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[2014 Grand Tree Trails Series
Final Results and Point Standings](#)

Also.....Results and stories from:

Pisgah MT. -- Goodwin Forest

Nipmuck Marathon -- Monroe

Groton Forest -- Hairy Gorilla

Busa Bushwhack -- Stone Cat

Upton State Forest -- Turkey Trot 5K

And plenty more inside

Up n' Coming Events:

Wed. Night Fun Runs5:30 PM
Now through Spring meet at
PNA Hall, 13 Victory ST. Adams.

WMAC Christmas Party12 / 20
Fat Ass 50K 12 / 28

Dion Snowshoe Series:

Hilltop.....12 / 27
Savoy / Hawley.....1 / 4 / 15
MT. Prospect.....1 / 18 / 15
H -T -& W.....1 / 24 / 15
Sidehiller1 / 25 / 15
Winterfest2 / 1 / 15
Northfield2 / 7 / 15
Notchview2 / 14 / 15
Camp Saratoga.....2 / 15 / 15
MT. Prospect.....2 / 21 / 15
BTB.....2 / 22 / 15
MT. Prospect.....3 / 8 / 15

Check the web page for complete schedules,
latest info, and up-dates, especially with the
snowshoe series!

www.runwmac.com

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2014 Grand Tree Trail Series

This year marked the 20th year of the Grand Tree Trail Running Series.

Many different running clubs and the races they put on are all a part of the current Grand Tree Series. Back in 1995 Ed Alibozek took the lead in organizing all the races in the series and also set up the current scoring system and the first Grand Tree Series ranking were listed. Since then the WMAC has continued to list the schedules, scoring and final standings of the Grand Tree Series in cooperation with the different RD's, running clubs and races involved.

For the last 12 years Rob Higley has figured all the scoring and kept the statistics for the series and for the past 2 years Fred Pilon handled the scheduling along with other duties for the GT trail series. Thank them for their efforts next time you see them

The 20th annual "Grand Tree" trail series for 2014 began again with the Merrimack River 10 miler in Andover, MA on April 12th this year, and wrapped up with the dirtyfeets ... Upton State Forest 21K race in Upton, MA. on November 16th.

This year there 22 races on the schedule and 24 different scoring events.

Pisgah Mt. and Stone Cat once again had 2 separate race distances going on at the same time which accounts for the extra 2 scoring events.

One race (MT. Toby) was cancelled during the summer and another race, (Xterra – French River) had some major issues involving course markings and no usable results could be recorded.

This left us with 22 scoring events and since none of the races were on the same day this year, 21 actual races could be run, although the Xterra race couldn't be scored.

Last year Ted Cowles from Connecticut ran in all the races that was possible, (18 total) and this year he once again managed to run in 18 of the 21 events.

Only 3 other males, all from Connecticut, had 10 or more finishes this year.

Dave Raczkowski ran in 12 events, and so did Todd Bennett. Gaston Fiore finished 10 races. Three others had 9 finishes, 2 had 8, and 4 had 7 finishes.

Way to go Guys!

On the ladies side, Kehr Davis from Massachusetts led all women with 13 finishes and was the only woman to finish in double digits.

Kelsey Allen, also from Massachusetts had 8 finishes, 2 more than last year, and only 4 other women ran in at least 6 races, which is the required number of races to qualify for a Grand Tree score. Jennifer Ferriss, Katya Divari , Kathy Furlani, and Mary Lou White all finished 6 races.

Way to go Ladies!

Overall 2,523 different runners ran in one or more of the GT races that were held this year. That's an increase of 165 runners from last year and another all time high. (2,358 in 2013 and 2,222 in 2012). But out of that total number of runners only 24 completed at least 6 GT races during the year to earn an official Grand Tree Score. Another all time low.

(26 last year - 28 in 2012 - 48 in 2011 - 66 in 2010 and 75 in 2009)

Continued next page:

GT Series continued:

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

For a single race Seven Sisters once again led the series with the most finishers at 433. An increase of 47 runners over the 386 who finished there last year. Merrimack River had a total of 306 runners, an increase of 108 over last year, and Hairy Gorilla drew 239.

For a double event, Stone Cat had a total of 321 runners who finished either the marathon or the 50 miler. (188 in the marathon and 133 in the 50 miler).

In the other double race Pisgah MT. had a combined total of 187 finishers. (109 in the 23K and 78 in the 50K). Both races had about 30 people less than last year.

The 2 most intimate races of the year were Savoy with 58 finishers and People's Forest with 72.

Grand Tree Champions - 2014

The ladies championship this past year went back and forth between the 2 top female runners on the trails these days, Kelsey Allen and Kehr Davis.

Between them they had 14 first place finishes for the year. In her first full year in the series, Kehr ran in 13 races and had 1st place finishes at Muddy Moose, Soapstone, People's Forest, Wapack, Pisgah 23K, Nipmuck Marathon, Monroe, and Busa Bushwhack. She was also 2nd woman at 3 races and 3rd woman at 2 others.

Defending Champion Kelsey Allen ran in 8 races this year, winning 6 of them and finishing 2nd in the other 2. Kelsey had wins at Wapack and Back, Greylock, Savoy, Groton Forest, Hairy Gorilla, and Upton State Forest. In every "head to head" competition Kelsey finished just ahead of Kehr, sometimes by less than 1 minute.

So in the end, using the best 6 scores for each runner, Kelsey outscored Kehr by less than 1% and for the 4th year in a row Kelsey Allen is the ladies Grand Tree Champion.

Way to go Kelsey!

On the men's side, things took a little longer before a clear cut favorite started to stand out.

As mentioned before, many of the past male champions haven't run much in the GT Series the past few years, leaving the door open for many newer people to compete for the title.

Last year was the first time in 20 years of the GT Series that no one person won more than once.

Out of the 18 possible races last year we had 18 different winners. Which means you don't have to win races to score high enough to win the title, although it sure helps.

This year Jim Johnson had a win at Muddy Moose in April and another win at Cranmore Hill but only ran in one more series race the rest of the year. Greg Hammett also had 2 wins, one at Pisgah 23K, and then at Monroe, but he also only ran 1 more race for the year.

Samuel Jurek had 4 wins this year at Wapack & Back, Blue Hills, Nipmuck Marathon, and Stone Cat 50 miles. But he only ran in 5 races for the year, coming up short of the 6 minimum needed for a final score.

One of the more steady runners to come on the trail circuit the last few years has been Todd Bennett. Running in 8 races last year he finished 2nd overall in the final standings without winning any races. This year he finished 12 races including wins at People's Forest, Savoy, and Busa Bushwhack. He also finished in the "top ten" of 8 of the other 9 races he ran in. His final score of 97.65% was more than good enough to claim the overall title of Grand Tree Champion for 2014.

Way to go Todd!

Congratulations to Todd Bennett and Kelsey Allen,
the 2014 Grand Tree Series Champions!

Stonehead Awards

For every GT race you complete throughout the year you also receive "points" based upon your finishing time versus the winning time. All points are then added up for a year end total to decide the Stoneheads of the year. The more races you run and the faster you run earns you more points. There are many trail runners who feel that this is as important an indication of a true trail running champion as any.

On the men's side this year Ted Cowles, was once again running everything he could. Notching another 18 finishes this year he racked up over 1414.09 points, which was more than enough to claim the title of Stonehead of the year.

Way to go Ted!

Men's 2014 Stonehead of the year!

On the ladies side, only one runner ran in more than 10 races this past year. Kehr Davis, who came up less than 1% short on winning the GT Series championship ran in 13 races and racked up 1132.11 points to claim the Ladies Stonehead of the year award.

Way to go Kehr!

Ladies 2014 Stonehead of the year!

2014 Grand Tree Trail Series

Final Standings

Percent averages based on runners best 6 scores.

Note: Due to problems with course markings in the French River race, there are no results that fairly reflect runner performance. The race is not scored for overall GT final standings ("Best 6 Races"), except that anyone who ran French River and runs only five other GT races will get still an official GT series finish based on the average of their five other races.

WMAC members in bold:

<u>Name</u>	<u>Age</u>	<u># Races</u>	<u>Final GT %</u>
1 Todd Bennett	M 44	12	97.65%
2 Kelsey Allen 1st F	F 31	8	91.10%
3 Kehr Davis	F 38	13	90.59%
4 Donald Pacher	M 42	7	86.96%
5 Eric Wyzga	M 39	6	85.55%
6 Stanislav Trufanov	M 35	9	84.43%
7 Miroslav Tashev	M 52	7	83.81%
8 Ted Cowles	M 55	18	82.31%
9 Bob Sharkey	M 62	8	79.39%
10 Carl Matuszek	M 62	6	78.68%
11 Paul Funch	M 65	9	77.32%
12 Tony Bonanno	M 49	6	76.45%
13 Sonny Gerardi	M 40	7	71.47%
14 David Sutherland	M 52	7	67.09%
15 Gaston Fiore	M 31	10	65.02%
16 Will Danecki	M 64	9	62.98%
17 James Carroll	M 42	6	62.71%
18 Vic LaPort	M 74	6	60.42%
19 Jennifer Ferriss	F 42	6	57.26%
20 Katya Divari	F 53	6	56.97%
21 David Raczkowski	M 64	12	54.63%
22 Christopher Harrison	M 61	8	50.96%
23 Kathy Furlani	F 66	6	46.57%
24 Mary Lou White	F 59	6	44.61%



2014 Ladies Grand Tree Champion Kelsey Allen at this years Greylock race.

photo by Barbara Danecki

2014 Grand Tree Trail Series

Total Points ... Stonehead Awards

Season Final Results

Note: Due to problems with course markings in the French River race, there are no results that fairly reflect runner performance. To give people who ran French River credit towards the Stonehead competition, "Total Points" includes French River counted as the average of other races run. Please feel free to email WMAC Webmaster if you think you have not been counted for all your races - if your name was misspelled in a race, or any results are wrong.

WMAC members in bold:

Top 100 runners

<u>Name</u>	<u>Age</u>	<u># Races</u>	<u>Total Points</u>
1 Ted Cowles	M 55	18	1,414.09
2 Kehr Davis 1st F	F 38	13	1,132.11
3 Todd Bennett	M 44	12	1,091.48
4 Stanislav Trufanov	M 35	9	742.42
5 Kelsey Allen	F 31	8	710.73
6 Paul Funch	M 65	9	680.10
7 David Raczkowski	M 64	12	624.86
8 Gaston Fiore	M 31	10	610.82
9 Bob Sharkey	M 62	8	610.71
10 Donald Pacher	M 42	7	600.41
11 Miroslav Tashev	M 52	7	579.41
12 Will Danecki	M 64	9	551.59
13 Eric Wyzga	M 39	6	513.29
14 Samuel Jurek	M 27	5	495.22
15 Sonny Gerardi	M 40	7	494.12
16 Carl Matuszek	M 62	6	472.10
17 David Sutherland	M 52	7	469.62
18 Tony Bonanno	M 49	6	458.73
19 Paul Young	M 49	5	439.41
20 Ari Ofsevit	M 30	5	424.30
21 Alexandra Jospe	F 30	5	403.75
22 Christopher Harrison	M 61	8	403.62
23 Katelynn Venne	F 23	5	379.85
24 James Carroll	M 42	6	376.26
25 Vic LaPort	M 74	6	362.50
26 Jennifer Ferriss	F 42	6	343.56
27 Katya Divari	F 53	6	341.80
28 Bob Dion	M 59	5	338.66
29 Kevin Mullen	M 57	5	331.33
30 Nina Silitch	F 41	4	321.75
31 Bob Segal	M 61	5	319.36
32 Roger Johnson	M 33	4	318.29
33 Russell Stroud	M 44	4	309.03
34 Dan Danecki	M 55	5	308.15
35 Kerry Smith	M 53	5	308.11
36 Bob Worsham	M 69	5	300.69
37 Jim Johnson	M 37	3	298.96
38 Debbie Livingston	F 39	4	296.89
39 Greg Hammett	M 37	3	293.99
40 John Dudley	M 36	3	291.16
41 Hiroshi Nakashima	M 40	4	289.93
42 Brett Stoeffler	M 47	3	287.07
43 Amos Esty	M 38	4	283.95
44 Jason Weakley	M 33	4	283.03

Continued next page:

Stonehead Awards cont:

45 Jonathan Hammett	M 39	3	281.98
46 Gary Jewett	M 48	4	280.23
47 <u>Kathy Furlani</u>	F 66	6	279.39
48 Dominic Wilson	M 43	4	277.91
49 Dave Merkt	M 30	3	276.62
50 Jeff Hattem	M 63	5	274.87
51 Kenny Rogers	M 60	5	274.11
52 Brad Overturf	M 47	3	272.54
53 Todd Brown	M 50	4	272.48
54 David Herr	M 49	3	271.99
55 <u>Mary Lou White</u>	F 59	6	267.64
56 Matt Kemp	M 50	4	266.20
57 Brett Mastrangelo	M 23	3	262.77
58 John Loring	M 67	5	260.29
59 Jason Bacon	M 44	4	253.88
60 Scott Patnode	M 33	3	253.63
61 <u>Amanda McCaughey</u>	F 30	4	251.40
62 Thomas Menner	M 51	4	250.16
63 Joe Hayes	M 66	5	248.09
64 William Jackson	M 32	3	247.99
65 Michael Crutchley	M 43	4	246.18
66 David Loutzenheiser	M 48	3	245.36
67 Ken Naide	M 42	3	243.88
68 <u>Stacia Broderick</u>	F 36	3	243.25
69 Dima Feinhaus	M 51	3	242.36
70 <u>Jean Miller</u>	F 57	4	240.20
71 <u>Susan MacLeod</u>	F 37	4	236.89
72 Patrick Quinn	M 39	3	235.72
73 Mark Brown	M 39	3	234.52
74 Gonzalo Gonzalez Abad	M 35	3	233.21
75 Chris Kelly	M 37	3	232.60
76 Jeremy Merritt	M 37	3	229.89
77 Tyler Whipple	M 32	3	229.72
78 <u>Heather Freeman</u>	F 40	4	229.03
79 Kevin Maier	M 30	3	225.69
80 Andrew Wells	M 49	3	223.08
81 Vincent Lyon	M 25	3	222.46
82 Jim Grady	M 52	3	220.93
83 Brian Burns	M 37	4	219.48
84 David Stauffer	M 35	3	218.30
85 <u>Robin Schulman</u>	F 50	3	218.13
86 Devin Pray	M 38	3	213.15
87 David Boudreau	M 42	3	213.08
88 <u>Lola Murray</u>	F 23	3	212.58
89 Forrest Butler	M 29	3	212.26
90 Anthony Lombardi	M 48	3	211.67
91 Dana Boudreau	M 40	3	211.63
92 <u>Lorena Duquette</u>	F 37	3	210.86
93 Michael Bates	M 48	4	209.19
94 Robert Bonazoli	M 43	3	209.06
95 Anthony Tieuli	M 41	3	206.65
96 Robert Drewell	M 41	3	206.39
97 Kevin Breen	M 44	3	206.27
98 Jason Eldridge	M 41	3	205.49
99 Joshua Haines	M 41	3	204.68
100 Brandon Benoit	M 22	3	203.56

For more results visit the Grand Tree Page at.....

www.runwmac.com



2014 Grand Tree Series Champion, Todd Bennett at the Nipmuck Marathon

photo by Scott Livingston



2014 Stonehead of the year, Ted Cowles at Monroe

photo by Scott Livingston



Ladies Stonehead (and Trilogy Champion) Kehr Davis running along Dunbar Brook on her way to being the first woman's finisher at this years Monroe race.

photo by Scott Livingston

**The 2014 "Grand Tree" Trail Series
New England Trail Running at its best.**

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

Merrimack River

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

Brandon Newbould.....32 M1:00:23
Regina Loiacano...40 F1:10:12

306 Finishers

Muddy Moose

14 Miles ... Wolfeboro, NH. ... 4 / 27 / 14

Jim Johnson 37 M 1:32:11
Kehr Davis37 F..... 1:52:25

92 Finishers

Seven Sisters

12 Miles ... Amherst, MA. ... 5 / 4 / 14

Ryan Woods.....35 M 1:54:03
Megan Kimmel 25 F2:05:40

433 Finishers

Wapack and Back

21.5 Miles Ashburnham, MA5 / 10 / 14

Samuel Jurek27 M3:38:04
Kelsey Allen.....30 F 3:57:38

80 Finishers

Soapstone MT.

14.4 Miles ... Stafford Springs, CT. ... 5 / 18 / 14

Matthew Zanchi.....24 M 1:46:16
Kehr Davis 37 F2:01:45

158 Finishers

Greylock Trail

Half Marathon ... Adams, MA. ... 6 / 15 / 14

Derek Jacobski..... 27 M1:40:35
Kelsey Allen31 F1:57:12

177 Finishers

Xterra – French River

18K Oxford, MA. 6 / 28 / 14

Due to issues with race course markings accurate results could not be recorded. Better luck next year.

Blue Hills Skyline Trail

12 K ... Milton, MA. ... 7 / 13 / 14

Sam Jurek26 M 1:03:18
Stacia Broderick.....36 F1:20:37

92 Finishers

Cranmore Hill

6.6 Miles North Conway, NH. ... 7 / 20 / 14

Jim Johnson.....37 M 52:01
Kim Nedeau34 F1:02:48

188 Finishers

People's Forest

7 Miles ... Barkhamsted, CT. ... 8 / 2 / 14

Todd Bennett 43 M 51:04
Kehr Davis.....37 F 58:04

72 Finishers

Savoy MT.

15.7 Miles Savoy, MA 8 / 17 / 14

Todd Bennett 44 M 2:12:33
Kelsey Allen.....31 F2:13:53

58 Finishers

Wapack Trail

18 Miles ... New Ipswich, NH. ... 8 / 31 / 14

Andy Scott....23 M 2:33:42
Kehr Davis37 F3:07:25

115 Finishers

MT. TobyCancelled this year.

14 Miles Sunderland, MA. 9 / 14 / 14

Hope to return next year.

Pisgah MT.

23K and 50K ... Chesterfield, NH. ... 9 / 21 / 14

23K:

Greg Hammett37 M 1:36:07
Kehr Davis.37 F1:52:17

109 Finishers

50K:

Brian Rusiecki 35 M 3:57:58
Kristina Von Trapp - Frame...44 F5:51:45

78 Finishers

Nipmuck Marathon

26.4 Miles Ashford, CT. 10 / 5 / 14

Samuel Jurek27 M3:26:43

Kehr Davis37 F3:52:43

125 Finishers

Monroe / Dunbar Brook

10.5 Miles ... Monroe, MA. ... 10 / 12 / 14

Greg Hammett..... 37 M1:17:04

Kehr Davis37 F1:28:52

91 Finishers

Groton Forest

9.5 Miles ... Groton, MA. ... 10 / 19 / 14

Steve O'Brien.....27 M 59:29

Kelsey Allen.....31 F 1:07:31

124 Finishers

Hairy Gorilla

Half - Marathon ... Voorheesville, NY. ... 10 / 26 / 14

Derek Struck 19 M 1:26:56

Kelsey Allen31 F 1:33:55

239 Finishers

Busa Bushwhack

10 Miles ... Framingham, MA. ... 11 / 2 / 14

Todd Bennett 44 M 1:05:34

Kehr Davis.....37 F..... 1:11:21

Stone Cat

Marathon & 50 Miles ... Ipswich, MA. ... 11 / 8 / 14

Marathon:

John Dudley36 M..... 3:02:36

Lyn Bessette39 F..... 3:33:41

188 Finishers

50 Miles:

Samuel Jurek27 M 6:13:42

Stacia Broderick36 F 7:39:22

133 Finishers

durtyfeets ... Upton State Forest

21K Upton, MA.11 / 16 / 14

Ben Maron15 M1:26:32

Kelsey Allen31 F1:34:44

108 Finishers

GT Series Champions 1995 - 2014

Male

Female

1995	Matt Cull	Robin Hathaway
1996	Tom Buckley	Debbie Briggs
1997	Bob Dion	Karen Cormier
1998	Keith Schmitt	Tracy Reusch
1999	Ben Nephew	Christy Cosgrove
2000	B. Nephew & L. Schmitt	Nikki Kimball
2001	Ben Nephew	Nikki Kimball
2002	Leigh Schmitt	Deb Livingston
2003	Ben Nephew	Deb Livingston
2004	Ben Nephew	Deb Livingston
2005	Greg Hammett	Deb Livingston
2006	Ben Nephew	Deb Livingston
2007	Greg Hammett	Deb Livingston
2008	G. Hammett & B. Nephew	Deb Livingston
2009	Ben Nephew	Amy Lane
2010	Ben Nephew	Abby Mahoney
2011	Ross Krause	Kelsey Allen
2012	Ross Krause	Kelsey Allen
2013	Stanislav Trufanov	Kelsey Allen
2014	Todd Bennett	Kelsey Allen

Many THANKS go out to Rob Higley who once again compiled all the GT scoring this past year, and for also managing the WMAC web page. To Fred Pilon for handling all the Grand Tree scheduling in 2014, and to the WMAC for posting the up-dates and results on their web page and in this newsletter.

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

And Thank You to all who participated in the GT Series this past year. We look forward to seeing you again next year for the 2015 trail season.

**The 2014 Grand Tree Trail Series...
New England Trail Running at its Best!**

Monroe / Dunbar Brook Trail Races
10.5 Miles & 2 Miles
Dunbar Brook Picnic Area, River Rd
Monroe / Florida, MA. October 12, 2014
 Mostly Sunny -- Low of 36* -- High of 60*

Club members in bold:

10.5 Mile Results:

<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1 Greg Hammett	M 37	NH	1:17:04	100.00%
2 Bevan Granger	M 29	CA	1:17:37	99.29%
3 Brian Rusiecki	M 35	MA	1:20:13	96.07%
4 Brett Mastrangelo	M 23	NH	1:26:32	89.06%
5 Drew Jett	M 28	MA	1:27:07	88.46%
6 <u>Kehr Davis</u> 1st F	F 37	MA	1:28:52	86.72%
7 Tom Dumkauskas	M 39	MA	1:29:14	86.37%
8 James McMahon	M 29	MA	1:30:53	84.80%
9 Stanislav Trufanov	M 35	MA	1:31:14	84.47%
10 Koni Brown	M 29	MA	1:32:40	83.17%
11 Nikolas Rogers	M 42	NY	1:32:54	82.96%
12 Alexander Hoerniss	M ??	Germany	1:33:44	82.22%
13 Garrett Seibert	M 21	MA	1:36:36	79.78%
14 Todd Walker	M 48	MA	1:36:57	79.49%
15 Ted Cowles	M 55	CT	1:37:35	78.98%
16 Gerret Van Duyne	M 36	MA	1:37:50	78.77%
17 <u>Katelyn Venne</u>	F 23	MA	1:38:52	77.95%
18 Carl Matuszek	M 62	NY	1:39:22	77.56%
19 Paul Funch	M 64	MA	1:41:56	75.60%
20 Jim Dube	M 40	MA	1:42:07	75.47%
21 Debbie Livingston	F 39	CT	1:42:32	75.16%
22 Anthony Park	M 49	MA	1:43:40	74.34%
23 Brendan Peltier	M 21	MA	1:43:52	74.20%
24 Jeff List	M 55	MA	1:44:35	73.69%
25 Keith Zaltzberg	M 35	MA	1:46:06	72.64%
26 Todd Brown	M 50	CT	1:47:40	71.58%
27 Thomas Lusignan	M 44	MA	1:48:52	70.79%
28 Jay Rasku	M 40	MA	1:49:54	70.12%
29 Clay Ballantine	M 44	MA	1:50:42	69.62%
30 <u>Lola Murray</u>	F 23	MA	1:51:19	69.23%
31 Jason Andras	M 32	MA	1:52:29	68.51%
32 Bob Dion	M 59	VT	1:52:30	68.50%
33 Charles Joyal	M 44	MA	1:52:56	68.24%
34 Francis Bock	M 39	MA	1:53:44	67.76%
35 Hector Morera	M 47	CT	1:55:24	66.78%
36 <u>Kristen Goric</u>	F 30	CT	1:55:56	66.47%
37 Bernie Landa	M 42	NY	1:56:40	66.06%
38 Adam Clancy	M 26	MA	1:57:04	65.83%
39 David Rossitter	M 47	MA	1:57:14	65.74%
40 Nate Davis	M 30	MA	1:57:20	65.68%
41 <u>Amy Rusiecki</u>	F 35	MA	1:57:30	65.59%
42 David Birrel	M 56	MA	1:57:37	65.52%
43 Richard Godin	M 59	MA	1:58:21	65.12%
44 Joseph Saylus	M 32	MA	1:59:04	64.73%
45 Paul Galotta	M 30	MA	1:59:36	64.44%
46 Dave Hall	M 51	MA	1:59:37	64.43%
47 Dan Danecki	M 55	MA	1:59:59	64.23%
48 Doug Cummings	M 53	MA	2:01:47	63.28%
49 Darlene McCarthy	F 52	MA	2:02:36	62.86%
50 Hans Kalkofen	M 43	MA	2:03:12	62.55%

51 Mike Cousins	M 47	MA	2:03:37	62.34%
52 James Carroll	M 41	MA	2:04:42	61.80%
53 Dean St James	M 24	MA	2:05:08	61.59%
54 <u>Kris Dorsey</u>	F 58	MA	2:06:35	60.88%
55 <u>Tyna Senecal</u>	F 32	VT	2:06:46	60.79%
56 Robert Quigley	M 64	MA	2:06:46	60.79%
57 <u>Kim Baker</u>	F 53	MA	2:06:48	60.78%
58 <u>Sandra Superchi</u>	F 58	MA	2:06:51	60.75%
59 Audrey Witter	F 50	MA	2:06:53	60.74%
60 Will Danecki	M 64	CT	2:08:00	60.21%
61 Bob Worsham	M 69	CT	2:08:36	59.93%
62 Pete Lipka	M 63	MA	2:09:21	59.58%
63 Vic LaPort	M 74	MA	2:10:32	59.04%
64 Bill Morse	M 63	MA	2:13:09	57.88%
65 Steve Rondeau	M 56	MA	2:15:57	56.69%
66 Carmel Kushi	M 45	MA	2:15:59	56.67%
67 <u>Debbie Lemaire</u>	F 40	MA	2:17:25	56.08%
68 <u>Kelly Sweeney</u>	F 23	MA	2:18:22	55.70%
69 <u>Mary Scheerer</u>	F 56	NY	2:19:17	55.33%
70 Jennifer Ferriss	F 42	NY	2:20:18	54.93%
71 Joanne Lynch	F 48	MA	2:20:27	54.87%
72 <u>Meghan Lynch</u>	F 34	MA	2:21:36	54.43%
73 <u>Anita Milman</u>	F 39	MA	2:21:37	54.42%
74 Bill Donovan	M 60	MA	2:22:39	54.02%
75 <u>Shari Hymes</u>	F 52	NY	2:23:45	53.61%
76 John Loring	M 67	MA	2:24:44	53.25%
77 <u>Jaime Wilson</u>	F 42	CT	2:27:27	52.27%
78 <u>Heather Freeman</u>	F 40	CT	2:27:29	52.25%
79 Gaston Fiore	M 31	CT	2:27:30	52.25%
80 David Raczkowski	M 64	CT	2:30:42	51.14%
81 Sue Snyder	F 60	MA	2:31:15	50.95%
82 Tim Sweeney	M 26	MA	2:33:01	50.36%
83 Ted Seibert	M 24	MA	2:33:01	50.36%
84 M. Taylor Mullen	M 23	MA	2:33:02	50.36%
85 Tom Parent	M 38	MA	2:34:16	49.96%
86 Denise Dion	F 56	VT	2:38:38	48.58%
87 John Aldrich	M 56	MA	2:58:40	43.13%
88 Tony Swana	M 47	MA	3:03:06	42.09%
89 <u>Vicki Quagliaroli</u>	F 61	CT	3:05:12	41.61%
90 Mike Dematteo	M 59	MA	3:11:44	40.19%
91 Laura Clark	F 67	NY	3:17:53	38.95%



Deb Livingston shows off her Monroe race shirt

photo by Scott Livingston

Monroe 2 Mile Results:

<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>
1 Joe Melillo	M 27	MA	18:18
2 Scott Bradley	M 59	MA	19:37
3 <u>Julia Cummings</u>	F 12	MA	19:44
4 <u>Isabel Cummings</u>	F 14	MA	19:59
5 <u>Jenny List</u>	F 22	MA	20:03
6 <u>Colleen Cummings</u>	F 48	MA	20:04
7 Shepard Livingston	M 8	CT	22:28
8 <u>Kellie List</u>	F 55	MA	25:32
9 <u>Claudine Preite</u>	F 47	MA	25:34
10 James Summa	M 59	NY	26:04
11 Chad Jzyk	M 38	MA	27:27
12 <u>Kim Brown</u>	F 43	CT	27:34
13 <u>Christa Melillo</u>	F 28	MA	31:12
14 <u>Jennifer Fiore</u>	F 25	CT	32:04
15 Bob Massaro	M 70	MA	32:32
16 <u>Gabriella Carolini</u>	F 39	MA	32:32
17 Brian McCarthy	M 53	MA	36:01
18 Dick Hoch	M 74	NY	49:04

Monroe: Nature's Original Obstacle Course

Did anyone notice this new billing on the Monroe application? Could be it was there last year, but I seem to recall something about fall leaves and old growth forests. But with obstacles being all the rage, this was a true eye-catcher. In fact, several Stryders who saw the application but were already committed to other events said, "I want to do this next year."

And what a deal! Current market extravaganzas: mudders, zombie and Spartan runs, and now inflatable party bouncy-bounces charge upwards of \$65. Thinking broadly, I am willing to concede that some of this cost is justified considering extra insurance, equipment and set up costs, but still, most of these events, while donating a pittance to charity, are realistically commercial and are there to make a profit. But head out to Monroe, enjoy a spectacular drive during leaf-peeping season, and you get to experience wartime obstacles such as Mother Nature intended them to be. And at a fraction of the cost of the average 5K road race.

Monroe grants bridges as well as log crossings, leaf-camouflaged rocks and roots, scary cliffs and kayak chasms, ice-cold water crossings, slip 'n slide wet leaves, steep rampart-like climbs and treacherous downhills. Not to mention the occasional bear or snake lurking in Bear Swamp. These are for-real obstacles, all the more serious for their random and genuine character, bearing little resemblance to the artificial haunted house feeling of painstakingly designed courses.

Present at the start were the usual contingent of old guard volunteers, spiced by a mix of new recruits. One group arrived on their motorcycles. Although newbies, you immediately knew they would be a force to be reckoned with. Anyone who can survive a motorcycle ride in below freezing temps is no

casual wimp. Jen and I arrived in Annie, early enough to grab a prime parking spot opposite the changing cabin. This has always been a big puzzle to me. It is not like there is a beach anywhere close by. We chuckled as initiate after initiate, thinking to avoid the porta-pottie line, confidently hurried to the cabin, ignored the in-your-face Changing Room sign and strode in, only to back out a second later.

The air was chilly and it took courage to strip down to running clothes. Usually, when in doubt, I look around to assess everyone else's choices. This time there was no clear winner. There were stand-alone shorts, shorts pretending to be shorts with the mitigating addition of calf sleeves, capris and even a few pairs of tights. There were long sleeves, short sleeves, both combined, short sleeves pretending to be short but with the addition of arm warmers and the occasional (brrrrr!) singlet. Normally, you warm up fast and this is not a problem and at Monroe the same thing happens. But there, as you increase your ascent, you seem to stay level at that chilly height for a fair amount of time, so you get to choose whether to be hot or cold and in what order. Definitely not a straight forward race, providing more than the usual visible obstacles.

I love this event because it is long, but not too long, and has such a mixture of challenges. I also love the final three miles with the pine-strewn old growth Hobbit forest and the jaunt alongside the river with plenty of opportunity to stretch your legs. This year it was especially beautiful with brilliant red maple leaves punctuating the yellow at our feet—who would dare to look up? I encountered a fair amount of hikers on this section, all of whom apparently had gotten a much later start than we had. Which is puzzling since they were slower than us and still had miles to go in dwindling daylight. I lost a few minutes stopping to help a nice family who had gotten themselves twisted around and just told them to follow our pink ribbons to the parking lot. Imagine me, helping someone who was lost. Good thing they didn't know my reputation!

I guess I am getting old, or at least injured, or still not yet recovered mentally and physically from my tough year, for I now find myself bringing up the rear, While I don't think of myself as old as Scott Livingston's old guard (<http://scottlivingston.wordpress.com/2014/10/13/2014-monroe-trail-race/>), I guess I am in years if not in appearance fees. I got a late start at WMAC having moved here in the '90's and a lot of folks have been on these trails a lot longer than I.

Sometimes, like now, I wonder how I will fare a few years down the road. Should I keep hoping for faster times, or accept where I am? But then, everyone at these races is so genuinely sincere and happy to see me, how can I not participate? Perhaps next year things will get better, if not, I know I will still enjoy being out here.

Laura Clark

Trail Running News.....

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WMAC's 2014 Trilogy Series **Greylock** -- **Savoy** -- **Monroe**

WMAC members in bold:

All Long Course:

	<u>Name</u>	<u>Age</u>	<u>Greylock</u>	<u>Savoy</u>	<u>Monroe</u>	<u>Total</u>
1	<u>Kehr Davis</u>	F37	2:00:34	2:14:22	1:28:52	5:43:48
2	Ted Cowles	M55	2:10:27	2:28:20	1:37:35	6:16:22
3	Carl Matuszek	M62	2:12:41	2:36:11	1:39:22	6:28:14
4	<u>Kate Venne</u>	F23	2:23:18	2:43:29	1:38:52	6:45:39
5	Bob Dion	M59	2:37:10	2:52:36	1:52:30	7:22:16
6	Charles Joyal	M44	2:40:16	3:10:29	1:52:56	7:43:41
7	Daniel Danecki	M55	2:47:20	3:18:04	1:59:59	8:05:23
8	Vic LaPort	M74	2:48:26	3:20:26	2:10:32	8:19:24
9	Will Danecki	M64	2:57:35	3:18:04	2:08:00	8:23:39
10	<u>Darlene McCarthy</u>	F51	3:01:36	3:25:10	2:02:36	8:29:22
11	<u>Jennifer Ferriss</u>	F42	3:00:51	3:36:42	2:20:18	8:57:51
12	Bill Donovan	M60	3:11:18	3:43:10	2:22:39	9:17:07
13	David Raczkowski	M64	3:19:45	3:54:49	2:30:42	9:48:16
14	<u>Denise Dion</u>	F56	3:30:59	4:02:29	2:38:38	10:12:06

All Short Course:

Scott Bradley	M59	25:08	28:56	19:37	1:13:41
James Summa	M59	34:11	40:51	26:04	1:41:06
Bob Massaro	M70	35:16	44:58	32:32	1:52:46
<u>Christa Melillo</u>	F28	40:39	47:16	31:12	1:59:07
Dick Hoch	M74	48:28	1:05:48	49:04	2:43:20

Mixed:

Todd Brown	M50	2:30:54	28:43	1:47:40	4:47:17
<u>Laura Clark</u>	F67	54:10	44:45	3:17:53	4:56:48
<u>Audrey Witter</u>	F50	27:28	3:24:12	2:06:53	5:58:33

In what was no doubt the last Trilogy Series, 48 runners had run in the first 2 races, completing either the long or short courses at Greylock and Savoy. But less than half showed up at Monroe to complete the Trilogy and receive a running hat thanks to Vic LaPort's efforts and the WMAC's checkbook.

In the ladies division, after the first 2 races, last years Trilogy Champ Kelsey Allen, was holding a slim 3 minute lead over Kehr Davis who finished second to Kelsey in both previous races. But Kelsey was a no show at Monroe this year allowing Kehr to win the title.

Way to go Kehr ! 2014 Trilogy Series Champion!

For the men, Ted Cowles had another good year on the trails and managed to out leg senior runner Carl Matuszek by some 12 minutes and is the men's Trilogy Champion for this year.

Way to Go Ted! 2014 Trilogy Series Champion!

For the short course Scott Bradley repeated as the men's champion and Christa Melillo took the woman's honors.
Way to go Scott and Christa!

Thanks to all of you for participating in the Trilogy Series over the years. We'll miss you.



Back in the Saddle Again

I was clawing my way up the killer mountain at Soapstone when Bill Marshall pulled up to me and introduced himself to me. He told me he was interested in starting a trail race at Goodwin State Forest in Hampton, CT and wanted to know if I was interested. My first question was "Do you have a race director." His answer, "Maybe."

I in no way wanted to be a race director. I've paid my dues for being an RD at NipMuck for 27 years. Chances are slim but there is always a chance someone is going to get hurt and you get sued. I always breathed a sigh of relief every year when the last runner finished and I knew everyone was safely off the course. Then there was the ton of work that needed to be done to put off a quality event.

But I agreed to help out which still turned into more work then I realized. I should have known from past experience. I didn't want to be part of a trail race that wasn't a quality event.

I agreed to go to their meeting to hear what they had to say. Initially 8 motivated people showed up. I was impressed. This should be enough to put on a race. I cut to the chase. "Who's the race director?" No one stepped up but I stayed polite as we talked about everything else and agreed to another meeting. At that meeting everyone evaded the elephant in the room. I said "If no one wants to be RD the next meeting will be my last." Finally Branden Cane stepped up to do it or more like he stepped in it.

Alright we had an RD. Next step was insurance. I approached 2 running clubs for their Road Runners Club of America insurance. The Shenipsit Striders were already tapped out. They didn't want to sponsor any more races at this time. But the kick in the face came from the Willimantic AC. I have a long history with them when I was RD for NipMuck. I was also president during most of those NipMuck years but when I retired from NipMuck being president also went out the window. After a few weeks wait after we turned in a 4 page form we were denied because they wanted to concentrate on road running. When I ended that phase of being president there was about \$4000 in their treasury, all from NipMuck so I was disappointed with their decision.

Eventually, we got insurance through the Connecticut Forest and Park Association for a minimal fee. This turned out to be a good investment as now we weren't going to have anyone dictate to us. NipMuck Dave unchained.

We came up with 2 courses, a 10K and a 30K. The 10K was all in Goodwin on mostly groomed manicured trails. The 30K went in the opposite direction but it involved a ½ mile of roads through suburbia. When I suggested we change direction to avoid the road all agreed. No matter what I said all agreed as I was the only one who had any trail race experience. I liked the 10K for novices as it had easy footing. I liked the 30K for the opposite reason. The footing was tricky and it changed often.

Bill Marshall took over the meetings and scheduled them. He did well at organizing the whole picture. Fran Zumpano did all the Goodwin trail work, the maps and the elevation profile looked very professional on the FriendsOfGoodwin.org website.

All the runners started together with Pine Acres Lake as a backdrop. There was a special race out to Governor's Island. To sweeten the pot the first male and female runner would win some maple syrup or honey. You would think the 10Kers would win as they only had 3 miles to go to finish and the 30Kers had another 15 but both races were won by the 30Kers.

The 10 K was won by Nathan Jones and Briana Demars. The 30 K was won by Mathew Ridley who was helped out by 2nd place runner Daniel Uriano who took a wrong turn. This was my fault since I marked the course. When I was in charge of NipMuck it was just 2 out and backs on the same trail. This was my first experience with marking a trail race as we had it going over different trails in the Natchaug and Goodwin Forest. I'll know to mark the turns better next year for the go fasts.

The women's 30K was won by Kate Pallardy who finished 7th overall. The following week she nearly won the 50K overall at Vermont. She missed first by 5 seconds.

We had log trophies. The blazes on the trail that Fran Zumpano maintains are perfectly symmetrical. He farmed the blazing for the trophies to another Friends of Goodwin member. He marked the logs with a pen and ruler and then painted within the lines.

Word went out to the Friends to bake cookies and we got a ton. We donated a lot to the local soup kitchen because we had too much food. We even had ice cream.

The day went pretty smooth. We had 36 runners in the 30K and 54 in the 10K, not bad for a first time trail race. Next year the race will be on the first Sunday in June, the same date as the old NipMuck Trail Marathon. Things are just too lush and beautiful that time of year. It will also be part of the Grand Tree Series so I expect the numbers to grow.

I thought I was done with being heavily involved in a trail race but the amount of highly motivated help made it impossible to say no. I never got overwhelmed. I truly enjoyed being back in the saddle.

Dave Raczkowski

1st Goodwin Trail Runs 10K and 30K Hampton, CT. September 21, 2014

30K Results:

	<u>Name</u>	<u>Age</u>	<u>Time</u>
1st	Matthew Ridley	24 M	2:18:45
2nd	Daniel Uriano	36 M	2:20:44
3rd	Brett Stoeffler	47 M	2:25:52
4th	Sean Greaney	33 M	2:25:57
5th	Eric Wyzga	39 M	2:26:52
6th	Aaron Flamino	39 M	2:27:43
7th	<u>Kate Pallardy</u> 1 st F	29 F	2:38:08
8th	Rick O'Toole	43 M	3:08:48
9th	Ken Naide	42 M	3:09:52
10th	Martin Fey	50 M	3:10:04
11th	<u>Ashley Mattingly</u>	37 F	3:12:39

Continued next page:

Goodwin results cont:

12th	Dan Dryburgh	23 M	3:13:11
13th	Mark Farreli	32 M	3:13:20
14th	<u>Linda Yamamoto</u>	37 F	3:14:23
15th	David Sutherland	52 M	3:16:15
16th	<u>Bonnie Lathrop</u>	23 F	3:21:21
17th	Brandon Lorentz	35 M	3:37:26
18th	Ed Alibozek	51 M	3:37:36
19th	<u>Suzanne Salemi</u>	39 F	3:39:17
20th	Gaston Fiore	31 M	3:42:58
21st	Jon Burdeshaw	40 M	3:43:52
22nd	Brad Pellissier	57 M	3:45:26
23rd	<u>Pascale Butcher</u>	52 F	3:47:53
24th	<u>Michelle Bosco</u>	46 F	3:49:42
25th	<u>Wanda Hodsen</u>	43 F	3:49:42
26th	Jason Lana	39 M	3:51:00
27th	Bob Worsham	69 M	3:55:59
28th	<u>Meghan Swavely</u>	30 F	3:59:59
29th	Gayle Smith	55 M	4:02:58
30th	Mark Fitton	58 M	4:07:24
31st	<u>Isabel Delvecchio</u>	28 F	4:07:24
32nd	Scott Cooney	51 M	4:20:14
33rd	<u>Bekkie Wright</u>	52 F	4:27:54
34th	Joe Poliquin	62 M	4:27:57
35th	<u>Amy Parulis</u>	32 F	4:38:04
36th	Benjamin Foster	37 M	4:38:35
37th	David Raczkowski	63 M	4:55:09

10K Results:

1st	Nathan Jones	24 M	43:06
2nd	Mat Furguson	22 M	43:58
3rd	Sean Kellerson	22 M	44:07
4th	<u>Briana Demars</u> 1 st F	28 F	45:31
5th	Rick Canavan	43 M	48:25
6th	<u>Rachel Frenkil</u>	24 F	51:33
7th	Edward Guimont	27 M	51:39
8th	<u>Jessica Marshall</u>	38 F	51:48
9th	Scott Marshall	38 M	51:49
10th	<u>Kathy Manizza</u>	56 F	54:20
11th	Lawrence Agbayani	?? M	54:26
12th	Kevin Tranberg	46 M	54:57
13th	<u>Sarah Ferguson</u>	?? F	55:25
14th	<u>Grace Jensen</u>	51 F	55:48
15th	<u>Jen Kilburn</u>	21 F	56:23
16th	Glen Mitoma	40 M	56:33
17th	Peter Briggenan	56 M	56:45
18th	<u>Tracy Duenzl</u>	47 F	56:56
19th	<u>Cindy Bourassa</u>	41 F	57:12
20th	Paul Guimont	56 M	57:47
21st	Brian Oley	27 M	57:52
22nd	Ken Larsen	61 M	58:04
23rd	<u>Stephanie White</u>	26 F	58:25
24th	<u>Stephanie Wombolt</u>	24 F	1:01:01
25th	<u>Julie Caouette</u>	55 F	1:01:55
26th	Gary Bodley	46 M	1:03:25
27th	David Finegan	53 M	1:03:58
28th	Jack Fulton	60 M	1:03:59
29th	<u>Chelsey Gibbon</u>	22 F	1:05:50

30th	Ben Rach	35 M	1:05:59
31st	<u>Michelle Rach</u>	37 F	1:06:01
32nd	<u>Deb Corcoran</u>	51 F	1:06:11
33rd	Chris Cole	50 M	1:07:38
34th	<u>Sharon Mendez</u>	60 F	1:07:41
35th	<u>Sherisa Sterling</u>	61 F	1:08:42
36th	<u>Janette Burr</u>	30 F	1:10:32
37th	James Henderson	68 M	1:10:57
38th	<u>Kim Kelly</u>	51 F	1:11:14
39th	<u>Mia Matoma</u>	39 F	1:12:26
40th	<u>Michelle Rach</u>	37 F	1:12:27
41st	<u>Kathleen Furlani</u>	66 F	1:13:41
42nd	Kieran Foster	09 M	1:14:59
43rd	Shane Dryburgh	21 M	1:15:01
44th	<u>Megan Thompson</u>	46 F	1:15:16
45th	<u>Melissa Studer</u>	28 F	1:15:47
46th	<u>Chrissy Davis Allen</u>	42 F	1:16:23
47th	<u>Sandra Horning</u>	43 F	1:16:43
48th	<u>Michelle Burlakoff</u>	45 F	1:30:24
49th	<u>Mary Lou White</u>	59 F	1:30:25
50th	Russell Waters	53 M	1:34:10
51st	Robert Ridley	?? M	1:58:25
52nd	<u>Nancy Bilmes</u>	46 F	1:59:26
53rd	Mike Ridley	50 M	2:00:30
54th	<u>Peggy Mckleroy</u>	65 F	2:01:30

Run Goodwin Forest*by Kieran Foster***Dear Goodwin friends,**

I would like your kids to run the off road 10k race because it will be challenging for your kids to do. You can do it if you want to get your kids off electronics and enjoying the outdoors. I ran the off road 10k on September 21st, 2014. It was an awesome experience because I got to see a lot of nature. I had never been to the Goodwin Forest, and there is a lot of neat things to see out there. The trails were tough, but fun to run on. It was my first trail race, but I've run a lot of trails and I thought the trails at Goodwin were really well maintained. All the racers for the 10k and the 30k started together right next to the lake, and ran uphill through an open gate onto the trail. Then we continued for several miles as a large group. Then, after a trip around the loop at Governors Island, we split off from the 30k group and made our way back to the finish. The finish area had a lot of great snacks on the picnic tables provided by volunteers, like cookies, orange slices, ice cream, chips, pizza and more. The top finishers even got special zucchini bread. There were plenty of aid stations on the course. The 30k had food, but the 10k only had water at their stations. The volunteers at the stations were really kind, and cleaned up after the racers who dropped their cups. The volunteers said it was the only time it was ok for us to litter in the forest because they would clean up. The race was great fun, and you will definitely be sweating by the end. You and your kids should do it together. I am only nine and I was able to finish the race and get a great trophy. Your kids can too! Thanks for reading.

Sincerely,

Kieran Foster (age 9)

Pisgah MT. Trail Races ... 23K and 50K

I had heard the rumor at one of the summer races that this year would be the last Pisgah Mt. race since RD Gary Montgomery was planning to retire after directing the run for the last 10 years. So when I got to the race headquarters early on Sept. 21st I went looking for Gary and found him unloading supplies from a truck. Yes he is retiring from RD duties after this year, but he assured me that there are several others who will be taking over the race next year and hopefully for many years beyond too. Gary also said he always wanted to run the 50K here and he hopes to be able to do it next year.

That was a relief to hear since this race has become one of my favorites on the GT circuit. Originally started by Fred Ross 111 in 1985 the race has seen several courses and distances over the years in the Pisgah State Forest. After the 1987 run the race took a 4 year break before starting up again in 1992. It still had different distances, between 27 and 29 miles up until 1996. After that year ultra runner Fred Pilon talked the RD's at the time, Mike & Sue Watson, into making the long course just a little bit longer to 31 miles so it would be an official 50K ultra distance. Since 97 to the present the short and long courses and the start and finish area have been the same.

So here we are at the 2014 version of the race. Due to an unfortunate issue with my car last year, (it broke down on my way to the race) I wasn't able to make it so I was really looking forward to getting back to running it this year. And even though several mishaps and some bad timing this past summer kept me from getting in any of the longer runs I usually have under my belt by now, I wasn't too worried about tackling the 31 miles. I've run the 50K here a dozen or more times in the past so I knew just what to expect.

It was cool this morning but on the humid side because of a heavy mist / fog hanging in the air. The forecast called for scattered showers and several people I talked to said they drove through some nasty rain storms on the way here today. We got damp during our warm-up runs and it felt like it would rain at any minute but luckily for us it never did actually rain, but for the first hour or so of the run we were pretty wet none the less.

We start out on the road next to the school and the first ¼ mile is downhill so everyone is running fast at that point. The next mile and a half, still on the road, has a couple of good hills in it which I always walk. At my age I call it wasted energy trying to run up them.



Official race starter, Jon Tobey (foreground) checks his watch while RD Gary Montgomery gives the final instructions to the runners.

The road finally ends and off we go into the woods. It's a nice old trail road downhill section until we come to the split. The 23K (or 14.2 mile) runners continue on straight while the 50 K'ers take a sharp left.

Since we're running more than twice as far as the 23K racers we have to follow several other trails to rack up some miles before eventually picking up the same course as the short race again. We run past some nice little ponds and streams and across some newly built bridges through here, all on very runnable trails.



Runners cross a new bridge along the South Woods Trail

After the 2nd aid station at 8.1 miles we start a long steep climb up an old service road which leads to the lower end of the Pisgah Reservoir trail.



This is a nice rolling jeep / snowmobile type road with some nice views of the reservoir pond. It was through this area that I came upon none other than Fred Ross himself. He wasn't running the actual race, but he was out there putting in some miles on the trails and taking photos. We chatted briefly before I continued on my way. In about 1 mile the course cuts off on to the hilly, rugged and single track Chestnut Hill Trail. After some climbing in the beginning we head back down and then it's zig-zagging through more rolling trail before we junction with another wide snowmobile trail section. It's a nice gradual downhill for awhile before we come to the 12 mile aid station in a small trail head parking lot.

From here its slightly uphill for almost ½ mile along Old Chesterfield Road, an old rocky trail road, before some nice level running takes us to the upper end of the Reservoir Trail at 13.5 miles and another water stop. At this point we are back to within 100 yards from where we originally split from the 23K racers but we have already logged an extra 11.5 miles. For the next 6.5 miles we follow the same course as the short racers. There is also some great running through here along winding and rolling trails, both wide and single track past more streams swamps and ponds, but also some long uphill sections.

Continued next page:

Pisgah cont:

Just after the 17 mile aid station (or 6.7 mile for the short race) we pick up the Pisgah Mt. trail and start the long climb up Pisgah Mountain. Although it sounds intimidating it's not a very steep or even a very high mountain coming in at just over 1,300 feet. Still it's steadily uphill for awhile before we come to a nice little downhill section. Then it's back up again until we finally come to the summit. There are a couple of nice scenic views along this section but they're not the most spectacular on the course. Then again most of the distance views during the race weren't very good this year because of the fog and clouds.



On a clear day you would normally see MT. Monadnock in the distance in this view from the trail, but not today.

It's just a short and narrow area on top before we start heading back down again. Ben Kimball was perched up there snapping pictures of the runners as we went by. You can view the photos along with photos from other trail races on his web-page at.... <http://northeastracephoto.smugmug.com/>.

It's some nice running from here on mostly downhill and rolling trails until we come to the next aid station just shy of 20 miles, or 9 miles if you're in the short race. While the short runners continue on to the last 5 mile section heading to the finish, the 50Ker's still have a few more miles to rack up before we can join them. It's called the Kilburn Loop. A 5.5 mile trail around Kilburn Pond and some swampy areas. This trail is wide and narrow, rocky and smooth, with both ups and downs.



It was about this time that the weather finally started to clear up for us. Some nice breezes helped get rid of the humidity and dried us out.

A few years ago there was a very large snapping turtle in the middle of the trail here that everyone at first thought was just a large rock. Until it moved that is.

There were no animal / reptile encounters this year.



Kilburn Pond as seen from the trail



One of several bridges on the Kilburn Trail

Near the end of the loop the trail is a little hard to follow and it's almost like bushwhacking in spots. But soon we're back on the nice wide rolling trail that we had actually run on earlier as we come back to the same aid station as before.

This is the one section, a little over 1/2 mile long, that only the 50Ker's run on twice.

I passed a couple of runners through here who were just about to start the Kilburn loop, and I also saw Ben Kimball again as he was coming down from the summit of Pisgah Mt.

Back at the same aid station, now 25.4 miles, I refueled and headed toward the last 5.6 mile section that leads us to the finish. You don't get much of a break here. We still have several good climbs to get through, starting as soon as we leave the aid station. It's another "old road" (Kilburn Road) section with ups and downs which leads us out to a parking area. Across the small parking lot we head back into the woods on the Davis Hill Trail, which for a little while runs parallel to RT. 63, the same main road which goes past the start / finish area.

Continued next page:

Pisgah cont:

Soon we're zigging and zagging again before cutting off onto the Hubbard Hill trail. There's some good downhill running through here along some wide trails, but it also becomes narrow and rugged in some spots, which can slow you down and trip you up. This is the area they bulldozed a few years back to widen the trails for snowmobiles and was the scene of the famous "mud bowl" after it rained.

I was starting to get that heavy feeling it in my legs along here and after tripping and almost falling several times on some of the narrow rugged sections I had to back off my pace so I wouldn't get hurt. (RE: walked) Once I got back on the wider trails I was able to run a little better. I came upon only one other runner in the last 5 miles and I recognized him from when we ran together briefly several hours ago. He was just walking and said he took a wrong turn back at the parking lot and went almost 1 mile out of his way. He said it really took the wind out of his sails.

I tried to encourage him and told him we have less than 2 miles to go. I shuffled past him and he started running behind me along the final downhill trail section. This finally leads us out to Winchester Road, which starts out as a downhill dirt road before turning into a paved rolling road. It's a little over 1 ¼ miles from here to the finish. Despite sore legs and feet I really pushed the downhill part and was surprised to be able to continue running along the paved section, although I did power walk the 2 short hills to catch my breath. At the end of the road we take a right hand turn along RT. 63 for about 100 yards and run through the finish chute set up on the lawn in front of the fire station. Everyone is usually sitting around here eating & drinking the post-race food and always cheer and clap for us as we finish.

So despite being under-trained this year I still managed to finish almost 14 minutes faster than my last finish here in 2012, and I was even within 3 minutes of my 2011 time.

I guess I can't complain too much about that.

will run

**Pisgah Mountain Trail Races
50K and 23K
Chesterfield, NH September 21, 2014**

Mostly Cloudy - Humid - Some Sun - Low of 64* - High of 75*

Club members in bold:

50K Results:

<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1 Brian Rusiecki	M 35	MA	3:57:58	100.00%
2 Brett Mastrangelo	M 23	NH	4:14:48	93.39%
3 Ryan Welts	M 33	NH	4:20:36	91.31%
4 Brad Overturf	M 47	CT	4:27:02	89.11%
5 David Herr	M 49	VT	4:27:53	88.83%
6 Matthew Veiga	M 22	MA	4:31:01	87.81%
7 Keith Bourassa	M 30	NH	4:37:07	85.87%

8 Michael Arsenault	M 37	NH	4:41:53	84.42%
9 Chris Casey	M 35	NH	4:43:29	83.94%
10 Henry Russell	M 21	NH	4:44:19	83.70%
11 Ari Ofsevit	M 30	MA	4:44:43	83.58%
12 Jason Sarouhan	M 37	MA	4:52:02	81.49%
13 Chris Kusek	M 36	MA	5:00:59	79.06%
14 Mike Tegart	M 30	VT	5:09:34	76.87%
15 Thomas Thompson	M 23	MA	5:14:42	75.62%
16 Adam Wilcox	M 32	NH	5:15:06	75.52%
17 Amos Esty	M 38	NH	5:23:04	73.66%
18 David Boudreau	M 42	NH	5:28:51	72.36%
19 Joel Flewelling	M 39	VT	5:33:59	71.25%
20 John Marino	M 41	MA	5:34:40	71.11%
21 Steven Penny	M ??	MA	5:39:05	70.18%
22 William Jackson	M 32	MA	5:41:42	69.64%
23 Greg Kotzbauer	M 43	NH	5:46:04	68.76%
24 John Rodrigue	M 50	ME	5:47:25	68.50%
25 Joe Bataguas	M 41	CT	5:50:06	67.97%
26 Al Lyman	M 54	CT	5:50:12	67.95%
27 Jeremy Merritt	M 37	NH	5:50:21	67.92%
28 <u>Kristina VonTrapp Frame</u>	F 44	VT	5:51:45	67.65%
29 <u>Donna Smyth</u>	F 54	VT	5:55:42	66.90%
30 <u>Elizabeth Santorella</u>	F 23	MA	5:56:07	66.82%
31 Tim Horan	M 41	MA	5:57:43	66.52%
32 <u>Donna Boudreau</u>	F 40	NH	6:00:29	66.01%
33 <u>Jennifer Sorrell</u>	F 51	VT	6:05:00	65.20%
34 Julio Mallonga	M 26	NY	6:08:28	64.58%
35 Tobey Reynolds	M 41	NH	6:15:07	63.44%
36 Dave Delworth	M 34	NH	6:15:15	63.42%
37 <u>Amy Neal</u>	F 29	NH	6:17:43	63.00%
38 James Callaway	M 52	MA	6:18:02	62.95%
39 Ben Neal	M 29	NH	6:19:20	62.73%
40 Joe Botelho	M 53	MA	6:19:35	62.69%
41 <u>Danielle Triffitt</u>	F 39	ME	6:19:47	62.66%
42 John Benevides	M 50	MA	6:19:49	62.65%
43 Phil Tatro	M 50	MA	6:23:12	62.10%
44 Devin Kreuetski	M 30	VT	6:24:08	61.95%
45 Bob Kennedy	M 66	NH	6:28:04	61.32%
46 Philip Markovich	M 52	CT	6:28:23	61.27%
47 Will Danecki	M 64	CT	6:30:24	60.95%
48 Tom Giammaluo	M 40	MA	6:30:38	60.92%
49 Paul Sulva	M 44	VT	6:34:02	60.39%
50 <u>Maria Oberlander</u>	F 49	NH	6:40:24	59.43%
51 <u>Denise Wagner</u>	F ??	CT	6:41:18	59.30%
52 <u>Jennifer Broom</u>	F 41	CT	6:41:18	59.30%
53 Thomas Ellis	M 48	NH	6:43:50	58.93%
54 Neil Slepian	M 60	NH	6:45:17	58.72%
55 <u>Marcy Schwam</u>	F 61	MA	6:46:26	58.55%
56 Mark Siegmund	M 50	ME	6:47:53	58.34%
57 E Tienne Jaulin	M 56	MA	6:50:21	57.99%
58 <u>Pam Dolan</u>	F 47	CT	6:56:42	57.11%
59 Robert Najjar	M 58	NH	6:58:50	56.82%
60 Ryan Triffitt	M 39	ME	6:59:08	56.78%
61 Wayne Reisberg	M 47	VT	7:01:21	56.48%
62 John Izzo	M 65	VT	7:05:01	55.99%
63 <u>Linda Groiss</u>	F 49	NH	7:07:58	55.60%
64 Tim Finke	M 38	NH	7:12:04	55.08%
65 Bob Levengood	M 47	VT	7:17:10	54.43%
66 Ken Gulliver	M 50	MA	7:22:24	53.79%
67 Kenny Rogers	M 60	MA	7:25:03	53.47%

Continued next page:

Pisgah 50K results cont:

68 Ronald Johnston	M 62	NH	7:32:52	52.55%
69 John Mudano	M 47	CT	7:37:24	52.03%
70 <u>Staphanie Figary</u>	F 29	PA	7:40:02	51.73%
71 Joseph Shanaman	M 35	MA	7:41:40	51.55%
72 Thomas Scaife	M 34	MA	7:41:40	51.55%
73 <u>Amber Cronin</u>	F 25	ME	7:59:29	49.63%
74 David Delibac	M 62	VT	8:02:02	49.37%
75 Tim Doucette	M 50	NH	8:17:29	47.83%
76 Clement Chox	M 67	CA	8:19:53	47.60%
77 <u>Dawn Foley</u>	F 45	MA	8:27:36	46.88%
78 <u>Kristin Scott</u>	F 44	MA	8:27:37	46.88%

Pisgah 23K Results:

Club members in bold:

<u>Name</u>	<u>Age</u>	<u>ST</u>	<u>Time</u>	<u>GT %</u>
1 Greg Hammett	M 37	NH	1:36:07	100.00%
2 Andy McCarron	M 31	NH	1:40:17	95.85%
3 Jonathan Hammett	M 39	RI	1:40:32	95.61%
4 Chris Maxwell	M 21	MA	1:41:00	95.17%
5 Eric Williams	M 49	NH	1:42:59	93.33%
6 Todd Bennett	M 44	CT	1:48:40	88.45%
7 Jeff Walker	M 50	RI	1:51:09	86.47%
8 <u>Kehr Davis 1st F</u>	F 37	MA	1:52:17	85.60%
9 Paul Young	M 49	MA	1:52:32	85.41%
10 Donald Pacher	M 42	MA	1:54:18	84.09%
11 Garth Shaneyfelt	M 42	MA	1:54:48	83.73%
12 Bryan Johnston	M 35	NH	1:55:31	83.21%
13 Clint Joslyn	M 41	NH	1:57:49	81.58%
14 <u>Kathy Boyden</u>	F 48	VT	1:58:19	81.24%
15 Andy Milne	M 51	MA	1:59:00	80.77%
16 Andrew Wells	M 50	MA	1:59:54	80.16%
17 Joseph Therriault	M 32	MA	2:00:08	80.01%
18 Eric Winn	M 32	NH	2:00:20	79.88%
19 James Cianci	M 41	NH	2:00:37	79.69%
20 Bob Sharkey	M 62	RI	2:00:41	79.64%
21 Ted Cowles	M 55	CT	2:01:00	79.44%
22 <u>Elizabeth Gunard</u>	F 30	VT	2:01:15	79.27%
23 <u>Rebecca Finnegan</u>	F 37	NH	2:01:38	79.02%
24 Patrick Quinn	M 39	RI	2:02:12	78.66%
25 John Linsley	M 32	VT	2:02:18	78.59%
26 Joseph Bulger III	M 43	MA	2:02:27	78.49%
27 <u>Meghan Paugh</u>	F 29	VT	2:02:28	78.48%
28 <u>Courtney Marchetti</u>	F 35	NH	2:02:50	78.25%
29 Hans Estrin	M 47	VT	2:03:00	78.14%
30 Sam Black	M 42	MA	2:05:14	76.75%
31 Joe Holland	M 52	NH	2:06:35	75.93%
32 Josh Dillingham	M 28	VT	2:07:49	75.20%
33 <u>Kristina Folcik</u>	F 36	NH	2:09:00	74.51%
34 <u>Kate Vonne</u>	F 23	MA	2:11:04	73.33%
35 <u>Sam Talbot</u>	F 42	MA	2:11:22	73.17%
36 Luca Grisa	M 36	NY	2:11:32	73.07%
37 <u>Gnarls Barclay</u>	F 39	ME	2:13:14	72.14%
38 Devon Rineldi	M 15	VT	2:17:03	70.13%
39 <u>Gretchen Smith</u>	F 41	NH	2:17:11	70.06%
40 Bob Dion	M 59	VT	2:19:08	69.08%

41 Kevin Pascoe	M 49	NH	2:20:30	68.41%
42 Robert Drewell	M 41	MA	2:21:29	67.93%
43 Bill Foss	M 35	MA	2:21:30	67.93%
44 <u>Lara Lonon</u>	F 36	VT	2:22:18	67.55%
45 <u>Erin Abraham</u>	F 22	NY	2:22:57	67.24%
46 <u>Selina Hunter</u>	F 49	VT	2:24:40	66.44%
47 John Duff	M 62	VT	2:25:58	65.85%
48 Brian Griffin	M 27	NH	2:28:33	64.70%
49 <u>Kelly Sosa</u>	F 34	NH	2:29:40	64.22%
50 <u>Jennie Platt</u>	F 35	NY	2:32:40	62.96%
51 <u>Holly King</u>	F 41	VT	2:33:09	62.76%
52 <u>Danielle Ignace</u>	F 36	MA	2:33:15	62.72%
53 <u>Casey Cutkomp</u>	F 33	VT	2:33:30	62.62%
54 <u>Vanessa Lang</u>	F 32	VT	2:33:36	62.58%
55 <u>Christine West</u>	F 38	NH	2:35:28	61.82%
56 <u>Monica Foley</u>	F 29	NH	2:35:35	61.78%
57 <u>Lauren Therriault</u>	F 28	NH	2:36:13	61.53%
58 <u>Becky Williams</u>	F 50	NH	2:37:16	61.12%
59 Michael Crutchley	M 43	CT	2:37:30	61.03%
60 Fred Pilon	M 68	MA	2:37:47	60.92%
61 John Gagnon	M 53	VT	2:37:48	60.91%
62 Steve Sebastian	M 65	NH	2:38:39	60.58%
63 Randal Parradee	M 43	MA	2:40:12	60.00%
64 Bryan Ronayne	M 39	MA	2:40:50	59.76%
65 Scott Barras	M 42	VT	2:41:17	59.59%
66 Brian Bernard	M 39	MA	2:41:17	59.59%
67 Dan Broom	M 40	CT	2:43:59	58.61%
68 Dan Edson	M 22	NH	2:44:22	58.48%
69 Robert Rivcrd	M 53	MA	2:44:27	58.45%
70 <u>Meredith Pinault</u>	F 37	MA	2:45:17	58.15%
71 <u>Catherine Nelson</u>	F 29	WA	2:47:43	57.31%
72 Cory Shepherd	M 43	NH	2:47:49	57.27%
73 Steven Perrin	M 50	NH	2:48:08	57.17%
74 Michael Childs	M 64	MA	2:48:10	57.16%
75 Ron Wright	M 35	NH	2:51:27	56.06%
76 Jim Reznicek	M 48	NH	2:51:58	55.89%
77 Chris Pulick	M 44	MA	2:51:59	55.89%
78 Vic LaPort	M 74	MA	2:53:50	55.29%
79 Jeff Hattem	M 63	MA	2:56:56	54.32%
80 Keith Lyman	M 40	VT	2:57:15	54.23%
81 Richard Weinberg	M 52	MA	2:58:09	53.95%
82 Jeffrey Blanchard	M 50	MA	2:58:10	53.95%
83 <u>Marlee Leveille</u>	F 38	VT	3:03:16	52.45%
84 Ron Stahley	M 60	VT	3:08:21	51.03%
85 Victor Hugo	M 47	NH	3:08:47	50.91%
86 Syresh Shenoy	M 57	CT	3:11:44	50.13%
87 Scott Sogge	M 49	CT	3:14:09	49.51%
88 Chris Harrison	M 61	MA	3:19:59	48.06%
89 John Carney III	M 59	CT	3:22:43	47.41%
90 <u>Jennifer Miller</u>	F 42	CT	3:29:33	45.87%
91 <u>Leah Belanger</u>	F 34	NH	3:29:36	45.86%
92 <u>Cindie Collins</u>	F 57	ME	3:30:20	45.70%
93 Richard Collins	M 58	ME	3:30:22	45.69%
94 <u>Loni Allen</u>	F 34	NH	3:33:43	44.97%
95 Matt Rodeck	M 51	NH	3:37:46	44.14%
96 <u>Rachel Larkin</u>	F 50	NH	3:43:28	43.01%
97 Newt Tolman	M 72	NH	3:44:03	42.90%
98 Jerry Landau	M 60	WI	3:44:22	42.84%
99 <u>Robin Sogge</u>	F 47	CT	3:45:52	42.55%
100 Rick Robert	M 58	VT	3:50:32	41.69%

Continued next page:

Pisgah 23K results cont:

101 Josh Robert	M 33	NH	3:50:42	41.66%
102 Serge Pouliot	M 68	NH	3:55:49	40.76%
103 <u>Geri Walton</u>	F 54	NH	3:55:49	40.76%
104 Bob Lance	M 57	NH	3:55:49	40.76%
105 <u>Cathi Bosco</u>	F 47	CT	4:12:20	38.09%
106 <u>Margot Longeneeker</u>	F 54	CT	4:12:20	38.09%
107 <u>Art Gulliver</u>	M 75	MA	5:19:03	30.13%
108 <u>Ann McGettigan-Erez</u>	F 43	NH	5:23:30	29.71%
109 John Glezen	M 49	NH	5:23:32	29.71%

Another year at Nipmuck



photo by Scott Livingston

This year was like it was supposed to be when the race was moved from June to October starting back in 2011. After last year's cold and rainy slog through the woods we were back to some fantastic "Autumn in New England" weather for this year's run. So in it's new time slot Nipmuck has had 3 great weather days versus just one bad weather day so we're still ahead of the game so to speak. Most runners I know, especially me, love a cool and crisp autumn morning run through the forest. Today certainly didn't disappoint anyone.

For the past several years there have been more new "first timers" running this race than there have been us "old regulars". Continuing the tradition started by Nipmuck Dave, all first timers have a bright orange sticker attached to their bib number which says "High Fall Risk". The thing is that most of these "first timers" are pretty good runners. Since the race has 2 out and back sections you get to see the faster runners coming toward you twice during the race. And usually many of the first 10 or so runners all have the orange stickers on their bibs.

But then again, many others will take a fall or two along the way like Ned James found out during his first Nipmuck.



photo by Scott Livingston

After a short pre-race briefing by RD Dave Merkt we all walked down the road a little bit to the starting line. Scattered among the many first timers here there were also several runners who have run the race 18 times or more. If I run it again next year I will be joining that club myself.



RD Dave Merkt at the pre-race briefing showing us the markings we will be following along the trail.

photo by Scott Livingston

I never heard the "Ready - Set - Go" command above everyone's chatter so I just took off when the rest of the crowd starting moving. I found myself running along in a group of people I didn't know, mostly first timers, but the pace seemed OK so I stayed right there.

The first 6 miles of this race heading to the turn-around are probably the easiest. It's slightly downhill in spots and flat in other spots. Plus with fresh legs you tend to be moving along at a pretty good clip. Well at least what I call a pretty good clip. I can remember when I would make it to the river before I saw the leaders heading back. Today I was still a good 1/2 mile from there when the lead pack came by. I mentioned this to some of the people I was running with and they assured me that it must be that the lead runners are much faster these days. Yeah, that's what it must be.

At the turn-around aid station (6 miles) I grabbed some water and cookies and started on my way back. The pack I was in before was no more and I was now on my own. I had a couple of runners pass me in the next mile and I caught and passed a couple myself, but for the rest of the way back to the start / finish area, (the 12 mile aid station) I was mostly by myself.

About 1/2 mile away from the half way point I saw Scott Livingston and his kids hanging out in the woods. Scott has had a tough year with a bone spur shutting down his running just after the Soapstone race back in May, and then getting banged up pretty good in a mountain bike crash over the Labor Day weekend. He was watching the kids today and taking photos of the runners while his wife Deb was running in the race this year.

Continued next page:



Shep and Dahlia Livingston playing in the woods along the Nipmuck Marathon course.

photo by Scott Livingston

I was happy to see how the kids were playing out in the woods instead of home playing video games or watching TV. I spent my childhood playing in the woods up in the Adams area and here I am sixty something years later still doing it. Scott and his kids cheered for me and called out my name as I went past and it really helped pick up my spirits. I thanked them all as I ran by.

At the aid station I refilled my bottle and grabbed some gels and cliff bars from my drop bag before heading across the road onto the second half of the race. There's some uphill in the beginning here so I took the time to eat while walking up the hills. Several people ran by me here but I soon passed them again once we got past the hills.

It's about 2.4 miles through this section of trail before we come out on the dreaded road part.

There used to be a full aid station here but it was moved about a mile up to the end of the road section. Now there are just some water jugs here for us and when I stopped to drink and refill about 6 runners came up from behind me and I had to point them in the right direction down the road. There's a good downhill along here which seems a lot steeper when we're coming back up it around the 24 mile point of the race.

It starts out as a dirt road but turns to pavement at the bottom of the hill. So for almost the next mile we're on the road and after crossing RT. 89 we run a short distance down Iron Mine Lane to the aid station. Again I grabbed some cookies and pretzels and water and headed off down an old forest road.

Just before cutting back into the woods I took a peek at the ruins of the old iron mine furnace which was one of the mystery photos in last year's newsletter.

It's almost 4 miles to the second turn-around from here, although it seems much longer. Most of the hills and some rugged trails are through this section, but it also has some great trails for running too. I was only a few minutes in when the lead runner went flying by on his way to the finish. It was almost 5 minutes later before I saw several more runners heading back.

I had been going back and forth and exchanging the lead with one young lady, (Wanda) since starting the second half, and it continued through this section too.



The Nipmuck Trail, part of CT.'s Blue Blaze trail system photos by will

It was just past the "Old Growth Forest" section (photos above) when we saw the first female runner heading back. Just after that we came upon a runner who was stopped on the trail and asked us which way to go. Seems he had gotten mixed up some how and wasn't sure which way he was heading. I pointed "this way" and we took off down the trail with him following. Our lost runner suddenly tripped and fell hard. We stopped to make sure he was OK and after assuring us he was off we went again.

At the Eastford Road crossing there were some more water jugs and I quickly refilled my bottle while Wanda, who was carrying her smart phone the whole way instead of a water bottle, had something to drink. The lost runner was no where in sight behind us so we crossed the road and climbed the short hill on the other side. From here it's a little less than 2 miles to the turn-around but there's some tricky rocks and trails here. Several of my faster running buddies were already heading back along here and we exchanged some "Way to Go" cheers. Soon my new friend moved on ahead and I was on my own again.

I was still feeling pretty good and surprisingly passed a few runners just before heading down the steep slope to the turn-around. There are some stairs here but they were very slippery so I stayed on the dirt part next to them.

Continued next page:

Another Nipmuck cont:

After checking in and refueling at the aid station I finally was able to start my trip back for the last 7 miles of the race. I thanked the aid station crew like I always do and said “see you next year, hopefully”.

Quite a few runners were coming down as I was going back up so I told them to avoid the stairs. One runner was already on them and sure enough he slipped and fell. He was OK though.

Even after that first steep climb out of the turn-around there are several other small up hills greeting us so I walked some through here while eating my handful of pretzels and fig newtons. It helps when you know the course so you can take advantage of it in situations like this.

I was moving right along and soon I caught up to Wanda again. Although we were starting to slow down some we were still running at a similar pace and again we kept exchanging the lead for the next couple of miles.

Back at the Iron Mine Lane aid station (23.2 miles) I popped my last gel pack and s-cap and grabbed one more cookie before heading off for the last 3.2 miles. First we go up the road a ways before crossing RT. 89 again. We have a short down hill on the other side which I used to pick up some speed and was able to continue running along the flat section all the way to the base of the dirt road hill I mentioned earlier. I passed 3 people through here including Wanda, and as I was power walking up the hill 2 other ladies went running by all the way up the hill and out of sight. Now back in the woods with 2.2 miles to go I came upon 1 other runner just walking along. I wasn't going much faster when I passed him but soon I didn't see him anymore either.

From here to the finish I ran when I could and walked a couple of times when I needed to. Climbing the last up hill section about ¼ mile from the finish you can get a good view of the trail behind you and taking a quick peek I didn't see anyone coming up on me so I relaxed just a little bit and didn't push it too hard the rest of the way. I thought I was running pretty good this year and at first I was a little disappointed that I was only 12 minutes faster than the cold and wet time from last year. Then again being another year older, 12 minutes can equal an extra mile or more faster so I was happy with that after all.

I certainly felt much better this year and I enjoyed hanging around for awhile afterward to cheer on some of the other finishers and catch up on what's happening with some of the friends I've made over my 21 years of trail running. I missed that here last year with the rain and cold.

So I finished another Nipmuck Marathon. I was a little faster than last year and had with no injuries or other issues. How could I not be happy?

Hopefully we'll see you again next year!

will run



Nipmuck Marathon winner Samuel Jurek and woman's winner Kehr Davis (with her apple pie award) at this year's race.

photo by Scott Livingston

2015 Boston Marathon Goal

Hello fellow members of WMAC. My name is Brian Alarie and I just wanted to take this opportunity to let friends and members know that I will be running the 2015 Boston Marathon for the American Liver Foundation's Run for Research. Boston has always been a dream of mine. I have run five other marathons and when I tell people, they always ask “have you ever run Boston” and my answer is always a disappointed “No”.

I've even been asked, more than once, how long the other marathons were. I've been trying to get into the Boston marathon for the last couple of years. I'm not fast enough to qualify and I've been really too afraid to enter through a charity because I didn't know if I could fund raise the \$5000 required. That's a lot of money. But this year I finally felt that this is too important to me, so I decided to apply to the ALF and was accepted.

I chose The Liver Foundation's Run For Research because it is an important charity and because of the connection I felt I had with the Foundation. Most of the population I work with suffer from some type of chronic liver disease. I felt that this was a way to do my part to help find a cure. We all know how important it is to keep our livers healthy, especially for the post-race celebrations. If you would like to donate and help me achieve my goal, which would be really appreciated, or to learn more about this worthy cause, please visit my web site at

<http://go.liverfoundation.org/goto/briansquest>

or I can be reached at (413) 743-3931.

Thank you and Happy Holidays!

Brian Alarie

Nipmuck Trail Marathon 26.4 Miles

Ashford, CT October 5, 2014

Sun & Clouds Low of 44* ... High of 63*

Club members in bold:

<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1 Samuel Jurek	M 27	MA	3:26:43	100.00%
2 Justin Bentley	M 36	RI	3:31:55	97.55%
3 Jonathan Hammett	M 39	RI	3:34:43	96.27%
4 Seth Acton	M 36	RI	3:41:59	93.12%
5 Todd Bennett	M 44	CT	3:46:34	91.24%
6 Sean Greaney	M 33	CT	3:48:11	90.59%
7 Brett Stoeffler	M 47	CT	3:51:06	89.45%
8 <u>Kehr Davis</u> 1 st F	F 37	MA	3:52:43	88.83%
9 Ken Naide	M 42	MA	4:06:59	83.70%
10 <u>Stacia Broderick</u>	F 36	MA	4:07:55	83.38%
11 Pdraig Mullins	M 32	MA	4:08:39	83.14%
12 Rob Adams	M 46	CT	4:08:56	83.04%
13 Chris Kelly	M 37	CT	4:09:30	82.85%
14 Scott Gregor	M 27	CT	4:13:00	81.71%
15 Leif Ellison	M 35	CT	4:18:27	79.98%
16 Russell Stroud	M 44	CT	4:19:28	79.67%
17 Samuel Holcomb	M 28	MA	4:22:13	78.83%
18 Jim Congdon	M 53	CT	4:27:34	77.26%
19 Ted Cowles	M 55	CT	4:30:55	76.30%
20 Patrick Quinn	M 39	RI	4:31:57	76.01%
21 Bryan Sardo	M 27	CT	4:33:15	75.65%
22 <u>Liz Sherman</u>	F 31	UT	4:34:20	75.35%
23 <u>Viktoria Koskenoja</u>	F 28	MA	4:34:45	75.24%
24 Rick O'toole	M 43	CT	4:35:34	75.02%
25 Mark Leuschner	M 51	NH	4:35:35	75.01%
26 <u>Alison Cleary</u>	F 29	RI	4:42:24	73.20%
27 <u>Debbie Livingston</u>	F 39	CT	4:42:25	73.20%
28 Paul Baldini	M 42	CT	4:42:27	73.19%
29 Jeff Dixon	M 48	MA	4:44:19	72.71%
30 Ned James	M 59	MA	4:45:08	72.50%
31 Greg Rossolimo	M 33	CT	4:49:34	71.39%
32 Peter Zelken	M 34	CT	4:50:46	71.09%
33 <u>Amy Hanlon</u>	F 40	CT	4:51:29	70.92%
34 <u>Laura Blais</u>	F 41	CT	4:54:18	70.24%
35 Robert Drewell	M 41	MA	4:56:45	69.66%
36 Casey Beard	M 33	NJ	4:57:17	69.54%
37 <u>Emily Rodriguez</u>	F 26	NY	4:58:32	69.24%
38 <u>Jenny Carpenter</u>	F 43	NY	4:59:05	69.12%
39 William Stuart	M 31	CT	4:59:38	68.99%
40 Sonny Gerardi	M 40	MA	4:59:57	68.92%
41 Anthony Tieuli	M 41	MA	5:00:14	68.85%
42 David Redline	M 48	CT	5:03:41	68.07%
43 Matthew Cirinna	M 46	NH	5:05:27	67.68%
44 <u>Rebecca Burke</u>	F 39	CT	5:05:30	67.67%
45 <u>Melissa Emmerich</u>	F 43	CT	5:06:31	67.44%
46 Dave Strassburg	M 44	MA	5:06:59	67.34%
47 <u>Abby Jackson</u>	F 34	NH	5:11:00	66.47%
48 Kevin Mullen	M 57	MA	5:11:00	66.47%
49 <u>Jenny Darrow</u>	F 47	NH	5:11:01	66.46%
50 <u>Tara Rasch</u>	F 34	MA	5:12:13	66.21%
51 <u>Nicole Sassu</u>	F 23	CT	5:14:15	65.78%
52 Michael Lo Presti	M 43	CT	5:14:50	65.66%
53 Jeffrey Agli	M 43	CT	5:15:49	65.45%
54 Charles Markunas	M 55	CT	5:16:25	65.33%
55 Brandon Benoit	M 22	NH	5:17:43	65.06%

56 Brandon Lorentz	M 35	CT	5:18:41	64.87%
57 Sam Talbot	M 42	MA	5:20:21	64.53%
58 <u>Suzanne Salemi</u>	F 39	CT	5:21:05	64.38%
59 <u>Kris Gleason</u>	F 51	MA	5:21:06	64.38%
60 Dominic Wilson	M 43	CT	5:21:58	64.20%
61 Mark Conklin	M 30	CT	5:22:21	64.13%
62 Will Danecki	M 64	CT	5:23:31	63.90%
63 Saurabh Kulkarni	M 32	CT	5:26:23	63.34%
64 <u>Wanda Hodsen</u>	F 43	CT	5:26:30	63.31%
65 <u>Lizzie Littlewood</u>	F 26	CT	5:26:38	63.29%
66 Ken Forrest	M 45	CT	5:26:39	63.28%
67 Michael Crutchley	M 43	CT	5:26:41	63.28%
68 Matthew Henschel	M 35	MA	5:27:29	63.12%
69 David Sutherland	M 52	CT	5:28:04	63.01%
70 Jeff Doot	M 41	CT	5:32:32	62.16%
71 Bob Worsham	M 69	CT	5:32:34	62.16%
72 Thomas Menner	M 51	CT	5:34:14	61.85%
73 Brooks Robinson	M 25	CT	5:34:47	61.75%
74 Brad Pellissier	M 57	CT	5:36:19	61.46%
75 <u>Shalynn Howard</u>	F 31	MA	5:37:30	61.25%
76 Dane Leblanc	M 56	MA	5:38:34	61.06%
77 <u>Jordan Grande</u>	F 23	MA	5:39:51	60.83%
78 Brendan Shea	M 48	CT	5:39:58	60.80%
79 Javier Perrone	M 41	CT	5:41:13	60.58%
80 Paul Ladd	M 45	CT	5:41:55	60.46%
81 Hector Morera	M 47	CT	5:43:24	60.20%
82 Brian Hall	M 33	TX	5:46:26	59.67%
83 <u>Jamie Bennett</u>	F 27	TX	5:46:38	59.64%
84 Gaston Fiore	M 31	CT	5:46:41	59.63%
85 Joe Beyer	M 51	MA	5:46:45	59.62%
86 <u>Janet Sanderson</u>	F 47	RI	5:46:51	59.60%
87 Bernard Kelley	M 49	RI	5:46:53	59.59%
88 Erik Seales	M 32	MA	5:47:31	59.48%
89 <u>Melinda Vaturro</u>	F 42	MA	5:48:18	59.35%
90 Michael Bates	M 48	MA	5:48:43	59.28%
91 Robert Scott	M 60	CT	5:49:12	59.20%
92 Matt Wunch	M 39	CT	5:49:39	59.12%
93 David Schreiter	M 53	CT	5:50:33	58.97%
94 David Raczkowski	M 63	CT	5:51:17	58.85%
95 Jim Campiformio	M 64	CT	5:52:49	58.59%
96 Joseph Laskey	M 50	CT	5:52:51	58.58%
97 Michelle Bosco	F 46	CT	5:59:56	57.43%
98 <u>Gabrielle Zartman</u>	F 41	AZ	6:02:05	57.09%
99 <u>Sara Thatcher</u>	F 43	MA	6:07:47	56.21%
100 <u>Sarah Greer</u>	F 31	CT	6:09:27	55.95%
101 Tom Golembeski	M 40	CT	6:09:28	55.95%
102 <u>Dorothy Goettler</u>	F 39	CT	6:15:08	55.10%
103 David Haring	M 58	VA	6:18:52	54.56%
104 <u>Katya Divari</u>	F 52	MA	6:26:06	53.54%
105 <u>Isabel Del Vecchio</u>	F 28	CT	6:27:12	53.39%
106 Nerim Kuqi	M 33	CT	6:30:22	52.95%
107 <u>Luljeta Vanburen</u>	F 36	CT	6:30:26	52.95%
108 Riley Flanagan-Brown	M 43	CT	6:36:00	52.20%
109 Rich Joseph Lafond Jr	M 55	RI	6:43:09	51.28%
110 Ray Markunas	M 49	NJ	6:44:43	51.08%
111 <u>Barbara Sorrell</u>	F 57	NY	6:46:00	50.92%
112 <u>Brenda Morris</u>	F 48	MA	6:53:12	50.03%
113 <u>Kelley Mathes</u>	F 48	CT	6:53:16	50.02%
114 <u>Tracy Zagata</u>	F 41	CT	6:53:18	50.02%

Continued next page:

Nipmuck results cont:

115 Chad Allen	M 42	CT	6:53:26	50.00%
116 Louis Loban	M 67	CT	6:53:36	49.98%
117 <u>Debra Bana</u>	F 54	CT	6:53:58	49.94%
118 Ralph Blanchard	M 58	CT	7:08:57	48.19%
119 Joe Hayes	M 66	NH	7:10:21	48.03%
120 Patrick Canonica	M 65	MA	7:17:34	47.24%
121 <u>Lara Gonzalez</u>	F 39	NY	7:40:10	44.92%
122 <u>Karen Shedd</u>	F 23	CT	7:45:44	44.39%
123 <u>Roxana Lewis</u>	F 68	CA	7:51:00	43.89%
124 Joe Roche	M 58	OH	8:52:37	38.81%
125 <u>Karen Kramer</u>	F 55	OH	8:52:39	38.81%

Thatcher Park and Nipmuck: Exploding the Myth of Under-training

For years now, I have never had to stress about jumping into a long event. Following the advice of Carol Kane, I just never let myself get undertrained, grinding out a long run or a snowshoe double header at least every three weeks. But after the traumatic events of this past year, followed relentlessly by kidney and dental surgery, I found myself at ground zero. Still refusing to acknowledge reality, I reasoned that after all my enforced layovers I should at the very least feel fresh and rested.

With September looming and still no yearly 50K in sight, I targeted the new Thatcher State Park Centennial Running Festival with its series of 10K loops. While this may have seemed boring, it was actually quite reassuring as it perfectly accommodated my A, B and C goals: A being to complete the 50k within the generous 8 hour cutoff; B being to drop down to the marathon; and C being to get a catered training run for the Nipmuck Marathon. My preparation for this event consisted of: several Saturday evening Masses, three eufflexia treatments for my arthritic knee, and a five hour run three weeks before, after which I conveniently reverted to the rules and began my taper.

On race day, marathoners and 50kers were treated to a nice perk – preferred parking adjacent to the start/finish area and the opportunity to locate a drop box next to your car, or to climb inside and opt for a snooze. ARE hints that next year, without centennial celebrations to contend with, loops might stretch a bit to encompass more of the park. The day began cold and cloudy, with rainstorms predicted for afternoon. And this forecast was fairly accurate, except for where we were. Saratoga received their deluge at noon, while we were soaked a half hour into the race. Even the tuffest Goretex outfit proved no match for the weather.

After my third loop, I looked at my car, glanced at my box, then hauled it inside to turn on the heat and change my soaked shirt in comfort. Basically, I donned every piece of leftover clothing I possessed, then headed out, dry and confident. By this time the water station was abandoned, and for good reason. There was more than enough water. About a mile into the loop after the first steep hill, I was still shivering uncontrollably and so about-faced, deciding against hypothermia and in favor of my C goal. Still, I was content, feeling none of the usual regret.

I had made a wise decision and really, did pretty good considering my level of preparation. In different weather, I know I could have achieved Goal B. Goal A was totally pie-in-the-sky and I knew it.

Three weeks later, after my next taper, I optimistically attempted Nipmuck Marathon. This time I did not follow the book, merging my A, B and C goals into one big hopeful wish: To make both cutoffs, finish the marathon, and make it home before dusk. I made it through the first half of the figure eight either ahead of or behind the first cutoff. At that point, I really wouldn't have minded someone telling me to relax, but the two ladies traveling with me were more than disappointed. So I cornered Scott Livingston and a quick check of his iPhone revealed that the first cutoff was listed as three different times on three different sites. Saved by technology!

Unlike most folks, I have always enjoyed the second loop more than the first. While considerably hillier, the relentless rocks and roots of the first half are somewhat toned down. And since relocating to October instead of June the exposed hills of the dreaded road section were much cooler. Still, at the end, I struggled and pulled myself at the 19.8 mile turnaround. I helped pick up the aid station, douse the campfire with Gatorade and scatter leftover cookies for the raccoons. I bet they revisit that spot for weeks after, hoping for another handout!

So what did I learn? A, training is not to be overrated; B, effort and kindness count; C, no regrets—I did my best with the cards I was dealt. Hopefully, next year I'll produce a full house.

Laura Clark

Mystery Photo from the last Issue



This was the mystery photo in the last newsletter. The question was in which trail race do we run past this river? And the clues were “in the picture and in the question.”

It's the Merrimack River race held in early April. Notice there are no leaves on the trees and no other trail race goes past a river this large.

Laura Clark and Paul Funch both replied quickly with the correct answer. There were no other guesses

photo by Nipmuck Dave

Home Gets Sweeter All the Time

by Dave Raczkowski

About 25 years ago I had to find a place to live. I had always rented but now I was rich enough to take out a mortgage and buy a house. Frank Lloyd Wright said a home should be a place where, if you were on a vacation, that's where you'd want to be. That's what I found.

My search focused around a large section of woods in Eastern Connecticut and there are plenty. If you look at a satellite picture of the Northeast United States at night, it's mostly lit up. Eastern Connecticut is not. This area is known as the "Quiet Corner". I wasn't that concerned about the house itself, just where it was located. Searching led me to a mobile home near the Natchaug Forest. I drove by it. I even slowed down. "Looks ok to me". Then I hopped on the Natchaug Trail that went 1/4 mile behind this house. I dropped down off the trail and looked at the backside of the house from 100 yards. I looked back at the trail. Looked at the house. I couldn't call the realtor quick enough. After walking through the house I had a sleepless night sleeping on the decision to buy it. No reason to not buy it. The banks wanted to loan me twice as much as I needed but no other houses around had such an ideal location. So much more then I realized at the time.

It turns out to be about 21 square miles of woods that I call "My backyard", 6 miles north to south 3 miles east to west. My wife Ann and I live 1/3 of the way up on the eastern side. The Natchaug Trail runs the length, about 10 miles of well marked trails. The southern end is Goodwin Forest which has a trail system with kiosks and a nature center. This comprises 1/3 of the area where 2/3 of the people go. Then there's the Air Line Trail an abandoned rail line maintained by the Rails to Trails people which cuts through my backyard and leads to other trails a run a couple hours away. It's an easy way to get to the northern territory because of its flatness. Throughout this whole area the elevation does not change by more than 250 feet. When I was younger I wished for more hills but as I age I appreciate this fact.

I'll see a rare ATV which are illegal in Connecticut state forests. I just curse at them under my breath and maybe call the DEP. I've seen what they do to trails in Massachusetts where they are legal on some trails. Erosion is catastrophic. It would be better if Connecticut could enforce this law better with stricter penalties like confiscation.

I just love these trails. Sometimes I compare myself to a bobcat. We have those around here. A bobcat eats, breaths and dreams about rabbits. I am consumed like that but replace the word rabbits with trails. I don't just run on them, I maintain a 20 mile section of trail away from my backyard for the Connecticut Forest and Park Association which is responsible for over 600 miles of well maintained trails. I'm always willing to help out a neighboring trail manager with their section. One refers to me as his bridge guru.

I've also been a race director of one of the oldest trail races in New England, the NipMuck Trail Marathon. I still help out the new caretakers of that race, the Shenipset Striders.

For the most part since I retired I like to stay in my back yard as it is way more than enough to keep me crazy. I could branch out and enlarge my back yard but it would entail a short run on roads. Besides I never get bored with what I have. I know I can't come up with the scenic vistas like the Rockies but I have one nice view only 10 minutes from home. It's partly on state property, partly on private land. It was listed in an old CFPA trail guide 30 years ago but it had grown over. So I organized a work party. There were four of us with three chainsaws with the goal of clearing the hillside to make the view reappear. We got an early start in the morning. Twenty minutes later, after dropping a few trees we were sitting on top of the hill looking west saying that if we cut trees to the south we'll be looking at Ruby Tuesdays Restaurant and other signs of civilization. Cutting trees to the north was out because there was this tall, straight, beautiful tree we didn't have the heart to cut out and it looked so nice being the right side of the view. Turned out to be a short day. It is possible for one of the greater accomplishments of your life to happen easily. If you stand to the left you can watch the summer solstice sunset, to the right the winter solstice. So any day of the year I can pop out my back door, gain 200 feet of elevation and watch the sun set. Leaving me just enough energy to get home, it's one of my favorite places to relax after a long run. The bench I put there emphasizes the relaxation.

Another place I have to mention is 15 minutes in the opposite direction of the view. This is an unnamed waterfall so I just call it Walter. Can you think of a better name then Walter the Waterfall?



Walter the Waterfall ... photo by Dave Raczkowski

I've found myself sitting there thinking about life's questions and I get answers revealed to me, good ones. Turns out to be a pretty smart waterfall. I know the answers aren't coming from me. I'm not that smart.

Along with the 20 miles of organized trails there are another 40 miles of unorganized subtle trails that are interconnected throughout the forest. These are maintained mostly by just tramping down the leaves. Using sight usually keeps you on trail but there are times the trail is so subtle that you just feel it with your feet.

Continued next page:

Home Gets Sweeter cont:

When you feel the leaves get a little too crunchy, you know you're off the trail.

There are trail fairies that clear some of the trails and lay log over wet areas. These are the bikers. I've never seen them, just their tire treads. You just can't put up a trail. It has to go through a lengthy DEP process which some don't care to follow.

Even after 20 years I keep discovering these trails. Their trailheads are unmarked and sometimes invisible like the rest of the trail but as long as one end is visible it will lead to the invisible end. I've even found these trails by observing melting snow. One of these subtle trails will have snow on it and the rest of the woods will be clear of snow. I know this area like the back of my hand but I savor the moments where I'm not exactly lost, I feel that I'm just not found. On these trails I'm lucky if I run into 3 people a year and since I retired I'm spending 3 to 5 hours a day on these trails. I couldn't write this article if it weren't for these trails. These areas are truly gems.

I leave home with a full stomach fully hydrated. I carry at least 500 calories of food that I can chew on. I have water stashed in a half dozen places with some iodine in it. That way I don't care if it's last year's water. In winter I carry my own but the need is not so great.

I'll leave the house with only a general direction. Unless I'm going to a particular place, when I get to a trail intersection I decide left or right. A half mile later another left or right decision or maybe just straight ahead leads to an infinite number of routes I can run. The fresher I am the further away from home I go. As I get tired I head back for home. Second winds lead to detours. If I'm training for an approaching trail race I purposely go too far away from home forcing me to do a hard workout. If it's a hilly race I'm getting ready for I just do hill repeats.

When I was younger I could make it out to the northern territories in an after work run. Now with my arthritis if I tried that my supper would be cold. But now that I'm retired I can take the 2 hours I need to get there, make time for a subtle trail and get back home to relax before supper.

My retirement would have been a disappointment if it weren't for my forearm crutches. I have bone on bone arthritis. If I tried to run with a normal stride I would be in a lot of pain, and then I would be in pain just walking, plus I would be unable to run at all for a few days. I am almost pain free with my forearm crutches. It's definitely slower between a 15 and 20 minute mile but I get to see all my sights. I'm lucky if I can average 12 minute miles in a race these days. I've worked for 25 years as an occupational therapist which means I am adept at adaptations. After a year and a half of experimentation of running in the woods, I've made a few changes to my \$30 crutches that I stuck with. The crutch tips are made of car tire rubber with hardened steel screws that don't slip on wet leaves yet fold back when I need the rubber to grip rocks. The hand grips are padded to the max and to prevent carpal tunnel in my wrists, four velcro strips hold my forearm and take a lot of the pressure off my wrists.

This method of running is an eye opener. One reason I avoid from running on roads like the plague is because invariably people will stop to ask me if I need a ride. Attention is a downside. Fortunately, I don't run into very many people in the woods.

Since there is little or no pain, it will delay my arthritis from progressing. I don't want a new knee, not yet. Three doctors have told me I wouldn't be able to run on a knee replacement. If I was offered a free knee replacement with no complications but was told I couldn't run on it, I'd turn it down in a second. It's not good to run on any injury that causes pain. It'll just make it worse or slow the healing. But with this method of forearm crutch running, it could be used with other types of injuries. In running most of the force on the legs is in the push off and the landing. With the crutches this is eliminated with the only weight on the injury when the opposite leg swings through. It's also good for those of us who have trouble cross training. The closest thing to cross training for me would be climbing trees. If you're thinking of trying this method consult with a physician so he can laugh at you.

One reason I'm writing this is to find someone with a bad right knee. With my bad left knee I wear out right shoes quickly. I'll be willing to trade my good left shoes for your right ones. Concerning falls, I don't worry too much. My balance has been honed by decades of trail running but any trail runner has a chance of falling. With the crutches a fall forward is easily protected by hands outstretched because of the hinge that wraps around the forearm. Falls to the side are harder but I can still get my hands out but falls backward, like when your feet slip out from under you as you run down a hill cannot be protected by hands so my butt takes the hit. I wonder if I'll end up with a broken arm or a head injury but all and all falls are infrequent. I have four bases of support to your two.

The one very positive thing I can say about my arthritis is that when I run I always feel that this may be my last year running so I appreciate it....a lot. As long as I have 2 good arms and one good leg I'll continue to joyfully lope along. This leads me to the next reason for writing this. It's for you trailrunners who don't run because of a bad hip or knee. If you have one good leg and 2 good arms, stop reading this, get off the couch and try crutch running. You just might feel reborn as you get a few comfortable miles behind you that don't make you hurt. I prefer running in the winter which for me lasts from when standard time starts in November until the first day of spring where I just melt after a long run.

The snow part around here usually lasts about two months or less where snow shoes are needed 2 to 4 weeks a year. The crutches do fine in a few inches of snow, which is also great for seeing animal tracks. In deeper snow my crutches do a lot to lift me over the snow. At the end of winter with thawing and refreezing microspikes make footing on ice better than running on a muddy trail. Sometimes I can't do anything with poor snow conditions. Like when it's crunchy, the crutches may or may not break through the snow when I have to put all my weight on them. To keep some kind of rhythm up and not damage my knee I'm forced to run on roads. This past winter it lasted about 10 days.

Continued next page:

Home Gets Sweeter cont:

I made good use of the packed down snowmobile trails and my microspikes. With a bit of a thaw waterproof socks keep my feet warm as I run through near freezing water when I go through the many swampy areas. I have no trouble having winter hold my interest but as the snow melts my range once again increases and my runs get me further from home.

By March I notice a twinge of spring fever. I can't wait to see the flowers come out. First are the bloodroots followed by cowslips and lady's slippers. Next to the subtle scent of swamp azaleas, the highpoint of the flowers would be running under a canopy of mountain laurel blossoms. In May there is a 2 week period where you can almost watch the leaves grow day by day. As I romp in the swamps of the Natchaug Forest I wonder why those living in Hawaii don't come to see my paradise. I run through a jungle of skunk cabbage with leaves that are two square feet. Spring is lush before the insects chomp away at its perfection.

Blackflies and mosquitoes are easily outrun even at my pace. Deerflies during the month of July attack the back of my neck relentlessly causing temporary madness but the biggest drawback to running on trails in Connecticut is caused by deer ticks. I've had three run-ins with them two of which were caught early and antibiotics took care of it. If I ever have flu-like symptoms in warm weather I assume it's not the flu. I get myself to my doctor before symptoms get worse. Round and round the Lyme virus travels in your body. Where it stops is where it will screw you up.

I've also had a bout of Babesiosis, "the malaria of the Northeast". It's treated with malaria drugs. It's caused by a nymph deer tick about the size of a pinhead, much too small to be noticed. I use lots of DEET insect repellent and keep as much of myself covered up as I can. Mosquito suits work well. After I run I shower and visually check. Covering up with long sleeves and pants is a pain but it beats one recommendation which is to stop every 15 minutes to do a tick check. Do you see why winter is my favorite month.

In spite of that last thought I still find myself having the time of my life. It's simple but I have a passion for what I do which excites me to the point where I had to write about what's in my back yard. It hasn't been easy sitting still for this long but now I'm done. I should be out the back door in a flash, up the hill to God only knows where.

Well, Walter definitely knows where I'm going.

Dave Raczkowski

Check out some of the photos from many Trail and Snowshoe races taken by Ben Kimball at.....

Northeast Race Photo

[http://northeastracephoto.smugmug.com/.](http://northeastracephoto.smugmug.com/)

**Fat Ass 50K (31 miles or less)
Sunday December 28, 2014 10:00 AM
North Adams, Massachusetts**

Time: 10:00 am start for those running the 31 miles.

6 Hour Time Limit for the 50K

If you are running fewer than 31 miles, you can start anytime and keep some of the 50Kers company.

Place: American Legion on American Legion Drive
Just South of the Holiday Inn, North Adams, MA.

Weather: Event will be held regardless of weather.

Course: Short out & Back followed by 5 X 5.5 mile loops on paved roads.

This is a community running event. All area runners are invited to participate by running as little as one loop or the whole thing.

Aid Stations:

Water at start & half way point of the 5.5 mile loop.

Parking: Near the course.

You can leave clothes / food at your car.

Entry Fee: No entry fee. No refunds! No awards. Results will be published on www.runwmac.com. All runners who complete at least 20 miles will be listed.

Sign up 9:00 - 10:00AM on December 28th.

Information: Bob Dion, (802) 423-7537.

We want to see as many of our WMAC and other running friends as possible for this event. Hang out in the friendly confines of the American Legion after you conquer your personal distance.

Welcome New Club Members

From Massachusetts.....

Kristy MacWilliams -- David Rossitter

Gerrit & Courtney Hatch Blauvelt

Bob Devlin

Thanks for supporting the WMAC!

Groton Town Forest Trail Race
9.5 Miles Groton MA October 19, 2014

WMAC members in bold:

<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1 Steve O'Brien	M 26	MA	0:59:29	100.00%
2 Jeremy Arnold	M 33	MA	1:01:13	97.17%
3 Todd Bennett	M 44	CT	1:01:22	96.93%
4 Chris Baynes	M 44	MA	1:01:28	96.77%
5 Michael Barrett	M 31	NJ	1:01:45	96.33%
6 Ryan Davenport	M 39	MA	1:02:50	94.67%
7 Jeff Hunt	M 50	MA	1:03:01	94.39%
8 Kris Depew	M 45	MA	1:04:01	92.92%
9 William Jackson	M 32	MA	1:04:12	92.65%
10 Neal Graves	M 31	MN	1:04:19	92.49%
11 Nicholas Cotton	M 46	MA	1:04:23	92.39%
12 Steven Labranch	M 41	CT	1:05:52	90.31%
13 Nate Baynes	M 27	MA	1:06:19	89.70%
14 Paul Young	M 49	MA	1:07:09	88.58%
15 <u>Kelsey Allen</u> 1 ST F	F 31	MA	1:07:31	88.10%
16 Scot Dedeo	M 34	MA	1:07:56	87.56%
17 John Lachance	M 56	MA	1:08:05	87.37%
18 Eric Wyzga	M 34	RI	1:08:21	87.03%
19 Miroslav Tashev	M 52	MA	1:10:02	84.94%
20 Stanislav Trufanov	M 35	MA	1:11:24	83.31%
21 Bob Sharkey	M 62	RI	1:11:48	82.85%
22 Tom Barrett	M 32	NJ	1:11:55	82.71%
23 Dan Frisch	M 31	MA	1:12:25	82.14%
24 David Loutzenheiser	M 47	MA	1:12:36	81.93%
25 Nathan Crory	M 14	NH	1:12:54	81.60%
26 Adam Cupples	M 40	MA	1:13:11	81.28%
27 Jim Maloy	M 56	MA	1:13:34	80.86%
28 Sean Pfalzer	M 29	MA	1:13:36	80.82%
29 <u>Sim Piergentili</u>	F 50	MA	1:15:06	79.21%
30 <u>Carolyn Wisnowski</u>	F 29	MA	1:15:43	78.56%
31 <u>Adrienne Cyalik</u>	F 40	MA	1:15:49	78.46%
32 Peter Waterman	M 37	MA	1:16:04	78.20%
33 Anthony Lombardi	M 48	NH	1:16:13	78.05%
34 Michael Buttrick	M 29	MA	1:16:14	78.03%
35 Paul Funch	M 64	MA	1:16:18	77.96%
36 Dudley Goar	M 45	MA	1:17:23	76.87%
37 Seth Matheson	M 34	MA	1:17:40	76.59%
38 Jacob Buttrick	M 30	MA	1:17:43	76.54%
39 Eric German	M 40	NH	1:17:51	76.41%
40 <u>Erica Labella</u>	F 35	NH	1:18:32	75.74%
41 Forrest Butler	M 29	NH	1:18:39	75.63%
42 <u>Robin Schulman</u>	F 50	MA	1:18:41	75.60%
43 Nicholas Hadland	M 43	MA	1:18:45	75.53%
44 <u>Karen Kassel</u>	F 42	MA	1:18:57	75.34%
45 Jeffrey Box	M 50	MA	1:19:13	75.09%
46 Marshall Randolph	M 66	MA	1:19:31	74.81%
47 David Blumstein	M 36	MA	1:19:53	74.46%
48 Roger Bourassa	M 49	MA	1:20:30	73.89%
49 Greg Doran	M 42	MA	1:20:40	73.74%
50 Joshua Haines	M 41	MA	1:21:04	73.38%
51 <u>Michele Liguori</u>	F 45	MA	1:21:41	72.82%
52 Justin White	M 54	MA	1:21:49	72.70%
53 Benjamin Miller	M 26	MA	1:21:52	72.66%
54 Sonny Gerardi	M 40	MA	1:22:15	72.32%
55 <u>Darcy Schultz</u>	F 49	MA	1:22:45	71.88%

56 Chris Russell	M 51	MA	1:22:56	71.72%
57 Matthew Johnson	M 54	MA	1:23:22	71.35%
58 Jeffrey Santer	M 53	MA	1:23:55	70.88%
59 Randal Parradee	M 43	MA	1:24:03	70.77%
60 <u>Susan Woodmansee</u>	F 39	MA	1:24:32	70.37%
61 Michael Meagher	M 34	MA	1:25:19	69.72%
62 John Joyce	M 59	MA	1:25:23	69.67%
63 Gregg Solovei	M 37	NE	1:25:46	69.35%
64 Jarnos Dourcett	M 60	MA	1:26:58	68.40%
65 John Levreault	M 65	MA	1:27:07	68.28%
66 <u>Mary Traphagen</u>	F 50	MA	1:27:52	67.70%
67 Glen Cooper	M 47	MA	1:27:55	67.66%
68 Gaston Fiore	M 31	CT	1:28:01	67.58%
69 <u>Andrea Leonard</u>	F 50	MA	1:28:16	67.39%
70 <u>Jessica Rykken</u>	F 50	MA	1:29:29	66.47%
71 Daniel Danecki	M 55	MA	1:29:48	66.24%
72 <u>Kirsten Peterson</u>	F 45	MA	1:30:12	65.95%
73 <u>Lisa Lombardi</u>	F 46	NH	1:30:36	65.65%
74 John Saunders	M 57	NH	1:30:47	65.52%
75 Michael Moran	M 32	MA	1:30:57	65.40%
76 Dennis Trainor	M 45	MA	1:31:49	64.78%
77 John Londa	M 57	MA	1:32:36	64.24%
78 <u>Diane Walsh</u>	F 45	MA	1:32:51	64.06%
79 <u>Ashley Reven</u>	F 27	NH	1:33:51	63.38%
80 <u>Stella Shen</u>	F 43	MA	1:33:53	63.36%
81 Paul Notari	M 44	MA	1:34:25	63.00%
82 Tom Sullivan	M 54	MA	1:35:01	62.60%
83 <u>Laurel Carpenter</u>	F 49	MA	1:35:12	62.48%
84 Rich Gottesman	M 47	MA	1:35:50	62.07%
85 Gregory Shenstone	M 61	MA	1:36:15	61.80%
86 Steven Gardell	M 56	MA	1:36:19	61.76%
87 Stephen Galloway	M 51	MA	1:36:29	61.65%
88 <u>Emily Sullivan</u>	F 50	MA	1:37:04	61.28%
89 <u>Julianne Waite</u>	F 43	MA	1:37:08	61.24%
90 <u>Kathy Olney</u>	F 57	MA	1:38:36	60.33%
91 Frank Clapp	M 62	MA	1:39:00	60.08%
92 <u>Jane Metzger</u>	F 41	MA	1:39:47	59.61%
93 <u>Aurelie Hintermann</u>	F 26	MA	1:40:00	59.48%
94 Oscar Corripio	M 27	MA	1:40:01	59.47%
95 Jeff Hattem	M 63	MA	1:41:03	58.87%
96 <u>Audrey Smolkin</u>	F 43	MA	1:41:13	58.77%
97 Aims Coney	M 59	MA	1:41:14	58.76%
98 <u>Donna White</u>	F 54	MA	1:42:25	58.08%
99 James Luening	M 57	MA	1:42:56	57.79%
100 <u>Danielle Millett</u>	F 36	MA	1:43:46	57.32%
101 <u>Andrea Jackson</u>	F 35	MA	1:43:48	57.31%
102 <u>Lisa Wiesner</u>	F 44	MA	1:44:16	57.05%
103 Justin Williams	M 26	MA	1:46:08	56.05%
104 <u>Susan Williams</u>	F 48	MA	1:46:09	56.04%
105 John Loring	M 67	MA	1:46:15	55.98%
106 Raymond Rogers	M 53	MA	1:46:21	55.93%
107 <u>Kathleen Wood</u>	F 49	MA	1:46:28	55.87%
108 <u>Debra Galloway</u>	F 54	MA	1:50:25	53.87%
109 Chris Harrison	M 61	MA	1:52:59	52.65%
110 Roger Parker	M 55	MA	1:55:41	51.42%
111 Jim Jenkins	M 60	MA	1:55:57	51.30%
112 <u>Diana Dematteo</u>	F 59	MA	1:59:44	49.68%
113 Mike Dematteo	M 59	MA	1:59:45	49.67%
114 <u>Kristine DeCoursey</u>	F 39	NE	1:59:46	49.67%

Continued next page:

Groton Forest results cont:

115 <u>Retina Bethea</u>	F 25	MA	2:04:33	47.76%
116 <u>Carrie Bolton</u>	F 46	MA	2:08:16	46.37%
117 <u>Melinda Graham</u>	F 46	MA	2:08:17	46.37%
118 <u>Vicki Quagliaroli</u>	F 61	CT	2:12:03	45.05%
119 Matt Fienberg	M 44	MA	2:14:21	44.27%
120 Michael Moyer	M 27	MA	2:16:25	43.60%
121 <u>Darlene Layton</u>	F 55	MA	2:16:44	43.50%
122 <u>Angela Rogers</u>	F 52	MA	2:16:45	43.50%
123 <u>Meridith Mongeon</u>	F 42	MA	2:16:46	43.49%
124 <u>Sherisa Mongeon</u>	F 61	MA	2:19:41	42.58%

To Th Mountains

I decided to try th N. E. Mtn Series, even tho mountains are nowhere near where I live. (I have an xcellent car mechanic) First race was up to Vermont's highest peak, Mt Mansfield, our race distance 4.3 miles. I drove to my sister's in Greenfield MA th day b4 – lucky to have her and family there – then up early for long drive way up north. When getting my race number along with many others, “Dick, you too!” That was Bob S., (who finished 1st 60 – 69) also from a long way off: Rhode Island! Just b4 starting I spotted Laurel S., tapped her on shoulder. Always good to meet with her – positive spirit and a smile – especially at such times. “Have fun.” So 4.3 mi. isn't that much, but when it's all steep uphill, it IS!

Among us runners were hikers, many of whom moved right along. Actually that was all I could manage most of th time. As I came within a half mile of th summit I was surprised and certainly encouraged to hear guys & gals cheering – hollering for me by name! Strange but really neat, and not to be forgotten. Up top I drank water, took some banana, then started down, feelin fine and lovin th views for a couple mi.

At that time th mountain-bike riders – yes struggling mightily – were pushing their way up so we hollered-cheered for them. ☺ With quite a ways yet to go I was fast losing energy. Almost there, OOPS I fell. Lucky for me, immediately 2 big burly guys scooped me up to haul me down where I got water as well as energy bars from Andrea, who had a whole bag! Soon I was OK.

On Labor Day morning following my 3-hour drive, R. D. Kent L. at th base of Mt Greylock for th 39th annual road race, allowed me to begin early which I did after buying this year's outstanding, must-have shirt. I felt pretty good thru 4 of th 8 quietest coolest miles. When it got noticeably tuff I was lucky that Donna S. came by in car and paused to cheer me onward (as well as at th top) ☺. Still, I couldn't keep 22 of this day's best mountain runners from passing, then finishing b4 me. I wish I could've hung-around awhile to unwind and enjoy th day with everybody, but I had my 3-hour Labor Day drive to do.

I left my motel not far from Wilmington NY in th Adirondacks about 7:00 for th Whiteface Mtn Uphill Footrace, 3rd in th Series. While waiting – quite cool – to start I enjoyed meeting and being with Laurel S., Jeff G. (who would be 7th), Walt K.,

and Fred R. Th constant climb up th 8-mile summit road would prove xtremely challenging for me. At th outset I passed some “take- their- time talkers” who hung behind me so I heard from time to time for quite awhile. At the same time a ways ahead of me I watched a fellow very gradually pull away; I tried but could not speed up. After several miles when th talkers – still talking & laughin – caught me and went by, I became th caboose. Thru th fog struggling monumentally I did eventually reach th top / th end, yes last.

Thoughts on that: Somebody's gotta be last in every race. As long as I've given it 100% effort, which I did, then OK. I'd sure rather have tried my best yet still come last than not to've showed-up at all..... But I wish I wasn't last.

Altho I won't be bragging about, or even mentioning, my results, I'm glad I drove th distances to attempt these different, uniquely challenging, hard races. By persevering to complete all 3 mountain races I earned that core feeling of accomplishment that cannot ever be given to me, that I now own, that nobody can take away.

P. S. Guess what.

This Series, of 5, not 3 races, continues next June. I'll be there.

Dick Hoch

Mystery Photo



Here is the Mystery Photo for this newsletter. Do you know at which trail race this outhouse can be found?

Clues: “The door is always open for us but luckily it's not the primary one we use.”

Hairy Gorilla Half Marathon

John Boyd Thacher State Park Voorheesville, NY

October 26, 2014 -- wet -- cool and rainy

WMAC members in bold:

Name	Age	ST.	Time	GT %
1 Derek Struck	M 19	NY	1:26:56	100.00%
2 Kyle McCormack	M 20	NY	1:32:17	94.20%
3 Richard Messineo	M 26	NY	1:32:31	93.97%
4 Justin Caron	M 15	NY	1:33:05	93.39%
5 Thomas Williams	M 31	NY	1:33:39	92.83%
6 <u>Kelsey Allen 1st F</u>	F 31	MA	1:33:55	92.56%
7 Dennis Vanvlack	M 42	NY	1:34:05	92.40%
8 Donald Pacher	M 42	MA	1:34:24	92.09%
9 Paul Young	M 49	MA	1:34:41	91.81%
10 <u>Rebecca Bader</u>	F 37	NY	1:35:18	91.22%
11 Brian Northan	M 39	NY	1:37:04	89.56%
12 Tony Martini	M 26	NY	1:37:15	89.39%
13 <u>Kehr Davis</u>	F 37	MA	1:38:58	87.84%
14 John Graf	M 49	NY	1:39:45	87.15%
15 Mark Stephenson	M 50	NY	1:41:51	85.35%
16 Mike Siudy	M 40	NY	1:43:11	84.25%
17 Timothy Pendergast	M 32	NY	1:43:23	84.09%
18 <u>Mendy Taylor</u>	F 37	NY	1:43:28	84.02%
19 Kyle Breier	M 35	NY	1:43:35	83.93%
20 Andy Reed	M 43	NY	1:43:37	83.90%
21 Carl Matuszek	M 62	NY	1:43:45	83.79%
22 Chris Gallo	M 38	NY	1:44:03	83.55%
23 Edward Gravelle	M 56	NY	1:44:12	83.43%
24 Shawn Martin	M 35	NY	1:44:30	83.19%
25 Grant Cowles	M 26	NY	1:44:37	83.10%
26 David Newman	M 34	NY	1:45:00	82.79%
27 Luis Ferrera	M 18	NY	1:45:31	82.39%
28 Adam Lyon	M 31	NY	1:46:27	81.67%
29 Denis Samburskiy	M 32	NY	1:47:26	80.92%
30 Vincent Zito	M 42	CT	1:47:31	80.86%
31 <u>Stacey Leitz</u>	F 35	RI	1:49:11	79.62%
32 Andrew Luyckx	M 27	NY	1:49:25	79.45%
33 Ted Cowles	M 56	CT	1:49:33	79.35%
34 Brian Lusignan	M 30	NY	1:49:38	79.29%
35 <u>Cheryl Steiner</u>	F 45	NY	1:49:51	79.14%
36 Christopher Zeitler	M 28	NY	1:49:58	79.05%
37 <u>Kim Morrison</u>	F 35	NY	1:50:03	78.99%
38 <u>Kaelin Black</u>	F 21	MA	1:50:25	78.73%
39 Greg Tyrosvoutis	M 28	NY	1:50:51	78.42%
40 Michael Gregg	M 36	NY	1:50:55	78.38%
41 <u>Lenka Halamkova</u>	F 39	NY	1:51:17	78.12%
42 Trey Kingston	M 29	NY	1:52:39	77.17%
43 Matt Guadagnino	M 29	NY	1:52:45	77.10%
44 Matt Zappen	M 38	NY	1:52:49	77.06%
45 Michael Robertson	M 42	NY	1:53:11	76.81%
46 Colin Dwyer	M 31	NY	1:55:15	75.43%
47 <u>Christine Varley</u>	F 50	NY	1:55:34	75.22%
48 Matt Prorole	M 36	NY	1:55:55	75.00%
49 <u>Jessica Northan</u>	F 38	NY	1:55:57	74.97%
50 <u>Melissa Brinkman</u>	F 35	NY	1:56:11	74.82%
51 <u>Marcella Woytash</u>	F 21	NY	1:57:58	73.69%
52 <u>Michelle Davis</u>	F 26	NY	1:58:29	73.37%
53 <u>Emily Pisarski</u>	F 28	MA	1:58:30	73.36%
54 Cortlandt Tisch	M 18	NY	1:59:33	72.72%

55 Sean Gemerek	M 28	NY	1:59:40	72.65%
56 <u>Sara Fitzgerald</u>	F 34	NY	1:59:49	72.56%
57 Gary Longh	M 50	NY	1:59:49	72.56%
58 <u>Heather Stanish</u>	F 28	NY	1:59:56	72.48%
59 <u>Kathy Manizza</u>	F 56	CT	2:00:08	72.36%
60 Ari Epstein	M 32	NY	2:00:13	72.31%
61 Ryan Irwin	M 34	NY	2:00:21	72.23%
62 Ryan Nix	M 35	NY	2:01:08	71.77%
63 <u>Christine Myers</u>	F 16	NY	2:01:19	71.66%
64 Dominic Wilson	M 43	CT	2:01:23	71.62%
65 Bill Baird	M 33	NY	2:01:34	71.51%
66 Bryan Dworsky	M 26	NY	2:01:37	71.48%
67 David Jakob	M 49	NY	2:01:43	71.42%
68 Chris Eaton	M 38	NY	2:01:50	71.35%
69 Joseph Farrell	M 31	NY	2:02:03	71.23%
70 <u>Kim Seabury</u>	F 47	NY	2:02:07	71.19%
71 <u>Lynn Hall</u>	F 46	NY	2:02:07	71.19%
72 <u>Hillary Johnson</u>	F 28	NY	2:02:08	71.18%
73 <u>Kim Baker</u>	F 53	MA	2:02:21	71.05%
74 Ken Larson	M 61	CT	2:02:30	70.97%
75 <u>Lauren Carnahan</u>	F 31	NY	2:03:04	70.64%
76 Dan Shyne	M 47	NY	2:03:20	70.49%
77 Price Goosby	M 27	NY	2:03:45	70.25%
78 <u>Nicole Hauser</u>	F 31	NY	2:04:12	69.99%
79 Benjamin Szewczyk	M 23	NY	2:04:13	69.99%
80 Daniel Reisner	M 30	NY	2:04:14	69.98%
81 Scott Walker	M 33	NY	2:04:24	69.88%
82 Darren Suarez	M 44	NY	2:04:28	69.84%
83 Dan Maychack	M 41	NY	2:04:37	69.76%
84 <u>Kelly Virkler</u>	F 30	NY	2:04:37	69.76%
85 Dan Coffey	M 52	NY	2:05:53	69.06%
86 Nicholas Cartagueva	M 39	NY	2:06:13	68.88%
87 Kevin Fox	M 25	NY	2:06:22	68.79%
88 Angela Desmond	F 23	NY	2:06:24	68.78%
89 David Sutherland	M 52	CT	2:06:28	68.74%
90 <u>Shannon Bictheaman</u>	F 38	NY	2:07:14	68.33%
91 Steven Longden	M 33	NY	2:07:20	68.27%
92 <u>Samantha Palladino</u>	F 27	NY	2:07:26	68.22%
93 Fred Pilon	M 68	MA	2:07:26	68.22%
94 Ralph Battle	M 53	NY	2:08:00	67.92%
95 Paul Bohl	M 52	NY	2:08:06	67.86%
96 Mikael Stalberg	M 35	NY	2:08:12	67.81%
97 Edward Madigan	M 20	NY	2:08:25	67.70%
98 <u>Allison Milazzo</u>	F 29	NY	2:08:43	67.54%
99 <u>Amy Perea</u>	F 29	MA	2:08:44	67.53%
100 Greg Hewlett	M 47	NY	2:09:01	67.38%
101 Mike Miller	M 36	NY	2:10:01	66.86%
102 Vincent Kirby	M 58	NY	2:10:05	66.83%
103 <u>Kristin Nicholson</u>	F 31	NY	2:10:29	66.62%
104 <u>Lori Stevens</u>	F 47	NY	2:11:55	65.90%
105 Mike Bowman	M 42	NY	2:12:13	65.75%
106 Jeffery Hedden	M 44	NY	2:12:14	65.74%
107 M Grigas	M 47	NY	2:12:14	65.74%
108 Ben Greene	M 31	MA	2:12:27	65.63%
109 <u>Caitlin Rossi</u>	F 31	CT	2:12:34	65.58%
110 Bruce Shenker	M 62	NY	2:12:44	65.49%
111 Erik Hage	M 45	NY	2:13:03	65.34%
112 Seamus Hodgkinson	M 65	NY	2:13:08	65.30%
113 Hong Li	M 24	NY	2:13:34	65.09%
114 John Cornwall	M 32	NY	2:14:06	64.83%

Continued next page:

Hairy Gorilla results cont:

115	<u>Elizabeth Doolittle</u>	F 27	NY	2:14:22	64.70%
116	Daniel Dufresne	M 39	NY	2:14:56	64.43%
117	Brigham McCutcheon	M 41	NY	2:15:33	64.13%
118	Paul Schmidt	M 40	VT	2:15:36	64.11%
119	<u>Amber Hooper</u>	F 29	NY	2:15:37	64.10%
120	<u>Amy Smyth</u>	F 37	NY	2:15:48	64.02%
121	<u>Thea Lange</u>	F 23	NY	2:16:56	63.49%
122	Alex Talamo	M 22	NY	2:16:58	63.47%
123	Daniel Esper	M 54	NY	2:17:11	63.37%
124	Jennifer Ferriss	F 42	NY	2:17:20	63.30%
125	<u>Keriann Kaercher</u>	F 30	NY	2:17:24	63.27%
126	James Addeo	M 35	NY	2:18:15	62.88%
127	<u>Leah Wessinger</u>	F 34	NY	2:18:21	62.84%
128	<u>Jennifer Zeh</u>	F 43	NY	2:18:35	62.73%
129	Andrew Tanzillo	M 46	NY	2:18:39	62.70%
130	Matt Keller	M 23	NJ	2:18:46	62.65%
131	Raelee Grimm	F 32	NY	2:19:01	62.53%
132	<u>Cassie Sanford</u>	F 28	WA	2:19:03	62.52%
133	Eric Sanford	M 30	WA	2:19:03	62.52%
134	<u>Alison Rodriguez</u>	F 22	NY	2:19:35	62.28%
135	<u>Molly Reid</u>	F 54	MA	2:19:42	62.23%
136	<u>Brianne Bobo</u>	F 26	NY	2:19:46	62.20%
137	Jeremy Kersten	M 34	NY	2:20:05	62.06%
138	<u>Alisa Wright</u>	F 47	CT	2:20:10	62.02%
139	<u>Laurie Mosley</u>	F 53	CT	2:20:11	62.01%
140	<u>Erika Anderson</u>	F 40	NY	2:20:47	61.75%
141	<u>Amanda Callanan</u>	F 22	NY	2:21:05	61.62%
142	<u>Valerie Rhodes</u>	F 36	NY	2:21:07	61.60%
143	Daniel Baran	M 25	NY	2:21:08	61.60%
144	<u>Rose Duhan</u>	F 46	NY	2:21:18	61.52%
145	James Nabinger	M 41	NY	2:21:37	61.39%
146	<u>Brianne Kuchera</u>	F 28	NY	2:21:37	61.39%
147	Walter Gannon	M 43	NY	2:21:51	61.29%
148	<u>Heather Bolander</u>	F 33	NY	2:21:59	61.23%
149	<u>Susan Wong</u>	F 66	NY	2:22:17	61.10%
150	<u>Nola Pominville</u>	F 18	NY	2:23:04	60.76%
151	<u>Marie Bosman</u>	F 50	NY	2:23:38	60.52%
152	Timothy Tilstra	M 38	NY	2:23:46	60.47%
153	<u>Bridget Cohen</u>	F 21	NY	2:24:16	60.26%
154	Daniel Mosbey	M 31	NY	2:24:26	60.19%
155	Tom Mack	M 50	NY	2:24:55	59.99%
156	Michael Bolander	M 33	NY	2:25:31	59.74%
157	David Brown	M 56	NY	2:25:32	59.73%
158	<u>Joan Brown</u>	F 56	NY	2:25:33	59.73%
159	Thomas Stanziola	M 60	NY	2:25:33	59.73%
160	Edward Willett	M 63	NY	2:25:59	59.55%
161	<u>Stephanie Weaver</u>	F 52	CT	2:25:59	59.55%
162	George Gilder	M 74	MA	2:26:01	59.54%
163	<u>Aislinn MacMaster</u>	F 45	CT	2:26:03	59.52%
164	<u>Carla Angevine</u>	F 42	CT	2:26:03	59.52%
165	<u>Abby Doolittle</u>	F 59	CT	2:26:10	59.48%
166	Brandon Sinisi	M 22	NY	2:26:16	59.43%
167	<u>Joanna Randall</u>	F 22	NY	2:26:22	59.39%
168	<u>Olga Aristova</u>	F 15	NY	2:26:25	59.37%
169	John Collura	M 53	MA	2:26:37	59.29%
170	<u>Amanda Schramp</u>	F 24	NY	2:26:52	59.19%
171	C.J. Birdsall	M 29	NY	2:26:59	59.15%
172	John Bateman	M 49	NY	2:27:35	58.90%
173	<u>Rachael Viscio</u>	F 26	NY	2:27:36	58.90%
174	Christain Vandervor	M 54	NY	2:27:38	58.88%

175	<u>Rebecca Cain</u>	F 29	NY	2:27:53	58.79%
176	<u>Jennifer Chase</u>	F 37	NY	2:28:41	58.47%
177	<u>Nancy Williams</u>	F 52	NY	2:28:43	58.46%
178	<u>Allison Poetzsch</u>	F 27	NY	2:28:55	58.38%
179	Paul Ardis	M 31	NY	2:29:15	58.25%
180	Wesley Mosbey	M 30	NY	2:29:17	58.23%
181	<u>Abigail Messare</u>	F 15	NY	2:29:39	58.09%
182	Dave Walsh	M 60	NY	2:29:41	58.08%
183	James Denio	M 23	NY	2:29:50	58.02%
184	<u>Amanda Summer</u>	F 26	NY	2:29:55	57.99%
185	<u>Doris Torchia</u>	F 47	NY	2:31:41	57.31%
186	<u>Wendy Colonno</u>	F 38	NY	2:31:54	57.23%
187	Jordan Cerniglia	M 27	NY	2:32:12	57.12%
188	<u>Linda Styer</u>	F 40	NY	2:32:41	56.94%
189	<u>Katie Carr</u>	F 40	NY	2:33:03	56.80%
190	<u>Sue Collura</u>	F 53	MA	2:33:37	56.59%
191	<u>Erin Bokor</u>	F 38	NY	2:33:43	56.55%
192	<u>Ronni Travers</u>	F 57	NY	2:35:14	56.00%
193	<u>Bonny Wilson</u>	F 43	NY	2:35:14	56.00%
194	<u>Phyllis Ying</u>	F 28	NY	2:35:36	55.87%
195	<u>Madeline Haas</u>	F 27	NY	2:35:36	55.87%
196	<u>Tracy Racicot</u>	F 46	NY	2:35:47	55.80%
197	Brian Piarulli	M 23	NY	2:37:05	55.34%
198	<u>Chelsea Bustillo</u>	F 22	NY	2:37:10	55.31%
199	Tim MacTurk	M 39	NY	2:39:36	54.47%
200	Eric Jeffers	M 28	NY	2:39:43	54.43%
201	Allen Kram	M 52	NY	2:39:46	54.41%
202	<u>Cristina Getz</u>	F 22	NY	2:39:52	54.38%
203	Micah Fish-Gertz	M 24	NY	2:40:38	54.12%
204	<u>Karen Stainbrook</u>	F 39	NY	2:40:39	54.11%
205	Christopher Sohn	M 41	NY	2:40:39	54.11%
206	Cameron Ross	M 25	NY	2:40:39	54.11%
207	<u>Jennifer Horton</u>	F 25	NY	2:40:39	54.11%
208	Robert Capowski	M 53	NY	2:40:39	54.11%
209	Matthew Mason	M 27	NY	2:41:57	53.68%
210	<u>Cait Martin</u>	F 26	NY	2:42:10	53.61%
211	Patrick Fratesi	M 29	NY	2:43:42	53.11%
212	<u>Amanda Mixon</u>	F 25	NY	2:43:43	53.10%
213	<u>Mary Ibbetson</u>	F 45	NY	2:44:11	52.95%
214	Joe Ibbetson	M 49	NY	2:44:12	52.94%
215	Darrell Everts	M 45	NY	2:47:28	51.91%
216	<u>Linda Carignan</u>	F 48	NY	2:47:28	51.91%
217	<u>Larissa Bates</u>	F 33	NY	2:48:14	51.67%
218	<u>Tanya Sommers</u>	F 42	NY	2:48:56	51.46%
219	<u>Karen Alderfer</u>	F 49	MN	2:50:15	51.06%
220	Dave Schoeller	M 51	MN	2:50:16	51.06%
221	Peter Hunter	M 62	NY	2:50:30	50.99%
222	<u>Miriam Hardin</u>	F 47	NY	2:50:57	50.85%
223	<u>Amanda Fry</u>	F 29	NY	2:51:10	50.79%
224	Mark Messare	M 38	NY	2:52:34	50.38%
225	<u>Katrina Charysyn</u>	F 30	NY	2:52:40	50.35%
226	Jonathan Fournier	M 28	NY	2:52:57	50.27%
227	<u>Lauren Kirkwood</u>	F 28	NY	2:52:59	50.26%
228	<u>Holly Gnage</u>	F 34	NY	2:53:01	50.25%
229	Laura Clark	F 67	NY	2:53:04	50.23%
230	<u>Sarah Norris</u>	F 34	KS	2:53:05	50.23%
231	<u>Brittany Katz</u>	F 14	NY	2:53:25	50.13%
232	<u>Madeline Messare</u>	F 13	NY	2:54:20	49.87%
233	<u>Anya Ross</u>	F 14	NY	2:54:22	49.86%
234	Paul Esmond	M 34	NY	2:58:00	48.84%

Continued next page:

Hairy Gorilla results cont:

235 <u>Amber Rorick</u>	F 23	NY	2:58:09	48.80%
236 Mike Schmidt	M 44	NY	3:00:43	48.10%
237 <u>Alyssa Smith</u>	F 22	NY	3:00:53	48.06%
238 <u>Shirah Fudin</u>	F 22	NY	3:00:54	48.06%
239 <u>Alison Kerr</u>	F 30	NY	3:02:25	47.66%

Tricks and Treats at Hairy Gorilla

After the Thatcher Park Centennial Races I should have known better. At the Centennial, rain was predicted to fall sometime late afternoon. It began at 9AM, a half hour into the race and fell relentlessly all afternoon. Hairy Gorilla was no different, with unexpected rain commencing before, during and after the race, haunting us even on the drive home. Thatcher seems to have acquired its own private rain cloud as both times there was no rain in Saratoga or anywhere else for that matter. A trick worthy of Halloween.

Still, Jen Ferriss and I had great fun with it even before we got wet and muddy. I knew it was going to be a great day as I managed to evade the parking police and placed Annie in a prime, instantly recognizable spot on the outside row. I wasn't really doing this on purpose but was so focused on my find that I truly didn't see the traffic herders in their costumes, bright orange vests and signal corps flags. Honestly. To prove this was an intended treat, as I opened the door to step outside, I was greeted by a glowing US copper amalgam penny. Who cares if last year the US Treasury lost \$55, 000 in production costs to maintain the lucky penny tradition? Well worth it.

My A, B and C goals for this race were as follows: (A) To beat last years' time, (B) To have fun and (C) To locate my gravestone, thus obtaining a one-of-a-kind Halloween decoration to mount on my desk at work. Or maybe that is my A goal. At any rate, on our trek up the mountain to registration, I almost excused myself from the main event as Jen spotted my C goal lying in the grass, not too far from where I discovered the lucky penny. She saw the last name, "Clark" but then as we drew closer noticed that it was preceded by "Jeffrey." This was truly unnerving as my Jeff died this spring. Was it a message from above or simply Jeff Clark The Younger's marker? I briefly considered claiming it later on our return trip if the living Jeffrey Clark did not show, but decided that would simply be too creepy.

Raining once more and back in Annie trying to sort out safety pins, gels and costume parts, we noticed that Annie, inspired by the spirit of the day, was producing her own ghostly-white foggy disguise. Before we were completely soaked in, Jen wrote "Help! I'm melting!" on the windshield in painstaking backward Red Cross-style lettering. I was impressed. Even a few days later, I still see whispers of the spectral print on the windshield. No more car washes for Annie!

But now it was time to rejoin the rest of the soggy competitors at the starting line. Luckily, I remembered the two large-sized trash bags Annie had wisely stashed for such an emergency. Jen elected to go armhole less, but on and off procedures took way more than the allotted porta pottie time. I opted for the three-hole punch method and was much more efficient. Since my fairly lame costume was obscured by the bag, I decided to make a brief appearance as a Homeless Trash Bag Lady. Before the race I ditched my bag and then after the first mile or so, my rain jacket. HA!!! I thought the rain which wasn't supposed to happen in the first place, was done.

Josh always goes on about all the decorations out on the course, and I'm sure there were more than the few I spotted in my peripheral vision, but the terrain was so slick, it would have been fatal to lose focus. For some reason, the first half, with all the hills, is deemed the easier section, while the rooty second half is billed as the more difficult. This is the opposite of Nipmuck Trail race where the rocky first half is considered easy and the hillier second, more difficult. I guess it depends on the publicist, but it's amusing how Connecticut thinks differently than New York. Either way, the course was a lot of fun. I was always running near folks, which I like, thanks to my pre-race visit to my podiatrist who exorcised the blister/corn/callus that had been impeding me for months. My podiatrist is my friend and not scary at all, so it's a mystery even to me why I waited so long.

I was met near the end by my son-in-law Darren Suarez, who kept me company, retrieved my discarded jacket and witnessed my sprint to the finish. I am not sure if I am proud of that or not but Sarah Norris and I had been trading places the entire race, she was younger than I and she was wearing an inventive costume that was not a trash bag. I beat her by a whopping 13 seconds. I would like to blame my lapse of consideration to the Gorilla behind me but unfortunately there was no Gorilla behind me. Serves me right for forgetting to bring bananas.

As we walked to the parking lot Darren, Jen and I reflected on our day. The one other time we were all together here it was Darren's first trail race, Jen's first half and I was a lot faster. While we didn't run together like we did that first time. Darren still maintains that, "I absolutely love to tell people I am running with my mother-in-law. The looks I get are priceless." But the topping on the day came from his nine year-old Emi who, when caught falling asleep at the dinner table after a marathon round of soccer sectionals and championships, boasted, "I am the only one in the family who started running at 9 AM and was not done until after 1!"

Laura Clark

Just a reminder to all club members.....

Membership renewal for just about everyone is on January 1st of every year. Please renew when due so we can plan our races and events for the coming year.

Thanks for supporting the WMAC!

I Was a Squealer at the Cincinnati Flying Pig

by Bob Kopac

Running the half marathon on the weekend of the Cincinnati Flying Pig Marathon races (marathon, half marathon, 10K, 5K, 1-mile, Flying Fur Run, and kids races) has been on my wife Lynne's bucket list ever since she saw the medal which features a flying pig on the front and a pig's butt and tail on the back. Road trip!

Cincinnati used to be known as Porkapolis, the pig capital of the U.S. Keeping with the race motto ("I'll run a marathon when pigs fly!"), there were pig references galore. There were pig statues at the Runners Expo and all around town with names such as "Don Pigiiovanni", a leather-clad "Pigs Angels", and a runner-themed "Pigippides." The 2014 T-shirt, poster, and medals featured an abstract pig called "Pigcasso." Lynne would start not in a corral but in a "Pig Pen", and she would cross the "Finish Swine." The cheering sections are called "Street Squealers."

I decided to be part of the Shriners Hospitals for Children – Cincinnati "Scream Team". The hospital is dedicated to the treatment of pediatric burns specializing in plastic and reconstructive surgery, cleft lip and palate, complex wounds and skin conditions, brachial plexus injury, breast and ear deformities, hand malformations, hidradenitis, just to name a few. I decided on the Shriners Street Squealers team since we were staying with our friend Mary Beth Daugherty, an occupational therapist and director of rehabilitation services.

On race morning I asked Donna McCartney, social work care coordinator, about the origins of the "Scream Team". She said, "We started doing this 3 years ago. We were looking at ways to become involved with the Flying Pig to make sure our presence is known in the community and to support those in the community that support us. This is one of the entry level ways for us to get involved. In the past 3 years we have had between 50 to 75 people up here on Flying Pig morning cheering everybody on in Eden Park. The first year we came in 3rd place [in the cheering contest]. Last year we came in first place. This comes with a donation to the hospital. We have a mix of staff, the Shriners from the community, and some local patients and families that are here cheering with us today."

I then talked with Pam VanSant, the administrator of the Cincinnati hospital. She said, "This is an employee camaraderie-building activity, and we hope to win some money for our hospital. We are the best cheering section. We are going to scream the loudest. I am using my screaming voice. I can be a loud cheerer. We have this big lit-up fez which will catch attention."

The revolving metal fez, operated by a Shrinker who calls himself "Sam I Am", is over 10 feet tall and covered with light bulbs that spell "Syrian" and "Cincinnati." Several Shriners played drums, tambourines, and a large cymbal in Eden Park right before the right-hand turn onto the Victory Parkway bridge, where the rest of the Shriners Hospital's cheering section was located.

As the runners streamed by, the cheering section was quite loud, as attested by the ringing in my ears. There were cowbells, megaphones, vuvuzelas, water bottles, clappers, and homemade noisemakers made of kidney beans in plastic water bottles. Doctor Renee Davis, an anesthesiologist at the hospital, ululated like Xena, Warrior Princess, while wearing fairy wings.

Besides the noise, there were signs such as "Running of the Pigs", "I don't even know you but I'm proud of you", "The wind in your hair looks great!", "It's going to be okay", "Sure you can", "Love and support", "Why not", "My sign's better", "Breathe ...", "Yes Oh Yes", "Be YOU", "Shriners is sending our love to your rescue", and my favorite: "Motivational sign." One volunteer had a sign saying "Free Hugs", and she dispensed plenty during the race. I hugged one female runner, and then realized I was covered with sweat. Yuck!

Oh, by the way, there were race results. Sergio Reys of Palmdale, CA won the Flying Pig Marathon for the 4th time (2009, 2012, 2013, 2014) in 2:27:19, and the female winner was Amy Robillard of Montgomery, OH in 2:55:50. Tilahun Abebe of Cincinnati, OH won the half marathon in 1:14:44. The distaff winner was 19-year old Juliana Madzia who ran and won her first half marathon in 1:25:55, even though she and 50 other runners made a wrong turn around mile 4 and ran an additional half mile. Elite runner Ryan Hall, who talked at the Runners Expo on Saturday, won Saturday's 10K race in 30:32, and Taryn Surtees of Cincinnati, OH won the female division in 38:56. Rob Carvitti and his dog won the inaugural 2-mile Iams Flying Fur Run, but the Flying Pig results unfairly does not list the dog's name. Lynne crossed the Finish Swine in 2:22:55, 12th of 197 in the 60-64 women's category.

There were over 36,000 participants in all the Flying Pig races, the largest number ever. Being a member of a Street Squealers team was the most fun I have ever had as a spectator at a marathon. Consider being part of the Shriners team if you want to ham it up as a spectator at the Flying Pig. You can even do your best Xena, Warrior Princess impression.



Mary Beth Daugherty and Lynne Kopac at the Cincinnati Flying Pigs Marathon.

photo by Bob Kopac

Stockade-athon Reinvents Itself

Teetering on the brink of the “never trust anyone over forty” mentality, this year’s Stockade-athon Jack Bennied itself to a youthful outlook with a new venue and a reverse order course. Quite a lot to attempt but Race Director Vince Juliano and his legion of volunteers pulled it off superbly.

I have enjoyed this race for 18 years, 14 consecutively, skipping a few due to work commitments. I would have preferred to insist that I am simply too young to have laid claim to all 39 runnings, but the truth is I was living elsewhere. Real truth, until *The Pacesetter* rankings were listed, I had no idea I had racked up even that many. Since my debut, I have worked my way through several jobs, sent three children through college, and transitioned from mostly roads to mostly trails. I am impressed with myself.

As close as I can recollect, I have experienced four separate Stockade-athon reincarnations. The first featured the brutal climb up Front Street, battling the fierce wind that chuted down the road, causing slighter runners to court Clydesdale windblocks. The scenery in those years was fairly gray and industrial, matching the gritty course. That Stockade-athon displayed a grim sense of humor, luring runners into Central Park with the promise of the finish, only to divert them onto yet another loop. What appealed to me though, was the strategic nature of the race. With so many glorious downhill, you had to decide whether to risk all and heedlessly enjoy the ride or to conserve your energy for the uphill later in the race.

And then there was the year when the dreaded State Street hill was abandoned (YES!) due to a construction project, adding the jaunt through the cemetery. While all these changes were pleasant diversions, I remained stubbornly loyal to my version of the “original” course. However, this year, I am tempted to reconsider.

The new downtown venue made parking a snap, although as an “old-timer” I had a secret Central Park parking spot that always seemed to be empty. In the November *Adirondack Sports & Fitness* article, the author mentions that ten years ago women comprised 35% of the entrants; now that number has risen to 50%. And I think all of them were in the bathroom queue prior to race start.

It was fun standing in line and seeing so many of my friends. Still...once you were done, you were done and there was no going back, even to the outdoor porta potties. Clearly, a female majority adds a new dimension to race planning that guys don’t totally get.

Those decorated with a past history of multiple Stockade-athons seemed to have the most fun as they gleefully pointed out snippets of the old course. It certainly was odd running the middleish Stockade section first, branching out occasionally onto some new segments, then once again hitting older ones totally out of synch. We all know that distance running destroys brain cells, so it was no surprise that as I hit the circle around Duck Pond, I was ecstatic, thinking I had never felt so good before at this point in the race. However, instead of sighting the

former finish line, I still had “miles to go.” The final downhill was glorious—the way all races should end!

To prove how much I love this race, and my daughter, I gave up a shot at the After the Leaves Have Fallen 20K to follow up on her invitation to try a tandem attempt. I was flattered, especially since after entering the Fleet Feet distance training program she could have struck out on her own and left me in the dust. Along the way we learned that despite our mother/daughter bond, nothing substitutes for taking a few practice runs together or at least discussing race strategy.

Julie intended to seek success with her consistent race pace; I was just hoping to hang on, work the downhills and pick it up once we hit Central Park. Clearly, we were not on the same page and sometimes not even on the same block. Julie kept on telling me to slow down (she was right). Over my shoulder, I shouted, “What are hills for?” At any rate, I knew she would gain ground on the flats and uphill. We went on, one moment encouraging each other, the next differing in opinion but trying to be polite. I really wanted to pass Barbara Scheurer, which doesn’t make sense since she was on our Stryder team, but Julie tolerated my final sprint and warned me as Barbara gained ground nanoseconds from the chute.

A finish line shot snapped by Julie’s running buddy, Perry Gava, reveals a joyous Julie a toe-length ahead, and me ready to collapse, which I almost did.

For me, though, the best part of the race was the smiles we got enroute when folks realized we were simply a Mom and a Daughter enjoying each other’s company.

Laura Clark



Laura Clark and daughter Julie at the 2014 Stockade-athon

photo courtesy of Perry Gava

*Twenty years of Trail Running News
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Busa Bushwack 10 Mile Trail Race
Framingham, MA.November 2, 2014

Club members in bold:

<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1 Todd Bennett	M 44	CT	1:05:34	100.00%
2 Sean Greaney	M 34	CT	1:06:36	98.45%
3 James MacArthur	M 21	MA	1:06:49	98.13%
4 Logan Wilson	M 20	MA	1:06:54	98.01%
5 Ron Lipka	M 37	MA	1:09:56	93.76%
6 Russell Greenwald	M 36	MA	1:10:07	93.51%
7 Brodie Miles	M 41	MA	1:10:08	93.49%
8 Matthew Conlon	M 23	MA	1:10:50	92.56%
9 Kehr Davis 1st F	F 37	MA	1:11:21	91.89%
10 Chris Benestad	M 37	MA	1:12:48	90.06%
11 Scott Patnode	M 33	MA	1:14:04	88.52%
12 Ryan Kelley	M 20	MA	1:14:23	88.15%
13 Sam Flipse	M 18	MA	1:15:35	86.75%
14 Georgia Houghton	F 19	MA	1:15:44	86.58%
15 Doron Reuveni	M 48	??	1:16:35	85.61%
16 Dima Feinhaus	M 51	MA	1:16:48	85.37%
17 Marc Reid	M 24	MA	1:17:06	85.04%
18 Miroslav Tashev	M 52	MA	1:17:28	84.64%
19 Bob Sharkey	M 62	RI	1:17:35	84.51%
20 Charlotte Deleo	F 28	MA	1:17:37	84.47%
21 Seth Wolfman	M 34	??	1:17:51	84.22%
22 Ben Parad	M 37	MA	1:18:30	83.52%
23 John Lesperance	M 52	MA	1:19:07	82.87%
24 Mark Brown	M 39	MA	1:19:20	82.65%
25 Gonzalo Gonzalezabad	M 35	MA	1:19:35	82.39%
26 Stanislav Trufanov	M 35	MA	1:20:02	81.92%
27 Shawn Prevoir	M 35	MA	1:20:11	81.77%
28 Daniel Sambuchi	M 47	MA	1:20:41	81.26%
29 Emily Resciniti	F 21	MA	1:21:24	80.55%
30 Marty Ellowitz	M 60	MA	1:21:30	80.45%
31 Ted Cowles	M 56	CT	1:22:02	79.93%
32 Hilary Mislan	F 27	MA	1:23:07	78.89%
33 Guy Reuveni	M 16	??	1:23:13	78.79%
34 Isabel Burgess	F 25	MA	1:23:19	78.70%
35 Geoff Maletta	M 42	MA	1:23:37	78.41%
36 Matthias Bossi	M 35	MA	1:24:18	77.78%
37 Jim Dehart	M 43	??	1:24:53	77.24%
38 David Smallwood	M 42	MA	1:25:27	76.73%
39 Robin Schulman	F 50	MA	1:25:32	76.66%
40 Curtis Ingham	M 17	MA	1:26:04	76.18%
41 Roger Bourassa	M 49	MA	1:26:37	75.70%
42 Chris Lord	M 47	MA	1:26:46	75.57%
43 Thomas Graves	M 45	MA	1:26:48	75.54%
44 Harrison Galusha	M 19	MA	1:26:50	75.51%
45 Jeff Ganz	M 48	MA	1:27:15	75.15%
46 Charles Jennings	M 54	MA	1:27:34	74.88%
47 David Henry	M 32	MA	1:27:44	74.73%
48 John Benevides	M 50	MA	1:27:47	74.69%
49 Sonny Gerardi	M 40	MA	1:28:03	74.47%
50 David Mills	M 35	MA	1:28:19	74.24%
51 Elizabeth Masterjohn	F 34	MA	1:28:28	74.11%
52 Bob Bradley	M 43	MA	1:28:36	74.00%
53 Bob Segal	M 61	MA	1:28:39	73.96%
54 David Brady	M 36	MA	1:28:42	73.92%
55 Justin Manganaro	M 31	MA	1:29:04	73.62%

56 Kurt Roensch	M 36	MA	1:29:52	72.96%
57 Jim Grady	M 52	MA	1:30:00	72.85%
58 Shannon Brzezinski	F 36	MA	1:30:10	72.72%
59 Elizabeth Henry	F 32	MA	1:30:35	72.38%
60 Michael Riley	M 26	??	1:30:49	72.20%
61 William Foley	M 46	MA	1:31:02	72.02%
62 Lorena Duquette	F 37	MA	1:31:08	71.95%
63 Paul Fillion	M 48	MA	1:31:37	71.57%
64 Nate Mietkiewicz	M 30	MA	1:31:47	71.44%
65 Gaston Fiore	M 31	CT	1:32:35	70.82%
66 Anita Bugan	F 47	MA	1:34:07	69.67%
67 Michael Lepore	M 38	MA	1:34:31	69.37%
68 Kenny Pellegrini	M 28	MA	1:34:32	69.36%
69 Shaun Miller	M 36	??	1:34:46	69.19%
70 Eugene Cheung	M 41	MA	1:34:47	69.18%
71 Brady Hardiman	M 33	MA	1:35:14	68.85%
72 Heather Kramer	F 51	MA	1:36:26	67.99%
73 Steve Cruickshank	M 50	MA	1:36:30	67.94%
74 Peter Hicks	M 42	MA	1:36:35	67.89%
75 Bobby Speaker	M 30	MA	1:36:58	67.62%
76 Ken Mcleod	M 48	MA	1:37:02	67.57%
77 Karen Ringheiser	F 50	MA	1:37:16	67.41%
78 Rob Daly	M 57	MA	1:37:32	67.22%
79 Kristine Dorsey	F 58	MA	1:37:52	67.00%
80 Melissa Murphy	F 30	MA	1:38:15	66.73%
81 Sandra Superchi	F 58	MA	1:38:32	66.54%
82 Sean Regan	M 48	MA	1:38:34	66.52%
83 Jacqueline Francisco	F 44	MA	1:38:40	66.45%
84 Wesley Denering	M 53	MA	1:38:51	66.33%
85 Reed Alexander	M 56	MA	1:38:54	66.30%
86 Elizabeth Kettyle	F 41	MA	1:38:58	66.25%
87 Julia Braithwaite	F 41	MA	1:39:01	66.22%
88 Tim Buzzell	M 43	MA	1:39:09	66.13%
89 Elizabeth Dougherty	F 46	MA	1:39:16	66.05%
90 Corrine Giordani	F 33	MA	1:39:26	65.94%
91 Hans Kalkofen	M 43	MA	1:39:49	65.69%
92 Mike Palliola	M 32	MA	1:39:58	65.59%
93 Anand Veeraiah	M 36	MA	1:40:12	65.44%
94 John Bakstran	M 57	MA	1:40:13	65.42%
95 George Gilder	M 74	MA	1:40:14	65.41%
96 Eric Hubbal	M 39	MA	1:40:46	65.07%
97 Amy Strong	F 36	MA	1:42:24	64.03%
98 Michael Farmer	M 51	MA	1:42:39	63.87%
99 William Ellegood	M 46	MA	1:42:43	63.83%
100 Lila Flavin	F 24	MA	1:42:44	63.82%
101 Julie Jeffrey	F 23	MA	1:42:46	63.80%
102 Tom Costello	M 71	CT	1:42:57	63.69%
103 Chris Giannini	M 35	MA	1:43:10	63.55%
104 Chrystal Thibedau	F 36	RI	1:43:14	63.51%
105 Gordon Kirkconnell	M 48	RI	1:43:16	63.49%
106 Shari Brown	F 43	MA	1:43:44	63.21%
107 Alicia Lally	F 43	NJ	1:43:47	63.18%
108 Gregory Shenstone	M 61	MA	1:44:05	62.99%
109 Todd Kokoszka	M 46	MA	1:44:23	62.81%
110 David Kittredge	M 45	MA	1:44:34	62.70%
111 Jean Miller	F 57	MA	1:44:41	62.63%
112 Heather Silva	F 31	MA	1:44:58	62.46%
113 Tom Sullivan	M 54	MA	1:45:06	62.39%

Continued next page:

Busa Bushwhack results cont:

114 Kevin Mullen	M 57	MA	1:45:09	62.36%
115 <u>Laurel Carpenter</u>	F 49	MA	1:45:24	62.21%
116 Jim Miller	M 57	MA	1:45:30	62.15%
117 Michael Smith	M 38	MA	1:45:43	62.02%
118 George Herrell	M 45	MA	1:45:50	61.95%
119 <u>Karen Caddell</u>	F 51	MA	1:45:53	61.92%
120 Mark Jackson	M 41	CT	1:46:21	61.65%
121 <u>Tinamarie Sanborn</u>	F 36	MA	1:46:55	61.33%
122 <u>Kathy Owen</u>	F 45	NH	1:46:56	61.32%
123 <u>Jackie Mcmillan</u>	F 50	??	1:47:29	61.00%
124 <u>Kathleen Karpe</u>	F 52	MA	1:47:31	60.98%
125 <u>Samantha McCarthy</u>	F 28	MA	1:47:37	60.93%
126 <u>Mary Ciampa</u>	F 45	MA	1:47:43	60.87%
127 <u>Nancy Rappaport</u>	F 54	MA	1:47:44	60.86%
128 <u>Bryna Hebert</u>	F 52	RI	1:47:59	60.72%
129 Kenny Rogers	M 60	MA	1:48:13	60.59%
130 <u>Melissa Hurley</u>	F 39	MA	1:48:39	60.35%
131 Jonathan Ryan	M 33	MA	1:48:54	60.21%
132 Rachel Ryan	F 32	MA	1:48:55	60.20%
133 Peter Bakkala	M 49	MA	1:49:20	59.97%
134 Scott Nickle	M 26	DE	1:49:41	59.78%
135 <u>Chris Feder</u>	F 44	MA	1:50:12	59.50%
136 <u>Katya Divari</u>	F 52	MA	1:51:58	58.56%
137 Shawn Seybert	M 45	MA	1:52:48	58.13%
138 <u>Sandy Ramsey</u>	F 34	MA	1:53:14	57.90%
139 David Achenbach	M 57	MA	1:53:24	57.82%
140 <u>Brenda Morris</u>	F 48	MA	1:53:52	57.58%
141 Cheryl Healy	F 58	MA	1:55:46	56.64%
142 Michael Touloumtzis	M 63	MA	1:55:54	56.57%
143 Amy Brooks	F 38	RI	1:56:41	56.19%
144 <u>Christine Richardson</u>	F 37	MA	1:57:16	55.91%
145 <u>Pamela Guggina</u>	F 43	MA	1:57:36	55.75%
146 Kanakaranju Kaliannan	M 36	MA	1:57:38	55.74%
147 <u>Donna Macauley</u>	F 47	MA	1:58:12	55.47%
148 <u>Kristen Dori</u>	F 48	RI	1:59:04	55.07%
149 <u>Gina Donovan</u>	F 44	MA	1:59:31	54.86%
150 Paul Pongor	M 56	MA	2:01:27	53.99%
151 Robert Devlin	M 60	MA	2:02:17	53.62%
152 <u>Vicki Haley</u>	F 60	MA	2:02:30	53.52%
153 Chris Harrison	M 61	MA	2:02:31	53.52%
154 Jim Jenkins	M 60	MA	2:03:33	53.07%
155 Tom Malcolm	M 58	MA	2:04:31	52.66%
156 <u>Terri Jones</u>	F 44	MA	2:05:54	52.08%
157 <u>Lori Watkins</u>	F 50	MA	2:06:20	51.90%
158 <u>Marylou White</u>	F 59	CT	2:07:00	51.63%
159 <u>Laura Burgess</u>	F 34	MA	2:07:26	51.45%
160 Kathy Furlani	F 66	CT	2:11:05	50.02%
161 Victor Couto	M 57	MA	2:11:06	50.01%
162 <u>Rachel Abelow</u>	F 33	MA	2:11:52	49.72%
163 Joshua Brennan	M 35	MA	2:14:11	48.86%
164 Cole Clifford	M 30	MA	2:14:18	48.82%
165 Chip Moore	M 36	MA	2:14:26	48.77%
166 Nigel Smithson	M 41	MA	2:16:18	48.10%
167 John Goldrosen	M 64	MA	2:19:43	46.93%
168 Michael Audette	M 46	??	2:30:39	43.52%
169 <u>Karen Roberg</u>	F 33	??	2:35:12	42.25%
170 <u>Christine Nagy</u>	F 40	??	2:35:13	42.24%

Dion Snowshoe Series

Tentative Schedule – Depending on Snow

12 / 27 / 14 - 5K - Hilltop Nordic Center - Richmond, MA

1 / 4 / 15 - Savoy / Hawley area - 4 Miles

1 / 18 / 15 - MT Prospect - Woodford, VT 5K

1 / 24 / 15 - Hoot – Toot & Whistle 5K - Readsboro, VT

1 / 25 / 15 - Sidehiller - 4 Miles - Center Sandwich, NH

2 / 1 / 15 - Saratoga Winterfest 5K - Saratoga Springs, NY

2 / 7 / 15 - Northfield MT. - 5 Miles - Northfield, MA

2 / 14 / 15 - Notchview Reservation - 5K - Windsor, MA

2 / 15 / 15 - Camp Saratoga - 5 Miles - Wilton, NY

2 / 21 / 15 - MT. Prospect – 10K - Woodford, VT.

2 / 22 / 15 - Brave The Blizzard - 5K - Guilderland, NY

3 / 8 / 15 - MT. Prospect - ??K – Woodford, VT.

Additional Events may be added this winter season.
For the latest Info – Results – and Changes to the schedule
checkout the snowshoe page on the club's web site at...

www.runwmac.com



**DION**
SNOWSHOES

Stone Cat Trail Races 50 Mile and Marathon
Willowdale State Forest Ipswich, MA.
November 8, 2014

Sunny -- Cool -- Breezy -- Low of 26* -- High of 46*

WMAC members in bold:

50 Miles:

<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1 Samuel Jurek	M 27	MA	6:13:42	100.00%
2 Michael Daigeau	M 34	PA	6:28:23	96.22%
3 Michael Arsenaunt	M 37	NH	6:48:02	91.59%
4 Steven Baglolo	M 38	PE	7:04:51	87.96%
5 David Herr	M 49	VT	7:11:53	86.53%
6 Ted Macmahon	M 48	MA	7:16:44	85.57%
7 Sebastien Roulier	M 40	QC	7:19:09	85.10%
8 Matthew McKenna	M 29	NY	7:28:55	83.24%
9 Will Swenson	M 42	MA	7:38:29	81.51%
10 Joe Loureiro	M 47	MA	7:38:30	81.50%
11 <u>Stacia Broderick</u> 1 st F	F 36	MA	7:39:22	81.35%
12 Michael Pulli	M 38	MA	7:50:23	79.45%
13 Greg Soutiea	M 30	MA	7:52:28	79.10%
14 Dima Feinhaus	M 51	MA	7:56:22	78.45%
15 Daniel Gulas	M 37	MA	8:08:53	76.44%
16 Trevor Burbank	M 31	ME	8:09:25	76.36%
17 Bernie Doucet	M 47	NB	8:11:21	76.06%
18 Beau Langevin	M 35	ME	8:14:00	75.65%
19 Ryan O'Dell	M 29	NY	8:20:28	74.67%
20 Paul Baldini	M 43	CT	8:41:23	71.67%
21 Marshall Lovelette	M 35	MA	8:46:02	71.04%
22 Nick Brown	M 27	ME	8:49:55	70.52%
23 Jay Nickerson	M 46	VT	8:50:09	70.49%
24 <u>Lynn Poyant</u>	F 51	MA	8:51:54	70.26%
25 Joe Fubel	M 43	MA	8:53:35	70.04%
26 <u>Rebecca Burke</u>	F 39	CT	9:01:03	69.07%
27 Mike Weigand	M 40	VT	9:01:40	68.99%
28 Ben Scully	M 50	MA	9:04:20	68.65%
29 Mark Brown	M 39	MA	9:05:56	68.45%
30 <u>Ashley Daily</u>	F 27	CT	9:08:17	68.16%
31 Daniel Dutoit	M 56	MA	9:08:19	68.15%
32 Dag Holmboe	M 55	MA	9:10:04	67.94%
33 <u>Patricia Carreiro</u>	F 36	MA	9:10:15	67.91%
34 Steve Meunier	M 60	VT	9:11:08	67.81%
35 Kevin Mullen	M 57	MA	9:18:37	66.90%
36 Adrian Savovici	M 24	NJ	9:19:51	66.75%
37 Tim Horan	M 41	MA	9:20:49	66.63%
38 Tom Giammalvo	M 40	MA	9:20:50	66.63%
39 Paul Sulva	M 44	VT	9:23:18	66.34%
40 John Marino	M 41	MA	9:23:19	66.34%
41 Glenn Butcher	M 50	NJ	9:23:32	66.31%
42 <u>Lauren Desautels</u>	F 27	MA	9:24:04	66.25%
43 Steven Penney	M 52	MA	9:26:00	66.02%
44 <u>Kris Gleason</u>	F 51	MA	9:26:44	65.94%
45 <u>Allison Rossi</u>	F 33	MA	9:31:33	65.38%
46 <u>Zuzana Salka</u>	F 30	MA	9:33:03	65.21%
47 Tobey Reynolds	M 41	NH	9:33:18	65.18%
48 Tucker Harrison	M 30	MA	9:34:03	65.10%
49 <u>Laura Ricci</u>	F 31	MA	9:37:52	64.67%
50 Loring Besse	M 49	MA	9:38:01	64.65%
51 Jose Rafael Gamboa	M 36	MA	9:40:50	64.34%
52 <u>Katherine Kulig</u>	F 36	MA	9:41:02	64.32%

53 Richard Benoit	M 46	OR	9:42:23	64.17%
54 Jeff Bunten	M 40	MA	9:42:29	64.16%
55 <u>Kristy Burns</u>	F 40	VT	9:43:18	64.07%
56 Dietmar Bago	M 46	MA	9:43:18	64.07%
57 Martin Lague	M 44	NB	9:46:16	63.74%
58 Martin Salka	M 32	MA	9:47:46	63.58%
59 Chris Carmody	M 32	MA	9:52:24	63.08%
60 Tim Hamlen	M 41	NH	9:52:44	63.05%
61 <u>Kristi Umile</u>	F 41	MA	9:56:50	62.61%
62 <u>Marie Duignan</u>	F 35	MA	9:57:11	62.58%
63 Douglas Lord	M 45	CT	9:57:24	62.55%
64 Brian Mathews	M 30	CO	10:05:49	61.69%
65 <u>Gretchen Carlson</u>	F 48	CT	10:08:51	61.38%
66 <u>Andrea Buono</u>	F 46	CT	10:09:58	61.27%
67 Chris Risko	M 45	MA	10:11:24	61.12%
68 <u>Meagan Buckley</u>	F 27	MA	10:12:11	61.04%
69 Mark Kruger	M 42	MA	10:18:05	60.46%
70 Mike Maher	M 49	MA	10:18:46	60.39%
71 Mike Cotts	M 45	NB	10:19:20	60.34%
72 Mike Stephenson	M 40	MA	10:26:12	59.68%
73 Gerard Doyle	M 57	MA	10:28:49	59.43%
74 John Lee	M 61	MA	10:31:35	59.17%
75 Charles Leonard	M 59	NY	10:33:01	59.03%
76 Erik Seales	M 32	MA	10:33:59	58.94%
77 Christopher Agbay	M 37	MA	10:36:51	58.68%
78 <u>Karen Ringheiser</u>	F 50	MA	10:42:25	58.17%
79 Lou Martin	M 55	MA	10:43:24	58.08%
80 Wayne Reisberg	M 47	VT	10:44:28	57.99%
81 Keith Carroll	M 30	MA	10:46:12	57.83%
82 <u>Melinda Vaturro</u>	F 42	MA	10:51:20	57.37%
83 <u>Janet Sanderson</u>	F 47	RI	10:53:00	57.23%
84 <u>Laura Blais</u>	F 41	CT	10:53:02	57.23%
85 <u>Will Danecki</u>	M 64	CT	10:54:32	57.09%
86 <u>Mary Sullivan</u>	F 43	MA	10:55:07	57.04%
87 Rod Wilson	M 43	CT	10:56:37	56.91%
88 Brendan Frank	M 42	MA	10:56:44	56.90%
89 <u>Catherine Robinson</u>	F 44	ME	10:57:08	56.87%
90 Mark McGowan	M 59	QC	11:01:32	56.49%
91 Richard Langevin	M 57	ME	11:03:37	56.31%
92 Kenny Rogers	M 60	MA	11:04:23	56.25%
93 Andrew Weik	M 50	NY	11:04:24	56.25%
94 <u>Alison Caruso</u>	F 37	CT	11:08:41	55.89%
95 <u>Katie Foss Siwicki</u>	F 40	MA	11:08:42	55.88%
96 <u>Karma Tousignant</u>	F 40	MA	11:08:43	55.88%
97 <u>Sara Thatcher</u>	F 43	MA	11:11:13	55.68%
98 <u>Jen Clark</u>	F 38	CT	11:12:12	55.59%
99 <u>Jane Hoffmann</u>	F 52	MA	11:13:14	55.51%
100 Phil Tatro	M 51	MA	11:14:37	55.39%
101 James Russo	M 58	NY	11:15:16	55.34%
102 Joseph Wang	M 29	MA	11:15:16	55.34%
103 David Raczkowski	M 64	CT	11:18:52	55.05%
104 Jim Porter	M 54	NY	11:19:01	55.04%
105 <u>Shelley Cheung</u>	F 30	MA	11:21:41	54.82%
106 Matt Wunch	M 39	CT	11:22:18	54.77%
107 Terrence Pricher	M 45	MA	11:22:42	54.74%
108 <u>Kristin Champagne</u>	F 43	CT	11:27:00	54.40%
109 <u>Judith Shaw</u>	F 46	RI	11:27:14	54.38%
110 <u>Linda Raymond</u>	F 40	ME	11:31:51	54.01%
111 John Taylor	M 52	MN	11:34:42	53.79%
112 Justin Smith	M 27	MO	11:36:35	53.65%

Continued next page:

Stone Cat 50 miles cont:

113 Zachary Ciccolo	M 27	FL	11:36:35	53.65%
114 Ken Gulliver	M 50	MA	11:39:41	53.41%
115 <u>Carin Zinter</u>	F 41	MA	11:40:40	53.33%
116 <u>Liana Kolodenker</u>	F 27	MA	11:42:04	53.23%
117 <u>Samantha Goresh</u>	F 33	MA	11:42:09	53.22%
118 <u>Jennifer O'Connell</u>	F 46	QC	11:42:31	53.19%
119 <u>Lisa Klinkenberg</u>	F 41	MA	11:42:37	53.19%
120 Joe Hayes	M 66	NH	11:44:55	53.01%
121 Rick Kraics	M 38	MA	11:50:59	52.56%
122 Raymond Zirblis	M 60	VT	11:52:35	52.44%
123 Sean Walker	M 38	MA	11:52:56	52.42%
124 <u>Kate Swails</u>	F 33	MA	11:55:36	52.22%
125 Michael Bates	M 48	MA	12:00:47	51.85%
126 Eric Pattison	M 24	CT	12:03:17	51.67%
127 <u>Theresa Berna</u>	F 45	NH	12:04:45	51.56%
128 Jason Como	M 39	MA	12:21:10	50.42%
129 <u>Brenda Morris</u>	F 48	MA	12:21:54	50.37%
130 <u>Heather Laffey</u>	F 31	MA	12:22:18	50.34%
131 <u>Elizabeth Coyle</u>	F 32	NY	12:24:09	50.22%
132 Daniel Petrusis	M 33	CT	12:42:49	48.99%
133 <u>Mary Brundage</u>	F 41	NH	13:12:45	47.14%

Stone Cat Marathon Results:*Club members in bold:*

Name	Age	ST.	Time	GT %
1 John Dudley	M 36	MA	3:02:36	100.00%
2 Deniz Karakoyunlu	M 33	MA	3:16:59	92.70%
3 Keith Schmitt	M 46	NH	3:18:11	92.14%
4 Sean McDonough	M 32	MA	3:18:41	91.91%
5 David Long	M 40	MA	3:21:08	90.79%
6 Colin Gulley	M 35	ME	3:23:26	89.76%
7 Frank White	M 40	MA	3:27:54	87.83%
8 Luke Nugent	M 27	MA	3:31:16	86.43%
9 Mike Penta	M 46	MA	3:31:18	86.42%
10 <u>Lyne Bessette</u> 1 st F	F 39	MA	3:33:41	85.45%
11 Brendan Galvin	M 41	MA	3:33:56	85.35%
12 Aaron Cilluffo	M 44	MA	3:36:26	84.37%
13 Ken Naide	M 42	MA	3:37:09	84.09%
14 Stephen Whittey	M 57	MA	3:39:36	83.15%
15 William Leroyer	M 34	MA	3:39:47	83.08%
16 <u>Emma Kosciak</u>	F 30	MA	3:42:46	81.97%
17 Jamie Reichler	M 45	CO	3:42:47	81.96%
18 Kevin Marks	M 38	MA	3:45:13	81.08%
19 Edward Jeffries	M 50	MA	3:45:23	81.02%
20 Sam Farnsworth	M 54	MA	3:49:20	79.62%
21 Jason Patch	M 40	ME	3:49:51	79.44%
22 Giant Parlin	M 38	ME	3:50:08	79.35%
23 Chad Stashek	M 34	MA	3:51:52	78.75%
24 Chris Fauske	M 51	MA	3:52:53	78.41%
25 Matthew Adams	M 41	MA	3:57:11	76.99%
26 Doug Hall	M 59	MA	3:57:16	76.96%
27 Bob Poirier	M 59	ME	4:00:37	75.89%
28 Robert Fournier	M 50	MA	4:01:42	75.55%

29 Matthew Lamothe	M 31	MA	4:03:19	75.05%
30 Kevin Breen	M 44	NH	4:06:32	74.07%
31 Michael Ferrari	M 50	MA	4:09:51	73.08%
32 Randal Parradee	M 43	MA	4:12:44	72.25%
33 Dana Boudreau	M 40	NH	4:14:57	71.62%
34 Chuck Moran	M 52	MA	4:15:48	71.38%
35 <u>Jennifer Howland</u>	F 26	MA	4:18:46	70.57%
36 Ted Cowles	M 56	CT	4:18:49	70.55%
37 <u>Jenny Carpenter</u>	F 43	NY	4:18:50	70.55%
38 <u>Carly Eisley</u>	F 34	CT	4:19:47	70.29%
39 Jeff Hamilton	M 44	MA	4:22:38	69.53%
40 Michael Trevor	M 48	MA	4:22:43	69.50%
41 <u>Donna Smyth</u>	F 55	VT	4:23:37	69.27%
42 Vincent Ma	M 45	CA	4:25:50	68.69%
43 Chris Bentis	M 38	MA	4:26:28	68.53%
44 Mickel Mcclish	M 43	MA	4:26:36	68.49%
45 <u>Virginia Kittell</u>	F 47	VT	4:27:18	68.31%
46 Robert Bonazoli	M 43	MA	4:29:27	67.77%
47 Peter Floss	M 51	MA	4:30:36	67.48%
48 <u>Erin Crooks</u>	F 39	MA	4:30:40	67.46%
49 David Anastasi	M 36	MA	4:30:54	67.40%
50 <u>Lynn Vasconcelos</u>	F 39	MA	4:30:55	67.40%
51 <u>Peggy Lyman</u>	F 39	MA	4:31:45	67.19%
52 Paul Stacy	M 47	MA	4:31:47	67.19%
53 <u>Gretchen Parmentier</u>	F 37	MA	4:33:15	66.83%
54 <u>Jennifer Almeida</u>	F 35	MA	4:33:16	66.82%
55 <u>Lisa Colgan</u>	F 40	MA	4:35:43	66.23%
56 <u>Meredith Pinault</u>	F 37	MA	4:35:50	66.20%
57 Dan Place	M 43	NH	4:38:40	65.53%
58 Fred Schmuhl	M 49	NH	4:38:58	65.46%
59 Brad Patch	M 46	MA	4:39:47	65.26%
60 <u>Amy Morgan</u>	F 37	MA	4:41:08	64.95%
61 Eric Grelle	M 34	MA	4:41:13	64.93%
62 <u>Jean Miller</u>	F 57	MA	4:41:50	64.79%
63 Scott Nicholson	M 31	MA	4:41:59	64.76%
64 <u>Rachel Hunt</u>	F 41	MA	4:43:32	64.40%
65 Jim Hughes	M 42	MA	4:44:16	64.24%
66 <u>Allee Keener</u>	F 21	MA	4:44:55	64.09%
67 <u>Mary Kutcher</u>	F 48	RI	4:45:05	64.05%
68 <u>Mary Dyan</u>	F 39	MA	4:45:11	64.03%
69 <u>Mironda Meyer</u>	F 45	MA	4:46:00	63.85%
70 <u>Aileen O'Rourke</u>	F 36	MA	4:46:33	63.72%
71 Kenneth Lemerise	M 63	MA	4:47:04	63.61%
72 Aaron Toleos	M 43	MA	4:48:22	63.32%
73 Rob Serpa	M 39	MA	4:50:20	62.89%
74 <u>Christine Bush</u>	F 52	QC	4:50:50	62.79%
75 James Lamothe	M 56	MA	4:51:22	62.67%
76 Mike Laliberte	M 52	RI	4:53:40	62.18%
77 Scott Auen	M 47	MA	4:54:34	61.99%
78 <u>Jessica Kehoe</u>	F 37	MA	4:55:01	61.89%
79 Doug Rice	M 36	MA	4:55:52	61.72%
80 <u>Suzanne Salemi</u>	F 39	CT	4:56:47	61.53%
81 Brian Thomas	M 30	NY	4:57:21	61.41%
82 Colin Rand	M 27	MA	4:57:32	61.37%
83 <u>Amanda McCaughey</u>	F 30	NH	4:57:35	61.36%
84 Sean McDonough	M 53	MA	4:57:50	61.31%
85 Etienne Jaulin	M 56	MA	4:58:30	61.17%
86 Stephen Tedeschi	M 41	MA	4:59:15	61.02%
87 Bob Segal	M 61	MA	5:01:52	60.49%
88 Scott Foxx	M 50	NC	5:01:59	60.47%

Continued next page:

Stone Cat Marathon results cont:

89 Patrick Flaherty	M54	MA	5:02:33	60.35%
90 Brad Wolf	M53	QC	5:02:41	60.33%
91 Gary Richards	M 58	CT	5:05:08	59.84%
92 Tyler Heggie	M 13	PE	5:05:09	59.84%
93 <u>Amy Amirault</u>	F 40	MA	5:05:44	59.73%
94 <u>Brooke Johnson</u>	F 39	ME	5:05:45	59.72%
95 James Schroeder	M 52	MA	5:07:01	59.48%
96 Chris Anderson	M 46	MA	5:08:04	59.27%
97 <u>Marianne Quaratiello</u>	F 39	MA	5:11:23	58.64%
98 Jim Courville	M 32	MA	5:11:49	58.56%
99 Curtis Lintvedt	M 67	NH	5:11:58	58.53%
100 <u>Rebecca Levreault</u>	F 40	MA	5:14:06	58.13%
101 Eric Finney	M 44	MA	5:14:36	58.04%
102 Christopher Wile	M 58	MA	5:15:02	57.96%
103 Angela Boudreau	F 44	MA	5:15:03	57.96%
104 Michael Goolksian	M 50	MA	5:15:07	57.95%
105 Moe Kelley	M 43	MA	5:15:39	57.85%
106 Jared Herman	M 20	MA	5:16:54	57.62%
107 <u>Tara Roch</u>	F 40	MA	5:17:06	57.58%
108 Peter Nugent	M 20	MA	5:17:46	57.46%
109 Franz Buzawa	M 51	MA	5:24:52	56.21%
110 <u>Sheila Adams</u>	F 47	MA	5:25:48	56.05%
111 Mark Weidman	M 57	NH	5:26:36	55.91%
112 <u>Brenda Murphy</u>	F 40	ME	5:27:13	55.80%
113 Brian Burns	M 37	MA	5:28:03	55.66%
114 <u>Ginny Mccord</u>	F 56	MA	5:28:04	55.66%
115 Frederick Ross III	M 68	VT	5:28:17	55.62%
116 <u>Claire Yunger</u>	F 44	MA	5:28:22	55.61%
117 Bart McCarthy	M 42	MA	5:28:56	55.51%
118 David Morris-Barker	M 50	MA	5:29:01	55.50%
119 <u>Nicole Ponte</u>	F 16	MA	5:30:48	55.20%
120 Robert Scott	M 60	CT	5:32:26	54.93%
121 Erin Bennett	M 44	MA	5:32:38	54.90%
122 Patrick Smith	M 52	MA	5:32:39	54.89%
123 <u>Chontelle Clark</u>	F 45	MA	5:32:53	54.85%
124 <u>Patti Dobrindt</u>	F 42	MA	5:34:04	54.66%
125 <u>Rachel Schewe</u>	F 43	MA	5:38:18	53.98%
126 Kevin Schrecengost	M 51	PA	5:38:50	53.89%
127 <u>Robin Guldemond</u>	F 51	MA	5:39:35	53.77%
128 <u>Hadassah Pender</u>	F 29	VT	5:40:05	53.69%
129 <u>Carolyn Shreck</u>	F 42	NH	5:40:12	53.67%
130 Jose Viveiros	M 54	MA	5:41:09	53.52%
131 <u>Emily Trespas</u>	F 43	MA	5:41:31	53.47%
132 David McDermott	M 60	ME	5:41:34	53.46%
133 <u>Tara Schaberg</u>	F 30	NJ	5:41:46	53.43%
134 <u>Chrissy Knox</u>	F 41	MA	5:45:12	52.90%
135 <u>Rossana Paganelli</u>	F 43	MA	5:45:38	52.83%
136 <u>Jennie Murack</u>	F 33	MA	5:47:31	52.54%
137 <u>Aimee Chambers</u>	F 41	VT	5:47:56	52.48%
138 <u>Patricia Clocher</u>	F 59	MA	5:48:11	52.44%
139 Curtis Rising	M 47	MA	5:48:13	52.44%
140 Roger Bush	M 59	MA	5:50:52	52.04%
141 <u>Surjeet Paintal</u>	F 34	MA	5:52:56	51.74%
142 Christopher Lay	M 34	MA	5:52:57	51.74%
143 <u>Sophia Darling</u>	F 39	NY	5:53:11	51.70%
144 <u>Brooke Cotta</u>	F 21	MA	5:53:53	51.60%
145 <u>Tami Casas</u>	F 38	ME	5:54:41	51.48%
146 <u>Lisa Glickenhause</u>	F 54	NY	5:55:01	51.43%
147 <u>Denise Oliver</u>	F 60	MA	5:57:45	51.04%
148 James Gilford	M 57	MA	5:58:10	50.98%

149 <u>Lauren Padula</u>	F 42	MA	5:58:39	50.91%
150 Jeff Hattem	M 63	MA	5:59:22	50.81%
151 Joseph Reynolds	M 70	NY	6:03:14	50.27%
152 Ray Rogers	M 44	MA	6:05:35	49.95%
153 <u>Laura Serri</u>	F 57	QC	6:08:42	49.53%
154 <u>Terri Murray</u>	F 46	MA	6:09:08	49.47%
155 <u>Bonnie Hallinan</u>	F 65	MA	6:10:55	49.23%
156 <u>Lauren Montieth</u>	F 18	NC	6:11:20	49.17%
157 <u>Susana Ponte</u>	F 46	MA	6:12:05	49.08%
158 <u>Linda Fitzpatrick</u>	F 63	MA	6:12:13	49.06%
159 Bob Catinazzo	M 47	MA	6:12:39	49.00%
160 <u>Kristen Dori</u>	F 48	RI	6:14:27	48.76%
161 John Kotch	M 54	MA	:16:58	48.44%
162 Adam Monty	M 37	MA	6:19:07	48.16%
163 Tom Malcolm	M 58	MA	6:19:26	48.12%
164 <u>Donna Nielsen</u>	F 46	MA	6:23:42	47.59%
165 <u>Megan Bouchard</u>	F 35	MA	6:25:08	47.41%
166 Brett Upton	M 56	VT	6:26:38	47.23%
167 Randy Leach	M 44	MA	6:30:00	46.82%
168 <u>Ann Larson</u>	F 58	MA	6:30:09	46.80%
169 Herbert Lin	M 58	MA	6:32:01	46.58%
170 <u>Naomi Doherty</u>	F 36	MA	6:33:21	46.42%
171 Gary Larson	M 69	ME	6:34:13	46.32%
172 <u>Lynn McCarthy</u>	F 40	MA	6:35:41	46.15%
173 <u>Lisa Kelly</u>	F 40	MA	6:46:17	44.94%
174 <u>Darlene Layton</u>	F 56	MA	6:46:58	44.87%
175 <u>Diane Krygowski</u>	F 51	NJ	6:49:33	44.59%
176 Paul Sosenko	M 57	MA	6:52:07	44.31%
177 <u>Kate Farren</u>	F 32	MA	6:52:49	44.23%
178 <u>Maureen Farren</u>	F 66	MA	6:52:49	44.23%
179 <u>Holly Sippel</u>	F 46	MA	6:59:30	43.53%
180 Rich Riddle	M 40	MA	7:08:16	42.64%
181 <u>Amber Woolfenden</u>	F 43	MA	7:18:31	41.64%
182 Jeff Linwood	M 35	TX	7:20:07	41.49%
183 Brian Chisholm	M 59	MA	7:25:56	40.95%
184 <u>Art Gulliver</u>	M 75	MA	7:31:35	40.44%
185 <u>Jaelyn Ford</u>	F 25	MA	7:34:54	40.14%
186 <u>Chere Vosberg</u>	F 30	MA	7:55:46	38.38%
187 <u>Karen McWhirt</u>	F 53	CT	8:27:01	36.01%
188 <u>Ellen Morris</u>	F 52	GA	11:10:13	27.24%



Running past one of the many swamps in the Willowdale State Forest during the Stone Cat trail races.

photo by will

durtyfeets ... Upton State Forest Trail Run
21K, Upton, MA. ...November 16, 2014

Club members in bold:

<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1 Ben Maron	M 15	MA	1:26:32	100.00%
2 Nicholas Cotton	M 46	MA	1:29:23	96.81%
3 Karl Young	M 23	MA	1:34:23	91.68%
4 Paul Young	M 49	MA	1:34:26	91.63%
5 <u>Kelsey Allen</u> 1 st F	F 31	MA	1:34:44	91.34%
6 <u>Kehr Davis</u>	F 38	MA	1:35:46	90.36%
7 Sean Cloran	M 17	MA	1:40:12	86.36%
8 John Carr	M 35	CT	1:42:55	84.08%
9 David Loutzenheiser	M 48	MA	1:43:31	83.59%
10 Luke Legendre	M 30	MA	1:43:43	83.43%
11 Christopher Bersani	M 48	MA	1:46:38	81.15%
12 Jason Funch	M 35	MA	1:46:41	81.11%
13 Paul Funch	M 64	MA	1:47:01	80.86%
14 Tom Drake	M 38	MA	1:48:40	79.63%
15 Stas Trufanov	M 35	MA	1:49:58	78.69%
16 Dan McCarthy	M 53	RI	1:50:31	78.30%
17 Scott Henderson	M 39	MA	1:51:11	77.83%
18 <u>Dierdre Mooney</u>	F 31	ME	1:52:10	77.15%
19 <u>Karen Kassel</u>	F 42	MA	1:52:12	77.12%
20 Paul Dreyer	M 29	MA	1:53:47	76.05%
21 Nicolas Malloy	M 30	MA	1:54:02	75.88%
22 Sonny Gerardi	M 40	MA	1:54:05	75.85%
23 <u>Lori Muhr</u>	F 49	MA	1:54:47	75.39%
24 <u>Sara Marineau</u>	F 32	MA	1:54:56	75.29%
25 Kyle Klockers	M 43	RI	1:56:02	74.58%
26 Denis Childs	M 42	MA	1:56:06	74.53%
27 Jim Grady	M 52	MA	1:56:15	74.44%
28 Sean Blood	M 44	MA	1:56:17	74.42%
29 Matt Driscoll	M 36	MA	1:56:51	74.06%
30 Will Young	M 28	MA	1:56:59	73.97%
31 Lawatha Cherrenfro	M 28	RI	2:00:31	71.80%
32 Gaston Fiore	M 31	CT	2:00:36	71.75%
33 John Foster	M 57	MA	2:00:44	71.67%
34 <u>Kristen Legende</u>	F 30	MA	2:01:24	71.28%
35 Larry Smith	M 50	NH	2:02:38	70.56%
36 <u>Jacqui Busick</u>	F 19	MA	2:02:39	70.55%
37 <u>Elizabeth Hochman</u>	F 20	PA	2:02:57	70.38%
38 <u>Katherine Bukis</u>	F 21	MA	2:03:05	70.30%
39 Andrew Gillis	M 44	NH	2:03:14	70.22%
40 Paul Rondeau	M 44	NH	2:03:19	70.17%
41 <u>Lorena Duquette</u>	F 37	MA	2:03:25	70.11%
42 Mike Manosh	M 31	MA	2:03:47	69.91%
43 Paul Kondrat	M 40	MA	2:04:26	69.54%
44 Mike Palliola	M ??	??	2:08:51	67.16%
45 <u>Jennifer Hickey</u>	F 32	MA	2:09:41	66.73%
46 <u>Kirsten Kortz</u>	F 36	MA	2:09:50	66.65%
47 Nassar Mufdi Ruiz	M 29	MA	2:09:54	66.62%
48 <u>Susan Macleod</u>	F 37	MA	2:10:27	66.33%
49 <u>Bettny Mazur</u>	F 25	MA	2:10:42	66.21%
50 <u>Kathryn Zioto</u>	F 28	MA	2:10:49	66.15%
51 <u>Sara Brady</u>	F 30	MA	2:10:51	66.13%
52 <u>Kate Carroll</u>	F 36	MA	2:11:22	65.87%
53 John Mitrowski	M 29	MA	2:11:48	65.66%
54 Jose Latorre	M 46	NY	2:12:27	65.33%
55 Eric Hubball	M 39	MA	2:13:04	65.03%

56 <u>Heather Wiatrowski</u>	F 39	MA	2:13:06	65.01%
57 Tom Sullivan	M 55	MA	2:13:24	64.87%
58 Nick Pittman	M 24	MA	2:13:30	64.82%
59 Thomas King	M 61	NY	2:14:38	64.27%
60 <u>Stella Shen</u>	F 43	MA	2:14:42	64.24%
61 George Gilder	M 75	MA	2:14:46	64.21%
62 Bradford Nichols	M 52	NH	2:15:05	64.06%
63 Kostas Tzizigis	M 43	MA	2:15:47	63.73%
64 <u>Stephanie Manosh</u>	F 30	MA	2:17:26	62.96%
65 <u>Heather Paquette</u>	F 31	MA	2:17:33	62.91%
66 Harry Myers IV	M 43	RI	2:17:57	62.73%
67 Benjamin Misch	M 53	MA	2:18:33	62.46%
68 <u>Kelsea Miller</u>	F 22	ME	2:18:50	62.33%
69 <u>Megan Willis-Jackson</u>	F 22	MA	2:18:54	62.30%
70 <u>Christine Chung</u>	F 31	MA	2:19:52	61.87%
71 <u>Anjuli Shivshanker</u>	F 30	MA	2:20:17	61.68%
72 <u>Ellen Nevers</u>	F 20	NY	2:21:18	61.24%
73 <u>Ashley Gilliard</u>	F 22	RI	2:21:21	61.22%
74 <u>Theresa Baker</u>	F 48	NY	2:21:37	61.10%
75 Donald Baker	M 51	NY	2:21:41	61.08%
76 <u>Jennifer Garrett</u>	F 41	MA	2:21:54	60.98%
77 <u>Alison Burton</u>	F 27	MA	2:22:03	60.92%
78 <u>Danielle Millett</u>	F 37	MA	2:22:06	60.90%
79 <u>Sandra Ramsey</u>	F 34	MA	2:22:08	60.88%
80 <u>Katya Divari</u>	F 53	MA	2:22:21	60.79%
81 <u>Andrea Jackson</u>	F 36	MA	2:23:13	60.42%
82 Richard Kilpatrick	M 45	MA	2:23:19	60.38%
83 <u>Kathleen MacNeil</u>	F 53	MA	2:23:50	60.16%
84 <u>Cath Wickremeratne</u>	F 40	MA	2:23:54	60.13%
85 <u>Kara Deyermenjian</u>	F 26	MA	2:24:26	59.91%
86 <u>Kristen Warren</u>	F 37	MA	2:24:37	59.84%
87 <u>Alyssa Adreani</u>	F 39	MA	2:25:23	59.52%
88 <u>Crystal Lozano</u>	F 45	MA	2:28:00	58.47%
89 <u>Joann Fitts</u>	F 44	MA	2:28:06	58.43%
90 <u>Eryn Schlosser</u>	F 32	MA	2:29:02	58.06%
91 Todd Sutherland	M 47	MA	2:29:27	57.90%
92 <u>Janet Carpenter</u>	F 46	MA	2:34:52	55.88%
93 <u>Vicki Haley</u>	F 60	MA	2:37:04	55.09%
94 <u>Sarah Wignall</u>	F 40	RI	2:39:00	54.42%
95 <u>Liz Malloy</u>	F 42	RI	2:39:01	54.42%
96 Benjamin Ladd	M 42	CT	2:39:19	54.32%
97 <u>Aura Mauricio</u>	F 42	MA	2:42:48	53.15%
98 <u>Caroline Kern</u>	F 21	MA	2:43:16	53.00%
99 <u>Emily Regan</u>	F 21	MA	2:43:19	52.98%
100 <u>Kathleen Furlani</u>	F 66	CT	2:48:26	51.38%
101 <u>Mary Lou White</u>	F 59	CT	2:51:09	50.56%
102 Sam Theodoris	M 35	RI	2:51:20	50.51%
103 <u>Maura Bruell</u>	F 28	CT	2:58:56	48.36%
104 <u>Kaleigh Maines</u>	F 28	MA	2:59:52	48.11%
105 <u>Britta MacIntosh</u>	F 47	MA	3:05:02	46.77%
106 <u>Patricia Prewitt</u>	F 58	MA	3:18:12	43.66%
107 <u>Karen Pajer</u>	F 47	MA	3:23:58	42.43%
108 <u>Cyndy Curley</u>	F 49	MA	3:24:02	42.41%

Wednesday Night Fun Runs ... 5:30 PM
 Now through spring we meet at the PNA Hall
 13 Victory ST. Adams, MA.
 Come run or walk with us. Stay for drinks and trivia
 after. Call the hot line for info.... 413 - 743 - 5124



WMAC Christmas Party

Saturday, December 20, 2014

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

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

As in the past, dinner is free for club officers, RD's for WMAC races, and for members who have volunteered at three club races during the past year. **For all others the cost is only \$15 per person.**

This includes dinner, tax, tip, coffee and dessert.

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

Please RSVP by Dec. 13

Hope to see you there!

For more info contact Ed Saharczewski ...edwrdsah@aol.com or Fran Mach ... poncherosa@yahoo.com

Or call the Hot Line ... 413 – 743 – 5124 to reserve your seat.

NAME (s) _____

Total Enclosed _____

Dinner choice Beef _____ Chicken _____ Fish _____

WMAC's 2014 Christmas Party



WMAC Turkey Trot Thanksgiving Day 5K Road Race

Thursday, November 27, 2014

PNA Hall, 13 Victory Street, Adams, Massachusetts

Timing/Results by Greystone Electronics LLC
(860)485-1991 www.greystoneracing.net

Overcast, damp, calm, temperatures in the mid 20's.

Course Record 16:00 by Dusty Lopez in 2010

Place	Name	Age	City	St	No.	Time	Pace
1	Colin Young	38 M	Williamstown	MA	220	16:21	5:16
2	Trevor Ciempa	18 M	Adams	MA	223	16:45	5:24
3	Logan Wilson	20 M	Lanesborough	MA	236	16:53	5:26
4	Jared Xavier Haley	16 M	Adams	MA	214	18:25	5:56
5	Daniel Dix	35 M	Coatesville	PA	81	18:35	5:59
6	Philip Sullivan	26 M	Lanesboro	MA	188	18:37	6:00
7	Matt Fontaine	36 M	Pittsfield	MA	238	18:45	6:02
8	Tim Allard	28 M	Pittsfield	MA	239	19:19	6:13
9	Daniel Brainerd	15 M	Dalton	MA	28	19:20	6:14
10	John Bobiak	35 M	Hightstown	NJ	293	19:41	6:20
11	David Wilson	53 M	Lanesborough	MA	244	19:44	6:21
12	Hunter Greene	34 M	Williamstown	MA	87	20:03	6:27
13	Matt Voisin	36 M	Williamstown	MA	275	20:12	6:31
14	Stefan Ogle	26 M	Pittsfield	MA	273	20:17	6:32
15	Jackie Lemme 1st F	23 F	Woodstock	CT	241	20:19	6:33
16	William Kittler	50 M	Pittsfield	MA	248	20:24	6:34
17	Thaddeus Rudd	42 M	Brooklyn	NY	119	20:57	6:45
18	Hilary Greene	44 F	Williamstown	MA	85	21:12	6:50
19	Matthew Skinner	41 M	Los Angeles	CA	2	21:16	6:51
20	Marc Wrzesinski	28 M	Pittsfield	MA	235	21:18	6:52
21	Nate Jetter	16 M	Adams	MA	250	21:29	6:55
22	Tyna Senecal	31 F	Stamford	VT	175	21:30	6:55
23	Brendan Bullett	35 M	North Adams	MA	257	21:33	6:56
24	Frank Krol	39 M	Peru	MA	164	21:53	7:03
25	David H. Jenkins	42 M	Catonsville	MD	6	21:56	7:04
26	Shira Catlin	22 F	Williamstown	MA	116	22:00	7:05
27	Sharon Rosenthal	27 F	Adams	MA	201	22:03	7:06
28	Jamie Barthe	14 F	Adams	MA	290	22:06	7:07
29	Cam Geller	24 M	Pittsfield	MA	100	22:06	7:07
30	Emily Maffuccio	12 F	Pittsfield	MA	67	22:11	7:09
31	Ollie Swabey	8 M	Clarksburg	MA	267	22:14	7:10
32	Darrell Carlson	55 M	Stamford	VT	247	22:15	7:10
33	Edhara Laira	17 M	Rowe	MA	307	22:17	7:11
34	Tim Morey	57 M	Adams	MA	118	22:22	7:12
35	Casey Leonard	41 M	Portland	ME	233	22:23	7:12
36	Derek Koffi-Ziter	16 M	Adams	MA	292	22:27	7:14
37	Ian Valiton	35 M	North Adams	MA	245	22:42	7:19
38	Kaylene Lemme	21 F	Keene	NH	219	22:52	7:22
39	Carmel Kushi	45 F	Pittsfield	MA	198	22:52	7:22
40	Jonpierre Levesque	15 M	Adams	MA	149	22:54	7:22
41	Josh Hasty	40 M	Pittsfield	MA	259	22:59	7:24
42	Christine Arace	41 F	Pittsfield	MA	43	23:00	7:25
43	Peter Hawley	64 M	New Hartford	CT	215	23:01	7:25
44	Sarah Bobiah	43 F	East Windsor	NJ	295	23:24	7:32
45	Olivia Milanese	22 F	North Adams	MA	72	23:29	7:34
46	Shaleigh Levesque	12 F	Adams	MA	151	23:31	7:34
47	Pete Cole	45 M	Pittsfield	MA	243	23:31	7:34
48	Jennifer Senecal	33 F	Clarksburg	MA	41	23:35	7:36
49	David Bowler	24 M	Pittsfield	MA	274	23:37	7:36

Continued next page:

Turkey Trot results cont:

50	Anthony Arace	14	M	Pittsfield	MA	44	23:38	7:37
51	Audrey Witter	50	F	North Adams	MA	199	23:40	7:37
52	Tim Diahe	54	M	Dalton	MA	303	23:44	7:39
53	Bill Eagan	59	M	Pittsfield	MA	50	23:45	7:39
54	Matthew Coviello	32	M	Pittsfield	MA	19	23:48	7:40
55	Joe Gwozdz	59	M	Cheshire	MA	212	23:50	7:41
56	Heath Haas	40	M	Adams	MA	80	23:57	7:43
57	Kelsey Ryan	20	F	North Adams	MA	75	23:59	7:44
58	James R. Loughman	48	M	Adams	MA	216	24:01	7:44
59	Jim Pietras	36	M	Acton	MA	301	24:02	7:44
60	Bob Geller	64	M	Pittsfield	MA	99	24:03	7:45
61	Christine Tower	28	F	North Adams	MA	12	24:13	7:48
62	Zoe Loughman	17	F	Adams	MA	217	24:13	7:48
63	David Gokey	50	M	Pittsfield	MA	147	24:16	7:49
64	Dolan Smith	11	M	Pittsfield	MA	104	24:24	7:52
65	David Maffuccio	45	M	Pittsfield	MA	68	24:25	7:52
66	Maruel Hullad	49	M	North Adams	MA	249	24:27	7:53
67	John Kline	48	M	Adams	MA	286	24:28	7:53
68	Tristanne Chalmers	32	F	Adams	MA	277	24:29	7:53
69	Courtney Andrews	25	F	Clarksburg	MA	34	24:36	7:55
70	Taylor Kline	18	F	Adams	MA	287	24:37	7:56
71	Todd Andrews	51	M	Clarksburg	MA	35	24:37	7:56
72	Kayleigh Colombero	28	F	Adams	MA	258	24:42	7:58
73	Lisa Schifilliti	46	F	Needham	MA	283	24:47	7:59
74	Shanna Hall	39	F	Dracut	MA	48	24:48	7:59
75	Shauna Bakstran	39	F	Pittsfield	MA	49	24:48	7:59
76	Aaron Delmolino	36	M	Adams	MA	71	24:49	8:00
77	Fred Scully	66	M	North Adams	MA	222	24:52	8:01
78	Declan Rogers	8	M	Williamstown	MA	86	24:56	8:02
79	Lucia Shuff-Heck	15	F	Pittsfield	MA	54	24:59	8:03
80	Robin Avery	58	F	Adams	MA	218	25:00	8:03
81	Seth Rogers	46	M	Williamstown	MA	84	25:01	8:03
82	Justin Levesque	10	M	Adams	MA	150	25:02	8:04
83	Matt Resnisky	13	M	Deep River	CT	271	25:03	8:04
84	Paul McKeever	55	M	Lanesboro	MA	21	25:07	8:05
85	Emily Leitt	26	F	North Adams	MA	288	25:14	8:08
86	Colleen Murphy	47	F	Savoy	MA	73	25:25	8:11
87	Omar Ameen	38	M	Clarksburg	MA	74	25:25	8:11
88	Jerry Sargent	44	M	Savoy	MA	278	25:55	8:21
89	Lisa Hoag	53	F	Pittsfield	MA	98	25:59	8:22
90	Nicole Alarie	22	F	Adams	MA	154	26:00	8:23
91	Brian Alarie	51	M	Adams	MA	155	26:01	8:23
92	Laura Zepka	31	F	Pittsfield	MA	156	26:06	8:24
93	Katelyn Maffuccio	14	F	Pittsfield	MA	66	26:13	8:27
94	Sarah Glendon	35	F	Brooklyn	NY	95	26:17	8:28
95	Terry Miller	62	F	Cheshire	MA	296	26:23	8:30
96	Megan Muir	31	F	Franklin	MA	297	26:25	8:30
97	Maryrose Williams	30	F	Pittsfield	MA	60	26:26	8:31
98	Fallon Preite	23	F	North Adams	MA	206	26:26	8:31
99	Erin Leonard	35	F	Bennington	VT	197	26:27	8:31
100	Ed Saharczewski	61	M	Adams	MA	211	26:32	8:33
101	Olivia Carlson	17	F	Stamford	VT	252	26:40	8:35
102	Thane Preite	17	M	North Adams	MA	208	26:40	8:35
103	David Rancourt	15	M	Clarksburg	MA	255	26:53	8:40
104	David Rosenthal	56	M	Adams	MA	202	27:16	8:47
105	Jacqueline Lemieux	48	F	Williamstown	MA	180	27:23	8:49
106	Haley White	26	F	Dalton	MA	16	27:31	8:52
107	Jessica Tatrc	33	F	Stamford	VT	276	27:38	8:54

Continued next page:

Turkey Trot results cont:

108	Vic LaPort	74	M	Clarksburg	MA	62	27:59	9:01
109	Sara Shuff-Heck	42	F	Pittsfield	MA	55	28:02	9:02
110	Abby Brown	14	F	Dalton	MA	57	28:02	9:02
111	Dwayne Maragoni	50	M	San Jose	CA	42	28:05	9:03
112	Allie Gibeau	15	F	Clarksburg	MA	161	28:06	9:03
113	Ally Brown	16	F	Dalton	MA	58	28:16	9:06
114	Rachel Smith	11	F	Pittsfield	MA	103	28:19	9:07
115	Ashlynn Healey	11	F	Pittsfield	MA	107	28:22	9:08
116	Julie Kegrresse	43	F	Adams	MA	47	28:27	9:10
117	Cari Tierney	41	F	Melrose	MA	298	28:30	9:11
118	Jeff Parkman	67	M	North Adams	MA	213	28:31	9:11
119	Mark Paquette	65	M	Cheshire	MA	174	28:35	9:12
120	Emily Schiavoni	29	F	North Adams	MA	289	28:37	9:13
121	Jesse Demastrie	33	M	Arlinton	VA	230	28:42	9:14
122	Nicole Delmolino	31	F	Adams	MA	70	28:46	9:16
123	Erin Coviello	27	F	Pittsfield	MA	17	28:49	9:17
124	Deborah Pedercini	49	F	North Adams	MA	76	29:00	9:20
125	Claudine Preite	48	F	North Adams	MA	207	29:09	9:23
126	Sharon Billetter	44	F	Cheshire	MA	200	29:12	9:24
127	Colleen Galvin	38	F	Pittsfield	MA	153	29:13	9:24
128	Patricia Conroy-She	54	F	Adams	MA	38	29:34	9:31
129	John Aldrich	56	M	Dalton	MA	210	29:39	9:33
130	Ashley Towle	27	F	Portland	ME	225	29:40	9:33
131	Glenda Rebbe	57	F	Adams	MA	92	29:44	9:34
132	Steven Rebbe	57	M	Adams	MA	93	29:44	9:35
133	Nancy Cachat	39	F	Dalton	MA	224	29:47	9:36
134	Cassie Meyette	31	F	Cheshire	MA	270	29:53	9:38
135	Shannon Doolan	33	F	Pittsfield	MA	157	30:06	9:42
136	Daniel Sargent	8	M	Savoy	MA	280	30:12	9:44
137	Livia Morales	11	F	Williamstown	MA	260	30:15	9:45
138	Danielle Sargent	33	F	Savoy	MA	281	30:18	9:46
139	Carah Cote	15	F	Adams	MA	221	30:35	9:51
140	Maddie Vigna	16	F	Adams	MA	229	30:35	9:51
141	Michael McNamara	53	M	Springfield	MA	246	30:44	9:54
142	Eric White	73	M	Williamstown	MA	15	30:46	9:54
143	Max Morin	9	M	Cheshire	MA	262	30:47	9:55
144	Frances Miceli	42	F	Williamstown	MA	261	30:48	9:55
145	Judson Wheeler	49	M	New Ashford	MA	82	30:49	9:56
146	Roy Schifilliti	54	M	Needham	MA	284	30:54	9:57
147	William Thayer	52	M	North Adams	MA	231	31:06	10:01
148	Jake Mucci	10	M	Adams	MA	123	31:09	10:02
149	Erica Morin	43	F	Cheshire	MA	251	31:09	10:02
150	Morgan Levesque	20	F	North Adams	MA	78	31:14	10:03
151	Ashley Lantigua	13	F	Pittsfield	MA	109	31:14	10:04
152	Kelsey Falkowski	27	F	Dalton	MA	102	31:16	10:04
153	Bernie Kennedy	56	F	Pittsfield	MA	237	31:47	10:14
154	Jason Burdick	34	M	North Adams	MA	11	31:47	10:14
155	Ellen Dooley	40	F	Catonsville	MD	5	32:00	10:18
156	Alan Stricker	46	M	Williamstown	MA	4	32:00	10:18
157	Fallon Field	15	M	Adams	MA	228	32:08	10:21
158	Olivia Breset	15	F	Adams	MA	242	32:08	10:21
159	Meredith Sullivan	30	F	Adams	MA	189	32:19	10:24
160	Daniel Sullivan	65	M	Lanesboro	MA	187	32:19	10:25
161	Debra Lucey	56	F	North Adams	MA	269	32:30	10:28
162	Bill Glendon	68	M	Dalton	MA	59	32:37	10:30
163	Marty Glendon	68	M	Windsor	MA	63	32:38	10:31
164	Jennifer Skinner	42	F	Los Angeles	CA	1	32:53	10:35
165	Heather Greene	48	F	New Ashford	MA	83	32:54	10:36

Continued next page:

Turkey Trot results cont:

166	Cynthia Murphy	49	F	Williamstown	MA	88	32:55	10:36
167	David Ahhese	43	M	Melrose	MA	299	33:14	10:42
168	Mary Wilk	21	F	Cheshire	MA	306	33:24	10:45
169	Nancy Wilk	53	F	Cheshire	MA	305	33:25	10:46
170	Henry Daniels	8	M	Cheshire	MA	282	33:29	10:47
171	Isabelle Leonard	12	F	Hancock	MA	234	33:30	10:47
172	Sally Lemme	46	F	Adams	MA	256	33:35	10:49
173	Kelly Healey	35	F	Pittsfield	MA	108	33:49	10:53
174	Julie Lech	29	F	Adams	MA	39	34:06	10:59
175	Deidre Brainerd	50	F	Dalton	MA	29	34:14	11:01
176	Rosemary Ziarnik	10	F	Adams	MA	266	34:21	11:04
177	Kerry Lindemann	12	F	Salem	VA	23	34:22	11:04
178	Julie Belleau-Linde	34	F	Salem	VA	22	34:23	11:04
179	Spencer Chaffee	63	M	Adams	MA	226	34:24	11:05
180	Laurie Cole	34	F	Pittsfield	MA	240	34:27	11:06
181	David E. Lemieux	24	M	Williamstown	MA	184	34:38	11:09
182	Gina Kemper	23	F	Adams	MA	183	34:38	11:09
183	Juliette Wilk-Chaff	61	F	Adams	MA	227	34:43	11:11
184	Christie Mallet	29	F	Pittsfield	MA	40	34:55	11:15
185	Teresa McClary	39	F	Pittsfield	MA	268	35:15	11:21
186	Michael Collins	30	M	Adams	MA	136	35:32	11:26
187	Jennifer Cunagin	44	F	Pittsfield	MA	166	35:41	11:30
188	Nicholas Thayer	11	M	North Adams	MA	232	35:52	11:33
189	Andy McKeever	30	M	Pittsfield	MA	20	35:55	11:34
190	Alba Passerini	65	F	Lenox	MA	304	35:56	11:34
191	Lisa Collins	30	F	Adams	MA	135	36:21	11:42
192	Laura Netti	17	F	Clarksburg	MA	117	36:23	11:43
193	Rosalyn Lincoln	15	F	North Adams	MA	90	36:29	11:45
194	Stephanie Brazeau	38	F	Cheshire	MA	143	36:29	11:45
195	Melissa Ann Moon	41	F	Cheshire	MA	172	36:49	11:51
196	Mia Marie Parise	9	F	Cheshire	MA	173	36:49	11:51
197	Tracy Gobbi	41	F	Eliot	ME	285	37:01	11:55
198	Gabriella Bohiah	8	F	East Windsor	NJ	294	37:09	11:58
199	Linda Dewey	54	F	North Conway	NH	263	37:09	11:58
200	Jessica Lemieux	23	F	Williamstown	MA	182	37:12	11:59
201	Lance Clavette	25	M	Lee	MA	181	37:12	11:59
202	Katerina Mendel	19	F	Ann Arbor	MI	272	37:18	12:01
203	Hailey Most	13	F	Pittsfield	MA	111	37:19	12:01
204	Tasha Pearl Ely-Lyn	12	F	Pittsfield	MA	105	37:19	12:01
205	Jacqueline LeClair	11	F	Pittsfield	MA	110	37:21	12:02
206	Tyler Pettit	10	M	Cheshire	MA	56	37:27	12:04
207	Mary Dzbenski	29	F	Cheshire	MA	94	37:58	12:13
208	Dana Mendel	34	F	North Adams	MA	254	38:41	12:27
209	Susan Urba	62	F	Ann ARbor	MI	279	38:56	12:32
210	Josh Mendel	38	M	North Adams	MA	253	38:56	12:32
211	Emma Thurston	11	F	Cheshire	MA	193	40:20	12:59
212	Sarah Bruno	33	F	Boston	MA	159	40:20	12:59
213	Adam Bruno	34	M	Boston	MA	160	40:20	12:59
214	Elisalyn Conroy-She	11	F	Pittsfield	MA	89	41:56	13:30
215	Lecyia Hoose	12	F	Pittsfield	MA	113	42:55	13:49
216	Rachel Williams	14	F	Pittsfield	MA	141	44:34	14:21
217	Maddie Wesley	11	F	Pittsfield	MA	112	44:55	14:28
218	Prudence Ketcham	12	F	Pittsfield	MA	106	44:57	14:28
219	Bob Heikkinen	67	M	Williamstown	MA	178	46:13	14:53
220	Dave R. Lemieux	49	M	Williamstown	MA	179	46:14	14:53
221	Zoey Ojeda-Fallon	7	F	Cheshire	MA	97	49:00	15:47
222	Charlene Gennari	60	F	Cheshire	MA	96	49:02	15:47
223	Elizabeth Wood	35	F	Cheshire	MA	10	49:03	15:48
224	Haley Wood	7	F	Cheshire	MA	9	49:03	15:48
225	Julia Sawyer	7	F	Cheshire	MA	265	49:06	15:49
226	Bille Jo Sawyer	40	F	Cheshire	MA	264	49:07	15:49

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

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

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MEMBERSHIP : NEW_____ RENEW_____ ...with no changes to names or address_____

Check here for any changes and provide new information below _____

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

Single Membership_____ Household Membership_____

NAME (S)_____
ADDRESS_____
CITY_____ STATE_____ ZIP_____
TEL_____ D O B_____ SEX_____
E-MAIL_____

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

Interest (s):

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

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

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