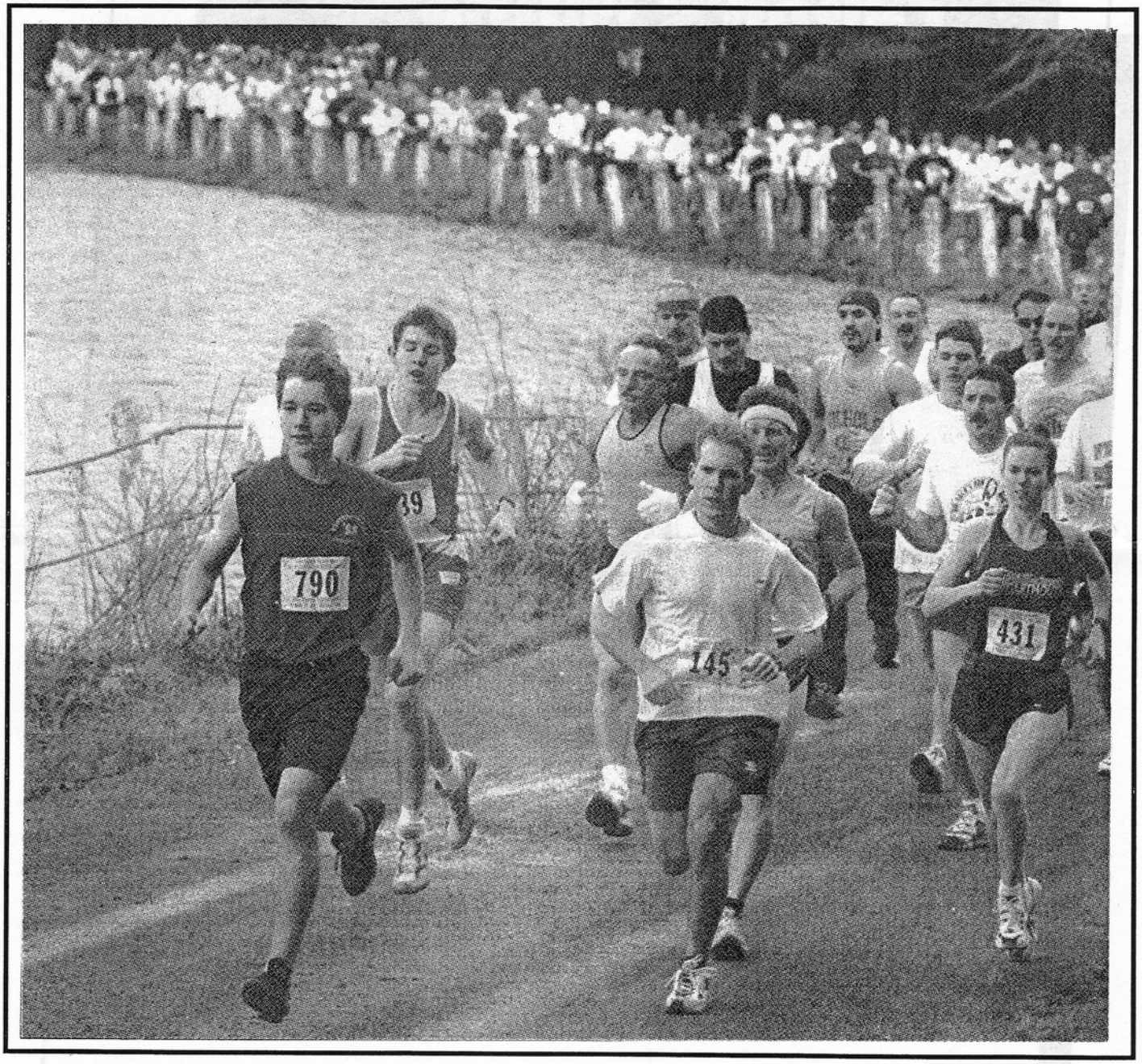
OCT/NOV/DEC 1999 (VOL. 26, NO. 5) $ 1.50

THE SUGARLOAF SUN

INDISPENSIBLE TO THE WESTERN MASSACHUSETTS RUNNER



Talkin' Turkey in Holyoke

Annual Thanksgiving weekend race draws 850 runners

Editor's Notes

HAPPY NEW YEAR

from the staff of the

SUGARLOAF SUN

THE SUGARLOAF SUN
OCTOBER/NOVEMBER/DECEMBER 1999
Volume 26, No. 5

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Announcements

NEW SMAC UNIFORMS ARE STILL AVAILABLE!

ATTENTION TO ALL SMAC MEMBERS: Just in time for the new millennium, the Sugarloaf Mountain Athletic Club has some spiffy new uniforms.

The singlets, which are made by the Sporthill Company of Eugene, Oregon, consist of a high quality Coolmax fabric which is lightweight and will keep your skin dry. A new SMAC logo, which was designed by SMAC president Fred Wellman, is screened on the front. The singlets will be at a price of $ 25.

There are some matching black shorts available, which are also made by Sporthill, and they will be at a price of $ 20.

For more information or to place your order, contact SMAC president Fred Wellman at (413)-586-7411.

CLUB NEWS *AND* VIEWS

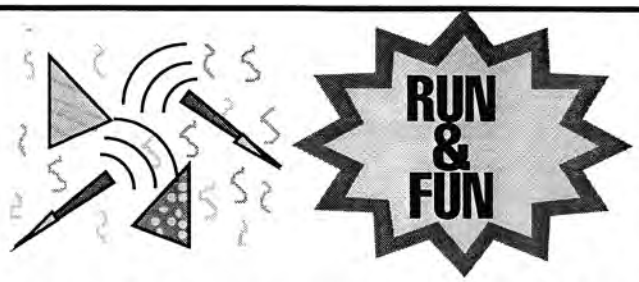
SMAC MEMBERS COMPLETE USATF/NE GRAND PRIX

Four members of the Sugarloaf Mountain Athletic Club completed the grueling seven race schedule in the USA Track & Field-New England Grand Prix Series for 1999. The series consisted of seven races of different lengths throughout New England, including this year the SMAC/Jones-Town & Country 10-Miler in Amherst.

A total of 96 runners completed the series and all of them will receive a special jacket from USA Track & Field to honor their accomplishment. The four SMAC members who completed this feat were: Richard Clark of Feeding Hills, Suzanne Heron of Amherst, Walt Kolodzinski of Florence and Rick Scott of Pelham.

SMAC INDOOR TRACK MEETS ARE SET TO BEGIN

The 2000 SMAC Indoor Track Meets are set to begin and the dates are as follows: January 9, January 23, and March 12. The meets, which are on Sunday afternoons at the Smith College indoor track and begin at 4:30 p.m., will once again be directed by SMAC's Bill Durkee and will be sponsored by Nike. Events will be the same as in previous years: 55, 200, 400, 800 and 3000 meters, the mile, the long jump and the high jump. For more info. or to volunteer to help, contact Bill at (413)-586-0687 or (413)-586-1971.



SMAC ANNUAL MEETING: JANUARY 9

SMAC'S Annual Meeting will be held at the home of SMAC member Dave Martula, 277 Bay Road, Hadley. The meeting will be preceded by the fun run at 10 a.m. in which members and prospective members are encouraged to participate. The meeting that follows will consist of lunch at noon, presenting the most improved awards, board member elections, and general club business. For more info. you can contact SMAC president Fred Wellman at (413)-586-7411.

FUNDRAISER PLANNED FOR BOSTON MARATHON

If you or anyone you know is planning to run in the 2000 Boston Marathon, please read on. SMAC member Kim Florek approached the board at the November meeting about having a fundraiser in memory of Nick Pollard, who was a SMAC member that was killed this year by a car as he was crossing a road in Turners Falls. Kim has volunteered her services as fund raising coordinator and would be asking other SMAC Boston Marathoners (either official or unofficial) if they would be interested in collecting donations for their marathon run to be given to a designated charity in honor of Nick. If this sounds like something you or a friend would be interested in doing, please contact Kim at (413)-584-7485.

SMAC HAS A WEB SITE! WWW.SUGARLOAFMAC.ORG

Although it is still in the developmental stages, SMAC has launched its new web site and the address is www.sugarloafmac.org. As of this writing, the content of the site is mostly related to the Sugarloaf Youth Track League, which was held this summer at the Smith College outdoor track. But still, the club has a web site and it offers us tremendous opportunities in terms of promoting the events of the club and opening up a new forum of communication for our members.

BOSTON MARATHON LOTTERY WINNERS

The Winners:

DENNIS RYAN	Belchertown
ANDRE BLISS	Hadley
STEVE SZEWCZYK	Worthington
JOHN KIROUAC	Southampton
JULI JONES	Belchertown
LORI HARPER	Chicopee
IRENE WOODS	Greenfield
JANELLE KLAR	Amherst
JUDITH SCOTT	South Dennis
JAY GRANT	Easthampton

SMAC/BOSTON MARATHON Winners are chosen for 2000

FLORENCE - December 15, 1999

At the final SMAC board meeting of the year, the winners of the SMAC/BOSTON MARATHON Lottery were chosen for 2000. The 10 winners (see above) were chosen at random from a total pool of 45 entrants (see right).

The drawing was held at the office of SMAC President Fred Wellman with members Bob Romer, Rich Clark, Peter Gagarin, Walt Kolodzinski, Dave Martula and Bill Durkee all present at the meeting. SMAC members in good standing as of September 1, 1999 were eligible to enter and win the automatic entries in the 2000 Boston Marathon. As in years past, the numbers were generously donated by the Boston Athletic Association, although the winners are still required to pay the $ 75.00 entry fee.

Now, it's up to the 10 winners to put in the training for the first Boston of the new millennium.

Complete order of the random drawing:

1. DENNIS RYAN	BELCHERTOWN
2. ANDRE BLiSS	HADLEY
3. STEVE SZEWCZYK	WORTHINGTON
4. JOHN KIROUAC	SOUTHAMPTON
5. JULI JONES	BELCHERTOWN
6. LORI HARPER	CHICOPEE
7. IRENE WOODS	GREENFIELD
8. JANELLE KLAR	AMHERST
9. JUDITH SCOTT	SOUTH DENNIS
10. JAY GRANT	EASTHAMPTON
11. Christopher Hayes	Amherst
12. Cathleen Grady	Southampton
13. Tom Sheilds	Greenfield
14. Dave Avakian	Westhampton
15. Julie Petty	Amherst
16. Yvette Van Wegen	Belchertown
17. Brad Katz	South Deerfield
18. Timothy Symington	Florence
19. Allen Ross	Montague
20. Lisa Salo	Deerfield
21. Don Holshuh	Keene, NH
22. Walter Kolodzinski	Florence
23. Bob Schilling	South Deerfield
24. Tim Moore	Holyoke
25. Eddie Thompson	Cheney, WA
26. Paul Gass	Greenfield
27. Ernestine Sawicki	Amherst
28. Kathy Furlani	Williamsburg
29. Tom Davidson	Northampton
30. Jennifer Hiederscheit	Hadley
31. Patricia Duffy	Northampton
32. Chuck Adams	Greenfield
33. George Maston	Three Rivers
34. Dick Borden	Ludlow
35. Richard M. L'Heureux	Easthampton
36. Tom Regnier	Ludlow
37. Don Grant	Northampton
38. Susan Kline	South Deerfield
39. Kim Florek	Northampton
40. Ann Laroche	Greenfield
41. Susan Russo	Easthampton
42. Harry Brooks	Amherst
43. Carol Benoit	Bernardston
44. Deb Schilling	South Deerfield
45. Bob Romer	Amherst

SMAC'S Stowell gets well-deserved win; Haag wins close women's race

CONWAY - Oct. 3, 1999
(10K - 6.2 miles)

SMAC'S Glenn Stowell of Hadley, who has been training and racing extremely well over the last two years, got a well-deserved win at the Covered Bridges Classic 10K in Conway. After finishing third last year in a personal record time of 35:46, Stowell knew he had a great shot a winning the race and he did just that with a slightly slower time this year of 36:16. Still, any time you can win a road race it is a special moment in a competitive runner's career as all the hard work pays off.

Second place went to Al Ladd in 36:42, while the comebacking Win Whitcomb finished third in 37:02. Fourth went to SMAC'S Phil Bricker of Northampton in 38:06.

Other SMAC runners who placed well were Tim Moore of Holyoke (14th in 42:11) and Mark Dean of Hatfield (16th in 43:05).

The women's race featured a four woman battle between Jennifer Haag, Bess Berg, and SMAC'S Ellen Carter and Madeline Nagy. Haag was first at the finish in 46:09, while Carter held off Berg for second place with a time of 46:36. Nagy finished fourth in 46:56 and collapsed at the finish line due to exhaustion.

SMAC president Fred Wellman of Florence won the age 50-59 duel in 44:08 over fellow club runners Dave Martula of Hadley (45:28) and Don Grant of Northampton (45:57).

1. Glenn Stowell	36:16	36. Sarah Gott	47:45
2. Al Ladd	36:42	37. Barry Hudson	47:49
3. Win Whitcomb	37:02	38. Anna Doherty	47:56
4. Phil Bricker	38:06	39. Bob Massaro	48:12
5. Ken Dabkowski	39:00	40. Carrie Doherty	48:38
6. Jason Collins	39:03	41. Peter Rosnick	49:47
7. Bob Lee	39:15	42. Spensley Rickert	50:52
8. Ron Berger	39:17	43. Kursten Holabird	51:00
9. Stan Kolpa	39:59	44. Emily Morrison	51:08
10. Mark Powers	40:14	45. Jay Vincent	51:10
11. Josh Walker	41:23	46. Becky Shattuck	51:17
12. Jeffrey Walsh	41:40	47. Deb Schilling	51:17
13. Chuck Adams	42:06	48. Jacqui Choate	52:12
14. Tim Moore	42:11	49. David Gerwe	52:26
15. Brian Wadman	42:44	50. Jodie Suhl	52:52
16. Mark Dean	43:05	51. Robert Diamond	53:34
17. Chris Kouniotos	43:44	52. Bill Meese	54:13
18. Michael Lankarge	44:03	53. John Heffernan	54:28
19. Fred Wellman	44:08	54. Jodi McIntyre	54:29
20. Thomas Adain	44:25	55. Janice Bergeron	54:37
21. David Ramos	44:36	56. Jeannette Wolfe	54:44
22. Peter Westover	44:48	57. Bridget Hallock	54:45
23. Peter Gill	45:24	58. Susan Connery	55:46
24. Dave Martula	45:28	59. Linda Kramer	55:50
25. Don Grant	45:57	60. Dick Parmett	56:27
26. Jennifer Haag	46:09	61. Gara Guild	56:29
27. Ellen Carter	46:36	62. Jo Cyr-Mutty	56:49
28. Bess Berg	46:39	63. Jen Dieringer	57:09
29. Madeline Nagy	46:56	64. Ed Bryant	57:10
30. Louis Moore	47:00	65. Tully Lyons	61:44
31. Bob Schilling	47:09	66. Kim Caplan	62:51
32. Mike Duffy	47:15	67. Kathy Rabtor	65:00
33. Peter Kienle	47:20	68. Shannon Chabot	69:47
34. Rebecca Clemente	47:24	69. Wendy Redfield	69:52
35. Steve Shattuck	47:24	70. Ann Sorvino	69:55

Conditions: Cool, overcast skies, windy

AMHERST ARTS CLASSIC 10K

Mitchell, Hann set new course records

AMHERST - October 16, 1999 - (6.2 miles)

Former Amherst College track standout Robert Mitchell and current Amherst College assistant coach Sarah Hann set new course records with their victories in the 8th Annual Amherst Arts Classic 10K Road Race.

Mitchell, who was an All-American in both cross country and track while at Amherst College, used his speed to break away from the pack early in the race and went on to set the new course record of 31:37. Even if he had not bettered the 1994 mark of 31:50 by Fran Ireland of Lenox, he would have gotten the record anyway as the course was certified by USA Track & Field and lengthened this year.

Mitchell's former coach, Eric Nedeau, finished second overall in 33:28. Nedeau is also well known on the national track scene as he has finished fourth in the Olympic Trials in the 1500 meters and has won a bronze medal in the World Indoor Track & Field Championships for the U.S.

Scott Mitchell of Colrain, who won the Gazette 10K in Northampton in September, finished third over by nipping John Cullinan of Northampton. Cullinan won the Northampton 5-Mile Road Race in late September.

Hann, who has arguably been the top female road racer in western Mass. this year, set the new women's course record of 36:37, beating her 1998 winning time by four seconds. Natalie Blanchard of Amherst finished second overall in a time of 39:40 and also won the submaster's (30-39) division. Gazette 10K champ Deb Vanderpool finished third overall for women in 41:27.

The first SMAC finisher for men was Glenn Stowell of Hadley, who finished 9th overall (second in the master's division) with a time of 37:41. Also placing well for SMAC among men were: Doug Plavin of Hadley (17th in 40:53), Tom Davidson of Northampton (22nd in 42:40), Tim Moore of Holyoke (25th in 43:13) and Mark Dean of Hatfield (26th in 43:13).

Trina Hosmer of Pelham was the first SMAC finisher for women as she ran a brilliant time of 44:33 to finish fifth overall for women and to claim the 50-59 division. Next for the SMAC women was Madeline Nagy of Florence, who finished 8th overall for women in a time of 47:29. Other SMAC women who did well were: Kathy Furlani of Williamsburg (69th overall in 50:26 and second in the 50-59 age group), Kim Reith of Easthampton (78th overall in 51:04), Carol Benoit of Bernardston (95th overall in 54:32) and Susan Kline of South Deerfield (100th in 54:44).

The Amherst Arts Classic 10K, which is a fundraiser for the local arts community, attracted a record field of 170 entrants, and 152 runners finished the course, another record. The weather was clear and temperatures were in the low 50s for the 9:30 a.m. start. State Representative Ellen Story of Amherst presented awards to the top male and female finishers in six age categories.

Much of the credit for the success of this race has to go to Race Director and SMAC member Russ Powell, who did a fantastic job of providing local runners with a quality race across the board.

1. Robert Mitchell, 22 31:37 CR
2. Erik Nedeau, 28 33:28
3. Scott Mitchell, 35 33:47
4. John Cullinan, 22 33:47
5. Carlos Rivera, 25 34:14
6. Chris Mahoney, 21 36:29
7. Sarah Hann, 26 36:37 CR
8. Garry Krinsky, 43 37:24
9. Glenn Stowell, 43 37:41
10. Tim Brown, 46 37:49
11. Jason Reed, 20 38:08
12. Keith McCormick, 45 38:44
13. Natalie Blanchard, 34 39:40
14. Darius Deak, 29 39:42
15. Matthew Twarog, 23 40:38
16. Jeff Folts, 50 40:48
17. Doug Plavin, 41 40:53
18. Deborah Vanderpool, 33 41:27
19. Phil Wilson, 51 42:04
20. Mark Protti, 38 42:13
21. David Perlmutter, 41 42:17
22. Tom Davidson, 28 42:40
23. Tara Carreira, 25 42:48
24. Mark Mazzola, 36 42:49
25. Tim Moore, 40 43:13
26. Mark Dean, 47 43:32
27. Gady Deane, 28 43:39
28. Daniel Nolan, 42 43:43
29. Jonathan Tetherly, 54 43:43
30. Bob Pomeroy, 37 44:02
31. Richard Pree, 49 44:16
32. Kelly Anne McKeown, 23 44:20
33. Trina Hosmer, 54 44:33
34. Mark Fandal, 37 44:36
35. Grant Morgan, 32 44:38
36. Annie Ryan, 42 44:42
37. Chris Priore, 19 44:55
38. Leo Panepinto, 36 45:01
39. Chris Kouniotis, 35 45:34
40. Robert Larrivee, 63 45:43
41. Chris Keys, 42 45:45
42. Patrick Archbald, 39 45:48
43. Moe Kamel, 38 46:01
44. Sharon Mikaelien, 34 46:03
45. Eric Clinton, 22 46:25
46. Jeff Jones, 43 46:27
47. Peter B.-Golemme, 21 46:28
48. David Katz, 48 46:34
49. Scott Frazer, 35 46:38
50. Dave Martula, 54 47:06
51. Madeline Nagy, 32 47:29
52. Louis Moore, 43 47:34
53. James Farrick, 36 47:52
54. David Dorman, 46 47:54
55. Bruce Miller, 38 48:05
56. Tom Cleland, 55 48:14
57. Ray Carreira, 26 48:23
58. David Blight, 50 48:43
59. Janet Aronson, 33 48:56
60. Trisha Dana, 22 49:04
61. Rebecca Clemente, 35 49:15
62. Leslie Mason, 45 49:28
63. Julian Tyson, 50 49:32
64. Laura Ward, 21 49:38
65. Mike Duffy, 48 49:47
66. Lisa Tibert, 30 50:01
67. Andri Smith, 33 50:07
68. Susan Klaus, 33 50:17
69. Kathy Furlani, 51 50:26
70. Hay Vincent, 43 50:30
71. Elizabeth Matthews, 47 50:34
72. Ellen Bellecchi, 49 50:38
73. Jennifer Trimble, 28 50:40
74. Stephen Brucklebunk, 42 50:41
75. Kevin Stokes, 37 50:57
76. Sam Gladstone, 49 50:59
77. Ray Moore, 65 51:00
78. Kim Reith, 30 51:04
79. Sherry Weitzen, 35 51:06
80. Andrew Laprade, 33 51:18
81. Scott Hunter, 54 51:30
82. Zephaniah Varley, 26 51:47
83. Vearle Sayer, 47 51:53
84. Edward Sayer, 49 51:53
85. Ira Addes, 50 52:17
86. Sharon Balcom, 46 52:23
87. Sunni McMillan, 30 52:29
88. David Zuniga, 29 52:30
89. John Porcino, 43 52:30
90. Laurie Herrick, 37 52:40
91. Leela Sundquist, 23 53:15
92. Rosemary Roy, 34 53:52
93. Stephanie Eckman, 27 54:10
94. Clifford Eckman, 59 54:14
95. Carol Benoit, 44 54:32
96. Allison Glass, 31 54:33
97. Michael Hussin, 48 54:35
98. Paul Rosenau, 26 54:43
99. Cindi Brothers, 26 54:43
100. Susan Kline, 41 54:44
101. Elizabeth Biauch, 32 54:54
102. Ilga Moore, 63 55:07
103. Tracy Laporte, 26 55:18
104. Maureen Fournier, 31 55:24
105. Sharon Povinelli, 33 55:30
106. Erin Shafer, 27 55:45
107. Bill Davis, 43 55:58
108. Edward Bryant, 48 56:16
109. Stan Williams, 55 56:19
110. Mary Jane O'Rourke, 30 56:37
111. Laurie Macleod, 44 57:11
112. Rich Longhi, 37 57:23
113. Beth Elliot, 33 57:26
114. Victoria Watchko, 22 57:30
115. Shana Deane, 29 58:02
116. Mary Miles, 35 58:05
117. Sue Kurian, 50 58:09
118. Margaret Light, 36 58:34
119. Rick Light, 41 58:35
120. Clark Matthews, 58 58:52
121. Skip Matthews, 34 58:53
122. William McClury, 44 59:05
123. Anne Teschner, 43 59:10
124. Haley Matthias, 22 60:39
125. John Finnell, 50 60:49
126. Deborah Hovey, 35 61:07
127. Steve Katz, 47 61:27
128. Scott Samson, 35 61:27
129. Dick Stevens, 68 62:17
130. Judy Scott, 58 62:31
131. R. Wachtelhausen,41 62:32
132. Ivana Kurian, 22 63:19
133. Janet Daisley, 40 63:29
134. Jeanne Ross, 46 63:29
135. Kerry Labounty, 33 63:37
136. Hilary Price, 29 63:37
137. Jennifer Dieringer, 32 63:38
138. Mary Louise Broll, 41 64:43
139. Kristen Walser, 43 65:20
140. Jim Billman-Golemme, 51 65:34
141. Debbie Ames, 42 66:17
142. Meaghan Wilk, 20 66:23
143. Carla Prather, 34 66:24
144. Bruce Kurtz, 63 66:44
145. Kay Dougan, 35 67:06
146. Karen Priore, 39 69:18
147. Alison Leonard, 38 69:19
148. Susan Galvin, 30 69:20
149. Debra Brucklebunk, 37 70:28
150. Brian Farrell, 52 71:16

CR = course record

Cullinan, Gavin making a habit of winning; 12-year-old runs a stunning 31:17

Hatfield - Nov. 7, 1999 (5 miles)

Former Bates College runner John Cullinan, who now resides in Northampton, and Linda Gavin, who hails from Turners Falls, are making a habit of winning lately on the western Mass. road racing circuit and they continued that trend with victories at the Hatfield 5-miler. Both Cullinan and Gavin were also the winners at the Northampton 5-miler in late September, although that was done on a much tougher course in warmer temperatures.

With a much flatter landscape in Hatfield and cooler November conditions, Cullinan was able to post a much quicker time of 26:12 and won by a wide margin of 2:07 over 52-year-old Bill Dixon of Brattleboro, Vermont.

Gavin also ran much faster than she did in Northampton with a time of 31:06 to best masters winner Sidney Letendre by 41 seconds.

Another major story in this race was the performance of SMAC'S Jesse Regnier of Ludlow, who as a 12-year-old ran a stunning time of 31:17 (6:15 pace per mile!!) and challenged Gavin throughout most of the race. (see photo below)

Also running well for SMAC were Dan Laroche of Greenfield (6th overall in 29:37), Glenn Stowell of Hadley (8th overall in 30:56) and David Gubala of Holyoke (9th overall in 30:56). Julianne Eagan of Greenfield, who finished 40th overall in 36:35, was the first SMAC female finisher.

SMAC'S Jesse Regnier (left) with women's winner Linda Gavin

1. John Cullinan, 26, Northampton 26:12
2. William Dixon, 52, Brattleboro, VT 28:19
3. Gary Crowley, 37, W. Springfield 28:34
4. Jim Pannaccione, 29, Keene, NH 28:55
5. Kieth Lapan, Easthampton 29:19
6. Dan Laroche, 32, Greenfield 29:37
7. Ken Holmes, 33, Athol 30:01
8. Glenn Stowell, 43, Hadley 30:56
9. David Gubala, 38, Holyoke 30:56
10. Linda Gavin, 36, Turners Falls 31:06
11. Jesse Regnier, 12, Ludlow 31:17
12. Mike Murphy, 50, Florence 31:23
13. Ramon Alicea, 48, Holyoke 31:32
14. Mark Protti, Shutesbury 31:44
15. Sidney Letendre, 45, Northampton 31:47
16. Gary Cote, 42, Granby, CT 32:04
17. Jeff Folts, 50, Hatfield 32:06
18. Tom O'Connor, 45, Springfield 32:13
19. Bill Sicard, 44, Hatfield 32:15
20. Tom Regnier, 39, Ludlow 32:19
21. Roy Currie, 44, Granby 32:30
22. Phil Wilson, 51, Northampton 32:34
23. Jeff Walsh, 38, Northampton 32:35
24. Bill Olszewski 32:47
25. Chuck Adams, 43, Greenfield 33:14
26. Mark Dean, 47, Hatfield 33:32
27. John Hicks, 34, Turners Falls 34:12
28. Tom Almstead, Shelburne Falls 34:48
29. David Katz, 49, Northampton 35:04
30. Annie Ryan, 42, Florence 35:10
31. Patrick Archbald, 39, Williamsburg 35:11
32. Pete Westover, 55, Whately 35:24
33. Steve Shattuck, 47, Greenfield 35:32
34. Andrew Belloli, 25 35:33
35. Chris Hoffman, 27, S. Deerfield 35:44
36. Dan Kozera, 45, Hatfield 35:45
37. Crystal Hurley, 16 35:55
38. Fred Wellman, 59, Florence 36:19
39. Claire Van Ogtrop, 30 36:26
40. Julianne Eagan, 26, Greenfield 36:35
41. Mike Currie, 46, Shelburne Falls 36:36
42. Allen Ross, 56, Montague 36:58
43. Louis Moore, 43, Northampton 37:01
44. Spensley Rickert, 34, Hatfield 37:31
45. Cameron Currie, 13, Granby 37:42
46. Debbie Sokolowski, 42, Deerfield 37:51
47. John Cavanaugh, 41, Easthampton 37:59
48. Gary Richardson, 47, Hatfield 38:04
49. Chris Speath, 27, Northampton 38:20
50. David Pinardi, 33, Northampton 38:21
51. Janet Aronson, 33, Northampton 38:24
52. Janice Bergeron, 40, Northampton 38:32
53. Harold Piche, 48, Ware 38:37
54. William Welch, 35, Northampton 38:40
55. Bob Massaro, 56, Chicopee 38:42
56. Patty Duffy, 31, Northampton 38:47
57. Nancy Lapean, 40, Easthampton 38:50
58. John Aukstikalnis, 62, Orange 38:52
59. Becky Shattuck, 47, Greenfield 39:18
60. Jeff Jones, 43, Northampton 39:22
61. Bob Schilling, 56, So. Deerfield 39:27
62. Valerie Steinberg, 51, Amherst 39:35
63. Deb Schilling, 47, So. Deerfield 39:38
64. Steve Zigmont, 28, Hatfield 39:53
65. Pedros Rios, 70, Florence 39:53
66. Joanne Richardson, 46, Hatfield 39:54
67. Clark Wiedmann, 51, Chicopee 39:55
68. Tracy Laporte, 26, Chesterfield 40:06
69. Jonathan Goldstein, 44, Amherst 40:08
70. Wes Blixt, 47, So. Deerfield 40:09
71. Judy Messer, 36, Northampton 40:15
72. Steven Bernson, 52, Hatfield 40:33
73. Margo Welch, 37, Northampton 40:47
74. David Mello, 29, Northampton 41:06
75. Jodie Suhl, 23, Greenfield 41:12
76. Alfred Sorenson, 57, Amherst 41:27
77. Larry Saczawa, 57, Sunderland 41:39
78. Molly Donovan, 26, S. Deerfield 41:54
79. Ed Dean, 41, Keene, NH 42:03
80. Bill Milkiewicz, 44, Leeds 43:17
81. Ros Kane, Holyoke 43:23
82. Jill Vincent, 27, Easthampton 43:40
83. Michael Lapan, 44, Easthampton 43:41
84. Sue Lapan, Easthampton 43:50
85. Matt Sokop, 29, Hatfield 43:53
86. Laurie Martin, 52, Cummington 44:02
87. Amy DiNicola, 32, So. Hadley 44:54
88. Carol Hodge, 54, Goshen 44:57
89. Tara Spitzer, 29, Ashfield 45:06
90. Jennifer Foster, 27, Williamsburg 45:06
91. Scott Samson, 35, Hatfield 45:16
92. Linda Kramer, 47, Greenfield 45:17
93. Tony Hey, 55, Studio City, CA 45:19
94. Derek Hebert, 39, Hatfield 45:24
95. Julie Hey, 24, Northampton 45:31
96. John Finnell 45:58
97. Steve Katz, 47, E. Longmeadow 47:39
98. Jan Komaiszko, 43, Longmeadow 48:28
99. Janis Williams, 26, Northampton 48:30
100. Joe Poirer, 54, Greenfield 49:06
101. Tracy Flowers 49:15
102. Kathy Rabtor, 31, Greenfield 49:16
103. Shannon Chabot, 26, Greenfield 49:17
104. Judy Scott, 58, South Dennis 49:29
105. Joan Sikorski, 44, Hatfield 49:47
106. Richard Dunn, 53 49:47
107. Nadine Wallace, 27 49:58
108. Anne Awad, 53, Amherst 50:38
109. Terry Taylor, 47, Northampton 52:57
110. Brian Farrell, 52, Gill 53:08
111. Dick Borden, 63, Ludlow 54:51
112. Pom Herir, 41, Plymouth, NH 60:12
113. John Herir, 14, Plymouth, NH 60:27
114. George Herir, 50, Plymouth, NH 60:27
115. Margaret Ricci, Haydenville 60:28

Race conditions:
Cool, low 40's

Hann erases Sorensen's record

SPRINGFIELD - November 21, 1999 (5K - 3.1 Miles)

Sarah Hann's record tear through the fall road racing slate continued at the Hall of Fame Tip-Off Classic 5K, where she erased pro triathlete Martha Sorensen's record with a blistering time of 16:51.

Hann beat the previous record of 16:56 set two years ago by Sorensen, who did not race here due to a plantar fascia injury. Last year Hann and Sorensen staged quite a battle for the win, with Sorensen winning out by a mere ten seconds. This year Hann cruised to the victory, besting second place finisher Donna Kay-Ness by 1:18.

Recently crowned western Mass. high school cross country champ Heather Wenninger of Chicopee finished third overall for women in 18:23, which was a whopping thirty second improvement over her time here last year. Natalie Blanchard of Amherst, who was runner-up to Hann's course record win at the Amherst Arts Classic in October, finished fourth for women here with a good time of 18:41.

For the men, Erik Nedeau of Amherst finally got the win he had been seeking for the last two years by nipping West Springfield's Sandu Rebenciuc with a slowish time of 15:45, considering the ideal running conditions. Nedeau, who has quite a resume on the track including two Olympic Trials, had finished second the last two years to Michael Bartoszak of Poland in 1998 and Ted Towse of Amherst in 1997.

John Cullinan of Northampton, who was riding a recent hot streak with wins in Northampton and Hatfield, could not match the mile speed of Nedeau and Rebenciuc and finished third in 16:00. SMAC'S Chris Gould, who coached the Amherst High School boys' cross country team to a western Mass. title this fall, ran a fine race to finish fourth overall in 16:05.

Other SMAC runners who performed well were: Glenn Stowell of Hadley, who ran a personal record time of 17:34 to finish 16th overall; Rich Clark of Feeding Hills, who ran a speedy 18:09 to finish 27th overall; David Gubala of Holyoke, who improved by 15 seconds over last year here with a time of 18:19 to just edge out fellow SMAC runners Bill Romito of Belchertown (18:20) and Bob Rosen of Amherst (18:21).

The Hall of Fame Tip-Off Classic 5K was another success as it continues to set a very high standard for quality, including the long-sleeve mock turtlenecks and the post-race buffet in the Sheraton. Hopefully, the race will continue for years to come, despite the related hoop game's cloudy future.O

Top 50:

1.	Erik Nedeau	15:45
2.	Sandu Rebenciuc	15:46
3.	John Cullinan	16:00
4.	Chris Gould (SMAC)	16:05
5.	Carlos Rivera	16:23
6.	Gary Crowley	16:47
7.	William Dixon	16:50
8.	Sarah Hann	16:51 CR
9.	Paul Fratini	16:55
10.	Jim Panaccione	17:01
11.	Steve O'Neil	17:07
12.	Mike Lemay	17:10
13.	Brian Walsh	17:15
14.	Owen Washburn	17:16
15.	Matthew Lacey	17:33
16.	Glenn Stowell (SMAC)	17:34
17.	David Bowden	17:36
18.	Ryan Heady	17:40
19.	Kenny Holmes	17:42
20.	Tom Walsh	17:47
21.	Tim Brown	17:47
22.	Joe Fois	17:49
23.	Dee Brown	17:50
24.	Celio Hernandez	17:51
25.	Art Scolari	17:51
26.	Pat Long	17:53
27.	Rich Clark (SMAC)	18:09
28.	Donna Kay-Ness	18:09
29.	Ramon Alicea	18:18
30.	David Gubala (SMAC)	18:19
31.	William Romito (SMAC)	18:20
32.	Bob Rosen (SMAC)	18:21
33.	Heather Wenninger (SMAC)	18:23
34.	Derek Shea	18:25
35.	Joe Hegarty	18:29
36.	Dan Tuohey	18:30
37.	Brian Bishop	18:36
38.	David Rivera	18:38
39.	Natalie Blanchard	18:41
40.	Bill Durkee (SMAC)	18:44
41.	Seth Zimmerman	18:53
42.	Susan Haryasz	19:04
43.	Jason Gaber	19:06
44.	Michael Gentile	19:10
45.	Thomas O'Connor	19:13
46.	Robert Mellberg	19:15
47.	Joshua Rice	19:17
48.	Bob Nomakeo	19:18
49.	Cheryl Place	19:21
50.	Tom Houle	19:24

382 finishers; CR = course record

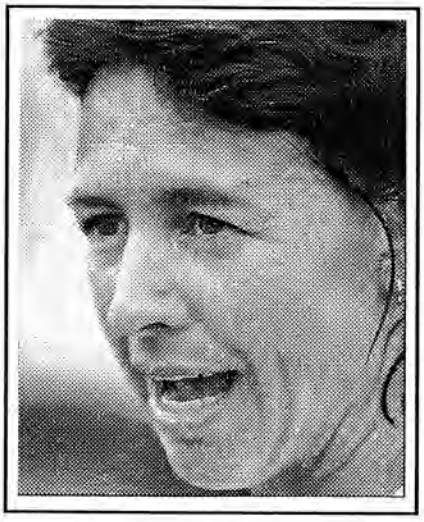
Rebenciuc, Gavin talk the Talk (Turkey, that is)

HOLYOKE - November 27, 1999 (6 mi.)

West Springfield's Sandu Rebenciuc, who is a native of Romania, blew away defending champ Mike Brouillette and everybody else in the 21st Annual Talkin' Turkey 6-mile cross country race, which attracted another huge field of 850 runners. Linda Gavin of Turners Falls, who claimed the women's race last year, had a tougher battle on her hands than Rebenciuc as she fought off the mid-race challenge of Maura McDonald of Greenfield and won by 24 seconds to defend her title.

Rebenciuc, who could easily be considered the top road racer in western Mass right now, put away the field early in the race and never looked back as he cruised to the victory in 30:06, a new course record (the race was changed to six miles two years ago after being a 10K for 19 years).

Gavin, who has won several road races this year, posted a winning time of 37:03, which erased her own course record of 38:10 set last year. McDonald, who was a New England Mile Champ in high school, also finished under the old record with her time of 37:27. Nicole McGilpin of Westfield finished third in a time of 37:56.O



Women's Winner Linda Gavin

Top 100 Overall:

1. Sandu Rebenciuc	30:06 CR	51. T. J. Martin	38:44
2. Mike Brouillette	31:21	52. Ken Grindle	38:47
3. Scott Mitchell	31:41	53. David Sargent	38:48
4. Carlos Rivera	32:16	54. Erin McDonald	38:50
5. Burt Prokop	32:51	55. Sam Wolcott	38:52
6. Rodney Furr	32:59	56. John Philpott	38:57
7. Brian Donoghue	33:15	57. Pat LaValle	38:57
8. Bob Willis	33:27	58. Tom Stevens	39:02
9. Paul Fratini	33:57	59. Tom Fitzgerald	39:05
10. Tommy Bousquet	34:03	60. Joel Aviles	39:07
11. Mike Paulin	34:41	61. Cheryl Place	39:18
12. Jason Lukasiewicz	34:55	62. Dan Gullage	39:20
13. Keith Lapan	35:04	63. David Madsen	39:23
14. Bill Sicard	35:10	64. Randy Place	39:25
15. Frank Rucki	35:14	65. Chuck Adams	39:27
16. William Powell	35:18	66. Dennis Eugin	39:29
17. Dan Laroche	35:30	67. John Driscoll	39:29
18. Robert Darby	36:28	68. Bob Nomakeo	39:30
19. Peter Fratini	36:40	69. Tom O'Donnell	39:31
20. Jim Murphy	36:45	70. Scott Colwell	39:35
21. Robert Larison	36:50	71. Art Thiboutot	39:36
22. Rich Webber	36:52	72. Tom Deluca	39:46
23. Linda Gavin	37:03 CR	73. Mark Dean	39:48
24. William Romito	37:16	74. Len Bilodeau	39:52
25. Mike Murphy	37:24	75. James Mazik	39:54
26. Rich Clark	37:25	76. Joe Jeronimo	39:58
27. Maura McDonald	37:27	77. Winston Nunes	40:00
28. Ramon Alicea	37:40	78. Bruce Collins	40:00
29. John Cote	37:43	79. Bill Perry	40:01
30. Tom Regnier	37:50	80. Melvin Figueroa	40:03
31. Nicole McGilpin	37:56	81. Jim Woods	40:03
32. David Gubala	37:56	82. Doc Miller	40:07
33. Daniel Walker	37:57	83. David Greene	40:08
34. Colby Currie	38:00	84. Scott Posocco	40:17
35. Jeff Folts	38:12	85. Billy Dean	40:18
36. Craig Stowkowski	38:17	86. Edward Gardner	40:18
37. David Vanasse	38:19	87. George Reynolds	40:20
38. Sidney Letendre	38:25	88. Karen Lang	40:21
39. Tom O'Connor	38:26	89. James Constantino	40:28
40. Brendan Dean	38:27	90. Jonathan Tetherly	40:34
41. Mark Clark	38:31	91. James McCann	40:36
42. Carl LaFleur	38:32	92. Lisa Salvini	40:39
43. Neil LeBlanc	38:33	93. John Scalise	40:40
44. Tom Montemagni	38:35	94. David Hoagland	40:44
45. Jim Halton	38:36	95. Dawn Roberts	40:46
46. Tom Ripke	38:37	96. Brian Goddu	40:47
47. John Pashko	38:37	97. Tom Dwyer	40:48
48. Seth Roberts	38:38	98. Tim Sicard	40:50
49. Michael Gentile	38:39	99. Tom M. O'Connor	40:51
50. Roy Currie	38:40	100. Kevin Morin	40:51

CR = COURSE RECORD

THE RESULTS BOARD

Baystate Marathon
October 17, 1999 - Tyngsboro, Mass.

1.	Rusty Snow	2:25:42
1W.	Grace Tucker	2:52:59
Western Mass finishers:		
59.	George Baquis	3:08:26
155.	Craig Stokowski	3:19:30
164.	Seana Zelazo	3:20:34
180.	Ron Berger	3:22:31
244.	Tracey Sugermeyer	3:30:34
245.	Stephen Sugermeyer	3:30:34
296.	James Guidice	3:35:25
316.	Thomas Handwerker	3:37:01
654.	Diana Kolodzeiy	4:21:15
787.	Edwin Cushing	4:51:03

843 finishers

Hampden Fall Festival 5K
October 2, 1999 - Hampden, Mass.

	Top 25	
1.	Sandu Rebenciuc	15:59
2.	Carlos Rivera	16:28
3.	John Bigos	18:03
4.	Noah Gunn	18:41
5.	Darren Melcher	18:59
6.	Thomas Kissel	19:07
7.	Frank Covertino	19:08
8.	Jim Kelleher	19:32
9.	Dave Hanson	19:48
10.	Maureen Burns	20:18
11.	Adam Winiewicz	20:36
12.	John Tetherly	20:39
13.	Kathleen Dusel	22:04
14.	Claire Sibilia	23:04
15.	Lisa Jillson	24:54
16.	Beverly Burnell	24:58
17.	Jim Morris	24:59
18.	Sam Morris	24:59
19.	Alina Collins	25:25
20.	Sallie Normandeau	25:46
21.	Lauren Hummel	25:49
22.	unknown runner	
23.	Tom Murphy	26:19
24.	Mike Imelio	26:19
25.	Laura Sugermeyer	26:58

Ocean State Marathon
November 14, 1999 - Providence, RI

1.	Jacob Kirwa	2:14:54
1W.	Tetyana Pozdnyakova	2:31:52
Western Mass finishers:		
124.	Bill Romito	3:07:04
126.	Stefan Tiefenbacher	3:07:09
154.	Michael Roberts	3:09:22
170.	Stephen Sugermeyer	3:10:27
258.	Jim O'Toole	3:17:45
273.	Keith Gauthier	3:18:54
344.	Mark Protti	3:24:13
354.	Jim Snyder	3:24:59
356.	Jeff Walsh	3:25:01
372.	Michael DelPrete	3:25:59
392.	Bill Harbilas	3:27:24
399.	Tom Whelan	3:27:55
448.	John Scalise	3:31:44
466.	Brent Was	3:33:18
477.	Marvin Howard	3:34:12
487.	Mark Dean	3:34:55
549.	Thomas Crogan	3:37:22
565.	Steve Frogget	3:38:46
567.	Mike Kent	3:38:55
594.	Brian Dillon	3:40:33
603.	Dan Towle	3:41:03
632.	Rebecca Clemente	3:43:00
650.	Euclide Desrochers	3:43:54
804.	Robert Kolb	3:53:05
831.	Greg Burbelo	3:54:41
838.	James Guidice	3:54:59
920.	Cheryl Santagate-Sutto	3:59:44
921.	David Braddock	3:59:48
939.	Richard L'Heureux	4:01:00
958.	Richard Gibbons	4:03:27
1018.	Theresa Apple	4:08:59
1106.	Roderick O'Connor	4:17:21
1170.	Kate Racey	4:23:02
1228.	Fred King	4:28:10

1,537 finishers

Community 5K Run
October 3, 1999 - Springfield, Mass.

	Top 15	
1.	Sandu Rebenciuc	15:08
2.	Ted Towse	17:01
3.	Bob Willis	17:06
4.	Ken Delisle	17:25
5.	Darius Deak	18:31
6.	David Stevenson	19:12
7.	Cheryl Place	19:41
8.	Robert Schwab	19:54
9.	Winston Nunes	20:18
10.	Randy Place	20:22
11.	Ellen Farris	21:01
12.	Daniel Twining	21:14
13.	Tim Metoxen	21:26
14.	Scott Murphy	21:32
15.	Mike Butler	21:32

Granville Harvest Run 5K
October 10, 1999 - Granville, Mass.

	Top 25	
1.	Carlos Rivera	16:39
2.	Bob Willis	17:15
3.	Steve Young	17:36
4.	John Bechard	18:18
5.	John Bigos	18:41
6.	Art Roberts	18:43
7.	Nicole McGilpin	18:52
8.	Lee Curtis	18:54
9.	Craig Stokowski	19:03
10.	Brian Dillon	19:14
11.	Bob Nomakeo	19:42
12.	David Whittaker	20:06
13.	Micky Mikutowicz	20:10
14.	Andy Lepre	20:20
15.	Dawn Roberts	20:34
16.	Mike Kent	20:54
17.	Dan Egerton	21:08
18.	David Aronson	21:18
19.	Bob Lepre	21:34
20.	Pat Lavelle	22:02
21.	Rich Knurek	22:04
22.	Dan Keenan	22:10
23.	Josh Young	22:15
24.	Derek Egerton	22:18
25.	Sandra Welner	22:33

Hannukah 5-Miler
December 6, 1999 - Springfield, Mass.

	Top 25	
1.	Bob Willis	27:15
2.	Paul Fratini	27:50
3.	Jim Panaccione	28:04
4.	Steve O'Neil	28:21
5.	Doug Pac	29:21
6.	Dan Laroche	29:23
7.	Robert Darby	29:45
8.	Arthur Scolari	29:52
9.	Tom Regnier	30:23
10.	Bill Romito	30:31
11.	Steve Byrne	31:06
12.	Bob Mellberg	31:11
13.	Rich Clark	31:14
14.	Jesse Regnier	31:16
15.	Susan Haryasz	31:19
16.	David Gubala	31:33
17.	Cheryl Place	31:39
18.	T. J. Martin	31:53
19.	Ken Grindle	32:03
20.	Randy Place	32:15
21.	Tom O'Connor	32:24
22.	George Gokey	32:32
23.	Kevin Morin	32:56
24.	Jeff Walsh	32:59
25.	Mark Dean	33:06

Sugarloaf Mountain Athletic Club
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Amherst, MA 01004

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SUGARLOAF MOUNTAIN ATHLETIC CLUB

Anyone interested in recreational or competitive running is invited to join the Sugarloaf Mountain Athletic Club (SMAC) of western Massachusetts. Founded in 1972 by Charlotte Lettis and Tom Derderian, Sugarloaf is open to runners of all ages and abilities. SMAC is a member of USA Track & Field, which is the national governing body of running in the United States. The club's purpose is to promote running as an enjoyable activity and a competitive sport by providing opportunities to all runners (see below).

SMAC-Sponsored Activities

- ☞ Winter Fun Runs: Dec. thru March
- ☞ 3-Meet Indoor Track Series at Smith College
- ☞ 10 Mile Road Race in February
- ☞ 5km Weekly Cross-Country Races: April to Oct.
- ☞ 6-Meet Summer Track Series at Smith College
- ☞ 5-Meet Youth Track League at Smith College
- ☞ "Rainbow Racers" Youth Track Team with weekly practices from December thru August
- ☞ Women's Distance Festival in July
- ☞ Mt. Toby Trail Race in August
- ☞ Boston Marathon Lottery in December
- ☞ Annual Meeting and Monthly Board Meetings
- ☞ "Sugarloaf" Team Uniforms
- ☞ Membership includes: discounts from local stores, club newsletter "The Sugarloaf Sun", and a monthly race calendar

MEMBERSHIP APPLICATION

Name(s): _____
Address: _____
City/State/Zip: _____
Birth Date(s): _____
Phone: _____ Date: _____
Sex: _____ New Address? [Y/N]: _____
Membership: New?: _____ or Renewal?: _____

Check One:
____ Family ($14.00) ____ Individual ($10.00)
____ Youth age 18 or under ($5.00)
____ Sugarloaf Sun only ($9.00)

For the record, your best times in:
Mile: _____ 5km: _____
10km: _____ Marathon: _____

Mail this form and payment to: Sugarloaf Mountain Athletic Club, P.O. Box 659, Amherst, MA 01004