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2015 Dion Snowshoe Series

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Hoot – Toot & Whistle

Saratoga Winterfest - - Northfield MT.

Camp Saratoga

2015 GT Schedule

Greylock Entry

And plenty more inside

Up n' Coming Events:

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

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Monroe	10 / 11

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

www.runwmac.com

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

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

Hoot Toot & Whistle

by Laura Clark

Tackling the Hoot N Toot trail was a relief; the real challenge was in getting there. Often our events are held before, during or after a snowstorm, but this one demanded faith, NASCAR driving skills, and a rigid mindset. Faith that the impending storm would hold off just long enough... harmony between man and machine...and a determination to proceed as planned despite common sense. We were battling not pure bred snow but a mongrel mix of rain, sleet and random flakes.

Karen Provencher and I had planned to take Annie since she is proudly studded and spiked, but that morning when Karen suggested that her vehicle could handle the conditions, I considered for about a second and then acceded, feeling all the while guilty that Karen had never seen the Woodford hill, known to jackknife large semis for sport. Although we experienced a white knuckle descent, which Karen insisted was a "piece of cake," I noticed that the first thing she did upon arrival was ask about alternate directions for the journey home. I felt more than a little guilty.

All guilt aside, the first thing I did was search for Laurel's car. This was surprisingly easy despite the fact that she was driving a rental and my strategy was to check for MA plates and then go eenie-meenie-miney-mo. But there were roughly six cars in the lot, one of which I recognized, and none of which had MA plates.

Soon, though, Laurel appeared and we all breathed a collective sigh of relief. The streak continues! At first, I had thought that for only the second time in history we had beaten Laurel to the race site. But apparently when she heard of the impending weather she left Northampton at 11:30 PM and booked a B&B. No sacrifice too great or too small to preserve the streak!

Folks who were anticipating the course for the first time were a lot less confused than us old-timers. Bob patiently explained over and over again that we were going back to the original course and could either jog over or take the bus. We had difficulty shuffling through the index cards in our mind to pull out the correct version. It was a treat to run on freshly fallen snow, with not even the tracks of the previous day's marking crew peeking through.

Once more, Jim Carlson insisted that I take the lead. But this time I knew what he had in mind: make me work hard to lose him and then blaze by in the final minutes. Still, it was all I could do not to feel sorry for him. He finished triumphantly in a fit of coughing, having been sick all week. And more power to him—there were no pre-race sniffles or disclaimers.

In case you hadn't noticed, if you are young and single this would be a good year to contemplate marriage. All of our events so far have been dominated by married couples. Ross and Ashley Krause won both Greenwood Gallop and Hilltop Orchards and Jessica and Brian Northan claimed winning railroad spikes at Hoot Toot & Whistle.

Camp Saratoga is
February 15th, just one day past Valentine's Day...hmmmm...

Laura Clark

Dion Snowshoe Series
Hoot Toot & Whistle 5k Snowshoe Race
Catamount Ski Trail Readsboro, VT
January 24, 2015

WMAC members in bold:

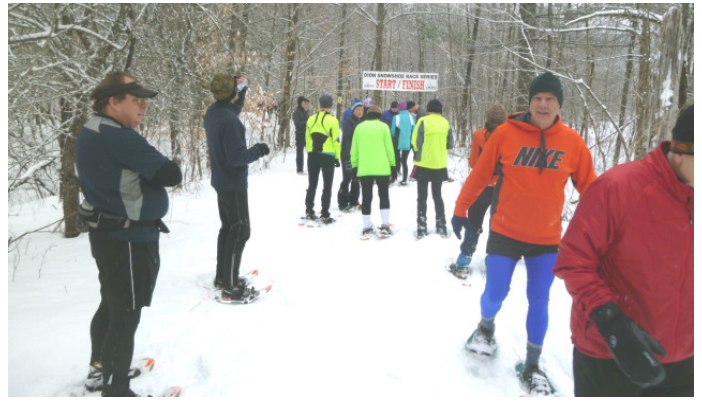
<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Points</u>
01. Brian Northan	M 39	25.05	100.00
02. Erik Wight	M 55	25.46	97.56
03. Jon Cluett	M 40	26.23	95.12
04. John Matthews	M 58	26.32	92.68
05. Thomas Olendorf	M 49	27.07	90.24
06. Daniel Potvin	M 49	27.34	87.80
07. Rich Teal	M 36	28.10	85.37
08. <u>Jessica Northan</u>	F 39	28.25	82.93
09. London Niles	M 17	29.07	80.49
10. <u>Sinead Fitzgibbon</u>	F 44	29.54	78.05
11. Jeff Clark	M 57	31.10	75.61
12. David Gatz	M 53	32.30	73.17
13. Jan Rancatti	M 54	32.48	70.73
14. Jeff Hatem	M 63	33.16	68.29
15. Ted Cowles	M 56	33.25	65.85
16. Scott Bradley	M 60	33.28	63.41
17. <u>Mary Scheerer</u>	F 56	33.31	60.98
18. Steve Galloway	M 51	33.39	58.54
19. <u>Christian Gre</u>	F 15	33.57	56.10
20. <u>Karen Provencher</u>	F 60	34.20	53.66
21. <u>Jennifer Gatz</u>	F 43	34.59	51.22
22. Laurel Shortell	F 48	35.28	48.78
23. <u>Pat Rosier</u>	F 56	38.27	46.34
24. Mike DellaRocco	M 63	39.31	43.90
25. Denise Dion	F 50	40.56	41.46
26. Jim Carlson	M 67	41.52	39.02
27. <u>Laura Clark</u>	F 67	42.03	36.59
28. Martin Glendon	M 68	42.04	34.15
29. Jamie Howard	M 49	42.16	31.71
30. Stephen Mitchell	M 73	42.18	29.27
31. <u>Polly Peptide</u>	F 53	43.33	26.83
32. <u>Cheryl Rench</u>	F 56	44.14	24.39
33. <u>Catherin Chipura</u>	F 15	46.20	21.95
34. <u>Elizabeth Ronan</u>	F 49	46.56	19.51
35. <u>Sue Westfall</u>	F 56	47.11	17.07
36. Jules Seltzer	M 79	49.18	14.63
37. <u>Vicki Quagliaroli</u>	F 61	50.15	12.20
38. Karin Bradley	F 57	57.02	9.76
39. Richard Busa	M 85	58.03	7.32
40. <u>Lauren Ford</u>	F 32	58.08	4.88
41. <u>Tiger Waterman</u>	F 68	61.08	2.44



Crossing the bridge at Hoot – Toot - & Whistle
photo by Ben Kimball



Steve Mitchell showing off his fancy gaiters before the race.
photo by Jim Carlson



Waiting for the start at H-T-W
photo by Jim Carlson



**Dion Snowshoe Series
Greenwood Gallop 5k
Prospect MT. Nordic Ski Center.
Woodford, VT January 11, 2015**

WMAC members in bold:

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Points</u>
01. Ross Krause	M 35	0:23:40	100.00
02. Tim Mahoney	M 35	0:23:55	98.33
03. Dave Merkt	M 31	0:24:58	96.67
04. Brian Northan	M 39	0:25:23	95.00
05. Ashley Krause 1st F	F 37	0:27:50	93.33
06. Sean McCarthy	M 30	0:28:05	91.67
07. John Cluett	M 40	0:28:10	90.00
08. Erik Wight	M 55	0:28:37	88.33
09. Wayne Stocker	M 60	0:28:54	86.67
10. London Niles	M 17	0:29:15	85.00
11. Billy Coles	M 18	0:29:37	83.33
12. Josh Katzman	M 38	0:29:49	81.67
13. Michael Buttrick	M 29	0:30:00	80.00
14. Gaston Fiore	M 31	0:30:28	78.33
15. Sam Harding	M 16	0:30:43	76.67
16. <u>Jessica Northan</u>	F 39	0:30:47	75.00
17. Allan Bates	M 66	0:31:15	73.33
18. Rich Teal	M 36	0:31:25	71.67
19. <u>Kristen Buttrick</u>	F 27	0:31:57	70.00
20. <u>Christian Gre</u>	F 15	0:33:24	68.33
21. Jeff Clark	M 57	0:33:37	66.67
22. <u>Mary O'Hearn</u>	F 28	0:33:44	65.00
23. Tim Houger	M 44	0:33:48	63.33
24. Tom Tift	M 57	0:34:15	61.67
25. Jan Rancatti	M 54	0:35:00	60.00
26. Glen Tryson	M 61	0:35:15	58.33
27. <u>Mary Scheefer</u>	F 56	0:36:10	56.67
28. Miodrag Glumac	M 49	0:36:27	55.00
29. <u>Karen Provencher</u>	F 60	0:36:34	53.33
30. Richard Godin	M 59	0:37:06	51.67
31. <u>Liza Smith</u>	F 17	0:37:20	50.00
32. <u>Cindy Scannell</u>	F 57	0:38:15	48.33
33. <u>Ellen Tidd</u>	F 46	0:38:25	46.67
34. Laurel Shortell	F 48	0:39:10	45.00
35. <u>Heather Freeman</u>	F 40	0:39:15	43.33
36. <u>Nicole Gibeau</u>	F 32	0:39:24	41.67
37. Jennifer Ferriss	F 43	0:39:32	40.00
38. <u>Pat Rosien</u>	F 56	0:39:46	38.33
39. <u>Cara Morano</u>	F 49	0:40:13	36.67
40. <u>Shari Hymes</u>	F 52	0:40:26	35.00
41. <u>Kathleen Furlani</u>	F 66	0:40:38	33.33
42. Pete Cole	M 45	0:41:12	31.67
43. <u>Allison Gubala</u>	F 40	0:42:48	30.00
44. <u>Ashley Peacock</u>	F 38	0:43:25	28.33
45. Jamie Howard	M 49	0:43:33	26.67
46. Stan Serafin	M 61	0:43:37	25.00
47. Denise Dion	F 55	0:44:09	23.33
48. Jim Carlson	M 67	0:44:15	21.67
49. Laura Clark	F 67	0:44:26	20.00
50. <u>Elena Loan</u>	F 33	0:44:34	18.33
51. Jim Sheehan	M 62	0:45:10	16.67
52. <u>Jen Kuzmich</u>	F 56	0:45:29	15.00
53. Marty Glendon	M 68	0:47:27	13.33

54. Dave Heyward	M 61	0:47:41	11.67
55. <u>Elizabeth Ronan</u>	F 49	0:52:37	10.00
56. <u>Marylou White</u>	F 59	0:55:20	8.33
57. <u>Laurie Cole</u>	F 34	0:56:33	6.67
58. Jules Seltzer	M 79	0:57:30	5.00
59. Brian Gravel	M 49	0:58:10	3.33
60. <u>Cathy Sheehan</u>	F 54	1:01:12	1.67



Runners take off at the start of the Greenwood Gallop



Denise Dion, Laura Clark, and Jim Carlson at the Greenwood Gallop snowshoe race.

photos by Ben Kimball

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Kicking Off the 2015 Snowshoe Season at Woodford

Despite having amassed multiple feet of snow in November, by the time our late December Dion Series kick-off had arrived, we were already facing a significant January thaw. Well, at least we got that over with early in the season. Hilltop Orchard and South / North Pond came and went without actually happening, insisting on waiting for the traditional order of events. Which meant Woodford.

Finally, we hit the refresh button on January 11, full of optimism and enthusiasm and more than a bit rusty. Jen Ferriss' Hazel decided to take a more active role in the snowshoeing scene. Annie was a bit miffed that at our Brookhaven expedition Jen took her playful quick trunk release personally and promised to behave herself on future rides if only to get back in the action. Even so, Hazel did not succeed in beating Laurel's Sam into the parking lot, a win that Annie achieved only once.

Truthfully, we were all a bit rusty. I have never seen so many folks, especially guys, display each and every clothing layer so readily, asking for weather reassurance. I had worn my warmest jacket, suitable for the severe Moby Dick whiteouts, but quickly shrugged into a lighter jacket once I confirmed that Prospect's 4 degree temperature did not include wind, unusual for this venue. Others did the same, so much so that I failed to recognize them. I was especially surprised when Marty Glendon told me I had passed him, as I had no idea, being unprepared for his snazzy new orange jacket. The same thing happened with Jen Kuzmich. Instead of her normal yellow, she was decked out in a Christmas-new purple outfit, rivaling Sweep Voll, the Florence Griffith Joyner of snowshoe fashion. Clearly in my loose-fitting yellow jacket, presented to me by Rich Busa as a freebie rejected second, not worthy to be actually sold in stores, I was at an acute disadvantage.

Thankfully, Jim Carlson still wore his traditional orange hunter's hat, making it easy to spot him as he relentlessly gained ground, along with pretty much everyone else. I was more or less standing still, with my lungs feeling as if I had just dove into my first summer wave in the ice-cold waters of Jones Beach. Finally, I gave up and walked one of the hills and gradually escaped that feeling of drowning in cold air. Miraculously, my legs felt loose and ready, my knee didn't hurt one bit and after that first mile I began to move ahead and enjoy myself.

Eventually, I caught up to Jim and we spent the remaining miles passing and re-passing each other, having a much better race collectively than we ever could have had separately. At the final downhill, Jim gasped something like, "I wish this didn't end on a downhill." When I heard that, I deduced he was tiring and I became complacent in my victory, at least until he sped past me into the flat where I didn't have a chance. He won that one as much with his words as with his surge, proving once more that when push comes to shove, running is as much mental as physical.

I'm sure it was the same for Jules Selzer, who approached me before the race asking where my Jeff was. Jules always trailed Jeff, who ran back to check on him once he crossed the finish line as Jules had a habit of taking wrong turns. This time he was on his own, but I'm sure Jeff's spirit was still ahead.

Laura Clark

Dion Snowshoe Series

Hilltop Orchard 5k Snowshoe Race

Hilltop Nordic Center ... Richmond, MA ... 1 / 18 / 15

WMAC members in bold:

<u>Name</u>	<u>AGE</u>	<u>TIME</u>	<u>Points</u>
01. Ross Krause	M35	24:09.2	100.00
02. Richard Messineo	M26	26:04.3	98.31
03. John Driver	M18	26:10.1	96.61
04. Brian Northan	M39	26:22.5	94.92
05. Jason Kudron	M34	27:21.9	93.22
06. Ashley Krause 1st F	F37	27:26.0	91.53
07. Sean McCarthy	M30	27:27.1	89.83
08. Jon Cluett	M40	27:40.2	88.14
09. Erik Wight	M55	27:54.2	86.44
10. <u>Abby Mahoney</u>	F36	29:39.7	84.75
11. Wayne Stocker	M60	29:47.3	83.05
12. Richard Teal	M36	30:25.8	81.36
13. <u>Kim Morrison</u>	F35	30:28.4	79.66
14. Nico Scibelli	M52	30:31.0	77.97
15. Sam Harding	M16	30:35.2	76.27
16. <u>Jessica Northan</u>	F39	31:04.5	74.58
17. <u>Kath Lysakowski</u>	F30	31:08.4	72.88
18. Addor Sentz	M35	31:12.1	71.19
19. London Niles	M17	31:24.8	69.49
20. <u>Colleen Keenan</u>	F36	31:42.2	67.80
21. Evan Huff	M29	32:10.5	66.10
22. Ted Cowles	M56	32:34.6	64.41
23. Allen Bates	M66	32:38.9	62.71
24. Paul Burt	M25	32:45.8	61.02
25. Ian Morrison	M38	33:31.7	59.32
26. Edward Alizozek	M52	34:10.8	57.63
27. <u>Christin Reuter</u>	F31	34:11.4	55.93
28. Tom Tift	M57	34:43.1	54.24
29. <u>Cait Szymkowicz</u>	F30	34:48.7	52.54
30. Hector Morera	M47	35:14.5	50.85
31. Glen Tryson	M61	35:25.3	49.15
32. Christian Gre	M14	35:37.3	47.46
33. <u>Kath Boyer</u>	F35	35:44.8	45.76
34. Miodrag Glumac	M49	35:45.5	44.07
35. Uri Haleui	M28	36:20.7	42.37
36. <u>Kim Baker</u>	F53	37:12.1	40.68
37. Pete Cole	M45	37:17.7	38.98
38. <u>Mary Scheefer</u>	F56	37:48.4	37.29
39. Dave Wilber	M55	38:08.1	35.59
40. <u>Liza Smith</u>	F17	38:14.0	33.90

Continued next page:

Hilltop results cont:

41. <u>Laurel Shortell</u>	F48	38:43.1	32.20
42. <u>Unknown ??</u>	F40	38:53.7	30.51
43. <u>Joann Lynch</u>	F49	39:59.2	28.81
44. <u>Jennifer Ferriss</u>	F43	41:03.8	27.12
45. <u>Pat Rosier</u>	F56	41:59.8	25.42
46. <u>Denise Dion</u>	F56	43:39.1	23.73
47. <u>Dave Heyward</u>	M61	45:12.4	22.03
48. <u>Edward Puglielli</u>	M43	47:00.1	20.34
49. <u>Laura Clark</u>	F67	47:48.0	18.64
50. <u>Marty Glendon</u>	M68	48:29.4	16.95
51. <u>Molly Pickel</u>	F21	49:30.2	15.25
52. <u>AJ Solovy</u>	F21	49:33.6	13.56
53. <u>John Warner</u>	M66	49:37.4	11.86
54. <u>Vicki Quagliaoli</u>	F61	49:58.3	10.17
55. <u>Bob Massaro</u>	M71	50:43.6	8.47
56. <u>Konrad Karolczuk</u>	M62	54:33.5	6.78
57. <u>Janet Tryson</u>	F61	55:05.7	5.08
58. <u>Lee Anne Zarger</u>	F60	57:40.5	3.39
59. <u>Laurie Cole</u>	F34	59:13.4	1.69



Running through the woods at Woodford.

photo by Jim Carlson

Wednesday Night Fun Runs.....

5:30 PM PNA Hall 13 Victory ST.

Adams, Massachusetts

Stop by for a run and stay around for drinks and trivia afterwards.

Info poncherosa@yahoo.com

Or call the Hot Line at 413-743-5124

**41st Annual
Jack Bristol ... Lake Waramaug Ultras**

50K | 50 Miles | 100K

Sunday April 26, 2015 ... 7:30 AM

**Lake Waramaug State Park
Kent, CT.**

www.lakewaramaugultra.com

R D ... Robert Scott

Slightly rolling loops on paved roads around scenic Lake Waramaug. There is a 2.2 mile out and back at the beginning of the race for all runners. The 50K runners will then do three 7.6 mile loops around the lake followed by a 1.9 mile out and back to the finish at the State Park. The 50 mile runners will complete six loops around the lake and finish at the State Park. The 100K runners will do seven loops around the lake followed by a 2.3 mile out and back to finish at the State Park.

Four very well stocked aid stations per loop.

An early start is available (6:30 am) for all runners, however early starters are not eligible for any awards.

Medals and / or buckles for all finishers.

Cookout for runners after the race.

Check out photos and a TV report from last year's race on the web page listed above.

UP-date from Brian Alarie on his goal to run the Boston Marathon by raising money for the American Liver Foundation:

It's official. I have finally made it to the Boston Marathon and I can't even begin to tell you how excited I am. I will be running the 2015 Boston Marathon for the American Liver Foundation (ALF). After two years of trying to find the courage to make the commitment to run for this prestigious charity, I finally did it. I want to express that it is a honor and privilege to be a part of the American Liver Foundation's Run For Research, Boston Marathon 2015 Team.

Thank You all for helping me to exceed my fund raising goal!

Brian Alarie

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

A Rooster and Apple Kind of Snowshoe Weekend: Cock-a-Doodle-Shoe and Hilltop Orchards

Trying to invent an intriguing link between these two events I turned to google to see if chickens enjoyed apples. Best answer I could find was, “Chickens will eat anything that does not eat them first.” I guess I could twist this around and add “Snowshoers will try anything that does not kill them first.” Seven Stryders optimistically carpoled to Saranac’s New Land Trust for Jeremy Drowne’s non-WMAC, yet still Dion sponsored, Cock-a-Doodle 5K and 10K. As we left, the temperature was cresting -15 degrees. Some of us even lugged along car blankies to supplement meager heat sources, but no one was wearing pajamas—simply too cold.

We left our snuggly beds at o’dark thirty, not yet awake enough to question our sanity. I was having trouble focusing. As Annie pulled out of Jen Ferriss’ snowy driveway, Jen warned, “Watch out for that tree!” I wondered why she would plant a sapling in the middle of her driveway, not realizing that it was a fallen branch propelled with such force that it stuck straight up. DUH!

The mercury executed a painful hand-over-hand ice climb, eventually reaching an impressive -1 as we pulled into the parking lot. With all the body heat supplementing the registration area wood stove, we warmed up a bit, but instead of greeting new arrivals, we merely groaned as we knew that meant they would open the outside door. At the registration lottery, I noticed that Jeff’s favorite #33 was coming up so I stepped to the rear and positioned myself behind Karen Provencher to insure I would hit the jackpot. I was elated; everyone else thought I was nuts.

There was a kids’ race and, incredibly, there were kids, about half of whom were related to Jeremy. In an incredible display of sportsmanship we abandoned the wood stove to cheer the kids. It is one thing to move in the cold, but quite another to remain stationary. I can’t imagine being a full-time onlooker or volunteer on that day!

Jim Carlson, Peter Finley and Steve Mitchell elected to do the 5K and insisted I position myself as the leader of the group. I thought this was ridiculous as they should be heading out at a faster 5K pace. In retrospect, this was a good idea. They kept me on track at a not-too-fast pace and it was fun to imagine myself as a locomotive with the steamy breath of everyone chugging along behind me. We slipped into a good rhythm until I paused to shrug off my hood which was interfering with my peripheral vision. Also, the final half of my train seem to have derailed and as a responsible leader, I was worried. Soon I heard Steve shouting: “Are we still on the 5K course?” I was wondering that too, as it seemed to take much more effort to move in the cold.

Finally, we reached the point where the 5K and 10K separated, only to find Jen Ferriss struggling to remove her socks. This was not exactly the day to try barefoot running, and at any rate she would be disqualified for failing to finish in snowshoes. Hoot N Toot is traditionally her bad luck race, but since she couldn’t make it this year, her fowl luck had transferred itself to The Rooster. (Yes, I know this is a bad joke, but I am writing

this story so I can do whatever I want). Jen learned that it is not a good idea to attach your toe warmers to the bottom of thin socks because of the resultant friction. Not only had she worn a hole through her sock, but had also singed her skin. She motioned me to go ahead and I kept on expecting her to catch up, but she never did, having decided that 5K was far enough. So I was on my own. Last year Steve and I chose the right arrow instead of the straight ahead arrow, effectively cutting about a mile off the course and losing Nationals qualification status. This year, in honor of our mistake, Jeremy decorated the trail with three maroon Do Not Cross ribbons. Now I have two sets of ribbons in my honor—one here and one on the Finger Lakes Fifties course! Two sets should be enough.

Besides a challenging course, this race also features terrific raffle prizes with an “everyone’s a winner” point of view. Jen Ferriss scored a pricey down vest, although given the day’s mishap she probably should have chosen the socks. Steve Bagman Mitchell discovered a pair of gaiters with his name on them. His wife Susan will be especially pleased as now she can fully go green with cloth grocery bags instead of having to worry about Steve’s plastic supply. The rest of us, perhaps thinking of Jen, mostly chose socks.

The following day, for **Hilltop Orchards 5K**, the temperature was mild, rain threatened and only Jen Ferriss and I had survived to run another day, despite the fact that everyone who ran would again become an automatic winner, scoring three wine or hard cider samples and a freshly-made cider donut.

In a reversal of just the day before, we had to relearn how to dress and navigate wide ski trails.

Ski trail courses, despite the fact that they do not feature dramatic climbs, are never easy since the whole point of cross-country skiing is to glide up and coast down. The hills are never steep enough to hike guilt-free or to get a decent rest break. Last year the marking was a bit sketchy, forcing us to remember the names of intersecting trails, but this year blue painted arrows made everything clear.

I thought I felt pretty OK until I actually started, taking more time than anticipated to engage my legs. For me this is a more difficult course than the truly hilly ones with narrow single track where you have to stay focused. My mind wanders off and my will vanishes. But that is just me. Most other folks pour on the speed; I am left with the scenery. I did pass a few though and struggled to overtake one final competitor—until I realized we had one more loop to negotiate despite being able to hear the finish line crowd. At the start, Jeremy apologized for not having more course marshals, but instead he did one better. He had a Roving Ambassador on cross-country skis guiding us along. It was really neat to greet the same marshal time after time and feel a shared of friendship with him.

Despite my reluctant legs, my timing was perfect. As I finished, the rains came—a excellent stopping point. I was more than ready for the lodge’s hot fire and adult refreshments.

Laura Clark

Dion Snowshoe Series
16TH Annual Saratoga Spa Winterfest
5K Snowshoe Race February 1, 2015
Saratoga SPA Park Saratoga Springs, NY

WMAC members in bold:

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Points</u>
01. Shaun Donegan	M 29	0:21:12	100.00
02. John Driver	M 18	0:23:15	99.15
03. Erik Wight	M 55	0:23:21	98.29
04. Joshua Katzman	M 39	0:23:57	97.44
05. Zack Vogel	M 43	0:24:30	96.58
06. Will Howe	M 15	0:24:53	95.73
07. Richard Teal	M 36	0:24:57	94.87
08. Andrew Groff	M 35	0:25:01	94.02
09. Sam Harding	M 16	0:25:06	93.16
10. Martin Gordiniek	M 44	0:25:12	92.31
11. David Peterson	M 56	0:25:16	91.45
12. London Niles	M 17	0:25:23	90.60
13. <u>Jessica Northan</u> 1 st F	F 39	0:26:08	89.74
14. Allan Bates	M 66	0:26:12	88.89
15. Jeffrey O'Shea	M 33	0:26:21	88.03
16. John Onderdonk	M 47	0:26:29	87.18
17. J Doug McMahan	M 42	0:26:46	86.32
18. Lance Decker	M 44	0:26:54	85.47
19. Justin Halsey	M 32	0:27:04	84.62
20. Jeff Clark	M 57	0:27:24	83.76
21. Tim Houger	M 44	0:27:37	82.91
22. Tom Tift	M 57	0:27:41	82.05
23. Dan Shyne	M 47	0:27:44	81.20
24. <u>Mary O'Hearn</u>	F 28	0:27:49	80.34
25. Jamie Casline	M 55	0:27:51	79.49
26. Marc Miranda	M 32	0:27:54	78.63
27. Nick Lamando	M 56	0:27:58	77.78
28. <u>Frances Vincent</u>	F 53	0:27:59	76.92
29. <u>Megan Harrington</u>	F 30	0:28:11	76.07
30. Matthew Landy	M 48	0:28:13	75.21
31. Kevin Dean	M 42	0:28:20	74.36
32. Jan Rancatti	M 54	0:28:23	73.50
33. Edward Alibozek	M 52	0:28:25	72.65
34. Jason Santamore	M 35	0:28:26	71.79
35. Jim Schertzer	M 39	0:28:28	70.94
36. <u>Terri Jordan</u>	F 51	0:28:38	70.09
37. <u>Karen Provencher</u>	F 60	0:29:46	69.23
38. Mark Sager	M 64	0:29:53	68.38
39. <u>Jennyfer Gleason</u>	F 42	0:30:02	67.52
40. Bob Dion	M 59	0:30:03	66.67
41. Todd Howell	M 36	0:30:18	65.81
42. Tom Mack	M 50	0:30:32	64.96
43. <u>Liza Smith</u>	F 17	0:30:34	64.10
44. <u>Dawn Leone</u>	F 45	0:30:41	63.25
45. Russell Howe	M 50	0:30:45	****
46. <u>Kim E. Scott</u>	F 46	0:31:31	62.39
47. Laurel Shortell	F 48	0:31:46	61.54
48. <u>Bekkie Wright</u>	F 52	0:31:51	60.68
49. Steve Vnuk	M 60	0:32:17	59.83
50. Tracy Perry	M 50	0:32:32	58.97
51. <u>Allison Howe</u>	F 50	0:32:44	58.12
52. Tyron Culpepper	M 51	0:32:56	57.26
53. Nick Jubok	M 58	0:33:01	56.41

54. <u>Stephanie Landy</u>	F 55	0:33:03	55.56
55. <u>Martha Gohlke</u>	F 47	0:33:09	54.70
56. James Graeff	M 56	0:33:28	53.85
57. Alex Buffoni	M 54	0:33:39	52.99
58. Joseph Poliquin	M 62	0:33:45	52.14
59. Dave Wilber	M 55	0:33:47	51.28
60. <u>Ashley Peacock</u>	F 38	0:34:42	50.43
61. Charles Brockett	M 69	0:35:03	49.57
62. <u>Nanette Hatch</u>	F 49	0:35:10	48.72
63. Mike Della Rocco	M 63	0:35:22	47.86
64. Denise Dion	F 56	0:35:31	47.01
65. <u>Katie Roberts</u>	F 26	0:35:54	46.15
66. <u>Maureen Roberts</u>	F 57	0:35:55	45.30
67. <u>Paula Boughtwood</u>	F 53	0:36:10	44.44
68. Donald Foley	M 58	0:36:12	43.59
69. <u>Kathy Ryan</u>	F 50	0:36:17	42.74
70. <u>Beth Trapasso</u>	F 53	0:36:39	41.88
71. Jim Carlson	M 67	0:36:53	41.03
72. <u>Allison Edwards</u>	F 52	0:37:00	40.17
73. <u>Ronni Travers</u>	F 57	0:37:04	39.32
74. Dave Heyward	M 61	0:37:04	38.46
75. Jamie Howard	M 49	0:37:21	37.61
76. Steve Mitchell	M 73	0:37:34	36.75
77. Jeff Halusic	M 47	0:37:45	35.90
78. <u>Lonnie Halusic</u>	F 46	0:37:45	35.04
79. <u>Laurie Scheuing</u>	F 48	0:37:49	34.19
80. <u>Cheryl Rench</u>	F 56	0:38:03	33.33
81. <u>Justina Cast</u>	F 53	0:38:12	32.48
82. <u>Sue Westfall</u>	F 56	0:38:15	31.62
83. <u>Jennifer Kuzmich</u>	F 56	0:38:21	30.77
84. Peter Finley	M 53	0:38:45	29.91
85. Laura Clark	F 67	0:39:05	29.06
86. Douglas Harple	M 38	0:39:16	28.21
87. <u>Nancy Miller</u>	F 48	0:39:19	27.35
88. <u>Pam DelSignore</u>	F 45	0:39:55	26.50
89. <u>Mary McNamara</u>	F 61	0:40:12	25.64
90. Darryl Caron	M 51	0:40:22	24.79
91. James Shulas	M 63	0:40:34	23.93
92. <u>Jane Foley-Graeff</u>	F 51	0:41:15	23.08
93. <u>Amanda Oliver</u>	F 30	0:41:41	22.22
94. <u>Corine Houry-Kling</u>	F 47	0:41:47	21.37
95. William Dixon	M 55	0:43:21	20.51
96. <u>Vicki Quagiaroli</u>	F 61	0:43:59	19.66
97. <u>Phyllis Fox</u>	F 62	0:44:16	18.80
98. Aidan Murphy	M 12	0:46:53	****
99. Brian Murphy	M 45	0:46:55	17.95
100. Jules Seltzer	M 79	0:48:15	17.09
101. Richard Busa	M 85	0:48:20	16.24
102. <u>Judy Behrens</u>	F 62	0:48:26	15.38
103. <u>Madeline Pantzer</u>	F 58	0:48:46	14.53
104. <u>Laura Howe</u>	F 13	0:49:23	13.68
105. <u>Terri Cozzaglio</u>	F 52	0:49:26	12.82
106. Konrad Karolczuk	M 62	0:50:00	11.97
107. Dennis Pantzer	M 67	0:52:04	11.11
108. <u>Kelsey Knutsen</u>	F 23	0:53:06	10.26
109. Andrew Nicolella	M 26	0:53:09	9.40
110. <u>Ruth McClosky</u>	F 36	0:55:30	8.55
111. <u>Billie McClosky</u>	F 12	0:55:31	7.69
112. <u>Geralyn Archer</u>	F 60	0:56:19	6.84
113. Glenn Traver	M 26	0:58:33	5.98

Continued next page:

Winterfest 5K results cont:

114. <u>Alexandra Foley</u>	F 22	0:58:34	5.13
115. <u>Elizabeth Herlihy</u>	F 41	1:06:11	4.27
116. <u>Meghan Herlihy</u>	F 10	1:06:22	3.42
117. <u>Sandra Ogden</u>	F 54	1:11:37	2.56
118. <u>Kathy Brafton</u>	F 59	1:11:38	1.71
119. <u>Shirley Opalk</u>	F 61	1:11:40	0.85

**** No Snowshoes

Winterfest Legends

Like all long-standing traditions, winterfests have attracted their fair share of accompanying tall tales and legends. They are either a celebration of all things white and wonderful or a reactionary party invented by stir-crazy individuals to lighten up the cold, dark days. In the town of Saratoga Springs, Winterfest is bounded by the Spa Park's old-fashioned Candlelight Ski & Snowshoe on Friday, eclipsed by the huge Chowderfest on Saturday and, for the competitive, highlighted by Sunday's Winterfest Snowshoe Race and couch potato Super Bowl. Those not yet ready to get back to work on Monday are welcome to play hooky and visit Punxsutawney Phil. Whew! After that weekend we all need a few dreary winter days to recuperate!

This year's winter arrived at Thanksgiving, and by mid-December gradually hardened the remnants of snow into a stubborn ice cover. Typically, a jumpstarted winter often signals dry times ahead in January. I tried to remain philosophical and confident in outlook, all the while figuring that if my Jeff couldn't physically help out this year, he could at least snowball the Heavenly Assembly with winter white petitions. And as Jennifer Ferriss observed, he eventually succeeded -- "The Snow Angel wanted to make the Snow Queen happy this year." And thus is born a new legend.

Actually, I know for sure it was Jeff who was responsible since he delivered five inches of powder—just enough to make the course delightful, but not enough to be greedy. We had always had a running discussion with his insisting that there was a limit as to how much snow was beneficial, and my "bring it on" attitude which regarded surplus snow as "money in the bank."

After an initial media blitz in its early years, our Winterfest Snowshoe race once more attracted attention. Why, I have no idea as my publicity department (me) was just as inactive as ever. For whatever reason, we had two local newspaper reporters and accompanying photographers, an interviewer from tbcnews doing a segment for Fit Kids in February and the 1915 Saratoga Centennial Committee who awarded Centennial tees to the 19th and 15th finishers. I bet that was the only time the 19th finisher lined up ahead of the 15th! One of the committee members, Susan Halstead, herself a runner, said it looked like so much fun she wants to sign up next year.

While every runner has his own story, several stood out from the pack. Steve Mitchell, approaching venerable Rich Busa status, arrived to the start line a tad late and decided to just wait

on the quad. He timed it perfectly, jumping in at an appropriate place in the lineup and never looking back. In all fairness, he had logged countless miles that week helping mark the course, so I guess he could cut a little slack.

The once more new-and-improved Laurel Shortell's 2015 goal is to rack up the points by remaining above the halfway mark in the results. She is one of those runners who keep chugging along at a smooth steady pace, looking for all the world like you can easily catch her. But you never do.

The Stryder who garnered the most media attention was Shaun Donegan, who competed wearing his customary shorts and knee socks. In a concession to the colder weather, or perhaps to humor the race director, he wore his orange Winterfest shirt. Being that he won the race and was called upon to give countless media interviews, I am nominating him next year's PR person.

Most amazing of all was Jennyfer Gleason, taking part in her first snowshoe race. She was returning to competition three years after her Ironman athlete husband Chris died at the Philadelphia Marathon. It took a great deal of courage to resume this part of her old life without her husband by her side.

Volunteers had their own stories to tell. Stryder Jan Mares gave us our first ever stab at instant communication, skiing back and forth along the course providing encouragement and updates. Patricia Keefe tried mightily to concoct a squash soup that would match Laurel's dietary needs and Peter Goutos took over Jeff's pre-race duties, even supplying a cushy finish line mat and water from his Firecracker4 supplies. He sent us off with a remembrance of Jeff fresh in our minds.

And as for Punxsutawney Phil, the only animal with a national holiday (unless you count the turkey, but he gets eaten), he obligingly prognosticated six more weeks of winter.

This despite the fact that the weather on Gobbler's Knob was overcast and snowy, conditions that would have made it impossible for Phil to see his shadow. Proving once more that the legend is more compelling than the facts.

Laura Clark

Welcome New Members

From Massachusetts

Daniel Brainerd ---- Christine Tower

Thanks for supporting the WMAC!

And a reminder to others who have yet to renew this year's membership. We need your support to plan our events for the year so please renew soon.

Out in Left Field (Groan) at Northfield Snowshoe Race

Northfield is one of the more intimate races on our Dion Snowshoe Circuit. Meaning that it takes a special kind of person to look forward to running up a mountain. In the cold. On a day overshadowed by an impending epic three day snow event (in weathermanese). But what people forget is for every rainstorm there is a rainbow, for every red light there is a green, and for every up there is a down. Instead they focus on the work part and not the reward. And the reward at Northfield is truly worth the climb: a glorious free-fall down a totally runnable mountain, with sticks and stones buried under powdery snow.

It has been years since I have had the privilege, with Northfield usually falling the day before the Winterfests Snowshoe, which I direct. While it is tempting to play hooky, I could never live with the guilt. But this year, the calendar fell in such a way that Northfield was a definite possibility, if it weren't for the impending snowstorm of doom. I tried and tried to get someone to share driving/navigation duties, but to no avail. The trouble with having active, involved friends is that they are active and involved. All evening I checked the hourly weather fortune and finally decided that I could leave Saratoga in snow showers and emerge snow-free three hours later in Northfield. The journey back would be anyone's guess, but at least there was no "Ready, Set, Go" to encourage reckless driving. To my surprise, the way was clear and I actually made it back home 15 minutes faster. Even the customary Troy traffic jam was subdued. Guess folks were stocking up in the supermarkets.

At the start line, Dave Dunham casually mentioned that the race would be 4 miles and not the advertised 10K. We all let out an involuntary sigh of relief. No one wanted to be plowing through snow on the way home. According to his instructions, we would be pointing uphill for the first 2.5 miles and then slide down to the finish. The race began in a manner similar to Winterfest, with the dreaded field tour. This is not my favorite part, but hearing Jeff's voice in my head, I made a solid effort to keep up with Kathleen Furlani. I must admit I played a smart race. I kept far enough behind so as not to be annoying, but close enough to easily pass on the long downhill. I rarely have any kind of strategy other than to remain upright, so this was a revelation.

I was almost sabotaged, however, by my mathematical shortcomings. I arrived at the 3 mile marker, still considerably on the upside. By number 4 I was pointed down, but rather puzzled since I was nowhere near the finish. I figured Dave was enjoying his joke. By mile 5, I had resigned myself to a 10K effort, which wouldn't be such a bad thing anyway as it was mostly downhill. It wasn't until after I had arrived at my destination that someone pointed out that the markers were in kilometers, not miles.

Until this afternoon, however, I was firmly convinced that the trail was haunted. I kept hearing footfall echoes and tried to glance surreptitiously behind me to see who was approaching. But there was never anyone there. It was truly creepy. But today, while I was marking the Camp Saratoga course, I noticed

the same thing. Maybe that is what happens in deep powder, or when you are truly out in left field.

Laura Clark

Snowshoe Sled Adventures

Think you are ready for snowshoe season? Think again. Steve Mitchell, in his unique home workshop approach, heads off on the Kalabus-Perry Trail with his grandson, Graham. Pushing this contraption makes a double-wide road stroller seem like child's play.



Note: This is the before picture with his Saratoga snowshoe friends.

WMAC's Fat-Ass 50K

North Adams, MA December 28, 2014

50K:

1 Josh Moran	32 North Adams, MA	4:58
2 Mike Bromm	55 Pittsftown, NY	6:04

20 Miles:

Ted Poulos	53 McLean, VA	2:47
Eli Groener	28 S. Egremont, MA	3:07
Jan Rancatti	54 Readsboro, VT	3:09
Shira Catlin	22 Williamstown, MA	3:27

14.5 miles:

12 finishers (random order)

Denise Dion	-- Dennis Gilyard	-- Spencer Adams
Scott Bradley	-- Brian Alarie	-- Tim Morey
Amanda Chilson	-- Marcel Holland	-- Omar Ameen
Audrey Witter	-- Jim Preite	-- Brendan Bullett

Dion Snowshoe Series
Northfield Mountain 4-Mile Snowshoe Race
February 7, 2015 Northfield, MA

WMAC members in bold:

<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>Points</u>
1 Ross Krause	35 M	MA	0:42:01	100.00
2 Greg Hammett	37 M	NH	0:44:48	97.73
3 Tim Mahoney	35 M	MA	0:45:51	95.45
4 John McCarthy	36 M	MA	0:46:28	93.18
5 <u>Kelsey Allen</u> 1 st F	31 F	MA	0:48:06	90.91
6 Erik Wight	55 M	MA	0:50:46	88.64
7 Stephen Power	56 M	MA	0:50:47	86.36
8 Wayne Stocker	60 M	MA	0:51:11	84.09
9 Gareth Buckley	38 M	MA	0:52:29	81.82
10 Sam Harding	16 M	MA	0:53:44	79.55
11 Michael Buttrick	29 M	MA	0:53:47	77.27
12 <u>Amy Rusiecki</u>	35 F	MA	0:53:52	75.00
13 Ted Cowles	56 M	CT	0:54:13	72.73
14 Joe Sumner	61 M	MA	0:54:17	70.45
15 Peter Malinowski	60 M	MA	0:54:45	68.18
16 Gaston Fiore	31 M	CT	0:55:14	65.91
17 <u>Ruthie Ireland</u>	47 F	MA	0:55:29	63.64
18 George Daniels	52 M	CT	0:56:46	61.36
19 Rob Cook	29 M	MA	0:58:12	59.09
20 Daniel Buttrick	34 M	MA	0:58:44	56.82
21 <u>Suzy West</u>	51 F	VT	0:59:32	54.55
22 <u>Kristen Buttrick</u>	27 F	MA	1:00:15	52.27
23 Bob Dion	59 M	VT	1:02:18	50.00
24 Laurel Shortell	48 F	MA	1:02:45	47.73
25 <u>Kristin Tetrault</u>	34 F	MA	1:03:04	45.45
26 <u>Liza Smith</u>	17 F	MA	1:04:04	43.18
27 <u>Vanessa Diana</u>	44 F	MA	1:06:26	40.91
28 <u>Cindy Scannell</u>	57 F	VT	1:07:15	38.64
29 <u>Emily McKinney</u>	16 F	MA	1:07:47	36.36
30 Denise Dion	56 F	VT	1:09:09	34.09
31 Miodrag Glumack	49 M	MA	1:10:31	31.82
32 Jamie Howard	49 M	NY	1:11:03	29.55
33 Pat Rosier	56 F	MA	1:12:07	27.27
34 Laura Clark	67 F	NY	1:13:26	25.00
35 <u>Abigail Howe</u>	17 F	MA	1:14:18	22.73
36 Vladimir Komlenac	32 M	Serbia	1:14:19	20.45
37 <u>Kathy Furlani</u>	66 F	CT	1:19:13	18.18
38 Pete Cole	46 M	MA	1:20:16	15.91
39 <u>Monique Gil-Rogers</u>	62 F	CT	1:25:00	13.64
40 Marty Glendon	68 M	MA	1:25:42	11.36
41 Scott Wissel	49 M	CT	1:34:53	9.09
42 <u>MaryLou White</u>	59 F	CT	1:37:32	6.82
43 <u>Laurie Cole</u>	34 F	MA	1:47:55	4.55
44 Richard Busa	85 M	MA	1:54:56	2.27



Heading downhill at Northfield MT.



Snowshoe master Bob Dion at Northfield MT.

photos by Ben Kimball

The 2015 Grand Tree Trail Series kicks off on April 11 with the Merrimack River race. Check out the G T schedule in this newsletter for all the races this year.

The 2015 Grand Tree Trail Series.
 New England Trail Running at its best!



Dion Snowshoe Series

CAMP SARATOGA ... 8 KM Snowshoe Race

February 15, 2015 ... Camp Saratoga ... Wilton, NY

WMAC members in bold:

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Points</u>
01. Shaun Donegan	M29	0:40:42	100.00
02. Dave Merkt	M 31	0:41:09	98.51
03. Brian Northan	M40	0:43:22	97.01
04. Daniel Ostrander	M38	0:44:20	95.52
05. Matt Wieczorek	M27	0:45:20	94.03
06. Sean Greaney	M34	0:45:48	92.54
07. Tim Howland	M37	0:47:44	91.04
08. Howard Hanna	M38	0:48:39	89.55
09. Erik Wight	M55	0:48:50	88.06
10. Zach Vogel	M43	0:50:10	86.57
11. London Niles	M17	0:50:33	85.07
12. <u>Karen Howe</u> 1 st F	F37	0:50:58	83.58
13. Dominick Audi	M61	0:51:06	82.09
14. Robert Feissner	M38	0:52:11	80.60
15. David Peterson	M56	0:52:16	79.10
16. <u>Jessica Northan</u>	F39	0:52:27	77.61
17. Richard Teal	M37	0:52:55	76.12
18. <u>Shannon Luongo</u>	F37	0:55:32	74.63
19. Vincent Luongo	M54	0:55:33	73.13
20. Eric Kimmelman	M50	0:56:09	71.64
21. Chris Guertin	M36	0:56:51	70.15
22. Lance Decker	M44	0:57:22	68.66
23. <u>Beth Barrese</u>	F40	0:58:14	67.16
24. Eric Howe	M37	0:58:16	65.67
25. <u>Erin Lopez</u>	F34	0:58:50	64.18
26. Hector Morera	M47	0:58:58	62.69
27. Eric Recene	M44	0:59:03	61.19
28. <u>Karen Provencher</u>	F60	0:59:32	59.70
29. <u>Caroline Hanna</u>	F38	0:59:55	58.21
30. <u>Laurel Shortell</u>	F48	1:01:13	56.72
31. Bob Dion	M59	1:01:34	55.22
32. Jeff Clark	M57	1:01:48	53.73
33. Jan Rancatti	M54	1:02:58	52.24
34. Mike Cheplowitz	M29	1:05:52	50.75
35. Steve Kuennen	M34	1:07:32	49.25
36. <u>Kim E. Scott</u>	F46	1:08:35	47.76
37. Daniel Pemrick	M53	1:08:59	46.27
38. David Kuennen	M34	1:09:17	44.78
39. Jared Ames	M38	1:09:18	43.28
40. Denise Dion	F56	1:10:26	41.79
41. <u>Erika Anderson</u>	F41	1:11:00	40.30
42. Matt Miczek	M43	1:11:29	38.81
43. <u>Rebecca Evansky</u>	F35	1:12:03	37.31
44. <u>Mara Fronhofer</u>	F48	1:12:06	35.82
45. Jim Carlson	M 67	1:12:30	34.33
46. Charles Brockett	M69	1:13:24	32.84
47. Laura Clark	F67	1:13:27	31.34
48. <u>Maureen Roberts</u>	F57	1:15:06	29.85
49. <u>Kathy Meitl</u>	F32	1:16:14	28.36
50. Mike DellaRocco	M63	1:16:23	26.87
51. <u>Nicole Zebrowski</u>	F37	1:06:59	25.37
52. Jennifer Ferriss	F43	1:17:04	23.88
53. Matthew Frese	M36	1:18:12	22.39
54. <u>Laura Manewitz</u>	F29	1:20:14	20.90
55. <u>Ashley Peacock</u>	F38	1:21:48	19.40
56. <u>Britt Jablonsky</u>	F 29	1:22:40	17.91

57. Jim Simpson	M28	1:22:42	16.42
58. <u>Jennie Blauvelt</u>	F39	1:23:48	14.93
59. <u>Pam DelSignore</u>	F45	1:23:53	13.43
60. <u>Laurie McCarroll</u>	F53	1:24:37	11.94
61. Peter Finley	M53	1:24:43	10.45
62. Jim Sheehan	M62	1:28:05	8.96
63. <u>Allison Gubala</u>	F40	1:28:30	7.46
64. Doug Harple	M38	1:29:31	5.97
65. Ray Lee	M72	1:32:14	4.48
66. Ronald Cutie	M27	1:45:35	2.99
67. Cor Houry Kling	F47	1:52:27	1.49

Laying it on the Line

A race director should be someone you can trust to tell it like it is. Someone who doesn't gloss over the hazards involved but who knows when it is time to modify or throw in the towel altogether. There is a fine line between the standard release form and a disaster that should have been avoided.

Folks who know my style know that I have a tendency to view snow conditions through rose-colored glasses. Only one time have I cancelled an event and that was at Camp Saratoga when the course was a sheet of ice and blatantly unsafe and definitely not a fun day in the woods. This winter at Camp was definitely my most difficult. Usually I can pretty well roll with the punches but in this case I actually worried about the weathermen's impending doom and gloom predictions. How much can be chalked up to high ratings on a slow news day and how much to sheer overconfidence since they are only required to produce a fifty percent accuracy rate? Backed up by Geoffrey Groundhog's shadow, the weathermen were prognosticating a snow siege of epic proportions.

But hey, life is good. What we had was a white powder experience rarely enjoyed in the Northeast. The only problem was the predicted wind chill. This year we had survived Cockadoodle-Shoe in -1 degree temperatures, and years ago, lacking high-tech gear, I had persevered at Mt. Greylock in -20 degree wind chills. With eighty year-old Larry Gordon riding shot gun on his ATV, Jan Mares on ski patrol, the road crossing bail-out option and EMTs Maureen Roberts and Michael Della Rocco ready for action, I figured we were covered. It was the volunteers and the chronoprinter I was worried about. So I rounded up extra finish line recruits to work in shifts, liberally distributed hand and toe warmers and had John Couch and Peggy Huckel cradle the chronos inside their coats an hour before the start.

Taking a cue from Cockadoodle, I held an indoor pre-race briefing, which worked out really well. My voice didn't get swallowed up by the big outdoors and I didn't have to lip sync instructions for louder people to relay. Think I will do that every year. Plus no one stood around freezing. The big questions of the day were (1) Would Laurel Shortell make the drive through the heavier Massachusetts snow and retain her streak? And (2) Would Shaun Donegan brave the weather wearing his trademark shorts?

Continued next page:

Laying it on the line cont.:

Laurel arrived early afternoon to stay overnight at my house, thereby outrunning the snow. Shaun and his wife Kim switched outfits, with Shaun borrowing her tights and Kim borrowing his warm motorcycle gear to work the finish line. We could all breathe easier now, with one streak untarnished and one pending case of hypothermia potentially avoided! Not only that, Shaun blazed through the difficult course, following up on his Winterfest victory two weeks ago.

I stuck to my start out near-last routine, not expecting too much out of myself because of my stressful week, but the beautiful powder was so enjoyable I could feel all the accumulated tension drain from my body. I passed Pete Finley, then Jen Ferris (she was taking it easy), then Maureen Roberts (she was sick, but still...) While I never quite made it past Jim Carlson I did duke it out with Charles Brockett. We used to be fairly even in trail races, but lately I had been getting slower. We passed and re-passed each other and it was so heartening to be able to run with my old partner again. Until he passed and threw his jacket down to a volunteer and nearly tripped me.

I almost caught up to him on the final downhill, only to be waylaid by the curvy moguls at the finish—you can all thank Steve Mitchell for designing those. You can also thank Jim Carlson for saving us from an untimely death, as he personally drove to the road crossing and shoveled out the three-foot hills compacted by the road plowing crew.

All-in-all a great team effort where we proved that the weather is all a state of mind.

Laura Clark



Peter Finley



Nearing the finish at Saratoga



Jim Carlson



Lining up at Camp Saratoga

Snow Running News

Western Mass Athletic Club

www.runwmac.com

photos by Jim Carlson

The 2014 Gingerbread Run Run, Run As Fast As You Can

By Bob Kopac

Last November my wife Lynne and I headed south, not as part of the massive New York snowbird migration, but to visit Lynne's mother and to do the Gingerbread Run with Lynne's sister. This 5K run and walk in Kissimmee, FL is a fund raiser for the Give Kids The World Village. GKTW is a 70-acre "storybook" resort with 144 villas where children with life-threatening illnesses and their families can stay for free for one week. In addition to events on site, the children also can attend the nearby theme parks for free.

According to the www.givekidstheworld.org web site, the idea for the village originated with hotelier Henri Landwirth. He had offered free lodging for a young leukemia patient named Amy, but Amy died before the rest of her travel arrangements were completed. He decided what was needed was a system where young patients could come to Florida within 24 hours if necessary. He worked with other organizations, including the theme parks, to make it happen. He then decided to create a resort just for the children and their families. The village opened in 1989.

Before the race at the Medieval Times grounds, the Gingerbread Man, the king and queen, and other costumed characters helped lead the runners and walkers in warm-up exercises. From the starting line at the nearby Walmart, it was a short run to the GKTW village. Inside the resort were various zones with princesses, pirates, and elves cheering on the runners and walkers.



Photos by Bob Kopac

I ran through bubbles in the Bubble Zone and through snowflakes in the Christmas Zone (making snowbirds fearful). Other zones were Splash, Candy Land and Halloween, appropriate for those runners and walkers wearing costumes. I passed colorful villas and whimsical play lands such as the Park of Dreams and Matthew's Boundless Playground.

The race on a flat course (it is Florida) was over way too quickly. Alexander Sabirov won in 18:39. The first female finisher was Chrissy Elliott in 23:04. Lynne finished in 29:35, which most likely would have resulted in an award in the female 60-69 age category. However, the Gingerbread Run has awards only for the top 3 male and female runners. I, wearing blue hibiscus-flower-print running shorts (my attempt to blend in as a Florida runner), finished in 33:31, which included stopping several times to take photos of the costumed volunteers. For many people this race is not about the time or awards but the cause.

One such person was Dan Wilkerson, who was running his first 5K. He is a member of the 501st Legion, or "Vader's Fist", who dress up as Star Wars storm troopers. See the <http://www.501st.com> web site. Dan told me, "I have been a member of the 501st since 2008. The group I ran with was a small group from our Central Florida Squad – Makaze. [For the race] we chose the team name Makaze Streakers. We have 5 squads in the Florida Garrison: ours, one in south Florida, one in Tampa, one in Jacksonville, and one in north Florida. We are frequently asked to 'troop' at places like Give Kids The World and try to bring some excitement and fun to children. I decided to start running to get in better shape and to lose a few pounds! (Helps [me] to fit in my plastic Stormtrooper armor!) I had a great time running in the the Gingerbread Run and look forward to running in more 5Ks, 10Ks, maybe even a marathon sometime down the road!"

My sister-in-law Jan, who walked the race with her friend and who has volunteered at GKTW in the past, eloquently summed up the meaning of the race and GKTW. She said, "At Give Kids the World Village, they treat the families to a one-week vacation from all the worry and stress of tests, medical visits, hospitals, etc. During that week, they supply them with complimentary food and lodging, transportation, and tickets to Walt Disney World, Universal, or SeaWorld, plus an adults-only night out dinner while volunteers watch their children. Plus every day is something special for the children: one day is Easter, one is with the Mayor of the GKTW Village, one night is Christmas (complete with Santa, elves, and presents for all the children), etc. They can also get ice cream all day and all night in the ice cream parlor that has 'ice cream cones' as pillars holding up the roof. All the buildings are built with children in mind, from the ice cream parlor to the main Candy Land-style restaurant, to the tinker-toy building, to the Castle. All are magical and special, and some were actually designed by some of the Wish children themselves.

I had the opportunity to work in The Castle, and to also run the mythological-creature carousel. It was my privilege to show them the magic of The Castle, and to explain the Gold Star.

Continued next page:

Gingerbread run cont:

Each family would take a gold star from The Castle, and turn it in with their child's name. Shortly thereafter, the gold star (with the child's name on it) was attached to the ceiling of The Castle as a memorial. I explained how the Star Fairy would come alive in the middle of the night, take the child's star, and put it up on the ceiling for the family to see. It always seemed to brighten the parents' faces knowing they would have this lovely memory of their child.

When I was going through orientation as a brand-new volunteer, they took us to the Chapel. The Chapel is a small, round building, with wooden scalloped 'clouds' at the top. The story they told us was that one little boy threw his beloved blanket up into the chapel's 'clouds.' When his father asked him why he had done that, he replied that that way his blanket would be waiting for him when he got to heaven.

The first time I did the Gingerbread Run, the date was my birthday. My friends celebrated my birthday with me by doing the run to give back and to celebrate the wonderful work that they do at GKTW. It has since become a tradition for me to do the race every year. GKTW is a very special, magical place that I hold near and dear to my heart. Seeing the faces of the families as they are immersed in this once-in-a-lifetime experience is something I can't even describe. It is extraordinary; it is enchanting. I can't wait till next year to do the Gingerbread Run again!"



Bob Kopac

Results from several of the last snowshoe races of the season were not available when this newsletter was printed.

They should be posted soon on the snowshoe page at..... www.runwmac.com

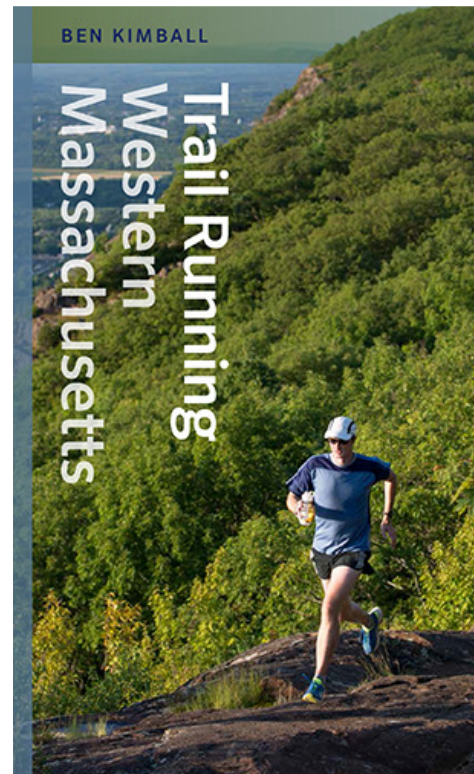
They will also be included in the next newsletter.

New Trail Running Guidebook Coming This Spring!

Trail Running Western Massachusetts

by Ben Kimball (Available starting May 5, 2015)

This new book provides profiles of fifty-one great trail runs in western Massachusetts. Geographically, it covers the entire region between the Quabbin Reservoir and upstate New York, including the Pioneer Valley and Berkshires, as well as portions of the Taconic Highlands. Elevations range from the lowlands of the Connecticut River and Housatonic River valleys to the top of Mount Greylock. The trails profiled represent a range of locations within the area as well as a broad spectrum of difficulty levels and terrain types. There are options for everyone, from the beginner just venturing off the roads to the experienced trail runner looking for new routes. Each site profiled receives a minimum two-page treatment that includes an informative trail description, detailed map, clear directions, and other notable nearby trail running sites, along with a scannable QR code to a web page with color photos and an enhanced version of each map that you can download to your smartphone.



Amazon link: <http://www.amazon.com/dp/1611687861/>

Through Northeast Race Photo, Ben Kimball offers professional race photography for the New England region. Events include running, trail running, triathlons, snowshoe races, ski races, bike races, ultras, adventure races, and more. Checkout his web site at.....

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

So Good

I arise 4:01 Sunday Oct 26, get ready for this day, in th car to leave 4:51. Artificial (electric) light disallows th darkness from dominating until I'm out of town, past all streetlamps etc. At Hartford I roll onto I91 North, advance to exit 26 / Greenfield, MA. A short drive to Brook Road, park alongside. 3 gels "tween leg and sock (s), bottle Conquest into waist carrier "won" at Pisgah 50K, I start off-uphill for 2 miles, only rugged-lookin woods on both sides, quiet "cept for th brook. Love th early morning. So good!

Finally a right turn takes me toward my special, very special side-trip destination. Many years ago I discovered a wonderful wide trail thru a large area of woods, no houses or other man-made structures anywhere. Today a new house is being built at th beginning of this trail, requiring me to bushwhack & search. It may be over & up here; ah yes! As I've aged from trailrunner to trailhiker, th trail now "takes its own sweet time" delivering me to th most amazing tree I've ever seen! I fact I've questioned whether-or-not I have remembered correctly its location. But after several years here I am again. I tenderly touch and gaze, then carefully make my way around. It's Huge; oh how long duz it take? We make time for what's really important to us. One last unhurried look b4 turning to retrace my steps. So good!

Out of those woods I resume my run on these rugged uphill-downhill totally rural practically no cars mostly unpaved yet hard-packed roads where I love to be and move along best I can. It's perfect Fall weather to be out; cloudy, not cold, no wind to speak of. Pretty soon I reach where Smaed Hill Road will allow me down down down to th car. Descending from up high I'm awarded a splendid, spectacular view of th Greenfield area. Although slow, soon I'll have done my morning run. ☺ Then up Brook Road-this time driving-and over to Pine Hill Restaurant for breakfast b4 returning to southern New England. So good!

Dick Hoch

Berwick.... Run for the Diamonds **105th Annual Thanksgiving Day road race 9 Miles** **Berwick, PA.**

As I cross th Tappan Zee Bridge quite early Thanksgiving morning 2014 th coastal storm has moved away, temps were above 32 in cities I passed on I95, so I figure easy "sailing" to Berwick PA. Into New Jersey, Oh Wow, look at THIS! Incredibly beautiful winter wonderland! Lots snow on branches and Everything. While concerned about that stoem I didn't know another system dumped snow on NJ and Pennsylvania as well. Upon leaving I80, guy in store informs me forecast there cold-cloudy-flurries.

Well I've pinned on my number, here I am at th Y looking at th Race Program waiting to get goin. "Dick Hi" "Hey Joe". Great to see this friend from Canada. Underway, I'm concerned about upper right leg that went bad at race on Nov. 8; seems OK now.

Up long & steep Summerhill I maintain a brisk walk pace with others, easing by some. I'm slow even downhill so hear "74 - 50" at 5 miles. Around me are numerous walkers-all female-some I have a hard time keeping up with, and kids who walk awhile, then run a bit, pretty fast. < 2 miles to go I hear th Rolling Stones & see crowds of people on both sides yelling & cheering, closing in allowing us just narrow passage.

Holy Cow it's Great! < 1 mi to go, as I'm going by another - many here at Berwick - boisterous gathering of encouraging folks, a guy hurries to my side, "OK if I run with you?" "Yeah, sure". He's Rock, who's meandered here after completing th race, his 18th, (my 10th). He's just what a tired ol runner needs to keep pushin to finish strong, constant lively encouraging chatter from a fellow runner who cares.

Lucky me, I do th final 4 miles quicker than th first 5. Time to grab some pizza, hop in th car, start it and th tunes and head for home.

Dick Hoch

Results and photos at <http://www.runfordiamonds.com/>

Mystery Photo



*This was the mystery photo in the last newsletter.
There were only 2 guesses with one being the right answer.*

*Paul Funch once again had the correct answer.
We run past this out house during the Monroe / Dunbar Brook trail race. It's located just after we get to the top of the first big rocky climb, before we get to the old forest road.*

And the door has been open for the last 10 years or more.

A letter from Rich Busa

Greetings fellow trail runners:

Having been the invisible man on the running circuit last year I feel obligated to provide an explanation. It's a lengthy explanation but I'll do my best to stick to the details.

My problems began in the spring of 2012. On training runs I found that after about 4 miles I would incur discomfort in my left side causing me to have to walk. This continued for about a month; I decided to go to the VA clinic in Worcester. I told the doctor that I thought I might have a hernia. She didn't do what I thought was a standard procedure, which was to thrust the fingers upward into the groin and cough, instead, she sent me to x-ray. After reading the results she told me that I had arthritis in my lower spine. This was nothing new to me as in 1956, while hitting golf balls at a driving range I awoke next morning and could not stand up. Somehow I was able to stand up. After some effort, I was able to get dressed and got myself, via a cab, to the original Lahey Clinic which was in Cambridge. After an exam and x-rays I was told that I had a worn disc. I received some therapy and a set of exercises. Somehow I managed to run although periodically I'd have an episode where I was incapacitated.

The problem continued into 2013 where I ran 9 snowshoe races, the last one The US Nationals at Bend, OR. I was only able to complete two trail races, The Mother's Day Six Hour in Topsfield where I struggled to complete 22 miles and the Stonecat Marathon where, with the assistance of my super friend, Karen McWhirt, who paced me the whole way allowing me to complete the marathon in 8:31:00. Definitely not a PR!

During the early part of 2013 I had gone to my primary doctor at the Bedford VA concerned that I might have a hernia. It was the same problem, after a few miles the discomfort would kick in. I also had problems when cutting my lawn; same thing, after getting about half way I had to take a break. After a half hour I was OK and finished up.

My doctor gave me the standard, turn your head and cough routine and wasn't convinced that it was a hernia based on my recovering once I stopped what I was doing. To be sure, she sent me to see a urologist. He came up with the same diagnosis and recommended an MRI.

The doctor at the VA in Jamaica Plain that interpreted the MRI told me that I didn't have a hernia; he concluded that a nerve from my arthritic lower spine traveled around and down into my left groin. This all took place toward the latter part of the year. Entering 2014, I completed six snowshoe races, the last being the US Nationals in Woodford, VT. This was going to be special because it was to be the first time in ten years that my family would be there to see me compete. The morning of the race arrives and I began to put on my gear. Suddenly, I was aware that I had forgotten to pack my shoes. I had my snowshoes but no shoes that are needed to fit into the harness. I should know better as I've done this a number of times. Once at a trail race I forgot my shoes and had to run with a dilapidated pair of gardening shoes. Then at a snowshoe race I forgot my tights and

had to run in my jeans. And believe it or not, I once forgot my snowshoes!

In this latest incident, my friends took me downtown where we found an Olympia sports store that was open and I got a pair of Saucony shoes. The race site was in great shape, lots of snow and very little wind. The race was 5K to the top of the mountain and 5K down although there were several uphill coming down. Going up wasn't too bad but coming down was where I was feeling the discomfort: I just couldn't run my normal stride. I finally finished and collected my age group gold medal and was off to the hotel. After showering we all went to dinner; upon arriving back at the hotel my three grand daughters went to their separate room where I'm sure they giggled the night away. I sacked out early. Sometime during the night I awoke and put my hand down by my left groin and felt what seemed like a broom handle running from my groin diagonally up toward my hip. I got up, went into the bathroom and looked in the mirror. There I saw this protrusion. I pushed it back in and went back to bed.

The following Monday, I saw my primary doctor and described what had happened. She made an appointment for me at the VA in West Roxbury. Again, the doctor that examined me was a female who really knew her stuff when it came to hernias. I told her it was my left side but she checked my right side first and lo and behold I was told that I have a small hernia on that side also but that it was nothing to be concerned about at the present. Then she checked my left side and uttered, "You have a hernia!" I wanted to say, (for the ladies reading this, please forgive me,) No Shit! I went through four doctors before the fifth one told me what I already knew. Until I had the surgery I did nothing. After the surgery I waited a few weeks before doing a trial workout. I found that I couldn't do any sustained running because I was still experiencing discomfort. A couple of months later I awoke one morning and was supposed to go to an appointment at the JP VA hospital. But I suddenly had the runs and my feet were cold. My wife had me call and cancel the appointment.

I then sat in my recliner to watch the news. Suddenly I started to shiver. My wife got me a blanket. Then, I began shivering uncontrollably. My wife couldn't take my temp because my teeth were chattering and she was afraid I'd break the thermometer. I ended up at the local hospital where I was admitted to the emergency room where I resided for nine hours. It turned out that I had a bladder infection.

Now it's the end of August I'm back to square 1. The beginning of September I had to go to the Tufts Eye Center for a laser procedure on my left eye. In layman's terms, it was described as a scrapping. A day later I saw my primary and she suggested that because of my age and never having had a colonoscopy that I really should have one which I did a week later.

After that I was scheduled for a blood workup and a cat scan. The blood work was OK but the cat scan detected some cysts in my kidney. The radiologist requested that I have another cat scan, this time with the dye injection to ensure that the cysts are benign. I'm closing out the year with a bang as I'm having that procedure on the morning of Christmas Eve!

Continued next page:

Year end letter cont:

Heading into December it dawned on me that I haven't completed a marathon this year which will break my streak of having completed at least one marathon or longer for 27 years. As a result I've been desperately trying to find a race, preferably a 12 or 24 hour track race where I can plod through a marathon. The only race I found was in NYC on the 21st. but when I checked the application it was noted that the registration was closed.

I decided to look outside of N.E. I found a race in Indiana and thought that that wasn't to long a distance so I checked it out. The Race is called the Huff, a 50K. After viewing a race video

<https://www.youtube.com/watch?v=60jOGxBoD-A>

I knew that my streak was over and suddenly I was resigned to that. All of the tension and worrying about my streak this whole month suddenly wasn't a concern anymore. I'm headed to Maryland the day after Christmas to spend a week with my daughter and the family.

So my goal for next year is to start a new streak! I have another streak which will be very improbable to continue but I've got high hopes. I have completed a 100 miler in the 20th and the 21st century. Only 85 more years to go to make it a three peat.

If next year turns out to be another 2014 you won't be hearing from me because I'll be wakin' the plank!
Should you pass me on the trails, be kind and say something encouraging.

Most humbly submitted,

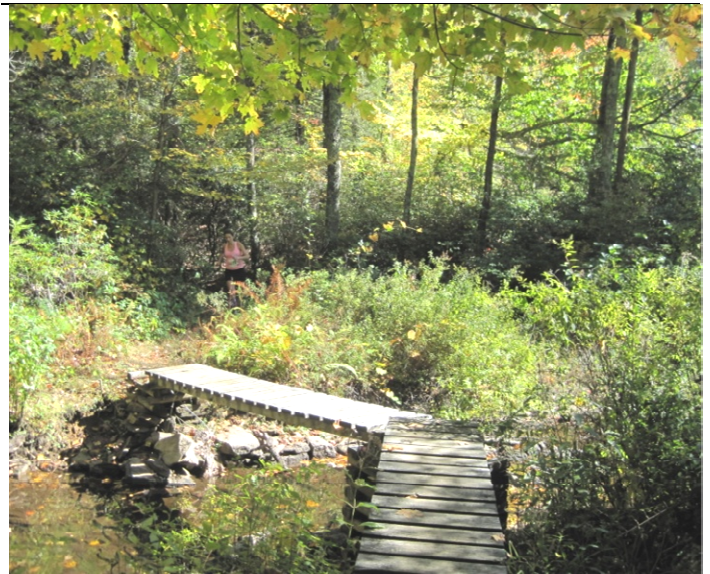
Rich (the Silverback) Busa



Rich Busa at Monroe – 2014

photo by Scott Livingston

Mystery Photo



*Here is the mystery photo for this issue.
In which trail race do we cross this bridge?*

Hint: we go over it twice.

2015 GRAND TREE SERIES:

To find yourself listed as an official finisher in the 2015 Grand Tree Series you must complete at least six (6) of the listed Grand Tree Trail Races. Run as many as you wish, we will use your top six scores, tossing out the others.

We also keep track of Total Points acquired, and announce a "Stonehead" Champion at the end of the year.

There will be standing updates throughout the season on the club's web page - www.runwmac.com – and in the WMAC newsletter so you can see where you sit in the GT every now and then.

Runners will be scored as follows:

100% * (winning time / runners time)

For example, if the winning time at a race is 2:00:00 (2 hours or 120 minutes total) and a person runs the race in 2:30:00, (2 hours and 30 minutes, or 150 minutes total) then the percentage is figured as follows....

$$120 / 150 = 0.80$$

100% * 0.80 = 80% That is the score for that race.

This is the way it works and we hope that everyone understands. If you don't just run and leave it to us to figure where you stand amongst your peers. **Remember, run as many as you wish, we will use your top six scores!!** As always have a good time and good luck in the 2015 Grand Tree Trail Series!

2015 GRAND TREE TRAIL SERIES

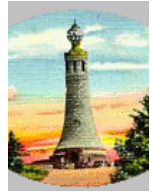
Links and info at www.runwmac.com

- | | | | | |
|-----|--|--|--|--|
| 1 | April 11, 2015 | 9:00am | Andover, MA | |
| | MERRIMACK RIVER | | 10 miles | |
| | 2015 USATF New England Trail Running Championship event | | | |
| | Steve Peterson | 508 – 628 - 8943 | darthluna1994@yahoo.com | |
| 2 | April 26, 2015 | 10:00 am | Wolfboro, NH | |
| | MUDDY MOOSE | | 14 miles | |
| | Fergus Cullen | 603-520 -5450 | fergus@ferguscullen.com | |
| 3 | May 3, 2015 | 9:00 am | Amherst, MA | |
| | 7 SISTERS | | 12 miles | |
| | Fred Pilon | | | |
| | | | www.7sisterstrailrace.com | |
| 4 | May 9, 2015 | 8:00 am | Ashburnham, MA | |
| | WAPACK & BACK | | 21.5 miles | |
| | Jesse Veinotte | | | |
| 5 | May 17, 2015 | 9:00 am | Stafford, CT | |
| | SOAPSTONE MT. | | 24K | |
| | Deb Livingston - 860-512-0125 | | | |
| | | | www.soapstone@shenipsitstriders.org | |
| 6 | June 7, 2015 | 9:00 am?? | Hampton, CT | |
| | GOODWIN FOREST | | 30K | |
| | Brendan Kane | | | |
| 7 | June 21, 2015 | 10:00 am | Adams, MA | |
| | GREYLOCK TRAIL | | 13.5 --- 3 miles | |
| | Ed Saharczewski | edwrsah@aol.com | | |
| | | | www.runwmac.com | |
| 8 | June 28, 2015 | 9:00 am | Mansfield, CT | |
| | NIPMUCK SOUTH | | 14.1 miles | |
| | Scott Edington | | | |
| 9a | July 12, 2015 | 9:00 am | North Conway, NH | |
| | CRANMORE HILL CLIMB | | 7.5 K | |
| | Paul Kirsh 603 – 367 – 8676 | | info@whitemountainmilers.com | |
| 9b | July 12, 2015 | 8:00 am?? | Milton, MA | |
| | BLUE HILLS SKYLINE TRAIL RACE | | 12 K | |
| | Conleth Berry | | | |
| 10 | August 1, 2015 | 9:00 am | Barkhamsted, CT | |
| | PEOPLES FOREST TRAIL | | 7 miles | |
| | Will Graustein wgraustein@snet.net | | | |
| | CT State Trail Running Championships | | | |
| 11 | September 6, 2015 | 9:00 am | New Ipswich, NH | |
| | WAPACK TRAIL | | 18 miles | |
| | Paul Funch | | pgfunch@verizon.net | |
| | | | www.wapack.freeservers.com | |
| 12 | September 20 2015 | 8:45 am | Winchester, NH | |
| | PISGAH MT. | | 23K / 50 K | |
| | Josh Dillingham & Meg Paugh | | | |
| 13 | October 4, 2015 | 8:00 am | Ashford, CT | |
| | NIPMUCK MARATHON | | 26.4 miles | |
| | Dave Merkt & Clinton Morse | | | |
| | | | nipmuck@shenipsitstriders.org | |
| 14 | October 11, 2015 | 10:00 am | Monroe, MA | |
| | DUNBAR BROOK | | 10.5 --- 2 miles | |
| | Vic LaPort | | www.runwmac.com | |
| 15a | October 18, 2015 | 9:00 am | Sunderland, MA | |
| | MT. TOBY | | 14 miles | |
| | Sara Smiarowski | | | |
| 15b | October 18, 2015 | 12:30 pm | Groton, MA | |
| | GROTON FOREST | | 9.5 & 3.5 miles | |
| | Rick Coven | | | |
| 16 | Oct. 25 or Nov. 1 TBA | 9:30 am | Albany, NY | |
| | HAIRY GORILLA & SQUIRRELY SIX | | 13.1 & 6 miles | |
| | | | www.albanyrunningexchange.org | |
| 17 | November 1, 2015 | 9:00 am | Framingham, MA | |
| | BUSA BUSHWHACK | | 10 and 5.3 miles | |
| | Ed Finnegan | | | |
| 18 | November 7, 2015 | 6:15 am | Ipswich, MA | |
| | STONE CAT ALE | | 26.2 & 50 miles | |
| | | | www.gaconline.net | |
| 19 | November 15, 2015 | 9:00 am | Upton, MA | |
| | durtyfeets UPTON FOREST | | 21 K | |
| | Alex Rogozenski | | | |

Watch the Grand Tree web page for any changes and please verify all information before you go!

Information will be up-dated throughout the season to include entry forms and contact info.

And a reminder that you must run 6 GT races this year to receive a final standing in the series.



Western Mass Athletic Club



31st Annual MT. Greylock Trail Races 5K and Half Marathon Greylock Glen.... Adams, MA. Sunday June 21, 2015 ... 10 a.m. start

The 1/2 marathon race goes straight up and over the top of MT. Greylock, then winds its way back to the Glen via single track trails and old jeep roads.

Very rocky, muddy, and rough in spots.

The 5K race is on rolling trails through the forest around the Glen.

Pre-register before 6 / 13 / 15 ... \$15.00 half-marathon, ... \$12.00 5K.

Family discount: no charge in excess of that for 3 people if pre-registered.

Shirts may be sold separately at the race.

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

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

*****Cut*****

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

Name (Please print) _____

Street _____

City/Town _____ State _____

Zip _____ Phone _____ Email _____

Age _____ Sex M / F

Entry fee \$ _____ Total enclosed \$ _____ WMAC Member? Yes No

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

Signature _____ Date _____

Parent/Guardian (if under 18) _____

2015 MT. Greylock Trail Races

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
Club Officers... poncherosa@yahoo.com**

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