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

www.runwmac.com

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Seven Sisters Rocks to a New Beat

by Laura Clark

With early morning temperatures stuck at a 32 degrees tights-only slot a bare week before 7 Sisters, it is no wonder that the instant appearance of spring delivered an unprecedented hoard of last minute runners. Not to mention the record number of fully committed pre-registrants. When Jeff, Jen Ferriss and I left Saratoga Springs in the unspeakably early morning, the tulips were just asserting themselves, the lilacs were invisible and the asparagus was still ostriching in the sand. When we returned, we had red and purple tulips, lilac buds and five stalks of asparagus for supper! It was that kind of a miracle day.

Fortunately, Race Director Fred Pilon, with the urging of the DCR, switched the launching pad from the Notch Visitors Center to Amherst private parking, which not only accommodated all the vehicles needed to transport 398 starters, but eliminated the cat and mouse game crossing Route 116. I am unclear if this year's route was a bit longer or shorter since the preliminary start line from the parking lot bypassed a tiny portion of Bare Mountain (YES!) But why quibble? Apparently Google satellite had the upper hand all along. Listed for years on the WMAC Grand Tree as 12 miles, even as recently as the week before, once we crossed the finish line, the same old 12 mile course had miraculously morphed to 13. Now I know for sure I am not at all growing older and slower, it's just that our customary routes, like runner's flat feet, are being stretched into submission.

Firmly positioned in the porta pottie line and likely to stay there for a long time, Jen and I watched in amazement as an endless line of cars waited in line to enter the parking gates. Amazingly, their line was longer than ours! When our new best friend ahead of us finally made it to the front, his wife and daughter set up the perfect photo by stretching an orange marking tape in front of the pottie so he could break it on his way to his first place finish.

So, what is it like to tackle a single track two-way rocky, rooty lane punctuated by hand-over-hand rock climbs and breathtaking views of Connecticut River's Pioneer Valley? Rather like incoming. From my vantage at the back of the pack, it was a fun meet-and-greet opportunity, but for those in the thick of the action, it may have been different. In his blog, Scott Livingston speculates that the acknowledged rugged nature of this event has caused numbers to skyrocket. And with the exclusivity of the similarly strenuous Escarpment Trail Race, this is a valid point. Still, in spite of the difficulty, I have always felt this to be an accessible low-key affair, especially suited to a spring wakeup call. At my slower pace I have been passed more than once by hikers, and although embarrassing, I still felt joy that we were all enjoying nature on an equal footing. In truth, an expert hiker will not win the race, but midpack is not an impractical goal. For truth be told, the Sisters reduce most of us to extended periods of walking.

I have often thought that a fine entrepreneurial enterprise for a kid with Kool-Aid stand experience would be to set up an energy stand, charging premium prices to desperate adventurers. Even folks who should know better seem to be out of practice this early in the season. My trail friend Steve, who has done multiple Ironmans and hundred milers and really should have known better, laid out his stuff but forgot to transfer it to his car. Luckily, I had enough to spare. Along the trail, close to sweep position, my group encountered several younger, faster-looking individuals stuck on the side, pondering life in general and this race in particular. Most had stuff with them, but not the salty snacks they needed in this first warm day of spring.

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Seven Sisters cont:

My goal for this race was twofold: to beat last year's time and not to appear to be on death's door on the rock climb immediately following the turnaround. There were so many of us lined up on the trail, that just as in a cast of thousands in a road race, those toward the back could not see those in the front or even hear the signal to start. So I determined to set my watch to imaginary chip time to gain those few extra minutes that might make a difference in achieving my goal. Unfortunately, I never did figure out where the preliminary start intersected with the real start, so I never set my watch. But with a fifteen minute margin of victory it didn't much matter.

I managed to remain chipper, even when leading my small group astray. I always get disoriented on the return to the Summit House and it doesn't seem to matter if it is the old route or the new route. This time my companions and I took the scenic tour of the old route and discovered why we don't go that way anymore. And at the very end, I kept searching for the turnoff to Military Road, not realizing that while we had a new preliminary lineup start, we had the old finish. I wonder how many others got confused.

I also wonder how many noticed the delightful clumps of violets on the side of the trail. Some were so huge that at first glance they reminded me of the Bull Run's famous bluebells. And how many spotted the red columbine nestled among the basalt outcroppings of the final climb? I smiled when I saw them, for they reminded me of my Dad, who taught me that if you were in need of refreshment and broke the flowers just so, you could suck delicious nectar. Lucky for the columbine, none of the trail casualties were privy to that bit of wood lore.

I always skip the first few Grand Tree events, mostly because they require a long drive and I am still recovering from snowshoeing and its every weekend racing format. For me, the Sisters are the true harbinger of the season to come. This year, Fred did a superb job, tweaking accommodations, yet still leaving the heart and spirit of the race intact.

Laura Clark



**7 Sisters ... 13 Mile Trail Race
Amherst, MA. ... May 5, 2013**

WMAC members in bold:

<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>GT %</u>	<u>Time</u>
1 Stephen Granger-Bevan	M 28	MA	100.00%	1:51:01
2 Chris Hayhurst	M 41	NH	99.88%	1:51:10
3 Andrew McCarron	M 30	NH	96.71%	1:54:48
4 Benjamin Mears	M 24	MA	95.70%	1:56:00

5 David Herr	M 48	VT	93.49%	1:58:45
6 Tim Cote	M 37	NY	93.13%	1:59:13
7 Philip Mason	M 26	VT	92.53%	1:59:59
8 Chris Baynes	M 42	MA	91.53%	2:01:17
9 George Heinrichs	M 25	MA	90.08%	2:03:15
10 Mukunda Feldman	M 33	MA	89.25%	2:04:24
11 Josh Flanagan	M 33	MA	87.76%	2:06:31
12 Joshua Burns	M 27	NJ	87.10%	2:07:28
13 Todd Bennett	M 42	CT	86.47%	2:08:23
14 Derek Jakoboski	M 26	RI	86.33%	2:08:36
15 Ethan Nedeadu	M 40	MA	86.27%	2:08:41
16 Luc Hamel	M 45	QC	85.65%	2:09:37
17 Jerimy Arnold	M 32	MA	84.65%	2:11:09
18 Richard Kopacz	M 46	CT	83.61%	2:12:47
19 Patrick Rondeau	M 38	MA	83.30%	2:13:17
20 Richard Teal	M 35	NY	82.96%	2:13:50
21 Mike Mazzotta	M 32	MA	82.89%	2:13:56
22 Mitchell Isaacson	M 26	MA	82.67%	2:14:18
23 Brock Anello	M 34	MA	82.26%	2:14:58
24 Nate Baynes	M 25	MA	82.25%	2:14:59
25 Tom Dmukauskas	M 37	MA	82.24%	2:15:00
26 Scott Patnode	M 32	MA	82.12%	2:15:12
27 Eric Wyzga	M 37	RI	81.80%	2:15:43
28 Jonathan McCall	M 38	MA	81.58%	2:16:05
29 Nick Underwood	M 19	NY	81.23%	2:16:41
30 Timothy Connelly	M 30	MA	80.70%	2:17:34
31 Jim Nelson	M 48	CT	80.53%	2:17:52
32 Samuel Holcomb	M 27	MA	79.33%	2:19:57
33 Christopher Kusek	M 35	MA	79.20%	2:20:11
34 Jeremy Sauer	M 26	NY	79.07%	2:20:24
35 Tony Bonanno	M 47	CT	79.06%	2:20:25
36 Brian Schneider	M 29	MA	78.92%	2:20:41
37 John Babbott	M 28	CA	78.62%	2:21:12
38 Jason Sarouhan	M 35	MA	78.60%	2:21:15
39 Jeff Kasputis	M 32	MA	78.07%	2:22:13
40 Tim Seaver	M 51	VT	77.95%	2:22:26
41 Kyle Bissell	M 35	MA	77.82%	2:22:40
42 David McCarey	M 23	NY	77.39%	2:23:28
43 Brian Oldfield	M 21	NY	77.34%	2:23:33
44 Tim Lilienthal	M 34	MA	77.33%	2:23:34
45 Jeffrey Mahoney	M 31	CT	77.24%	2:23:44
46 Paul Hyry-Dermith	M 45	MA	77.06%	2:24:05
47 Rich Fargo	M 54	CT	76.60%	2:24:56
48 Chris Bauernfeind	M 42	MA	75.69%	2:26:41
49 <u>Alexandra Jospe</u> 1 st F	F 29	MA	75.59%	2:26:53
50 Ted Cowles	M 54	CT	75.42%	2:27:12
51 Matthew Zanchi	M 23	MA	75.35%	2:27:20
52 Michael Wade	M 44	NH	75.06%	2:27:55
53 <u>Clara Kelly</u>	F 33	MA	74.48%	2:29:03
54 Evan Piche	M 25	MA	74.33%	2:29:22
55 Guillaume Cabana	M 22	QC	73.98%	2:30:04
56 Michel Caron	M 45	QC	73.98%	2:30:05
57 Jon Chaffee	M 68	NH	73.88%	2:30:17
58 <u>Debbie Livingston</u>	F 38	CT	73.72%	2:30:36
59 Shaun Donegan	M 27	NY	73.46%	2:31:08
60 <u>Jennifer Adams</u>	F 26	MA	73.42%	2:31:12
61 Rick Kraics	M 37	MA	73.04%	2:32:00
62 Robert Buttermore	M 25	CT	72.31%	2:33:32
63 <u>Raina White</u>	F 34	VT	72.15%	2:33:52
64 Aaron Judge	M 33	MA	72.13%	2:33:56

Continued next page:

7 Sisters results cont:

65 Michael Prukalski	M 51	MA	72.00%	2:34:12
66 Gleb Popov	M 32	CT	71.90%	2:34:25
67 Tony Henderson	M 35	MA	71.88%	2:34:28
68 Dennis Claire	M 34	ME	71.83%	2:34:34
69 Jason Eldridge	M 40	MA	71.81%	2:34:36
70 Michael Damiano	M 48	MA	71.58%	2:35:06
71 Jeffrey Saeger	M 63	MA	71.53%	2:35:12
72 John Ferris	M 35	MA	71.16%	2:36:01
73 <u>Viktoria Koskenoja</u>	F 26	MA	70.92%	2:36:33
74 John Berryhill	M 38	MA	70.71%	2:37:00
75 David Stauffer	M 34	MA	70.69%	2:37:03
76 Robert Perednia	M 30	MA	70.29%	2:37:57
77 <u>Kelsey Battige</u>	F 26	MA	70.06%	2:38:28
78 Jason Weakley	M 32	MA	70.04%	2:38:31
79 Jake Koteen	M 32	CT	69.80%	2:39:03
80 Greg Pelican	M 54	CT	69.74%	2:39:12
81 Nick Tooker	M 34	MA	69.68%	2:39:19
82 Isaac Lello-Smith	M 16	MA	69.68%	2:39:20
83 Kristian Whitsett	M 33	MA	69.62%	2:39:28
84 Eric Nacsin	M 26	MA	69.61%	2:39:30
85 Charlie Hale	M 18	MA	69.56%	2:39:36
86 <u>Jennifer Howland</u>	F 25	MA	69.43%	2:39:55
87 Andrew Mangold	M 21	CT	69.32%	2:40:10
88 Edouard Caron Duval	M 16	QC	69.30%	2:40:12
89 Henry Hirschfeld	M 14	MA	69.27%	2:40:17
90 Nicholas Williams	M 28	MA	69.00%	2:40:54
91 Carl Matuszek	M 61	NY	68.55%	2:41:57
92 Brian Reynolds	M 44	NH	68.52%	2:42:02
93 <u>Monica Roberto</u>	F 43	CT	68.51%	2:42:03
94 Wayne Stocker	M 58	MA	68.49%	2:42:07
95 Ben Babbott	M 26	MA	68.47%	2:42:09
96 Steve Nichols	M 43	CT	68.23%	2:42:42
97 Jarrod Thompson	M 34	MA	68.11%	2:43:00
98 Stephen Forrest	M 49	MA	68.08%	2:43:04
99 Kani Brown	M 28	MA	68.02%	2:43:13
100 Jamie Whitbeck	M 39	MA	67.99%	2:43:18
101 Chris Fox	M 38	NH	67.91%	2:43:30
102 Kevan Hauver	M 38	RI	67.76%	2:43:50
103 Andrew Foster	M 44	MA	67.67%	2:44:04
104 <u>Sue Fleming</u>	F 43	CT	67.42%	2:44:40
105 Bill Longridge	M 42	MA	67.29%	2:44:59
106 David Sutherland	M 51	CT	67.29%	2:45:00
107 Keith Zaltzberg	M 35	MA	67.26%	2:45:04
108 Patrick Jamieson	M 24	MA	67.25%	2:45:06
109 Jeremy Merritt	M 36	NH	67.13%	2:45:22
110 <u>Rachel Boudreau</u>	F 27	MA	67.12%	2:45:24
111 Stephen Herzog	M 47	MA	67.10%	2:45:28
112 Christopher Ollari	M 43	MA	67.02%	2:45:40
113 Richard Averill	M 31	MA	66.64%	2:46:35
114 Paul Galotti	M 29	MA	66.63%	2:46:37
115 Thomas Guggina	M 44	MA	66.49%	2:46:59
116 <u>Kathleen Wanat</u>	F 38	MA	66.44%	2:47:06
117 Ernie Buford	M 49	VT	66.40%	2:47:12
118 George Bernklau	M 29	CT	66.29%	2:47:29
119 Shawn McCabe	M 44	NH	66.28%	2:47:31
120 <u>Sarah Wood</u>	F 28	MA	66.07%	2:48:03
121 Alan Westman	M 40	MA	66.00%	2:48:13
122 Adam Kempner	M 40	MA	65.99%	2:48:14
123 Ariel Laguilles	M 34	DC	65.72%	2:48:56
124 Adil Elkalai	M 40	MA	65.71%	2:48:58

125 Angelo Radano	M 29	CT	65.65%	2:49:06
126 <u>Vanessa Holzman</u>	F 28	NY	65.52%	2:49:27
127 Jonathan Rossetti	M 30	MA	65.37%	2:49:51
128 Gary Jewett	M 47	MA	64.88%	2:51:07
129 <u>Sara Pragluski Walsh</u>	F 34	MA	64.79%	2:51:22
130 Maru Aoki	M 27	MA	64.77%	2:51:24
131 Tom Billings	M 27	MA	64.70%	2:51:35
132 Jacob Earp	M 28	CT	64.67%	2:51:40
133 Anthony Tieuli	M 40	MA	64.65%	2:51:43
134 Michael Heiden	M 37	VT	64.49%	2:52:09
135 Wayne Shurter	M 53	NY	64.10%	2:53:12
136 Eric Hale	M 36	CT	64.04%	2:53:22
137 <u>Katelynn Venne</u>	F 22	MA	63.96%	2:53:35
138 <u>Alison Hwang</u>	F 31	MA	63.86%	2:53:51
139 Jason Como	M 38	MA	63.86%	2:53:52
140 Mike Dobos, Jr.	M 18	MA	63.85%	2:53:54
141 John Koster	M 40	CT	63.75%	2:54:10
142 William Breymann	M 26	MA	63.70%	2:54:18
143 Brendan Hall	M 35	MA	63.51%	2:54:49
144 Curt Pandiscio	M 52	CT	63.46%	2:54:57
145 Andrew Gravelle	M 28	NY	63.45%	2:54:58
146 Mark Delisle	M 41	MA	63.44%	2:55:00
147 Matthew Rossetti	M 32	MA	63.41%	2:55:06
148 Damien Morvidelli	M 34	MA	63.13%	2:55:52
149 Doug Partridge	M 43	CT	63.05%	2:56:05
150 Joseph Timmins	M 37	MA	62.58%	2:57:25
151 Elliot Greenberg	M 56	MA	62.53%	2:57:33
152 <u>Michele Hammond</u>	F 54	CT	62.52%	2:57:34
153 Paul Rondeau	M 43	NH	62.33%	2:58:08
154 Kevin Maier	M 29	MA	62.16%	2:58:37
155 <u>Kristin Su</u>	F 28	MA	62.12%	2:58:44
156 Cliff Collins	M 53	CT	62.09%	2:58:49
157 Thy Hoang	M 28	CT	62.08%	2:58:50
158 David Schoenmann	M 33	MA	61.83%	2:59:34
159 Alex Lyon	M 20	MA	61.72%	2:59:52
160 <u>Kathy McCarthy</u>	F 54	MA	61.69%	2:59:58
161 Robinson Clark	M 43	NY	61.67%	3:00:02
162 Rich Sementelli	M 54	MA	61.65%	3:00:04
163 Anthony Dagnello	M 39	RI	61.55%	3:00:22
164 Vincent Zito	M 40	CT	61.49%	3:00:33
165 Josh White	M 37	VT	61.47%	3:00:36
166 Sonny Gerardi	M 39	MA	61.43%	3:00:44
167 Mark Czarnecki	M 50	CT	61.35%	3:00:58
168 Chris Abild	M 41	MA	61.29%	3:01:09
169 <u>Carly Eisley</u>	F 33	CT	61.24%	3:01:18
170 <u>Alison Criscitiello</u>	F 31	MA	61.20%	3:01:24
171 Bart Moylan	M 36	MA	61.17%	3:01:29
172 Jeff Thompson	M 32	CT	61.14%	3:01:35
173 <u>Betsy Baglow</u>	F 50	MA	60.60%	3:03:13
174 Kevin Shea	M 39	MA	60.34%	3:03:59
175 Joe Murphy	M 33	NY	60.31%	3:04:05
176 Scott Baver	M 32	MA	59.96%	3:05:09
177 Joseph Sayles	M 30	MA	59.94%	3:05:13
178 <u>Kris Gleason</u>	F 50	MA	59.84%	3:05:32
179 Addam Sentz	M 33	NY	59.83%	3:05:33
180 <u>Andrea York</u>	F 38	MA	59.83%	3:05:35
181 Glen Cooper	M 46	MA	59.82%	3:05:36
182 Brian Carriere	M 36	NH	59.81%	3:05:38
183 Richard Sugrue	M 27	MA	59.80%	3:05:39

Continued next page:

7 Sisters results cont:

184 Ed Hofmeister	M 37	MA	59.66%	3:06:05
185 Israel Diaz	M 40	MA	59.64%	3:06:10
186 Randolph Lisle	M 40	MA	59.63%	3:06:12
187 Jason Collins	M 38	MA	59.50%	3:06:35
188 Kris Murphy	M 35	MA	59.17%	3:07:37
189 Dan Gnatek	M 26	MA	59.17%	3:07:39
190 <u>Peggy Donnelly</u>	F 46	CT	59.02%	3:08:07
191 Thomas Assumma	M 29	CT	58.98%	3:08:13
192 Jeremy Sauer	M 26	NY	58.98%	3:08:15
193 Dorrin Neacsu	F 48	MA	58.96%	3:08:19
194 <u>Aime Schwartz</u>	F 26	VT	58.70%	3:09:08
195 <u>Alison Cleary</u>	F 28	RI	58.56%	3:09:35
196 Russ Phillips	M 35	MA	58.55%	3:09:37
197 Bob Haughey	M 41	MA	58.50%	3:09:46
198 Michael Wright	M 41	MA	58.38%	3:10:10
199 Brian Payne	M 40	MA	58.38%	3:10:11
200 Wesley Rolnick	M 25	NY	58.21%	3:10:43
201 Grant Ritter	M 29	MA	58.14%	3:10:58
202 Gary Hebert	M 48	CT	58.14%	3:10:58
203 Kurt Severance	M 37	MA	58.11%	3:11:04
204 Gabe Blanchet	M 21	MA	57.78%	3:12:08
205 <u>Linda Fijol</u>	F 39	MA	57.76%	3:12:13
206 Dan Darcy	M 34	MA	57.75%	3:12:15
207 Kent Stivers	M 56	CT	57.73%	3:12:18
208 Matt Lepine	M 29	MA	57.51%	3:13:04
209 Arthur Roti	M 40	CT	57.15%	3:14:15
210 Dan Wagner	M 56	MA	57.15%	3:14:17
211 Chris Crawford	M 44	MA	57.14%	3:14:18
212 David Finger	M 32	MA	57.03%	3:14:41
213 Jason Salls	M 38	MA	57.02%	3:14:43
214 Thom Parker	M 45	NH	57.01%	3:14:44
215 Robert Schulten	M 56	CT	57.00%	3:14:47
216 Timothy Moon	M 26	MA	56.87%	3:15:12
217 Jeffrey Fedor	M 50	NY	56.48%	3:16:34
218 Jeff Rondina	M 31	NY	56.48%	3:16:35
219 Dan Delannoy	M 49	CT	56.37%	3:16:57
220 <u>Lauren Mendoza</u>	F 31	MA	56.36%	3:16:58
221 Justin Ellerton	M 39	MA	56.25%	3:17:22
222 Jay Robinson	M 38	MA	56.16%	3:17:42
223 Bob Buckingham	M 52	CT	55.99%	3:18:17
224 Michael Ferrari	M 48	MA	55.94%	3:18:29
225 David Cameron	M 42	MA	55.92%	3:18:33
226 Michael McKechnie	M 38	MA	55.78%	3:19:01
227 Jeffrey Von Dauber	M 35	MA	55.73%	3:19:14
228 Kevin Skorupa	M 54	MA	55.71%	3:19:17
229 <u>Nicole Kovacs</u>	F 22	MA	55.71%	3:19:17
230 James Carroll	M 40	MA	55.53%	3:19:55
231 James Moran	M 48	MA	54.84%	3:22:27
232 <u>Shannon Meserole</u>	F 41	MA	54.84%	3:22:28
233 James McDonough	M 42	MA	54.81%	3:22:32
234 Matthew Madara	M 30	NH	54.52%	3:23:38
235 Brian Laprade	M 37	CT	54.43%	3:23:59
236 Todd Laprade	M 33	CT	54.40%	3:24:05
237 <u>Tammy Godin</u>	F 49	MA	54.39%	3:24:08
238 Peter Ouelette	M 54	MA	54.38%	3:24:09
239 <u>Laura Stevens</u>	F 23	KY	54.38%	3:24:10
240 <u>Meredith Hadley</u>	F 23	CT	54.36%	3:24:14
241 Greg Monette	M 45	MA	54.32%	3:24:23
242 Jeffery Still	M 46	MA	54.24%	3:24:41
243 Timothy Brown	M 39	MA	54.11%	3:25:11

244 Pete Westover	M 68	MA	54.10%	3:25:12
245 <u>Katie Sullivan</u>	F 35	MA	54.10%	3:25:14
246 Craig Salvini	M 44	MA	54.09%	3:25:16
247 Sean Lavoine	M 43	MA	54.04%	3:25:26
248 Nathan Davis	M 28	MA	53.97%	3:25:43
249 Wayne Chan	M 36	CT	53.90%	3:25:59
250 <u>Carolina Villarreal</u>	F 31	MA	53.86%	3:26:08
251 Sean Jennings	M 45	MA	53.84%	3:26:13
252 David Schein	M 43	MA	53.73%	3:26:37
253 <u>Ann Flower Seyse</u>	F 27	NY	53.64%	3:26:58
254 Toan Trang	M 32	CT	53.62%	3:27:03
255 Nigel Costolloe	M 48	MA	53.43%	3:27:47
256 Kenny Raposa	M 43	RI	53.41%	3:27:51
257 Derek Bushey	M 29	MA	53.40%	3:27:53
258 Stefanie Trifilo	M 28	MA	53.35%	3:28:06
259 <u>Lindsay Proventi</u>	F 37	MA	53.20%	3:28:42
260 <u>Kristi Cabot</u>	F 26	MA	53.14%	3:28:56
261 <u>Li Ling Hamady</u>	F 28	MA	53.13%	3:28:57
262 <u>Lillian Beal</u>	F 12	MA	53.13%	3:28:58
263 Adam Hakkarainen	M 44	MA	53.12%	3:29:00
264 Sean Krause	M 38	MA	52.91%	3:29:49
265 <u>Lisa Stone-Mutti</u>	F 45	MA	52.84%	3:30:06
266 Chris Gilbert	M 40	MA	52.74%	3:30:30
267 <u>Maryalice Abbott</u>	F 42	MA	52.74%	3:30:31
268 Jason Donaldson	M 38	MA	52.72%	3:30:36
269 <u>Michele Andrews</u>	F 44	MA	52.70%	3:30:39
270 Todd Sugrue	M 57	MA	52.70%	3:30:40
271 Jeff Guiel	M 46	MA	52.70%	3:30:41
272 Robert Bonazoli	M 42	MA	52.54%	3:31:18
273 <u>Laura Fusari</u>	F 33	MA	52.15%	3:32:54
274 John Kousch	M 33	MA	52.11%	3:33:04
275 Evan Breeding	M 31	MA	52.09%	3:33:07
276 <u>Lisa Pettipaw</u>	F 44	MA	52.06%	3:33:15
277 Joe DiStefano	M 28	MA	52.05%	3:33:17
278 Ken Herringdine	M 33	MA	51.93%	3:33:47
279 <u>Jen Barker</u>	F 30	MA	51.92%	3:33:49
280 Gregory Murphy	M 37	MA	51.92%	3:33:51
281 Patrick Green	M 26	MA	51.84%	3:34:10
282 <u>Jennifer Ferris</u>	F 41	NY	51.54%	3:35:24
283 Ryan McCarthy	M 37	MA	51.53%	3:35:26
284 <u>Alison Gray</u>	F 28	MA	51.43%	3:35:53
285 <u>Nicole Williamson</u>	F 26	MA	51.40%	3:36:01
286 <u>Jacquelyn Miller</u>	F 28	MA	51.38%	3:36:06
287 <u>Beth Korhonen</u>	F 26	MA	51.37%	3:36:08
288 <u>Melissa Chase</u>	F 48	NY	51.36%	3:36:09
289 <u>Carol Fisher</u>	F 60	MA	51.31%	3:36:23
290 <u>Molly Bouffard</u>	F 28	CT	51.27%	3:36:34
291 Brian Graves	M 32	MA	51.19%	3:36:53
292 Sean Burns	M 50	MA	50.97%	3:37:48
293 Scott Scheirey	M 19	CT	50.77%	3:38:40
294 Colin Kuntz	M 19	CT	50.62%	3:39:20
295 Curtis Child	M 30	MA	50.33%	3:40:34
296 Gus Iarrobino	M 48	MA	50.32%	3:40:39
297 <u>Dawn Cobak</u>	F 42	MA	50.31%	3:40:40
298 James Hartwig	M 33	MA	50.15%	3:41:22
299 <u>Pamela Houlihan</u>	F 44	MA	50.10%	3:41:36
300 Kurt Zellen	M 40	MA	50.10%	3:41:37
301 <u>Margaret Sharron</u>	F 43	MA	49.96%	3:42:14
302 David Horn	M 39	CT	49.96%	3:42:14
303 Scott Vezina	M 43	CT	49.92%	3:42:23

Continued next page:

7 Sisters results cont:

304 Richard Carpenter	M 37	CT	49.92%	3:42:24
305 <u>Cynthia Kozaczka</u>	F 36	MA	49.90%	3:42:28
306 Eric Beal	M 42	MA	49.47%	3:44:26
307 Carl Cignoni	M 62	MA	49.45%	3:44:31
308 Jack Weaver	M 57	MA	49.01%	3:46:31
309 Justin Marti	M 32	CT	48.93%	3:46:54
310 <u>Allyson Thibodeau</u>	F 31	ON	48.77%	3:47:37
311 <u>Christine Richardson</u>	F 36	MA	48.77%	3:47:39
312 <u>Pamela Guggina</u>	F 41	MA	48.77%	3:47:39
313 <u>Maureen Hughes</u>	F 24	MA	48.76%	3:47:40
314 Mark Droy	M 57	MA	48.76%	3:47:41
315 Edwin Oh	M 27	MA	48.76%	3:47:42
316 Tom Malcolm	M 56	MA	48.76%	3:47:43
317 Jovan James	M 36	MA	48.26%	3:50:03
318 <u>Jane Weakley</u>	F 30	MA	48.24%	3:50:07
319 Andrew Holloway	M 29	MA	48.23%	3:50:11
320 <u>Jill Lizotte</u>	F 35	RI	48.17%	3:50:28
321 Collin Churchill	M 58	MA	48.17%	3:50:29
322 Matthew Anderson	M 31	NJ	48.15%	3:50:35
323 Doug Weihrauch	M 44	MA	48.11%	3:50:46
324 <u>Lindsay Olden</u>	F 31	MA	47.87%	3:51:54
325 <u>Lindsay Pepin</u>	F 29	MA	47.82%	3:52:09
326 Chris Severance	M 38	NH	47.45%	3:53:59
327 <u>Catherine Lawton</u>	F 30	NH	47.43%	3:54:04
328 Frederic Ury	M 60	CT	47.36%	3:54:25
329 <u>Stephanie Seldin</u>	F 24	MA	47.35%	3:54:28
330 Eric Stawarz	M 24	MA	47.35%	3:54:29
331 Clint Reiser	M 42	MA	47.02%	3:56:07
332 Robert Collaro	M 41	MA	46.85%	3:56:58
333 <u>Heather Gannoe</u>	F 31	VT	46.66%	3:57:56
334 Geoff Hart	M 42	VT	46.66%	3:57:58
335 <u>Katya Divari</u>	F 51	MA	46.38%	3:59:23
336 <u>Melinda Vaturro</u>	F 41	MA	46.35%	3:59:32
337 <u>Erika Heilig</u>	F 42	MA	46.21%	4:00:14
338 <u>Dawn Striker</u>	F 49	MA	46.21%	4:00:16
339 Jim Courville	M 30	MA	46.06%	4:01:02
340 Heath Speckman	M 31	MA	45.98%	4:01:28
341 <u>Casey Mendrala</u>	F 24	MA	45.97%	4:01:30
342 <u>Maryalice Eckart</u>	F 48	MA	45.22%	4:05:29
343 Dennis Desnoyers	M 43	MA	45.10%	4:06:11
344 <u>Valerie Stevens</u>	F 32	MA	44.53%	4:09:21
345 <u>Sarah Keddell</u>	F 31	MA	44.22%	4:11:04
346 <u>Tara Roch</u>	F 39	MA	44.15%	4:11:28
347 <u>Lilly Meadows</u>	F 28	MA	44.00%	4:12:19
348 <u>Susan Johnson</u>	F 36	MA	43.82%	4:13:22
349 <u>Liz Avery</u>	F 35	CT	43.78%	4:13:35
350 Thor Helgason	M 51	MA	43.41%	4:15:47
351 Michael Choi	M 33	MA	43.35%	4:16:07
352 Patrick Canonica	M 64	MA	43.32%	4:16:18
353 Charles Thayer	M 68	NJ	43.30%	4:16:24
354 James Linfield	M 52	MA	42.82%	4:19:16
355 Aaron Ferguson	M 32	MA	42.57%	4:20:47
356 <u>BJ Tomlinson</u>	F 53	MA	42.50%	4:21:12
357 <u>April Stein</u>	F 61	MA	42.50%	4:21:13
358 <u>Christine Warren</u>	F 60	MA	42.49%	4:21:17
359 <u>Jayne Dubinsky</u>	F 29	MA	42.27%	4:22:38
360 Mike Dobos, Sr.	M 46	MA	42.12%	4:23:36
361 Dave Raczkowski	M 62	CT	42.11%	4:23:37
362 Stephen Klein	M 57	MA	42.10%	4:23:44
363 Ric Villarreal	M 56	CT	41.60%	4:26:51

364 <u>Kristen Jogerst</u>	F 23	VT	41.52%	4:27:25
365 Sean Mobberley	M 27	IA	41.51%	4:27:26
366 Christopher Harrison	M 60	MA	41.04%	4:30:31
367 William Kreamer	M 36	MA	40.56%	4:33:42
368 Andrew Morganelli	M 25	MA	40.40%	4:34:50
369 <u>Elizabeth Gillis</u>	F 25	MA	40.39%	4:34:52
370 Andrew Holloway	M 29	MA	39.97%	4:37:47
371 Mike McKenna	M 50	MA	39.62%	4:40:13
372 <u>Jackie Krzykowski</u>	F 29	MA	39.19%	4:43:18
373 <u>Laura Clark</u>	F 66	NY	39.18%	4:43:21
374 Jeff Godin	M 45	----	38.90%	4:45:25
375 Chris Arnold	M 39	CT	38.25%	4:50:16
376 Bryan Ricard	M 25	RI	38.05%	4:51:49
377 TJ Gordon	M 30	MA	36.99%	5:00:08
378 <u>Katherine Gordon</u>	F 30	MA	36.98%	5:00:16
379 <u>Karen Gomula</u>	F 34	MA	36.92%	5:00:42
380 <u>Jennifer Garron</u>	F 36	MA	36.92%	5:00:44
381 <u>Jodie Lahey</u>	F 34	MA	36.91%	5:00:45
382 Greg Taylor	M 66	NY	36.46%	5:04:30
383 <u>Kathleen Furlani</u>	F 64	CT	36.16%	5:07:01
384 <u>Mary Lou White</u>	F 57	CT	36.06%	5:07:53
385 <u>Gretchen Melnik</u>	F 35	MA	34.33%	5:23:24
386 Jim Ellis	M 53	MA	30.99%	5:58:16

398 starters



Ted Cowles at this year's 7 Sisters

photo by Scott Livingston

From now until October the Wednesday night fun runs will start from the parking area next to the Hoosac Valley High School on Route 116 on the Adams / Cheshire town line. Runners of all abilities are welcome. Hope to see you there!

Photos from Seven Sisters



Thom Parker hammers a downhill section at 7 Sisters.



*Curt Pandiscio working his way up at the start
(In his new Lake Waramaug Ultra's shirt).*



Veteran trail runner Michele Hammond

Photos by Scott Livingston

Dick Hoch Remembers....

Looking through OLD race results of mine (Dick Hoch), as well as ... 5 / 18 / 97, Soapstone MT.: Ken Clark 4th, Bruce Marvoneck 21st, Will-Run 39th, th Farmer 45th, Vic LaPort 46th = 1st 50-59, Dan Danecki 60th, Dave Raczowski 91st, Bob Worsham 109, Ruth Kessler 122, Me 135, Bill Friday 141.

8 / 10 / 2003 Th Dam Trailrace : 1st Ken Clark, th Farmer 7th, Nipmuck Dave 11th, Bob Worsham 17, Carol Kane 20, Me 41, John Loring 42, Rich Busa 43, Kenny Rogers 44.

11 / 17 / 85 Yale Forest Trail: Nipmuck Dave 10th.

6 / 8 / 86 Nipmuck Half-Marathon: Fred Pilon 5th, Me 12th.

9 / 28 / 97 Marlboro VT 9 mile trail: Scott Bradley 10th, Me 17th, Bill Friday 18th.

1987 NE Trailrunners Circuit Final Rankings – Stonehead Division, Total Points (Highest = 514.2)

Dave Boles 448.35, Me (Good Grief!!) 239.63, Peter Gagarin 171.82, Jerry Stage 157.4, Fred Pilon 155.68, Dave Raczowski 152.16, Fred Ross 111 148.84, Bob Dion 89.57, Jeff Parkman 78.87, Poncho Mach 73.04, Bill Glendon 66.24, Martin Glendon 65.94.

1989 NE Trailrunners Circuit Final Rankings..... (Highest = 498.92). Peter Gagarin 436.46, Paul Funch 409.78, Fred Pilon 399.37, Dave Boles 390.95, Dek Stump 383.29, Nipmuck Dave 368.08, Bob Dion 343.35, Sue Snyder 328.88, Art Gulliver 189.54, Dana Sumner 139.91, Ken Gulliver 138.8, Me 131.08.

7 / 26 / 92 Escarpment Trail ... Paul Funch 33rd, Vic LaPort 54th, Dan Danecki 56th, Kevin Simons 116, Dave Boles 125, Nipmuck Dave 126, Art Gulliver 131, Me 159.

And some more old results.....

3 / 30 / 91 Easter Rc, Willimantic, CT.

Bob Worsham age 45, 70th, Me age 50, 105th.

4 / 5 / 92 Ron HebertRc, Florence, MA.

Don Grant 20th (also 2013) Steve Roulier 33rd, Vic LaPort 36th, Gotha Swann 39th, Me 47th, (also 2013), George Bushika 48th, Dick Osgood 67th (also 2012)

5 / 3 / 97 Marlboro VT School Runs .. 10 miles and 5K

Glenn Gilligan 9th, Me 19th, 5K ... Gary Montgomery 8th, Fred Ross 111 10th.

6 / 16 / 90 Mt. Washington Rc

Dave Dunham 2nd, Mike Watson 66th, Paul Funch 159, Dave Raczowski 349, Ken Gulliver 368, Me 432, Fred Ross 439, Carlton Mendell age 68, 451, Greg Taylor 510.

5 / 90 Equinox Mt. Rc

Ken Gulliver 24th, Me 36, Fred Ross 111 42.

5 / 91 Mike Watson 22nd, Ken Gulliver 26th, Me 57th, Fred Ross 62nd.

That's all for now folks!

Dick Hoch

Mystery Photo



This was the Mystery Photo in the last issue. The clues were in the photo. Etched into the base is ... WMAC 10/7/12, the date of the Monroe Trail Race. When cleaned up this grill cooked up many hot dogs for the hungry Monroe racers in the Dunbar Brook picnic area. No one correctly guessed where it was. Actually there were no guesses at all.

Mystery Photo



Here is the mystery photo for this issue. Do you know who these 2 old time trail runners are?

They've been running trails for more than 30 years.

photos by will

Soapstone Old School Trail Half Marathon Vernon, CT. March 30, 2013

Self Timed Fun Run -- Possible Future Trail Race.

1. Godfrey A. Berger	1:41:16
2. Dave Merkt	1:43:54
3. Scott Livingston	1:53:03
3. Mike Reed	1:53:03
5. Chris Kelly	2:00:19
6. Clint Morse	2:08:47
7. "Jack"	2:10:42
8. <u>Kristina Marie Folcik</u>	2:10:43
8. Ryan Welts	2:10:43
10. Vincent Zito	2:13:59
11. Eric Hale	2:15:08
12. Dave Sutherland	2:15:45
13. Adam Lung	2:19:07
14. Casey Callahan	2:22:13
15. Hector Morera	2:22:39
16. Fred Pilon	2:34:16
17. Tom Dyer	2:40:48
18. Gary Hebert	2:41:02
19. <u>Jane Patterson</u>	2:41:47
20. Mike McDonnell	2:42:23
21. <u>Alison Cleary</u>	2:42:45
22. <u>Regina McGillivray</u>	2:42:50
23. <u>Bekkie Wright</u>	2:51:50
24. Collette	3:01:50
25. Bruce Marvonek	3:17:03
26. "Nipmuck" Dave	3:30:09

Soapstone Old School Trail 10K

1. <u>Caitie Sutherland</u>	1:29:19
1. Anthony Lend	1:29:19
2. <u>Virginia Patsun</u>	No Time (Race 10k+)

photo by Ron Starrett



Thanks to Ron Starrett & Todd Hobson for hosting this run.

Kaleidoscope Visions in Dodge's Enchanted Forest...
...Or...you never outgrow the Yellow Submarine

by Laura Clark

Once more Dodge the Deer and Chase the Chipmunk proved that in ARE's Enchanted Forest, true love can overcome all artificial boundaries and even Bully Bears can be almost tamed. While happily ever after is the expected name of the game, Dodge and Chase, in their superbly choreographed gymnastic courtship ritual, once more demonstrated that even fairy tale love matches require constant updating to remain fresh and vibrant.

Such is the case for runners. The most experienced among us can always learn something new... pick up a few pointers along the way. Even with no snow on the ground (sigh) the sun was blindingly brilliant, seemingly at eye level. A no-nonsense wind shifted kaleidoscope colors in a constantly rearranging pattern, snap shooting bits of fantasy and reality before either could seriously take hold. I had never felt so scattered before a race, tight roping a fine line between concentration and distraction.

Perhaps part of it had to do with the fact that I had only a week ago switched from snowshoeing to trail running. Coming off of a stellar snowshoe season, I had somehow fantasized that maybe this year things would carry over at least into early spring. But Alas! In one short week, I had gone from leading my group to trailing behind once more. But as my Jeff said, "You had three great months as Snowshoe Queen; all you have to do is suck it up for nine more."

But even before the race began, reality blurred. Having arrived fairly early, Jen Ferriss, Maureen Roberts and I were cornered by a grad student with survey forms. Taking pity, we agreed to fill out her questionnaire, which was obviously targeted toward highlighting the eating patterns of Dodge the Deer athletes. This was perhaps not the best venue as Dodge prefers hot dogs and burgers and obligingly distributes wedding cakes, pies and cookies for awards. Wanting to respond appropriately and honestly, we obviously read too much into the sample questions. "Do you think ahead of time about what you are going to eat?" Well, what runner doesn't plan to maximize her pre-race food intake or obsess about postrace feasts? I fondly recall sharing long runs with Pete Hettrich and Marcia Whitney where we spent the entire time trading recipes.

"Do you feel guilty after indulging?" Initially, this was a sound NO, but after Jen Ferriss downed a postrace bagel and peanut butter she worried about too much gluten since she had planned on pizza for that night's dinner. The dough was already rising, so the worry was pointless but nevertheless real. Obviously the survey was meant to uncover anorexia, but by trying to answer honestly from an athlete's perspective we skewed the results.

Moving right along....Even the customary bathroom stop was fraught with difficulty. Each stall implored, "Do not use foot to flush toilet." Well, that begs the question in any toilet with a stick-shaped flusher. When I mentioned this bit of enlightenment to Jen she was floored, thinking proper etiquette always demanded hand action. Others got involved, citing the germ-free benefit provided by sneaker action. We never did

figure out though why the toilets preferred hands rather than feet. Did desperate flushers stand on the levers and thus render the toilets incapacitated?

And don't even get into the customary pre-race dressing quandary. Snowshoeing is so simple. I wear one or two wicking garments and a windbreaker and fleece pants. No decisions. Here, while the sun was out and the temperature pretended to be forty, it felt anything but. Despite April, only a few guys were wearing shorts. Luckily, I had a leftover emergency pair of hand and foot warmers in my bag. Being a self-sacrificing individual, I awarded myself the hand warmers and let Jen struggle with plastering the adhesive foot warmers onto her hands. After all, I was the one with the foresight never to unpack my running gear.

Jen and I were excited about displaying our Stryder apparel despite the fact that we didn't seem to have a Stryder team. Rather like when I ran Bull Run and my friends and I wore cow outfits only to discover there were no team prizes, costume or otherwise. But Jen, who had insisted she was way too hot last year, illogically opted to cover her outfit with a wind jacket and yoga pants. This looked fine for our warm-up run on the assumption that she would shed layers before the start. Meaning, she looked like a homeless person with baggy, unmatched clothes and everything hanging out. After I politely pointed out this dressing failure, she defiantly removed her pants, thereby becoming perhaps the only woman in shorts. Inexplicably, she still wore her wind jacket, leaving me as the only identifiable Stryder.

Even though I failed miserably at bathroom protocol, I remained proudly on top of warm up procedures, hurdling over every mat so as not to interfere with the timing device. Until Jen pointed out that we were wearing barcoded bibs and not shoe chips. Oh well. How long have I been racing?

Then, blessedly, it was time to dispense with this nonsense and line up. For a brief moment in time, Jen and Maureen remained visible ahead; then I was on my own. I held onto two thoughts: (1) There was no snow, and (2) There were no hills to give me any slight catch-up advantage. Jen achieved a stellar performance, knocking 30 seconds off last year's time. She knew that because she made the mistake of interneting said time so she could worry about it on the drive to Dodge. I however, being more experienced, meaning more proficient at manufacturing excuses, set her mind at ease by reasoning that since Dodge got out of bed later last year, she had already had three speed workouts in the bank as opposed to only one last Wednesday. Afterwards, based on her outstanding placement, I graciously gave her permission to skip the next two in order to give the rest of us a chance to catch up.

After the awards, where numerous Stryders cooked, proving we could have had a team after all, we trudged back to greet Hazel (Jen's car). There were roughly ten cars in the parking lot and two of them were blocking our exit. Oh well. Once more on the road, we decided to take a field trip over the inviting bridge spanning the Hudson.

Continued next page:

Enchanted Forest cont:

Failing to discover the entrance and running low on gas, we gave it up for next year.

Successfully avoiding the one-way Twin Bridges construction bottleneck we took the scenic route home, keeping our eyes peeled for acceptable gas stations. Jen, insisting we probably had enough but in the same breath commenting that she didn't completely trust Hazel's gauge, was maddeningly fussy. We finally pulled into an A list station, only 10cents per gallon more expensive than the earlier options.

That evening, I wore my new Dodge tee. Sky blue in color, it featured a deer outline with the top half reflecting the sky and the bottom, the pine trees. A camouflaged kaleidoscope of distracting images, perfectly suited to the day.

Laura Clark

Dodge the Deer ... 5K Trail Run
4 / 6 / 13 Albany, NY.

1	Nick Webster	24 M	NY	0:16:42
7	<u>Chelsea Benson</u> 1 st F	30 F	NY	0:19:41
33	Jeff Clark - <i>younger</i>	55 M	NY	0:23:13
53	Tom Mack	48 M	NY	0:24:10
63	Vincent Kirby	56 M	NY	0:24:48
65	Jennifer Ferriss	41 F	NY	0:24:50
81	<u>Maureen Roberts</u>	55 F	NY	0:25:54
145	Laura Clark	66 F	NY	0:29:13
147	Jim Sheehan	60 M	NY	0:29:20
254	Greg Taylor	66 M	NY	0:39:05
271	<u>Nicole Mathisen</u>	38 F	NY	1:00:44

271 Finishers. Complete results at...
www.albanyrunningexchange.org

Rich Busa sent along an interesting article from a newsletter published by a local chiropractor's office about a new discovery involving ACL (anterior cruciate ligament) injuries.

The ACL is one of the major supporting ligaments of the knee. In other words, the ACL ligament helps keep the bones of the knee joint together. When it is torn, the knee is usually left unstable and the bones can actually separate or dislocate. When a knee is injured, an MRI is often used to help diagnose the problem. If the MRI shows a torn ACL, it has been common practice for most doctors to recommend surgery to replace the ACL with one made from the person's own patellar tendon, or hamstring tendon.

New studies show that these type of injuries can, in fact, heal itself WITHOUT surgery.

To read the complete article visit the website listed below.

<http://www.performancehealthcenter.com/wordpress/wp-content/uploads/2012/07/2013-April.pdf>

2013 Dion Snowshoe Series

Prospect MT. 5.4 Mile Snowshoe Shuffle
{for TIVO's "I Love Woodford" Party Part II}
Prospect Mountain Nordic Ski Center Woodford, VT
2 / 10 / 13

WMAC members in bold:

	<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Points</u>
01.	Greg Hammett	35M	0:50:35	100.00
02.	Dave Dunham	48M	0:51:50	97.73
03.	Tim Mahoney	31M	0:55:23	95.45
04.	Jeff Dengate	35M	0:55:33	93.18
05.	Rich Teal	35M	0:56:14	90.91
06.	Ken Clark	50M	0:56:42	88.64
07.	Brian Northan	37M	0:56:54	86.36
08.	Dan Dix	33M	0:59:24	84.09
09.	Donald Pacher	40M	1:01:31	81.82
10.	Allan Bates	64M	1:01:35	79.55
11.	Edward Alibozek	50M	1:07:29	77.27
12.	Ned James	58M	1:10:06	75.00
13.	<u>Jessica Northan</u> 1 st F	37F	1:10:54	72.73
14.	Mike Lahey	61M	1:12:54	70.45
15.	David Sutherland	50M	1:14:19	68.18
16.	<u>Sarah Dzikowicz</u>	42F	1:19:25	65.91
17.	<u>Ginny Pastin</u>	44F	1:20:10	63.64
18.	<u>Joann Lynch</u>	47F	1:20:15	61.36
19.	Jeff Hattem	61M	1:20:24	59.09
20.	<u>Jen Hammett</u>	40F	1:20:59	56.82
21.	Ed Alibozek Jr.	73M	1:23:40	54.55
22.	Pete Canzone	59M	1:23:57	52.27
23.	Denise Dion	54F	1:24:59	50.00
24.	Laura Clark	65F	1:26:07	47.73
25.	Joseph Murphy	33M	1:26:12	45.45
26.	<u>Pat Rosier</u>	54F	1:26:16	43.18
27.	Stan Serfin	55M	1:27:06	40.91
28.	Nye Corradino	16M	1:28:06	38.64
29.	Jen Ferriss	41F	1:28:37	36.36
30.	Jim Carlson	65M	1:29:56	34.09
31.	<u>Laurel Shortell</u>	46F	1:30:04	31.82
32.	Wally Lempart	67M	1:30:09	29.55
33.	Marty Glendon	66M	1:33:19	27.27
34.	Jim Sheehan	60M	1:34:07	25.00
35.	Steve Mitchell	71M	1:35:15	22.73
36.	Chris Corradino	40M	1:35:19	20.45
37.	Paul Neri	54M	1:35:25	18.18
38.	<u>Julie Gardner</u>	41F	1:35:31	15.91
39.	<u>Carol Dunsdon</u>	42F	1:38:47	13.64
40.	Bob Dion	57M	1:43:32	11.36
41.	<u>Cathy Sheehan</u>	52F	1:45:59	9.09
42.	Rich Busa	83M	1:58:52	6.82
43.	Jeff Clark - Elder	66M	2:11:13	4.55
44.	Jules Seltzer	77M	2:25:36	2.27

Trail Running News..... Published by the.....
Western Mass Athletic Club Adams, MA.
Volume 19 Issue 2 Spring 2013

Moody Spring 5.7 Mile Snowshoe Race

Dubuque State Forest Hawley, MA ... 2/17/13

WMAC members in bold:

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Points</u>
01. Tim Mahoney	33M	0:50:23	100.00
02. Tim Van Orden	44M	0:50:24	98.15
03. Ken Clark	50M	0:53:49	96.30
04. Paul Bazanchuk	58M	0:54:59	94.44
05. Robert McCarthy	45M	0:56:01	92.59
06. Alan Bates	64M	0:57:12	90.74
07. Jim Devine	52M	0:59:40	88.89
08. Ned James	58M	0:59:55	87.04
09. Wayne Stocker	58M	1:00:53	85.19
10. Ted Cowles	54M	1:01:47	83.33
11. Pete Katapski	53M	1:02:30	81.48
12. <u>Dawn Roberts</u> 1 st F	41F	1:03:10	79.63
13. <u>Kelsey Allen</u>	29F	1:03:54	77.78
14. Dylan Quinn	15M	1:04:48	75.93
15. Jeff Clark <i>Younger</i>	55M	1:05:21	74.07
16. Jan Rancatti	52M	1:06:46	72.22
17. David Sutherland	50M	1:07:38	70.37
18. Mike Lahey	61M	1:08:01	68.52
19. <u>Theresa Apple</u>	52F	1:10:35	66.67
20. Steve Roulier	49M	1:11:53	64.81
21. Nick Jubok	57M	1:13:02	62.96
22. Rich Godin	57M	1:13:43	61.11
23. Hector Morera	45M	1:13:56	59.26
24. David Gubala	51M	1:14:07	57.41
25. David Cameron	42M	1:15:45	55.56
26. <u>Ginny Patsun</u>	44F	1:15:50	53.70
27. Fred Pilon	67M	1:16:58	51.85
28. Bob Worsham	67M	1:17:27	50.00
29. Bruce Shenker	60M	1:18:27	48.15
30. <u>Laura Fusari</u>	32F	1:19:47	46.30
31. Steve Murphy	48M	1:19:49	44.44
32. Ed Alibozek, Jr	73M	1:20:11	42.59
33. Brian Carvalho	35M	1:20:25	40.74
34. <u>Col Vankerckvoorde</u>	52F	1:21:20	38.89
35. Laura Clark	65F	1:21:50	37.04
36. Stan Serafin	59M	1:22:10	35.19
37. <u>Jen Kuzmich</u>	54F	1:23:23	33.33
38. <u>Laurel Shortell</u>	46F	1:24:08	31.48
39. Wally Lempart	67M	1:25:49	29.63
40. Martin Glendon	66M	1:26:06	27.78
41. Peter Finley	51M	1:26:08	25.93
42. Jen Ferriss	41F	1:26:11	24.07
43. <u>Jan Allardt</u>	50F	1:26:47	22.22
44. Jim Carlson	65M	1:26:56	20.37
45. Steve Mitchell	71M	1:27:13	18.52
46. Jim Sheehan	60M	1:29:46	16.67
47. Karl Schipul	35M	1:38:29	14.81
48. Jamie Howard	47M	1:43:04	12.96
49. Konrad Karolczuk	60M	1:45:54	11.11
50. <u>Cathy Sheehan</u>	52F	1:48:19	9.26
51. <u>Jenika Conboy</u>	40F	1:54:47	7.41
52. Jeff Clark <i>Elder</i>	66M	2:05:00	5.56
53. Art Gulliver	74M	2:06:00	3.70
54. Edward Alibozek	50M	2:15:30	1.85

Moody at Moody

by Laura Clark

Just when you think you get the routine down, along comes Moody to show that you don't know as much as you think you did. Jeff and I thought we were prepared for Moody's notoriously icy parking lot incline, a worthy rival to Woodford's tire-spinning slope. Annie had straightened her studs, thrown on an impressive coat of road grime to demonstrate her tough attitude and tucked shovel, rope and kitty litter handily in her trunk. We were ready!

We turned confidently into the snow-flanked AmeriCorps entrance to discover: dirt and gravel. Annie's outdoor temperature gage registered 10 degrees and if she knew how to factor in wind chill, it would have read considerably below zero, at a discomfort level we who were about to race were better off not knowing. Apparently, spring had emerged briefly on the road but had little effect on the stockpiled woodland snow. Normally accustomed to getting in our prerace warm up rescuing floundering vehicles, we were at a loss as to how to spend all that extra time. At least until we stepped outside our heated cruiser and realized we needed to pile on more layers.

Despite the fact that we were well into our ninth week of snowshoeing, it was difficult to recognize the same folks we had raced with week after week. For the third time since 1998, I wore my red Stone Cat lined jacket with the hood up, over my hat and earmuffs. Jen Ferriss donned a new hooded blue windbreaker for the occasion. Fortunately, Peter Finley and Jim Carlson were at least recognizable in their standard orange wool hunting caps. Jen Kuzmich willing embraced the Target concept, delighted that wearing the vest would add an extra layer of warmth.

Others seemed to have difficulty even with standard gear. My Jeff, for example, decided it was a good idea to put on his shoes, attached to his snowshoes, while still enjoying Annie's warmth. He was in the cramped driver position, battling with shoes, snowshoes and steering wheel. Jen and I watched, fascinated, as he twisted and turned octopus-style. Emerging victorious, he stepped outside, only to realize that he would now have to pussy foot down the rocky incline, wearing down his crampons each step of the way. Despite my having emailed doom and gloom weather predictions to all our Stryder team, Peter Finley arrived properly suited up except for the anklets he insisted on wearing. Go figure!

We lined up dutifully across the road, a motley crew huddling behind the Herder's spectator car, which also served as a heating device for the brave timers: Sweep, Beth and Farmer Ed. For once, the stem of the lollipop loop was not entirely worn away by the persistent snowmobilers and we were treated to a smooth ride rather than the normal jarring affair. I hung back a bit, having battled a nasty cold and persistent headache all week. I probably shouldn't have been racing and hence promised myself that once I caught up to Jeff, who had started early, that I would either hang with him or perhaps even turn around and call it a day.

Continued next page:

Moody cont:

But miraculously, my headache vanished and by the time I sighted Jeff I had just finished passing Farmer Ed, who promptly returned the favor as I stopped for a swig from Jeff's water bottle. We did this a lot until the Farmer finally pulled ahead for good. I hope I can run like that when I am 73—but I can't even run like that now so I don't know why I even consider that as a possibility.

And miracle of miracles, as I overtook Jen K, wearing the first Target, I discovered myself almost within reach of Target #2 worn by Brian Carvalho. I was surprised, figuring him for a fast runner, or at least faster than me. But then he pulled off the trail and appeared to be bending down in typical snowshoe dysfunction stance. On closer inspection, his footgear appeared in good shape, but his legs were another matter entirely. Apparently Brian had thought it would be a good idea to wear shorts on a -10 degree day. This worked out fine on the packed snowmobile section but rapidly deteriorated once he hit the single track with all its loose snow, forcing him to pause every few minutes to de-ice his lobster legs. So for a brief moment in time I had overtaken not one, but two Targets, at least until Brian's legs had a chance to recover on the return lollipop stick.

After crossing the finish, two things happened simultaneously. Farmer Ed and Stan Serafin requested that I write about them. So I am. Heading back, a few others joined the chorus. And this is a valid point. We are so spread out in these races that I tend to recount the adventures of my own group. And if you think about it, that's not always so exciting. Some days Jen Ferriss, Jim Carlson or Jen Kuzmich may finish ahead. Some days I do. We all have our own special troupes and it is rather nice to be able to gauge your performance on a route devoid of mile markers or year-to-year consistency, but I guess it can get rather boring. So next time you see me, tell me your story, or better yet, write it up yourself!

The second thing that happened was that my headache came back. Probably not because of the aforesaid incident but just because snowshoeing on great snow with great friends is a good remedy, if only temporarily, for whatever ails you.

Laura Clark

Congratulations to.....

*Dave Dunham and Jessica Northan,
the 2013 Dion Snowshoe Series Champions!*

*And Thank You to all of you who ran with us
this past winter and for supporting the
Dion Snowshoe Series.*

See you next year!

2013 Dion Snowshoe Series

3rd Annual Moby Dick Snowshoe Race
Greylock Visitor Center ... Lanesborough, MA ... 2 / 23 / 13

WMAC members in bold:

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Points</u>
01. Ross Krause	33M	1:14:50	100.00
02. Tim Van Orden	44M	1:20:22	98.18
03. Rich Teal	35M	1:21:35	96.36
04. Ben Corwin	20M	1:21:36	94.55
05. Ken Clark	50M	1:26:45	92.73
06. Bryan Stapleton	23M	1:30:10	90.91
07. Dave Loutzenheiser	46M	1:31:46	89.09
08. Blair Robinson 1st F	21F	1:33:55	87.27
09. Jim Devine	52M	1:33:55	85.45
10. Ted Cowles	54M	1:33:56	83.64
11. Nick Tooker	33M	1:35:44	81.82
12. Wayne Stocker	58M	1:37:08	80.00
13. Peter Malinowski	58M	1:40:20	78.18
14. Jim Sullivan	34M	1:41:10	76.36
15. Brock Anello	34M	1:42:20	74.55
16. Jeff Clark - <i>Younger</i>	55M	1:48:10	72.73
17. David Sutherland	50M	1:48:12	70.91
18. George Daniels	51M	1:49:41	69.09
19. Mike Lahey	61M	1:53:11	67.27
20. Francis Bock	37M	1:54:30	65.45
21. Rich Godin	57M	1:56:20	63.64
22. <u>Sarah Dzikowicz</u>	42F	1:56:23	61.82
23. <u>Helen Coty-Curtin</u>	44F	1:56:37	60.00
24. Bob Worsham	67M	1:59:50	58.18
25. Phil Bricker	59M	2:00:04	56.36
26. <u>Laurel Shortell</u>	46F	2:03:58	54.55
27. Gary Hebert	48M	2:04:03	52.73
28. Jeff Hattem	61M	2:06:33	50.91
29. Laura Clark	65F	2:06:37	49.09
30. <u>Joanne Lynch</u>	47F	2:06:40	47.27
31. <u>Cindy Scannell</u>	55F	2:08:39	45.45
32. <u>Jen Kuzmich</u>	54F	2:08:50	43.64
33. <u>Jess Dockendorff</u>	31F	2:09:39	41.82
34. <u>Amanda Lowe</u>	27F	2:10:45	40.00
35. Joel Boucher	59M	2:10:47	38.18
36. <u>Ginny Patsun</u>	44F	2:11:02	36.36
37. Martin Glendon	66M	2:11:03	34.55
38. <u>Col Vankerckvoorde</u>	52F	2:11:04	32.73
39. Steve Mitchell	71M	2:12:44	30.91
40. <u>Maureen Roberts</u>	55F	2:13:32	29.09
41. <u>Pat Rosier</u>	55F	2:15:06	27.27
42. Stan Serafin	59M	2:15:07	25.45
43. Jen Ferriss	41F	2:15:34	23.64
44. Bob Massaro	69M	2:21:26	21.82
45. Ray Lee	70M	2:22:00	20.00
46. <u>Julie Gardner</u>	41F	2:24:20	18.18
47. Edward Alibozek	50M	2:30:00	16.36
48. <u>Barbara Sorrell</u>	55F	2:35:40	14.55
49. Jamie Howard	47M	2:39:59	12.73
50. Rich Busa	83M	2:49:00	10.91
51. Konrad Karolczuk	60M	2:51:50	9.09
52. Greg Taylor	66M	3:01:42	7.27
53. Jeff Clark - Elder	66M	3:10:00	5.45

Through the Mist at Moby Dick

by Laura Clark

Since it was first published in 1851 Herman Melville's classic *Moby Dick* has come to symbolize everyman's quest for something beyond day-to-day trivia, a reach outside the box towards a larger justification. And while it seems ridiculous to tagline such a quest onto a mere race, on February 23, 2013, the branding was entirely appropriate.

The Moby Dick Snowshoe race is based from the Lanesboro Visitor's Center on Mt. Greylock, the highest mountain in Massachusetts. The sheer girth of this mountain is so vast that there are entrances and trailheads shooting off from various surrounding towns. It is said that while sitting in his house in Pittsfield, Massachusetts Herman Melville gazed upward at Greylock's snow-covered profile and imagined the great white whale breaking the sea foam in the misty ocean swells. Hence, the name for this particular Western Mass Athletic Club/Dion Snowshoe Series 7.5 mile race.

Those of you who have snowshoed recognize that 7.5 miles is a long way to run up and down a mountain. A lot can happen. And as with any mountain race there were a many surprises along the way. Some of us were old hands; some were attempting their first snowshoe race. We won't go into questioning why anyone would pick such a challenging event for a first: it is all part of the quest mentality. Others had the usual time/distance race goals. One had more a complex cumulative goal. Those on the most telling quest weren't even there.

As we all know the most significant aspect of any trail event is the weather. This is even more so over an expansive space like Greylock, which lumbers through multiple ecosystems. Last year we braved below zero blizzard conditions and furious snow squalls which kept even our faithful greeter, the white lab Aspen, anchored closely to the Visitor's Center. This year was a balmy thirty degrees without a trace of the usual wind chill. So our main concern was not overdressing after enduring weeks of negative degrees. But once again, Lady Greylock foiled our expectations.

At the ¾ mile mark we turned off the snowmobile trail and into the Woods. There we encountered foggy mist, a Greylock trademark. Those who figured going up meant getting colder despite the strenuous climb had properly guessed the clothes/energy ratio. Other, like Jess Dockendorff and her friend the Mystery Runner bib #375, pursuing their first snowshoe race, hit widely varying spokes on the pilot's helm. Mystery Runner, dressed in shorts, remained firmly optimistic and in fact finished in the top third. Jess, however, while dressed sensibly, neglected to carry any fuel, figuring she was fast enough to finish well beyond the depletion zone. She was not so fortunate in her lottery attempt. After summiting second woman overall, she gradually bonked on the supposedly fun downhill. When I encountered her, she was weaving back and forth, grabbing trees for support. Not a good sign. Luckily I had some extra Cliff Shot Bloks to share and I knew Joanne Lynch just behind me had water.

I knew this because she had previously shared some with me. Yes, I know, I should have carried but figured I could always eat snow.

We all regrouped at the Visitor's Center sopping wet and shivering--more so than on any of the minus degree days. Go figure. Must have been something about the Lady's misty aspect or her insistence on elevating even ordinary requests to extraordinary undertakings. The beauty of her frost-whiskered trees did not come without a price. While Jess was shivering on the verge of hypothermia, those treating her in their own wet clothing were not much better off. Dr. Maureen Roberts's lips slowly turned blue and she had to hurriedly change before she became the next victim. It is a definite asset to have a doctor on call and Dr. Maureen has served us well during several races this season.

Despite this close call, the lady also revealed a trickster sense of humor. Jeff Clark, on his quest to complete his 100th snowshoe race before winter vanished, embarked wearing a monkey on his back. This was not a spur-of-the moment goal or monkey, but one Jeff and I revisited every night at the dinner table as we totaled past races, factored in snow probability and did all sorts of scary math equations. Originally, he had thought it would be special to celebrate with his half marathon at the Peak Snowshoe races in Pittsfield, Vermont, but in light of this winter's erratic weather patterns, decided to steer determinately towards the great white whale. And he was not disappointed. At registration Sweep Voll presented him with a sweet pink and white sock monkey affixed on his back, guaranteeing him safe passage.



photo by Jen Ferriss

I swear Lady Greylock laughed, so hard in fact that she got into his mind. Jeff, who had started out early, envisioned Tim Van Orden passing him as he did his best Br'er Rabbit imitation falling into the brambles. The catch was that Jeff had no idea there was a briar patch on the course or that TiVo would be passing him at that exact second. But there was, and he did. Shocked to see his dream world become reality, Jeff pitched forward into the underbrush, eager wires entwining themselves around his snowshoes and anchoring him to the spot. Served him right for not initially targeting Moby.

Continued next page:

Moby Dick cont:

This year Edward Alibozek, a history buff who likes to design trails with tales, changed the route slightly to circle Rounds Rock and come close to the remains of a 1948 plane wreck and the monument to the pilot who lost his life. The aviator was John Newcomb, a World War II Army Air Corps radioman who crashed his twin-engine Cessna while on a mail run to Albany, NY.



Sign post on MT. Greylock marking the spot of the 1948 plane crash.

photo by Greg Taylor

Now here is the backstory. Recently, when one of our Saratoga Stryders members, Lisa Ippolito, was sorting through her deceased mother's belongings on the day before her funeral, she happened upon a packet of love letters and newspaper articles. They were from John Newcomb, her mother's fiancé. Completing the love story, her mother was to be buried the following day on John's birthday.

Immediately after the race, we texted Lisa to tell her we had located her mother's fiancé's memorial and now knew the exact route to get there! Apparently, Lisa and her sister had no idea of her mother's romance before she became Mrs. Ippolito. I would like to think that even when she realized she was dying of cancer she preferred to keep this part of her life private, leaving a legacy for Lisa and her sister Tina to explore further.

Lisa and her sister will make their own Moby Dick quest this spring, confronting an astute Lady who knows how to keep a secret and cherish the past.

Laura Clark

Trail Running News

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Adams, Massachusetts

Volume 19 Issue 2 Spring.... 2013

2013 Dion Snowshoe Series

**Moore State Park ... 3.5 Mile Snowshoe Race
February 16, 2013 ... Paxton, Massachusetts**

WMAC members in bold:

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Points</u>
01. Steve Dowsett	25M	27:12	100.00
02. Dave Dunham	48M	27:48	97.30
03. Ken Clark	50M	32:16	94.59
04. Peter Malinowski	58M	33:39	91.89
05. Anthony Tievli	39M	33:55	89.19
06. Mike Roberts	38M	34:31	86.49
07. Eric Bailey	38M	34:55	83.78
08. Kevin Maier	29M	35:14	81.08
09. Jim Grady	51M	36:10	78.38
10. Joe Hamm	55M	36:45	75.68
11. <u>Lori Muhr</u> 1st F	47F	36:48	72.97
12. <u>Alison Cleary</u>	28F	37:17	70.27
13. Kevin Longo	38M	37:53	67.57
14. Bill Morse	61M	38:16	64.86
15. Phil Bricker	59M	38:38	62.16
16. Rider Muhr	12M	39:17	59.46
17. Jeff Hattem	61M	39:56	56.76
18. Timothy Kasulinous	37M	41:11	54.05
19. <u>Melissa Bailey</u>	32F	42:49	51.35
20. <u>Whitney Marshall</u>	25F	42:49	48.65
21. <u>Naomi Tetherly</u>	37F	43:09	45.95
22. Karl Molitoris	57M	44:33	43.24
23. Bob Kolb	51M	46:06	40.54
24. <u>Elizabeth Goldrosen</u>	47F	46:47	37.84
25. <u>Patricia Kasulinous</u>	37F	46:59	35.14
26. Denise Dion	54F	47:20	32.43
27. <u>Laurel Shortell</u>	46F	48:33	29.73
28. Bob Massaro	69M	50:32	27.03
29. <u>Laura Kidman</u>	44F	52:08	24.32
30. Mark Akeson	42M	52:53	21.62
31. John Goldrosen	62M	53:21	18.92
32. <u>Wendy Akeson</u>	44F	53:22	16.22
33. Richard Busa	83M	58:05	13.51
34. <u>Krista Schepanovsky</u>	45F	1:00:08	10.81
35. Jamie Howard	47M	1:02:01	8.11
36. Konrad Karolczuk	60M	1:02:02	5.41

Welcome New Members

From New Hampshire..... Megan Foley

From Massachusetts Joshua Lipinski & Family

Shaun Gariepy Tony Melillo Joe Melillo

From Connecticut..... Gail Smith

Thanks for supporting the WMAC!

Son of Trailrunners, Beware the Beak

by Bob Kopac

A while ago I wrote an article about a hunting accident. I provided valuable insights on how the event related to trailrunners. However, based on a recent Associated Press story in the *Villages Daily Sun* (FL) newspaper, I decided I needed to update my article. Here is my original article, followed by my new insights.

Trailrunners love to exercise by running through woods and ravines, wanting to get close to nature. Well, beware! This article is a public service announcement to warn you of the dangers lurking in those woods!

I do not mean the type of danger that caused me never to go camping again after I watched the movie *Deliverance*. Well, that is not entirely true. Many, many years after seeing that movie I slept overnight at a campsite in upstate New York.

At 2 AM gun shots rang out in the camp. As I lay there, I contemplated the fact that a tent is not really bulletproof. At least I did not hear banjo music.

No, I want to alert you to a new and ominous hazard that I learned from a local newspaper article. A news item in the *Poughkeepsie Journal* (NY) newspaper reported that a hunter shot at a turkey but hit his hunting partner instead. The article states:

"The victim, 57, was carrying the dead turkey upside down..."

" (His hunting partner) apparently did not realize the turkey was being carried..."

Trailrunners, if you think the way I do, you immediately recognize the danger: There must be woodland birds and animals that can fool hunters--and runners--by hanging upside down! Imagine the peril: you are out on a long run on the Appalachian Trail when, suddenly, you round a curve and your face smacks into a turkey beak; the turkey is at eye level because it is hanging upside down from a branch.

Inquiring minds may ask, "Why would a turkey want to hang upside down?" There are several possible reasons.

- ⤴ The turkey may be pretending to be a bat. The turkey may have observed that hunters shoot turkeys, not bats, probably because bat meat is not very tasty. At least I guess that is true. I admit I have never eaten bat meat. I have eaten guinea pig in Peru; although guinea pig meat is somewhat greasy, the claws make for an excellent toothpick. However, I doubt that bat feet would make for a good toothpick, although turkey feet might.
- ⤴ The turkey may be interested in a healthy lifestyle but not be able to afford an inversion table. Instead, it must rely on the poor man's (or turkey's) inversion table by hanging upside down by its claws.
- ⤴ The turkey may be addicted to the high of blood rushing to its head. It hangs upside down longer and longer, until eventually it starts falling from the tree and hitting its head, causing brain damage and a desire to go to shopping malls.

The article also states: "The turkey was expected to be autopsied by environmental conservation officers, to see if any shot pellets from (the other hunter's) gun hit the turkey..."

Question: Why? Would the other hunter be awarded part of the turkey if his shot pellets were in the turkey? Sounds like a Barry Bonds home run ball ownership issue to me.

Well, what should you, as a concerned trail runner, do to protect yourself from upside-down turkeys?

- ⤴ Wear safety goggles while running. The goggles will protect your eyes from eye-level turkey beaks.
- ⤴ Carry a bat with you. No, not the animal, but a baseball bat. Swing the bat in front of you while running. Hopefully you will knock away any upside-down turkeys. If not, at least it will be excellent upper-body exercise.
- ⤴ Avoid running in forests. Instead, run in meadows or deserts where there are no trees. If you run into a turkey hanging upside down from a bush or a cactus, its beak would only hurt your ankles, not your eyes. Since trailrunners constantly injure their ankles anyway, any turkey-beak injuries would not be such a big deal.

In conclusion, what have we learned?

- ⤴ Trailrunners should beware of hanging turkeys.
- ⤴ Bat feet do not make good toothpicks.
- ⤴ A desire to go to shopping malls is a sure sign of brain damage.

I thought that was the complete story until an Associated Press article in the *Villages Daily Sun* (FL) newspaper changed my perspective. The article said Bridgewater, NJ wildlife officials hung a dead vulture upside down from a tree to prevent dozens of black and turkey vultures from roosting in a neighborhood and to prevent bird droppings (excrement, not falling birds). The article said, "Vultures may like to eat road kill but it turns out they don't like the sight of their own dead upside down."

The AP article did not say *why* birds do not like the sight of an upside-down bird. That's my job:

- ⤴ Any bird who prefers hanging upside down must be one tough bird that should be avoided at all costs.
- ⤴ Or, it is a vampire vulture.
- ⤴ Or, the bird is anti-social and hangs upside down to deliberately scare away other birds: "I want to be alone." Or, if it is a vampire vulture, "I want to be alone."

Trail Trivia

Which trail race advertised that "Complaints about getting lost will be laughed at?"

A... Muddy Moose
B... Pisgah MT.

C... Nipmuck Marathon
D... Seven Sisters

Book Review:

Eat & Run: My Unlikely Journey to Ultramarathon Greatness, by Scott Jurek. Houghton Mifflin, 2012.

Julia Child, move over! What runner doesn't obsess over food? What to eat before running, while running and after running? Some of my most memorable long runs were with Peter Hettrich and Marcia Whitney. As we would tire and our resolve falter, Pete would haul out the recipes. He loved to cook and could recite, in loving detail, his latest creations. Like dangling the carrot in front of the donkey, we sped up, hoping to get to the imaginary table in time for dinner.

Employing the same strategy, Jurek punctuates each chapter with vegetarian delights. Scott wasn't always a vegetarian; in fact, he started out as a firmly committed Midwestern game hunter. But like George Sheehan, he approaches his life journey as "an experiment of one." From a no-talent kid sidekick to Western States victor, from junk food consumer to thoughtful nutritionist. Reading his account, you can sense the wonder he still feels at his accomplishments, the excitement he experiences as he plots his stepping block journey. To be continued.

While Jurek's relationship with his father was problematic, his dad's credo, "Sometimes you just do things," underscores his ultrarunning life. Jurek cites the mental aspect, not the lack of prize money, as the reason top marathoners don't step up to the challenge. While the pace is certainly slower, there are so many more opportunities to hit the wall, over and over again. He has even developed a four step plan to overcoming adversity: feel the loss, take stock, try to improve the situation, and finally set aside all negative thoughts and carry on.

Whether or not you experiment with Jurek's dietary goals, is ultimately a matter of preference. What the author leaves you with is the permission to take your own path beyond the imaginary finish line. As he is wont to point out, "A bear with determination will defeat a dreamy gazelle every time."

Reviewed by Laura Clark

**Merrimack River 10 Mile Trail Race
Andover, MA. ... April 13, 2013**

WMAC members in bold:

<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1 Jim Johnson	M 35	NH	0:59:08	100.00%
2 Stephen Granger-Bevan	M 28	MA	1:00:20	98.01%
3 James Pawlicki	M 38	MA	1:02:03	95.30%
4 Ethan Nedeau	M 40	MA	1:02:39	94.39%
5 Ryan Aschbrenner	M 35	NH	1:02:54	94.01%
6 John Dudley	M 34	MA	1:03:19	93.39%
7 Tim VanOrden	M 44	VT	1:04:10	92.16%
8 Danny Ferreira	M 30	NH	1:04:26	91.77%
9 Keith Schmitt	M 44	NH	1:06:20	89.15%

10 Ryan Welts	M 32	NH	1:06:40	88.70%
11 David Long	M 39	MA	1:07:34	87.52%
12 Keith Obrien	M 49	MA	1:07:55	87.07%
13 Brodie Miles	M 39	MA	1:07:56	87.05%
14 John Kinnee	M 34	MA	1:08:07	86.81%
15 Matt Galluzzo	M 23	MA	1:08:26	86.41%
16 Kristina Folcik 1st F	F 35	NH	1:08:37	86.18%
17 David Hamilton	M 29	MA	1:10:26	83.96%
18 Jenn Brooks	F 33	MA	1:11:01	83.27%
19 Tom Dmukauskas	M 37	MA	1:11:13	83.03%
20 Michael Wade	M 44	NH	1:11:18	82.94%
21 Layre Alves	F 32	MA	1:11:26	82.78%
22 Scott Spence	M 48	MA	1:11:48	82.36%
23 Joseph Bulger	M 42	MA	1:12:14	81.86%
24 Michael Cimoszko	M 26	MA	1:12:17	81.81%
25 Sam Talbot	M 40	MA	1:12:23	81.69%
26 Doug Deangelis	M 46	MA	1:12:25	81.66%
27 Richard Lavers	M 36	NH	1:13:35	80.36%
28 Pearson Smith	F 26	WV	1:14:02	79.87%
29 Miroslav Tashev	M 50	MA	1:14:19	79.57%
30 Jennifer Howland	F 25	MA	1:14:23	79.50%
31 Tony Bonanno	M 47	CT	1:14:24	79.48%
32 Jeffrey Saeger	M 63	MA	1:15:29	78.34%
33 Steve Whittey	M 56	MA	1:15:36	78.22%
34 Stanislav Trufanov	M 34	MA	1:16:25	77.38%
35 Vincent Zito	M 40	CT	1:16:27	77.35%
36 Bob Gillis	M 58	MA	1:16:42	77.10%
37 Rick Ciolino	M 28	MA	1:17:10	76.63%
38 Mike Cesarini	M 38	MA	1:18:37	75.22%
39 Tom Dolan	M 45	MA	1:18:56	74.92%
40 Peter Noyes	M 52	MA	1:19:32	74.35%
41 Gary Jewett	M 46	MA	1:19:36	74.29%
42 Linsey Pimentel	F 28	MA	1:19:47	74.12%
43 Ted Cowles	M 54	CT	1:20:31	73.44%
44 Sam Black	M 41	MA	1:20:39	73.32%
45 Michael Bentson	M 25	MA	1:21:26	72.62%
46 Nic Scachetti	M 30	MA	1:21:36	72.47%
47 Christopher Borgatti	M 35	MA	1:21:55	72.19%
48 Art Leray	M 42	MA	1:22:07	72.01%
49 Aaron Thompson	M 16	MA	1:22:16	71.88%
50 Greg Whyman	M 43	MA	1:22:16	71.88%
51 Tom Derderian	M 64	MA	1:22:40	71.53%
52 Joshua Haines	M 40	MA	1:23:03	71.20%
53 William Kean	M 31	ME	1:23:07	71.14%
54 Jeremy Merritt	M 36	VT	1:23:32	70.79%
55 James Banyas	M 49	MA	1:23:49	70.55%
56 Kevin Maier	M 29	MA	1:23:58	70.42%
57 Brett Peters	M 38	MA	1:24:08	70.29%
58 Bob Gannon	M 44	NH	1:24:12	70.23%
59 Mark Zytovicz	M 39	MA	1:24:20	70.12%
60 Michael Ferrari	M 48	MA	1:24:28	70.01%
61 Rev.Reginald Thomas	M 58	PA	1:24:34	69.93%
62 Bridget Noyes	F 21	MA	1:24:38	69.87%
63 Paul Comeau	M 51	NH	1:24:56	69.62%
64 Justin Ellertan	M 38	MA	1:24:56	69.62%
65 Tom Mitchell	M 50	MA	1:25:03	69.53%
66 CJ Norgaard	M 37	MA	1:25:22	69.27%
67 Henry Mitchell	M 16	MA	1:25:34	69.11%
68 Peter Waterman	M 36	MA	1:25:36	69.08%

Continued next page:

Merrimack results cont:

69 John Trafton	M 33	MA	1:25:39	69.04%
70 Sean Kenny	M 40	MA	1:26:02	68.73%
71 James Provenzano	M 48	MA	1:26:19	68.51%
72 David Morang	M 50	MA	1:26:21	68.48%
73 Dennis Estrella	M 51	MA	1:26:33	68.32%
74 Joe Hamm	M 56	MA	1:26:51	68.09%
75 Richie Blake	M 44	MA	1:27:05	67.90%
76 Earl Littlefield	M 42	MA	1:27:17	67.75%
77 <u>Sara Praguski-Walsh</u>	F 34	MA	1:27:21	67.70%
78 <u>Eva Kopf-Ridout</u>	F 33	MA	1:27:24	67.66%
79 Richard Georato	M 45	NH	1:27:25	67.65%
80 <u>Freddi Pare</u>	F 41	MA	1:27:36	67.50%
81 Mika Latva-Kokko	M 38	MA	1:27:48	67.35%
82 Jerry Sweet	M 35	MA	1:28:04	67.15%
83 Richard Leonard	M 58	MA	1:28:17	66.98%
84 Dave Kroondyk	M 28	MA	1:28:38	66.72%
85 Lyle Harrod	M 26	MA	1:29:06	66.37%
86 Mariano Santangelo	M 44	NH	1:29:30	66.07%
87 <u>Paula Wang</u>	F 29	MA	1:30:02	65.68%
88 Jeff Hull	M 51	MA	1:30:03	65.67%
89 Daryl Kincaid	M 53	MA	1:30:05	65.64%
90 Rick Smith	M 46	MA	1:30:17	65.50%
91 Stffan Zwirek	M 34	MA	1:30:51	65.09%
92 Anthony Lombardi	M 46	NH	1:30:56	65.03%
93 Craig Poirier	M 43	NH	1:31:00	64.98%
94 Kevin Robinson Sr.	M 57	MA	1:31:01	64.97%
95 <u>Linda Brodette</u>	F 45	MA	1:31:02	64.96%
96 <u>Andrea Leonard</u>	F 48	MA	1:31:12	64.84%
97 Mike Schreiber	M 40	NH	1:31:15	64.80%
98 Dan Maguire	M 48	MA	1:31:25	64.69%
99 Sam Brelsfoard	M 36	MA	1:31:33	64.59%
100 Keith Thompson	M 25	MA	1:31:36	64.56%
101 Steve Hickey	M 51	MA	1:31:38	64.53%
102 Kevin Robinson Jr.	M 28	MA	1:31:42	64.49%
103 Dorin Neacsu	M 48	MA	1:31:44	64.46%
104 Bill Rooney	M 48	MA	1:31:47	64.43%
105 <u>Jane Hoffmann</u>	F 50	MA	1:31:51	64.38%
106 Bob Segal	M 60	MA	1:31:53	64.36%
107 Chris Morrow	M 44	NH	1:32:15	64.10%
108 John Hammond	M 41	MA	1:32:37	63.85%
109 <u>Carolyn Shreck</u>	F 40	NH	1:32:39	63.82%
110 Steven Johnson	M 45	MA	1:32:47	63.73%
111 Marc Coberg	M 44	NH	1:32:54	63.65%
112 Adam Olson	M 41	NH	1:33:43	63.10%
113 Rahul Raina	M 36	MA	1:34:09	62.81%
114 Wesley Finnemore	M 50	MA	1:34:11	62.79%
115 Kirk Minihane	M 38	MA	1:35:05	62.19%
116 Dave Geary	M 47	MA	1:35:10	62.14%
117 Randy Miller	M 42	MA	1:35:20	62.03%
118 <u>Jennifer Melkonian</u>	F 36	MA	1:35:25	61.97%
119 Jeff Hattem	M 62	MA	1:35:27	61.95%
120 <u>Lisa Lombardi</u>	F 46	NH	1:35:28	61.94%
121 Robert Macloed	M 45	MA	1:35:30	61.92%
122 Kevin Yetman	M 43	MA	1:35:31	61.91%
123 Harsh Walia	M 36	MA	1:35:33	61.89%
124 <u>Carolina Villarreal</u>	F 31	MA	1:35:34	61.88%
125 Jason Bridgeo	M 42	NH	1:35:36	61.85%
126 Leonardo Medina	M 48	MA	1:35:42	61.79%
127 Dave McCrimmon	M 44	MA	1:36:17	61.42%

128 Pete Westover	M 68	MA	1:36:17	61.42%
129 Brend Leger	M 45	MA	1:36:47	61.10%
130 Geoffrey Barter	M 49	MA	1:37:01	60.95%
131 Tom Green	M 33	MA	1:37:05	60.91%
132 <u>Suzanne Barker</u>	F 42	NH	1:37:06	60.90%
133 <u>Muffy White</u>	F 40	MA	1:37:15	60.81%
134 Tad White	M 38	MA	1:37:16	60.80%
135 Scott Bragg	M 32	ME	1:37:17	60.78%
136 Joan Ward	F 52	MA	1:38:15	60.19%
137 Maurcie Scafe	M 47	MA	1:39:18	59.55%
138 Douglas Falls	M 55	MA	1:39:23	59.50%
139 Jon Chapin	M 54	ME	1:39:25	59.48%
140 Blake Cullimore	M 44	MA	1:39:38	59.35%
141 Dean Vanasse	M 44	MA	1:40:19	58.95%
142 <u>Rachel Martin</u>	F 28	MA	1:40:47	58.67%
143 C.Robert Suarez	M 33	MA	1:40:52	58.63%
144 Gary Reuter	M 74	ME	1:40:54	58.61%
145 <u>Heather Stouch</u>	F 35	MA	1:41:05	58.50%
146 <u>Christine Dambach</u>	F 41	NH	1:41:09	58.46%
147 Michael Dambach	M 46	MA	1:41:10	58.45%
148 Martin Spartz	M 48	CT	1:42:03	57.95%
149 Brian Ristuccia	M 34	MA	1:42:04	57.94%
150 Michael Thompson	M 43	MA	1:42:05	57.93%
151 Patrick Cook	M 48	MA	1:42:30	57.69%
152 Charles Peabody	M 41	MA	1:42:59	57.42%
153 <u>Aria Mcelhenny</u>	F 40	MA	1:43:08	57.34%
154 David Sorrells	M 53	MA	1:43:29	57.14%
155 Matt Racki	M 29	MA	1:43:45	57.00%
156 John Elkaliouby	M 67	NH	1:43:53	56.92%
157 Tyson Sunnerberg	M 32	MA	1:44:18	56.70%
158 <u>Kathleen Furlani</u>	F 64	CT	1:44:19	56.69%
159 Douglas Gray	M 38	MA	1:44:27	56.61%
160 <u>Jenny Collins</u>	F 42	MA	1:45:09	56.24%
161 Tom Speidel	M 52	MA	1:46:14	55.66%
162 <u>Corey Beauvais</u>	F 33	MA	1:46:26	55.56%
163 <u>Caitlin Glynn</u>	F 26	MA	1:46:28	55.54%
164 Vincent LaCour	M 25	MA	1:46:38	55.45%
165 <u>Anna Deal</u>	F 26	MA	1:47:24	55.06%
166 <u>Amanda Malkin</u>	F 28	MA	1:48:38	54.43%
167 Chris Condo	M 51	NH	1:48:42	54.40%
168 <u>Carol Comeau</u>	F 57	NH	1:48:53	54.31%
169 <u>Christy Clinard</u>	F 47	MA	1:50:31	53.51%
170 Chris Mack	M 41	MA	1:50:39	53.44%
171 <u>Brenda McConnell</u>	F 43	MA	1:50:40	53.43%
172 <u>Cathy Tedesco</u>	F 43	CA	1:50:41	53.43%
173 <u>Theresa Brockelman</u>	F 44	MA	1:50:42	53.42%
174 <u>Christina Merritt</u>	F 39	MA	1:50:52	53.34%
175 <u>Melissa Francis</u>	F 37	MA	1:50:53	53.33%
176 Stan Vassallo	M 63	MA	1:51:01	53.27%
177 Paul Foti	M 47	MA	1:51:35	52.99%
178 Robert Schrater	M 64	MA	1:52:03	52.77%
179 <u>Adena Schutzberg</u>	F 49	MA	1:52:04	52.77%
180 Lionel Bouchet	M 42	MA	1:52:25	52.60%
181 Chris Harrison	M 59	MA	1:52:32	52.55%
182 John Parker	M 73	MA	1:53:39	52.03%
183 Mike Dutra	M 52	MA	1:54:24	51.69%
184 <u>Kristina Bruce</u>	F 39	MA	1:54:57	51.44%
185 Randy Leach	M 42	MA	1:57:20	50.40%
186 <u>Amy Rosen</u>	F 49	MA	1:58:05	50.08%

Continued next page:

Merrimack results cont:

187 <u>Jennifer El-Sherif</u>	F 42	MA	1:58:06	50.07%
188 <u>Bonnie Hallinan</u>	F 63	MA	1:59:17	49.57%
189 Dennis Stewart	M 48	MA	2:00:03	49.26%
190 David Raczkowski	M 62	CT	2:02:07	48.42%
191 Craig Fifield	M 39	NH	2:02:13	48.38%
192 Chris Johnson	M 55	MA	2:02:49	48.15%
193 Gregory Carson	M 51	NH	2:09:19	45.73%
194 Ron Albrecht	M 45	MA	2:14:03	44.11%
195 John Byrnes	M 30	MA	2:15:26	43.66%
196 <u>MaryLou White</u>	F 57	CT	2:18:01	42.85%
197 <u>Kristen Eaton</u>	F 45	MA	2:31:41	38.98%
198 <u>WenLin Yuan</u>	F 27	MA	2:55:23	33.72%

Muddy Moose ... 14 Mile Trail Race

Wolfeboro, NH, April 28, 2013

WMAC members in bold:

<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT Points</u>
1 Josh Ferenc	M 31	VT	1:25:09	100.00%
2 Jim Johnson	M 36	NH	1:32:12	92.35%
3 Justin Freeman	M 36	NH	1:40:10	85.01%
4 Peter Najeu	M 27	NH	1:41:51	83.60%
5 Derek Wayhen	M 25	NH	1:42:35	83.01%
6 Nate Bassett	M 25	NH	1:43:52	81.98%
7 Keith Schmitt	M 44	NH	1:45:02	81.07%
8 Timothy Connelly	M 30	MA	1:45:39	80.60%
9 George Heinrichs	M 25	MA	1:46:02	80.31%
10 Jonathan Miller	M 43	NH	1:46:26	80.00%
11 Tom Miller	M 26	MA	1:46:47	79.74%
12 Jeff Brooks	M 43	NH	1:47:00	79.58%
13 Brandon Baker	M 26	NH	1:49:30	77.76%
14 Mark Richardson	M 19	NH	1:51:00	76.71%
15 James Sierwierski	M 46	NH	1:52:59	75.37%
16 Tanner McFarlin	M 17	NH	1:53:10	75.24%
17 Tim Cox	M 40	NH	1:53:25	75.08%
18 Kurt Richardson	M 22	NH	1:53:30	75.02%
19 Stefan Ricci	M 40	VT	1:53:33	74.99%
20 Stanislav Trufanov	M 34	MA	1:53:44	74.87%
21 Thomas Noonan	M 41	ME	1:54:18	74.50%
22 John Paul Lewicke	M 27	MA	1:55:24	73.79%
23 <u>Bridget Ferrin-Smith</u> 1 st	F 31	VT	1:56:08	73.32%
24 Joe Holland	M 50	NH	1:56:40	72.99%
25 Mike Kirk	M 41	MA	1:56:41	72.98%
26 Brent Tkaczyk	M 43	NH	1:57:04	72.74%
27 Paul Bazanchuk	M 58	NH	1:57:12	72.65%
28 Chris Fox	M 38	NH	1:59:33	71.23%
29 Stephen Beaupre	M 48	NH	2:00:14	70.82%
30 Ted Cowles	M 54	CT	2:00:43	70.54%
31 Ken deAlmeida	M 38	NH	2:01:19	70.19%
32 Brad Beveridge	M 39	NH	2:01:50	69.89%
33 Cory Ahonen	M 42	NH	2:01:54	69.85%
34 <u>Erica LaBella</u>	F 33	NH	2:02:07	69.73%
35 Jasmin Lepir	M 37	NH	2:02:27	69.54%
36 Shaun Daylor	M 34	MA	2:04:59	68.13%
37 Walter Fortier	M 63	NH	2:05:24	67.90%

38 T.J. Hesler	M 44	ME	2:05:37	67.79%
39 Chris Dargie	M 32	ME	2:06:52	67.12%
40 Keith Thomas	M 24	NH	2:08:39	66.19%
41 Robert Kenefick	M 47	MA	2:09:00	66.01%
42 <u>Meredith Axisa</u>	F 32	NH	2:09:02	65.99%
43 Dana Boudreau	M 39	NH	2:09:23	65.81%
44 Curt Pandiscio	M 52	CT	2:13:17	63.89%
45 James Lehneman	M 49	VT	2:13:31	63.77%
46 Jeremy Merritt	M 36	NH	2:13:50	63.62%
47 James Banyas	M 49	MA	2:14:02	63.53%
48 Chris Peter	M 32	NH	2:14:19	63.40%
49 Steve Renner	M 39	NH	2:14:26	63.34%
50 Ethan Levesque	M 23	NH	2:14:52	63.14%
51 <u>Amy Tkaczyk</u>	F 39	NH	2:15:13	62.97%
52 <u>Valerie Stori</u>	F 37	VT	2:15:35	62.80%
53 Doug Mayer	M 48	NH	2:15:55	62.65%
54 Todd Drinkwater	M 40	ME	2:16:04	62.58%
55 Mike Tegart	M 14	VT	2:17:05	62.12%
56 Tom Jack	M 54	NH	2:17:52	61.76%
57 Dan Sprague	M 26	NH	2:21:38	60.12%
58 Bill Ellsworth	M 40	NH	2:21:40	60.11%
59 Stuart Thorne	M 53	NH	2:22:31	59.75%
60 Matthew Harlow	M 32	NH	2:23:50	59.20%
61 Tobey Reynolds	M 40	NH	2:24:14	59.04%
62 <u>Sandra Laflamme</u>	F 36	NH	2:24:16	59.02%
63 Mike Schreiber	M 40	NH	2:24:31	58.92%
64 Jason Inglis	M 27	NH	2:24:54	58.76%
65 Dan McGinley-Smith	M 40	VT	2:25:59	58.33%
66 <u>Carolyn Shreck</u>	F 40	NH	2:26:54	57.96%
67 Peter Franke	M 50	NH	2:30:07	56.72%
68 <u>Amanda McCaughey</u>	F 28	NH	2:30:18	56.65%
69 Brian Roderick	M 44	NH	2:30:18	56.65%
70 <u>Crystal Ross</u>	F 32	MA	2:30:44	56.49%
71 Eric Randall	M 53	NH	2:30:45	56.48%
72 Adam Sullivan	M 26	ME	2:31:39	56.15%
73 Matt Mitchell	M 30	NH	2:36:21	54.46%
74 <u>Joanna Boisseau</u>	F 32	NH	2:36:52	54.28%
75 Andrew Fisher	M 37	NH	2:37:09	54.18%
76 <u>Bethany Fisher</u>	F 37	NH	2:37:09	54.18%
77 Fred King	M 58	NH	2:38:02	53.88%
78 Rick Pelker	M 54	NH	2:38:58	53.56%
79 Dorin Neacsu	M 48	MA	2:39:55	53.25%
80 <u>Steph Nephew</u>	F 37	MA	2:40:29	53.06%
81 Al Sochard	M 52	NH	2:41:41	52.66%
82 <u>Hanneliese Heinrich</u>	F 18	NH	2:41:44	52.65%
83 Gary Reuter	M 74	ME	2:43:31	52.07%
84 Martin Philip	M 43	VT	2:44:11	51.86%
85 Mark Weidman	M 56	NH	2:44:11	51.86%
86 <u>Caitlin Andrews</u>	F 21	NH	2:45:18	51.51%
87 <u>Kristine Reardon</u>	F 37	NH	2:45:54	51.33%
88 Daniel Steen	M 26	NH	2:47:07	50.95%
89 <u>Danielle Howes</u>	F 40	VT	2:51:00	49.80%
90 Danny Miller	M 42	NJ	2:51:04	49.78%
91 Kevin Callahan	M 59	NH	2:51:16	49.72%
92 <u>Michelle Boisvert</u>	F 37	MA	2:52:19	49.41%
93 <u>Rachel Dodier</u>	F 38	NH	2:53:41	49.03%
94 Philip Tatro	M 49	MA	2:54:26	48.82%
95 <u>Renee Blaisdell</u>	F 44	NH	2:55:26	48.54%
96 <u>Leah Belanger</u>	F 32	NH	2:55:39	48.48%

Continued next page:

Muddy Moose results cont:

97 Josh Robert	M 32	NH	2:55:40	48.47%
98 Jim Berger	M 58	ME	2:58:00	47.84%
99 Marc DiComes	M 33	NH	2:58:31	47.70%
100 <u>Lauren Therriault</u>	F 27	NH	3:00:14	47.24%
101 <u>Michelle Roy</u>	F 43	MA	3:00:38	47.14%
102 Carsten Mayeski	M 33	MA	3:02:05	46.76%
103 Joe Hayes	M 64	NH	3:03:03	46.52%
104 <u>Mindy Randall</u>	F 53	NH	3:03:13	46.48%
105 <u>Ashley Mann</u>	F 32	NH	3:03:40	46.36%
106 Joseph Arruda	M 30	MA	3:03:41	46.36%
107 Tim Coker	M 34	NH	3:04:28	46.16%
108 <u>Mandy Desrochers</u>	F 34	ME	3:04:51	46.06%
109 Robert Benes	M 59	ME	3:04:51	46.06%
110 <u>Sammantha Schreffler</u>	F 23	NH	3:05:06	46.00%
111 Daniel Stephens	M 39	NH	3:06:54	45.56%
112 Michael Lachharte	M 55	VT	3:07:57	45.30%
113 <u>Katy Peternel</u>	F 44	NH	3:08:23	45.20%
114 <u>Wendy Plache</u>	F 42	NH	3:08:23	45.20%
115 Nate Crandell	M 43	VT	3:09:24	44.96%
116 <u>Kathleen Cartier</u>	?? F	NH	3:11:22	44.50%
117 Todd McGurk	M 31	OR	3:11:33	44.45%
118 <u>Rachel Lakin</u>	F 48	NH	3:17:00	43.22%
119 <u>Marisa Smith</u>	F 38	NH	3:17:47	43.05%
120 Richard Fijalkowski	M 45	MA	3:18:17	42.94%
121 <u>Rhonda Hendry O'Hearn</u>	F 44	NH	3:20:31	42.47%
122 <u>Loni Allen</u>	F 33	NH	3:20:31	42.47%
123 Grant Boaen	M 33	NH	3:23:06	41.93%
124 <u>Alyssa Gottshall</u>	F 22	MA	3:25:48	41.38%
125 Stephen Towne	M 56	NH	3:27:43	40.99%
126 <u>Kristin Mara</u>	F 44	NH	3:35:20	39.54%
127 <u>Elizabeth Dawson</u>	F 23	MA	3:36:45	39.28%
128 David Follansbee	M 37	NH	3:39:40	38.76%
129 <u>Danielle Grogan</u>	F 26	NH	3:59:07	35.61%
130 <u>Jessica Brown</u>	F 43	NH	4:00:11	35.45%
131 Mark Sanford	M 52	SC	4:02:12	35.16%

Club Shirts For Sale



WMAC sweatshirts and singlets are available for sale at \$15.00 each. The singlets come in men's or woman's styles. Look for them at the WMAC races or contact Karin Bradley at....

geezer50@verizon.net

Or leave her a message at ...413 – 281 - 6253

Dick Hoch, on the road again.

Upton, Mass. March 30, I like th drive up 395, east on 16. Leaving New London 7:05 am, arrive hour + 47 for th 15km. Into th school there's Peter who' also hit 70 – we get to race free here – saying whn you're 80, they pay U. Thn Ray who's been racing a lot; last week a 6-mile roller he liked cuz going down gave him momentum on th ensuing up. Outside adjusting my shoe a guy sez “ Hi Dick”. Turns out he's Ted; we haven't seen each other for 8 – 10 years!

On our way I spot Peter gliding away as I'm at th back. Last week at th 15km Reservoir Run in RI I came in way last. Everybody surged away so that after only a mile I cood not / never did see anybody up ahead (!) Here I soon passed a guy who thawt / thought I was Larry. Must've been Fred, but that'll be for after. After 2 mi I ease by Ray with a word of encouragement; I'm feeling pretty good. And a gal goes by me declaring then AND following race that I'm an inspiration for her to which I respond “ I'm just 32.”

I'm thinking there's a significant hill and just B4 5 mi yes = TUFF. Then a guy walking. B4 8 mi – thawt I'd never reach 8 – a water stop with big group of folks yelling and cheering. She / sure needed that! Finally past 8 I smell th barn / keep pushin even up th too-long hill. Cop at intersection gives me “ Good Job, Buddy. Almost there.” Thn a guy hollers “ Half Mile, keep it up!” I'm anxious to know my time vs last week and am astounded / really pleased whn seeing th clock at fin. At water table a young fellow who was atop that big (significant) hill and remembered me coming up offered “ Congratulations.” Inside school after visit to car, there's Ray at food table who sez he stuck wit me til 6 mi thn never did fade too far behind. So there were actually 9 of us ol guys (not Ray , yet) Ted 4th, Peter 7th, me 8th, and Fred 9th – what happened to him? In RI he did it some 13 min less thn me; today I came in 13 min B4 him (!)

Since missing this race for 2 yrs due to injury I s very happy to've returned to complete it wunce / once again.

Dick Hoch

**Manitou's Revenge ... Ultramarathon and Relay
June 22, 2013.**

This is a 50 mile ultramarathon through the Catskill Mountains. It's a grueling, gnarly, nasty course with approximately 12,000 ft. of climbing, much of it rocky and precipitous. Because of its remote and difficult nature, there will be a limited number of aid stations, 8 or 9, and runners should be prepared to spend up to 3 or 4 hrs between aid stations. You will have to be reasonably self-sufficient. There is a 24 hour time limit.

So... There must be something that makes this race worthwhile, right???

Yes, the Catskills are truly scenic and wonderful, when you can look up every now and then to sneak a peak, and this will certainly become a memorable experience for anyone who takes on the challenge.

<http://www.manitousrevengeultra.com/>

2013 Dion Snowshoe Series

Hawley Kiln "Notch" 4.7 Miles

Dubuque State Forest ... Hawley, MA. ... 3 / 2 / 13

WMAC members in bold:

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Points</u>
01. Greg Hammett	35M	0:44:22	100.00
02. Dave Dunham	49M	0:44:30	98.18
03. Tim Mahoney	33M	0:46:18	96.36
04. Tim Van Orden	44M	0:48:36	94.55
05. Dave Merkt	29M	0:50:15	92.73
06. Ken Clark	50M	0:54:10	90.91
07. Ted Cowles	54M	0:56:40	89.09
08. <u>Kelsey Allen</u> 1 st F	29F	0:57:44	87.27
09. Ashley Krause	35F	1:00:56	85.45
10. Jim Devine	52M	1:01:24	83.64
11. Peter Malinowski	58M	1:01:32	81.82
12. Wayne Stocker	58M	1:02:02	80.00
13. <u>Dawn Roberts</u>	41F	1:02:11	78.18
14. Adam Wright	23M	1:05:30	76.36
15. Dave Sutherland	50M	1:06:10	74.55
16. Mike Lahey	61M	1:07:10	72.73
17. Jeff Clark - <i>Younger</i>	55M	1:09:04	70.91
18. Dave Cameron	42M	1:09:15	69.09
19. Richard Godin	57M	1:10:48	67.27
20. Brian Carvalho	35M	1:12:05	65.45
21. <u>Laura Fusari</u>	32F	1:12:09	63.64
22. <u>Helen Coty-Curtin</u>	44F	1:12:15	61.82
23. Jan Rancatti	52M	1:12:35	60.00
24. Dan Danecki	53M	1:13:19	58.18
25. Bob Worsham	67M	1:14:27	56.36
26. Will Danecki	62M	1:17:02	54.55
27. <u>Ginny Patsun</u>	44F	1:17:23	52.73
28. <u>Laurel Shortell</u>	46F	1:17:25	50.91
29. Ed Alibozek Jr	73M	1:18:06	49.09
30. <u>Kathy Furlani</u>	64F	1:18:26	47.27
31. Denise Dion	54F	1:20:48	45.45
32. Stan Sarafin	59M	1:20:50	43.64
33. Karl Schipul	35M	1:21:33	41.82
34. Peter Lipka	61M	1:21:53	40.00
35. Martin Glendon	66M	1:21:56	38.18
36. <u>Jen Kuzmich</u>	54F	1:22:30	36.36
37. Peter Canzone	59M	1:23:54	34.55
38. Bob Massaro	69M	1:30:05	32.73
39. Jim Sheehan	60M	1:34:00	30.91
40. <u>Anita Curtin</u>	14F	1:34:40	29.09
41. <u>Vicki Quagliaroli</u>	59F	1:38:55	27.27
42. Rich Busa	83M	1:39:47	25.45
43. Edward Alibozek	50M	1:40:00	23.64
44. Konrad Karloczuk	60M	1:41:32	21.82
45. Mark Jordan	62M	1:43:00	20.00
46. <u>Carol Jordan</u>	66F	1:43:03	18.18
47. <u>Mary Lou White</u>	57F	1:44:42	16.36
48. <u>Cathy Sheehan</u>	52F	1:46:28	14.55
49. <u>Jeneka Conboy</u>	40F	1:49:30	12.73
50. Jules Seltzer	77M	1:49:31	10.91
51. <u>LeeAnn Zarger</u>	58F	2:04:56	9.09
52. Jamie Howard	47M	2:05:30	7.27



Dan Danecki stands next to the Hawley Kiln at the 2013 race.

photo by will

A bright sunny day with temps in the low 30's greeted us at this years Hawley Kiln snowshoe race. A little breezy at the start but little to no wind once we got into the woods made for some ideal running weather. However, once we turned off of the snowmobile trail the deep and narrow single track trail we had to run on for the next 4 miles was quite the challenge. We were forced to literally place one foot almost directly in front of the other which made for some awkward running with many of us falling multiple times during the run. And of course with the path being so narrow we were constantly banging our ankles with our snowshoes.

But we managed to get through it and then we headed over to the South Face Farm for our annual pancake brunch. This is the main reason most of us run this race. The fresh pancakes with homemade maple syrup and some hot coffee sure hit the spot after this race.

Many Thanks to Ed Alibozek for once again organizing this race and most of the snowshoe runs every year, and to Tom McCrumm for hosting us at his South Face Sugar Farm restaurant afterwards.



South Face Sugar Farm

PEAK Snowshoe: Go Beyond Your Limits

by Laura Clark

This year's PEAK T-shirt says it all: Go Beyond Your Limits. And those who have earned the right to wear their shirt have certainly done just that. The Peak experience consists of 6.5 mile loops up and down a mountain in Pittsfield, VT, near the fabled ski slopes of Killington. With 1200 feet of elevation gain per round you can dial into a 10K, half marathon, marathon or 100 miler's worth of mountaineering.

Coming to the ultra scene late in life, it took me many years to complete my first 50 miler and another few to finally "get it right." Teetering on the edge of 66 I am definitely over the hill, but in no way disposed to retirement. Ready or not, I know I will never complete a 100 miler. Initially, that fact of life rather bothered me, but Peak has become my centennial journey. Here I can face all of the doubts, all of the weather, all of the self-knowledge I can handle within a doable stretch of time. And marvel at the fact that some who have matter-of-fact hundreds tucked securely under their belt buckle, still regard my efforts as a similar out of the box experience. So I get most of the glory, plus a warm bed once night falls. Not a bad trade off.

I have been a Peak junkie since 2008 when I ventured into Half Marathon snowshoe territory and wanted more. The following year I got more than I had bargained for and have continued to test my limits for five consecutive years and counting. That alone says a lot about my personality. Once I discover something, I tend to hang on and feel obliged to continue the relationship. While there is merit to repeating an experience in order to make use of hard fought knowledge, recurrent trips can produce staleness and complacency. This has never been my problem, as I have no trouble in viewing the forested landscape from a different lens, or for that matter, getting lost on multiple loops.

Be that as it may, Peak groupies are treated to a satisfying wedding white of something old, something new as the course design is tweaked according to participant feedback, snow cover, and trickster playfulness. Each year offers its own distinctive challenge. The 2013 version was fortunate to have sufficient snow, well enough ahead of time to present us with a thoughtfully planned route. Last year's ziggurats, while having a certain appeal to oriental terrace farmers, afforded tempting shortcutting opportunities. Hence, there were just enough to lend a notion of upward progress but not so many that we felt part of an airport conveyor system. That was the advantage. The disadvantage was that at some point we had to abandon the tourist summit mode and do our best imitation of a cog railway system.

Friends who have completed 100 milers tell me that at some point during their nighttime excursion their mind starts to play tricks. But I can get that right here at Peak without having to slog through the dark to do it. Even with a big mountain, there are only so many paths you can take up and down and still finish in the same place you have started. Approaching the same trails as last year from a different perspective lends the same topsy-turvy effect.

When my husband Jeff spotted the yellow John Deere tractor still stuck in the field he realized he was approaching the site from the opposite direction and then proceeded to replay last year's route backwards in his mind to remember where he would be headed next.

I buttonholed the same problem somewhat differently. Just past the Deere was a hut that in all my cumulative 50 loops I could swear I had never seen before, despite the fact that I recognized the approaching terrain. Next to the hut was the second aid station. There were supposed to be only two—one at the start and one at the summit. Could this be the summit despite the lack of breathtaking scenery? Of course not. The summit was straight up and far away, hosting a token unmanned station. After last year's wind which completely destroyed the protective tarp, it was no wonder nary a volunteer could be found to man the pinnacle.

I also got to experience ghosts and visions. On my third descent, I heard the sound of a chain rattling behind me. I was excited. I had so far been denied the hallucinatory visits typical of a 100 mile trek and was definitely ready for the experience. But each time I glanced behind, hoping for the Ghost of Christmas Past or perhaps Capt. Cook's anchor cable, there was nothing to be seen. Then I listened carefully to my clothing and snowshoes but nothing appeared to be haunted. Apparently I was still alive. Finally the chain passed me. It encircled the neck of a medium-sized Catahoula Leopard dog who was more intent on forging ahead than climbing trees as his namesake implies. Just as well. All I needed at that point was to see a dog climb a tree!

Everyone's favorite section is one that steps right out of Brothers Grimm. Alternately termed the Black Forest, the Enchanted Forest or, in less lucid 60's moments, the *Magical Mystery Tour*, the labyrinthine maze is encased within its own special parenthesis separating it from normal time and place constraints. This year we approached it from a different angle and it seemed longer, a welcome breather from the steady uphill, a pause before summiting. Even at High Noon it remains fixed at twilight time and somewhere just over the horizon the double edged Gingerbread House awaits weary and hungry explorers.

For the first time the record crowd necessitated a staggered start which created no doubt about who was going to be your competition. It also prevented the longer distance racers from going out too fast with the 10K runners. With the exception of the start and finish, the plentiful snow created an entirely single track experience, which would have proven logistically difficult if not for the divided groupings.

Multiple loops on snowshoes created deep canyons to be exited at your peril. Normally, I try to step to the side during the steeper descents, preferring more of a cushion, but with the crusty top layer this was not an option. At one point, actually more than one point, but at this particular point of the story, I fell, cramping my calf muscle. As I attempted to stretch it out, I jarred loose into full butt slide mode, accomplishing the plunge in far less time than my two feet would have taken.

Continued next page:

Peak Snowshoe cont:

Embarrassingly, this remained my preferred method for the final loop when I was simply too tired to care and concerned about making the cutoff.

In slightly less than 10 hours, but nonetheless limboing in under the time limit, I was awarded my Peak medal, defining a day where, like any ultrarunner, I worked my way through pain, self-doubt and hallucinations to channel mental barriers and run into a world of possibilities.

Laura Clark

Peak Snowshoe Challenge ... Pittsfield, VT. 3 / 2 / 13

Marathon:

Ryan Welts	1 st M	4:30:37
Ben Nephew		4:36:22
<u>Kristina Folcik</u>	1 st F	5:26:50
Rich Kelly		7:05:40
Steve Wolfe		8:38:17
<u>Laura Clark</u>		9:55:39
Joe Cleary		10:21:07

Half – Marathon:

Pak Junyung	1 st M	2:24:53
Brian Northan		2:26:18
<u>Jessica Northan</u>	1 st F	3:00:49
Robert Scott		3:24:51

10K:

<u>Karen McWhirt</u>	2:39:07
Jeff Clark (elder)	2:39:09

Complete results at... <http://peakraces.peak.com/snowshoe/>

Snowshoer's from New England won 8 medals at the Dion Snowshoe National Championships held on March 16, 2013 in Bend, Oregon.

In the 10K race Peter Keeney, Rich Busa, Carolyn Stocker, and Marcy Schwam all won their age groups for the gold medal and Wayne Stocker took the silver in his age group.

In the 5K race Lauren Stocker took the gold in her age group.

Check out the complete results on the snowshoe page at....

www.runwmac.com

Answer to Trail Trivia.....

C... Nipmuck Marathon

39th Annual

**Jack Bristol – Lake Waramaug Ultra's
50K ... 50 Miles ... 100K
April 21, 2013 New Preston, CT.**

Clouds and Sun ... Low of 34* – High of 58*
Windy – gusts up to 20 MPH

First place male & female and other familiar names:

50K:

1 st M	Michael Comstock	M 27	3:44:41
1 st F	<u>Tina Senft – Batoh</u>	F 25	3:53:42
	Chris Deming	M 46	4:18:04
	Marc Rebillard	M 53	4:35:44
	Bill Lutkus	M 53	4:35:49
	Stewart Dutfield	M 58	4:59:38
	Curt Pandiscio	M 52	5:03:31
	Lee Bradley	M 71	5:46:43
	Ron Paquette	M 71	7:08:09
	<u>Anne Broussard</u>	F 60	7:40:45
	<u>Lois Broussard</u>	F 67	7:40:47
	<u>Mo Van Moffaert</u>	F 53	7:50:58
	<u>Lee Zarger</u>	F 59	8:25:11
	Eugene Defronzo	M 77	9:16:10
	Mike Brooks	M 67	9:16:54
	Eugene Bruckert	M 77	9:16:58

50 Miles:

1 st M	Lane Thornton	M 23	6:43:36
1 st F	<u>Shannon McGinn</u>	F 37	7:41:52
	Dave Martula	M 68	8:16:54
	Ray Krolewicz	M 58	11:03:51

100K:

1 st M	Padraig Mullins	M 31	8:42:19
1 st F	<u>Tina Ryan</u>	F 39	10:05:34
	Joseph Laskey	M 48	9:59:21
	<u>Susan Warren</u>	F 56	10:58:18
	<u>Karna Hyman</u>	F 41	11:30:54
	<u>Hanna Benshoan</u>	F 53	12:21:30
	Kemani Smith	M 32	13:49:49
	Scott Johnson	M 31	13:49:50

115 total finishers. Complete results at....

www.lakewaramaugultra.com

Up-Coming Trail Events....

Mountain Bicycle Race

Presented by Horst Engineering Cycling Team

Sunday, June 2, 2013 --

www.BikeReg.com search "domnarski"

5k Trail Run

Saturday, June 8, 2013

www.RunReg.com search "domnarski"

Pattaquatic Heart Attack Teddy Roosevelt Challenge

Saturday, June 15, 2013 --

www.RunReg.com search "domnarski"

Its a race straight through the woods with no trail, over logs, rocks and around trees with challenging elevation. Some will race to win, and other's will enjoy the challenge of walking through the woods without a path. Its only 3/4th of a mile to the summit but its difficult. 3/4th of a mile and back for a total of 1.5 miles.

www.DomnarskiFarm.com

Nipmuck South Trail Race ... 14.1 Miles Mansfield Hollow State Park ... Mansfield, CT. Sunday June 30, 2013 10 AM

This race is an out and back that generally follows the Fenton River. It has some interesting trail variations over beautiful terrain, with several small bridge crossings, a climb to 50 foot cliff, fields, and woods. The race starts at Mansfield Hollow State Park and winds its way to Old Turnpike Road (off of route 44) There will be 3 water stops along the way.

Resister Online - Coming soon.

Questions? Scott Edington ... sedington@gmail.com

http://willimanticathleticclub.org/Nipmuck_South.html

HSV 26 and 50 Miles Hancock Shaker Village

Come enjoy a New England autumn day in the beautiful Berkshires of Massachusetts and run in the Pittsfield State Forest. There will be two races, a 50 mile Ultra Marathon and a Trail Marathon (26 miles). The race will begin and finish on the grounds of the historic Hancock Shaker Village. After the race, there will be food and local beer from Big Elm Brewery!

While you are running, your family and crew may take advantage of a discounted price, and enjoy the farm and museum of Hancock Shaker Village. This is a very challenging course, lots of ascending and descending over very technical trails. Some Aid Stations are 6 miles from the previous station.

Race date: September 21st 2013

50 mile race start: 5:30am. **Marathon start:** 10:00am.

Race registration: Ultrasignup.com

Entry fee for the 50 mile Ultra is, \$80 until March 31st, \$90 until June 30th, and \$100 to race day. No refunds or transfers.
Entry fee for the Marathon is, \$40 until March 31st, \$50 until June 30th, and \$60 to race day. No refunds or transfers.

<http://hancockshakervillage.org/programs-events/hancock-shaker-village-50/>

Hudson-Berkshire Beverage Trail and Capital Region Nordic Alliance Inc. introduces

THE 2013 SUMMER WINERY 5K FUN TRAIL RUN SERIES

Come Out & Run or Walk at 3 Great Local Apple Orchards & Wineries! Taste specialty foods and beverages. Support CRNA's work with those with disabilities by participating in our first extravagant raffle!

Save the dates!

June 15, 2013

HILLTOP ORCHARD/FURNACE BROOK WINERY,
Richmond, MA

Great Cider Doughnuts, Johnny Mash Cider and wines

www.hilltoporchards.com/index

July 13, 2013

HARVEST SPIRITS FARM DISTILLERY, Valatie, NY

Taste wonderful vodkas from Apple to Black Raspberry and Peach

www.harvestspirits.com/inquiries

August 24, 2013

GOOLD ORCHARD/BROOKVIEW STATION WINERY,
Castleton, NY

Try Sue's Delicious Cider Doughnuts, Pies and Wines

www.goold.com/

November 9, 2013

RUN SERIES FINALE at Notchview Reservation,
Windsor, MA

Come for the 5 or 10K runs in a beautiful reservation park, see who receives the baskets

www.thetrustees.org/places-to-visit/berkshires/notchview

Register for all events at CRNA's website

capitalregionnordicalliance.org/event

\$15 per event; register for all and save \$10!

Winery and CRNA Awards baskets presented for top Males and Females participating in 3 out of the 4 fun runs ...including the finale!

2013 Grand Tree Series
Standings after first three races so far this year.

Best 3 Races:

<u>Name</u>	<u>Age</u>	<u>GT %</u>
1 Stanislav Trufanov	M 34	77.11
2 Ted Cowles	M 54	73.13
3 Jeremy Merritt	M 36	67.18
4 Dorin Neacsu	M 48	58.89

Best 2 Races:

1 Stephen Granger-Bevan	M 28	99.01
2 Jim Johnson	M 35	96.18
3 Ethan Nedeau	M 40	90.33
4 George Heinrichs	M 25	85.19
5 Keith Schmitt	M 44	85.11
6 Tom Dmukauskas	M 37	82.63
7 Timothy Connelly	M 30	80.65
8 Tony Bonanno	M 47	79.27
9 Michael Wade	M 44	79.00
10 Stanislav Trufanov	M 34	78.23
11 Jeffrey Saeger	M 63	74.94
12 <u>Jennifer Howland</u>	F 25	74.46
13 Ted Cowles	M 54	74.43
14 Gary Jewett	M 47	69.59
15 Chris Fox	M 38	69.57
16 Jeremy Merritt	M 36	68.96
17 James Banyas	M 49	67.04
18 Kevin Maier	M 29	66.29
19 <u>Sara Praguski Walsh</u>	F 34	66.24
20 Curt Pandiscio	M 52	63.67
21 Michael Ferrari	M 48	62.97
22 Justin Ellertan	M 38	62.94
23 Mike Schreiber	M 40	61.86
24 Dorin Neacsu	M 48	61.71
25 <u>Carolyn Shreck</u>	F 40	60.89
26 <u>Carolina Villarreal</u>	F 31	57.87
27 Pete Westover	M 68	57.76
28 Gary Reuter	M 74	55.34
29 Christopher Harrison	M 60	46.79
30 <u>Kathleen Furlani</u>	F 64	46.42
31 Dave Raczkowski	M 62	45.27
32 <u>Mary Lou White</u>	F 57	39.45

To find yourself listed as an official finisher in the 2013 Grand Tree Series, you must complete at least six (6) of the listed Grand Tree Races. Run as many as you wish, we will use your top six scores, tossing out the others. This will decide by top percentage producer in six events the 2013 Champion(s).

We also keep track of Total Points acquired, and announce a "Stonehead" Champion at the end of the year. There is a fringe cult of trail runners who feel that this is as important an indication of a true trail running champion as any.

This year Fred Pilon has volunteered to coordinate and generally administer the Grand Tree Trail Series.

Rob Higley will handle the Grand Tree scoring and website.

Keep up with the 2013 Grand Tree Trail Series throughout the year. Use the GT link from the club's web page for schedules, changes, and updates. www.runwmac.com

The 2013 GT Series. Trail Running at its Best!

Laura Clark informed us of this sad news:

"Andy Keefe, the Saratoga Stryders version of Rich Busa, passed away on Friday, March 8, 2013.

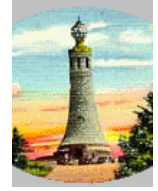
He ran in many of our snowshoe races, as well as the Nationals and often traveled with Paul Smith to Canadian snowshoe events. His favorite race was I Love Woodford in Vermont.

He, his wife Peggy and daughter Patricia were our expert caterers for the Winterfest and Camp Saratoga Snowshoe Races. We last saw him at this year's Winterfest. "

He will be missed.



"Our Friend" Andy Keefe
July 10, 1930 to March 8, 2013



Western Mass Athletic Club



MT. Greylock Trail Races

5K and Half Marathon Greylock Glen.... Adams, MA.
Sunday June 16, 2013 10 a.m. start

*The 1/2 marathon race goes straight up and over the top of MT. Greylock, then winds it's way back to the Glen via single track trails and old jeep roads. Very rocky, muddy, and rough in spots.
The 5K race is on rolling trails through the forest around the Glen.*

Pre-register before 6 / 9 / 13 ... \$15.00 half-marathon, ...\$12.00 5K.
Family discount: no charge in excess of that for 3 people if pre-registered.
Shirts may be sold separately at the race.

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

(Day of race: \$20.00 half-marathon, \$15.00 5K) **More info at** www.runwmac.com

*****Cut*****

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

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

Entry fee \$ _____ Total enclosed \$ _____

WMAC Member? Yes No

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

Signature _____ Date _____

Parent/Guardian (if under 18) _____

2013 MT. Greylock Trail Races



Western Mass Athletic Club Savoy Mountain Trail Races

16.5 miles or 4 miles ... Sunday ... August 18, 2013 ... 9:00 AM

DCR's Savoy Mt. State Forest ... Savoy, MA.

16.5 Mile Course: Start at North Pond as usual. Runners will do the 11 mile loop from previous years with an "out and back" ridge run added from the top of Spruce Hill along the new BNRC (Berkshire Natural Resource Council) Hoosac Range Trail to the BNRC Rt 2 Parking Lot. 5 Aid Stations; 2 with water + fuel (Gatorade, fruit, pretzels), 3 are jugs o' water. Expect sublime views from Spruce Hill and the ridge. Uses hiking and ATV trails. Hilly with an abundance of rocks and exposed roots. Can get very muddy with rainy weather. Race begins at **9:00 A.M.**

4 Mile Course: 4 mile course is the South Pond Shuffle loop circuit, primarily on hiking trails in the park. Plenty of rocks, roots and other trail hazards. *Race begins at 9:15 A.M.*

*Pre-Entry Fee is \$15 for the 16.5 miler, \$10 for the 4 miler, before 8 / 11 / 13.

*Entry fee on race day is \$25 for the 16.5 miler and \$15 for the 4 miler.

*Sorry, no refunds.

*Trail Race Directors run for free!!! (still submit application)

*Driving instructions at Mass DCR /Savoy or www.runwmac.com

*Refreshments: Fruit & snacks for runners and guests. Bring your own barbeque.

*Some shirts may be sold separately, ask at the race.

More info: Isaac Tirrell ... isaactirrell@gmail.com

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

Please circle which Savoy Mt. Trail Race you are entering: 16.5 miles 4 miles

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

Entry fee enclosed \$_____ *Trail Race Director (Free)* _____ *Name of Trail Race* _____

WMAC member? Yes No

Please enter me in the indicated Savoy Mt 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 Savoy Mt 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) _____

WMAC 2013 Savoy MT. Entry WMAC

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

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

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

Check here for any changes and provide new information below _____

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

Single Membership _____ Household Membership _____

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

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

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

Interest (s):

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

OTHER _____

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

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

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