



NO Snow Running News ...Western Mass Athletic Club

Vol. 18..... Issue 1 Early Spring 2012

In this issue:

Snowshoe Series a Bust this year!

Just a few results and stories from:

Brave the Blizzard

Constitution Hill - Curly's

Winterfest - Camp Saratoga

Hoot – Toot & Whistle

Also ... GT Trail Schedule

Greylock Entry Form

And Plenty More Inside:

Up N' Coming Events

Northern Nipmuck	4 / 7 / 12
Merrimack River	4 / 14 / 12
Muddy Moose	4 / 29 / 12
7 Sisters	5 / 6 / 12
Wapack & Back.....	5 / 12 / 12
Soapstone	5 / 20 / 12
Nipmuck 50K ??	6 / 3 / 12
Greylock.....	6 / 17 / 12
Cranmore Hill	6 / 24 / 12
Skyline Trail ???.....	7 / 8 / 12
Peoples Forest	8 / 4 / 12
Savoy	8 / 19 / 12
MT. Toby ???.....	8 / 26 / 12
Wapack	9 / 2 / 12
Curly's	CANCELED
Pisgah MT.	9 / 16 / 12
Nipmuck.....	9 / 30 / 12

Check the web page for info, changes, updates, and links

www.runwmac.com

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The SNOW!!!!Shoe Race Will Go On

by Laura Clark

Curly's 2012 was another one of those events where you had to have faith not only in the organizational skills of the race directors but also in their ability to connect with a Higher Power. Having dnf'd at Turner, race directors Beth and Brad Herder were determined not to settle for a trail race. Considering the fact that Bromley and other ski resorts that have access to snowmaking equipment threw in the towel this weekend, their achievement was even more impressive.

The drive to the Pittsfield State Forest reminded us of the trek to Catamount, our final springtime event where stiff straw fields seem somehow naked and wistful. Even the access road to the park was bareboned and the houses were so free of snow that the owners had policed up their Christmas decorations well in advance of St Patrick's Day. But magically, once we approached the park gate, perspective shifted and Santa's leftover stuffed animals, perched high in the tree tops, beckoned us back into winter. YES! Sometimes race directors can perform miracles.

Besides granting a much-needed snowshoe fix to addicted WMACers, a worthy goal in and of itself, Curly's was also charged with hosting four events all rolled up into one neat package: the Dion Snowshoe Series points race, the Connecticut State Championship, the Massachusetts State Championship, and a USSSA Nationals qualifier. All except the Connecticut State Championship are clear cut. Did we unknowingly cross over the border into Connecticut? Did this state despair of snow? Or were they simply too lazy to host their own event?

For whatever the reason, it made for some top-level competition. Initially, I wondered if the top male and female would automatically win the points race, the USSSA qualifier and both State Championships. But apparently this was not the case. The States behaved themselves nicely and played by the rules; you had to be a bona fide resident of each respective entity to score. This produced some rather weird results with overall winner Tim Van Orden of Vermont failing to score for either state and leaving the male state champions Ross Krause and Patrick Fernald ranked third and ninth overall. Ashley Krause of Mass was in fact the first female overall, with Kathleen Furlani of CT scoring a senior victory.

Apparently, the states were not the only ones with mixed agendas. Our oldest competitor, Rich Busa, once more proved that practice does not necessarily make perfect. Last week at Constitution Hill Rich forgot to pack his snowshoes. No big deal, he just secured a pair of loaners. This week, seeking to build on his already well-established reputation, he forgot his running pants. You might well wonder if he climbed into his car clad only in boxers; but no, he was wearing jeans, intending to change in the parking lot. Again, we must marvel at that bit of logic. Moving right along, his jeans, fleece lined LLBeaners, were quite comfortable and admirably deflected the cold snow. Rich is now considering marketing his own line of retro Ugly American gear as a protest statement against overly-logged sports personalities.

The drama continues in my saga of the snowshoe straps. Last week, Bob Dion attributed my wayward snowshoe problem to the fact that my middle straps were way too big to wrap securely around my feet. How long have I been snowshoeing? Anyway, this week, properly refitted and even wearing a different set of snowshoes, my right snowshoe unanchored itself four times, once as I almost crushed the camera of a photographer who was aiming for an artsy effect by lying down in the snow and shooting straight up. Bet he doesn't try that again anytime soon.

Continued next page:

Snowshoe race cont:

Back to the drawing board, next week I am going to try wearing my snowshoes on the wrong feet, or possibly wear the right feet on the opposite snowshoes. With perhaps a healthy dose of duct tape. This has never happened before and since I know I am still favoring my left leg, I am guessing that it is trying to get me to stop by banging against my right foot. We shall see. Just when you think you have things figured out, life throws yet another snowball.

Did anyone besides me notice that there were an unusual number of photographers on the course? At first, I was careful to smile and wave and pretend like this was a completely natural thing to be doing, but after a short while I gave up. Perhaps it was just Brad hopping back and forth on his secret shortcuts, but I also suspect we may have had several CT and Mass reps documenting our efforts.

The cobbled course utilized parts of Curly's half marathon, sections of the Turner Trail and small areas of the race we were supposed to have had. While many were relieved the strenuous mountain climb was scratched, others recognized that unless you are one of the champions, the extended uphill affords a legal hiking break. Targeted runners were Jen Ferriss, mostly because as a loyal member of Annie's carpool she wanted a ride home. Ken Clark, who is so good natured we knew he couldn't refuse, briefly hefted the Target but then insisted that Karl Molitoris, our roving snowshoe ambassador assume the honor. Those of you who did succeed in passing him should know that not only did you pass a snowshoer wearing a unique shorts and singlet outfit, you also passed the National Masters Disc Golf Champion.

But the real heroes of the day are the race directors who managed to pull together a snow event in the middle of a desert of grass. And know that Sunday evening as we struggled to stretch our legs and remain awake until a legal bedtime, Brad was out mountain biking on those same trails and Beth was taking her long run. Acting just like a pair of college kids.

Laura Clark

Wednesday Night Fun Runs.....

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

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

Trail Running News.....

Is published by the Western Mass Athletic Club.

Adams, Massachusetts

Volume 18 ... Issue 1 ... Early Spring 2012

**10th Annual Curly's Global Warming
4+ Mile snowshoe race ... January 29, 2012
Pittsfield State Forest .. Pittsfield, Ma**

WMAC members in bold:

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Points</u>
01. Tim Van Orden	43 M	0:32:31	100.00
02. Postyn Smith	18 M	0:32:41	98.44
03. Ross Krause	32 M	0:34:11	96.88
04. Tim Mahoney	32 M	0:36:01	95.31
05. Connor Devine	18 M	0:36:08	93.75
06. Kent Lemme	45 M	0:36:57	92.19
07. Ryan Walter	27 M	0:37:26	90.63
08. Paul Bazanchuk	57 M	0:37:39	89.06
09. Patrick Fernald	39 M	0:39:39	87.50
10. Ken Clark	49 M	0:39:41	85.94
11. John Agosto	47 M	0:39:48	84.38
12. Eric Wight	52 M	0:39:49	82.81
13. Nick Curelop	23 M	0:39:50	81.25
14. Ashley Krause 1st F	34 F	0:40:01	79.69
15. <u>Courtney Tedeschi</u>	16 F	0:41:28	78.13
16. Wayne Stocker	57 M	0:41:31	76.56
17. <u>Kelsey Allen</u>	28 F	0:41:32	75.00
18. Jim Devine	51 M	0:41:48	73.44
19. Adam Wright	22 M	0:43:28	71.88
20. Glen Tryson	58 M	0:44:07	70.31
21. Michael Buttrick	26 M	0:46:07	68.75
22. Mike Lahey	60 M	0:46:45	67.19
23. Barry Auskern	51 M	0:47:20	65.63
24. <u>Marcy Schwam</u>	58 F	0:47:30	64.06
25. Dan Buttrick	31 M	0:48:32	62.50
26. Phil Bricker	58 M	0:48:52	60.94
27. London Niles	14 M	0:48:58	59.38
28. <u>Theresa Apple</u>	50 F	0:49:05	57.81
29. <u>Kristen Merlo</u>	24 F	0:49:22	56.25
30. John Lahey	38 M	0:49:28	54.69
31. Rich Godin	56 M	0:50:05	53.13
32. <u>Hannah Riordan</u>	16 F	0:50:48	51.56
33. <u>Joann Lynch</u>	46 F	0:51:25	50.00
34. Bob Worsham	65 M	0:52:02	48.44
35. <u>Kathleen Furlani</u>	63 F	0:52:21	46.88
36. Karl Molitoris	56 M	0:54:19	45.31
37. <u>Jen Kuzmich</u>	53 F	0:54:39	43.75
38. Bob Dion	56 M	0:55:05	42.19
39. Ed Alibozek Jr	72 M	0:56:07	40.63
40. Ed Alibozek	49 M	0:56:08	39.06
41. Vince Kirby	55 M	0:56:39	37.50
42. Jennifer Ferriss	40 F	0:57:30	35.94
43. <u>Pat Rosier</u>	53 F	0:58:48	34.38
44. Stan Serafin	58 M	0:58:53	32.81
45. Laurel Shortell	45 F	1:00:24	31.25
46. Denise Dion	53 F	1:00:27	29.69
47. Wally Lempart	66 M	1:00:29	28.13
48. Martin Glendon	65 M	1:01:00	26.56
49. Bob Massaro	68 M	1:01:18	25.00
50. Laura Clark	64 F	1:02:22	23.44
51. Jamie Howard	46 M	1:08:18	21.88
52. Janet Tryson	58 F	1:08:59	20.31
53. Stephen Mitchell	70 M	1:09:02	18.75

Continued next page:

Curly's results cont:

54. <u>Julie Gardner</u>	40 F	1:11:15	17.19
55. Walt Kolodzinski	69 M	1:12:27	15.63
56. <u>Vicki Quagliaroli</u>	58 F	1:13:19	14.06
57. Rich Busa	82 M	1:14:28	12.50
58. Bill Glendon	65 M	1:14:30	10.94
59. Konrad Karolczuk	59 M	1:14:32	9.38
60. Rich Sadlowski	53 M	1:14:39	7.81
61. <u>Steph Golaski</u>	37 F	1:16:22	6.25
62. Patrick Lawrence	31 M	1:16:23	4.69
63. Greg Taylor	65 M	1:31:29	3.13
64. Jeff Clark	65 M	1:31:30	1.56



72 year old Ed Alibozek Jr., in front, shows his soon to be 50 year old son Edward how it's done at Curly's snowshoe run



Wayne Stocker..... another oldie but goodie at Curly's

photos by Brad Herder

Dion Snowshoe Series - 2012

After the near record amounts of snow we had last year, this year's winter never really showed up.

Record warm temperatures across the Northeast pretty much wiped out the snowshoe series as we know it. There were only 2 actual snowshoe races held in minimum to poor conditions and 4 others went off as trail races.

Although many people complained about the lack of snowshoe races this year, no one was complaining about not having to shovel snow, or about buying more heating oil at \$4.00 a gallon.

So put your snowshoes away for now and let's hope for a good "Old Fashion" winter next year.

But for now it's time to start getting in shape for the GT Trail Series which kicks off on April 7th this year with the Northern Nipmuck 16 miler.

Scheduled Snowshoe Races this past winter:

I Love Woodford	12 / 26 / 11	Canceled
Turner Trail	1 / 7 / 12	Canceled
Greylock Glen	1 / 14 / 12	Canceled
Brave The Blizzard	1 / 21 / 12	Trail Race
Constitution Hill	1 / 22 / 12	Snowshoe
Side Hiller	1 / 28 / 12	Canceled
Curly's	1 / 29 / 12	Snowshoe
Northfield	2 / 4 / 12	Canceled
Winterfest	2 / 5 / 12	Trail Race
Camp Saratoga	2 / 11 / 12	Trail Race
Hoot- Toot – Whistle	2 / 12 / 12	Trail Race
Hallockville	2 / 18 / 12	Canceled
Moby Dick	2 / 19 / 12	Canceled
Moody Spring	2 / 25 / 12	Canceled
Hawley Kiln	3 / 3 / 12	Canceled
Pine Ridge	3 / 4 / 12	Canceled
Catamount	3 / 18 / 12	Canceled

8th Annual Brave the Blizzard Snowshoe Race

1 / 21 / 2012 ... Wynantskill, NY ... 3.8 Miles

Note: Held as a trail race so only half the points were awarded.

WMAC members in bold:

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Points</u>
01. Josh Merlis	30 M	23:38	50.00
02. Ryan Walter	27 M	23:52	49.28
03. Steve Dowsett	23 M	24:06	48.55
04. Matt Westerlund	39 M	24:21	47.83
05. Connor Devine	18 M	24:25	47.10
06. Eric Hulbert	16 M	26:06	46.38
07. Paul Cox	18 M	26:17	45.65
08. Benjamin Harper	15 M	26:25	44.93
09. John Kinnicutt	49 M	27:35	44.20
10. Ed Johnson	50 M	27:46	43.48
11. Karen Bertasso 1 st F	27 F	27:58	42.75
12. David Newman	31 M	28:20	42.03
13. Joshua Katzman	35 M	28:52	41.30
14. Jim Devine	51 M	29:08	40.58
15. Jonathan Bright	41 M	29:25	39.86
16. Kristopher Geist	25 M	29:46	39.13
17. Tom Tift	54 M	30:09	38.41
18. Chris Nowak	37 M	30:12	37.68
19. Moiria Hilt	19 F	30:14	36.96
20. Edward Myers	60 M	30:26	36.23
21. Glen Tryson	58 M	30:32	35.51
22. Drew Anderson	43 M	30:41	34.78
23. Hilary Mislán	25 F	30:56	34.06
24. Dean Harper	40 M	31:28	33.33
25. Brian McKenna	32 M	31:29	32.61
26. Joseph Murphy	32 M	31:51	31.88
27. John Butler	45 M	32:07	31.16
28. Frank Paone	54 M	32:23	30.43
29. Riley Grossman	11 M	32:53	29.71
30. Dave Nagengast	57 M	33:34	28.99
31. Ezra Hulbert	13 M	33:42	28.26
32. Tom Mack	47 M	33:49	27.54
33. Sarah Dzikowicz	41 F	33:50	26.81
34. Sara Brenner	31 F	34:32	26.09
35. Jason Grossman	38 M	34:32	25.36
36. Jen Kuzmich	53 F	35:03	24.64
37. Jennifer Ferriss	40 F	35:36	23.91
38. Joe Yavonditte	62 M	35:58	23.19
39. Frank Bender	60 M	36:26	22.46
40. Andrew Tanzillo	43 M	36:36	21.74
41. Joey Butler	43 M	37:01	21.01
42. Lee Hilt	55 M	37:25	20.29
43. Stephen Mitchell	70 M	37:57	19.57
44. Michel Pendergast	38 F	38:05	18.84
45. John Bateman	46 M	38:10	18.12
46. Charles Brockett	66 M	39:11	17.39
47. Cybelle Nicholén	38 F	39:25	16.67
48. Tammy Liu-Haller	36 F	39:25	15.94
49. Dave Cole	54 M	39:53	15.22
50. Mikel Dellarocco	60 M	40:17	14.49
51. Carol Dunsdon	41 F	40:40	13.77
52. Shannon McGee	34 F	40:53	13.04
53. Hyker Wilson	39 M	41:08	12.32

54. Amanda Wilson	28 F	41:13	11.59
55. Laura Clark	64 F	41:29	10.87
56. Phyllis Fox	59 F	42:04	10.14
57. Laurel Shortell	45 F	42:19	9.42
58. Darryl Caron	48 M	42:23	8.70
59. Paula Boughtwood	50 F	42:27	7.97
60. Michelle Juett	26 F	43:28	7.25
61. Jamie Howard	46 M	43:54	6.52
62. Janet Tryson	58 F	44:32	5.80
63. Alison Kerr	27 F	44:39	5.07
64. Caroline Flynn	33 F	49:33	4.35
65. Ray Lee	69 M	52:22	3.62
66. Tracy Racicot	43 F	54:39	2.90
67. Maureen O'Brien	41 F	54:40	2.17
68. Erin Rightmyer	27 F	68:52	1.45
69. Jennifer Newman	27 F	68:54	0.72

Daisy Chaining at BTB

*Frosty's melting...No he's not...Frosty's melting...
No he's not...*

by Laura Clark

And so we daisy chain our way through this strange winter that began so promisingly in late October, proving once more that Mother Nature is the true race director. As any snowshoer well knows, the inevitable can and will happen. Races get cancelled entirely, as with Camp Saratoga during the ice storm; others get postponed, as is the case with this year's Woodford and Turner Trail, while some take to the road seeking snowier locations, witness Northfield's move to Hallockville several years ago.

This is to be expected. But Albany Running Exchange's Brave the Blizzard operates under a singular affliction. This year it has advanced to its third venue, the Robert C. Parker School in Averill Park. Seems that the threat of a blizzard does not sit well with Albany residents. Not to mention all those Disney characters running around demonstrating that snow is fun. While this gives us yet another golden opportunity to PR, it has also prodded directionally challenged drivers like me into a GPS upgrade. Wherever the location, the Blizzard's hold has been tenuous at best.

We have had icy years, patchy years and several gloriously white years. For the 2012 edition it was snowing, but oddly enough we ran in sneakers anyway. I'm guessing that if you ran a hit parade on the ARE's website this past week you would discover a huge spike in traffic. Race Director Josh Merlis, not willing to retire his Frosty the Snowman mascot, remained teasingly ambiguous: "If there is insufficient snow, BTB will be held as a trail race." And with Josh at the helm, you just never know. His spring Dodge the Deer was once run in snowy conditions and his 2011 Hairy Gorilla Halloween celebration was unceremoniously cancelled by the Parks Department because of too much snow!

Continued next page:

BTB continued:

Still, we remained doggedly optimistic. We surmised, logically enough, that since the storm was headed from the south and since Albany was closer to New York City, we had a good chance for a meet and greet event. Alas! Perhaps if we had feasted on our pancakes first, taken a nap, and then waddled back for seconds, such may have been the case.

The field was nicely covered in snow and as we icespiked and yak traked out to the start, I overheard a group behind me comment, "We could have worn snowshoes; we've run in worse conditions at Winterfest." I spun around and they immediately recognized me as half of the Winterfest directorial team. Not good. But I explained that we were in the field, not the woods, which were undoubtedly filled with a lot more roots and rocks in the first hundred meters than Spa Park had on its entire course. Plus we would be circling the field twice before making a landing, doubling our impact on the tenuous snow. Josh made the correct call, giving us a good time and a pancake reward, safeguarding our snowshoes in the process.

The course was a twisty, single-track adventure romp through the woods, punctuated by a plethora of enthusiastic ARE course marshal/cheerleaders. The most prominent feature was a giant spider web which might well have been leftover from the ill-fated Hairy Gorilla. While yaks slipped awkwardly through, I can't imagine successfully negotiating that obstacle in snowshoes. As it was, a glance at Greg Wolcott's photo gallery (www.gregwolcott.com/photocart) proves highly instructive and hilariously amusing. The word SPLAT! comes to mind as runners crouch, stumble and face plant, proving once more that we don't pay nearly enough attention to core balance work.

The volunteer stationed at the top of the steepest hill was particularly amusing, encouraging us to power onwards and upwards as the glorious downhill would soon be upon us. But this day I was rather dreading the icy roller coaster with its semi-exposed rocks. I treaded cautiously the first time round, but once I got my sea legs, I inexplicably decided to pass Laurel Shortell on that same uphill. I know. That was a definite mistake with a long recovery time. But it worked, and for once I achieved probable negative split status.

The drive home in Annie was just as exciting since she joined a train of other likeminded autos properly stickered with numbers like 26.2, 50, 100 and 140.6, a total bafflement to the uninitiated. We passed at least six less experienced vehicles who had obviously not done the proper training and had ditched their riders by the side of the road.

Although officially over the hill, I do have at least one thing in common with the up-and-coming generation: the desire for instant gratification. So as soon as I got home, I flicked on the computer, confident that the totally tech ARE would have today's results already posted, with tomorrow's well on the way. And they did.

Imagine my surprise when I discovered that not only did I not run, but Jeff who did not run, ran for me. This was not Jeff's alter ego, Jeff Clark the Younger, but the real Jeff Clark. Jeff's only comment: "No wonder I am so tired." True to WMAC Green Tree spirit, Josh had recycled unused race numbers. Absolutely everyone in the race was running with another's

name attached to their bib. So you were basically not only exercising for yourself but for someone else who failed to show at a previous event. While this was amusing, it also meant that you could not check to make sure you had the proper bib, especially since it technically wasn't yours to begin with.

But this was perhaps a more visible glitch. Imagine the embarrassment of someone who was running with a former dating partner firmly anchored to a highly visible body part. Or someone participating for a much faster perennial winner. Think of the pressure to perform! Still, there was an unexpected side benefit; we could all stuff ourselves full of pancakes, knowing full well that we were indeed "eating for two."

Next year, I hope I get Frosty the Snowman's recycled bib as I noticed he chose not to subject his tender feet to the rough terrain. How about it, Josh?

Laura Clark

**4th Annual Hoot Toot & Whistle
3.8 mile "Snowshoe" Race
2 / 12 / 12 ... Catamount Ski Trail ... Readsboro, Vt.**

Note: Held as a trail race so only half the points were awarded.

WMAC members in bold:

<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>Points</u>
01. George Daniels	50 M	CT	30:36	50.00
02. Isaac Tirell	29M	MA	31:35	47.22
03. Richard Godin	56 M	MA	36:52	44.44
04. Jennifer Ferriss	40 F	NY	37:05	41.67
05. Bill Morse	60 M	MA	37:38	38.89
06. Darlene McCarthy	49 F	MA	40:15	36.11
07. Denise Dion	53 F	VT	40:53	33.33
08. Barbara Sorrell	54 F	NY	41:00	30.56
09. <u>Mary Beth Kinney</u>	47 F	VT	41:14	27.78
10. <u>Maureen Gibeaut</u>	52 F	VT	41:14	25.00
11. <u>Mellisa Barton</u>	35 F	VT	42:20	22.22
12. Laurell Shortell	45 F	MA	44:32	19.44
13. Laura Clark	64 F	NY	47:39	16.67
14. Marty Glendon	65 M	MA	47:40	13.89
15. Brian McCarthy	51 M	MA	50:32	11.11
16. Joe Hayes	63 M	NH	52:01	8.33
17. Richard Busa	82 M	MA	1:11:56	5.56
18. Jules Seltzer	76 M	MA	1:12:42	2.78

Welcome New Members

From Massachusetts ... Beth Goodman -- Jeff Livingston

From Vermont.... Todd Hobson

Thanks for supporting the WMAC!

Berkshire Natural Resources Council Presents
3rd Annual Constitution Hill
5.8 km Snowshoe Race
1 / 22 / 12 Constitution Hill ... Lanesborough, MA

WMAC members in bold:

<u>Name</u>	<u>Time</u>	<u>Points</u>
01. Tim Van Orden	0:32:58	100.00
02. Dave Dunham	0:33:40	98.57
03. Tim Mahoney	0:33:58	97.14
04. Ross Krause	0:34:18	95.71
05. Dave Merkt	0:34:23	94.29
06. Steve Dowsett	0:34:55	92.86
07. Rich Teal	0:35:08	91.43
08. Ashley Krause	0:38:16	90.00
09. John Agosto	0:38:37	88.57
10. Erik Wight	0:38:52	87.14
11. Wayne Stocker	0:38:57	85.71
12. Jesse Quagliaroli	0:40:32	84.29
13. Dominic Wilson	0:41:00	82.86
14. Adam Wright	0:41:22	81.43
15. Mike Lahey	0:41:44	80.00
16. Edward Myers	0:42:18	78.57
17. <u>Jessica Hageman</u>	0:43:23	77.14
18. <u>Courtney Tedeschi</u>	0:43:35	75.71
19. Isaac Tirrell	0:45:03	74.29
20. <u>Theresa Apple</u>	0:45:26	72.86
21. Phil Bricker	0:45:38	71.43
22. <u>Hannah Riordan</u>	0:45:44	70.00
23. Nick Jubok	0:46:06	68.57
24. <u>Summer Rabida</u>	0:47:21	67.14
25. <u>Cynthia Gardner</u>	0:47:24	65.71
26. Tim McKenna	0:47:24	64.29
27. Richard Godin	0:47:35	62.86
28. Jan Rancatti	0:47:51	61.43
29. London Niles	0:48:40	60.00
30. Bradley Pellissier	0:49:39	58.57
31. Peter Canzone	0:50:56	57.14
32. <u>Joann Lynch</u>	0:50:58	55.71
33. Ed Alibozek, Jr.	0:51:50	54.29
34. Edward Alibozek	0:51:52	52.86
35. Patrick McGrath	0:51:55	51.43
36. <u>Ginny Patsun</u>	0:52:23	50.00
37. <u>Kathleen Furlani</u>	0:52:40	48.57
38. <u>Pat Rosier</u>	0:53:04	47.14
39. <u>Jen Kuzmich</u>	0:53:06	45.71
40. Stan Serafin	0:54:16	44.29
41. Peter Finley	0:55:08	42.86
42. Pete Cole	0:55:21	41.43
43. <u>Maureen Roberts</u>	0:55:23	40.00
44. <u>Michelle Keane-Taylor</u>	0:55:55	38.57
45. Laura Clark	0:56:14	37.14
46. Jennifer Ferriss	0:56:16	35.71
47. James Carlson	0:56:44	34.29
48. Steve Mitchell	0:56:45	32.86
49. Bob Massaro	0:56:45	31.43
50. Dave Murphy	0:56:51	30.00
51. Wally Lempart	0:57:13	28.57
52. <u>Mary Hannon</u>	0:57:59	27.14

53. Jamie Howard	0:59:46	25.71
54. Tom McCrumm	1:00:16	24.29
55. Laurel Shortell	1:00:43	22.86
56. <u>Jan Allardt</u>	1:01:26	21.43
57. <u>Julie Gardner</u>	1:04:12	20.00
58. <u>Vicki Quagliaroli</u>	1:05:09	18.57
59. Walter Kolodzinski	1:06:11	17.14
60. Rick Sadlowski	1:08:13	15.71
61. <u>Joanne Murphy</u>	1:08:21	14.29
62. Bill Glendon	1:08:56	12.86
63. Konrad Karolczuk	1:08:57	11.43
64. <u>Mary Lou White</u>	1:10:43	10.00
65. Richard Busa	1:15:06	8.57
66. <u>Jess Toro</u>	1:15:45	7.14
67. Jules Seltzer	1:23:52	5.71
68. Jeff Clark	1:29:30	4.29
69. <u>Judith Haupt</u>	1:29:30	2.86
70. William Milky	DNF	1.43

Named for the fire set at the top in 1789 to notify neighboring towns that the Constitution had been ratified, Constitution Hill is the centerpiece of 251 acres that BNRC manages as recreational land and demonstration forest.

Tad Ames & Doug Bruce RD's

<http://www.bnrc.net/>



The Saratoga Group at Constitution Hill

Left to Right ... 1st row .. Maureen Roberts – Steve Mitchell
 2nd row ... Mary Hannon – Jen Ferriss – Laura Clark – Jeff Clark
 3rd row ... Peter Canzone – Jim Carlson and Peter Finley

photo by Rich Godin

13th Annual Saratoga Spa Winterfest

5km "No Snow" race

February 5, 2012 Saratoga SPA Park
Saratoga Springs, NY

Note: Held as a trail race so only half the points were awarded.

WMAC members in bold:

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Points</u>
01. Shaun Donegan	26 M	0:20:02	50.00
02. Ken Burd	40 M	0:20:19	49.00
03. Eric Hulbert	16 M	0:21:22	48.00
04. Benjamin Harper	15 M	0:21:43	47.00
05. Rich Woodruff	37 M	0:21:53	46.00
06. Ken Clark	49 M	0:23:29	45.00
07. Glen Tryson	58 M	0:26:07	44.00
08. Stephen Cupp	37 M	0:26:23	43.00
09. Jeff Clark	54 M	0:26:36	42.00
10. Frank Paone	54 M	0:26:44	41.00
11. <u>Sarah Dzikowicz</u> 1 st F	41 F	0:26:47	40.00
12. London Niles	14 M	0:26:51	39.00
13. Charles Flood	29 M	0:26:59	38.00
14. Tyrone Culpepper	48 M	0:27:20	37.00
15. Tom Mack	47 M	0:27:24	36.00
16. Ezra Hulbert	13 M	0:28:35	35.00
17. <u>Julia Sarni</u>	22 F	0:28:39	34.00
18. Eric Hultquist	22 M	0:28:39	33.00
19. Douglas Fox	67 M	0:28:48	32.00
20. <u>Jennifer Kehn</u>	24 F	0:29:05	31.00
21. <u>Maureen Roberts</u>	54 F	0:29:34	30.00
22. Jennifer Ferriss	40 F	0:29:34	29.00
23. <u>Jennifer Kuzmich</u>	53 F	0:29:48	28.00
24. <u>Pamela DelSignore</u>	42 F	0:30:36	27.00
25. Charles Brockett	66 M	0:31:24	26.00
26. <u>Joann Fucillo</u>	59 F	0:31:31	25.00
27. Sam Serafin	58 M	0:32:04	24.00
28. <u>Beth Trapasso</u>	50 F	0:33:04	23.00
29. <u>Michelle Juett</u>	27 F	0:33:07	22.00
30. Jim Sheehan	59 M	0:33:12	21.00
31. <u>Phyllis Fox</u>	59 F	0:33:53	20.00
32. Laura Clark	64 F	0:34:01	19.00
33. <u>Christine Caruso</u>	27 F	0:34:11	18.00
34. Laurel Shortell	45 F	0:34:12	17.00
35. Michael Maguire	56 M	0:35:23	16.00
36. Janet Tryson	58 F	0:35:28	15.00
37. <u>Marge Rajczewski</u>	71 F	0:36:32	14.00
38. <u>Julie Gardner</u>	40 F	0:36:53	13.00
39. <u>Allison Lanthier</u>	9 F	0:37:08	12.00
40. <u>Kelly Anderson</u>	28 F	0:37:21	11.00
41. Richard Busa	82 M	0:37:21	10.00
42. <u>Kathy Raymond</u>	47 F	0:38:05	9.00
43. Mark Raymond	49 M	0:38:11	8.00
44. <u>Cathy Sheehan</u>	51 F	0:38:12	7.00
45. <u>Kathleen Tersigni</u>	41 F	0:39:39	6.00
46. Stephen Obermayer	50 M	0:40:00	5.00
47. Joseph Trinchitella	62 M	0:40:03	4.00
48. <u>Meghan Herlihy</u>	7 F	0:48:02	3.00
49. <u>Ruth Tobiassen</u>	60 F	0:52:49	2.00
50. Jeff Clark	65 M	0:53:49	1.00



Glen & Janet Tryson above and Jen Ferriss below running the "No Snow" Winterfest Race in Saratoga Springs, NY.



photos by Brian Teague

The 13th Annual Winterfest 5K Snowshoe Race

In four more years when Camp Saratoga becomes the 13th annual, Jeff and I might be tempted to reconsider. We have learned that there is a reason why hotels overlook Room 13 and bypass the 13th floor. Initially, we preferred to view the 13th year as something special—a hallmark of upcoming maturity, the age at which former kids become babysitters, standing on the precipice of the adult world. Winterfest Snowshoe was now a well-established tradition with a cadre of loyal volunteers and participants, a predictable route and a fixed date. As far as such things make sense, it almost “ran itself” with few out-of-pocket surprises.

But the 13th running proved to be our siren call back to race directing reality. Winterfest morphed from a pleasant jaunt with pot luck attached to an adventure race not quite worthy of ESPN prime time but definitely competitive with the Albany Running Exchange’s zany take on event production. Not only did we have no snow, but we had basically no course, our predictable path overlain by a glittery field worthy of Martin Cruz Smith’s *Polar Star* Icebreaker.

The week prior, different combinations of Jim Carlson’s hiking group scouted, marked and remarked the trail, seeking to discover a safe route through the ice field. It was really neat how one group would improve on the previous team’s efforts, affirming that working your way through a dead ended maze requires more than just a successive sequence of consistently left or right turns.

We ended up with a route that was roughly twenty percent old course, sixty percent Mudslinger and Fall Back Five trails and twenty percent “other.” “Other” was born of imagination, a sense of humor and desperate attempt to get from here to there all in one piece. Bushwhack was the modus operandi, supplemented by occasional free fall plunges. Wheeled shortly before nightfall the day prior, the route serendipitously worked out to an exact 5K distance. Not only was the journey not boring, it featured different sections of the park and considerably more single track real estate.

Such a last minute radical departure from tradition necessitated a new fleet of course marshalls and Stryder President Jen Ferriss stepped up to the plate with googled maps and numbered assignments. I was proud of us. Our little band resembled the ARE powerhouse with their on-call volunteers and cheerleaders. And although we would prefer he had been able to run, we were relieved to place injured EMT Michael DellaRocco within shouting distance of two of the iciest spots.

While some runners would have preferred not to confront the nearly vertical downhill towards the end of the course, all did so with good humor and a sense of adventure, recognizing it as the safest path to the finish. Races in the Dion Snowshoe Series try to incorporate some historical or natural feature and this year Winterfest was no exception. Harkening back to the days when hoboes camped in the woods, one of the wider trails displayed a random assemblage of chopped firewood, followed by the remains of an actual fire. I can only assume it was soon abandoned as it is difficult to maintain a firepit located on top of an ice field.

Even normally dull data entry proved an adventure this year, as witness the email I sent Jim Sheehan: “Apparently you’ve gotten considerably younger since last time around. Before you were 58, now you are 51. Congratulations! Even more

remarkable, you and your wife share the same birthday.” In return, Jim practiced his Valentine’s message to his wife; “I am so blessed with such a wonderful spouse that I feel younger and faster every year.” Results indicate, however, that my Jeff apparently aged three years since last time around. I would like to chalk that up to a bad snow year and not to any failure on my part.

Finally, after 13 years of doing more or less the same thing, all of us forgot to transport name tag spindles to the finish line. There we were, experienced race directors with an experienced crew and not one of us noticed something was missing! Perhaps with high-tech races now embedding computer tracking systems into the bibs themselves, we could be forgiven. Except that Winterfest is not a state-of-the-art cast of thousands, but one that barely rises above popsicle sticks.

But next year, being the fourteenth, should bring better or at least different luck with the added bonus of a something old, something new snowshoe course born of necessity from this strange winter.

Laura Clark

9th Camp Saratoga 8km Snowshoe Race

February 11, 2012 Wilton, NY

Note: Held as a trail race so only half the points were awarded.

WMAC members in bold:

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Points</u>
01. Aaron Newell	18 M	0:20:09	50.00
02. Connor Devine	18 M	0:20:10	49.00
03. Chris Repka	28 M	0:20:12	48.00
04. Paul Meuller	27 M	0:20:21	47.00
05. Eric Hulbert	16 M	0:20:38	46.00
06. Paul Cox	18 M	0:20:39	45.00
07. Ben Harper	15 M	0:20:43	44.00
08. Dave Barr	41 M	0:21:55	43.00
09. David Newman	31 M	0:22:11	42.00
10. Jeffrey Andritz	30 M	0:22:14	41.00
11. Ed Johnson	50 M	0:22:27	40.00
12. John Kinnicutt	49 M	0:23:09	39.00
13. Steve Chaffee	47 M	0:23:17	38.00
14. Josh Katzman	36 M	0:23:50	37.00
15. David Peterson	53 M	0:24:03	36.00
16. Matt Drowne	30 M	0:24:07	35.00
17. Jim Devine	51 M	0:24:07	34.00
18. Todd Rowe	43 M	0:24:28	33.00
19. Tom Tift	54 M	0:25:22	32.00
20. Glenn Tryson	58 M	0:25:24	31.00
21. Drew Anderson	43 M	0:25:33	30.00
22. London Niles	14 M	0:26:28	29.00
23. <u>Sarah Dzikowicz</u> 1 st F	41 F	0:26:44	28.00
24. Jeff Clark	54 M	0:26:48	27.00
25. John Butler	45 M	0:27:23	26.00
26. Vincent Kirby	55 M	0:27:29	25.00
27. Ezra Hulbert	13 M	0:27:29	24.00
28. <u>Tracey Delaney</u>	47 F	0:27:30	23.00
29. Frank Paone	54 M	0:28:44	22.00
30. Jennifer Ferriss	40 F	0:28:45	21.00

Continued next page:

Camp Saratoga results cont:

31. Joe Yavonditte	62 M	0:29:25	20.00
32. Mark Raymond	49 M	0:29:43	19.00
33. <u>Jen Kuzmich</u>	53 F	0:29:59	18.00
34. <u>Peggy McKeown</u>	54 F	0:30:31	17.00
35. Charles Brockett	66 M	0:30:58	16.00
36. <u>Paula Boughtwood</u>	50 F	0:32:52	15.00
37. <u>Debra McCarthy</u>	51 F	0:33:09	14.00
38. Laura Clark	64 F	0:33:18	13.00
39. <u>Susan Johnson</u>	51 F	0:33:20	12.00
40. Jim Sheehan	51 M	0:33:20	11.00
41. <u>Phyllis Fox</u>	59 F	0:33:33	10.00
42. William Clark	24 M	0:33:35	9.00
43. <u>Kathleen Tersigni</u>	41 F	0:33:45	8.00
44. Michael Maguire	56 M	0:33:47	7.00
45. Laurel Shortell	45 F	0:36:11	6.00
46. Jamie Howard	46 M	0:36:20	5.00
47. Janet Tryson	58 F	0:36:38	4.00
48. Ray Lee	69 M	0:38:41	3.00
49. <u>Cathy Sheehan</u>	51 F	0:40:32	2.00
50. Jeff Clark	65 M	0:41:32	1.00

Autumn Battles Winter at Camp Saratoga Snowshoe Race

*I have fought the good fight. I have finished the race.
I have kept the faith. 2 Timothy 4:7*

Once more, Mother Nature has proven herself to be the true race director at our Camp Saratoga Snowshoe Race. But that is not to say that we did not surrender without a good fight. In retrospect, I guess we should have known better. Overly confident after our pre-Halloween snowstorm, Jim Carlson's hiking team eagerly explored Pieter Litchfield's new trail and sturdy bridge designed to eliminate the parallel out and back section that had previously caused grief to careless advance scouts. New trails joined with old, increased single track mixed with passing lane ski trails. Even better, the course was lightly marked months prior to allow for home team advantage. But as the oft quoted "best laid plans" scenario would suggest, race week left us slipping over icy trails in a desperate attempt to salvage our event. A typical section in the Northern area of the Preserve featured: autumnal pine-cushioned forest, crusty snow, spotty patches of mixed precipitation and edge-to-edge menacingly hostile glare ice. During one of my earliest forays, I encountered a runner and his eleven month-old puppy who were turning back as the dog was too scared to continue. When have you last heard of a rambunctious puppy being afraid enough to listen to reason? And why did Jeff and I fail to heed his example?

In perfect "the show must go on" style, we were determined to piece together a relatively safe route. Paradoxically, as befitting this entire winter, normal assumptions cartwheeled into absurdity. Northern forces were in possession of the friendliest terrain, while Southerners were stymied by thick sheets of arctic ice, totally unimpressed by snowshoe ice cleats or kahtoola microspikes. So much for easy-going South Florida mentality.

With the North clearly in command, we set our sights on an abbreviated tour of duty. Unfortunately, the only way we could come close to the minimum 5K standard was by creating a double loop course utilizing the traffic management system designed to provoke fear and anger into the heart of frequent drivers everywhere: the dreaded Roundabout.

I have spent much of my driving career studiously avoiding getting sucked into the Malta, NY Roundabout experience and here I was actually constructing one! With much trepidation, I sought to temper blind over-confidence with the addition of two hand waving, targeted marshals. Jeff further studied the problem and requisitioned a team of arrowed saw horses to further divide traffic lanes. Farther down the trail another trio of marshals checklisted entering and exiting runners to make sure that everyone accessed and egressed the turns at the proper time. Road traffic designers take note! There were no head on collisions and everyone accomplished the requisite number of circles.

Our main safety weapon, as well as the reason Jeff decided to bypass his normal gym sessions, was the 200 pounds of sand he hefted and then painstakingly poured on the iciest downhills. Those of us following in his wake, armed only with orange flags and blue ribbon, chuckled at the skid marks made by his pair of faithful yaks. Jeff was not amused. Finally, all was ready. Then race morning we received the final insult: a light dusting of snow. While this set the mood for some, what it really accomplished was to disguise the icy patches.

Rather than showcase a Grimm fairy tale setting, we were determined to maintain a lighthearted mood. The Winter Lodge's stove was toastily blazing. Occasional wooden snowmen posting *Let it Snow!* signs decorated the route and our photographer, Brian Teague, set up a laptop display of previous years to remind us what snow looked like. Vying for the best porta potty prize, ours featured the classic photo of dogs lined up waiting their turn at the designated tree.

This winter of the endless autumn was certainly not what we had expected. Still, both volunteers and runners persevered through disappointment to ultimately experience a fun day in the woods. Much better than sitting at home or running on the roads and feeling sorry for ourselves. Plus, with attendance understandably down from previous years, there were all those pot luck leftovers to consume afterwards. It seemed to me that folks lingered longer than usual, perhaps because they were too stuffed to go anywhere, but more likely because it was so good to conquer a problematic winter with a congenial bunch of friends.

Laura Clark

New England Trail Running at it's best!

The 2012 Grand Tree Series.

Check the schedule in this newsletter or on-line
at... www.runwmac.com

ARVD

ARVD stands for Arrhythmogenic Right Ventricular Dysplasia and is the leading cause of sudden death in young athletes. It can also get a few old timers. As you probably recall, the ventricles are the heart chambers that push blood away from the heart, the left ventricle to all muscles and body parts, the right ventricle to the lungs. ARVD is a condition that is thought to have a genetic connection and causes the right ventricle's muscle tissue to degenerate into fibrous fatty tissue. You would think this would impair the flow of blood to the lungs, but this appears not to be the main problem. The change in the right ventricles composition changes the way impulses pass through it.

Pace-making impulses originate in the right atrium (auricle) of the heart and are supposed to spread to the other chambers, telling them when to contract and keeping them in proper time with each other. The passage of these impulses however, is screwed up by the right ventricles changed composition. One doctor told me that the signals go round and round in the ventricles and this causes them to beat wildly. This is called a ventricular fibrillation. In one local case, (me) 220 beats per minute were recorded for a person with an age adjusted max of 150 beats per minute.

Contrary to common sense, the rapid beat does not cause an excessive blood flow. Blood does not have time to fill the chambers before the next beat happens, so blood flow is diminished. The subject may feel heart palpitations, dizziness, may pass out, and if not defibrillated, enter the great trail race in the sky. Your heart may snap out of this on its own, or you may have to be electrically jolted by a defibrillator. Also contrary to common sense, the workouts runners participate in, especially the hard ones, aggravate the condition over time. So what should you be on the alert for? Unfortunately, sudden cardiac arrest is often the first symptom for many. And diagnosis is very difficult, requiring numerous tests and an examination of the subject's history.

Even if you know you have it, you don't know you have it. Things to look for are:

- 1 A family history of sudden death due to cardiac arrest, especially with young (30 and under) and athletic relatives.
- 2 Any episodes in your past where during intense exercise, you experienced light-headedness, palpitations, dizziness etc.
- 3 And if either 1 or 2 strikes a resonant chord, Johns Hopkins has extensive information on the net.

I believe I have experienced a fibrillation twice in my lifetime. In the mid 80's during a Dalton 10km race, I was shooting for sub 6 min. miles and really running well. At the 4th mile, I had to stop for a minute or two, and then walk/jog in from there.

The second time was Feb. 26, 2012 on Stafford Hill, during a jog/run. That second incident did not self correct, so I was jolted back to a normal rhythm at North Adams Regional Hospital

emergency ward and ultimately wound up at Bay State Medical where a defibrillator was implanted.

Saints work at North Adams Regional, and Bay State Medical.

For several weeks, the most probable explanation for my situation was ARVD which left me devastated. It meant my right ventricle was, and has been turning to shit. But then the results of the final test became available, and it appears that my ventricle is NORMAL. The diagnosis now is of an unspecified anomaly in the ventricle(s) that can result in ventricular fibrillation during workouts.

From a WMAC member

Post Script:

And at the very minute I conclude writing this article and go to check the happenings of the day, this was on Yahoo News: "Bolton Wanderers midfielder Fabrice Muamba is "critically ill in intensive care", after suffering a suspected heart attack during his side's FA Cup quarter-final against Tottenham Hotspur."



Did you guess this Mystery photo from the last newsletter?

The clues were an Ivy League college with plenty of aid.

It's the short road section from the Northern Nipmuck 16 mile trail race. The first aid station at the 4 mile mark (and 12 mile mark on the way back) is set up in that area on the left. We continue down the road several hundred feet and around the corner before cutting back into the woods.

Most of the race is held within the Yale Forest thus the Ivy League college clue. Yale owns several parcels of land in CT., VT., and NH. that's used for it's forestry programs. This CT. parcel is the largest of the group at 7,840 acres.

Ron Starrett was the first one with the correct answer.

Thanx to Bob Worsham for the photo and info

The Look

by Bob Kopac

As I was reading Kathrine Switzer's article about her running the Motatapu Icebreaker Off Road Marathon in New Zealand, I glanced at the accompanying photographs. I immediately recognized the Look. Actually, I recognized 2 Looks. One mile from the finish line, she had the Steely-Eyed-Determination Look, the one that said, "Course, is that all you can throw at me? Ha! I own you." Her Look was quite impressive considering she was running through an icy stream at that moment.

At the end of the race, Kathrine had the Finish-Line Look where a) you triumphantly conquer the race, or b) you are so relieved the race is over, you look ecstatic in spite of all the pain, or perhaps because of all the pain. Often it is difficult to tell whether the Finish-Line Look is due to a) or b) or both. In Kathrine's case, it appeared to be a). So I asked her. She replied, "Most of the time on that Motatapu, I had a rather pleading look—Oh God, just please get me through this safely!"

Her different Looks started me contemplating about the various Looks I have seen at races. There is the What-Was-I-Thinking? Look. It is common among first-time runners at the starting line and competes with the Deer-Caught-in-Headlights look. Halfway through the race the WWIT? look is owned by undertrained runners and is close to the Just-Let-Me-Die-Here Look. At the finish line, the WWIT? Look is worn by injured runners limping or hobbling across the timing mats.

Many New York City Marathon runners have the Night-of-the-Living-Dead Look. Late in the race they shuffle slowly through Central Park, moaning with head and arms hanging down, never catching the runners ahead of them. Of course, any such British runners are Pegged with the Shaun-of-the-Dead Look.

At the Boston Marathon finish line one year I photographed a runner who had the Nervous-System Look, the one where the runner is there physically but perhaps not all there mentally. This runner collapsed scant yards from the finish line, and then he heroically crawled on his hands and knees across the line. I wondered if his locomotion was provided mostly by his nervous system, an instinct to finish no matter what.

At another Boston Marathon I photographed Jacob Frey of the Hansons-Brooks Distance Project with the Left-Everything-on-the-Course Look. He collapsed immediately after he crossed the finish line. Running note: It is better to collapse after you cross the finish line, not before.

On a personal level, whenever I photograph my spouse Lynne during a race, she always has the Happy Look. Be it at the start, the middle, or the end of a race, she always is smiling. I have never asked her how many bugs she swallows during a race.

On the other hand, when I run, I look like I have swallowed bugs or bitten off the heads of bats, for I have the MN&U Look – Mean, Nasty and Ugly. A former karate sparring partner coined this term for me. This is the Steely-Eyed-Determination Look taken to the extreme. A photo of me performing karate

forms at a tournament shows a fierce MN&U Look bordering on a Charles-Manson Look.

The MN&U Look also applies to my running, although some might say my Look has nothing to do with karate or running, just with me. Many years ago my spouse Lynne and I traveled to our hometown of Youngstown, Ohio, where we ran the Canfield Firecracker 4-Miler. When Lynne crossed the finish line, a photo captured her wearing an angelic Happy Look. On the other hand, a photo showed me with a snarling MN&U Look which caused frightened children to turn away and superstitious adults to perform hand gestures to ward off evil spirits.

So why do I always have the snarling MN&U Look and Lynne never does?

Must be a Guy Thing.

38th Annual Jack Bristol Lake Waramaug Ultras

50K | 50-Miles | 100K

Sunday, April 29, 2012 ... 7:30 AM

Lake Waramaug State Park
New Preston, CT.

www.lakewaramaugultra.com

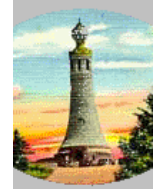
R D ... Carl Hunt
860-355-8847
huntcarl@sbcglobal.net

Slightly rolling loops on paved surfaces around scenic Lake Waramaug. There is a 2.2 mile out and back at the beginning of the race for all runners. The 50K runners will then do three 7.6 mile laps around the lake followed by a 1.9 mile out and back to the finish at the State Park. The 50 mile runners will complete six laps around the lake and finish at the State Park. The 100K runners will do seven laps around the lake followed by a 2.3 mile out and back to finish at the State Park.

WMAC Members..... Did you remember to renew
your club membership for this year?

We need your continued support to plan our events
for the coming year.

Thanks for supporting the WMAC!



Western Mass Athletic Club



MT. Greylock Trail Races

5K and Half Marathon Greylock Glen.... Adams, MA.
Sunday June 17, 2012 10 a.m. start (both races)

*The 1/2 marathon race is straight up and over the top of Greylock!
The 5K race is on rolling trails through the forest around the Glen.*

Pre-register before 6/10/12 ... \$15.00 half-marathon, ...\$12.00 5K.
Family discount: no charge in excess of that for 3 people if pre-registered.

Shirts may be sold separately at the race.

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

(Day of race: \$20.00 half-marathon, \$12.00 5K) **More info at www.runwmac.com**

*****Cut*****
2012 Greylock Trail Races

Please circle which Mt. Greylock Trail Race you are entering: 5 K or Half-Marathon

Name (Please print) _____
Street _____
City/Town _____ State _____
Zip _____ Phone _____
Age _____ Sex M / F

Entry fee \$ _____ Total enclosed \$ _____ WMAC Member? Yes No

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

Signature _____ Date _____

Parent/Guardian (if under 18) _____

PEAK RACES: *Go Beyond Your Limits*

by Laura Clark

When you enter the PEAK website ... www.peakraces.com you are greeted by a jagged mountain which goes upwards in stages only to plunge precipitously. PEAK is located in Pittsfield Vermont, a stone's throw from the Killington ski complex. Summer and winter PEAK weekend events, directed by ringmaster Andy Weinberg typically include a short offering, a doable stretch and a ridiculously challenging event with a few extra sideshows for entertainment.

This year's winter version was typical, with a 100 mile snowshoe, a Death March, which included a wood chopping contest designed to stock the fireplaces of a local hotel in return for parking slots and 6.5, half and full marathon snowshoe competitions. The entrants in the first two events rather made the rest of us look like slackers, so soldier on we did...

Normally I wouldn't whine over this winter's abysmal conditions, figuring we would all hit the playing field overexcited and under-trained. Except that I was even more so, being semi-recovered from a knee-wrenching encounter with muddy terrain. So I took great comfort from *UltraRunning Magazine's* January/February 2012 survey, "Factors Related to Successful Completion of a 100-Mile Ultramarathon." Polling entrants in the 2009 Western States and Vermont 100, Marty Hoffman and Kevin Fogard concluded that, "...a high peak mileage week cannot guarantee success, nor can a low peak mileage week mean that one won't finish, but a high peak mileage week is necessary in order to produce a fast finish time." I reached my own conclusion: since I wasn't going to win the race, I had a decent chance at finish time success if I maintained the principle of relentless forward motion.

I was not kidding anybody, not even myself. Having survived three previous Peaks, I knew what I was in for and it would not be pretty. With roughly 1797 feet of elevation change for each of the four loops, I figured at the very least the torturous climb would give me a free ride down, and thus subtract somewhat, at least mentally, from the total 26.2 miles.

Curiously, despite the fact that the friends who accompany me to this event are pretty much all 100 mile veterans, I have never yet found anyone to buddy the mere 26.2 mile distance. I seem to be rather hard on my friends. This year, on the hunt once more, I conned fellow Saratoga Stryder Steve Mitchell to give it a go. Steve, an Ironman triathlete and 100 mile finisher, had completed the half last year and was so excited about his return engagement that we had mapped out several hilly practice routes. But with the lack of snow and resulting icy trails, our plans stalled.

Not easily daunted, Steve is nothing if not old school inventive. To simulate the weight of heavy snowshoes he pulled galoshes over his sneakers whenever he was forced to run on the roads. He religiously hit the Stairmaster. He observed his grandkids' running form and decided that we should do trash runs, filling discarded cups with pebbles and trying to run smoothly without shaking the contents. At least we were entertained.

Our final moment of truth came when we journeyed to the Adirondacks to visit snow. At the conclusion of a delightful ten mile jaunt, Steve was drenched. He was wearing his usual sweatpants/sweatshirt outfit. Frustrated at his unwillingness to enter the twenty-first century, I appealed to his male pride: "Steve, by all means wear your sweatpants to the race, but know that you will gain twenty pounds in water equity and I will beat you." Steve showed up on race day clothed head to toe in wicking gear, except for the plastic bags covering his sneakers. But hey, I was proud of him.

While the course seems to be slightly different each year, this time damage from Hurricane Irene necessitated new levels of resourcefulness. Planked bridges were constructed to span newly spawned crevices and a shaky pontoon bridge led us up into the mountain. Tibet here we come! Steve and I got separated at the start, but we were pretty evenly matched and knew we would eventually mesh together for the crucial third loop, the true decision point. For while a two-loop half is an acceptable punctuation mark on a day well spent, there is no such thing as a three quarter marathon. Beyond the half is undiscovered, all or nothing territory.

At the end of the second loop, I recovered my race with a pause for a dry shirt and warmer jacket, allowing Steve to catch up. But he was done. One look at his face and I knew he was done. In fact, I recognized that look as I myself had worn it just a half hour ago. But this finish was important to me as validation that I can still run despite my knee woes, which will never totally heal. This summer I had come face-to-face with the shattering *Carnival* musical question posed by the crippled puppeteer—"Who can I be if I can't be me anymore?" I still wanted to be me in some form or other so I pressed on.

Before the third loop became nasty I met my friend Courtenay Guertin, who had basically not run at all since he got injured in September. He entered on whim, hope and habit, proving that there is something to be said for the sheer force of muscle memory. He also had two more loops to conquer, except that his would be the final 13 of his winning 100 miler. What else could I do but soldier on?

Since I was in survival mode now, I noticed a few interesting things about the course. The ups and downs got steeper and some sections decidedly more threadbare. In fact, on the sharpest downhill just before the pontoon bridge and home free territory, I took a hint from faster, but obviously tired runners, and slid down on a nicely defined butt trail rather than risk the exposed rocks. I learned how to elevate my snowshoes just so, letting them skim the surface and not dig in for final landing. Definitely not something covered in the owner's manual.

The climb up PEAK follows a ziggurat pattern, terracing from one level to another. I noticed that occasionally tired soles had bypassed the extended experience in favor of a shortcut approach. While this would normally inspire cries of "Foul!" at this point in time I figured they probably had good reason and would ultimately disappoint only themselves.

Continued next page:

Peak cont:

And as the supposed shortcuts were through deeper snow, the few who attempted these routes were essentially breaking trail over hidden hurricane-strewn blow downs instead of following the straight and narrow path to redemption. Serves them right.

Faithful husband Jeff was there to greet me before my final lap bearing a headlamp offering. I declined, thinking I could barely hold my head on straight as it was, positive that I had a small flashlight in my pocket. Turned out it was in my discarded jacket. Needless to say, this provided me with sufficient motivation to step up the pace.

But really, the final lap was delightful. As I passed the two fallen trees marking my progress, I fulfilled my promise to myself to sit for a second and take in the view. The Labyrinth section, reminiscent of Germany's Black Forest, was now pierced by the brilliant light of the setting sun, highlighting each needle-straight pine. I expected to see Neuschwanstein Castle in the distance, but the hut at the top was good enough.

I crossed the finish line, keeping my promise to myself, treasuring the spirit of the PEAK. It was truly a "no regrets" Dr. George Sheehan experience. And I even remembered to tell Andy that Andrew, loyally ensconced in the hut, was still patiently waiting for his lunchtime pizza.

Laura Clark

Peak Snowshoe Races

**6.5 Miles - Half-Marathon - Marathon - 100 Miles
March 3, 2012 ... Pittsfield, VT.**

6.5 Miles:	1st M David Hetzelt	41 M	1:20:19
	1st F <u>Marie Charlevois</u>	31 F	1:46:35
	Jeff Clark	65 M	2:20:46

1/2 Marathon :	1st M Jeff Longcor	27 M	2:02:47
	1st F <u>Emily Pattison</u>	22 F	2:52:27
	Will Danecki	61 M	3:16:46
	Rob Scott	57 M	3:21:06
	Steve Mitchell	70 M	4:06:01
	<u>Karen McWhirt</u>	51 F	4:43:08

Marathon:	1st M Charlie Koch	20 M	4:01:24
	1st F Steph Manosh	28 F	7:57:36
	<u>Laura Clark</u>	64 F	9:19:02

100 miles: Courtenay Guertin 37 M 32:31:49

Complete results at ... www.peakraces.com

Book Review Corner:

***Mile Markers: The 26.2 Most Important Reasons Why Women Run ...* by Kristin Armstrong. Rodale, 2011.**

On the surface, it seems as if this book is full of recycled ideas. The cover features three skorted, pony-tailed women joyfully striding down a manicured lawn that could only belong to a golf course. Not to mention yet another editor who thinks one more round of 26.2 reasons to run is an original idea. And of course, the author herself whose main claim to fame is that she is the divorced wife of Tour de France winner, Lance Armstrong.

But Kristen Armstrong has found her own voice and emerged stronger as a result of her trials. As a contributing editor for *Runner's World*, she pens her own column which eerily hearkens back to the reflections of an earlier regular. Granted, she is not as erudite as George Sheehan, the Running Philosopher, and her musings are aimed more towards her female counterparts. But Kristen brings the same honesty and is not afraid to explore either her occasional inner turmoil or her triumphs. Focused immeasurably more on family and running friends as well as on more modest goals, she presents an Everywoman aspect and is eminently accessible. While Sheehan mounted a well-deserved pedestal, Armstrong is still inching her way along the path of discovery that running affords all of us.

Most chapters are emotion-centered: Friendship, Fear, Passion, Gratitude, with only a sprinkling of runner's terms like Hills, The Wall and Roadblocks. Within each chapter are short reflections on the topic that are marginally connected to the major theme and span the gamut of kids, errands, training and work that pull us first in one direction and then another.

Rather than trying to connect all to the central topic, I found it easier just to take inspiration from each individual episode. What emerges is us—trying to manage it all, sometimes encountering The Wall, but more often summiting the Hill and heading over to the other side. This is a book to be owned and savored, read and re-read.

Reviewed by Laura Clark

On th first weekend of December, six F. I. H. S. boys, 5 + 1 sub.... about 16 yrs of age, drove with their 2 coaches to Boston to play flag football. None of them had played any kind of football B4 Fall when they began to practice. They sported first class shirts with their names & numbers on "m, wrist planners sharing their plays, and a confident eagerness to get out there, get moving, and Do IT!

2 games Sat., 2 Sun. In th final game their opponent had "zillions" of fans yelling & cheering not for them.

They won them all, so Fishers Island High School is undefeated!

Their plaque is on display at the school.

Dick Hoch

In Search of Snow Winter 2012

will run

I made it up to the top of Greylock twice this past winter, once in mid December and once in mid February. Both times I didn't use my snow shoes, just my YakTrax's. The photos below show why. This is the view I had of Greylock after parking my car at the Glen. You can see the snow line is more than half of the way up the mountain.

The first 2 miles of the trail had a few patches of snow here and there with some icy spots thrown in.



Greylock above and the Gould Trail below on February 19, 2012



I finally found all snow cover when I hit the Cheshire Harbor Trail. It was only about 3 inches at first but by the time I got to the top there was about 7 inches. It was mostly hard pack though, from melting and refreezing so most of the time I didn't sink in more than 3 inches.

I spent about 20 minutes alone up on top, enjoying the views and the solitude feeling of being the highest person in Massachusetts before resuming my run.

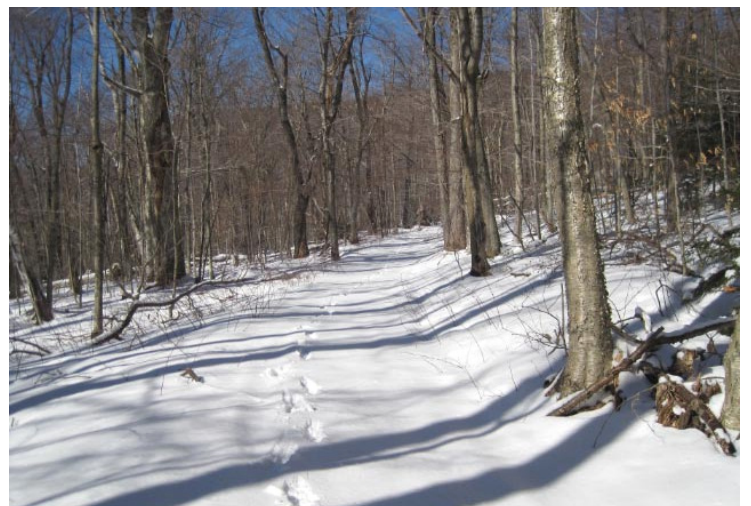
Running down Rockwell Road to Jones Nose and then following the Old Adams Road trail back to the Glen I put in about 15 miles total and didn't see anyone else enjoying the mountain on this morning.



Greylock tower



Bascom Lodge



Only my footprints on Old Adams Road

photos by will

GRAND TREE TRAIL SERIES ... 2012 Links and info at ... www.runwmac.com

Note: Several dates are still tentative!

- 1 April 7, 2012 10:00 am Union, CT
NORTHERN NIPMUCK 16 miles
Jim Campiformio – 860-429-0582 jimcampi@hotmail.com
- 2 April 14, 2012 9:00am Andover, MA
MERRIMACK RIVER 10 miles
Steve Peterson 508 – 628 - 8943 darthluna1994@yahoo.com
- 3 April 29, 2012 10:00 am Wolfboro, NH
MUDDY MOOSE 14 miles
Fergus Cullen 603-520 -5450 fergus@ferguscullen.com
- 4 May 6, 2012 9:00 am Amherst, MA
7 SISTERS 12 miles
Scott Hunter 413-695-7244
scotjh@aol.com www.7sisterstrailrace.com
- 5 May 12, 2012 8:00 am Ashburnham, MA
WAPACK & BACK 21 - 50 miles
Norm Sheppard
wapacktrailracecontact@yahoo.com
- 6 May 20, 2012 9:00 am Stafford, CT
SOAPSTONE MT. 14.5 --- 4 miles
Deb Livingston - 860-512-0125
Email soapstone@shenipsitstriders.org
- 7 June 3, 2012 Ashford, CT.
NIPMUCK 50K *Tentative* 31 miles
Jim Campiformio 860-429-0582
- 8 June 17, 2012 10:00 am Adams, MA
GREYLOCK TRAIL RACES 13.5 --- 3 miles
Ed Saharczewski edwrdsah@aol.com
www.runwmac.com
- 9 June 24, 2012 9:00 am North Conway, NH
CRANMORE HILL CLIMB 4.3K Laps
Paul Kirsh info@whitemountainmilers.com
- 10 July 8, 2012 ??? *Tentative* 8:00 am Milton, MA
SKYLINE TRAIL RACE 7.2 miles
- 11 August 4, 2012 9:00 am Barkhamsted, CT
PEOPLES FOREST 7 miles
Will Graustein wgraustein@snet.net
- 12 August 19, 2012 9:00 am Florida / Savoy, MA
SAVOY MOUNTAIN Distance to be determined
- 13 August 26, 2012 ??? *Tentative* 9:30 am Sunderland, MA
MT. TOBY 14 miles
Scott Hunter mttobytrailrun@hotmail.com
- 14 September 2, 2012 9:00 am New Ipswich, NH
WAPACK TRAIL 17.5 miles
Paul Funch 978-448-2813 pgfunch@verizon.net
www.wapack.freeservers.com
- 15 CURLY'S HALF-MARATHON & 5K
CANCELED for 2012
- 16 September 16, 2012 8:45 am Winchester, NH
PISGAH MT. 23K / 50 K
Gary Montgomery ... 603 – 363 - 8420
info@gotENDURANCE.com
- 17 September 30, 2012 8:00 am Ashford, CT
NIPMUCK MARATHON 26.2 miles
Clinton Morse - 860-875-6256 ... eves before 8 PM
nipmuck@shenipsitstriders.org
- 18 October 7, 2012 10:00 am Monroe, MA
DUNBAR BROOK 10.5 --- 2 miles
Kent Lemme www.runwmac.com
- 19 October 21, 2012 12:30 pm Groton, MA
GROTON FOREST 9.5 & 3.5 miles
Paul Funch - 978-448-2813 pgfunch@verizon.net
<http://www.GrotonTFTR.freeservers.com>
- 20 October 28, 2012 9:30 am Albany, NY
HAIRY GORILLA & SQUIRRELY SIX 13.1 & 6 miles
www.albanyrunningexchange.org
- 21 October 28, 2012 9:00 am Framingham, MA
BUSA BUSHWHACK 5.6 & 9.3 miles
Barry Ostrow b.ostrow@comcast.net
- 22 November 3, 2012 6:15 am Ipswich, MA
STONE CAT ALE 26.2 & 50 miles
Marty Sullivan www.gaconline.net

Watch the Grand Tree web page for any changes and up-dates and please verify all information before you go!

www.runwmac.com

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

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

*****cut*****cut*****cut*****cut*****cut*****cut*****cut*****cut*****cut*****cut*****cut*****cut*****cut*****

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Check here for any changes and provide new information below _____
Annual dues are \$15.00 for either single or household membership.
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ADDRESS_____

CITY_____STATE_____ZIP_____

TEL_____D O B_____SEX_____

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

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

Interest (s): Running__ Snowshoes__ Kayak__ X-C Skiing__ Hiking__ Biking__ Skiing__ Swimming__

OTHER_____

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

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