

## Wapack Race Story – 2018

We thought we had lucked out with all the heat and humidity that has plagued us this summer, with a forecast of overcast skies and the temperature barely hitting 80. But the sun was bright and temperatures reached the low 80s with very high humidity and these conditions made this year's Wapack Trail Race a challenge for most everyone. The heavy rains from the remnants of Hurricane Harvey last year, which made the course slippery, were much less a factor than this year's heat index in the mid-90s. Of the 20 runners who ran both last year and this year, 15 had slower times (average of 23:07 slower) and only 5 had faster times (average of 15:01 faster).

No age group records were set this year.

Taking first place for a second year in a row was Kanoa King, 29, of Portsmouth, NH, in a time of 2:44:22. As an indication of the heat index influence, Kanoa's time was 14:24 slower than last year! Five minutes behind Kanoa was Dave Herr, 53, of Canaan, VT, the course record holder.

Carolyn Wisnowski, 32, from Shirley, MA, also led the women for a second year in a row in a time of 3:47:19, or 21:22 slower than last year. In second place was Jessica Goldman, 45, of Dover, NH in a time of 3:50:13.

The men's 30-39 age group was led by Michael Luebeck, 33, of Maynard, MA in a time of 2:51:49; he was 3<sup>rd</sup> place overall. The 40-49 age group was led by David Root, 49, of Hope, ME in a time of 3:10:13. The 60-69 age group was led by Ernst Linder, 63, of Durham, NH in a time of 3:35:19.

Katya Divari, 56, of Ashland, MA led the 50-59 age group in a time of 5:03:47 and Barbara Sorrell, 61, of Delmar, NY finished in a time of 5:49:50.

Three teams competed in this year's relay race and the winning team was Sam Johansson, 24, of Franconia, NH and Will Tracy, 23, of Campton, NH in a time of 3:12:54.

The Wapack Trail Race in 2018 will be held, as usual, on the Sunday of Labor Day weekend.