



Trail Running News ...Western Mass Athletic Club

Volume 17 Issue 4 Mid Autumn 2011

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Monroe

Turkey Trot Entry

WMAC's Christmas Party

And Plenty More It's All Inside!

Up n' Coming Events:

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

www.runwmac.com

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Savoy Dilemma

by Laura Clark

I was confronted with an unfamiliar dilemma at Savoy this year: whether to pretend I was up to 22 miles or to simply save my \$5 and settle for the 11 miler. Either way I would still achieve Grand Tree points. So what was the problem? Other than personal pride and a desire to live in the past, not a thing.

I had hoped that by this time my twisted knee would simply have healed itself, and I would once again be off and running. But no such luck. Despite having a fairly good knee day as things go, I was frustratingly slow and justifiably cautious, knowing that a single slip could send me months backward on the narrow path to Wellsville. Plus, pain is no fun. Despite my new mantra, "Pain is inevitable, suffering is optional," when confronted with reality, mental preparation is not all it's cracked up to be.

Still, ever optimistic, Annie and Jen Ferriss and I began our journey. Jen came equipped with beach towel and beach book, cheerfully resigned to spending hours waiting for me to complete my final loop. You really know who your friends are when they don't whine and scold but just hunker down for the duration. Annie is pretty much stuck but Jen could at least have hitchhiked back with Karen Provencher. But she didn't.

We arrived early enough to have parking options: either halfway down the front row or directly next to the path to the registration area. To the quick thinkers, this would have seemed like a no-brainer; the deep thinkers among us can already see where I am going. There is delayed payback for the easy access convenience when it is time to change grungy race clothes. Worsham would consider this a plus, but I had my reservations. Really, though, who was I kidding? How many people would be left by the time I finished? Inevitably, convenience won out. Plus, Annie liked being front runner in the parking lot lineup. Who was I to deny her a moment of glory?

Before we took off, Race Director Rob Higley announced that the mud was good for Savoy. Back in the day, I remember being coated in mud just trekking to the registration area, so anything better than that is a plus. Sure, there were muddy patches, but most of these you could pretty much skim over. The only catch was that there was the occasional disguised soft spot that would suck you down. Sort of like post holing this year at Moby Dick Snowshoe Race.

I couldn't help but wonder, though, what the first-timers thought about us. From their perspective, or in any other race for that matter, it would seem as if there was a lot of the gooey stuff to contend with. Did they think this was some sort of weird initiation rite or that we had a warped sense of humor? Perhaps, but in this case, Rob was telling the truth: the mud was merely an interruption rather than a miles-long fact of life.

This new version of Savoy has everything we have come to expect from a WMAC trail race: Escarpment type rock climbs, mud, single track, carriage roads, blackberries (yum!), and beautiful woods. But it also seems to have something not many races can lay claim to: its own version of the Bermuda Triangle. Last year, I just know I negotiated all the tricky spots correctly, but on my second loop I was way ahead of folks who I previously had been behind.

This year too, I distinctly recalled getting passed by a lady in a purplish shirt.

Continued next page:

Savoy Dilemma cont:

I remember this because it was a somewhat unusual shade and I wanted to ask her where she bought it except that she didn't stay still long enough.

After I crossed the line, ate some food, muddied Jen's beach blanket and came back from my lake dunk, there she was, just completing her race. How had I managed to pass her without knowing it? It's not like there were a lot of folks out there.

On the way to the finish I played games with myself. Last year I clocked a 6:02 so I figured that if I rounded the first eleven miles in close to three hours, it would be reasonable to continue. Of course, three hours came and went and I was still out there enjoying the day. Wish I could have enjoyed it a tad faster. There's a limit as to how long volunteers should be expected to continue volunteering and I had definitely passed that point.

My decision was confirmed fifteen minutes later when the skies opened up and the rains came. While physically I didn't feel all that bad, this was not one of those Zip-A-Dee-Doo-Dah races where the butterflies led the way and the song birds acknowledged my efforts. However I am looking forward to the Greylock Uphill Road Race on Labor Day . Uphill is kinder on knees.

Hope springs eternal.

Laura Clark

Savoy MT. Trail Races **22 Miles ... 11 Miles ... 4 Miles** Aug. 21, 2011

Savoy MT. State Forest ... Savoy, MA. ... 8 / 21 / 11
Sun & Clouds ... Warm & Humid ... Thunder Storm...Low 80's

WMAC members in bold:

22 Mile Results:

<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>½ Way</u>	<u>Total Time</u>	<u>GT %</u>
1 Greg Hammett	M 34	NH	1:24:15	2:57:59	100.00%
2 David Herr	M 46	VT	3:10:43	93.32%
3 George Adams	M 41	NH	1:35:07	3:14:16	91.62%
4 Keith Schmitt	M 42	NH	1:35:32	3:21:04	88.52%
5 Mike Mazzotta	M 30	MA	1:34:54	3:30:13	84.67%
6 David Molk	M 29	MA	1:40:59	3:33:13	83.48%
7 Paul Young	M 46	MA	1:35:56	3:41:20	80.41%
8 Scott Slater	M 33	CT	1:47:50	3:46:18	78.65%
9 Rich Teal	M 33	NY	1:41:01	3:48:54	77.76%
10 John Pajer	M 48	MA	1:46:47	3:53:24	76.26%
11 Steve Forrest	M 47	MA	1:42:52	3:54:42	75.83%
12 Michael Reed	M 29	MA	1:53:27	3:55:41	75.52%
13 Mark Staples	M 42	MA	1:55:19	4:05:37	72.46%
14 Marty Ellowitz	M 57	MA	4:06:42	72.15%
15 Robert Gazzale	M 43	VT	1:56:59	4:15:20	69.71%
16 Nick Tooker	M 32	MA	1:58:25	4:20:36	68.30%
17 Ted Cowles	M 52	CT	1:59:22	4:22:29	67.81%
18 Nikolas Rogers	M 39	NY	1:56:33	4:23:59	67.42%

19 <u>Elizabeth Faye</u>	1st F 28	MA	2:03:08	4:26:04	66.89%
20 <u>Sarah Slater</u>	F 33	CT	2:11:22	4:39:09	63.76%
21 Rob Amatruda	M 25	MA	2:15:16	4:42:28	63.01%
22 Jesse Veinotte	M 30	MA	2:12:04	4:42:28	63.01%
23 Will Danecki	M 61	CT	2:18:58	5:04:13	58.51%
24 <u>Katie Vitello</u>	F 28	NY	2:27:20	5:04:51	58.38%
25 Joseph Murphy	M 32	NY	2:13:55	5:09:11	57.57%
26 Addam Sentz	M 32	NY	2:15:19	5:09:15	57.55%
27 Bob Worsham	M 65	CT	2:18:08	5:15:44	56.37%
28 Mordy Sahler	M 23	MA	2:53:04	5:53:39	50.33%

Savoy 11 Mile Results:

<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1 Lance Harden	M 22	MA	1:23:23	100.00%
2 Eric Ahern	M 34	MA	1:32:31	90.13%
3 Todd Bennett	M 41	CT	1:33:44	88.96%
4 Eric Shannon	M 27	MA	1:33:46	88.93%
5 Stanislav Trufanov	M 32	MA	1:33:55	88.78%
6 Brandon Mulligan	M 19	MA	1:36:07	86.75%
7 Seamus Foy	M 33	MA	1:36:53	86.07%
8 Jim Mulligan	M 45	MA	1:38:59	84.24%
9 Leslie Scott	M 30	MA	1:40:34	82.91%
10 Joel Nowatchik	M 33	MA	1:43:40	80.43%
11 Eric Wyzga	M 36	RI	1:44:48	79.56%
12 <u>Abby Mahoney</u>	1 ST F 33	MA	1:45:02	79.39%
13 Scott Patnode	M 30	MA	1:45:59	78.68%
14 John Bylund	M 15	MA	1:46:15	78.48%
15 Todd Brown	M 47	CT	1:47:46	77.37%
16 Donald Marshall	M 34	MA	1:51:04	75.08%
17 David Boudreau	M 39	MA	1:52:42	73.99%
18 Rob Hult	M 41	MA	1:54:27	72.86%
19 Rusty Japikse	M 24	NY	1:55:07	72.43%
20 Tonio Palmer	M 52	MA	1:55:20	72.30%
21 Brian McCarthy	M 48	MA	1:55:21	72.29%
22 Peter Hult	M 30	MA	1:55:40	72.09%
23 Andrew Donovan	M 28	MA	1:57:02	71.25%
24 Dave Divine	M 39	MA	1:57:35	70.91%
25 Tim Drake	M 51	MA	1:59:48	69.60%
26 Joe Gwozdz	M 56	MA	2:00:02	69.47%
27 Jack Leger	M 15	MA	2:00:25	69.25%
28 Thomas Parker	M 45	NH	2:02:03	68.32%
29 Stuart Koonce	M 41	NY	2:02:30	68.07%
30 Bruce Shenker	M 58	NY	2:02:45	67.93%
31 Hal Bennett	M 69	CT	2:03:04	67.75%
32 Dorin Neacsu	M 47	MA	2:03:36	67.46%
33 <u>Mellie Gilder</u>	F 30	MA	2:07:47	65.25%
34 Chris Hinch	M 43	MA	2:08:13	65.03%
35 Bruce Leshine	M 50	MA	2:08:51	64.71%
36 <u>Karen Provencher</u>	F 56	NY	2:10:07	64.08%
37 Todd Sugrue	M 55	MA	2:11:45	63.29%
38 Jeff Reed	M 57	MA	2:11:56	63.20%
39 Brad Reed	M 27	MA	2:11:57	63.19%
40 Ed Saharczewski	M 57	MA	2:12:09	63.10%
41 Joseph Miller	M 28	NY	2:12:44	62.82%
42 Arthur Johns	M 50	MA	2:13:50	62.30%
43 Marc Rebillard	M 56	CT	2:13:52	62.29%
44 Dan Danecki	M 52	MA	2:14:14	62.12%

Continued next page:

Savoy results cont:

45 Richard Sugrue	M 25	MA	2:14:50	61.84%
46 Charles Joyal	M 41	MA	2:15:15	61.65%
47 Vic LaPort	M 71	MA	2:16:45	60.98%
48 Carmel Kushi	F 42	MA	2:18:33	60.18%
49 Richard Theriault	M 40	MA	2:19:57	59.58%
50 <u>Ania Childress</u>	F 35	??	2:21:06	59.10%
51 George Gilder	M 71	MA	2:21:47	58.81%
52 Bob Dion	M 56	VT	2:24:25	57.74%
53 <u>Lindsay Providenti</u>	F 35	MA	2:24:34	57.68%
54 <u>Alena Stevens</u>	F 40	CT	2:24:51	57.57%
55 Scott Bradley	M 56	MA	2:25:01	57.50%
56 <u>Cindy Hajjar</u>	F 40	MA	2:25:06	57.47%
57 <u>Elizabeth Gillis</u>	F 23	MA	2:26:54	56.76%
58 Chad Pauce	M 30-39	MA	2:28:30	56.15%
59 <u>Kathleen Furlani</u>	F 63	MA	2:28:32	56.14%
60 Darryl Lipinski	M 30	MA	2:33:47	54.22%
* 61 Patrick Soresby	M 35	NY	2:33:51	54.20%
62 Bill Donovan	M 57	MA	2:35:04	53.77%
63 Jim Preite	M 47	MA	2:35:58	53.46%
64 Carl Cignoni	M 60	MA	2:36:13	53.38%
65 <u>Melissa Leslie</u>	F 29	MA	2:36:16	53.36%
66 <u>Audrey Witter</u>	F 46	MA	2:36:27	53.30%
67 Jackie Lemieux	F 45	MA	2:36:27	53.30%
68 Jennifer Ferriss	F 39	NY	2:36:36	53.25%
69 Jim Hartwig	M 31	MA	2:39:26	52.30%
70 <u>Kathy McCarthy</u>	F 52	MA	2:39:45	52.20%
** 71 Barbara Sorrell	F 54	NY	2:40:13	52.04%
72 Patrick Smelko	M 40	MA	2:41:16	51.71%
73 <u>Leigh Zlotkkowski</u>	F 31	CT	2:45:42	50.32%
74 Denise Dion	F 53	VT	2:47:27	49.80%
75 <u>Debora Matute</u>	F 26	NY	2:48:42	49.43%
76 Marty Glendon	M 65	MA	2:49:22	49.23%
77 <u>Vallerie Stevens</u>	F 31	MA	2:51:15	48.69%
78 Randy Witlicki	M 55	VT	2:56:09	47.34%
79 <u>Stefanie Pitts</u>	F 37	NY	3:01:49	45.86%
80 Bill Glendon	M 65	MA	3:02:09	45.78%
81 Eileen Monvahan	F 40	MA	3:03:06	45.54%
82 Claudine Preite	F 44	MA	3:03:16	45.50%
83 <u>Kierstin Hunt</u>	F 33	MA	3:05:53	44.86%
84 <u>Mary Richardson</u>	F 51	MA	3:05:54	44.85%
85 <u>Karen Pajar</u>	F 44	MA	3:13:22	43.12%
86 <u>Carol Ellowitz</u>	F 50	MA	3:18:18	42.05%
87 Richard Busa	M 81	MA	3:22:06	41.26%
88 Walt Kolodzinski	M 68	MA	3:29:42	39.76%
89 Laura Clark	F 64	NY	3:32:04	39.32%
90 <u>Lisa Woods</u>	F 48	MA	3:50:54	36.11%
91 Art Gulliver	M 72	MA	4:05:07	34.02%
+92 Ed Alibozek	M 48	CT	5:30:00	33.00%
+93 Ed Alibozek Sr	M 71	MA	5:30:00	33.00%
+94 Jamie Howard	M 46	NY	5:30:00	33.00%

* skipped peak due to injury, 12 minutes added to clock time.

** late start, time is running time.

+ trail marking.

Savoy 4 Mile Results:

	<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>
1	Chris Trager	M 43	MA	29:44
2	Jim Preite	M 47	MA	32:11
3	Rich Travis	M ??	MA	33:44
4	John Lahey	M 37	MA	37:47
5	John Aldrich	M 52	MA	41:50
6	<u>Aimee Sinopoli</u>	F 36	MA	41:57
7	Stan Serafin	M 57	MA	42:23
8	Mike Chovonec	M 61	MD	43:12
9	<u>Meghan Foley</u>	F 25	MA	43:39
10	<u>Cellie Lahey</u>	F 30-39	MA	44:30
11	Bob Massaro	M 67	MA	45:31
12	<u>Robyn Cvek</u>	F 31	MA	47:35
13	<u>Barb Weisman</u>	F 40-49	MA	47:36
14	Karin Bradley	F 54	MA	47:50
15	James Gonyea	M 62	MA	52:11
16	<u>Collen Robichard</u>	F 19	MA	61:58
17	<u>Christa Melillo</u>	F 25	MA	67:49



*Top photo.... Kathleen Furlani crossing a stone wall
photo by Sarah Higley*

*Bottom photo.... Runners enjoy a post race dip in North Pond
photo by Dan Danecki*



The following poem was first published on September 26, 1934 in the Tannery Eagle, the newsletter of the 128th CCC Company based at Tannery Falls in Savoy, MA.

Thanks to Marty Glendon for sending this along to us.

Tannery Falls

by Frank Burke

I have seen the Grand Canyon, and Niagra too.
I crossed the briny ocean, and sailed the blue lagoons,
I have seen the mighty redwoods, growing straight and tall;
but the best scene in my travels was good old Tannery Falls.

I've been to dear old London, and wandered all through
Spain; I've crossed the Irish Channel, and sailed the Spanish
Main; I've been to sunny Egypt,
I've climbed the pyramid walls;
but give me the good old USA,
and good old Tannery Falls.



Tannery Falls is located just a short distance away from the Savoy race. This 81 foot high waterfall is the highest of several waterfalls that can be found in the area.

photos by will

On Th Mountain

Last Sept. when I asked Tim (Nephew, 15) if he'd like to try th Sunnit Run in th Holyoke Range, he answered "Yes". So we went, Tim placing 46 (of 77) and winning his age-group. ☺ Recently he wanted to kno if we cood go up to that mountain race again, to which I answered "Yes".

Th main reason he wanted to return was that he'd met a college grad runner who'd planned a summer running program for him; Tim hadn't missed a day. So we - - Tim, friend James, me - - went. While James, also a F. I. High School x - country runner, placed mid-pack, Tim, quietly confident, struck out comfortably, a ways behind th leaders. He told me after, that a big surprise was seeing so many dash away fast.

There's a level first mile, then th climbing begins. Wunce on th mtn he began picking off th bullet starters. B4 long th small lead pack was "right there". Altho 4 - 5 of 8 - 10 looked especially strong, Tim was able to maintain contact thru - out th clime, which gets steeper, not easier. Then with some 75 yards to go, another kid looked vulnerable. Tim gave it everything he had to reach, to pass, and to stay ahead up to th line. In addition to winning his age group (again) he improved his time by 7 min, his place fm 46 to 6th! Sensational. Really well done. ☺

As for me, I made it up the mountain both years, both times on precious little - - close to zero - - training (due to injuries, not lack of motivation). Over th past 15 months I totaled between 0 and 12 miles per month 14 times, "best" month Sept 2010: 30 miles. Would I like to try th Summit Run next yr - - healthy with lots of miles behind me?

You know it!

Dick Hoch

35th Escarpment Trail Race ... 18.7 Miles

East Windham to Haines Falls, New York

July 31, 2011 Clouds and Sun Low 65* High 82*

WMAC members in bold:

	<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>
1	BEN NEPHEW	M 36	MA	2:53:17
2	EVAN SPARLING	M 24	CA	3:03:25
3	DENIS MIKHAYLOV	M 27	NY	3:11:02
4	GERRY SULLIVAN	M 36	NY	3:19:16
5	JOSH MERLIS	M 29	NY	3:22:16
6	MIKE SIUDY	M 36	NY	3:24:32
7	PETER KEENEY	M 45	ME	3:28:08
8	KYLE TARRY	M 26	PA	3:30:54
9	BEN NILESTVEN	M 28	NY	3:32:20
10	PAUL YOUNG	M 45	MA	3:34:17
11	JAMES RAYBURN	M 49	PA	3:34:41
12	<u>KRIS TAMBURRINO</u> 1 st F	F 36	ONT	3:37:31
13	BRUCE CADENHEAD	M 47	NY	3:40:35
14	JOE GRABICKI	M 35	CT	3:40:42
15	TERRY MCCANN	M 35	NY	3:40:46
16	JOHN KNEPPER	M 44	NJ	3:42:28
17	MICHAEL HALSTEAD	M 45	NY	3:44:29
18	THOMAS BUCKLEY	M 51	CT	3:44:46
19	RICHARD TEAL	M 33	NY	3:45:12
20	<u>SHERYL WHEELER</u>	F 48	NY	3:47:06
21	ANDREW SIEFERT	M 26	NY	3:57:21
22	DIMA FEINHAUS	M 48	MA	3:58:55
23	KELSEY BARRA	M 20	NY	3:59:12
24	COREY BRONSTEIN	M 48	NJ	3:59:37
25	JEFF DENGATE	M 34	NY	4:00:22
26	ROCCO DELLA SERRA	M 50	NJ	4:02:03
27	STEVE FALUOTICO	M 43	MA	4:05:04
28	DONALD THURSTON	M 45	NY	4:05:42
29	SCOTT FALKNER	M 40	PA	4:06:03
30	HARRY DE PREE	M 38	HK	4:08:40
31	MATTHEW ADAMS	M 37	NY	4:09:15
32	KENNETH DAVIS	M 46	PA	4:09:21
33	RANDY HARRIS	M 35	PA	4:09:31
34	JULIAN VICENTE	M 38	NJ	4:09:58
35	JOHN GEESLER	M 52	NY	4:10:23
36	TONY FLETCHER	M 47	NY	4:11:52
37	CHRIS CHROMCZAK	M 26	NY	4:13:35
38	BOB GILLIS	M 56	MA	4:14:31
39	JEFFREY PAULSON	M 27	CT	4:15:06
40	BOB MCPHILLIPS	M 54	NY	4:16:23
41	JEFFREY ANDRITZ	M 30	NY	4:16:41
42	BRYAN RICKARDS	M 34	NY	4:18:05
43	DENNIS FOSTER	M 53	NY	4:19:26
44	<u>BERNADETTE TAYLOR</u>	F 44	NJ	4:20:10
45	PATRICK SHEELEY	M 42	NY	4:20:21
46	TODD MICKOLWIN	M 43	ONT	4:23:11
47	EDWARD GRAVELLE	M 52	NY	4:23:48
48	RUSSELL HAMMOND	M 51	CT	4:23:58
49	JOHN MAYERHAUSER	M 41	NY	4:24:13
50	OLLY DENNISON	M 38	NY	4:26:39
51	ROBIJN HAGE	M 40	MA	4:28:33
52	<u>MICHAELE RAYBURN</u>	F 39	PA	4:30:23
53	<u>ELIZABETH CARRION</u>	F 35	NJ	4:30:25
54	MARCUS SCHODORF	M 37	NY	4:30:34

55	JIM DUNN	M 43	ME	4:30:44
56	MARTY CALLAHAN	M 44	NY	4:30:46
57	BILL GILLIGAN	M 48	NJ	4:30:49
58	ROBERT BUNCE	M 49	NY	4:31:28
59	<u>ZSUZSANNA CARLSON</u>	F 38	NJ	4:31:38
60	ZACH CHARLOP-POWERS	M 30	NY	4:32:23
61	ROB HUDYNIA	M 48	NY	4:32:51
62	KEVIN ADAMS	M 43	NY	4:34:24
63	JEFF GRINKOVITCH	M 42	NJ	4:34:31
64	DAVID BOUDREAU	M 39	NH	4:35:42
65	JESSE ARVIDSON	M 35	NY	4:36:45
66	PAUL MUESSIG	M 62	NY	4:37:51
67	TODD JENNINGS	M 48	NY	4:38:03
68	<u>JACQUELINE ROSAINS</u>	F 36	MA	4:38:07
69	KENNETH POSNER	M 48	NY	4:39:27
70	JON RODGERS	M 30	PA	4:39:36
71	<u>MARCY BEARD</u>	F 42	NY	4:41:01
72	FRANZ SCHOLTEN	M 50	NY	4:41:06
73	PAUL SPRINGOB	M 46	NJ	4:41:51
74	<u>HILARY CLOOS</u>	F 37	NY	4:42:06
75	PETER DILULLO	M 43	NY	4:43:03
76	MICHAEL BAIONE	M 42	NY	4:44:12
77	MICHAEL RANCK	M 60	PA	4:46:36
78	JOHN DIXON	M 40	PA	4:47:08
79	JEFFREY FEINSOD	M 44	NY	4:48:26
80	CHRIS SENEZ	M 21	NY	4:48:27
81	JOHN KINNICUTT	M 48	NY	4:48:36
82	<u>CONNIE SEIGH</u>	F 42	NY	4:49:03
83	ANDREI ARONEANU	M 57	NJ	4:50:41
84	ANDREW GRAVELLE	M 27	NY	4:50:53
85	<u>SHEILA BRAZELL</u>	F 41	WY	4:51:25
86	JEFFREY LEASE	M 53	NY	4:51:38
87	<u>JILL DANLEY</u>	F 43	PA	4:51:44
88	<u>YUKIKO NISHIDE</u>	F 49	NY	4:51:56
89	BRUCE SHENKER	M 58	NY	4:52:44
90	PAUL HENNICK	M 60	ONT	4:54:10
91	JOHNNY RODRIGUEZ	M 47	NJ	4:54:14
92	TOM GANNON	M 55	NY	4:54:47
93	PETE MINDE	M 53	NJ	4:55:04
94	DAVID NEWMAN	M 31	NY	4:56:15
95	WAYNE SHURTER	M 51	NY	4:56:27
96	LOUIS RAES	M 27	NJ	4:57:01
97	TOM BARLOW	M 57	DE	4:59:01
98	BRIAN SORRELLS	M 41	CT	5:00:01
99	KIRK RAGER	M 49	PA	5:00:05
100	JAMES MINER	M 62	NY	5:00:09
101	CHRIS GALLO	M 34	NY	5:00:29
102	<u>GRACE JENSEN</u>	F 48	CT	5:00:42
103	ERIC NELSON	M 50	MA	5:02:14
104	GARY JEWETT	M 45	MA	5:02:22
105	SEAN SALMON	M 34	NJ	5:03:12
106	STEPHEN TARRY	M 60	NH	5:04:30
107	MARK LEWIS	M 46	CT	5:04:32
108	JEFF COOPER	M 56	ONT	5:04:56
109	JON MEREDITH	M 44	NY	5:05:19
110	BART CARRIG	M 59	NY	5:05:20
111	JAMES REA	M 48	NY	5:05:32
112	LEO BURKE	M 52	NY	5:05:56
113	<u>JESSICA HAGEMAN</u>	F 35	NY	5:06:15
114	BRIAN NORTHAN	M 36	NY	5:06:49

Continued next page:

Escarpment results cont:

115 TONY SCOTT	M 48	NY	5:07:11
116 <u>MARIE DuSAULT</u>	F 48	NY	5:08:18
117 HIROYUKI NISHIDE	M 50	NY	5:08:40
118 JOE BROWN	M 50	NY	5:10:47
119 <u>LAURA GELMAN</u>	F 36	NJ	5:11:04
120 KEITH HALPERN	M 40	NJ	5:11:05
121 PATRICK REEDY	M 36	NY	5:11:23
122 SHANNON MACGREGOR	M 32	NY	5:12:24
123 PETER CURE	M 52	NY	5:12:29
124 JOHN AFFRONTI	M 55	NY	5:14:26
125 <u>MARIA PIZZACALLA</u>	F 43	ONT	5:14:27
126 BOB WORSHAM	M 65	CT	5:14:33
127 PAUL FITZPATRICK	M 56	NY	5:15:12
128 TOM BRAKEL	M 49	NJ	5:15:19
129 EDWIN D STAUFFER	M 48	PA	5:16:50
130 CHARLES GREYSTONE	M 56	CT	5:17:48
131 JOHN COURAIN	M 26	NJ	5:17:50
132 JOHN SIKORJAK	M 35	NY	5:18:03
133 <u>MICHELLE HARMON</u>	F 45	MD	5:20:33
134 JOE CLAPPER	M 52	MD	5:20:34
135 DAVID FEINAUER	M 57	PA	5:21:09
136 <u>LAURIE REINHART</u>	F 38	PA	5:21:11
137 WILL DANECKI	M 61	CT	5:21:56
138 <u>LISA MADDEN</u>	F 38	NY	5:23:23
139 FRANK COLELLA	M 48	NY	5:23:24
140 <u>BARBARA MONGIOVI</u>	F 36	PA	5:23:52
141 JIMMY BUFF	M 48	NY	5:24:18
142 MARK MULVIHILL	M 61	PA	5:24:53
143 DREW ANDERSON	M 42	NY	5:26:28
144 JIM PORTER	M 51	NY	5:28:46
145 DEVIN WILSON	M 38	MA	5:29:10
146 MALCOLM LLOYD	M 39	NY	5:29:11
147 JEFFREY KLEMM	M 60	VA	5:30:33
148 HIROSHI KITADA	M 45	NY	5:30:47
149 GREGG ROSENTHAL	M 32	NY	5:32:20
150 PAUL MORRIS	M 56	NY	5:34:03
151 STEVE SANSOLA	M 56	NY	5:34:30
152 STEWART DUTFIELD	M 56	NY	5:34:32
153 CHRIS DORAN	M 45	ONT	5:35:28
154 <u>STEVIE ANN NANCE</u>	F 30	NY	5:36:00
155 <u>ELIZABETH LEVINE</u>	F 51	NY	5:36:32
156 PHILIP MARKOVICH	M 49	CT	5:38:03
157 <u>KELLY VIRKLER</u>	F 27	NY	5:38:34
158 ANTHONY V. FERRERI	M 49	NY	5:39:28
159 NICK LAMANDO	M 52	NY	5:39:34
160 JOHN STANFORD	M 50	NY	5:40:02
161 PETER BELANGER	M 59	PA	5:40:08
162 GREG FOSTER	M 55	PA	5:40:10
163 NEIL BOOTH	M 35	NJ	5:41:42
164 SEAMUS HODGKINSON	M 62	NY	5:41:46
165 TONY POWER	M 48	ONT.	5:41:51
166 <u>BARBARA SORRELL</u>	F 54	NY	5:43:49
167 MARK BARBOUR	M 51	VA	5:43:51
168 DREW HOPKINS	M 41	NY	5:45:09
169 GABRIEL TAMBUNGA	M 38	PA	5:47:26
170 <u>LIZ MINTON</u>	F 38	NJ	5:47:48
171 CIPRIAN NEDELCO	M 38	NY	5:48:50
172 ROBERT SCOTT	M 57	CT	5:50:46
173 RON PAWLIKOWSKI	M 54	NJ	5:52:08

174 CHRIS JAWORSKI	M 53	NJ	5:52:10
175 JOHN PAUL OUELLETTE	M 57	CT	5:53:26
176 <u>MARGE ASCARI</u>	F 49	NJ	5:54:05
177 <u>DEBRA-JANE BATCHER</u>	F 51	NY	5:55:57
178 TOM HOWE	M 45	PA	5:57:02
179 JON FOSTER	M 26	VA	5:57:22
180 PETER GSTALDER	M 58	PA	5:59:59
181 <u>STACEY FALKNER</u>	F 40	PA	6:00:45
182 <u>DEBBIE BRIGGS</u>	F 60	NY	6:03:12
183 REGAN TANNER	M 45	PA	6:06:02
184 SCOTT MARTIN	M 49	NY	6:09:55
185 <u>CAROL KANE</u>	F 65	CT	6:13:21
186 KENNY ROGERS	M 57	MA	6:13:23
187 <u>KAREN RINGHEISER</u>	F 47	MA	6:16:07
188 <u>ROBYN SAFFORD</u>	F 43	NY	6:26:03
189 <u>CHRISTINE REYNOLDS</u>	F 41	NY	6:27:45
190 GARTH GRIFFITHS	M 49	NY	6:28:48
191 DAVID RODGERS	M 60	PA	6:28:50
192 JAY CARNEY	M 56	CT	6:28:51
193 <u>TRISH D'IMPERIO</u>	F 50	PA	6:35:20
194 HUNT BARTINE	M 58	PA	6:37:09
195 CHARLES THAYER	M 67	NJ	6:45:45
196 GARY PEDIGO	M 56	FL	6:45:50
197 TIM COLLINS	M 28	ONT	6:52:30
198 FELIX MODUGNO	M 54	NY	6:57:58
199 JOHN SCHATZEL	Sweep M ??	NY	7:32:45
200 TOM STELLATO	Sweep M ??	NY	7:33:12
201 RICH VANKLEECK	Sweep M 57	NY	7:33:13

Escarpment 2011

We had some pretty good weather for this years run. The trails were dry and in terrific shape and with temps in the 70's and low humidity most runners had a good day. It was really good weather for camping too up at the North Lake campground which is the finish line of the race. I was lucky enough again this year to get a campsite just a 2 minute walk from the finish area and I walked down there early on race day to visit and chat with some friends before they all loaded onto the buses that take everyone over to the start of the race. Like most trail races the past few years we've seen more and more new faces and less and less of us old timers. Some of the friends I've made at this race still run it every year but it's now the only race they run so I only see them here once a year.

As you probably know this is a point to point race. You can take the bus to the start or catch another ride over, then you run the 18.7 mile course back to the finish. There are no short-cuts or easy ways out once you start running. You either have to finish, make it to an aid station, or wait to be rescued. Because of this the race has qualifying standards that need to be met. RD Dick Vincent tries to make sure that those who are running have met those standards so he doesn't have to send people out on the trail to pick up any dropouts.

Continued next page:

Escarpment cont:

I was camping with my friends Karen & Rob again this year and since Karen wasn't running she gave us a ride over to the start.

If you like steep climbs and descents then this would be the race for you. Two of the 3 major climbs are higher than Mt. Greylock and the other one is almost as high. There's a few ups & downs in-between but also some good level running to stretch out the legs.

There were some pretty good views this year from the top of the mountains. With the lower humidity there was less haze in the valleys so you could see a long way from some of the overlook spots. I wish we could take more time to stop and look, but it's called a race for a reason so a few quick glances and we keep on moving.

I soon found myself behind Stew Duttfield and it seemed to be a comfortable pace so we ended up running the next 12 miles together. Although I don't know him that well we've met in other races, including the FL 50's a couple of weeks before, so we had a nice conversation going on as we ran along.

I had bought some knee straps because of some tenderness I had been experiencing lately and this was the first race I was using them in. Even though they're not exactly intended for the issues I was having, they seemed to give me the extra support for my knees that I needed while running down the hills. Still I was taking it easier than I usually do on the descents. I was hosting a post race cook-out at my campsite later and I didn't want to get hurt now. Besides, I just don't have the "spring" in my legs anymore like I used to.

After climbing up Stopple Point together I moved ahead of Stew and ran into the aid station. All the real climbing is over at this point and most of the last 4 ½ miles are level or downhill.

After a quick fill up I started down. I was feeling pretty good so I picked up the pace just a little and quickly passed a runner. Before long I caught and passed a couple more just before North Point, the last aid station. It's less than 3 miles to the finish from here and you can even see North Lake in the distance.

This flat open ledge offers some of the best views in the Catskills and many runners tend to stand around a little too long sightseeing and taking pictures. When I came through there were several runners standing there doing just that, so I grabbed a cup of water and was on my way. There's a short but steep section down from North Point and I went down it faster than I had planned. When I got to the level part below I took a look back up the trail and there was no one behind me so I resumed my regular pace. I was still moving along well and was surprised to catch and pass 5 more runners before the finish. Most of them were just walking along, having left everything they had out on the trail. I think I had a little too much left at the end and probably could have run a little faster through the whole race. But I felt good and didn't hurt myself or anything so I'm happy with the run.

So the weather was good, the race was fun, I felt great and the cookout went well thanks to Karen's help. It's also relaxing to

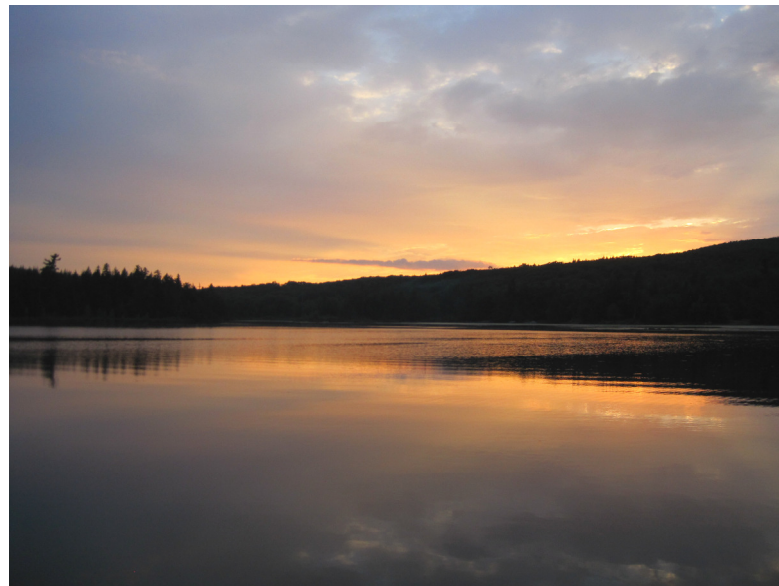
just be able to hang out around a camp fire later in the evening rather than driving several hours to get home and go to work the next morning.

And sleeping in that crisp Catskill mountain air really rejuvenates you. I felt just as good the next day knowing I survived another year on the Escarpment Trail.

will run



At 260 feet, Kaaterskill Falls is the highest waterfall in New York. The upper falls drop 175 feet while the lower falls is 85 feet high. What has this got to do with the Escarpment run you ask? The water going over these falls comes from North Lake, the finish line of the race.



I used this photo as a memorial page in the last newsletter and several of you have asked me where it was taken. Long after everyone had left for home after the Escarpment race, my friends and I walked from our campsite down to North Lake to watch the sun set. It was a wonderful ending to another great day up in the Catskill Mountains.

photos by will

People's Forest 7 Mile Trail Race
Barkhamsted, CT. ... August 6, 2011

WMAC members in bold:

	<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1	Marc Robaczynski	M 36	CT	0:43:16*	100.00%
2	Tim Mahoney	M 31	MA	0:51:17	84.37%
3	Ken Berardi	M 43	CT	0:56:02	77.22%
4	Mike Wininger	M 30	CT	0:58:44	73.67%
5	William Wininger	M 30	CT	0:58:45	73.65%
6	Ned James	M 56	MA	0:58:58	73.37%
7	Debbie Livingston	F 36	CT	0:59:02	73.29%
8	Ted Cowles	M 52	CT	1:02:46	68.93%
9	Bob Deming	M 55	CT	1:02:47	68.91%
10	Marc Rebillard	M 55	CT	1:05:20	66.22%
11	Bill Ronalter	M 44	CT	1:05:33	66.01%
12	Rick Lowry	M 49	CT	1:05:37	65.94%
13	Jose Diaz	M 29	CT	1:05:51	65.70%
14	Art Roti	M 39	CT	1:06:06	65.46%
15	Kelly McElroy	F 22	CT	1:06:32	65.03%
16	Tim Drake	M 51	MA	1:08:55	62.78%
17	Garrett Lemek	M 50	CT	1:09:11	62.54%
18	Jeffrey Jakobsen	M 36	CT	1:09:42	62.08%
19	Jeffrey Molson	M 49	CT	1:09:52	61.93%
20	David Halliday	M 31	NY	1:09:56	61.87%
21	David Bruton	M 51	CT	1:09:57	61.85%
22	Steve Worthington	M 56	CT	1:10:26	61.43%
23	Charlie Page	M 41	CT	1:10:39	61.24%
24	Joel Lehman	M 50	CT	1:12:11	59.94%
25	Edward Alibozek	M 48	CT	1:12:48	59.43%
26	Dan Hull	M 55	CT	1:13:48	58.63%
27	Michael Gilbert	M 49	CT	1:13:51	58.59%
28	<u>Claudia Ghisa</u>	F 16	CT	1:13:58	58.49%
29	Matt Haley	M 34	CT	1:15:07	57.60%
30	Jeffery Dingwell	M 56	CT	1:15:09	57.57%
31	Don Halla	M 52	CT	1:15:57	56.97%
32	Bruce Shenker	M 58	NY	1:16:04	56.88%
33	Brian Kamerzel	M 33	CT	1:16:15	56.74%
34	Christopher DiCorpo	M 57	CT	1:16:38	56.46%
35	Miro Baldyga	M 52	CT	1:19:10	54.65%
36	Mark Alexander	M 44	CT	1:21:31	53.08%
37	<u>Nicole Boucher</u>	F 39	CT	1:22:17	52.58%
38	<u>Diane Jakobsen</u>	F 36	CT	1:22:20	52.55%
39	Alan Cabot	M 56	MA	1:23:00	52.13%
40	<u>Susan DiCorpo</u>	F 56	CT	1:25:28	50.62%
41	<u>Kimberly Tessier</u>	F 36	CT	1:27:02	49.71%
42	Stephen Todd	M 46	CT	1:29:44	48.22%
43	Larry McAndrew	M 52	MA	1:30:40	47.72%
44	<u>Adrienne Baranowicz</u>	F 30	NY	1:31:00	47.55%
45	<u>Kathleen Furlani</u>	F 62	CT	1:31:15	47.42%
46	<u>Christine Woodside</u>	F 52	CT	1:32:23	46.83%
47	Richard MacGregor	M 19	VA	1:34:54	45.59%
48	<u>Nanette Deane</u>	F 62	CT	1:37:40	44.30%
49	<u>Ginny Chambers</u>	F 62	CT	1:37:42	44.29%
50	Bob Massaro	M 67	MA	1:38:25	43.96%
51	Martin Glendon	M 65	MA	1:38:42	43.84%
52	<u>Jessica Macknight</u>	F 34	MA	1:41:37	42.58%
53	Bill Glendon	M 65	MA	1:45:53	40.86%
54	<u>Katy Wilkinson</u>	F 38	MA	1:47:28	40.26%

55	<u>Rebecca Merz</u>	F 33	CT	1:47:28	40.26%
56	<u>Tara Sundie</u>	F 35	CT	1:47:29	40.25%
57	<u>Margaret Alexson</u>	F 41	CT	1:47:30	40.25%
58	<u>Holly Olson</u>	F 42	CT	1:47:30	40.25%
59	<u>Kate Johnson</u>	F 48	CT	1:47:30	40.25%
60	Charlie Euston	M 67	CT	1:52:26	38.48%
61	<u>Mary Lou White</u>	F 55	CT	1:53:57	37.97%
62	Walter Kolodzinski	M 68	MA	1:56:36	37.11%
63	Konrad Karolczuk	M 58	CT	2:03:14	35.11%
64	<u>Lee Anne Zarger</u>	F 57	CT	2:17:49	31.39%
65	<u>Mary Ann Landry</u>	F 60	CT	2:17:49	31.39%

* course record

The Dam 10 Mile Trail Race
Oxford, MA. ... August 6, 2011

WMAC members in bold:

	<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1	Jim Johnson	M 20-39	NH	1:04:31	100.00%
2	James Pawlicki	M 20-39	MA	1:08:31	94.16%
3	Ross Krause	M 20-39	MA	1:08:32	94.14%
4	Rob Hult	M 40-49	MA	1:12:53	88.52%
5	Mike Mazzotta	M 20-39	MA	1:13:28	87.82%
6	Todd Walker	M 40-49	MA	1:15:14	85.76%
7	John Pajer	M 40-49	MA	1:15:26	85.53%
8	Scott Cote	M 20-39	CT	1:16:26	84.41%
9	Ross Mungeam	M 00-19	MA	1:16:42	84.12%
10	Todd Bennett	M 40-49	CT	1:17:02	83.75%
11	Scott Patnode	M 20-39	MA	1:19:47	80.86%
12	Dave Molk	M 20-39	MA	1:19:55	80.73%
13	Steve Forrest	M 40-49	MA	1:21:42	78.97%
14	John Byland	M 00-19	MA	1:21:47	78.89%
15	Mike Reed	M 20-39	MA	1:22:18	78.39%
16	Ashley Krause	F 20-39	MA	1:22:27	78.25%
17	Marty Ellowitz	M 50-59	MA	1:24:10	76.65%
18	<u>Lori Muhl</u>	F 40-49	MA	1:24:17	76.55%
19	Jim Dube	M 40-49	MA	1:24:28	76.38%
20	Rich DeChallis	M 40-49	MA	1:25:11	75.74%
21	Jerry Hughes	M 20-39	MA	1:25:44	75.25%
22	Eric Wyzga	M 20-39	RI	1:25:53	75.12%
23	Bob Sharkey	M 50-59	RI	1:25:58	75.05%
24	Michael Ferrari	M 40-49	MA	1:26:24	74.67%
25	Josh Reitz	M 20-39	MA	1:26:31	74.57%
26	Jason Kudron	M 20-39	CT	1:28:12	73.15%
27	Brendan McKeosh	M 00-19	MA	1:30:48	71.05%
28	Andrew Donaldson	M 40-49	MA	1:30:54	70.98%
29	Rich Somentilli	M 50-59	MA	1:32:38	69.65%
30	Stephen Tyler	M 40-49	MA	1:32:45	69.56%
31	Ben Yoder	M 20-39	MA	1:34:29	68.28%
32	Kiko Bracker	M 40-49	MA	1:34:52	68.01%
33	<u>Anita Bagan</u>	F 40-49	MA	1:36:37	66.78%
34	Russ Hammond	M 50-59	CT	1:36:58	66.53%

Continued next page:

Dam results cont:

35	Luke Nugent	M 20-39	MA	1:37:36	66.10%
36	Ben Yeomans	M 20-39	MT	1:37:45	66.00%
37	Pete Yeomans	M 40-49	PA	1:37:46	65.99%
38	Tom Killoran	M 20-39	MA	1:37:59	65.84%
39	Thom Parker	M 40-49	NH	1:40:11	64.40%
40	<u>Tarah Martell</u>	F 20-39	MA	1:40:14	64.37%
41	Michael Asbay	M 20-39	MA	1:41:08	63.79%
42	<u>Michele Hammond</u>	F 50-59	CT	1:41:14	63.73%
43	James Gawle	M 60-69	MA	1:41:43	63.43%
44	Jonathan Rubin	M 50-59	CT	1:42:48	62.76%
45	<u>Wendy Kendrick</u>	F 20-39	MA	1:42:56	62.68%
46	<u>Shelly Rodier</u>	F 40-49	MA	1:44:06	61.98%
47	Mark Wigler	M 60-69	MA	1:44:21	61.83%
48	Anthony Tieuli	M 20-39	CT	1:45:53	60.93%
49	Bradley Pelissier	M 50-59	CT	1:47:27	60.04%
50	George Gilder	M 70-99	MA	1:49:16	59.05%
51	David Sorrells	M 50-59	MA	1:49:57	58.68%
52	Dorin Neacsu	M 40-49	MA	1:50:26	58.42%
53	Bruce LeShine	M 50-59	MA	1:50:43	58.27%
54	David Sutherland	M 40-49	CT	1:51:34	57.83%
55	Ed Buckley	M 50-59	MA	1:52:22	57.42%
56	Doug Harvey	M 20-39	MA	1:52:49	57.19%
57	<i>Unknown</i>	----	--	-----	----
58	<u>Karen Caddell</u>	F 40-49	MA	1:55:00	56.10%
59	<u>Sherisa Sterling</u>	F 50-59	MA	1:55:28	55.87%
60	Natasha Dziokonski	F 20-39	MA	1:55:22	55.92%
61	<u>Katya Divari</u>	F 40-49	MA	1:55:36	55.81%
62	<u>Josie Tremblay</u>	F 50-59	MA	1:56:26	55.41%
63	<u>Lori Watkins</u>	F 40-49	MA	1:57:56	54.71%
64	Jason Patterson	M 20-39	MA	1:57:56	54.71%
65	<u>Chris Adreani</u>	F 40-49	NJ	1:59:17	54.09%
66	Kenny Rogers	M 20-39	MA	2:00:07	53.71%
67	Bill Gonsorcik	M 40-49	MA	2:02:42	52.58%
68	Jeff Hattem	M 50-59	MA	2:05:37	51.36%
69	S. McGee	M 50-59	MA	2:05:49	51.28%
70	Jeff Adair, Sr.	M 50-59	MA	2:06:16	51.10%
71	Chris Harrison	M 50-59	MA	2:06:52	50.85%
72	<u>Orapin Yoder</u>	F 20-39	MA	2:07:01	50.79%
73	Jonathan Ryan	M 20-39	MA	2:10:49	49.32%
74	<u>Carol Healy</u>	F 50-59	MA	2:16:23	47.31%
75	<u>Karen Pajer</u>	F 40-49	MA	2:20:00	46.08%
76	Jim Jenkins	M 50-59	MA	2:23:20	45.01%
77	Dave Raczkowski	M 50-59	CT	2:42:44	39.65%
78	<u>Yevette Santana</u>	F 50-59	MA	2:47:19	38.56%
79	<u>Marie Leigh</u>	F 40-49	MA	2:47:20	38.56%
80	Barry Ostrow	M 60-69	MA	2:57:04	36.44%
81	David Gustafson	M 50-59	MA	2:57:05	36.43%

Save the date.....

WMAC's annual Christmas Party.

December 10, 2011

6 House Pub in Williamstown, MA.



Grand Tree Series up-date through first 13 races.

Best of 6 races:

<u>Name</u>	<u>Age</u>	<u># Races</u>	<u>GT %</u>
1 Ross Krause	M 31	6	92.41 %
2 Scott Patnode	M 30	7	82.19 %
3 Dave Molk	M 29	6	79.10 %
4 Bob Sharkey	M 59	6	74.64 %
5 Eric Wyzga	M 36	7	74.47 %
6 Todd Brown	M 47	7	73.63 %
7 Ted Cowles	M 52	10	71.09 %
8 Thomas Parker	M 45	7	64.65 %
9 Dorin Neacsu	M 47	6	61.53 %
10 <u>Kathleen Furlani</u>	F 63	7	51.29 %

Best of 5 Races:

1 Ross Krause	M 31	6	93.92 %
2 Keith Schmitt	M 42	5	90.20 %
3 Rob Hult	M 41	5	86.98 %
4 Mike Mazzotta	M 30	5	84.92 %
5 Scott Patnode	M 30	7	82.96 %
6 Stanislav Trufanov	M 32	5	82.26 %
7 Dave Molk	M 29	6	80.93 %
8 John Agosto	M 47	5	79.40 %
9 Richard Teal	M 33	5	79.23 %
10 Steve Forrest	M 47	5	76.24 %
11 Bob Sharkey	M 59	6	76.16 %
12 Todd Brown	M 47	7	75.95 %
13 Eric Wyzga	M 36	7	75.17 %
14 Ted Cowles	M 52	10	71.75 %
15 Thomas Parker	M 45	7	65.91 %
16 Chris Hinch	M 43	5	63.93 %
17 Dorin Neacsu	M 47	6	62.33 %
18 George Gilder	M 71	5	58.93 %
19 Douglas Harvey	M 32	5	57.61 %
20 <u>Kathleen Furlani</u>	F 63	7	52.59 %
21 Chris Harrison	M 58	5	51.74 %
22 <u>Laura Clark</u>	F 64	5	42.88 %
23 <u>MaryLou White</u>	F 55	5	41.58 %

Final standings will be posted on the web page and in the newsletter after the end of the series in late November.

Remember you need to run at least 6 races to qualify for a Grand Tree Series score.

The best part of the Utica Boilermakers Runners' Expo, which is held the day before the Boilermaker 15K, is the Runners' Forum. This event should not be missed. For 1 ½ hours, a panel of running experts respond to written questions with informative, educational, and often very humorous responses.

This year's panel consisted of Bill Rodgers, 4-time NYC Marathon and 4-time Boston Marathon winner; Kathrine Switzer, breaker of the sex barrier at the 1967 Boston Marathon, driving force behind the Avon women's race series, and TV and radio commentator; Roger Robinson, holder of age-group running records, professor, author, historian, and this year's winner of the Les Diven Award for outstanding media coverage of the Boilermaker; Dane Rauschenberg, ultrarunner, author, lecturer, and runner of 52 marathons in 52 weeks; Michelle Easterly, official nutritionist of the Boilermaker; and sports medicine doctor John Colianni. They provided the following answers to some of the written questions.

Nutrition

Bill recommended sports drinks for their electrolytes. He made the disclaimer that a sports drink company is one of his sponsors. As an alternative, when he was running 137 miles a week, he would drink pickle juice. He said he should have marketed it because recently he saw an advertisement for pickle juice.

Dr. Colianni said that a recent study showed that swishing a sports drink and then spitting it out could boost performance by 3-5% in races. The rest of panel then asked why not swallow the drink? He replied it was a scientific study just to show you do not have to drink it to get the benefit. He also said that research shows drinking chocolate milk works just as well as sports drinks. Personally, I wouldn't recommend spitting it out, though. My friend Andrea wondered when the next weight loss plan will be to chew the foods you like and then spit them out... now that we know you can absorb some of the nutrients while swishing sports drinks.

Michelle recommended 30 grams of protein per meal to maximize protein synthesis for lean body mass.

As the panel spoke about nutrition, in the background was a vendor stand for fried dough, smoked German franks, shaved rib-eye steak subs and Italian sausage. On the plus side, this year the Boilermaker pasta dinner provided "Utica Greens", a signature escarole dish of the area.

What to eat and drink before a race

All panelists agreed you should not change what you eat right before a race, but eat as you did during training.

Kathrine Switzer said her pre-race food regimen is coffee, toast, honey and a banana.

Roger Robinson warned about hydrating too soon. He once overhydrated the day before a NYC Marathon and paid the price when he attended the Saturday matinee of *Les Miserables* and sat in the middle of a row for the very long first act.

What is the best time of day to run?

All panelists agreed there is no right answer; it is a personal preference.

Kathrine said when she was training to run a 2:50 marathon and juggling a job, she had no choice except to run early in the morning and in the evening.

Bill emphatically answered, "I have strong religious objections to running before breakfast!"

Dane said the first time he met his hero Bill Rodgers was in the week before a race they both were running. Bill asked if Dane wanted to run with him. Dane was incredulous and immediately agreed. Later Dane asked why Bill wanted to run with him and not elite athletes such as Brian Sell who also were running the race. He said Bill replied, "Because you are the only one who does not want to run the first thing in the morning!"

Suggestions for beating the traditional Boilermaker race day heat

Bill noted that the Boilermaker used to start at 10:30 AM, and now it starts at 8 AM. He told attendees to run through the many sprinklers along the course.

Kathrine recommended soaking your hair before the race but did not suggest putting your head in a bucket.

Dane suggested they pass legislation to dome all of Utica.

To stretch or not to stretch

Bill is not a fan of stretching. Instead, he recommended deep tissue massage which has worked for him the past 30 years.

Roger said he has seen many fads come and go in running. In the early days, stretching was almost mandatory, and he hated it. He would stretch against a tree, and people often asked if he was trying to push down the tree. He said he for one was glad to see stretching losing its popularity. He recommending not stretching or massaging a cramp, which only inflames it more. Instead, he suggested dangling your leg from a bed to loosen it up. This advice came in handy when my wife Lynne suffered a leg cramp the following day after the 15K.

Dane admitted the last time he stretched was in the year 19something when he dated a yoga instructor. He then quipped, "Isn't that what the first 20 miles of an ultramarathon are for?"

Continued next page:

Boilermaker Forum cont:

Miscellaneous Maxims

Roger said he always followed the same routine before a race so that his body and mind knew what to expect.

Kathrine said it is not what happens to you, but rather how you handle a situation is what matters. For example, her encounter with Jock Semple at the 1967 Boston Marathon, when he tried to remove her from the course, made her angry and inspired her to create opportunities for women runners. She noted that this year, for the first time, the Boilermaker 15K had more female entrants than male entrants.

Bill said running is better than other sports because in running you are never on the bench.

Dane avoids post-marathon blues by continuing to run without taking a break. However, although being an ultrarunner, he does not run long distances in training. He said if you are obsessed with high mileage, you should switch to counting kilometers instead – that creates a much larger number.

See ... <http://tinyurl.com/2011BoilermakerByBobKopac> for 2011 Boilermaker photos.



photo by Bob Kopac

From right to left:

(speaker): Dane Rauschenberg, ultrarunner, author, lecturer, and runner of 52 marathons in 52 weeks

Bill Rodgers, 4-time NYC Marathon and 4-time Boston Marathon winner

Michelle Easterly, official nutritionist of the Boilermaker

Sports medicine doctor John Colianni

Kathrine Switzer, breaker of the sex barrier at the 1967 Boston Marathon, driving force behind the Avon women's race series, and TV and radio commentator

Roger Robinson, holder of age-group running records, professor, author, historian, and this year's winner of the Les Diven Award for outstanding media coverage of the Boilermaker

Unknown Utica Boilermaker official

Wapack Trail Race ... 18 miles

New Ipswich, NH ... September 4, 2011

Clouds -- Foggy -- Warm -- Humid -- High of 80*

WMAC members in bold:

<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1 Brandon Newbould	M 29	NH	2:26:29	100.00%
2 Dave Herr	M 46	VT	2:33:49	95.23%
3 Brian Rusiecki	M 32	MA	2:39:53	91.62%
4 Chris Hayhurst	M 39	NH	2:41:16	90.83%
5 Jim Johnson	M 34	NH	2:43:25	89.64%
6 John Kinnee	M 32	MA	2:47:12	87.61%
7 Keith Schmitt	M 42	NH	2:49:19	86.51%
8 Greg Hammett	M 34	NH	2:53:18	84.53%
9 Paul Young	M 46	MA	3:02:29	80.27%
10 Dan Verrington	M 49	MA	3:06:16	78.64%
11 <u>Amy Lane</u> 1st F	F 32	MA	* 3:07:09	78.27%
12 Scott Patnode	M 30	MA	3:15:18	75.00%
13 Greg Somero	M 28	NH	3:23:52	71.85%
14 Jeremiah Ketola	M 38	NH	3:26:58	70.78%
15 Paul Lahham	M 32	MA	3:27:50	70.48%
16 Brandon Baker	M 24	NH	3:32:01	69.09%
17 <u>Erica LaBella</u>	F 32	NH	3:32:36	68.90%
18 Hosea Ketola	M 30	NH	3:35:38	67.93%
19 David Boudreau	M 39	NH	3:38:04	67.17%
20 Bill Nawn	M 47	NH	3:40:15	66.51%
21 Mark Dearing	M 58	MA	3:46:22	64.71%
22 Derrick Roux	M 35	NH	3:46:42	64.62%
23 Tom Parent	M 35	MA	3:49:22	63.86%
24 Jim Campiformio	M 61	CT	3:50:31	63.55%
25 Nick Tooker	M 32	MA	3:53:01	62.86%
26 Thom Parker	M 44	NH	3:53:32	62.72%
27 Curt Pandiscio	M 50	CT	3:54:42	62.41%
28 Davis Clayson	M 48	MA	3:55:36	62.17%
29 Mike Schafer	M 52	ME	3:56:51	61.85%
30 Richard Collins	M 55	ME	3:57:06	61.78%
31 Chris Hinch	M 43	MA	3:57:38	61.64%
32 Mike O'Connor	M 46	MA	3:59:42	61.11%
33 Ted Cowles	M 52	CT	4:00:37	60.88%
34 Brady Bertram	M 31	NH	4:06:11	59.50%
35 Michael Agbay	M 38	MA	4:07:08	59.27%
36 Christopher Agbay	M 34	MA	4:07:09	59.27%
37 Nicholas Hadland	M 40	MA	4:07:13	59.25%
38 Will Danecki	M 61	CT	4:11:04	58.34%
39 Eric Siegel	M 28	MA	4:13:24	57.81%
40 <u>Michelle Hammond</u>	F 52	CT	4:15:05	57.43%
41 Russell Hammond	M 51	CT	4:15:05	57.43%
42 Guido Meideros	M 56	MA	4:15:13	57.40%
43 Bob Worsham	M 65	CT	4:29:28	54.36%
44 Bernard Kelley	M 46	RI	4:30:09	54.22%
45 Michael Vandermillen	M 49	MA	4:30:57	54.06%
46 Dan Wagner	M 54	MA	4:39:39	52.38%
47 <u>Sherisa Sterling</u>	F 58	MA	4:53:24	49.93%
48 John Deyeso	M 23	NH	4:55:29	49.57%
49 Jason Bacon	M 40	RI	4:55:58	49.49%
50 Richard Mellor	M 61	NH	4:57:36	49.22%
51 Marc DiComes	M 31	NH	5:03:43	48.23%
52 Joseph Londa	M 52	NY	5:11:09	47.08%
53 Dan Danecki	M 52	MA	5:15:11	46.48%
54 <u>Jo Ann Peterson</u>	F 50	MA	5:15:25	46.44%

55 Patrick Cummings	M 29	MA	5:34:49	43.75%
56 Philip Tatro	M 47	MA	5:40:39	43.00%
57 John Londa	M 54	MA	5:40:57	42.96%
58 Rex Miscovitch	M 59	MA	5:44:18	42.55%
59 David Raczowski	M 60	CT	5:57:07	41.02%
60 <u>Hui-Qing Yin</u>	F 36	RI	6:34:53	37.10%
61 Mun-Sang Yue	M 38	RI	6:34:54	37.09%

*Course record

Wapack Trail Race... RD's Report

Unlike last year's low humidity and temperatures in the 60s, this year's 61 Wapack finishers experienced very high humidity and temperatures in the low 80s. Views were non-existent due to fog and generally hazy conditions. Except for some cooling breezes along the ridges, this was not a day for course records, or so you would think. But you would be wrong. Amy Lane of S. Deerfield, MA brought the women's course record down to 3:07:09 and seemed to have lots of gas left in the tank when she finished.

Taking first place in a time of 2:23:50 was 29-year old Brandon Newbould of Nottingham, NH. The others in the top five were Dave Herr (course record holder, 2:33:49, 40-49 age group winner), Brian Rusiecki (2:39:53, 30-39 age group winner), Chris Hayhurst (2:41:16), and Jim Johnson (2:43:25). The 50-59 age group winner was Mark Dearing (3:46:22) and Jim Campiformio led the 60-69 age group (3:50:31).

On the women's side, former course record holder Erica LaBella, 32, from Littleton, NH, finished second in 3:32:36 and Michele Hammond finished third and also led the 50-59 age group with a record time of 4:15:05.

The Wapack Trail goes from Greenfield, NH to Ashburnham, MA and the race is run out and back over the 9 mile section from New Ipswich, NH to Ashburnham. There are four peaks to go over in each direction and the total elevation climb for the 18 miles is 4,000 feet or more. To put these 18 miles in perspective, the finishing time of a runner in the Wapack Trail Race is very close to the time they can run a road marathon, though that is about the only thing those two types of running events have in common!

The Wapack Trail Race in 2012 will again be held on the Sunday of Labor Day weekend.

Paul Funch

Just a reminder..... The 14 mile MT. Toby Trail race has been rescheduled to Sunday, November 13 at 9:30 AM

It will be the last GT Series race of the year!

36th Annual Greylock Road Race
8 miles uphill ... North Adams, MA. ... 9 / 5 / 11

WMAC members in bold:

	<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>
1	Tim Mahoney	M 32	MA	0:56:40
2	Mark Mayall	M 40	MA	0:58:41
3	Ross Krause	M 31	MA	1:02:23
4	Donald Pacher	M 39	MA	1:03:04
5	Joe Fois	M 36	MA	1:04:48
6	RichTeal	M 33	NY	1:08:19
7	Ashley Krause 1 st F	F 34	MA	1:09:23
8	Allan Batos	M 62	MA	1:09:55
9	Steve St Clair	M 53	MA	1:10:57
10	Ed Gollin	M 42	MA	1:11:22
11	Brian McCarthy	M 48	MA	1:11:48
12	Tom Tift	M 53	NY	1:13:49
13	Kevin Moynihan	M 29	MA	1:13:55
14	Allen Hall	M 46	MA	1:14:02
15	Andy Sheldon	M 40	MA	1:15:55
16	Tonco Palmer	M 52	MA	1:16:18
17	<u>Kristine Lynch</u>	F 28	MA	1:16:51
18	Michael Bromm	M 51	NY	1:17:13
19	<u>Rita Longworth</u>	F 25	MA	1:18:15
20	James Wittum	M 49	MA	1:18:30
21	<u>Nancy Osle</u>	F 50	MA	1:18:40
22	Jonathan Igoe	M 37	MA	1:18:42
23	<u>Lee Finck</u>	F 56	MA	1:18:56
24	Rand Monteleone	M 45	MA	1:19:04
25	Tim Drake	M 51	MA	1:19:25
26	<u>Elizabeth St Clair</u>	F 52	MA	1:19:45
27	Joe Gwodz	M 56	MA	1:22:04
28	Bruce Shenker	M 58	NY	1:23:38
29	<u>Mellie Gilder</u>	F 32	MA	1:23:54
30	<u>Theresa Apple</u>	F 50	MA	1:25:07
31	Paul Donovan	M 57	VT	1:25:31
32	<u>Kathy McCarthy</u>	F 52	MA	1:26:54
33	George Gilder	M 71	MA	1:27:56
34	Chad Pause	M 38	MA	1:28:30
35	Scott Bradley	M 56	MA	1:29:40
36	Dave Hall	M 48	MA	1:29:44
37	Dick Nesbitt	M 58	MA	1:30:51
38	Harry Hayward	M 59	MA	1:31:54
39	Douglas Cummings	M 49	MA	1:33:45
40	Paul Marszalek	M 50	MA	1:33:48
41	<u>Melissa Herliczek</u>	F 33	MA	1:34:21
42	David Aronson	M 56	MA	1:37:15
43	Richard Dassatti	M 54	MA	1:39:56
44	Barbara Sorrell	F 54	NY	1:41:31
45	Denise Dion	F 53	VT	1:43:30
46	Sue Snyder	F 57	MA	1:47:15
47	Jessica Willis	F 43	MA	1:48:55
48	<u>Ali Tatro</u>	F 16	MA	1:50:08
49	<u>Olivia Oberle</u>	F 16	MA	1:50:08
50	Laura Clark	F 64	NY	1:51:14
51	Stanley Tiska	M 54	MA	2:00:43
52	Ken Swiatek	M 63	MA	2:04:24
53	Darryl Lipinski	M 30	MA	2:09:40
54	<u>Audrey Tatro</u>	F 22	MA	2:09:40
55	<u>LeeAnne Zarger</u>	F 57	CT	2:23:23

**What Goes Up Must Come Down:
Greylock Uphill Road Race**

by Laura Clark

While climbing up a mountain necessarily involves plummeting back down, the Mt. Greylock Uphill Road Race offers a choose your own adventure option. For unlike Lake Placid's Whiteface Mountain or New Hampshire's Mt. Washington, downhill decisions are arranged casually, often with no prior planning.

At the big deal events, folks pair up and arrive hours ahead in order to tandem two vehicles to the top, leaving one in place and driving the other back down. By that time they already have had a workout of sorts. At Greylock I suppose some cars head out early because they always seem to be there to greet us, but you never actually see them making the journey. Race Director Bob Dion explains, "Greylock has been going uphill for 36 years now and we've never discovered a leftover runner the following year." Greylock is an exercise in trust and confident living.

Still there are decisions to be made. You know where I am going. With no pressing need to secure a ride early-on, runners are faced with the all too familiar multi-loop dilemma: whether to stop while the getting is good or to turn about. Run up and ride down? Run up and down? Or sample both options with a run up, a halfway there run down and a thumb out hitchhike.

It is a fact of life that despite statistics indicating that runners are highly motivated and intelligent individuals, the longer/harder you run, the stupider you become. Caution is thrown to the winds and what is truly a bad idea becomes the gold ring carousel prize. Once upon a time and ago I purposefully did the Greylock about face to snag a race and a long training run all in the same day. Pretty clever of me, right? I learned two things. Thing 1: more uphill occurs in the Greylock downhill than should be legally allowed. Thing 2: mentally it takes surprising longer to slant downwards than one might imagine.

The preceding week I had "rested" my sore knee by hiking up Buck Mountain, playing disc (Frisbee) golf and logging a few supplementary miles. Eight miles would have been perfect. But after I had learned that Barbara Sorrell and Sue Snyder had planned to run down, the farther along I got, the better that idea seemed. With the rainy weather, there was no incentive to pause for a scenic monument tour or to wait for the hang gliders to materialize.

When I summited, someone told me Sue was waiting for me so I immediately thought, "Oh, I guess I'm supposed to run down too," Fueled by a handful of potato chips and a spurt of adrenaline, I initially did OK but began to lag after a few miles.

I figured I could always hitch a ride in the snowshoe van, but Bob careened downhill with Stan Tiska shouting something about "cookies waiting at the bottom," so I figured I would not deserve any extra cookies if I didn't forge onwards.

Continued next page:

Greylock road cont:

Two mistakes down and one more to go. I waved good bye to the speedier Sue and shortly after slid down the rain-slicked hairpin turn, landing solidly on my butt, but thankfully not on my knee. After that, I was too freaked out to do little more than to tiptoe cautiously on the steeper sections.

Once the road leveled out somewhat, I thought I was pretty much home free. But I was wrong. Thing 3 was waiting. I discovered that a surprisingly large stretch of real estate lies between the trailhead parking lot and the reservoir where we had positioned our cars. Most of the scenery, at that point in time, seems unfamiliar, especially the houses. Just as you crest yet another rise and expect that surely this time you will encounter your snug, warm car, you will discover that it has packed up and moved further down the line.

Will I downhill again next year? Will I have learned my lesson?

To be continued...

Laura Clark

George Coope Road Races

5K and 10K Adams, MA September 11, 2011

Cloudy & Cool Mid 60's

WMAC members in bold:

5K results:

<u>Name</u>	<u>Age</u>	<u>Time</u>
1 Joshua Lipinski	M 27	18:00
2 Jim Preite	M 47	18:58
3 Paul Gage	M 41	19:39
4 <u>Jacqueline Pierce</u> 1 st F	F 22	20:20
5 David Lipinski	M 55	21:40
6 Steven Lamontagne	M 32	21:48
7 Scott Bradley	M 56	22:44
8 Laurie Stracuzzi	M 51	23:15
9 Mike Pytko	M 51	23:36
10 Kyle Fortier	M 30	23:44
11 Tom Byrne	M 39	23:48
12 Steven Wisnowski	M 41	24:05
13 John Dovar	M 33	24:28
14 Paul Marszalek	M 50	24:37
15 <u>Stephanie Cullinane</u>	F 23	24:58
16 Wesley Scalise	M 52	25:16
17 Diane Pytko	F 54	25:17
18 <u>Cate Byrne</u>	F 11	25:24
19 Ian Mark	M 23	25:46
20 Tom Corrigan	M 48	25:58
21 Tim Morey	M 53	26:11
22 David Sookey	M 54	26:24
23 <u>Amelia Wood</u>	F 27	26:47
24 Jason Nocher	M 31	26:50
25 <u>Barb Labonte</u>	F 43	27:15
26 <u>Angela Murgia-Owen</u>	F 28	27:29

27 <u>Gail Sookey</u>	F 46	27:58
28 Anthony Scalise	M 19	28:39
29 <u>Kelly Wisnowski</u>	F 38	28:59
30 Karin Bradley	F 54	29:02
31 Carson Scalise	M 10	29:39
32 Bob Rodowicz	M 53	30:23
33 <u>Kristin Irace</u>	F 30	30:24
34 John Kline	M 45	30:25
35 <u>Darcie Lillie-Bellows</u>	F 38	31:56
36 Jason Hnotanko	M 33	33:37
37 <u>Mary Murray</u>	F 53	34:19
38 <u>Sarah Kline</u>	F 44	34:25
39 Jim Irace	M 34	35:57
40 <u>Jessica Bean</u>	F 23	36:10
41 <u>Darcie Scalise</u>	F 9	36:53
42 <u>Brittany Scalise</u>	F 21	44:53
43 <u>Tammy Scalise</u>	F 47	44:53

George Coope 10K results:

<u>Name</u>	<u>Age</u>	<u>Time</u>
1 Phillip Sullivan	M 23	41:05
2 John Guzzi	M 34	42:20
3 Alan Bates	M 62	42:57
4 Doug McAvoy	M 28	45:09
5 Ed Saharczewski	M 58	48:51
6 <u>Mary Kennedy</u> 1 st F	F 53	52:32
7 <u>Heather Witherell</u>	F 32	54:52
8 <u>Aimee Sinopoli</u>	F 36	54:07
9 Chris Adorno	M 46	56:22
10 <u>Becky Couture</u>	F 40	57:38
11 Jackie Lemieux	F 45	58:11
12 Claudine Preite	F 44	58:45
13 <u>Sue Solari</u>	F 50	59:03
14 <u>Lisa Biro</u>	F 46	1:00:37
15 <u>Rebecca Hunter</u>	F 31	1:00:50
16 <u>Meghan Foley</u>	F 25	1:01:19
17 <u>Sarah Hadley</u>	F 33	1:01:30
18 Mike Collins	M 27	1:07:16
19 <u>Laurie Coons</u>	F 44	1:07:23
20 <u>Julie Gardner</u>	F 40	1:08:00
21 <u>Tanya Malloy</u>	F 35	1:10:40
22 <u>Christine Witruk</u>	F 46	1:10:45
23 <u>Jessica Floyd</u>	F 37	1:13:26

Trail Running News.....

Published by the Western Mass Athletic Club

Adams, Massachusetts

Volume 17 ... Issue 4 ... Mid Autumn ... 2011

Curly's Trail Races

Half Marathon and 5K

(Actually 14.9 miles and 4 miles)

Pittsfield State Forest ... Pittsfield, Mass.

September 11, 2011 Mostly Cloudy Low 60's

WMAC members in bold:

Half-Marathon results:

	<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>GT %</u>
1	Lance Harder	M 24	1:46:55	100.00%
2	Ross Krause	M 31	1:48:08	98.87%
3	Stanislav Trufanov	M 32	1:55:56	92.22%
4	Mike Mazzotta	M 30	1:57:19	91.14%
5	Scott Patnode	M 30	1:59:53	89.18%
6	Dave Merkt	M 27	2:06:56	84.23%
7	<u>Kelsey Allen</u> 1 st F	F 28	2:07:02	84.16%
8	Matt Cartier	M 36	2:07:53	83.60%
9	Ashley Krause	F 34	2:14:59	79.21%
10	Rich Teal	M 33	2:16:05	78.57%
11	Jack Miller	M 38	2:18:11	77.37%
12	Ned James	M 56	2:19:07	76.85%
13	<u>Kristine Lynch</u>	F 28	2:22:14	75.17%
14	Dominic Wilson	M 40	2:22:24	75.08%
15	Ted Cowles	M 52	2:24:36	73.94%
16	Eric Matta	M 24	2:28:35	71.96%
17	David Lowry	M 49	2:28:58	71.77%
18	Andrew Donovan	M 28	2:32:26	70.14%
19	Robert Gazzalle	M 43	2:32:31	70.10%
20	Tim Drake	M 51	2:38:33	67.43%
21	Chris Hinch	M 43	2:40:35	66.58%
22	<u>Nancy Ogle</u>	F 50	2:41:15	66.30%
23	Carmel Kushi	F 42	2:43:10	65.53%
24	<u>Angela Slowinski</u>	F 28	2:45:10	64.73%
25	Will Danecki	M 61	2:49:30	63.08%
26	<u>Michele Costa</u>	F 44	2:51:22	62.39%
27	Richard Theriault	M 40	2:55:39	60.87%
28	Bob Worsham	M 65	2:59:03	59.71%
29	Joe Kirder	M 43	2:59:11	59.67%
30	George Gilder	M 71	3:00:17	59.30%
31	<u>Bridget Mennite</u>	F 28	3:00:19	59.29%
32	Jim Hartwig	M 31	3:01:50	58.80%
33	<u>Sariya Saabye</u>	F 31	3:07:59	56.88%
34	Alan Cabot	M 56	3:09:15	56.49%
35	Bill Donovan	M 57	3:15:33	54.67%
36	<u>Megan Santosos</u>	F 47	3:15:55	54.57%
37	<u>Kathleen Furlani</u>	F 63	3:16:02	54.54%
38	Jamie Coyne	F 53	3:17:50	54.04%
39	<u>Sweep Voll</u>	F 50	3:17:51	54.04%
40	Barbara Sorrell	F 54	3:29:48	50.96%
41	Vince Kirby	M 54	3:36:13	49.45%
42	Jim Jenkins	M 56	3:39:07	48.79%
43	John Mudano	M 44	3:47:20	47.03%
44	<u>Laurie Schwartz</u>	F 54	3:49:03	46.68%
45	John Jansen	M 56	3:49:04	46.67%
46	<u>Mary Lou White</u>	F 56	3:56:44	45.16%
47	Jamie Howard	M 46	4:21:20	40.91%
48	<u>Elle Bea</u>	F 37	4:26:50	40.07%
49	<u>Deb Anderson</u>	F 37	4:26:51	40.07%
50	Richard Busa	M 81	5:34:59	31.92%

5K Results:

	<u>Name</u>	<u>Age</u>	<u>Time</u>
1	John Schatz	M 31	26:31
2	<u>Stacey Sears</u> 1 st F	F 45	32:48
3	Ben Kaplan	M 57	35:26
4	<u>Lori Sayers</u>	F 35	36:56
5	Richard Belair	M 44	37:11
6	<u>Tammy Rose</u>	F 46	38:10
7	Jakin Miller	M 10	38:11
8	<u>Sheila Niedeck</u>	F 50	39:41
9	Eileen Monyahan	F 40	40:34
10	Ray Palmer	M 54	41:26
11	<u>Helen Curtin</u>	F 42	42:05
12	Ed Alibozek Jr	M 71	43:21
13	Ed Alibozek	M 48	43:22
14	Patrick Mcgrath	M 46	43:26
15	Bill Glendon	M 65	49:10
16	<u>Esther Balardini</u>	F 42	50:00
17	Tom Balardini	M 47	50:01
18	Konrad Karolczuk	M 59	50:06
19	<u>Christa Melillo</u>	F 25	55:59

Curly's

Cool and overcast weather may not be the ideal forecast for an early September Sunday, unless you're running another trail race on the GT circuit that is. It was on the chilly side when I pulled into the Lulu area parking lot and to my surprise I was only the second car there. Dr. Bob Worsham was already there and had staked out his "special" spot under the trees. For some reason I thought the race was at 9:00 am but it was really at 9:30 so I now had 2 hours to kill. That was OK though because Beth and her family were already there and all set up so I got to spend some time talking to them before the other runners started showing up.

The forest had a lot of tree blow-downs with the recent storms and Beth and Brad and crew spent a lot of time cleaning up the trails for us. A few sections that were still in rough shape and even flooded had to be avoided so the course was rerouted some. That added a good mile to the short race and about a mile and a half to the half-marathon. But hey this is trail running and all distances are approximant anyway.

The first 3 miles (4 miles this year) are mostly fast & flat so it's all out running through this winding maze of trails.

We come through the finish line area after this section and the first aid station. The 5Kers stop here while the ½ marathoners continue on and start climbing up the Turner Trail.

I actually looked forward to the climb and a little walking break for a change. Five or six runners ran past me going up the trail while I was just power walking it.

After the long uphill we're treated to some of the best views of the race from the second aid station. You can see 3 states from up here.

Continued next page:

Curly's cont:



View from the aid station up top

photo by will

A short run down the road takes us past Berry Pond and the campground before picking up the Tilden Swamp Trail. Soon we're on the long downhill on the Parker Brook Trail. You can really make up some time through here if you can handle the rocky terrain. I caught and re-passed 3 of the runners who were running up the hill earlier. They were taking it slowly on this downhill and I couldn't help thinking they wasted too much energy trying to run up the hills. But what goes down in this race must go back up sometime and soon we're heading up the steep climb on the Hawthorne Trail. I hooked up with Rich Theriault from Pittsfield through this section. He's experiencing his first year of trail running and is really enjoying it so far.

I first met and ran with him a few weeks ago at Savoy. We ran together for awhile until the next downhill section when I picked it up and hammered the downhill again. There's some real nice running after that and soon I'm back out on the campground road and through the aid station again. From here it's a little less than 3 miles to the finish and much of it is downhill on the Lulu Brook Trail.

It helps to know the course and what to expect next so I let it all out and flew down the trail to the finish. At first I was a little disappointed to have finished almost 10 minutes slower than last year. I thought I had a good run. But then I was reminded that the course was more than a mile longer than last year so I was happy with my run after all.

Talking to Beth a week later she said she was hoping for a larger turnout for this race. The first 2 years she had a marathon distance also but it only drew a handful of runners so she dropped it. This course has some of the nicest trails you'll find any where and I don't understand why more runners don't come here either. You're missing out on a gem of a run.

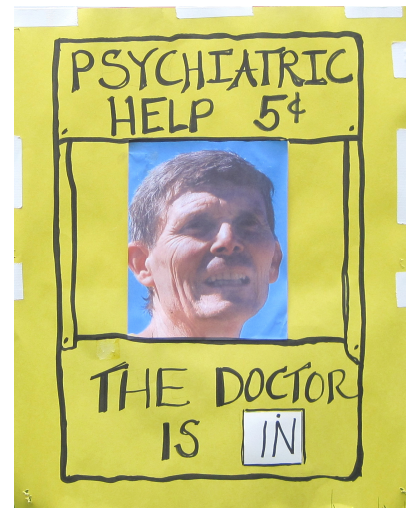
At this point Beth is still deciding on whether or not to have the race again next year. I sure hope she does and I sure hope more of you show up. I'd hate to lose this one from the GT Series.

will run



Club member Ned James at Curly's run

photo by Bob Birkby



No explanation needed



Rich Theriault at Curly's run

photo by will

Pisgah Mountain Trail Races ... 23K & 50K

Pisgah State Park ... Chesterfield, NH ... 9 / 18 / 11

Clouds & Sun – Breezy – low of 44 - high of 67*

WMAC members in bold:

23K Results:

Name	Age	ST.	Time	GT %
1 Donald Pacher	M 39	MA	1:47:15	100.00%
2 Joe Holland	M 49	NH	1:53:41	94.34%
3 Ryan Wells	M 30	NH	1:53:49	94.23%
4 Eric Wyzga	M 36	RI	1:57:28	91.30%
5 Jeff Carmichael	M 48	VT	1:58:18	90.66%
6 Chris Casey	M 32	NH	1:59:19	89.89%
7 Keith Bourassa	M 27	NH	1:59:19	89.89%
8 Alex Parker	M 44	MA	2:03:09	87.09%
9 James Callaway	M 49	MA	2:03:42	86.70%
10 Nick Tooker	M 32	MA	2:05:52	85.21%
11 Glenn Hammett	M 34	NH	2:08:43	83.32%
12 Danny Ferreira	M 28	NH	2:09:34	82.78%
13 David Boudreau	M 39	NH	2:09:43	82.68%
14 Ted Cowles	M 52	CT	2:13:32	80.32%
15 Thomas Parker	M 45	NH	2:13:36	80.28%
16 Michael Tegart	M 27	VT	2:15:56	78.90%
17 Clint Joslyn	M 38	NH	2:19:26	76.92%
18 <u>Suzie Carrier</u> 1 st F	F 52	NH	2:19:38	76.81%
19 Eric Hannett	M 35	NH	2:20:11	76.51%
20 Jeffrey Barriss	M 42	MA	2:20:29	76.34%
21 Roger Martall Jr.	M 39	MA	2:20:31	76.33%
22 <u>Tara Deeble</u>	F 40	MA	2:21:07	76.00%
23 Erik Simard	M ??	MA	2:21:21	75.88%
24 Dorin Neacsu	M 47	MA	2:22:45	75.13%
25 Richard Webber	M 47	MA	2:24:06	74.43%
26 Matthew Kayal	M 41	MA	2:24:06	74.43%
27 Brian Chidley	M 46	CT	2:24:28	74.24%
28 Steve Sebastian	M 62	NH	2:25:20	73.80%
29 John Dorsey	M 69	NH	2:25:25	73.75%
30 <u>Katie Scheidenantel</u>	F 25	NH	2:26:36	73.16%
31 Ed Guyot	M 55	NH	2:26:41	73.12%
32 <u>Janella Barrett</u>	F 31	NH	2:26:52	73.03%
33 David Leblanc	M 24	NH	2:29:55	71.54%
34 Billy Dean	M 27	MA	2:31:41	70.71%
35 <u>Lucy Stamp</u>	F 41	VT	2:32:07	70.50%
36 John Deyeso	M 23	NH	2:34:51	69.26%
37 Wilfer Martinez	M 30	MA	2:35:38	68.91%
38 Marc DiComes	M 31	NH	2:36:14	68.65%
39 John Hammett	M 68	RI	2:39:55	67.07%
40 Dan Campbell	M 28	MA	2:40:31	66.82%
41 <u>Robyn Hannett</u>	F 36	NH	2:40:37	66.77%
42 Vic LaPort	M 71	MA	2:40:47	66.70%
43 Richard Mellor	M 61	NH	2:41:45	66.31%
44 <u>Vicki Meyer</u>	F 46	VT	2:42:38	65.95%
45 <u>Emily Hartshorne</u>	F 44	NH	2:43:14	65.70%
46 Paul Gantous	M 48	Can	2:43:55	65.43%
47 <u>Jennifer Brennan</u>	F 39	MA	2:45:10	64.93%
48 <u>Suzanne Heller</u>	F 46	VT	2:45:38	64.75%
49 Jeff Richardson	M 55	NH	2:45:38	64.75%
50 John Gagnon	M 50	VT	2:46:00	64.61%
51 Steve Perrin	M 47	NH	2:46:03	64.59%

52 Ron Stahley	M 57	VT	2:48:09	63.78%
53 <u>Ania Childress</u>	F 35	CT	2:48:23	63.69%
54 Blake Woodman	M 32	NH	2:52:36	62.14%
55 Philip Tatro	M ??	MA	2:53:14	61.91%
56 <u>Jessie Bay</u>	F 32	VT	2:53:22	61.86%
57 Paul Carlton	M 32	VT	2:53:22	61.86%
58 Mike Bingham	M 57	MA	2:53:24	61.85%
59 Jim Reznicek	M 45	NH	2:54:00	61.64%
60 Christopher Pulick	M 41	MA	2:54:00	61.64%
61 <u>Mindy Randall</u>	F 51	NH	2:55:20	61.17%
62 Victor Hugo	M ??	NH	2:56:45	60.68%
63 <u>Anne Healy</u>	F 39	MA	2:57:43	60.35%
64 <u>Mary Steiner</u>	F 54	VT	2:59:10	59.86%
65 <u>Marlee Leveille</u>	F 35	NH	2:59:57	59.60%
66 <u>Denise Viscomi</u>	F 48	VT	3:01:38	59.05%
67 <u>Jennifer Helsel</u>	F 40	NH	3:02:08	58.89%
68 Tim Ivey	M 52	NY	3:02:28	58.78%
69 Randy Witlicki	M 55	VT	3:04:07	58.25%
70 Timothy Guilbeault	M 39	RI	3:06:19	57.56%
71 Vincent Kirby	M 54	NY	3:07:34	57.18%
72 <u>Lois Alexander</u>	F 59	MA	3:09:03	56.73%
73 Roger Martell	M 62	MA	3:11:03	56.14%
74 <u>Suzanne Baker</u>	F 40	NH	3:11:19	56.06%
75 <u>Jeanne Thorpe</u>	F 43	MA	3:11:28	56.01%
76 James Arnone	M 31	CT	3:23:04	52.82%
77 <u>Sandy Wolf</u>	F 40	CT	3:23:48	52.63%
78 <u>Laura Serri</u>	F 53	Can	3:23:59	52.58%
79 <u>Sandy Lang</u>	F 53	NH	3:24:33	52.43%
80 Steven Wheelock	M 50	NH	3:25:52	52.10%
81 David Raczkowski	M 60	CT	3:28:25	51.46%
82 <u>Geri Walton</u>	F 51	NH	3:36:09	49.62%
83 Bob Lance	M 54	NH	3:36:10	49.61%
84 Steven Robert	M 15	VT	3:37:21	49.34%
85 Rik Robert	M 55	VT	3:41:34	48.41%
86 <u>Loni Allen</u>	F 31	NH	3:43:53	47.90%
87 <u>Meredith Gagnon</u>	F 22	NH	3:44:53	47.69%
88 <u>Nancy Rose Peduzzi</u>	F 56	FL	3:52:41	46.09%
89 <u>Jane Schulten</u>	M 63	CT	3:54:25	45.75%
90 Richard Schulten	M 63	CT	3:54:48	45.68%
91 <u>Jennifer Miller</u>	F 39	CT	4:13:31	42.30%
92 <u>Erin Taylor</u>	F 38	NH	4:37:03	38.71%

Pisgah 50K Results:

Name	Age	ST.	Time	GT %
1 Dave Herr	M 46	VT	3:41:52	100.00%
2 Jim Johnson	M 34	NH	3:42:10	99.86%
3 Ben Nephew	M 36	MA	3:45:18	98.48%
4 Greg Hammett	M 34	NH	3:47:28	97.54%
5 Brian Rusiecki	M 32	MA	3:49:33	96.65%
6 Dave Mitchell	M 34	VT	3:50:35	96.22%
7 Chris Hayhurst	M 39	NH	3:56:30	93.81%
8 Kevin Tilton	M 29	NH	4:00:25	92.28%
9 <u>Amy Lane</u> 1 st F	F 32	MA	4:31:11	81.81%
10 Jason Dunklee	M 37	MA	4:34:51	80.72%

Continued next page:

Pisgah results cont:

11	<u>Karen Benway</u>	F 39	RI	4:35:05	80.65%
12	Robert Jackman	M 29	RI	4:35:40	80.48%
13	Marc Guillaume	M 39	MA	4:45:39	77.67%
14	Frank Roberts	M 29	MA	4:48:54	76.80%
15	Stanislau Trufanou	M 32	MA	4:50:06	76.48%
16	Ryan Triffitt	M 36	ME	4:50:19	76.42%
17	Rob Higley	M 57	MA	4:53:42	75.54%
18	Miles Billings	M 37	MA	4:54:53	75.24%
19	Greg Esbitt	M 37	MA	4:55:02	75.20%
20	Justin Costa	M 32	RI	4:57:37	74.55%
21	Brandon Baker	M 24	NH	5:02:28	73.35%
22	Jon Copans	M 37	VT	5:03:19	73.15%
23	Peter Keeney	M 45	ME	5:07:39	72.12%
24	<u>Jacquelyn Jackman</u>	F 33	RI	5:10:35	71.44%
25	Robert Gazzale	M 43	VT	5:17:32	69.87%
26	Tim Shea	M 41	VT	5:19:01	69.55%
27	Jonathan Hammett	M 36	RI	5:19:37	69.42%
28	Tim Charboneau	M 44	NH	5:21:26	69.02%
29	Joe Wroblecki	M 47	ME	5:26:11	68.02%
30	Kurt Berna	M 40	NH	5:27:19	67.78%
31	Steve Hertford	M 51	VT	5:29:13	67.39%
32	<u>Elaine Allen</u>	F 43	CT	5:33:50	66.46%
33	<u>Danielle Triffitt</u>	F 36	ME	5:34:28	66.33%
34	Jeff Lane	M 35	MA	5:37:37	65.72%
35	Brad Beveridge	M 37	NH	5:38:25	65.56%
36	<u>Marcy Beard</u>	F 42	NY	5:42:28	64.78%
37	<u>Danielle Fischer</u>	F 39	NH	5:44:25	64.42%
38	Scott Patnode	M 30	MA	5:47:33	63.84%
39	Jesse Veinotte	M 30	MA	5:48:09	63.73%
40	Brian Sorrells	M 42	CT	5:49:00	63.57%
41	<u>Donna Smyth</u>	F 51	VT	5:51:32	63.11%
42	Trevor Lang	M 23	NH	5:53:20	62.79%
43	Christopher Barry	M 31	NH	5:54:58	62.50%
44	Stephen Taylor	M 42	MA	5:58:55	61.82%
45	Dave Martula	M 66	MA	6:00:58	61.46%
46	Curt Pandiscio	M 50	CT	6:01:11	61.43%
47	Ken DeAlmeida	M 38	NH	6:02:18	61.24%
48	<u>Donna Utakis</u>	F 43	MA	6:02:36	61.19%
49	<u>Michelle Roy</u>	F 41	MA	6:03:41	61.01%
50	Richard Collins	M 55	ME	6:05:07	60.77%
51	Frank Dudas	M 51	MA	6:06:14	60.58%
52	<u>Sarah Slater</u>	F 33	CT	6:07:37	60.35%
53	Neil Slepian	M 57	NH	6:13:46	59.36%
54	<u>Marcy Schwam</u>	F 58	MA	6:13:46	59.36%
55	Adam Sullivan	M 24	NH	6:19:44	58.43%
56	<u>Amy Wilkinson</u>	F 26	NJ	6:23:24	57.87%
57	Douglas Wilkinson	M 54	NH	6:25:14	57.59%
58	Will Danecki	M 61	CT	6:27:43	57.22%
59	<u>Pam Dolan</u>	F 44	CT	6:29:17	56.99%
60	Joe Beyer	M 48	MA	6:34:52	56.19%
61	<u>Tammy Godin</u>	F 48	MA	6:36:45	55.92%
62	Jeff Godin	M 45	MA	6:36:45	55.92%
63	Todd Hobson	M 50	VT	6:39:41	55.51%
64	Kevin Mullen	M 54	MA	6:45:46	54.68%
65	Christopher Viscomi	M 51	VT	6:47:18	54.47%
66	Barbara Sorrell	F 54	NY	6:52:22	53.80%
67	Joe Hayes	M 63	NH	6:52:32	53.78%
68	Douglas Cummings	M 50	MA	6:54:56	53.47%
69	<u>Jyoti Demain</u>	F 36	NH	6:55:27	53.40%

70	Charlie Gadol	M 54	NY	6:59:42	52.86%
71	<u>Julia Skierszkan</u>	F 48	Can	7:05:52	52.10%
72	John Izzo	M 62	VT	7:10:57	51.48%
73	Tom Guggina	M 42	MA	7:12:33	51.29%
74	Steven Latour	M 39	NH	7:15:29	50.95%
75	<u>Francis Sherritt</u>	F 46	Can	7:15:32	50.94%
76	David Delibac	M 59	VT	7:15:55	50.90%
77	<u>Brenda Morris</u>	F 44	MA	7:16:27	50.83%
78	<u>Katie Warren</u>	F 31	MA	7:16:27	50.83%
79	Kenny Rogers	M 57	MA	7:16:27	50.83%
80	<u>Caitlin McAllister-Campbell</u>	F 25	MA	7:21:09	50.29%
81	<u>Christina Taddei</u>	F 29	MA	7:21:09	50.29%
82	Joshua White	M 36	VT	7:21:10	50.29%
83	Grant Boaen	M 31	NH	7:21:22	50.27%
84	Michael Saitow	M 39	MA	7:22:00	50.20%
85	Josh Robert	M 30	NH	7:22:23	50.15%
86	Tim Doucette	M 47	NH	7:24:52	49.87%
87	Eric Sherman	M 48	NH	7:37:07	48.54%
88	<u>Soni Marker</u>	F ??	OH	7:37:27	48.50%
89	Bill Marker	M 50	OH	7:37:27	48.50%
90	Tim Finke	M 35	NH	7:39:36	48.27%
91	Kent Fish	M 58	TX	7:45:02	47.71%
92	<u>Judi Adams</u>	F 63	Can	7:46:17	47.58%
93	Scott Spencer	M 42	MA	8:15:11	44.80%
94	Craig Wilson	M 62	ME	8:22:20	44.17%
95	<u>Kathleen Furlani</u>	F 63	CT	8:27:18	43.73%
96	<u>Mary Lou White</u>	F 56	CT	8:29:39	43.53%
97	Lee Dickey	M 57	MA	8:30:40	43.45%
98	<u>Gold Goudarzi</u>	F 53	FL	9:02:01	40.93%
99	Newell Tolman	M 69	NH	9:02:01	40.93%
100	<u>Theresa Berna</u>	F 42	NH	9:02:01	40.93%
101	Jeff Vieyra	M 64	CA	9:11:31	40.23%
102	Russell Cheney	M 70	CA	9:33:07	38.71%



*The "Maine" boys always show up for the Pisgah MT. races.
From left.....Craig Wilson, Rich Collins, and Joe Hayes.*

photo by will

Pisgah MT. Trail Races



I arrived at the firehouse in Chesterfield, NH about 1 ½ hours before the start of the race, just in time to grab my favorite parking spot on the very end. I've parked in the same spot for the last 8 or 9 years now. (Gee, I hope I'm not getting to be like Bobby Worsham who only parks in certain spots at each race.) Within minutes the whole parking lot started to fill up as everyone began to show up all at once. The sun was coming up fast and the low 40 degree temps would soon be rising into the mid 60's. Perfect weather for running a challenging 50K race through New Hampshire's largest state forest.

I always like getting to races a little early so I have time to chat with friends and fellow runners. There's Randy, Vic & Jean over there. Rich, Craig, and Joe from Maine just pulled in. Nipmuck Dave is here. There's Barbara walking around and Thom is here already also. Packet pickup is in the school next door this year. On my way over I run into Gary the RD and chat with him for a few minutes about the course and then I pick up my number & shirt from my friend Donna Smyth. Years ago I used to be able to keep up with her running but not any more.

Before long we're all told to head on over to the starting line and after a few last minute instructions our latest running adventure begins. There are 2 different races going on here at the same time, a 23K and a 50K. We all run down (and up) a long road section together until we get to the trail head and then shortly after entering the forest the 50Kers turn left while the 23Kers continue straight ahead. This year Fred Ross wasn't running so he was there taking photos and telling runners where to turn. Eventually all of us doing the 50K will end up running on the same trails as those in the 23K race, but for now we have to put in many more miles on other trails.

At the first aid station I met up with my friend Michelle Roy who I haven't seen in several years. We ended up running the next 13 miles together, chatting about old times and what we've been up to the last few years. We also were able to stay just behind Donna Utakis, who was taking it easy today after running the Wasatch 100 miler the weekend before. When I had to stop and take a pebble out of my shoe I told Michelle to keep on moving and I'll try to catch up, but she had way too much energy and I didn't see her or Donna again until I finished.

I was pretty much on my own from then on. I was running pretty good but started to have some cramping issues climbing up Pisgah Mt. I stopped briefly up on top, taking in the wonderful views but also massaging my calf muscle trying to get it loosened up. I took it a little easy on the long descent

down from the top and my buddies Rich and Curt went flying by me in this section. I knew from past experience that if I pushed it too much now I would have some serious cramping to deal with later so I continued to take it easy for the next couple of miles.

Soon I was running normal again and even caught a couple of others just before the aid station at the 20 mile mark. Here we start the Kilburn Loop, a rolling 5 1/2 mile trail that takes us around ponds and streams and brings us back to this same aid station. I told the aid station volunteer "I'll see you in about an hour" and when I finally got back it was 1 hour and 1 minute later.

The last 5 ½ miles have some steep up and down sections, but also some good running in-between if you have anything left at that point. On one of the long climbs I felt my calf getting tight again and stopped up on top to stretch it out. Another friend of mine, Pam, came up the hill and asked if I was OK. I told her I would be in a minute and encouraged her to keep going. She said she was running on empty but was happy when I told her we were less than 30 minutes from the finish.

I managed to keep up with her for the next few miles until we hit the last long downhill trail before the road section to the finish. I felt pretty good at that point so I took off and really flew down the hill. The first part of the road is mostly downhill also so I continued to push it and then kept up the pace in the flat section. I started to slow up a little about a 1/2 mile from the finish when I saw a party going on in the yard at one of the houses along the road. They all started to cheer and clap for me as I went by and someone even called out my name. Although I couldn't see who it was it gave me the extra motivation I needed and I "ran" it in to the finish from there.

The last few years have been slower and slower for me here but these days I'm just happy that I can still get out there and run these races along with my friends so I don't really care about my times anymore. I had fun and I didn't fall or hurt myself so it was another successful race in my opinion.

The post race cookout was very good this year also. We had plenty of food to eat as we sat around on the firehouse lawn cheering on the other finishers.



Post race cookout at the Pisgah Trail races

Continued next page:

Pisgah MT. cont:



RD Gary Montgomery (on right) and his assistant Fred Ross working the finish line

This race always had a friendly atmosphere about it and the proceeds from the run help to support the New Hampshire Special Olympics so it's a win – win situation for all of us.

The next day I made my traditional stop at the Big E.



It was another great day weather-wise, sunny with temps around 70*, just right for wandering around the largest fair in New England. I sampled the usual food favorites without worrying about the extra calories involved and caught a few of the shows and exhibits and even checked out some of the new and exciting products being sold before finally heading home.



I'm glad I stopped at the fair again even though it seemed flat this year. They need to do a better job of bringing in some new acts and exhibits. But then again as the old saying goes, "A flat day at the fair is still better than a good day at work."

So another running adventure is in the books and I'm already looking forward to the next one, no matter how fast or slow I go.

will run

photos by will

Book Review Corner:

Unbroken: A World War II Story of Survival, Resilience, and Redemption,

by Laura Hillenbrand. Random House, 2010.

While we may ordinarily credit the act of running with our survival from everyday occurrences like a tough day at work or relentless family demands, it is a rare individual that can truly regard it as a life-changing epiphany.

One such individual was Louis Zamperini. Today we would have labeled him with oppositional defiant disorder and medicated him into pacificity. Back in the 1920's he was simply an incorrigible juvenile delinquent—at the age of five years! As a teenager running away from petty burglaries, he finally discovered an acceptable channel for his boundless energy and propensity for risk-taking. With his brother's encouragement, he was on track to beat Bannister to the 4 minute mile and still older candidates to the Olympics.

But then World War II intervened and he joined the ranks of the "Lost Generation" serving as a bombardier over the Pacific. His ingenuity and problem-solving skills were tested to their limits when his aircraft was shot down. He survived a record forty-seven days adrift, followed up by years of torture in Japanese prison camps.

But it is the rest of the story that is Louis' true test of endurance: finding his place in a post-war society, using alcohol to escape his nightmares and finally, with the help of his loving wife, rising above his past to resume the healing act of running despite constant pain from old war injuries. Now, at ninety-three years old, he continues to lecture USC athletes, carry Olympic torches and fly a T34 World War II trainer.

Had the war not intervened, Zamperini might have won the Olympics, but he surely would not have persevered to become the hero he is today.

Reviewed by Laura Clark

The 2011 Grand Tree series will wrap up in November after Stone Cat and the re-scheduled Mt. Toby races. Watch for all the final standings and points to be posted on the club's web page and in the end of the year newsletter shortly after the series ends.

The 2011 Grand Tree Trail Series.....

New England trail running at its best!

Mystery Photo



The mystery photo from the last newsletter was of this sign. It's located on the Nipmuck Trail and we run past it twice during the Nipmuck Marathon.

Nipmuck Dave put the sign up many years ago after his trail dog Pixi passed away. Her final resting place is near a small water falls that Dave named after her just a short distance off the trail.

Carol Kane was the first one with the correct answer and knew the story behind the sign.

Dave sent along the following.....



Pixi the trail dog

A finer trail dog could not be found. She lived for me getting home from work and hitting the trail. Even at just 16 lbs she could still run with me for hours. Feisty, she would nip at me if I got too close to her food after a long run. Our only defense when meeting bigger dogs is she would get real close and I would pick her up. Usually not a problem except her long hair could hold a lot of mud. She lived a full life and ran her heart out doing what she loved.

If you run with a dog, they can't tell you when they're tired. They love running trail so much I don't even think they know when they're tired. But as a responsible pet owner you have to realize that what a young dog does easily will be more stressful to that dog when she gets old.

Think of how much you've lost in the past 7, 14 and 21 years of running. That's what your dog loses in 1, 2 and 3 years.

Nipmuck Dave



This issue's mystery photo is of this pond we run past during this race. Do you know the name of the race and where is it? The clues are on the sign.

"Go Shirley"

"I'm not going out there again this year. I'm just not." Summer '10 I was injured so could not run my favorite Kelly RR here where I live. Instead I hobbled out in front of th house to cheer – encourage th runners. I "Knew" I'd run it Summer '11. But this injury lingered, then back problems appeared. Despite being only better, I "had to" go to Greylock this past June, managing to make it around th short course. Altho I loved being there, th effort set my recovery back so I cood not run th Kelly RR 2nd straight time. ☹

In th car, returning with my groceries, a half-mile fm th house, traffic is slowed – stopped, runners racing are not. At last at the house I put away the groceries and..... Hurry out to th street. No, I'm not going to hide inside, sulk and be sad. "Atta Way." "Nice Goin." "Way to go, 204, " "You're doin good" ("Well, I'm doin it") I'm thanked and acknowledged. Then, a barefoot gal. Hey I know her. What's her name? Did she recognize me? We had fun at Soapstone wun May. Yes! I turn, see her moving away and yell

"Go Shirley!"

Dick Hoch

Join us for our Wednesday Night Fun Runs starting at 5:30 P.M. from the PNA Hall on Victory ST. in Adams.

Stay for drinks and trivia afterward.

Official club business meetings on the first Wednesday of the month.

Nipmuck Trail Marathon

Ashford, CT ... October 2, 2011

Cloudy – Cool – Humid – Some Showers – Low 70's

WMAC members in bold:

	<u>Time</u>	<u>Age</u>	<u>Time</u>	<u>GT %</u>
1	Ben Nephew	M 36	3:17:36	100.00%
2	Samuel Jurek	M 24	3:30:26	93.90%
3	Brian Rusiecki	M 33	3:35:17	91.79%
4	Scott Livingston	M 38	3:54:46	84.17%
5	Ryan Welts	M 30	3:54:46	84.17%
6	Dave Hannon	M 40	3:55:04	84.06%
7	Dave Merkt	M 27	3:55:44	83.82%
8	Karen Benway 1st F	F 39	4:02:43	81.41%
9	Randy Chamberland	M 50	4:07:32	79.83%
10	Josh Miller	M 23	4:15:58	77.20%
11	Justin Kousky	M 31	4:16:20	77.09%
12	<u>Amy Lane</u>	F 32	4:19:26	76.17%
13	Michael Halovatch	M 33	4:22:58	75.14%
14	Anthony Parillo	M 27	4:23:46	74.91%
15	<u>Brittany Debord</u>	F 21	4:25:12	74.51%
16	George Jennings	M 38	4:27:16	73.93%
17	Thomas Williams	M 28	4:30:32	73.04%
18	Andrew Aspen	M 35	4:30:34	73.03%
19	John Agosto	M 47	4:30:52	72.95%
20	David Loutzenheiser	M 44	4:34:14	72.06%
21	Richard Coe	M 44	4:36:17	71.52%
22	<u>Joanne Ross</u>	F 39	4:37:26	71.22%
23	Kirk Kitell	M 30	4:38:22	70.99%
24	Scott Slater	M 33	4:38:46	70.88%
25	Michael Yako	M 47	4:40:12	70.52%
26	David Boudreau	M 39	4:42:10	70.03%
27	Mark Leuschner	M 47	4:42:16	70.00%
28	Dominic Wilson	M 40	4:44:08	69.54%
29	<u>Kristina Folcik</u>	F 33	4:44:54	69.36%
30	Julian Jamison	M 38	4:45:22	69.24%
31	Greg Curtis	M 34	4:46:59	68.85%
32	<u>Nancy Muir</u>	F 29	4:47:49	68.65%
33	Charles Siegal	M 34	4:49:03	68.36%
34	Chris Ollari	M 41	4:49:57	68.15%
35	<u>Mary Smith</u>	F 29	4:50:43	67.97%
36	Dave Milsom	M 41	4:51:14	67.85%
37	Charles Roche	M 31	4:52:02	67.66%
38	Davis Clayson	M 48	4:52:12	67.62%
39	Brian Shafer	M 35	4:52:52	67.47%
40	John Birkett	M 31	4:53:45	67.27%
41	Rich Teal	M 33	4:54:15	67.15%
42	<u>Michelle Hammond</u>	F 52	4:54:19	67.14%
43	Bruce Giguere	M 43	4:55:12	66.94%
44	Andy Illidge	M 44	4:55:17	66.92%
45	<u>Elaine Allen</u>	F 43	4:55:27	66.88%
46	Brian Sorrells	M 42	4:55:30	66.87%
47	<u>Sarah Almodovar</u>	F 34	4:55:55	66.78%
48	Andrew Gravelle	M 27	4:56:05	66.74%
49	Miles Esty	M 49	4:57:09	66.50%
50	Ethan Spinelli	M 38	4:58:25	66.22%
51	Mark Moriarty	M 43	4:58:29	66.20%
52	Thomas Roy	M 39	4:58:46	66.14%
53	Douglas Lord	M 42	4:59:02	66.08%
54	Sonny Gerardi	M 37	4:59:53	65.89%

55	<u>Donna Utakis</u>	F 43	5:00:06	65.84%
56	Shannon Macgregor	M 33	5:01:31	65.54%
57	Salvatore Dichiaro	M 36	5:03:17	65.15%
58	Josh Nemzer	M 53	5:03:40	65.07%
59	Marc Rebillard	M 56	5:04:57	64.80%
60	Russell Hammond	M 51	5:05:59	64.58%
61	Keith Woodman	M 35	5:06:20	64.50%
62	Greg Chokas	M 47	5:08:06	64.13%
63	Joe Beyer	M 48	5:10:04	63.73%
64	<u>Issy Nielson</u>	F 29	5:10:40	63.61%
65	Robert Speers	M 43	5:11:09	63.51%
66	Jeffrey Andritz	M 30	5:14:35	62.81%
67	<u>Michele Norman</u>	F 43	5:14:36	62.81%
68	<u>Colleen Phelps</u>	F 44	5:14:40	62.80%
69	Michael Zec	M 34	5:15:50	62.56%
70	Paul Ghelfi	M 44	5:16:54	62.35%
71	John McFarland	M 47	5:18:09	62.11%
72	Rich Collins	M 55	5:18:12	62.10%
73	Will Danecki	M 61	5:19:13	61.90%
74	Ted Cowles	M 52	5:21:12	61.52%
75	<u>Alison Cleary</u>	F 26	5:27:43	60.30%
76	Thom Parker	M 45	5:27:49	60.28%
77	Randall Dutton	M 40	5:29:10	60.03%
78	David Sutherland	M 49	5:29:15	60.02%
79	Rick Dewitt	M 53	5:30:09	59.85%
80	Godfrey Berger	M 31	5:32:41	59.40%
81	Alexander Hayman	M 25	5:34:05	59.15%
82	Christopher Larocco	M 49	5:34:50	59.01%
83	Matt Wunch	M 36	5:35:17	58.94%
84	Christopher Agbay	M 34	5:39:40	58.17%
85	Michael Agbay	M 38	5:40:06	58.10%
86	Rod Wilson	M 40	5:40:21	58.06%
87	<u>Kelsey Battige</u>	F 24	5:42:20	57.72%
88	<u>Janet Sanderson</u>	F 44	5:42:33	57.68%
89	Todd Hobson	M 50	5:42:36	57.68%
90	Alexander Waid	M 39	5:42:37	57.67%
91	<u>Ania Childress</u>	F 35	5:43:21	57.55%
92	<u>Belinda Young</u>	F 42	5:44:29	57.36%
93	<u>Elaine Romano</u>	F 54	5:47:50	56.81%
94	<u>Bekkie Wright</u>	F 49	5:47:54	56.80%
95	Joseph Poliquin	M 59	5:47:56	56.79%
96	<u>Mirela Postelnicu</u>	F 36	5:47:57	56.79%
97	Luc Levensohn	M 46	5:50:09	56.43%
98	<u>Hillary Johnson</u>	F 25	5:50:29	56.38%
99	Steven Cornetta	M 49	5:51:12	56.26%
100	Joe Hayes	M 63	5:51:39	56.19%
101	Wilfer Martinez	M 30	5:52:01	56.13%
102	Brad Pellissier	M 54	5:54:01	55.82%
103	<u>Anne Wyman</u>	F 26	5:55:18	55.61%
104	David Nee	M 25	5:55:19	55.61%
105	Francis Bock	M 36	5:55:24	55.60%
106	<u>Susan Dewitt</u>	F 45	5:56:43	55.39%
107	Douglas Thompson	M 44	5:58:21	55.14%
108	<u>Kay Evans</u>	F 49	5:59:55	54.90%
109	<u>Julianne Waite</u>	F 40	6:01:04	54.73%
110	Erik Seales	M 30	6:02:27	54.52%
111	Patrick Canonica	M 62	6:02:36	54.50%
112	Tim Cary	M 44	6:02:37	54.49%

Continued next page:

Nipmuck results cont:

113	<u>Katherine Quinn</u>	F 48	6:02:44	54.48%
114	David Woll	M 46	6:03:47	54.32%
115	Steve Moores	M 47	6:04:37	54.19%
116	<u>Jo Ann Peterson</u>	F 50	6:07:39	53.75%
117	Matthew Haley	M 34	6:07:40	53.74%
118	<u>Heather Wiatrowski</u>	F 36	6:09:24	53.49%
119	Kenny Rogers	M 57	6:10:44	53.30%
120	<u>Brenda Morris</u>	F 45	6:10:45	53.30%
121	David Higgins	M 35	6:16:48	52.44%
122	<u>Barbara Sorrell</u>	F 54	6:16:51	52.43%
123	Timothy Guilbeault	M 39	6:20:45	51.90%
124	<u>Regina McGillivray</u>	F 45	6:20:49	51.89%
125	Dennis Kuhn	M 48	6:22:30	51.66%
126	<u>Karen Grover</u>	F 41	6:23:13	51.56%
127	<u>Ginny Patsun</u>	F 43	6:33:38	50.20%
128	Mark Lewis	M 47	6:42:53	49.05%
129	Richard Kinstler	M 67	6:47:05	48.54%
130	Charles Thayer	M 67	6:49:36	48.24%
131	Barry Haitoff	M 47	6:52:13	47.94%
132	Andrew Bissett	M 33	6:55:19	47.58%
133	Thomas Guglielmo	M 40	7:00:06	47.04%
134	Christopher Luck	M 55	7:00:31	46.99%
135	<u>Mary McDonald</u>	F 58	7:07:58	46.17%
136	<u>Mary Lou White</u>	F 56	7:19:59	44.91%
137	Dave Raczkowski	M 60	7:20:44	44.83%
138	Ken Kramer	M 57	7:21:55	44.71%
139	<u>Alice Kramer</u>	F 58	7:21:59	44.71%
140	<u>Shelby Trail</u>	F 52	7:22:58	44.61%
141	James Logan	M 64	7:28:42	44.04%
142	<u>Brenda Smith</u>	F 44	7:34:35	43.47%
143	<u>Caroline Williams</u>	F 49	7:45:00	42.49%

Respect

by Dave Raczkowski

NipMuck #28. Wow! Just a little bit of difference. No big differences which I will get to but most important I gotta talk about the pre-race briefing. Scott Livingston started with a talk about the Connecticut Forest & Park Association. Then I came on before Clint with my usual pre-race flair. To fully comprehend it, first watch the 6:01 James Brown video "Please Please Please" on U Tube.....

Are you back? OK. I was begging people to not throw GU packets on the ground and I was getting all worked up about it like James Brown did. I was so worked up I fell on the ground like in the video. In the video James Brown's attendant puts a cape on him and helps him up. As he walks him off the stage he comes back only to plead some more. He does this about 6 times. I only do it once. After I fall on the ground, my attendant who is my girlfriend Ann, puts my sweatshirt over my shoulders and walks me away but I run back and yell "Please Please Please. No GU packets on the trail" and get all worked up and fall on the ground again. We walk away and I fall on my knees into the mud one last time.

Totally not in the video I then open up a tiny box with a ring in it and ask Ann to marry me. It took her a moment to realize I was serious before she said "Yes."

How else is NipMuck Dave going to propose?

There has been a lot said about the changes to NipMuck. But I retired. It's in someone else's hands and they get to do what they want with it. If someone else wanted it to be run their way they should have volunteered to be the race director. Clint Morse was the only one who did. The Striders have a deep active group and they did an excellent job for their first try of putting on this race this year. They earned my respect.

They moved the race to October so as not to put stress on their help by having 2 races back to back in the spring. Safety rules. Having lots of help and backup help insures it. Kind of important as things were kind of sketchy on race day. There was lots of mud from the past 2 months and it did rain briefly that day. Things were slippery. Because of the technical footing of the rocks and the number of slippery bridges it was a very tricky race to run.

The Striders did raise the fee this year. The races profits will go to good causes. Certainly there are more races out there with higher fees but I think some of the regulars got slighted without the dollar a year discount. I asked Clint to reinstate it for next year but no decision has been made at this time.

But in the end it all turned out well and for the best. I couldn't have asked for a better way for the race to continue. I got to still do a lot of things before the race to prepare for it but it was nice not having a mountain of stuff to do. I was quite content with clearing and marking trails and baking pies. A thank you is in order to the Striders and the Willimantic AC the former NipMuck beneficiary for getting me a new brush cutter. The trail got a good brushing and I will use it to help other trail managers in this area.

This will come in handy for Jim Campiformio as he is planning a 50K in the Nipmuck area on the first Sunday in June of next year. This is welcome news for those who felt the cosmological balance of the universe was upset.

Thanks Jim for rebalancing the cosmos.

I still have a few small and medium tie dye shirts left over from last year. For \$10 you can have one. Reserve one by emailing me at nipmuckdave@charter.net.

I'm wondering if I'll be able to run next year. My arthritis has progressed and each year I go slower. If I push my knee too hard I can't run for a month. It really isn't running. It's more of a mosey with me and my hiking poles. It's still too early for a knee replacement so I make do with using multiple ways of preserving what I have.

I'll leave all the details of the race to Clint from now on. After all, it's his race now. He earned it.

NipMuck Dave



Newly engaged and recently retired race director Dave Raczkowski moseying along in the 2011 Nipmuck Marathon.

photo by Deb Livingston

Nipmuck Falls Back

Since 1984 the Nipmuck Trail Marathon has almost always occurred on the first Sunday of June and has always been directed by Nipmuck Dave Raczkowski who has become so closely associated with the event that instead of Mr. Dave Raczkowski or Runner Dave Raczkowski, he has become simply Nipmuck Dave. After spending untold hours of his yearly vacation in preparation for his annual party, he decided that it was time to take an actual holiday..

This left the rest of us budding June wallflowers all ready for a celebration but with nowhere to go. Fortunately the Shenipsis Striders stepped in to fill the void. Since they host the Soapstone Half Marathon in late May, however, they decided to take a turn around the board and shuffle Nipmuck into the date previously reserved for the defunct Breakneck choose your own adventure race. It was hoped that Breakneck's devoted cult members would find satisfaction and possible redemption within the hallowed realms of the Nipmuck tradition.

But, we wondered, would the new fall back Nipmuck bear any resemblance to its younger springtime predecessor? Yes and no. One of the first signs of spring used to be the arrival of the hand-lettered, mud-encrusted four page missive dispensed by Nipmuck Dave gleefully calling the faithful to their annual Rite of Spring. Instead, we got a thoroughly Modern Milly greenish website encouraging online registration. Needless to say, my mailman was disappointed, but with the price of postage, he understood. Further marking Nipmuck's entrance into the modern world, instead of the sporadic lineup of retro tie-died tees, purchased individually according to preference, early registrants were guaranteed sleekly black hi-tech long-sleeved shirts.

Those who were able to take advantage of the generous supply of practice runs, however, were reassured. The course was still the same, the beavers were still damm beavers, and most

importantly, Mud was still a major feature. After possibly the soggiest August and September on record anyone who had the nerve to ask the new Race Director, Clinton Morse, the classic "Do you think it will be muddy?" deserved whatever he got.

Arrivals were greeted by a meager supply of donated gallon water jugs, a holdover from past requirements, undecorated porta potties and a scattering of official Nipmuck water bottles.. But reassuringly familiar was Nipmuck Dave himself still there greeting all his friends and delivering his traditional course briefing about the very real dangers of busily speeding cars on our one highway crossing. Best of all, his freshly baked apple pies were lined up waiting for the winners to claim. One year I was fortunate enough to earn one, a welcome repast after a six hour diet of gels and junk food. This year, as an extra bonus, winners received free entries to next year's race. As my mother would have said, "Finally, a prize you can actually use!"

While change is inevitable, even with seemingly entrenched institutions, the passing of the blue Nipmuck trail marker was handled with dignity and grace, as befits a defining landmark. By far, the most difficult adjustment was in the switch from spring to fall. I had always counted on Nipmuck as a benchline assessment for my Finger Lakes Ultra readiness. What better way to do a long training run than in the company of friends? While Will Danecki has always relied on doubling at Soapstone, I know my weakness. If I were mentally strong enough to run 100 milers then I would be mentally strong enough to tackle a race after a long training run. Alas, that is not me, so Nipmuck serves me well.

Still, I was curious to see how the change of seasons would affect the trail conditions. Normally downed leaves, while forming a pleasing mosaic, soon lose their appeal after a few slippery miles. This year, however, I noted that the leaves mucked nicely into the muddy terrain, weakening its suction power. My first Nipmuck was the memorable 2003 edition, when torrential rain turned trails into rivers and swamps into a forerunner of the currently popular warrior runs. All else pales in comparison to that day, except perhaps the beaver dam crossing of several years ago when Nipmuck Dave balanced on the logs, ready to pull us out of the muck. I guess the teacher in me would rate this year's mud as "Fair" as opposed to "Excellent." The bridges, though, especially on the return loops, were another matter entirely. Whenever possible, I skirted the slick wooden planks in favor of slogging it out, figuring I had at least a sporting chance in the mud. At any rate, I wouldn't fall as far.

Despite my pre-race preparations which consisted of five (or possibly more) glasses of wine, two movies and five hours of sleep, I felt surprisingly fresh and optimistic. At least until the six mile mark. At that point, the stress of trying not to twist my weak knee on unstable surfaces caused me to slow my already tenuous pace. Which in turn led to my second all-time Nipmuck DNF. But I at least have one consolation. Next year, the four-page Nipmuck missive will not be arriving at my mailbox with yet another DNF printed on the label for all to see.

My postman will never know!

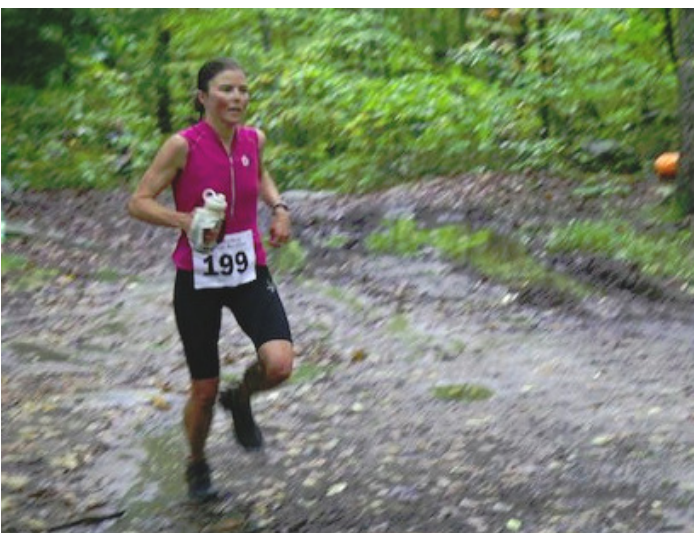
Laura Clark



Overall winner Ben Nephew and RD Clint Morse at the 2011 Nipmuck Marathon.



Thomas Parker running in his first Nipmuck Marathon



Nipmuck Women's winner Karen Benway

Mention the word “crew” and Saratoga Springs residents will think *Head of the Fish*, the premier regatta featuring endless flotillas of high school, college and adult rowing crews, all pulling together for win, place or show. But there are other types of crews as well: aircraft crews, stagehand crews, even crew socks, supposedly worn by some of the aforementioned crews. But mention the Adirondack 90 Miler Canoe classic and thoughts drift towards war canoes, tandem kayaks and four person craft, with all pulling together towards a common goal.

But wait! At the Adirondack 90 Miler, journeying from Old Forge to Saranac Lake, all of these crews had crews. Not replacement crews should anything go wrong, but crews to ensure that everything went according to plan. Folks like Jeff, going it alone in a single kayak or canoe have even more of a need for such support. I am definitely not a kayaker, continually failing to differentiate my left rudder from my right, so much so that when we retire and embark on kayak expeditions Jeff threatens to hook up a pull tow. A blow to my pride to be sure, but at least we will make land before dark.

So this year, apparently having no luck finding friends willing to assume all of the work, but none of the glory, the lot fell to me, someone who has absolutely no interest in competing. Previously, I had taken one day stints serving as a supplemental crew member, so I figured, “How difficult can this be?” I realized I was in for it as I scanned the pit crew notes which cheerily exclaimed, “The paddlers have it easy! We appreciate all you do to keep them warm, fed and happy!”



Laura & Jeff Clark

I was soon to discover being a pit crew member is rather like being a Mommy -- lots of messy, mindless and repetitive routine spiced with moments of anxiety and doubt.

Landlubber cont:

As the paddler forges single-mindedly ahead, the crew is frantically trying to make it to the next checkpoint, assemble the needed gear and offer words of encouragement laced with tough love, all the while breaking camp and setting up a new campsite at that day's finish location. Whew! Rather like a race but with no finisher's medal.

The first evening we luxuriated in cozy cabins, arriving early enough to check in and then journey to the next day's campground and set up the tent. This would prove to be a good thing as the first day is the toughest. For some reason, it didn't sink in that Jeff was placed in the final wave. Which meant he would be starting last, but still expected to finish on time. Rather like arriving at a marathon an hour or more after everyone had already left. For three days in a row.

I had crewed the first day on previous occasions, so I knew all the stops and approximately what time Jeff would be passing through. However, the math defeated me as I was forced to add an "extra" hour or so onto previous times when he started farther up in the pack. This was not a straight-forward equation, but laced with "what-if's." What if he is all alone out there—how much will that slow him down? What if there is no one nearby and he misses a turn. Unlike a trail race, the water is not decorated with helpful pink ribbons.

Although hopefully decked out in running gear, I was not confident enough with my calculations to do more than run from parking spot to meeting spot. But that was enough. It wasn't about me anyway and I knew I could have a long run on Saturday when there was only one early pit stop which we had decided to forego in favor of my selecting a prime camping spot.

Jeff ended the first day on target, but with no time left for a shower before catching the tag end of the buffet line. While one could argue that he was merely wet, I was definitely sweaty. Oh well.

After the second day's sendoff, I dutifully returned to camp, crammed the tent into the car and headed off to find that evening's campsite. It was a long drive, but I was encouraged when I passed the single pit stop and discovered the final pull out. Forging determinedly ahead, I got lost at a tough decision point. Do I head in a southerly direction, which made sense, or follow the rural route Jeff had indicated? Backtracking, I discovered a Stewarts and bought the items Jeff had deemed crucial to his success: sunscreen and the *New York Post*. I never did figure out the reason for the *Post* but it did make an excellent wrapper for the dirty tent. Perhaps unfortunately, I encountered the assistant race director who offered a new set of erroneous directions. Discovering the campsite on my own, many miles later, I felt rather like Columbus claiming new land.

Feeling justifiably proud of my new camping skills I located a prime spot by the lake, not far from the entrance and blessedly near the facilities. I was rather puzzled as to why no one else was there competing for spaces, but proceeded to wrestle with the tent poles.

Mission accomplished, I headed for a run around the lake, only to discover that most folks were setting up miles farther down, considerably closer to that evening's barbecue and tomorrow morning's start. I briefly debated whether to pull up stakes but knew that if I did I would be late greeting Jeff. Oh well once more.

In *Running on Empty*, documenting his 3,063 mile run across America, Marshall Ulrich details the myriad tasks his crew members assumed just to keep him pointed in the right direction. He comments that "Long hours and repetitive tasks tended to make the days blur together." He and his crew were experiencing America one mile at a time. In a similar manner, although only for three days, not Ulrich's fifty-two, I noticed that while the scenery changed, the tasks did not.



Jeff Clark in his kayak

Neither did the anxiety level. For while Jeff "merely" needed to paddle, I needed to ensure that he could be successful – balancing encouragement with tough love, proper nutrition with fun treats, campfire evenings with adequate sleep. One odd thing I noticed was that I seemed to be almost as tired as he.

One evening we were both awakened from a beyond-sound sleep by a booming noise. Jeff deftly reversed roles and became the reassuring crew member:

"Don't worry," he said. "It was just a falling boulder."
"Wow!" I replied. "I didn't know they did that."
"Go back to sleep!"

And so, despite threats of boulders cruising down on our tent, we slept peacefully, waiting for dawn when we would arise and do it all over again.

Laura Clark

photos courtesy of Jeff & Laura Clark



WMAC Turkey Trot Thanksgiving Day 5K Road Race

Thursday November 24, 2011 9:30 AM

PNA Hall 13 Victory Street Adams, MA.

New this year Pre Entry post marked before November 19th ... \$5.00

Race Day registration \$10.00 Starting at 8:00 AM

Info Ed Saharczewski 413 743-5669 edwrdsah@aol.com.

*Please send entry form with check for fee made out to
WMAC - P.O. Box 356 - Adams, MA. 01220*

Name (Please Print) _____ **Age** _____ **Sex** _____

Street _____ **City** _____ **ST.** _____

Zip _____ **Phone** _____ **WMAC Member?** **Yes** **No**

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

Your Signature _____ Parent / Guardian if under 18 _____

WMAC 5K Turkey Trot 2011





WMAC's Christmas Party

Saturday, December 10, 2011

This year's festivities will once again take place at the Six House Pub, 910 Cold Spring Road in Williamstown, MA.

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

Dinner will be a buffet.

As in the past, dinner is free to club officers and to members who have volunteered at club races in 2011.

For all others the cost is \$15 per person.

For Reservations Contact...

Ed Saharczewski 413 – 743 – 5669

edwrdsah@aol.com

OR

Fran Mach413 – 743 – 5124

poncherosa@yahoo.com

By December 1st.



Hope to see you there!

Monroe and the Year of the Flood

Washed out bridges, one-way traffic, orange cones, detours, damage-control crews...all these obstacle were encountered by the loyal band of WMACers at the 2011 version of the Monroe/Dunbar Brook Trail Race. And that was just getting to the race! While tardiness is rarely encouraged, this time the sight of almost-latecomers hurdling down the parking lot entrance caused Race Director Kent Lemme to delay the start.

Fortunately, Annie read the warnings on the website and took her chauffeuring duties seriously, insisting that Jen Ferris, Karen Provencher and I leave extra-early just in case. And it was a good thing she did. We encountered an in-you-eyes blazing Texas sun, several single lane mazes and an anxious moment or two before we determined that the Monroe Elk turnoff did, in fact, occur before the road totally shut down. Apparently, some vehicles rendezvousing from other directions weren't as lucky.

Once the race got underway, we noticed other changes. Was the initial mile slanting precipitously into the chasm below always that narrow, or did the torrent loosen a few inches of vital real estate? Was the first water crossing really that wide? I have no memory of any water crossing except for the final one. And what became of the old rickety bridge traversing said water crossing? While the circus tightrope aerialists were disappointed, many of us heaved a sigh of relief. At least now Bob Dion wouldn't feel compelled to initiate his own home improvement project, as he did one year when he braved a different hurricane to hammer in red carpet squares for better traction. The bridge was replaced by a hand-over-hand rope pull, worthy of Charon's River Styx crossing. Except that a mile later, we joyfully arrived not at Hades but at the FINISH and Will's wonderful turkey chili.

Along the way, however, some of us may have been put in mind of Hades with Indian summer temperatures in the eighties and an unusually deep leaf cover which artfully concealed the stumps of downed trees and hacked up brambles. I can't image the hours of prickly work the trail crews had scything away the dense jungle underbrush. Apparently the relentlessly damp weather caused the trees to give up, shedding their leaves earlier than usual. Only on our drive through Brunswick near Grafton Lakes Stat Park did we notice that the foliage had enthusiastically embraced its autumn responsibilities.

Those who participate in all three WMAC races, Mt. Greylock, Savoy and Monroe earn a finisher memento. These awards are always a practical remembrance, to be both used and cherished. And we never know from year to year what form our gift will take. Last year we selected either blue or green winter running beanies. This year we were presented with handsome Trilogy beer mugs. These were not the everyday variety but sparkly crystal, large and pleasantly hefty, worthy of an Oktoberfest bratwurst and beer. Next year, ignore graduations, weddings and bad weather excuses to set your feet in pursuit of the Trilogy!

Laura Clark

Monroe / Dunbar Brook Trail Races

10.5 & 2 Miles ... Oct. 9, 2011 ... Monroe, MA.

Sunny & Warm ... Mid 70's

WMAC members in bold:

10.5 Miles:

	<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1	Tim Van Orden	M 43	VT	1:16:54	100.00%
2	Chris Hayhurst	M 39	NH	1:17:37	99.08%
3	Brian Rusiecki	M 32	MA	1:22:39	93.04%
4	Topher Sabota	M 35	MA	1:24:25	91.10%
5	Stanislav Trufanov	M 32	MA	1:25:26	90.01%
6	Donald Pacher	M 39	MA	1:27:10	88.22%
7	Scott Patnode	M 30	MA	1:28:51	86.55%
8	Christopher Smith	M 45	MA	1:28:58	86.44%
9	<u>Kelsey Allen</u> 1st F	F 28	MA	1:33:17	82.44%
10	Rob Higley	M 57	MA	1:33:35	82.17%
11	John Schatz	M 31	MA	1:34:35	81.30%
12	Ned James	M 56	MA	1:35:02	80.92%
13	<u>Abbey Woods-Mahoney</u> F 33	F 33	MA	1:37:20	79.01%
14	Chris Trager	M 43	MA	1:37:53	78.56%
15	Joel Navatchik	M 33	MA	1:41:22	75.86%
16	Miroslav Taschev	M 49	MA	1:41:45	75.58%
17	Todd Brown	M 47	CT	1:43:05	74.60%
18	Chris Kusek	M 33	MA	1:45:17	73.04%
19	Andy Sheldon	M 41	MA	1:45:18	73.03%
20	Aaron Major	M 32	??	1:46:37	72.13%
21	<u>Jen Mygatt</u>	F 30	??	1:46:38	71.98%
22	Ted Cowles	M 52	CT	1:46:50	71.98%
23	<u>Kristine Lynch</u>	F 28	??	1:47:54	71.27%
24	Andrew Donovan	M 28	MA	1:48:38	70.79%
25	Wayne Stocker	M 57	MA	1:48:55	70.60%
26	John McCarthy	M 33	MA	1:49:06	70.49%
27	Dave Devine	M 39	??	1:49:29	70.24%
28	Anthony Park	M 46	??	1:49:52	69.99%
29	Tim Drake	M 51	MA	1:54:28	67.18%
30	Bruce Leshine	M 50	MA	1:55:52	66.37%
31	Doug Cummings	M 50	MA	1:56:03	66.26%
32	Thomas Parker	M 45	NH	1:56:12	66.18%
33	<u>Karen Provencher</u>	F 56	NY	1:56:15	66.15%
34	Richard Sugrue	M 25	MA	1:58:25	64.94%
35	Chad Pause	M 38	MA	1:59:53	64.15%
36	Ed Saharczewski	M 58	MA	1:59:54	64.14%
37	Dan Danecki	M 52	MA	2:00:11	63.99%
38	<u>Carmel Kushi</u>	F 42	MA	2:00:45	63.69%
39	Mark Barton	M 40	NH	2:01:37	63.23%
40	Will Danecki	M 61	CT	2:01:41	63.20%
41	Scott Bradley	M 56	MA	2:01:57	63.09%
42	Dorin Neacsu	M 47	??	2:02:09	62.96%
43	Samuel Sugrue	M 21	MA	2:02:54	62.57%
44	Todd Sugrue	M 56	MA	2:02:55	62.56%
45	Arthur Johns	M 49	MA	2:04:03	61.99%
46	George Gilder	M 71	MA	2:04:12	61.92%
47	Chris Hinch	M 43	MA	2:04:29	61.78%
48	Richard Theriault	M 40	MA	2:05:01	61.51%
49	Vic LaPort	M 71	MA	2:05:16	61.39%
50	Richard Godin	M 56	MA	2:05:33	61.25%
51	Bob Dion	M 56	VT	2:09:57	59.18%

Continued next page:

Monroe results cont:

52	<u>Ginny Patsun</u>	F 43	CT	2:10:57	58.72%
53	Bob Worsham	M 66	CT	2:11:18	58.57%
54	Ian Valiton	M 32	MA	2:11:30	58.48%
55	Gavin Clark	M 33	??	2:16:19	56.41%
56	Charles Joyal	M 41	MA	2:16:20	56.41%
57	<u>Joanna Carothers</u>	F 42	MA	2:17:00	56.13%
58	Dan Sullivan	M 31	??	2:19:19	55.20%
59	Gerry Boggis	M 32	??	2:19:32	55.11%
60	James Hartwig	M 31	MA	2:20:11	54.86%
61	<u>Darlene McCarthy</u>	F 49	MA	2:20:26	54.76%
62	Vincent Kirby	M 54	NY	2:22:05	54.12%
63	Daryl Delisle	M 54	MA	2:23:35	53.56%
64	<u>Jennifer Ferriss</u>	F 39	NY	2:23:40	53.53%
65	Bill Donovan	M 57	MA	2:23:44	53.50%
66	Tom Parent	M 35	MA	2:24:13	53.32%
67	<u>Laurie Schwartz</u>	F 54	MA	2:25:29	52.86%
68	<u>Kathleen Furlani</u>	F 63	CT	2:25:30	52.85%
69	Larry McAndrew	M 52	MA	2:26:23	52.53%
70	Charles Thayer	M 67	NJ	2:26:46	52.40%
71	Gary Pedigo	M 56	FL	2:26:47	52.39%
72	John Aldrich	M 53	MA	2:28:30	51.78%
73	Gregory Bruno	M 48	MA	2:28:59	51.62%
74	Jim Jenkins	M 56	MA	2:34:59	49.62%
75	Benn Griffin	M 25	MA	2:35:13	49.54%
76	<u>Denise Dion</u>	F 53	VT	2:35:40	49.40%
77	Randy Witlicki	M 55	VT	2:35:45	49.37%
78	<u>Claudine Preite</u>	F 44	MA	2:37:28	48.84%
79	<u>Eileen Monyahan</u>	F 40	MA	2:37:29	48.83%
80	<u>Mary Kennedy</u>	F 53	MA	2:37:32	48.82%
81	<u>Jackie Lemieux</u>	M 45	MA	2:37:33	48.81%
82	Ric Villarreal	M 54	CT	2:39:40	48.16%
83	<u>Sue Snyder</u>	F 57	MA	2:41:20	47.67%
84	Marty Glendon	M 65	MA	2:42:23	47.36%
85	Poncho Mach	M 69	MA	2:43:47	46.95%
86	Joe Gwozdz	M 56	MA	2:43:53	46.92%
87	Bill Glendon	M 65	MA	2:49:42	45.32%
88	<u>Lisa Woods</u>	F 48	MA	2:50:02	45.23%
89	Don Grant	M 69	MA	2:54:19	44.12%
90	<u>Meghan Foley</u>	F 25	MA	3:05:30	41.46%
91	<u>Shirley Iselin</u>	F 68	CT	3:08:49	40.73%
92	<u>Laura Clark</u>	F 64	NY	3:11:20	40.19%
93	Richard Busa	M 81	MA	3:28:09	36.94%
94	Konrad Karolczuk	M 59	CT	3:46:37	33.93%



Konrad Karolczuk finishes sweeping the Monroe course

Monroe 2 Mile Results:

	<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>
1	<u>Angela Slowinski</u>	F 28	??	19:10
2	Colin Brandon	M 24	MA	19:11
3	Thane Preite	M 14	MA	20:17
4	<u>Isabel Cummings</u>	F 11	MA	20:58
5	Jesse Dilego	M 14	MA	22:10
6	Michael Boland	M 14	MA	22:13
7	<u>Julia Cummings</u>	F 9	MA	22:23
8	<u>Colleen Cummings</u>	F 45	MA	22:24
9	Nick Mirante	M 14	MA	23:46
10	<u>Rebekah Toilley</u>	F 35	??	24:19
11	Joe Schatz	M 35	??	24:30
12	Ronald Laurello	M 38	MA	25:29
13	<u>Rania Barton</u>	F 7	NH	25:42
14	Bob Massaro	M 67	MA	25:43
15	<u>Karin Bradley</u>	F 54	MA	26:26
16	<u>Christa Melillo</u>	F 25	MA	28:47
17	<u>Jessica Flaud</u>	F 37	MA	28:54
18	<u>Eeman Barton</u>	F 4	NH	44:10
19	<u>Touria L. Yousfi</u>	F 43	NH	44:10



For the last 14 years Celia and Barbara Danecki have been serving up the turkey chili at the Monroe races.



Dan Danecki and Fran (Poncho) Mach have run all 21 of the Monroe races that have been held

WMAC's 2011 Trilogy Series ...
Greylock -- Savoy -- Monroe

WMAC members in bold:

Name	22 Mile			Total
	Greylock	Savoy	Monroe	
1 Ted Cowles	2:21:55	4:22:29	1:46:50	7:31:14
2 Will Danecki	2:47:52	5:04:13	2:01:41	9:53:46
3 Bob Worsham	2:52:18	5:15:44	2:11:18	10:19:20

Name	11 Mile			Total
	Greylock	Savoy	Monroe	
1 Stanislav Trufanov	1:56:53	1:33:55	1:25:26	4:56:14
2 Scott Patnode	2:11:04	1:45:59	1:28:51	5:25:54
3 Todd Brown	2:11:34	1:47:46	1:43:05	5:42:25
4 Tim Drake	2:35:11	1:59:48	1:54:28	6:29:27
5 Joe Gwozdz	2:15:54	2:00:02	2:43:53	6:59:29
6 Thomas Parker	2:35:52	2:02:03	1:56:12	6:34:07
7 <u>Karen Provencher</u>	2:29:47	2:10:07	1:56:15	6:36:09
8 Richard Sugrue	2:26:55	2:14:50	1:58:25	6:40:10
9 Bruce Leshine	2:38:09	2:08:51	1:55:52	6:42:52
10 Dorin Neacsu	2:44:33	2:03:36	2:02:09	6:50:18
11 Chris Hinch	2:41:50	2:08:13	2:04:29	6:54:32
12 Dan Danecki	2:42:46	2:14:14	2:00:11	6:57:11
13 Richard Theriault	2:46:38	2:19:57	2:56:01	7:11:36
14 Charles Joyal	2:43:19	2:15:15	2:16:20	7:14:54
15 Todd Sugrue	3:03:57	2:11:45	2:02:55	7:18:37
16 Bob Dion	2:46:51	2:24:25	2:09:57	7:21:13
17 Vic LaPort	3:01:04	2:16:45	2:05:16	7:23:05
18 Bill Donovan	3:04:52	2:35:04	2:23:44	8:03:40
19 Jenifer Ferriss	3:04:53	2:36:36	2:23:40	8:05:09
20 <u>Kathy Furlani</u>	3:16:10	2:28:32	2:25:30	8:10:12
21 Denise Dion	3:14:34	2:47:27	2:35:40	8:37:41
22 Rich Busa	4:17:33	3:22:06	3:28:09	11:07:48
23 Laura Clark	4:37:10	3:32:04	3:11:20	11:20:34

Short and Mixed Courses:

Name	3 Mile	11 Mile	10.5 Mile	Total
	Greylock	Savoy	Monroe	
1 Scott Bradley	24:44	2:25:01	2:01:57	4:51:42
2 Randy Witlicki	29:09	2:56:09	2:35:45	6:01:03
3 Jim Hartwig	1:01:45	2:39:26	2:20:11	6:01:22
4 Marty Glendon	34:36	2:49:22	2:42:23	6:06:21
5 Bill Glendon	37:57	3:02:09	2:49:42	6:39:48

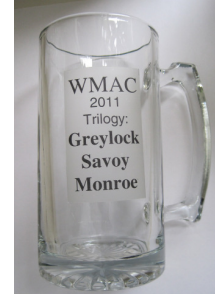
Name	3 Mile	4 Mile	10.5 Mile	Total
	Greylock	Savoy	Monroe	
1 John Aldrich	???	41:50	2:28:30	-----
2 <u>Meghan Foley</u>	34:19	43:39	3:05:30	4:23:28

All Short Races

1 Bob Massaro	41:13	45:31	25:43	1:52:27
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Trilogy 2011

This year a total of 34 runners completed some version of all three races of the Trilogy Series and earned an extra large beer mug for their efforts. Thanks go out to the WMAC for supplying the mugs and to Ken Swiatek for buying and distributing them. The only complaint I heard about the mugs was that they didn't come filled up.



After the first two races we had a record 61 runners that were eligible for an award if they ran at Monroe, but 26 of them didn't show up for the last race of the series.

Only 3 runners out of 9 who did all the long distances finished at Monroe and so Ted Cowles is named the overall 2011 Trilogy Series Champion.

Way to go Ted!

There were 23 runners who finished the series by running the 11 mile version at Savoy and there were seven others who did a mix of distances.

Only one runner did all 3 short races so Bob Massaro is the short course Trilogy Series Champion.

Way to go Bob!

And Way to Go Rich Busa! The first 80 year old to complete the Trilogy Series. You're an inspiration to all of us Rich.



Ken Swiatek handing out the Trilogy awards at Monroe

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

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

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MEMBERSHIP : NEW____ RENEW____ ...with no changes to names or address____

Check here for any changes and provide new information below _____

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

Single Membership_____ Household Membership_____

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

I wish to receive the club's newsletter by EMAIL _____ SNAIL MAIL _____

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

Interest (s):

Running__ Snowshoes__ Kayak__ X-C Skiing__ Hiking__ Biking__ Skiing__ Swimming__ Backpacking__

OTHER _____

Web Page... www.runwmac.com
Club Officers... poncherosa@yahoo.com

Newsletter... wdanecki@charter.net
The Hot - Line... 413-743-5124

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