In this issue:

Up n' Coming Events:

Wed. Night Fun Runs ……5:30 PM
Now through October meet at
Hoosac Valley High School
RT. 116   Adams / Cheshire line

Trail Races:

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

www.runwmac.com

The Hot Line …...... 413 – 743 – 5124
Club Officers - poncherosa@yahoo.com
Newsletter …… wdanecki@charter.net
Write us at:

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

30th Greylock

When I arrived at the Greylock Glen for the 30th annual Greylock Trail races, I was surprised to see all the "no parking on this side" signs posted all along the road. This was something new. I asked some of the club officers who were setting up for the race what this was all about and they weren't sure either. They didn't know about this until the day before the race when the DRC called to say the police department was going to do it. I can only assume it was to make sure the road was kept open for emergencies. Whatever the reason, everyone was able to park their cars somewhere or other, even if it was a ¼ mile or more away.

It was early enough when I got there and I found a spot close by, right next to Dave Raczkowski who was there even earlier. I chatted with Dave for a few minutes before he said "Did you see my car". I walked around to the front to see most of the bumper of his car wasn't there anymore. Plenty of deer blood and hair though. Dave said it happened very early this morning on the Mass Pike while heading to the race. Luckily he wasn't injured so he pulled off the loose and damaged pieces, called his insurance company and then continued on to Greylock. Unfortunately the deer wasn't so lucky.

The other thing I noticed right away when I got there was how cloudy (foggy) it was. And windy too! Most of the mountain was socked in by clouds and I already was thinking there goes the great views from up top. So much for the sunny and mild weather that was promised by the local TV station the night before. They got it wrong 3 times last year on the days of some of my races so I really shouldn't have been surprised. So much for all this sophisticated technology to forecast weather.

The good part of this I guess was that the cool and breezy weather was really perfect for running / climbing up to the top of Greylock. Within minutes of starting the race we pretty much settled in to our respective paces. I was running in a group with a couple of first timers that I had just met earlier that morning, and also with another old timer, Mike Lahey, who I hadn't seen in awhile. You don't get to the top of the highest Mt in the state without going up and that's pretty much what the first 3 miles of this race is. First on the Bellows Pipe Trail and then merging with the famous Thunder Bolt Trail. So it was a lot of power walking for us with a few spurts of running in between. We chatted away as we climbed and I filled in the newbies on what to expect once we got to the top and beyond.

I mentioned how we used to run this race in the opposite direction and actually ran down this steep trail. That was years ago when I would / could fly down this trail and even pass many people while doing it. But now that I'm older I'm glad we don't.

Just as expected, when we got to the top it was all fogged in. Even the tower was hard to see through the mist. I said something about "no good views today" to several of the sightseers standing up there who were cheering us on as we ran past.

After a quick stop at Jean Marchio's aid station, we began a long, rocky, downhill section before crossing the road and on to the Overlook Trail. This trail is the most technical in the whole race with rocks and roots everywhere. And for some reason it's always wet through here. I never understood why it's called the Overlook Trail since I've never seen any views from it. Could be because the trees block any views, or that we have to watch every step while running so there's no time for sightseeing.

30th Greylock cont:

The next trail we come to is the Hopper trail. It's mostly downhill and although very rocky also, it's wide enough so we can get some good running through here and make up some of the time we lost on the Overlook. You still have to be careful though. These rocks are just waiting to trip you up if you're going too fast and are out of control.

A short dirt road section (Sperry Rd.) greets us at the bottom. This leads us up to the CCC Dynamite Trail and a quick refill at the aid station there. From here this trail is a little under 2 miles of winding, rolling, single track. Just a short distance in on the right I always look for the old iron "Dynamite Box" that's been sitting there for almost 80 years. That's how this trail got its name. I've always enjoyed pointing it out to people as we ran past but this year I was alone when I went by. I waved anyway.

We merge with another trail at the end, which takes us down through a huge meadow (Jones Nose) with mountain views all around. Luckily the clouds had lifted and the sun was finally starting to break through so we could enjoy some of the views. I caught up to a couple of women here and I told them this area was often called "The Sound of Music" field.
One of them started to sing.

Another aid station stop before we turn on to Old Adams Road. This is an ATV and snowmobile route so it's plenty wide the whole way. The first 1/2 mile is mostly downhill and not too rocky so again good running to make up some more time. You will need it because after that the next mile or so is somewhat uphill. Not steep climbs but it is uphill none the less.

It finally levels out for about a 1 /4 mile before we began almost 2 ½ miles of downhill running. Sometimes gradual, sometimes steep, but if you have anything left now is the time to use it while gravity is your friend. Old Adams Road merges with the Cheshire Harbor Trail, and then we cut off on parts of several short trails before picking up the Gould Trail which takes us to the finish back at the Glen.
This last part is where the short race course goes.

Unfortunately I wasn't able to push the last downhill as much as I would have liked. I had to pull up a couple of times when I felt a cramp coming on. I was lucky that it wasn't a full-blown cramp which would have stopped me in my tracks for 10 minutes or so like in the past, but it did cost me several minutes off my time. Once I got going again I was able to keep moving all the way to the finish with no more issues.

So the 30th Greylock trail race is in the books and I'm happy that I've been able to be a part of the last 20 of them in a row. When I was a kid growing up in Adams my friends and I used to play in the woods in some of the areas we now run through. My family also used to have picnics at Pecks Falls just down the road, and we would go mushroom picking here back in the day too. And I've climbed the Cheshire Harbor Trail many times during the annual Greylock Ramble in October. Who would have thunk it back then that I'd still be playing in these woods more than 50 years later.

will run

Several members of the Dinosaur Running Club were spotted at the 2014 Greylock trail races. From left… Bob Worsham, Will Danecki, and Dick Hoch.

Despite a deer taking off the front bumper of his car on the drive to Greylock, "Nipmuck" Dave Raczkowski made it through another trail race unscathed. Dave is also a Dinosaur Running Club member.

Missing in action for several years, Grace and Steve Jensen showed up at Greylock this year.

photos by Scott Livingston

Greylock From a Different Perspective

As trail runners we are all accustomed to shrugging off aches and pains. A tweaked ankle? Walk it off. A shoulder pulled while breaking a fall? No big deal—no one runs on their shoulders. A bloody knee? Snap a picture! I, too, thought I was pretty good at dealing with pain. Up until last week when I got kidney stones.

On the drive to the Freihofer's races last week my back really started to bother me and I found myself cataloging all the heavy things I had lifted. I did think it odd, though, that when I pulled off the road to stretch it out, I threw up. But then I felt better. After the race I again experienced the breath-taking pain but it was over in fifteen minutes. The next day, I rode my bike to work, Big mistake as I barely made it in and soon had to reroute to the ER. To my credit I didn't shout or cry, but I certainly whined. I discovered the miracle of morphine and was sent home with an arsenal of pain killers.

Later that week, I visited the urologist and scheduled surgery. Note that this was not just any urologist, but a runner and a member of Saratoga Stryders. I selected him because I had an important question to ask and didn't want to be laughed at: "Can I still run the Mt. Greylock Trail Half Marathon the next week? Seth agreed I could but then added, "But I don't know why you would want to. " I stuck to the original game plan but soon realized that if walking to the mailbox and back was so much of an effort, I should reconsider.

So I downgraded to the 5K and was actually looking forward to a pleasant jaunt and then lots of sun time while I waited for Jen Ferriss to finish her half. Amazingly, the car ride up and back necessitated a pain pill but the run itself was a piece of cake. My friend Karen McWhirt, who had originally volunteered to run a slow half with me obligingly shifted gears and chose the 5K. We watched everyone else string out ahead of us as if they were in a race. We took our time, chatted and thoroughly enjoyed ourselves. I had talked before in a race but never in a shorter one. It was like we were hanging onto the tail end of a 50 miler, not in any hurry, just wanting to get there eventually.

Thanks to Karen's welcome distractions, what had started out for me as a slow hike morphed into a slow run. Not having done anything aerobic for three weeks, I felt like you do in a triathlon when you get off the bike and transition into the run. Wobbly, awkward and extremely happy not to be riding that bike anymore.

Afterwards Karen and I bundled up against the fierce wind chill on a sunny day that the weather guessers had deceivingly termed "nice." It was nice, but it definitely was not up to heat acclimation standards. Running the half from the back of the pack, I had never gotten to see the frontrunners come in and that was a pleasant change. Some of the finishers crossed elated, some in a fierce battle with multiple opponents and some seemingly in danger of imminent collapse.

Lady Greylock does take a toll. But for me, this year, it was a stroll in the park, a pleasant respite from laying it all on the line.

Laura Clark

Hoosac Valley High School XC team members manning the Dynamite Trail aid station.

Runners making their way through the field at Jones Nose

photos by Rob Higley

30th Annual …Mount Greylock Trail Races
Half Marathon and 5K
June 15, 2014 …. Greylock Glen …. Adams, MA
Cloudy - Breezy - Sunny Latter …. Low of 57* High of 74*

Club members in bold:

	Name	Age	ST.	Time	GT %
1	Derek Jakoboski	M 27	RI	1:40:35	100.00%
2	Matt Shamey	M 34	MA	1:43:04	97.59%
3	Greg Hammett	M 36	NH	1:47:01	93.99%
4	Aaron Stone	M 31	MA	1:49:41	91.70%
5	Ben Whitbeck	M 37	MA	1:49:48	91.61%
6	Jonathan Hammett	M 38	RI	1:51:38	90.10%
7	Christian Oho	M 25	NM	1:52:05	89.74%
8	Jim Sweeney	M 32	NY	1:52:35	89.34%
9	Kelsey Allen **1ˢᵗ F**	F 31	MA	1:57:12	85.82%
10	Donald Pacher	M 42	MA	2:00:05	83.76%
11	Kehr Davis	F 37	MA	2:00:34	83.43%
12	Will Kirby	M 19	MA	2:01:21	82.89%
13	Sam Kobrin	M 18	MA	2:01:31	82.77%
14	**Joshua Moran**	M 32	MA	2:02:08	82.36%
15	Stanislav Trufanov	M 35	MA	2:02:44	81.95%
16	Todd Bennett	M 43	CT	2:02:44	81.95%
17	Jake Kobrin	M 18	MA	2:03:26	81.49%
18	Luke Nugent	M 27	MA	2:03:52	81.20%
19	Alan Finder	M 25	NY	2:04:19	80.91%
20	Chad MacDonald	M 27	NH	2:04:31	80.78%
21	Derek Struck	M 19	NY	2:05:03	80.43%
22	Nicholas Buebee	M 25	RI	2:05:06	80.40%
23	Eric Wyzga	M 38	RI	2:05:57	79.86%
24	Mathew Graziano	M 31	MA	2:06:01	79.82%
25	Ari Ofsevit	M 29	MA	2:06:50	79.30%
26	Carson Thurber	M 30	VT	2:07:14	79.05%
27	Arthur Gross III	M 24	NY	2:07:26	78.93%
28	Madeline Duhon	F 25	MA	2:07:58	78.60%
29	David Stauffer	M 25	MA	2:08:14	78.44%
30	Miroslav Tashev	M 51	MA	2:08:37	78.20%
31	Tony Bonanno	M 49	CT	2:08:53	78.04%
32	Chris Schudde	M 29	NY	2:09:51	77.46%
33	**Ted Cowles**	M 55	CT	2:10:27	77.10%
34	Thomas Joslin	M 35	NY	2:11:09	76.69%
35	Roger Johnson	M 33	CT	2:11:25	76.54%
36	Alex Jospe	F 30	MA	2:11:42	76.37%
37	**Debbie Livingston**	F 39	CT	2:12:16	76.05%
38	Carl Matuszek	M 62	NY	2:12:41	75.81%
39	Katia Bertoldi	F 36	MA	2:13:01	75.62%
40	Jeremy Drowne	M 36	NY	2:14:18	74.89%
41	**Joe Gwozdz**	M 59	MA	2:16:39	73.61%
42	Bob Sharkey	M 62	RI	2:16:47	73.53%
43	Barbara Powell	F 25	MA	2:17:35	73.11%
44	Gonzalo Gonzacez	M 34	MA	2:17:37	73.09%
45	Conrad Gallagher	M 15	MA	2:18:29	72.63%
46	Michael Damiano	M 49	MA	2:19:35	72.06%
47	Hiroshi Nakashima	M 40	MA	2:19:52	71.91%
48	Frank Bock	M 39	MA	2:21:09	71.26%
49	Giovanni Boranda	M 36	MA	2:21:21	71.16%
50	Jim Devine	M 53	NY	2:21:28	71.10%
51	Donald Jakaboski	M 64	CT	2:22:32	70.57%
52	Tricia Bettencourt	F 43	??	2:22:35	70.54%
53	Katelynn Venne	F 23	MA	2:23:18	70.19%
54	Edson Chipalo	M 26	MA	2:24:40	69.53%
55	Matt Kemp	M 50	MA	2:24:40	69.53%
56	Brendon Boucias	M 46	MA	2:24:41	69.52%
57	Andrew Wells	M 49	MA	2:24:42	69.51%
58	Terry Shields	M 42	MA	2:25:34	69.10%
59	Jason Weakley	M 33	MA	2:26:06	68.85%
60	Rohit Nampally	M 27	MA	2:27:08	68.36%
61	Andrew Miller	M 26	MA	2:27:08	68.36%
62	Devin Pray	M 38	CT	2:27:23	68.25%
63	Brian E. Brown	M 39	PA	2:27:28	68.21%
64	Paul Dombrowski	M 35	MA	2:27:31	68.18%
65	Joanne Beauvais	F 29	MA	2:27:32	68.18%
66	Herbie Helm	M 28	MI	2:27:33	68.17%
67	Brian Beauvais	M 30	MA	2:27:42	68.10%
68	Hilary Greene	F 44	MA	2:27:43	68.09%
69	Bruce Giguere	M ??	CT	2:28:05	67.92%
70	Daniel Luciani	M 22	VA	2:28:31	67.73%
71	Alanna Almstead	F 37	NY	2:29:31	67.27%
72	Chris Makowicki	M 24	NY	2:30:23	66.88%
73	**Todd Brown**	M 50	CT	2:30:54	66.66%
74	Nate Davis	M 29	MA	2:31:01	66.60%
75	James Price	M 55	NH	2:31:52	66.23%
76	Curt Pandiscio	M 53	CT	2:33:10	65.67%
77	**Amanda Chilsom**	F 31	MA	2:33:38	65.47%
78	Bryan Romage	M 38	MA	2:33:40	65.46%
79	Ryan Nix	M 34	NY	2:33:45	65.42%
80	Stephen Alsdorf	M ??	MA	2:35:43	64.59%
81	Peter Martin	M 41	HI	2:35:47	64.57%
82	Wendy Price	F 46	NH	2:35:48	64.56%
83	Rick Pacheo	M 54	MA	2:36:25	64.30%
84	**Bob Dion**	M 58	VT	2:37:10	64.00%
85	Alex Clark	M 28	MA	2:37:17	63.95%
86	Kristin Su	F 29	MA	2:37:18	63.94%
87	Sean Wandrei	M 40	MA	2:37:23	63.91%
88	**Wayne Stocker**	M 60	MA	2:37:23	63.91%
89	Daniel Haggerty	M 41	CT	2:38:57	63.28%
90	Chris Perkins	M 45	MA	2:39:08	63.21%
91	Jeremy Scanlan	M 31	MA	2:39:18	63.14%
92	Paul Selkirk	M 50	MA	2:39:24	63.10%
93	Charles Joyal	M 44	MA	2:40:16	62.76%
94	Tai Man	M 47	MA	2:40:26	62.69%
95	Jason Dominick	M 42	MA	2:40:56	62.50%
96	Harry Hayward	M 62	MA	2:41:05	62.44%
97	Garrett Adams	M 52	MA	2:41:21	62.34%
98	Joseph Sayles	M 31	MA	2:42:02	62.08%
99	Susan Fortin	F 44	MA	2:42:08	62.04%
100	Jess Doclendorff	F 32	MA	2:42:17	61.98%
101	**Carmel Kushi**	F 45	MA	2:44:11	61.26%
102	Betsy Baglow	F 52	MA	2:44:42	61.07%
103	Jeff Clark	M 56	NY	2:44:43	61.06%
104	Dan Drohan	M 18	MA	2:45:11	60.89%
105	Kristy MacWilliams	F 32	MA	2:45:19	60.84%
106	Todd Sugrue	M 58	MA	2:45:20	60.84%
107	Elizabeth St. Clair	F 55	MA	2:45:42	60.70%
108	Laura Nelson	F 33	CT	2:46:54	60.27%
109	**Dan Danecki**	M 55	MA	2:47:20	60.11%
110	Rafael Delabarreda	M 40	NY	2:47:42	59.98%
111	Alison Hogeboom	F 23	VT	2:48:05	59.84%
112	**Vic LaPort**	M 73	MA	2:48:26	59.72%
113	Ed Chartier	M 43	MA	2:49:54	59.20%

Continued next page:

Greylock results cont:

#	Name		ST.	Time	%
114	Kathy McCarthy	F 55	MA	2:49:57	59.18%
115	Jon Meredith	M 47	NY	2:50:00	59.17%
116	**Joe Melillo**	M26	MA	2:50:01	59.16%
117	Scott Henderson	M41	MA	2:50:30	58.99%
118	Nicholas Parsenios	M 46	MA	2:52:59	58.15%
119	Peter Leve	M 47	MA	2:53:00	58.14%
120	**Jeffrey Parkman**	M 66	MA	2:53:43	57.90%
121	Heather Murphy	F 48	MA	2:55:07	57.44%
122	Robin Avery	F 58	MA	2:55:26	57.33%
123	Bob Worsham	M 68	CT	2:56:56	56.85%
124	**John Guzzi**	M 37	MA	2:57:10	56.77%
125	**Will Danecki**	M 64	CT	2:57:35	56.64%
126	Jonathan Barboza	M 34	MA	2:57:49	56.57%
127	**Robert Scott**	M 60	CT	2:58:16	56.42%
128	Garrett Ingoglia	M 43	NY	2:58:32	56.34%
129	Paul Fortin	M 43	MA	2:58:32	56.34%
130	David Aronson	M 59	MA	2:58:49	56.25%
131	Joe Strafach	M 51	CT	2:59:37	56.00%
132	Valerie Doyle	F 33	MA	2:59:38	55.99%
133	Michael Crutchley	M 43	CT	2:59:53	55.92%
134	John Carew	M 45	CT	3:00:02	55.87%
135	**Jennifer Ferriss**	F 42	NY	3:00:51	55.62%
136	Thomas Menner	M 51	CT	3:00:53	55.61%
137	Carl Cignoni	M 63	MA	3:01:14	55.50%
138	**Darlene McCarthy**	F 51	MA	3:01:36	55.39%
139	Cynthia Metcalf	F 40	MA	3:01:46	55.34%
140	Anita Milman	F 38	MA	3:01:58	55.28%
141	**Meghan Lynch**	F 33	MA	3:03:05	54.94%
142	Ellen Stein	F 50	MA	3:03:05	54.94%
143	Jessica Junak	F 31	MA	3:03:24	54.84%
144	Kristan Carlisle	F 34	HI	3:03:29	54.82%
145	Jack Weaver	M 58	MA	3:04:14	54.60%
146	Robert Amatruda	M 28	CT	3:07:53	53.53%
147	Dana Stevens	F 29	CT	3:11:17	52.58%
148	Henry Glick	M 29	CT	3:11:17	52.58%
149	**Bill Donovan**	M 59	MA	3:11:18	52.58%
150	James Imhoff	M 21	RI	3:11:18	52.58%
151	Peter King	M 50	MA	3:14:48	51.63%
152	Sarah Peters	F 38	NY	3:14:57	51.59%
153	Shannon Meserto	F ??	MA	3:14:59	51.59%
154	James Muran	M 49	MA	3:15:01	51.58%
155	**Mike Lahey**	M 63	MA	3:15:03	51.57%
156	Mike Duffy	M 60	MA	3:16:17	51.24%
157	Tara Roch	F 40	MA	3:17:08	51.02%
158	John Loring	M 66	MA	3:17:59	50.80%
159	Craig T. Ornell	M 54	MA	3:18:14	50.74%
160	Alexandra Sieving	F 42	MA	3:18:24	50.70%
161	David Raczkowski	M 63	CT	3:19:45	50.35%
162	Erin Clark	F 33	CT	3:24:23	49.21%
163	Grace Ordonio	F 51	CT	3:25:13	49.01%
164	Sonia Aube	F 46	MA	3:30:03	47.89%
165	**Denise Dion**	F 56	VT	3:30:59	47.67%
166	Luba Pantas	F 31	MA	3:31:20	47.59%
167	Kelly Condike	F 38	MA	3:31:20	47.59%
168	Jonathan Messer	M ??	NH	3:32:31	47.33%
169	Barbara Sorrell	F 57	NY	3:43:04	45.09%
170	Lisa Klinkenberg	F 40	MA	3:44:49	44.74%
171	**Sue Snyder**	F 59	MA	3:47:36	44.19%
172	Drake Pusey	M 39	MA	3:51:18	43.49%
173	Bryon Dailey	M 59	MA	3:59:14	42.04%
174	Amanda Rindone	F 47	MA	4:27:57	37.54%
175	Chad Jzyk	M 38	MA	4:28:29	37.46%
176	Joe Hayes	M 65	NH	4:38:07	36.17%
177	Greg Taylor	M 67	NY	4:41:57	35.67%

Greylock 5 K Results:

Club members in bold:

	Name	Age	ST.	Time
1	Tommy Kirby	M 16	MA	17:58
2	Will Nolan	M 17	MA	18:21
3	John Dupras	M 48	VT	22:23
4	Jake Miller	M 13	MA	22:56
5	Garth Buckley	M 38	MA	23:28
6	Michael Lafreniere	M 11	MA	23:32
7	Rita Longworth **1st F**	F 27	MA	23:33
8	Anita Curtin	F 15	MA	24:20
9	John Barrett	M 38	MA	24:33
10	Jack Carew	M 16	CT	24:52
11	Helen Curtin	F 45	MA	24:54
12	James Whittum	M 51	MA	25:01
13	**Scott Bradley**	M 59	MA	25:08
14	Doug Cummings	M 52	MA	25:40
15	Brendan Bullett	M 35	MA	25:41
16	Ariel Dupras	F 14	VT	25:42
17	Corban Miller	M 10	MA	25:45
18	Joy Whitbeck	F 32	MA	25:54
19	Joe Williams III	M 38	MA	26:34
20	**Annemarie Potvin**	F 14	VT	27:10
21	Tim Morey	M 50	MA	27:13
22	**Audrey Witter**	F 49	MA	27:28
23	Anna Bugbee	F 19	MA	27:40
24	Julia Cummings	F 12	MA	28:01
25	Joe Williams	M 60	MA	28:17
26	John Hammett	M 71	RI	28:27
27	Tom Stone	M 50	MA	28:31
28	Chris Nopper	M 35	MA	28:32
29	Isabel Cummings	F 14	MA	28:34
30	Rob Trotta	M 42	NY	28:40
31	James Durand	M 38	MA	28:46
32	**Alicia Gwozdz**	F 31	MA	29:15
33	Kris Kirby	M 51	MA	29:57
34	Julie Danylieko	F 25	MA	29:59
35	Christine Schudde	F 29	NY	30:02
36	Elizabeth Dupras	F 11	VT	30:30
37	**Therese Potvin**	F 10	VT	30:31
38	Ben Twomey	M 27	MA	30:40
39	Travis Williams	M 36	AZ	31:07
40	Helen Ward	F 48	MA	31:16
41	Emma Whittum	F 16	MA	31:29
42	Dylan Bettencourt	M 10	CT	31:32
43	Anne Miller	F 8	MA	31:52
44	Steve Melito	M 44	MA	31:58
45	**Giselle Gwozdz**	F 33	MA	32:04
46	Mary Beth Miller	F 38	MA	32:07
47	James Carew	M 14	CT	32:11
48	Kimberly Grahn	F 41	MA	32:12

Continued next page:

Greylock 5K results cont:

49 Samantha Whittum	F 12	MA	32:13
50 **Sheppard Livingston**	M 7	CT	32:14
51 **John Aldrich**	M 55	MA	33:15
52 **Claudine Preite**	F 47	MA	33:21
53 **Annette Guerino**	F 52	MA	33:24
54 Taidgh Buckley	M 33	MA	33:54
55 Ilana Bergelson	F 24	MA	34:03
56 James Summa	M 59	NJ	34:11
57 Bryan Bettencourt	M 50	CT	34:16
58 Alexa Bettencourt	F 8	CT	34:16
59 **Joseph Potvin**	M 6	VT	34:45
60 **Daniel Potvin**	M 49	VT	34:46
61 Manny Dupras	M 6	VT	34:59
62 **Eric White**	M 73	MA	35:16
63 **Bob Massaro**	M 70	MA	35:16
64 Anna Butcher	F 13	VT	35:21
65 **Marty Glendon**	M 68	MA	35:25
66 **Eileen Monyahan**	F 43	MA	36:08
67 Joseph Lafreniere	M 10	MA	36:11
68 **Michelle Manners**	F 52	MA	36:35
69 Michael L. Lafreniere	M 40	MA	36:50
70 **Bill Glendon**	M 68	MA	37:43
71 Eric Gross Jr.	M 57	NY	38:05
72 Maya Damiano	F 11	MA	38:28
73 Kerry Gallagher	F 38	MA	38:29
74 Riley Carew	M 10	CT	39:03
75 Kirsten Carew	F 47	CT	39:03
76 Luci Holmes	F 52	MA	39:30
77 **Christa Melillo**	F 28	MA	40:39
78 **Karin Bradley**	F 57	MA	40:53
79 Eliot Dombrowski	M 5	MA	45:25
80 Clare Dombrowski	F 35	MA	45:25
81 Stephanie Melito	F 39	MA	47:02
82 **Dick Hoch**	M 73	CT	48:28
83 **Elaine Buckley**	F 57	MA	48:50
84 **Ed Buckley**	M 56	MA	48:50
85 **Laura Clark**	F 67	NY	54:10
86 **Karen McWhirt**	F 53	CT	54:11

Derek Jakoboski, overall winner in the half-marathon.

Woman's winner Kelsey Allen scores a top ten finish in the half-marathon.

16 year old Tommy Kirby, 1st overall in the 5K race.

Working the finish line, Jackie Lemieux greets John Dupras as he finishes the 5K race at Greylock.

photos on this page by Barbara Danecki

Mike Lahey and Dan Danecki climbing through the mist near the top of the Thunder Bolt Trail.
photo by will

Jean Marchio, far right, at her aid station on the top of Greylock checks on hubby Vic LaPort, far left.
photo by will

Curt Pandiscio and Charles Joyal heading down to Jones Nose
photo by Rob Higley

46th Ron Hebert Road Race

Sunday morn April 6 I drove up for this old New England 8 – miler. In my mind whenever I think of it: Hills and headwind! Especially this year I knew it'd be a struggle. Becuz of injury-non-running-and persistent sickness, my mileage total for Feb – March was over 80 miles less than that of 2013. Turtleing up those hills proved hard, too slow, and certainly not fun. ☹ But still, I'm glad I came. Last year when I finished a man was there asking about me and my race. Being "beat-up" and exhausted I didn't nicely respond. Well, a month or so later I read an article about this very race – Ron Hebert too of course – in N. E. Runner. Oh my, that was Ron himself greeting me when I'd completed his course. I HAD to return; Hopefully he'd be there again. Outside th building to register a runner hollered over to a man nearby, "Hi Ron" I'd returned, and there he was. We met and talked. His running days ended suddenly years ago after a serious accident. ☹ But he still likes to show-up for th race each Spring to see "his" runners.

Dick Hoch

Race Shirts

Over th years I've done many races and accumulated lots of shirts. It was only last Fall when I realized I didn't have to keep them all. Since then I've discovered those big metal containers roadside-for clothes & shoes-throughout CT, RI, MA, & PA. I've selected shirts and given in those 4 states-currently a total of 17; there's no dout / doubt (why b?) there will be more. Many of course, feature just too much advertising, some come from races not really important or significant to me. I've collected numerous wuns / ones from races that ARE important & significant to me, but I've been able to part with 1 or 2 i. e. The Dam trail, done with fun 6 times. I invariably hang-on to my first-earned shirts, dating back to th 70's-just 2- and the 80's, along with th first of what became an annual addition to th stackpile, like Greylock ('86) and Monroe ('92).

You know there're plenty of people, adults as well as kids, who'll happily wear and appreciate whatever shirts you can part with. So check your collection, see what you seldom (or never) put on. Make a special pile to give away, then do it.

Dick Hoch

End of an Era…. South Face Sugar Farm

After 30 years of serving breakfast at their Sugar Farm, Tom & Judy have decided to close the restaurant end of their business. We will always remember how good that food tasted after running the Hawley Kiln snowshoe race just around the corner. They will still be making and selling maple syrup every year.

Merrimack River 10 Mile Trail Race
Andover, MA. …. April 12, 2014

Club members in bold:

Name	Age	ST.	Time	GT %
1 Brandon Newbould	M 32	NH	1:00:23	100.00%
2 Kevin Tilton	M 32	NH	1:00:39	99.56%
3 Jim Johnson	M 36	NH	1:01:01	98.96%
4 Ethan Neadeau	M 41	MA	1:02:30	96.61%
5 Eric Ahern	M 36	MA	1:03:11	95.57%
6 Samuel Jurek	M 27	MA	1:03:25	95.22%
7 John Dudley	M 35	MA	1:04:10	94.10%
8 Todd Bennett	M 43	CT	1:06:34	90.71%
9 Tim Cox	M 40	NH	1:07:14	89.81%
10 Jeremy Brassard	M 18	NH	1:07:15	89.79%
11 Christopher Smith	M 48	MA	1:08:08	88.63%
12 Matthew Galluzzo	M 24	MA	1:08:14	88.50%
13 Eric Narcisi	M 34	MA	1:08:30	88.15%
14 Keith Eisenman	M 35	MA	1:09:01	87.49%
15 Matthew Curran	M 56	MA	1:09:20	87.09%
16 Lucas Fisher	M 18	NH	1:09:24	87.01%
17 David Long	M 40	MA	1:09:37	86.74%
18 Dan Verrington	M 51	MA	1:09:55	86.36%
19 Scott Spence	M 49	MA	1:10:08	86.10%
20 Regina Loiacano	F 40	MA	1:10:12	86.02%
21 Justin Jones	M 26	MA	1:10:39	85.47%
22 Scot DeDeo	M 33	MA	1:10:43	85.39%
23 Ryan Miller	M 31	MA	1:10:53	85.19%
24 Keith Obrien	M 50	MA	1:11:03	84.99%
25 Scott Patnode	M 33	MA	1:11:18	84.69%
26 Brogan Graham	M 31	WI	1:11:58	83.90%
27 Jesse Jakubiak	M 33	MA	1:12:10	83.67%
28 Miroslav Tashev	M 51	MA	1:12:27	83.34%
29 Scott McArthur	M 24	MA	1:12:38	83.13%
30 Jenn Brooks	F 34	MA	1:12:51	82.89%
31 Tristan Smith	M 20	NH	1:12:55	82.81%
32 Edward Jeffries	M 50	MA	1:13:00	82.72%
33 Andrew Novis	M 50	MA	1:13:12	82.49%
34 Emma Kosciak	F 29	MA	1:13:24	82.27%
35 Steve Whittey	M 57	MA	1:14:04	81.53%
36 John O'Brien	M 43	MA	1:14:46	80.76%
37 Dave Hannon	M 43	MA	1:15:05	80.42%
38 Tom Dmukauskas	M 38	MA	1:15:08	80.37%
39 Jake Scarponi	M 15	NH	1:15:25	80.07%
40 Zach Flanagan	M 16	NH	1:15:26	80.05%
41 Davio Deluca	M 14	NH	1:15:27	80.03%
42 Brian Hamill	M 42	MA	1:15:32	79.94%
43 Alex Prevatt	M 17	NH	1:15:40	79.80%
44 Jennifer Howland	F 26	MA	1:15:41	79.78%
45 Steve Pelquin	M 33	MA	1:15:42	79.77%
46 Brent Tkaczyk	M 44	NH	1:15:52	79.59%
47 Tony Bonanno	M 48	CT	1:15:59	79.47%
48 Jeff Beaudoin	M 31	ME	1:16:53	78.54%
49 Tom Dolan	M 46	MA	1:16:58	78.45%
50 Tony Grecco	M 43	MA	1:17:11	78.23%
51 Rick Ciolino	M 49	MA	1:17:33	77.86%
52 Paul Lahham	M 34	MA	1:17:35	77.83%
53 Ben Cantara	M 34	ME	1:17:40	77.75%
54 **Ted Cowles**	M 55	CT	1:17:49	77.60%
55 Ben Winther	M 42	NH	1:17:52	77.55%
56 Bob Gillis	M 59	MA	1:18:14	77.18%
57 Chris Fauske	M 50	MA	1:18:34	76.86%
58 Matthew Adams	M 41	MA	1:19:04	76.37%
59 Kevin Maier	M 30	MA	1:19:30	75.95%
60 James Carrington	M 51	MA	1:19:34	75.89%
61 Zach Richards	M 14	NH	1:19:48	75.67%
62 Griffin Duffy	M 23	MA	1:20:00	75.48%
63 Chris Pratt	M 15	NH	1:20:05	75.40%
64 Tyler Whipple	M 31	NH	1:20:19	75.18%
65 Gary Jewett	M 47	MA	1:20:23	75.12%
66 **Todd Brown**	M 50	CT	1:20:34	74.95%
67 Michael McLaughlin	M 38	MA	1:20:43	74.81%
68 Patrick Smith	M 51	MA	1:21:29	74.11%
69 Richard DeChellis	M 44	MA	1:21:35	74.01%
70 Anthony Ellis	M 33	NH	1:21:43	73.89%
71 Robert Bonazoli	M 43	MA	1:21:52	73.76%
72 Adrienne Cyrulik	F 40	MA	1:22:10	73.49%
73 Michael Buttrick	M 28	MA	1:22:26	73.25%
74 Hannah Parker	F 16	NH	1:22:50	72.90%
75 Katie Scannell	F 17	NH	1:22:51	72.88%
76 Caleb Dowe	M 16	NH	1:23:32	72.29%
77 Jesse Carney	F 17	NH	1:23:51	72.01%
78 Mary Fowle	F 18	NH	1:23:51	72.01%
79 Meg Scannell	F 15	NH	1:23:52	72.00%
80 Allie Pratt	F 15	NH	1:23:53	71.98%
81 Julia Cormier	F 16	NH	1:23:53	71.98%
82 Brooke Laskowsky	F 16	NH	1:24:13	71.70%
83 Andrew Dutton	M 37	MA	1:24:17	71.64%
84 Jake Buttrick	M 30	MA	1:24:40	71.32%
85 Anthony Lombardi	M 47	NH	1:24:42	71.29%
86 Allyson Koenig	F 27	ME	1:24:55	71.11%
87 Rebecca Miller	F 34	ME	1:24:59	71.05%
88 Ron Fisher	M 47	NH	1:25:07	70.94%
89 Christopher Borgatti	M 36	MA	1:25:11	70.89%
90 Jay Curry	M 42	MA	1:25:15	70.83%
91 Stffan Zwirek	M 35	MA	1:25:26	70.68%
92 Matthew LaMothe	M 30	MA	1:25:27	70.67%
93 Aaron Thompson	M 17	MA	1:25:27	70.67%
94 Cody Thompson	M 16	MA	1:25:28	70.65%
95 Kristen Buttrick	F 26	MA	1:26:07	70.12%
96 Joe Moloney	M 52	MA	1:26:16	70.00%
97 Mike Gillis	M 57	VT	1:26:16	70.00%
98 Salvatore Genovese	M 48	MA	1:26:22	69.92%
99 Richard Georato	M 46	NH	1:26:31	69.79%
100 Amy Tkaczyk	F 40	NH	1:27:03	69.37%
101 Josh Haines	M 41	MA	1:27:07	69.31%
102 Josh Doxsee	M 45	MA	1:27:20	69.14%
103 Richard Semtilli	M 55	MA	1:27:35	68.94%
104 **Paul Funch**	M 63	MA	1:27:39	68.89%
105 Tad White	M 39	MA	1:27:42	68.85%
106 Paul Selkirk	M 49	MA	1:28:01	68.60%
107 Francis Lamy	M 52	NH	1:28:03	68.58%
108 Joseph londa	M 54	NY	1:28:06	68.54%
109 Kevin Breen	M 44	NH	1:28:30	68.23%
110 Sarah Schlaack	F 41	NH	1:28:38	68.13%
111 Charles Hanson	M 32	MA	1:28:41	68.09%
112 Kevin Doan	M 31	MA	1:28:44	68.05%
113 Douglass Giuliana	M 42	MA	1:29:07	67.76%
114 Edward Mulvey	M 54	MA	1:29:35	67.40%

115 David Olivieri	M 31	MA	1:29:44	67.29%
116 Ryan Knapp	M 30	MA	1:29:47	67.25%
117 Mariano Santangelo	M 45	MA	1:29:48	67.24%
118 Sam Brelsfoard	M 37	MA	1:30:09	66.98%
119 Kay Miller	F 33	MA	1:30:12	66.94%
120 Muffy White	F 41	MA	1:30:15	66.91%
121 Anthony Tieuli	M 41	MA	1:30:16	66.89%
122 Richard Lally	M 31	MA	1:30:26	66.77%
123 Paul Comeau	M 52	NH	1:30:39	66.61%
124 Kevin Strum	M 58	MA	1:31:07	66.27%
125 Kerry Smith	M 52	MA	1:31:18	66.14%
126 Amanda McCaughey	F 29	NH	1:31:32	65.97%
127 Bob Segal	M 61	MA	1:31:47	65.79%
128 Eric Fanncy	M 43	MA	1:31:48	65.78%
129 Justin Ellenton	M 39	MA	1:32:26	65.33%
130 Julie Haynes	F 55	MA	1:32:35	65.22%
131 Zach South	M 32	MA	1:32:37	65.20%
132 Aaron Daigle	M 25	MA	1:33:58	64.26%
133 Jennifer Eisenman	F 32	MA	1:34:00	64.24%
134 Chris Corvi	M 45	MA	1:34:04	64.19%
135 David Eng	M 44	MA	1:34:05	64.18%
136 Caitlin Jones	F 32	MA	1:34:16	64.06%
137 Paul Stacy	M 47	MA	1:34:29	63.91%
138 Michael Schreiber	M 41	NH	1:34:33	63.86%
139 Mironda Meyer	F 44	MA	1:34:49	63.68%
140 Jim Dudley	M 38	MA	1:35:07	63.48%
141 Adam Olsen	M 42	NH	1:35:20	63.34%
142 Dave Geary	M 48	MA	1:35:22	63.32%
143 Amy Blondin	F 40	MA	1:35:50	63.01%
144 Marc Cobery	M 45	NH	1:35:57	62.93%
145 Lisa Lombardi	F 45	NH	1:36:06	62.83%
146 John Chapin	M 55	ME	1:36:17	62.71%
147 Sean Bailey	M 31	MA	1:36:29	62.58%
148 Stephanie Nephew	F 38	MA	1:36:39	62.48%
149 Jim Bailey	M 51	MA	1:36:46	62.40%
150 Brett Peters	M 39	MA	1:36:49	62.37%
151 Lisa Gorman	F 34	MA	1:36:52	62.34%
152 Freddi Pare	F 42	MA	1:37:03	62.22%
153 **Bill Morse**	M 62	MA	1:37:05	62.20%
154 Pete Westover	M 69	MA	1:37:42	61.80%
155 Nora Hughes	F 15	MA	1:38:48	61.12%
156 Stella Shen	F 43	MA	1:38:49	61.11%
157 Ania Krzywicki	F 25	MA	1:38:50	61.10%
158 Bethany Boksanski	F 47	ME	1:39:21	60.78%
159 Hans Kalkofen	M 42	MA	1:39:23	60.76%
160 Sara Madden	F 39	MA	1:39:25	60.74%
161 John Newell	M 57	MA	1:39:28	60.71%
162 Carolyn Shreck	F 41	NH	1:39:30	60.69%
163 Chad Haskell	M 44	MA	1:39:32	60.67%
164 Michael Ferrari	M 49	MA	1:39:46	60.52%
165 Glenn Mintoma	M 39	CT	1:39:56	60.42%
166 Alison Lackey	F 33	MA	1:40:03	60.35%
167 Tracy Lambert	F 33	MA	1:40:29	60.09%
168 Brian Roderick	M 45	NH	1:41:04	59.75%
169 Bob Feeney	M 60	MA	1:41:34	59.45%
170 Robert Gannon	M 45	NH	1:42:32	58.89%
171 Fred Schmuhl	M 49	NH	1:42:42	58.80%
172 Jessica Junak	F 31	MA	1:42:46	58.76%
173 John Londa	M 57	MA	1:42:47	58.75%
174 Chris Pomeroy	M 33	MA	1:43:01	58.62%

175 Katya Divari	F 52	MA	1:43:18	58.45%
176 Michelle Olivieri	F 30	MA	1:43:21	58.43%
177 Douglas Gray	M 39	MA	1:43:25	58.39%
178 Dave McLaughlin	M 40	MA	1:43:37	58.28%
179 Henry Mitchell	M 17	MA	1:43:39	58.26%
180 Alex Mitchell	M 18	MA	1:43:41	58.24%
181 Tom Mitchell	M 51	MA	1:43:43	58.22%
182 Joe Murphy	M 22	MA	1:44:26	57.82%
183 Jennifer Anderson	F 43	MA	1:44:30	57.78%
184 Melissa Leslie	F 31	MA	1:44:33	57.76%
185 Todd Waite	M 42	MA	1:45:06	57.45%
186 Steve Malynn	M 65	MA	1:45:26	57.27%
187 Doug Falls	M 56	MA	1:45:44	57.11%
188 John Robertson	M 58	MA	1:45:48	57.07%
189 Melissa Francis	F 38	MA	1:45:51	57.05%
190 Leah Francis	F 35	MA	1:45:53	57.03%
191 Brian Burns	M 37	MA	1:45:57	56.99%
192 Thomas Brazil	M 52	MA	1:46:22	56.77%
193 Vicki Blais	F 57	MA	1:46:23	56.76%
194 Amy Morgan	F 36	MA	1:46:24	56.75%
195 Dan Sullivan	M 29	MA	1:46:35	56.65%
196 Kate Felicio	F 24	MA	1:46:56	56.47%
197 Nicole Elliot	F 28	MA	1:47:17	56.28%
198 Kim Dwight	F 44	MA	1:47:17	56.28%
199 Stephanie Suprin	F 52	MA	1:47:18	56.28%
200 Rebecca Pedersen	F 40	MA	1:47:35	56.13%
201 Kate Quigley	F 41	MA	1:47:38	56.10%
202 Paul Hennessey	M 64	MA	1:47:57	55.94%
203 Jeff Hattem	M 63	MA	1:48:02	55.89%
204 Mike Doyle	M 65	MA	1:48:05	55.87%
205 David Smith	M 49	NH	1:48:08	55.84%
206 Michelle Devan	F 37	NH	1:48:10	55.82%
207 Graham McShane	M 32	MA	1:48:11	55.82%
208 David Bunker	M 50	MA	1:48:16	55.77%
209 Nancy Brome	F 51	NH	1:48:24	55.70%
210 Deb Touchette	F 58	MA	1:48:31	55.64%
211 Stephen Touchette	M 59	MA	1:48:34	55.62%
212 Jillian Thompson	F 28	RI	1:48:41	55.56%
213 Peggy Gordon	F 43	MA	1:48:45	55.52%
214 John McCrae	M 56	MA	1:48:46	55.52%
215 Marcie Saganov	F 56	MA	1:48:59	55.41%
216 Jeremy Werth	M 27	MA	1:49:00	55.40%
217 Joan Boegel	F 58	MA	1:49:02	55.38%
218 Jenilee Pudas	F 31	MA	1:49:09	55.32%
219 Susan MacLeod	F 36	MA	1:49:11	55.30%
220 Kate Jagger	F 43	MA	1:49:11	55.30%
221 Roy VanBuren	M 52	MA	1:50:16	54.76%
222 Justin Armstrong	M 36	MA	1:50:20	54.73%
223 Mary Dyan	F 38	MA	1:50:33	54.62%
224 Aileen O'Rourke	F 35	MA	1:50:34	54.61%
225 Christy Clinard	F 48	MA	1:50:52	54.46%
226 Theresa Brockelman	F 45	MA	1:50:53	54.46%
227 Susan Brengle	F 50	MA	1:50:54	54.45%
228 Diana Sanhago	F 28	MA	1:50:54	54.45%
229 Susan Quinn	F 46	MA	1:51:34	54.12%
230 Kaitlin Rockett	F 23	MA	1:51:36	54.11%
231 Kelly Gerard	F 40	MA	1:51:37	54.10%
232 David Sorrells	M 54	MA	1:51:43	54.05%
233 Luke Whalen	M 42	MA	1:51:51	53.99%

234 Jeremy Hinton	M 39	NH	1:51:52	53.98%
235 Elizabeth Nghiem	F 26	MA	1:52:07	53.86%
236 Jim Lamothe	M 55	MA	1:52:10	53.83%
237 Franz Buzawa	M 51	MA	1:52:10	53.83%
238 John Elkaliouby	M 68	NH	1:52:12	53.82%
239 Carol Comeau	F 58	NH	1:52:38	53.61%
240 Michael Fitzgerald	M 53	MA	1:52:47	53.54%
241 Linda Fitzpatrick	F 62	MA	1:53:09	53.37%
242 Richard Fijazkowski	M 46	MA	1:53:35	53.16%
243 Craig Fifield	M 40	NH	1:53:42	53.11%
244 Kelley Palmer	F 34	MA	1:54:03	52.94%
245 Steven Cotter	M 44	MA	1:54:33	52.71%
246 Sandra Gordon	F 48	MA	1:54:35	52.70%
247 Kristin Comprosky	F 48	MA	1:54:42	52.64%
248 Jessica Kehoe	F 36	MA	1:54:43	52.64%
249 Brenda McConnell	F 44	MA	1:55:02	52.49%
250 Sara Lamoothe	F 27	MA	1:55:04	52.48%
251 Peter Rhoads	M 50	MA	1:55:06	52.46%
252 David Guarino	M 50	MA	1:55:07	52.45%
253 Ann Marie Rhodes	F 48	MA	1:55:10	52.43%
254 Sandy Gonzalez	F 35	MA	1:55:22	52.34%
255 Jennifer Hughes	F 44	MA	1:56:23	51.88%
256 Salvatore Napoli	M 42	MA	1:56:52	51.67%
257 Walter Kuklinski	M 65	MA	1:57:21	51.46%
258 Bill Mullen	M 65	MA	1:58:03	51.15%
259 Chris Gonsalves	M 23	MA	1:58:25	50.99%
260 Heather Matilla	F 38	MA	1:59:05	50.71%
261 Rachel Burack	F 27	MA	1:59:06	50.70%
262 Chris Harrison	M 60	MA	2:00:10	50.25%
263 Jim Jenkins	M 59	MA	2:00:57	49.92%
264 Cheryl Mulvey	F 53	MA	2:02:19	49.37%
265 Martha Gilford	F 54	MA	2:02:19	49.37%
266 John Loring	M 66	MA	2:02:58	49.11%
267 Bonnie Hallinan	F 64	MA	2:03:13	49.01%
268 Bethany Staiti	F 25	MA	2:03:20	48.96%
269 Tom Speidel	M 53	MA	2:03:25	48.93%
270 Jennie Murack	F 32	MA	2:04:19	48.57%
271 Peter Copelas	M 53	MA	2:04:53	48.35%
272 Tay Evans	F 39	MA	2:05:22	48.17%
273 David Raczkowski	M 63	CT	2:05:35	48.08%
274 Rania Barton	F 10	NH	2:05:40	48.05%
275 Michael Thompson	M 44	MA	2:05:40	48.05%
276 Tracie Looney	F 41	MA	2:05:41	48.04%
277 Mark Barton	M 42	NH	2:05:47	48.01%
278 Danielle Fisher	F 41	NH	2:05:48	48.00%
279 Sharon Nault	F 44	NH	2:06:04	47.90%
280 Leah Shaffer	F 41	MA	2:06:51	47.60%
281 Cynthia Dantas	F 47	MA	2:07:03	47.53%
282 Christopher Mack	M 42	MA	2:07:05	47.51%
283 John Parker	M 74	MA	2:07:08	47.50%
284 Katy Farel	F 23	MA	2:07:59	47.18%
285 Matthew Lapinski	M 23	MA	2:08:01	47.17%
286 Blaise Aguirre	M 49	MA	2:09:59	46.45%
287 Megan Bouchard	F 34	MA	2:10:10	46.39%
288 Pattie Clocker	F 59	MA	2:10:38	46.22%
289 Jame (Jim) Timoney	M 28	MA	2:11:59	45.75%
290 Lynn McCarthy	F 39	MA	2:12:02	45.73%
291 Michele Campbell	F 41	MA	2:12:05	45.72%
292 Valerie Mathews	F 34	MA	2:13:57	45.08%
293 Kim Kopicko	F 43	NH	2:16:06	44.37%
294 Tracy Spencer	F 37	NH	2:16:07	44.36%
295 Beth Melillo	F 29	MA	2:16:24	44.27%
296 Michael Audette	M 45	MA	2:20:39	42.93%
297 Bob Carter	M 53	MA	2:20:51	42.87%
298 Brian Chisholm	M 58	MA	2:21:16	42.74%
299 Donna Drinkwater	F 50	MA	2:23:44	42.01%
300 Jaclyn Ford	F 25	MA	2:25:52	41.40%
301 Kristin Eaton	F 46	MA	2:28:34	40.64%
302 Chere Vosberg	F 29	MA	2:29:02	40.52%
303 Christine Robinson	F 56	MA	2:31:04	39.97%
304 Lisa Kelly	F 39	MA	2:42:22	37.19%
305 Amber Woolfenden	F 42	MA	2:42:25	37.18%
306 Robert Schrater	M 65	MA	2:47:46	35.99%

Great Way to Start the Season

You could not ask for a nicer day to kick off the 2014 Grand Tree Series. It was sunny and 60 degrees at the start of the race. Since it runs along the very open Merrimack River there was a mild breeze much of the time. This course offers an out and back so the first and last 3 miles are very flat and pretty straight. The hills from 3 to 7 have some elevation, nothing extreme but when it's mixed with slippery muddy footing, it helps to make it a trail race.

The race director, Steve Peterson has been the RD for all 23 years and I marvel at his enthusiasm. You can tell he loves being a nut. I know, I was once in his shoes but I could not keep up the energy that Steve puts into it. The course is well marked with enough help so registration and the aid station are well taken care of. Steve was out on the course at one of the trickiest places keeping an eye on things. He does a lot of yelling to make sure his message gets across. I appreciated him mentioning that runners should check for ticks after they finish. Considering I've had 3 bouts with this varmint, you can't be too careful. His award ceremony has awards for the usual male and female runners in different divisions but he excels with the random drawings like canned beans, spaghetti and some sort of canned fish. People donate shirts to him that he gives out. I won a 2009 Mt Washington shirt. It's nice to walk away with something.

This was one of the larger fields with about 306 runners. It made for a fair amount of traffic for a mile and a half before the turnaround when the footing was not good. The men's race was won by Brandon Newbould in 60:23 and the women's race was won by Regina Loiacano in 70:12. These fast times are due to those flat straight stretches where runners can open up.

Even though I was a few minutes slower and that usually knaws at me, I still loved that opening day feeling of a new trail running season beginning. This may be my last year of trail racing (I said that last year). I hope to do a dozen more (what only a dozen) so I'm fully appreciating every mile I cover.

Dave Raczkowski

Merrimack River R D Steve Peterson giving runners last minute race instructions.

Muddy Moose … 14 Mile Trail Race
Wolfeboro, NH. … April 27, 2014

	Name	Age	ST.	Time	GT %
1	Jim Johnson	M 37	NH	1:32:11	100.00%
2	Bryan Bhark	M 29	MA	1:37:58	94.10%
3	Tim Connelly	M 31	MA	1:42:29	89.95%
4	Jakob Lindaas	M 23	MA	1:45:40	87.24%
5	Thomas Miller	M 27	MA	1:46:19	86.71%
6	Daniel Button	M 27	MA	1:46:54	86.23%
7	Jason Smith	M 23	MA	1:47:10	86.02%
8	Jeff Hixon	M 39	MA	1:47:28	85.78%
9	Miroslav Tashev	M 51	MA	1:48:35	84.90%
10	Kehr Davis **1ˢᵗ F**	F 37	MA	1:52:25	82.00%
11	Stephen Beaupre	M 49	NH	1:54:18	80.65%
12	Stanis Trufanov	M 35	MA	1:54:32	80.49%
13	Brad Beveridge	M 40	NH	1:57:07	78.71%
14	Nina Silitch	F 41	NH	1:57:48	78.25%
15	Kendra Johnson	F 24	NH	1:58:50	77.57%
16	**Ted Cowles**	M 55	CT	1:59:46	76.97%
17	Ann Morgan	F 22	MA	2:01:53	75.63%
18	Forrest Butler	M 28	NH	2:01:54	75.62%
19	Philip Galebach	M 22	MA	2:02:20	75.35%
20	Richard Dechellis	M 44	MA	2:02:31	75.24%
21	Tony Grecco	M 43	MA	2:02:47	75.08%
22	Jared Fortier	M 34	NH	2:04:13	74.21%
23	Tobey Reynolds	M 41	NH	2:08:02	72.00%
24	Vincent Lyon	M 25	NH	2:08:23	71.80%
25	Stefan Ricci	M 41	VT	2:10:46	70.49%
26	Daniel Steen	M 27	NH	2:12:36	69.52%
27	Sandra Kanan	F 33	MA	2:12:54	69.36%
28	Steve Olafsen	M 57	NH	2:13:09	69.23%
29	Amanda McCaughey	F 29	NH	2:13:53	68.85%
30	Lorena Duquette	F 37	MA	2:13:59	68.80%
31	Kyla Brustin	F 33	NH	2:14:59	68.29%
32	Todd Downer	M 41	NH	2:17:29	67.05%
33	Fred Peterson	M 47	NH	2:17:32	67.03%
34	Jeffrey Leone	M 36	NH	2:17:34	67.01%
35	Ania Krzywicki	F 25	MA	2:18:27	66.58%
36	Makena Barker	F 25	MA	2:19:53	65.90%
37	Tim Rothfuss	M 44	NH	2:20:25	65.65%
38	William Ahearn	M 47	MA	2:24:06	63.97%
39	Michael Schreiber	M 41	NH	2:24:38	63.74%
40	Mark Barton	M 42	NH	2:26:10	63.07%
41	Andrew Nyssen	M 33	NH	2:26:45	62.82%
42	Michael Cushing	M 43	ME	2:28:53	61.92%
43	Jim Roberge	M 54	NH	2:30:18	61.33%
44	Matthew Christian	M 35	NH	2:30:29	61.26%
45	Jessica Nelson	F 24	ME	2:32:55	60.28%
46	Mindy Randall	F 54	NH	2:34:18	59.74%
47	Shon Haley	M 39	NH	2:34:20	59.73%
48	Eric Schreiber	M 38	NH	2:34:53	59.52%
49	Brian Roderick	M 45	NH	2:35:17	59.36%
50	Paul Sestito	M 43	VT	2:35:57	59.11%
51	Brian Burns	M 37	MA	2:36:10	59.03%
52	Brian Martin	M 44	RI	2:36:32	58.89%
53	Marc Dicomes	M 34	NH	2:38:30	58.16%
54	Mark Weidman	M 57	NH	2:39:02	57.96%
55	David King	M 55	NH	2:39:02	57.96%
56	Linda Welch	F 38	NH	2:40:29	57.44%
57	Jennifer Muirhead	F 41	NH	2:40:30	57.44%
58	Dan Gilchrist	M 47	RI	2:41:04	57.23%
59	John Londa	M 57	MA	2:41:36	57.04%
60	Rachel Dodier	F 39	NH	2:41:48	56.97%
61	Sam Seeley	M 15	NH	2:43:11	56.49%
62	Ashley Mann	F 33	NH	2:43:12	56.48%
63	James Theriault	M 28	ME	2:44:15	56.12%
64	Dan Harvey	M 31	ME	2:44:16	56.12%
65	Susan Macleod	F 36	MA	2:44:32	56.03%
66	Bruce Kneuer	M 56	NH	2:44:53	55.91%
67	Justin Boucher	M 27	ME	2:45:14	55.79%
68	Erin Darling	F 38	ME	2:45:35	55.67%
69	Fred King	M 58	NH	2:46:26	55.39%
70	Kristine Reardon	F 38	NH	2:50:55	53.93%
71	Eric Randall	M 54	NH	2:51:24	53.78%
72	Ronda Fernald	F 39	NH	2:51:31	53.75%
73	Michelle Beadle	F 31	NH	2:52:01	53.59%
74	Mandy Desrochers	F 35	ME	2:52:08	53.55%
75	Joe Hayes	M 65	NH	2:52:50	53.34%
76	Michael Buzon	M 38	NH	2:53:17	53.20%
77	Daniel Illg	M 29	NH	2:54:23	52.86%
78	Grant Kakazu	M 41	NH	2:54:24	52.86%
79	Joe Irvine	M ??	NH	2:55:33	52.51%
80	Richard Fijalkowski	M 46	MA	2:56:42	52.17%
81	Wayne Lapham	M 67	NH	2:57:13	52.02%
82	Shawn Griffiy	M ??	VT	2:57:43	51.87%
83	Deb Touchette	F 58	MA	3:05:05	49.81%
84	Stephen Touchettte	M 59	MA	3:05:06	49.80%
85	Gary Labella	M 60	NY	3:09:40	48.60%
86	Daniel Worcester	M 37	ME	3:12:04	48.00%
87	Jade Brooks	M 43	NH	3:12:28	47.90%
88	Norman Brooks	M 43	NH	3:12:29	47.89%
89	Robert Labella	M 49	VA	3:17:26	46.69%
90	John Sinclair	M 38	NH	3:17:42	46.63%
91	Cassandra Smith	F 46	NH	3:23:45	45.24%
92	David Campbell	M 53	NH	3:25:45	44.80%

2014 Steel Rail Half Marathon
Lanesbourgh to Adams   5 / 18 / 14
Ashuwillticook Rail Trail

Club members and other familiar names:

Name	Age	Time	
1 Eric Ashe	25 M	1:11:48	
2 Chris Plankey	22 M	1:13:18	
3 Mark Rabasco	19 M	1:14:40	
4 Mark Mayall	42 M	1:15:59	
5 Stephen Foley	42 M	1:16:14	
6 Paul Crowe	22 M	1:16:56	
7 Nicholas Curelop	25 M	1:16:58	
8 Nicholas Koss	19 M	1:17:23	
9 Robert Landry	45 M	1:19:41	
10 Eric Haywood	28 M	1:20:00	
11 Logan Wilson	19 M	1:20:12	
16 Brock Anello	35 M	1:25:15	
17 Michael Spitzer	51 M	1:26:31	
18 Johnny Clueless	39 M	1:26:41	
19 Alex Hanson	27 M	1:26:58	
20 Brian Gibbons	45 M	1:28:02	
21 Meg Mathews-Hegarty	32 F	1:28:13	**1st F**
25 Stephen Roberts	49 M	1:29:00	
35 Joshua Moran	32 M	1:30:06	
42 Dylan Quinn	16 M	1:31:39	
43 Dan Potvin	49 M	1:32:03	
48 Paul Gage	43 M	1:33:01	
49 Jackie Lemme	23 F	1:33:03	
50 Kevin Mooney	49 M	1:33:15	
51 Megan Anello	29 F	1:33:28	
54 Amanda Chilson	31 F	1:34:02	
60 Kaylene Lemme	20 F	1:36:14	
79 Cynthia Gardner	62 F	1:39:49	
84 Carmel Kushi	45 F	1:40:33	
104 Dave Hall	51 M	1:42:50	
122 Scott Bradley	59 M	1:44:53	
143 Janice Cook Driver	66 F	1:46:30	
145 Brian Alarie	50 M	1:46:22	
157 Jodie Lahey	35 F	1:47:15	
179 Darrell Carlson	55 M	1:49:11	
192 Lisa Mattila	55 F	1:50:22	
196 Mary Kennedy	56 F	1:50:47	
198 Jeffrey Parkman	66 M	1:50:49	
205 Paul Donovan	59 M	1:51:42	
208 Audrey Witter	49 F	1:51:58	
228 Jessica Wilcox	35 F	1:54:13	
230 Helen Curtin	45 F	1:54:27	
263 Ed Saharczewski	60 M	1:58:04	
316 Joseph Melillo	26 M	2:01:02	
317 Bill Donovan	59 M	2:01:04	
334 Giselle Gwozdz	33 F	2:03:42	
376 Jessica Willis	46 F	2:07:17	
394 John Aldrich	55 M	2:08:44	
402 Sarah Quinlan	35 F	2:09:05	
405 Denise Dion	56 F	2:09:38	
428 Eric White	73 M	2:11:15	
499 Laura Rondeau	55 F	2:21:42	
550 Julie Gardner	42 F	2:30:42	
553 Karin Bradley	57 F	2:30:38	
554 Jessica Lemieux	23 F	2:31:21	
617 Caitlin Powers Groat	28 F	3:31:28	

617 official finishers.

Complete results at….
http://berkshirerunningcenter.com/?page_id=329

Newspaper article at …..
http://www.berkshireeagle.com/sports/ci_25788831/ashe-runs-victory-steel-rail-half-marathon

40th Annual

Lake Waramaug Ultras ...50k … 50 miles … 100k

New Preston -- Warren -- Kent, CT.   4 / 27 / 14

Mostly Cloudy …. Cool …. Breezy

Low of 38 …. High of 56

Top Male and Females:

50K:

Michael Daigeaun	M 34	3:30:40
Margaret Alexson	F 43	4:17:15

50 Miles:

Billy Preston	M 30	7:07:44
Tracy Zagata	F 41	8:20:30

100K:

Gerald Tabios	M 44	9:46:03
Charlotte Dequeker	F 41	11:15:10

Check out the Complete Results …Plenty of Photos … and a TV News Report at…

http://lakewaramaugultra.com

Next years race is scheduled for…. Sunday April 26, 2015

Registration opens in early 2015

The 2014 Florida Hospital Lady Track Shack 5K

by Bob Kopac

When my wife Lynne and I left New York for Florida to escape the Polar Vortex, it was minus 5 degrees Fahrenheit. Note to Floridians: that was an actual temperature and not a science experiment. Lynne was looking forward to running a race without having to worry about hypothermia or frozen water at the water stops. The February 1, 2014 Florida Hospital Lady Track Shack 5K and kids race at Mead Botanical Garden in Winter Park fit the bill.

The 5K is a women-only race and walk to raise funds for free mammograms to fight breast cancer. At the early packet pickup at the Track Shack running store, co-owner Betsy Hughes told me they had around 2,000 entrants. I asked if I could walk with my sister-in-law, Jan Arcari of Clermont, but Betsy said sorry, it was a women-only race/walk. She said one year there was a problem with a male runner who insisted on registering and who made it difficult by pretending not to speak English. I said I would be happy to cheer from the sidelines since I would not be standing in bitter cold. Besides, I had not brought a wig and had not shaved my legs.

The race layout was spectator friendly. The course weaved through adjoining residential Winter Park streets, so spectators could see the start of the race, then catch the runners on nearby streets before watching the runners cross the finish line in Mead Botanical Garden.

It was 60 degrees and overcast the morning of the race. The humidity was 100% -- in New York we call that rain – resulting in an early morning fog. Participants walking on the streets through the fog to the registration area were backlit by automobile headlights, creating a tableau of shuffling zombies. One female volunteer directed the zombies, er, runners to the registration area; in the fog I thought she resembled Darth Vader wielding an orange light saber.

Many participants ignored the runner's superstition by wearing the race T-shirt during the race/walk. The long sleeve shirts, featuring a pink 5K logo, were what I called green – I'm a Guy – but what Lynne and her sister Jan both called "sea foam green" – must be a Chick Thing.

The race started on time with an enthusiastic field of participants. The course was relatively flat – it was Florida, after all, not New York – and the fast times of the frontrunners reflected the terrain. The leaders burned through the first mile in 5:57 and hit the 2-mile mark in 11:43. Spectators did not have to wait long before Lisa Bentley, age 45, of Clermont, FL crossed the finish line in a time of 18:08. Heather Schulz, age 39, of Orlando, FL came in second in 18:36, edging Rafaella Gibbons of Orlando, FL by 3 seconds. Rafaella is 13 years old!

After the race, participants could browse the vendor booths and collect many freebies. For an additional donation of $20 at registration time, you could become a Pink Patron and be a supporter of under-served and uninsured women in the community and get access to the Pink Spot, where coffee,

pastries, strawberries, massages and Hershey Kisses were available. Survivor registrations included Pink Spot access.

The awards ceremony announcer named the age divisions in non-sequential order. I am sure Ann Kahl of Apopka, FL appreciated the random order, as she did not have to wait until the very end to hear the announcer say Ann won the 80-and-over category in a time of 42:00. Lynne was surprised and very happy to learn she placed 3rd in the 60-to-64 age division with a time of 29:00.

Jan perfectly summed up the importance of this race. She said, "This is the second time I have participated in the Lady Track Shack 5K, and it is a very special race to me and my family. My sister Lynne Kopac is an 11 year breast cancer survivor, and getting to do this race with her is a wonderful bonding experience for the two of us. And with the addition of my brother-in-law Bob this year, it was even more fun, as he always joins in the spirit by wearing pink and taking photos!
In fact, this year, both Bob and I wore pink cowboy hats, which got noticed by Dana Taylor of Mix 105.1!

"To know we are doing a race that helps fund mammograms for under-insured women is so important. And this year, it particularly hit home, as I was one of those women who benefited from the financial aid in order to get a diagnostic mammogram and ultrasound due to a suspicious routine mammogram I had earlier in the year. And to witness and be a part of the sea of pink, and know we are all in this together...........there is no way to describe the feeling I get from that! I just feel so grateful that I had this special time with my family this year."

Jan Arcari (# 222) at the Lady Track Shack 5K race / walk

Photo by Bob Kopac

Seven Sisters 12 Mile Trail Race
Amherst, MA, May 4, 2014

Club members in bold:

	Name	Age	ST.	Time	GT %
1	Ryan Woods	M 35	NC	1:54:03	100.00%
2	Jason Bryant	M 41	NC	1:55:39	98.61%
3	Matthew Zanchi	M 24	MA	2:03:05	92.66%
4	David Mccarey	M 24	NY	2:05:08	91.13%
5	Megan Kimmel 1st F	F 25	CO	2:05:40	90.75%
6	Timothy Cote	M 38	NY	2:05:49	90.65%
7	Todd Bennett	M 43	CT	2:06:37	90.06%
8	Jeremy Drowne	M 36	NY	2:09:28	88.08%
9	Matt Byrne	M 38	PA	2:10:12	87.59%
10	Gabriel Flanders	M 38	NH	2:10:51	87.16%
11	Nick Underwood	M 20	NY	2:11:50	86.50%
12	Joseph Hegarty	M 29	MA	2:13:24	85.49%
13	Jake Stookey	M 38	NY	2:13:44	85.27%
14	Shaun Donegan	M 28	NY	2:15:21	84.26%
15	Jason Sarouhan	M 36	MA	2:15:43	84.03%
16	Philip Shea	M 33	NY	2:15:45	84.02%
17	Kelsey Allen	F 30	MA	2:16:32	83.53%
18	Andy Kiburis	M 29	ME	2:16:51	83.33%
19	Michael Hanley	M 19	MA	2:17:20	83.04%
20	Jeff Kasputis	M 33	MA	2:18:50	82.14%
21	John Paul Krol	M 29	NH	2:19:05	82.00%
22	Deniz Karakoyunlu	M 32	MA	2:19:24	81.81%
23	Kehr Davis	F 37	MA	2:19:53	81.52%
24	Patrick Rondeau	M 39	MA	2:20:04	81.42%
25	William Hafferty	M 26	MA	2:20:15	81.31%
26	Evan Piche	M 26	MA	2:20:48	81.00%
27	John Mccarthy	M 35	MA	2:22:19	80.14%
28	Eric Wyzga	M 38	RI	2:22:43	79.91%
29	Kyle Bissell	M 36	MA	2:22:50	79.84%
30	Alistair Ryan	M 31	MA	2:23:25	79.52%
31	Sanjay Arwade	M 39	MA	2:23:39	79.39%
32	Greg Veayo	M 50	ME	2:23:52	79.27%
33	Brian Rozinsky	M 41	CO	2:24:56	78.68%
34	Amber Reece-Young	F 35	NC	2:24:59	78.66%
35	Donald Pacher	M 42	MA	2:25:03	78.62%
36	John Berryhill	M 39	MA	2:25:27	78.40%
37	Alexandra Jospe	F 30	MA	2:25:50	78.20%
38	Samuel Holcomb	M 28	MA	2:26:14	77.99%
39	Chris Kusek	M 35	MA	2:26:35	77.80%
40	Kani Brown	M 28	MA	2:26:49	77.68%
41	Sheldon Snodgrass	M 49	MA	2:27:28	77.34%
42	H Hanna	M 37	MA	2:27:29	77.33%
43	Lars Blackmore	M 44	VT	2:27:58	77.07%
44	Robert Perednia	M 31	MA	2:29:10	76.45%
45	Robert Low	M 38	CT	2:29:42	76.18%
46	Tim Rucki	M 20	MA	2:29:43	76.18%
47	Nina Silitch	F 41	NH	2:30:03	76.01%
48	Ari Ofsevit	M 29	MA	2:31:37	75.22%
49	Seth Gregory	M 32	MA	2:32:36	74.73%
50	Giovanni Berlanda	M 35	MA	2:32:45	74.66%
51	Stephen Kerr	M 22	MA	2:33:02	74.52%
52	Griffin Lipman	M 37	MA	2:33:03	74.52%
53	**Ted Cowles**	M 55	CT	2:33:53	74.11%
54	Luc Hamel	M 46	QC	2:34:10	73.97%
55	Stephen Grimes	M 44	NJ	2:34:28	73.83%
56	Peter Yeomans	M 29	PA	2:35:03	73.55%
57	Kevan Hauver	M 39	RI	2:35:16	73.45%
58	Peter Rockland	M 47	NY	2:35:20	73.42%
59	Andrew Wells	M 49	MA	2:35:22	73.40%
60	Tony Bonanno	M 48	CT	2:35:39	73.27%
61	Michael Damiano	M 49	MA	2:35:46	73.21%
62	Eric Nacsin	M 27	MA	2:35:46	73.21%
63	David Olson	M 31	NH	2:35:51	73.18%
64	Chris Adeletti	M 49	MA	2:36:37	72.82%
65	Sean Dacus	M 43	MA	2:36:49	72.72%
66	**Debbie Livingston**	F 39	CT	2:37:21	72.48%
67	Raina White	F 35	VT	2:37:24	72.45%
68	Amos Esty	M 37	NH	2:37:25	72.45%
69	Dmitriy Shirokov	M 49	MA	2:37:35	72.37%
70	Matthew Chabot	M 29	MA	2:38:04	72.15%
71	Owen Hanley	M 35	MA	2:38:05	72.14%
72	Paul Bazanchuk	M 59	NH	2:38:24	72.00%
73	Jason Weakley	M 33	MA	2:38:27	71.97%
74	Stu Peloquin	M 33	MA	2:38:48	71.81%
75	Bill Hoffman	M 47	NY	2:38:57	71.75%
76	David Stauffer	M 35	MA	2:39:31	71.50%
77	Patrick Schorderet	M 30	MA	2:39:41	71.42%
78	Adil Elkalai	M 41	MA	2:39:41	71.42%
79	Michael Hanson	M 31	CT	2:40:15	71.16%
80	Matthew Rossetti	M 33	MA	2:40:33	71.03%
81	Alexander Hayman	M 28	MA	2:40:39	70.99%
82	Mark Vautour	M 33	MA	2:41:21	70.68%
83	Ian Parlin	M 38	ME	2:41:26	70.65%
84	Chris Kelly	M 37	CT	2:41:36	70.57%
85	Vanessa Hamblet	F 31	CT	2:41:50	70.47%
86	Gregory Rems	M 37	VT	2:41:55	70.44%
87	Roger Johnson	M 33	CT	2:41:57	70.42%
88	Matt Kemp	M 50	MA	2:42:10	70.32%
89	Jill Murphy	F 22	MA	2:42:21	70.25%
90	Katia Bertoldi	F 35	MA	2:42:43	70.09%
91	Jeffrey Andritz	M 34	NY	2:43:05	69.93%
92	Ellison Ellison	M 34	CT	2:43:13	69.87%
93	Carl Matuszek	M 62	NY	2:43:40	69.68%
94	Michael Prukalski	M 52	MA	2:43:55	69.58%
95	Dominick Laporte	M 27	MA	2:43:55	69.58%
96	Katelynn Venne	F 23	MA	2:44:02	69.52%
97	David Belanger	M 27	MA	2:44:25	69.36%
98	Rich Teal	M 36	NY	2:44:38	69.27%
99	Sam Farnsworth	M 53	MA	2:44:40	69.26%
100	Ethan Abeles	M 40	MA	2:45:28	68.93%
101	Noah Stone	M 40	MA	2:46:29	68.50%
102	Russell Hammond	M 54	CT	2:46:31	68.49%
103	Jason Eldridge	M 41	MA	2:46:47	68.38%
104	**Logan Wilson**	M 19	MA	2:46:58	68.30%
105	Nick Tooker	M 35	MA	2:47:14	68.19%
106	Jim Dunn	M 46	ME	2:47:20	68.16%
107	Casey Kelsey	F 26	MA	2:48:17	67.77%
108	Matt Munsey	M 26	MA	2:48:33	67.66%
109	Robert Bonazoli	M 43	MA	2:48:52	67.53%
110	Nathan Davis	M 29	MA	2:48:55	67.51%
111	Mark Trahan	M 37	MA	2:49:16	67.38%
112	Allyson Koenig	F 28	ME	2:50:56	66.72%
113	Stuart Thorne	M 54	NH	2:51:14	66.60%
114	Kevin Yap	M 38	MA	2:51:50	66.37%
115	Nathan Augustine	M 40	ME	2:51:54	66.34%

116 Hiroshi Nakashima	M 40	MA	2:51:58	66.32%
117 Russell Layton	M 38	MA	2:52:04	66.28%
118 Terry Shearer	M 43	VT	2:52:05	66.27%
119 Lola Murray	F 22	MA	2:52:06	66.27%
120 Evan Berneche	M 25	MA	2:52:29	66.12%
121 Kenneth Wilson	M 52	MA	2:52:49	65.99%
122 Dougla Lord	M 44	CT	2:53:12	65.85%
123 Addam Sentz	M 34	NY	2:53:12	65.84%
124 Andrew Foster	M 45	MA	2:53:25	65.76%
125 Paul Galotti	M 30	MA	2:53:53	65.59%
126 Alanna Almstead	F 37	NY	2:54:06	65.51%
127 Brandon Benoit	M 21	NH	2:54:30	65.36%
128 Bruce Giguere	M 46	CT	2:54:33	65.34%
129 Sonny Gerardi	M 40	MA	2:54:44	65.27%
130 Grant Ritter	M 30	MA	2:55:02	65.16%
131 Jonathan Falcetti	M 31	MA	2:55:42	64.91%
132 Chris Abild	M 42	MA	2:55:46	64.89%
133 Angelo Baca	M 34	NM	2:56:27	64.63%
134 Patrick Lowry	M 24	MA	2:56:29	64.62%
135 Clay Ballantine	M 43	MA	2:56:30	64.61%
136 Nathan Brown	M 38	MA	2:56:37	64.57%
137 Wakenda Tyler	F 38	NY	2:56:53	64.47%
138 Jay Avitable	M 53	CT	2:56:59	64.44%
139 Jim Heffernan	M 52	MA	2:57:01	64.43%
140 Rick Kraics	M 38	MA	2:57:07	64.39%
141 Steve Nichols	M 44	CT	2:57:26	64.28%
142 Michele Hammond	F 54	CT	2:57:31	64.24%
143 Alexis Fischer	F 26	MA	2:57:35	64.22%
144 David Van Arsdale	M 41	NY	2:57:43	64.17%
145 Andrew Galik	M 33	MA	2:57:55	64.10%
146 Matthew Hart	M 24	MA	2:58:17	63.97%
147 Mason Ruffing	M 24	MA	2:58:24	63.93%
148 Joshua Wilson	M 38	MA	2:59:20	63.60%
149 Conor Shea	M 30	CT	3:00:22	63.23%
150 Mark Delisle	M 42	MA	3:00:52	63.05%
151 Glen Cooper	M 47	MA	3:01:25	62.86%
152 Vincent Zito	M 41	CT	3:02:05	62.63%
153 James Carroll	M 41	MA	3:02:16	62.57%
154 Jake Mazar	M 27	MA	3:02:26	62.51%
155 Jeramie Perry	M 39	CT	3:02:39	62.44%
156 Clint Myers	M 34	MA	3:02:48	62.39%
157 Andrew Gillis	M 43	NH	3:02:58	62.33%
158 Erik Seales	M 32	MA	3:03:25	62.18%
159 Michael Kearns	M 37	MA	3:03:26	62.17%
160 Rebecca Miller	F 35	ME	3:03:35	62.12%
161 Joshua Haines	M 41	MA	3:03:58	61.99%
162 Paul Rondeau	M 44	NH	3:04:14	61.90%
163 Gary Sclar	M 50	MA	3:04:24	61.85%
164 Robert Watson	M 33	NH	3:04:39	61.76%
165 Jason Andras	M 36	MA	3:04:41	61.75%
166 Eric Nelson	M 52	MA	3:05:03	61.63%
167 Matthew Lee	M 21	MA	3:05:33	61.47%
168 Dudley Goar	M 44	MA	3:06:49	61.05%
169 Taylor Scott Berkley	M 20	MA	3:07:11	60.93%
170 Jose F Diaz	M 38	MA	3:07:24	60.85%
171 Samantha Noonan	F 29	MA	3:07:32	60.81%
172 Pamela Houlihan	F 45	MA	3:08:05	60.64%
173 Gary Hebert	M 49	CT	3:08:06	60.63%
174 Jeff Piscopo	M 39	PA	3:08:43	60.43%
175 Chelsey Elliott	F 32	CT	3:08:55	60.37%
176 Craig Iannini	M 45	MA	3:09:02	60.33%
177 Peter Shanley	M 41	MA	3:09:28	60.19%
178 Sean Hanley	M 52	MA	3:09:55	60.05%
179 Greylin Nielsen	F 21	MA	3:10:02	60.01%
180 Julia Jones	F 21	NH	3:10:03	60.01%
181 Todd Sugrue	M 58	MA	3:10:14	59.95%
182 Samuel Sugrue	M 24	MA	3:10:32	59.86%
183 Garrett Deane	M 43	MA	3:11:07	59.67%
184 Gihan Amarasiriwardena	M 25	MA	3:11:25	59.58%
185 Matthew Lepine	M 30	MA	3:11:35	59.53%
186 Scott Ribich	M 37	MA	3:11:37	59.52%
187 John Kousch	M 35	MA	3:12:41	59.19%
188 Celia Heffernan	F 23	MA	3:13:11	59.04%
189 Elaine Allen	F 46	CT	3:13:21	58.98%
190 Bill Longridge	M 43	MA	3:13:25	58.96%
191 Michael Heiden	M 38	VT	3:13:37	58.90%
192 Ned Bolth	M 36	MA	3:14:17	58.70%
193 Alexandra Ross	F 13	CT	3:14:23	58.67%
194 William Foley	M 45	MA	3:14:36	58.61%
195 Cody Frost	M 32	MA	3:14:39	58.59%
196 Peter Hicks	M 41	MA	3:14:44	58.57%
197 Greg Monette	M 46	MA	3:15:00	58.49%
198 Wesley Barnard	M 47	CT	3:15:03	58.47%
199 Anne Roisin	F 32	MA	3:15:12	58.43%
200 Catherine Koch	F 22	MA	3:15:25	58.36%
201 Gabriel Blanchet	M 23	MA	3:15:26	58.36%
202 Shawn Mishler	M 49	HI	3:15:31	58.33%
203 Melissa Sedlak	F 36	MA	3:15:44	58.27%
204 James Sedlak	M 42	MA	3:15:45	58.26%
205 Sara Pragluski Walsh	F 35	MA	3:16:14	58.12%
206 Kurt Severance	M 38	MA	3:16:15	58.11%
207 Katharine Jenkins	F 34	NH	3:16:16	58.11%
208 Christopher Risko	M 45	MA	3:16:17	58.10%
209 Hilary Greene	F 44	MA	3:16:21	58.08%
210 Edward Guyot	M 58	NH	3:16:23	58.07%
211 Philip Plouffe	M 57	CT	3:16:47	57.96%
212 Mark Moriarty	M 46	CT	3:16:56	57.91%
213 Lou Martin	M 54	MA	3:17:00	57.89%
214 Tim Labua	M 33	MA	3:17:06	57.86%
215 Michael Ferrari	M 49	MA	3:17:07	57.86%
216 Joshua White	M 38	VT	3:17:28	57.75%
217 Philip Markovich	M 52	CT	3:17:58	57.61%
218 Brian Payne	M 41	MA	3:18:24	57.48%
219 Jessica Leach	F 26	CT	3:18:25	57.48%
220 Stephanie Canora	F 25	NY	3:18:47	57.37%
221 Matthew Puza	M 31	NH	3:19:12	57.25%
222 Christopher Sohn	M 41	NY	3:19:12	57.25%
223 Kris Murphy	M 37	MA	3:19:59	57.03%
224 James Moran	M 49	MA	3:20:20	56.93%
225 Brian Laprade	M 38	CT	3:20:29	56.89%
226 Todd Laprade	M 34	CT	3:20:30	56.88%
227 Anthony Rork	M 27	MA	3:21:07	56.71%
228 Patrick Homyak	M 24	MA	3:21:37	56.57%
229 Sean O'connor	M 20	MA	3:21:48	56.51%
230 **Wayne Stocker**	M 59	MA	3:22:06	56.43%
231 Dave Kramer	M 39	MA	3:22:12	56.40%
232 Rebecca Schubert	F 37	VT	3:22:41	56.27%
233 Amy Morgan	F 36	MA	3:23:00	56.18%
234 Dan Gnatek	M 27	MA	3:23:26	56.06%
235 Kyle Jourdain	M 28	MA	3:23:38	56.01%

236 Ryan Lambert	M 27	NY	3:24:17	55.83%
237 Pete Westover	M 69	MA	3:24:21	55.81%
238 Chris Powers	M 41	MA	3:24:43	55.71%
239 Robert Schulten	M 57	CT	3:24:54	55.66%
240 Caroline Santinelli	F 21	MA	3:24:57	55.65%
241 Ernest Sheets	M 41	MA	3:25:26	55.52%
242 Arman Haidari	M 29	CT	3:25:46	55.43%
243 Janelle Guyot	F 34	NH	3:26:03	55.35%
244 Daniel Whalen	M 27	MA	3:26:24	55.25%
245 Gray Kelsey	F 23	NH	3:26:24	55.25%
246 Gregory Murphy	M 38	MA	3:26:24	55.25%
247 **Jennifer Ferriss**	F 42	NY	3:27:52	54.87%
248 Bouke Noordzij	M 44	MA	3:29:04	54.55%
249 Jill Lizotte	F 36	RI	3:29:28	54.45%
250 Kevin Longo	M 39	MA	3:30:08	54.27%
251 Israel Diaz	M 29	MA	3:30:16	54.24%
252 Ed Bourgeoise	M 44	MA	3:30:20	54.22%
253 Steven Altmayer	M 31	MA	3:30:23	54.21%
254 Jose Rosario	M 38	MA	3:30:49	54.10%
255 Margaret Donnelly	F 47	CT	3:31:10	54.01%
256 Sean Burns	M 51	MA	3:31:14	53.99%
257 Corlis Gross	F 25	MA	3:31:16	53.98%
258 Carol Fisher	F 61	NY	3:31:16	53.98%
259 Dan Sullivan	M 34	MA	3:31:16	53.98%
260 Bob Simeon	M 42	VT	3:31:29	53.93%
261 Anne-Marie Tonsing	F 39	MA	3:31:35	53.90%
262 David Earle	M 50	MA	3:31:37	53.89%
263 Tim Ferber	M 37	MA	3:31:42	53.87%
264 William Sterritt	M 23	MA	3:32:03	53.78%
265 Hannah Lott	F 24	MA	3:32:36	53.64%
266 Ram Mudambi	M 59	PA	3:32:37	53.64%
267 Colleen Irby	F 25	MA	3:32:37	53.64%
268 Garrett Adams	M 52	MA	3:32:44	53.61%
269 Stephanie Curran	F 44	NH	3:32:50	53.59%
270 Michelle Pratt	F 25	NY	3:33:04	53.53%
271 Michael Lopresti	M 42	CT	3:33:54	53.32%
272 Kenny Raposa	M 44	RI	3:34:22	53.20%
273 Ricardo Garcia	M 30	RI	3:36:55	52.58%
274 Danielle Meunier	F 39	MA	3:37:15	52.49%
275 Jonathan Pennell	M 35	MA	3:37:17	52.49%
276 Scott Vezina	M 44	CT	3:37:21	52.47%
277 Shannon Meserole	F 31	MA	3:37:27	52.45%
278 Corrine Giordani	F 33	MA	3:37:31	52.43%
279 Steve Cuddy	M 29	NY	3:38:08	52.28%
280 Janet Sanderson	F 47	RI	3:38:15	52.26%
281 James Russo	M 58	NY	3:39:23	51.99%
282 Jason Pollard	M 29	NY	3:40:04	51.82%
283 Margaret Chowaniec	F 26	VT	3:40:06	51.82%
284 Doug Weihrauch	M 45	MA	3:40:10	51.80%
285 Julia Mastrototaro	F 19	MA	3:40:30	51.72%
286 Timothy Lukasevicz	M 24	MA	3:40:31	51.72%
287 Sarah Morin	F 37	MA	3:40:51	51.64%
288 Jamie William	M 51	MA	3:41:00	51.61%
289 Chris Crawford	M 45	MA	3:41:01	51.60%
290 Chris Severance	M 39	NH	3:41:09	51.57%
291 Jack Mahoney	M 50	CT	3:41:45	51.43%
292 Bob Bradley	M 42	NH	3:41:49	51.42%
293 Heather Gannoe	F 31	VT	3:42:10	51.33%
294 Robert Collazo	M 43	MA	3:42:46	51.20%
295 Carey Douglas	F 47	MA	3:43:53	50.94%
296 Jack Weaver	M 58	MA	3:43:55	50.93%
297 Frederic Ury	M 61	CT	3:44:05	50.89%
298 John Robertson	M 58	MA	3:44:24	50.82%
299 Elias Name	M 40	MA	3:44:47	50.74%
300 Robert Lefebvre	M 50	MA	3:45:11	50.65%
301 Benjamin Roth	M 31	MA	3:45:11	50.64%
302 Laura Saldivar	F 29	RI	3:45:13	50.64%
303 John Chase	M 35	NH	3:45:46	50.51%
304 Colin Kelley	M 25	MA	3:46:01	50.46%
305 Jenni Trevatan Kelley	F 32	KY	3:46:11	50.42%
306 Rebecca Szalicki	F 41	MA	3:46:13	50.41%
307 Jason Donaldson	M 39	MA	3:46:51	50.27%
308 Chris Gilbert	M 41	MA	3:47:20	50.17%
309 John Mudano	M 47	CT	3:47:29	50.14%
310 Kim Mckee	F 29	VT	3:47:40	50.10%
311 Deb Lemaire	F 40	MA	3:48:06	50.00%
312 John Dunn	M 48	PA	3:48:17	49.96%
313 Jennifer De Los Santos	F 33	MA	3:48:46	49.85%
314 Michael Duignan	M 34	NY	3:49:45	49.64%
315 Emme Arnzen	F 23	MA	3:50:05	49.57%
316 Julie Davis	F 26	MA	3:50:07	49.56%
317 Ellen Alexander	F 30	MA	3:50:19	49.52%
318 Geoff Hart	M 43	VT	3:50:21	49.51%
319 Rebecca Chambers	F 39	MA	3:50:30	49.48%
320 Kara Ferris	F 32	MA	3:50:35	49.46%
321 Lisa Klinkenberg	F 40	MA	3:50:47	49.42%
322 Bill Ellegood	M 46	MA	3:51:13	49.32%
323 Hun Tan	M 42	MA	3:51:57	49.17%
324 Richard Blais	M 57	NH	3:53:48	48.78%
325 Farzaneh Nabizadeh	F 35	MA	3:54:03	48.73%
326 Melinda Vaturro	F 42	MA	3:54:17	48.68%
327 Louis Durkin	M 47	MA	3:54:27	48.65%
328 Jose Gonzalez	M 41	MA	3:54:29	48.64%
329 Jennifer Mocarski	F 32	MA	3:55:04	48.52%
330 Shane Peters	M 30	NY	3:55:23	48.45%
331 Cynthia Malnicof	F 31	MA	3:56:05	48.31%
332 Laura Ely	F 49	CT	3:56:31	48.22%
333 Jackie Saulnier	F 43	MA	3:57:56	47.93%
334 Bryan Perrotti	M 47	MA	3:58:11	47.88%
335 Christian Nelson	M 46	CT	3:58:51	47.75%
336 Stephen Ross	M 52	CT	3:59:28	47.62%
337 Ellen Rubinstein	F 33	MA	3:59:34	47.61%
338 Barry Braun	M 55	MA	4:00:43	47.38%
339 Chris Reece-Young	M 45	NC	4:00:54	47.34%
340 Maria Teresa Herd	F 33	MA	4:01:35	47.21%
341 Mary Kutcher	F 47	RI	4:02:19	47.07%
342 Lisa Clancy	F 47	RI	4:02:19	47.06%
343 Kerry Smith	M 53	MA	4:02:20	47.06%
344 Matt Anderson	M 32	NJ	4:02:23	47.05%
345 Chad Wegner	M 37	MA	4:02:48	46.97%
346 Karyn Menard	F 26	MA	4:03:00	46.93%
347 Allison Yost	F 26	MA	4:03:56	46.75%
348 Jacquelyn Miller	F 29	MA	4:03:57	46.75%
349 Kevin Draper	M 41	MA	4:05:06	46.53%
350 Hope Deeran	F 22	MA	4:05:08	46.52%
351 Robert Kravitz	M 48	MA	4:05:15	46.50%
352 Tracy Zaniewski	F 22	MA	4:05:19	46.49%
353 Alysse Melville	F 26	CT	4:05:23	46.48%
354 Jesse Gadarowski	M 32	MA	4:05:39	46.43%
355 Maryalice Eckart	F 49	MA	4:05:49	46.40%

356	Roberto Vicente	M 44	MA	4:07:30	46.08%
357	Scott Milliken	M 35	NY	4:07:42	46.04%
358	Greg Cuddy	M 33	NY	4:07:46	46.03%
359	Kevin Quinlan	M 40	MA	4:08:11	45.95%
360	Robin Henshaw	M 47	MA	4:09:08	45.78%
361	David Slack	M 56	MA	4:09:28	45.71%
362	Joshua Collazo	M 22	CT	4:09:39	45.68%
363	Heather Baker	F 42	MA	4:11:10	45.41%
364	Stephanie Rivera	F 44	MA	4:11:10	45.41%
365	Tara Martinez	F 33	MA	4:11:11	45.40%
366	John Cabana	M 56	MA	4:11:29	45.35%
367	Patrick Canonica	M 65	MA	4:12:47	45.12%
368	Jen Marlborough	F 35	MA	4:15:30	44.64%
369	Dennis Howard	M 31	MA	4:15:32	44.63%
370	Daniel Collazo	M 35	NY	4:15:57	44.56%
371	David Raczkowski	M 63	CT	4:16:00	44.55%
372	Jason Miller	M 43	MA	4:17:13	44.34%
373	Mike Doyle	M 46	PA	4:17:36	44.27%
374	Timothy Leary	M 52	MA	4:18:06	44.19%
375	Michael Kane	M 53	MA	4:18:25	44.13%
376	Whitney Harrington	F 38	MA	4:18:53	44.05%
377	Linda Kulinski	F 44	CT	4:19:33	43.94%
378	Kathy Braga	F 41	CT	4:19:39	43.92%
379	Kevin Mullen	M 48	MA	4:19:56	43.88%
380	Brian Graves	M 33	MA	4:20:03	43.85%
381	Michael Scovil	M 23	MA	4:20:06	43.85%
382	Tamat Abramov	F 42	IL	4:22:44	43.41%
383	Ann Tarrant	F 40	MA	4:23:54	43.21%
384	Braima Massaquoi	M 41	MA	4:24:41	43.09%
385	Meghan Paradis	F 38	MA	4:26:26	42.81%
386	Mike Ladrie	M 46	MA	4:26:30	42.80%
387	Chris Cuddy	M 36	NY	4:26:48	42.75%
388	Jonathan Telfair	M 36	NY	4:26:50	42.74%
389	Steve Klein	M 58	MA	4:26:52	42.74%
390	Jake Fruncillo	M 44	PA	4:27:17	42.67%
391	Mike Mckenna	M 51	MA	4:28:01	42.55%
392	Mike Dobos	M 47	MA	4:28:54	42.41%
393	Anthony Nunes	M 33	MA	4:29:00	42.40%
394	Tom Malcolm	M 57	MA	4:29:11	42.37%
395	Kristin Styles	F 30	MA	4:29:18	42.35%
396	Jason De Los Santos	M 37	MA	4:30:16	42.20%
397	Jamie Arroyo	M 37	MA	4:30:52	42.10%
398	Ric Villarreal	M 57	CT	4:34:56	41.48%
399	Lisa Pettipaw	F 45	MA	4:36:39	41.22%
400	Bryon Dailey	M 59	MA	4:38:57	40.89%
401	Rita Ryan	F 31	MA	4:40:46	40.62%
402	Ross Baker	M 42	MA	4:41:05	40.57%
403	Caroyn Chandley	F 23	MA	4:41:08	40.57%
404	Tara Roch	F 40	MA	4:43:07	40.28%
405	Sharon Nault	F 44	NH	4:43:30	40.23%
406	Oscar Colon	M 36	RI	4:45:11	39.99%
407	Jim Mazza	M 45	MA	4:49:46	39.36%
408	Erin Boylan	F 31	MA	4:49:55	39.34%
409	Chris Neilson	M 48	MA	4:51:03	39.18%
410	Mary Provost	F 26	MA	4:52:35	38.98%
411	Michael Woods	M 27	MA	4:52:37	38.98%
412	Megan Blakeslee	F 21	MA	4:52:43	38.96%
413	Jackie Krzykowski	F 30	MA	4:52:54	38.94%
414	Marcie Casavant	F 35	MA	4:59:10	38.12%
415	Robert Adams	M 45	MA	4:59:21	38.10%
416	Tracy Gourlay	F 53	NY	5:04:05	37.50%
417	William Van Heuvelen	M 27	MA	5:07:50	37.05%
418	Michael Pandora	M 54	MA	5:09:45	36.82%
419	Eryn Schlosser	F 32	MA	5:11:46	36.58%
420	Lora Miller	F 23	MA	5:14:10	36.30%
421	James Coughlin	M 28	MA	5:14:37	36.25%
422	Rebekah Provost	F 29	MA	5:14:38	36.25%
423	Heather Laffey	F 31	MA	5:16:15	36.06%
424	Greg Taylor	M 67	NY	5:24:09	35.18%
425	Nilda Arroyo	F 38	RI	5:27:56	34.78%
426	Khalid Elkalai	M 46	MA	6:05:45	31.18%
427	Amy Kemper	F 46	MA	6:05:48	31.18%
428	Sara Overby	F 44	MA	6:10:55	30.75%
429	Michelle Hunter	F 38	MA	6:10:58	30.74%
430	Gregory Lutkus	M 40	CT	6:19:41	30.04%
431	Kate Brush	F 36	MA	6:29:55	29.25%
432	Helen Bibeau	F 42	MA	6:29:55	29.25%
433	Scott Wirsel	M 48	CT	6:32:07	29.09%

Runners choose from a large selection of treats at the turn-around aid station at the 7 sisters trail race.

A view from the trail.

photos by Ben Kimball

For more race photos from this race and others visit…..
http://northeastracephoto.smugmug.com

More 7 Sisters photos....

From Scott Livingston

Stan Tiska was in charge of parking cars and counting runners this year.

Russ Hammond hurdling down the trail

Race director Fred Pilon checking the results with the help of Rob Higley and Colette Van Kerckvo.

2014 Ascutney Mountain Race

I arrived at my sister-and-her-family's place Sat. pm June 7, making sure to loaf/relax while listening to family news etc. To bed early for my big day next. House quiet, including 2 friendly cats, I arose to prepare, departed 5:24. If directly to Ascutney, I certainly didn't have to leave that early. But I'd planned on doing what I've done prior to many short races of my running life, of which I'll say no more except that very likely th effect of aging will put a stop to it. It's evident I no longer have th energy stores of times past.

There in plenty of time I got my number, looked about. "Hi Dick." "Hi Fred." Ah yes, Ray & I will be going-at-it here a 3rd time. I've been taking advantage of his not yet usual strong leg which he broke falling on ice back when. Ray's tuff, he comes to th races, does his best, even so.

Also met / made a new friend, Brian, who I passed goin down after (not up). At th start Laurel & I wished each other a good race. Quickly Everybody, I believe, was up front. But shortly I came upon Ray, already laboring. After easing by I recalled last year when I also passed him early it wasn't long before he surged back, whereupon I chased him, unsuccessfully, to th summit! As I climbed and slowed I took ol Satchel Paige's advice: Don't look back, sumthin might be gainin on you.

Up top at last, I staggered over to collapse in th shade and move no more; Saw Ray finish. In a moment a cup of water appeared, then another, then a slice of watermelon! A new friend, Peter, had come to my rescue. ☺ Soon, as we descend … " most likely th same way you got up …." I started down, actually sailing nicely for awhile. Over th 2-mile line however I began to weave-waver-and wear-out so turned to flag th next vehicle. Jim stopped, 1 spot left. ☺

Later, at my picnic at an excellent I-91 rest area just south of VT – Mass border, I knew I was glad, despite how hard it was for me, that I'd traveled to Ascutney to take part, focus and persevere. Great / terrific to be among mountain-challenged endurance athletes!

Dick Hoch

MT. Ascutney Hill Climb … 3.7 Miles
Windsor, VT.   June 8, 2014

1st Male ….

      Eric Blake   35 M   CT.   27:57   *Course Record

1st Female…

      Christin Doneski   43 F   NH   34:39

199 Official Finishers.   Complete results at……

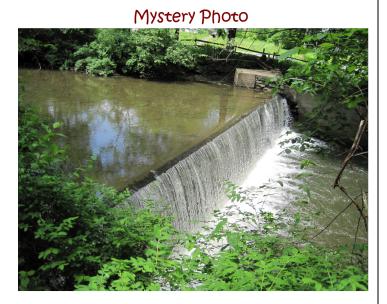http://www.barttiming.com/summer/results14/asctny14-1.pdf

Mystery Photo

This was the Mystery Photo from the last issue.
Did you know where this kiosk and trail head is located?

It's the turn-around point of the out & back section of the BNRC Hoosac Range Trail that we run on during the Savoy Mt. trail races. This photo is of the parking area where the aid station is set up, located just off the Mohawk Trail (RT. 2)

Sue Snyder was the first one to answer correctly.
Also guessing correctly were Dave Raczkowski, Joshua Moran, and Stanislav Trufanov.

photo by will

Mystery Photo

Here is the mystery photo for this issue.
In which "Trail" race do we run by this waterfall?
Hint….
"The pleasant river between the hills."

photo by will

Nipmuck South Trail Race

When I pulled into the parking area for the second annual Nipmuck South trail race on June 22nd there were only a few cars there. I parked off to the side in the same spot I had last year. Within a minute 3 other cars pulled up next to me. Bob Sharkey was in one of them and as soon as he got out he started asking me about the course layout. I told him as much as I remembered, that this is a very runable course with only a few spots where you need to power-walk, and how it reminded me of the Nipmuck Marathon in some areas since we run on the same trail along the same river, only many miles south of the marathon course. This race goes 7 miles out to a turnaround and then except for a short section that's different coming out of the turnaround it's the same 7 miles back to the finish. Last year it was very hot and humid for this race so I told Bob my memories might have been impaired a little. But after finishing the race with the cooler weather this year my memories proved to be correct. Bob must have listened well because he was first in the 60 and over age group. Paul Funch, who missed all of last year after Achilles surgery was only 3 minutes behind Bob.
It was good to see Paul back on the trails again.

As I was warming up before the race, I could still feel the soreness in my legs from the Greylock race the weekend before. But thankfully once we got going I felt fine. I didn't push the pace on the way out, trying to save something for the way back. The first ½ mile of this race, (and last ½ mile) is a wide jeep type road and a flat ball field before a road crossing and then on to the Nipmuck Trail. There are 3 road crossings in this race and each one was manned by friendly volunteers who stopped traffic allowing us to cross. There is also a road section of almost 3/4 of a mile that we run on, just like in the Nipmuck Marathon.

I settled into my pace pretty quickly and watched a lot of younger runners go flying by. Most of them I never saw again, but here and there some had slowed way down and I re-passed them before we got to the turnaround. As I was going into the turnaround a runner coming out stopped and called my name.
 It was Mike from CT., one of the newbies I had met at Greylock the week before.

The course was marked with a lot more ribbons and arrows than last year and except for loosing about 30 seconds when I followed a group past a turn I stayed on course the whole way. On the way back I found myself running about 50 feet behind a group of 4 runners. I felt comfortable with the pace so I pretty much stayed there for the next 4 miles. When we got to the longest downhill on a rough section of trail they all slowed down while I picked up the pace and passed all 4 of them.
I was feeling pretty good at that point and so I kept up the quicker pace, catching and passing 4 others in the last ½ mile and finishing 7 minutes faster than last year. I'm sure it was the cooler weather this year that I have to thank for the faster finish.

 Thanks to Scott Edington for again directing this race and to the Shenipsit Striders for lending their support by taking over sponsorship of the race.
Check it out next year. It's well worth the trip.

will run

Nipmuck South … 14 Mile Trail Race
Mansfield Hollow State Park …Mansfield, CT
June 22, 2014
Sunny - Dry - Mid 70's

Club members in bold:

#	Name	Age	ST.	Time	GT %
1	Scott Leslie	M 32	MA	1:40:29	100.00%
2	Nick Auyeung	M 30	CT	1:41:33	98.95%
3	Todd Bennett	M 43	CT	1:48:31	92.60%
4	Dave Merkt	M 30	CT	1:48:53	92.29%
5	Justin Jablonowski	M 34	WA	1:49:30	91.77%
6	Kate Pallardy 1st F	F 29	NY	1:50:54	90.61%
7	Keith Hurley	M 47	CT	1:52:30	89.32%
8	Warren Angell	M 51	RI	1:53:30	88.53%
9	Ned Kennedy	M 55	CT	1:54:18	87.91%
10	Rich Fargo	M 55	CT	1:57:35	85.46%
11	Andrew Aspen	M 38	CT	1:59:41	83.96%
12	Randy Chamberland	M 53	CT	1:59:42	83.95%
13	Katelynn Venne	F 23	MA	2:01:27	82.74%
14	Patrick Byrne	M 29	CT	2:03:48	81.17%
15	Patrick Quinn	M 39	RI	2:03:58	81.06%
16	Teppo Lukkarila	M 41	CT	2:04:07	80.96%
17	Bob Sharkey	M 62	RI	2:05:05	80.33%
18	Caitlin Cunningham	F 27	CT	2:05:34	80.02%
19	Chris Kelly	M 37	CT	2:06:55	79.17%
20	**Ted Cowles**	M 55	CT	2:08:19	78.31%
21	**Paul Funch**	M 64	MA	2:08:29	78.21%
22	Brian Beauvais	M 30	MA	2:09:08	77.81%
23	Michael Reed	M 32	MA	2:09:09	77.80%
24	Rich White	M 33	WA	2:09:54	77.35%
25	Lola Murray	F 22	CT	2:10:22	77.08%
26	Karolina Fucikova	F 30	CT	2:12:22	75.91%
27	Dana Boudreau	M 40	NH	2:12:15	75.98%
28	Russ Hammond	M 54	CT	2:12:53	75.62%
29	Devin Pray	M 38	CT	2:13:37	75.20%
30	James Congdon	M 53	CT	2:13:49	75.09%
31	Adam Lung	M 43	CT	2:14:41	74.61%
32	Jeffrey Bellemare	M 33	CT	2:15:39	74.08%
33	Emily Rodriguez	F 25	NY	2:17:06	73.29%
34	Dominic Wilson	M 43	CT	2:18:23	72.61%
35	David Taylor	M 30	CT	2:18:39	72.47%
36	Maggie Ferron	F 33	CT	2:20:52	71.33%
37	Ken Forrest	M 45	CT	2:21:09	71.19%
38	Lance Flott	M 56	CT	2:23:03	70.24%
39	Michael Lo Presti	M 43	CT	2:23:04	70.24%
40	Thomas Menner	M 51	CT	2:23:38	69.96%
41	Thomas Dyer	M 43	CT	2:24:08	69.72%
42	Marc Scrivener	M 44	CT	2:24:49	69.39%
43	Dave Taylor	M 56	CT	2:25:17	69.16%
44	Mathew Gardella	M 39	CT	2:25:30	69.06%
45	Peter Rinaldi	M 40	CT	2:26:04	68.79%
46	Michele Hammond	F 55	CT	2:26:22	68.65%
47	Joe Strafach	M 51	CT	2:29:56	67.02%
48	Titus Roden	M 41	MA	2:30:24	66.81%
49	Charles Markunas	M 55	CT	2:30:33	66.74%
50	David Sutherland	M 52	CT	2:31:08	66.49%
51	Sonny Gerardi	M 40	MA	2:31:43	66.23%
52	Michael Crutchley	M 43	CT	2:32:20	65.96%
53	Dawn Alguard	F 48	CT	2:32:58	65.69%
54	James Carroll	M 41	MA	2:34:53	64.88%
55	Karen Lubin	F 44	CT	2:34:40	64.97%
56	**Will Danecki**	M 64	CT	2:35:06	64.79%
57	Eric Hale	M 37	CT	2:35:13	64.74%
58	David Schreiter	M 52	CT	2:35:43	64.53%
59	Mark Fitton	M 57	CT	2:35:53	64.46%
60	Jordan Grande	F 23	MA	2:36:30	64.21%
61	Kerry Smith	M 53	MA	2:36:44	64.11%
62	Jason Lang	M 38	CT	2:36:51	64.06%
63	Stuart King	M 53	CT	2:38:11	63.52%
64	Antonio Valentin	M 41	CT	2:38:40	63.33%
65	Mirela Postelnicu	F 38	CT	2:38:45	63.30%
66	Isabel Del Vecchio	F 28	CT	2:38:48	63.28%
67	Steve Collopy	M 57	MA	2:39:51	62.86%
68	Patty Driesch	F 41	CT	2:40:59	62.42%
69	Gladys Alcedo	F 42	CT	2:40:56	62.44%
70	Gaston Fiore	M 31	CT	2:41:17	62.30%
71	Pam Howard	F 38	CO	2:41:35	62.19%
72	Traci Cole	F 50	CT	2:41:43	62.14%
73	Michele Meltzer	F 33	CT	2:42:06	61.99%
74	Colleen Danaher	F 26	CT	2:42:45	61.74%
75	Diane Majewicz	F 47	CT	2:42:45	61.74%
76	Bill Metzger	M 58	CT	2:43:47	61.35%
77	Wanda Hodsen	F 43	CT	2:42:20	61.90%
78	Riley Flanagan-Brown	M 43	CT	2:44:57	60.92%
79	Jean Miller	F 57	MA	2:47:47	59.89%
80	Michele Grieves	F 50	MA	2:47:46	59.89%
81	Kimberly Martin	F 48	MA	2:47:48	59.88%
82	Lizzie Littlewood	F 26	CT	2:47:55	59.84%
83	Michael Taricani	M 60	CT	2:48:33	59.62%
84	Nicole Sassu	F 23	CT	2:48:33	59.62%
85	Jim Miller	M 57	MA	2:49:09	59.40%
86	Heather Freeman	F 40	CT	2:51:12	58.69%
87	Debra Bana	F 54	CT	2:51:20	58.65%
88	Norm Cormier	M 60	CT	2:53:41	57.85%
89	Mark Jackson	M 40	CT	2:58:07	56.41%
90	**Gayle Smith**	M 55	CT	3:03:26	54.78%
91	David Raczkowski	M 63	CT	3:05:54	54.05%
92	Michelle Bosco	F 45	CT	3:07:21	53.63%
93	James Cheyne	M 41	CT	3:09:15	53.10%
94	Bart McCarthy	M 41	MA	3:10:21	52.79%
95	Courtney Sheehan	F 44	CT	3:17:59	50.75%
96	Alex Kates	M 46	RI	3:20:06	50.22%
97	Christopher Harrison	M 61	MA	3:22:46	49.56%
98	Kathy Furlani	F 65	CT	3:34:07	46.93%
99	Juana Viveros	F 31	CT	3:39:20	45.81%
100	Mary Lou White	F 58	CT	3:39:54	45.70%
101	Ivan Sokolov	M 36	CT	4:44:25	35.33%

RD Scott Edington gives the pre-race instructions at the Nipmuck South Trail Race.   *photo by will*

Wapack and Back … 21.5 Mile Trail Race
Ashburnham, MA, May 10, 2014

Club members in bold:

Name	Age	ST.	Time	GT %
1 Samuel Jurek	M 27	MA	3:38:04	100.00%
2 Brandon Baker	M 27	NH	3:41:39	98.38%
3 Thomas Thompson	M 23	MA	3:51:54	94.03%
4 Kelsey Allen 1st F	F 30	MA	3:57:38	91.77%
5 Tristan Smith	M 20	NH	4:02:55	89.77%
6 Josh Rapp	M 38	MA	4:04:36	89.15%
7 Jonathan Miller	M 44	NH	4:10:31	87.05%
8 Nina Silitch	F 41	NH	4:10:41	86.99%
9 Jon McInerney	M 24	NH	4:16:15	85.10%
10 Jeremy Merritt	M 37	NH	4:17:10	84.80%
11 Tyler Whipple	M 32	NH	4:27:10	81.62%
12 **Ted Cowles**	M 55	CT	4:28:06	81.34%
13 Tony Henderson	M 36	MA	4:34:41	79.39%
14 Amos Esty	M 37	NH	4:35:29	79.16%
15 Jeffrey Klossner	M 34	MA	4:37:27	78.60%
16 David Delworth	M 34	NH	4:38:20	78.35%
17 Micah Fultz	M 39	NH	4:42:16	77.26%
18 Brady Bertram	M 33	NH	4:44:28	76.66%
19 Sarah Schlaack	F 41	NH	4:44:52	76.55%
20 David Boudreau	M 42	NH	4:50:54	74.96%
21 Richard Lavers	M 37	NH	4:57:18	73.35%
22 Paul Blankman	M 38	MA	4:57:25	73.32%
23 Elizabeth Santorella	F 23	MA	4:57:52	73.21%
24 Brandon Benoit	M 22	NH	4:58:10	73.14%
25 Jared Reini	M 32	NH	5:03:00	71.97%
26 Jennifer Ryu	F 32	MA	5:03:18	71.90%
27 Mike Tegart	M 30	VT	5:03:20	71.89%
28 Gregory Larkin	M 46	NH	5:06:39	71.11%
29 Danforth Sullivan	M 30	NY	5:06:49	71.07%
30 Joseph Shanahan	M 34	MA	5:07:00	71.03%
31 Ted Darling	M 38	ME	5:09:32	70.45%
32 Richard Benoit	M 46	NH	5:12:21	69.81%
33 Jason Bacon	M 43	RI	5:13:44	69.51%
34 Craig Fraley	M 35	NH	5:13:58	69.46%
35 Gary Gustafson	M 45	NH	5:16:18	68.94%
36 Phillip Evans	M 33	MA	5:21:20	67.86%
37 Gregg Solovei	M 37	NH	5:22:47	67.56%
38 Matt Miller	M 22	NH	5:26:34	66.78%
39 Karine Thate	F 37	MA	5:30:00	66.08%
40 Katharine Jenkins	F 34	NH	5:30:20	66.01%
41 Kyle Klockars	M 42	RI	5:30:59	65.88%
42 James Price	M 55	NH	5:31:16	65.83%
43 Paul Rondeau	M 44	NH	5:31:30	65.78%
44 J.Michael O'Dell	M 44	NH	5:31:31	65.78%
45 Mark Howard	M 51	VT	5:32:26	65.60%
46 Scott Baver	M 33	MA	5:32:59	65.49%
47 Brian Berard	M 39	MA	5:34:20	65.22%
48 Jonah Fernald	M 39	NH	5:34:22	65.22%
49 Joshua Roche	M 28	NH	5:39:59	64.14%
50 Dana Boudreau	M 40	NH	5:40:35	64.03%
51 Brad Waterson	M 42	MA	5:41:49	63.80%
52 Jennifer Shultis	F 45	OR	5:42:06	63.74%
53 Dale Guinn	M 51	NH	5:44:46	63.25%
54 Jim Machakos	M 47	NH	5:46:48	62.88%
55 Bob Worsham	M 68	CT	5:53:28	61.69%
56 Patrick Flaherty	M 53	MA	5:56:08	61.23%
57 Christy Boris	F 44	MA	5:56:16	61.21%
58 Michael Casini	M 32	MA	6:03:16	60.03%
59 Matthew Christian	M 35	NH	6:06:00	59.58%
60 Erin Darling	F 38	ME	6:06:21	59.52%
61 Phil Tatro	M 50	MA	6:06:40	59.47%
62 Ronda Fernald	F 39	NH	6:12:45	58.50%
63 Leigh Robinson	F 44	NH	6:15:30	58.07%
64 Tom Whitcomb	M 32	MA	6:21:00	57.24%
65 Michael Bailey	M 36	NH	6:22:14	57.05%
66 Bryan Bollinger	M 33	NY	6:37:42	54.83%
67 Jennifer Treacy	F 41	NH	6:38:24	54.74%
68 Katya Divari	F 52	MA	6:43:21	54.06%
69 Annette Florczak	F 40	MA	6:44:26	53.92%
70 Holly Thibault	F 31	NH	6:45:15	53.81%
71 Pierce Rigrod	M 48	NH	6:48:35	53.37%
72 Charles Thayer	M 69	NJ	6:49:14	53.29%
73 Mindy Randall	F 54	NH	6:50:25	53.13%
74 Ryan Cahill	M 31	RI	6:52:00	52.93%
75 Steven Kooi	M 41	MA	6:54:00	52.67%
76 Ron Machakos	M 45	NH	7:02:22	51.63%
77 Lisa Lunt	F 32	MA	7:03:26	51.50%
78 Reed Shea	M 26	MA	7:04:43	51.34%
79 John D'Agostino	M 34	CT	7:04:44	51.34%
80 Marc Debanico	M 53	NH	7:26:26	48.85%

Wapack and Back … 50 Miles

Name	ST.	Age	Time
1 Eric Ahern	MA	36 M	10:00:16
2 Jesse Veinotte	MA	33 M	10:42:06
3 Jack Bailey	MA	35 M	10:49:37
4 Scott Patnode	MA	33 M	11:15:57
5 **Scott Livingston**	CT	41 M	11:53:20
6 Curt Pandiscio	CT	53 M	12:00:30
7 **Debbie Livingston**	CT	39 F	12:04:44
8 Serena Wilcox	VT	35 F	12:19:51
9 Greg Somero	NH	31 M	12:41:42
10 Howie Breinan	CT	45 M	12:45:45
11 Dima Feinhaus	MA	51 M	12:58:19
12 William Fallier	ME	41 M	12:58:21
13 Tammy Godin	MA	50 F	13:08:00

Note …The 50 mile race is not a GT scoring event.

Welcome New Members

From Massachusetts……

Kate Donath …….. Steve and Lorie Rondeau

Thanks for supporting the WMAC !

Soapstone Mountain …. 24 K Trail Race
Stafford Springs, CT …. May 18, 2014
Sun & Clouds … Low of 45* … High of 72*

Club members in bold:

Name	Age	ST.	Time	GT %
1 Matthew Zanchi	M 24	MA	1:46:16	100.00%
2 Brett Stoeffler	M 47	CT	1:48:49	97.66%
3 Gabe Jiran	M 42	CT	1:49:42	96.87%
4 Todd Bennett	M 43	CT	1:50:16	96.37%
5 Chad Denning	M 39	NH	1:50:56	95.79%
6 Brian Carrington	M 24	CT	1:50:58	95.76%
7 David Merkt	M 30	CT	1:55:02	92.38%
8 Brad Overturf	M 47	CT	1:55:23	92.10%
9 John McCarthy	M 35	MA	1:57:56	90.11%
10 Charlie Iselin	M 51	CT	1:59:37	88.84%
11 Eric Wyzga	M 38	RI	1:59:45	88.74%
12 Alex Smirth	M 19	CT	1:59:48	88.70%
13 Jeff Padgett	M 44	VT	2:01:14	87.65%
14 William Leroyer	M 34	MA	2:01:22	87.56%
15 Kehr Davis 1st F	F 37	MA	2:01:45	87.28%
16 **Scott Livingston**	M 41	CT	2:01:51	87.21%
17 David Ciplet	M 37	RI	2:02:02	87.08%
18 Josh Hummel	M 24	VT	2:03:05	86.34%
19 Eric Nacsin	M 27	MA	2:03:18	86.19%
20 Donald Pacher	M 42	MA	2:04:13	85.55%
21 Gregory Rossolimo	M 33	CT	2:06:08	84.25%
22 Roger Johnson	M 33	CT	2:06:34	83.96%
23 Mark Brown	M 39	MA	2:07:23	83.42%
24 Colton Gale	M 23	CT	2:07:38	83.26%
25 Tony Bonanno	M 48	CT	2:08:20	82.81%
26 Jim Nelson	M 50	CT	2:08:27	82.73%
27 **Ted Cowles**	M 55	CT	2:09:11	82.26%
28 Carl Matuszek	M 62	NY	2:09:27	82.09%
29 Steve Sadler	M 44	CT	2:11:29	80.82%
30 Nina Silitch	F 41	NH	2:12:01	80.49%
31 Russell Stroud	M 44	CT	2:12:36	80.14%
32 Caitlin Cunningham	F 27	CT	2:12:50	80.00%
33 Hiroshi Nakashima	M 40	MA	2:14:09	79.21%
34 Gonzalo Gonzalez Abad	M 34	MA	2:16:42	77.74%
35 Beth Krasemann	F 40	CT	2:17:17	77.41%
36 Patrick Lowry	M 24	MA	2:18:46	76.58%
37 Paul Ferruolo	M 50	CT	2:19:04	76.41%
38 Jason Gray	M 34	MA	2:19:59	75.91%
39 Charles Glass	M 44	CT	2:21:37	75.04%
40 Melissa Emmerich	F 42	CT	2:22:00	74.84%
41 Kevin Maier	M 30	CT	2:22:38	74.50%
42 Robert McCarthy	M 47	CT	2:22:59	74.32%
43 Lance Flott	M 56	CT	2:23:01	74.30%
44 Mark McGuire	M 51	CT	2:23:12	74.21%
45 Brian Smith	M 55	CT	2:23:19	74.15%
46 Tricia Dowcett-Bettencourt	F 43	CT	2:25:59	72.79%
47 Gary Jewett	M 48	MA	2:26:18	72.64%
48 Jeffrey Buske	M 43	CT	2:27:03	72.27%
49 Maggie Ferron	F 33	CT	2:29:14	71.21%
50 Sonny Gerardi	M 40	MA	2:29:32	71.07%
51 Elaine Allen	F 46	CT	2:29:50	70.92%
52 Brian Sorrells	M 44	CT	2:29:51	70.92%
53 Anthony Tieuli	M 41	MA	2:29:53	70.90%
54 Becky Iselin	F 38	CT	2:30:49	70.46%
55 Matthew Dagger	M 29	MA	2:32:04	69.88%
56 Devin Pray	M 38	CT	2:32:28	69.70%
57 Lisa Pillow	F 42	CT	2:34:16	68.89%
58 Kevin Hutt	M 46	CT	2:35:24	68.38%
59 Shannon Murphy	M 49	CT	2:36:07	68.07%
60 Arman Haidari	M 29	CT	2:36:21	67.97%
61 David Sutherland	M 52	CT	2:36:35	67.87%
62 Evan Sherr	M 49	MA	2:36:56	67.71%
63 Scott Marshall	M 38	CT	2:37:57	67.28%
64 Eric Hale	M 37	CT	2:38:35	67.01%
65 Todd Szoka	M 46	CT	2:40:30	66.21%
66 Mark Barton	M 42	NH	2:41:13	65.92%
67 Alison Arnold	F 25	MA	2:41:23	65.85%
68 Thomas Dyer	M 43	CT	2:42:02	65.58%
69 Laurie Mosley	F 53	CT	2:42:45	65.29%
70 Lisa Hageman	F 50	MA	2:43:18	65.07%
71 Ryan Eichenlaub	M 28	NY	2:44:12	64.72%
72 Hillary Johnson	F 27	CT	2:44:15	64.70%
73 Daniel Broom	M 39	CT	2:44:22	64.65%
74 Stuart King	M 53	CT	2:44:52	64.46%
75 Brendan Coyle	M 40	CT	2:46:13	63.93%
76 Bill Metzger	M 58	CT	2:46:26	63.85%
77 Katie Sullivan	F 36	MA	2:46:30	63.82%
78 Kate Woytowicz	F 41	MA	2:46:33	63.80%
79 Anne-Marie Tonsing	F 39	MA	2:46:47	63.72%
80 Jordan Grande	F 23	MA	2:47:15	63.54%
81 Charlie Markunas	M 55	CT	2:47:16	63.53%
82 Kurt Van Heiningen	M 37	CT	2:47:26	63.47%
83 Curt Pandiscio	M 53	NH	2:48:35	63.04%
84 Thomas Menner	M 51	CT	2:49:21	62.75%
85 **Will Danecki**	M 63	CT	2:50:10	62.45%
86 Jim Campiformlo	M 64	CT	2:50:33	62.31%
87 Dawn Alguard	F 48	CT	2:50:54	62.18%
88 Shawn Burdette	M 38	CT	2:51:14	62.06%
89 Gladys Alcedo	F 42	CT	2:51:29	61.97%
90 Michael Robie	M 52	MA	2:51:49	61.85%
91 Kevin Conway	M 52	MA	2:52:29	61.61%
92 Jason Dominick	M 43	MA	2:52:47	61.50%
93 Lydia Tiisley	F 49	CT	2:54:16	60.98%
94 James Cheyne	M 41	CT	2:54:33	60.88%
95 Rodney Bialkin	M 45	MA	2:54:38	60.85%
96 Erika Lebaron	F 43	CT	2:54:38	60.85%
97 Nicole Bartone	F 24	CT	2:55:17	60.63%
98 Doug Cummings	M 52	MA	2:55:42	60.48%
99 Bob Worsham	M 68	CT	2:56:56	60.06%
100 Denise Wagner	F 51	CT	2:57:39	59.82%
101 Jennifer Broom	F 40	CT	2:57:39	59.82%
102 Brad Pellissier	M 57	CT	2:58:59	59.37%
103 Mirela Postelnicu	F 38	CT	2:59:00	59.37%
104 Diane Majewicz	F 47	CT	2:59:06	59.33%
105 Jennifer Derleth	F 41	CT	2:59:06	59.33%
106 Tara O'Neil	F 28	CT	2:59:08	59.32%
107 Paul Blanchet	M 55	MA	2:59:11	59.31%
108 Ashley Arrastia	F 29	MA	2:59:11	59.31%
109 Heather Freeman	F 40	CT	2:59:34	59.18%
110 Jessie Rack	F 31	CT	2:59:54	59.07%
111 Caitlin McCaul	F 20	MA	3:00:24	58.91%
112 Eric Winn	M 59	RI	3:00:49	58.77%
113 Martin Powers	M ??	CT	3:01:03	58.69%
114 Amos Esty	M 37	NH	3:01:05	58.68%

115 Casey Johnson	F 29	CT	3:02:13	58.32%
116 Nicole Sassu	F 22	CT	3:02:34	58.21%
117 Bob Sharkey	M 62	RI	3:03:09	58.02%
118 Kathleen Hermes	F 55	CT	3:03:15	57.99%
119 Norm Cormier	M 60	CT	3:03:36	57.88%
120 Kaitlain Sullivan	F 23	CT	3:04:14	57.68%
121 Mary Powers	F 52	CT	3:04:18	57.66%
122 Joe Hayes	M 65	NH	3:04:41	57.54%
123 Charles Winchell	M 57	CT	3:05:04	57.42%
124 Jessica Dasilva	F 34	CT	3:05:48	57.19%
125 Mark Jackson	M 40	CT	3:05:52	57.17%
126 Meredith Hadley	F 24	CT	3:08:14	56.45%
127 Katya Divari	F 52	MA	3:08:26	56.39%
128 Javier Perrone	M 41	CT	3:09:06	56.20%
129 Al Cordoba	M 43	CT	3:09:06	56.20%
130 Annette Florczak	F 40	MA	3:09:29	56.08%
131 Courtney Sheehan	F 44	CT	3:13:19	54.97%
132 **Jennifer Ferriss**	F 42	NY	3:13:32	54.91%
133 Cathy Shea	F 56	MA	3:13:40	54.87%
134 Scott Sweeney	M 45	CT	3:14:24	54.66%
135 Gary Bodley	M 46	CT	3:14:24	54.66%
136 Virginia Syombathy-Malton	F 39 CT		3:14:51	54.54%
137 Riley Flanagan-Brown	M 43	CT	3:19:51	53.17%
138 Scott Sogge	M 48	CT	3:20:02	53.12%
139 Gaston Fiore	M 31	CT	3:20:12	53.08%
140 David Raczkowski	M 63	CT	3:22:08	52.57%
141 Adam Bourgun	M 47	CT	3:24:12	52.04%
142 Christopher Harrison	M 61	MA	3:25:21	51.75%
143 Peter Keegan	M 63	CT	3:26:57	51.35%
144 Ryan Leigl	M 33	CT	3:28:25	50.99%
145 Wallace Corrice	M 40	CT	3:28:26	50.98%
146 Bekkie Wright	F 51	CT	3:31:12	50.32%
147 Joseph Poliquin	M 61	CT	3:31:18	50.29%
148 Ric Villarrell	M 57	CT	3:37:41	48.82%
149 Bill Marshall	M 67	CT	3:37:54	48.77%
150 Paulson Chris	M 37	CT	3:38:03	48.74%
151 Scott Hollister	M 39	CT	3:39:29	48.42%
152 Robyn Hollister	F 32	CT	3:39:29	48.42%
153 Michael Pandora	M 54	MA	3:55:33	45.11%
154 Scott Wissel	M 48	CT	3:56:28	44.94%
155 Vicki Quagliaroli	F 60	CT	3:58:42	44.52%
156 Kathy Furlani	F 65	CT	4:11:16	42.29%
157 Mary Lou White	F 58	CT	4:15:52	41.53%
158 **Laura Clark**	F 67	NY	5:10:57	34.17%

Surviving Soapstone (Barely) by Laura Clark

They say that long distance running eats up brain cells. We have all experienced the Three Blind Mice syndrome where we trustingly follow the pack leader down an unmarked trail to some Lost Horizon. How many times have we bonked while muling a pack filled with gels? Or paid more attention to our inner reflections than our own feet, returning home battered and bruised?

This year at Soapstone, Jen Ferris and I also failed to heed the warning signs. It started at the first toll booth, when instead of merely handing us our ticket, the attendant swung out on his unlatched door and threatened to impact Annie. Fortunately, seasoned trail transporter that she is, Annie skillfully side-tired the hazard and we arrived safely.

While waiting in the registration line, Jen and I debated whether to stick with our usual long race commitment or drop it down a notch. Jen had been sick all week, while I was a scant two weeks back into running after a hamstring pull. Ignoring the usual exhortations not to run with a chest cold (Jen) and not to increase your mileage by over 10% per week (me), we figured it was stupid to drive three hours for only four miles of exercise. Neither one of us wanted to be the first to holler "Uncle."

What cinched the deal for me was Bob Massaro's enthusiasm for the revamped Sampler plan. This year it would be sex/age graded. "You should do it," he cheer-leaded. "You are a shoe-in for first starter!" That was the wrong thing to say – my nightmare come true. First on a course I had never before run, responsible for leading hordes of pursuers astray. Jen would be somewhere back in the pack, unable to bail me out. It's one thing to adjust expectations but something else entirely to add a new set of parameters.

Once we started, I inexorably slipped towards the back of the pack and finally to caboose position. Still, I felt OK and the route was beautiful so I resolved to simply enjoy myself. Somewhere after the first mile, I heard someone behind me and moved over to let him pass, thinking he was a late starter and silently thankful that I wasn't last after all. But with a "You're doing fine," he tucked in behind me. I found this strange and even more disconcerting when I discovered his name was Jeff. Was my Jeff somehow watching over me? But when I passed Mary Lou White and Jeff adjusted his pace to hers, my suspicions were confirmed. Jeff was the sweep and I was being swept, but in a nice way.

I have been swept up once at Escarpment and once at Bull Run, but Jeff was by far the best at his trade. An adventure racer by preference, he pocketed my discarded gel, held my water bottle briefly while I was trying to navigate my supply pack and gave me a hand on the final descent when my hamstring protested angrily. At one point I almost cried when I took a wrong turn and managed to temporarily shake my sweep.

Apparently, as long as I was accompanied by Jeff I was immune to normal cutoffs. This was a double-edged sword as I was almost looking forward to having somebody tell me I had to quit.

Surviving Soapstone cont:

Finally, at the final aid station, hurting and feeling guilty about keeping all these cheerful volunteers on task, I suggested that I should perhaps pull the plug so Jeff could get on with his life. But he truthfully replied, "I'm the sweep; I've got to finish regardless." So I soldiered on. Later, Jen pointed out that without me he could have at least gotten there faster. DUH!

When we arrived, there were quite a few folks cheering for me at the finish line. They were genuinely sincere, but also genuinely happy they could now pack up and go home. Yes, I did feel guilty at holding everyone up, but here is the backstory.

The day before I had learned that all of my Jeff's cancer treatment options had failed and he was too sick to qualify for further studies. I wanted to complete this race for him, unsponsored, earning not even a single buck for research, but honoring him nonetheless. Sentimental, but not totally coherent. Had I thought it through I would have remembered that he had run the Sampler several times and would have enjoyed listening to my version. But while long distance runners are not always logical, worn down by repetitive footfalls, at least they are well-intentioned.

Truthfully, I am not sure I can ever run Soapstone again, as connected as it is now with the almost-end of our story. Deep down I know this is not true, but I do know it will be difficult. For now, I would like to thank Race Directors Deb and Scott Livingston, Jeff the Sweep and all the joyful volunteers who silently understood. And Jen Ferriss who drove Annie home so I could nap and ice my leg.

Laura Clark

Runners start to gather at the Soapstone starting line.

Race Director Debbie Livingston gives the pre-race briefing with her 2 children on the left. Before the start we had a moment of silence in honor of Jerry Stage, the founder of this race, who passed away in January of this year.

Runners make their way up the famous "Killer Hill" at the 2014 Soapstone trail race.

photos by will

Joe King and Barbara Schieffer (Deb's mom) have been cooking and serving up the food at the Soapstone MT. races for many years now.

Bekkie Wright's cartwheel finish

Scott Livingston after his Soapstone finish

photos by Scott Livingston

George Coope Road Races
5K and 10K … Adams, MA … 6 / 22 / 14

Club members in bold:

10K:

	Name	Age	Time
1	Brandon Williams	M 34	36:24
2	**Jim Preite**	M 50	42:59
3	Brendon Bullett	M 35	43:09
4	Mark Rumbutis	M 35	44:31
5	Tim Morey	M 56	46:25
6	Phillip Metzger	M 56	49:16
7	Jennifer Bosworth **1st F**	F 42	49:56
8	Tiffany Bellanger	F 39	53:40
9	Jay Durand	M 38	54:06
10	Debbie Pedercini	F 48	57:27
11	**Marty Glendon**	M 68	59:19
12	Julie Gardner	F 42	59:31
13	**Bill Glendon**	M 68	1:01:58
14	Robert Averill	M 64	1:02:10
15	Darcie Bellows	F41	1:03:02
16	James Israel	M 69	1:06:17
17	Denise Meranti	F47	1:06:25
18	Jason Hntanko	M 36	1:13:05
19	**Eric White**	M 73	1:16:47

5K:

	Name	Age	Time
1	Paul Gage	M 43	19:58
2	**Dan Potvin**	M 49	20:39
3	Yesenia Meczywor **1st F**	F 25	21:41
4	Nick Lillie	M 15	23:01
5	Kelsey Ryan	F 20	23:17
6	**Greta Fachetti**	F 37	23:29
7	Jackie Rilla	F ??	24:06
8	**Mike Pytko**	M58	24:14
9	Todd Morin	M 44	24:28
10	Chris Nopper	M 35	24:57
11	Taylor Kline	F 18	25:01
12	Kari Fortier	F 27	25:02
13	John Kline	M 48	25:07
14	Tim Drake	M??	25:22
15	Paul Marsalek	M 52	25:32
16	Kathy Hill	F 43	25:34
17	Shane Hill	M 44	25:34
18	Keiden Will	M 9	25:48
18	Kyle Fortier	M 33	25:46
19	Chris Perkins	M 53	26:26
20	Sophie Carnes	F 23	26:38
21	John Odvar	M 35	26:51
22	Mark Paquette	M 65	27:15
23	Meradyth Bonahan	F 40	27:16
24	**Diane Pytko**	F 57	27:44
25	Rena Rose	F50	27:56
26	Susan Bloom	F20	28:20
27	Pete Morin	M 39	29:01
28	Tessa Leveque	F 10	29:30
29	Carrie Snyder	F 42	29:31
30	Buffy Lord	F 43	29:43
31	**Claudine Preite**	F 47	30:01
32	Morgan Leveque	F 20	33:43
33	Jeremy Andrews	M 10	33:49
34	Jan Lillie	F43	33:57
35	Richard Schumacher	M 81	34:02
36	Brenda Haring	F 43	34:24
37	Diane Rousseau	F 50	35:37
38	Catherine Landry	F 40	36:53
39	Amanda Waluszko	F 22	37:29
40	Jennifer Lee	F 34	41:54

Book Review Corner:

The Essential Sheehan: A Lifetime of Running Wisdom from the Legendary Dr. George Sheehan,
ed. by Andrew Sheehan. Rodale, 2013.

When I began running in the 70's, we were all pretty much Dr. Sheehan's "experiment of one." We now think Sheehan is brilliant for saying that, but really, there was so little information out there we had no choice. No internet --just mimeographed club newsletters, word-of-mouth races, sweatpants and converse sneakers.

I got my first stress fracture running on the track in barely minimalist shoes eons before minimalism represented something other than cheap. After I had healed, I sent away for my first pair of Nike waffle trainers. Jeff and I were overseas at the time and we so looked forward to receiving our *Runner's World* taste of home. Even though I am a strictly regimented front-to-back gal, I made an exception for George and turned directly to his monthly column. He taught me why I got injured, how I should attack a race, and most importantly, why I loved doing what I was doing. In a world where runners got a rude car honk at best, he inserted a degree of normalcy.

And so I was so looking forward to this collection of his musings. Perhaps too much so because I attacked the book all at once and in great hunks. Instead of savoring, as I did with Sheehan's monthly columns, I raced through, recognizing old truths, remembering old races.

While this was all well and good, I was somewhat disappointed, eventually realizing that there is so much to contemplate in each individual essay that I was losing Sheehan's essential flavor. He was at once doctor, runner, weekly racer, philosopher, thoughtful reader with some combination of these playing out during each contemplation. He might talk about a recent race, but there was always a purpose he was getting at. He might discuss training, but there was a literary quality to it. Nothing that can be rushed through.

So after three months I have finally "finished" my Christmas gift, but it is no means relegated to the back bookcase. It is here by my computer waiting me when I need a break. My only disappointment with the selections chosen is that my favorite essay is omitted. Titled "In Quest of T-Shirts," it can be found in George's *Running to Win: How to Achieve the Physical, Mental & Spiritual Victories of Running*. And make no mistake the t-shirt still represents the "Band of Brothers" we were there mentality. As does a more than nodding acquaintance with Sheehan in the days when we were all true pioneers.

Reviewed by Laura Clark

2014 Grand Tree Trail Series
Total points after the first 5 races:

Name	Age	# Races	Points
1 Ted Cowles	M 55	5	392.28
2 Nina Silitch	F 41	4	321.75
3 Todd Bennett	M 43	3	277.15
4 Kehr Davis	F 37	3	250.81
5 Tony Bonanno	M 48	3	235.54
6 Amos Esty	M 37	3	210.29
7 Jim Johnson	M 37	2	198.96
8 Samuel Jurek	M 27	2	195.22
9 Matthew Zanchi	M 24	2	192.66
10 Mark Barton	M 42	3	176.99
11 Kelsey Allen	F 30	2	175.29
12 Tristan Smith	M 20	2	172.58
13 John McCarthy	M 35	2	170.25
14 Katya Divari	F 52	3	168.91
15 Eric Wyzga	M 38	2	168.65
16 Miroslav Tashev	M 51	2	168.24
17 Donald Pacher	M 42	2	164.17
18 Eric Nacsin	M 27	2	159.40
19 Roger Johnson	M 33	2	158.04
20 Tyler Whipple	M 32	2	156.80
21 Tony Grecco	M 43	2	153.31
22 Carl Matuszek	M 62	2	151.78
23 Kevin Maier	M 30	2	150.46
24 Richard DeChellis	M 44	2	149.26
25 Gary Jewett	M 48	2	147.76
26 David Raczkowski	M 63	3	146.64
27 Hiroshi Nakashima	M 40	2	145.54
28 Sarah Schlaack	F 41	2	144.68
29 Patrick Lowry	M 24	2	144.27
30 Robert Bonazoli	M 43	2	141.29
31 Brandon Benoit	M 22	2	138.49
32 Allyson Koenig	F 28	2	137.83
33 Anthony Tieuli	M 41	2	137.79
34 Sonny Gerardi	M 40	2	136.33
35 Amanda McCaughey	F 29	2	134.82
36 Rebecca Miller	F 35	2	133.17
37 Josh Haines	M 41	2	131.30
38 Elaine Allen	F 46	2	129.91
39 Paul Rondeau	M 44	2	127.68
40 Ania Krzywicki	F 25	2	127.68
41 Michael Schreiber	M 41	2	127.60
42 Katharine Jenkins	F 34	2	124.12
43 Arman Haidari	M 29	2	123.39
44 Bob Worsham	M 68	2	121.75
45 Matthew Christian	M 35	2	120.84
46 Brian Roderick	M 45	2	119.11
47 Michael Ferrari	M 49	2	118.38
48 Anne-Marie Tonsing	F 39	2	117.61
49 Pete Westover	M 69	2	117.61
50 Brian Burns	M 37	2	116.02

Top 50 Scores.   Check out the Grand Tree page at…..

www.runwmac.com   **for the latest up-dates and scores.**

Western Mass Athletic Club …. Savoy Mountain Trail Races
15.2 miles or 3.3 miles … Sunday … August 17, 2014 … 9:00 AM
DCR's Savoy Mt. State Forest … Savoy, MA.

15.2Mile 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**.

3.3 Mile Course: 3.3 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 15.2 miler, $10 for the 3.3 miler, before 8 / 10 / 14.
*Entry fee on race day is $25 for the 15.2 miler and $15 for the 3.3 miler.
*Sorry, no refunds.   *Trail Race Directors run for free!!! (still submit application)
*Driving instructions at Mass DCR /Savoy or www.runwmac.com
*Refreshments: for runners and guests.   *Some shirts may be sold separately, ask at the race.

More info: Ed Saharczewski …. edwrdsah@aol.com
Vic LaPort …. vlaport@hotmail.com   Or visit: http://www.runwmac.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: 15.2 miles   3.3 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   2014 Savoy MT. Entry   WMAC

In Memory of Jeff Clark

September 28, 1946 -- May 22, 2014

The running community lost a good friend recently with the passing of Jeff Clark.
Jeff was a very active in the snowshoe series, both as a runner and along with his wife Laura as
a race director of snowshoe and road races in the Saratoga, N Y area. He was also a skilled
kayaker, participating in many kayak races in the Adirondacks region of New York.
A decorated veteran of the Vietnam War, Jeff was a helicopter and air plane pilot for the Army's
First Infantry Division — the legendary "Big Red 1".

He is survived by his wife Laura, 3 daughters and 3 grandchildren.

Jeff Clark, directing the Camp Saratoga snowshoe race in 2011

photo courtesy of Berkshire Sports .org

Newspaper articles about Jeff…….

http://www.saratogian.com/general-news/20140522/jeff-clark-dba-president-decorated-vietnam-veteran-passes-away

http://www.legacy.com/obituaries/saratogian/obituary.aspx?n=jeffrey-clark&pid=171112637&fhid=15540

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Web Page. . .   www.runwmac.com   Newsletter. . .   wdanecki@charter.net
Club Officers. . . poncherosa@yahoo.com   The Hot – Line. . . 413-743-5124

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