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Greylock -- Savoy

Soapstone -- Nipmuck South

Sky Line Trail -- Cranmore Hill

FL 50's -- Escarpment

People's Forest

Entry Forms .....

Greylock Road and Monroe

And plenty more inside

## Up n' Coming Events:

Wed. Night Fun Runs .....5:30 PM  
Meet in the parking lot at the Hoosac Valley  
High School, Rt. 116 on the Adams /  
Cheshire town line.

### Trail and Road Races:

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Christmas Party .....	12 / ?

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  
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## Going Home for Father's Day

by Laura Clark

American tradition suggests that we return home on Father's Day. If we are lucky, this pilgrimage takes us back in time to the town where we grew up, played stickball and potsy (let's see how many of you know what that is), went to school and got our first job. But if Dad has moved around a bit, going home might encompass a long distance phone call, skyping or face time. Whatever. Dad still conjures up memories of childhood and home.

WMACers do the same. But first we journey to Greylock, to our trail running roots. Some bring their fathers, like the two Alibozecks; some bring their kids, like the Livingstons; and some bring their friends; like Jen Ferriss and myself. Many have been coming for years, like Will & Dan Danecki, whose family home is just down the road; others have streaks to maintain, like Rob Scott with sixteen years and counting. All are excited, reverent and in awe of Lady Greylock. And while the trail running season technically began in April with Merrimac River, this is the first Grand Tree Race on WMAC home turf, the first of the famed trilogy. If you backtrack through Bob Worsham's musings, you will discover that Greylock, Savoy and Monroe, while not exactly *Lord of the Rings* material, often come close with swampy, misty countryside, old growth forests and Gollum sightings.

For many, Father's Day agendas come after our annual pilgrimage. For Jeff and me, precision planning was part of the game. Since his bronchitis left him unable to breathe without coughing, Greylock was not an option for him. Instead, I packed his car with a change of clothes, summer reading program trinkets for the grandkids and hand-me-down running magazines for son-in-law Darren. Then I loaded my race gear by the front door to await Jen Ferriss and Hazel. Hazel was all excited. Normally Annie does the long distance driving and Hazel gets relegated to shorter jaunts. Annie felt left out and a tad jealous. Hazel felt victorious without even having to race.

We experienced a similar disconnect with regard to gear. Jen and I both approached Hazel wearing the same grey Fall Back 5 shirts. Perhaps we were subconsciously thinking this would not confuse Hazel if we decided to trade off driving duties. Jen could not find her compression socks and I could not locate my spare pair. Jen wore her Stryder's singlet, but I opted to look ahead to the Finger Lakes and accessorize with a Stryder's tattoo. Then Vince Kirby wandered by, on the hunt for a spare water bottle. Apparently, his winter fuel belt, which balanced perfectly over his snowshoe outfit, could not be adjusted to sufficiently accommodate the ten pounds he immediately lost once he transferred from winter to summer. We should all have that problem!

The plan was for George (with driver Jeff) to meet Hazel, Jen and I at the Troy Stewarts. There we would transfer bags; Jen and Hazel would return home and George, Jeff and I would race to the grandkids'. But then the start of the race was delayed in deference to the porta pottie lines. No matter. We had confidently built in some fudge time. But the Lady, unpredictable as always, had her own agenda. Her guests had arrived, she was ready for the party and determined that we would keep her company as long as possible.

On the drive over, Jen and I were discussing possible race day scenarios, to include mud. Jen offered, "I thought Soapstone was fairly muddy." I was floored. I could recall possibly two patches of mud, so unremarkable as to be promptly dismissed. Apparently, Jen had run a different race. Three hours later and with shoes banished to the trunk, she commented, "You know, Soapstone wasn't really that muddy at all."

*Continued next page:*

Greylock cont:

Wait until she sees Savoy's infamous ATV trails after 3 weeks of rain.

While I didn't actually lose a sneaker, I experienced plumber's helper suction on more than one occasion. The hardest part for me was to remember that the stone-filled creek beds filled with rushing water were a more stable option than the ankle-deep mud or edges of the trail. This should have been a no-brainer, but when faced with wetness, my mind reverts back to learner's permit days and the warning, "Bridges slippery when wet." While Dave Raczkowski dropped back on the relentless miles-high, pie-in-the-sky climb to the lighthouse, his walking sticks proved relentless in the mud, probing, evaluating and pole vaulting his feet over the slickest patches.

Descending to the flowered alpine meadow and its panoramic view, I gained a new perspective on *The Sound of Music*. Surely it was the sheer beauty of the vistas and the crystal clear air and not an expectant nudge from Walt Disney that caused the Trapp family to burst into spontaneous song. And while I didn't hear any WMACers follow suit, there was plenty of cheering and cow bell ringing at the finish line, music to anyone's ears.

Laura Clark

**2013 Greylock Trail Races**  
**Half-Marathon and 5K**  
**Greylock Glen ... Adams, MA.**  
**June 19, 2013**

Sun & Clouds .... Mid 70's .... Wet and Muddy Trails

WMAC members in bold:

**Half-Marathon results:**

<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1 Derek Jacoboski	M 26	RI	1:41:10	100.00%
2 Stephen Granger-Bevan	M 28	MA	1:42:47	98.43%
3 Mathew Shamey	M 33	MA	1:44:07	97.17%
4 Drew Best	M 31	MA	1:44:18	97.00%
5 Jeremy Drowne	M 35	NY	1:49:32	92.36%
6 Matt Hancroft	M 31	Britain	1:49:40	92.25%
7 Ray Webster	M 38	VT	1:52:27	89.97%
8 Marc Guillaume	M 41	MA	1:53:34	89.08%
9 Jason Lemieux	M 34	MA	1:55:50	87.34%
10 Will Kirby	M 18	MA	1:56:43	86.68%
11 Todd Bennett	M 42	CT	1:58:09	85.63%
12 Stanislav Trufanov	M 34	MA	1:58:13	85.58%
13 Ryan Stender	M 17	MA	1:59:03	84.98%
14 Guillermo Rivera	M 17	MA	2:00:26	84.00%
15 Ben Whitbeck	M 36	MA	2:00:37	83.87%
16 Todd Walker	M 46	MA	2:02:02	82.90%
17 Scott Falkner	M 42	PA	2:02:15	82.75%
18 Donald Pacher	M 41	MA	2:02:27	82.62%
19 Anthony Walsh	M 29	MA	2:03:08	82.16%
20 Sam Korbrin	M 16	MA	2:05:31	80.60%
21 Tony Bonanno	M 48	CT	2:06:26	80.02%
22 <b>Scott Livingston</b>	M 40	CT	2:06:26	80.02%

23 Jim Nelson	M 49	CT	2:06:31	79.96%
24 Owen Wright	M 15	MA	2:06:44	79.83%
25 Brock Anello	M 34	MA	2:07:27	79.38%
26 <b>Rob Higley</b>	M 59	MA	2:07:50	79.14%
27 Daniel Morin	M 31	MA	2:08:13	78.90%
28 Garry Harrington	M 53	CO	2:08:23	78.80%
29 Paul Lahham	M 34	MA	2:09:39	78.03%
30 Nikolas Rogers	M 41	NY	2:09:42	78.00%
31 Tommy Kirby	M 15	MA	2:09:46	77.96%
32 Steve Forrest	M 49	MA	2:10:53	77.30%
33 Daniel Grip	M 33	NY	2:11:07	77.16%
34 Aaron Stone	M 30	MA	2:11:09	77.14%
35 Eric Wyzga	M 37	RI	2:11:20	77.03%
36 <b>Kehr Davis 1<sup>st</sup> F</b>	F 36	MA	2:11:38	76.85%
37 Stephen Herzog	M 47	MA	2:12:36	76.29%
38 Michael Wade	M 46	NH	2:12:53	76.13%
39 Jack Miller	M 40	MA	2:13:22	75.86%
40 <b>Ted Cowles</b>	M 54	CT	2:13:34	75.74%
41 <b>Debbie Livingston</b>	F 38	CT	2:13:39	75.70%
42 <b>Ned James</b>	M 58	MA	2:13:40	75.69%
43 Carl Matuszek	M 61	NY	2:13:43	75.66%
44 <b>Todd Brown</b>	M 49	CT	2:15:29	74.67%
45 Ari Ofsvit	M 28	MA	2:16:31	74.11%
46 Scott Cote	M 28	CT	2:17:08	73.77%
47 <b>Dylan Quinn</b>	M 15	MA	2:18:57	72.81%
48 Matt McAndrew	M 16	MA	2:19:40	72.43%
49 Tucker Harrison	M 29	MA	2:20:30	72.00%
50 Brian Northan	M 38	NY	2:21:53	71.30%
51 Michael McAndrew	M 17	MA	2:21:55	71.29%
52 <b>Joe Gwozdz</b>	M 58	MA	2:22:02	71.23%
53 Sam Randall	M 16	MA	2:22:29	71.00%
54 Richard Larsen	M 61	MA	2:22:41	70.90%
55 Will Nolan	M 16	MA	2:23:19	70.59%
56 Al Ladd	M 54	MA	2:23:26	70.53%
57 <b>Daniel Potvin</b>	M 48	VT	2:24:22	70.08%
58 <b>Amanda Chilson</b>	F 30	MA	2:25:28	69.55%
59 Tom Morton	M 35	MA	2:25:37	69.47%
60 Bill Longbridge	M 42	MA	2:25:42	69.43%
61 Brian McCarthy	M 50	MA	2:26:16	69.17%
62 Jason Weakley	M 32	MA	2:27:17	68.69%
63 <b>Adele Fenwick</b>	F 32	MD	2:28:00	68.36%
64 <b>Evelyn Cordner</b>	F 23	CT	2:28:17	68.23%
65 <b>Samantha Creath</b>	F 23	NY	2:28:41	68.04%
66 Zack Williams	M 23	NY	2:28:42	68.03%
67 Patrick Gee	M 48	CT	2:28:55	67.94%
68 Francis Bock	M 38	MA	2:29:05	67.86%
69 Andrew Donaldson	M 45	MA	2:29:52	67.50%
70 Mathew Smith	M 26	MA	2:29:53	67.50%
71 Daniel Peck	M 17	MA	2:30:26	67.25%
72 Jim Devine	M 52	NY	2:30:59	67.01%
73 David Sutherland	M ??	CT	2:31:45	66.67%
74 Brian Dillenbeck	M 42	NY	2:33:09	66.06%
75 Stepham Alsdorf	M 43	MA	2:35:00	65.27%
76 Keith Tulley	M 41	MA	2:35:50	64.92%
77 <b>Yukiko Nishide</b>	F 51	NY	2:36:11	64.77%
78 <b>Julia Fisher</b>	F 19	PA	2:36:35	64.61%
79 Anthony Lombardi	M 47	NH	2:36:58	64.45%
80 <b>Katelynn Venne</b>	F 22	MA	2:37:23	64.28%
81 <b>Alana Almstead</b>	F 36	NY	2:37:37	64.19%

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Greylock results cont:

82 <u>Annie Vernon</u>	F 30	Britain	2:37:58	64.04%
83 <u>Kathy McCarthy</u>	F 54	MA	2:38:07	63.98%
84 Tom Lusignan	M 43	MA	2:38:15	63.93%
85 <b>Bob Dion</b>	M 57	VT	2:40:37	62.99%
86 <u>Donna Ruppel</u>	F 49	NY	2:41:14	62.75%
87 John Binder	M 24	MA	2:42:05	62.42%
88 Mike Williams	M 42	CT	2:42:13	62.37%
89 Matt Healey	M 16	MA	2:42:30	62.26%
90 <b>Andrew Donovan</b>	M 29	MA	2:42:31	62.25%
91 Nate Davis	M 28	MA	2:44:06	61.65%
92 Harry Hayward	M 61	MA	2:44:21	61.56%
93 Jon Meredith	M 46	NY	2:44:44	61.41%
94 Peter Love	M 46	MA	2:45:07	61.27%
95 <b>Greta Facchetti</b>	F 36	MA	2:46:18	60.83%
96 <u>Jess Dockendorff</u>	F 32	MA	2:46:55	60.61%
97 <b>Ron Starrett</b>	M 43	CT	2:47:04	60.55%
98 Curt Pandiscio	M 52	CT	2:47:35	60.37%
99 Michael Hoehn	M 49	CT	2:48:02	60.21%
100 <b>John Paul Potvin</b>	M 16	VT	2:48:50	59.92%
101 Todd Sugrue	M 57	MA	2:49:09	59.81%
102 Kevin Skorupa	M 54	MA	2:49:10	59.80%
103 Joseph Sayles	M 30	MA	2:49:55	59.54%
104 <u>Megan Randall</u>	F 21	MA	2:50:04	59.49%
105 <u>Talia Zisman</u>	F 19	NY	2:50:15	59.42%
106 John Carew	M 44	CT	2:50:17	59.41%
107 <b>Will Danecki</b>	M 63	CT	2:52:26	58.67%
108 <u>Katie Miller</u>	F 24	MA	2:52:48	58.55%
109 Hiroyuki Nishide	M 51	NY	2:53:00	58.48%
110 <u>Laura Nelson</u>	F 32	CT	2:53:12	58.41%
111 <u>Jessica Northan</u>	F 37	MA	2:54:51	57.86%
112 Chad Pause	M 39	MA	2:55:03	57.79%
113 <u>Jessica Brown</u>	F 37	NY	2:55:07	57.77%
114 Peter Scinsky	M 25	CT	2:55:12	57.74%
115 Barry Selinsky	M 55	PA	2:55:15	57.73%
116 <b>Meghan Lynch</b>	F 32	MA	2:55:35	57.62%
117 John Virtue	M 40	CT	2:56:33	57.30%
118 <b>Carmel Kushi</b>	F 44	MA	2:56:54	57.19%
119 <b>Bob Worsham</b>	M 67	CT	2:57:24	57.03%
120 <b>Vic LaPort</b>	M 72	MA	2:57:40	56.94%
121 <b>Dan Danecki</b>	M 54	MA	2:57:59	56.84%
122 Andrew Greaves	M 22	MA	2:58:18	56.74%
123 David Cameron	M 43	MA	2:58:27	56.69%
124 Brian Brown	M 38	PA	2:59:28	56.37%
125 Brian Alarie	M 49	MA	2:59:47	56.27%
126 Mike Duffy	M 61	MA	3:00:09	56.16%
127 <u>Jill Chmielewski</u>	F 37	CT	3:00:19	56.10%
128 Joseph Kenneally	M 21	MA	3:01:02	55.88%
129 Frank Fiala	M 53	CT	3:01:14	55.82%
130 <b>Darlene McCarthy</b>	F 50	MA	3:01:30	55.74%
131 <u>Stefanie Tolga</u>	F 31	MA	3:01:34	55.72%
132 <u>Cynthia Metcalf</u>	F 39	MA	3:01:55	55.61%
133 Mike Maio	M 16	MA	3:02:11	55.53%
134 <u>Laura Fusari</u>	F 33	MA	3:04:14	54.91%
135 <b>Joe Melillo</b>	M 25	MA	3:05:03	54.67%
136 Nigel Costolloe	M 48	MA	3:05:03	54.67%
137 <b>Jennifer Ferriss</b>	F 41	NY	3:05:06	54.66%
138 Vince Kirby	M 56	NY	3:05:22	54.58%
139 Oscar Sosa	M 25	MA	3:05:22	54.58%
140 Daryl Delisle	M 56	MA	3:05:46	54.46%

141 Jerome Howard	M 49	MA	3:07:41	53.90%
142 David Metcalf	M 43	MA	3:08:50	53.57%
143 Pieter Mulder	M 48	MA	3:09:39	53.34%
144 Brian McKinney	M 42	CA	3:10:02	53.24%
145 <b>Robert Scott</b>	M 59	CT	3:10:28	53.12%
146 Joshua Grazios	M 28	MA	3:10:53	53.00%
147 David Aronson	M 58	MA	3:11:20	52.87%
148 <u>Emy Takinami</u>	F 19	MA	3:11:29	52.83%
149 <u>Stacey Falkner</u>	F 42	PA	3:12:02	52.68%
150 Thor Aelgason	M 51	MA	3:12:26	52.57%
151 <u>Lisa Lombardi</u>	F 45	MA	3:12:42	52.50%
152 Jack Carew	M 14	CT	3:13:25	52.31%
153 <u>Lea Johnson</u>	F 26	MA	3:14:08	52.11%
154 <b>Bill Donovan</b>	M 58	MA	3:14:53	51.91%
155 Daniel Piemont	M 24	NY	3:15:15	51.81%
156 <u>Katya Divari</u>	F 51	MA	3:15:55*	51.64%
157 Kyn Seob Kim	M 24	MA	3:16:40	51.44%
158 Tim Clark	M 58	CT	3:18:11	51.05%
159 Erin Clark	M 32	CT	3:18:35	50.94%
160 Joe Williams III	M 37	MA	3:20:06	50.56%
161 Tim Morey	M 55	MA	3:20:50	50.37%
162 <b>Mike Lahey</b>	M 62	MA	3:20:51	50.37%
163 <u>Sonia Avbe</u>	F 45	MA	3:21:36	50.18%
164 <u>Ginney Patsun</u>	F 45	CT	3:22:18	50.01%
165 Dan Drohan	M 17	MA	3:22:20	50.00%
166 James Moran	M 48	MA	3:26:02	49.10%
167 <b>George Gilder</b>	M 73	MA	3:26:58	48.88%
168 Steven Parsons	M 52	MA	3:30:29	48.06%
169 <u>Olivia Parsons</u>	F 21	MA	3:30:29	48.06%
170 Eden Hochbaum	M 31	MA	3:31:22	47.86%
171 <u>Ann McCarthy</u>	F 37	MA	3:31:45	47.78%
172 <u>Justine Dodds</u>	F 42	MA	3:31:45	47.78%
173 <u>Grace Hamel</u>	F 15	MA	3:31:46	47.77%
174 <u>Mora Taupier</u>	F 16	MA	3:31:47	47.77%
175 Collin Galloway	M 16	MA	3:32:04	47.71%
176 Taylan Yilmaz	M 30	MA	3:32:24	47.63%
177 Todd Long	M 31	NY	3:32:24	47.63%
178 <u>Lisa Woods</u>	F 50	MA	3:32:42	47.56%
179 <u>Mandy Vanalstyne</u>	F 35	NY	3:32:43	47.56%
180 <u>Jessica Vanalstyne</u>	F 40	NY	3:32:43	47.56%
181 <u>Jennifer Filer</u>	F 32	CT	3:32:44	47.56%
182 Philip M. Pouliot	M 38	CT	3:32:45	47.55%
183 <u>Dawn Mugford</u>	F 43	ME	3:36:45	46.67%
184 <b>Denise Dion</b>	F 55	VT	3:38:49	46.23%
185 <u>Lindsey Olden</u>	F 32	MA	3:39:16	46.14%
186 <u>Sherry Ferro</u>	F 45	MA	3:40:08	45.96%
187 <u>Bekkie Wright</u>	F 50	CT	3:43:20	45.30%
188 Joseph Poliquin	M 60	CT	3:43:22	45.29%
189 <u>Lisa Piemont</u>	F 50	MA	3:43:40	45.23%
190 <u>Nikita Nayyar</u>	F 22	MA	3:43:58	45.17%
191 <u>Cat Glennan</u>	F 32	RI	3:46:57	44.58%
192 <u>Lorie Tencati</u>	F 51	MA	3:47:44	44.42%
193 <u>Stacey Gravanis</u>	F 43	MA	3:47:45	44.42%
194 <u>MaryAnne Longo</u>	F 45	MA	3:47:47	44.41%
195 Paul Leblanc	M 44	NY	3:47:48	44.41%
196 <u>Katherine Cairoli</u>	F 31	MA	3:53:37	43.30%
197 <u>Jennifer Voorhees</u>	F 31	CT	3:53:38	43.30%
198 <u>Theresa Rowe</u>	F 32	CT	3:53:38	43.30%
199 <b>Sue Snyder</b>	F 58	MA	3:55:36	42.94%

Continued next page:

Greylock results cont:

200 <u>Sherria Muncy</u>	F 44	CT	3:55:38	42.93%
201 Matthew Girosky	M 32	CT	3:59:14	42.29%
202 Dave Raczkowski	M 62	CT	4:01:09	41.95%
203 John Byrnes	M 31	MA	4:02:27	41.73%
204 <b>Laura Clark</b>	F 66	NY	4:12:39	40.04%
205 <u>Haley Eusha</u>	F 37	VT	4:16:27	39.45%
206 Greg Taylor	M 61	NY	4:43:24	35.70%

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### Greylock 5K Results

WMAC members in bold:

<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>
1 Carter Stripp	M 15	MA	18:55
2 Andrew Herzog	M 12	MA	21:27
3 <u>Angela Forbes</u> <b>1<sup>st</sup> F</b>	F 11	VT	23:52
4 John Dupras	M 47	VT	24:15
5 <b>James Potvin</b>	M 18	VT	24:19
6 Benjamin Forbes	M 16	VT	24:43
7 Jakin Miller	M 12	MA	24:52
8 <b>Maria Potvin</b>	F 14	VT	24:57
9 <b>Scott Bradley</b>	M 58	MA	24:58
10 Mike LaFreniere	M 10	MA	24:59
11 Justin Fiala	M 15	CT	25:17
12 <b>AnnMarie Potvin</b>	F 13	VT	25:32
13 <u>Helen Coty-Curtin</u>	F 44	MA	25:35
14 <u>Shannon Drowne</u>	F 36	NY	26:33
15 <u>Theresa Williams</u>	F 30	MA	26:50
16 <u>Paige Herzog</u>	F 16	MA	26:58
17 <u>Amelia Wood</u>	F 28	MA	27:28
18 Tim Drake	M 53	MA	27:30
19 Dan Junkins	M 50	MA	27:31
20 <u>Anya Sheldon</u>	F 15	MA	27:39
21 Martin Johnson	M 50	CT	27:45
22 D. Scott Reeve	M 49	CT	27:45
23 <u>Mary Reeve</u>	F 43	CT	27:46
24 <u>Courtney Fiala</u>	F 17	CT	27:50
25 Kris Kirby	M 50	MA	27:52
26 <u>Ariel Dupras</u>	F 13	VT	28:15
27 <u>Joy Whitbeck</u>	F 31	MA	28:32
28 <u>Robin Avery</u>	F 57	MA	28:44
29 <u>Naomi Tetherly</u>	F 37	MA	28:44
30 <u>Rebecca Forbes</u>	F 13	VT	29:01
31 <b>Therese Potvin</b>	F 9	VT	29:02
32 Joseph Williams, Jr.	M 59	MA	29:10
33 Corban Miller	M 9	MA	29:42
34 James Najimy	M 11	MA	29:57
35 James Carew	M 13	CT	29:58
36 Cal Najimy	M 13	MA	30:02
37 <u>Catherine Forbes</u>	F 9	VT	30:30
38 <u>Lisa Sheldon</u>	F 42	MA	30:39
39 <u>Alena Stevens</u>	F 41	CT	30:52
40 Stan Serafin	M 59	MA	30:52
41 Joshua Forbes	M 15	VT	30:53
42 Ed McConnell	M 27	MA	30:53
43 <u>Sara Bailey</u>	F 23	CT	31:04

44 Charlie Najimy	M 42	MA	31:17
45 <b>Claudine Preite</b>	F 46	MA	31:29
46 Ross Fenn	M 61	NY	31:48
47 Brett Cook	M 31	MA	32:08
48 Steve Melito	M 43	MA	32:09
49 Jim Gonyea	M 64	MA	32:29
50 <b>John Aldrich</b>	M 54	MA	33:09
51 <u>Deborah Gordon</u>	F 48	NY	33:52
52 Bill Drohan	M 45	MA	34:04
53 <u>Heidi Lechich</u>	F 28	CT	34:05
54 <u>Tess Parsons</u>	F 19	MA	34:32
55 <b>Eileen Monyahan</b>	F 42	MA	35:19
56 <u>Michelle Bushey</u>	F 45	MA	35:30
57 <u>Maria Spratt</u>	F 34	MA	36:07
58 Joseph LaFreniere	M 9	MA	36:25
59 <b>Bob Massaro</b>	M 69	MA	37:35
60 <u>Rachel Lipton</u>	F 26	MA	37:36
61 Jackson Virtue	M 1-12	CT	37:49
62 <b>Konrad Karolczuk</b>	M 60	CT	39:09
63 <u>Kirsten Carew</u>	F 46	CT	39:10
64 Riley Carew	M 9	CT	39:34
65 <u>Crystal Desnoyers</u>	F 36	MA	39:39
66 <b>Shepard Livingston</b>	M 1-12	CT	39:39
67 Michael LaFreniere	M 38	MA	39:43
68 Manny Dupras	M 5	VT	39:45
69 <b>Joseph Potvin</b>	M 5	VT	39:51
70 <b>Jane Potvin</b>	F 47	VT	40:07
71 Kyle Meredith	M 15	NY	40:08
72 <u>Andrea Dupras</u>	F 45	VT	40:11
73 <u>Deborah Fiala</u>	F 45	CT	40:46
74 <u>Stephanie Melito</u>	F 38	MA	41:37
75 <u>Jana Scholten</u>	F ??	MA	42:56
76 <u>Mia Virtue</u>	F 1-12	CT	45:02
77 <u>Mirela Postelnicu</u>	F 37	CT	45:03
78 <b>Dick Hoch</b>	M 72	CT	52:34
79 <u>Anne Killbary</u>	F 46	MA	1:00:00
80 <u>Donna Baumann</u>	F 43	MA	1:00:01



Half-Marathon overall winner ... Derek Jacoboski

photo by Barbara Danecki



Kehr Davis ... 1<sup>st</sup> Female in the 1/2 Marathon

*photo by Barbara Danecki*



Todd Brown showing off his dirty hands after taking a tumble at the Greylock Trail Races. Todd is also wearing the MT. Washington race shirt he earned on the day before Greylock. In fact, Todd has run back to back MT. Washington and MT. Greylock races for 16 years in a row!

*photo by Scott Livingston*



Fran "Poncho" Mach supervising all the action at the 2013 Greylock trail races.

*photo by Scott Livingston*



Ellen Mach and Deb Livingston at the Greylock races. Deb has run 15 consecutive Greylocks and Miss Ellen has volunteered at all 29 Greylock races.

*photo by Scott Livingston*

## Wettest Greylock Ever

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This was my 19<sup>th</sup> time running the Greylock trail race and by far it was the wettest I have seen. At least as the trails are concerned that is. We ran a couple of times over the years in the pouring rain and also on some very humid days that had us soaking wet too, but the trails weren't as wet as they were this year.

And for good reason. Just 3 weeks before the June 16<sup>th</sup> race, on Memorial Day weekend no less, a storm dropped over 6 inches of snow up on the mountain, and in the weeks after the snow there were multiple rain storms in the area dropping several inches of rain each time. All that water has to go somewhere and a lot of it was running down the trails we were running on.

Many other Greylock veterans thought the same thing afterward too. Bob Dion who has run or worked at just about all 29 previous Greylocks mentioned to me that he caught 3 perch and 2 trout during this year's run. Of course if you know Bob then you know he tends to stretch things a little. I doubt that he had time to catch that many fish since he ran much faster this year than he has in awhile.

But overall everyone seemed to do pretty well this year despite the wet trails. I didn't find too many slippery spots, and there didn't seem to be a lot of mud, just running water. The skies were clear so the views from up top were as spectacular as always, as were the views from the field through Jones Nose. Did you notice all the wind mills over on the Taconic Mountain Range?

Being born and raised in Adams I spent the first 22 years of my life playing in the woods on both Greylock and on the East side of town. I still get back to Adams about 6 or 8 times a year and I always try to get a run in up to the top of the mountain when I can. It's especially nice up there in the winter months, when many times I've been the only one up there. I've heard many different stories about the mountain over the years, but I'm not really sure if I've heard this one before about how the mountain got it's name. I found it on the internet so it must be true. Right?

Anyway here's what it says.....

Mount Greylock is named for Chief Gray Lock, a legendary Waronoke Native American (circa 1660-1750) who lived in the shadow of the mountain.

As the British began settling western Massachusetts, the Waronokes, also called the Missisquoi, moved to the Berkshire Hills, then to the Mount Greylock area, before moving north to the Canadian border. The Chief built a fort there and allowed many other natives to stay there. During the French and Indian War, Gray Lock sided with the French and launched many guerrilla raids against British settlements. Despite a generous bounty for his scalp, Chief Gray Lock was never captured but died nine years before the war ended in 1759.

*will run*

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*We had 2 runners from Britain join us this year so for them here is a view of the finish area at Greylock "from across the pond."*

*photo by Scott Livingston*

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*Scott Bradley handling the timing duties at this years Greylock.*

*photo by Scott Livingston*

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**Photos of runners from this years Greylock races were taken by Anita Louise Photography and are available at the website listed below.....**

[http://www.anitagutmann.com/Races/hHalf-marathons/Mt-Greylock-Trail-Races-Half/30025403\\_knt8Zw#?i=2582122937&k=wKs9KdH](http://www.anitagutmann.com/Races/hHalf-marathons/Mt-Greylock-Trail-Races-Half/30025403_knt8Zw#?i=2582122937&k=wKs9KdH)

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## Soapstone Mountain Trail Race .... 24 K

Stafford Springs, CT. .... May 19, 2013

Mostly Cloudy - - Some Sun -- Low 70's

**WMAC members in bold:**

<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT%</u>
1 Matt Shamey	M 33	MA	1:38:38	100.00%
2 Brian Nelson	M 32	CT	1:42:34	96.17%
3 Brian Carrington	M 23	CT	1:45:57	93.09%
4 Ryan Welts	M 32	NH	1:46:53	92.28%
5 Brett Stoeffler	M 46	CT	1:47:49	91.48%
6 Keith Schmitt	M 44	NH	1:48:24	90.99%
7 Todd Bennett	M 42	CT	1:50:02	89.64%
8 Mike Mazzotta	M 32	MA	1:53:17	87.07%
9 <b>Scott Livingston</b>	M 40	CT	1:53:44	86.72%
10 Tom Dmukauskas	M 37	MA	1:54:29	86.16%
11 <u>Kristina Folcik</u> <b>1<sup>st</sup> F</b>	F 35	NH	1:54:40	86.02%
12 Brodie Miles	M 39	MA	1:54:56	85.82%
13 Paul Young	M 47	MA	1:55:20	85.52%
14 Eric Wyzga	M 37	RI	1:57:05	84.24%
15 Connor Gagliardi	M 21	CT	1:57:21	84.05%
16 Todd Walker	M 46	MA	1:58:08	83.49%
17 Stanislav Trufanov	M 34	MA	1:58:53	82.97%
18 Rich Fargo	M 54	CT	1:59:46	82.35%
19 Donald Pacher	M 41	CT	1:59:58	82.22%
20 Tony Bonanno	M 47	CT	2:00:01	82.18%
21 Jim Nelson	M 49	CT	2:00:07	82.11%
22 Scott Patnode	M 31	MA	2:02:27	80.55%
23 Nikolas Rogers	M 41	NY	2:02:35	80.46%
24 Mike Reed	M 30	CT	2:02:46	80.34%
25 Robert Perednia	M 30	MA	2:03:10	80.08%
26 Gary Harrington	M 53	CO	2:04:14	79.39%
27 Samuel Holcomb	M 27	MA	2:04:26	79.27%
28 Brian Sleigh	M 42	CT	2:04:55	78.96%
29 Michael Irons	M 29	CT	2:05:56	78.32%
30 Alexander Hayman	M 27	MA	2:07:28	77.38%
31 Dillon Ollari	M 43	MA	2:07:35	77.31%
32 Chiron Helfers	M 22	MO	2:07:38	77.28%
33 Ian Jones	M 23	MD	2:07:53	77.13%
34 Chris Hamel	M 29	CT	2:08:03	77.03%
35 Carl Matuszer	M 61	NY	2:08:05	77.01%
36 David Loutzenheiser	M 46	MA	2:08:14	76.92%
37 <b>Todd Brown</b>	M 49	CT	2:08:36	76.70%
38 Richard Carminati	M 31	CT	2:08:41	76.65%
39 Brian Hayes	M 28	CT	2:09:52	75.95%
40 <b>Ned James</b>	M 58	MA	2:10:00	75.87%
41 David Ciplet	M 36	RI	2:11:43	74.88%
42 <b>Ted Cowles</b>	M 54	CT	2:12:03	74.69%
43 <u>Nicole Kornas</u>	F 39	CT	2:13:36	73.83%
44 Daniel Britton	M 31	CT	2:13:50	73.70%
45 David Schoenmann	M 33	MA	2:14:29	73.34%
46 Jeremy Scanlan	M 30	MA	2:17:49	71.57%
47 Steven Guyette	M 28	CT	2:18:12	71.37%
48 Mark McGuire	M 50	CT	2:19:10	70.87%
49 Russell Stroud	M 43	CT	2:19:37	70.65%
50 Amos Esty	M 36	NH	2:19:57	70.48%
51 <u>Meghan Pagliuco</u>	F 35	CT	2:20:04	70.42%
52 Robert Buttermore	M 25	CT	2:20:13	70.34%
53 Matt McAndrew	M 16	MA	2:20:48	70.05%
54 Mike McAndrew	M 17	MA	2:20:51	70.03%
55 Patrick Byrne	M 28	CT	2:21:19	69.80%

56 Ken Forrest	M 44	CT	2:21:53	69.52%
57 <u>Becky Iselin</u>	F 37	CT	2:22:08	69.39%
58 Curt Pandiscio	M 52	CT	2:22:45	69.10%
59 Cameron Bohle	M 35	CT	2:23:11	68.89%
60 Cliff Collins	M 53	CT	2:23:36	68.69%
61 Jay Avitable	M 52	CT	2:23:51	68.57%
62 Matthew Dagger	M 28	MA	2:25:46	67.67%
63 Lance Flott	M 55	CT	2:25:53	67.61%
64 Elliot Greenberg	M 56	MA	2:26:25	67.36%
65 Nathan Gramley	M 27	PA	2:26:31	67.32%
66 <u>Karolina Fucikova</u>	F 29	CT	2:26:49	67.18%
67 Sonny Gerardi	M 39	MA	2:27:08	67.04%
68 Dan Phillips	M 34	CT	2:27:43	66.77%
69 Michael Moseman	M 44	MA	2:28:04	66.61%
70 Wayne Chan	M 36	CT	2:28:43	66.32%
71 Mark Crone	M 48	CT	2:28:53	66.25%
72 Peter Gagarin	M 68	MA	2:29:00	66.20%
73 Jeffrey Dingwell	M 58	CT	2:29:44	65.87%
74 Peter Keyo	M 30	CT	2:30:06	65.71%
75 Gary Hebert	M 48	CT	2:30:10	65.68%
76 Wesley Barnard	M 46	CT	2:30:18	65.62%
77 <u>Stefanie Trihlo</u>	F 28	MA	2:30:51	65.39%
78 Jason Dominick	M 41	MA	2:30:57	65.34%
79 David Sutherland	M 51	CT	2:31:37	65.05%
80 <u>Lauren Mendoza</u>	F 31	MA	2:32:54	64.51%
81 <u>Kristin So</u>	F 28	MA	2:32:54	64.51%
82 Mike Williams	M 42	CT	2:33:24	64.30%
83 <u>Chelsey Elliott</u>	F 31	CT	2:33:30	64.26%
84 <b>Fred Pilon</b>	M 67	MA	2:34:13	63.96%
85 Paul Garasimowicz	M 47	CT	2:35:00	63.63%
86 Mark Rowe	M 34	MA	2:35:49	63.30%
87 Garrett Lemek	M 52	CT	2:35:56	63.25%
88 Adam Lung	M 41	CT	2:35:59	63.23%
89 Fred Alletto	M 52	CT	2:36:00	63.23%
90 <u>Kate Woytowicz</u>	F 40	MA	2:36:08	63.17%
91 Clinton Morse	M 51	CT	2:36:13	63.14%
92 Al Lyman	M 53	CT	2:36:24	63.06%
93 Brad Waterson	M 41	MA	2:36:31	63.02%
94 Kevin Prestage	M 40	CT	2:36:49	62.90%
95 <u>Katie Sullivan</u>	F 35	MA	2:37:07	62.78%
96 Matthew Haley	M 36	CT	2:37:20	62.69%
97 Dan Sullivan	M 33	MA	2:37:38	62.57%
98 Bruce Leshine	M 52	MA	2:37:43	62.54%
99 Kyle Klockars	M 41	RI	2:37:50	62.49%
100 Charles Joyal	M 43	MA	2:40:18	61.53%
101 Robert Amatruda	M 27	CT	2:40:19	61.52%
102 Jeff Lafleur	M 45	CT	2:41:11	61.19%
103 <u>Laurie Mosley</u>	F 52	CT	2:41:16	61.16%
104 <u>Kelsey Battige</u>	F 26	MA	2:41:39	61.02%
105 Paul Vinci	M 61	CT	2:41:47	60.97%
106 <u>Carolyn Shreck</u>	F 41	NH	2:41:51	60.94%
107 Gary Griffin	M 37	CT	2:42:17	60.78%
108 David Aronson	M 57	MA	2:42:51	60.57%
109 <b>Will Danecki</b>	M 62	CT	2:43:30	60.33%
110 Scott Edington	M 54	CT	2:44:54	59.81%
111 Philip Markovich	M 51	CT	2:45:16	59.68%
112 <b>Gayle Smith</b>	M 54	CT	2:45:31	59.59%
113 Brad Pellissier	M 56	CT	2:45:33	59.58%
114 John Roix	M 37	MA	2:45:38	59.55%

*Continued next page:*

Soapstone results cont:

115 Paul Blanchet	M 54	MA	2:45:39	59.54%
116 <u>Laura Cisneros</u>	F 28	CT	2:46:36	59.20%
117 Gerard Boggis	M 35	MA	2:47:23	58.93%
118 Craig Plante	M 57	MA	2:47:37	58.84%
119 <u>Colleen Malone Singer</u>	F 41	CT	2:48:14	58.63%
120 Curtis Child	M 30	MA	2:48:45	58.45%
121 Gus Iarrobino	M 48	MA	2:48:49	58.43%
122 <b>Bob Worsham</b>	M 67	CT	2:49:11	58.30%
123 Justin Tremblay	M 37	CT	2:49:21	58.24%
124 <b>Thomas Parker</b>	M 45	NH	2:49:22	58.24%
125 Jonathan Stanizzi	M 36	CT	2:49:48	58.09%
126 <u>Jill Chmielewski</u>	F 37	CT	2:50:21	57.90%
127 <u>Mary Powers</u>	F 51	CT	2:50:44	57.77%
128 Joe Strafach	M 50	CT	2:50:54	57.71%
129 Greg Catalano	M 44	CT	2:51:36	57.48%
130 Rob Warren	M 46	CT	2:51:41	57.45%
131 Geoff Sullivan	M 31	MA	2:51:49	57.41%
132 Allen Cabot	M 58	MA	2:52:10	57.29%
133 <u>Meghan Lynch</u>	F 32	MA	2:52:40	57.12%
134 <b>Vic LaPort</b>	M 72	MA	2:53:24	56.88%
135 Scott Sweeney	M 44	CT	2:53:30	56.85%
136 <u>Casey Mendrala</u>	F 24	MA	2:53:48	56.75%
137 <u>Jennifer Maxwell</u>	F 43	CT	2:54:29	56.53%
138 Norm Cormier	M 59	CT	2:54:41	56.46%
139 Tom Anastasio	M 61	CT	2:58:10	55.36%
140 <u>Mary Alice Abbot</u>	F 42	MA	2:58:10	55.36%
141 <u>Katya Divari</u>	F 51	MA	2:58:44	55.18%
142 <u>Catherine Lyons</u>	F 55	CT	2:58:44	55.18%
143 Jack Fulton	M 57	CT	2:59:08	55.06%
144 <b>Jennifer Ferriss</b>	F 41	NY	2:59:29	54.95%
145 <u>Sarah Lundin</u>	F 36	CT	3:00:54	54.52%
146 <u>Michele Morin</u>	F 26	CT	3:01:02	54.48%
147 Matt Wunch	M 38	CT	3:01:03	54.48%
148 Curt Hirsch	M 64	CT	3:01:35	54.32%
149 <u>Ginny Patsun</u>	F 45	CT	3:03:14	53.83%
150 Kurt Zimmermann	M 46	CT	3:04:27	53.47%
151 Martin Powers	M 54	CT	3:06:08	52.99%
152 Kevin Hutt	M 45	CT	3:06:11	52.98%
153 <u>Jane Patterson</u>	F 42	CT	3:08:45	52.26%
154 Thomas Dyer	M 42	CT	3:08:46	52.25%
155 <u>Rachel Stansel</u>	F 38	CT	3:09:33	52.04%
156 <u>Tara Cucurello</u>	F 25	CT	3:09:57	51.93%
157 Michael Dunne	M 37	CT	3:11:43	51.45%
158 Tom Snayd	M 38	CT	3:11:50	51.42%
159 <u>Michelle Rach</u>	F 36	CT	3:14:22	50.75%
160 Benjamin Rach	M 34	CT	3:14:23	50.74%
161 <u>Carrie Lombardo</u>	F 42	CT	3:14:23	50.74%
162 Lo Yin Kuizn	M 49	CT	3:18:42	49.64%
163 Jay Brochu	M 42	RI	3:21:17	49.00%
164 Bruce Marvonek	M 59	CT	3:23:01	48.58%
165 <u>Yvonne Lee</u>	F 37	CT	3:32:33	46.40%
166 David Raczkowski	M 62	CT	3:37:29	45.35%
167 <u>Kathleen Furlani</u>	F 64	CT	3:38:29	45.14%
168 <u>Bekkie Wright</u>	F 50	CT	3:41:42	44.49%
169 Joseph Poliquin	M 60	CT	3:41:48	44.47%
170 Sean Conlin	M 40	CT	3:43:51	44.06%
171 Paul Stansel	M 38	CT	3:43:56	44.05%
172 <u>Lisa Kugelman</u>	F 51	CT	3:44:09	44.00%
173 <u>Kathy Schultz</u>	F 54	CT	3:44:09	44.00%

174 Michael Moynihan	M 36	CT	3:45:30	43.74%
175 <u>Mary Lou White</u>	F 57	CT	3:46:19	43.58%
176 <b>Laura Clark</b>	F 66	NY	3:47:10	43.42%
177 <u>Vicki Quagliaroli</u>	F 59	CT	3:47:56	43.27%
178 John Goldrosen	M 63	MA	4:07:03	39.92%

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**Soapstone Synchronicity** by Laura Clark

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Goals define life. Whether your goals are to delete five items from your to-do list, really listen to your kids/spouse/co-workers, or definitively clean the basement, even the casual New Year's Eve procrastinator is not immune. As compulsive, Type A running personalities, we have carefully crafted goals for each race day defining moment. Sometimes it may be as simple as not getting lost on the trail or remembering to pause and enjoy the view. Sometimes it may be altruistic, such as mentoring a friend or serving as a sweep. Sometimes goals get serious, focusing on achieving a PR or ranking ahead of your normal placement on the achiever's list.

As you get older, however, serious goals undergo a sea change. Unless I am attempting new event, I will never again PR. Which isn't a bad reason to experiment a bit. However, I could achieve a PR wearing last year's race shirt, or last year's favorite shoes, or a PR for this year's current age. There are all sorts of ways to be creative, albeit tinged with a measure of desperation. After completing this year's Seven Sisters 10 minutes faster than last year, I decided to see if I could continue my streak with a 10 minute time gain on last year's Soapstone Mountain. This is, of course, completely ignoring PRs achieved on these courses years ago. So long ago that the fact that both routes have been somewhat altered doesn't really enter into the equation.

Without any conscious deliberation, my goal grew and took on a life of its own. During the ridiculous climb to the tower, I hooked up with Bekkie Wright and Joe Poliquin. Actually the encounter was anything but deliberate as there was no way anyone was doing any vertical hustling. When we reached the top and we could actually speak in complete sentences, Joe and I realized we had run together years ago. I had recently moved to Saratoga and Joe was transitioning to a job in Connecticut. We spent the next few miles reminiscing, which didn't exactly include Bekkie except in a polite kind of uh-huh way.

But as we progressed to the "marathons I have run" stage, we discovered that Bekkie, being a Marathon Maniac, knew many of my Adirondack Marathon Pace Bears. We then proceeded to a name-dropping, who's doing what conversation. In a further act of synchronicity, we discovered that Joe and Bekkie had recently attended a hiking seminar by Tom Wessels, author of *Reading the Forested Landscape* and *Forest Forensics*. Read Wessels and you will never again view the familiar New England landscape in a blasé manner. You will see not just a decaying stone fence, but a gateway into how the land was once used.

*Continued next page:*



Soapstone cont:

You will appreciate not just a bunch of pretty trees, but see nurse logs, pillows and cradles, weevil-branched white pine.

The miles just flew by. Normally, I pretty much drift from group to group, flying solo a great deal of the time, eagerly anticipating the two left turns at the end of the stream bed signaling the beginning of the return journey. Not really a turnaround, still fraught with a lot of meandering, it nevertheless becomes a meaningful goal. This time, however, the left turns snuck up on me and I was pleasantly surprised that they had materialized so quickly. Several miles before the finish, however, Beckkie and Joe got serious and picked up the pace. I conveniently slammed into a tree, thereby granting myself a viable excuse to lag behind.

Previously, I had always wondered about those folks who could run a race and maintain a meaningful conversation all in the same breath. I was of the opinion that anyone who could do so was undoubtedly sandbagging it, and should sacrifice the mouth for the feet. But on this day at Soapstone I discovered that I could run just as fast and undoubtedly a lot more effortlessly, carried along by group synergy to my personal "10 minute faster than..." goal. Plus, I didn't get lost.

This latter fact had less to do with skill than with the new pine tree logoed Shenipsit Strider flags.



No longer did we have to compete with renegade markings or fill in the gaps between downed paint-spattered pine trees.

*Into the woods  
And down the dell,  
The path is straight,  
I know it well.  
Into the woods,  
And who can tell  
What's waiting on the journey?*

Stephen Sondheim

*Laura Clark*

Trail Running News...  
Published by the Western Mass Athletic Club  
Adams, Massachusetts

Volume 19 .... Issue 3 .... Late Summer .... 2013



Woman's winner Kristina Folcik receives her trophy from Deb Livingston at the 2013 Soapstone MT. Trail Races



Overall winner Matt Shamey gets his trophy also at Soapstone.

*photos by Scott Livingston*

**Trail Trivia:**

The first aid station in the Greylock Half-Marathon is on the top of the mountain, behind Bascom Lodge, and is set-up in front of a building that houses a TV relay station. Do you know the stations name? It's on the sign attached to the building. Did you notice it?

- A: WGRB
- B: WCDC
- C: WMNB
- D: WXYZ

## Steel Rail Half-Marathon

Lanesborough to Adams, MA ... May 19, 2013

Ashuwillticook Rail Trail

Flat rail trail along Cheshire Lake and the Hoosic River.

Club members and other familiar names:

<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>
1 MARK RABASCO	M18	MA	1:14:21
2 IVAN CORDERO	M 26	MA	1:15:58
3 TIM MAHONEY	M33	MA	1:16:32
8 DAVID WILSON	M51	MA	1:25:36
9 JAMES MCMAHON	M28	MA	1:25:40
10 JOHN DRIVER	M16	MA	1:26:16
14 JIM PREITE	M49	MA	1:28:07
19 LOGAN WILSON	M 18	MA	1:29:15
23 PAUL GAGE	M42	MA	1:29:58
30 <u>MEAGAN ANELLO 1<sup>st</sup> F</u>	F28	MA	1:31:57
38 STEVE ST. CLAIR	M55	MA	1:33:10
39 JOSHUA MORAN	M31	MA	1:33:21
41 DYLAN QUINN	M15	MA	1:33:45
47 JOE GWOZDZ	M58	MA	1:35:02
48 <u>AMANDA CHILSON</u>	F 30	MA	1:35:05
63 DANIEL POTVIN	M48	VT	1:38:46
81 <u>CARMEL KUSHI</u>	F44	MA	1:41:17
82 MIKE PYTKO	M57	MA	1:41:26
84 <u>ELIZABETH ST. CLAIR</u>	F54	MA	1:41:29
97 SCOTT BRADLEY	M58	MA	1:43:27
105 <u>GRETA FACCHETTI</u>	F36	MA	1:44:04
106 JEFFREY PARKMAN	M65	MA	1:44:07
134 <u>JANICE COOK DRIVER</u>	F65	MA	1:47:57
159 JAMES HARTWIG	M33	MA	1:50:02
160 NORMAN RICHARDSON	M50	MA	1:50:02
164 <u>JODIE LAHEY</u>	F34	MA	1:51:06
170 <u>DIANE PYTKO</u>	F56	MA	1:51:30
179 <u>GISELLE GWOZDZ</u>	F32	MA	1:52:45
201 <u>LAURA BARAN</u>	F42	MA	1:55:17
208 TIM DRAKE	M53	MA	1:56:01
214 JAMES ALIBOZEK	M48	MA	1:56:24
215 AUSTIN ALIBOZEK	M21	MA	1:56:24
229 JOSEPH MELILLO	M25	MA	1:57:28
241 <u>HELEN CURTIN-COTY</u>	F44	MA	1:59:53
246 BILL DONOVAN	M58	MA	2:00:40
248 STEPHEN RONDEAU	M55	MA	2:00:57
282 JOHN ALDRICH	M53	MA	2:04:09
296 <u>CLAUDINE PREITE</u>	F46	MA	2:05:59
309 <u>PAIGE LAWSON</u>	F47	MA	2:08:19
310 ERIC WHITE	M72	MA	2:08:23
313 <u>JESSICA WILLIS</u>	F45	MA	2:08:54
342 <u>JAMIE LAHEY</u>	F36	MA	2:11:41
358 <u>DEBRA ALIBOZEK</u>	F45	MA	2:14:08
378 <u>KRIS MALONEY</u>	F54	MA	2:16:11
390 <u>LAURIE RONDEAU</u>	F54	MA	2:19:05
394 <u>JULIE GARDNER</u>	F41	MA	2:20:21
414 <u>KARIN BRADLEY</u>	F56	MA	2:28:06
446 DENNIS DESNOYERS	M43	MA	2:39:47
470 <u>BRENDA HARING</u>	F41	MA	3:08:10

470 finishers. Complete results at .....

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

Newspaper story at.....

[http://www.berkshireagle.com/ci\\_23280146/pittsfields-mark-rabasco-wins-first-steel-rail-half](http://www.berkshireagle.com/ci_23280146/pittsfields-mark-rabasco-wins-first-steel-rail-half)

## Hills, Baby!

On a Sat – Sun in May 2013 I was on th go and up and down th hills. Left New London CT. early Sat. morn on my way north to New Salem, MA. For th Rabbit Run. Course leaves th Green descending to old poorly-paved to all non-paved single lane dirt-stony thru th woods. Soon everybody else was out of sight, with silence behind. Wonderful place to be runnin along best I could.

Gently rolling til a right turn to all uphill, forever up-up-up from there. Slow goin, but in awhile I spotted a guy walking. Certainly slow goin, yet I seemed to be gaining on him. Just past th water stop – they warned me of th upcoming long super-special steep hill- I pulled aside, we exchanged greetings etc., didn't meet again. I finally made it back to th Green so now am th oldest to've done th Rabbit Run.

I rested, relaxed and enjoyed my time at my sister-and-family's place in Greenfield, MA. til early Sunday. Then more hills, Baby. Well before 7:00 I park on Stark Mtn Rd just off Rt. 112 some 50 yds below th MA-VT border. With a gel in each sock I headed north less than a mile to Stowe Mtn Rd's two miles of up-up-up on non-paved but hard - packed surface, soaking in th quiet of adjacent woods, hiking th tuffest parts. Glad I chose my "88 Amherst shirt instead of my jacket because it wasn't cold for long. Up top it's a not easy, scenic-still, same-surface rolling road over to Stark Mtn Rd. A perfectly enjoyable down-down-down mile returned me to th car where feeling so good I added on a little extra. Only encountered 3 vehicles while covering six and a half miles of totally non-flat country roads after leaving Rt. 112. Just me in th hills, Baby!

*Dick Hoch*

## What Was I Thinking?

Altho my clock sounded and I rose b4 4:00 am on Sunday June 16, I didn't leave for Greylock to th north until 6:13..... (??) I so enjoy th drive fm Northampton on up; arrived just b4 9. I so enjoy MORE meeting friends I've made in many years of trailrunning. Scott L. thanx for recognizing me & "saying Hi." KK thanx for wearing that BRITE green shirt enabling me to see you at least for awhile until you pulled away in th woods following th bridge & short steep. Yes folks, usually "bringing up th rear" KK – on this day – pulled away! With wonderfully quiet shaded surroundings I continued on th well-marked trail runnin, stumbling and hiking too, eventually returning to th Glen cheered in like everybody is. ☺ Fueling up with hot dog, donut & OJ, I heard Scott B. call my name. You know it's been sed / said that an important factor of life is .... showin up. Being th only 70+ guy to show up and complete th (short course) race, I received ..... strawberries! Oh boy, I love 'm. ☺

P. S. Altho Bob M. – due to reach 7-0 this fall – didn't see me running along RT.9 like he did last father's day, this ol fool (me) did it again, only in New London b4 starting th drive to Greylock. Good Grief, what was I thinking!!

*Dick Hoch*

## Nipmuck South Trail Race

14 Miles ...Mansfield, CT

6 / 30 / 13

*A Future Grand Tree Series Race*

Sunny - Hot - Humid ... Upper 80's

WMAC members in bold:

<u>Name</u>	<u>Time</u>	<u>Age</u>	<u>ST.</u>
1 Ned Kennedy	1:56:31.28	M54	CT
2 Andy Scott	2:00:26.45	M22	MA
3 Eric Wyzga	2:01:51.81	M37	RI
4 Dan Britton	2:03:30.51	M31	CT
5 Derek Jakoboski	2:06:02.23	M26	RI
6 Michael Irons	2:06:14.40	M29	CT
7 Dave Merkt	2:06:51.73	M29	CT
8 Steve Nichols	2:07:42.32	M43	CT
9 Patrick Quinn	2:08:32.22	M38	RI
10 Robert Hunt	2:09:02.65	M18	CT
11 Jeff Thompson	2:10:00.56	M32	CT
12 Jeramie Perry	2:10:20.43	M38	CT
13 Ryan Karzar	2:12:04.27	M18	CT
14 <b>Sarah Gillespie 1<sup>st</sup> F</b>	2:12:06.78	F17	CT
15 Michael Wicks	2:12:03.99	M19	CT
16 Steven Guyette	2:12:49.00	M28	CT
17 Chris Kelly	2:13:35.41	M36	CT
18 <b>Karolina Fucikova</b>	2:14:02.66	F29	CT
19 Evan Johnson	2:14:30.87	M31	CT
20 <b>Monica Roberto</b>	2:15:34.56	F43	CT
21 Scott Mason	2:17:37.43	M55	RI
22 Keith Hurley	2:18:11.45	M46	CT
23 Scott Cote	2:21:03.41	M28	CT
24 David Flagg	2:21:29.65	M39	CT
25 Mathew Gardella	2:21:37.86	M38	CT
26 Joseph Nuara	2:22:39.71	M26	CT
27 John McFarland	2:23:14.90	M48	CT
28 Cliff Collins	2:28:12.30	M53	CT
29 Donald Cottrill	2:28:18.23	M38	CT
30 Brendan Kane	2:28:15.38	M44	CT
31 Ken Forrest	2:29:15.34	M44	CT
32 Jeffrey Buske	2:30:32.77	M42	CT
33 Jay Avitable	2:31:27.22	M52	CT
34 <b>Jane Hoffmann</b>	2:34:06.47	F50	MA
35 <b>Colette Van Kerckvo</b>	2:38:01.09	F53	MA
36 <b>Michele Morcey</b>	2:39:00.05	F47	CT
37 <b>Fred Pilon</b>	2:40:02.95	M67	MA
38 <b>Will Danecki</b>	2:42:04.21	M63	CT
39 Randal Parradee	2:42:26.09	M42	MA
40 Geoffrey Fehrs	2:42:35.76	M24	CT
41 Luke Granato	2:43:38.84	M28	CT
42 Bruce Shenker	2:44:19.75	M60	NY
43 Robert Carey	2:45:48.92	M57	MA
44 Nate Strong	2:47:37.36	M39	MA
45 <b>Jill Chmielewski</b>	2:48:04.81	F37	CT
46 Thomas Dyer	2:48:41.27	M42	CT
47 <b>Celia Poirier</b>	2:49:37.45	F22	CT
48 Gary Hebert	2:52:04.12	M48	CT
49 David Sutherland	2:52:51.63	M51	CT
50 Curt Hirsch	2:55:04.70	M65	CT
51 <b>Robert Scott</b>	2:55:43.20	M59	CT
52 <b>Shannon Meserole</b>	2:57:12.90	F41	MA

53 Jim Moran	2:57:13.05	M48	MA
54 Christopher Larocco	2:58:36.08	M51	CT
55 <b>Wanda Hodsden</b>	2:58:36.10	F42	CT
56 Michael Lo Presti	2:58:36.79	M42	CT
57 Bob Segal	3:02:41.03	M60	MA
58 <b>Michele Grieves</b>	3:05:28.15	F49	MA
59 <b>Jane Patterson</b>	3:05:53.24	F42	CT
60 <b>Gayle Smith</b>	3:06:04.25	M54	CT
61 <b>Irina Cottrill</b>	3:13:44.93	F37	CT
62 James Miller	3:14:14.03	M56	MA
63 <b>Jean Miller</b>	3:14:13.62	F56	MA
64 Michael Taricani	3:16:56.48	M59	CT
65 <b>Michelle Rach</b>	3:24:48.55	F36	CT
66 Jack Fulton	3:29:03.53	M58	CT
67 John Karzar	3:32:09.18	M50	CT
68 James Miner	3:39:20.97	M64	NY
69 <b>Lindsay Olden</b>	3:39:21.07	F32	MA
70 <b>Kristen Dori</b>	3:39:51.09	F47	RI
71 Nate Brown	3:43:46.20	M45	MA
72 <b>Jennifer Tripp</b>	3:56:19.43	F43	MA
73 Steven Hall	4:04:24.92	M52	CT
74 <b>Karen McWhirt</b>	4:20:18.52	F52	CT
75 <b>Sabrina Hosmer</b>	4:54:41.47	F26	CT



Race Director Scott Edington presents Fred Pilon a medal for winning his age group at the new Nipmuck South trail race.



Runners enjoying the cookout after the race.

*photos by will*

## Nipmuck South

Wow, a brand spanking new 14 mile trail race, limited to 100 runners for this first year, and only twenty dollars to enter! It was a no brainer. Sign me up!

I didn't know it would be hot & humid come race day, but those are the risks we take this time of year in New England. Luckily for us much of the race is on mostly flat trails along the Fenton River, which helped keep us a little bit cooler during the race. Yes this is the very same river we run along in the Nipmuck Marathon, only many more miles down river from the marathon course. So much of this new course reminded me of the marathon course. The trails along the river, some of the rolling trail sections, about a mile of paved and dirt roads, including a short but steep downhill on a dirt road, which we have to come back up on the way back. Just like in the marathon.

There were a couple of sections that probably could have used a few more ribbons along the trail since the blue blazes on the trees and rocks were sometimes hard to spot. I yelled out to warn several runners who were headed in the wrong direction, and more than one runner ended up finishing on the wrong trail from the wrong direction, but overall for a first time race everything went pretty well. We're hoping that Scott the RD will hold the race again next year and become a part of the Grand Tree Trail Series.

It would be a welcome addition to the series.

*will run*



Rob Scott digs into a well deserved burger after the Nipmuck South trail race. Can you guess what's missing from this photo?

*photo by will*

Here's a hint .....



## Mystery Photos



*This was the mystery photo in the last newsletter.  
Did you know who these "Old Time" trail runners are?*

Only 2 people guessed who they were.

Both Dave Raczkowski and Bobby Worsham caught up to me at one of our trail races to tell me that they were Fred Ross from Vermont on the left and Craig Wilson from Maine on the right.

And they should know since both Dave and Bob are old time trail runners themselves!

## Mystery Photo



*Here's the mystery photo for this issue.*

**In which trail race do we run by this picnic table and pond?**

*photos by will*

## A New Yorker in the Florida “Cool Summer Mornings”

by Bob Kopac

In July my wife Lynne and I left Poughkeepsie, NY for Florida and the “2013 Cool Summer Mornings 5K Run #2, Clermont 5K Run Walk #2 by Sommer Sports”. I was not sure how they would fit that name on the race T-shirt. “Cool Summer Mornings” -- the race director certainly had a sense of humor. Besides the 5K, there was a sprint triathlon and a “super fun sprint tri”.

After signing up for the race, I read the “Is it Too Hot to Trot?” article in the July/August 2013 issue of **Florida Running & Triathlon** magazine. The talk of heat stroke and heat exhaustion made me wonder how should I train, and where could I buy SPF 451 sunscreen?

The race T-shirt featured a Statue of Liberty logo. Why use a symbol of New York? Perhaps because half the New York populace have resettled in Florida. (They run among you.) I searched Wikipedia and discovered a replica of the statue is in an Orlando park. Perhaps the race director used that copy to avoid any copyright infringement issues with litigious New Yorkers. (They sue among you.)

Race day, and there were no signs of Chantal, which had been downgraded from tropical storm to tropical wave to tropical disappearing act. Instead, it was sunny and humid – what else would it be in Florida? Thankfully the 5K started at 7:15 AM, and the tri at 7:30 AM.

Sommer Sports had advertised that the event “starts out on the rolling residential streets of Clermont, with the final two miles taking place on the flat South Lake Trail.” I overheard many runners commenting about the hills. Being a New York runner, I thought, “What hills?” They were “Florida hills” -- hill wannabes. Public service announcement: When global warming causes the Atlantic Ocean to flood Florida, the only high ground left in Florida will be Clermont and the Disney mountain range of Space Mountain, Splash Mountain, Big Thunder Mountain and the Animal Kingdom’s Expedition Everest.

There were many volunteers helping at the intersections and the 2 water stops, as well as many strategically placed police officers, so it was an extremely safe course; I wasn’t mugged. The 5K provided one course deviation temptation: I contemplated jumping into Lake Minneola at mile 2.5 as I ran along the waterfront.

The winner in a time of 17:38 was David Henderson, 34, of Scotland, a country not known for heat or humidity. Heather Schulz, 39, of Orlando, FL was the 1<sup>st</sup> female and 2<sup>nd</sup> overall in 18:33. Lynne was surprised to be 1<sup>st</sup> in the 60-64 female category in 30:23, as she does not run well in humidity. I was happy with my time of 30:06, as I had started running again just one week before the race after a 5-month hiatus, my version of tapering.

The post-race refreshments were Americana inspired, including watermelon, popcorn, ice cream, and grilled hot dogs. There was a string band, a photo op with cutouts of Barack Obama and George W. Bush, and a photo op with a young woman on stilts dressed as Uncle Sam. If she had run, she would have won with her superior stride.



Lynne & Bob Kopac with Ms. Uncle Sam

*photo courtesy of Bob Kopac*

As I looked around for a runner to interview, Naomi Perry noticed my Mid-Hudson Road Runners singlet and asked if I was from the Hudson Valley. Naomi said she originally was from New Paltz, NY before moving to Groveland, FL in 2001.

### Q: “How did you find the transition to Florida?”

Naomi: “It was a very easy transition because there are so many people here from the Northeast.” (They run among you.) “Other than getting used to the extreme humidity, it was a breeze.”

### Q: “How do you find running down here?”

Naomi: “Not bad. I worked for Disney for 7 years, and I was outside a lot, so I got used to the humidity. I haven’t worked there for a couple of years, so this race kind of killed me. This is the first summer race I’ve done. I usually run during the winter. I run on the treadmill during the summer. When October comes, I’m usually outside running and walking a lot. I usually stop running outside about May when the heat and humidity start to pick up.”

### Q: “So why did you do this race?”

Naomi: “I signed up for the whole series [of 4 Sommer Sports races] to keep in shape. I signed up for my first half marathon, which is the Disney Princess Half Marathon in February, so I have to kick it up a notch ... Much as this humidity is a killer, I’ll survive this.”

As for the race survivors, there were more triathlon finishers than 5K finishers: 297 versus 259. I realized the triathletes were the smart ones. They got to jump into the water, even if the swim was the first and not the last leg of the triathlon.

## Gambling at the Harness Track Mile

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Just coming off the starting gate, there is already an error. The Harness Track Mile is no longer, but this year it reinvented itself as the Monday Night Mile, grandslamming smack into the Turner Triple Crown trifecta race series. But really, how would *Gambling at the Monday Night Mile* sound? Rather like bookies scrambling around the outskirts of a sporting event seeking to pick up a few illicit scores.

And just who is placing bets on what? Monday is the Harness Track's dark night so obviously the drivers are out on the town making guest appearances leaving their steeds lounging peacefully in their stalls. And yes, there is continuous gambling to be had in the adjacent Saratoga Casino, but that involves mechanical partners sharing cigarette-stained air with out-of-shape humans.

While the prizes were enviable—highly polished gold, silver and bronze recycled horseshoes—it was skill, not money that would prove the deciding factor. Those of us who had participated in the old Harness Track Mile thought we had an advantage only to discover that the odds had changed. Instead of age group heats, we were presented with honesty-is-the-best-policy minutes/mile cutoffs. Meaning we had to 'fess up to our mile time, factor in the gravelly and slanted track conditions and then have the courage to circle the track in an exposed, highly visible position.

For some longer distance specialists like myself who rarely hit the pavement, much less a 5K, the warmup proved daunting. Initially, I thought I had everything figured out, placing myself in the 8:30-slower category. But then final email instructions revealed a change of plans with heats now fixed in ten minute increments. Frantic, I emailed Stryder Coach John Couch, who whipped up calculations based on wind velocity and my few and far between road 5Ks. He advised I could select either the 9:00-9:59 or 8:00-8:59 slots, the deciding factor being if I wanted to run at the front or at the back of the pack. Both positions would be highly exposed, so either way I could not be shy. As a frontrunner, I would be in harness, doing the pulling, risking possible hamstring injury. Trailing, I would at least be marginally comfortable and have the ability to pick off targets along way.

In either case, there were no guarantees. As in the Tour de France time trials, we could turn in an impressive PR, only to discover ourselves out of the money as the rounds played out. The mercurial nature of the competition ensured that relieved but still anxious finishers stuck around through the bell heat, cheering all competitors.

At the previous Monday's Camp Saratoga Trail Race, Sarah Cordts, finish line volunteer, and I decided that we were far enough removed from the classic image of the stern stop-watched gym teacher that we could risk full exposure once more. Sarah and I have had a long-term, evolving relationship. Initially, I was her library storytime Miss Laura, then her supervisor as she advanced to the teen Book Buddy program, then her college recommendation letter writer and library school mentor.

Since she has rarely raced, Sarah too, was unsure of her mile time. She fixated on the first and slowest heat while her boyfriend Russ Lidberg and I tried to build up her confidence. Eventually, we decided to gamble on heat #3, 9:00-9:59 minutes. That was fine with Sarah because after watching the first two rounds, we realized that horseshoes should really go to those few who accurately predicted their mile splits. Gamblers in the earlier legs tended to display a lack of confidence, eclipsing their expectations, but this tendency lessened as the evening advanced, ushering in the more experienced athletes.

Sarah and I were also confronted with crucial clothing issues. I elected to wear my usual skort, in sharp contrast to the streamlined track image. Sarah, who at one point was tempted by the historical costume run, sadly rejected her overly-long Great Escape Cinderella costume in favor of a skort enhanced with flounces and pleats. Pretty much everyone hesitated over proper shoe selection. Normal racing spikes were out of the question on the gravelly surface as were racing flats with very thin soles. Notably, there were no Vibram aficionados or barefooters out there. I may have been the only one wearing trail shoes, but they handled the gravel expertly.

Wish the same could be said about me. Not accustomed to a hit-the-gate running start, my legs felt awkward. Sarah and I reversed roles and she became the one encouraging me. Luckily, I had worn my Saratoga Stryder singlet and race announcer and potential auctioneer John Orsini fixated on it and launched into an extended advertisement for our club. This perked me up a bit. Our Coach John Couch positioned himself on the far straightaway and shouted us through our paces. Later, Sarah recounted that as she began to lag, it was the sound of our coach's voice that convinced her she could finish.

While I reversed the gambling trend, running slower than expected, John redeemed his calculations by pointing out that the mathematical odds assumed something more than a metronome beat. In a longer race, folks frequently comment on my steady pace, but apparently for the mile, mathematics assumed a few calculated bursts of speed. Sarah, who loves to play dress up, is thinking that next year's historical costume race might be her ticket to a horseshoe.

*Laura Clark*



*Laura Clark at the Monday Night Mile*

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## Blue Hills Skyline Trail ... 12 K

Blue Hills Reservation Ski Area

Milton MA, July 7, 2013

Club members in bold:

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>GT %</u>
1 Andy Scott	M 22	1:05:13	100.00%
2 Josh Flanagan	M 33	1:14:20	87.74%
3 Stanislav Trufanov	M 34	1:16:29	85.27%
4 Matt Picard	M 28	1:18:01	83.59%
5 Jorg Schreiber	M 50	1:18:13	83.38%
6 Marc Almanzan	M 30	1:18:24	83.18%
7 Paul Young	M 47	1:18:30	83.08%
8 Robert Perednia	M 29	1:18:42	82.87%
9 Russell Greenwald	M 35	1:19:00	82.55%
10 Gerald Rueschenpoehler	M 52	1:20:29	81.03%
11 Angelo Radano	M 30	1:21:30	80.02%
12 Ian Smith	M 28	1:21:45	79.78%
13 <b>Ted Cowles</b>	M 54	1:22:04	79.47%
14 Tom Duprey	M 49	1:22:13	79.32%
15 Michael Wade	M 44	1:22:27	79.10%
16 Geoffrey Keast	M 31	1:23:19	78.28%
17 <u>Phillippa Keast 1<sup>st</sup> F</u>	F 30	1:25:18	76.46%
18 <u>Jennifer Howland</u>	F 25	1:27:21	74.66%
19 John Gill	M 45	1:28:18	73.86%
20 Aubrey Clark	M 26	1:30:35	72.00%
21 Allan Dias	M 62	1:30:57	71.71%
22 Jeremy Fuller	M 31	1:33:08	70.03%
23 Manuel Francisco	M 53	1:33:23	69.84%
24 Dave Ulrich	M 35	1:35:50	68.05%
25 Kevin Maier	M 29	1:36:10	67.82%
26 Andy Illidge	M 46	1:36:25	67.64%
27 <u>Elizabeth Eaton</u>	F 43	1:36:49	67.36%
28 Curt Pandiscio	M 52	1:37:25	66.95%
29 Scott Ribich	M 36	1:38:38	66.12%
30 Justin Ellenton	M 39	1:40:20	65.00%
31 Dorin Neacsu	M 49	1:40:54	64.64%
32 <u>Robin Schulman</u>	F 49	1:41:02	64.55%
33 Kevin Mullen	M 55	1:41:25	64.31%
34 Matthew Schexnyder	M 38	1:44:34	62.37%
35 Sean Lessard	M 25	1:44:46	62.25%
36 <u>Sonja Glaser</u>	F 30	1:45:27	61.85%
37 Stephen Taylor	M 44	1:49:08	59.76%
38 Adam Cupples	M 39	1:49:46	59.41%
39 Spencer Pollock	M 38	1:49:46	59.41%
40 Steve Cruickshank	M 48	1:52:26	58.00%
41 William Kreamer	M 37	1:58:00	55.27%
42 John Morrison	M 54	1:59:10	54.73%
43 <u>Lori Huberman</u>	F 28	1:59:45	54.46%
44 Garrett Law	M 35	2:00:31	54.11%
45 John Loring	M 66	2:07:18	51.23%
46 <u>Pauline Connaughton</u>	F 49	2:08:24	50.79%
47 Mike Maher	M 48	2:12:00	49.41%
48 Kenny Rodgers	M 59	2:12:00	49.41%
49 Brian Hamill	M 43	2:15:21	48.18%
50 Chris Harrison	M 60	2:16:40	47.72%
51 <u>Sherisa Sterling</u>	F 60	2:37:12	41.49%
52 <u>Eileen Monyahan</u>	F 42	2:56:00	37.05%

## Cranmore Hill Climb

2013 USA Mountain Running Championship

& NACAC Mountain Championship

Cranmore Mountain Resort, North Conway NH

July 21, 2013

Senior men ran three laps, senior women and junior men ran two laps, and junior women ran one lap. Grand Tree scores were calculated based on the time a runner would have taken to run three laps at his or her pace for the number of laps actually run, a rough but functional meshing of the Mountain Running and Grand Tree Series.

Club members in bold and other familiar names:

<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1 Joseph Gray	M 29	WA	0:56:23	100.00%
2 Zachary Ornelas	M 22	MI	0:56:28	99.85%
3 Max King	M 33	OR	0:56:45	99.35%
4 Glenn Randall	M 26	CO	0:57:58	97.27%
5 Ryan Hafer	M 27	CO	0:58:11	96.91%
6 Alex Nichols	M 28	CO	0:58:17	96.74%
7 Andy Wacker	M 24	CO	0:58:44	96.00%
8 Alex Varner	M 27	CA	0:58:56	95.67%
9 David Laney	M 24	OR	0:59:30	94.76%
10 Victor Manuel Mercado	M 28	Mexico	1:01:06	92.28%
18 <u>Morgan Arritola</u>	F 27	ID	<b>0:42:31</b> - 1:03:46	88.41%
23 Jim Johnson	M 34	NH	1:04:47	87.03%
27 <b>Dave Dunham</b>	M 49	MA	1:06:21	84.98%
44 Tim Van Orden	M 45	VT	1:11:06	79.30%
58 John Dudley	M 34	MA	1:15:02	75.14%
61 <u>Kristina Folcik</u>	F 35	NH	<b>0:50:22</b> - 1:15:33	74.63%
70 Stanislav Trufanov	M 34	MA	1:17:32	72.72%
77 <u>Ashley Krause</u>	F 36	MA	<b>0:52:49</b> - 1:19:13	71.17%
78 <u>Abby Mahoney</u>	F 35	MA	<b>0:52:58</b> - 1:19:27	70.97%
89 <u>Kelsey Allen</u>	F 30	MA	<b>0:54:13</b> - 1:21:19	69.33%
92 Paul Bazanchuk	M 58	NH	1:22:45	68.14%
93 <u>Laura Campbell</u>	F 30	MA	<b>0:55:23</b> - 1:23:04	67.87%
99 <b>Ted Cowles</b>	M 54	CT	1:24:16	66.91%
128 <b>Todd Brown</b>	M 49	CT	1:29:07	63.27%
137 <u>Donna Smyth</u>	F 54	VT	<b>1:00:23</b> - 1:30:34	62.25%
153 <b>Wayne Stocker</b>	M 59	MA	1:34:44	59.52%
167 <u>Lauren Stocker</u>	F 24	ID	<b>1:05:06</b> - 1:37:39	57.74%
191 <b>William Morse</b>	M 62	MA	1:41:17	55.67%
217 <b>Thomas Parker</b>	M 48	NH	1:46:17	53.05%
233 <u>Elaine Dill</u>	F 64	MA	<b>1:14:54</b> - 1:52:21	50.19%
246 Peter Orni	M 70	MA	1:57:40	47.92%
260 Kevin Mullen	M 48	MA	2:06:02	44.74%
265 Fred Ross	M 67	VT	2:08:30	43.88%
266 <u>Laurel Shortell</u>	F 47	MA	<b>1:26:58</b> - 2:10:27	43.22%
273 Richard Mellor	M 63	NH	2:23:01	39.42%
279 <u>Hanne Heinrich</u>	F 18	NH	<b>1:49:30</b> - 5:28:30	17.16%

279 Finishers.

Complete results at ...

[http://www.coolrunning.com/results/13/nh/Jul21\\_USAMo\\_u\\_set3.shtml](http://www.coolrunning.com/results/13/nh/Jul21_USAMo_u_set3.shtml) or on the Grand Tree page at ....  
[www.runwmac.com](http://www.runwmac.com)

## Loon Mountain, July 2013

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Thanx to th nice lady who gave me th directions I've arrived at Loon Mtn Resort a bit early. B4 th start of today's (7/7) 5.5 mile mountain race I've met only Ray, Thomas, and Laurel – previously known. Laurel and I had a little chat. I found out I'd run past th house where She'd grown-up many, so many times. WOW. Race underway, I have a runner just behind me as I spot Laurel a little way ahead. Even now I'm moving th best I can so she gradually becomes out-of-sight. ☺ Shortly th guy behind passes by and I know I'm now last. Really climbing now, there's another guy not so far up there, but I'm not gaining on him.

Th climes are truly steep-and-long - - plus it's rocky with loose dirt. Plenty humid, however we get cool breezes from time to time. Oh, it's leveled-off a little and oh, this ol road is going down and oh, his lead has lessened. Here's th only muddy patch of th course, he's being very careful as am I - -right behind him. We're both silent, most likely thinking we may've "chewed off more than we can handle." This is-even tho not 100% an unusually hard course. Past th mud, into th woods, up once / wunce again and I'm losing him. From here to th summit I will not be close to him. However, we are th last pair, he is my race, I will strive to keep him in it.

When we do first attain th summit we're not done. Finally here I am wobbly-legged, th "cows tail" receiving lots of cheers, escorted toward th final loop. Looking down – down- a long green xpanse I don't see my partner-in-suffering or anyone else of course. Darn, sure wish I could take advantage now, but simply can't get it moving. ☺ I'm easing along hoping for th best, not realizing that while letting me glide awhile, this mountain course is going to demand I go back up! Sure enuf, Holy Cow: I haven't imagined anything steeper, or th steepest forever, hands above knees pushing, turtle-or snail-progress. Seems like I've been at this awhile but when I look up it looks just th same. I drop to all fours, hands & feet, hands & knees. When upright I must be careful not to fall backwards. Hey, there he is! I yearn to catch up, but I can't. I yearn to be positive yet negativity's taking hold within me.

The Q word has appeared; it's real! Now a guy is here on this mountain by my side. Do I hear his voice? "O K Buddy, I'll help you to th top. We'll get you on th sag wagon over to th gondolas to ride down. You've done a good job, but-----". "You OK? Want a gel?" "Yeh" Up and away he runs, pausing frequently for rest, up and away I stagger-crawl. Approaching th top I see another volunteer. "I'm sorry I'm so slow." No reply. Down! Incredibly, forever up, now incredibly downward on long grass, not smooth. Damn, I've got to keep my balance. What's this? He's here. The other half of today's by far slowest pair, despite th horrid descent is practically at a stand-still. I don't believe it. Another volunteer is with him. Speechless, a touch of my hand as I pass.

Appearing absolutely spent, his weak response-nonvocal- -I instantly recognize as purely genuine from 1 exhausted mountain runner who will not give up to another who has refused to quit. Th little rock-dirt rise to our finish is an oven, but I do it. In a few minutes, so does he.

*Dick Hoch*

## Loon Mountain ... 5.5 Miles

Lincoln, NH, July 7, 2013

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Club members in bold and other familiar names:

1 Eric Blake	34 M	CT	44:58
2 Josh Ferenc	31 M	VT	47:28
<b>9 Dave Dunham</b>	49 M	MA	51:27
11 Tim Van Orden	45 M	VT	52:32
23 <u>Christin Doneski</u> 1 <sup>st</sup> F	42 F	NH	57:52
30 Peter Keeney	47 M	ME	1:01:24
32 Richard Fargo	54 M	CT	1:01:41
33 <u>Kristina Folcik</u>	35 F	NH	1:01:46
46 Paul Bazanchuk	58 M	NH	1:04:42
<b>52 Debbie Livingston</b>	38 F	CT	1:05:29
62 Bob Gillis	58 M	MA	1:07:03
<b>78 Todd Brown</b>	49 M	CT	1:09:12
<b>120 Wayne Stocker</b>	59 M	MA	1:15:15
<b>219 Thomas Parker</b>	48 M	NH	1:30:07
226 <u>Elaine Dill</u>	64 F	MA	1:31:34
285 <u>Laurel Shortell</u>	47 F	MA	1:47:25
314 <b>Dick Hoch</b>	72 M	CT	2:23:38
315 Andreas Budhi	26 M	NH	2:27:07

315 finishers.... Complete results at....

[www.acidotcracing.com/LMR.html](http://www.acidotcracing.com/LMR.html)

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### *Wednesday Night Fun Runs.....*

For the summer months the fun runs will start from the parking lot at Hoosac Valley High School on Route 116 on the Adams / Cheshire line. We meet at 5:30 pm on Wednesdays and everyone is welcome to join us.

And don't forget the 38<sup>th</sup> annual MT. Greylock Road race on Labor Day. Only a \$10.00 entry fee. Sign up on race day only. See flyer in this newsletter or on the club's web page at....

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

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### **Welcome New Members**

**From Massachusetts:** Amanda Chilson -- Joshua Moran

Marc Lombard -- Kris Maloney

Laura and Stephen Rondeau -- Dylan Quinn

Greta Facchetti and Family

**Thanks for supporting the WMAC.**

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## Babesiosis

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I kind of looked for ticks after a run even after taking a shower. I've had Lyme Disease before and it's no fun. Fortunately, they got it early so it was no big deal. But I ran into something else caused by a tick, Babesiosis. I had felt flu like symptoms but I was hoping it was just the flu. I hadn't seen any ticks on me but when my pee looked like Coke I was off to the emergency room. I could not wait till Monday to see my doctor. They asked me if I had been out of the country to rule out Malaria. They diagnosed the Babesiosis so I was admitted into the hospital in late June of this year and stayed for 6 days mostly on constant IVs. The treatment is basically the same as for Malaria. It's often called the "Northeast Malaria".

One of the things they did was a blood exchange. I read online that this is what is done when the disease becomes life threatening. Gulp!

Fortunately, I got better but my blood is still weak. My doctor said it will take at least a month. I can work, run slowly on flat ground but any hills make me ache.

The disease is caused by the tick nymph which is the size of a pin head. Ain't no way I'm going to see it. The doctor told me I may have had it for a month before I felt any symptoms.

I now spray myself with insect repellent. I got myself a mosquito netting suit which I haven't quite accepted because of its dorkiness but I am paranoid about this one and have tried to be more careful. I always thought I could outrun any bug except a deerfly but I never thought a tick would do me in as bad as this one did.

My advice: Use insect repellent with DEET, and look yourself over closely. Use a mirror for places you can't see easily. You can get the bug suit from Campmor.com, item numbers 82170-A and 82171-A.



The rules have changed for me but I refuse to stay out of the woods. I have a new appreciation of getting around in them and feeling stronger day by day is a great feeling.

Slows OK, as long as I'm still kicking

*Dave Raczkowski*

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### *Answer to Trail Trivia:*

**B: WCDC** It's a satellite TV relay station for WTEN, an ABC affiliate out of Albany, New York.

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## Facing Down the Minotaur by Laura Clark

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*So put me on a highway  
And show me a sign  
And take it to the limit one more time.*

The Eagles

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At the Finger Lakes 50s *Don't Let the Cows Get Out*, trek through the National Forest and surrounding cow pastures, it is always anyone's bet whether the mudpies will be fresh or crisply toasted. Runners may be escorted by a Tour de France entourage of bovine groupies, harassed by a territorial bull or faced by their own private Minotaur. For me, this year, it was the half-bull, half-man Minotaur, lying in wait for me in the heart of the labyrinthine forest.

And how fitting. After the American Revolution, appropriated Iroquois Confederacy land was awarded to loyal soldiers. Robert Harpur, the clerk in charge of dividing the Central New York Military Tract, apparently wished to share his enthusiasm for the classics. Hence, a leisurely drive to the race site, including a few obligatory stops at local vintners and breweries, showcases the towns of Ithaca, Ovid, Ulysses and of course, Marathon. Needless to say, even out-of-town runners feel immediately at home.

Despite our own bovine preferences, private doubts, personal disclaimers and niggling injuries, we were all confronted by a common enemy: MUD. In his book, *Mud: A Military History*, C. E. Wood explores the glories of mud in all its ramifications: permanent mud, seasonal mud, random mud, fatigue-inducing mud...and the list goes on. As any cow path runner concerned with nutritional intake well knows, it does not bode well to examine any of the individual layers of brown-encrusted shoes too specifically. After a solid few weeks of rain, we all knew that MUD, like the proverbial bridge crossing troll, would exact a price, one which would deepen as the merry-go-round effect of the 16.5 mile loop took its toll.

My husband Jeff and I knew we were in trouble when we began to set up camp. We have held the same 4<sup>th</sup> of July campsite at Taughannock Falls State Park for years now and knew just what to expect. Familiarity, rather than breeding contempt, lends a layer of comfort to the pre-race ritual. But not this year. We immediately noticed a difference. First, we spotted a long, thick branch, tellingly placed parallel to the campfire and leading to a trench surrounding the only level spot suitable for tent erection. Primitive stick and stone tools were thoughtfully arranged alongside in case we wished to add to the ongoing home improvement project. This did not bode well. We could just imagine the Snoopy-esque dark and stormy nights that preceded this drainage solution.

In addition to its shoe-sucking, back wrenching qualities, as C.E. Wood aptly points out, mud can supply its own brand of miracles. Taking a header? Mud is a marvelous cushion. Worried about getting lost? That is difficult with lots of muddy footprints to follow. After all, who else but runners would be out there in such conditions?

*Continued next page:*

Facing Down the Minotaur cont:

Despite the fact that I now have two abrupt turns overly marked in my honor, I find I can always use the confidence boost! Not sure about proper foot placement? Skirt the skidmarks and you will be on relatively solid ground. Need an excuse for a less than stellar performance? Well, if it's good enough for Napoleon at Waterloo, it's good enough for me!

While the folks at the Blueberry Patch Horse Camp were out in full force, there was nary a cow to be seen. Apparently, animals have better sense and I imagine the horses would have declared a rest day too if not for their human partners.

Sadly, the only cows in evidence were our costumed Holstein Cow Team members decked out in appropriate tees and tastefully accessorized with black and white ROCKTAPE.

Unlike our initial appearance at the Bull Run 50 Miler in Virginia, where runners insisted on identifying us as the Gateway Team, folks here in cow country fired the proper synapses and recognized our true colors. How satisfying not to revert to the old animal, vegetable, mineral game!

Fortunately, the 16.5 mile loop course is a well-planned mix of dirt access roads, hilly single track, pastures and lowlands. So aka C.E. Wood we could classify our experience as sporadic rather than continual mud. When you are out there a long time, little things take on inappropriate significance, and it amused me to see how many mud chunks I could send hurling from my shoes on the drier sections. I also wrote mental letters to Hooka, commenting on their choice of white for their women's trail shoes. What were they thinking?

Although the weather pattern remained stubbornly stuck in jungle mode, there was enough forest cover and an ample supply of ice at the water stops to enable most of us to push our discomfort back into the "I'll think about it later" category. Optimistically, I was gunning for a finish time starting with the 8: digit and ending with any minute variation. I wasn't fussy. Concealed behind his tree, Minotaur snickered. I had remained stuck somewhere beyond 2011 where each loop measured 15 plus miles, conveniently misplacing the idea that our 50 K 31 mile event had expanded to a 50 K 33 mile undertaking.

But that was the least of my woes. I learned that the caution to fuel early and often wasn't just an old wives' tale. Apparently the virus I thought I had overcome the day before bounced back into position with all my jerky mud evasion tactics and for the first half of the race everytime I ate something, I got to check out the off-trail forested landscape. At the end of the first loop things finally about-faced. Mainlining Pringles, I was forced to consider my options. I was not injured and knew I could stick it out. More importantly, I would not be keeping the volunteers out there any longer than they would already as the 50 mile contingent was still going strong.

Still, campfire and barbecue were beyond tempting. But I knew if I continued I could claim ownership of the age group handcrafted cow figurine, not for speed, but for persistence, as there was no one else in my over-the-hill age category. I have

quite a cow collection and this year's particularly lithesome running version appealed to my sense of completion. But mostly, having just experienced Jennifer Pharr Davis' book ,*Called Again*, detailing her journey to achieve the overall Appalachian Trail through-hike record, I felt I needed to remain true to my intent no matter how tough the circumstances. When asked "But was it fun?" during a Q&A session, Jen paused and then replied, "I may not be having fun, but I feel a sense of joy and purpose...But even though this hike isn't easy, it is fulfilling...I guess, in the end, it is better than fun."

And my cow trophy, now proudly herding with all my other cows on our front hall table, makes me smile. I will hopefully complete the course faster in years to come, but this year's 50 K run will remain my most memorable.

Laura Clark

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### Finger Lakes 50's

25 K – 50 K – 50 Miles

July 06, 2013 - Hector, NY

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#### 25 K:

1<sup>st</sup> M Jimmy O'Dea 31 M 2:04:05  
1<sup>st</sup> F Nora McIver-Sheridan 28 F 2:17:09

#### 50 K: ( actually 33 miles )

1 <sup>st</sup> M Justin Scheid	27 M	NJ	4:16:46
1 <sup>st</sup> F <u>Elizabeth Brundige</u>	37 F	NY	5:50:41
7 <u>Sheryl Wheeler</u>	50 F	NY	6:01:00
33 <u>Will Danecki</u>	63 M	CT	7:14:59
47 <u>Rob Scott</u>	59 M	CT	7:38:02
52 <u>Lorrie Tily</u>	52 F	NY	7:52:34
61 <u>Caroline Williams</u>	51 F	VA	8:06:34
72 <u>Jim Porter</u>	53 M	NY	8:26:15
75 <u>Barbara Sorrell</u>	56 F	NY	8:30:44
83 <u>Karen Fennie</u>	53 F	NY	8:47:26
102 <u>Greg Taylor</u>	66 M	NY	10:17:23
103 <u>Laura Clark</u>	66 F	NY	11:51:32

#### 50 Miles:

1<sup>st</sup> M Adolfo Munguia 28 M NJ 6:50:25  
1<sup>st</sup> F Rene Hoover 32 F NY 9:48:57

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

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Laura Clark, along the trail in the Finger Lakes National Forest.

photo by Greg Taylor

# 37<sup>th</sup> Escarpment Trail Race .... 18.6 Miles

Windham to Haines Falls, N Y

July 28, 2013

Rain – Rain – and more Rain ... Mid 60's to Low 70's

Wet & Muddy Trails

Club members in bold:

<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>
1 Denis Mikhaylov	29 M	NJ	2:51:05
2 Ben Nephew	38 M	MA	2:58:17
3 Jamie Julia	28 M	NY	3:06:25
4 Greg Hammett	35 M	NH	3:08:26
5 Ben Nilsestuen	30 M	NY	3:16:52
6 Ray Webster	38 M	VT	3:18:39
7 Dave Vona	31 M	NY	3:20:27
8 Owen Strong	20 M	NY	3:22:25
9 Peter John Keeney	47 M	ME	3:23:45
10 Bruce Cadenhead	49 M	NY	3:25:40
11 Nicholas Thompson	38 M	NY	3:29:28
12 John Knepper	46 M	NJ	3:34:17
13 Rich Fargo	54 M	CT	3:34:53
14 Paul Young	47 M	MA	3:37:13
15 Aaron Major	34 M	NY	3:37:37
16 <u>Raina White</u> 1 <sup>st</sup> F	34 F	VT	3:42:16
17 Gerry Sullivan	38 M	NY	3:44:21
18 David Wright	28 M	NY	3:46:03
19 Jon Rodgers	31 M	PA	3:50:21
20 Josh Merlis	31 M	NY	3:55:29
21 Daniel Williams	39 M	NY	3:56:10
22 Thomas Giardino	39 M	MA	3:56:45
23 Tom De Haan	50 M	NY	3:57:41
24 Gerrit Van Loon	52 M	NY	3:57:47
25 Richard Teal	35 M	NY	3:57:52
26 Adam Burnett	40 M	ONT	3:58:00
27 Tim Collins	30 M	ONT	3:58:28
28 <u>Sheryl Wheeler</u>	50 F	NY	4:01:12
29 John Beard	49 M	NY	4:02:29
30 Jeffrey Paulson	29 M	CT	4:02:56
31 Rocco Della Serra	52 M	NJ	4:03:25
32 Donald Thurston	47 M	NY	4:05:29
33 Garry Harrington	53 M	NH	4:05:39
34 Jeffrey Andritz	32 M	NY	4:06:50
35 Paul Davey	32 M	PA	4:08:48
36 Edward Gravelle	54 M	NY	4:11:28
37 Luke Driscoll	37 M	NY	4:11:43
38 John Geesler	54 M	NY	4:11:59
39 Brian Vanderheiden	43 M	CT	4:12:26
40 Steve Faluotico	45 M	MA	4:12:43
41 Harry De Pree	40 M	Hong Kong	4:13:57
42 Cory Gregg	32 M	NY	4:15:39
43 Joshua Gregg	30 M	NY	4:15:44
44 Patrick Sheeley	44 M	NY	4:17:52
45 Tony Fletcher	49 M	NY	4:18:58
46 Leonard Huffman	39 M	NJ	4:20:05
47 <u>Heather Roberts</u>	44 F	NY	4:20:34
48 Dave Ferry	44 M	PA	4:20:42
49 <u>Laura Buckholz</u>	30 F	NY	4:20:44
50 David Hollenbaugh	44 M	NJ	4:22:17
51 <u>Michael Rayburn</u>	41 F	PA	4:23:40
52 Tim Malton	43 M	CT	4:23:54

53 Marty Callahan	46 M	NY	4:25:36
54 Gene Gugliotta	54 M	NJ	4:26:06
55 Ian Foster	36 M	VA	4:27:26
56 Chris Nowak	38 M	NY	4:28:13
57 Joel Cisne	31 M	NY	4:28:28
58 Jack Ryon	32 M	NY	4:28:44
59 Greg Aspden	40 M	ONT	4:29:04
60 Mark Youndt	47 M	NY	4:29:29
61 John Kinnicutt	50 M	NY	4:29:36
62 Michael Prukalski	51 M	MA	4:29:43
63 Addam Sentz	34 M	NY	4:29:45
64 Daniel Mulvilhill	40 M	NJ	4:29:46
65 Chris O'bara	41 M	NJ	4:30:42
66 James Kerlin	44 M	NJ	4:31:34
67 John Dixon	42 M	PA	4:31:45
68 Kenneth Davis	48 M	PA	4:32:09
69 <u>Mendy Taylor</u>	36 F	NY	4:32:22
70 Michael Ranck	62 M	PA	4:32:40
71 <u>Alanna Almstead</u>	36 F	NY	4:33:36
72 Nathan Cockrell	31 M	NY	4:33:37
73 Alexander Lorenc	31 M	CT	4:34:11
74 Jim Dunn	45 M	ME	4:34:14
75 Paul Muessig	64 M	NY	4:34:18
76 <u>Molly Macleod</u>	28 F	NY	4:34:31
77 Glenn Trimboli	51 M	NJ	4:36:17
78 Todd Mickolwin	45 M	ONT	4:37:02
79 Joshua Lader	30 M	NY	4:37:29
80 Chris Chromczak	28 M	NY	4:37:42
81 David Fernekes	55 M	NY	4:39:34
82 Andrew Gravelle	29 M	NY	4:39:41
83 Andrew Keilich	33 M	NJ	4:39:51
84 Chris Dankert	31 M	NY	4:40:26
85 Eric Dalimarta	33 M	NY	4:40:41
86 Manuel Hernandez	25 M	NJ	4:40:48
87 Adam Doig	35 M	NY	4:40:50
88 <u>Emma Raub</u>	34 F	NY	4:42:26
89 <u>Michele Hammond</u>	54 F	CT	4:43:15
90 Joseph Limone	30 M	NY	4:44:40
91 Gary Gagliardi	30 M	PA	4:46:49
92 John Scott	43 M	NY	4:47:11
93 <u>Yukiko Nishide</u>	51 F	NY	4:47:13
94 <u>Jill Danley</u>	45 F	PA	4:51:28
95 Jason Beaupre	43 M	NY	4:52:57
96 Chris Lewis	34 M	NY	4:52:59
97 Paul Fitzpatrick	58 M	NY	4:53:46
98 Bill Denehy	38 M	NY	4:53:50
99 <u>Miriam Beyer</u>	36 F	NY	4:53:52
100 Tom Gannon	56 M	NY	4:55:04
101 <u>Marcy Beard</u>	44 F	NY	4:55:12
102 Wayne Silberman	44 M	ONT	4:55:27
103 Bill Gilligan	50 M	NJ	4:55:39
104 Paul Kentor	29 M	NY	4:55:40
105 Dennis Foster	55 M	NY	4:56:19
106 Tom Brakel	51 M	NJ	4:56:40
107 Barry Lass	49 M	NJ	4:57:05
108 Jon Foster	28 M	VA	4:57:06
109 Nathan Lewis	42 M	NY	4:57:54
110 Joe Mokszycki	57 M	NY	4:58:03
111 <u>Alton Eckle</u>	31 F	NH	4:58:37

*Continued next page:*

Escarpment results cont:

112 Adam Golovizki	37 M	NY	4:59:10
113 Matt Ivan	35 M	NJ	4:59:34
114 <u>Amy Hanlon</u>	30 F	CT	5:00:01
115 Gregory Depetris	38 M	CT	5:01:06
116 Stephen Taylor	44 M	MA	5:02:06
117 Joseph Murphy	34 M	NY	5:02:34
118 Drew Anderson	44 M	NY	5:02:44
117 Joseph Murphy	34 M	NY	5:02:34
118 Drew Anderson	44 M	NY	5:02:44
119 Daniel Zambardino	33 M	NJ	5:02:57
120 Chris Gallo	36 M	NY	5:03:15
121 Tomas Geoghegan	45 M	NJ	5:03:46
122 Russell Hammond	53 M	CT	5:03:49
123 Tim Kowtko	33 M	VA	5:04:15
124 Tom Story	49 M	NY	5:05:58
125 Jeffrey Feinsod	46 M	NY	5:06:13
126 Joshua Katzman	37 M	NY	5:06:54
127 Tony Scott	50 M	NY	5:08:45
128 Benjamin Schaffer	24 M	NJ	5:09:16
129 John Paul Ouellette	59 M	CT	5:10:21
130 <u>Hilary Cloos</u>	39 F	NY	5:10:34
131 Scott Hildebrand	37 M	PA	5:10:52
132 Ryan Kiernan	32 M	VA	5:10:53
133 James Miner	64 M	NY	5:12:09
134 Mark Mulvihill	63 M	PA	5:12:19
135 <u>Zsuzsanna Carlson</u>	40 F	NJ	5:12:23
136 Eric Borg	37 M	NY	5:12:32
137 Gregory Walton	45 M	PA	5:12:35
138 Hiroyuki Nishide	52 M	NY	5:12:49
139 Andrei Aroneanu	59 M	NJ	5:12:54
140 <b>Fred Pilon</b>	67 M	MA	5:13:05
141 <u>Melissa Woods</u>	31 F	NY	5:13:21
142 Peter Abbatangelo	42 M	ONT	5:13:22
143 <u>Julia Holup</u>	25 F	NY	5:14:16
144 Steve Beach	55 M	ONT	5:14:33
145 James Maxson	41 M	PA	5:14:34
146 <b>Robert Scott</b>	59 M	CT	5:15:19
147 Ian Goepferd	42 M	WA	5:15:47
148 Christopher Post	40 M	NY	5:16:58
149 <u>Cassandra Lizza</u>	32 F	PA	5:17:43
150 Christopher Giam	53 M	NY	5:18:08
151 David Johnson	67 M	ONT	5:18:20
152 <u>Angela Capece</u>	29 F	NJ	5:18:50
153 Steve Goss	42 M	PA	5:19:20
154 David Smith	46 M	NY	5:19:27
155 <b>Bob Worsham</b>	67 M	CT	5:19:40
156 <u>Erin Rightmyer</u>	29 F	NY	5:20:18
157 Stewart Dutfield	58 M	NY	5:20:48
158 Robert Woods	48 M	NY	5:21:07
159 Tom Howe	47 M	PA	5:21:59
160 Matthias Von Reusner	46 M	NY	5:24:26
161 Steve Sansola	58 M	NY	5:24:30
162 Guillaume Dupont	38 M	NY	5:24:35
163 <u>Orly May</u>	24 F	D.C.	5:24:36
164 Seamus Hodgkinson	64 M	NY	5:24:41
165 Edward D'arcy	50 M	NY	5:24:46
166 Joe Brown	52 M	NY	5:26:18
167 Charles Greystone	58 M	CT	5:26:44
168 <u>Marie Dusault</u>	50 F	NY	5:27:15

169 Ryan White	25 M	NY	5:27:22
170 Jon Iannaccone	41 M	NJ	5:28:16
171 Frank Colella	50 M	NY	5:29:11
172 <b>Will Danecki</b>	63 M	CT	5:30:45
173 Gary Hebert	48 M	CT	5:30:46
174 <u>Ann Flower-Seyes</u>	27 F	NY	5:31:52
175 Ross Stephens	37 M	NY	5:31:55
176 Paul Hennick	62 M	ONT	5:32:03
177 <u>Barbara Mongiovi</u>	38 F	PA	5:34:42
178 Jon Meredith	46 M	NY	5:35:30
179 Bart Carrig	61 M	NY	5:37:28
180 Dennis Noskin	54 M	CT	5:38:11
181 Andrew Bein	47 M	CT	5:38:49
182 <u>Jane Whipple</u>	46 F	NJ	5:39:57
183 David Vogel	44 M	NY	5:43:18
184 <u>Iris Moore</u>	28 F	NY	5:43:19
185 Jeffrey Klemm	62 M	VA	5:44:21
186 Matt Gaul	36 M	PA	5:46:34
187 Tom Barlow	59 M	DE	5:46:57
188 Charlie Gadol	56 M	NY	5:48:24
189 Greg Foster	57 M	PA	5:52:22
190 Jeff Cooper	57 M	ONT	5:56:07
191 Jim Porter	53 M	NY	5:56:31
192 <u>Lesley Patrick</u>	36 F	NJ	5:58:06
193 Jimmy Buff	50 M	NY	5:58:08
194 <u>Jodi Richard</u>	48 F	NY	5:59:50
195 John Stanford	52 M	NY	5:59:51
196 <u>Ramonita Colon</u>	42 F	PA	5:59:59
197 <u>Christine Reynolds</u>	43 F	NY	6:00:03
198 <u>Lizz Endrich</u>	50 F	NY	6:04:24
199 Anthony Ferreri	51 M	NY	6:05:11
200 John Affronti	57 M	NY	6:05:19
201 Nick Lamando	54 M	NY	6:05:20
202 Peter Gstalder	59 M	PA	6:09:00
203 Justin Goldman	32 M	NY	6:09:01
204 Kenny Rogers	59 M	MA	6:13:44
205 <u>Barbara Sorrell</u>	56 F	NY	6:13:44
206 Ethan Cohen	22 M	NY	6:23:09
207 Michael Cohen	53 M	NY	6:23:09
208 <u>Carli Moua</u>	31 F	PA	6:24:30
209 Matthew Schneider	34 M	NY	6:24:51
210 Eric Holmberg	36 M	NY	6:24:52
211 <u>Charlene DaCenzo</u>	37 F	PA	6:25:11
212 Bob Bodkin	45 M	PA	6:27:51
213 Peter Palaitis	47 M	NJ	6:28:15
214 Ted Listokin	46 M	CT	6:30:19
215 <u>Trisha Foster</u>	35 F	VA	6:32:01
216 <u>Katelyn Vieten</u>	29 F	VA	6:32:01
217 <u>Jessica Woods</u>	27 F	NY	6:34:34
218 <u>Sue Hoger</u>	55 F	NY	6:34:51
219 <u>Ellen Kim</u>	41 F	NJ	6:38:57
220 Wesley Rolnick	25 M	NY	6:45:05
221 David Rodgers	62 M	PA	6:48:21
222 Rich Vankleeck	60 M	NY	6:48:22
223 Tom Stellato	60 M	NY	6:48:27
224 David Seche	53 M	NY	6:48:28

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For more info, articles, or an entry form go to ....  
<http://escarpmenttrail.com/>

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## Here we go again at Escarpment

Unlike the last couple of years, sunny and mild temps greeted me this year as I pulled into the campground at North / South Lake in the Catskill Mountains of New York. Once again I was hosting a pre-race spaghetti dinner at my campsite the night before the race. When everyone else finally showed up the dinner went off as planned, thanks to Karen's help once again.

Afterwards we sat around the campfire for awhile in the cool evening air before turning in early.

Up at 5:30 a.m. my friends Rob & Chris & I started our pre-race rituals of getting ready to tackle the Escarpment Trail.

The weather forecast for race day was a chance of thunder storms in the afternoon, but as if on cue the rain started around 7:00 am just as we were getting ready to drive over to the start. There was no thunder & lightning this year but except for a few lulls here and there it pretty much rained, sometimes heavy, all day and into the night.

This is a point to point race. The finish line is just around the corner from my campsite, but the start is a good 45 minute drive away. There's nothing over there but a parking area at the trail head so after we picked up our bib numbers we sat in our cars trying to and stay dry for a little while longer before lining up for the start. Because of this we didn't get to mingle much among fellow runners and catch up on the latest gossip.

This course is as rugged as they come as it is, climbing up and over many rocks and roots with steep up & down sections. The last thing we needed was another wet, muddy and slippery trail to run on. But that's just what we got again.

When we finally got going and were already soaking wet our focus soon became on just making it to the finish line.

As soon as the crowd thinned out we settled into our own pace and started climbing the first mountain. The trail was already very wet and the rocks were covered with mud in many spots from the runners who went through ahead of us. I wedged my foot between 2 rocks when I slipped in one spot about 2 1/2 miles in and that was just one of the many mishaps I had on this day. Going down the steep muddy trail from the top of the first mountain I strained my calf muscle pretty good.

It would bother me the rest of the race. I wasn't able to push off very well with that leg when we had to climb more up-hills, and a few times I had to walk some of the down-hills. Then with less than 2 miles to go, I was trying to get down a rock ledge when I slipped again and slid about 6 ft down and landed on my rear. That was very uncomfortable. But as Dick Hoch always says, "I could smell th barn from there" so I limped, hobbled and ran the best I could on to the finish. I even passed a few runners in the last mile. With less than 100 yards to go I heard footsteps behind me. As hurting as I was I sprinted as fast as I could go finishing just one second ahead of a fellow runner from CT, who surprisingly I had met in church the day before.

So it certainly wasn't one of my better runs, but I did finish in under 6 hours to qualify for next year's race.

So come next year.... here we go again.

*will run*

## People's Forest ... 7 Mile Trail Run

Barkhamsted CT. .... August 3, 2013

WMAC members in bold:

<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1 Dave Merkt	M 29	CT	54:08	100.00%
2 Stanislav Trufanov	M 34	MA	55:27	97.63%
3 Brendan Shields	M 29	MA	57:59	93.36%
4 Sam Baum	M 26	CT	58:06	93.17%
5 Mic Medeska	M 31	CT	59:41	90.70%
6 Miraslav Tashev	M 50	MA	1:00:39	89.26%
7 Alexander Lorenc	M 31	CT	1:01:03	88.67%
8 <b>Ted Cowles</b>	M 54	CT	1:01:15	88.38%
9 Vincent Zito	M 41	CT	1:01:42	87.74%
10 <u>Alex Jospe</u> <b>1<sup>st</sup> F</b>	F 29	MA	1:03:12	85.65%
11 Matt Kinnaman	M 53	MA	1:03:21	85.45%
12 Eric Wyzga	M 38	RI	1:04:33	83.86%
13 Ben Kimball	M 41	MA	1:04:36	83.80%
14 <u>Lauren Ross</u>	F 22	CT	1:04:59	83.30%
15 <u>Kristin Hassig</u>	F 25	CT	1:05:02	83.24%
16 Joe Stearn	M 27	MA	1:05:23	82.79%
17 Ken Willson	M 51	MA	1:08:20	79.22%
18 Andrew Meisler	M 49	CT	1:09:56	77.41%
19 Kevine Tessier	M 46	CT	1:10:13	77.10%
20 Dorin Neacsu	M 49	MA	1:11:35	75.62%
21 Tim Northrop	M 49	CT	1:12:41	74.48%
22 David Sutherland	M 57	CT	1:12:56	74.22%
23 Lawrence LaRose	M 49	NY	1:13:46	73.39%
24 Paul Baldini	M 41	CT	1:14:30	72.66%
25 Mike Dane	M 37	CT	1:14:46	72.40%
26 Chas Greystone	M 58	CT	1:16:20	70.92%
27 Stuart King	M 52	CT	1:16:32	70.73%
28 Dan Hall	M 57	CT	1:16:37	70.66%
29 Michael Gilbert	M 51	CT	1:17:28	69.88%
30 Norm Cormier	M 59	CT	1:17:35	69.78%
31 Bill Metzger	M 57	CT	1:17:35	69.78%
32 <u>Zan Armstrong</u>	F 31	MA	1:18:26	69.02%
33 <u>Abby Doolittle</u>	F 58	CT	1:18:33	68.92%
34 <b>Vic LaPort</b>	M 73	MA	1:18:44	68.76%
35 Phil Bricker	M 59	MA	1:19:23	68.19%
36 Bob Segal	M 60	MA	1:19:31	68.08%
37 Robert Schaff	M 48	CT	1:19:36	68.01%
38 Alan Cabot	M 58	MA	1:19:44	67.89%
39 <u>Alexandra Ross</u>	F 13	CT	1:20:31	67.23%
40 George Walker	M 70	CT	1:20:40	67.11%
41 <b>George Gilder</b>	M 73	MA	1:20:48	67.00%
42 <u>Michele Morcey</u>	F 47	CT	1:23:07	65.13%
43 Josh Giler	M 59	MD	1:23:08	65.12%
44 <u>Jennifer Stauffer</u>	F 32	MA	1:23:40	64.70%
45 <u>Lynette Walker</u>	F 73	CT	1:23:59	64.46%
46 Stephen Ross	M 52	CT	1:24:09	64.33%
47 Mike Callahan	M 63	CT	1:24:26	64.11%
48 <u>Kate Bonanno</u>	F 11	CT	1:28:40	61.05%
49 Tony Bonanno	M 48	CT	1:28:40	61.05%
50 <u>Kristen Dempsey</u>	F 32	NJ	1:31:02	59.47%
51 <u>Kimberly Connors</u>	F 35	CT	1:34:02	57.57%
52 Newt Wildec	M 43	CT	1:34:34	57.24%
53 <u>Sandra Fon</u>	F 55	VT	1:34:58	57.00%
54 <u>Anja Pennell</u>	F 35	CT	1:35:02	56.96%
55 <u>Ginny Chambers</u>	F 64	CT	1:39:59	54.14%
56 <u>Leigh Zlotkowski</u>	F 33	CT	1:48:23	49.95%
57 <u>Valerie Stevens</u>	F 33	MA	1:48:23	49.95%
58 Charlie Euston	M 68	CT	1:57:06	46.23%
59 <u>Tonya Tessier</u>	F 37	MA	2:14:44	40.18%
60 Matt Caisse	M 33	CT	2:14:45	40.17%
61 <u>Lee Anne Zarger</u>	F 59	CT	2:39:12	34.00%

## 2013 PEDAL & PLOD

4 mile run -- 22 mile bike

7 / 28 / 13 .... Adams, MA.

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### Club members and other familiar names:

1	Tom Keefe	32M	runner	23:36	
	Kurt Kuehnel	52 M	cyclist	1:18:32	
2	Josh Lipka	26M	ironperson	26:36 -	1:21:40
3	Kent Lemme	46M	ironperson	23:23 -	1:24:48
4	Megan Anello	30F	runner	27:46	
	Tom Allessio	59M	cyclist	1:27:03	
10	Greta Facchetti	37F	runner	32:21	
	Steve Facchetti	40M	cyclist	1:31:59	
17	Lisa Mattila	54F	runner	34:02	
	Paul Shepardson	56M	cyclist	1:36:45	
21	Logan Wilson	19M	ironperson	28:27 -	1:38:04
23	Dave Hall	50M	runner	31:04	
	Gary Moynihan	50M	cyclist	1:38:40	
29	David Wilson	51M	ironperson	28:31 -	1:41:12
36	Shiobbean Archey	46F	runner	33:52	
	Kim Morris	43F	cyclist	1:42:26	
38	Carmel Kushi	44F	runner	32:02	
	Thomas Kushi	45M	cyclist	1:43:43	
47	Scott Bradley	58M	runner	32:38	
	John Murphy	55M	cyclist	1:46:18	
64	Vincent Kirby	56M	ironperson	34:10 -	1:56:04
65	Tim Drake	53M	ironperson	35:28 -	1:56:28
73	Jodie Lahey	34M	runner	39:14	
	George Whaling	52M	cyclist	1:59:02	
76	Helen Coty-Curtin	44F	ironperson	35:12 -	2:00:28
81	Karin Bradley	56F	runner	42:30	
	Joanne Murphy	55F	cyclist	2:05:21	
88	Eric White	72M	runner	42:54	
	Jeff Parkman	65M	cyclist	2:09:31	
90	Dylan Quinn	16M	runner	30:12	
	Eileen Quinn	54F	cyclist	2:13:08	
91	Julie Gardner	42F	ironperson	44:17 -	2:16:21

92 Finishers. Complete results on the club's web page .....  
[www.runwmac.com](http://www.runwmac.com)

## Book Review Corner:

### *Boys in the Boat:*

*Nine Americans and Their Epic Quest for Gold at the 1936 Olympics,* by Daniel James Brown. Viking, 2013.

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Mention of the 1936 Hitler Olympics immediately conjures images of Jesse Owens winning US track gold in defiance of Nazi views of racial superiority, *Unbroken* hero Louis Zamperini's courageous bid in the 5,000 meters and Nazi filmmaker Leni Reifenstahl groundbreaking sports film techniques. But until I read Daniel Brown's *Boys in the Boat* I had no idea that upstart University of Washington's eight man rowing team also won gold, coming from behind to narrowly defeat the Germans and Italians.

Told mainly from the perspective of Joe Rantz, an impoverished Depression-era student, this story makes me wonder how modern day counterparts would stack up in a similar situation. While the preppy, well-heeled students confidently tried out for the team, ultimately it was the scrappy, hard-knock boys who withstood their coach's winnowing process. In comparison, today's bare-bones Hanson Running group seems to be living in the lap of luxury.

I was also a bit envious of their team experience. Sure, we have club running teams, Ragnar Relay teams and USATF teams, but we still run as individuals. I imagine the closest we come to the "in the boat" experience is during cross country, where team placement sequencing is as important as individual performance. While we runners may transcend our bodies in rare moments of perfect rhythm, only in a boat crew can you experience that "symphony of motion" as described by Washington's superb boat builder, George Yoman Pocock.

Told against the background of Depression era heartbreak and pre-World War II tension, this book also serves as a subtle history lesson as experienced through the lives and dreams of the boys in the boat.

*Reviewed by Laura Clark*

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**Sorry for the delay in getting this newsletter out.**

**Sometimes things just don't go like you hope they would.**

And while we're on the subject of the newsletter.... the club is still looking for an organized person with computer and internet skills to volunteer to take over editing and publishing this newsletter. All of this work can be done on your own computer at home. As long as it's a decent computer and not a piece of junk like I have. Much of the work is editing results, pictures, and stories to fit into the newsletter format.

Send me an email for more info if you're interested.  
Will .... [wdanecki@charter.net](mailto:wdanecki@charter.net)

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## Savoy Mountain Trail Races

August 18, 2013 .... 15.7 & 4.6 Miles

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

Mostly Overcast .... Some Breaks of Sun .... High of 75\*

WMAC members in bold:

### 15.7 Mile Results:

<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1 John Kinnee	M 34	MA	2:08:17	100.00%
2 Stanislav Trufanov	M 34	MA	2:14:09	95.63%
3 Tom Germano	M 34	NY	2:23:04	89.67%
4 Donald Pacher	M 41	MA	2:26:32	87.55%
5 Tony Bonanno	M 48	CT	2:26:40	87.47%
6 <b>Ted Cowles</b>	M 54	CT	2:27:19	87.08%
7 Miroslav Tashev	M 50	MA	2:29:06	86.04%
8 Rich Teal	M 35	NY	2:29:26	85.85%
9 <b>Rob Higley</b>	M 59	MA	2:30:22	85.31%
10 Joe Holland	M 51	NH	2:32:04	84.36%
11 Scott Patnode	M 22	MA	2:32:35	84.07%
12 Jamie Whitbeck	M 40	MA	2:33:57	83.33%
13 Brock Anello	M 34	MA	2:34:25	83.08%
14 <b>Jim Preite</b>	M 49	MA	2:37:02	81.69%
15 <b>Ned James</b>	M 58	MA	2:38:21	81.01%
16 Carl Matuszek	M 61	NY	2:39:16	80.55%
17 <b>Todd Brown</b>	M 49	CT	2:40:32	79.91%
18 Mark Staples	M 44	MA	2:40:36	79.88%
19 Michael Irons	M 29	CT	2:44:40	77.90%
20 <b>Alex Jospe 1<sup>st</sup> F</b>	F 29	MA	2:48:18	76.22%
21 Curt Pandiscio	M 52	CT	2:48:26	76.16%
22 Patrick Gee	M 48	CT	2:49:20	75.76%
23 <b>Joe Gwozdz</b>	M 58	MA	2:49:21	75.75%
24 Brian McCarthy	M 50	MA	2:51:49	74.66%
25 Addam Sentz	M 34	NY	2:52:50	74.22%
26 Ben Kimball	M 41	MA	2:55:40	73.03%
27 <b>Lola Murray</b>	F 22	MA	2:56:15	72.78%
28 <b>Katelyn Venne</b>	F 22	MA	2:56:15	72.78%
29 Joseph Sayles	M 31	MA	3:01:07	70.83%
30 <b>Donna Ruppel</b>	F 49	NY	3:02:13	70.40%
31 Mike Belcourt	M 51	CT	3:02:19	70.36%
32 Mike Williams	M 42	CT	3:03:06	70.06%
33 <b>Wayne Stocker</b>	M 59	MA	3:05:20	69.22%
34 Russell Hammond	M 53	CT	3:05:28	69.17%
35 <b>Kathy McCarthy</b>	F 54	MA	3:05:56	68.99%
36 Jason Wearley	M 32	MA	3:07:00	68.60%
37 Patrick Schorderet	M 29	MA	3:07:57	68.25%
38 Bill Longridge	M 43	MA	3:08:10	68.18%
39 Paul Guilmette	M 49	NY	3:08:48	67.95%
40 <b>Danielle Ignace</b>	F 35	MA	3:09:43	67.62%
41 <b>Fred Pilon</b>	M 67	MA	3:09:50	67.58%
42 <b>Michele Hammond</b>	F 54	CT	3:10:21	67.39%
43 John Torrone	M 36	MA	3:17:30	64.95%
44 Mark Crone	M 48	CT	3:17:41	64.89%
45 Glen Cooper	M 46	MA	3:17:41	64.89%
46 <b>Will Danecki</b>	M 63	CT	3:18:37	64.59%
47 <b>Darlene McCarthy</b>	F 50	MA	3:22:01	63.50%
48 David Cameron	M 43	MA	3:25:14	62.51%
49 <b>Vic LaPort</b>	M 73	MA	3:25:38	62.38%
50 Bruce Shenker	M 60	NY	3:25:41	62.37%
51 <b>Joe Melillo</b>	M 26	MA	3:25:42	62.36%

52 Bob Segal	M 60	MA	3:26:54	62.00%
53 <b>Juergen Reher</b>	M 63	NY	3:27:05	61.95%
54 <b>Gayle Smith</b>	M 54	CT	3:29:15	61.31%
55 <b>Karen Stone</b>	F 49	MA	3:29:15	61.31%
56 <b>Bob Worsham</b>	M 67	CT	3:31:47	60.57%
57 <b>Dan Danecki</b>	M 54	MA	3:41:37	57.89%
58 Phil Bricker	M 59	MA	3:42:37	57.63%
59 Todd Robert	M 41	MA	3:51:11	55.49%
60 Ken Walker	M 64	VT	3:57:02	54.12%
61 <b>Julia Plourde</b>	F 42	MA	3:57:30	54.01%
62 <b>William Donovan</b>	M 59	MA	3:58:44	53.73%
63 John Loring	M 66	MA	4:02:26	52.91%
64 Dave Raczkowski	M 62	CT	4:11:12	51.07%
65 <b>Sue Snyder</b>	F 59	MA	4:52:22	43.88%
66 <b>Laura Clark</b>	F 66	NY	6:12:43	34.42%

### Savoy 4.6 Mile Results:

<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>
1 Jason Kudron	M 32	CT	0:35:09
2 Ben Gee	M 18	CT	0:35:27
3 <b>Megan Anello 1<sup>st</sup> F</b>	F 28	MA	0:39:53
4 <b>Scott Bradley</b>	M 58	MA	0:41:58
5 <b>Jeffrey Parkman</b>	M 66	MA	0:43:33
6 <b>Carmel Kushi</b>	F 44	MA	0:44:15
7 Vincent Kirby	M 56	NY	0:44:20
8 Eliot Kristan	M 30	MA	0:48:16
9 <b>Jennifer Garrett</b>	F 39	MA	0:48:19
10 <b>Lisa Fydenkevez</b>	F 45	MA	0:48:35
11 anonymous runner	???	??	0:50:56
12 <b>Audrey Witter</b>	F 48	MA	0:53:56
13 <b>Dylan Quinn</b>	M 16	MA	0:54:18
14 <b>Claudine Preite</b>	F 46	MA	0:57:46
15 <b>Marty Glendon</b>	M 67	MA	1:00:06
16 <b>Heidi Lechich</b>	F 28	CT	1:00:40
17 <b>Eric White</b>	M 72	MA	1:04:56
18 James Summa	M 58	NY	1:05:12
19 <b>Bob Massaro</b>	M 69	MA	1:09:19
20 <b>Bill Glendon</b>	M 67	MA	1:09:20
21 <b>Christa Melillo</b>	F 27	MA	1:19:08
22 <b>John Aldrich</b>	M 54	MA	1:30:47
23 <b>Dick Hoch</b>	M 73	CT	1:32:32



Runners crossing the finish line at the Savoy MT. races.

## My Savoy Time

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I had a real good time at Savoy on this wonderfully comfortable August 18. My story will be of the short course and the folks I met who came for that race. Oh, I did meet-up with Bob W, Sue S, Art G, Dave R, and Will D prior to their long race.

I followed Bill G on the smooth part over to the REAL trail where away he went along with everybody else. I made my way in the woods believing I was last – no surprise. In a short while: Surprise, from behind came a gal – tardy starter – plus a guy just a ways behind her. Then all was quiet as I found it rather difficult to negotiate the narrow rooty trail. Seems like the guy was an easy-go hiker; I didn't hear him. But when some ups substantially slowed me, he appeared. I soon "ordered" him on by. Hey, that was John A taking it easy on a sore leg. I could stay with him, but just for awhile. I don't mind being alone, or being last (the cow's tail ☺). I'm happy to be able to be out here merely making forward progress; a couple years ago I was not able.

Muddied my shoes before that so-called road with those huge puddles. Who detoured around and who splashed thru?? I was looking forward to the final stretch which I thoroughly enjoyed in years past. Even though I can no longer get-to-speed, I still loved clipping along today. ☺ So with much-appreciated cheers I reached the end. Didn't see Bob M but did meet Jim and Jenn, new to Savoy? Post-race talk with Bill & Marty, Eric & Jeff, Mrs D & Jean, plus others as well.

On my drive home after Savoy, of course a break for my ice-cream cone outside the General Store on Rt. 9.

*Dick Hoch*

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Ken Swiatek serenaded us with folk songs at the Savoy MT trail races.

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Check out the [Grand Tree](#) page on the club's we-site for all the latest standings and up-dates.

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

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Ed Saharczewski (on right) stepped up to help direct the Savoy MT. trail races this year and also handled the timing for the race.

*photos by will*

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Vic LaPort finishing the Savoy race. Not only did Vic run the long race this year he also helped out as co-race director, spent most of the week before the race weed-whacking and clearing some of the trails, then marked the whole course the day before and striped the markers the next day.

Thank You Vic!

*photo by Rob Higley*

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## Training for Savoy at the Harness Track Mile

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I have almost reached the conclusion that I need to train for Savoy once more. For my first attempt in 2000, back when Savoy was a 20 miler, I practiced religiously every Sunday, circling the 4.3 mile Wilkerson Trail at the Saratoga Battlefield, relentless working my way up to a precise 20 miles. While I had notched that distance on the roads, I knew trail miles would be entirely different. That was back in the day when Savoy featured a muddy slog up to the lookout tower where Stan Tiska's water stop crew were offering water but drinking beer. After the final runner checked in, Stan would sweep the course, researching beer's effectiveness as a nutritional supplement.

As the years progressed and GPS asserted its dominance, the same route lengthened to 20.8 and the ATVs ground the trail into ruts so deep you almost needed a pulley system to extricate yourself. Eventually, an ice storm dislodged so many mud-weakened trees that the original course was in jeopardy. Together with a loyal group of trail volunteers, Martin Glendon designed an 11 mile route, featuring two laps for the long course. Those who wished could tack on the 4.5 mile short course for unofficial marathon status. By this time I had stopped training specifically for Savoy, regarding the race itself as training for ultramarathon efforts.

After my dismal performance this year, however, I am wondering if I should rethink this policy. Oh, sure, two weeks before I had strung together a Triple Crown weekend consisting of an 8.4 miler, a 15k and a 5k, followed closely by the Harness Track Mile. It is beginning to dawn on me that the Harness Track Mile is not sufficient training for a race consisting of a string of 16 miles of hilly, rough terrain.

Fortunately, I was not alone on my journey, as Art Gulliver remained a slight distance behind me. Whenever he closed in, I remembered I was still in a race and endeavored to lengthen the gap. Along the way, I rediscovered famous landmarks: the tippy rock where Barbara Sorrell and I played teeter-totter, the downhill where I raced recklessly just inches ahead of Kathleen Furilani, the boulder climb where I lost my footing. I was running with ghosts.

I was also running in the shadows of prior Savoy variations. Before the start, Darlene McCarthy and I dutifully studied the map. A lot of good it did us. We noted that the red and green Christmas-colored arrows were artfully sketched, looping craftily over, under, around and through the Savoy labyrinth. We both decided that while the map was suitable for framing, it bore little resemblance to reality. Where was the mud, the swamps, the boulders?

I, at least, should have paid more attention. While the route was amazingly well-marked and meticulously groomed by a platoon of beavers with weed whackers, I still got confused, mostly because I had no idea that 2013 presented us with yet another Savoy variation. For on the return trip, just when you begin to get complacent and think "halfway there," things began to change. I encountered the same wide dirt road, punctuated by a

huge pond with the pink ribbons seemingly leading directly through in Peter Pan walk-the-plank fashion. This time the trail veered off at the last minute, eventually leading back to the beginning section of the newly-split long trail.

In vain I scanned the horizon for the clearing where the two friendly ladies would be plying their wares from the back of their car. I listened for Art. I surreptitiously glanced over my shoulder for Art. Finally, I abandoned all pretense and about-faced. Still no Art. My tracking skills noted the presence of sneaker prints headed both ways. Whew! I figured that even if the footprints going my way were those of random hikers, I could still follow the ribbons to the juncture and take the back half of the short course home. Turns out that was exactly what I was supposed to do!

At the finish, I apologized profusely to all the folks I had kept waiting, but they were nice enough not to seem to mind. I promised to start early next year, maybe even to train properly and wishfully to cut back on all those unnecessary birthdays. Much later Barbara Sorrell, a fellow Muckette reminded me that according to our fearless leader Nipmuck Dave, "It don't matter if you're fast or slow." I smiled, ready once more to press on.

*Laura Clark*

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## Savoy MT. Trail Races Out with the Old .... In with the New

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I wasn't the only one disappointed with the turn-out at this year's Savoy races. Most of the club members who put in many hours to make this race happen were questioning if it's even worth it to continue having the race at all. I understand there were several other events going on in New England on this weekend, which may have drawn some runners away, but I can only think of a handful of people that may have gone elsewhere.

The course has been tweaked the last few years to include an absolute wonderful new trail section that takes us from Spruce Peak out to the Mohawk Trail and then back again. This new trail is very runnable most of the way going out, with some short up-hills coming back from the turn-around before we start all running again.

Gone this year was the awful Tyler Swamp super-muddy trails section that you either sloughed through the mud pits or risked the briars and poison ivy on the sides trying to go around. We now cut across another trail and pick up the regular course again further down just past the swamp.

This year's course was about 15.7 miles which many runners found to be just right for a nice romp in the woods. The weather was cool and perfect for running, and the pond was really refreshing as always for a post race dip. And I didn't have to go into the pond wearing my running shoes this year because they were mostly mud free and dry.

So I can only hope the club decides to hold the race again next year and I hope more of you show up to support it and enjoy some terrific running at Savoy.

*will run*

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# 38th Annual ... WMAC's MT. Greylock Road Race



## 8 Miles (Uphill)

Monday (Labor Day) September 2, 2013 10 a.m.  
North Adams, Massachusetts

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

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

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

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

**Course:** 8 miles on paved road to the summit of Mt. Greylock (highest peak in Massachusetts- el. 3491 ft)  
*At least 2 water stops.*

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

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

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

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

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

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

\*\*\*\*\*CUT HERE\*\*\*\*\*



## 38th Annual MT. Greylock Road Race September 2, 2013

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

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

Street \_\_\_\_\_

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

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

WMAC member? Yes NO

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

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

Signature \_\_\_\_\_

date \_\_\_\_\_

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

date \_\_\_\_\_

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## Homemade Triple Crown

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Despite the fact that series races are not a new idea—witness the Grand Tree Series, Dion Snowshoe Series and the Adirondack Runners and the Mohawk Hudson Grand Prix—it seems like these events are experiencing increasing popularity. While some require you to run a certain number of races, two local Triple Crown series require full commitment. The Hilltown Triple Crown 5K series is comprised of three Saturday races in a row, while the Turner Triple Crown selects a race each month.

But what if you like the idea of continuity, are eager to pay your own personal tribute to Saratoga 150 race track events, but cannot make every single date? While there is much to be said for playing by the book, sometimes rules can be mere guidelines and not caution-taped trail markers.

The weekend of August 3 – 4 and 5<sup>th</sup> we were faced with the dilemma of being willing trifecta candidates without the necessary scorecard as Jen Ferriss and I embraced the Triple Crown concept from the backstretch position. Meaning we were purely independent agents promoting our own personal and unheralded circuit.

Jen's cobbled together attempt included the Sunday's Indian Ladder 15K and 3.5 miler followed by Monday's Camp Saratoga. I, on the other hand, opted for the stage race approach featuring three successive days of pain: Saturday's Race the Train, Sunday's Indian Ladder 15K and Monday's Camp Saratoga.

Challenging myself to finish ahead of the North Creek Railroad Iron Horse is an exercise in futility. Rather like a hot suitor thinking he can catch and harness Rachel Alexandra. It seems almost possible on the ride to the starting post. Train is seemingly slow and travels a level path. However, the odds are heavily stacked in her favor, even for the fleetest of foot. Although Train is handicapped with return spectators, she follows a predictable route. Her challengers, however are subjected to steep summer access roads with seemingly more ups than downs. I love the fact that we are still technically running on dirt, blurring the distinction between road and trail, and I especially enjoy being able to blast the downhill without worrying about stumbling over a root or slipping on a boulder. But even when Train was older, still sporting single layered wooden cars, and I was younger, still full of optimism, I never stood a chance.

The following day, buoyancy again prevailed, but on somewhat cautionary note. I promised myself that if I failed yet again to complete the 15K Indian Ladder before the 3.5 mile post time, I would hereafter place myself in the Old Grey Mare category. Even with a record-dry trail, I came up short. To be fair though, a mud-free Indian Ladder carries its own handicaps, leaving us free to let go. With hopscotch roots, separated from each other by baby shoe length, tripping was the name of the game. I landed successfully on a narrow swatch of dirt, only to be pulled up short when the root behind me nearly pulled off my sneaker. And I had thought it was just shoe-sucking mud that would have that effect. At one point Dennis Fillmore rushed past me on a downhill as I was trudging upwards. He was bloodied and

shouted something like, "Beware the log!" Sure enough, I did discover the log he tripped over and was amazed at how fast he must have been flying not to have noticed it. Not me, however. My pace left plenty of time for warning.

The third day at Camp was not pretty. Felled by a stomach virus, I should have been home in bed. If I had been a horse, like the pampered steeds in the Vermont 100, I would have failed the medical check. If I had been a Vermont 100 runner, I would have been pulled for dehydration-induced weight loss. As it was, I ran anyway. And surprisingly, I went from feeling awful, to enjoying the race, to thinking that I may have even beaten last week's time. And I did! I won my personal bet! Jen Ferriss was similarly successful, beating her 2012 Indian Ladder 15K time and posting her third best time at Camp this year, even finding the energy for a sprint to the finish with Brian Sherman.

So what did I learn? As far as equipment, I just left gels, shoes, extra clothes in my car rather than repacking. I did, however, shift shoes, wearing more cushioned HOKAs on the road/trail and skimpier trail models on the real trails. I believe this tricked my feet into believing it was OK to run as long as the placement felt slightly different. Doing three-in-a-row could possibly be a time saver. Dedicate one weekend to racing, and then have a few intervening weeks "free."

I also learned that popular wisdom may be popular but not always so wise. I discovered that it is possible to have a credible run on tired legs with poor nutrition and hydration to boot. So there! Bring on the beer and the chips!

In a recent [www.IRunFar.com](http://www.IRunFar.com) post, Stephanie Howe comments on DOMS, or the inflammatory results of delayed onset muscle soreness. Apparently DOMS is a boon, not a curse, if your goal is to break down and build up muscle. Like a fever, it is better to just let it run its course. Unless you are in a stage race. In that case, icing, compression, massage and NSAIDs are in the anything goes just get through this category. She discovered, "It's fine to do something crazy every once in awhile...The DOMS are a normal part of life for an ultrarunner and sometimes it feels good to embrace the pain."

That's probably not normal, but again, neither are we."

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*Laura Clark*

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Trail Running News.....

Published by the Western Mass Athletic Club

Adams, Massachusetts

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

Volume 19 .... Issue 3 .... Late Summer .... 2013

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# - Tough Mother Monroe -

*No man made mud here! Mother Nature's obstacle course! Trees, rocks, roots, mountains, streams and anything else she feels like throwing at you that day!*

## WMAC's ...Monroe / Dunbar Brook Trail Races

**10.5 Miles and 2 Miles  
Sunday ... October 13, 2013 .... 10 AM**



**Monroe State Forest ... Monroe , Massachusetts**



**Fees ... 10.5 Mile \$20.00 ... 2 Mile \$ 12.00 ... before 10 / 5 / 13 ..... Race day \$25 -- \$15**

Family discount: no charge in excess of that for three people if pre-registered. ....Sorry, no refunds.

**Technical Monroe race shirt** included for first 125 registered runners, sizes are first come, first served.

Please send entry form(s) with a check for the fee made out to:  
**WMAC, P.O. Box 356, Adams, MA 01220**

Info ... Kent Lemme ... [kentlemme@netzero.net](mailto:kentlemme@netzero.net) or ... [www.runwmac.com](http://www.runwmac.com)

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Please circle which Monroe Trail Race you are entering:    2 mile       10.5 mile

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

City/Town \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_

Age \_\_\_\_\_ Sex    M / F       Entry fee \$ \_\_\_\_\_

**Official Use Only**  
**Bib # \_\_\_\_\_**

Total \$ \_\_\_\_\_       WMAC member?    Yes    No

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

Signature \_\_\_\_\_ Date \_\_\_\_\_

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

**2013 Grand Tree Series Up-Date:  
Total points and Percentages after first 10 races.**

Merrimack River through Savoy

Club members in bold:

**Total Points:**

<u>Name</u>	<u>Age</u>	<u># Races</u>	<u>Points</u>
1 Stanislav Trufanov	M34	10	851.11
2 <b>Ted Cowles</b>	M54	10	776.56
3 Tony Bonanno	M48	6	469.47
4 Curt Pandiscio	M52	6	399.92
5 Michael Wade	M44	5	373.81
6 Eric Wyzga	M38	4	326.94
7 Dorin Neacsu	M49	5	316.92
8 Carl Matuszek	M61	4	301.76
9 Stephen Granger-Bevan	M28	3	296.44
10 <b>Todd Brown</b>	M49	4	294.55
11 Jim Johnson	M35	3	279.39
12 David Sutherland	M51	4	273.23
13 Todd Bennett	M42	3	261.74
14 Keith Schmitt	M44	3	261.21
15 Ryan Welts	M32	3	256.23
16 Miroslav Tashev	M50	3	254.86
17 Donald Pacher	M41	3	252.38
18 Tom Dmukauskas	M37	3	251.42
19 <u>Kristina Folcik</u>	F35	3	246.83
20 Scott Patnode	M32	3	246.74
21 <b>Vic LaPort</b>	M73	4	244.96
22 Brock Anello	M34	3	244.71
23 Jim Nelson	M49	3	242.61
24 Alex Jospe	F29	3	237.46
25 Robert Perednia	M30	3	233.24
26 <b>Ned James</b>	M58	3	232.57
27 Dave Raczkowski	M62	5	228.91
28 Vincent Zito	M41	3	226.58
29 <u>Jennifer Howland</u>	F25	3	223.59
30 Jason Weakley	M32	3	207.33
31 Bill Longridge	M43	3	204.90
32 Jeremy Merritt	M36	3	201.55
33 <u>Katelynn Venne</u>	F22	3	201.02
34 Kevin Maier	M29	3	200.40
35 Gary Jewett	M47	3	200.39
36 <b>Wayne Stocker</b>	M59	3	197.22
37 Matt Shamey	M33	2	197.17
38 Glen Cooper	M46	3	197.16
39 Mike Williams	M42	3	196.73
40 <u>Kathy McCarthy</u>	F54	3	194.67
41 Bob Segal	M60	3	194.44
42 Justin Ellenton	M39	3	190.88
43 Joseph Sayles	M31	3	190.31
44 John Kinnee	M34	2	186.81
45 Derek Jakoboski	M26	2	186.33
46 <b>Will Danecki</b>	M63	3	183.58
47 <u>Carolyn Shreck</u>	F41	3	182.73
48 Ethan Nedeau	M40	2	180.66
49 <b>Bob Worsham</b>	M67	3	175.90
50 Josh Flanagan	M33	2	175.49
51 Mike Schreiber	M40	3	175.29
52 David Cameron	M43	3	175.12

53 Brodie Miles	M39	2	172.86
54 Tim VanOrden	M45	2	171.46
55 George Heinrichs	M25	2	170.39
56 Mike Mazzotta	M32	2	169.96
57 Richard Teal	M35	2	168.80
58 Paul Young	M47	2	168.60
59 John Dudley	M34	2	168.54
60 <b>Thom Parker</b>	M48	3	168.30
61 <b>Scott Livingston</b>	M40	2	166.74
62 Todd Walker	M46	2	166.39
63 <b>Rob Higley</b>	M59	2	164.45
64 <u>Clara Kelly</u>	F33	2	163.88
65 Timothy Connelly	M30	2	161.30
66 <u>Jennifer Ferriss</u>	F41	3	161.15
67 Rich Fargo	M54	2	158.96
68 Samuel Holcomb	M27	2	158.60
69 Nikolas Rogers	M41	2	158.46
70 Garry Harrington	M53	2	158.19
71 Joe Holland	M51	2	157.35
72 <u>Laura Clark</u>	F66	4	157.06
73 Ben Kimball	M41	2	156.83
74 Michael Irons	M29	2	156.23
75 Mic Medeska	M31	2	154.98

*Top 75 runners. Complete results on the Grand Tree page at...  
[www.runwmac.com](http://www.runwmac.com)*

**2013 Grand Tree Series: Percentage Rankings**

**Average of best 5 races:**

<u>Name</u>	<u>Age</u>	<u># Races</u>	<u>GT %</u>
1 Stanislav Trufanov	M34	10	92.82 %
2 <b>Ted Cowles</b>	M54	10	83.11 %
3 Tony Bonanno	M48	6	81.68 %
4 Michael Wade	M44	5	74.76 %
5 Curt Pandiscio	M52	6	67.91 %
6 Dorin Neacsu	M49	5	63.38 %
7 Dave Raczkowski	M62	5	45.78 %

**Average of best 4 races:**

1 Stanislav Trufanov	M34	10	94.71 %
2 <b>Ted Cowles</b>	M54	10	84.95 %
3 Tony Bonanno	M48	6	82.34 %
4 Eric Wyzga	M38	4	81.74 %
5 Michael Wade	M44	5	78.31 %
6 Carl Matuszek	M61	4	75.44 %
7 <b>Todd Brown</b>	M49	4	73.64 %
8 Curt Pandiscio	M52	6	69.02 %
9 David Sutherland	M51	4	68.31 %
10 Dorin Neacsu	M49	5	65.92 %
11 <b>Vic LaPort</b>	M73	4	61.24 %
12 Dave Raczkowski	M62	5	46.74 %
13 <u>Laura Clark</u>	F66	4	39.27 %

*Check out the Grand Tree Series page for up-dates and info.  
[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\*\*\*\*\*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

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