Winter 2004

SUGARLOAF MOUNTAIN ATHLETIC CLUB

THE SUN

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First "Spirit of Women" Road Race Raises $10,000 for Franklin Medical Center

By Phyllis Roy

The spirit of women was evident on Saturday, October 2, when 133 women gathered to participate in the first annual 5K Spirit of Women Road Race at Franklin Medical Center. Sponsored by Greenfield Savings Bank, the road race was designed to raise funds for women's health services at Franklin Medical Center.

Irene Woods, Sunderland, of Sugarloaf Mountain Athletic Club (SMAC), had the original vision for the event. Woods had directed a women's road race for ten years for Sugarloaf. When one of her running friends, Ilga Moore, died of pancreatic cancer about a year ago, Woods decided that she would like the race to be an avenue in which to raise money for women's health issues. After attending a Spirit of Women conference in which keynote speaker Katherine Switzer (the first woman to run the Boston Marathon) encouraged women to fulfill their dreams, Woods made her decision. Woods explains, "I realized that one of my dreams was to turn the race into a fundraiser for women's health in honor of all women." Woods approached Sandy Sayers, Director of Development at FMC, and Tracy Whitley, program coordinator, Spirit of Women with her idea, and the wheels began to turn.

The result was what race organizers and participants alike deemed a successful and fun day at Franklin Medical Center.

"I am excited to announce that, with the spirited participants and sponsors involved in this event, we were able to raise $10,000," stated Sayers. As of race day, proceeds had totaled $9,736, achingly close to a nice round five-digit number. Sayers explains, "On learning the results, one more donor, Left Bank Consultants, came forth with an additional donation of $264 to put us over the $10,000 mark!"

Sayers continues, "This is a very positive step toward raising funds for women's health services at FMC. This year, a women's advisory group will be organized to determine how best to use these funds to help move our goal forward to strengthen services to women in our community." Services that will benefit from the road race include The Birthplace, Radiology (mammography and stereotactic breast biopsies), Comprehensive Breast Center; and rehabilitation services for women (lymphedema, osteoporosis, and the incontinence program).

From the Editors

Ruminations on Running... ...and Running a Newsletter

by Ben Bensen

About a year ago SMAC needed an editor for the SUN. So I psyched myself up for my big move and volunteered... only to find that Sadie'd done exactly the same thing, and before me. She didn't "beat" me; we came in together. This happens a lot in running, and it's one of the reason for clubs like SMAC. While running you can meet others as singular as you, and maybe a few you wouldn't meet any other way. Your running won't suffer, and your social life won't either.

Furthermore, if you volunteer, you might find - just like we did - that no matter how much you know, you don't know much. One of the reasons I enjoy this "job" is that by meeting more runners I'm learning how and why they run, not to mention when and where. And we want to learn more about you, because our goal in putting out the SUN is to offer what you want. For our last issue Sadie ran a "travel" theme; in this, I get a bit personal (see my Hatfield Dan Barry Race story on pages 6-7). With four issues under our belts we feel like we're just getting started, but there's a lot more we can do.

For one thing, we want to keep showcasing new writing voices from SMAC's membership. We're a diverse group, 300 or so members when counting optimistically, and this year more than thirty members contributed something for publication. Ten per cent? Excellent! Keep 'em coming!

Secondly, what else can we do for members? Races and such are plenty popular, but what other kinds of running can we write about? How much real interest is there in track meets, for instance? OK, indoor meets are cool, but what about outdoors...? Any thoughts about trail racing? Ultras? Speed golf?

"Neither rain, nor snow, nor..." This runner at the Hampshire YMCA/Gazette 10km. definitely had the right attitude! (Photo by Bill Sicard)

Any others? Let us know! Why, this issue even contains some hard science (Mt. Washington, pages 10-11)! We want to be here for everyone: the fast and not-so's; beginners and experienced; individuals and families; schools and more. And we don't just want to hear from you, we want to share your thoughts, personal and general, not to mention your pictures.

Like most runners (and SMAC itself), the SUN can do many things, but not all of them. As the popular T-shirt sentiment says: "Speed is a gift, but endurance is an achievement." Hang in there - we plan to.

Oh, and one last thing: does anyone know what the OLDEST continuously-published running club newsletter in New England is? I'm told we're in second place, but we might be gaining... if only we knew who we're after!

P.S. The deadline for our next issue is February 15, 2005. Send us something we should publish, OK?

The SUN is a publication of the Sugarloaf Mountain Athletic Club (SMAC)
produced by and for its members.
Editors B. Bensen and S. Fischesser
Please forward questions or comments to the editors at:
sun@sugarloafmac.org
or call (413) 527-6396
For more information about the club and membership information
please visit the web site at:
www.sugarloafmac.org
or call Ron Hebert at (413) 584-2917

27th. Hampshire YMCA/ Hampshire Gazette Race

By Sadie Fischesser

When I got to the Gazette/YMCA Road Race on September 18th I very nearly got back in my car to go home. The weather was less than ideal with constant rain under gray skies and what felt like a chilly and windy 60 degrees. Nevertheless, those who stayed seemed to have a good time and there were plenty of smiles at the finish line. The biggest, of course, was Glenn Caffery who won with a time of 36:09.

Several SMACers toughed out the conditions, including Chris Keys, Ben Bensen, and John Stiffler. The bravest, though, might have been the organizers (led by Fred Wellman) who had the right idea: they were wearing bright yellow rain gear.

It was my first time on the 10K course, so I wasn't sure what to expect. I had heard it could be surprising in any weather. The course begins and ends at the Hampshire Regional YMCA and loops around some of the back roads of Northampton. There are several hills along the way (including "Hospital Hill" near the public gardens).

By the end of the soggy journey, I was grateful for my new warm race t-shirt and the plethora of goodies at the end.

(Results are available from the Hampshire Gazette)

Glenn Caffrey and Bill Dixon had a great battle in the rain at the YMCA/Gazette race before Caffrey pulled ahead for the win (Photo by Bill Sicard)

SMAC Profile: Runner of the Issue

No, we haven't done this feature yet, but we think it's time to put it onto the front burner! We'd like to showcase a couple of members in each issue, with pictures. You (or a member of your choice) could be among the first profiled!

Please use the suggested criteria below as guides, and add any information you feel might interest other members.

Name:
Age (optional):
Town:
Job:
SMAC member since (if you remember!):
Personal Records
(Indicate dates, distances and other significant details)
Local running/SMAC "claim to fame":
Favorite Ditance to Race/Run:
Favorite Place to Run:
Favorite Author/Book/Movie or TV show:
Hobbies (besides running, of course!):
Favorite Spectator Sport:
Music of choice:
Greatest Adventure:
Favorite Vacation Destination:
Achievement of which you are most proud (running- OR otherwise):
Secret ambition:

Send your runner's info to:

E-MAIL: sun@sugarloafmac.org

MAIL: SUN, c/o Sadie Fischesser
8 Sheldon Ave.
Easthampton, MA 01027

Correction:

Our apologies to Cathy Coutu for omitting her last name in the Fall edition of **The SUN**.

The byline for the article about the Muir Woods race should have read: "By Cathy Coutu and Chuck Adams."

Marathon Diaries: The Definition of a Runner

By Susan Russo

My sister Sarah and I usually try to find a marathon someplace warm in February so we settled one year on the Blue Angel Marathon in Pensacola, Florida. This is a relatively flat course that loops through the airbase, passes some pretty beaches, goes through some not-so-pretty downtown areas, crosses back and forth over a miserably long and high bridge, and ends up back at the base—where you then get served food and water by the "boys in blue."

We were somewhere around mile 17 when it happened. Sarah was in pain and was suffering from the near 100% humidity. Andrea, Sarah's friend, was keeping up a constant stream of talk to keep her from focusing on her pain. It was working and they were slowly pulling ahead of me and two buff looking male runners who were walking. Just after I passed the two guys, I heard one say to the other "look at those blubber butts." The massive insensitivity of this comment almost brought me to a standstill.

Sarah and I no longer call ourselves joggers. This was our tenth marathon together, and we have completed every one. We aren't elite runners but we are experienced marathoners and we don't walk. Both of us have had bad days but we have never given up. We have always gotten each other through these races, and have almost always crossed the finish line together. I knew Sarah was getting very dehydrated and it was only going to get worse. But, I also knew from experience that she wasn't going to give up. I was mad that even feeling sick, she was running faster than me. We pass two people who—for whatever reason—are walking, and they have to say something ugly? I was so speechless that the only thing I could think to say was "Yeah, but these blubber butts are ahead of you."

It wasn't until later that it occurred to me that these guys weren't runners. Neither they nor their comments deserved to be in that race. However, it did remind me of something I said about a runner during a previous marathon. It was at Boston and Sarah and I had just hit Heartbreak Hill. We were both running strong but there was a heavy woman ahead of us. It was obvious that she was struggling but the determination on her face said she wasn't going to stop and walk. As we passed her, I turned to Sarah and said, "How did she get ahead of us?" What I really meant was, "How could a fat woman run faster than us?" She could have used some words of encouragement at that moment, but I wasn't a runner that day.

Being passed by heavy women shouldn't matter. Runners say "go for it" or "you're looking good" or "don't give up, you're almost there." The acts of kindness and the words of encouragement I have observed or have received from other runners have always accomplished their intention—keep the person going. They were always given spontaneously and were sincere.

The camaraderie between runners during a marathon can't be found anywhere else. That is one reason why I prefer the large marathons over the smaller ones. I like being in the middle of the pack so I can draw from this energy. No, those two men weren't runners. As angry as they made me feel, they did teach me what it means to be a runner.

(For more information about the Blue Angels marathon, please see: http://www.naspensacola.navy.mil/mwr/current/bam2000/bam_2004.htm)

Benefits!

SMAC Members can enjoy a 30% discount from Century Massage.
Tara Swinchatt, LMT, is a runner, cyclist, and a specialist in therapeutic and sports massage. She will help you get those pre and post race kinks out.
Call for an appointment: (413) 250-2102

Members also receive a 10% discount on purchases from
Clark's Sport Shop (Greenfield) and
the Sportshoe Center and Western Village Ski & Sports (Northampton).

Applefest Half-Marathon

By Jim Plaza

What's the recipe for a great road race… challenging course, many runners, moderate temperatures, and great refreshments? Well the Applefest Half Marathon in Hollis, New Hampshire includes all of that and much more!

This year's race, the 22nd annual, took place on October 2nd, under a slightly overcast sky with temperatures in the high 40's at the Hollis-Brookline High School. An assembled field of 1200 runners (the maximum allowed) lined up to run a course that's described as a "New England roller coaster." The race director briefly acknowledged several past winners who were running, and then the race was on…almost. Since I was positioned at the front, I had a clear view of the lead vehicle, which for some reason did not accelerate at the starter's command, but the contestants certainly did! Runners swarmed around the static vehicle leaving just a small opening in front, which I'm happy to say, the car did finally accelerate through. (Being a race director myself, I empathized with my fellow and remembered, "what can go wrong, will go wrong!")

The course has a slightly downhill start, but after a left turn off the school access road you begin a moderate climb uphill, completing a two-mile loop, which brings you past the entrance to the school again. From there the next eleven miles take you over undulating, paved roads, through very scenic New Hampshire countryside. There are water stations every two miles, staffed by very enthusiastic and loud individuals. I believe there is an informal competition between the water stations for the most outrageous costumes (it is Halloween month) and the noisiest. Though they don't quite match the Wellesley College cheering section of Boston Marathon fame, they do come close!

I have previously run this race, but this was my first time since entering into the 50-54 age division. It's great that this race breaks the divisions down into five-year brackets, allowing for a little more "even" competition. Not knowing any of my fellow fifty-year olds, I was only out to meet a time goal and to know that I put forth a good effort. As I cruised along I kept trying to recall if there were a series of three or four hills along the route, all of which are with in a distance of a mile and half. I only remembered three…wrong…a fourth greets you a little after mile ten. It seems whatever the race distance there is always that point where you have to reach down and really go to work. I managed to crest this hill, locking in with a group of several runners who pulled me along all the way to the finish. I came in a minute and half under my goal time, and to my surprise, a time, which was good enough for second place in my division.

There were close to 900 finishers, with twenty-five year old, Edward Baker of Boston winning in 1:10:08. While Julie Spolidoro, twenty-three, also from Boston was the women's winner in 1:20:34 (Julie was ninth overall). Fellow Shutesbury runner, Lou Raboin was there, finishing in a PR by more than two minutes. And Sugarloaf SUN co-editor, Sadie Fischesser also ran this race in a very respectable time. Though the race has an $800 bonus for new course records, neither mark was threatened this year.

The Gate City Striders who host the race do a tremendous job of organizing this great half-marathon. All details are covered from start to finish, with a bounty of baked goods, including the much-revered apple-crisp at the post-event. Unfortunately I could not stay for the awards ceremony and heard that I missed out on an apple pie as a second place prize for my division. I highly recommend adding this race to your fall time running and racing schedule.

(For results and more information http://www.gatecity.org/AF/info.htm)

Help Needed!

The 31st. D. H. Jones Ten Miler Race will be run on February 27, 2005

Jim Plaza, Race Director
Needs your help!

Please call (w): 545-6337
or (h): 259-1469

or e-mail: **plaza@comm.umass.edu**

Hatfield Lions Club Dan Barry Memorial Road Race

By Ben Bensen

On a perfect afternoon in Hatfield the Lions awarded first place to a runner who'd finished close to last, and everyone there cheered. He then gave his prize away, and this seemed right too. Not even strange. Sure was fun, though. Intrigued? Hope so.

It all happened at this year's Dan Barry Memorial five mile road race on November 7th. Always a great event which comes at a good time, this year's race was run on a warm, bright and breezy Sunday. Perfect! Everyone ran well and seemed pleased, but my story, or my friend's story, anyhow, lay deep in the heart of the competition. Intrigued yet? I hope so.

Stu Gillespie lives in Brooklyn, NY, ran prep school cross-country for Hotchkiss (in CT.) against my son, Patrick (then at Deerfield Academy) and became his roommate in college. Well known in our family for a semi-legendary missed turn which made him run nearly five miles for a 5 km race, Stu now rides for the U.S. Junior National Cycling Team. Good athlete, though he hasn't run seriously for years. When he dropped by on November 6th looking for a run in my woods, he jumped at the chance to race instead. Why not? He even agreed to drag my other son, Daniel, along.

We engaged in typical pre-race talk: how badly out of shape the three of us were, what a passable mile split might be, that the post-race feed in Hatfield is terrific, that runners win sacks of potatoes... all of which is true. We signed in, pinned our numbers on, got psyched, warmed up and took off at the gun - WAY too fast. The fun of running with "my" boys had addled my limited judgement. Easing off, I wished Stu good luck, watched him move to the front, take the lead, and disappear - by mile two. I credit my own decent finish to that first mile's drafting, a well-known cycling technique. Pleased with my own finish, I looked at the board to see if Stu had indeed won.

Nope. No Stu. What!? Not in first, second or third; he was not even on the board! What!? Had anyone gotten lost? "Yes, one guy did." One of the leaders? "I think so." NO! Stu! Not again!

Daniel finished, but still there was no sign of Stu! By the time the fourth parent & child stroller team finished we decided on a search and rescue mission, but just then our wayward friend ambled in (looking sheepish indeed), collected his card for 138th. place, and apologized. "That last mile did seem pretty long." Indeed! Leading comfortably and "in the Zone," he'd taken a left onto Hatfield's Main Street - where the course turns right. Undeterred by several urgent voices behind him, Stu had headed north, running until the road was empty and he was alone. We figured that he'd run seven or eight miles. Chuckle. Well, let's get you some food, Stu. Sure.

At this point Rich Larsen and Michael Stocki (on the board in first and second place, respectively) accosted Stu, demanding that he accept the win. "We yelled at you! Didn't you hear us...?" "Well, no, I..." "You get the win!" "No, no, you guys won it..." "No, you had us beat; we couldn't have caught you..." "No, it's all right, don't worry about it..." "No way! You have to; we won't accept it!"

Cutting the debate short, Larsen and Stocki found the race officials, explained Stu's goof, estimated his time (29:00 flat - I said it was a nice day) and shook hands. Stu was presented as the winner and accepted his squash, potatoes, and a gift certificate from Luna Pizza. A nice win indeed!

But Stu wasn't done. Flourishing the gift certificate, he asked: "Where are those guys? I have to give this to them." This time Larsen tried to resist, but Stu won again: "Come on! I live in Brooklyn! You can use it!" Smiles all around, and richly deserved.

The episode was typical of Stu. And of the Hatfield race, and the valley's regular racing crowd, and Larsen and Stocki for sure. Good spirit *and* sportsmanship ruled that afternoon. So what if the Lions Club officials talked it over with Don Grant, reconsidered, and concluded that Stu really had come in in 138th. place? After all, he was the only runner to get lost on a well-marked course. And yes, race officials need to follow a uniform set of standards. Otherwise we'd have nothing but arguments, and who needs those?

But I just have to think that this whole episode is typical of the running community. Why shouldn't it be?

(Continued next page)

Talking Turkey 6 mile Race: Ned and Amy do it again

A huge crowd of runners circle the resevoir during this year's Talking Turkey Race (Photo by Renee Woliver)

By David Martula

It seems that one key to running success is to run with your partner. The 26th annual Talking Turkey 6 mile race in Holyoke was filled with couples whose relative successes seemed to feed off of each other.

906 runners started and finished the latest edition of the Holyoke Elks Turkey Trot 10k, Saturday, November 27th. This must have been one of the largest turnouts the organizers have had in the 26years of the race. Relatively balmy (near 50 degrees) weather and very little wind helped increase the turnout.

Amherst College track and cross country coach Erik "Ned" Nedeau won the race in a time of 30:10. Ned felt he would have been under 30 minutes, and would have broken the course record, if his running buddy Paul Low had been present. (Low holds the course record.) Amy Nedeau won the women's division, finishing 19th overall, in a time of 34:20. Both Nedeaus finished well ahead of their nearest competition.

Amherst Regional High School teacher and coach Chris Gould finished 12th in a time of 33:29, while Debbie Gould finished 41st overall in a time of 37:21. Debbie won the Female 30-39 age group award.

Sidney Letendre of Florence (whose spouse did not run) continued her amazing career with a time of 38:39. Sidney won the 50-59 age group division and finished ahead of the 40-49 year old winner.

Sue Grant won the 60-69 year old division with a time of 51:28. She was pursued by a guy with the same last name who officially finished one step ahead of her. Don Grant is so competitive!

Pedro Rios at age 75 showed us all how it is to be done by finishing in 54:41, winning his age division. He was 641st.

(For results, see: http://www.coolrunning.com/results/04/ma/Nov27_26thTa_set1.shtml)

Hatfield Race (contd.)

No, we can't give the fastest guy the win, but we can *want* to. And who couldn't help but smile and feel good after witnessing such a cool, sportsmanlike conclusion by those three guys?

Besides, my family now has another great 'Stu story' to tell. That alone made the day worthwhile. May there be many more, Hatfield Dan Barry races and runs with Stu. By the way, if you want to see how he's riding this year, check into his web site at *http://www.stugillespie.org* (the 2005 cycling season begins in March, so he's back in training by now).

(For Hatfield results, see page 12)

18th Annual SMAC Indoor Track meets!

January 16, 2005
January 23, 2005
March 13, 2005

Meets are at Smith College's Indoor Track
$4 for adults
(kids 12 and under run free)

For more information contact:

Bill Durkee
413-586-0687

Norm's Scrapbook

By Ron Hebert

Norman "The Snake Man" Cote of Northampton devoted his retirement to the B17 Memorial on Mt. Tom and to teaching children about snakes. He died at the age of 80 on January 10, 2004 at Cooley Dickinson Hospital.

An avid runner, he belonged to the North Medford Club from 1958-1965, and the Mt. Park Athletic Club from 1966-1982. Norm kept a small scrap book about "marathon" running starting in 1958 (at that time, all the distance races--26.2 miles, 12.5 miles, and 5.5 miles—were all called "marathons"). We opened Norm's scrapbook in the spring issue of the Sun, and this is the last installment.

1960:

In 1960 the Cathedral 10 mile (handicap) race was run again in Holyoke, MA. Johnny Booras posted the winning time of 64:41, while Peter Conway came in second, and Bob Cummings came in 20th with a time of 67:05.

Since handicapping is not a frequent practice used in races today, it warranted a little investigation. "The handicapping was based on your running history compared to other entries in the race," said Peter Conway in a recent call. New-comers were given the largest handicap in minutes; the lowest handicaps started last and had to catch the field. The race in Hyde Park also followed this format.

Bob Cummings felt this was his year in Boston and he was training really long and hard; he completed almost 1300 miles of training after January 1st in preparation for his 4th Boston Marathon. He was doing 100 miles a week, "If I can cut 12 minutes off my time of last year, I can come in with the leaders," he said. He felt it would be a good year for Americans at Boston because foreigners were not planning on running, but were concentrating on their own nations' Olympic trials.

Cummings cut almost 6 minutes off his best previous Boston Marathon finishing time and came in 21st overall. The race was won by Finland's Paavo Nikkola. The Finns had dominated the race in the late 1950s winning all 4 of the last 7 years.

The Chicopee Falls North End 12 mile race was schedule for May 8th, and Tony Sapienza would be bidding for his 3rd straight win there. The race was won by Graham Parnell of Brockton and John Lafferty of Quonset. Sapienza was absent from the field on race day.

Walter Childs [Commissioner of the New England Amateur Athletic Union] announced there would be 52 entries in that year's running of the Amherst Community Fair 5 mile race. Northampton had 4 entries: Norm Cote, Richard Sadlowski, Gene Matusko and long-time SMAC member Walter Kolodzinski. There were some milestones in 1960. The Memorial Day track meet and modified marathon held that year was the first track meet in Holyoke in 20 years that was not a high school scholastic event. This was also the first time the newly formed Mt. Park Athletic Association is mentioned, a member club of the AAU. The club was planning on sponsoring several events, including the Worcester to Holyoke 50-Mile relay, the Chicopee 12 mile, an open AAU track meet, a 5 mile cross county race at Mt. Park, and a walkathon (heel and toe race walk) on Labor Day.

The Mt. Park Race, advertised as a "marathon," was a 5 miler that year. The race was won by Tony Sapienza in 30:59 with Russell Bennett of the Spiked Shoe Club 2nd in 31:30. Peter Conway was 7th in 32:08, Bob Cummings came in 10th at 32:33, and Norm Cote came in 34th in 38:24. For the first time entries were accepted from people with no athletic club affiliation and were listed in the results as unattached. There were a total of 34 finishers.

Even though the Mountain Park AC had not been officially voted in as a National AAU club, they released the details of the Mountain Park Relay Race set for May 17th. It was to be a 52-mile jaunt from Worcester to Holyoke with 5 men per team. Western Mass was represented by one team that ran under the banner of the North Medford Club and comprised veteran runners Bob Cummings, Norm Cote, John Lizak of Springfield, and newcomers Bill and Dave Williams. The Pioneer Athletic Club of New York and Boston Athletic Association teams were heavy favorites. Each runner did 11.2 miles.

(Continued on next page)

Pug Shattuck Memorial Race

By Ben Bensen

Starting and finishing on the campus of Greenfield Community College, the Pug Shattuck race is a Veterans' Day all-roads, out-and-back special which sneaks through residential streets, then heads up into the hilly woods west of town. This year the shadows and corner provided surprising icy patches, a couple of which were cause for genuine two-stepping, but times were good. The course then heads under Route 2 and into the dark hollow which the Old Greenfield Road follows uphill: plenty more icy footing there. Needless to say, the return was fast and slippery in spots, and negative splits were the order of the day.

With his win, Shelburne's all-terrain racing vehicle Rich Larsen nabbed a second nice victory for the week, proving he can deal with Greenfield's cold just as readily as Hatfield's heat. Taking an early lead and commanding the field of 80 on the downhill, Larsen finished in 18:21. Whether he surfed or slalomed the steep left turn onto Homestead Avenue like too many of the rest of us did, he had no reason to look back (and would have been crazy to do so!).

Molly Yazwinski of Deerfield was the first woman finisher, with a sparkling 19:21 for 8th. place overall. Eleven veterans finished (including Ray Willis, still cranking out the miles in his 70's with a 31:59). Racers and spectators, volunteers, young and old all enjoyed pies galore, prizes and the warm reception room festivities. No sunbathing, but no complaints either.

(For results see: http://www.coolrunning.com/results/04/ma/Nov13_PugSha_set1.shtml)

Norm's Scrapbook (concl.)

The BAA "A" team of Johnny Kelley, ames Green, Harry Harvey, Gonzales Scotto and Ed Duncan were victorious in 5:12:11. Ed Duncan ran the second leg of the "A" team, then anchored the BAA "B" team which came in as winners of 2nd place at 5:45:36. The North Medford team came in 3rd and Pioneer took 4th place. That day, 9 teams started at the Worcester City Hall and 8 teams finished in the middle of the Mt. Park Amusement Park in Holyoke. Also that year, Ed Duncan, a University of Bridgeport student, forged into an early lead in the 1st Chicopee 6-mile race and maintained a steady pace to outdistance the 35 finishers and cross the tape in 36:08.

1961:

Norm's scrapbook starts to get a little thin in 1961. The one race for the year that included results was the 10th Annual Manchester, CT Turkey Trot

The race was on Thanksgiving Day. Johnny Kelley won the race, covering the 5 miles in 24:21. There were 137 runners in the popular event with an estimated 12,000 fans cheering along the route.

Although their applications had been rejected by the Connecticut AAU because of a rule preventing women from competing against men, 3 women ran the race. Julie Chase, a 19-year-old Smith College Sophomore, came in 128th. This event remains a popular race, with its 54th running held on Thanksgiving Day 2004.

1962:

In the final year of the scrapbook, there are a few pre-race snippets. In the local 26 miler, names and numbers were assigned by Walter Childs. Among the listed entrants were Jim Green of Melrose (4th in the 1962 Boston Marathon), Johnny Kelley (2-time Boston champion and 3-time member of the USA Olympic team), Canadian champion Paul Bellevue, Charles Dyson of Hartford, veteran Ted Corbett of New York AC, and Australia's Olympic champion Adolph Gruber.

Norm continued to run until 1982 when he was advised by his doctor to stop running after suffering a severe heart attack. I know he had accumulated a bookcase wall full of trophies and medals. But there were 2 he was especially proud of: his team Lamp Trophy from the Greenfield to Springfield 50 mile relay and the 40-49 trophy he won at the Ronald Hebert Road Race.

I hope you have enjoyed reading about the years 1958-1962 as much as I enjoyed writing about them. They remind me of my introduction into the world of distance running that has been such a big part of my life.

Mount Washington – The View from the Top

By Bob Romer

(Editor's Note: The author is not only SMAC's recording secretary, but he knows a great deal more about physics, mathematics, space or time than both of your editors, combined. Thus, even though the Mt. Washington race is run in June, Bob Romer's observant analysis is worth reading in any season. Really!)

About ten years ago, I had a brief but intense series of emails back and forth with *Runner's World*'s then-editor, Amby Burfoot (Wesleyan graduate), who sought a physicist's take on the issue of what differences (if any) there were between running on a treadmill and running on the street. Over the course of a day or so, I tried to make up for the fact that he had avoided physics while at Wesleyan and tried to convince him of some the essentials of Einstein's (and Galileo's) theories of relativity.

After last June's Mount Washington race, John Stifler urged me to submit a scientific piece about the race. John and I thought that Amby would enjoy my physicist's approach, and perhaps he did – but not enough to publish it. We have a saying in science that "No matter how mediocre a paper, some journal, somewhere, has low enough standards that they will accept it."

So, having been stiffed by *RW*, I offer my little essay to the SUN. I've added some further thoughts which *RW* didn't have room for, along with some mathematics too sophisticated for *RW* readers... but just fine for readers of the SUN.

By way of explaining the title, to the best of my knowledge, there is no view from the top. I've seen the top from the Lake of the Clouds hut several times, and from several other vantage points, but I cannot ever recall being at the top in clear weather. This year was no exception. Having walked hard all the way, I intended to break into a rousing jog for the last 50-100 feet (the only flat part of the course) and cross the finish line in style. This year, though, the visibility was so bad that I didn't see the finish until it was about 15 feet away; I tried to start running then, but after two and a half hours of heavy-duty walking, I couldn't get started and more or less fell across the line. I saw myself on the video later, and I hope no one else sees it – I looked really bad.

Here follows my original essay:

The first time I ran Mount Washington, in 1990, I trained by repeatedly by running all the steep roads I could find in my neighborhood, getting their slopes from the topographic maps, and making graphs of time (minutes/mile) vs. slope (feet/mile). (This is what physicists like me do in their spare time). By race day, I knew what price I would have to pay for each vertical foot – in my case about 0.6 seconds per foot – and I quite accurately predicted my 1:45 finishing time. For those who have never done it, the race is "only 7.6 miles," and there is "only one hill." The hill, however, has an elevation gain of 4723 feet. That's an average of 11.8%, and that's only the average.

In '95 I had my first knee operation. My surgeon advised me to take up swimming. (He wasn't a runner, he didn't understand these things.) I nursed my knee with care, kept running, and did Mount Washington again in '97, where I learned that walking hard was just as fast as running, a lot easier, and a lot more fun. I finished in 2:15. Another seven years, another go at Mount Washington in 2004, this time in 2:35. Weather can be a real problem. This year it was raining a bit at the start and for the last three miles there were horrendous winds and visibility of 20 feet or so. I hear there's a great view from the summit. I've never seen it, but maybe in yet another seven years, in 2011 when I turn 80.

Now the promised addendum. When I ran Mt. Washington the first time, in 1990, I ran most of the way, taking a breather by walking one or two minutes out of every ten. I realized then that "running" wasn't much faster than walking. In 1995, I began to have knee problems. It occurred to me that of all the races I could think of, Mt. Washington was about the easiest on the knees. Remember – there is no downhill (or flat, for that matter), and it is impossible to run up that steep a hill and pound your knees. So, in 1997, I mostly walked hard. Likewise in 2004, when my goal really was to get to the top in under three hours (when they stop timing). After about four miles, I knew I was going to do that, so I slowed down (even more) and enjoyed myself as much as possible. (Not easy. It was getting cold. Some nice person at the five-mile water stop got my gloves out of

(Continued on next page)

Run/Walk for Tara

On Veteran's Day (November 11, 2004), over 200 people registered to participate in the Run/Walk for Tara in Easthampton, MA. This is a noncompetitive "race" organized by John and Maureen Sheehan of Southampton to raise money to fight eating disorders. The couple founded the event in memory of their daughter, Tara Sheehan, who died of anorexia in her mid-twenties from anorexia. All entrance fees and donations collected benefit institutions that treated Tara during her long battle with the disease.

The race began the 5 K course in the cool morning air at the Williston-Northampton fields. Many of the runners were local, but there were also participants from Boston and Connecticut. This year's funds were sent to the Cornell University Hospital in Ithaca, NY.

The race is not only intended to raise money, but also to increase awareness about eating disorders. The Sheehans also run a discussion group to help family and friends of those with eating disorders. The ''Family and Friends'' group meets once a month in Northampton.

(For more information call the Sheehans at 413-527-3305)

Covered Bridge Remains a Classic

By Andy Jaffe

The "Covered Bridge Classic" 10 K Road Race and concurrent 2K kids' race was held on the morning of Sunday, October 3rd in Conway, MA, in perfect running conditions.

Conway resident and ultra-distance champion Leigh Schmidt led the field of 80+ 10K runners through the hilly and scenic course in a time of 36:33.Douglass James, the first over-40 runner, took 3rd in 38:13.

Dick Easton led the over-50 division, with a 9th place finish in 41:02, followed by women's overall winner Molly Yazwinski, who finished 10th in 41:34. Rebecca Clemente led the 40-49 women's category in a time of 49:53, in 31st place overall, followed by Becky Shattuck, who led the women's over-50 division in a time of 50:56, in 35th place. Jodi McIntyre was the first Conway woman to finish, in 43rd place in a time of 53:34.

Fifteen runners age 14 and under competed in the kids' 2K race, led by a 1-2-3 finish of Conway runners: Ben Goldsher, 13 (8:31); Aaron Cyr-Mutty, 12 (8:32), and Marty Jaffe, 10 (8:38). Alyssa Hill was the first female to finish, in 7th place, in a time of 9:26.

(For results, see page 13)

Mt. Washington (contd.)

my fanny pack and helped me put them on; my fingers were too cold to do it without help.) And, in case you don't understand the final sentence of my RW essay, I meant that as a joke – I have not the slightest intention of running the race in 2011.

And now, the mathematical part of my addendum. The perceptive reader will have noticed that between 1990 and 1997, my finishing time increased by 30 minutes, whereas in the equally long interval between 1997 and 2004, my finishing time increased by only 20 minutes. Clearly, I have been getting slower and slower, but my rate of degeneration has been diminishing. To put that in simpler terms, the second derivative of my finishing time with respect to calendar time is negative! If I hang in there for a few more seven-year intervals, I'm going to win this race!

I leave the details as an exercise for the reader, but the result is that if you just fit a parabola to the three data points I have accumulated (finishing times for the three years), you will see that by 2039 my time will be back down to about 1:45 and by 2046 (shortly after my 115th birthday), my time will be down to about one hour, and I will get faster and faster from there on in, winning the race and setting a new record every year. (Without some dramatic advances in stem cell research, my age may be a problem. California, here I come!)

By about 2055, as my speed approaches that of light, the effects of Einstein's Special Theory of Relativity will have to be taken into consideration. As Mark Twain once wrote about extrapolation: "There is something fascinating about science. One gets such wholesale returns of conjecture out of such a trifling investment of fact."

Hatfield Dan Barry Memorial 5 Mile Results

1. Richard Larsen, Shelburne 29:18:00
2. Michael Stocki, Belchertown 29:28:00
3. James Douglass, Easthampton 29:59:00
4. Garry Krinsky, Greenfield 30:27:00
5. Mike Butler, Springfield 30:36:00
6. Ramon Alicea, Holyoke 30:53:00
7. Daniel Lines 31:08:00
8. Joel Boucher, Hampden 31:18:00
9. Michael Hoberman, Shelburne 31:23:00
10. Andrew McGuiness, Chelmsford 31:40:00
11. Mark Baillargeon, Chicopee 31:45:00
12. Eric Brown, Huntington 32:07:00
13. Alfred Venne, Florence 32:21:00
14. Mike Barry, Northwood, NH 32:22:00
15. Heather Wenninger, Chicopee 32:28:00
16. Jim Plaza, Shutesbury 32:32:00
17. Jon Klein, Northampton 32:51:00
18. Russell Powell,Hatfield 32:55:00
19. David Pearlmutter, Shutesbury 33:03:00
20. Nelson Lacey, Amherst 33:11:00
21. Chuck Adams, Greenfield 33:25:00
22. James Ricci, Haydenville 33:29:00
23. Ben Bensen, Deerfield 33:33:00
24. Rich Caracciolo, Sunderland 33:43:00
25. Roy Currie, Granby 33:52:00
26. Nicholas Ferron, Northampton 34:00:00
27. Rogina Modestow, Worthington 34:02:00
28. Star Drooker, Florence 34:05:00
29. Harry Mastarton, Shutesbury 34:08:00
30. John Dent, South Hadley 34:57:00
31. Patrick Archbald, Williamsburg 35:01:00
32. Jay Kolodzinski, Florence 35:18:00
33. Dave Martula, Hadley 35:21:00
34. Lee Haseltie, Southwick 35:30:00
35. Doug Pratt, Leyden 35:50:00
36. Cameron Currie, Granby 35:53:00
37. Pete Westover, Whately 35:56:00
38. James Farrick, Northampton 36:02:00
39. Mary Gubala, Holyoke 36:04:00
40. David Gubala, Holyoke 36:06:00
41. Donna Utakis, Amherst 36:20:00
42. Tom Davidson, Florence 36:30:00
43. Dan Clark, Southwick 36:31:00
44. Andy Jaffe, Conway 36:34:00
45. Joan O'Brien, Holyoke 36:42:00
46. Jeanne LaPierre, Granby, CT 36:46:00
47. Bill Thibault, Chicopee 36:48:00
48. Brian Murphy, South Hadley 37:06:00
49. Daniel Muldoon, South Hadley 37:08:00
50. Daniel Bensen, Greenfield 37:45:00
51. Mark Chatel, Holyoke 38:01:00
52. Louis Raboin, Shutesbury 38:07:00
53. Deborah Girouard, Springfield 38:08:00
54. Nancy Kiendzior 38:32:00
55. Debbie Garcia 38:36:00
56. Jerome Maczk, Levrett 38:43:00
57. Trish Warner, Holyoke 38:44:00
58. Daryl Mallory, Holyoke 38:58:00
59. Mike Duffy, Shelburne 39:19:00
60. Bob Kieras, Whately 39:24:00
61. Larry Sherman, Greenfield 39:25:00
62. Karen Stone, Blandford 39:46:00
63. Harold Piche, Ware 40:00:00
64. Hayward Harry, Charlemont 40:19:00
65. Ben Doherty, Hadley 40:24:00
66. Fred Krupa, Worthington 40:26:00
67. Jill Aliberti, Pelham 40:35:00
68. Debbie Sokoloski, South Deerfield 40:39:00
69. Matthew Erikson, West Hartford 40:47:00
70. Deb Schilling, South Deerfield 40:48:00
71. Steve Zigmont, Hatfield 40:58:00
72. Lee Callan, Hatfield 40:58:00
73. James Erickson, Holyoke 41:03:00
74. Mary Krupa, Worthington 41:12:00
75. Edward LeBlanc, Chicopee 41:16:00
76. David Merro, Northampton 41:16:00
77. Stephen Fenna, Chicopee 41:30:00
78. Bob Massaro, Chicopee 41:32:00
79. Raymond Wenninger, Chicopee 41:52:00
80. Ellen Bellicchi, Holyoke 42:05:00
81. Richard Bellicchi, Holyoke 42:07:00
82. Stephen Richardson, Holyoke 42:16:00
83. Julie Flahive, Easthampton 42:53:00
84. Don Grant, Northampton 42:41:00
85. Beth Rice, Belchertown 42:50:00
86. Susan Keleher, Whately 42:52:00
87. Mike Ruggeri, Greenfield 42:53:00
88. Paul Anderson, Granville 42:55:00
89. Jaime Olander, Northampton 43:07:00
90. Daniel Manseau, Northampton 43:08:00
91. Greg Wickles, Hatfield 43:13:00
92. Sue Grant, Northampton 43:15:00
93. Andrea Banfalvi, Hatfield 43:20:00
94. Sue Martino, Greenfield 43:21:00
96. Kathy Furlani, Broad Brook, CT 43:24:00
96. Erin Johnson, Hadley 43:52:00
97. Tammy Wesoloski, South Deerfield 44:06:00
98. JillLombardi 44:11:00
99. Christopher Dostal, Sunderland 44:18:00
100. Kevin Brennan, Deerfield 44:20:00
101. Mike Currie, Conway 44:21:00
102. Donna Wesoloski, South Deerfield 44:25:00
103. Mike Barrasso, Chicopee 44:33:00
104. Langston Sorensen-Hoberman, Shelburne 44:30:00
105. Kim Gibbons, Indian Orchard 45:41:00
106. Maureen Walsh, Hatfield 45:54:00
107. Tony Lucia, Agawam 46:23:00
108. Shannon Chabot, Greenfield 46:27:00
109. Robert Archbald, Southampton 46:50:00
110. Catherine Ady, Holyoke 47:45:00
111. Pedro Rios, Florence 47:50:00
112. Kris Kozuch, Holyoke 47:51:00
113. Rebecca Augur, Hatfield 47:57:00
114. Louis Groccia, Florence 48:10:00
115. Kyle Murphy, South Hadley 48:27:00
116. David Fay, South Hadley 49:02:00
117. Andrew Fay, South Hadley 49:04:00
118. Erika Prew, Hatfield 49:24:00
119. Laurie Parker, Shutesbury 49:27:00
120. Rob LaPointe, Gill 49:50:00
121. Cynthia Cramer, Chicopee 50:05:00
122. Carlos Pena Guilford, CT 50:06:00
123. Shirley Polenski, Charlton 50:49:00
124. Amy Nims, Greenfield 51:25:00
125. Kathy Rowel,l Greenfield 51:26:00
126. Bill Milky, Leeds 53:40:00
127. Kevin Sullivan, Chicopee 53:53:00
128. Chip Doherty, South Hadley 54:31:00
129. Elaine Buckley, Southampton 55:22:00
130. John Finnell, Athol 61:00:36
132. Bruce Kurtz
133. Maura Barry, Peabody 61:03:12
134. Jeanne Ryan, Amherst 61:05:18
135. Marjory Ackerman, Amherst 61:05:49
136. Stu Gillespie, Brooklyn NY
137. Jan Komaiszko, Longmeadow 61:12:06
138. Margret Ricci, Haydenville 61:14:30

Covered Bridge Classic Results:

1.	Leigh Schmidt, OPEN	36:33
2.	Derek Beard, OPEN	37:26
3.	Douglass James, 40-49	38:13
4.	Michael Townsley, OPEN	39:30
5.	Jason Collins, OPEN	39:40
6.	Peter Dermeier, 40-49	39:56
7.	Michael Hobermn, 40-49	40:13
8.	Martin Milne, OPEN,	40:58
9.	Dick Easton, 50+	41:02
10.	Molly Yazwinski, OPEN	41:34
11.	Robert Austin, 40-49	41:56
12.	Sean LePouttre, OPEN	42:38
13.	Rich Cracciolo, 40-49	42:43
14.	Andrea Doubleday, OPEN	42:58
15.	Ben Bensen, 50+	43:56
16.	Ned James, 40-49	44:03
17.	Mark Powers, 50+	44:12
18.	Sean Daeus, OPEN	41:32
19.	Brian Higgins, OPEN	44:38
20.	John Muse, 40-49	45:15
21.	Tom Davidson, OPEN	45:21
22.	Sean Butler, 40-49	45:26
23.	Michael Doubleday, OPEN	45:31
24.	Sarah Dolven, OPEN	45:33
25.	Jim Murphy, 50+	45:60
26.	Dave Martula, 50+	46:24
27.	Carrie Stone, OPEN	47:07
28.	Ted Hale, 50+	47:15
29.	Matt Law, OPEN	47:17
30.	John Currie, 40-49	47:33
31.	Rebecca Clemente, 40-49	49:53
32.	Steve Shattuck, 50+	50:30
33.	Kate Giampapa, OPEN	50:34
34.	Michael Habel, 40-49	50:47
35.	Becky Shattuck, 50-59	50:56
36.	Jill Alberti, OPEN	50:58
37.	Bob Kieras, 50+	51:05
38.	Mike Duffy, 50+	51:03
39.	Richard Parker, 50+	52:29
40.	Jessica Zeuli, OPEN	52:38
41.	John Stifler, 50+	53:05
42.	Laura Gerson, OPEN	53:22
43.	Jodi McIntyre, OPEN	53:34
44.	Matt Howell, 40-49	54:01
45.	Randy Zucco, OPEN	54:16
46.	Barry Werth, 50+	54:38
47.	Debbie Sokoloski, 40-49	55:48
48.	Julie Flahive, OPEN	56:18
49.	Kate Stephens, OPEN	56:41
50.	Allison Leshefsky, OPEN	56:55
51.	Susan Keleher, OPEN	57:02
52.	Mike Ruggeri, 50+	57:02
53.	Bob Schilling, 50+	57:04
54.	Phil Murray, 50+	57:16
55.	Sarah Newman, 40-49	57:30
56.	Lace Stokes, OPEN Women	57:47
57.	Carrie Doherty, OPEN	57:48
58.	Jen Gallant, OPEN	57:52
59.	Jen Dieringer, OPEN	57:59
60.	John Frey, OPEN	57:59
61.	Nathalie Lavoie	58:03
62.	Gary Kuck, 50+	58:08
63.	Deb Schilling, 50+	58:13
64.	Mark Sullivan, 40-49	58:24
65.	Adriane, Lella, OPEN	58:26
66.	Chuck Corman, 50+	58:42
67.	Rena Sumner, 40-49	58:55
68.	David Hoose, 50+	59:54
69.	Jessica McCoy, OPEN	61:18
70.	George Bushika, 50+	61:21
71.	Emily Blanchard, OPEN	62:07
72.	Adele McCarthy, OPEN	62:08
73.	Bill Meese, 50+	63:59
74.	Andrew Perry, OPEN	66:07
75.	Kris Kozuch, 40-49 Women	67:23
76.	Bob Massaro, 50+	67:23
77.	Brian Farrel, 50+	68:34
78.	Elaine Buckley, 50+	69:10
79.	Jim Cleary, 40-49	72:45
80.	Maracia Witt, 83:14	(WALKER)

Favorite Recipe: Long Run Pasta

Submitted by Jeanne La Pierre
A stand-by long run dish.

- 1 lb. whole wheat pasta
- 2 large cans, low-sodium, whole plum tomatoes (low means under 60 MG)
- 1/2 lb. low fat mozarella, shredded or chunk
- 1 onion. diced
- 1 lb. crumbled ground beef, turkey or soy protein alternative

Set oven to 350 degrees

1. Cook soy product or beef with onion in frying pan. Drain, then rinse with hot water. Set aside.
2. In blender, puree canned tomatoes.
3. Boil pasta as directed
4. Grease a large oven proof pasta dish or casserole.
5. Drain pasta, return to pan. Add sauce and ground beef mixtures. Cook on low for 5-10 minutes to allow pasta to absorb some sauce. Toss in mozzarella, remove from heat.
6. Bake pasta mixture in pasta dish or casserole uncovered for 30 minutes.

Top crisps and the rest is chewy and gooey!

MANY THANKS!

to Julie Petty, our long-serving Fun Run coordinator who will "retire" this Spring. Great job, Julie!

Julie can't be replaced, but we need a volunteer to fill her shoes!

"The gun goes off and everything changes... the world changes... and nothing else really matters."

- Patti Sue Plummer

Noho XC results

August 31st

1 17:39 Jake Whitcomb 21
2 17:51 Brian Hunt 16
3 17:58 Ben Kulp 17
4 18:02 Bob Higley 50
5 18:05 Chris Gould 38
6 18:29 unknown 18
7 18:37 Jason Collins 29
8 18:54 Elvin Torres 40
9 19:03 Michael Hoberman 39
10 19:05 Ryan Lambert 17
11 19:07 Vincente Rojas 50
12 19:19 Blake Marcus 16
13 19:20 Gabe Stanek 16
14 19:26 Jim Fisk 16
15 19:27 Jerry O'Melia 16
16 19:29 Andrew Butler 41
17 19:31 Richard Clark 50
18 19:55 Jeremy Bancroft-Brown 15
19 19:56 Patrick Roberts 15
20 19:57 Eli Keene 15
21 19:58 Barry Auskern 44
22 19:59 Sam Kurtis 16
23 20:02 Pete Johnson 16
24 20:12 Dave Belcher 43
25 20:19 James Scheer 47
26 20:20 Jimmy Neckro 16
27 20:29 James Ricci 26
28 20:31 Brian Harrison 20
29 20:35 Scott Zolkos 16
30 20:37 Rich Caracciolo 41
31 20:40 Jim Hunt 48
32 20:41 Jihan Amarasiriwardena 15
33 20:41 Brian Shermeta 16
34 20:41 Paul Norton 15
35 20:58 Jeff Hansen 34
36 21:00 David Baecher 15
37 21:00 Peter Gagarin 59
38 21:13 Jeremiah Berlin 16
39 21:26 Matt Law 30
40 21:29 Mark Baillargeon 42
41 21:31 James Farrick 41
42 21:33 Chris Odato 25
43 21:43 Mike Yau 20
44 21:47 Ruben Rios 36
45 21:52 Nicholas Smith 16
46 21:58 Sue Dean 42
47 21:59 Tim Lambert 15
48 22:26 Dave Aronson 49
49 22:29 Kathy Lynch 42
50 22:31 Dan Buttrick 23
51 22:34 Adam Pely 14
52 22:51 Layne Floyd 47
53 22:59 Dave Martula 59
54 23:10 Pete Westover 60
55 23:23 Joe Wynn 25
56 23:29 Karin George 39
57 23:32 Adrian Meck 15
58 23:35 Frank Townsend 32
59 23:47 Fernando Gonsalez 42
60 23:58 Allen Cabot 49
61 24:06 Nathaniel Milch 15
62 24:25 Annie Ryan 47
63 24:29 Justin Lynch 23
64 24:31 Chris Johson 14
65 25:00 Sean Norton 36
66 25:05 Darleen Bryan 24
67 25:52 Chris O'Connell 37
68 25:58 Cody Cutting 15
69 26:03 Nick Johnson 10
70 26:16 Steve Richardson 44
71 26:44 Corey Sharken 16
72 26:52 Erv Landry 65
73 27:00 Brian Kassis 16
74 27:00 Laura Silvestri 17
75 27:00 Alex Strzempko 15
76 27:01 Ellen Messer 15
77 27:01 Karly Gray 16
78 27:01 Becky Wilson 17
79 27:02 Kayt Racz 17
80 27:07 Tom Snelham 53
81 27:11 Ray Wenninger 55
82 27:27 Derek Defonzo 16
83 28:15 Zack Phillis 14
84 28:17 Chris Gokey 33
85 29:16 Ed Dean 46
86 31:17 Santha Parke 46
87 32:23 Lang Sorensen-Hoberman 9
88 32:52 Mike Hegner 16
89 35:40 Mike Vachula 39
90 35:52 John Gao 14
91 37:05 Bob Romer 73
92 44:46 Bruce Kurtz 68

September 7th

1 16:13 Edward Breen 22
2 17:08 Paul Fratini 39
3 18:00 Glenn Caffery 43
4 18:37 Derek Beard 33
5 18:50 Elvin Torres 40
6 19:04 Vincente Rojas 50
7 19:12 Jason Collins 29
8 19:22 Michael Hoberman 39
9 19:32 T. J. Slowik 18
10 19:42 Owen Tuleja 17
11 19:48 Sam Kurtis 16
12 19:49 Dick Easton 55
13 20:03 Barry Auskern 44
14 20:26 Dave Belcher 43
15 20:35 Kevin Leach 52
16 20:39 Sidney Letendre 49
17 20:50 Ross Krause 24
18 21:10 Josh Walker 27
19 21:17 Jeff Hansen 34
20 21:36 Richard Clark 50
21 22:05 Rachel Mallory 18
22 22:11 Dan Buttrick 23
23 22:20 Meghan Lynch 18
24 22:26 Niki Lefebre 21
25 22:32 Jim Farrick 41
26 22:40 Dave Reckhow 49
27 22:47 Dave Martula 59
28 22:56 Amber Hayden 21
29 22:58 Charles Mick 50
30 22:58 Joe Wynn 25
31 23:05 Mark Dean 52
32 23:08 Kathy Lynch 42
33 23:18 Brian Goddu 54
34 23:20 Matt Law 30
35 23:21 Jillian LaRosa 18
36 23:32 Karin George 39
37 23:36 Dave Aronson 49
38 23:37 Tracy Zhu 18
39 23:39 Caitlin Smith 19
40 23:39 Emily Pratt 19
41 23:51 Andy Jaffe 52
42 23:58 Justin Lynch 23
43 23:59 Heather Eardley 20
44 24:18 Monica Ballagh 18
45 24:46 Sean Norton 36
46 24:51 Darleen Bryan 24
47 25:14 Ryan Dean 10
48 25:28 Nathan Mealey 30
49 25:34 Julia Wagner 18
50 25:39 Allison Metz 18
51 25:45 Brian Gibbons 35
52 26:15 Steve Richardson 44
53 26:22 Dawn Forton 29
54 26:22 Chris Gokey 33
55 26:33 Lee Easton 53
56 26:35 Erv Landry 65
57 27:14 Ed Dean 46
58 28:20 Tony Lucia 66
59 28:52 Kathryn Dean 38
60 29:47 Santha Parke 46
61 30:04 Kathy Zeamer 49
62 30:08 Sue McMahon 48
63 32:32 Brian Farrell 57
64 36:57 Bob Romer 73
65 40:28 Bruce Kurtz 68

September 14th

1 16:37 Carlos Rivera 30
2 18:11 Bill Dixon 57
3 18:27 Elvin Torres 40
4 19:05 Vincente Rojas 50
5 19:36 Barry Auskern 44
6 19:51 Will Pawlding 25
7 20:08 Rich Caracciolo 41
8 20:10 Ross Krause 24
9 20:32 Josh Walker 27
10 20:42 Bob Austen 49
11 20:53 Ruben Rios 36
12 20:54 Kevin Kaifer 35
13 21:05 Greg Devine 23
14 21:22 Jason Labrie 24
15 21:29 Dan Buttrick 23
16 21:35 Brian Goddu 54
17 21:46 Joe Wynn 25
18 22:03 Dave Reckhow 49
19 22:30 Jim Farrick 41
20 22:45 Doug Cummings 43
21 22:46 Fernando Gonzalez 42
22 22:57 Karin George 40
23 24:22 Darleen Bryan 25
24 24:56 Joe Goodwill 22
25 24:58 Mike Butler 31
26 25:02 Charlie Towse 66
27 25:14 Steve Penna 48
28 25:30 Steve Richardson 44
29 26:00 Erv Landry 65
30 26:51 Ed Dean 46
31 27:08 Leslie Welts 23
32 28:31 Katherine Dean 38
33 28:53 Santha Parke 46
34 28:53 Mike Korpita 55
35 36:19 Bob Romer 73
36 38:01 Bruce Kurtz 68

September 21st

1 16:43 Chris Buell 22
2 17:40 Joe Cressotti 27
3 18:13 Ian Veitch 22
4 18:51 Michael Butler 31
5 19:16 Will Pawlding 25
6 19:17 Andrew Butler 41
7 19:29 Chris Clayton 13
8 19:39 Ed Ferrier 26
9 19:41 Dick Easton 55

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10 19:50 Barry Auskern 44
11 20:18 Bob Austin 49
12 20:24 Rick Scott 50
13 20:26 Kevin Kaifer 36
14 20:40 Bill Romito 50
15 20:41 Richard Clark 50
16 21:05 Chris Sorensen 43
17 21:16 Brian Goddu 54
18 21:33 Bob Greaney 57
19 21:48 Jim Farrick 41
20 21:55 Matt Law 30
21 22:14 Dave Reckhow 49
22 22:44 Doug Cummings 43
23 22:44 Fernando Gonsalves 42
24 22:50 Karin George 40
25 22:52 Dan Buttrick 23
26 22:53 Joe Wynn 25
27 23:09 John Frey 35
28 23:16 Tom Bassett 47
29 23:42 Marc Berman 53
30 23:49 Mark Dean 52
31 24:18 Jean Pierre Paasche 47
32 24:58 Tina Cornell 35
33 25:00 Jack Lararea 54
34 26:06 Lee Easton 53
35 26:13 Erv Landry 65
36 26:29 Michael Zink 34
37 26:32 Dave Whitcomb 59
38 27:45 Bill McClung 49
39 28:27 Mike Korpita 55
40 28:40 Nick Vogt 16
41 28:50 Bree Carlson 25
42 29:02 Leslie Welts 23
43 29:05 Jenn Dieringer 36
44 29:49 Kris Kozuch 46
45 30:47 Logan Shapiro 14
46 30:51 Danica Vogt 13
47 35:15 Foster Renney 16
48 36:08 Bob Romer 73
49 37:11 Bruce Kurtz 68
50 37:16 Jordon Russ 16
51 39:20 Rebecca Gonzalez 14
52 39:21 Julia Horton 14
53 39:28 Mike Vogt 46

September 28th

1 18:08 Richard Larsen 52
2 19:40 Dick Easton 55
3 19:42 Michael Hoberman 40
4 20:04 Kevin Leach 52
5 20:07 Bob Austin 49
6 20:11 Chas Warner 24
7 20:59 John Dent 50
8 21:26 Dan Buttrick 23
9 21:30 Ruben Rios 36
10 21:35 Brian Goddu 54
11 21:52 Matt Law 30
12 22:00 Chuck Adams 48
13 22:22 Joe Wynn 25
14 22:37 Jim Farrick 41
15 23:14 Mark Dean 52
16 23:21 David Rivera 38
17 23:31 Richard Clark 50
18 24:25 Emily White 23
19 24:38 Darleen Bryan 25
20 25:29 Tom Bergeron 23
21 25:56 John Stifler 57
22 26:15 Jamie Olander 30
23 26:16 Todd Stiles 32
24 27:15 Bob Massaro 60
25 27:22 Leslie Welts 23
26 27:26 Ross Krause 24
27 27:59 Ed Dean 46
28 29:09 Mike Butler 31
29 29:15 Mike Korpita 55
30 29:25 Langston Sorensen-Hoberman 9
31 29:33 Santha Parke 46
32 30:16 Celia Caffery 13
33 30:19 Glenn Caffery 43
34 36:07 Bruce Kurtz 68
35 40:08 Bob Romer 73

Start the New Year off on the right (or left) foot!

SMAC's Annual Meeting,
Fun Runs, Awards Ceremony
and Potluck Extravaganza!

Sunday, January 9, 2005
at the Amherst Women's Club

Runs begin at 10:00AM, Brunch at 11:00AM,
Meeting and awards at Noon.

SMAC
c/o Dave Martula
P.O. Box 379
Hadley, MA 01035