%
81 Paul Alvarado Santos	M 30	3:20:16	45.88%
82 <u>Ariel Bogoff</u>	F 31	3:20:16	45.88%
83 Chris Anderson	M 40	3:42:05	41.37%

### The Fat Ass 50K ( 31 miles or less )

Saturday December 31, 2011 ... 10:00 AM  
North Adams, Massachusetts

Sign up 9:00-10:00AM

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

**Weather:** Event will be held regardless of weather.

**Course:** Six 5 mile loops around the Curran Highway.

This is a community running event. All area runners are invited to participate by running as little as one loop or the whole thing. If you are running fewer than 31 miles, you can start anytime and keep some of the 50Kers company.

Runners are expected to be able to finish the 50K within 6 hours.

**Aid Stations:** Primitive - Water & Sugar at start & half way point of the 5 mile loop.

**Entry Fee:** No entry fee. No refunds! No awards. Results will be published on [www.runwmac.com](http://www.runwmac.com). All runners who complete at least 20 miles will be listed.

**Information:** Bob Dion ... [dion@bcn.net](mailto:dion@bcn.net) ... (802) 423-7537.

# Busa Bushwhack ... 10 Mile Trail Race

Framingham, MA ... November 20, 2011

Rescheduled from original October 30th date due to snowstorm

WMAC members in bold:

Name	Age	ST.	Time	GT %
1 Stephen Granger-Bevan	M 26	MA	1:03:09	100.00%
2 <b>Ross Krause</b>	M 31	MA	1:04:38	97.70%
3 Russell Johanson	M 27	MA	1:06:30	94.96%
4 Mike Mazzotta	M 31	MA	1:07:15	93.90%
5 Aaron Stone	M 28	MA	1:07:24	93.69%
6 Matthew Zanchi	M 22	MA	1:07:51	93.07%
7 <b>Scott Livingston</b>	M 39	CT	1:09:16	91.17%
8 <u>Kim Webster</u> 1 <sup>st</sup> F	F 33	MA	1:09:23	91.02%
9 Steve Levandosky	M 41	MA	1:09:29	90.88%
10 Brian Schneider	M 45	MA	1:10:33	89.51%
11 Christopher Smith	M 45	MA	1:12:18	87.34%
12 <u>Kelsey Allen</u>	F 28	MA	1:12:39	86.92%
13 Michael Urquiola	M 44	MA	1:13:18	86.15%
14 Scott Patnode	M 30	MA	1:13:24	86.04%
15 Mark Linhard	M 36	MA	1:14:22	84.92%
16 <u>Kath Hardcastle</u>	F 30	MA	1:14:24	84.88%
17 Tom Dmukauskas	M 36	MA	1:14:32	84.73%
18 <b>Ashley Krause</b>	F 34	MA	1:14:49	84.41%
19 Seamus Foy	M 33	MA	1:15:11	83.99%
20 Jose Almandoz	M 45	MA	1:15:38	83.49%
21 Eric Wyzga	M 36	MA	1:15:54	83.20%
22 David Loutzenheiser	M 44	MA	1:16:14	82.84%
23 Wayne Chan	M 34	MA	1:16:39	82.39%
24 David Javaheri	M 40	MA	1:16:48	82.23%
25 Adan Rivas	M 17	MA	1:17:01	81.99%
26 Adam Stevens	M 31	MA	1:17:21	81.64%
27 <u>Amy Lane</u>	F 32	MA	1:17:29	81.50%
28 Michael Mcrae	M 36	MA	1:17:40	81.31%
29 Marty Ellowitz	M 57	MA	1:17:49	81.15%
30 Philip Fischer	M 40	MA	1:18:40	80.28%
31 Adam King	M 34	MA	1:18:50	80.11%
32 Robijn Hage	M 40	MA	1:18:51	80.09%
33 John Wozny	M 41	MA	1:18:56	80.00%
34 Bill Terry	M 48	MA	1:19:36	79.33%
35 Nathan McBride	M 38	MA	1:19:50	79.10%
36 Tony Henderson	M 34	MA	1:19:57	78.99%
37 Adam Blasi	M 26	MA	1:19:58	78.97%
38 <b>Deborah Livingston</b>	F 36	CT	1:20:14	78.71%
39 Richard Voto	M 42	MA	1:20:16	78.67%
40 Andrew Donaldson	M 43	MA	1:20:25	78.53%
41 Joel Bargmann	M 59	MA	1:20:30	78.45%
42 Clinton Morse	M 49	CT	1:20:38	78.32%
43 Giovanni Parmigiani	M 52	MA	1:20:45	78.20%
44 Russell Morin	M 39	MA	1:20:49	78.14%
45 Alistair Ryan	M 29	MA	1:20:53	78.08%
46 <u>Kristine Lynch</u>	F 29	MA	1:20:58	77.99%
47 <u>Renee Sisti</u>	F 27	MA	1:22:17	76.75%
48 Bruce Hardy	M 41	MA	1:22:17	76.75%
49 David Hamilton	M 28	MA	1:22:42	76.36%
50 Alexander Hayman	M 25	MA	1:23:11	75.92%
51 Jeffrey Aronis	M 42	MA	1:23:13	75.89%

52 <u>Kristin Schneider</u>	F 36	MA	1:23:37	75.52%
53 David Mills	M 32	MA	1:23:47	75.37%
54 David Vital	M 28	MA	1:23:50	75.33%
55 <u>Christina Binder</u>	F 29	MA	1:24:10	75.03%
56 Sean Blood	M 40	MA	1:24:11	75.01%
57 Amin Saab	M 40	ME	1:24:53	74.40%
58 Kuangshin Tai	M 34	MA	1:25:02	74.26%
59 Stephen Cruickshank	M 47	MA	1:25:11	74.13%
60 <u>Lori Muhr</u>	F 45	MA	1:25:21	73.99%
61 John Joyce	M 56	MA	1:25:34	73.80%
62 <b>Ted Cowles</b>	M 53	CT	1:25:44	73.66%
63 <u>Adrienne Cyrulik</u>	F 37	MA	1:25:47	73.62%
64 Jon Martin	M 43	MA	1:26:23	73.10%
65 David Paul	M 41	MA	1:26:32	72.98%
66 John Schaechter	M 47	MA	1:27:17	72.35%
67 <u>Teresa Carney</u>	F 36	MA	1:27:19	72.32%
68 Glynn Hawley	M 44	MA	1:27:20	72.31%
69 Guido Jacques	M 35	MA	1:27:54	71.84%
70 <u>Ardria Cucinotta</u>	F 36	MA	1:27:57	71.80%
71 <u>Kirsten Woody</u>	F 43	NH	1:27:59	71.77%
72 John Newell	M 55	MA	1:28:14	71.57%
73 Jim Grady	M 49	MA	1:28:48	71.11%
74 Jeff Ganz	M 45	MA	1:29:00	70.95%
75 <u>Jacqueline Rosains</u>	F 37	MA	1:29:04	70.90%
76 Sean Regan	M 45	MA	1:29:39	70.44%
77 Stephen Taylor	M 42	MA	1:29:44	70.37%
78 <u>Francesca Dominici</u>	F 41	MA	1:29:49	70.31%
79 Glen Cooper	M 45	MA	1:30:11	70.02%
80 Anthony Tieuli	M 38	MA	1:30:15	69.97%
81 <u>Michaela Corr</u>	F 26	MA	1:30:25	69.84%
82 <u>Anita Bugar</u>	F 44	MA	1:30:41	69.64%
83 <u>Bree Carlson</u>	F 32	MA	1:30:53	69.48%
84 Jeffrey Lippincott	M 43	MA	1:30:54	69.47%
85 Jeffrey Mullan	M 50	MA	1:31:10	69.27%
86 Denis Larochele	M 50	MA	1:31:15	69.21%
87 Ed Finnegan	M 49	MA	1:31:19	69.15%
88 Kevin Mullen	M 54	MA	1:31:21	69.13%
89 <u>Kelly McQueeney</u>	F 41	MA	1:32:34	68.22%
90 William Foley	M 43	MA	1:32:34	68.22%
91 <u>Tracy Rabbitt</u>	F 41	MA	1:33:10	67.78%
92 <b>Thomas Parker</b>	M 46	NH	1:33:52	67.28%
93 Chris Powers	M 39	MA	1:33:54	67.25%
94 <u>Robin Cucinotta</u>	F 40	ME	1:34:17	66.98%
95 <u>Mary Slaney</u>	F 43	MA	1:34:26	66.87%
96 <u>Kate Naples</u>	F 44	MA	1:34:40	66.71%
97 <u>Kelsey Battige</u>	F 25	MA	1:34:50	66.59%
98 Simon Frechette	M 27	MA	1:35:31	66.11%
99 David Smelser	M 45	MA	1:35:51	65.88%
100 Daniel McCarthy	M 50	RI	1:36:03	65.75%
101 <u>Patty Duffy</u>	F 43	MA	1:37:00	65.10%
102 Ken Herringdine	M 31	MA	1:37:09	65.00%
103 Sarantis Parmakis	M 39	MA	1:37:12	64.97%
104 <u>Kelly Sampar</u>	F 31	MA	1:37:18	64.90%
105 David Wells	M 50	MA	1:37:44	64.61%
106 <u>Helen Carmichael</u>	F 32	MA	1:37:48	64.57%
107 Jeff Hattem	M 60	MA	1:37:59	64.45%
108 <u>Brenda Morris</u>	F 45	MA	1:38:15	64.27%
109 Jeffrey Saeger	M 61	MA	1:38:24	64.18%

*Continued next page:*

### Busa Bushwhack results cont:

110 James Levy	M 41	MA	1:38:30	64.11%
111 Jim Miller	M 54	MA	1:38:50	63.90%
112 Skip Schneider	M 42	MA	1:38:52	63.87%
113 James Pender	M 42	MA	1:38:58	63.81%
114 Thomas Smith	M 47	MA	1:39:02	63.77%
115 <u>Jennifer Martin</u>	F 45	MA	1:39:05	63.73%
116 <u>Jennifer Nicholls</u>	F 33	MA	1:39:21	63.56%
117 Brent Forester	M 45	MA	1:39:46	63.30%
118 Kenny Rogers	M 57	MA	1:39:57	63.18%
119 David Stark	M 27	MA	1:40:08	63.07%
120 <u>Rachel Zides</u>	F 41	MA	1:40:20	62.94%
121 <u>Sharon Joyce</u>	F 36	MA	1:41:34	62.18%
122 <u>Jodie OMalley</u>	F 37	MA	1:41:48	62.03%
123 <u>Megan Santosus</u>	F 47	MA	1:41:52	61.99%
124 Frank Neely Jr.	M 42	MA	1:42:05	61.86%
125 Hans Kalkofen	M 40	MA	1:42:18	61.73%
126 Mark Gillies	M 55	NH	1:42:18	61.73%
127 <u>Anna Wilkins</u>	F 33	MA	1:42:45	61.46%
128 <u>Erin O'Dea</u>	F 34	MA	1:43:58	60.74%
129 <u>Jennifer Boyden</u>	F 26	NH	1:44:35	60.38%
130 Anand Veeraiah	M 34	MA	1:44:48	60.26%
131 <u>Krystle Contini</u>	F 26	MA	1:45:08	60.07%
132 Jared Burke	M 30	MA	1:45:09	60.06%
133 Jonathan Spinale	M 36	MA	1:45:31	59.85%
134 Dan Scotina	M 56	MA	1:46:52	59.09%
135 George Silver	M 68	MA	1:47:02	59.00%
136 <u>Yvonne Yamanaka</u>	F 25	MA	1:47:28	58.76%
137 James Zou	M 26	MA	1:47:29	58.75%
138 Joe Hayes	M 63	NH	1:47:29	58.75%
139 <u>Janice Morales-Ferrer</u>	F 35	MA	1:47:36	58.69%
140 Lou Duval	M 66	MA	1:47:53	58.54%
141 <u>Jeanne Vumbaca</u>	F 49	MA	1:50:18	57.25%
142 <u>Kristin Sweeney</u>	F 59	MA	1:50:28	57.17%
143 Dominic Ambrosi	M 33	MA	1:51:02	56.87%
144 <u>Kate Weiler</u>	F 29	MA	1:51:13	56.78%
145 BANDIT BANDIT	M 39	MA	1:51:14	56.77%
146 <u>Donna Macauley</u>	F 44	MA	1:51:29	56.65%
147 <u>Martha Marcucci</u>	F 45	MA	1:52:06	56.33%
148 <u>Karin Oleski</u>	F 63	MA	1:52:36	56.08%
149 Jon Endow	M 49	MA	1:53:02	55.87%
150 <u>Monica Berube</u>	F 37	MA	1:53:48	55.49%
151 <u>Maria Binieris</u>	F 48	MA	1:54:58	54.93%
152 <u>Sandra Larkin</u>	F 41	MA	1:56:40	54.13%
153 John Loring	M 64	MA	1:56:52	54.04%
154 <u>Lisa Jackson</u>	F 45	MA	2:02:07	51.71%
155 <u>Susan T. Grubbs</u>	F 50	NH	2:02:07	51.71%
156 <u>Susan Grubbs</u>	F 44	NH	2:02:10	51.69%
157 Scott Jackson	M 45	MA	2:02:11	51.68%
158 <u>Sunnye Collins</u>	F 34	MA	2:04:45	50.62%
159 John Goldrosen	M 61	MA	2:04:59	50.53%
160 Anthony Moretti	M 41	MA	2:06:37	49.87%
161 John Hartley	M 39	MA	2:07:05	49.69%
162 Michael Rosenfeld	M 60	NH	2:07:48	49.41%
163 <u>Deena Cummings</u>	F 28	MA	2:08:03	49.32%
164 <u>Karen Colvin</u>	F 49	MA	2:11:32	48.01%
165 Dennis Desnoyers	M 41	MA	2:11:45	47.93%
166 <u>Kierstin Hunt</u>	F 33	MA	2:11:47	47.92%
167 <u>Luisa Gorske</u>	F 40	MA	2:12:28	47.67%

### 2012 DION Snowshoe Racing Series Schedule

Here is the 2012 WMAC / DION Racing Series EARLY SEASON Schedule... To check results, photos or other information on specific events, visit the "Snowshoe" page at [www.runwmac.com](http://www.runwmac.com) and click the underlined Race Event Link. Visit regularly to check for changes (Winter Weather changes things, we are flexible). The dates listed on this page are good for now, but check the individual race info often... and please contact the race directors during the week of the event if there is any doubt about the race status. Send an email to [edtrnews@yahoo.com](mailto:edtrnews@yahoo.com) to get placed on the weekly update list, where we will keep you informed (once the season starts). Thanks for being with us for our 17th season of snowshoe events!!

### Tentative Schedule for 2012

December 26, 2011	10:30 A.M.	I LOVE WOODFORD	3.0 Miles
January 01, 2012	10:30 A.M.	OPEN DATE	0.0 Miles
January 07, 2012	10:00 A.M.	TURNER TRAIL	5.0 Miles
January 14, 2012	10:00 A.M.	GREYLOCK GLEN	3.9 Miles
January 21, 2012	10:00 A.M.	BRAVE THE BLIZZARD	3.8 Miles
January 22, 2012	10:30 A.M.	CONSTITUTION HILL	3.6 Miles
January 28, 2012	11:00 A.M.	SIDE-HILLER	4.0 Mile
January 29, 2012	10:00 A.M.	CURLY'S RECORD RUN	4.0 Miles
February 04, 2012	9:00 A.M.	NORTHFIELD MTN	10 KM
February 05, 2012	11:00 A.M.	SARATOGA WINTERFEST	5 KM
February 11, 2012	10:30 A.M.	CAMP SARATOGA	8.25 KM
February 12, 2012	10:00 A.M.	HOOT TOOT & WHISTLE	3.3 Miles
February 18, 2012	10:00 A.M.	HALLOCKVILLE	3.8 Miles
February 19, 2012	9:30 A.M.	MOBY DICK	7.0 Miles
February 25, 2012	10:00 A.M.	MOODY SPRING	5.5 Miles
March 03, 2012	9:30 A.M.	HAWLEY KILN	5.0 Miles
March 04, 2012	10:00 A.M.	PINE RIDGE	6.2 KM
March 18, 2012	4:00 P.M.	CATAMOUNT SUNSET	3.0 Miles



**WMAC's Turkey Trot ... 5K Road Race**  
 Thanksgiving Day ... November 24, 2011  
 Adams, MA.

WMAC members in bold:

	<u>Name</u>	<u>Age</u>	<u>Town</u>	<u>Time</u>
1	Steve Dowsett	M 23	Pittsfield	16:54
2	Michael Shannon	M 29	Boston	16:58
3	Trevor Ciempa	M 15	Adams	17:11
4	Travis Ciempa	M 15	Adams	17:37
5	James McMahan	M 26	Hinsdale	17:49
6	Nicholas Curelop	M 23	Williamstown	17:55
7	<b>Logan Wilson</b>	M 17	Lanesborough	17:57
8	Joshua Lipinski	M 27	Pittsfield	18:02
9	Nick Fogel	M 21	Williamstown	18:15
10	Will Morissette	M 19	Adams	18:23
11	Cody Lucido	M 16	Pittsfield	18:41
12	Ryan McMahan	M 14	Dalton	18:43
13	Kyle Lawson, Jr.	M 29	Adams	18:46
14	Phil Sullivan	M 23	Lanesboro	18:46
15	Ben Carlson	M 21	Stamford, VT	18:47
16	Austin Poulton	M 16	Cheshire	18:47
17	Jackson Alberti	M 15	Dalton	18:53
18	Alex Stevens	M 16	Dalton	18:58
19	Stephen Marko	M 28	New Britain, CT	19:04
20	<u>Jacquelyn Pierce</u> <b>1<sup>st</sup> F</b>	F 22	Pittsfield	19:07
21	Tim Allard	M 25	Pittsfield	19:12
22	Jared Haley	M 13	Adams	19:16
23	<u>Jackie Lemme</u>	F 20	North Adams	19:18
24	Paul Gage	M 41	Cheshire	19:25
25	Tommy Larson	M 15	Wilmington, DE	19:57
26	Mitch Graves	M 17	Adams	20:19
27	William Kittler	M 47	Pittsfield	20:24
28	Adam Lemoine	M 18	Adams	20:38
29	<b>Isaac Tirell</b>	M 29	Dalton	20:41
30	<u>Kahla Maher</u>	F 26	Adams	21:03
31	Andy Sheldon	M 41	Williamstown	21:08
32	John Kline	M 45	Adams	21:11
33	William Colvin	M 47	Williamstown	21:17
34	<u>Kate Moretti</u>	F 24	Albany, NY	21:21
35	Andrew Musits	M 27	Albany, NY	21:21
36	<b>Joe Gwozdz</b>	M 56	Cheshire	21:22
37	<u>Jessica Chapman</u>	F 34	Williamstown	21:36
38	<b>Tim Drake</b>	M 51	Dalton	21:36
39	<u>Megan Rodowicz</u>	F 15	Cheshire	21:38
40	Adam Mark	M 25	Henniker, NH	21:41
41	<u>Lauren Galipeau</u>	F 18	Dalton	21:51
42	Mike Lucido	M 42	Cambridge	21:52
43	<u>Diane Pomeroy</u>	F 45	Pittsfield	21:53
44	<u>Sarah W. White</u>	F 38	San Fran, CA	22:01
45	<b>Dave Hall</b>	M 49	Pittsfield	22:02
46	Brendhan McDevitt	M 33	Gorham, ME	22:06
47	<b>Darrell Carlson</b>	M 52	Stamford, VT	22:10
48	<b>Scott Bradley</b>	M 56	Pittsfield	22:15
49	<b>Jeffrey Parkman</b>	M 64	North Adams	22:16
50	Chad Pause	M 38	Savoy	22:20
51	James Whittum	M 49	Williamstown	22:22
52	<u>Sarah Knight</u>	F 28	Boston	22:28

53	Bill Eagan	M 56	Pittsfield	22:31
54	<u>Rita Longworth</u>	F 25	Williamstown	22:42
55	Stephen Bugbee	M 57	Pittsfield	22:45
56	John Lahey	M 37	Hancock	22:46
57	<u>Sarah Whately</u>	F 24	Williamstown	22:47
58	Bill Lasoskie	M 48	North Grafton	22:48
59	David Haley	M 14	Adams	22:48
60	Matt Resnisky	M 40	Deep River, CT	22:51
61	<u>Meghan O'Grady</u>	F 20	Williamstown	22:56
62	Sam Prudhomme	M 17	Adams	23:00
63	Cosmo LaViola	M 29	Savoy	23:04
64	Zachary Bartie	M 17	Adams	23:07
65	Frank Krol	M 36	Peru, MA	23:07
66	Jeremy Hertzog	M 39	Jackson, WY	23:09
67	Pete Cole	M 42	Pittsfield	23:10
68	Blake Gaylord	M 16	Cheshire	23:12
69	<u>Sharon Rosenthal</u>	F 24	Adams	23:15
70	<u>Susan Torchia</u>	F 21	Adams	23:15
71	Steve Rondeau	M 53	North Adams	23:16
72	Brandyn Lucido	M 23	Pittsfield	23:16
73	<u>Sheila J. Niedeck</u>	F 50	Lenox	23:17
74	Sam Carlson	M 18	Stamford, VT	23:20
75	Steve Tomkowicz	M 48	Williamstown	23:22
76	Ryan Kordana	M 19	Adams	23:25
77	<b>Heather Benlein</b>	F 37	Dalton	23:26
78	<u>Becca Hall</u>	F 19	Pittsfield	23:31
79	<u>Laura Baran</u>	F 41	North Adams	23:37
80	Josh Hasty	M 37	Pittsfield	23:42
81	<u>Audrey Witter</u>	F 47	North Adams	23:43
82	Doug Schiazza	M 40	Adams	23:44
83	James R. Loughman	M 45	Adams	23:46
84	Adam Kirby	M 35	Pittsfield	23:48
85	<u>Ashley Glenn</u>	F 26	Easthampton	23:49
86	Nate Jette	M 13	Adams	23:51
87	<u>Kalyn Alibozek</u>	F 15	Adams	24:02
88	<u>Hannah Folino</u>	F 14	Adams	24:03
89	<u>Audrey Hartley</u>	F 34	Pittsfield	24:04
90	<u>Mollie Mark</u>	F 32	Henniker, NH	24:06
91	<b>Mike Lahey</b>	M 60	Adams	24:08
92	Timothy Morey	M 54	Adams	24:14
93	<u>Megan Bantle</u>	F 19	Adams	24:18
94	Jonathan Shears	M 27	West Springfield	24:20
95	<b>Shane Kushi</b>	M 12	Pittsfield	24:28
96	Geoff Marian	M 26	Somerville	24:33
97	<u>Maria Giacoletti</u>	F 15	Pittsfield	24:33
98	<u>Jennifer Lafond</u>	F 40	Douglas	24:34
99	<u>Jordanne Wotkowicz</u>	F 17	Adams	24:35
100	<u>Sarah Glendon</u>	F 32	Brooklyn, NY	24:37
101	<u>Cate Lecuyer</u>	F 29	South Boston	24:38
102	<b>Jodie Lahey</b>	F 33	Savoy	24:41
103	John Soules	M 32	Pittsfield	24:47
104	<u>Kaylyn Kern</u>	F 27	Pittsfield	24:50
105	David Sookey	M 55	Adams	24:51
106	<b>Diane Pytko</b>	F 54	North Adams	24:52
107	Bernie Mack	M 63	Pittsfield	24:52
108	David Jenkins	M 39	Arlington, VA	24:54
109	Joseph Crane	M 56	Saunderstown, RI	25:00
110	Evan Delmolino	M 14	Adams	25:02

*Continued next page:*

TurkeyTrot cont:

111 <u>Trisha Carlson</u>	F 47	Stamford, VT	25:10
112 <u>Sophie Carnes</u>	F 21	Pittsfield	25:12
113 Paul Marszalek	M 50	Adams	25:13
114 <u>Holly Hayer</u>	F 36	Adams	25:14
115 Paul McKeever	M 52	Lanesboro	25:14
116 <u>Lisa Nowicki</u>	F 30	Englewood, CO	25:15
117 <b>John Aldrich</b>	M 53	Dalton	25:25
118 <u>Danielle Glenn</u>	F 20	Easthampton	25:29
119 <u>Samar Habl</u>	F 36	Lenox	25:31
120 Don Sommer	M 57	Adams	25:35
121 <u>Ellie Field</u>	F 11	Adams	25:38
122 Mike Anderegg	M 45	Sudbury	25:40
123 Bob Lucido	M 45	Becket	25:41
124 <u>Francine Scialabba</u>	F 37	Adams	25:43
125 Peter Morey	M 52	New York, NY	25:48
126 Rob Armata	M 30	Danville, NH	25:50
127 <u>Destiny Crews</u>	F 14	North Adams	25:51
128 <u>Zoe Loughman</u>	F 14	Adams	25:58
129 <u>Markie Apple</u>	F 19	Pittsfield	26:01
130 <u>Marcia Anderegg</u>	F 49	Sudbury	26:08
131 <u>Shauna Love</u>	F 16	Pittsfield	26:10
132 <u>Jennifer LaForest</u>	F 37	North Adams	26:12
133 <b>Carmel Kushi</b>	F 42	Pittsfield	26:13
134 <b>Oliver Kushi</b>	M 11	Pittsfield	26:14
135 <u>Christine Tower</u>	F 25	North Adams	26:15
136 <u>Lois Teem</u>	F 50	Pittsfield	26:16
137 <u>Laurie Therrien</u>	F 45	Adams	26:17
138 <u>Silvana Kirby</u>	F 35	Pittsfield, MA	26:21
139 <u>Ellen Dooley</u>	F 37	Catonsville, MD	26:23
140 <b>Thane Preite</b>	M 14	North Adams	26:35
141 <u>Allison Wheeler</u>	F 15	Adams	26:41
142 <u>Catherine Marceau</u>	F 15	North Adams	26:41
143 <u>Alyson Alibozek</u>	F 14	Adams	26:42
144 <u>Sydnee Gallup</u>	F 14	Cheshire	26:42
145 <b>Vic LaPort</b>	M 71	Clarksburg	26:43
146 Adam Tarsa	M 22	Adams	26:47
147 <u>Stephanie Therrien</u>	F 21	North Adams	26:56
148 Chad Hutchinson	M 33	Rochester, NY	26:57
149 Steven Lamontagne	M 32	Adams	26:58
150 Joe Dobrowolski	M 53	Reading, PA	26:58
151 Barbara McMahan	F 49	Dalton	26:59
152 Chuck Roberts	M 55	Williamstown	27:00
153 Kevin Kordana	M 45	Cheshire	27:01
154 Stan Serafin	M 58	Cheshire	27:02
155 <b>Claudine Preite</b>	F 45	North Adams	27:04
156 <u>Karen LeBeau</u>	F 53	Adams	27:06
157 <u>Erika Snyder</u>	F 29	Cheshire	27:08
158 Scott LeBeau	M 54	Adams	27:09
159 Christopher Eliadi	M 34	Medway	27:09
160 <u>Mary Wilk</u>	F 18	Cheshire	27:11
161 <u>Emily Rodowicz</u>	F 18	Cheshire	27:12
162 <u>Amanda Ely</u>	F 15	Pittsfield	27:13
163 <u>Terry Miller</u>	F 60	Cheshire	27:17
164 <b>Jacqueline Lemieux</b>	F 45	Williamstown	27:19
165 <u>Caitlin Serafin</u>	F 26	Pittsfield	27:27
166 <u>Christine Arace</u>	F 38	Pittsfield	27:28
167 <u>Tina Lamarre</u>	F 37	North Adams	27:39
168 <b>Karin Bradley</b>	F 54	Pittsfield	27:40
169 <b>Ed Alibozek</b>	M 72	Adams	27:47

170 Peter Esposito	M 46	Orlando, FL	27:48
171 <u>Jennifer Civello</u>	F 34	North Adams	27:50
172 <b>Eric White</b>	M 70	Williamstown	27:53
173 <u>Madison Benlein</u>	F 11	Dalton	27:56
174 <u>Ashton Goyette</u>	F 12	Adams	27:59
175 <u>Carah Cote</u>	F 12	Adams	28:00
176 <u>Tammy Kelley</u>	F 36	Bourne	28:01
177 <u>Marissa Felten</u>	F 14	Cheshire	28:03
178 <u>Anastasia Edwards</u>	F 9	Forest, VA	28:05
179 <u>Elena Edwards</u>	F 46	Forest, VA	28:12
180 <u>Aubrey Murdock</u>	F 27	Pittsfield	28:12
181 <b>Marty Glendon</b>	M 65	Windsor	28:15
182 <u>Erika Lucia</u>	F 16	Adams	28:24
183 Nicholas Civello	M 36	North Adams	28:34
184 <u>Gail Sookey</u>	F 47	Adams	28:36
185 <u>Julie Gardner</u>	F 40	Lanesboro	28:37
186 Michael Higgins	M 31	Lanesboro	28:41
187 Tim Garner	M 53	Cheshire	28:44
188 <u>Megan Richardson</u>	F 14	Adams	28:45
189 Anthony Arace	M 11	Pittsfield	28:47
190 <b>Eric Peters</b>	M 37	Pittsfield	28:53
191 <u>Alice Andrews</u>	F 46	Hanover, NH	28:56
192 Jason Leja	M 40	Adams	28:57
193 Jason Burdick	M 31	North Adams	28:58
194 <u>Sherrie Tower</u>	F 41	Cheshire	29:05
195 Ryan Baran	M 10	North Adams	29:16
196 <u>Aimee Boesse</u>	F ??	Adams	29:17
197 <u>Kristin Irace</u>	F 31	Readsboro, VT	29:21
198 Daniel McMahan	M 48	Dalton	29:29
199 James Wells	M 20	Boston	29:30
200 <u>Cathleen Morey</u>	F 51	Adams	29:32
201 <u>Jennifer Kennedy</u>	F 44	Wilmington, DE	29:35
202 <u>Caroleena Zervas</u>	F 30	Pittsfield	29:36
203 <u>Becky Goyette</u>	F 40	Adams	29:37
204 William Ryan	M 25	Quincy	29:38
205 <b>Christine Alberti</b>	F 45	Dalton	29:42
206 <b>Bill Glendon</b>	M 65	Dalton	29:48
207 <u>Jennifer Jaehnig</u>	F 38	Pittsfield	29:54
208 <u>Sarah Hadley</u>	F 33	Williamstown	29:57
209 William Keen	M 64	Adams	29:58
210 <u>Robin VanBramer</u>	F 42	North Adams	30:05
211 <u>Laurie Rondeau</u>	F 53	North Adams	30:10
212 <u>Catie Burke</u>	F 37	Dalton	30:12
213 David Witherell	M 39	North Adams	30:12
214 <u>Lisa Biros</u>	F 27	Adams	30:13
215 <u>Kathleen Youg</u>	F 23	Dalton	30:35
216 <u>Teresa Spangler</u>	F 47	Arlington	30:35
217 <u>Kaleigh Potter</u>	F 25	Adams	30:36
218 <u>Linda Garner</u>	F 51	Cheshire	30:47
219 <u>Lindsay Serafin</u>	F 20	Cheshire	30:48
220 <u>Mackenzie Loewen</u>	F 15	Marblehead	30:51
221 <u>Tristanne Chalmers</u>	F 29	Adams	30:52
222 <b>Brian Benlein</b>	M 38	Dalton	30:53
223 <u>Jennifer Maxwell</u>	F 32	Cheshire	30:53
224 <u>Susan J. Williams</u>	F 57	Lanesboro	30:58
225 Martin Loughman	M 13	Adams	31:00
226 <u>Bernadette Lupo</u>	F 31	Adams	31:02
227 <u>Bianca Trzcinski</u>	F 30	Adams	31:16
228 <u>Allie Gibeau</u>	F 12	Clarksburg,	31:17

Continued next page:

**Turkey Trot cont:**

229 <u>Nicole Alarie</u>	F 19	Adams	31:20
230 Brain Alarie	M 48	Adams	31:23
231 <u>Marnie Sommer</u>	F 29	Adams	31:24
232 <u>Julie Wells</u>	F 28	Pittsfield	31:31
233 <u>Sheryl Gibson</u>	F 42	North Adams	31:34
234 <u>Bethe Resnisky</u>	F 31	Deep River, CT	31:39
235 <u>Darcie Bellows</u>	F 38	Clarksburg	31:42
236 <u>Bethany Frye</u>	F 20	Adams	31:45
237 Oliver Loewen	M 58	Marblehead	31:49
238 <u>Teri Fortini</u>	F 31	Adams	31:51
239 <u>Michelle Mercier</u>	F 37	Adams	31:53
240 <u>Terri Armata</u>	F 60	Bennington, VT	31:57
241 Peter Z. Armata	M 36	Westford, VT	31:59
242 Owen Spangler	M 12	Arlington	32:07
243 <u>Andrea Stump</u>	F 31	Adams	32:09
244 <u>Kristine Haley</u>	F 42	Adams	32:10
245 <u>Jessica Floyd</u>	F 37	North Adams	32:15
246 <u>Esther Balardini</u>	F 42	Dalton	32:20
247 Thomas Balardini, Jr.	M 48	Dalton	32:27
248 Michael Lipton	M 37	Pittsfield	32:28
249 Rob Coco	M 40	Pittsfield	32:37
250 <u>Laurie Cole</u>	F 31	Pittsfield	32:39
251 <u>Debra Wechter</u>	F 36	Dalton	32:50
252 <u>Bernie Kennedy</u>	F 53	Pittsfield	32:50
253 Michael Pereira	M 45	North Adams	33:11
254 <u>Melissa Moon</u>	F 38	Cheshire	33:12
255 <u>Tanya Malloy</u>	F 36	Adams	33:14
256 <u>Danielle Gibeau</u>	F 15	Clarksburg	33:15
257 <u>Jessica Tatro</u>	F 30	Stamford, VT	33:17
258 <u>Jessica Martel</u>	F 26	Adams	33:18
259 <u>Renee Eastman</u>	F 43	North Adams	33:19
260 <u>Whitney Sawicki</u>	F 25	S. Weymouth	33:20
261 Bob Lafond	M 39	Douglas	33:22
262 <u>Pat Conroy-Shepley</u>	F 51	Adams	33:29
263 <u>Kelsey Shepley</u>	F 24	Dalton	33:54
264 <u>Shelley O'Dowd</u>	F 42	North Adams	33:54
265 <u>Michelle Wahrle</u>	F 42	Cheshire	33:59
266 Scott Frye	M 49	Adams	34:13
267 <u>Bonnie Senecal</u>	F 47	Cheshire	34:14
268 Braeden Delmolino	M 10	Adams	34:18
269 David Delmolino	M 37	Adams	34:30
270 Richard Sadlowski	M 53	Adams	34:31
271 Jason Hnatanko	M 34	Adams	34:39
272 <u>Alicia Loughman</u>	F 9	Adams	34:54
273 <u>Claire Gravel</u>	F 44	North Adams	35:50
274 <u>Debbie Gibeau</u>	F 42	Clarksburg	35:54
275 <u>Rachel Tomkowicz</u>	F 44	Adams	36:27
276 <u>Lucy Spangler</u>	F 9	Arlington	36:29
277 <u>Amber LaFontaine</u>	F 32	Adams	37:04
278 Bobby Chalmers	M 32	Adams	37:09
279 Ron Spangler	M 46	Arlington	37:09
280 <u>Kris Frye</u>	F 43	Adams	37:12
281 <u>Lindsay Glotzer</u>	F 22	Washington, D.C.	37:40
282 <u>Kristina Esposito</u>	F 30	New Britain, CT	38:05
283 Jared LaBonte	M 9	North Adams	38:06
284 <u>Barbara LaBonte</u>	F 44	North Adams	38:07
285 <u>Lisa Loomis</u>	F 46	North Adams	38:09
286 <u>Casey Alcombright</u>	F 30	North Adams	38:15
287 <u>Lauren Gogan</u>	F 33	Pittsfield	38:15

288 <u>Emily Cruz</u>	F 12	Adams	39:42
289 <u>Lisa Cruz</u>	F 33	Adams	39:42
290 <u>Penny Burke</u>	F 50	Saunderstown, RI	39:42
291 <u>Aimee Marko</u>	F 25	Buffalo, NY	42:31
292 Mike Collins	M 27	E. Greenbush, NY	42:34
293 <u>Sarah Rougeau</u>	F 24	Adams	42:40
294 <u>Emileigh Pause</u>	F 6	Savoy	43:37
295 <u>Tina Pause</u>	F 38	Savoy	43:38

***Mystery Photos***



*Did you guess where this pond is in this mystery photo from the last newsletter? If you guessed it's in the Pittsfield State Forest in Pittsfield, MA. and we run past it in the Curly's Half-Marathon race then you were right.*

*Bob Worsham was the first one with the correct answer.*



*Here is this issue's mystery photo.*

*So the question is ... what's the name of the race that has us running through here and where is it?*

*Here's a clue, an Ivy League college with plenty of aid.*

## Priceless

I've always tried to go by the rule where you don't drive longer than you'll run. Meaning you don't drive 2 or 3 hours to run a 1 hour race. There are a few exceptions of course, mostly with the snowshoe races. It takes me about 2 ½ hours to get up to the Adams area and since most of the snowshoe races are pretty short I finish them in way less than half that time.

The difference is I'm really up that way visiting family for the weekend and it just so happens that a race is going on also so I can kill 2 birds with one stone. ( Figure of speech only ).

This past year I've added another rule to my "Rule of Thumb" list. This one has to do with price. It's certainly no secret that everything costs more these days so it shouldn't be a surprise that race entry fees have gone up also. But for me at least there has to be some line drawn in the sand that separates acceptable and reasonable entry fees from just plain ridiculous ones. First I'd like to say that I came up with this rule mostly because of some road races that I have run in the past. A certain half-marathon not far from my house wanted \$50.00 this year to run in it. Let's see, 50 divided by 13.1 comes out to a little over \$3.81 per mile. Way too much for me. So after running in it for the last 15 years, Sayonara!

Another half marathon near me was up to \$35.00 for early entry and \$40.00 for everyone else. That comes out to \$3.05 per mile for the \$40.00 entry. Arrivederci!

A 10 mile trail race over in New York that I have run more than 11 times went up to \$37.00 this year. Two years ago it was \$30.00 and last year it was \$35.00. I hemmed and hawed over it last year but went anyway. But not this year. This one is a no brainer with easy math. \$37.00 divided by 10 = \$3.70 per mile. Hasta La Vista! ( Baby )

So you say, how about some of the trail races on the GT circuit? The one that raised the most eyebrows this past year was the Nipmuck Marathon and the \$50.00 entry. But if you remember right it was actually raised to \$50.00 a year or 2 ago. The difference was we got a \$1.00 discount for each year we ran it so most us got ten dollars or more off the price. This year with new race directors there was no discount. We paid the full price and it came with a shirt whether you wanted one or not. Maybe next year they might offer a lower price without a shirt option and that might make more people happy. But then again even at \$50.00, it comes out to less than \$2.00 per mile so I'm okay with that.

The two 50 milers I ran this year cost me \$75.00 each to enter. That's only \$1.50 per mile, well within my rule of thumb limits. Of course that doesn't include the price of the trip, hotel, and food, but I rack that cost up to the adventure itself and not just the race entry. Spending a nice weekend with some of my running friends is still priceless to me.

So I guess there will always be a few exceptions, but after 28 years of running and hundreds of races I'm not too worried about missing out on something. Sometimes I have much more fun on a nice long training run. Then the price is always right!

will run

## 2011 Bimblers Bluff 50K October 24, 2011 ... Guilford, CT.

<u>Name</u>	<u>ST.</u>	<u>Age</u>	<u>Time</u>
1 Brian Rusiecki	MA	M 30-39	04:14:39.0
2 Eric Ahern	CT	M 30-39	04:34:29.0
3 Christopher Cappellini	MA	M 40-49	04:53:00.0
4 Peter Duyan	OR	M 30-39	04:59:52.0
6 Bill Nadeau	CT	M 30-39	04:59:52.0
7 Daniel Davenport	CT	M 30-39	05:00:15.0
8 Joe Grabicki	CT	M 30-39	05:01:49.0
9 <u>Amy Lane</u> 1 <sup>st</sup> F	MA	F 30-39	05:07:29.0
10 Kevin Cox	CT	M OPEN	05:08:38.0
11 Jason Griffith	WV	M 40-49	05:09:40.0
12 Scott Slater	CT	M 30-39	05:15:27.0
19 Thomas Buckley	CT	M 50-59	05:34:53.0
29 <u>Michele Hammond</u>	CT	F 50-59	05:54:54.0
44 Joseph Laskey	CT	M 40-49	06:17:01.0
49 <u>Amy Sorensen</u>	CT	F 30-39	06:22:34.0
54 Curt Pandiscio	CT	M 50-59	06:32:24.0
63 <u>Sarah Slater</u>	CT	F 30-39	06:40:56.0
80 Douglas Lord	CT	M 40-49	06:59:49.0
81 Charles Gadol	NY	M 50-59	07:02:28.0
87 Joe Brown	NY	M 50-59	07:09:31.0
88 Stewart Duffield	NY	M 50-59	07:09:31.0
95 <u>Elaine Romano</u>	CT	F 50-59	07:14:49.0
97 <b>Ron Starrett</b>	CT	M 40-49	07:15:33.0
127 <u>Lisa Pritchard</u>	CT	F 40-49	08:58:19.0
128 <u>Fernanda Jacobs</u>	CT	F 40-49	08:58:20.0
129 <u>Caroline Williams</u>	VA	F 40-49	09:16:22.0
132 Frank Bartocci	MN	M 60+	09:30:13.0

139 Starters – 132 Finishers ..... complete results at ....

<http://mrbimble.com/WordPress/2011/10/2011-bimblers-bluff-50k-results/>

*The 2012 WMAC / Dion Snowshoe Series is Scheduled to start just after Christmas, depending on snow that is. Come join us for some winter fun on some of the same trails we run on in the summer along with the same cast of characters from the trail series. Loaner snowshoes are available for a small fee so you can try some snowshoe racing to see if you like it before buying a pair.*

*Checkout the snowshoe page on the club's web-page for more info and for links to the snowshoe races.*



*See you when the snow falls!*

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

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

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

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\_\_

OTHER \_\_\_\_\_

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