



# Trail Running News ...Western Mass Athletic Club

Volume 18 .... Issue 4 .... Late Autumn .... 2012

In this issue:

## Grand Tree Series Wrap-up Final Standings and Total Points

Also ...Results and stories from:

Pisgah MT. -- George Coope

Fall Foliage 5K -- Nipmuck

Monroe -- Groton Forest

WMAC's Trilogy Series

MT. Toby -- Hairy Gorilla

Busa Bushwhack -- Stone Cat

WMAC's Christmas Party

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

## Up n' Coming Events:

Wed. Night Fun Runs .....5:30 PM  
PNA Hall, 13 Victory St. Adams.

WMAC Christmas Party .....12 / 22  
Fat Ass 50K or less .....12 / 29

Snowshoe Series ... Depending on Snow

Pine Ridge .....12 / 30  
Turner Trail .....1 / 5  
Woodford .....1 / 6  
Const. Hill .....1 / 12  
BTB .....1 / 13  
HT&W .....1 / 19  
Side Hiller .....1 / 26  
Curly's .....1 / 27  
Winterfest .....2 / 3

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

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

The Hot Line ..... 413 – 743 – 5124  
Club Officers - [poncherosa@yahoo.com](mailto:poncherosa@yahoo.com)  
Newsletter ..... [wdanecki@charter.net](mailto:wdanecki@charter.net)  
Write us at:

WMAC  
P.O. Box 356  
Adams, MA. 01220

## The 2012 Grand Tree Trail Series

This year marked the 18<sup>th</sup> year of the Grand Tree Trail Running Series. The roots of this series date back to approximately 1984 when Fred Pilon who was organizing the Northeast Trailrunners Circuit as it was called at the time, used a similar system of scoring that was being used in the New York Trail Running Series to give a ranking to all the runners who finished a minimum number of races each year. Back then races in the circuit included many runs in New York such as the Finger Lakes 50's, Virgil MT., The Escarpment Trail, The Leatherman's Loop, and Dancing Rock. As the age of the internet began to spread in the early 90's, Eric Thibaud started a web site called New England Trail Runner which listed all the trail races in the area. Eric also came up with the name "Grand Tree", a play on the popular Grand Prix Road racing series. Eric was also instrumental in starting up the WMAC's web page.

Many different running clubs and the races they hold are all a part of the current Grand Tree Series. In 1995 Ed Alibozek took the lead in handling all the statistical and scoring duties and the first Grand Tree Series ranking were listed. Since then the WMAC has continued to list the schedules, scoring and final rankings of the Grand Tree Series in cooperation with the different RD's, running clubs and races involved. For many years now Rob Higley, the WMAC's web master, has handled all the scoring and related duties for the GT Series.

The 18th annual "Grand Tree" trail series for 2012 began with the Northern Nipmuck 16 miler in Union, CT on April 7th this past year. We weren't sure this race was even going to take place this year as it wasn't confirmed until the last minute. It may or may not be held next year.

The series wrapped up on schedule with the Stone Cat Races closing the show on November 3rd. Unlike last year, all races went off as planned with no cancellations or postponements.

We lost 3 races from last year, Northfield MT., Oxford Dam, and Curly's, so this left us with 20 GT races and 22 different scoring events. Pisgah Mt. and Stone Cat once again had 2 separate race distances going on at the same time.

And only once this past year there was 2 races held on the same day. The Hairy Gorilla and the Busa Bushwhack were both held on October 28. Because of this the most races a person could run this year was 19.

On the men's side, Ted Cowles from Connecticut once again ran in 18 events, the same number of races he ran last year. He only missed the Wapack & Back run this past year. Close behind Ted was Stanislav Trufanov from Massachusetts with 16 races, double the amount he ran last year. The only other male to run in double digits was Gary Hebert from CT. with 10 races. Three others had 8 finishes and six had 7 finishes.

Way to go Guys!

On the ladies side, Kelsey Allen from Massachusetts had 10 finishes to lead all the women. Actually there were only 2 other women who ran the required number of races to qualify for a Grand Tree score. Laura Clark from New York had 8 finishes and her traveling partner Jennifer Ferriss, also from New York had 6 finishes.

Way to go ladies!

Continued next page:

## 2012 Grand Tree series cont:

Overall 2,222 different runners ran in one or more of the GT races that were held this year. That's an increase of 257 runners from last year and an all time high. ( 1,965 in 2011 and 2,130 in 2010 ). But out of that total number of runners only 28 completed at least 6 GT races during the year to earn an official Grand Tree Score. An all time low. ( 48 in 2011 - 66 in 2010 and 75 in 2009.)

Eighteen other runners only completed 5 GT races and another 36 finished only 4 races so they missed out on a final Grand Tree score.

As you can see there have been less and less GT finishers the last few years. Some reasons are more of the regular runners are doing more races and ultra events in different areas of the country, and also there are a lot more trail races around that are not part of the GT series which sometimes are held on the same day. So even though there have been less finishers in the final standings, many of the GT races have seen an overall increase of runners the past few years.

For a single race Seven Sisters once again led the series with the most finishers at 306. An increase of 59 runners over the 247 who finished there last year. Hairy Gorilla drew 261 this year after being postponed last year because of the snow storm, and Merrimack River had 240, up 29 runners over last year.

For a double event, Stone Cat had a total of 331 runners who finished either the marathon or the 50 miler. ( 210 in the marathon and 121 in the 50 miler).

In the other double race Pisgah MT. had a combined total of 222 finishers. ( 107 in the 23K and 115 in the 50K ).

The 2 most intimate races of the year were Wapack & Back with 48 finishers and Blue Hills with 49.

See the GT Races page in this newsletter for complete results.

---

## **Grand Tree Champions - 2012**

---

On the ladies side this past year there was no doubt who the champion was going to be. Last year's champ, Kelsey Allen ran in 10 races this year, 4 more than last year. Out of those 10 races Kelsey was the first female in 8 of them and finished 2<sup>nd</sup> in the other two. No other female runner was even close to challenging her this year so Kelsey defends her GT title and is the 2012 Female Grand Tree Champion.

### **Way to go Kelsey!**

The men's side wasn't as clear this year, at least not until later in the season. No one ran away with it early so to speak. While nobody won more than 2 races this year, there were seven different runners who had 2 wins each. However, for 3 of them those were the only GT races they ran in all year. And for 3 others, they only completed 3 or 4 races in the series and were not eligible for a final score. Last years GT champ, Ross

Krause, was the only runner who won twice to run in the minimum 6 races this past year. Ross had wins at Seven Sisters in May and then won again at Hairy Gorilla in October. In between he finished 2<sup>nd</sup> once and 3<sup>rd</sup> 3 times.

Ross also defends his GT title and is the 2012 Grand Tree Champion.

### **Way to go Ross!**



2012 Grand Tree Champion Ross Krause leads the pack up hill at the start of the Seven Sisters Trail Race. Ross went on to win the race.



2012 Female Grand Tree Champion Kelsey Allen showing off her award for being 1<sup>st</sup> Female at this years Monroe Trail Races.

*Photos by Scott Livingston*

## 2012 Grand Tree Series Final Standings

Percentages based on best 6 races

WMAC members in bold:

<u>Name</u>	<u>Age</u>	<u># of Races</u>	<u>GT %</u>
1 Ross Krause	M 32	6	96.38%
2 Rob Hult	M 42	6	92.96%
3 Stanislav Trufanov	M 33	16	92.06%
4 Gabriel Flanders	M 36	8	88.66%
5 Todd Bennett	M 42	7	86.51%
6 Tom Dmukauskas	M 37	7	85.26%
7 <u>Kelsey Allen</u> 1 <sup>st</sup> F	F 29	10	83.17%
8 Eric Wyzga	M 37	6	82.96%
9 Scott Cote	M 27	7	82.07%
10 Scott Patnode	M 31	8	80.56%
11 <b>Ted Cowles</b>	M 54	18	79.08%
12 Miroslav Tashev	M 50	7	76.94%
13 Bob Sharkey	M 60	6	74.97%
14 <b>Paul Funch</b>	M 62	6	74.87%
15 <b>Todd Brown</b>	M 48	6	74.28%
16 <b>Isaac Tirrell</b>	M 30	6	70.55%
17 David Sutherland	M 50	7	68.50%
18 Sonny Gerardi	M 38	6	67.67%
19 Dorin Neacsu	M 48	7	67.26%
20 Gary Hebert	M 47	10	64.80%
21 <b>Dan Danecki</b>	M 53	6	60.21%
22 <b>Will Danecki</b>	M 62	8	59.75%
23 <b>Vic LaPort</b>	M 72	6	59.65%
24 <b>George Gilder</b>	M 72	6	59.60%
25 Jeff Hattem	M 61	6	56.49%
26 <b>Jennifer Ferriss</b>	F 40	6	54.22%
27 <b>Laura Clark</b>	F 65	8	46.56%
28 David Raczkowski	M 62	6	38.72%

**Congratulations to Ross Krause and Kelsey Allen**  
The 2012 Grand Tree Series Champions!

And Congratulations to all the 2012 Grand Tree Series finishers!

### Total Points ... 2012 Stonehead Awards

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

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

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

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

On the men’s side this year, the final points total wasn’t settled until the last race of the year.

Last years Stonehead Ted Cowles was holding onto a slight lead over Stanislav Trufanov heading into the Stone Cat race. Because of the difficult registration process in signing up for the Stone Cats races, Stanislav didn’t make the cut and wasn’t originally entered in the race. However, the GAC decided to re-open the registration to allow another 50 or so runners in and Stanislav managed to land a spot in the marathon race. Running in 16 races this year, twice as many as last year, Stanislav had a good race finishing in 6<sup>th</sup> place overall and clinched the GT Stonehead points total for 2012 by less than 50 points over Ted.

Both Stan & Ted were the only runners to score over one thousand points this year.

**Way to go Stanislav!**  
2012 Stonehead of the year!

On the ladies side, last years Stonehead Kathleen Furlani only showed up for 4 events this past year, and as I mentioned earlier, very few woman ran in multiple races this past year. Ladies GT Champ Kelsey Allen ran in 4 more events this year than last year and with her win total she racked up 802 points to finish in 3<sup>rd</sup> place overall in the points total. So Kelsey is the 2012 Female Stonehead of the year. She is also the first woman since Debbie Livingston in 2005 to win both the GT Championship and Stonehead award in the same year.

**Way to go Kelsey!**  
2012 Stonehead of the year!



Female Grand Tree Champion and Stonehead of the year,  
Kelsey Allen at the 2012 Greylock Trail races .

*photo by Barbara Danecki*

## 2012 "Grand Tree" Series ... Total Points

### "Stoneheads"

WMAC members in bold:

	<u>Name</u>	<u>Age</u>	<u># of Races</u>	<u>Points</u>
1	Stanislav Trufanov	M 33	16	1,396.38
2	<b>Ted Cowles</b>	M 54	18	1,349.49
3	<u>Kelsey Allen</u> 1 <sup>st</sup> F	F 29	10	802.07
4	Gabriel Flanders	M 36	8	692.93
5	Scott Patnode	M 31	8	632.96
6	Gary Hebert	M 47	10	617.82
7	Todd Bennett	M 42	7	602.95
8	Tom Dmukauskas	M 37	7	591.73
9	Ross Krause	M 32	6	578.30
10	Scott Cote	M 27	7	568.99
11	Rob Hult	M 42	6	557.75
12	Miroslav Tashev	M 50	7	528.15
13	Eric Wyzga	M 37	6	497.75
14	David Sutherland	M 50	7	472.69
15	<b>Will Danecki</b>	M 62	8	467.44
16	Dorin Neacsu	M 48	7	461.60
17	Keith Schmitt	M 44	5	457.06
18	Bob Sharkey	M 60	6	449.79
19	<b>Paul Funch</b>	M 62	6	449.24
20	<b>Todd Brown</b>	M 48	6	445.69
21	<b>Isaac Tirrell</b>	M 30	6	423.30
22	Sonny Gerardi	M 38	6	406.03
23	Chris Hayhurst	M 40	4	387.47
24	Greg Rossolimo	M 31	5	385.11
25	Carl Matuszek	M 60	5	383.88
26	David Herr	M 47	4	382.87
27	John Dudley	M 33	4	380.46
28	John Kinnee	M 33	4	366.39
29	Derek Jakoboski	M 26	4	362.45
30	Dave Merkt	M 28	4	361.74
31	<b>Dan Danecki</b>	M 53	6	361.25
32	Ryan Aschbrenner	M 35	4	358.70
33	Alexander Hayman	M 26	5	358.20
34	<u>Laura Clark</u>	F 65	8	357.95
35	<b>Vic LaPort</b>	M 72	6	357.91
36	<b>George Gilder</b>	M 72	6	357.59
37	Donald Pacher	M 40	4	344.29
38	Russell Stroud	M 42	5	341.83
39	Paul Young	M 47	4	340.90
40	Matthew Haley	M 35	5	340.78
41	Kevin Mullen	M 55	5	340.27
42	Jeff Hattem	M 61	6	338.92
43	Gary Jewett	M 46	5	338.81
44	Russell Hammond	M 52	5	338.15
45	<u>Michele Hammond</u>	F 53	5	328.20
46	<u>Jennifer Ferriss</u>	F 40	6	325.31
47	Ken Naide	M 40	4	323.88
48	<b>Rich Teal</b>	M 34	4	319.37
49	Francis Bock	M 37	5	317.81
50	<u>Heidi Chauvin</u>	F 38	5	316.59
51	Anthony Tieuli	M 39	5	315.23
52	<u>Kelsey Battige</u>	F 25	5	312.66
53	<b>Thomas Parker</b>	M 46	5	310.76

54	<u>Debbie Livingston</u>	F 37	4	308.79
55	Angelo Radano	M 29	4	300.35
56	Brian Rusiecki	M 33	3	288.54
57	Kevin Tilton	M 30	3	286.76
58	Aaron Stone	M 29	3	282.87
59	Mike Maher	M 47	4	276.80
60	John Loring	M 65	5	273.76
61	<u>Monica Roberto</u>	F 43	4	272.54
62	Brett Stoeffler	M 45	3	270.10
63	Vincent Zito	M 40	4	269.34
64	Richard Godin	M 57	4	268.36
65	Brandon Benoit	M 20	4	266.91
66	Curt Pandiscio	M 51	4	265.72
67	Richard Mellor	M 62	5	262.84
68	<u>Jennifer Shultis</u>	F 43	4	262.08
69	Scott Livingston	M 39	3	261.53
70	<u>Nicole Boucher</u>	F 40	4	258.90
71	Mitchell Isaacson	M 26	3	256.37
72	Ben Whitbeck	M 35	3	255.54
73	Glen Cooper	M 45	4	253.00
74	Guy Caracciolo	M 41	4	251.47
75	Steve Nichols	M 42	4	249.58
76	<u>Abby Doolittle</u>	F 57	4	249.40
77	<b>Rob Higley</b>	M 58	3	241.13
78	Jesse Veinotte	M 31	3	241.11
79	Joshua Katzman	M 36	3	239.28
80	Brock Anello	M 33	3	236.07
81	John Agosto	M 47	3	234.32
82	<u>Kristina Folcik</u>	F 34	3	233.93
83	David Raczkowski	M 62	6	232.29
84	Ian Parlin	M 36	3	232.25
85	Bob Segal	M 59	4	231.74
86	Marc DiComes	M 32	4	231.09
87	Anthony Parillo	M 28	3	228.14
88	<u>Jessica Dockendorff</u>	F 31	4	226.32
89	<u>Mary Lou White</u>	F 57	5	222.78
90	<u>Linnea Anderson</u>	F 26	4	221.55
91	Tony Bonanno	M 47	3	221.11
92	<u>Brenda Morris</u>	F 46	4	220.17
93	<u>Ania Childress</u>	F 36	4	220.05
94	Jamie Whitbeck	M 39	3	219.74
95	Fred Pilon	M 66	4	219.58
96	Richard Voto	M 43	3	219.22
97	<u>Barbara Sorrell</u>	F 55	4	219.12
98	Anthony Park	M 47	3	217.43
99	Alex Parker	M 45	3	216.82
100	Ben Kimball	M 40	3	216.61
101	<u>Kathleen Furlani</u>	F 64	4	209.13
102	David Boudreau	M 40	3	208.55
103	<u>Elaine Allen</u>	F 44	3	208.38
104	Richard Benoit	M 44	3	204.71
105	Dominic Wilson	M 41	3	203.76
106	Cliff Collins	M 52	3	201.60
107	Chris Harrison	M 60	4	200.24
108	Greg Hammett	M 35	2	200.00
109	Stephen Granger-Bevan	M 27	2	200.00
110	Andrew Combs	M 28	2	200.00
111	<u>Carmel Kushi</u>	F 43	3	199.02

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

**The 2012 "Grand Tree" Trail Series  
New England Trail Running at its best.**

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

**Northern Nipmuck**

16 Miles ... Union, CT. ... 4 / 7 / 12

Greg Hammett.....34 M ..... 2:05:11  
Kristina Folcik.....34 F..... 2:31:58      *112 Finishers*  
\*\*\*\*\*

**Merrimack River**

10 Miles .... Andover, MA. ... 4 / 14 / 12

Kevin Tilton..... 30 M ..... 59:13  
Mary Pizarro... .....39 F ..... 1:16:23  
*240 Finishers*  
\*\*\*\*\*

**Muddy Moose**

14 Miles ... Wolfeboro, NH. ... 4 / 29 / 12

Kevin Tilton ... ..... 30 M .... 1:25:06  
Molly Housman .....39 F ..... 1:49:44  
*94 Finishers*  
\*\*\*\*\*

**Seven Sisters**

12 Miles ... Amherst, MA. ... 5 / 6 / 12

Ross Krause.....32 M ..... 1:51:25  
Kelsey Allen ..... 28 F .....2:18:19  
*306 Finishers*  
\*\*\*\*\*

**Wapack and Back**

21.5 Miles .... Ashburnham, MA ....5 / 12 / 12

Jesse Veinotte .....31 M ..... 4:10:42  
Danielle Fischer ..... 39 F .....4:52:53  
*48 Finishers*  
\*\*\*\*\*

**Soapstone MT.**

14.4 Miles ... Stafford Springs, CT. ... 5 / 20 / 12

John Dudley ..... 33 M .... 1:46:15  
Kerry Arsenault ..... 47 F ..... 2:17:09  
*158 Finishers*  
\*\*\*\*\*

**Blue Hills Skyline Trail**

7.2 Miles ... Milton, MA. ... 6 / 10 / 12

Stephen Granger-Breva .....27 M ..... 1:03:40  
Alison Crocker..... 27 F .....**1:08:02 \***

**Course record \*** *49 Finishers*  
\*\*\*\*\*

**Greylock Trail**

Half Marathon ... Adams, MA. ... 6 / 17 / 12

Marc Robaczynski..... 37 M ..... 1:37:15  
Kelsey Allen ..... 29 F .....2:00:31  
*178 Finishers*  
\*\*\*\*\*

**Cranmore Hill**

7.5 K ... North Conway, NH. ... 6 / 24 / 12

Marco DeGasperi .....35 M ..... 38:46  
Kelsey Allen ..... 29 F ..... 52:43  
*138 Finishers*  
\*\*\*\*\*

**People's Forest**

7 Miles ... Barkhamsted, CT. ... 8 / 4 / 12

Stephen Granger-Bevan ..... 27 M ..... 49:46  
Kate Lapinski..... 50 F ..... 1:11:13  
*60 Finishers*  
\*\*\*\*\*

**Savoy MT.**

16.5 Miles .... Savoy, MA .... 8 / 19 / 12

Tim Van Orden ..... 44 M ..... 2:05:42  
Kelsey Allen .....29 F .....2:22:55  
*83 Finishers*  
\*\*\*\*\*

**Wapack Trail**

18 Miles ... New Ipswich, NH. ... 9 / 2 / 12

Brian Rusiecki.... .....33 M ..... 2:31:17  
Kelsey Allen ..... 29 F .....3:05:58  
*96 Finishers*  
\*\*\*\*\*

**Pisgah MT.**

23K and 50K ... Chesterfield, NH. ... 9 / 16 / 12

**23K:**  
Greg Hammett .....35 M ..... **1:28:55\***  
Milly Wade-West. ....22 F .....1:59:48  
*107 Finishers*

**50K:**

Dave Herr ..... 47 M ..... **3:40:11 \***  
Kelsey Allen ..... 29 F .....4:49:22  
*115 Finishers*

**Course records \***

\*\*\*\*\*

*Continued next page:*

## Nipmuck Marathon

26.4 Miles .... Ashford, CT. .... 9 / 30 / 12

Chris Hayhurst .....40 M .....3:19:12

Kristina Folcik .....34 F .....4:21:02

118 Finishers

\*\*\*\*\*

## Monroe / Dunbar Brook

10.5 Miles ... Monroe, MA. ... 10 / 7 / 12

Brian Rusiecki..... 33 M .....1:20:47

Kelsey Allen .....29 F .....1:32:22

104 Finishers

\*\*\*\*\*

## Groton Forest

9.5 Miles ... Groton, MA. ... 10 / 14 / 12

Andrew Combs..... 28 M .... **54:33\***

Erica LaBella.....33 F .... 1:07:49

Course Record \*

120 Finishers

\*\*\*\*\*

## MT. Toby

14 Miles .... Sunderland, MA. ....10 / 21 / 12

Willy Koon.....32 M .... 1:28:48

Kelsey Allen .....29 F ..... 1:49:38

68 Finishers

\*\*\*\*\*

## Hairy Gorilla

Half - Marathon ... Albany, NY. ... 10 / 28 / 12

Ross Krause ..... 32 M ..... 1:26:04

Amy Farrell .....35 F .....1:35:45

261 Finishers

\*\*\*\*\*

## Busa Bushwhack

10 Miles ... Framingham, MA. ... 10 / 28 / 12

Andrew Combs ..... 28 M ..... 59:11

Katy Agule.....25 F..... 1:15:54

167 Finishers

\*\*\*\*\*

## Stone Cat

Marathon & 50 Miles ... Ipswich, MA. ... 11 / 3 / 12

### Marathon:

John Dudley ..... 33 M.... 2:54:40

Erica LaBella ..... 33 F.....3:30:26

210 Finishers

### 50 Miles:

Samuel Jurek .....?? M .... 6:13:14

Serena Wilcox .....?? F ..... 7:50:20

121 Finishers

## GT Series Champions .... 1995 - 2012

### Male

### Female

1995	Matt Cull	Robin Hathaway
1996	Tom Buckley	Debbie Briggs
1997	Bob Dion	Karen Cormier
1998	Keith Schmitt	Tracy Reusch
1999	Ben Nephew	Christy Cosgrove
2000	B. Nephew & L. Schmitt	Nikki Kimball
2001	Ben Nephew	Nikki Kimball
2002	Leigh Schmitt	Deb Livingston
2003	Ben Nephew	Deb Livingston
2004	Ben Nephew	Deb Livingston
2005	Greg Hammett	Deb Livingston
2006	Ben Nephew	Deb Livingston
2007	Greg Hammett	Deb Livingston
2008	G. Hammett & B. Nephew	Deb Livingston
2009	Ben Nephew	Amy Lane
2010	Ben Nephew	Abby Mahoney
2011	Ross Krause	Kelsey Allen
<b>2012</b>	<b>Ross Krause</b>	<b>Kelsey Allen</b>

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

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

And Thank You to all of you who participated in the GT Series this past year. We look forward to seeing you again next year for the 2013 trail season.

**The 2012 Grand Tree Trail Series...  
New England Trail Running at its Best!**

**George Coope Memorial Road Races**  
**5K and 10K ... Adams, MA ... September 9, 2012**

WMAC members in bold:

**5K results:**

<u>Name</u>	<u>Age</u>	<u>Time</u>
1 Paul Gage	M 42	0:19:46
2 <b>David Lipinski</b>	M 56	0:22:22
3 Kyle Fortier	M 31	0:22:37
4 Tim Morey	M 54	0:22:52
5 <b>Scott Bradley</b>	M 57	0:23:22
6 <b>Mike Pytko</b>	M 56	0:23:37
7 Steven Wisniewski	M 42	0:23:52
8 John Odvar	M 34	0:24:37
9 David Sookey	M 55	0:25:08
10 Mark Paquette	M 63	0:25:21
11 Kyle Parada	M 16	0:25:42
12 <u>Jill Pompei</u> 1 <sup>st</sup> F	F 45	0:25:50
13 Paul Lennon	M 58	0:25:56
14 <b>Diane Pytko</b>	F 55	0:25:59
15 <u>Sarah Phelps</u>	F 21	0:26:09
16 Wes Scalise	M 53	0:26:15
17 <u>Gail Sookey</u>	F 47	0:26:26
18 Dan Couture	M 35	0:26:39
19 Carson Scalise	M 11	0:26:55
20 Stan Serafin	M 58	0:27:00
21 <u>Terry Miller</u>	F61	0:27:29
22 Pete Williams	M39	0:28:14
23 Paul Marsalek	M 51	0:28:18
24 <b>Chris Johnson</b>	M 55	0:28:28
25 <b>Vic Laport</b>	M 72	0:28:41
26 <u>Cathleen Morey</u>	F 51	0:28:44
27 <u>Becky Couture</u>	F 41	0:28:49
28 <b>Karin Bradley</b>	F 55	0:29:39
29 <u>Bianca Trzcinski</u>	F30	0:29:40
30 <u>Kelly Wisniewski</u>	F 39	0:29:58
31 Bob Rodowicz	M 54	0:30:28
32 <b>John Kline</b>	M 46	0:30:29
33 <u>Tonya Malloy</u>	F 36	0:32:42
34 <u>Elizabeth Wood</u>	F 33	0:32:54
35 <u>Tawandira Matimati</u>	F 29	0:36:49
36 <u>Camella Maguire</u>	F 29	0:36:50
37 <u>Anita Curtin</u>	F 14	0:36:53
38 <u>Kaylee Morey</u>	F 22	0:37:03

**George Coope 10K results:**

<u>Name</u>	<u>Age</u>	<u>Time</u>
1 <b>Jim Preite</b>	M 48	0:40:35
2 Doug McAvoy	M 29	0:41:45
3 <b>Daniel Potvin</b>	M 47	0:45:17
4 John Guzzi	M 35	0:46:58
5 <u>Megan Anello</u> 1 <sup>st</sup> F	F 27	0:46:59
6 <u>Helen Curtin- Coty</u>	F 43	0:49:16
7 <u>Christina Barrett</u>	F 30	0:52:14
8 <u>Rebecca Hunter</u>	F 32	0:52:35

9 <u>Aimee Sinopoli</u>	F 37	0:53:02
10 <b>Claudine Preite</b>	F 45	1:00:13
11 <u>Heather Witherell</u>	F 33	1:01:11
12 Michael Collins	M 28	1:03:54
13 Jason Leja	M 41	1:06:01
14 <b>Julie Garner</b>	F ??	1:07:54
15 <u>Megan Sheman</u>	F 37	1:11:50
16 Jason Hnatanko	M 34	1:15:27

**Book Review:**

***To Be a Runner: How Racing Up Mountains, Running with the Bulls, or Just Taking on a 5-K Makes You a Better Person.***

by Martin Dugard. Rodale, 2011.

While his credentials are impressive, best-selling author and cross-country coach Martin Dugard seems more like one of us than a fixture at a bookstore signing. He is a runner now, but he deadended once in his twenties and once later in life, twice coming to grips with his out-of-shape body and enduring the long slow pull back. At one point, lured by what he aptly terms "accomplishment running," he hurdled from marathon to triathlon to adventure race seeking elusive fulfillment. He could easily have become another Marshall Ulrich or Dean Karnazes. Except that he took those two breaks.

Instead Dugard learned that he didn't have to travel to find fulfillment. By writing about sport, he discovered that satisfaction comes from self-realization. Through coaching high school track and cross-country, he learned that gratification means giving back as well as participating. Expertly weaving the insights he gained from coaching with true confession stories from his own life, he makes the journey seem obvious, the writing seem flowing. But at the same time we know that is not so.

Each chapter, a mini-story in itself, is the perfect answer for someone like me who always looked forward to my *Runner's World* George Sheehan fix. The life lessons, the philosophical slant are all there, but without the ego.

For Dugard, "It's not just exercise. It's not just achievement. It's about the slow and painful process of being the best you can be. That's why the first step out the door is always so hard. That's when we choose between settling for average or being a superhero version of ourselves."

Reviewed by Laura Clark

Trail Running News is published by the

Western Mass Athletic Club

Adams, Massachusetts

## A Modest Olympic Marathon Proposal

by Bob Kopac

Question: Why is the Olympic marathon held during the Summer Olympics? Perhaps it is the dictate of some fat Olympic officials who have never run. Running the marathon in the summertime can cause problems. For example, runners ran the 2008 Beijing Olympics in 84 degrees Fahrenheit with humidity and the 2004 Greece Summer Olympic marathon in 95 degrees Fahrenheit with humidity – potentially dangerous situations. Because I have spare time, I started thinking on how to correct this problem. As a result, I propose the following: Move the marathon to the Winter Olympics.

Due to global warming, winter weather should not be a problem for the marathon, as evidenced by the 2010 Vancouver Winter Olympics. There was so little snow, Olympic officials had to truck snow to the ski slopes. I propose that the loss of Arctic snow is not due solely to global warming. Instead, so much snow was trucked from the Arctic to the Vancouver games that hardly any snow remained in the Arctic. My theory can be proved by examining satellite photos of the Arctic taken before and after the Vancouver Olympics.

Any snow falling during a Winter Olympics marathon would negate any advantage that the hot-weather Kenyans and Ethiopians have. Instead, it would give the advantage to runners with big feet -- more traction and a ski-like stride – and to cold-weather runners. Imagine Kari Karlsson of Iceland winning the marathon!

Other Summer Olympic sports would benefit if they were moved to the Winter Olympics:

Any snow would clearly delineate a long jumper's ending point.

The horses of the equestrian dressage could wear snow horse shoes, and the judges would score the rider and horse by the marks the hooves left in the snow.

For golf, which is being added to the 2016 Olympics, the golfers from northern climates would have an advantage, as they are used to golfing in cold weather. I have seen golfers in upstate New York golfing in December and January even with snow on the ground. Why, I do not know. Disclaimer: I do not golf because I do not look good in polyester.

For beach volleyball, Kerri Walsh and Misty May, when diving for the volleyball, could slide on the snow across the court. Judges would award points for the longest slide (easily measurable).

Rowing events would become more interesting, as spectators watch in anticipation of sculls hitting any floating ice and sinking while the PA system plays the theme song to the movie **Titanic**.

Platform diving could be moved outside, and the competitors would dive through the ice. The hole that each diver makes in the ice would be measured to prove how good or poor the dive was. Most participants would not be injured by the ice, as it will

be very thin due to global warming. However, German diver Stephan Feck's 0.0 dive at the London Olympics might have caused him injury when landing on his back on ice; on the plus side, spectators could say, "He's been iced."

That is my proposal: Move the marathon and other events to the Winter Olympics. My plan would work for any Winter Olympics venue except perhaps one held in Siberia.

(I checked to see if the 2014 Winter Olympics in Sochi, Russia is near Siberia. It is not.)

---

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

**Saturday December 29, 2012**  
**American Legion Hall**  
**North Adams, MA.**

**Time:** 10:00AM Start (for those planning to run the whole 31 miles)

**Place:** **American Legion Hall** on American Legion Drive.  
(just South of the Holiday Inn) North Adams, MA

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

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

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

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

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

**Parking:** Near the course.

**Entry Fee:** No entry fee. No refunds! No awards.  
All runners who complete at least 20 miles will be listed.  
Sign up 9:00 - 10:00AM on December 29th.

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

*We want to see as many of our WMAC, Berkshire County, Vermont and New York running friends as possible for this event.*

*Hang out in the friendly confines of the American Legion after you conquer your personal distance.*

---



**Pisgah Mountain Trail Races ... 50K & 23K**  
**Pisgah Mt. State Forest .... Chesterfield, NH .... 9 / 16 / 12**  
 Mostly Sunny – Dry Trails -- Some Breezes – High of 73\*

WMAC members in bold:

**50K Results:**

	<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1	David Herr	M 47	VT	<b>*3:40:11</b>	100.00%
2	Chris Hayhurst	M 40	NH	3:52:56	94.53%
3	Ross Krause	M 32	MA	4:01:05	91.33%
4	Brian Rusiecki	M 33	MA	4:08:41	88.54%
5	Robert Jackman	M 30	RI	4:14:40	86.46%
6	Jack Bailey	M 33	MA	4:14:59	86.35%
7	Brandon Baker	M 25	NH	4:21:46	84.11%
8	Joe Holland	M 50	NH	4:24:54	83.12%
9	Greg Esbitt	M 38	MA	4:35:23	79.96%
10	Brian Johnston	M 33	NH	4:35:32	79.91%
11	Peter Lawry	M 32	NH	4:43:29	77.67%
12	Jeff Brooks	M 42	NH	4:45:02	77.25%
13	Graham Correia	M 33	MA	4:48:15	76.39%
14	<u>Kelsey Allen</u> 1 <sup>st</sup> F	F 29	MA	4:49:22	76.09%
15	<u>Jackie Jackman</u>	F 34	RI	4:50:57	75.68%
16	Scott Patnode	M 31	MA	4:59:48	73.44%
17	Anthony Parillo	M 28	MA	5:02:54	72.69%
18	Gary Jewett	M 46	MA	5:05:56	71.97%
19	<b>Rob Higley</b>	M 58	MA	5:09:43	71.09%
20	Ken De Almeida	M 38	NH	5:09:47	71.08%
21	Matthew Whitcomb	M 40	MA	5:11:52	70.60%
22	Curt Pandiscio	M 51	CT	5:13:41	70.19%
23	Tom Whitaker	M 42	ME	5:15:21	69.82%
24	David Boudreau	M 40	NH	5:19:27	68.93%
25	Jeff Lane	M 36	MA	5:22:17	68.32%
26	Lee McColgan	M 35	VT	5:22:59	68.17%
27	Joel Flewelling	M 37	VT	5:27:39	67.20%
28	James Callaway	M 50	MA	5:32:59	66.12%
29	Mike Maher	M 47	MA	5:35:30	65.63%
30	Michael Tegatt	M 28	VT	5:36:12	65.49%
31	Bob Dunfry	M 61	ME	5:41:28	64.48%
32	<u>Leah Lawry</u>	F 28	NH	5:42:05	64.37%
33	Richard Collins	M 56	ME	5:42:53	64.22%
34	Dana Royer	M 37	CT	5:43:22	64.12%
35	Alexander Hayman	M ??	MA	5:49:42	62.96%
36	Gary Hebert	M 47	CT	5:50:14	62.87%
37	Hector Morera	M 45	CT	5:50:42	62.78%
38	<u>Christine Mathiew</u>	F 36	NH	5:58:36	61.40%
39	Rob Hunter	M ??	MA	6:01:32	60.90%
40	<u>Michelle Roy</u>	F 42	MA	6:03:55	60.50%
41	Nate McBride	M 39	MA	6:08:24	59.77%
42	<u>Marcy Beard</u>	F 43	NY	6:08:55	59.68%
43	<u>Jodi Badershall</u>	F 34	ME	6:12:07	59.17%
44	<u>Amie Hewett</u>	F 42	ME	6:12:51	59.05%
45	Kevin Claise	M 44	MA	6:13:14	58.99%
46	Andrew Carlson	M 46	CT	6:14:41	58.77%
47	Scott Slater	M 34	CT	6:15:46	58.60%
48	<u>Sarah Slater</u>	F 34	CT	6:15:47	58.59%
49	<u>Jennifer Supple</u>	F 53	VT	6:19:32	58.01%
50	John Drew	M 48	MA	6:20:27	57.87%
51	<b>Thomas Parker</b>	M 48	NH	6:21:11	57.76%
52	Mark Crone	M 48	CT	6:22:40	57.54%

53	Bruce Gould	M 60	VT	6:22:52	57.51%
54	<u>Christine Bush</u>	F 50	Que	6:27:17	56.85%
55	<u>Laura Winters</u>	F 37	NH	6:27:48	56.78%
56	Mark McGowan	M 55	Que	6:28:46	56.64%
57	Paul Gantous	M 49	Que	6:30:43	56.35%
58	John Izzo	M 63	VT	6:31:08	56.29%
59	Michael Saporito	M 46	MA	6:31:27	56.25%
60	Robert Najjar	M 56	??	6:32:30	56.10%
61	Randy Zucco	M 41	MA	6:32:53	56.04%
62	<u>Jennifer Barker</u>	F ??	MA	6:33:24	55.97%
63	<u>Linnea Anderson</u>	F 26	RI	6:33:24	55.97%
64	Christopher Woll	M 26	NY	6:33:37	55.94%
65	Joe Beyer	M 49	MA	6:41:19	54.87%
66	Dave Martula	M 67	MA	6:41:49	54.80%
67	<b>Will Danecki</b>	M 62	CT	6:44:52	54.38%
68	<u>Alena Stevens</u>	F 41	CT	6:45:07	54.35%
69	David McDermott	M 58	ME	6:45:20	54.32%
70	Paul Sulva	M 42	VT	6:45:20	54.32%
71	Jim Konopack	M 33	NJ	6:46:00	54.23%
72	<u>Nicole Kovacs</u>	F 21	MA	6:49:27	53.78%
73	<b>Bill Howard</b>	M 63	MA	6:49:38	53.75%
74	<u>Amy Mosca</u>	F 40	MA	6:50:42	53.61%
75	Marc DiComes	M 32	NH	6:51:32	53.50%
76	Matthew Kayal	M 42	MA	6:51:54	53.46%
77	Joshua Robert	M 31	NH	6:54:05	53.17%
78	Grant Boan	M 32	NH	6:54:05	53.17%
79	John Peabody	M 57	RI	6:57:59	52.68%
80	Craig Wilson	M 63	ME	6:58:34	52.60%
81	Jim Campiformio	M 62	CT	6:58:34	52.60%
82	Christopher Viscomi	M 52	VT	6:58:58	52.55%
83	<u>Brenda Morris</u>	F 45	MA	7:01:24	52.25%
84	Ken Gulliver	M 48	MA	7:01:27	52.24%
85	Tim Finke	M 36	NH	7:02:41	52.09%
86	Al Lyman	M 52	CT	7:03:20	52.01%
87	<u>Sheila Foley</u>	F 47	Que	7:04:53	51.82%
88	<u>Bekka Mongeau</u>	F 23	MA	7:07:41	51.48%
89	Tim Mather	M 47	CT	7:09:07	51.31%
90	<u>Pamela Guggina</u>	F 41	MA	7:10:30	51.15%
91	Joshua White	M 37	VT	7:10:42	51.12%
92	<u>Julia Skierszkan</u>	F 49	Que	7:13:08	50.84%
93	James Provenzano	M 48	MA	7:14:32	50.67%
94	<u>Aimee Jefferson</u>	F 39	MA	7:15:11	50.60%
95	<u>Leanne Tierney</u>	F ??	MA	7:16:05	50.49%
96	David Dzlibac	M ??	VT	7:18:43	50.19%
97	Eric Sherman	M 49	NH	7:24:37	49.52%
98	Victor Hugo	M 45	NH	7:29:55	48.94%
99	Lee Dickey	M 58	MA	7:45:13	47.33%
100	<u>Anne Hatch</u>	F 37	VT	7:45:28	47.30%
101	Seth Elsheimer	M 60	FL	7:52:03	46.64%
102	Blake Woodman	M 33	NH	7:57:15	46.14%
103	<u>Olivia Childress</u>	F ??	CT	8:04:06	45.48%
104	James Richard	M 47	NH	8:11:15	44.82%
105	<u>Loni Allen</u>	F 32	NH	8:24:26	43.65%
106	Jose Viveiros	M 52	MA	8:24:26	43.65%
107	Clement Choy	M 65	VT	8:34:17	42.81%
108	<u>Laura Serri</u>	F ??	Que	8:37:19	42.56%
109	Tim Ivey	M 53	NY	9:32:29	38.46%

115 starters ... 109 official finishers.

\* **Course record.**

## Pisgah MT. 23K results:

WMAC members in bold:

	<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1	Greg Hammett	M 35	NH	<b>*1:28:55</b>	100.00%
2	Eric Macknight	M 23	NY	1:34:06	94.49%
3	Ryan Aschbrenner	M 35	NH	1:41:32	87.57%
4	Jonathan Hammett	M 37	RI	1:44:16	85.28%
5	Todd Bennett	M 42	CT	1:46:01	83.87%
6	Gabriel Flanders	M 36	NH	1:46:37	83.40%
7	Stanislav Trufanov	M 33	MA	1:46:46	83.28%
8	Scott Cote	M 27	CT	1:51:03	80.07%
9	Greg Rossolimo	M ??	CT	1:51:49	79.52%
10	Paul Young	M 47	MA	1:51:51	79.50%
11	Daniel Bassett	M 26	NH	1:52:51	78.79%
12	Charles Therriault	M 27	NH	1:53:08	78.59%
13	Gabriel Hendricks	M 30	MA	1:58:03	75.32%
14	Andy Hall	M 41	MA	1:58:46	74.87%
15	<u>Milly Wade-West</u>	1 <sup>st</sup> F 22	CT	1:59:48	74.22%
16	Kurt Berna	M 41	NH	1:59:49	74.21%
17	Mike Sawyer	M 51	MA	1:59:58	74.12%
18	Ben James	M 45	VT	2:00:38	73.71%
19	Tim Fleming	M 46	VT	2:00:38	73.71%
20	Bob Sharkey	M 60	RI	2:01:08	73.40%
21	Jeff Carmichael	M 49	VT	2:01:21	73.27%
22	Angelo Radano	M 29	CT	2:02:12	72.76%
23	<u>Heather Kolpa</u>	F 31	MA	2:02:14	72.74%
24	Alex Parker	M 45	MA	2:05:47	70.69%
25	Brian Buettner	M 39	VT	2:06:09	70.48%
26	Steven Hertford	M 52	VT	2:06:45	70.15%
27	<b>Ted Cowles</b>	M 53	CT	2:08:36	69.14%
28	Tim Raggets	M 25	NY	2:11:03	67.85%
29	Jonathon Vanderhoof	M 33	NH	2:11:57	67.39%
30	Richard Brown	M 47	NH	2:12:32	67.09%
31	Roger Wakeman	M 44	NH	2:12:50	66.94%
32	Jeffrey Barriss	M 43	MA	2:13:14	66.74%
33	<u>Tara Deeble</u>	F 41	MA	2:13:16	66.72%
34	Robert Kenefick	M 46	MA	2:13:20	66.69%
35	<u>Christine Carone</u>	F 35	VT	2:14:36	66.06%
36	<u>Paige Warren-Shriner</u>	F 21	VT	2:14:50	65.95%
37	Dennis Humphrey	M 23	MA	2:15:01	65.86%
38	Mark Sarno	M 31	MA	2:15:34	65.59%
39	Ben Kimball	M 40	MA	2:15:43	65.52%
40	Jason Lane	M 39	NH	2:15:46	65.49%
41	Stan Kolpa	M 61	NH	2:16:33	65.12%
42	Andy Klaski	M 49	NH	2:16:47	65.01%
43	Brian Killkelly	M 48	VT	2:16:49	64.99%
44	Glenn Hammett	M 35	NH	2:17:18	64.76%
45	<u>Julie Westerdahl</u>	F 48	NH	2:18:52	64.03%
46	<u>Karen Carone</u>	F 38	MA	2:19:17	63.84%
47	<u>Tuul Sukhbaatar</u>	F 22	NH	2:20:07	63.46%
48	Steve Shriner	M 55	VT	2:20:35	63.25%
49	Gary Pzegeo	M 44	MA	2:20:53	63.11%
50	<u>Laurie Moslex</u>	F 51	CT	2:22:19	62.48%
51	<u>Sarah Vanderhoof</u>	F 30	NH	2:22:21	62.46%
52	Art McGrath	M 61	NH	2:24:09	61.68%
53	<u>Janelle Barrett</u>	F 32	NH	2:25:21	61.17%
54	Edward Guyot	M 56	NH	2:26:03	60.88%
55	<u>Monica Foley</u>	F 27	NH	2:26:04	60.87%
56	Rick Conlan	M 44	MA	2:26:45	60.59%
57	Colette Van Kerckvoorde	F ??	MA	2:27:45	60.18%

58	John Deyeso	M 24	NH	2:28:42	59.80%
59	<u>Jen Hammett</u>	F 40	NH	2:28:59	59.68%
60	<u>Julianne Eagan</u>	F 39	VT	2:29:23	59.52%
61	<u>Abby Doolittle</u>	F 57	CT	2:29:32	59.46%
62	Dave Solomon	M 35	NH	2:30:37	59.04%
63	Steve Sebastian	M 63	NH	2:32:35	58.27%
64	Donald Darwin	M 53	MA	2:32:58	58.13%
65	Aaron Hamlin	M 38	MA	2:33:32	57.91%
66	Simon Frechette	M 28	MA	2:39:10	55.86%
67	David Stark	M 28	MA	2:39:10	55.86%
68	<u>Jen Brennan</u>	F 40	MA	2:39:46	55.65%
69	<u>Stacey Simonds</u>	F 33	NH	2:39:48	55.64%
70	<u>Jennifer Melkonian</u>	F ??	MA	2:40:04	55.55%
71	<u>Vicky Meyer</u>	F 47	VT	2:40:04	55.55%
72	Ken Walker	M 63	VT	2:40:34	55.38%
73	<u>Carolyn Shreck</u>	F ??	NH	2:43:05	54.52%
74	<u>Lucy Stamp</u>	F 42	VT	2:43:08	54.51%
75	Ralph Meima	M 52	VT	2:44:02	54.21%
76	Richard Guerriero	M 52	NH	2:46:13	53.49%
77	<u>Clare Croteau</u>	F 32	NH	2:47:06	53.21%
78	<u>Denise Viscomi</u>	F 49	VT	2:52:15	51.62%
79	<u>Carmen Amaral</u>	F 33	MA	2:52:30	51.55%
80	<u>Lauren Therriault</u>	F ??	NH	2:53:02	51.39%
81	Richard Mellor	M 62	NH	2:56:06	50.49%
82	Todd Sankey	M 50	MA	2:56:09	50.48%
83	James Reznicek	M 46	NH	2:56:18	50.43%
84	<u>Haley Elisha</u>	F 36	VT	2:57:08	50.20%
85	Sandy Stoft	M 63	MA	2:58:41	49.76%
86	<u>Margrethe Mentes</u>	F 53	VT	3:02:21	48.76%
87	<u>Brenna Lewis-Slammon</u>	F 17	NH	3:04:15	48.26%
88	William Slammon	M 49	NH	3:04:16	48.25%
89	Fred Ross III	M 66	VT	3:05:02	48.05%
90	Steven Robert	M 16	VT	3:07:01	47.54%
91	Jeff Richardson	M 56	NH	3:07:44	47.36%
92	Terence MdKinney	M ??	MA	3:07:46	47.35%
93	<u>Jacqueline Albanese</u>	F 27	NH	3:08:33	47.16%
94	<u>Lisa Woods</u>	F 49	MA	3:17:06	45.11%
95	<u>Kim Vanyo</u>	F ??	MA	3:17:06	45.11%
96	<u>Stephanie Webber</u>	F 48	MA	3:20:12	44.41%
97	<u>Theresa Berna</u>	F ??	NH	3:21:17	44.17%
98	<u>Jennifer Miller</u>	F 40	CT	3:26:00	43.16%
99	<u>Sue Minor</u>	F 30	NH	3:29:52	42.37%
100	<u>Marlee Leveille</u>	F 36	NH	3:29:53	42.36%
101	Richard Robert	M 56	VT	3:31:59	41.95%
102	<u>Rachel Lakin</u>	F ??	NH	3:41:13	40.19%
103	David Raczkowski	M 61	CT	3:49:27	38.75%
104	<u>Nancy Rose Peduzzi</u>	F 57	FL	3:55:12	37.80%
105	<u>Gold Goudarzi</u>	F 54	FL	3:55:12	37.80%
106	Newt Tolman	M 70	NH	3:55:12	37.80%
107	<b>Art Gulliver</b>	M 73	MA	4:19:09	34.31%

\* Course record



# 29<sup>th</sup> Annual Nipmuck Trail Marathon

Ashford, CT ... September 30, 2012

Cloudy - Cool - Some Sprinkles - High of 68\*

WMAC members in bold:

	<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1	Chris Hayhurst	M 40	NH	3:19:12	100.00%
2	Godfrey Berger	M 32	CT	3:20:25	99.39%
3	Keith Schmitt	M 44	NH	3:34:37	92.82%
4	Stanislav Trufanov	M 33	MA	3:40:26	90.37%
5	Jeff Walker	M 48	RI	3:50:51	86.29%
6	Joe Grabicki	M 36	CT	3:51:02	86.22%
7	Todd Bennett	M 42	CT	3:56:12	84.34%
8	Scott Cote	M 27	CT	3:56:13	84.33%
9	Ken Naide	M 40	MA	3:58:25	83.55%
10	Jeff Padgett	M 42	VT	4:02:41	82.08%
11	Chris Keefe	M 26	CT	4:03:39	81.76%
12	Aaron Ladd	M 29	MA	4:09:59	79.69%
13	Seth Acton	M 34	RI	4:12:09	79.00%
14	Kevin Salley	M 39	CT	4:13:40	78.53%
15	Scott Patnode	M 31	MA	4:15:22	78.01%
16	Ned Kennedy	M 53	??	4:16:25	77.69%
17	Greg Rossolimo	M 31	CT	4:19:01	76.91%
18	<b>Kristina Folcik 1<sup>st</sup> F</b>	F 34	NH	4:21:02	76.31%
19	Bob Sharkey	M 60	RI	4:22:16	75.95%
20	Matthew Burrell	M 26	CT	4:30:34	73.62%
21	Daniel Hageman	M 42	CT	4:35:51	72.21%
22	John McFarland	M 48	CT	4:36:53	71.94%
23	<u>Alison Cleary</u>	F 27	RI	4:40:01	71.14%
24	Mike Maher	M 47	MA	4:42:15	70.58%
25	<b>Ted Cowles</b>	M 53	CT	4:43:16	70.32%
26	Matthew Austin	M 28	CT	4:43:49	70.19%
27	Vincent Zito	M 40	CT	4:44:04	70.12%
28	<b>Edward Alibozek</b>	M 49	CT	4:46:20	69.57%
29	Matthew Haley	M 35	CT	4:46:24	69.55%
30	Todd Waite	M 41	MA	4:46:47	69.46%
31	Sonny Gerardi	M 38	MA	4:47:37	69.26%
32	Kevin Noll	M 47	CT	4:50:29	68.58%
33	Dominic Wilson	M ??	??	4:50:34	68.56%
34	Travis Dirkson	M 27	NJ	4:50:35	68.55%
35	<u>Karolina Fucikova</u>	F 29	CT	4:51:40	68.30%
36	Kevin Mullen	M 55	MA	4:51:41	68.29%
37	Russell Stroud	M 42	CT	4:54:51	67.56%
38	<u>Monica Roberto</u>	F 43	CT	4:55:28	67.42%
39	Jeffrey Saeger	M 62	MA	4:55:38	67.38%
40	Russell Hammond	M 52	CT	4:56:32	67.18%
41	<u>Michele Hammond</u>	F 53	CT	4:56:35	67.16%
42	Jim Devine	M 52	NY	4:57:08	67.04%
43	<u>Amanda Glazier</u>	F 29	MA	4:57:09	67.04%
44	Steve Nichols	M 42	CT	4:58:06	66.82%
45	James Gawle	M 61	MA	5:00:51	66.21%
46	<u>Amy Morgan</u>	F 35	MA	5:02:58	65.75%
47	Stephen Yoder	M 35	DC	5:03:06	65.72%
48	James Wolff	M 44	CT	5:03:32	65.63%
49	Paul Baldini	M 40	CT	5:06:06	65.08%
50	<u>Hillary Johnson</u>	F 26	CT	5:09:34	64.35%
51	Anthony Tieuli	M 39	MA	5:10:04	64.24%
52	Stephen Cuddy	M 51	CT	5:12:00	63.85%
53	<u>Jenny Carpenter</u>	F 41	NY	5:15:25	63.15%
54	Devin Brock	M 18	MA	5:19:53	62.27%

55	<u>Lisa Joanne Walbridge</u>	F 40	GBR	5:20:23	62.18%
56	<u>Amy Hanlon</u>	F 38	CT	5:20:45	62.10%
57	Paul Ghelfi	M 45	MA	5:22:13	61.82%
58	Art Byram	M 48	CT	5:22:36	61.75%
59	David Sutherland	M 50	CT	5:22:51	61.70%
60	<u>Thea Cox</u>	F 28	CT	5:24:03	61.47%
61	<b>Ron Starrett</b>	M 42	CT	5:24:24	61.41%
62	<b>Bob Worsham</b>	M 67	CT	5:25:17	61.24%
63	<b>Will Danecki</b>	M 62	CT	5:27:19	60.86%
64	Kasey Clark	M 36	CT	5:29:36	60.44%
65	Christopher Larocco	M 50	CT	5:29:40	60.42%
66	Matt Wunch	M 37	CT	5:31:51	60.03%
67	Jim Frenette	M 48	MA	5:37:40	58.99%
68	Joe Beyer	M 49	MA	5:39:22	58.70%
69	Salvatore Dichiaro	M 37	NY	5:39:35	58.66%
70	Michael Kendig	M 32	CT	5:40:10	58.56%
71	<b>Thomas Parker</b>	M 46	NH	5:40:57	58.42%
72	Brian Brown	M 37	PA	5:42:00	58.25%
73	<u>Elaine Romano</u>	F 55	CT	5:43:06	58.06%
74	Robert Schaff	M 47	CT	5:46:07	57.55%
75	Ken Forrest	M 43	CT	5:47:42	57.29%
76	<u>Deb Taylor</u>	F 41	ME	5:50:16	56.87%
77	<u>Andrea Di Benedetto</u>	F 53	ME	5:50:20	56.86%
78	Lou Martin	M 53	MA	5:50:22	56.85%
79	Bob Segal	M 59	MA	5:51:41	56.64%
80	<u>Cheryl Jackson</u>	F 40	CT	5:52:41	56.48%
81	Adam Lung	M 41	CT	5:52:45	56.47%
82	<u>Katherine Quinn</u>	F 49	CT	5:55:59	55.96%
83	Jon Ferguson	M 44	MA	5:59:55	55.35%
84	<u>Melinda Vaturro</u>	F 40	MA	6:00:10	55.31%
85	Kevin Allen	M 21	NY	6:01:53	55.05%
86	<u>Ania Childress</u>	F 36	CT	6:08:23	54.07%
87	David Wierzbicki	M 52	MA	6:12:22	53.50%
88	Scott Baver	M 31	MA	6:12:28	53.48%
89	Joe Hayes	M 64	NH	6:13:29	53.34%
90	<b>Robert Buckingham</b>	M 52	CT	6:14:15	53.23%
91	<u>Lori Watkins</u>	F 48	MA	6:15:08	53.10%
92	Bruce Dube	M 48	MA	6:15:09	53.10%
93	Michael Crutchley	M 41	CT	6:15:10	53.10%
94	<u>Bodee Maxwell</u>	F 51	CA	6:15:55	52.99%
95	<u>Barbara Sorrell</u>	F 55	NY	6:16:30	52.91%
96	Todd Sankey	M 50	MA	6:20:24	52.37%
97	<u>Danielle Vlahos</u>	F 37	MA	6:29:25	51.15%
98	<u>Muriel Thomi</u>	F 48	CHE	6:29:43	51.11%
99	Anthony Maples	M 43	TN	6:35:41	50.34%
100	Patrick Canonica	M 63	MA	6:42:24	49.50%
101	<u>Caroline Williams</u>	F 50	VA	6:43:03	49.42%
102	<u>Gayle Strickland</u>	F 42	MA	6:45:32	49.12%
103	<u>Sara Sessions</u>	F 48	CT	6:52:06	48.34%
104	Vincent Ma	M 42	CA	6:53:08	48.22%
105	Derek Baehre	M 39	CT	6:59:08	47.53%
106	Michael McDonnell	M 49	CT	6:59:10	47.52%
107	<u>Diane Bolton</u>	F 51	TN	6:59:11	47.52%
108	<u>V Lynn</u>	F 51	CA	6:59:45	47.46%
109	<u>Meghan Fanning</u>	F 38	CT	7:08:18	46.51%
110	<u>Kathy Burkey</u>	F 57	OH	7:23:26	44.92%
111	<u>Kristy McKibbin</u>	F 56	OH	7:23:35	44.91%
112	<u>Mary Lou White</u>	F 57	CT	7:25:25	44.72%
113	<u>Bonnie Hallinan</u>	F 62	MA	7:27:57	44.47%
114	Grant Hodges	M 56	TX	7:31:08	44.16%

*Continued next page:*

### Nipmuck results cont:

115 Steve Burgess	M 58	MS	7:42:24	43.08%
116 <u>Ericka Lewis-Burgess</u>	F 33	PA	7:42:24	43.08%
117 <u>Laura Clark</u>	F 65	NY	7:51:11	42.28%
118 David Raczkowski	M 61	CT	9:09:11	36.27%

---

---

### Nipmuck Without the Muck

---

After three days of rain, veteran Nip-muckers knew what to expect. The high fall risk newbies thought they knew. Turns out that, with the possible exception of the founding race director, Nipmuck Dave, we were all pleasantly surprised. For while rocks, roots and bridges were predictably “slippery when wet,” with two or three exceptions, the muck was noticeably absent. Where did it go? The marsh crossings presented solid footing, the beaver dam bridge lacked suction and my shoes never even made it to their designated newspaper-lined repository in our car’s trunk. After this summer’s drought, apparently the soil just sucked up all that moisture.

While it threatened to rain the entire day, we all made it through if not unscathed, at least non-sweaty dry. This was in no small part due to the fact that being unable to locate Nipmuck Dave’s give-away pocket raincoat, I ran the entire course with my Adirondack Marathon windshirt tied around my waist, ready for action. You will note that as soon as I finished and slipped into fresher clothes, around the time the faster runners were taking their showers and eating their suppers, it began to rain.

What really puzzled me, however, was the number of unclaimed race bibs. I would have figured that a road race would attract a lot of fair weather athletes, but a trail race? Com’on, we’re supposed to be the tough guys. The more difficult the conditions, the more embellished the tall tales.

This weird lack of participation bothered me for another reason—I knew I would be running alone. I knew that this would happen at some point during the race, but I also knew that this time I would be confronted by every runner’s biggest fear: the fear of being last. In a road race, with its cast of thousands, you have as great an opportunity of coming in last as you do of winning the NYS Lottery. But an over-the-hill runner attempting to summit along with 117 other entrants is almost a certainty for the caboose position.

But it was time. After laughing at ourselves for skirting the initial mud puddle, we headed into the woods and toward our own private redemption. Since the rocks and roots were slippery slick, I found myself staring at the ground more than usual. One small part of my brain not actively engaged in looking for blue blazes and monitoring various body parts noticed that there were a lot more fallen leaves than normal. It wasn’t until the second half of the course that I remembered that two years ago Nipmuck migrated from spring to fall. This was almost October, not barely spring.

Did anyone else notice that the downfall on the second half tended toward the red end of the color spectrum, while that on the first was yellowish brown? From beech to maple, from swamp to highlands. In the spring, I never would have realized how self-selecting the topography was.

At the Mile 19 turnaround the dreaded Stairs awaited. When Race Director Clint Morse mentioned at the start that Nipmuck Dave, as Trail Steward, was diligently refitting the shaky structure, a low moan ensued. It is one thing to run on Mile 19 legs; it is quite another to lift these same legs really high on slippery wet planking. Initially, I promised myself that I would skirt the boards and take my chances on the steep slope, but once there, I simply followed the herd.

After the stair turnaround I was mostly alone. So on the return road portion, I amused myself by studying the stone fences. No, I had not lost it, but was conducting actual research. I have currently been reading Tom Wessels’ *Reading the Forested Landscape: A Natural History of New England*. Written in mystery book style, each chapter presents a different landscape puzzle and challenges you to reconstruct geological and historical implications. So here I deduced that since these particular barriers were constructed of larger stones and not plugged in with smaller chunks, the now-resident homes were built on former pasture land and not crop fields. Field fences would have been mended with the smaller stones that mysteriously “grow” or upheave during the yearly freezing and thawing cycle. Pretty neat! I almost didn’t mind that I was hiking and not running.

At some point I remembered that this was a race and not an historical expedition. On the way out, feeling a lift from the halfway there mentality, it seemed as if this now final section was fairly short. I figured that once I turned off the road I would be “almost there.” But this time it was not an onlooker or an about-face runner shouting “almost there!” -- it was my mind. And I believed myself even though I should have known better from previous years. Before my eyes, the trail straightened and lengthened into infinity as I ran out of energy.

One of the most impressive things about Nipmuck is its overall niceness. Isaac Tirrell accumulated more than the requisite marathon miles running back and forth along the first half, herding and encouraging stragglers. Then towards the end of the second half, it barely registered that I was being followed ever so discretely by the designated sweep. Even the finish line crew made me feel not so bad about red caboosing it. And on the drive home, after one particularly nasty downpour, Jeff and I were treated to a double rainbow blessing. Not too shabby after all!

In the words of Nipmuck Dave’s song:

*I said if you’re thinking bout doing this trail race it don’t matter  
if you’re fast or slow.  
Your fast your slow it don’t matter you just go go go!*

---

Laura Clark

## 24th Annual Greylock Federal 5K Road Race.

Before the parade ... 9 / 30 / 12

North Adams, MA.

The race, part of the Fall Foliage Festival, was sponsored by the Greylock Federal Credit Union, the Western Mass Athletic Club and the North Adams Transcript.

WMAC members in bold:

	<u>Name</u>	<u>Age</u>	<u>Time</u>
1	<b>Kent Lemme</b>	M 40-49	16:25
2	Michael Brouillette	M 30-39	16:59
3	Brandon Williams	M 30-39	18:02
4	James McMahon	M 20-29	18:03
5	Griffin Lipman	M 30-39	18:11
6	Jake Kobrin	M 14-18	18:29
7	John Driver	M 14-18	18:30
8	Will Nolan	M 14-18	18:32
9	Tim Allard	M 19-29	18:39
10	Blaine Freadman	M 40-49	18:57
11	Michael Wheaton	M 14-18	19:02
12	Paul Gage	M 40-49	19:17
13	Douglas McAvoy	M 19-29	19:42
14	Jesse Egan Poirier	M 19-29	19:58
15	Steven Lamontagne	M 30-39	20:02
16	Todd Hamilton	M 40-49	20:06
17	Stuart Barlow	M 40-49	20:09
18	Brock Anello	M 30-39	20:12
19	Joshua Moran	M 30-39	20:13
20	<b>Kimberly Gero 1<sup>st</sup> F</b>	F 19-29	20:14
21	Rusty Anderson	M 50-59	20:26
22	Steven St. Clair	M 50-59	20:30
23	Sean Stokes	M 19-29	20:31
24	Danny Molleur	M 19-29	20:35
25	Steve Roberts	M 40-49	20:36
26	Allan Bates	M 60-69	20:40
27	Craig Crawford	M 40-49	20:42
28	<u>Laura Najimy</u>	F 40-49	20:45
29	Albert Najimy	M 40-49	20:45
30	Tyler Noyes	M 30-39	21:05
31	<b>Daniel Potvin</b>	M 40-49	21:14
32	Daniel Radacsi	M 40-49	21:21
33	John Guzzi	M 30-39	21:26
34	<b>Maria Potvin</b>	F 14-18	21:35
35	<u>Kristy Rustay</u>	F 30-39	21:41
36	<b>David Lipinsky</b>	M 50-59	21:42
37	<b>Cynthia Gardner</b>	F 60-69	21:45
38	<b>John Paul Potvin</b>	M 14-18	21:52
39	<b>Tim Drake</b>	M 50-59	21:53
40	<u>Tracy Candilore</u>	F 30-39	21:55
41	<b>Scott Bradley</b>	M 50-59	21:55
42	<u>Elizabeth St. Clair</u>	F 50-59	21:57
43	Brett Argall	M 40-49	22:10
44	<u>Regine Orazio</u>	F 19-29	22:15
45	<b>Jeffrey Parkman</b>	M 60-69	22:20
46	Matthew Clairmont	M 30-39	22:23
47	<u>Amelia Wood</u>	F 19-29	22:25
48	Marc Wrzesinski	M 20-29	22:26
49	Stephen Alken	M 40-49	22:27
50	<b>Ed Saharczewski</b>	M 50-59	22:27

51	<b>Darrell Carlson</b>	M 50-59	22:27
52	Tim Morey	M 50-59	22:35
53	Brian Alarie	M 40-49	22:38
54	<b>James Potvin</b>	M 14-18	22:44
55	<u>Helen Curtin-Coty</u>	F 40-49	22:47
56	Steven Wisniowski	M 40-49	22:47
57	Daniel Aitken	M 40-49	22:50
58	Jim Moulton	M 20-29	22:51
59	<u>Meghan O'Grady</u>	F 19-29	22:52
60	<b>Mike Pytko</b>	M 50-59	22:57
61	Dan Snyder	M 19-29	23:05
62	<u>Theresa Williams</u>	F 19-29	23:10
63	<u>Carly Kinnas</u>	F 30-39	23:11
64	Ian Valiton	M 30-39	23:12
65	Dick Jolin	M 50-59	23:17
66	<u>Desiree DeMeter</u>	F 19-29	23:21
67	<b>Audrey Witter</b>	F 40-49	23:21
68	<b>Andrew Donovan</b>	M 20-29	23:45
69	Richard Dassatti	M 50-59	23:46
70	Bob Geller	M 60-69	24:03
71	Sergei Skorupa	M 30-39	24:15
72	David Lovett	M 30-39	24:17
73	<u>Paige Gray</u>	F 14-18	24:17
74	<b>Heather Benlien</b>	F 30-39	24:18
75	Fred Scully	M 60-69	24:18
76	<b>Laura Baran</b>	F 40-49	24:19
77	<u>Ali Tatro</u>	F 14-18	24:19
78	<u>Christina Barrett</u>	F 30-39	24:20
79	<u>Patricia Carlson</u>	F 40-49	24:22
80	Sean McGrath	M 30-39	24:27
81	William Farry	M 50-59	24:35
82	<u>Janice Cook</u>	F 60-69	24:37
83	Troy Kobrin	M 50-59	24:37
84	Sam Kobrin	M 14-18	24:38
85	Aaron Bringham	M 19-29	24:43
86	John Crosier	M 40-49	24:54
87	<b>Anne Marie Potvin</b>	F 00- 13	24:57
88	<b>Therese Potvin</b>	F 00- 13	25:00
89	<u>Celene Koperek</u>	F 14-18	25:02
90	<u>Olivia Clarkson</u>	F 14-18	25:04
91	Kevin Thomson	M 50-59	25:11
92	<u>Lisa Armstrong</u>	F 50-59	25:16
93	<u>Sara Bonthuis</u>	F 50-59	25:24
94	<b>Diane Pytko</b>	F 50-59	25:33
95	Jacob Brooks	M 19-29	25:40
96	James Caffrey	M 50-59	25:46
97	<u>Jennifer Welch</u>	F 30-39	25:51
98	Todd Manuel	M 30-39	25:56
99	<u>Emily Lescarbeau</u>	F 00-13	25:57
100	<b>John Aldrich</b>	M 50-59	25:59
101	<u>Allison Billard</u>	F 30-39	26:04
102	Bill Russell	M 40-49	26:05
103	<u>Brandie Lau</u>	F 30-39	26:10
104	<u>Terry Miller</u>	F 60-69	26:13
105	<u>Kaitlyn Genzabella</u>	F 19-29	26:15
106	<u>Dana Pilson</u>	F 40-49	26:20
107	<u>Linda Garvie</u>	F 30-39	26:28
108	Pete Williams	M 40-49	26:30
109	<u>Shannon Garvey</u>	F 14-18	26:35
110	<u>Giselle Gwozdz</u>	F 30-39	26:36

*Continued next page:*

Fall Foliage 5K results cont:

<u>Name</u>	<u>Age</u>	<u>Time</u>
111 Edward Delisle	M 60-69	26:39
112 <u>Amanda Chilson</u>	F 30-39	26:52
113 Carson Scalise	M 00-13	26:59
114 <u>Wesley Scalise</u>	F 50-59	27:07
115 Tom Delgizzi	M 40-49	27:11
116 <b>Chris Johnson</b>	M 50-59	27:14
117 Ryan Baran	M 00-13	27:14
118 Stanley Serafin	M 50-59	27:16
119 <u>Alyssa Piacenti</u>	F 40-49	27:17
120 <b>Vic LaPort</b>	M 70+	27:19
121 Henry Plachcinski	M 30-39	27:20
122 <u>Elli Miles</u>	F 00- 13	27:24
123 <u>Maria Bartini</u>	F 40-49	27:24
124 <u>Sonja Gray</u>	F 40-49	27:27
125 <u>Cathleen Morey</u>	F 50-59	27:49
126 James Lenski	M 50-59	27:53
127 <b>Karin Bradley</b>	F 50-59	27:58
128 <u>Zia O'Neill</u>	F 14-18	28:05
129 <u>Melissa LaPierre</u>	F 40-49	28:08
130 Todd O'Neil	M 40-49	28:24
131 <u>Angela Saltamartini</u>	F 19-29	28:25
132 <u>Michelle Unser</u>	F 19-29	28:28
133 <u>Sarah Spooner</u>	F 19-29	28:41
134 <u>Heather Lesniak</u>	F 19-29	28:51
135 <u>Lindsay Lincoln</u>	F 19-29	28:51
136 Ray Palmer	M 50-59	28:51
137 Damian McCartney	M 19-29	28:52
138 <u>Donna Halton</u>	F 50-59	28:53
139 Bruce Ziter	M 50-59	29:08
140 <u>Jessica Tatro</u>	F 30-39	29:18
141 Jim Holmes	M 50-59	29:35
142 Jayson Jayko	M 30-39	29:35
143 Edward LaBlanc	M 50-59	29:36
144 Frank Gai	M 60-69	29:37
145 <u>Audrey Tatro</u>	F 19-29	29:38
146 Ben LaForest	M 00- 13	29:39
147 Jason Burdick	M 30-39	29:41
148 Daniel Goodell	M 40-49	29:47
149 <b>Eric White</b>	M 70+	29:48
150 Jerel Dydowicz	M 30-39	29:49
151 Adam Kent	M 19-29	29:51
152 <u>Corinn Shogry</u>	F 19-29	29:52
153 John Eurbin	M 40-49	29:52
154 <b>Julie Gardner</b>	F 40-49	29:53
155 <u>Erin Shogry</u>	F 30-39	29:55
156 Michael McCarron	M 50-59	29:55
157 Perry Burdick	M 40-49	29:55
158 David Canales	M 40-49	29:56
159 Jeremy Smith	M 30-39	29:57
160 <u>Erin Halton</u>	F 19-29	29:57
161 Matt Ziter	M 19-29	29:59
162 Jerrid Burdick	M 30-39	30:00
163 Bill Carr	M 40-49	31:01
164 <u>Amanda Egan Poirier</u>	F 19-29	30:11
165 <u>Jennifer Bosworth</u>	F 40-49	30:12
166 <u>Meghan Foley</u>	F 19-29	30:13
167 <b>Jessica Lemieux</b>	F 19-29	30:13
168 <u>Sarah Aitken</u>	F 00- 13	30:14

169 <u>Jackie Dolan</u>	F 19-29	30:15
170 <u>Janine Russell</u>	F 19-29	30:22
171 <u>Lori Jayko</u>	F 30-39	31:09
172 <u>Lori Sayers</u>	F 30-39	31:10
173 Paul Renaud	M 40-49	31:12
174 <u>Amanda Cozzaglio</u>	F 19-29	31:14
175 <b>Lawrence Potvin</b>	M 50-59	31:15
176 Stephen Jayko	M 14-18	31:21
177 <u>Kelsey Shepley</u>	F 19-29	31:23
178 <b>Sally Lemme</b>	F 40-49	31:31
179 Matt Buratto	M 19-29	31:31
180 <u>Anita Curtin</u>	F 14-18	31:32
181 <u>Carlie Mantello</u>	F 14-18	31:34
182 <u>Sheila Dassatti</u>	F 50-59	31:51
183 <u>Jennifer Holey</u>	F 40-49	31:55
184 Gordon Holey	M 30-39	31:56
185 <u>Laura Ikwild</u>	F 30-39	31:58
186 <u>Kelly Genzabella</u>	F 50-59	32:10
187 <u>Shelly O'Dowd</u>	F 40-49	32:19
188 <u>Jessica Shepley</u>	F 30-39	32:44
189 <u>Patricia Conroy-Shepley</u>	F 50-59	32:48
190 <u>Renee Eastman</u>	F 40-49	33:18
191 Jason Hnatonko	M 30-39	33.26
192 <u>Heidi Ferren</u>	F 50-59	33:57
193 Chris Howard	M 50-59	34:02
194 <u>Jessica Floyd</u>	F 30-39	34:04
195 <u>Pricilla Foley</u>	F 60-69	34:24
196 Terry Coyne	M 60-69	34:31
197 Thomas Balardini	M 40-49	35:19
198 <u>Esther Balardini</u>	F 40-49	35:19
199 Kevin Bonesteel	M 19-29	35:43
200 Benjamin Cummings	M 30-39	35:43
201 <u>Michelle Filiault</u>	F 40-49	35:46
202 <u>Katie Lovett</u>	F 19-29	36:01
203 <u>Elissa Fink</u>	F 00- 13	36:05
204 <u>Shanah Miner</u>	F 30-39	36:05
205 David Rice	M 30-39	36:59
206 <u>Ashley Paddock</u>	F 19-29	37:01
207 <u>Sarah Bull</u>	F 19-29	37:11
208 <u>Buffy Lord</u>	F 40-49	37:27
209 <u>Tina Dobbert</u>	F 40-49	37:45
210 <u>Tina Van Luling</u>	F 50-59	37:50
211 <u>Pat Geller</u>	F 50-59	38:02
212 David Brigham	M 60-69	38:14
213 <u>Nancy Bullett</u>	F 50-59	38:50
214 <u>Brittany Bullett Choquette</u>	F 19-29	38:51
215 <u>Kristy Bull-Samson</u>	F 19-29	39:22
216 <u>Lisa Bassi</u>	F 50-59	40:03
217 <u>Melinda Denault</u>	F 14-18	41:21

---

Welcome New Members.....

From Massachusetts .... Larry McAndrew

Thanks for supporting the WMAC

---

# Monroe / Dunbar Brook Trail Races

10.5 and 2 Miles

Monroe State Forest ... Dunbar Brook Picnic Area

Monroe / Florida, MA. ... October 7, 2012

Cloudy and Cool ... Low of 38\* ... High of 52\*

WMAC members in bold:

	<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1	Brian Rusiecki	M 33	MA	1:20:47	100.00%
2	Dave Merkt	M 28	CT	1:23:07	97.19%
3	Stanislav Trufanov	M 33	MA	1:25:29	94.50%
4	Gabriel Flanders	M 36	NH	1:25:43	94.25%
5	James McMahan	M 27	MA	1:25:50	94.12%
6	Donald Pacher	M 40	MA	1:27:22	92.47%
7	<b>Scott Livingston</b>	M 39	CT	1:27:22	92.47%
8	Tom Dmukauskas	M 37	MA	1:28:10	91.63%
9	<u>Kelsey Allen</u> 1 <sup>st</sup> F	F 29	MA	1:32:22	87.46%
10	<b>Rob Higley</b>	M 58	MA	1:32:47	87.07%
11	Robert Low	M 37	MA	1:34:54	85.13%
12	<b>Ted Cowles</b>	M 53	CT	1:36:49	83.44%
13	Nick Curelop	M 24	MA	1:36:50	83.43%
14	Brock Anello	M 33	MA	1:36:53	83.38%
15	<b>Paul Funch</b>	M 62	MA	1:38:03	82.39%
16	<b>Debbie Livingston</b>	F 37	CT	1:38:28	82.04%
17	Bob Sharkey	M 60	RI	1:38:58	81.63%
18	Mitchell Isaacson	M 26	RI	1:39:20	81.33%
19	<b>Todd Brown</b>	M 48	MA	1:39:36	81.11%
20	Timothy Craig	M 42	MA	1:39:46	80.97%
21	Gregory Schweitzer	M 31	MA	1:41:11	79.84%
22	Jeff List	M 53	MA	1:42:35	78.75%
23	Mathew Reynolds	M 42	MA	1:42:43	78.65%
24	Scott Brew	M 46	CT	1:42:54	78.51%
25	Anthony Park	M 47	MA	1:43:07	78.34%
26	<b>Joe Gwozdz</b>	M 57	MA	1:47:04	75.45%
27	Ben Kimball	M 40	MA	1:47:34	75.10%
28	David Sutherland	M 50	CT	1:48:31	74.44%
29	<b>Dave Hall</b>	M 49	MA	1:48:35	74.40%
30	<u>Summer Rabida</u>	F 20	CT	1:49:37	73.70%
31	Paul Muessig	M 63	NY	1:49:42	73.64%
32	Jason Collins	M 37	VT	1:49:46	73.60%
33	Russ Hammond	M 52	CT	1:49:50	73.55%
34	Richard Godin	M 57	MA	1:50:01	73.43%
35	Edward Dreibitko	M 50	NY	1:50:09	73.34%
36	Elliot Greenberg	M 56	MA	1:57:22	68.83%
37	<u>Greta Facneth</u>	F 36	??	1:57:22	68.83%
38	<u>Helen Coty Curtin</u>	F 43	MA	1:52:32	71.79%
39	<b>Carmel Kushi</b>	F 43	MA	1:52:40	71.70%
40	Adam Clancy	M 24	MA	1:53:39	71.08%
41	<b>Ed Saharczewski</b>	M 59	MA	1:53:44	71.03%
42	Bruce Leshine	M 51	MA	1:53:47	71.00%
43	<u>Michele Hammond</u>	F 53	CT	1:53:59	70.87%
44	<u>Chelynn Tetreault</u>	F 37	MA	1:54:39	70.46%
45	Douglas Cummings	M 51	MA	1:56:14	69.50%
46	<u>Danielle Ignace</u>	F 34	MA	1:57:15	68.90%
47	<b>Lauren DiSessa</b>	F 25	MA	1:57:15	68.90%
48	<b>Darrell Carlson</b>	M 53	VT	1:58:33	68.14%
49	<u>Donna Utakis</u>	F 44	MA	1:58:44	68.04%
50	<u>Abby Doolittle</u>	F 57	MA	1:58:47	68.01%
51	Jeff Reynolds	M 45	MA	1:58:49	67.99%

52	Daniel Grow	M 50	MA	1:59:28	67.62%
53	<b>Audrey Witter</b>	F 47	MA	1:59:39	67.52%
54	<b>Dan Danecki</b>	M 53	MA	1:59:44	67.47%
55	Dorin Neacsu	M 48	MA	2:00:24	67.10%
56	<u>Sarah Phelps</u>	F 21	MA	2:03:02	65.66%
57	<b>Vic LaPort</b>	M 72	MA	2:03:23	65.47%
58	<b>Bill Morse</b>	M 61	MA	2:03:48	65.25%
59	<u>Madeline McKeever</u>	F 25	RI	2:05:24	64.42%
60	Walter Perkins	M 66	MA	2:05:40	64.28%
61	Arthur Johns	M 29	MA	2:07:01	63.60%
62	Brian Alarie	M 49	MA	2:07:09	63.53%
63	Bradley Pellissier	M 55	CT	2:07:10	63.53%
64	Gayle C Smith	M 53	MA	2:09:05	62.58%
65	Ralph Melma	M 52	MA	2:10:24	61.95%
66	<b>Will Danecki</b>	M 62	CT	2:11:05	61.63%
67	Elton Ogden	M 56	MA	2:11:44	61.32%
68	Rodney Bialkin	M 43	MA	2:11:46	61.31%
69	<u>Curry Galloway</u>	F 30	MA	2:11:51	61.27%
70	<b>Darlene McCarthy</b>	F 50	MA	2:12:23	61.02%
71	Paul Westcott	M 33	MA	2:12:25	61.01%
72	<b>George Gilder</b>	M 72	MA	2:14:28	60.08%
73	Mark Devlin	M 49	MA	2:16:05	59.36%
74	Patrick McGrath	M 47	MA	2:18:45	58.22%
75	<u>Chloe McGrath</u>	F 21	MA	2:18:58	58.13%
76	Kyle Anderson	M 31	MA	2:19:10	58.05%
77	<u>Ginny Patson</u>	F 44	CT	2:19:12	58.03%
78	Tom MacDonald	M 52	MA	2:19:24	57.95%
79	Mark Szlajen	M 44	MA	2:20:34	57.47%
80	<u>Pam Behrens</u>	F 52	MA	2:20:38	57.44%
81	<u>Maura Devlin</u>	F 47	MA	2:20:54	57.33%
82	<b>Vincent Kirby</b>	M 55	NY	2:21:02	57.28%
83	<u>Tyna Senecal</u>	F 30	MA	2:21:52	56.94%
84	<u>Deb Lemarie</u>	F 38	MA	2:21:53	56.94%
85	John Loring	M 65	MA	2:21:57	56.91%
86	Dave Murphy	M 58	MA	2:22:04	56.86%
87	Gary Pedigo	M 57	FL	2:27:26	54.79%
88	<u>Meghan Lynch</u>	F 32	MA	2:25:16	55.61%
89	<b>Jennifer Ferris</b>	F 40	NY	2:25:36	55.48%
90	<b>Chris Johnson</b>	M 55	MA	2:29:23	54.08%
91	<b>John Aldrich</b>	M 53	MA	2:30:12	53.78%
92	Jesse Bialkin	M 42	??	2:37:55	51.16%
93	<b>Sue Snyder</b>	F 58	MA	2:39:20	50.70%
94	<b>Laura Clark</b>	F 65	NY	2:51:12	47.19%
95	<u>Lesley Denhof</u>	F 49	CT	2:53:02	46.69%
96	<b>Claudine Preite</b>	F 45	MA	2:55:07	46.13%
97	<b>Mary Kennedy</b>	F 54	MA	2:55:07	46.13%
98	David Raczkowski	M 62	CT	2:56:42	45.72%
99	<b>Richard Busa</b>	M 82	MA	2:58:35	45.24%
100	<b>Bill Glendon</b>	M 66	MA	2:58:36	45.23%
101	<u>Yvette Santana</u>	F 53	MA	3:01:40	44.47%
102	<u>Marie Leigh</u>	F 54	MA	3:12:22	41.99%
103	<b>Konrad Karolczuk</b>	M 60	CT	-----	-----
104	<b>Jamie Howard</b>	M 47	NY	-----	-----

Trail Running News .....

Published by the Western Mass Athletic Club

Volume 18 .... Issue 4 .... Late Autumn .... 2012

## Monroe 2 Mile results:

<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>
1 <u>Kristi Cabot</u>	F 26	MA	18:15
2 <u>Noelle Richard</u>	F 21	MA	19:01
3 <b>Thane Preite</b>	M15	MA	19:26
4 Josh Giron	M 15	MA	19:30
5 <u>Isabel Cummings</u>	F 12	MA	19:36
6 Scott Halligan	M 31	MA	20:52
7 <u>Jennifer Garrett</u>	F 31	MA	21:26
8 Nicholas Mirante	M 15	MA	21:31
9 <u>Julia Cummings</u>	F 46	MA	21:33
10 Stan Serafin	M 59	MA	21:34
11 Matt Turetsky	M 31	NY	22:34
12 <u>Lindsay Serafin</u>	F 21	MA	22:37
13 <u>Kellie List</u>	F 53	MA	24:15
14 <u>Mariah Swanson</u>	F 25	MA	25:11
15 <b>Bob Massaro</b>	M 68	MA	25:23
16 Eric Katz	M 48	NY	26:23
17 <u>Marie Greenleaf</u>	F 48	MA	26:25
18 <b>Eric White</b>	M 71	MA	27:00

---

### Monroe: The Pretend End of Trail Season

---

I know I sound like some old-timer, which I guess I am in physical years if not in WMAC years. I probably began running WMAC races in 1995. I can guesstimate this since I am writing about myself and promise not to offend myself if I don't pause to verify my facts. At any rate, way back then it seemed as if Monroe (before it became Dunbar Brook) took tear-jerker position, soon to be out-flanked by hunting season, at which point we would all embarrassingly take to the roads.

But not any more, not with a few more available weekends before full-scale down time. There is Groton Forest, Saratoga Cross Country, Battenkill's Wandering Witch (formerly Taconic Hills), Mt. Toby, Hairy Gorilla, Busa Bushwack, Stone Cat and Fall Back 5. Perhaps some of these races were always there and I just didn't notice, but the majority have not yet approached institution status.

One of the hallmarks of Monroe is its unpredictable weather. I know this sounds lame – weather is always unpredictable, especially for the weather guessers. But Monroe seems to have particular difficulty deciding on seasonal loyalties. I remember hot years, hurricane years and one where we caught snowflakes as we approached the finish line. This year was the first cold day of the season and I felt myself handicapped by lack of a prior dress rehearsal. It is simply so much easier to throw on shorts and a tee shirt.

This Monroe made you think. Jen Ferriss climbed into Annie wearing tights, which reassured me that I had made the correct clothing decision. It's a good thing we weren't easily embarrassed teenagers –we both wore our neon Monroe short sleeved tees and our long-sleeved green Fall Back 5 tees. Except that Jen wore neon underneath and I wore mine on top,

hoping to make a flashy fashion statement, or at least be noticeable if I ran off course. Practicality won out, however, as Jen persuaded me to reverse my strategy so I could tie the long sleeves around my waist if I got too hot. She did. I didn't. I don't know if this happens to anyone else, but I always feel overdressed for the first mile or so and then either just right or even a bit chilly. Is it starter-gun adrenaline? While I know I do eventually slow down, at Monroe I pushed the last three miles or so and never felt that warm flush return. In fact, my hands were downright cold. The reverse happens in snowshoeing, which Bob Worsham describes as feeling like you can't breathe for the initial half mile or so. To me, having grown up on Long Island, it is equivalent to that first plunge under a frigid ocean wave.

Once on the dirt access road, I got lost in my usual spot, heading straight downhill and underneath (!) the orange caution tape. This time I even anticipated the approaching error looming ahead ready to sucker me in. Not that it helped. I even looked back, assessing where I had been, and spotted the tape. But from my point of view it appeared as if it was pointing my way and not angled toward the correct left turn. A few steps later, after the brambles shouted, "Gotchya!" I reconsidered. Coming up behind me, Sue Snyder commented, "That is where you got lost last year. I am definitely not a fast learner."

Once more, I did fairly well on the uphill, only to lose ground on the downs. I remembered that the trail map cautioned a precipitous descent past Spruce Hill Summit. I counted at least four and am at a loss as to which was the designated steep segment.

The final pine tree section is such a welcome treat – and so inviting that I felt like taking a time out. Often during races I come across a particular section of trail and think, "That looks familiar." But this Dunbar Brook section is indeed unique. The pines are tall and oddly not crowded or surrounded by lesser shrubs. They have been there a long time and are in no hurry, having staked out their spacious plots on the thickly cushioned needles. It wouldn't be difficult to imagine a stand of Redwoods taking a similar attitude.

Afterwards, Jen and I followed the bear tracks to the nearby Bear Swamp Dam Facility which boasts a small museum and an actual bathroom with flush toilets. That in itself makes it worth visiting after a day on the trail! But seriously, we identified the flora and fauna we had just seen, viewed Native American artifacts discovered nearby and learned about the building of the Hoosac tunnel. In a plug for the upcoming snowshoe season, we even saw a picture of the Hoot, Toot & Whistle and learned that it ran from Florida, MA to Wilmington, VT. And all this time I credited Bob Dion for inventing a really clever name for his snowshoe race!

Nowadays, while Monroe merely heralds the beginning of the end of our trail running season, it does hint at the whiteness to come, and thanks to Edward Alibozek, our upcoming fun in the snow.

Think snow!

*Laura Clark*



## WMAC's 2012 Trilogy Series:

<u>Long Course:</u>	<u>Greylock</u>	<u>Savoy</u>	<u>Monroe</u>	<u>Total</u>
Stanislav Trufanov	1:52:30	2:17:51	1:25:29	5:35:50
<u>Kelsey Allen</u>	2:00:31	2:22:55	1:32:22	5:55:48
Tom Dmukauskas	2:01:20	2:31:48	1:28:10	6:01:18
<b>Ted Cowles</b>	2:09:28	2:46:22	1:36:49	6:32:39
<b>Todd Brown</b>	2:15:13	2:49:39	1:39:36	6:44:28
Rich Godin	2:34:27	3:16:04	1:50:01	7:40:32
<u>Carmel Kushi</u>	2:38:50	3:10:11	1:52:40	7:41:41
<b>Dan Danecki</b>	2:49:11	3:18:22	1:59:44	8:07:17
<b>Vic LaPort</b>	2:50:18	3:32:13	2:03:23	8:25:54
<b>Will Danecki</b>	2:58:10	3:22:07	2:11:05	8:31:21
Arthur Johns	2:51:54	3:39:02	2:07:01	8:37:57
<u>Jennifer Ferriss</u>	3:11:46	4:02:17	2:25:36	9:39:39
<u>Chloe McGrath</u>	3:30:13	3:52:10	2:18:58	9:41:21
<u>Laura Clark</u>	3:50:36	5:06:56	2:51:12	11:48:44

### Mixed:

<u>Helen Coty-Curtin</u>	25:01	34:23	1:52:32	2:51:56
<b>Bill Glendon</b>	36:21	54:44	2:58:36	4:29:41
<b>Konrad Karolczuk</b>	40:05	56:26	3:30:00	5:06:31
Patrick McGrath	30:44	3:53:09	2:18:45	6:42:38
<b>John Aldrich</b>	3:41:20	40:43	2:30:12	6:52:15

### Short Course:

<u>Kristi Cabot</u>	25:52	36:35	18:15	1:20:42
Stan Serafin	30:54	40:54	21:34	1:33:22
<b>Bob Massaro</b>	32:15	44:11	25:23	1:41:49

A total of 50 runners had run in the first 2 races of the 2012 Trilogy Series but only 22 of them showed up at Monroe to complete the series and get a final score, not to mention another neat hat that was eventually awarded to all finishers thanks to the WMAC.

The hats were a little late being ordered this year, due to a lack of volunteers, but thankfully Vic LaPort stepped in to take charge and talked Poncho Mach into opening up the WMAC treasury to pay for them along with mailing them out to all Trilogy finishers.

In the Long Course, after the first 2 races, Stanislav Trufanov was in the lead by less than 3 minutes over the next runner. However, the 2<sup>nd</sup> place runner didn't show up for the Monroe race while Stanislav had a great run to close out the series. And so Stanislav is the Trilogy Series Overall Champion for 2012.

Way to go Stanislav!

Less than 20 minutes behind was Kelsey Allen, our Female Trilogy Champion. Kelsey was more than an hour ahead of the next female runner after the first 2 races, but besides that, she was the first female finisher in all 3 of the Trilogy races this year.

Way to go Kelsey!

5 runners did a mix of the races and only 3 runners did all the short races. Kristi Cabot is the overall short course champion while Stan Serafin took the honors on the men's side.

Way to go Kristi & Stan!

Thanks to all the runners who took part in the WMAC's 2012 Trilogy Series.

---

## My 6 Races

---

It was not easy for me to show up at Northern Nipmuck in April just to help. The arthritis in my left knee had progressively gotten worse and I couldn't go more than a few miles with hiking poles. 16 miles was out of the question.

But shortly after that I saw a video of a one legged high school wrestler who ran into the ring with standard crutches. So I got a pair and padded them. They worked fine on roads but got hung up on debris on the sides of trails. Then I got a pair of forearm crutches and padded them. They worked fine on trails and with a few months practice I was able to just about totally unweight that left knee and was able to run, we'll call it a mosey, down the trail.

I got so confident I decided to do People's Forest. It's only eight miles but with respectable elevation. While doing it the gears were turning. Now my goal was to do 6 Grand Tree races so I could be ranked by the end of the season. I've always been in love with this series. I'm sorry to say there were a lot of missing faces from the past. I assume broken hearts. Knowing I had a chance consumed me for a few months.

If I chose some of the shorter races, it would increase my chances. After People's Forest was Savoy. I didn't want helpers to wait for me so I got permission from the RD to start 2 hours early. He wouldn't take my money citing liability issues. . . ??? Like I am going to sue somebody. Anyway, I know being a paranoid RD is an admirable trait so I figured I should nourish that trait so I let him tear up my check.

Paul Funch let me start 3 hours early at Wapack which was the toughest of the whole series. Not because of the ups but because of the downs. My knee was aching as I came down Watatic. I had to slow to a crawl by the turn around. Because I came down it slow going back up I felt fine and I could push that hill. On the way back I passed runners going out. In many cases they wished me luck and urged me on and said I was an inspiration. I guess that visualness of the crutches catches people off guard. Attention doesn't bother me. Heck, at one of my prerace briefings I gave a detailed speech on how to poop in the woods. If I limped along without the crutches I would have gotten no attention. Craig Wilson's knees are much worse than mine. I consider his effort as much more than mine but it set people back a step. One runner looked at me, took a wrong step and fell on his face. I couldn't help laughing at the ridiculousness of the whole scene.

To get my 6 races I was going to throw in Groton or Busa's, much shorter races but Wapack got me thinking. So after Pisgah I signed up for NipMuck. How can I not try it? After all, it's my race. Clint Morse let me start three hours early. Running in the dark down Murder Lane was a trip, but I figured if the ghosts got me, runners would be along in a few hours to reclaim my body for the living. I knew it would be long I went out slow even for me. That's a 20 minute pace. It paid off because by mile 23 my knee was hurting. I basically limped into finish in 9:06.

I had to be conservative with all these races because I had to recover by the next one. Monroe was only a week after Nipmuck. After finishing NipMuck for the first time I wasn't sure I'd be ready for Monroe but I felt fine by the weekend. So, I started Monroe with everyone else. It was a short race so if I pulled a DFL I wouldn't keep people waiting that long.

At around mile 8 Rich Busa was behind me. I could not let the geezer beat the cripple. I knew if we ran together, he could easily out sprint me at the finish. So I picked up my pace and beat the 82 year old (83 by the end of the month). Showed him.

I've got to thank all the RDs who let me start early and the other RDs for just letting me start. I guess I used the NipMuck Dave name to carry some weight. Some RD's were thankful to have an experienced runner in the back.

For me I've succeeded with my goal of getting 6 races in. It is a visual set back at races to have to show up with crutches but most of my moseying is on trails where I live and I only see about 10 people a year, literally. So the crutches are out of my mind or I have just become one with them. I hope that they can work a few more years as I still don't do well with activities that involve sitting.

I am able to do what I do thankfully because I have one good knee. If you got this far into this article, keep my story in mind. I do horrible at cross-training. I could have gotten off the trails and gotten on a bike or swam this summer but that's not for me. One way to give an injury a rest is to unload it with crutches. Have the good leg and two good arms do the work. This is a good upper body work out and you still get to be in the woods.

I'm looking forward to an early start at Northern Nipmuck next year. For now I won't push my luck and not race any more this year. But I do miss Stone Cat. Maybe I'll try 50 miles on the rail line sometime in the next few weeks. Let's see, that'll take me . . . Gee, I don't know if I can stay awake that long!

**2 weeks after Monroe:** To do 50 miles I picked the Airline Trail managed by the Rails to Trails People because of its flatness. I had to stop at mile 43 because of blisters. . . . on my hands. I still had a blast. My knee felt fine and I had that marvelous full body ache the next day. Failure can be such fun.

*NipMuck Dave*

---

[Check out the Snowshoe Schedule in this newsletter and come join us when the snow falls for some winter fun in the woods. Join many of the same runners from the trail circuit and see what some of the same trails we run in the summer look like covered in snow.](#)

[More info on the Snowshoe page at...](#)

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

---

## Pink is My New Favorite Color

---

At some point during the process of raising three girls, I rebelled against the color pink and all its implications...flamingo Care Bear shirts, the blindingly pink girlie toy aisle...the entire nine yards. But ever since filly Rachel Alexandra flaunted her girl power colors and beat all the male thoroughbreds to the Saratoga finish line, I have acquired a new respect. At Freihofers, I wear my pink tee, sport my Rachel Alexandra ball cap and proudly run with my daughter and granddaughters. So it seemed a perfect fit to head into the wilds of Moreau State Park, placing my trust solely on my ability to play dot-to-dot navigation from one pink outpost to another.

While I am certainly no stranger to trail running, I was embarrassingly a stranger to Moreau, roughly a twenty minute drive from my house. Most of this is sheer laziness as I have a day's worth of trails that I can access from my backyard and it seems counterproductive to drive somewhere else. On the other hand, I seldom hesitate to drive three hours to race. Somehow sharing an organized event with friends overrides other green considerations.

In this case, then, I was particularly excited to have an excuse to experience a pink-ribboned guided tour of a nearby trail. Still, for some reason I was nervous. I felt like a first timer all over again. A quick scan of last year's results revealed that the winner completed the 15K course in 2 hours. To put this in perspective, Geoffrey Mutai won this year's Boston in 2:03. Granted, that is a road and not a trail, but the 26.2 precisely measured miles probably make up for that fact. Our own Tim Van Orden won this year's 16.5 mile Savoy Trail, which involved some hand-over-hand rock climbing in 2:05. What chance did I have then of finishing before the search parties were called in? Jen Ferriss, last year's overall female at Moreau succeeded mainly because her WMAC trail experience primed her to pay attention.

While I certainly had more WMAC experience, I still am not good at paying attention. On the Finger Lakes Fifties route, there is an entire yellow-rope Do Not Cross section memorializing my infamous wrong turn that transformed 31 miles into 43. Would my new affinity with pink be enough to save me?

The Moreau 15K Trail Race is a circus tent of simultaneous options, offering a choice of swim distances, a swim and run combo or a 15K solo. Race Director, Casey Holzworth is handling this second year event in a thoughtful manner, starting small and adding on gradually. Next year he hopes to include a separate 5K trail sampler for family-style participation. And if you haven't figured it out, you couldn't have a nicer venue—just pitch your beach chair on the lakefront or launch your kayak for a great vantage point.

I quickly became convinced, however, that this time Lady Luck would be at my side. Although not the first to arrive (yes, I became slightly disoriented on the drive over), I managed to secure a preferred parking spot, front and center, next to the race truck. There was a long line of resting vehicles stretching towards the campground and I almost dismissed the empty spot

thinking it wasn't meant for me. Then I figured if they wanted me to move they could ask. They never did.

I paid particular heed to Casey's instructions. Proudly wearing his Escarpment shirt, Casey emphasized that the route was every bit as difficult as the Catskill race, just not as long. However, Escarpment relies mainly on trail markers painted on elderly trees. We would have: pink ribbons! Casey stressed that a tinsel cluster of ribbons meant there was a turn coming up and we should pay attention. If we didn't see more ribbons in a few minutes we were probably headed in an alternate direction. To conclude, he dispensed copies of the trail map "just in case."

Once folks spread out, I found myself shadowing fellow Stryder Charles Brockett. My newly rearranged goal was to keep him in sight. Which became fairly easy to do when about 10 minutes after a dance set of three pink ribbons, he headed back toward me. Not to ask for the dance but to suggest, as per Casey's above directions, that we had followed the wrong floor pattern. He seemed pretty convinced and since he had raced here last year, I agreed. After an about face we bumped into WMACer Jamie Howard with his map and GPS who assured us we were headed in the right direction. Here was a case of doing everything right, following directions and pink ribbons and still going wrong. We had lost perhaps six minutes, but since we weren't going to win the race it was no big deal.

Charles and I took turns sharing the lead, giving each other a break from sole responsibility. And we switched seamlessly. Not with a shouted, "On your left," but whenever it just happened. Mostly I run longer trail races with various groups of runners. But inevitably they pass me or I pass them. Invariably, I end up scouting a good portion alone. But this was one of those days where, if you were on a normal training run, you would be thinking, "This feels so effortless, I should be racing." That doesn't often happen. And while Charles is really faster than I, he was the perfect gentleman, pretending to tie his shoe or something should I hit a rough patch and lag a bit.

The weather featured brilliant fall sunshine, not too hot, not too cold, but baby bear just right. And so was the companionship. There are some races I remember because of the horrendous conditions, a few because of breakthrough times, but a perfect race comes once in a lifetime.

*Laura Clark*

---

### Moreau Lake ... 15k Trail Race

Sept. 09, 2012 ... Moreau Lake, New York

1	Chris Repka	29 M	1:37:41
14	<u>Kelly Holzworth</u>	1 <sup>st</sup> F	33 F 2:02:33
28	Vincent Kirby	55 M	2:48:08
29	<u>Laura Clark</u>	65 F	2:57:43
33	Jamie Howard	47 M	3:29:25

Complete results at.....

[www.greenleafacing.com/results2/2012/ML15kTrail2012.txt](http://www.greenleafacing.com/results2/2012/ML15kTrail2012.txt)

---

## Book Review Corner ...

*Deep Survival: Who Lives, Who Dies and Why*,  
by Laurence Gonzales. Norton, 2003.

---

Running a marathon or an ultra on a humid 90 degree day can certainly seem like a survivor episode, but unless you are like Alberto Salazar and Dick Beardsley risking it all for a *Duel in the Sun*, chances are you will gain bragging rights with no real threat to life and limb. So what makes us skirt the athletic edge, watch 9/11 newsreels or stand in the eye of a hurricane?

Do we have the right stuff? In a pinch, could we measure up? This question has haunted Laurence Gonzales his entire life, living as he did in the shadow of his dad's World War II fighter pilot experiences. Not only did he feel compelled to replicate his dad's skills, he ventured further, investigating why seeming experts lose their lives while mere children walk away relatively unscathed.

His curiosity is insatiable as he examines snowmobile disasters, rafting misadventures, airplane crashes, mountain climbing expeditions, open water boating calamities and the all-too-familiar lost in the woods scenarios. In page-turner style, he sets the scene, examines the characters and takes you to the edge of disaster. All the while you are wondering what "really" happened. Then another scenario is introduced and teased out while Gonzales examines the differences and makes conclusions. Eventually the whole thing is tied together and leads back to where it all started—a tribute to his father.

Despite the disparity in the disasters, survivors all go through the basic steps much like those described by Elisabeth Kubler-Ross in her landmark study *On Death and Dying*: denial, anger, arguing, depression and acceptance. Except, of course, the survivors don't die. They matter-of-factly accept their surroundings, making that their new reality. They perceive the beauty around them, explore their mental resources and are not afraid to invent out-of-the-box solutions.

Taking the example of being lost in the woods, a situation that has happened to most hikers and trail runners, survivors are those who do not proceed blithely onward thinking, "That boulder must have moved," or "That lake wasn't there before." They are not stuck in preconceived thinking.

Ask any young child. They are not lost, it is their parents who are lost—so they wait and take a nap. And how does this apply to runners trying to survive that 90 degree Boston Marathon? See the humor, evaluate the possibilities and don't hesitate to alter your game plan.

For a more in-depth examination on exactly how Gonzales' principles pertain to endurance running, visit [www.irunfar.com](http://www.irunfar.com) under Surviving your First Hundred, Part 1 and 2 (archived under Stay the Course).

And you definitely do not have to plan to run 100 miles!

*Reviewed by Laura Clark*

---

## Mystery Photo ??????



This section of trail was the Mystery Photo in the last newsletter. Did you guess which trail race it's from?

Only 1 person guessed correctly that it's the newer trail section near the start of the Wapack Trail Race.

Paul Funch was reluctant to submit his guess since he's the RD for the race, but he was the only one to reply with the correct answer.

---

## Mystery Photo



*Here's the Mystery Photo for this issue.*

This small monument is sitting in a field about 50 feet away on our right as we run by it, just before entering into the woods.

Do you know where it's located and what trail race it is?

Bonus points if you know what it's for.

---

## Groton Forest ... 9.5 Mile Trail Race

Groton, MA. .... October 14, 2012

WMAC members in bold:

	<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1	Andrew Combs	M 28	MA	<b>0:54:33*</b>	100.00%
2	Steve Obrien	M 24	MA	0:54:39	99.82%
3	Quentin Reeve	M 28	MA	0:58:03	93.97%
4	Andy Scott	M 21	NH	0:59:02	92.41%
5	Rob Hult	M 42	MA	0:59:40	91.42%
6	Chris Baynes	M 42	MA	0:59:58	90.97%
7	John Kinne	M 33	MA	1:00:44	89.82%
8	Mitchell Isaacson	M 25	MA	1:03:48	85.50%
9	Ryan Heffernan	M 32	MA	1:04:38	84.40%
10	Nick Cotton	M 44	MA	1:05:01	83.90%
11	Paul Young	M 47	MA	1:05:10	83.71%
11	Adam Monty	M 35	MA	1:55:51	47.09%
12	Keith Eisenman	M 33	MA	1:05:13	83.64%
13	Tom Dmukauskas	M 37	MA	1:05:25	83.39%
14	Stanislav Trufanov	M 33	MA	1:05:57	82.71%
15	Nate Baynes	M 25	MA	1:06:34	81.95%
16	Andrew Milne	M 49	MA	1:06:58	81.46%
17	Matt Day	M 47	MA	1:07:11	81.20%
18	Eric Wyzga	M 37	RI	1:07:24	80.93%
19	Alexander Egan	M 28	RI	1:07:37	80.68%
20	Tim Dumas	M 44	MA	1:07:38	80.66%
21	Brendan Bucy	M 28	MA	1:07:40	80.62%
22	<b>Erica LaBella 1<sup>st</sup> F</b>	F 33	NH	1:07:49	80.44%
23	Scot DeDeo	M 32	MA	1:08:34	79.56%
24	Miroslav Tashev	M 50	MA	1:10:50	77.01%
25	Troy Taylor	M 15	MA	1:11:04	76.76%
26	Allen Hall	M 49	MA	1:11:07	76.71%
27	Michael Loisselle	M 34	MA	1:12:24	75.35%
28	Bill Newsham	M 47	NH	1:13:11	74.54%
29	John Waterman	M 23	MA	1:13:24	74.32%
30	<b>Paul Funch</b>	M 62	MA	1:13:26	74.29%
31	<b>Ted Cowles</b>	M 53	CT	1:13:55	73.80%
32	Jamie Whitbeck	M 39	MA	1:14:09	73.57%
33	Douglas MacKenzie	M 48	MA	1:15:18	72.44%
34	Joe Carr	M 54	MA	1:15:20	72.41%
35	Mark Brown	M 37	MA	1:16:11	71.60%
36	Mark Kimball	M 51	MA	1:16:24	71.40%
37	Joe Londa	M 53	NY	1:16:40	71.15%
38	<u>Rebekah Welch</u>	F 36	MA	1:16:42	71.12%
39	Joshua Dullos	M 30	MA	1:17:18	70.57%
40	Jeffrey Whitney	M 45	MA	1:17:26	70.45%
41	Kevin Maier	M 28	MA	1:17:43	70.19%
42	<u>Charlotte DeLeo</u>	F 26	MA	1:17:44	70.18%
43	Anthony Lombardi	M 46	NH	1:18:23	69.59%
44	<u>Alix Chace</u>	F 37	MA	1:18:40	69.34%
45	Eric German	M 38	NH	1:19:12	68.88%
46	Nick Hadland	M 41	MA	1:19:34	68.56%
47	Christian Rodriguez	M 41	NH	1:19:40	68.47%
48	John Londa	M 56	MA	1:20:06	68.10%
49	Philip Conroy	M 35	MA	1:21:27	66.97%
50	David Morang	M 50	NH	1:22:03	66.48%
51	<b>Dave Hall</b>	M 49	MA	1:22:18	66.28%
52	Chris Redfearn	M 20	MA	1:23:02	65.70%
53	Glen Cooper	M 45	MA	1:23:29	65.34%

54	<u>Michele Liguori</u>	F 43	MA	1:23:32	65.30%
55	Stephen Wall	M 26	MA	1:23:52	65.04%
56	<u>Celene Menschel</u>	F 29	MA	1:23:53	65.03%
57	Tom Hancock	M 49	MA	1:24:02	64.91%
58	James Price	M 53	NH	1:24:09	64.82%
59	Mark Carlson	M 46	MA	1:24:35	64.49%
60	<u>Robin Schulman</u>	F 48	MA	1:24:38	64.45%
61	<u>Wendy Price</u>	F 45	NH	1:24:57	64.21%
62	Doug Cummings	M 51	MA	1:25:26	63.85%
63	<u>Alyss Lombardi</u>	F 19	NH	1:25:37	63.71%
64	<u>Nancy Flaherty</u>	F 52	MA	1:25:44	63.63%
65	Brian Sowers	M 40	MA	1:26:35	63.00%
66	Michael Vandermillen	M 50	MA	1:27:06	62.63%
67	Anthony Tieuli	M 39	MA	1:27:07	62.62%
68	<u>Hannah Reid</u>	F 27	MA	1:27:28	62.37%
69	James Doucett	M 58	MA	1:27:39	62.24%
70	Ron Blenkhorn	M 61	MA	1:28:13	61.84%
71	<u>Jeanne Mahon</u>	F 51	MA	1:28:52	61.38%
72	Sam Wolcott	M 55	CT	1:30:22	60.37%
73	Jordan Helter	M 29	MA	1:30:42	60.14%
74	<u>Emily Heffernan</u>	F 29	MA	1:31:06	59.88%
75	<u>Eirette Santiago</u>	F 35	NH	1:31:20	59.73%
76	<u>Sarah Scott</u>	F 27	MA	1:31:44	59.47%
77	<b>Dan Danecki</b>	M 53	MA	1:31:53	59.37%
78	Walter Perkins	M 66	FL	1:32:14	59.14%
79	<u>Pam Linov</u>	F 49	MA	1:32:19	59.09%
80	<u>Rosemary Scully</u>	F 53	MA	1:32:28	58.99%
81	<u>Lisa Lombardi</u>	F 44	NH	1:33:59	58.04%
82	Jeff Hattem	M 61	MA	1:34:25	57.78%
83	Curt Hirsch	M 64	??	1:34:27	57.76%
84	<u>Kristen Jilek</u>	F 46	MA	1:34:49	57.53%
85	Vincent Lacour	M 24	MA	1:35:02	57.40%
86	Arthur Johns	M 45	MA	1:35:08	57.34%
87	Rodney Bralkin	M 43	MA	1:35:18	57.24%
88	Rob MacLeod	M 45	MA	1:36:16	56.67%
89	Alan Cabot	M 57	MA	1:36:43	56.40%
90	Sanford Johnson	M 47	MA	1:36:48	56.35%
91	<b>Vic LaPort</b>	M 72	MA	1:36:56	56.28%
92	Andrew Lunn	M 40	MA	1:37:28	55.97%
93	Bradford Nichols	M 50	NH	1:38:10	55.57%
94	Phillip Hunt	M 57	NH	1:39:11	55.00%
95	Bruce Ehrlich	M 53	MA	1:39:25	54.87%
96	Matthew Waterman	M 42	MA	1:39:46	54.68%
97	<u>Cathy Tedesco</u>	F 42	CA	1:39:57	54.58%
98	<u>Allyson Horgan</u>	M 47	MA	1:40:00	54.55%
99	<u>Kathleen Wood</u>	F 47	MA	1:40:38	54.21%
100	<u>Lisa Wiesner</u>	F 42	MA	1:42:12	53.38%
101	<u>Emily Tripp</u>	F 37	RI	1:42:30	53.22%
102	<u>Vi-Anne Brown</u>	F 36	MA	1:42:31	53.21%
103	<u>Kathleen Furlani</u>	F 64	CT	1:43:24	52.76%
104	<u>Brenda Morris</u>	F 46	MA	1:43:45	52.58%
105	Michael Werner	M 45	MA	1:44:10	52.37%
106	<u>Sara Clinton</u>	F 39	MA	1:48:17	50.38%
107	<u>Sharon Muise</u>	F 34	MA	1:50:00	49.59%
108	Jesse Bralkin	M 41	MA	1:50:09	49.52%
109	<u>Marie Gozzo</u>	F 53	MA	1:50:23	49.42%
110	John Loring	M 65	MA	1:50:35	49.33%
111	Chris Harrison	M 60	MA	1:50:59	49.15%
113	<u>Julie O'Mara</u>	F 40	MA	1:55:53	47.07%

*Continued next page:*

**Groton results cont:**

114 <u>Alexis Welch</u>	F 34	MA	2:00:48	45.16%
115 Douglas Welch	M 40	MA	2:00:48	45.16%
116 <u>Carrie Bolton</u>	F 44	MA	2:09:20	42.18%
117 <u>Melinda Graham</u>	F 44	MA	2:09:21	42.17%
118 <u>Christina Muise</u>	F 32	MA	2:09:37	42.09%
119 <u>Mary Lou White</u>	F 57	CT	2:11:39	41.44%
120 <b>Dick Hoch</b>	M 72	CT	2:50:02	32.08%

\* **course record.**

**Mt. Toby 14 Mile Trail Run  
Sunderland, MA. ... October 21, 2012**

WMAC members in bold:

<u>Name</u>	<u>Age</u>		<u>Time</u>	<u>GT %</u>
1 Willy Koon	M 32		1:28:48	100.00%
2 Chris Hayhurst	M 40		1:30:52	97.73%
3 Ross Krause	M 32		1:31:09	97.42%
4 Aaron Stone	M 29		1:34:42	93.77%
5 Mitchell Isaacson	M 26		1:39:10	89.55%
6 James McMahon	M 27		1:39:13	89.50%
7 Ben Whitbeck	M 35		1:40:01	88.79%
8 Donald Pacher	M 40		1:41:02	87.89%
9 Stanislav Trufanov	M 33		1:41:22	87.60%
10 Gabriel Flanders	M 36		1:41:31	87.47%
11 Eric Wyzga	M 37		1:42:15	86.85%
12 Tom Dmukauskas	M 37		1:43:37	85.70%
13 Christopher Hench	M 23		1:45:58	83.80%
14 Michael McRal	M 37		1:47:54	82.30%
15 Miroslac Tashev	M 50		1:48:10	82.10%
16 Mike Lescarbeau	M 41		1:48:34	81.79%
17 <b><u>Kelsey Allen</u></b> 1 <sup>st</sup> F	F 29		1:49:38	81.00%
18 Nick Tooker	M 33		1:50:27	80.40%
19 Carl Matuszek	M 60		1:51:05	79.94%
20 Tony Leach	M 29		1:51:42	79.50%
21 Chris Kusek	M 34		1:51:53	79.37%
22 Donald Marshall	M 35		1:52:58	78.61%
23 Dan Bartos	M 31		1:54:29	77.57%
24 Stephen Herzog	M 47		1:56:08	76.46%
25 Rick Malo	M 41		1:56:16	76.38%
26 <b>Ted Cowles</b>	M 54		1:56:30	76.22%
27 Ben Kimball	M 40		1:56:51	75.99%
28 Jarrod Thompson	M 33		1:57:19	75.69%
29 Steve Nelson	M 48		1:58:09	75.16%
30 Athony Park	M 47		1:58:20	75.04%
31 Tom Davidson	M 41		1:59:44	74.16%
32 Jay Kolodzinski	M 33		1:59:44	74.16%
33 <u>Bryanna Rickstad</u>	F 21		1:59:59	74.01%
34 Brock Anello	M 33		2:00:49	73.50%
35 <u>Jane Valenti</u>	F 29		2:00:52	73.47%
36 Steve Neil	M 61		2:04:05	71.56%
37 Russell Stroud	M 42		2:04:06	71.56%
38 Jason Weakley	M 31		2:04:50	71.13%
39 Joseph Trimmins	M 37		2:05:49	70.58%

40 David Stauffer	M 33		2:06:31	70.19%
41 David Taylor, Jr.	M 28		2:07:00	69.92%
42 Simon Keyes	M 40		2:09:55	68.35%
43 Joseph Sayles	M 30		2:10:46	67.91%
44 Richard Godin	M 57		2:10:52	67.86%
45 <u>Betsey Baglow</u>	F 50		2:11:46	67.39%
46 Chris Ralli	M 29		2:13:31	66.51%
47 Sonny Gerardi	M 38		2:14:52	65.84%
48 <u>Kelsey Battige</u>	F 25		2:14:53	65.83%
49 Bob Pyentiss	M ??		2:15:33	65.51%
50 David Taylor	M 55		2:15:55	65.33%
51 <u>Van Kerkvoorde</u>	F 52		2:24:55	61.28%
52 <u>Kath Boyer</u>	F 33		2:25:29	61.04%
53 Tony Valenti	M 28		2:25:39	60.97%
54 Mike Duffy	M 61		2:26:24	60.66%
55 <u>Emi Mukai</u>	F 36		2:28:22	59.85%
56 <u>Stacey Head</u>	F 33		2:29:33	59.38%
57 Jeff Hattem	M 61		2:32:24	58.27%
58 Dave Aronson	M 57		2:37:35	56.35%
59 <u>Meghan Lynch</u>	F 32		2:37:35	56.35%
60 Luke Baillargeon	M 32		2:39:22	55.72%
61 <u>Lindsay Pepin</u>	F 28		2:39:36	55.64%
62 <u>Lisa Woods</u>	F 49		2:39:49	55.56%
63 <u>Sara Szado</u>	F 35		2:41:05	55.13%
64 <u>Heather Murphy</u>	F 46		2:42:08	54.77%
65 Mark Robert Dean	M 60		2:47:26	53.04%
66 Aaron Malone	M 34		2:49:32	52.38%
67 <u>Kathleen Furlani</u>	F 64		3:15:17	45.47%
68 <u>Mary Lou White</u>	F 57		3:16:16	45.24%



Remember these people? Gary and Karen Pedigo were regulars on the trail circuit before moving to Florida some 6 years ago. Gary was able to schedule his business trips up north this year to include some trail runs including the Escarpment Trail and here at the Monroe races.

*photo by will*

**Busa Bushwack ... 10 Mile Trail Race**  
**Framingham, MA. ... October 28, 2012**

WMAC members in bold:

	<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1	Andrew Combs	M 28	MA	0:59:11	100.00%
2	Sacha Pfeiffer	M 41	MA	1:00:02	98.58%
3	Derek Jakoboski	M 26	RI	1:03:44	92.86%
4	Christopher Benestad	M 35	MA	1:05:24	90.49%
5	Ron Lipka	M 35	MA	1:07:03	88.27%
6	Kevin Hill	M 39	MA	1:08:18	86.65%
7	Steve Levandosky	M 42	MA	1:09:30	85.16%
8	Matt Czaplinski	M 46	MA	1:10:30	83.95%
9	Tom Dmukauskas	M 37	MA	1:10:57	83.42%
10	Doron Reuevni	M 46	MA	1:12:25	81.73%
11	Gregory St. Louis	M 35	MA	1:12:37	81.50%
12	Jason Eldridge	M 39	MA	1:13:15	80.80%
13	Jeffrey Crisp	M 30	MA	1:13:25	80.61%
14	Miroslav Tashev	M 50	MA	1:13:50	80.16%
15	Andy Illidge	M 45	MA	1:14:44	79.19%
16	Mark Linhard	M 39	CT	1:15:25	78.48%
17	<u>Katy Agule</u> <b>1<sup>st</sup> F</b>	F 25	MA	1:15:54	77.98%
18	Matthew Goldman	M 38	MA	1:16:32	77.33%
19	Russell Greenwald	M 35	MA	1:16:38	77.23%
20	Mark Brown	M 37	MA	1:16:47	77.08%
21	Michael Szkutak	M 22	MA	1:17:24	76.46%
22	<u>Kelsey Allen</u>	F 29	NH	1:17:30	76.37%
23	Chris Forti	M 33	CT	1:17:34	76.30%
24	Aidan Cooper	M 21	RI	1:17:59	75.89%
25	Adam Blasi	M 27	MA	1:18:23	75.50%
26	Giovanni Parmigiani	M 53	MA	1:18:30	75.39%
27	<b>Ted Cowles</b>	M 54	CT	1:18:38	75.26%
28	Philip Fischer	M 42	MA	1:18:44	75.17%
29	Alexander Hayman	M 26	MA	1:18:55	74.99%
30	Anthony Parillo	M 28	MA	1:18:55	74.99%
31	John Brown	M 55	MA	1:19:12	74.73%
32	Russ Morin	M 40	MA	1:20:02	73.95%
33	Charles Sagerstrom	M 48	MA	1:20:43	73.32%
34	Andrew Donaldson	M 44	MA	1:20:52	73.19%
35	David Vital	M 29	MA	1:20:59	73.08%
36	Adam King	M 35	MA	1:21:07	72.96%
37	<u>Kimberly Mikesh</u>	F 32	MA	1:21:10	72.92%
38	Chris Brandi	M 29	MA	1:21:13	72.87%
39	Gerard Horgan	M 49	MA	1:21:15	72.84%
40	<u>Elizabeth Johnstone</u>	F 47	NH	1:21:20	72.77%
41	<u>Francesca Dominici</u>	F 42	MA	1:22:41	71.58%
42	<u>Lori Muhr</u>	F 46	MA	1:23:12	71.13%
43	John Lehan	M 51	MA	1:23:17	71.06%
44	David Mills	M 33	MA	1:23:39	70.75%
45	Josh Fox	M 38	MA	1:23:48	70.62%
46	<u>Teresa Carney</u>	F 37	MA	1:23:48	70.62%
47	Nathan Hedberg	M 31	MA	1:24:00	70.46%
48	<u>Sarah Weber</u>	F 23	MA	1:24:12	70.29%
49	<u>Viktoria Koskenoja</u>	F 26	MA	1:24:28	70.07%
50	Jay Sampieri	M 36	MA	1:24:32	70.01%
51	Francis Bock	M 37	MA	1:24:35	69.97%
52	<b>Isaac Tirrell</b>	M 30	CT	1:24:56	69.68%
53	Jon Endow	M 50	MA	1:25:06	69.55%
54	<u>Anita Hannig</u>	F 30	MA	1:25:17	69.40%
55	Kevin Maier	M 28	MA	1:25:42	69.06%

56	Jonathan Harrington	M 32	MA	1:25:53	68.91%
57	<u>Sonny Gerardi</u>	F 38	MA	1:25:58	68.84%
58	Kevin Kittredge	M 42	MA	1:26:36	68.34%
59	Stephen Cruickshank	M 48	MA	1:26:46	68.21%
60	John Schaechter	M 48	MA	1:26:59	68.04%
61	<u>Anita Bugan</u>	F 45	MA	1:27:34	67.59%
62	Guido Jacques	M 36	MA	1:27:56	67.30%
63	Ahmed Naim	M 47	MA	1:27:57	67.29%
64	Jeffrey Ganz	M 46	MA	1:28:05	67.19%
65	Thomas Eaton	M 61	NH	1:28:41	66.74%
66	Pete Maly	M 51	MA	1:28:59	66.51%
67	<u>Robin Schulman</u>	F 48	MA	1:29:07	66.41%
68	Mark Gillies	M 56	NH	1:29:08	66.40%
69	Daniel Rico	M 48	MA	1:29:26	66.18%
70	Doyal Richerson	M 39	MA	1:29:47	65.92%
71	<u>Jane Hoffman</u>	F 50	MA	1:30:47	65.19%
72	Michael Hall	M 37	MA	1:30:49	65.17%
73	Charlie Tillett	M 56	MA	1:30:59	65.05%
74	<u>Kate Fuge</u>	F 31	MA	1:31:02	65.01%
75	Reed Alexander	M 54	MA	1:31:23	64.76%
76	<u>Kelly McQueeney</u>	F 42	MA	1:31:35	64.62%
77	<u>Sue Donovan</u>	F 45	MA	1:32:04	64.28%
78	Danny Horgan	M 22	MA	1:32:27	64.02%
79	Sean Regan	M 46	MA	1:32:53	63.72%
80	William Foley	M 44	MA	1:33:27	63.33%
81	David Eng	M 43	MA	1:33:31	63.29%
82	<u>Hannah Holman</u>	F 35	MA	1:33:45	63.13%
83	Jose Sanchez	M 25	MA	1:33:51	63.06%
84	Christopher Corvi	M 44	MA	1:33:54	63.03%
85	<u>Tracy Rabbitt</u>	F 42	MA	1:33:57	62.99%
86	<u>Kirsten Woody</u>	F 44	NH	1:34:13	62.82%
87	Al Del Re	M 42	MA	1:34:21	62.73%
88	Jeff Mullan	M 51	MA	1:34:50	62.41%
89	Kevin McGinty	M 47	MA	1:35:01	62.29%
90	<u>Heather Wiatrowski</u>	F 37	MA	1:35:30	61.97%
91	<u>Amy Panichella</u>	F 34	MA	1:35:44	61.82%
92	<u>Sue Williams</u>	F 46	MA	1:35:46	61.80%
93	Luis Tueme	M 48	MA	1:35:48	61.78%
94	Michael Bingham	M 58	MA	1:35:55	61.70%
95	Paul Lafayette	M 34	MA	1:36:04	61.61%
96	Kevin Fitzgerald	M 34	RI	1:36:07	61.57%
97	<u>Sarah Scott</u>	F 27	MA	1:36:44	61.18%
98	<u>Heather Kramer</u>	F 49	MA	1:36:44	61.18%
99	<u>Laurel Carpenter</u>	F 47	MA	1:37:34	60.66%
100	Randy Bissonnette	M 49	CT	1:37:55	60.44%
101	Chris Powers	M 40	MA	1:38:12	60.27%
102	<u>Elizabeth Dougherty</u>	F 44	MA	1:38:24	60.15%
103	David Wells	M 51	MA	1:38:29	60.09%
104	Zachary Clark	M 25	MA	1:38:53	59.85%
105	<u>Kathleen Whalen</u>	F 46	MA	1:39:01	59.77%
106	<u>Jean Miller</u>	F 55	MA	1:39:07	59.71%
107	<u>Carolyn Miller</u>	F 22	MA	1:39:08	59.70%
108	Jim Miller	M 55	MA	1:39:09	59.69%
109	Kevin Yetman	M 42	MA	1:39:41	59.37%
110	Ted Frumkin	M 51	MA	1:39:51	59.27%
111	<u>Stephanie French</u>	F 34	OH	1:40:13	59.06%
112	Michael Miller	M 45	MA	1:40:19	59.00%
113	<u>Jessica O'Keefe</u>	F 36	MA	1:40:20	58.99%
114	Ron Parmakis	M 40	MA	1:40:32	58.87%

*Continued next page:*

Busa Bushwhack results cont:

115	<u>Galit Reuevni</u>	F 42	MA	1:41:00	58.60%
116	<u>Patricia Reske</u>	F 51	MA	1:41:08	58.52%
117	Mark Jackson	M 38	CT	1:41:26	58.35%
118	Jonathan Spinale	M 38	MA	1:42:01	58.01%
119	Jeff Hattem	M 61	MA	1:42:17	57.86%
120	George Silver	M 69	MA	1:42:37	57.67%
121	Gene Alperovich	M 39	MA	1:42:43	57.62%
122	<u>Laura McKenzie</u>	F 46	MA	1:42:50	57.54%
123	Donald Hogardt	M 65	MA	1:42:57	57.49%
124	<u>Joanna Schmergel</u>	F 36	MA	1:43:04	57.42%
125	<u>Kathleen Karpe</u>	F 50	MA	1:43:06	57.40%
126	Paul Pongori	M 55	MA	1:43:11	57.36%
127	<u>Laura Christianson</u>	F 23	MA	1:43:12	57.35%
128	Frank Neely	M 43	MA	1:43:25	57.23%
129	Jim Storer	M 45	MA	1:43:28	57.20%
130	Sean Walsh	M 33	MA	1:43:30	57.18%
131	<u>Jessica Dockendorff</u>	F 31	MA	1:43:41	57.08%
132	Michael Rosenfeld	M 60	NH	1:43:48	57.02%
133	Robert Devlin	M 58	MA	1:43:58	56.93%
134	<u>Eve Dipietro</u>	F 46	MA	1:45:13	56.25%
135	<u>Alyssa Adreani</u>	F 37	MA	1:45:47	55.95%
136	<u>Cheri Cavanaugh</u>	F 48	MA	1:45:50	55.92%
137	<u>Anna Wilkins</u>	F 34	MA	1:46:18	55.68%
138	<u>Heidi Sardinha</u>	F 32	MA	1:47:17	55.17%
139	Hans Kalkofen	M 41	MA	1:47:47	54.91%
140	<u>Kristin Sweeney</u>	F 60	MA	1:48:31	54.54%
141	<u>Emily Wheeler</u>	F 29	MA	1:48:39	54.47%
142	Joseph Duggan	M 65	MA	1:48:48	54.40%
143	<u>Nicole Wilson</u>	F 33	ME	1:49:51	53.88%
144	<u>Kelly Garofalo</u>	F 37	MA	1:50:31	53.55%
145	<u>Robyn Kiernan</u>	F 29	MA	1:51:36	53.03%
146	Paul Hamilton	M 60	MA	1:52:09	52.77%
147	Brooks Stewart	M 48	MA	1:52:18	52.70%
148	<u>Sherri Boulet</u>	F 47	MA	1:52:58	52.39%
149	<u>Marjorie Numan</u>	F 37	MA	1:53:14	52.27%
150	<u>Chris Kelleher-Ross</u>	F 51	MA	1:54:19	51.77%
151	Chris Harrison	M 59	MA	1:54:25	51.73%
152	<u>Caroline Hanley</u>	F 30	MA	1:55:22	51.30%
153	<u>Eunice Flanders</u>	F 54	MA	1:56:22	50.86%
154	Wayne Shulman	M 40	MA	1:57:54	50.20%
155	Paul Satwicz	M 60	MA	1:58:07	50.11%
156	<u>Laura Satwicz</u>	F 25	MA	1:58:07	50.11%
157	<u>Susan McGinty</u>	F 47	MA	1:58:37	49.89%
158	John Goldrosen	M 62	MA	1:58:44	49.85%
159	<u>Diane Loud</u>	F 44	MA	1:59:21	49.59%
160	<u>Sarah Wells</u>	F 50	MA	2:00:07	49.27%
161	<u>Christina Gray</u>	F 23	MA	2:01:53	48.56%
162	<u>Jennifer Taylor</u>	F 23	MA	2:01:53	48.56%
163	Martin Malone	M 48	MA	2:02:21	48.37%
164	<u>Kathy Brown</u>	F 39	MA	2:02:27	48.33%
165	Bart Murphy	M 57	MA	2:03:03	48.10%
166	<u>Danielle Littee</u>	F 30	MA	2:15:49	43.58%
167	<u>Millie Resha</u>	F 37	MA	2:16:23	43.39%

**Hairy Gorilla Half Marathon**

John Boyd Thacher State Park, Albany, NY

October 28, 2012

WMAC members in bold:

	<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1	Ross Krause	M 32	MA	1:26:04	100.00%
2	Ray Webster	M 37	VT	1:26:14	99.81%
3	Craig Tynan	M 42	NY	1:29:07	96.58%
4	Jake Stookey	M 36	NY	1:29:54	95.74%
5	Joseph Sullivan	M 33	NY	1:30:53	94.70%
6	Stanislav Trufanov	M 33	MA	1:30:58	94.61%
7	Zachary Seibold	M 27	NY	1:31:24	94.16%
8	Brian Northan	M 37	NY	1:31:47	93.77%
9	John Stadlander	M 47	NY	1:32:03	93.50%
10	Todd Euston	M 34	PA	1:32:04	93.48%
11	Paul Young	M 47	MA	1:32:11	93.36%
12	Owen Strong	M 20	NY	1:33:21	92.20%
13	Joshua Gregg	M 30	NY	1:34:05	91.48%
14	<b>Rich Teal</b>	M 34	NY	1:34:10	91.40%
15	Richard Messineo	M 24	NY	1:35:42	89.93%
16	<u>Amy Farrell</u> <b>1<sup>st</sup> F</b>	F 35	NY	1:35:45	89.89%
17	Mike Siudy	M 38	NY	1:36:16	89.40%
18	John Graf	M 47	NY	1:36:54	88.82%
19	Kyle McCormack	M 18	NY	1:37:15	88.50%
20	<u>Melanie Staley</u>	F 31	NY	1:37:35	88.20%
21	Andy Warfel	M 41	PA	1:38:22	87.50%
22	Tom Scudder	M 25	NY	1:38:35	87.30%
23	Gaven Richard	M 39	NY	1:38:48	87.11%
24	Kyle Breier	M 33	NY	1:39:01	86.92%
25	John Beard	M 48	NY	1:39:43	86.31%
26	Andy Reed	M 41	NY	1:40:10	85.92%
27	Don Clarke	M 53	NH	1:40:18	85.81%
28	Bruce Beesley	M 47	NY	1:40:30	85.64%
29	Mark Stephenson	M 48	NY	1:40:44	85.44%
30	Luke Wiest	M 39	NY	1:41:07	85.12%
31	Dan Young	M 22	NY	1:41:21	84.92%
32	Nathan Pung	M 37	NY	1:41:31	84.78%
33	Carl Matuszek	M 60	NY	1:41:54	84.46%
34	Matthew Smith	M 45	NY	1:43:54	82.84%
35	Randy Swift	M 40	NY	1:44:33	82.32%
36	John Sovocool	M 56	NY	1:44:37	82.27%
37	<u>Annie Ericson</u>	F 32	MA	1:44:41	82.22%
38	Bill Kosina	M 52	NY	1:45:09	81.85%
39	Jesse Egan Poirier	M 28	MA	1:48:02	79.67%
40	Jim Devine	M 52	NY	1:48:23	79.41%
41	Max Lindsey	M 24	NY	1:48:23	79.41%
42	Matthew Demartino	M 21	NJ	1:48:39	79.21%
43	Myron Ferguson	M 55	NY	1:49:00	78.96%
44	Brian Dillenbeck	M 42	NY	1:49:04	78.91%
45	<u>Samantha Palladino</u>	F 25	NY	1:49:12	78.82%
46	Dale Miller	M 43	NY	1:49:16	78.77%
47	Joshua Katzman	M 36	NY	1:49:19	78.73%
48	Oren Guttman	M 26	VT	1:49:48	78.38%
49	<u>Eileen Leavitt</u>	F 47	NY	1:49:52	78.34%
50	Glenn Pierce	M 48	NY	1:49:57	78.28%
51	Matthew Iglar	M 30	NY	1:50:13	78.09%

Continued next page:



**Hairy Gorilla results cont:**

52	Mike Soeller	M 51	NY	1:50:23	77.97%
53	Ed Mainwaring	M 38	NY	1:50:35	77.83%
54	Nick Parks	M 35	NY	1:50:45	77.71%
55	Ronald Greenberg	M 42	NY	1:51:00	77.54%
56	Joshua Waller	M 31	NY	1:51:43	77.04%
57	Christopher Scovill	M 33	NY	1:52:07	76.77%
58	Robert Smith	M 33	NY	1:53:23	75.91%
59	Nathaniel Barber	M 48	NY	1:53:23	75.91%
60	<u>April Barnes</u>	F 50	NY	1:53:39	75.73%
61	Eric Miller	M 41	NY	1:53:40	75.72%
62	Jared Murphy	M 35	NY	1:53:41	75.71%
63	Bill Schipano	M 30	NY	1:54:34	75.12%
64	Ian Morrison	M 36	NY	1:54:53	74.92%
65	<u>Kim Morrison</u>	F 33	NY	1:54:53	74.92%
66	Adam Feldman	M 33	NY	1:55:41	74.40%
67	Loring Porter	M 47	NY	1:55:50	74.30%
68	Terrence Carroll	M 32	NY	1:55:54	74.26%
69	Matt Best	M 39	NY	1:55:54	74.26%
70	<u>Kelsey Rowe</u>	F 24	NY	1:56:01	74.18%
71	Glenn Herbert	M 54	NY	1:56:07	74.12%
72	<u>Erin Rightmyer</u>	F 28	NY	1:56:13	74.06%
73	<u>Mary Duprey</u>	F 53	NY	1:56:18	74.00%
74	<u>Colleen Porter</u>	F 35	NY	1:56:40	73.77%
75	Gary Gundlach	M 59	NY	1:56:53	73.63%
76	<u>Michelle Davis</u>	F 24	NY	1:56:58	73.58%
77	Andrew Bray	M 23	NY	1:56:58	73.58%
78	Mike Beddows	M 42	NY	1:57:02	73.54%
79	Joe Benoit	M 55	NY	1:57:04	73.52%
80	<u>Nicole Bullock</u>	F 29	NY	1:57:04	73.52%
81	Greg Rashford	M 34	NY	1:57:16	73.39%
82	Mike Lair	M 50	NY	1:57:19	73.36%
83	Michael Cognetti	M 34	NY	1:57:28	73.27%
84	Collin Crane	M 19	NY	1:57:47	73.07%
85	<u>Christine Varley</u>	F 48	NY	1:58:00	72.94%
86	<u>Hilary Mislan</u>	F 25	NY	1:58:01	72.93%
87	<u>Mallory Anderson</u>	F 24	NJ	1:58:03	72.91%
88	<u>Erin Broadhurst</u>	F 29	PA	1:58:19	72.74%
89	<u>Karen Murray</u>	F 35	PA	1:58:19	72.74%
90	Stephen Trimber	M 43	PA	1:58:20	72.73%
91	Sunil Kumta	M 49	NY	1:58:38	72.55%
92	Andre Liu	M 48	NY	1:59:06	72.26%
93	Donald Ferguson	M 50	NY	1:59:11	72.21%
94	John Connolly	M 44	NY	1:59:22	72.10%
95	Trey Kingston	M 27	NY	1:59:43	71.89%
96	Matt Prorok	M 37	NY	2:00:04	71.68%
97	Chris Warhola	M 33	NY	2:01:29	70.85%
98	<u>Marcy Beard</u>	F 43	NY	2:01:33	70.81%
99	David Sutherland	M 50	CT	2:02:02	70.53%
100	<u>Tara Joyce</u>	F 24	NY	2:02:25	70.31%
101	<u>Julia Straus</u>	F 29	NY	2:02:30	70.26%
102	Tom Mack	M 48	NY	2:02:30	70.26%
103	Caleb Merkl	M 28	NY	2:02:30	70.26%
104	Ambrose Schaffer	M 30	NY	2:02:32	70.24%
105	<u>Leah Schaffer</u>	F 28	NY	2:02:32	70.24%
106	Dan Shyne	M 45	NY	2:02:39	70.17%
107	Tom Tift	M 55	NY	2:02:53	70.04%
108	Andrew Kinley	M 34	NY	2:02:58	69.99%
109	<u>Sarah Dzikowicz</u>	F 41	NY	2:03:35	69.64%
110	<u>Heather Machabee</u>	F 43	NY	2:03:54	69.46%

111	<u>Colette Van Kerckvo</u>	F 52	MA	2:04:15	69.27%
112	<u>Holly Savage</u>	F 26	NY	2:04:23	69.19%
113	<b>John Guzzi</b>	M 35	MA	2:04:24	69.19%
114	Tim Fisher	M 60	NY	2:04:27	69.16%
115	Fred Pilon	M 66	MA	2:04:52	68.93%
116	Tsuyoshi Tanaka	M 41	NY	2:05:01	68.84%
117	Travis Bevington	M 22	NY	2:05:02	68.83%
118	Yao Wei Lu	M 24	NY	2:06:04	68.27%
119	Gareth Bobowski	M 35	NY	2:06:05	68.26%
120	Michael Miller	M 34	NY	2:06:22	68.11%
121	<u>Laura Herrin</u>	F 50	NH	2:06:38	67.97%
122	Ralph Battle	M 51	NY	2:07:10	67.68%
123	Matthew Alpern	M 49	NY	2:07:58	67.26%
124	Matthew Dunn	M 28	NY	2:08:30	66.98%
125	<b>Lauren DiSessa</b>	F 25	MA	2:08:31	66.97%
126	<u>Morgan Warwick</u>	F 26	NY	2:08:34	66.94%
127	<u>Amber Summers</u>	F 20	NY	2:08:51	66.80%
128	Mark Murphy	M 24	NY	2:08:55	66.76%
129	Joseph Smyth	M 43	NY	2:08:57	66.74%
130	John Vassello	M 27	NY	2:09:01	66.71%
131	<u>Martha Gohlke</u>	F 45	NY	2:10:30	65.95%
132	Shane Fligor	M 39	NY	2:10:50	65.78%
133	Daniel Ayala	M 27	NY	2:11:44	65.33%
134	<b>Jennifer Ferriss</b>	F 40	NY	2:11:48	65.30%
135	<u>Erin Corcoran</u>	F 27	NY	2:12:02	65.19%
136	<u>Courtney Von Hahmann</u>	F 20	NY	2:12:08	65.14%
137	Richard Eberle	M 23	NY	2:12:35	64.92%
138	<u>Amanda Small</u>	F 26	NY	2:12:41	64.87%
139	Brian Ostronic	M 30	NY	2:12:41	64.87%
140	Jason Grossman	M 39	NY	2:13:09	64.64%
141	<u>Julie Ryan</u>	F 26	AZ	2:13:16	64.58%
142	<u>Tyna Senecal</u>	F 30	VT	2:13:19	64.56%
143	<u>Alena Bicknell</u>	F 46	NY	2:14:14	64.12%
144	Todd Gunter	M 45	NY	2:14:35	63.95%
145	<u>Megan Boyak</u>	F 28	NY	2:14:41	63.90%
146	Mike Colloton	M 33	NY	2:14:49	63.84%
147	<u>Liz Colloton</u>	F 31	NY	2:14:49	63.84%
148	<b>Vincent Kirby</b>	M 56	NY	2:15:11	63.67%
149	<u>Marie Bosman</u>	F 48	NY	2:15:23	63.57%
150	<u>Anthea Dexter-Coope</u>	F 27	NY	2:15:25	63.56%
151	<u>Susan Wong</u>	F 64	NY	2:15:37	63.46%
152	Duane Knutson	M 60	NY	2:15:49	63.37%
153	Dominick Foti	M 18	NY	2:16:14	63.18%
154	<u>Kara McKnight</u>	F 18	NY	2:16:14	63.18%
155	<u>Amanda Bylsma</u>	F 24	NY	2:16:15	63.17%
156	Jhon Brunner	M 46	NY	2:16:40	62.98%
157	<u>Caitlin Martin</u>	F 24	NY	2:17:03	62.80%
158	<u>Pamela Delsignore</u>	F 43	NY	2:17:04	62.79%
159	Hayes Moore	M 35	NY	2:17:11	62.74%
160	<u>Erin Ring</u>	F 25	NY	2:17:27	62.62%
161	<u>Danielle Blanchard</u>	F 28	NY	2:17:46	62.47%
162	<u>Deb Lamaire</u>	F 38	MA	2:17:52	62.43%
163	William Julien	M 45	NY	2:18:03	62.34%
164	Douglas Fox	M 68	NY	2:18:38	62.08%
165	<u>Sara Lehman</u>	F 25	NY	2:18:59	61.93%
166	Philip Guerrant	M 27	NY	2:19:10	61.84%
167	Don Byerly	M 46	NY	2:19:13	61.82%
168	<u>Liz Boyer</u>	F 20	NY	2:19:36	61.65%
169	Chris Tertia	M 50	NY	2:19:36	61.65%

**Continued next page:**

**Hairy Gorilla results cont:**

170	<u>Sarah Peters</u>	F 36	NY	2:19:44	61.59%
171	<u>Meghan Corcoran</u>	F 24	NY	2:19:51	61.54%
172	Keith Amato	M 41	NY	2:19:55	61.51%
173	<u>Sheryl Briggs</u>	F 38	MA	2:20:18	61.34%
174	<u>Sara Schneller</u>	F 30	NY	2:20:41	61.18%
175	Quinn Schneller	M 32	NY	2:20:41	61.18%
176	<u>Trisha Bobowski</u>	F 33	NY	2:20:59	61.05%
177	<u>Stacey Piel</u>	F 43	NY	2:21:26	60.85%
178	Carter Yepsen	M 55	NY	2:21:30	60.82%
179	<u>Amy Smyth</u>	F 35	NY	2:21:37	60.77%
180	Marc Payzant	M 48	NY	2:21:54	60.65%
181	Steward Lee	M 23	NY	2:21:57	60.63%
182	<u>Susan Ryan Smith</u>	F 43	MA	2:22:31	60.39%
183	Austin McVicker	M 23	NY	2:22:55	60.22%
184	James Bryant	M 35	NY	2:23:27	60.00%
185	<u>Mallory McQuate</u>	F 23	NY	2:23:31	59.97%
186	<u>Jenna Pellino</u>	F 22	NY	2:23:31	59.97%
187	Andrew Tanzillo	M 44	NY	2:23:55	59.80%
188	Jessica Masterson	F 30	NY	2:24:33	59.54%
189	Brendan Kuchenbecke	M 35	NY	2:24:37	59.51%
190	Kristin Caulkins	F 38	NY	2:24:54	59.40%
191	<u>Rebecca Paskiet</u>	F 21	NY	2:24:55	59.39%
192	<u>Colby Jones</u>	F 26	NY	2:24:57	59.38%
193	Caulin Shannon	M 18	NY	2:24:58	59.37%
194	Jeff Brown	M 29	NC	2:25:00	59.36%
195	James Finley	M 14	NY	2:25:02	59.34%
196	Robert Felix	M 22	NY	2:25:02	59.34%
197	Daniel Boudreau	M 32	NY	2:25:14	59.26%
198	<u>Taneesha Butler</u>	F 36	NY	2:25:28	59.17%
199	<u>Kate Vanheusen</u>	F 27	NY	2:25:36	59.11%
200	<u>Anna Sheridan</u>	F 21	MA	2:25:42	59.07%
201	<u>Phyllis Ying</u>	F 26	NY	2:25:42	59.07%
202	<u>Madeline Haas</u>	F 25	NY	2:25:43	59.06%
203	Joshua Quinones	M 24	NY	2:25:46	59.04%
204	<u>Tracy Morra</u>	F 45	NY	2:26:30	58.75%
205	John Toy	M 45	NY	2:26:31	58.74%
206	<u>Susan Brandow</u>	F 53	NY	2:26:35	58.72%
207	<u>Kathleen Goldberg</u>	F 53	NY	2:26:47	58.64%
208	Randy Goldberg	M 53	NY	2:26:47	58.64%
209	<u>Lori Kirch</u>	F 43	NY	2:26:59	58.56%
210	Rod Kindler	M 54	NY	2:27:04	58.52%
211	<u>Anya Bitterman</u>	F 40	NY	2:27:27	58.37%
212	Benjamin Goes	M 15	NY	2:28:09	58.09%
213	<u>Natasha Darmawan</u>	F 25	CA	2:29:18	57.65%
214	Ryan Nix	M 33	NY	2:29:19	57.64%
215	<u>Nicole Atchison</u>	F 31	NY	2:30:23	57.23%
216	<u>Cassandra Hohn</u>	F 24	NY	2:30:31	57.18%
217	<u>Bess Mulhern</u>	F 25	NY	2:31:19	56.88%
218	<u>Sarah Nolan-Tice</u>	F 34	NY	2:31:28	56.82%
219	<u>Amanda Sumner</u>	F 24	NY	2:31:30	56.81%
220	<u>Naomi Scheinerman</u>	F 23	NY	2:31:53	56.67%
221	Jim Moragne	M 61	NY	2:32:09	56.57%
222	<u>Susan Cooley</u>	F 37	VT	2:32:15	56.53%
223	<u>Lisa Cutting</u>	F 42	NY	2:32:16	56.52%
224	George Shurter	M 58	NY	2:32:50	56.31%
225	<u>Joanne Shurter</u>	F 52	NY	2:32:51	56.31%
226	<u>Christina Lakich</u>	F 31	MA	2:33:01	56.25%
227	<u>Kristin Pung</u>	F 38	NY	2:33:54	55.92%
228	<u>Barbara Sorrell</u>	F 55	NY	2:34:05	55.86%

229	<u>Mary Signorelli</u>	F 50	NY	2:34:14	55.80%
230	<u>Laura Clark</u>	F 65	NY	2:34:33	55.69%
231	<u>Jeena Madden</u>	F 37	NY	2:34:39	55.65%
232	<u>Jessica Manieri</u>	F 35	NY	2:35:33	55.33%
233	<u>Kim Didrich</u>	F 32	NY	2:35:47	55.25%
234	<u>Laurie Scheuing</u>	F 46	NY	2:35:47	55.25%
235	Paul Fahey	M 44	NY	2:36:01	55.17%
236	James McMahon	M 66	NY	2:36:01	55.17%
237	<u>Jennifer Bosworth</u>	F 41	MA	2:36:19	55.06%
238	John Bateman	M 47	NY	2:36:50	54.88%
239	<u>Cristin Farley</u>	F 30	NY	2:38:07	54.43%
240	<u>Jennie Murack</u>	F 31	MA	2:38:20	54.36%
241	<u>Amy Ryan</u>	F 45	NY	2:39:16	54.04%
242	Michael Larose	M 49	NY	2:41:34	53.27%
243	Kirk Courneen	M 29	NY	2:41:40	53.24%
244	<u>Katherine Nelson</u>	F 28	NY	2:41:40	53.24%
245	Bill Vanamburgh	M 39	NY	2:41:57	53.14%
246	<u>Pam Vanamburgh</u>	F 40	NY	2:41:57	53.14%
247	<u>Laura Fronhofer</u>	F 44	NY	2:42:02	53.12%
248	<u>Briana Gilmore</u>	F 27	NY	2:42:11	53.07%
249	<u>Alicia Bialy</u>	F 33	NY	2:42:34	52.94%
250	<u>Christina Christian</u>	F 33	NY	2:44:27	52.34%
251	<u>Leah Rehak</u>	F 30	NY	2:45:34	51.98%
252	<u>Lauren Combs</u>	F 25	NY	2:46:11	51.79%
253	<u>Michelle Unser</u>	F 28	NY	2:50:24	50.51%
254	William Sims	M 39	NY	2:53:01	49.74%
255	Stuart Poole	M 46	NY	2:56:29	48.77%
256	<u>Isabella Stone</u>	F 44	NY	3:01:54	47.32%
257	<u>Karen Casler</u>	F 47	NY	3:01:54	47.32%
258	<u>Aimee Gallin</u>	F 42	NY	3:05:13	46.47%
259	Franco Libihoul	M 54	NY	3:05:14	46.46%
260	<u>Angela Gibson</u>	F 25	GA	3:19:06	43.23%
261	<u>Amy Picunas</u>	F 34	NY	3:19:07	43.22%

---

## Wednesday Night Fun Runs

Join us on Wednesday nights starting at 5:30 PM.

We meet at the PNA Hall on 13 Victory Street in Adams.

Everyone is welcome to join us.

For more info call the Hot Line ... 413 – 743 – 5124

Or email ..... [poncherosa@yahoo.com](mailto:poncherosa@yahoo.com)

And don't forget the club's annual Christmas Party.  
This year it will be held on December 22 in Pittsfield.

Food -- Drinks -- Music -- Laughs -- and More!

See the flyer in this newsletter for all the details!

---

## Gorillas Rule!

*I'm an angel now. The last race killed me. .... Jen Ferriss*

---

The Albany Running Exchange's annual Halloween bash is all about fun, even more so than most of their events, with the majority of the participants electing to follow their inner kid by playing dress up. And just like any child on Halloween, I pondered long and hard over an appropriate costume selection, especially since this was my first time ever to reach beyond my comfort zone and think outside my usual race uniform. Did my choice truly reflect my running philosophy? Did it enable me to reinvent myself or reenact a secret fantasy? Or, more to the point: Did I have all the necessary ingredients and could I actually run in the thing?

For this one special moment in time our women's Stryder Team tossed our singlets and got creative. Working on the theory that the last race killed her, Stryder President Jen Ferriss dabbled in mummy art but gave it up as impractical at best and at worst, a sure invitation to miss the 5.75 mile cutoff. So she relied on her trusty angel wings and a makeshift white gauze skirt, proclaiming that "The last race killed me. I'm an angel now." There must have been a dollar store special on wings because there were a good many winged creatures—rainbow fairies, bees, butterflies. Either that or the winged creatures figured out that their jutting appendages insured no Gorillas could pass them on narrow trails.

My outfit was my tried and true Bull Run / Finger Lakes Cow Team getup. I figured if I could run 50 miles at Bull Run wearing it to qualify for a team category that didn't exist, I should at least get some more mileage out of it. The only change was the addition of a tail crafted from the Finger Lakes Fifties latest camouflage style black and white headband. I learned several things from this experience. First of all, there is a reason why cows do not have very long tails and can flick them around as the terrain changes. No longer was I worrying about getting too hot or too cold on the run. I had little choice. Cows look good in black tights and ridiculous in black shorts. On the plus side, I learned that full participation adds another level to the Hairy Gorilla Half (HGH) experience and encourages the gorillas and most especially the Chain Saw Massacre character to regard you more as a co-conspirator than as a potential victim.

Other cast members included Pamela Delsignore as a wanna-be hippie and Melanie Staley dressed most appropriately as a super-fast Wonder Woman. Laurie Scheuing, a bit nervous about her first trail race, came disguised as a road runner, singlet and all. Gorillas, perhaps overdosing on HGH (human growth hormone) appeared to be taller and more aggressive than usual, despite the fact that their banana consumption appeared to be down from previous years.

An addition to the Halloween parade was a Catahoula Leopard dog, sporting a silvery black coat tastefully accessorized with subdued black spots. She came as herself, which was a perfect disguise because everyone assumed her to be an Australian Cattle dog, which she wasn't. While it was a treat to meet such an unusual dog, she did have a few tricks up her paw, the most

unusual being that she could climb trees! She was perfectly suited to grabbing bananas from any Gorillas perched safely (or so they thought) 15 feet above the ground. This is not just another scary story—Google the breed to view some impressive YouTube videos!

Oh Yes! Somewhere in all that, there was actually a race along a banana peeled trail, properly festooned with characters from the pages of Oriental Trading. The first mile was rerouted somewhat to avoid the beginning bottleneck, which seemed to have helped. The verdict is still out as we need to see what will happen had the normal muddy spot been truly threatening. For despite all the rain we had been having, course was surprisingly dry. After last year's cancellation due to the freak Halloween blizzard, it almost looked as if HGH would once more fall victim to scary weather. But the predicted Perfect Storm Hurricane/Northeaster combo held off and rerouted toward New York City.

The only difficulty I had was toward the end, with finish line in sight. Unbelievably, I got "lost" or at least temporarily disoriented. Off the trail at last, I was directed toward the left and the usual Indian Ladder finish line. Except it wasn't there! This was a different race! I glanced to my right, looked across the caution-taped road and noticed a group of runners heading in the same direction, the timing clock directly ahead. I was puzzled. I did follow the marshall's directions, so what happened? I stopped to evaluate my options. How did I miss joining the happy, carefree group of runners, all intent on their colored gorilla trophies? Finally the lady behind me, but no more, set me straight. We had to loop the woods once more before we were permitted to join the chosen. Serves me right for all those Winterfest loops around the quad. Still, there was that cookie at the end...

*Laura Clark*

---



Jen ( Angel ) Ferriss at the Hairy Gorilla race 2012

*photo by Rich Staley*

---

**Stone Cat Trail Races ... 50 Miles & 26.2 Miles**  
**Willow Dale State Forest ... Ipswich, MA. ... 11 / 3 / 12**  
 Sun and Clouds – Breezy – Low of 35\* -- High of 50\*



WMAC members in bold:

**50 Miles:**

*Sorry, no ages or states were listed in the results.*

<u>Name</u>		<u>Time</u>	<u>GT %</u>
1 Samuel Jurek	M	6:13:14	100.00%
2 Josh Katzman	M	6:18:59	98.48%
3 Sebastien Roulier	M	6:21:41	97.79%
4 David Herr	M	7:06:56	87.42%
5 Jack Bailey	M	7:20:06	84.81%
6 Paul Young	M	7:22:34	84.33%
7 Jeremy Bonnett	M	7:37:42	81.55%
8 Tom Flummerfelt	M	7:39:48	81.17%
9 Brian Tinger	M	7:46:44	79.97%
10 <b><u>Serena Wilcox</u></b> 1 <sup>st</sup> F	F	7:50:20	79.36%
11 Tony Henderson	M	8:01:30	77.51%
12 Peter Lawry	M	8:04:09	77.09%
13 Michael Arsenault	M	8:04:54	76.97%
14 Daniel Larson	M	8:06:23	76.74%
15 Michael Wade	M	8:12:05	75.85%
16 John Blouin	M	8:13:30	75.63%
17 <u>Elena Makovskaya</u>	F	8:15:29	75.33%
18 Joe Wrobleski	M	8:18:34	74.86%
19 Jon Mulholland	M	8:18:39	74.85%
20 Andrew Robertson	M	8:41:33	71.56%
21 Ian Rea	M	8:41:35	71.56%
22 Erich Marks	M	8:44:00	71.23%
23 <u>Sheryl Wheeler</u>	F	8:44:40	71.14%
24 David Boudreau	M	8:56:39	69.55%
25 Chip Paterson	M	9:02:34	68.79%
26 Charlie Leonard	M	9:06:15	68.33%
27 <u>Tara Deeble</u>	F	9:07:30	68.17%
28 <u>Jennifer Sorrell</u>	F	9:09:04	67.98%
29 <u>Donna Smyth</u>	F	9:13:38	67.42%
30 Glen Cooper	M	9:19:07	66.75%
31 James Hess	M	9:25:53	65.96%
32 David Dobrindt	M	9:26:55	65.84%
33 Steve Murray	M	9:26:57	65.83%
34 Andrew Mosca	M	9:27:17	65.79%
35 <u>Colleen Murphy</u>	F	9:27:53	65.72%
36 Jim Sullivan	M	9:31:55	65.26%
37 <u>Kara Spera</u>	F	9:34:45	64.94%
38 Davis Clayson	M	9:36:06	64.79%

39 <u>Sheila Boyle</u>	F	9:36:09	64.78%
40 <u>Amy Morgan</u>	F	9:37:10	64.67%
41 Jeffrey Barriss	M	9:38:57	64.47%
42 Jamie Adams	M	9:39:15	64.43%
43 Anthony Tieuli	M	9:45:28	63.75%
44 Bob Dunfey	M	9:48:44	63.40%
45 Adam Goodrich	M	9:49:03	63.36%
46 Justin Ellenton	M	9:49:42	63.29%
47 Paul Sulva	M	9:49:49	63.28%
48 Richard Loud	M	9:50:48	63.17%
49 Timothy Smith	M	9:52:29	62.99%
50 Phillip Maderia	M	9:52:51	62.96%
51 Andrew Carlson	M	9:54:05	62.83%
52 Francis Bock	M	9:56:02	62.62%
53 <u>Jenny Darrow</u>	F	10:03:23	61.86%
54 <u>Heather Furman</u>	F	10:03:33	61.84%
55 <u>Jennifer Shultis</u>	F	10:04:16	61.77%
56 <u>Kelsey Hoontis</u>	F	10:07:43	61.42%
57 Adam Lung	M	10:09:06	61.28%
58 Howard Tansey	M	10:09:24	61.25%
59 Tom Brazil	M	10:13:19	60.85%
60 Brian Tjersland	M	10:15:43	60.62%
61 Mark Kruger	M	10:15:46	60.61%
62 Bradley Pellissier	M	10:22:33	59.95%
63 <u>Linnea Anderson</u>	F	10:23:05	59.90%
64 Marshall Lovelette	M	10:24:10	59.80%
65 <u>Kristina Burns</u>	F	10:24:26	59.77%
66 Richard Kelly	M	10:24:48	59.74%
67 Michael Thornton	M	10:25:42	59.65%
68 <u>Lynn Thornton</u>	F	10:25:47	59.64%
69 <u>Jennifer Supple</u>	F	10:26:41	59.56%
70 John Peabody	M	10:32:38	59.00%
71 Ryan Couto	M	10:33:29	58.92%
72 <u>Christine Reynolds</u>	F	10:34:18	58.84%
73 <u>Leanne Tierney</u>	F	10:35:23	58.74%
74 Josh Cleland	M	10:35:58	58.69%
75 <u>Melissa Gray</u>	F	10:36:01	58.68%
76 <u>Amy Mosca</u>	F	10:36:52	58.60%
77 James Provenzano	M	10:37:52	58.51%
78 <u>Lisa Jackson</u>	F	10:37:55	58.51%
79 Scott Jackson	M	10:38:00	58.50%
80 <u>Meaghan Wilk</u>	F	10:38:17	58.47%
81 Joe Hayes	M	10:41:40	58.17%
82 Tim Dunham	M	10:42:21	58.10%
83 Dan FitzGerald	M	10:42:29	58.09%
84 Andrew MacGinnitie	M	10:42:44	58.07%
85 Michael Saporito	M	10:43:39	57.99%
86 <u>Jaclyn Fahey</u>	F	10:43:46	57.98%
87 Stephen Aquaviva	M	10:43:51	57.97%
88 John Buzansky	M	10:44:38	57.90%
89 <u>Rebecca Tsai</u>	F	10:46:31	57.73%
90 <b><u>Will Danecki</u></b>	M	10:47:25	57.65%
91 David Anastasi	M	10:49:20	57.48%
92 <u>Brenda Morris</u>	F	10:49:59	57.42%
93 Paul Ghelfi	M	10:56:55	56.82%
94 <u>Erica Holt</u>	F	10:57:00	56.81%
95 Richard Voto	M	10:57:48	56.74%
96 Daniel Jones	M	11:01:18	56.44%

*Continued next page:*

**Stone Cat results cont:**

97	Chad McNamara	M	11:02:25	56.34%
98	Steve Antczak	M	11:04:49	56.14%
99	<u>Barbara Sorrell</u>	F	11:10:03	55.70%
100	<u>Jennifer Battaglinio</u>	F	11:11:37	55.57%
101	<u>Jacqueline Choi</u>	F	11:13:42	55.40%
102	<u>Leah Lawry</u>	F	11:30:05	54.09%
103	Larry Hanson	M	11:35:05	53.70%
104	Ken Gulliver	M	11:35:08	53.69%
105	Ray Zirblis	M	11:39:12	53.38%
106	Jim Porter	M	11:39:25	53.36%
107	Eric Sherman	M	11:39:46	53.34%
108	James Girmindl	M	11:44:07	53.01%
109	Todd Sankey	M	11:46:53	52.80%
110	Chip Tilden	M	11:50:02	52.57%
111	Christopher Agbay	M	11:52:28	52.39%
112	Carl Gustafson	M	11:56:53	52.06%
113	<u>Kelly Macaluso</u>	F	11:58:05	51.98%
114	<u>Susan Leveret</u>	F	12:07:46	51.28%
115	<u>Kristin Esterberg</u>	F	12:07:58	51.27%
116	<u>Lauren Reid</u>	F	12:15:58	50.71%
117	Glenn Pacheco	M	12:18:03	50.57%
118	Robert Campbell	M	12:23:19	50.21%
119	<u>Deb Taylor</u>	F	12:24:42	50.12%
120	<u>Mary Lou White</u>	F	12:24:49	50.11%
121	<u>Andrea DiBenedetto</u>	F	12:24:55	50.10%

**3 Loops .... 37.5 Miles**

**Note** ... although not an official distance for the race, these runners stopped after 3 loops and were given a GT score based on the winning marathon time.

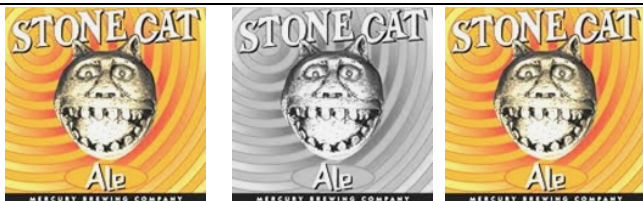
	<u>Name</u>		<u>Time</u>	<u>GT %</u>
1	<u>Jodi Isenor</u>	F	5:49:15	71.58%
2	John Brown	M	6:40:49	62.37%
3	Scott Davis	M	7:39:01	54.46%
4	David McDermott	M	8:10:58	50.92%
5	<u>Mary Bruno</u>	F	8:56:37	46.59%
6	<u>Julie Omara</u>	M	8:56:47	46.57%
7	Michael St Hilaire	M	8:59:11	46.37%
8	Brian Roderick	M	9:12:44	45.23%
9	Shane McKeon	M	9:28:11	44.00%
10	Thomas Grimshaw	M	9:28:19	43.99%
11	<u>Deb Anderson</u>	F	9:28:25	43.98%
12	<u>Michelle Roy</u>	F	9:38:41	43.20%
13	<u>Bonnie Hallinan</u>	F	9:40:36	43.06%
14	Brian Anderson	M	9:53:51	42.10%
15	James Richard	M	10:22:15	40.18%

**Stone Cat 26.2 Mile Results:**

WMAC members in bold:

	<u>Name</u>		<u>Time</u>	<u>GT %</u>
1	John Dudley	M	02:54:40	100.00%
2	Keith Schmitt	M	03:06:51	93.48%
3	Sean McDonough	M	03:14:11	89.95%
4	Thomas Bleakney	M	03:17:48	88.30%
5	Jeff Hansen	M	03:21:38	86.63%
6	Stanislav Trufanov	M	03:24:11	85.54%
7	Brad Reed	M	03:26:54	84.42%
8	Marty Daignault	M	03:28:38	83.72%
9	Daniel Healey	M	03:29:24	83.41%
10	<u>Erica LaBella</u> <b>1<sup>st</sup> F</b>	F	03:30:26	83.00%
11	<u>Hilary Dudley</u>	F	03:38:18	80.01%
12	<u>Julia Kirtland</u>	F	03:39:44	79.49%
13	Justin Jones	M	03:40:05	79.36%
14	David Long	M	03:40:12	79.32%
15	Jeff Thomas	M	03:40:49	79.10%
16	Matthew Sexton	M	03:44:34	77.78%
17	Phil Porter	M	03:45:54	77.32%
18	<b>Paul Funch</b>	M	03:46:52	76.99%
19	Robert Kenefick	M	03:47:48	76.68%
20	Patrick Langmaid	M	03:48:02	76.60%
21	Michael Ferrari	M	03:49:53	75.98%
22	Todd Anderson	M	03:53:26	74.83%
23	Jerry Hughes	M	03:54:00	74.64%
24	Aaron Toleos	M	03:56:37	73.82%
25	Tad Stewart	M	03:56:48	73.76%
26	Matthew Cirinna	M	03:58:01	73.38%
27	Giant Parlin	M	03:59:03	73.07%
28	Jeffrey Andritz	M	03:59:25	72.96%
29	David Javaheri	M	04:00:09	72.73%
30	<u>Danielle Triffitt</u>	F	04:00:58	72.49%
31	<u>Patricia Dowcett</u>	F	04:01:49	72.23%
32	<u>Alison Figdor</u>	F	04:01:51	72.22%
33	<u>Jennifer Howland</u>	F	04:01:57	72.19%
34	Peter Durning	M	04:05:22	71.19%
35	Dana Boudreas	M	04:05:46	71.07%
36	Shawn McCardle	M	04:05:57	71.02%
37	<u>Fran O'Donoghue</u>	F	04:06:10	70.95%
38	Nathan Augustine	M	04:06:19	70.91%
39	Thomas Campbell	M	04:06:28	70.87%
40	Tom Davidson	M	04:07:52	70.47%
41	<b>Ted Cowles</b>	M	04:08:31	70.28%
42	<u>Christine Carone</u>	F	04:08:52	70.18%
43	<u>Elaine Allen</u>	F	04:11:13	69.53%
44	Tom Bergeron	M	04:12:11	69.26%
45	<u>Andrea Leonard</u>	F	04:13:01	69.03%
46	William Bradford	M	04:13:59	68.77%
47	Kevin Breen	M	04:14:41	68.58%
48	<u>Jessica Hageman</u>	F	04:14:48	68.55%
49	Raymond Greco	M	04:16:27	68.11%
50	Gary Pzegeo	M	04:16:57	67.98%
51	Jay Curry	M	04:17:37	67.80%
52	<u>Theresa Ridgway</u>	F	04:17:44	67.77%
53	<u>Lynn Poyant</u>	F	04:18:01	67.70%
54	Stanley Doggett	M	04:20:50	66.96%
55	Benjamin Eschle	M	04:21:45	66.73%

**Continued next page:**



Stone Cat results cont:

56	John Newell	M	04:22:05	66.65%
57	Bob Warren	M	04:23:48	66.21%
58	John Leary	M	04:24:31	66.03%
59	<u>Karine Comeau</u>	F	04:24:51	65.95%
60	<u>Kristi Umile</u>	F	04:25:10	65.87%
61	David Fagnant	M	04:25:36	65.76%
62	Callum Henderson	M	04:26:16	65.60%
63	Brian Lenihan	M	04:26:20	65.58%
64	Colin Maclay	M	04:26:22	65.57%
65	<u>Jennifer Melkonian</u>	F	04:27:38	65.26%
66	<u>Caitlyn Diskes</u>	F	04:28:07	65.15%
67	<u>Lorrie Tily</u>	F	04:30:38	64.54%
68	Martin Choquette	M	04:35:01	63.51%
69	<u>Anne Manning</u>	F	04:35:08	63.48%
70	Eric Jacobsen	M	04:35:15	63.46%
71	Matt Carroll	M	04:35:50	63.32%
72	Gary Hebert	M	04:38:14	62.78%
73	Andrew Boyd	M	04:39:07	62.58%
74	Rich Collins	M	04:39:43	62.44%
75	<u>Jennifer Anderson</u>	F	04:39:52	62.41%
76	Bob Segal	M	04:41:17	62.10%
77	Richard Leonard	M	04:41:26	62.06%
78	Roland Desrochers	M	04:41:36	62.03%
79	Kenneth Sparrow	M	04:42:14	61.89%
80	<u>Deirdre Roy</u>	F	04:43:39	61.58%
81	<u>Peggy Gordon</u>	F	04:43:42	61.57%
82	Kevin Strum	M	04:43:58	61.51%
83	Donald Darwin	M	04:44:38	61.37%
84	Tim Greiner	M	04:47:49	60.69%
85	Whitney Brown	M	04:47:50	60.68%
86	Stephen Touchette	M	04:47:52	60.68%
87	Mike Doyle	M	04:48:05	60.63%
88	<u>Melissa Jaynes</u>	F	04:48:08	60.62%
89	George Alexion	M	04:48:59	60.44%
90	David Morris-Barker	M	04:49:05	60.42%
91	Alan Macaluso	M	04:49:30	60.33%
92	<u>Laura McKenzie</u>	F	04:50:27	60.14%
93	<u>Rachel Hunt</u>	F	04:50:31	60.12%
94	<u>Kathleen Karpe</u>	F	04:51:36	59.90%
95	<u>Jessica Dockendorff</u>	F	04:51:39	59.89%
96	Michael Goolkasian	M	04:51:42	59.88%
97	<u>Monica Berube</u>	F	04:52:14	59.77%
98	Kevin Robinson Sr	M	04:52:29	59.72%
99	<b>Thomas Parker</b>	M	04:52:37	59.69%
100	Brian Barrett	M	04:53:22	59.54%
101	Eric Finney	M	04:54:32	59.30%
102	John Wozny	M	04:54:36	59.29%
103	<u>Loralee Helgerson</u>	F	04:54:46	59.26%
104	<u>Rebecca Weintraub</u>	F	04:55:36	59.09%
105	Adam Klauber	M	04:55:39	59.08%
106	Brad Waterson	M	04:56:09	58.98%
107	<u>Eliza Herman</u>	F	04:57:05	58.79%
108	Lee Faessler	M	04:57:31	58.71%
109	<u>Lisa Colgan</u>	F	04:57:34	58.70%
110	<u>Amy Amirault</u>	F	04:57:43	58.67%
111	John Burke	M	04:58:31	58.51%
112	Luke Whalen	M	04:58:35	58.50%
113	<u>Carolyn Layzer</u>	F	05:01:47	57.88%
114	<u>Cynthia Brown</u>	F	05:03:11	57.61%

115	Mike Soucy	M	05:03:24	57.57%
116	<u>Angela Boudreau</u>	F	05:04:01	57.45%
117	Christopher Wile	M	05:04:05	57.44%
118	Douglas Harvey	M	05:05:20	57.21%
119	<u>Tania McNamara</u>	F	05:05:48	57.12%
120	Chris Shanley	M	05:07:53	56.73%
121	<b>Robert Scott</b>	M	05:07:53	56.73%
122	Tom Malcolm	M	05:07:53	56.73%
123	Kevin Robinson	M	05:08:53	56.55%
124	<u>Kathleen Boulter</u>	F	05:09:23	56.46%
125	<u>Marilyn Oberhardt</u>	F	05:10:55	56.18%
126	<u>Freddi Pare</u>	F	05:11:15	56.12%
127	<u>Patricia Dobrindt</u>	F	05:11:24	56.09%
128	<u>Christina Healey</u>	F	05:12:44	55.85%
129	<u>Jen Brennan</u>	F	05:13:38	55.69%
130	<u>Jennifer Morse</u>	F	05:14:02	55.62%
131	<u>Kimberly Dwight</u>	F	05:14:09	55.60%
132	<u>Jeanne Vumbaca</u>	F	05:15:11	55.42%
133	<u>Terri Murray</u>	F	05:15:52	55.30%
134	Rick Abradi	M	05:16:11	55.24%
135	Aaron Hamlin	M	05:19:33	54.66%
136	<u>Rachel Eschle</u>	F	05:21:50	54.27%
137	James Courville	M	05:21:52	54.27%
138	<u>Martha Marcucci</u>	F	05:21:59	54.25%
139	Nate McBride	M	05:24:15	53.87%
140	Gary Richards	M	05:25:14	53.71%
141	<u>Meredith Pinault</u>	F	05:26:03	53.57%
142	<u>Diane Yates</u>	F	05:26:25	53.51%
143	Brandon Hardy	M	05:28:29	53.17%
144	Jeff Hattem	M	05:28:52	53.11%
145	<u>Lori Watkins</u>	F	05:29:27	53.02%
146	Josh Robert	M	05:31:07	52.75%
147	Victor Hugo	M	05:31:31	52.69%
148	Peter Thorne	M	05:33:43	52.34%
149	<u>Sheryl Briggs</u>	F	05:34:44	52.18%
150	Keith Johnson	M	05:36:15	51.95%
151	<u>Wendy Andre</u>	F	05:36:18	51.94%
152	<u>Deanne Hobba</u>	F	05:37:18	51.78%
153	<u>Bethany Couto</u>	F	05:37:35	51.74%
154	Jay Kruger	M	05:37:38	51.73%
155	<u>Shari Hewson</u>	F	05:39:07	51.51%
156	Fred Ross III	M	05:40:35	51.28%
157	Chris Anderson	M	05:40:59	51.22%
158	<u>Lois Alexander</u>	F	05:41:02	51.22%
159	Richard Bernardi	M	05:41:16	51.18%
160	Dante DeMichaelis	M	05:42:24	51.01%
161	Joseph Reynolds	M	05:42:34	50.99%
162	<u>Donna Nielsen</u>	F	05:42:40	50.97%
163	Richard Lewis	M	05:44:37	50.68%
164	Randy Leach	M	05:44:49	50.65%
165	<u>Christin Dibelius</u>	F	05:45:07	50.61%
166	<u>Jodie OMalley</u>	F	05:46:00	50.48%
167	Doug Freese	M	05:46:21	50.43%
168	Woody Freese	M	05:46:24	50.42%
169	Luc Levensohn	M	05:47:51	50.21%
170	Douglas Story	M	05:48:26	50.13%
171	<u>Dawn Striker</u>	F	05:50:00	49.90%
172	Gary Larson	M	05:52:42	49.52%
173	Wilfer Martinez	M	05:53:52	49.36%

Continued next page:

### Stone Cat results cont:

174 Dave Zevin	M	05:53:59	49.34%
175 <u>Kerry Murphy</u>	F	05:54:52	49.22%
176 <u>Patty Loubris</u>	F	05:54:54	49.22%
177 <u>Cindy Bennett</u>	F	05:55:01	49.20%
178 Tom Mitchell	M	05:56:06	49.05%
179 Andrew Morse	M	06:00:42	48.42%
180 <u>Mara Mendelsohn</u>	F	06:01:49	48.27%
181 <u>Kathey Moskal</u>	F	06:01:54	48.26%
182 <u>Laura Clark</u>	F	06:02:05	48.24%
183 Josh Butler	M	06:04:42	47.89%
184 <u>Kristen Carlson</u>	F	06:04:45	47.89%
185 James D Lisius	M	06:06:15	47.69%
186 <u>Tonie Hockenbury</u>	F	06:13:37	46.75%
187 John Goldrosen	M	06:16:01	46.45%
188 <u>Sherry Brown</u>	F	06:22:30	45.66%
189 <u>Michele Campbell</u>	F	06:24:04	45.48%
190 <u>Amber Woolfenden</u>	F	06:24:07	45.47%
191 <u>Lisa Brown</u>	F	06:24:10	45.47%
192 <u>Joanne Morris</u>	F	06:24:12	45.46%
193 <u>Jessie Pion</u>	F	06:25:27	45.32%
194 <u>Lisa Zucker-Glick</u>	F	06:25:34	45.30%
195 Reed Barrett	M	06:25:40	45.29%
196 Bill Mullen	M	06:26:10	45.23%
197 Steve Bennett	M	06:26:15	45.22%
198 Brian Chisholm	M	06:28:28	44.96%
199 Dale Granger-Eckert	M	06:29:40	44.82%
200 Stu Greeley	M	06:30:11	44.77%
201 <u>Marie Leigh</u>	F	06:30:34	44.72%
202 David Boles	M	06:42:16	43.42%
203 <u>Ann Alexion</u>	F	06:47:48	42.83%
204 <u>Linda Fitzpatrick</u>	F	06:48:39	42.74%
205 <u>Pattie Clocher</u>	F	06:48:53	42.72%
206 <u>Pamela Cyr</u>	F	07:21:48	39.54%
207 <u>Art Gulliver</u>	M	07:33:31	38.51%
208 George Boudreau Jr	M	07:41:29	37.85%
209 <u>Lee Anne Zarger</u>	F	08:11:13	35.56%
210 Dan Wheeler	M	09:23:54	30.97%

---

### **Storm Cat vs. Stone Cat**

*by Laura Clark*

This year's edition of Stone Cat Trail Races proved memorable from the get-go. The newly instituted online signup procedure reminded me of the year I braved Mt. Washington's computer lottery and was informed that I was accepted, rejected, then finally accepted for the following year. To the credit of Stone Cat's Race Director Marty Sullivan, however, all those who were caught up and chewed out by the Cat's mechanical gears were permitted to join the chosen.

Still, I emerged from the experience grateful that I had the day off so that I could sit with fingers poised above the keyboard, ready to leap the application hurdle. Afterwards, permission slip in tow, I felt somehow as if I had already run the race or at least bypassed the stressful training phase.

But as fate would have it, race weekend was preceded by the once-in-a-lifetime Perfect Storm combo that crippled the Northeast and eliminated the downstate New York running contingent, stuck at home, if they still had one, without electricity or gasoline. It is a well known fact that Storm Cats, while willing to brave lightweight rain, disdain the heavy-duty stuff. Thus, Willowdale State Forest in Ipswich, Mass was spared the brunt of the devastation. While I thought I was pretty clever with my play on words, it turns out I was beaten to the post. There is a bonafide Storm Cat, of Northern Dancer and Secretariat heritage, who at \$500,000 per mare lays claim to the highest stud fee in the world. But being a famous runner, I would assume he is on our side too.

So while the big-deal New York City Marathon was cancelled, our event survived and despite its high tech overtures still retained the bygone era touches so important to the ultrarunning community. Race numbers for both the marathon and the 50 miler were dispensed at the Doyton School from a rickety card table with barely enough room for a game of double solitaire.

Gear was not hat-checked but instead strewn randomly over the gym floor or carefully positioned outside for easy access on return loops. The start line was drawn across the soccer field, interrupted by a row of benches that runners were required either to hurdle or to maze around. Gun time was renegotiated to allow the record crowd time to park, use the facilities and make crucial clothing decisions. And bagpipes sent us on our merry way.

Although I am not an adept nighttime runner, my favorite part of this event is watching the string of bobble-lighted runners stretch out before me. While the rest of the world is enjoying their Saturday morning sleep, there we are, strung out like so many blinking Christmas lights, heading out on our own personal journey. I hung back, not because I felt crowded by the others, but simply enjoying the moment.

Every month running gurus churn out zillions of words of advice on how to run a perfect marathon and beyond: follow a training plan designed by someone else, taper, pace yourself, dress for success and manage your nutrition. While these are all valid concerns, few of us have access to a perfect race the way the coaches view it. But there is more than one definition of perfect and that has to do with simply permitting yourself to enjoy the moment.

After we had logged roughly four miles, someone behind me shouted, "Breakfast is coming!" Those of us who had weathered previous Stone Cats new exactly what he meant and that didn't include a mouth-watering gel or chewy shot block. We could smell the bacon and almost hear it sizzling! Now, when have you encountered a road race featuring a ration of bacon, chicken soup, boiled potatoes and bite-sized grilled cheese sandwich quarters with the cheese just oozing out the sides? I guiltily admit that I train dutifully year after year simply for the privilege of eating those melt-in-your mouth morsels.

**Continued next page:**

### Stone Cat cont:

The aid station personnel are themselves seasoned runners as well as expert chefs -- greeting you, filling your water bottle, at your beck and call. For one moment in time we pampered runners experienced a brief glimpse into the lifestyle of the rich and famous. In fact, one volunteer probably saved my race when he chided me for my half-full water bottle. Good thing he never examined my race packets. I began with 2 gels, 4 shot blocks and 6 peppermints. I finished with 1 gel, 2 shot blocks and 5 peppermints. Compliments to the chef!

Nancy Clark, sports nutritionist, has always urged runners to fuel with "real" foods, but somehow I don't think bacon and grilled cheese are what she had in mind. Good thing she didn't encounter Stone Cat's unauthorized aid station. Close to the eight mile stop, I was greeted by peppy music issuing from a hippie van. When I spied the table, I proceeded to unstopper my water bottle only to realize that the liquid refreshments ranged from Kahlua to hot chocolate! I was sorely tempted, especially on my final loop, but figured I was already taking enough chances with the cheese and bacon. I could wait to savor the Stone Cat Ale at the end.

Still, despite my loose-goosey approach, in my own way I was deadly serious. My husband Jeff knew I had a plan when I refused his generous offer of pre-race champagne. Champagne is my absolute favorite drink, adult or otherwise, but I wanted no distractions.

Although our particular group of friends claimed different states and allegiances, just for today we all ran under the Finger Lakes banner, partly because they had a tent and also because we had all recently completed the Finger Lakes Fifties and repurposed their stand-out tie dye race tees into a readily recognizable team uniform.

While you may see the same folks every year at a particular road marathon, ultrarunners are more like groupies, following a smaller circuit of available events, forming close friendships along the way. But besides enjoying the "Hey, there's another Finger Lakes runner!" mental boost, my best race scenario was to once more qualify for Escarpment. I had missed out last year due to injury and harbored a secret hope.

Previously, the goal was a 6:30 trail marathon, but last year, just after my friend Karen McWhirt had bagged her ticket, the Escarpment crew changed the standard to 6:00.

With a conservative start and a 2:53 half, I figured I stood a chance. And I did, only to discover after I'd nailed my time that the benchmark had once more shifted to 5:45. Strangely, even now, I am elated rather than disturbed. I know that without that goal I would have been much slower and not nearly as pleased with my performance. Conventional wisdom dictates that you have three planned scenarios: a doable goal, a worst-case face saver and an impossible dream. But perhaps it is far better to go with the impossible dream.

Afterwards, as we were sipping our Stone Cat ales and hanging around the finish line waiting to greet the rest of the 50 milers, the impossible once more crossed over into "what if"

speculation. As is the case with all open staging areas during late fall, as the sun set Stone Cat became the coldest, windiest place on earth. So much so that we all looked like blanket Indians with spare material Batmaned around our shoulders or fashioned sarong-style around our waist. Or maybe both. We recalled how warm we were while running in the woods. And then Rich Loud, another Saratogian, and I remembered that the next day the Fall Back 5 Trail Race would be held in our home town, a mere four hours away. Why not? And surprisingly, it seemed like a normal thing to do.

*Laura Clark*

Long time club member Todd Brown from Rocky Hill, CT. tried his hand at a different kind of running this past November. Although he didn't win this race he made a good run of it and most likely we'll see him running again not only on the roads and trails but in the next election also.



Todd Brown at this years Monroe Trail Runs

*photo by Scott Livingston*





# WMAC Christmas Party

## Saturday, December 22, 2012

This year's festivities will take place at Zucchini's Restaurant, 1331 North St. Pittsfield, MA.

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

As in the past, dinner is free to club officers, RD's for WMAC races, and to members who have worked at three club races during the past year. **For all others, the cost is \$15 per person.** This includes dinner, tax, tip, coffee and dessert.

Please return the form below with payment to: WMAC – fa la la la la  
P. O . Box 356  
Adams, MA. 01220

Please RSVP by Dec. 12

As usual, a great band. Hope to see you there!

For more info contact ... [poncherosa@yahoo.com](mailto:poncherosa@yahoo.com)  
or call the Hot Line ... 413 – 743 - 5124

\*\*\*\*\*

NAME (s) \_\_\_\_\_

### Races worked for free dinner:

- Greylock Trail \_\_\_\_\_
- Savoy \_\_\_\_\_
- Monroe \_\_\_\_\_
- P.R. 50 K \_\_\_\_\_
- Greylock Road Race \_\_\_\_\_
- Pedal and Plod \_\_\_\_\_
- Fall Foliage \_\_\_\_\_
- Turkey Trot \_\_\_\_\_

WMAC's 2012 Christmas Party



# WMAC's .... 2013 DION Snowshoe Series Tentative Schedule



Here is the 2013 WMAC DION Racing Series EARLY SEASON Schedule... The individual linked pages to specific races will be updated slowly through early November. For now, you can still check old results, photos or other information on specific events by clicking the underlined Race Event Link. Visit regularly to check for changes (Winter Weather changes things, we are flexible). The dates listed on this page are good for now, but check often... and please contact the race directors during the week of the event if there is any doubt about the race status. Send an email to Ed Alibozek at [edtrnews@yahoo.com](mailto:edtrnews@yahoo.com) to get placed on the weekly update list, where we will keep you informed (once the season starts). Thanks for being with us for our 18th season of snowshoe events!!

Date	TIME	Event	Distance	Location
December 30, 2012 Poestenkill, NY	10:00 A.M.	<u>PINE RIDGE</u>	6.2 KM	East
January 5, 2013	10:00 A.M.	<u>TURNER TRAIL</u>	5.0 Miles	Pittsfield, MA
January 6, 2013	10:30 A.M.	<u>I LOVE WOODFORD</u>	3.0 Miles	Woodford, VT
January 12, 2013 MA	10:30 A.M.	<u>CONSTITUTION HILL</u>	3.6 Miles	Lanesborough,
January 13, 2013 NY	10:00 A.M.	<u>BRAVE THE BLIZZARD</u>	4.0 Miles	Averill Park,
January 19, 2013	10:00 A.M.	<u>HOOT TOOT &amp; WHISTLE</u>	3.3 Miles	Readsboro, VT
January 26, 2013 Sandwich, NH	11:00 A.M.	<u>SIDE-HILLER</u>	4.0 Mile	Center
January 27, 2013	10:00 A.M.	<u>CURLY'S RECORD RUN</u>	4.0 Miles	Pittsfield,MA
February 03, 2013 Springs, NY	11:00 A.M.	<u>SARATOGA WINTERFEST</u>	5.0 Miles	Saratoga
February 09, 2013	10:30 A.M.	<u>CAMP SARATOGA</u>	5.0 Miles	Wilton, NY
FEBRUARY 10, 2013	9:00 A.M.	<u>NORTHFIELD MTN</u>	10 KM	Northfield, MA
FEBRUARY 16, 2013	10:00 A.M.	<u>MOORE STATE PARK</u>	3.1 Miles	Paxton, MA
FEBRUARY 17, 2013	10:00 A.M.	<u>MOODY SPRING</u>	5.5 Miles	West Hawley, MA
FEBRUARY 23, 2013	9:30 A.M.	<u>MOBY DICK</u>	7.0 Miles	Lanesborough, MA
FEBRUARY 24, 2013	10:00 A.M.	<u>HALLOCKVILLE ORCHARD</u>	3.8 Miles	West Hawley, MA
MARCH 02, 2013	9:00 A.M.	<u>HAWLEY KILN NOTCH</u>	5.0 Miles	Hawley, MA

### Undated and Possible Back Ups for 2013



GREYLOCK GLEN  
 NORTH POND ..... SOUTH POND  
COVERED BRIDGE ..... DAR-MOOSE RUN  
CATAMOUNT SUNSET

Check the web page often for the latest info and up-dates and verify before you go!

[www.runwmac.com](http://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\*\*\*\*\*

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

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

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

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

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

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

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

Interest (s):

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

OTHER \_\_\_\_\_

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

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

Trail Running News ..... Volume 18 .... Issue 4 .... Late Autumn 2012