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Merrimack -- Wapack & Back

Soapstone -- Goodwin

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Entry Forms.....

Savoy Loop -- Monroe

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Wed. Night Fun Runs .....5:30 PM  
Now through mid October meet at  
Hoosac Valley High School  
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Turkey Trot 5K .....	11 / 26

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

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

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## My Personal Ultra Challenge

by Laura Clark

While the most popular ultras target distances of 50K, 50 miles and upward into insanity, there are also ultra stage races where participants cover the distance over a span of days, cumulating in the required 26+ miles. While running Goodwin Forest a few weeks ago, I pondered how I could train for my August 50K without actually experiencing a seven hour training run. I had already hit 5:40 at Goodwin, but that was in a race and not in a solo endeavor.

With Barbara Sorrell's help I hit upon a plan: I would count my five day string of events as one big ultra. Granted, this was a totally fantasized happening and would be recorded on the Internet individually and not collectively, but still, it was crazy enough to give even 100Kers pause. Admittedly, I was already committed to these runs before I hatched The Plan. The road 5K at Greenfield Elementary was at the behest of a new runner who wanted a buddy, Greylock was a fixture, I had to do Camp Saratoga since it was a race I direct and I was there anyway, the Dog Run was a last-minute bonus, and the Summer Solstice is not to be missed. So I was stuck.

## Encountering the Dragon

Launching my string was the Greenfield Dragon 5K, a road race, which like the Adirondack Marathon, is as close to running on trail as you can get on asphalt. If you are not going up, you are heading down, enjoying beautiful countryside and getting great house and gardening tips. The dragon refers to the mascot of the Greenfield Elementary School and on the cleverly designed tee shirt the humps of the dragon represent elevation changes. Mission accomplished. My partner bettered her May Freihofer's time and this was by far the more difficult of the two. My partner is also my boss—Whew!

## Mt. Greylock

The following day, Karen Provencher and I pilgrimaged to Mt. Greylock for the half marathon. True to Greylock's name, the skies were grey, it rained on the way over and the mountain was shrouded in mist. We were thinking not many folks would show up, but of course they did—as they do faithfully every year. On the way over I told Karen about years past when we flew or stumbled down Thunderbolt trail instead of slogging upward and when we rinsed off the mud with a dip in the swimming hole, now claimed by beavers. Do I sound like an old-timer or what?

We lucked out in that the rain petered to a drizzle just before the start, but that did not make things any easier. Shades of Escarpment, we were slogging through trails transformed to streams and mud galore. There was no point tiptoeing around the mud, although I found myself doing it in the shoe-sucking sections. On the plus side, there were no black flies on the top of the mountain and we could enjoy the view and the refreshments in peace. If this had been the Adirondacks and not the Berkshires, I could have run with my waterfall guide book and checked off three awesomely impressive waterfalls. It was funny, because as I approached the first one, I was trying to figure out where the road traffic was coming from—it was roaring that loudly. Now I understand why they built those sturdy bridges we enjoy. Spanning a dry creek bed most of the time, they had previously seemed out of place. Now I was grateful. By the time I reached Jones Nose Trail the sun asserted itself and I was treated to a glorious *Sound of Music* moment, complete with wafting winds, singing birds and blooming flowers.

*Continued next page:*

### Ultra Challenge cont:

I remembered Edward Alibozek's injunction to pause to seize the moment. And who was I kidding? I was so cautious (read scared) picking my way downhill that my friends were long gone. But as I would learn later, speed does have its price. Karen and her faster pals experienced totally different moment—fog, drizzle and no view whatsoever. That is the way of mountain running. Just give it time and the clouds will shift.

All too soon I encountered the endless rock bed, now converted into a stream, which wears you down and goes on forever. I was ready for the race to end. In fact, at a few points I walked, even though I totally could have run, just because I was tired of lifting my legs so high. I was lucky to have my new Mizumos which successfully suctioned onto every slippery rock. The only time I fell was when my foot wandered and jammed itself under a tripod tree root, safely anchored to the side of the trail where my foot was not supposed to be.

Once more, the final few miles were pine-tree layered safe and calming, and I almost, just *almost*, wished the journey could continue a bit longer. Funny how each trip around the mountain can be so totally different than the previous one. But I guess that is what keeps us coming back!

### **Camp Saratoga**

Jim Carlson had back trouble and was not able to mark the Monday night course, so Katniss style, Jen-niss slung some arrows, ie flags, over her back in my repurposed archery carrying case (an old tent pole bag) and ran the trail before work, aiming flags into the ground with amazing precision. I followed up later, even though I was instructed not to. After all, I am the race director and this was a change in usual procedure. But although there were less flags and no mile markers, everything worked and no one got lost.

I used the preceding two days as my warmup, and was amazed to discover that my legs still worked. To add to the day, I finished in 67<sup>th</sup> place, although had I known at the time, I wish I had backed up one and that would have given me my age. I was a trifle slower than usual so that sets me up nicely for the Continuous Improvement Award. This is most nerve-wracking as you have to go a bit faster, but not too fast, each week regardless of weather conditions. Toughest though, was Alex Ballesteros who ran with his three kids, piggybacking the youngest the entire way!

### **Running with Your Dog Clinic**

Tuesday I attended the Stryders' Running with Your Dog Clinic at the Spa State Park with Dr. Matt Brunke, runner and Ironman. If you know me well you also know that I do not have a dog. So I worked under the dog-share program, co-attending with Alex Tibbatts, proud owner of Pax, a beagle-lab mix. I felt comfortable with Pax as her Grandma, Pat Raftery, who works in the library, sometimes brought Pax for a visit. Also, a few weeks ago when I was having well problems, I borrowed Pat's shower after work.

Approximately 13 humans and 9 dogs attended. Dr. Matt allowed ample time for a casual meet-and-greet so the dogs would feel comfortable with each other. I was surprised how well they got along. Then we all sat on the grass or picnic benches and Dr. Matt reviewed how to run safely with your dog without tripping over them and summer health concerns, canine, not human. We humans were on our own to act stupidly or not. Jen Kehn showed up late with Justice and it was so funny how all the doggie heads swivled and they began to bark. Just like a late comer to a conference room! The dogs also didn't seem to notice and passing cars in the parking lot, but got really upset when the Park Police car drove by. Would he check their IDs? Would he haul them to the pound for no apparent reason?

When it was time to run, I was surprised to discover how easy Pax made it for me. I had never run with a leashed dog before, having totally relied on serendipitous pickups. We cut the run short and then returned home with Alex, a CIA graduate, for a full-blast city water shower and a gourmet meal. I know this was not technically a race, but it wasn't a rest day either, so I will count it.

### **Summer Solstice 14K Trail Run**

The grand finale was the Summer Solstice 14K Trail Run, hosted by the Shawangunk Runners in Minnewaska State Park, outside of New Paltz. This is hands-down one of my favorite events, and as the application boasts, "One of the most beautiful runs, anywhere." Normally, folks take applications with a grain of salt, translating "rolling hills" into mountains or "tough but fair" into outright challenging. For this one, I would convert "beautiful" to indescribably breathtaking. The wide carriage roads take you up and then down along the Castle Point Escarpment and around pristine glacial lakes. Afterwards, you can watch the sun change the beige cliffs to a desert-style pink and purple. The entire run is lined with blooming mountain laurel. How could you not feel the joy?

Some folks are serious about racing since the wide trails with few obstacles invite a PR possibility. But most are content to cruise along, enjoying a taste of heaven on earth, snapping selfies to cherish the moment. Either way, the steep up and down nature of the journey makes the return trip seem a lot shorter.

After the previous four days, the two hour cutoff was a source of concern. Fail to make it back and you get locked in the park overnight. So I, along with a few other Albany Running Exchange van riders elected for the early self-timed start. Turned out I beat the deadline by 30 minutes. Even so, I was surprised to have no regrets about not starting with the group. The ride up was peaceful and serene, matching the landscape. The uphill were just part of the deal and not a burden as they were interspersed with enough flats and downhills to give a breather.

The frontrunners began to overtake me on the last half, but this was not a problem since the trail was so wide that no one had to slow. I played a game with myself, seeing how long I could tandem their downhill pace.

Continued next page:

Ultra Challenge cont:

I always lost, but the effort made me run faster. I fantasized that I was in the group of leading females—the only time this would ever happen. During the final two miles, the ground leveled off, the momentum was lost and my quads were regretting Mt. Greylock. It was fun to finish and mingle with the first half of the racers, pretending once more to be twenty years younger. Still, I didn't feel terribly guilty. I was breathing hard and had put in a solid effort.

While the top sixty-year old, Martha De Grazia had beaten the struggling timing system, the rest of the age group was up for grabs. When the announcer asked how many other women were in the 60-69 year-old age group, about 5 of us stepped up to the plate. When it was announced that there were only two more loaves of bread to award, the rest of us grabbed at a free entry for next year---how cool is that!

I arrived home at 11 PM and then had to shower and eat (barely). Work the next day was a definite coffee day. And this from someone who does not normally imbibe. But it was so worth it!

So what did I learn? I learned that you can do more than you think you can. I also learned that casual aches are not always cause for concern, as my calf muscle that had bothered me before Greenfield felt totally fine after Solstice. My cumulative mileage for the experiment was 32 miles, a definite 50K. The next day I crossed my typing fingers and signed up for the Thatcher Park 50K.

Laura Clark

**Greylock Trail Races ... Half Marathon and 5 K**

**Greylock Glen ... Adams, MA. ... June 21, 2015**

Rain Early .... Wet & Muddy Trails .... Low to High 60's

Club members in bold:

**Half - Marathon:**

<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1 Mark Rabasco	M 20	MA	1:56:52	100.00%
2 Karl Young	M 24	MA	1:57:29	99.48%
3 Stanislav Trufanov	M 36	MA	1:57:50	99.18%
4 <u>Kehr Davis</u> 1 <sup>st</sup> F	F 38	MA	2:04:17	94.03%
5 Eric Nacsin	M 28	MA	2:04:39	93.76%
6 Tyler Burks	M 25	MA	2:07:35	91.60%
7 Charles Glass	M 45	CT	2:07:51	91.41%
8 <u>Athena Eyster</u>	F 27	MA	2:08:52	90.69%
9 Joseph Sumner	M 62	MA	2:10:11	89.77%
10 Ari Ofsevit	M 30	MA	2:10:26	89.60%
11 Nikolas Rogers	M 43	NY	2:10:34	89.51%
12 Jim Schroder	M 47	MA	2:11:00	89.21%
13 Matthew Farragher	M 21	NY	2:12:53	87.95%
14 Luke Legendre	M 30	MA	2:12:55	87.92%

15 Bret Beattie	M 33	MA	2:13:47	87.36%
16 Brian Beauvale	M 30	MA	2:14:43	86.75%
17 Jakin Miller	M 14	MA	2:14:55	86.62%
18 Charlie Iselin	M 52	CT	2:15:24	86.31%
19 <b>Debbie Livingston</b>	F 40	CT	2:15:59	85.94%
20 <u>Alex Jospe</u>	F 31	MA	2:16:15	85.77%
21 Tony Bonano	M 50	CT	2:17:11	85.19%
22 <b>Joe Gwozdz</b>	M 60	MA	2:17:43	84.86%
23 Jason Gray	M 35	MA	2:19:33	83.75%
24 <b>Ned James</b>	M 60	MA	2:21:35	82.54%
25 Tyler Magnon	M 31	VT	2:23:11	81.62%
26 Matthew Healey	M 18	MA	2:23:54	81.21%
27 Donald Pacher	M 43	MA	2:24:08	81.08%
28 Michael Damiano	M 50	MA	2:24:22	80.95%
29 Matthew Lee	M 22	MA	2:25:27	80.35%
30 <u>Michelle Pratt</u>	F 26	NY	2:25:42	80.21%
31 <b>Ted Cowles</b>	M 56	CT	2:26:41	79.67%
32 Samuel R. Peretz	M 48	MA	2:26:44	79.65%
33 Steve St. Claire	M 57	MA	2:28:24	78.75%
34 <u>Alanna Almstead</u>	F 38	NY	2:28:49	78.53%
35 Alex Hsia	M 17	MA	2:28:51	78.51%
36 <b>Bob Dion</b>	M 59	VT	2:29:20	78.26%
37 <b>Carolyn Wisnowski</b>	F 30	MA	2:29:36	78.12%
38 Cale Kochenoor	M 24	NY	2:31:14	77.28%
39 Chris McKenna	M 27	MA	2:31:49	76.98%
40 Curt Pandiscio	M 54	CT	2:32:55	76.43%
41 <u>Hillary Greene</u>	F 45	MA	2:33:39	76.06%
42 Donald Jakoboski	M 65	CT	2:34:34	75.61%
43 <b>Todd Brown</b>	M 51	CT	2:34:55	75.44%
44 Scott Henderson	M 42	MA	2:34:59	75.41%
45 Thomas Gleason	M 17	MA	2:35:35	75.12%
46 Owen Smith	M 35	MA	2:36:44	74.56%
47 <u>Eleanor Lustig</u>	F 20-29	??	2:38:03	73.94%
48 Daniel Haggerty	M 42	CT	2:38:12	73.87%
49 <u>Iris Moore</u>	F 30	CT	2:41:16	72.47%
50 <u>Julie Jakoboski</u>	F 30	NH	2:42:21	71.98%
51 <u>Catherine Howard</u>	F 32	MA	2:42:29	71.93%
52 Tom McCormick	M 39	MA	2:43:32	71.46%
53 <u>Sonya Jampel</u>	F 18	MA	2:44:44	70.94%
54 <u>Shira Caitlin</u>	F 20	MA	2:46:33	70.17%
55 <b>Donna Ruppel</b>	F 51	NY	2:47:37	69.72%
56 <u>Barry Michaelson</u>	F 33	MA	2:47:56	69.59%
57 Tim Houger	M 45	NY	2:48:23	69.41%
58 Paul Sestito	M 44	VT	2:49:01	69.15%
59 Richard Sugre	M 29	MA	2:49:09	69.09%
60 Richard Godin	M 60	MA	2:50:35	68.51%
61 Joshua Brock	M 33	MA	2:50:39	68.48%
62 Michael Maio	M 18	MA	2:52:49	67.62%
63 <u>Kasia Geiger</u>	F 20	NY	2:53:59	67.17%
64 Bruce Shenker	M 62	NY	2:55:17	66.67%
65 Sam Wertheimer	M 55	NY	2:56:16	66.30%
66 <u>Elizabeth St. Clair</u>	F 56	MA	2:58:05	65.62%
67 Nick Parsenios	M 47	MA	2:58:07	65.61%
68 <b>Dan Danecki</b>	M 56	MA	2:59:06	65.25%
69 <u>Rebecca Smith</u>	F 19	MA	2:59:35	65.08%
70 Todd Sugrue	M 59	MA	3:03:19	63.75%
71 Harry Hayward	M 63	MA	3:03:49	63.58%
72 <b>Darlene McCarthy</b>	F 52	MA	3:07:30	62.33%
73 <u>Kristen Elechko</u>	F 39	MA	3:08:28	62.01%
74 Jeff Crystal	M 41	NY	3:09:55	61.54%

Continued next page:

Greylock results cont:

75 <u>Karen Provencher</u>	F 60	NY	3:11:52	60.91%
76 Bob Worsham	M 69	CT	3:13:45	60.32%
77 <b>Brian Alarie</b>	M 51	MA	3:14:18	60.15%
78 <u>Elinor Graham</u>	F 1	MA	3:16:08	59.59%
79 Tim Drake	M 55	MA	3:16:29	59.48%
80 Michael Vandermillen	M 52	MA	3:17:23	59.21%
81 Thomas Beatty	M 60	MA	3:19:11	58.67%
82 <b>Vic LaPort</b>	M 74	MA	3:20:08	58.39%
83 <u>Kimberly Seaver</u>	F 34	MA	3:25:12	56.95%
84 <u>Sydney Adams</u>	F 25	MA	3:25:13	56.95%
85 Carl Cignoni	M 64	MA	3:26:48	56.51%
86 Toby Morgan	M 41	CT	3:31:08	55.35%
87 David Aronson	M 60	MA	3:31:35	55.23%
88 <u>MacKenzie Asel</u>	F 39	NH	3:34:09	54.57%
89 Nate Grubbs	M 35	VT	3:38:13	53.56%
90 Jonathan Messer	M 42	NH	3:44:20	52.10%
91 <b>Denise Dion</b>	F 57	VT	3:44:28	52.06%
92 Brian Hanson	M 43	RI	3:44:57	51.95%
93 <u>Lindsay Wright</u>	F 34	MA	3:45:01	51.94%
94 <u>Sylvie Houbart</u>	F 59	MA	3:47:18	51.42%
95 David Raczkowski	M 64	CT	3:47:36	51.35%
96 <u>Barbara Sorrell</u>	F 58	NY	3:47:47	51.31%
97 <u>Samantha Rizzo</u>	F 20	MA	4:08:17	47.07%
98 Denis Childs	M 42	MA	4:08:17	47.07%
99 <b>Sue Snyder</b>	F 60	MA	4:10:33	46.64%
100 Bryon Dailey	M 60	MA	4:15:29	45.74%
101 <u>Sheryl Beaudoin</u>	F 44	CT	4:25:30	44.02%
102 <b>Laura Clark</b>	F 68	NY	4:51:42	40.06%
103 Greg Taylor	M 68	NY	5:12:25	37.41%
104 James Richard	M 49	NH	5:17:03	36.86%

24 <b>Audrey Witter</b>	F 50	MA	28:47
25 <u>Anne Miller</u>	F 9	MA	29:58
26 <u>Flannery Geier</u>	F 30	MA	30:08
27 Chris Geier	M 31	MA	30:16
28 <u>Rachel Ivanowsky</u>	F 24	MA	30:25
29 <b>Chris Johnson</b>	M 57	MA	30:34
30 <u>Kylie Taylor</u>	F 12	MA	30:40
31 <u>Kendall Bobula</u>	F 23	CT	30:41
32 Jon Bakija	M 47	MA	30:49
33 <u>Miriam Bakija</u>	F 13	MA	30:50
34 Sam Iselin	M 10	CT	32:22
35 <u>Kimberly Small</u>	F 31	MA	32:32
36 <u>Mary Beth Miller</u>	F 39	MA	32:53
37 <b>Will Danecki</b>	M 65	CT	33:54
38 Shanel De Lo Santos	F 20	MA	35:04
39 <u>Grace Krzanik</u>	F 13	MA	35:04
40 Stephen Lamphere	M 50	MA	35:13
41 <u>Sarah Buckley</u>	F 32	MA	36:35
42 <u>Gianna Sondrini</u>	F 13	MA	37:09
43 <u>Kinnie Taylor</u>	F 45	MA	39:47
44 John Torano	M 46	MA	39:49
45 <b>Bob Masaro</b>	M 71	MA	39:50
46 <u>Sadie Iselin</u>	F 7	CT	40:15
47 <u>Becky Iselin</u>	F ??	CT	40:16
48 <b>John Aldrich</b>	M 56	MA	40:17
49 James Gonyea	M 66	MA	40:20
50 <b>Eric White</b>	M 74	MA	42:38
51 <u>Maya Damiano</u>	F 12	MA	42:51
52 <u>Kerry Gallagher</u>	F 39	MA	42:52
53 Brecon Morgan	M 11	CT	53:47
54 <u>Nicole Morgan</u>	F 42	CT	54:04
55 <b>Elaine Buckley</b>	F 68	MA	57:36
56 <b>Ed Buckley</b>	M 57	MA	57:37

**Greylock 5 K Results:**

<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>
1 Tommy Kirby	M 17	MA	19:07
2 Jesse Seid	M 14	MA	19:18
3 Will Kirby	M 20	MA	19:46
4 <u>Margo Smith</u> 1 <sup>st</sup> F	F 14	MA	20:25
5 Gareth Buckley	M 39	MA	21:34
6 Nate Ivanowsky	M 20	MA	22:19
7 Ric Donati	M 15	MA	23:04
8 Derek Powell	M 42	MA	24:24
9 Yuk-tai Man	M 48	MA	24:27
10 Zabion Powell	M 14	MA	24:35
11 Conrad Gallagher	M 16	MA	24:37
12 <u>Laura Appleby</u>	F 13	MA	25:00
13 <u>Helen Curtin</u>	F 46	MA	25:03
14 <b>Scott Bradley</b>	M 60	MA	25:26
15 <u>Declan Rogers</u>	F 9	MA	25:39
16 Mark Rumbutis	M 33	MA	25:41
17 Xavier Powell	M 20	MA	25:41
18 Paul Shepardson	M 58	MA	25:52
19 Owen Tuckersmith	M 15	MA	25:56
20 Dave Tuckersmith	M 42	MA	25:58
21 James Durand	M 39	MA	26:16
22 Scott Krzanik	M 42	MA	27:38
23 <b>Shepard Livingston</b>	M 8	CT	28:46



*Shepard Livingston and Audrey Witter finishing strong in the Greylock 5K race.*

*photo by Scott Livingston*



*First overall in the half – marathon 20 year old Mark Rabasco.*

*photo by Scott Livingston*



*Official timer for the day at Greylock Karin Bradley*

*photo by Scott Livingston*



*1<sup>st</sup> female finisher ( and 4<sup>th</sup> overall ) Kehr Davis*

*photo by Scott Livingston*



*Club member Joe Gwozdz finishing Greylock*

*photo by will*



*Dan Danecki and his daughter Carolyn Wisnowski on Father's Day at the Greylock. race.*

*photo by will*



*First 60 plus runner Joseph Sumner finishing in the top ten.*

*photo by will*



*Curt Pandiscio hits the showers after the race.*

*photo by will*



*Bob Dion ready to get going at the start of the half-marathon.*

*photo by Scott Livingston*

*For more Greylock photos visit Ben Kimball's web-site*

<http://northeastracephoto.smugmug.com/>

## Left over Snowshoe results and stories.

*Better late than Never.*

### Brave the Blizzard 5K SS Race.

Guilderland, NY. 2 / 22 / 15

<u>Name</u>	<u>Age</u>	<u>St.</u>	<u>Time</u>
1 Jaime Julia	30 M	NY	0:33:20
2 Shaun Donegan	29 M	NY	0:33:24
3 Josh Merlis	33 M	NY	0:34:14
4 Joseph Hayter	34 M	NY	0:34:53
5 Brian Northan	40 M	NY	0:38:06
6 Paul Mueller	30 M	NY	0:38:33
7 Addam Sentz	35 M	NY	0:39:20
8 Richard Messineo	26 M	NY	0:39:49
9 <u>Jessica Northan</u> 1 <sup>st</sup> F	39 F	NY	0:40:55
10 Ryan Mitchell	48 M	NY	0:41:31
11 Richard Teal	37 M	NY	0:42:08
12 Jesse Carotti	29 M	NY	0:42:24
13 Michelle Pratt	25 F	NY	0:43:10
14 <b>Ted Cowles</b>	56 M	CT	0:44:27
15 <u>Andrea Hollinger</u>	27 F	NY	0:44:48
16 Victor Urvantsev	35 M	NY	0:44:50
17 Ryan Walter	30 M	NY	0:45:00
18 Douglas Southwick	47 M	NY	0:45:23
19 <u>Kim Morrison</u>	35 F	NY	0:45:29
20 Lance Decker	44 M	NY	0:45:41
21 <b>Bob Dion</b>	59 M	VT	0:46:08
22 Joshua Katzman	39 M	NY	0:46:18
23 Nick Jubok	58 M	NY	0:47:03
24 Lennie Davis	54 M	NY	0:47:04
25 Patrick Sorsby	39 M	NY	0:47:09
26 Steven Sweeney	60 M	NY	0:47:11
27 Glen Tryson	61 M	NY	0:47:20
28 David Newman	34 M	NY	0:47:41
29 David Spore	43 M	NY	0:47:44
30 Jeff Clark	57 M	NY	0:47:47
31 <b>Jan Rancatti</b>	54 M	NY	0:48:51
32 <u>Laurel Shortell</u>	48 F	MA	0:49:06
33 Andrew Goff	35 M	NY	0:49:22
34 Shawn Delaney	24 M	NY	0:49:24
35 <u>Karen Provencher</u>	60 F	NY	0:49:49
36 Drew Anderson	46 M	NY	0:50:28
37 Dan Haggerty	30 M	NY	0:50:46
38 James Schertzer	39 M	NY	0:52:36
39 <u>Leigh Parker</u>	34 F	NY	0:52:42
40 <u>Stephanie Chase</u>	17 F	NY	0:52:45
41 Tom Tiberio	29 M	NY	0:52:47
42 Evan Davis	12 M	NY	0:53:07
43 Dave Wilber	55 M	NY	0:53:24
44 Philip Borgese	55 M	NY	0:53:53
45 John Bateman	49 M	NY	0:53:58
46 <b>Denise Dion</b>	56 F	VT	0:53:58
47 Thomas Tift	57 M	NY	0:54:34
48 David Travis	42 M	NY	0:54:45
49 <u>Danielle Bargovic</u>	31 F	NY	0:54:55
50 <b>Jamie Howard</b>	49 M	NY	0:55:00
51 George Baranauskas	61 M	NY	0:55:06
52 Alex Chlopecki	43 M	NY	0:55:08
53 <u>Niamh Lennon</u>	31 F	NY	0:55:40

54 Dave Nagengast	60 M	NY	0:55:51
55 <u>Kate Marshall</u>	52 F	NY	0:55:52
56 <u>Justina Cast</u>	54 F	MA	0:55:54
57 Tom Mack	50 M	NY	0:55:55
58 <b>Jim Carlson</b>	67 M	NY	0:55:57
59 Dave Heyward	61 M	NY	0:56:05
60 <u>Denise Gonder</u>	51 F	NY	0:56:19
61 <b>Jennifer Ferriss</b>	43 F	NY	0:56:26
62 <b>Laura Clark</b>	67 F	NY	0:56:52
63 Jeffery Spencer	35 M	NY	0:56:54
64 Michael Della Rocco	63 M	NY	0:56:58
65 <u>Taneesha Butler</u>	38 F	NY	0:57:21
66 Timothy Houger	44 M	NY	0:57:27
67 Michael Conroy	51 M	NY	0:58:45
68 <u>J Behreus</u>	62 F	NY	0:58:47
69 <u>Stephanie Sentz</u>	35 F	NY	0:58:49
70 <u>Karina Benninger</u>	26 F	NY	0:59:23
71 Frank Bender	64 M	NY	0:59:29
72 John Perry	53 M	NY	0:59:29
73 <u>Jen Kuzmich</u>	56 F	NY	1:00:30
74 <u>Judy Narvaez</u>	54 F	NY	1:03:12
75 William Milak	62 M	NY	1:04:10
76 <u>Vicki Degroff</u>	52 F	NY	1:04:11
77 Jim Sheehan	62 M	NY	1:04:45
78 Jay Radner	46 M	NY	1:04:47
79 Dave Cole	57 M	NY	1:05:02
80 Stephen Mitchell	73 M	NY	1:05:03
81 <u>Cheryl Rench</u>	56 F	NY	1:05:03
82 <u>Pat Rosier</u>	56 F	MA	1:05:34
83 <u>Lori Beck</u>	41 F	NY	1:05:38
84 Joseph Murphy	34 M	AZ	1:06:11
85 Peter Finley	53 M	NY	1:06:26
86 <u>Jennifer Frisbie</u>	32 F	NY	1:06:30
87 <u>Jacqueline Johnson</u>	48 F	NY	1:06:57
88 <u>Sue Westfall</u>	56 F	NY	1:06:58
89 <u>Laurie McCarroll</u>	53 F	NY	1:07:03
90 <u>Jennifer Kehn</u>	27 F	NY	1:08:32
91 Ray Lee	72 M	NY	1:08:39
92 Steve Obermayer	54 M	NY	1:08:49
93 Zach Russo	31 M	NY	1:09:56
94 <u>Lauren Ford</u>	33 F	NY	1:11:14
95 <u>Phyllis Fox</u>	62 F	NY	1:11:20
96 <u>Melissa Tiberio</u>	28 F	NY	1:11:40
97 <u>Susan Motler</u>	52 F	NY	1:11:42
98 <u>Catherine Trembley</u>	28 F	NY	1:11:58
99 <u>Winnie Wang</u>	32 F	NY	1:12:03
100 Zachary Davi	20 M	NY	1:12:04
101 <u>Janet Tryson</u>	61 F	NY	1:12:06
102 <u>Barbara Davi</u>	51 F	NY	1:12:33
103 <u>Ginny Mosher-Sweeney</u>	68 F	NY	1:13:00
104 <u>Kathleen Tersigni</u>	44 F	NY	1:13:42
105 <u>Fran Veloce</u>	50 F	NY	1:13:42
106 Joseph Raczes	45 M	NY	1:14:50
107 <u>Angela Lasky</u>	31 F	NY	1:14:50
108 <u>Laura Cole</u>	34 F	MA	1:15:20
109 <u>Rose De Guzman</u>	28 F	NY	1:15:57
110 Andrew Gabriel	30 M	NY	1:15:59
111 <u>Bernice Ruzzo</u>	46 F	NY	1:16:08
112 <u>Judy Lucas</u>	49 F	NY	1:16:43
113 <u>Eunae Cho</u>	29 F	NY	1:22:23

*Continued next page:*

BTB ss race cont:

114	<u>Tuo Yu Chen</u>	33 M	NY	1:22:23
115	<u>Kaitlin Conway</u>	28 F	NY	1:23:10
116	<u>Cathy Sheehan</u>	55 F	NY	1:23:13
117	<u>Gail Hein</u>	63 F	NY	1:24:09
118	David Gerson	14 M	NY	1:26:24
119	<u>Donna Davidson</u>	60 F	NY	1:26:54
120	<u>Uzma Qureshi</u>	53 F	NY	1:29:04
121	<u>Blanca Ramos</u>	56 F	NY	1:29:21
122	<u>Christine Garofalo</u>	29 F	NY	1:31:05
123	<u>Amal Ardouni</u>	28 F	NY	1:31:05
124	<u>Monica Echeverria</u>	28 F	NY	1:31:05
125	<u>Colleen Snell</u>	49 F	NY	1:32:29
126	<u>Laura Milak</u>	58 F	NY	1:32:37
127	<u>Lauryn Wilson</u>	14 F	NY	1:32:41
128	<u>Meghan Wilson</u>	23 F	NY	1:32:42
129	Gregory Brown	36 M	NY	1:33:11
130	<u>Whitney Wilson</u>	24 F	NY	1:33:14
131	Matthew Gerson	14 M	NY	1:38:16
132	Fred Benninger	34 M	NY	1:38:36
133	<u>Dawn Benninger</u>	48 F	NY	1:38:37

**Woodford Whiteout .... 10k Snowshoe Race**

Prospect Mt. Ski Center ... Woodford, VT ... 2 / 21 / 15

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Points</u>
01. Josh Ferenc	33 M	0:56:29	100.00
02. Greg Hammett	37 M	0:56:36	97.14
03. Brian Northan	40 M	1:02:53	94.29
04. Richard Messineo	26 M	1:05:03	91.43
05. Warren Angell	51 M	1:06:34	88.57
06. Erik Wight	55 M	1:09:16	85.71
07. <b>Wayne Stocker</b>	60 M	1:09:40	82.86
08. Allan Bates	66 M	1:10:39	80.00
09. <u>Abby Mahoney</u> 1 <sup>st</sup> F	36 F	1:11:10	77.14
10. Carson Thurber	31 M	1:12:46	74.29
11. <u>Jessica Northan</u>	39 F	1:13:05	71.43
12. Eric Kimmelman	50 M	1:13:46	68.57
13. Richard Teal	37 M	1:14:02	65.71
14. <b>Ted Cowles</b>	56 M	1:15:27	62.86
15. <b>Ed Alibozek</b>	52 M	1:20:15	60.00
16. Jeff Clark	57 M	1:21:21	57.14
17. <u>Mary Scheerer</u>	56 F	1:21:42	54.29
18. <b>Bob Dion</b>	59 M	1:22:02	51.43
19. <b>Jan Rancatti</b>	54 M	1:22:16	48.57
20. <u>Dawn Roberts</u>	43 F	1:22:31	45.71
21. <u>Karen Provencher</u>	60 F	1:22:55	42.86
22. Lance Decker	44 M	1:23:39	40.00
23. <b>Laurel Shortell</b>	48 F	1:24:47	37.14
24. Tim Payne	46 M	1:26:20	34.29
25. <u>Tennessee Watson</u>	34 F	1:30:53	31.43
26. <u>Shari Hymes</u>	52 F	1:33:28	28.57
27. <b>Denise Dion</b>	56 F	1:33:47	25.71
28. <u>Jenny Gatz</u>	43 F	1:34:55	22.86
29. Michael Cheplowitz	29 M	1:36:33	20.00

30. <b>Jennifer Ferriss</b>	43 F	1:36:54	17.14
31. <u>Nicole Cheplowitz</u>	37 F	1:37:35	14.29
32. <b>Laura Clark</b>	67 F	1:40:34	11.43
33. <b>Jamie Howard</b>	49 M	1:49:00	8.57
34. <u>Le Anne Zarger</u>	60 F	2:20:00	5.71
35. Jules Seltzer	79 M	2:33:54	2.86

**Powder without the Powder Puff**

*by Laura Clark*

What does an isolated mountain snowshoe race and one held behind a suburban elementary school have in common? Obviously, snow. But in this case it was the sheer amount and fluffy quality of the white stuff that placed both Woodford Whiteout #2 and Brave the Blizzard on an equal footing, with a difficulty scale summing 10. Both events showcased epic powder conditions rarely encountered in the Northeast. More than a picture postcard puff piece, these two venues featured liberally poured powder rather than the grudgingly small doses we are usually dealt.

It is a toss-up which was more difficult. Prospect once more featured below zero temperatures, but BTB presented the challenge of dressing for a comparative heat wave—forcing us to reevaluate our customary uniform. And while Prospect contained more elevation—it was a mountain after all—a good deal of that was on groomed trails. BTB offered the dreaded tour around the playing field chaos, with its every-which-way moshing of footprints and as well as more single track. Before Woodford, Race Director Tim Van Orden warned contestants that if they discovered themselves running in an area without tracks, they were headed off into the wilderness. Before BTB we were told to follow the flagging. But really, we were all locked into a deep trench, bound on either side by knee-deep snow. There was no temptation to stray.

Jamie Julia's time of 33:20, roughly 10:44 minute miles, was the slowest winning time in the eleven year history of BTB. Don't ask how the rest of us fared! It seemed as if we spent just as much energy slipping and sliding sideways as we did in actually going forward. The single track at Woodford was also tricky but in a different way, as the more intimate group found themselves skirting Tim's pathfinder snowshoes. While it was nice having the trail broken by an initial set of bigfoots, we were clueless as to how to follow in their path. Stepping directly into them, while the obvious choice, led to a distorted stride and an occasional knee-deep response. Eventually, I tried to balance on the edges of the prints with somewhat limited success.

The downhill zigurat to the finish was loads of fun if you were able to let gravity take over and at the same time negotiate the multiple hairpin turns.

Most improved female this year is definitely Laurel Shortell. Last year I stood a chance at beating her but this year she is light years ahead. After a hard effort at Prospect, Karen Provencher found herself directly ahead of Laurel, with Laurel urging her on to multiple energy-sucking passes. Finally, Karen threw in the towel and let Laurel forge ahead. Most improved male is Jamie Howard who was behind me at the longer Mt Prospect but way ahead the following day. At Prospect I was mostly by myself,

*Continued next page:*



Powder Puff cont:

a difficult position to be in without others to motivate you. I tried to pretend I was the frontrunner, but who was I kidding? At BTB I discovered myself setting the pace for my usual Stryder Group of Jim Carlson, Michael Della Rocca, Pete Finley and Steve Mitchell and some others I didn't know, but once we got to the point where we could hear the finish, everyone took off, except for Mike and the gentlemanly Jeffrey Spencer who figured I did all the work and so should emerge at least somewhat ahead. I like his attitude. Afterwards, everyone congratulated me on my consistent pace. Oh well.

Either I am getting exponentially older or simply out of practice, but doubleheader weekends seem more difficult. Makes me wonder how folks like Jen Pharr Davis can hike day in and day out on the Appalachian Trail. At least we had hot showers and hot suppers to punctuate our days. But really, with all this snow, how can you not take advantage? No matter how much powder we have now, by the third week of March the puff will have deflated in suburban venues, crusting on a bit longer in the mountains.

Laura Clark

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## 2015 Dion Snowshoes

### United States National Snowshoe Championships

*February 27 - March 1, 2015 ...Eau Claire, WI*

**Race Results can be found at.....**

<http://www.runwmac.com/snowshoes/default.html>

**OR....**

<b>Follow these links below for individual race results</b>			
<a href="#">Senior Men 10k Results</a>	<a href="#">Jr. 5k Overall Results</a>	<a href="#">Senior Women 10k Results</a>	<a href="#">Relay Results</a>
<a href="#">Senior Men Regional Results</a>	<a href="#">Jr. Women 5k Results</a>	<a href="#">Senior Women Regional Results</a>	<a href="#">Relay Split Times</a>
<a href="#">International Competitors</a>	<a href="#">Jr. Men 5k Results</a>	<a href="#">Citizen's 5k Overall Results</a>	<a href="#">National Teams</a>
<a href="#">Half Marathon Results</a>	<a href="#">US Military Personal</a>	<a href="#">Participants by State</a>	<a href="#">Team Division Results</a>

The 2015 Dion Snowshoe Race Series

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## What Goes Up Must Come Down

*By Laura Clark*

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Ever have a disappointing race? Silly question. They are out there just waiting to get you. But one benefit which can't be immediately appreciated is that the following year you are almost guaranteed a dramatic improvement. Which means that pretty much every race I run this year will be an upgrade. I slashed a whopping 8 minutes off last year's Prospect Mountain Uphill 5.67 miler and this year at Soapstone I sliced an exact hour off 2014's finish. Which is roughly a half hour and change slower than my average finishing time years ago, during mud years. The change part accounts for the time I lost recovering from a double header—and not the Red Socks kind.

The day began ominously enough as I gradually discarded clothing layers—and Jen Ferriss and I were not driving with the heat on as a 5 AM start might have warranted. On the I 90 rest stop I tried, but failed, to follow the brick trail through the picnic area. This did not bode well. The rest of the journey went well, if you can call driving through a cloud fun, and the flashing light, our warning system to turn right onto Gulf Road, was once more flashing, having taken a vacation last year when we sped blithely through.

Annie settled in nicely at the picnic area with the other vehicles and caught up on all the gossip since snowshoe season. Nipmuck Dave was there with his 50's era hand lettered billboard advertising his Blue Blaze Trilogy—Soapstone, Goodwin Forest and Nipmuck 14 miler. Start was a trifle delayed as the primitive outhouses were roped off, which normally take off the slack from the rental johns. At one point, Scott Livingston strode by, informing me Disneyland- style that from where I was standing, the wait time was approximately one hour. Oh well, what are the woods for after all?

As I cruised the first downhill, I reminded myself not to push it as this was the longest race I had done in quite some time. Actually, I was worried, wondering if last year's dismal performance was a trend or simply a fluke. While there wasn't that much mud to slow us, the dry leaves still covering the trail more than made up for it. The route reminded me of Stone Cat where fall foliage disguises rocks and roots. But this was May, with new growth greenery, and not November. The contrast between baby leaves above and paper thin, slippery brown leaves below was disconcerting, out of alignment. I still find it puzzling how dry leaves could behave like a waterslide world attraction.

The journey was impeccably marked with white dots and Shenipsit Strider running pine tree flags for additional inspiration. The only thing that truly puzzled me were three Strider flags standing stiffly at attention with no tricky intersections in sight, but I quickly discovered they were proudly heralding the approach to a most welcome oasis station.

The section that gave me the most difficulty was the stream bed. Granted, it was barely muddy, but simply endless and straight-on boring. Once I got that over with, I revived and started having fun again. But this was a different breed of fun. I felt somehow invincible, like my feet were barely skimming the ground and I was somewhere up above, oblivious to pain,

*Continued next page:*

What goes up must come down cont:

watching my body cover the miles. AHA! My first out-of-body experience!

As a neophyte, I had read about Sister Marion Irvine, who at age 54 was the then-oldest woman to participate in the 1984 Olympic Trials, and her out-of-body communes with God and nature. I had figured it was only a matter of time for my turn. Maybe you have to be old...At any rate, thirty years later and I had finally gotten my wish. And it was everything I had hoped it would be. I felt as Super Womanish as Mary Lou White in her magic tee shirt and powerful cape. Running in the heat, but barely noticing, and low on electrolytes, I had finally discovered the magic formula...

When I woke up I was flat on the ground with no idea how I had gotten there. I had tripped while running recklessly down the only smooth stretch of trail on the entire course! I suspect that my um fall was provoked by my new aggressive Mizunos which had a wider edge flare than I was used to. Mary Lou nicely put me back together again and jogged slowly ahead while I recovered. This was the only time I have ever appreciated the final insult uphill—a good excuse to walk. It took me a while to figure out that my right hand was no longer functional and I would have to switch my water bottle grip. But once over the top, I revived and hammered on, probably still in shock.

After Scott Livingston took the obligatory finish line photo, he urged me to sit down so he could practice his first aid. That was a mistake as what I really needed to do was to transition from Super Woman to ordinary mortal.

On the drive home, Annie, not being a vegetarian, insisted on refueling, so I headed to the gas station restroom to wash up. I got so dizzy I had to lie down on the floor. But Jen had the perfect solution: instead of using my cold can of coke to ice my hand, I drank it instead. Later, practical scientist that she is, she explained that the floating sensation was caused by the heat that we weren't acclimated to yet. Logical, but I never really felt uncomfortably hot. I prefer Sister Marion's more metaphysical approach.

So what did I learn here?

#1 When driving three or more hours to a race, it is important to have a buddy to get you back home. It's not a bad idea to run near somebody either

# 2 Jen and I are best friends. I am as old as her mother and my oldest daughter is her age. That says something about the longevity of the running body.

# 3 Out-of-body is fun when you are floating, but no so fun when you are lying on the ground and your mind has wandered off somewhere.

# 4 My hand is not broken, but feels like it. Naproxen is also my friend.

Laura Clark



A muddy & bloody Laura Clark.

photo by Jen Ferriss

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**Soapstone Mountain Trail Race ... 22.5 K**  
Stafford Springs, CT ... May 17, 2015

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WMAC members in bold:

<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT%</u>
1 Samuel Jurek	M 28	MA	1:51:00	100.00%
2 Brett Stoeffler	M 48	CT	1:52:45	98.45%
3 <b>Kehr Davis 1<sup>st</sup> F</b>	F 38	MA	2:00:25	92.18%
4 Stanislav Trufanov	M 36	MA	2:02:49	90.38%
5 Eric Nacsin	M 28	MA	2:04:29	89.17%
6 Michael Pulli	M 38	MA	2:04:43	89.00%
7 Rob Adams	M 46	CT	2:08:05	86.66%
8 Bruce Christensen	M 47	CT	2:08:53	86.12%
9 Eric Wyzga	M 39	RI	2:09:33	85.68%
10 Chris Fox	M 40	MA	2:10:24	85.12%
11 Scott Gregor	M 28	CT	2:11:29	84.42%
12 John Minervino	M 51	CT	2:13:35	83.09%
13 Carl Matuszek	M 63	NY	2:16:19	81.43%
14 Charlie Iselin	M 52	CT	2:16:44	81.18%
15 Greg Tew	M 44	MA	2:17:03	80.99%
16 Jason Gray	M 35	MA	2:17:18	80.84%
17 Adolfo Sanchez-Blanco	M 43	CT	2:17:37	80.66%
18 Russell Stroud	M 45	CT	2:17:41	80.62%
19 Jay Avitable	M 54	CT	2:19:37	79.50%
20 Tony Bonanno	M 49	CT	2:21:24	78.50%
21 <b>Stacia Broderick</b>	F 37	MA	2:21:33	78.42%
22 Paul Baldini	M 43	CT	2:21:34	78.41%
23 Sean Cloran	M 18	MA	2:21:38	78.37%
24 <b>Peggy Horgan</b>	F 29	CT	2:23:58	77.10%

Continued next page:

Soapstone results cont:

25 <b>Ned James</b>	M 60	MA	2:24:41	76.72%
26 Jeffrey Jakobsen	M 40	CT	2:25:28	76.31%
27 Dan Maychack	M 41	NY	2:26:20	75.85%
28 Jay Therriault	M 33	MA	2:26:36	75.72%
29 Charles Orphanides	M 39	NY	2:27:11	75.42%
30 Javier Perrone	M 42	CT	2:29:21	74.32%
31 Jim Harron	M 51	CT	2:29:54	74.05%
32 Daniel Hageman	M 44	CT	2:30:22	73.82%
33 Gaston Fiore	M 32	CT	2:30:31	73.75%
34 Brodie Miles	M 41	MA	2:32:04	72.99%
35 <b>Ted Cowles</b>	M 56	CT	2:32:21	72.86%
36 Kevin Prestage	M 42	CT	2:32:33	72.76%
37 Jason Bacon	M 44	RI	2:32:49	72.64%
38 <u>Amanda Hill</u>	F 43	CT	2:33:46	72.19%
39 James Sedlak	M 43	MA	2:34:16	71.95%
40 Dave Danenberg	M 59	CT	2:34:27	71.87%
41 Wayne Chan	M 38	CT	2:34:45	71.73%
42 Ben Kimball	M 43	MA	2:34:53	71.67%
43 Ian Eule	M 38	CT	2:35:10	71.54%
44 Chris Kelly	M 38	CT	2:35:14	71.51%
45 John Hankins	M 56	CT	2:35:16	71.49%
46 <u>Anna Hankins</u>	F 26	CT	2:35:16	71.49%
47 <u>Elizabeth Marchetti</u>	F 36	RI	2:35:33	71.36%
48 Daniel Haggerty	M 42	CT	2:35:54	71.20%
49 <u>Kelly Virkler</u>	F 31	NY	2:38:20	70.11%
50 Vincent Zito	M 42	CT	2:38:38	69.97%
51 Kenny Shardlow	M 56	RI	2:41:23	68.78%
52 Zayne Couch	M 20	CT	2:41:37	68.68%
53 Thomas Lehouillier	M 44	MA	2:41:59	68.53%
54 David Schreiter	M 53	CT	2:43:22	67.95%
55 Anthony Tieuli	M 42	MA	2:43:32	67.88%
56 Nima Zangeneh	M 40	CT	2:44:59	67.28%
57 Josh Miles	M 30	MA	2:46:18	66.75%
58 <u>Jane Weakley</u>	F 32	MA	2:46:53	66.51%
59 <u>Kristin Su</u>	F 30	MA	2:48:15	65.97%
60 Sonny Gerardi	M 41	MA	2:49:13	65.60%
61 Jeffrey Dingwell	M 60	CT	2:49:46	65.38%
62 Ryan Atkinson	M 32	CT	2:50:14	65.20%
63 Brendan Shea	M 49	CT	2:50:26	65.13%
64 Frank Fiala	M 55	CT	2:50:33	65.08%
65 <u>Tara Rasch</u>	F 35	MA	2:50:36	65.06%
66 Dave Strassburg	M 45	MA	2:51:36	64.69%
67 Richard Lenouillier	M 51	MA	2:52:43	64.27%
68 <u>Rachel Lenouillier</u>	F 21	MA	2:52:48	64.24%
69 <u>Melody Smith</u>	F 22	CT	2:53:22	64.03%
70 <u>Alanna Almstead</u>	F 38	NY	2:53:56	63.82%
71 Marc Scrivener	M 45	CT	2:54:17	63.69%
72 Luke Granato	M 30	CT	2:54:31	63.60%
73 <u>Stephanie Nephew</u>	F 39	MA	2:54:50	63.49%
74 Ben Moon	M 39	CT	2:54:51	63.48%
75 Jameson Liro	M 30	CT	2:56:14	62.98%
76 <u>Kelly MacDonald</u>	F 26	RI	2:56:15	62.98%
77 Stuart King	M 54	CT	2:56:30	62.89%
78 Joseph Strafach	M 52	CT	2:56:41	62.82%
79 <u>Tara ONeil</u>	F 29	CT	2:57:17	62.61%
80 Bill Metzger	M 59	CT	3:00:28	61.51%
81 <u>Betsy Baglow</u>	F 52	MA	3:00:33	61.48%
82 <u>Carolina Villarreal</u>	F 33	MA	3:01:57	61.01%
83 Mike Williams	M 44	CT	3:03:12	60.59%
84 Michael Leblanc	M 51	CT	3:04:20	60.22%

85 Jeremy Eschelbacher	M 44	MA	3:04:47	60.07%
86 Charles Markunas	M 56	CT	3:04:59	60.01%
87 <u>Peggy Gauthier</u>	F 40	CT	3:05:30	59.84%
88 Thomas Gretchell	M 31	CT	3:05:51	59.73%
89 <u>Kaitlin Sullivan</u>	F 24	CT	3:05:58	59.69%
90 <u>Dianne Nelson</u>	F 52	CA	3:06:17	59.59%
91 <u>Mary Powers</u>	F 53	CT	3:06:35	59.49%
92 Martin Powers	M 56	CT	3:06:37	59.48%
93 Bob Worsham	M 69	CT	3:07:26	59.22%
94 <u>Erika Lebaron</u>	F 44	CT	3:08:08	59.00%
95 Brad Pellissier	M 58	CT	3:08:12	58.98%
96 Derek Krysiak	M 34	CT	3:08:44	58.81%
97 Ken Forrest	M 46	CT	3:09:13	58.66%
98 <u>Cheryl Jackson</u>	F 42	CT	3:09:23	58.61%
99 <u>Allyson Koenig</u>	F 29	ME	3:09:34	58.55%
100 <u>Rebecca Miller</u>	F 36	ME	3:09:34	58.55%
101 <u>Jennifer Broom</u>	F 41	CT	3:10:18	58.33%
102 <u>Denise Wagner</u>	F 52	CT	3:10:18	58.33%
103 <u>Carmela D'Amato</u>	F 33	CT	3:11:23	58.00%
104 Chad Tetreault	M 40	VT	3:12:29	57.67%
105 <u>Katya Divari</u>	F 53	MA	3:12:33	57.65%
106 David Wade	M 40	CT	3:13:11	57.46%
107 <b>Vic LaPort</b>	M 74	MA	3:13:41	57.31%
108 <u>Jennifer Ferriss</u>	F 43	NY	3:17:46	56.13%
109 Jack Weaver	M ??	MA	3:18:42	55.86%
110 Hans Veltheim	M 41	CT	3:19:24	55.67%
111 Brian Loose	M 49	CT	3:19:36	55.61%
112 <u>Ashley Arrastia</u>	F 30	MA	3:19:45	55.57%
113 Paul Blanchet	M 56	MA	3:19:45	55.57%
114 Eric Winn	M 60	RI	3:20:42	55.31%
115 <u>Amy Paige</u>	F 45	CT	3:21:17	55.15%
116 <u>Shannon Kiezman</u>	F 41	CT	3:22:56	54.70%
117 <b>Will Danecki</b>	M 64	CT	3:23:42	54.49%
118 <u>Jamie Johnson</u>	F 38	CT	3:25:04	54.13%
119 Adam Bourgun	M 47	CT	3:25:11	54.10%
120 David Raczkowski	M 64	CT	3:25:32	54.01%
121 <u>Kathleen Furlani</u>	F 66	CT	3:25:43	53.96%
122 <u>Diane Majewicz</u>	F 48	CT	3:32:29	52.24%
123 <u>Debra Bana</u>	F 55	CT	3:32:32	52.23%
124 Thomas Kurtz	M 26	CT	3:33:49	51.91%
125 <u>Serena Wall</u>	F 33	CT	3:35:50	51.43%
126 Kaz Rybak	M 61	CT	3:36:19	51.31%
127 Jerry Strange	M 46	CT	3:37:26	51.05%
128 Steve Ferullo	M 43	MA	3:38:05	50.90%
129 Michael Pulley	M 48	CT	3:42:25	49.91%
130 <u>Autumn Cyr</u>	F 39	CT	3:43:03	49.76%
131 Jerry Meshell	M 59	CT	3:43:47	49.60%
132 Chris Harrison	M 62	MA	3:57:21	46.77%
133 <u>Hui-Qing Yin</u>	F 39	RI	3:57:47	46.68%
134 Mun Sang Yue	M 41	RI	3:57:47	46.68%
135 <u>Laura Clark</u>	F 68	NY	4:09:02	44.57%
136 <u>Mary Lou White</u>	F 59	CT	4:11:22	44.16%
137 <b>Jamie Howard</b>	M 49	NY	4:13:56	43.71%
138 <u>Vicki Quagliaroli</u>	F 61	CT	4:14:21	43.64%

Check out the Grand Tree Page on the Club's web-page for the latest up-dates and series standings.

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



Overall winner at Soapstone Samuel Jurek

*photo by Scott Livingston*



Woman's winner Kehr Davis finishes 3<sup>rd</sup> overall

*photo by Scott Livingston*



Race director Deb Livingston ( with her son Shep) shouts out last minute instructions before the start of the Soapstone race.

*photo by will*



Bob Massaro off and running in the Soapstone Sampler race.

*photo by Scott Livingston*

## Wapack and Back ... 21 Mile Trail Race

Mt. Watatic Trailhead ... Ashburnham, MA

May 9, 2015

<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1 Ryan Welts	M 34	NH	3:24:42	100.00%
2 Jonathan Hammett	M 39	RI	3:34:24	95.48%
3 <u>Kristina Folcik</u> 1 <sup>st</sup> F	F 37	NH	3:57:29	86.20%
4 Lars Blackmore	M 45	VT	4:11:57	81.25%
5 Padraig Mullins	M 33	MA	4:14:38	80.39%
6 Anthony Parillo	M 30	MA	4:20:46	78.50%
7 Jeremy Merritt	M 38	NH	4:21:35	78.25%
8 Brandon Benoit	M 22	NH	4:23:55	77.56%
9 Tony Bargardo	M 42	NH	4:38:25	73.52%
10 <u>Sarah Schlaack</u>	F 42	NH	4:40:11	73.06%
11 Sam Talbot	M 42	MA	4:40:47	72.90%
12 Brook Burke	M 45	NH	4:41:41	72.67%
13 Damien Pinault	M 42	MA	4:48:33	70.94%
14 <u>Elaine Allen</u>	F 47	CT	4:57:47	68.74%
15 Jeff Dixon	M 49	MA	5:00:10	68.20%
16 Ted Darling	M 39	ME	5:04:30	67.22%
17 Dale Guinn	M 52	NH	5:09:50	66.07%
18 <u>Allyson Koenig</u>	F 29	ME	5:09:52	66.06%
19 Richard Benoit	M 47	OR	5:13:09	65.37%
20 Dana Boudreau	M 41	NH	5:17:07	64.55%
21 Tyler Whipple	M 33	NH	5:19:25	64.09%
22 Anthony Tieuli	M 42	MA	5:22:19	63.51%
23 <u>Danielle Triffitt</u>	F 40	ME	5:25:21	62.92%
24 Seamus Foy	M 36	MA	5:29:35	62.11%
25 Philip Carcia	M 30	MA	5:31:11	61.81%
26 <u>Jennifer Shultis</u>	F 46	OR	5:35:27	61.02%
27 Mark Howard	M 52	VT	5:35:27	61.02%
28 <u>Wendy Andre</u>	F 44	MA	5:38:05	60.55%
29 Gaston Fiore	M 32	CT	5:39:15	60.34%
30 Jonah Fernald	M 40	NH	5:41:55	59.87%
31 Michael Casini	M 33	MA	5:42:30	59.77%
32 Chris Libbey	M 34	MA	5:44:11	59.47%
33 <u>Kelsey Battige</u>	F 28	MA	5:53:06	57.97%
34 <u>Erin Darling</u>	F 39	ME	5:55:47	57.54%
35 Patrick Flaherty	M 54	MA	6:02:05	56.53%
36 John D'Agostino	M 35	CT	6:06:24	55.87%
37 Dennis Muhonen	M 35	NH	6:12:11	55.00%
38 William Butcher	M 50	NC	6:19:00	54.01%
39 Thomas Smith	M 53	CT	6:22:00	53.59%
40 <u>Annette Florczak</u>	F 41	MA	6:22:23	53.53%
41 <u>Laura Blais</u>	F 42	CT	6:25:57	53.04%
42 <u>Janet Sanderson</u>	F 48	RI	6:25:57	53.04%
43 <u>Karen Ringheiser</u>	F 51	MA	6:27:04	52.88%
44 <u>Ronda Fernald</u>	F 40	NH	6:27:18	52.85%
45 <u>Deb Anderson</u>	F 40	MA	6:51:08	49.79%
46 <u>Judith Shaw</u>	F 47	RI	6:55:47	49.23%
47 <u>Vicki Haley</u>	F 61	MA	7:04:05	48.27%
48 Richard Mellor	M 64	NH	7:05:17	48.13%
49 <u>Nicole Drescher</u>	F 33	MA	7:17:35	46.78%
50 Cesar Hernandez	M 28	MA	7:22:43	46.24%
51 David Follansbee	M 39	NH	7:24:07	46.09%
52 Sean Walker	M 39	MA	7:35:45	44.91%
53 <u>Sarah Kulis</u>	F 37	MA	7:35:45	44.91%
54 Steven Kooi	M 42	MA	7:49:02	43.64%
55 Reed Shea	M 27	MA	7:54:27	43.14%

56 Avia Navickas F 26 MA 7:54:27 43.14%

## Merrimack River 10 Mile Trail Race

Andover, MA ... May 9, 2015

<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1 Colin Carroll	M 30	MA	58:57	100.00%
2 Kevin Tilton	M 33	NH	59:13	99.55%
3 Scott Leslie	M 33	MA	59:58	98.30%
4 Chris Mahoney	M 37	MA	1:00:02	98.20%
5 Alex Hall	M 28	MA	1:00:42	97.12%
6 Ryan Carrara	M 38	MA	1:01:00	96.64%
7 Ethan Nadeau	M 42	MA	1:01:09	96.40%
8 Matthew Veiga	M 28	MA	1:02:17	94.65%
9 Todd Callaghan	M 45	MA	1:02:33	94.24%
10 Scott McGrath	M 28	MA	1:02:47	93.89%
11 Jim Pawlicki	M 40	MA	1:03:58	92.16%
12 Patrick Rich	M 38	MA	1:04:58	90.74%
13 Ryan Hayes	M 36	MA	1:05:15	90.34%
14 <u>Kasie Enman</u> 1 <sup>st</sup> F	F 35	VT	1:05:32	89.95%
15 Josh Fields	M 26	NH	1:06:12	89.05%
16 Justin Jones	M 27	MA	1:07:22	87.51%
17 Eric Wyzga	M 39	RI	1:08:42	85.81%
18 <u>Kehr Davis</u>	F 38	MA	1:08:59	85.46%
19 Doug DeAngelis	M 48	MA	1:09:08	85.27%
20 Michael Narcisi	M 31	MA	1:09:26	84.90%
21 <u>Leslie O'Dell</u>	F 39	NH	1:09:33	84.76%
22 Edwin Jonathan	M 20	MA	1:09:39	84.64%
23 Damon Gannon	M 47	ME	1:09:44	84.54%
24 Brett Rickenbach	M 40	MA	1:10:13	83.95%
25 <u>Emma Kosciak</u>	F 30	MA	1:10:19	83.84%
26 Jack Pilla	M 56	VT	1:10:34	83.54%
27 <u>Regina Loiacano</u>	F 41	MA	1:10:53	83.16%
28 John Gillis	M 51	MA	1:10:53	83.16%
29 Patrick Murphy	M 40	MA	1:10:54	83.15%
30 Edward Jeffries	M 51	MA	1:11:08	82.87%
31 Brian Oneil	M 48	MA	1:11:20	82.64%
32 Scott Dedeo	M 34	MA	1:11:36	82.33%
33 Jason Matulewicz	M 42	MA	1:12:13	81.63%
34 Matthew Sexton	M 40	MA	1:12:16	81.57%
35 <u>Athena Eyster</u>	F 27	MA	1:12:22	81.46%
36 Stanislav Trufanov	M 36	MA	1:12:28	81.35%
37 Kevin Littman	M 43	MA	1:12:30	81.31%
38 Ari Ofsevit	M 30	MA	1:12:57	80.81%
39 <u>Christy Carrara</u>	F 39	MA	1:13:00	80.75%
40 <u>Jenn Brooks</u>	F 36	MA	1:13:09	80.59%
41 Stephen Whittey	M 58	MA	1:13:21	80.37%
42 Bruno Ferrani	M 24	MA	1:14:04	79.59%
43 Tom Dolan	M 47	MA	1:14:27	79.18%
44 Shane Cyphert	M 26	MA	1:15:09	78.44%
45 <u>Alex Jospe</u>	F 31	MA	1:15:42	77.87%
46 Dave Power	M 32	MA	1:16:07	77.45%
47 Jonathan Soo	M 42	MA	1:16:20	77.23%

*Continued next page:*

Merrimack results cont:

48 Ken Goodwin	M 60	MA	1:16:30	77.06%
49 Bob Gillis	M 60	MA	1:16:44	76.82%
50 Christopher Fauske	M 57	MA	1:16:51	76.71%
51 Paul Stacy	M 48	MA	1:17:26	76.13%
52 Jeffrey Saeger	M 66	MA	1:18:03	75.53%
53 Nathaniel Watts	M 34	MA	1:18:11	75.40%
54 <u>Karin Knudson</u>	F 27	MA	1:18:20	75.26%
55 James Turitto	M 30	MA	1:18:58	74.65%
56 <u>Amy Rusiecki</u>	F 35	MA	1:19:09	74.48%
57 <u>Elena Mihaly</u>	F 29	MA	1:19:21	74.29%
58 Justin Strauss	M 31	MA	1:19:22	74.28%
59 Wesley Lassen	M 37	MA	1:19:44	73.93%
60 Tony Bonanno	M 49	CT	1:19:52	73.81%
61 Scott Spence	M 50	MA	1:19:57	73.73%
62 Lucas Brown	M 21	MA	1:20:13	73.49%
63 Matthew Cirinna	M 47	NH	1:20:19	73.40%
64 David Lapierre	M 50	MA	1:20:53	72.88%
65 <b>Dave Dunham</b>	M 51	MA	1:20:54	72.87%
66 Daniel Verrington	M 52	MA	1:20:55	72.85%
67 Michael Urquiola	M 48	MA	1:21:10	72.63%
68 <b>Todd Brown</b>	M 51	CT	1:21:45	72.11%
69 Dan Sokoloff	M 34	MA	1:21:58	71.92%
70 <u>Sue Lachance</u>	F 55	MA	1:22:10	71.74%
71 <b>Ted Cowles</b>	M 56	CT	1:22:32	71.43%
72 <u>Erin Hickey-Reardon</u>	F 35	MA	1:22:34	71.40%
73 Gary Jewett	M 49	MA	1:23:05	70.95%
74 Ryan Knapp	M 31	MA	1:25:47	68.72%
75 Craig Burns	M 49	MA	1:26:41	68.01%
76 Aaron Stenlik	M 28	MA	1:26:44	67.97%
77 Sam Brelsfoard	M 38	MA	1:26:47	67.93%
78 Earl Littlefield	M 45	MA	1:27:05	67.69%
79 <u>Kristin Tetrault</u>	F 34	MA	1:27:14	67.58%
80 <u>Abby Jackson</u>	F 34	NH	1:27:30	67.37%
81 Michael Dietze	M 38	MA	1:27:48	67.14%
82 Cody Frost	M 33	MA	1:28:00	66.99%
83 Brett Jackson	M 28	NY	1:28:23	66.70%
84 Mark Zytkovicz	M 41	MA	1:28:32	66.59%
85 Sonny Gerardo	M 41	MA	1:28:35	66.55%
86 <u>Susan MacLeod</u>	F 38	MA	1:28:45	66.42%
87 <u>Melissa Santelli</u>	F 36	MA	1:29:05	66.17%
88 Christopher Shea	M 43	MA	1:29:22	65.96%
89 <u>Andrea Leonard</u>	F 50	MA	1:29:32	65.84%
90 Patrick Lowry	M 25	MA	1:29:38	65.77%
91 Marc Cobery	M 46	NH	1:29:53	65.59%
92 Patrick Bressette	M 23	NH	1:30:32	65.11%
93 unkown ??	??	??	1:30:35	65.08%
94 <u>Kristine Innes</u>	F 41	MA	1:30:51	64.89%
95 <u>Amanda McCaughey</u>	F 30	NH	1:31:07	64.70%
96 <u>Elizabeth Dolman</u>	F 33	MA	1:31:35	64.37%
97 Tim Oakes	M 47	MA	1:31:38	64.33%
98 Mick Murphy	M 37	MA	1:31:54	64.15%
99 Steffan Zwirch	M 36	MA	1:32:08	63.98%
100 Elizabeth Eaton	F 45	MA	1:32:18	63.87%
101 <u>Stephanie DaCosta</u>	F 30	MA	1:32:39	63.63%
102 Kevin Yetman	M 45	MA	1:32:42	63.59%
103 Christopher Toppin	M 37	MA	1:32:57	63.42%
104 <u>Freddie Pare</u>	F 43	MA	1:32:59	63.40%
105 <b>Thomas Parker</b>	M 45	NH	1:33:00	63.39%
106 <u>Sau-Mei Leung</u>	F 49	MA	1:33:28	63.07%
107 Bill Rooney	M 50	MA	1:33:48	62.85%

108 <u>Sandra Power</u>	F 30	MA	1:33:52	62.80%
109 Brian Roderick	M 46	NH	1:34:18	62.51%
110 Brendan Murray	M 42	MA	1:35:10	61.94%
111 Phil Dunn	M 67	MA	1:35:42	61.60%
112 Richard Georato	M 47	NH	1:36:38	61.00%
113 Pete Westover	M 71	MA	1:37:02	60.75%
114 Dave Geary	M 49	MA	1:37:27	60.49%
115 <u>Stella Shen</u>	F 44	MA	1:37:32	60.44%
116 Marco Ferrani	M 22	MA	1:38:09	60.06%
117 <u>Carolina Villarreal</u>	F 33	MA	1:38:22	59.93%
118 Stephen Galloway	M 52	MA	1:38:40	59.75%
119 <u>Rong Hu</u>	F 49	MA	1:38:49	59.66%
120 Harsh Walia	M 38	MA	1:40:24	58.72%
121 Rahul Raina	M 38	MA	1:40:24	58.72%
122 Paul Comeau	M 53	NH	1:40:55	58.41%
123 John Kleschinsky	M 56	MA	1:40:55	58.41%
124 Jeff Hattem	M 64	MA	1:42:04	57.76%
125 Marcelo Ferrani	M 19	MA	1:43:13	57.11%
126 Ben Simon	M 21	MA	1:43:14	57.10%
127 <u>Kathy Furlani</u>	F 66	CT	1:43:23	57.02%
128 <u>Lisa Erickson Gorman</u>	F 35	MA	1:43:26	56.99%
129 Jim Lamothe	M 56	MA	1:44:04	56.65%
130 <u>Stephanie Suprin</u>	F 53	MA	1:44:23	56.47%
131 <u>Sandra Gordon</u>	F 49	MA	1:44:57	56.17%
132 Christopher Ogrady	M 27	MA	1:45:05	56.10%
133 Randy Miller	M 44	MA	1:45:22	55.95%
134 <u>Christine Jaramillo</u>	F 25	NH	1:45:25	55.92%
135 <u>Angela King</u>	F 35	MA	1:45:26	55.91%
136 Richard Leonard	M 60	MA	1:45:41	55.78%
137 <u>Zona Sharfman</u>	F 38	MA	1:46:55	55.14%
138 <u>Adena Schutzberg</u>	F 51	MA	1:47:05	55.05%
139 <u>Maggie Howes</u>	F 76	MA	1:47:36	54.79%
140 Gary Reuter	M 76	ME	1:47:59	54.59%
141 <u>Jessica Knapp</u>	F 32	MA	1:48:02	54.57%
142 George Frascione	M 62	MA	1:48:12	54.48%
143 <u>Diane Pisano</u>	F 58	NY	1:48:20	54.42%
144 Dan Sullivan	M 44	MA	1:49:23	53.89%
145 Tyson Sunnerberg	M 35	MA	1:49:33	53.81%
146 David Sorrells	M 55	MA	1:50:20	53.43%
147 Jerry Grove	M 69	MA	1:50:37	53.29%
148 David Achenbach	M 57	MA	1:51:09	53.04%
149 <u>Vic LaPort</u>	M 74	MA	1:51:12	53.01%
150 <u>Lana Popova</u>	F 48	MA	1:51:55	52.67%
151 Eric Mohan	M 45	NH	1:52:35	52.36%
152 <u>Jennie Murack</u>	F 33	MA	1:53:41	51.85%
153 Richard Fijalkowski	M 47	MA	1:57:59	49.96%
154 Paul Foti	M 44	MA	1:59:01	49.53%
155 <u>Debra Galloway</u>	F 55	MA	1:59:44	49.23%
156 David Olson	M 48	MA	2:00:13	49.04%
157 <u>Kirstin Anderson</u>	F 39	MA	2:02:11	48.25%
158 <u>Lisa Anderson</u>	F 39	MA	2:02:11	48.25%
159 <u>Bonnie Hallinan</u>	F 65	MA	2:03:27	47.75%
160 Christopher Harrison	M 62	MA	2:05:26	47.00%
161 Tom Speidel	M 54	MA	2:05:30	46.97%
162 <u>MaryLou White</u>	F 59	CT	2:08:46	45.78%
163 <u>Lisa Christie</u>	F 62	MA	2:10:52	45.05%
164 <u>Anna Gammal</u>	F 44	MA	2:13:52	44.04%
165 <u>Katya Divari</u>	F 53	MA	2:13:53	44.03%
166 <u>Diane Levesque</u>	F 61	NH	2:16:13	43.28%

Continued next page:

Merrimack results cont:

167 <u>Lisa DiSalvatore</u>	F 55	MA	2:17:33	42.86%
168 <u>Donna Drinkwater</u>	F 52	MA	2:18:34	42.54%
169 <u>Barbara Grandberg</u>	F 64	MA	2:21:04	41.79%
170 Kristin Eaton	F 48	MA	2:23:50	40.98%

**Muddy Moose ... 14 Mile Trail Race**

Wolfboro, NH. .... April 26, 2015

*WMAC members in bold:*

<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT%</u>
1 Justin Freeman	M 38	NH	1:30:45	100.00%
2 Tristan Williams	M 29	NH	1:31:12	99.51%
3 Haroldas Subertas	M 23	MA	1:33:43	96.83%
4 Andrew Drummond	M 34	NH	1:35:56	94.60%
5 Timothy Connelly	M 32	MA	1:39:09	91.53%
6 Thomas Miller	M 28	MA	1:39:38	91.08%
7 Damon Gannon	M 47	ME	1:41:40	89.26%
8 James Doneski	M 46	NH	1:42:04	88.91%
9 Keith Schmitt	M 46	NH	1:43:21	87.81%
10 Sam Wood	M 28	NH	1:44:55	86.50%
11 <b>Kehr Davis 1<sup>st</sup> F</b>	F 38	MA	1:45:17	86.20%
12 Jeff Hixon	M 40	MA	1:46:12	85.45%
13 Stanislav Trufanov	M 36	MA	1:48:38	83.54%
14 Ken Dealmeida	M 40	NH	1:50:58	81.78%
15 <u>Kristina Welts</u>	F 37	NH	1:52:53	80.39%
16 Martin Coulombe	M 49	QC	1:53:04	80.26%
17 Stephen Beaupre	M 50	NH	1:53:23	80.04%
18 <u>Abbey Wood</u>	F 29	NH	1:53:42	79.82%
19 <u>Leah Hart</u>	F 25	NH	1:54:57	78.95%
20 <u>Hilary McCloy</u>	F 32	NH	1:55:59	78.24%
21 Stefan Ricci	M 42	VT	1:58:26	76.63%
22 Jesse Moody	M 25	NH	1:59:09	76.16%
23 Paul Bazanchuk	M 60	NH	1:59:22	76.03%
24 Jon Williamson	M 49	VT	1:59:43	75.80%
25 Brad Beveridge	M 41	NH	2:01:39	74.60%
26 Doug Mayer	M 50	NH	2:02:06	74.32%
27 Jared Fortier	M 35	NH	2:02:49	73.89%
28 Tobey Reynolds	M 42	NH	2:02:50	73.88%
29 Forrest Butler	M 29	NH	2:02:57	73.81%
30 Stefen Keith	M 45	NH	2:03:34	73.44%
31 Brian Moore	M 28	NH	2:03:53	73.25%
32 <u>Elizabeth Morrissey</u>	F 27	NH	2:03:53	73.25%
33 Matthew Cirinna	M 47	NH	2:05:08	72.52%
34 <b>Ted Cowles</b>	M 56	CT	2:07:33	71.15%
35 Robert Houseman	M 51	NH	2:08:04	70.86%
36 <u>Kelsie Eckert</u>	F 27	NH	2:12:04	68.72%
37 <u>Allyson Koenig</u>	F 29	ME	2:12:29	68.50%
38 <u>Fran O'Donoghue</u>	F 52	CT	2:20:38	64.53%
39 Todd Downer	M 42	NH	2:22:05	63.87%
40 <u>Jessica Chalmers</u>	F 29	NH	2:22:08	63.85%
41 <u>Abby Jackson</u>	F 34	NH	2:22:11	63.83%
42 <u>Phil Vezina</u>	M 55	ME	2:23:26	63.27%
43 Paul Sestito	M 44	VT	2:24:47	62.68%
44 Dan Place	M 44	NH	2:30:00	60.50%
45 Mark Weidman	M 58	NH	2:31:06	60.06%
46 Michael Jacobs	M 39	NH	2:31:17	59.99%
47 Sam Seeley	M 16	NH	2:31:51	59.76%

48 <u>Kristine Reardon</u>	F 39	NH	2:34:04	58.90%
49 Brian Roderick	M 46	NH	2:34:10	58.86%
50 Norman Brooks	M 44	NH	2:35:13	58.47%
51 Frank Holmes	M 68	NH	2:35:20	58.42%
52 <b>Thomas Parker</b>	M 47	NH	2:36:18	58.06%
53 <u>Jessica Hart</u>	F 29	NH	2:37:01	57.80%
54 <u>Nicole Gibeault</u>	F 27	NH	2:38:00	57.44%
55 Doug Skelley	M 32	NH	2:39:07	57.03%
56 Dan Harvey	M 32	ME	2:39:41	56.83%
57 <u>Linda Welch</u>	F 37	NH	2:40:10	56.66%
58 David King	M 56	NH	2:40:57	56.38%
59 <u>Jennifer Muirhead</u>	F 42	NH	2:43:05	55.65%
60 Josh Robert	M 34	NH	2:43:08	55.63%
61 Fred King	M 60	NH	2:43:54	55.37%
62 <u>Mary Connolly</u>	F 55	NH	2:44:26	55.19%
63 Nathaniel Sharman	M 40	NH	2:44:30	55.17%
64 James Banyas	M 51	MA	2:45:00	55.00%
65 Marc Seguin	M 40	QC	2:42:57	55.69%
66 <u>Caitlin Cusack</u>	F 35	VT	2:47:06	54.31%
67 Gary Reuter	M 76	ME	2:47:31	54.17%
68 Luke Utley	M 43	NH	2:47:36	54.15%
69 Justin Boucher	M 28	ME	2:50:54	53.10%
70 Ronda Fernald	F 40	NH	2:51:00	53.07%
71 <u>Leah Belanger</u>	F 34	NH	2:53:42	52.25%
72 Nate Crandell	M 45	VT	2:56:37	51.38%
73 <u>Ashley Mann</u>	F 34	NH	3:01:41	49.95%
74 <u>Shaunna Mara</u>	F 44	NH	3:02:36	49.70%
75 Michae Buzon	M 39	NH	3:05:38	48.89%
76 Joe Hayes	M 66	NH	3:09:10	47.97%
77 <u>Cassandra Smith</u>	F 47	NH	3:09:20	47.93%
78 <u>Andrea Collins</u>	F 47	MA	3:10:00	47.76%
79 Richard Fijalkowski	M 47	MA	3:11:44	47.33%
80 <u>Jana Bean</u>	F 40	NH	3:13:15	46.96%
81 David Follansbee	M 39	NH	3:14:12	46.73%
82 Michael Goolkasian	M 51	MA	3:15:37	46.39%
83 <u>Kristin Mara</u>	F 46	NH	3:15:51	46.34%
84 Christopher Harrison	M 62	MA	3:16:13	46.25%
85 Kevin Callahan	M 61	NH	3:19:13	45.55%
86 <u>Barbara Sorrell</u>	F 57	NY	3:20:00	45.37%
87 Christopher Luck	M 58	NH	3:21:55	44.94%
88 Don Trump	M 65	NY	3:23:55	44.50%

New Book by Ben Kimball now available...

*Trail Running Western Massachusetts*

Check it out on [Facebook](#). Buy from your local bookstore as a paperback or e-book at [Amazon](#) or [Barnes & Noble](#).

Profiles of fifty-one great trail runs in western Massachusetts, with trail descriptions, maps, route additions, and Ben's great photography. Maps are downloadable to phones.

And don't forget Ben's race photo gallery at....

<http://northeastracephoto.smuqmuq.com/>

## Seven Sisters ..... 12 Mile Trail Race

Amherst, MA. .... May 3, 2015

WMAC members in bold:

Name	Age	ST.	Time	GT%
1 Josh Hummel	M 25	VT	1:56:01	100.00%
2 Chris Hayhurst	M 43	NH	1:59:11	97.34%
3 John O'Shea	M 24	MA	2:00:14	96.50%
4 Ethan Nedeau	M 42	MA	2:00:38	96.18%
5 Ross Krause	M 35	MA	2:05:18	92.60%
6 Jeff Hunt	M 50	MA	2:06:52	91.45%
7 Andy Kiburis	M 30	ME	2:08:21	90.39%
8 Shaun Donegan	M 29	NY	2:09:12	89.80%
9 Stephen Kerr	M 23	MA	2:11:15	88.40%
10 Drew Jett	M 28	MA	2:11:45	88.06%
11 Tim Cote	M 39	NY	2:11:56	87.94%
12 <b>Kehr Davis 1<sup>st</sup> F</b>	F38	MA	2:12:14	87.74%
13 Joseph Mutter	M 22	VT	2:13:06	87.17%
14 John Believeau	M 33	ME	2:14:38	86.17%
15 Samuel Jurek	M 28	MA	2:15:50	85.42%
16 Patrick Rondeau	M 40	MA	2:15:58	85.34%
17 Stanislav Trufanov	M 36	MA	2:16:08	85.23%
18 Todd Bennett	M 44	CT	2:16:55	84.75%
19 Jeff Walker	M 49	ME	2:17:38	84.30%
20 <b>Kelsey Allen</b>	F 31	MA	2:18:43	83.64%
21 Jake Stookey	M 39	NY	2:18:44	83.64%
22 William Jackson	M 33	MA	2:18:53	83.54%
23 Aaron Major	M 36	NY	2:19:06	83.41%
24 Mark Tatum	M 55	CO	2:21:47	81.83%
25 Christopher Bowman	M 21	AR	2:22:53	81.20%
26 Michael Hanley	M 20	MA	2:23:29	80.86%
27 Kristian Whitsett	M 35	MA	2:23:41	80.75%
28 Gabriel Flanders	M 39	NH	2:23:48	80.68%
29 Edward Cullen	M 27	RI	2:23:57	80.60%
30 Thomas Gennaro	M 28	MA	2:24:08	80.50%
31 John Paul Krol	M 30	NH	2:25:26	79.78%
32 Jeffrey Hixon	M 40	MA	2:26:59	78.94%
33 <b>Kerri Lyons</b>	F 26	CT	2:29:05	77.82%
34 Marc Almanzan	M 32	MA	2:29:06	77.82%
35 Jason Bryant	M 42	NC	2:29:15	77.74%
36 Andrew Kernytsky	M 35	MA	2:29:26	77.65%
37 Patrick Homyak	M 25	MA	2:30:15	77.22%
38 Sanjay Arwade	M 40	MA	2:30:22	77.16%
39 Brian Klein	M 28	MA	2:31:29	76.60%
40 Joseph Sumner	M 62	MA	2:31:55	76.38%
41 Ari Ofsevit	M 30	MA	2:32:35	76.04%
42 Matt Munsey	M 27	MA	2:32:47	75.94%
43 Chris Adeletti	M 50	MA	2:33:18	75.69%
44 Michael Damiano	M 50	MA	2:33:40	75.51%
45 <b>Annie Pokorny</b>	F 22	VT	2:34:03	75.31%
46 Jason Sarouhan	M 37	MA	2:34:13	75.23%
47 Kevan Hauver	M 40	RI	2:34:14	75.23%
48 Scott Gregor	M 28	CT	2:34:29	75.11%
49 Patrick Driscoll	M 26	MA	2:34:40	75.02%
50 Sean Dacus	M 44	MA	2:34:42	75.00%
51 Timothy Lilienthal	M 36	MA	2:34:53	74.91%
52 Eric Nacsin	M 28	MA	2:36:03	74.35%
53 Doug Mayer	M 50	NH	2:36:06	74.33%
54 <b>Molly Hoyt</b>	F 38	MA	2:36:06	74.33%
55 Greg Rolland	M 41	MA	2:36:17	74.24%
56 Jack Bailey	M 36	MA	2:36:35	74.10%

57 Kyle Bissell	M 37	MA	2:37:10	73.82%
58 Tim Miles	M 29	MA	2:37:54	73.48%
59 Noah Stone	M ??	MA	2:38:38	73.14%
60 Craig Nale	M 31	ME	2:38:54	73.02%
61 <b>Becca Waldo</b>	F 26	MA	2:39:15	72.86%
62 Peter Howe	M 19	NH	2:40:06	72.47%
63 Peter Glaser	M 34	ME	2:40:46	72.17%
64 Mark Trahan	M 38	MA	2:40:52	72.13%
65 Chris Kusek	M 36	MA	2:40:52	72.12%
66 Jonathon Chaffee	M 70	NH	2:41:16	71.95%
67 Kris Murphy	M 38	MA	2:41:18	71.93%
68 Rick Kraics	M 39	MA	2:41:19	71.93%
69 John Herron	M 32	MA	2:41:28	71.86%
70 Andrew Wells	M 50	MA	2:41:32	71.83%
71 Tracy Shriver	M 43	MA	2:42:09	71.56%
72 Erik Wight	M 55	MA	2:43:07	71.13%
73 John McCarthy	M 36	MA	2:43:49	70.82%
74 Bill Hoffman	M 48	NY	2:44:37	70.49%
75 <b>Ned James</b>	M 60	MA	2:45:30	70.11%
76 Christopher Bustard	M 26	MA	2:45:58	69.91%
77 Christian Lagier	M 46	MA	2:46:09	69.83%
78 Matthew Lee	M 22	MA	2:46:13	69.81%
79 Nick Underwood	M 21	NY	2:46:31	69.68%
80 Brian Beauvais	M 31	MA	2:47:04	69.45%
81 Carl Matuszek	M 63	NY	2:47:08	69.42%
82 Adil Elkalai	M 42	MA	2:47:25	69.31%
83 <b>Ruthie Ireland</b>	F 47	MA	2:47:40	69.20%
84 <b>Hope Phelan</b>	F 26	MA	2:47:41	69.20%
85 James Turitto	M 30	MA	2:48:07	69.02%
86 <b>Sue Lachance</b>	F 55	MA	2:48:18	68.94%
87 Tim Dailey	M 30	PA	2:48:23	68.91%
88 Julien Blanchet	M 21	NH	2:49:36	68.41%
89 James Culhane	M 46	NH	2:49:44	68.36%
90 Dominick Laporte	M 28	MA	2:50:13	68.17%
91 Joe Delano	M 36	NY	2:50:24	68.09%
92 Sam Farnsworth	M 54	MA	2:50:33	68.03%
93 Cristian Popa	M 45	MA	2:51:02	67.84%
94 Michael Kearns	M 38	MA	2:51:13	67.77%
95 <b>Katelynn Venne</b>	F 24	MA	2:51:19	67.73%
96 <b>Ted Cowles</b>	M 56	CT	2:51:29	67.66%
97 Jeffrey Mitchell	M 34	CT	2:51:39	67.59%
98 <b>Colleen Keenan</b>	F 37	MA	2:51:40	67.59%
99 David Sandham	M 46	MA	2:51:57	67.48%
100 Christopher Cochran	M 30	MA	2:52:22	67.31%
101 <b>Jessica Blank</b>	F 22	NY	2:52:22	67.31%
102 Anthony Parillo	M 30	MA	2:53:08	67.01%
103 <b>Cristina Marcalow</b>	F 27	MA	2:53:18	66.95%
104 Samuel Peretz	M 48	MA	2:53:22	66.92%
105 Robert Perednia	M 32	MA	2:54:17	66.58%
106 Keith Zaltzberg	M 37	MA	2:54:52	66.35%
107 Jonathan Starkman	M 42	MA	2:56:31	65.73%
108 Jason Mazurowski	M 26	NY	2:56:38	65.69%
109 <b>Peggy Horgan</b>	F 29	MA	2:56:40	65.68%
110 <b>Parrish Bergquist</b>	F 32	MA	2:56:44	65.65%
111 Patrick Connors	M 36	MA	2:57:30	65.37%
112 Simon Thalabard	M 29	MA	2:57:50	65.25%
113 Lawrence Mastera	M 29	MA	2:57:57	65.21%
114 David Olson	M 32	NH	2:58:36	64.96%
115 Rick Keilty	M 29	MA	2:58:55	64.85%
116 Benjamin Frank	M 35	MA	2:59:50	64.52%

*Continued next page:*



Seven Sisters results cont:

117 Jackie Landmark	F 33	MA	3:00:14	64.37%
118 Michael Auger	M 55	MA	3:00:17	64.36%
119 Greg Tew	M 44	MA	3:00:22	64.33%
120 David Belanger	M 28	MA	3:00:34	64.26%
121 Paul Jahnige	M 48	MA	3:01:30	63.93%
122 Ethan Phelps	M 38	VT	3:01:30	63.93%
123 Mark Brito	M 37	MA	3:02:04	63.73%
124 Joanne Ross	F 43	CT	3:02:24	63.61%
125 Jackson Blum	M 22	NH	3:02:46	63.48%
126 Katherine Kulig	F 37	MA	3:02:46	63.48%
127 Ian Rea	M 38	MA	3:03:14	63.32%
128 Jonathan Westphal	M 24	NH	3:03:18	63.30%
129 Clay Ballantine	M 44	MA	3:03:21	63.28%
130 Ben Ketchum	M 34	MA	3:03:21	63.28%
131 Alison Berman	F 46	MA	3:03:24	63.27%
132 Alexander Hayman	M 29	MA	3:03:30	63.23%
133 Louis Ruvolo	M 50	MA	3:03:34	63.21%
134 Josie Fisher	F 24	VT	3:03:35	63.20%
135 Jon Frisch	M 27	MA	3:03:51	63.11%
136 Joshua Wilson	M 39	MA	3:04:11	63.00%
137 Jeffrey Sontag	M 25	NY	3:04:35	62.86%
138 Denis Childs	M 42	MA	3:06:21	62.26%
139 Matt Zogg	M 34	MA	3:06:23	62.25%
140 Andrew Gillis	M 44	NH	3:06:24	62.25%
141 Kristen Peterson	F 24	MA	3:06:25	62.24%
142 Jody Slade	M 43	MA	3:06:28	62.22%
143 Simon Ross	M 35	MA	3:07:24	61.91%
144 Morgan Staples	M 29	MA	3:07:55	61.74%
145 Andrew Bray	M 32	MA	3:08:06	61.68%
146 Gaston Fiore	M 32	CT	3:08:06	61.68%
147 Russell McGinnis	M 22	MA	3:08:42	61.49%
148 Scott Henderson	M 42	MA	3:08:51	61.44%
149 Elizabeth Guenard	F 30	VT	3:09:39	61.18%
150 Thomas Szumita	M 41	MA	3:09:51	61.12%
151 Michael Crutchley	M 44	CT	3:10:27	60.92%
152 William Breymann	M 28	MA	3:10:30	60.90%
153 Shaun O'Connor	M 22	MA	3:10:44	60.83%
154 Kris Gleason	F 52	MA	3:10:56	60.77%
155 Kristin Su	F 30	MA	3:11:01	60.74%
156 Matthew Hart	M 25	MA	3:11:07	60.71%
157 Patrick Chviruk	M 29	MA	3:11:15	60.67%
158 Uri Halevi	M 28	MA	3:11:20	60.64%
159 Ryan Trott	M 27	MA	3:11:38	60.55%
160 Sam Taber	M 32	MA	3:11:44	60.51%
161 Joseph Frigo	M 24	MA	3:11:55	60.46%
162 Thomas Lehouillier	M 44	MA	3:12:26	60.29%
163 Robert Abel	M 32	NH	3:12:35	60.25%
164 Nate Davis	M 30	MA	3:12:56	60.14%
165 Jose Rosario	M 39	MA	3:13:10	60.07%
166 Sean Jennings	M 47	MA	3:13:10	60.07%
167 Kristina Richard	F 23	MA	3:13:12	60.06%
168 Grant Ritter	M 31	MA	3:13:43	59.90%
169 Alanna Almstead	F 38	NY	3:13:52	59.85%
170 Alison Hwong	F 33	MA	3:14:01	59.80%
171 Camil Blanchet	M 20	NH	3:14:28	59.66%
172 Andrew Gilbert	M 53	VT	3:14:36	59.62%
173 Zayne Couch	M 20	CT	3:14:42	59.60%
174 James Sedlak	M 43	MA	3:14:52	59.54%
175 Melissa Sedlak	F 37	MA	3:14:52	59.54%
176 Andrew Galik	M 34	MA	3:15:12	59.44%

177 Peter Shanley	M 42	MA	3:15:24	59.38%
178 Emily Rodriguez	F 26	NY	3:15:44	59.28%
179 Bill Longridge	M 44	MA	3:16:02	59.19%
180 Sarah Chapin	F 42	RI	3:16:09	59.15%
181 Justin Allen	M 29	RI	3:16:57	58.91%
182 Brian Payne	M 42	MA	3:17:07	58.86%
183 Lauren Szumita	F 29	MA	3:18:25	58.48%
184 Celso Munoz	M 37	NH	3:18:27	58.47%
185 Thomas McNulty	M 24	MA	3:18:46	58.37%
186 Todd Brown	M 51	CT	3:18:58	58.32%
187 Alexis Fischer	F 27	MA	3:19:02	58.29%
188 Patrick Lafond	M 43	MA	3:19:42	58.10%
189 Philip Martin	M 27	MA	3:20:31	57.86%
190 Stephen Alsdorf	M 45	MA	3:20:36	57.84%
191 Lisa Klinkenberg	F 41	MA	3:21:06	57.70%
192 Bryan Farley	M 38	MA	3:21:12	57.67%
193 Jonathan Galanis	M 31	MA	3:21:22	57.62%
194 Nick Pittman	M 25	MA	3:21:38	57.55%
195 Sonny Gerardi	M 41	MA	3:22:09	57.40%
196 Bob Warren	M 54	MA	3:22:12	57.38%
197 Linda Fijol	F 41	MA	3:22:27	57.31%
198 Melissa Brunelle	F 36	RI	3:22:27	57.31%
199 Stephen Drouin	M 60	MA	3:22:39	57.26%
200 Jeff Dagostino	M 47	MA	3:22:40	57.25%
201 Michael Wright	M 43	MA	3:23:37	56.98%
202 Erin Pickett	F 38	MA	3:24:03	56.86%
203 Peter Mikolajczuk	M 33	NH	3:24:52	56.64%
204 Daniel Sullivan	M 31	MA	3:25:00	56.60%
205 Jesse Jamnik	M 35	RI	3:25:35	56.44%
206 Jeff Caruso	M 35	MA	3:25:36	56.43%
207 Daniel Arpino	M 30	MA	3:25:37	56.43%
208 Jacob Chapman	M 39	MA	3:26:47	56.11%
209 Michael Heiden	M 39	VT	3:26:49	56.10%
210 Fletcher Schneeflock	M 37	MA	3:27:09	56.01%
211 Brandon Chalifoux	M 15	MA	3:27:45	55.85%
212 Rui Lopes	M 42	MA	3:28:10	55.74%
213 Garrett Deane	M 44	MA	3:28:42	55.60%
214 Bruce Plate	M 48	MA	3:28:55	55.54%
215 Bob Bradley	M 43	MA	3:29:00	55.52%
216 Brian Fitzgerald	M 26	MA	3:29:01	55.51%
217 Chris Simister	M 29	MA	3:29:44	55.32%
218 Laura Stephen	F 51	NY	3:31:37	54.83%
219 William Foley	M 46	MA	3:32:16	54.66%
220 Samantha Marsden	F 22	OR	3:32:37	54.57%
221 Nadejda Stancioff	F 23	MA	3:32:38	54.57%
222 Patrick Lowry	M 25	MA	3:32:47	54.53%
223 Pamela Houlihan	F 46	MA	3:33:12	54.42%
224 Brandon Williams	M 30	MA	3:33:35	54.32%
225 Ys Lee	F 38	MA	3:33:59	54.22%
226 Whitney Brown	F 41	MA	3:34:06	54.19%
227 Elizabeth Thompson	F 35	MA	3:34:11	54.17%
228 Zeke Zucker	M 71	VT	3:34:27	54.11%
229 John Peetz	M 37	MA	3:34:53	54.00%
230 Michael Hayden	M 25	MA	3:35:11	53.92%
231 Crystal Seaver	F 29	RI	3:35:17	53.89%
232 Tara Rasch	F 35	MA	3:35:49	53.76%
233 Robert Cotter	M 52	MA	3:35:57	53.73%
234 James Moran	M 50	MA	3:36:02	53.71%
235 Chris Jaspardo	M 47	RI	3:36:28	53.60%

Continued next page:

Seven Sisters results cont:

236 <u>Jill Lizotte</u>	F 37	RI	3:36:56	53.49%
237 Edward Bourgeois	M 45	MA	3:36:59	53.47%
238 Zachary Cloutier	M 19	MA	3:37:00	53.47%
239 <u>Jennifer Pajer</u>	F 19	MA	3:37:24	53.37%
240 <u>Michelle Parker</u>	F 44	MA	3:37:58	53.23%
241 <u>Catherine Bannish</u>	F 23	MA	3:38:50	53.02%
242 Paul Rondeau	M 45	NH	3:38:54	53.00%
243 Scott Sundin	M 56	MA	3:40:09	52.71%
244 <u>Chrystal Thibedau</u>	F 37	RI	3:40:16	52.68%
245 <u>Kelsey Battige</u>	F 28	MA	3:40:22	52.65%
246 Shawn Mishler	M 50	HI	3:40:37	52.59%
247 Glen Cooper	M 48	MA	3:41:05	52.48%
248 <u>Stacey Jacobsen</u>	F 45	MA	3:41:08	52.47%
249 <u>Ashley Stambolis</u>	F 28	MA	3:41:11	52.46%
250 <u>Lucy Howard</u>	F 19	MA	3:41:54	52.29%
251 Matthew Quinn	M 34	CT	3:42:04	52.25%
252 Su Mittra	M 38	MA	3:42:58	52.04%
253 <u>Lizzie Littlewood</u>	F 27	CT	3:43:47	51.85%
254 Robert Collazo	M 44	MA	3:43:58	51.81%
255 John Mudano	M 48	CT	3:44:12	51.75%
256 David Peritz	M 42	MA	3:44:26	51.70%
257 <u>Tara Chenevert</u>	F 35	MA	3:44:44	51.63%
258 <u>Teresa Harvey</u>	F 25	MA	3:44:45	51.63%
259 Shane Waterman	M 23	MA	3:45:00	51.57%
260 <u>Kerry Gallagher</u>	F 38	MA	3:45:34	51.44%
261 Joseph Strafach	M 52	CT	3:46:27	51.24%
262 Jason Agonia	M 24	RI	3:47:01	51.11%
263 Scott Vezina	M 45	CT	3:47:20	51.04%
264 Pete Westover	M 70	MA	3:47:27	51.01%
265 Scott Burch	M 43	MA	3:48:13	50.84%
266 Erol Yayboke	M 33	MA	3:49:00	50.67%
267 Chris Crawford	M 46	MA	3:49:02	50.66%
268 Albert Mendoza	M 45	MA	3:49:03	50.66%
269 Jason Carvalho	M 35	MA	3:49:21	50.59%
270 <u>Mary Gorski</u>	F 46	MA	3:49:31	50.55%
271 Greg Monette	M 47	MA	3:50:10	50.41%
272 <u>Marylalice Eckart</u>	F 50	MA	3:50:28	50.34%
273 Toby Morgan	M 40	CT	3:50:37	50.31%
274 <u>Jane Weakley</u>	F 32	MA	3:50:41	50.30%
275 <u>Carol Fisher</u>	F 62	NY	3:51:40	50.09%
276 Tom Binder	M 47	MA	3:52:10	49.98%
277 Matt Anderson	M 33	NJ	3:52:22	49.93%
278 Jack Weaver	M 59	MA	3:52:45	49.85%
279 <u>Cherisse Haakonsen</u>	F 41	MA	3:53:48	49.63%
280 <u>Anu S ?</u>	F 28	MA	3:53:50	49.62%
281 <u>Ellen Rubinstein</u>	F 34	NJ	3:54:08	49.56%
282 <u>Kim Patnaude</u>	F 48	CT	3:54:56	49.39%
283 Paul Makowicz	M 27	MA	3:55:18	49.31%
284 Zhaoliang Lun	M 26	MA	3:55:43	49.22%
285 Matthew Lepine	M 31	MA	3:55:58	49.17%
286 James Provenzano	M 50	MA	3:56:27	49.07%
287 <u>Carol Gray</u>	F 46	CT	3:56:53	48.98%
288 Christopher Shipley	M 52	NH	3:57:03	48.95%
289 Mike Nelson	M 49	VT	3:57:18	48.90%
290 <u>Colleen Killay</u>	F 37	MA	3:57:33	48.84%
291 Mark Kuenzel	M 46	MA	3:57:59	48.76%
292 Daniel Varon	M 42	RI	3:58:20	48.68%
293 <u>Jackie Saulnier</u>	F 44	MA	3:59:08	48.52%
294 <u>Stephanie Rivera</u>	F 45	MA	3:59:11	48.51%
295 <u>Sarah Long</u>	F 34	MA	3:59:11	48.51%

296 Miodrag Glumac	M 49	MA	3:59:15	48.50%
297 Chris Powers	M 42	MA	3:59:45	48.40%
298 <u>Laura Bleyendaal</u>	F 28	MA	4:01:50	47.98%
299 <u>Marla Rycerz</u>	F 45	CT	4:01:53	47.97%
300 Doug Weihrauch	M 46	MA	4:02:05	47.93%
301 <u>Stefanie Tolpa</u>	F 33	MA	4:02:56	47.76%
302 <u>Ashley Deacetis</u>	F 25	MA	4:03:03	47.74%
303 Jim Mazza	M 46	MA	4:03:03	47.74%
304 David Kosak	M 34	CT	4:03:18	47.69%
305 Teunis Van de Graaf	M 57	ME	4:04:01	47.55%
306 Geoffrey Hart	M 44	VT	4:04:55	47.37%
307 <u>Heather Gannoe</u>	F 33	VT	4:04:56	47.37%
308 Jacques Blanchet	M 56	NH	4:05:06	47.34%
309 Christian Nelson	M 47	CT	4:05:09	47.33%
310 Nicholas Blanchet	M 26	NH	4:05:27	47.27%
311 Gabriel Blanchet	M 24	NH	4:06:07	47.15%
312 Sean Burns	M 52	MA	4:06:31	47.07%
313 Jonathan Saulnier	M 43	MA	4:06:48	47.01%
314 Arthur Seelig	M 34	VT	4:06:57	46.98%
315 James Carroll	M 42	MA	4:07:17	46.92%
316 Gregory Murphy	M 39	MA	4:07:30	46.88%
317 William Waryas	M 51	NH	4:07:55	46.80%
318 <u>Kirsten Therrien</u>	F 23	MA	4:08:06	46.77%
319 <u>Kerstin Nordstrom</u>	F 31	MA	4:08:57	46.61%
320 <u>Jane Gallagher</u>	F 45	MA	4:09:31	46.50%
321 John Spelko	M 68	MA	4:09:34	46.49%
322 <u>Kristine Straub</u>	F 43	MA	4:10:59	46.23%
323 Bill Ellegood	M 47	MA	4:11:00	46.23%
324 Peter Hicks	M 42	MA	4:11:01	46.22%
325 Stephen Lang	M 60	MA	4:11:11	46.19%
326 Cory Shepherd	M 44	NH	4:11:13	46.19%
327 Keith Miller	M 47	MA	4:11:14	46.19%
328 <u>Allyson Koenig</u>	F 29	ME	4:11:25	46.15%
329 Sanjeet Rakwal	M 39	CT	4:11:57	46.05%
330 Chad Wegner	M 38	MA	4:12:18	45.99%
331 <u>Laura Nelson</u>	F 33	CT	4:12:24	45.97%
332 Mike Hickey	M 26	MA	4:12:45	45.91%
333 <u>Tanya Sparhawk</u>	F 43	MA	4:12:54	45.88%
334 Walter Ramsey	M 29	MA	4:13:01	45.86%
335 <u>Mary Farley</u>	F 39	MA	4:13:30	45.77%
336 <u>Deb Anderson</u>	F 40	MA	4:14:08	45.66%
337 <u>Lovey Oliff</u>	F 35	MA	4:14:13	45.64%
338 <u>Angela Vacca</u>	F 28	MA	4:15:47	45.36%
339 Jason Rybicki	M 38	MA	4:15:48	45.36%
340 Robert Olsen	M 51	MA	4:16:47	45.19%
341 <u>Amanda Royka</u>	F 19	CT	4:17:04	45.14%
342 Julian Wise	M 21	CA	4:17:04	45.14%
343 Israel Diaz	M 30	MA	4:17:33	45.05%
344 <u>Faith Raymond</u>	F 50	CT	4:18:09	44.95%
345 <u>Linda Restaino</u>	F 30	MA	4:18:45	44.84%
346 <u>Katya Divari</u>	F 53	MA	4:19:21	44.74%
347 Matt Friend	M 44	MA	4:19:26	44.72%
348 Steven Dubrule	M 48	MA	4:19:59	44.63%
349 <u>Carolyn Chandley</u>	F 25	MA	4:22:10	44.26%
350 <u>Jessica Boss</u>	F 41	MA	4:22:11	44.25%
351 Andrew MacDonald	M 25	MA	4:22:46	44.16%
352 Raymond Cloutier	M 49	MA	4:23:16	44.07%
353 John Pliska	M 47	MA	4:24:12	43.92%
354 Kevin Quinlan	M 41	MA	4:24:16	43.90%

Continued next page:

Seven Sisters results cont:

355	Mark Anderson	M 31	CT	4:24:21	43.89%
356	Lincoln Muir	M 55	MA	4:26:17	43.57%
357	Steve Ferullo	M 43	MA	4:26:40	43.51%
358	<u>Karen Provencher</u>	F 60	NY	4:27:14	43.42%
359	Roy Van Buren	M 53	MA	4:27:27	43.38%
360	Michael Gerulaitis	M 40	MA	4:27:38	43.35%
361	Douglas Robidoux	M 39	MA	4:27:39	43.35%
362	<u>Mary Haskins</u>	F 55	NY	4:28:52	43.15%
363	Darrell McTague	M 26	MA	4:30:02	42.97%
364	Tom Malcolm	M 58	MA	4:30:30	42.89%
365	<u>Maricela Santos</u>	F 44	MA	4:31:28	42.74%
366	<u>Lindsay Wright</u>	F 33	MA	4:31:43	42.70%
367	Bryon Dailey	M 60	MA	4:32:44	42.54%
368	<u>Kelly O'Malley</u>	F 38	MA	4:33:54	42.36%
369	Brian Clark	M 58	VT	4:35:52	42.06%
370	<u>Karen Clark</u>	F 51	VT	4:35:52	42.06%
371	<u>Sara Whitcomb</u>	F 41	MA	4:36:20	41.99%
372	<u>Ann McCarthy</u>	F 47	MA	4:39:16	41.55%
373	Mike Radz	M 42	RI	4:39:43	41.48%
374	<u>Carolyn Calderigi</u>	F 44	MA	4:40:53	41.31%
375	<u>Sarah Bolton</u>	F 47	NH	4:41:03	41.28%
376	Tristan Guzik	M 15	MA	4:43:11	40.97%
377	Daniel Whalen	M 28	MA	4:44:05	40.84%
378	Tom Turck	M 50	MA	4:44:36	40.77%
379	<u>Elizabeth Lotter</u>	F 32	MA	4:45:10	40.69%
380	<u>Melissa Breor</u>	F 26	MA	4:45:10	40.69%
381	<u>Sarah Freivald</u>	F 36	MA	4:45:29	40.64%
382	David Stark	M 30	MA	4:45:29	40.64%
383	Sean Gifford	M 36	MA	4:45:39	40.62%
384	Jayne Mercier	F 52	MA	4:46:22	40.52%
385	Erin Clark	F 34	CT	4:46:33	40.49%
386	<u>Sharmey Holloman</u>	F 50	RI	4:47:01	40.43%
387	<u>Lorraine Lalli</u>	F 38	RI	4:47:02	40.42%
388	Matthew Bacon	M 46	MA	4:48:34	40.21%
389	Joe Ferrini	M 61	MA	4:48:54	40.16%
390	<u>Terri Moitozo</u>	F 53	MA	4:48:55	40.16%
391	Edward Guzik	M 45	MA	4:49:38	40.06%
392	Steve Klein	M 59	MA	4:53:03	39.59%
393	Gus Gomez	M 30	RI	4:54:08	39.45%
394	<u>Colleen Zekos</u>	F 39	MA	4:57:00	39.07%
395	Patrick Brunelle	M 38	RI	4:57:34	38.99%
396	<u>Bridget Van Herp</u>	F 30	MA	4:58:53	38.82%
397	<u>Sarah Bierden</u>	F 45	MA	4:59:57	38.68%
398	Gerard Roy	M 50	MA	4:59:59	38.68%
399	<u>Bonnie Dufault</u>	F 50	MA	5:00:34	38.60%
400	<u>Kate Brush</u>	F 42	MA	5:02:23	38.37%
401	Mike McKenna	M 52	MA	5:02:54	38.31%
402	Mike Dobos	M 48	MA	5:04:44	38.08%
403	<u>Karen Fontaine</u>	F 43	MA	5:06:46	37.82%
404	<u>Naomi Smith</u>	F 31	MA	5:07:17	37.76%
405	Gordon Kirkconnell	M 48	RI	5:09:10	37.53%
406	<u>Erica Simister</u>	F 35	MA	5:09:31	37.49%
407	<u>Stephanie Shea</u>	F 46	MA	5:11:24	37.26%
408	<u>Shannon Rice</u>	F 23	MA	5:11:24	37.26%
409	Jason Wood	M 33	MA	5:16:02	36.72%
410	<u>Amy Brooks</u>	F 38	RI	5:18:46	36.40%
411	<u>Kristin Carlson</u>	F 41	MA	5:19:10	36.35%
412	Dean Couture	M 42	MA	5:19:28	36.32%
413	<u>Sarah Ouimette</u>	F 28	MA	5:19:28	36.32%
414	<u>Lindsay Lynch</u>	F 30	MA	5:26:17	35.56%

415	<u>Andree Brochu</u>	F 43	RI	5:26:55	35.49%
416	<u>Aimee Mandeville</u>	F 44	RI	5:27:06	35.47%
417	<u>Wendy Bowers</u>	F 49	NY	5:29:46	35.19%
418	Bryan Twomey	M 32	CT	5:30:13	35.14%
419	Damon Jacobsen	M 39	NV	5:31:47	34.97%
420	<u>Donna Bowen</u>	F 53	MA	5:32:00	34.95%
421	Mark Bowen	M 53	MA	5:32:00	34.95%
422	<u>Ondine Sniffin</u>	F 44	RI	5:38:11	34.31%
423	<u>Freedra Rawson</u>	F 51	RI	5:38:17	34.30%
424	<u>Lynn Batista</u>	F 44	MA	5:38:23	34.29%
425	<u>Cara Cullen</u>	F 40	MA	5:39:40	34.16%
426	<u>Lois Parker-Carmona</u>	F 47	NH	5:43:23	33.79%
427	<u>Emily Shallcross</u>	F 35	MA	5:44:26	33.69%
428	<u>Korrina Burnham</u>	F 29	MA	5:44:27	33.69%
429	<u>Hannah Hawley</u>	F 33	VT	5:51:24	33.02%
430	<u>Heidi Zekos</u>	F 39	MA	5:51:48	32.98%
431	<u>Catherine Reyes</u>	F 41	RI	5:52:44	32.90%
432	<u>Marie Eddy</u>	F 41	RI	5:53:11	32.85%
433	Greg Taylor	M 68	NY	6:01:05	32.13%
434	Jose Viveiros	M 54	MA	6:06:32	31.66%



Overall winner at Seven Sisters Josh Hummel

*photo by Ben Kimball*

*Plans for a Fun Run and / or Club Picnic were being discussed for August 16<sup>th</sup> at Savoy State Forest.*

*Bring your own food and drink style.*

*Watch the club's web-page for further info.*



First Female at Seven Sisters Kehr Davis

*photo by Ben Kimball*

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## Along the Grande Randonnée

by Bob Kopac

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Would you like to hike or run while on vacation and enjoy beautiful views? If so, France is the destination. My wife Lynne and I discovered this while spending a week with our German friends Thomas, Dirk and Inge at an ocean side farmhouse in Porspoder, Brittany on the northwest coast near Brest. We enjoyed many runs and hikes along the coastline, thanks to the foresight of French government officials.

In 1976 France passed a law to create “du sentier littoral,” a path along the coast of France for pedestrian use only: walkers, hikers and runners. The law preserved the right of French people to have access to the coast and not be blocked by private mansions and businesses, and a path at least 10 feet wide along the coast has been created for this purpose. Obstacles such as private beach walls were removed to provide public access. Where the coastal path is impossible due to the terrain, the trail can cross through private property.

The coastal path is part of an extensive “GR” long-distance hiking system throughout Europe, including Spain (Gran Recorrido), the Netherlands (Grote Routepaden) and Portugal (Grande Rota). The French GR system (Les Sentiers de Grande

Randonnée) consists of over 35,000 miles of trails along the coast and through the French countryside.

In France the GR trails are marked by signs – sometimes wooden, sometimes metal – containing two horizontal painted lines: white on top and red on bottom. To indicate a particular direction of the trail, the sign is cut on one end like the tip of an arrow to point the way to the left or right, or sometimes on the top to indicate straight ahead. At an intersection of the trail with another trail or road, the sign contains a bottom third white line shaped in a 90 degree angle with an arrow on one horizontal end that points out the correct turn.

It is helpful to learn a few French phrases. “Du sentier littoral” means “the coastal path.” “Vous êtes sur le sentier” means “You are on the path.” It is important to know “mauvaise direction” which means “wrong direction;” this can also be marked simply by an X-shaped sign consisting of one white line and one red line. Another important symbol is a yellow triangle with a stick figure horizontal to a hill with squiggly lines below and the word “Danger.” No, this does not indicate parkour but the danger of following off the cliff into the ocean. Fortunately the word “danger” has the same meaning in English and in French.

Even with (or perhaps because of) the sometimes dangerous spots, the coastal path is spectacular. We hiked and ran along GR34; this GR runs through Brittany from Mont Saint-Michel to Tour-du-Parc, along the northwest coast to the west coast and down along the southern coast of France. Each GR path is indicated by a number, and maps for each path can be found in French hiking guide books or through Internet sites (see <http://www.gr-infos.com>). You can also buy Grande Randonnée hiking maps for each section. The paths are usually marked on the maps as a dashed line with the letters GR and the number, such as GR34.

The word ambiance is appropriate for the setting. One morning we hiked 2 hours along the coast to a restaurant to eat a leisurely 3-hour lunch – very French – then we hiked 2 hours back. We wandered by harbors filled with fishing boats, past large rock formations, and through small villages.

Every morning Lynne and Dirk ran along the coastal path to a shop in the village of Porspoder to buy “baguette de tradition française;” that is, traditional french bread consisting of wheat flour, yeast, water, and salt. Why every morning? Because by French law the bread contains no additives or preservatives, so the baguette must be eaten the same day to avoid it from becoming stale. The sun would just be rising as Lynne and Dirk left the farmhouse, and they would arrive at the shop just as the baker made her delivery. I, on the other hand, was still in bed; I was on vacation, after all. I did arise early once to run with them to take photos for this article; one must suffer for art.

After leaving Porspoder, we spent an overnight stay on the northern coast of France at the Côte de Granit Rose (Pink Granite Coast) where we did more hiking on GR34. This area is famous for its beautiful rare pink rock formations and pink sand. When the setting sun's rays hit the pink rocks, the rocks glow magically.

*Continued next page:*

Along the Grande Randonnée cont:

Many more tourists visit the Côte de Granit Rose than Porspoder, and the trail is wider and better maintained to accommodate the visitors; thus it is easier to run here than on the rockier trails around the Breton coast. On the downside, there are more restrictions; for example, I saw signs forbidding the use of trekking poles.

Porspoder and the Côte de Granit Rose each offer their own attractions and beauty, and I was glad I did not miss either one.

We had one last chance to run and hike in France when we stayed in Saint-Laurent-sur-Mer in Normandy. We could have used GR223, the Cotentin and Normandy beaches trail that runs from Mont-St-Michel to Berville-sur-Mer, a length of 415 miles. However, we did not, as my purpose there was not to move, but to stand still. After an all-day private D-Day tour, I stood at the exact spot where my father landed on Omaha Beach, Easy Red sector, on June 6, 1944. For a hiking and running vacation, standing still was the highlight of the trip.



*Photos by Bob Kopac*

**This was the mystery photo in the last issue.**

The clue was ....In which trail race do we cross this bridge? Hint: we go over it twice.

Answer .....

It's the bridge over the small stream in the second half of the Nipmuck Marathon, about 200 yards before "Ladies Room Rock"

Of course Dave Raczkowski quickly ( but reluctantly ) was the first with the correct answer. Also correctly identifying it were Laura Clark and Carol Kane.



**Here is the mystery photo for this issue.**

Sticking with a bridge theme... in which trail race do we cross this bridge, also on the way out and on the way back?

Hints ...donated proceeds from this race have helped build these bridges in the past few years.

This picture was taken on the way out.

*photos by will*

## Goodwin's Second Year

It had only been 8 months since the inaugural Goodwin races. There's a 10K and a 30K. What this race lacks in elevation it makes up in technical footing. Both races start at the same time with Pine Acres Lake as a backdrop. The first 1 1/4 miles is wide enough to drive a vehicle on so things get relatively spread out before it gets into single track. There was a prize for the first male and female out to Governor's Island. We do a so called sweetening of the pot by giving out local honey and maple syrup. Both were won by 30K runners.

From the island the 10Kers went right and the 30Kers went left. While the 30Kers were getting into the thick of their course, the 10Kers were finishing with Matt Sweeney and Brianna Demers winning their races. The 30Kers first sign said "You're Not in Kansas Anymore." This refers to the footing going from dirt roadish to a highly rocky section. From here on the footing went from highly runnable trails to where you had to pick your steps carefully and it would change constantly. One section went through an active logging area. The loggers took the day off but before doing so cleared the trail with help from the DEP.

The course went from one trail to another. Trails were marked with the usual surveyors tape, flags on the ground and arrows, a few really big ones. No one got lost but some got off course for a brief time. I wish I could put up white dots on the trees like they do at Soapstone but the people who manage these sections and who by the way help out with the race are purest and are not too keen to have extra markings. Last year I was the expert trail race organizer with some pretty green helpers and whatever I recommended they said ok, but now this core group has grown into a well oiled machine with a mind of their own.

With surveyors tape marking the trail, you may not feel lost but you don't have the feeling of being found. When I did NipMuck I had extra blue blazes on the trees so one was always in sight. No blazes for a half minute and you knew you were off the trail. Even experienced trail runners attention will drift for a moment and a marked turn is missed. At our last meeting after the race this was discussed. I know with the markings we have, we need to crank it up a notch but knowing this group we will crank it up 2 notches.

The temps were in the 70's and the air was dry. This led to record times in all categories in the 30K, both male and female in the open, masters and over 50. All won apple pies. Ryan Woolly won the race averaging 6:45 miles and Kehr Davis won the ladies race. Kehr has a good chance of winning another pie if she does Southern Nipmuck which is the 3rd race in the Blue Dot Trilogy comprised of Soapstone, Goodwin and Southern Nipmuck. She only runs for the apple pies, got no strings attached.

This race is put on by the Friends of Goodwin. Their volunteer base goes very deep. They will put on at least a couple of programs a week like guided hikes to activities for kids. They have a well maintained garden of wild plants. They have their own small campground where I was the host of 3 friendly campers who built a campfire. Goodwin provided the firewood. Their website is [friendsofgoodwinforest.org](http://friendsofgoodwinforest.org). The race director, Brendan Kane had to tell them to take down the request to ask

for volunteers as we didn't want 6 people hanging around an aid station.

All runners got a customary log with a blue blaze and the date of the race listed. They also got a bandanna with a map of the Goodwin Forest. I was very proud of the fact that I could display the bandanna and put my finger over the point where I live which I feel is the best part of this race. I don't have to drive to get to a trail. The course is a good example of the 21 square miles of forest I ramble through. I save a ton of money by not taking vacations because what's behind my home still holds my interest. I just go out and keep switching from one trail to another deciding when I get there until I end up with a wonderful feeling of exhaustion.

If you're thinking of buying a house check out properties that border state forests. Eastern Connecticut is still pristine. Not too many people know about it. I'm very much ok with that. Sometimes I go weeks and never see anybody in this forest.

*NipMuck Dave*

## Goodwin Forest Trail Races

**30K & 10K ... Hampton, CT ..... June 7, 2015**

Club members in bold:

### 30K:

<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT%</u>
1 Ryan Woolley	M 26	RI	2:03:30	100.00%
2 <b>Christopher Funch</b>	M 26	MA	2:14:01	92.15%
3 Stephen Pretak	M 30	CT	2:19:38	88.45%
4 Chris McCormack	M 32	CT	2:19:39	88.44%
5 Brett Stoeffler	M 48	CT	2:20:29	87.91%
6 Billy Preston	M 31	MA	2:20:29	87.91%
7 Todd Bennett	M 44	CT	2:22:43	86.54%
8 <u>Kehr Davis</u> 1 <sup>st</sup> F	F 38	MA	2:23:14	86.22%
9 Eric Wyzga	M 39	RI	2:25:21	84.97%
10 Charles Glass	M 45	CT	2:30:11	82.23%
11 Jack Houker	M 34	CT	2:32:59	80.73%
12 Redbeard Armstrong	M 20	CT	2:38:05	78.12%
13 <u>Ginger Smith</u>	F 44	CT	2:38:26	77.95%
14 Tim Goric	M 29	CT	2:44:56	74.88%
15 John Minervino	M 51	CT	2:45:57	74.42%
16 <b>Paul Funch</b>	M 64	MA	2:49:02	73.06%
17 James Turitto	M 30	MA	2:49:04	73.05%
18 Jay Avitable	M 54	CT	2:49:14	72.98%
19 Chris Kelly	M 38	CT	2:50:33	72.41%
20 Sean Kellarson	M 23	CT	2:52:31	71.59%
21 <u>Anna Hankins</u>	F 26	CT	2:55:05	70.54%
22 <u>Ashley Mattingly</u>	F 37	CT	2:55:45	70.27%
23 <u>Stacey Clark</u>	F 33	CT	2:56:48	69.85%
24 John Hankins	M 56	CT	2:57:44	69.49%
25 <u>Peggy Horgan</u>	F 29	CT	2:57:58	69.40%
26 Paul Baldini	M 42	CT	2:58:10	69.32%
27 <u>Elaine Allen</u>	F 47	CT	3:00:00	68.61%
28 <u>Alexandra Ross</u>	F 15	CT	3:00:03	68.59%
29 <b>Ned James</b>	M 60	MA	3:07:01	66.04%

*Continued next page:*

Goodwin 30K results cont:

30 Eric Nigosanti	M 28	CT	3:07:56	65.71%
31 Zayne Couch	M 20	CT	3:09:50	65.06%
32 Javier Perrone	M 42	CT	3:09:55	65.03%
33 Russell Hammond	M 55	CT	3:11:26	64.51%
34 <u>Kathy Manizza</u>	F 57	CT	3:17:13	62.62%
35 Ken Larson	M 62	CT	3:17:18	62.60%
36 Michael Hoehn	M 51	CT	3:20:07	61.71%
37 <u>Catherine Howard</u>	F 38	MA	3:20:38	61.56%
38 Mike Williams	M 44	CT	3:24:06	60.51%
39 Stanislav Trufanov	M 36	MA	3:24:18	60.45%
40 Brendan Shea	M 49	CT	3:25:03	60.23%
41 David Schreiter	M 53	CT	3:25:33	60.08%
42 <u>Stephanie Nephew</u>	F 39	MA	3:26:29	59.81%
43 David Sutherland	M 53	CT	3:27:27	59.53%
44 Joseph Strafach	M 52	CT	3:28:25	59.26%
45 Marc Scrivener	M 45	CT	3:28:26	59.25%
46 <u>Michele Hammond</u>	F 56	CT	3:29:45	58.88%
47 <u>Cindy Bourassa</u>	F 42	CT	3:30:32	58.66%
48 Michael Crutchley	M 44	CT	3:33:01	57.98%
49 <u>Carly Eisley</u>	F 35	CT	3:33:01	57.98%
50 Michael Pulley	M 48	CT	3:33:22	57.88%
51 <u>Carolina Villarreal</u>	F 33	MA	3:34:27	57.59%
52 David Taylor	M 57	CT	3:37:32	56.77%
53 Nima Zangeneh	M 40	CT	3:40:05	56.12%
54 Gordon Phillips	M 48	CT	3:43:10	55.34%
55 <u>Michelle Rach</u>	F 38	CT	3:43:58	55.14%
56 Pinky Golovizki	M 39	NY	3:44:07	55.11%
57 Andrew Zyrek	M 47	CT	3:44:12	55.08%
58 <u>Wanda Hodsens</u>	F 44	CT	3:44:22	55.04%
59 Martin Powers	M 56	CT	3:45:43	54.71%
60 <u>Amy Paige</u>	F 45	CT	3:45:58	54.65%
61 <u>Mary Powers</u>	F 53	CT	3:46:05	54.63%
62 Eric Thibodeau	M 44	CT	3:46:24	54.55%
63 Chad Allen	M 43	CT	3:47:49	54.21%
64 Joseph Cerniglia	M 48	MA	3:55:15	52.50%
65 Bob Worsham	M 69	CT	3:56:26	52.23%
66 Jerry Meshell	M 59	CT	3:59:29	51.57%
67 Kevin Reid	M 43	CT	4:10:20	49.33%
68 <u>Claudia Carney</u>	F 40	CT	4:10:20	49.33%
69 Mena Shehata	M 29	CT	4:12:16	48.96%
70 <u>Katya Divari</u>	F 53	MA	4:12:27	48.92%
71 <u>Michelle Phillips</u>	F 41	CT	4:32:47	45.27%
72 David Raczkowski	M 64	CT	4:41:00	43.95%
73 <u>Karen Williams</u>	F 24	CT	4:47:26	42.97%
74 <u>Barbara Sorrell</u>	F 58	NY	5:18:54	38.73%
75 <u>Laura Clark</u>	F 68	NY	5:18:55	38.72%
76 Mark Bowen	M 53	MA	6:06:49	33.67%
77 <u>Donna Bowen</u>	F 53	MA	6:06:50	33.67%

**Goodwin 10K Results:**

<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1 Matt Sweeney	M 23	CT	42:26	100.00%
2 <u>Brianna Demers 1<sup>st</sup> F</u>	F 28	CT	43:21	97.89%
3 Scott Hart	M 46	CT	44:00	96.44%
4 <u>Kerry Arsenault</u>	F 50	CT	44:35	95.18%
5 Robert Low	M 39	CT	44:43	94.89%
6 Eoin Horning-Kane	M 16	CT	45:03	94.19%
7 Edward Guimont	M 28	CT	45:14	93.81%

8 John Fialkovich	M 34	CT	45:59	92.28%
9 <b>Ted Cowles</b>	M 56	CT	46:18	91.65%
10 Dominic Wilson	M 44	CT	47:27	89.43%
11 Tai Man	M 48	MA	47:59	88.43%
12 Mark McGuire	M 52	CT	48:16	87.91%
13 Shane Dryburgh	M 22	CT	48:44	87.07%
14 Dan Dryburgh	M 24	CT	48:46	87.01%
15 Rick Canavan	M 44	CT	49:15	86.16%
16 Gregory Quish	M 56	CT	49:49	85.18%
17 <u>Amanda Terenzi</u>	F 19	RI	50:29	84.05%
18 Craig Plante	M 41	CT	51:10	82.93%
19 Mark Flynn	M 48	CT	52:01	81.58%
20 <u>Jessie Minere</u>	F 29	CT	52:46	80.42%
21 <u>Grace Jensen</u>	F 52	CT	53:15	79.69%
22 Christopher Foss	M 35	NE	53:33	79.24%
23 Kerry Smith	M 54	MA	53:37	79.14%
24 <u>Annette Barbay</u>	F 44	CT	53:41	79.04%
25 Chris Lindahl	M 31	CT	53:41	79.04%
26 <u>Kara Tamburri</u>	F 45	CT	54:25	77.98%
27 <u>Lauren Stanley</u>	F 23	CT	54:49	77.41%
28 <u>Shannon Kievman</u>	F 41	CT	55:06	77.01%
29 <u>Marianella Chalfant</u>	F 40	CT	55:08	76.96%
30 Kevin MacDonald	M 58	CT	55:26	76.55%
31 Scott Edington	M 56	CT	55:47	76.07%
32 <u>Tracy Clang</u>	F 44	CT	55:58	75.82%
33 <u>Heather Freeman</u>	F 41	CT	56:20	75.33%
34 Phat Kiester	M 61	MA	56:44	74.79%
35 <u>Jamie Johnson</u>	F 38	CT	56:45	74.77%
36 <u>Diane Majewicz</u>	F 48	CT	56:45	74.77%
37 Thomas Dyer	M 44	CT	56:47	74.73%
38 John Bolduc	M 40	CT	56:57	74.51%
39 Bill Metzger	M 59	CT	57:00	74.44%
40 Stuart King	M 54	CT	57:05	74.34%
41 <u>Michelle Bolduc</u>	F 41	CT	58:39	72.35%
42 Art Byram	M 51	CT	58:51	72.10%
43 Paul Blanchet	M 56	MA	59:00	71.92%
44 <u>Ashley Arrastia</u>	F 30	MA	59:00	71.92%
45 Andy Moore	M 39	CT	59:19	71.54%
46 <u>Nellie Hankins</u>	F 28	NJ	59:22	71.48%
47 Jacob Lindsey	M 26	NJ	59:22	71.48%
48 <u>Katie Quish</u>	F 24	CT	1:00:02	70.68%
49 Paul Guimont	M 56	CT	1:00:04	70.64%
50 Greg Nash M	56	CT	1:00:08	70.57%
51 Gary Bodley	M 47	CT	1:00:17	70.39%
52 <u>Jordanna Meisler</u>	F 23	CT	1:00:30	70.14%
53 David Finegan	M 53	CT	1:01:02	69.52%
54 <u>Jennifer Squires</u>	F 43	CT	1:01:13	69.32%
55 Kevin Gallagher	M 50	CT	1:01:17	69.24%
56 <u>Eva Pan</u>	F 24	CT	1:01:19	69.20%
57 Bill Ghio	M 61	CT	1:01:23	69.13%
58 <u>Sharon Reiner</u>	F 58	CT	1:02:21	68.06%
59 <u>Beth Hudson-Hankins</u>	F 55	CT	1:02:53	67.48%
60 <u>Kendra Meisler</u>	F 21	CT	1:03:03	67.30%
61 <u>Autumn Cyr</u>	F 39	CT	1:03:06	67.25%
62 Tom Curry	M 52	CT	1:03:11	67.16%
63 Andrew Meisler	M 51	CT	1:03:14	67.11%
64 Michael Leungevity	M 40	CT	1:03:48	66.51%
65 Gary Hebert	M 50	CT	1:03:49	66.49%
66 <u>Caitlin Hurd</u>	F 30	CT	1:03:53	66.42%
67 Steve Mayo	M 55	CT	1:04:10	66.13%

Continued next page:

Goodwin 10K results cont:

68 Daniel Olm	M 51	CT	1:04:29	65.81%
69 David Belles	M 44	CT	1:04:29	65.81%
70 <u>Diane Hodyl</u>	F 44	CT	1:04:31	65.77%
71 Brian Walker	M 62	CT	1:04:51	65.43%
72 <u>Anna Starodaj</u>	F 53	CT	1:06:05	64.21%
73 <u>Fran Quish</u>	F 63	CT	1:06:08	64.16%
74 <u>Stacy St. Louis</u>	F 30	CT	1:06:09	64.15%
75 <u>Shelley Olm</u>	F 51	CT	1:06:49	63.51%
76 Kieran Foster	M 9	CT	1:07:05	63.25%
77 Joe Mack	M 29	CT	1:07:16	63.08%
78 Ben Foster	M 37	CT	1:08:34	61.89%
79 <u>Chrissy Davis-Allen</u>	F 43	CT	1:08:38	61.83%
80 <u>Debbie Williams</u>	F 45	CT	1:08:49	61.66%
81 <u>Amy Paterson</u>	F 54	CT	1:09:24	61.14%
82 <u>Sandra Horning</u>	F 44	CT	1:09:54	60.71%
83 <u>Kaitlin Gallagher</u>	F 23	CT	1:10:07	60.52%
84 James Blaschke	M 45	CT	1:10:31	60.17%
85 Ben Mattheis	M 61	CT	1:10:52	59.88%
86 Richard Zbrozek	M 68	CT	1:11:24	59.43%
87 <u>Michelle Burlakoff</u>	F 45	CT	1:12:01	58.92%
88 <u>Marnie Ciguera</u>	F 45	CT	1:12:02	58.91%
89 <u>Sarah McCurdy</u>	F 36	CT	1:12:46	58.31%
90 Stephen Keating	M 48	CT	1:12:46	58.31%
91 <u>Connie Fanelli</u>	F 60	CT	1:13:16	57.92%
92 Jay Carney	M 59	CT	1:13:16	57.92%
93 <u>Robyn Volpini</u>	F 39	RI	1:13:33	57.69%
94 <u>Gina Plante</u>	F 47	CT	1:14:10	57.21%
95 <u>Ellen Boudreau</u>	F 50	CT	1:18:10	54.29%
96 <u>Bronwen Seaman</u>	F 28	CT	1:18:49	53.84%
97 <u>Rachel Priester</u>	F 40	CT	1:18:51	53.82%
98 Wayne Hapgood	M 67	CT	1:21:19	52.18%
99 <u>Ashley Mottley</u>	F 23	CT	1:21:44	51.92%
100 Austin Koch	M 28	CT	1:21:44	51.92%
101 <b>Jamie Howard</b>	M 49	NY	1:26:25	49.10%
102 <u>Kaitlin Manter</u>	F 26	RI	1:27:14	48.64%
103 Arthur Couch	M 20	CT	1:29:13	47.56%
104 Steve Mele	M 60	CT	1:29:14	47.55%
105 <u>Brenda Frechette</u>	F 56	CT	1:30:08	47.08%
106 Brenda Larosee	F 50	CT	1:30:24	46.94%
107 <u>Lesley Fearnley</u>	F 58	CT	1:30:48	46.73%
108 <u>Susan Mack</u>	F 50	CT	1:31:10	46.54%
109 Gerald Taylor	M 58	CT	1:34:30	44.90%
110 Joey Meadows	M 15	CT	1:41:40	41.74%
111 Sue Meadows	F 54	CT	1:41:55	41.64%
112 <u>Pamela O'Malley</u>	F 44	CT	1:43:51	40.86%
113 <u>Kathie Sorrentino</u>	F 59	CT	1:43:51	40.86%

*Trail Running News.....*

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**Rocky Road Start to a Perfect Day at Goodwin Forest**

*by Laura Clark*

While there were no literal rocks in the road on the drive to Goodwin, there were an abundance of figurative ones that caused us difficulty. The day began when I tried to locate the OGS Parking Lot meeting place. I exited the NYS Thruway as instructed, ran through (legally) one traffic light and landed at Foley Field, which had no parking spaces and not even the requisite initials. So I pulled over illegally (it was 5:15 am and even the cops were recovering from Saturday night), and berated myself for not looking up what OGS meant. Was it a BJs? A top secret military installation? A spy ring? After a call to Barbara Sorrell and instructions to search for a recessed lot, I succeeded and left Barbara to finish brushing her teeth. Turned out I should have gone through two lights.

Moving right along, or trying to, I hopped into Barbara's car and we continued our journey on the Great American Highway System. Little did we know what perils awaited us once we hit the undocumented world of single track country road. Besides the usual failure of Small Town USA to consistently post intersection signs, there is also the tendency to rename portions of roads in honor of some local hero. So while you thought you had veered off into unchartered territory, you were actually on the correct road, just with a different name. To add to the confusion, Barbara's GPS failed to connect. But apparently it was too embarrassed to sign off, so it continued to direct us in a circuitous route around the park, never stumbling upon the entrance. After a while we caught on and flagged down a guy emerging from his driveway. We arrived fifteen minutes before the start and were rewarded for our tardiness with prime front seat parking on the lawn since all the demarcated spots had been claimed. Not bad!

Before we launched ourselves onto the trail, I tucked Dave's map into my back pocket, figuring if we couldn't follow a GPS and road signs, we would be sure ringers on the trail. But never once were we tempted. The route was impeccably marked with the directionally challenged in mind, even boasting the occasional mileage marker. Despite typical trail hazard disclaimers, I discovered the course to be mostly runnable, which was lucky for me as I am in the laborious process of trying to build my mileage back up to where it was two years ago. There were a few rocky descents where I bagged it, as well as the last mile or so when I was really tired. And no wonder, as I had completely tossed aside the classic "increase your mileage by 10%" rule and zoomed up to 40%.

While the car ride was long and unnecessarily arduous, we wouldn't have missed this for anything. The trail was drop-dead gorgeous (figuratively, not literally), especially the beginning section where the 10K and 18 miler coexisted. Along the way, Barbara and I occasionally felt like we were running sections of other favorite trails: the wooded lake section of Breakneck, the fields of Greylock, the swamp planks of the Finger Lakes 50s...But wait! Goodwin truly was its own race

*Continued next page:*



Rocky Road Start cont:

Perhaps it was because we were having a “girlie” excursion—just out to enjoy the day and each other’s company and definitely not in any hurry to face the drive home. Despite our almost last position, the aid station volunteers were cheerful and relaxed, not at all like restaurant personnel eager to throw you out and get on with their lives. And we weren’t even tipping. Miracle of miracles, there was still a wide variety of drinks and snacks to choose from, including my personal favorite—coke (not the drug although it felt like it at the time). Any race that features coke or ginger ale automatically gets put on my shortlist.

The end was a total surprise—one minute we were in the woods and the next we emerged from the tree canopy and into the picnic area. I wanted to holler, “Wait, I’m not sure if I really want to be done with this beautiful forest,” but of course my body thought otherwise. I guess if we were farther along in the pack we would have heard noise and celebration, but this was somehow a fitting end to the peaceful day. Nipmuck Dave was there to award us our blue-blazed tree trophy decorated with a bright yellow bandana featuring a map of the course. Now I know exactly what I will be wearing next year! And he had better not alter the route!

*Laura Clark*

**Nipmuck South Trail Race ... 14.1 Miles**

Mansfield Hollow State Park ... Mansfield CT ... 6 / 28 / 15

<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1 Brett Stoeffler	M 48	CT	1:44:54	100.00%
2 Todd Bennett	M 44	CT	1:46:23	98.61%
3 Jim Harron	M 51	CT	1:49:02	96.21%
4 Eric Wyzga	M 39	RI	1:49:36	95.71%
5 <u>Kehr Davis</u> 1 <sup>st</sup> F	F 38	MA	1:49:40	95.65%
6 Stanislav Trufanov	M 36	MA	1:50:08	95.25%
7 Bruce Christensen	M 47	CT	1:52:30	93.24%
8 Ned Kennedy	M 56	CT	1:57:27	89.31%
9 Kevin Jones	M 21	CT	1:58:30	88.52%
10 Greg Tutolo	M 28	CT	2:00:45	86.87%
11 Matthew Knight	M 25	MA	2:01:36	86.27%
12 John Minervino	M 51	CT	2:02:22	85.73%
13 Chris Kelly	M 38	CT	2:03:31	84.93%
14 David Loutzenheiser	M 48	MA	2:06:17	83.07%
15 <b>Paul Funch</b>	M 65	MA	2:08:11	81.84%
16 Sean Kellarson	M 23	CT	2:08:22	81.72%
17 Randy Chamberland	M 54	CT	2:08:34	81.59%
19 <u>Darby Dustman</u>	F 21	CT	2:08:49	81.43%
18 John Fialkovich	M 34	CT	2:08:53	81.39%
20 <b>Debbie Livingston</b>	F 40	CT	2:09:05	81.27%
21 <b>Ted Cowles</b>	M 56	CT	2:09:22	81.09%
22 Jeff Jakobsen	M 40	CT	2:10:57	80.11%
23 John Hankins	M 56	CT	2:13:08	78.79%
24 Ken Forrest	M 46	CT	2:16:57	76.60%
26 Daniel Haggerty	M 42	CT	2:17:13	76.45%
25 <u>Alexandra Ross</u>	F 15	CT	2:17:22	76.36%
27 Jay Avitable	M 54	CT	2:17:41	76.19%
28 Curt Pandiscio	M 54	CT	2:18:14	75.89%

29 <u>Rebecca Buske</u>	F 14	CT	2:18:29	75.75%
30 <u>Carly Eisley</u>	F 35	CT	2:18:58	75.49%
31 <u>Amanda Terenzi</u>	F 18	CT	2:19:21	75.28%
32 Jameson Liro	M 30	CT	2:20:44	74.54%
33 Mike Williams	M 44	CT	2:22:50	73.44%
34 David Schreiter	M 53	CT	2:22:57	73.38%
35 Russell Hammond	M 55	CT	2:23:05	73.31%
36 Sonny Gerardi	M 41	MA	2:24:08	72.78%
39 Marc Scrivener	M 45	CT	2:25:11	72.25%
38 Ken Larson	M 62	CT	2:25:18	72.20%
37 <u>Kathy Manizza</u>	F 57	CT	2:25:19	72.19%
40 Zayne Couch	M 20	CT	2:25:33	72.07%
41 Brendan Shea	M 49	CT	2:27:38	71.05%
42 Kevin Blanchard	M 20	CT	2:27:44	71.01%
43 Jason Erban	M 43	CT	2:27:45	71.00%
44 Richard Grams	M 53	NY	2:28:45	70.52%
45 Philip Markovich	M 53	CT	2:28:51	70.47%
46 David Sutherland	M 53	CT	2:29:18	70.26%
47 <u>Allison Ruggiero</u>	F 29	NY	2:29:41	70.08%
48 <u>Stella Shen</u>	F 44	MA	2:30:04	69.90%
49 Mark Wigler	M 66	MA	2:30:27	69.72%
50 <u>Mary Buchanan</u>	F 22	CT	2:33:02	68.55%
51 <u>Lizzie Littlewood</u>	F 27	CT	2:33:11	68.48%
52 Jonathan Dunn	M 39	NH	2:34:09	68.05%
53 Tom Dyer	M 44	CT	2:34:13	68.02%
54 Dave Taylor	M 57	CT	2:34:27	67.92%
55 Charles Markunas	M 56	CT	2:35:23	67.51%
56 <u>Erika Lebaron</u>	F 44	CT	2:35:24	67.50%
57 David Roach	M 53	CT	2:35:33	67.44%
58 Stuart King	M 54	CT	2:35:52	67.30%
59 <u>Cindy Bourassa</u>	F 42	CT	2:36:23	67.08%
60 Norm Cormier	M 61	MA	2:36:27	67.05%
61 <u>Kayla Opall</u>	F 23	PA	2:36:40	66.96%
62 <u>Nichole Danis</u>	F 39	CT	2:37:16	66.70%
63 Bill Metzger	M 59	CT	2:37:18	66.69%
64 Gordon Phillips	M 48	CT	2:38:12	66.31%
65 <u>Brooke Kinsler</u>	F 35	CT	2:42:06	64.71%
66 Beth Raccio	F 47	CT	2:42:40	64.49%
67 Richard West	M 48	NH	2:44:24	63.81%
68 <u>Colleen Malone-Singer</u>	F 43	CT	2:44:36	63.73%
69 <u>Dianne Nelson</u>	F 52	CA	2:46:02	63.18%
70 Martin Powers	M 56	CT	2:46:20	63.07%
71 <u>Charity Uman</u>	F 44	CT	2:48:14	62.35%
72 Michael Taricani	M 61	CT	2:48:31	62.25%
73 Andrew Abbondanza	M 29	RI	2:48:37	62.21%
74 <u>Dorothy Goettler</u>	F 39	CT	3:01:25	57.82%
75 <u>Kathleen Furlani</u>	F 66	CT	3:01:55	57.66%
76 Mark Jackson	M 41	CT	3:02:40	57.43%
77 <u>Autumn Cyr</u>	F 39	CT	3:06:09	56.35%
78 <u>Elizabeth Woolhouse</u>	F 39	MA	3:06:31	56.24%
79 Alex Kates	M 47	RI	3:06:32	56.24%
80 Christopher Harrison	M 62	MA	3:08:04	55.78%
81 David Raczkowski	M 64	CT	3:08:36	55.62%
82 <u>Lindsay Wright</u>	F 34	MA	3:12:56	54.37%
83 <u>Alena Stevens</u>	F 43	CT	3:19:03	52.70%
84 <u>Michelle Phillips</u>	F 41	CT	3:19:09	52.67%
85 <u>Mary Lou White</u>	F 59	CT	3:20:57	52.20%
86 <u>Bekkie Wright</u>	F 52	CT	3:24:51	51.21%
87 Joseph Poliquin	M 62	CT	3:24:54	51.20%
88 <u>Denisa Urbanski</u>	F 19	CT	3:44:22	46.75%
89 <b><u>Laura Clark</u></b>	F 68	NY	3:48:26	45.92%

## Blue Dot Trilogy: South Nipmuck

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For someone who lives three hours at best from Nipmuck State Forest, Nipmuck Dave certainly suckered me in with his inaugural Blue Dot Trilogy. Altogether, thirteen athletes took the bait, completing Soapstone, Goodwin Forest and South Nipmuck. Of the thirteen, I was either the most dedicated or the most foolish, as in each case my roundtrip drive exceeded my time on the trail.

Soapstone had long been a fixture on my racing calendar, but when Nipmuck Dave showed up with his typical hand-lettered poster advertising his trilogy, I was tempted to explore other parts of the forest, especially since I found myself with use-or-lose-'em vacation days. I had the time and Nipmuck certainly had plenty of real estate.

After my inglorious last minute arrival at Goodwin, I printed up four different versions of MapQuest directions and after thoroughly confusing myself, emailed Will Danecki to bail me out. I left an hour earlier than I felt I needed to, which was a good thing since the heavy rain slowed my driving. That and the fact that I had to make three unplanned stops to activate my Nuvi until I finally figured out that it was set to New York and not the world at large. Still, once I approached the magical lost-in-time boundaries of Nipmuck Forest, instead of saying something helpful like "lost satellite reception," Nuvi directed me to someone's home address. And they were still sleeping. Luckily Nipmuck Dave appeared out of nowhere to guide me to the park.

While this trip stretched the outer limits of what I feel comfortable driving to a race held the same day as the drive, it was so worth it. The trail was mostly runnable, which was a good thing as was feeling more like a cramped pretzel than a runner, especially after my four races the preceding week. For the same approximate distance as Soapstone, I even clocked in thirty minutes faster. The beautiful pine sections reminded me of Goodwin, while the steep road sections recalled Nipmuck Marathon but with more class. The roads were more enjoyable, distracting us with glimpses into a Better Homes and Gardens lifestyle—luxury residences, perfect lawns, manicured rock gardens. One enterprising homeowner even engineered his own personal covered bridge. At this particular section of the tour, we found ourselves running as close to his backyard as we could be without gate crashing. I wondered how the owners felt about living adjacent to the trail. Did they consider themselves fortunate to have John Fogerty *Lookin' Out My Backdoor* access? Or did they resent all the rubbernecking hikers and runners?

Despite my glittery Superman tattoo, which no one actually saw since it was chilly and I wore my arm warmers the entire way and my Superman and Captain America buttons, I came in the dreaded last place. You know, the place road runners say you don't have to worry about since the odds are stacked so heavily against it. Except in a trail race with 89 participants, the odds reassert themselves. I learned this at the turnaround when a lady came up to me and said, "Hi, I'm Lara and I will be going with you the rest of the way." At first, I was wondering why she

would want to do that, but then I got it. Recovering, I said, "Well, at least I won't have to worry about getting lost." Not exactly, as Lara admitted she had never run this course before. Ironically, having completed the out portion and now heading back, I was more familiar with the layout. Although as you will know, a trail looks entirely different from the rearview mirror. Try it sometime. An easy way to spice up an everyday run is to tackle it from the opposite direction.

At the almost there portion, Lara commented that her GPS recorded two more miles to go. I groaned. How could this be? I was already recognizing beginning landmarks, especially those mounded runways that were either military earthworks or an imitation of Holland's dikes. And sure enough, her GPS, like my car version earlier, had succumbed to Nipmuck's spell, and had once more entered the land before time. Which kind of makes you hope that the marking crew was relying on something other than satellite reception for their measurements.

We were so lucky with this race in that the weather cooperated and didn't resume spritzing until we were on the way home. Next time you wake up on a rainy race day morning, take the plunge and carry through with the promise, even if you aren't preregistered. I have noticed that so many times miserable weather vanishes once we are in the magic circle. Or perhaps we just don't notice it.

Laura Clark

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## 2015 CT. Blue Dot Trilogy

### Soapstone - Goodwin - Nipmuck South

1<sup>st</sup> Overall .... Brett Stoeffler ... 5:58:08

1<sup>st</sup> Female .....Kehr Davis..... 6:13:19

Other finishers.....

Stanaslav Trufanov

Eric Wyzga

John Hankins

John Minervino

Jay Avitable

Zayne Couch

Brendan Shea

David Schreiter

Marc Scrivener

David Raczkowski

Laura Clark

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## 41<sup>st</sup> Annual Jack Bristol / Lake Waramaug Ultra's

50K -- 50 Miles -- 100K

April 26, 2015

Kent -- New Preston -- Warren, CT.

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### Winning Times:

#### 50 K:

TJ Zablocki 34M NJ 4:02:35

Jessica Nathan 37F NY 4:15:10

9<sup>th</sup> overall Bob Dion 59M VT 4:42:59

72 finishers

---

#### 50 Miles:

Brian Teason 54M VT 6:43:34

Heather Rorison 41F NC 8:18:45

23 Finishers

---

#### 100K:

Padraig Mullins 33M MA 8:22:48

Tracy Zagata 42F CT 10:49:49

11 Finishers

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### Post Race... Quick Update.

Have to be honest and say, I am just as tired as of all you that ran the race. Ditto for all my volunteers. Based on the feedback from all you guys to myself and my crew it was worth it all round. The race support crew had a fun time serving you guys. Thank you for being respectful and thanking them as you visited their aid stations.

It was a joy at the finish line to greet all of you as you finished. There are so many individual stories to share

but this update would go on forever, however the following will give up a flavor of the array of them.

A first time finisher, who never believed they could run such a distance becoming emotional and crying with joy that she had to be alone for a few minutes to let what she had accomplished sink in and convince herself she had really done it. The up and coming 14 year old, who was mad that his time was slower than last year. The retired marine who had planned to run this race a few years back, to prove he could run more than a marathon, trained hard and then was denied permission from his commander and deployed to Afghanistan. Not only did he complete his 50 mile dream he felt so good he went on to ask to change up to the 100k, which he finished strongly.

As I said I could go on with many other stories and highlights. To veterans of the sport of ultra running, these sorts of stories are the norm. To those who have just finished your first one congratulations. Welcome to your new understanding of what ultra running is all about. I am sure upon reflection you now realize, unless you are one of the elite runners you are not out there to win, but run against yourself, to prove to yourself you can do things you never thought you could.

Just as importantly you know others that run with you in an ultra want to see you do well, that you finish the race and achieve whatever goal that you are running for.

Enough said. Great job. Feel free to send me your suggestions, thoughts and constructive criticism so we can make next year's race even better.

RD Rob Scott and crew

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### *Welcome New Members*

From New York .....

Donna Ruppel

Mark Regan

*Thanks for supporting the WMAC!*

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## 2015 Grand Tree Series up-date

### Latest standings after the first 6 races

<u>Name</u>	<u>Age</u>	<u># Races</u>	<u>Points</u>
1 <u>Kehr Davis</u>	F 38	5	437.80
2 Stanislav Trufanov	M 36	5	400.94
3 <b>Ted Cowles</b>	M 56	4	283.09
4 Eric Wyzga	M 39	3	256.46
5 <u>Allyson Koenig</u>	F 29	4	239.27
6 James Turitto	M 30	3	216.72
7 <b>Ned James</b>	M 60	3	212.87
8 <u>Peggy Horgan</u>	F 29	3	212.17
9 Gaston Fiore	M 32	3	195.77
10 <u>Katya Divari</u>	F 53	4	195.34
11 Zayne Couch	M 20	3	193.33
12 Ethan Nedeau	M 42	2	192.59
13 Brett Stoeffler	M 48	2	186.36
14 Samuel Jurek	M 28	2	185.42
15 <u>Carolina Villarreal</u>	F 33	3	178.52
16 Damon Gannon	M 47	2	173.80
17 Joseph Strafach	M 52	3	173.32
18 Todd Bennett	M 44	2	171.28
19 Jeff Hixon	M 40	2	164.39
20 Eric Nacsin	M 28	2	163.52
21 Scott Gregor	M 28	2	159.53
22 John Minervino	M 51	2	157.51
23 Ari Ofsevit	M 30	2	156.85
24 Jay Avitable	M 54	2	152.48
25 Tony Bonanno	M49	2	152.31
26 Carl Matuszek	M 63	2	150.85
27 Doug Mayer	M 50	2	148.66
28 Paul Baldini	M 43	2	147.73
29 Matthew Cirinna	M 47	2	145.92
30 Anthony Parillo	M 30	2	145.51
31 Greg Tew	M 44	2	145.32
32 Chris Kelly	M 38	2	143.92
33 <u>Anna Hankins</u>	F 26	2	142.03
34 John Hankins	M 56	2	140.98
35 <u>Sue Lachance</u>	F 55	2	140.69
36 Christopher Harrison	M 62	3	140.01
37 Javier Perrone	M 42	2	139.35
38 <u>Elaine Allen</u>	F 47	2	137.35
39 James Sedlak	M 43	2	131.50
40 Anthony Tieuli	M 42	2	131.39
41 <u>Abby Jackson</u>	F 34	2	131.20
42 <b>Todd Brown</b>	M 51	2	130.43
43 Thomas Lehouillier	M 44	2	128.82
44 David Schreiter	M 53	2	128.03
45 <u>Kristin Su</u>	F 30	2	126.72
46 Brendan Shea	M 49	2	125.36
47 <u>Alanna Almstead</u>	F 38	2	123.67
48 Nima Zangeneh	M 40	2	123.39
49 <u>Stephanie Nephew</u>	F 39	2	123.30
50 Sonny Gerardi	M 41	2	122.99
51 Marc Scrivener	M 45	2	122.94
52 <b>Thomas Parker</b>	M 47	2	121.45
53 Brian Roderick	M 46	2	121.38
54 Mike Williams	M 44	2	121.10
55 Patrick Lowry	M 25	2	120.30

56 Michael Crutchley	M 44	2	118.90
57 <u>Tara Rasch</u>	F 35	2	118.82
58 <u>Jane Weakley</u>	F 32	2	116.81
59 Martin Powers	M 56	2	114.19
60 <u>Mary Powers</u>	F 53	2	114.12
61 Pete Westover	M 71	2	111.76
62 Bob Worsham	M 69	2	111.46
63 <u>Kathleen Furlani</u>	F 66	2	110.98
64 <u>Kelsey Battige</u>	F 28	2	110.62
65 <b>Vic LaPort</b>	M 74	2	110.32
66 <u>Amy Paige</u>	F 45	2	109.80
67 Gary Reuter	M 76	2	108.77
68 Michael Pulley	M 48	2	107.79
69 <u>Ronda Fernald</u>	F 40	2	105.92
70 Jack Weaver	M 59	2	105.71
71 Jerry Meshell	M 59	2	101.17
72 Colin Carroll	M 30	1	100.00
73 Justin Freeman	M 38	1	100.00
74 Josh Hummel	M 25	1	100.00
75 Ryan Welts	M 34	1	100.00
76 Ryan Woolley	M 26	1	100.00
77 Kevin Tilton	M 33	1	99.55
78 Tristan Williams	M 29	1	99.51
79 Scott Leslie	M 33	1	98.30
80 Chris Mahoney	M 37	1	98.20
81 David Raczkowski	M 64	2	97.96
82 Chris Hayhurst	M 43	1	97.34
83 Richard Fijalkowski	M 47	2	97.30
84 Alex Hall	M 28	1	97.12
85 Haroldas Subertas	M 23	1	96.83
86 Ryan Carrara	M 38	1	96.64
87 John O'Shea	M 24	1	96.50
88 Jonathan Hammett	M 39	1	95.48
89 <u>Deb Anderson</u>	F 40	2	95.45
90 Steve Ferullo	M 43	2	94.41
91 David Follansbee	M 39	2	92.82
92 <u>Mary Lou White</u>	F 59	2	89.94
93 <u>Barbara Sorrell</u>	F 58	2	84.10
94 <b>Laura Clark</b>	F 68	2	83.30
95 Mark Bowen	M 53	2	68.62
96 <u>Donna Bowen</u>	F 53	2	68.62

### GT Percents:

<u>Name</u>	<u>Age</u>	<u># Races</u>	<u>GT %</u>
1 <u>Kehr Davis</u>	F 38	5	88.72%
2 Stanislav Trufanov	M 36	5	86.38%
3 Eric Wyzga	M 39	3	85.49%
4 James Turitto	M 30	3	72.24%
5 <b>Ted Cowles</b>	M 56	4	71.81%
6 <b>Ned James</b>	M 60	3	70.96%
7 <u>Peggy Horgan</u>	F 29	3	70.72 %
8 Gaston Fiore	M 32	3	65.26%
9 Zayne Couch	M 20	3	64.44%
10 <u>Allyson Koenig</u>	F 29	4	64.37%
11 <u>Carolina Villarreal</u>	F 33	3	59.51%
12 Joseph Strafach	M 52	3	57.77%
13 <u>Katya Divari</u>	F 53	4	50.44%
14 Christopher Harrison	M 62	3	46.67%

# Savoy Loop 2015

## 5-Mile road race, 1-Mile walk & kids' fun run

**Date:** Saturday, September, 12, 2015

**Location:** Emma L. Miller Elementary School, Loop Road, Savoy, Massachusetts

**Registration:** 8:45am-9:45am

**Race Time:** Road race will start at 10:00am. The 1-mile walk will begin shortly after the start of the 5-mile run. Kids' fun run will begin at approximately 11:30am.

**Entry Fee:** 5-mile road race and 1-mile walk: \$20 for pre registered, \$25 day of race. **All pre-registrations will be guaranteed a t-shirt.** All participants that register on the day of the event will receive a t-shirt while supplies last. Kids' fun run: \$5 for pre-registered and \$5 on day of race. **All kids will receive a goody bag.**

Please send pre-registrations to WMAC, PO Box 356, Adams, MA 01220.  
Make checks payable to: Emma L. Miller Elementary School with "Savoy Loop" in the memo.

**Amenities:** Awards; Prizes; Refreshments; Free Kids' Activities; Entertainment; Timing by WMAC  
*All pre-registrations must be postmarked by August 15, 2015*

**Register on-line at our website: [www.SavoyLoop.com](http://www.SavoyLoop.com)  
[www.facebook.com/SavoyLoop](http://www.facebook.com/SavoyLoop)**

*All proceeds to benefit the children of Emma L. Miller Elementary school in Savoy, Massachusetts*

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: M / F

Street: \_\_\_\_\_

City/Town: \_\_\_\_\_ State: \_\_\_\_\_ Zip code: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

**5 Mile run or 1 Mile walk**  
(Circle One)

**Kids' Fun Run** Ages 8 & under ¼ mile or ages 9-12 ½ mile  
(Circle One)

T-shirt Size (Circle One): XS S M L XL

T-shirt Size (Circle One): XS S M L XL

**Fee: \$20 Pre Registered ... Day of \$25**

**Fee: \$5**

Donation: \_\_\_\_\_ Total Enclosed: \_\_\_\_\_ Thank You

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

Signature: \_\_\_\_\_

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

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

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

**10.5 Miles and 2 Miles  
Sunday ... October 11, 2015 .... 10 AM**

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

**Fees ... 10.5 Mile \$15.00 ... 2 Mile \$ 10.00 ... before 10 / 4 / 15 ..... Race day \$20 -- \$15**

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

**Shirts may be available at the race.**



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

**Info ... Ed Saharczewski .... edwrdsah@aol.com or ... [www.runwmac.com](http://www.runwmac.com)**

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

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

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

Email \_\_\_\_\_

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

**Official Use Only**

**Bib # \_\_\_\_\_**

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

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

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



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

**WMAC**

**2015 Monroe Trail Race Entry Form**

**WMAC**

Western Mass Athletic Club

P. O. Box 356

Adams, MA. 01220

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

\*\*\*\*\*cut\*\*\*\*\*cut\*\*\*\*\*cut\*\*\*\*\*cut\*\*\*\*\*cut\*\*\*\*\*cut\*\*\*\*\*cut\*\*\*\*\*cut\*\*\*\*\*cut\*\*\*\*\*cut\*\*\*\*\*cut\*\*\*\*\*

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

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

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

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

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

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

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

Interest (s):

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

OTHER \_\_\_\_\_

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

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

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