Winter, 2005

THE SUN

SUGARLOAF MOUNTAIN
ATHLETIC CLUB

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SMAC runners in the early stages of the very competitive USATF-NE boys' midget race: Ray Dannenhauer (475), Nick Otis (-070), Cooper Magoon, Barry Elkington (476) and Kalle Jahn (478). Photo by Mark Dannenhauer

Young SMAC Racers Impress at N.E. Regionals

By Cooper Magoon

Greetings SMAC aficionados! After a nice and somewhat warm fall comes what almost all adolescent cross-country runners have really trained for: the USATF Junior Olympics, the event which pushes parents, coaches, and runners alike to the very brink of exhaustion. Parents scream for their kids and their teammates, while coaches run around making sure their teams are together, keeping runners busy and focused on the races to come. All the while runners are either racing or psyching up for their races.

This year the "JO's" were held at Bryant College in Rhode Island on November. It was beautiful running weather, mid 40's to 50's and sunny. The first event for a SMAC runner was the girl's "midget" 3km. race, for girls eleven to twelve. Sugarloaf had two girls competing in this race: Anna Reid, clocking in at 12:00, took 7th. overall, and Haley Milsark, finished 99th in 15:11, out 107 girls.

In the next race, Harrison Hunter was SMAC's lone runner in the boys' "midget" division race. Harrison was 43rd. with a time of 12:19 over the same distance, despite taking a nasty fall nasty fall after tripping coming down a hill. Harrison performed with 100 other of New England's finest, showing un-knowing parents what cross-country is really about: the cold hard determination to do your best.

Next came the girls' 4km. "youth" race, a very competitive division of thirteen & fourteen year olds. First to cross the finish for SMAC was Nora Letendre, coming in at 17:56 and taking forty fifth Emma Larson followed in 69th, with a 19:26. Both girls are thirteen and did great, holding their places among 89 other girls.

Then came the boys' "youth" race, SMAC's team event of the day with seven of us running the same course as the girls. The scoring five ran in a relatively tight pack: Barry Elkinton and Rafer Dannenhauer ran 14:58 for 28th. and 29th. , followed by Kalle Jahn, 30th. in 15:00 flat, Nicholas Otis 32nd. in 15:02, and Sam Belcher, 34th. in 15:07. Our two displacers came in shortly behind them. Cooper Magoon finished 42nd. in 15:15, and Zac Emond, ***(Continued on Page Five)***

First Bernardston Hallowe'en Hustle Starts Well

By Ben Bensen

October 22 saw a new and good little race begin what many hope will become a long running event. Held in conjunction with the town's Fall Festival, the "Hallowe'en Hustle" featured good terrain (with a solid hill mid-way), countless excellent scarecrows on the town green, and great scenery.

You might wonder, and we did ask race director Carol Benoit: why 4.2 miles? Her answer - that it was a good course - was the right one. Turners Falls' whole XC team came, and many SMACers too. Fifty finishers? Not bad at all; let's do it again!

Hustling at the start: The innaugural 4.2 mile race had great action down Bernardston's Main Street with eventual winner Jason Collins (#1267) right in front

RESULTS:

1. Jason Collins 31 (m) Greenfield, MA	24:48
2. Garry Krinsky 49 (m) Greenfield, MA	25:15
3. Marjorie Shearer 34 (f) Greenfield, MA	25:44
4. Michael Townsley 37 (m) Bernardston, MA	25:55
5. Michael Hoberman 41 (m) Buckland, MA	26:02
6. Kevin Leach 53 (m) Greenfield, MA	27:01
7. Doug Pratt 47 (m) Leyden, MA	27:14
8. Daniel Bensen 20 (m) Greenfield, MA	28:25
9. Michael Poirier 16 (m) Turners Falls, MA	28:29
10. Richard Bensen 54 (m) Old Deerfield, MA	28:51
11. David Loren 52 (m) Bernardston, MA	30:32
12. Kerry Stevens 32 (f) Littleton, MA	30:41
13. Chris Hughes 48 (m) Northfield, MA	30:50
14. Sammi Stevens 47 (f) Springfield, MA	31:25
15. Ethan Kociela 16 (m) Montague, MA	31:40
16. Maggie Fellows 14 (f) Warwick, MA	32:58
17. Jonathan Russell 53 (m) Greenfield, MA	33:14
18. Jesse Kommel-Bernstein 21 (m) Easthampton, MA	33:46
19. Barry Auskern 45 (m) Bernardston, MA	33:47
20. Thomas Willard 14 (m) Turners Falls MA	33:56
21. Nicole Chmyzinski 32 (f) Millers Falls, MA	34:02
22. David Polgar 26 (m) Northampton, MA	35:07
23. April Quire 25 (f) Northampton, MA	35:22
24. Anne Lyman 55 (f) Bernardston, MA	35:44
25. Linda Allis 51 (f) Leyden, MA	35:46
26. Sue Grant 61 (f) Northampton, MA	35:48
27. Brandon Hall 28 (m) Wendell, MA	35:53
28. Ann Pratt 47 (f) Leyden, MA	36:20
29. Allen Ross 62 (m) Montague, MA	36:36
30. Larry Saczawa 63 (m) Greenfield, MA	36:53
31. Sean Lavoine 29 (m) Greenfield, MA	37:31
32. Don Grant 63 (m) Northampton, MA	37:36
33. Aaron Cappucci 15 (m) Turners Falls, MA	38:14
34. Sean Cooper 15 (m) Turners Falls, MA	38:17
35. Marion Amber 15 (f) Erving, MA	38:40
36. Laura Ames 13 (f) Montague MA	39:17
37. Scott Brown 13 (m) Gill, MA	39:50
38. Ashley Gibson 13 (f) Turners Falls, MA	39:51
39. Karen Dobosz 62 (f) Shelburne Falls, MA	40:03
40. Joelle Deane 39 (f) Bernardston, MA	40:27
41. Lang Sorensen-Hoberman 10 (m) Buckland, MA	40:29
42. Linda Lively 51 (f) Bernardston, MA	40:34
43. Mary LaValley 47 (f) Bernardston, MA	40:42
44. Ali Wahlstrom 38 (f) Northfield, MA	40:53
45. Kelly Samuels 25 (f) Hatfield, MA	41:49
46. Paul Koons 67 (m) Poultney, VT	41:52
47. Kim Godfrey 44 (f) Northfield, MA	41:55
48. Kathy Malsch 46 (f) Northfield, MA	41:56
49. Joanne Jackson 31 (f) Bernardston, MA	42:05
50. Jennifer Dobosz 32 (f) Monponsett, MA	42:09
51. Ben Allis 20 (m) Leyden, MA	42:44

Spirit of Women Race

This year's Second Annual "Spirit of Women" Road Race raised over $11,000 for women's health services at Franklin Medical Center. Over 150 women participated, and among the twenty-four first-time racers was a truly inspiring 91 year old woman! The beautiful weather capped off an absolutely successful event.

In anticipation of next year's event I would like to really advertise it as a Franklin County event for women. I hope to form a committee with representatives from different towns in Franklin County, each of whom would be would be responsible for promoting the race and bringing in business sponsors from their own community to support it.

If you are interested in learning more, becoming involved with an exciting group and supporting women running, call Irene Woods at 774-5873, or e-mail me at:

ILWOODS@AOL.com

It's Not, Definitely NOT Too Late!

SMAC has revised the "Most Improved Runner" Award;
Now it's the **"MOST OUTSTANDING RUNNER"** and you could be the one!
Ignore earlier deadlines! You are ***still*** eligible!

Fill out this form!

Member Name: _____
Address: _____
_____
Home Phone: _____
E-mail Address: _____

The Deadline has been extended!

(Again, but this gives you another shot!)

Distance	Fastest Race	Date	Pace/ mile	Finish Time	Previous PR* at this Distance	Year of Previous PR	Number of race finishes (at this distance) in 2005
5 km							
5 miles							
10 km							
8 miles							
10 miles							
Half marathon							
Marathon							
Other distance (please specify)							
Other distance (please specify)							
Other distance (please specify)							

Get your entry in by December 31!!

*Personal Record

Total Miles Raced in 2005	

Please tell us about any other running-related achievements that you would like us to know about or consider (add additional sheet if necessary).

_____
_____
_____
_____

Come to SMAC's Annual Meeting at the Amherst Women's Club on January 8 and see just how fast, how far, and how fabulously you and your fellow members can run!

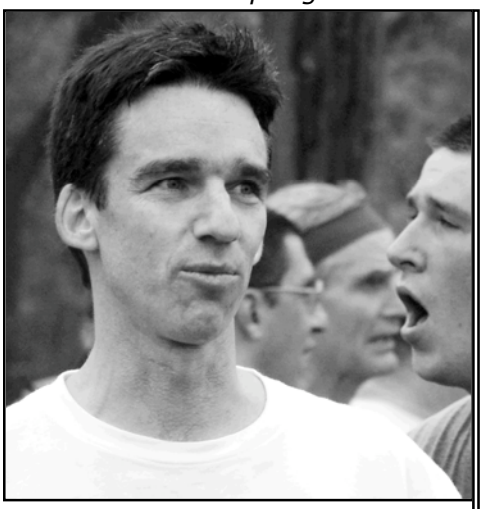
Please return to **SMAC, c/o Dave Martula, PO Box 379, Hadley, MA 01035** by November 30, 2005. If you have questions about completing the form, please contact Donna Utakis at ***donnautakis@yahoo.com*** or 413-253-7526.

Ironman USA Lake Placid 2005 Race Report

By Win Whitcomb

Some guys, they just give up livin'
And start dyin' little by little, piece by piece
Some guys come home from work and wash up
And go racin' in the street.

- Bruce Springsteen from "Darkness on the Edge of Town"



Win Whitcomb wasn't getting an earful here (looks like it, though); he was probably considering his next triathlon challenge - and how to explain to his mother-in-law.

I had been waiting all day, no, all year, for the moment of truth - that time late in the Ironman when the bottom falls out and everything comes crashing down. I had heard that the real race starts around half way through the marathon. Now it had arrived. I was suddenly weak, dizzy, nauseous, and could barely run. It looked like all the hard work – frigid winter long runs, 100 mile bike rides, early morning swims, yoga sessions – was about to go out the window. I hung on until I got to the next aid station where I desperately stuffed a handful of pretzels into my mouth, followed by cups of water and Gatorade, and a salt tablet I bummed from another athlete.

It all started a year earlier when I made the snap decision to sign up for Ironman USA (2.4 mile swim, 112 mile bike, 26.2 mile run) in Lake Placid, NY. I was sitting at work surfing the web instead of seeing patients when I called Heather, "I just signed up for the Ironman. There are only a few hours left to get your name in before it fills up!" Without reflecting, she duplicated my reckless act of a moment earlier, and we were both slated to compete in this 140.6 mile ordeal.

"So, you are doing this ……..why?" asked my mother-in-law, Donna. I spared her the social anthropological explanation of the human need for a periodic sojourn involving severe hardship coupled with an uncertain outcome – made all the more acute by our convenience culture - and just shrugged while looking over at Heather hoping she would have a good answer. "If she dies, I'm holding you responsible." Donna quipped.

The Swim

After a 4 am tall pancake stack, a banana, OJ, 2 GUs (a liquid power bar), a PB&J, Gatorade – hmmmmm! - and 2 cups of coffee, we made our way to the start line. For several days before the event, I had stomach butterflies. As we got closer, the butterflies became B52s. Heather and I gave each other a hug and a kiss and made our way into the water. r

Treading water with 2000 other athletes, waiting to do the biggest race of your life, while a helicopter flies overhead and thousands of spectators buzz is worth the price of admission right there. BOOM! It's time to paddle! The moshpit, er, swim, makes two laps around the lake. Nothing can prepare you for an hour-plus of continuous contact with feet, bodies and arms. The upside is that 2000 swimmers create a vortex of sorts and you just try to keep a steady effort, while riding the current. And….yes! I'm out of the drink in 1:02, a very solid 1st leg for me. The gauntlet to the bikes is incredible: Tour de France-like crowds and U2's 'Vertigo' blasting behind the megaphone while you run over carpet. Maybe the day's finest moment.

The Bike

I spent the 6 hours on the bike alternately drinking, eating, and imagining the carnage that would surely ensue as I tried to run a full marathon afterwards…oh, and occasionally answering nature's call – while maintaining forward movement!. The later miles became difficult as the wind, sun, heat and fatigue began to mount a serious challenge to my resolve. Nonetheless, I stuck to my plan to be patient, ride conservatively, and hydrate/eat relentlessly. After nearly all of the 3100 feet of climbing and 112 miles were

Running the Business

By Sadie Fischesser

There is something exciting about traveling to a new place and setting out on a run to explore the local neighborhood. Because you're not zooming by in a car, you get to explore at a leisurely pace, choosing where to go, making the adventure a sweet one. You can set out in the early morning one day, or in the middle of the afternoon the next, because you are on your own time.

When you are traveling for business, though, it can be a different story. You might be somewhere lovely to visit—or you might wonder why anyone would want to live and do business here. You might have a couple of hours in the morning or evening to yourself, or you might be squeezing your run into a 15-hour work day.

Since I have been doing a bit of business travel over the past few months, I thought I'd pass on some of my lessons to those who might also be doing some business-related travel. Not rocket science, just some humble suggestions for making sure you don't miss a step when traveling for business more than pleasure:

1. Check your list twice—There is nothing worse than squeezing in time for a run only to discover that you have two wicking shirts and zero pairs of running shorts or pants. I haven't found a hotel yet that includes running shorts in the offer to help you if you "Forget something?" Getting a new outfit can be expensive and/or frustrating; by the time you get neneeded items, you have inevitably used up all the time you had to take that run in the first place. And any time of year, traveling around the country can be an unexpect- edly dark proposition in the morning or in the evening; always throw in at least one piece of reflective clothing.

2. Make a friend—Sometimes a business associate might be willing to set out for a with you. This can be a good way to get to know a colleague and a great way to get a safe running route. If none of your business pals run, use the knowledge of the front desk staff or concierge to help you plan a safe running route.

3. Be skeptical—You might check the hotel website before your trip and be dazzled by special features like an onsite jogging track. Your mind starts to wander as you imagine a jog around the track, some sprints, then a nice trip to the sauna. Don't believe the hype. Unless you like running up to 11 laps per mile and pounding your knees (sometimes said track is merely green outdoor carpeting over a concrete oval) you might want to go in a different direction.

4. Indulge in something different—Since I have let my gym membership lapse, I don't have as many opportunities to use machines for cross-training. It can be a fun change of pace to use the workout room if your hotel offers elliptical machines or the like. My favorite cross-training opportunity, however, is the pool. The extra facilities can make working out a treat.

5. Mix it up—If running is the best or most necessary option, especially when training for a big race, be flexible and creative. Think of your training plan in one- or two-week chunks so you are not as stressed about getting in a particular run of a certain length on a specific day. You might not have the time or energy for that 14 mile tempo run. But, you might have discovered a hill one morning that would work for a compact and intense workout of hill repeats the next day. Once you are home, you can pick up your long runs on familiar ground.

6. Look to the sky—You should definitely check the web for up-to-date weather forecasts. If discovering you have inadequate gear is disappointing, equally frustrating is discovering that you have completely inappropriate clothes for the climate. I have been on plenty of trips where the weather has been "unseasonable" in either direction. Web forecasts are usually pretty reliable.

7. Log on—Another value of the web is that you can hook up with the local running scene. Some local running clubs have information about races, fun runs you can join, or suggestions for scenic routes. If you are traveling to a big city, the tourism website can be a good resource under "sports and recreation." Runner's World has been publishing running reviews and information about major cities in their magazine and their website has a travel channel. It doesn't take long to gather a bit of information that can save you a lot of time once you're on the ground.

(Young SMAC Runners, from page 1)

57th. in 15:46 brought an end to the raging river of SMAC runners to cross the finish line. We finished as the fifth team, ahead of last year' division champion and most of the 120 boys in the race.

Last, but certainly not least, was the girls "intermediate" division, for girls fifteen and sixteen. Our lone runner goes by the name of Erica Belanger, who finished 26th. (out of 35) with a time of 23:35 for the 5km. course.

This ended the season for most of us, but check out Anna Reid's December 10 run at the National Championships, also held at Bryant College (See page 11).

for more information on the JO's, see:
http://www.usatfne.org/cross/results/05-11-19-ne-jo.html
and: ***http://www.usatf.org/events/2005/USATFJuniorOlympicXCChampionships/schedule.asp***

Editor's Note: *This year's running of the Don Maynard Memorial Five Mile Race witnessed some great competition, with a new course finishing up on Greenfield's newly opened bike path. However, the race's awards of scholarships for student essays on about sportsmanship is less known. This year's winners, both from Frontier Regional H.S. are printed here.*

Don Maynard Memorial Scholarship Essay

By Erin C. Parker

I feel like my legs are going to fall off. I can barely breathe fast enough to keep up with the amount of oxygen that my body is asking for. My hand has been gripping my field hockey stick for so long that I think I will have to have someone help me pry it off. My other hand is wet from desperately trying to wipe the steam off the inside of my goggles, but I know it is no use. I know the only way to keep them from fogging is to keep running. So I keep running.

I look up at the scoreboard. We are tied in overtime at the state final game, only a couple minutes into it. The ball is being moved towards my side of the field. "Get in a passing lane, " I tell myself. I call for the ball because I want to be the one with it on my stick. I know that if I gather up enough energy to get the ball down the field this one time, it could result in a goal and a state title. Bringing the ball up the left wing, I dodge a defender and accelerate. "Use your speed," I remind myself. Then, I realize, I am not alone. I see my center forward out of the corner of my eye. I give her the ball and run as fast as I can to get up field to be in scoring position. I look down to make sure my legs are still there because I can't feel them anymore.

Now I am riding in the back seat of the bus on the way home from our game. I look around and see smiling faces, balloons, flowers, singing, cheering, and a three pound bag of popcorn that is being passed from player to player. I have never, in my life, been so content and so proud to be a part of something as I am right now.

We lost that game on a penalty stroke. Mine were tears of sorrow and joy, but the sorrow was only because I knew I would never have the chance to play with these girls again. My joy was rooted in the satisfaction that we gave it our all, left everything out on the field, and that I had made a second family. The only way to describe the event was bittersweet.

My field hockey team made me realize the value of hard work, and in turn, made me appreciate what it takes to win. True sportsmanship not only requires saying 'good game' and shaking hands, but also appreciating the hard work and skill it took for your opponent to earn that win. It is a rare, but important trait for a high school athlete to be able to respect another team for beating them. I have learned that it is much more valuable learning from your mistakes than to point blame for a loss. When we lost that state final game this past fall, no one on our team uttered a word of contempt for the opposing team. We respected their program and how much work it must have taken to attain so much skill. I feel that as one of five team captains, we did well in teaching our team the meaning of sportsmanship. One of the local newspapers asked my teammate how she felt after the game, and she responded, "I am happy for them." I knew she genuinely meant it. My pride did not stop at the impressive nature of our 18-2-2 record. I am proud of the humility with which we won and in our final game's case, the sportsmanship we displayed when we lost. Sportsmanship is about respecting your opponent, win or lose. Your opponent isn't always an athlete from another school, however; it could be a classmate, a co-worker, or even a stranger. I have learned that regardless of the opponent or the challenge, when faced with a situation that requires competition, a true sportsman is humble. So, when I hear the winners of this scholarship, you can be sure that I will place them in high regard as not only solid athletes, but also as students with admirable character because that is what this scholarship stands for.

I will be truIy honored if I am one of the student athletes to be recognized because I respect the character that Don Maynard believed in and the effort that others have made to keep his memory and commitment alive. Thank you for this opportunity.

Ned Overend, the former World Mountain Bike Champion from Colorado who placed fou h overall in the Mt. Washington Bicycle Hillclimb this year on his 50th birthday, made the point really well after that race. Overend doesn't think about winning his age group; he thinks about winning outright. For him, the important distinction is, "I race just as hard; I just can't do it as often." Overend's physical condition and athletic talent are extraordinary, but his attitude is exemplary. Take longer to recover, but don't be afraid to push really hard sometimes.

Which brings me to one further point about speed – one I'm guessing you may have discovered too: There's a difference between how fast you think you can run and how fast you really can run, and usually the latter is faster than the former.

Look at soccer players. I play soccer with guys I believe I can beat in a five-mile road race, but almost all of them can get to the ball faster than I can. Part of the difference is fast-twitch muscles, explosive speed, things I don't have. But part of it, I am certain, is mental, and soccer develops mental speed really well. You don't have to hang on for another 170 yards to beat someone in a soccer game; you have to step sooner, faster, over a distance of maybe 20 feet. It seems to me you have to think: "Step faster; no, faster than that," and the thought itself has to occur at a higher speed than normal. Good athletes can think this way. You don't have to be that kind of good athlete to be a good marathoner, and so running is less likely to develop this kind of mentally-boosted speed. Or so it seems to me, anyway.

I don't think running short, quick repeats will develop this skill to the fullest extent. You can hammer on those intervals, gut out the final 50 yards, but still not run as fast as your body really can run. At some moments, though, you can surprise yourself. You run an interval faster than you thought you could. In a road race, someone passes you with 20 yards to go, while you think you are running as hard as you can, but somehow you find that you actually have a higher gear, and suddenly it works, and you re-pass that other person.

What I'm doing here, and it certainly is self-indulgent, is publicly giving advice to myself. But perhaps a bit of the above will resonate with someone else.

Accumulate all these thoughts, I tell myself, and I will somehow find, however small, a significant extra bit of speed somewhere. Find it, and push to find it again a few days later, and again, and again. University of Oregon coach Bill Dellinger called this aspect of training callusing, as in developing a callus on a part of your body that gets a lot of repeated wear and so gets tougher.

Of course, improving your running is not a matter of isolating one element. Drink coffee to run faster. Run faster by doing upper-body strength training. Shorten/ Lengthen your stride to run more comfortably. You've seen the articles -- heck, you let yourself read this one. But the single-topic piece of advice needs to fit into the whole picture: diet, sleep, rest, variety of exercise, callusing, goal-setting, etc.

And here comes the beautiful symmetry of living well and running well: You can approach all these areas of your life with the same approach I'm talking about in finding speed, namely, the recognition that there's a difference between what you're accustomed to thinking you can do and what you really can do.

It may require some concentration. Just remember Ned Overend, and spread the moments of serious concentration out carefully between periods of rest and recovery.

For reults from the Mayor's Chocolate Run, see:
http://www.coolrunning.com/results/05/ma/Dec3_MayorH_4_set1.shtml

The SUN welcomes your submissions!

Our deadline for the next issue is February 28.
Any and all submissions are welcome and will be given full consideration.

I'm Not Joanie

by Jeannie LaPierre

I'm heavier, taller, and slower. My version of fast is relative. I own a few gold medals but the U.S. Treasury wouldn't give me two cents for them. So why did I feel like an Olympian as I trotted alone along the Beach to Beacon race route in Cape Elizabeth, Maine recently?

"Not Joanie," Jeannie (with Mark Mazzola)

I was born in Portland in the 1950's. From our apartment flat, a twenty-minute drive in the blue Ford with the dangerously pointed fins glided our family to Two Lights State Park. For supper, we'd buy Italian sandwiches wrapped twice in waxed paper and secured with elastic bands. The coastline is sharp and jagged at Two Lights, ideal for fishing periwinkles from their warm pools and tossing rocks. We'd eat our supper and watch the gulls swoop and dive overhead. But, little did I realize that Joan Benoit lived nearby and later in her career would help originate the Beach to Beacon race.

I'm sure we had similar interests. Like me, she probably rode the Merry Go Round at Old Orchard Beach amusement park. Perhaps she picnicked at Sebago Lake under the pine trees. Did she eat baloney sandwiches spread with mustard and sprinkled with a fine film of sand like me? Maybe in winter, we sledded down the same hills in our snowsuits and red rubber boots then lumbered back up side by side. Never could I have dreamed that one day I'd be an athlete like Joanie.

Thirty years later, I'm cruising the dusty carriage roads at Acadia National Park. Diamond-dappled ocean twinkles on one side and scraggly scrub woods border the other. I pause to absorb the view, the pregnant autumn ready to give birth to a wild winter. The trees twinkle with waxy color; muted yellows, rusty reds, not quite ready to go greens. I'm in a trance and don't yet notice the woman in hiking shorts and sneakers staring intently at my face. I adjust my cap then roll my eyes toward her gaze.

"Are you Joan Samuelson?" she asks. She looks quite serious.

Like the moment the alarm clock shakes you awake, my mind whizzes and chugs. I want to say, "Yes, that's me!" Ten years ago, I wore my hair short. I'm a Mainer, a woman of French heritage, and run but not quite like her. Yes, I've competed in marathons including Boston and even won a few races. Besides staying fit and working towards our goals, we've dealt with injury, disappointment, and aging. When we began running in the seventies it was rare to see a woman striding the streets. With other female pioneers, Joan's Olympic marathon victory forged a new path for women like me. Still, it's the human dimension that makes us alike.

When life delivers surprises like September 11th, natural disasters or even family illness, running drops down a few notches on the priority list. That's when I realize that happiness and satisfaction come in many forms. I savor the tangy tomato sandwich that much more when the fruit is harvested from my garden. Our Maine Coon cat Baxter brightens a dark day like lobster dipped in butter. And snuggling with my nephew is a memory worth more than any trophy.

Together Joan and I have trudged up Mt. Washington in the annual road race and though she was above me in the clouds, I felt her presence. We've run through a wet blanket of fog at the Bar Harbor Half Marathon in the same age group where she bested my time by more than twenty minutes. Though we've run together, she didn't even know I was there. I was just a bit behind.

"Are you Joan Samuelson?" the woman asks. The scenarios flash across my mental movie screen. I shake my head "No" as a smirk appears on my face. I don't elaborate. No, I'm not Joanie, I'm Jeannie and someday, maybe she'll wonder about me when asked, "Are you Jeannie?" We're more alike than you may think.

Covered Bridge Classic

By Ben Bensen (with words pilfered from Race Director Andy Jaffe's press release)

This great event was held on a brilliant and warm October 2, finally including the Burkeville bridge itself as the course start. Race Director Andy Jaffe had laid out a new (and better) course, but hometown standout Leigh Schmitt still owned the race, finishing in 36:26, ahead of second-place Donald Pacher by nearly a minute and a half. Molly Yazwinski was the first woman (42:05; 11th. overall). Richard Larson was first in over 50 (and third overall, 38:10) while Michael Hoberman won the 40-49 group (4th., 39:04). First woman over 50 was Conway's Jackie Choate in 58:24 (61st overall), while Hadley (and SMAC)'s Dave Martula won the over-60 division in 49:28 (32nd overall). 14-year-old Ben Goldsher of Conway (last year's kids' race winner and this year's youngest 10K finisher) edged out running legend John Stifler for 48th place in 52:51.

A whole bunch of SMAC people finished among the eighty-five completing the course, which would up in front of the Field Library.. Notably, there was a three-way tie for 82nd. place between 60+ division co-champions Marga Coler (at 75 the most senior finisher) and Vera Schwartz, along with Alyn Thayer, who shared a time of 2.03:00. Jaffe's eleven year-old son Marty won the 1.2 mile kids event in 8:05.

Leigh Schmitt finishing all alone at Conway - it's OK, though; he trains alone too! (Photo by Bette Schmitt)

RESULTS: Categories: Open (O); 40-49 (M); 50-59 (V 50-59 (V); 60+ (S); F after each subscript = Female

Name/Category:	Time:
1 Leigh Schmitt (O)	36:26
2 Donald Pacher (O)	37:52
4 Derek Beard (O)	38:10
5 Michael Hoberman (M)	39:04
6 Willmore Paulding (O)	39:06
7 James Douglas (M)	39:23
8 Michael Townsley (O)	41:02
9 John Dent (V)	41:31
10 Dick Easton (V)	41:44
11 Molly Yazwinski (F/O)	42:05
12 Ted Grab (V)	42:10
13 Sean LePouttre (O)	42:34
14 John Carey (O)	42:54
15 Rich Caracciolo (M)	43:04
16 Ed Buckley (M)	43:19
17 David Rice (M)	44:33
18 Carrie Stone (F/O)	44:38
19 James Farrick (M)	44:48
20 Mark Powers (V)	44:54
21 Keith Burgoyne (O)	45:23
22 Ben Bensen (V)	45:43
23 Randy Zucco (O)	46:02
24 Laurie Herrick (M/F)	46:57
25 Phil Korman (M)	47:18
26 David Aronson (V)	48:00
27 Amy Louise Pfeffer (M/F)	48:17
28 Kathy Lebeau (O/F)	48:19
29 Patrick Moriarty (M)	48:40
30 Sarah Clark (O/F)	49:01
31 Darryl Delisle (M)	49:15
32 Dave Martula (S)	49:28
33 Ted Hale (V)	49:34
34 Jesse Komnel-Bernstein (O)	50:35
35 Michael Viver (M)	50:39
36 Ira Band (M)	50:41
37 Jodi McIntyre (O/F)	50:59
38 Daniel Bensen (O)	51:06
39 Amanda Dettmer (O/F)	51:06
40 Matt Howell (M)	51:31
41 Mike Duffy (V)	51:37
42 Matt Law (O)	51:49
43 Satu Zoller (O/F)	51:50
44 Bob Massaro (V)	51:54
45 Carlin Chandler (O/F)	52:13
46 Richard Chandler (O)	52:36
47 Anna Doherty (O/F)	52:43
48 Benjamin Goldsher (O) Youngest finisher (14)	52:51
49 John Stifler (V)	52:53
50 Fred Klich (M)	53:00
51 Adele McCarthy (O/F)	53:45
52 Emily Blanchard (O/F)	53:45
53 Stephen Penna (M)	53:57
54 Taigdh Buckley (O)	54:07
55 Lisa Schmitt (O/F)	54:24
56 Don Grant (S)	54:37
57 Sarah Newman (M/F)	54:42
58 Rena Sumner (M/F)	54:56
59 Anthony Rice (V)	55:29
60 Jim Goethals (M)	56:17
61 Jackie Choate (V/F)	58:24
62 Tara Swinchatt (M/F)	58:55
63 Amy Coulthard (O/F)	59:20
64 Anne Walton (M/F)	59:29
65 James Cleary (M)	59:41
66 Stephanie Pouliot (O/F)	59:59
67 Janet Nelke (V/F)	60:45
68 Linda Allis (V/F)	61:04
69 Betsey Potter (M/F)	61:10
70 Kate Stephens (O/F)	61:57
71 Paul Peelle (V)	62:10
72 Barbara Connell (M/F)	62:12
73 Williams Meese (V)	62:37
74 Matt Glogowski (O)	65:01
75 Kristen Pohlman (F/O)	65:58
76 Kris Kozuch (M/F)	66:30
77 Tony Pulliam (M)	67:41
78 Deborah Pulliam (M/F)	67:42
79 Katie McDermott (O/F)	68:56
80 Gisele Litalien (M/F)	71:02
81 Elaine Buckley (V/F)	73:41
82-3 Way Tie: Marga Coler (S/F); Vera Schwartz (S/F); Alyn Thayer (V):	2:03 (123:00)

Thoughts About Speed and Hot Chocolate

By John Stifler

Running the Mayor's Hot Chocolate Run in Northampton this December got me thinking a lot about speed. And how I don't have much of it.

Do you ever judge your performance in a race by comparing how many people you pass, after the first half-mile or so, to how many pass you? Or how far into the race you get before no one else passes you? In the Hot Chocolate Run, I was talking to Kelli Lusk right before the starting command, so I was casually standing almost at the front of the pack. Naturally, then, I was going to get passed by a lot of people, but I figured they'd all pass me in an initial burst, and then I'd settle into the race and carry on my usual practice of trying to stay ahead of the people behind me while also trying to pick off one or two runners up ahead.

Ha! In the next three miles, I was passed by about 300 runners, while I passed exactly three. At one point my friend Lou Moore trotted past. We ran side-by-side for a moment, chatting briefly about how we were feeling these days. "I'm in running shape," said Lou. "Not racing shape, just running shape." "Racing is relative," I said. "If I'm trying to beat Don Grant, I'm racing. If I'm not, I'm not." (Thanks, Don. No one has inspired me more.) Lou chuckled politely and trotted on ahead.

I used to be faster than average. Not spectacularly faster than average; just faster than, oh, maybe 65 or 70 per cent of my college classmates. When I started running road races, where conditioning and endurance, not just speed, were determinants of success, I sometimes would beat 90% of the field. Lately it's more like 35%. True, I'm 59, and any fast-twitch muscles I ever had are probably now as feeble as overcooked spaghetti. But I do keep running five days a week, and other people who run as much as I do seem not to be slowing down so much.

Some of it is metabolic, I'm sure. Eight years ago, I lost a whole lot of speed – I mean mean, like, two minutes a mile -- in a period of less than six months. The reasons, so far as I can tell, included taking a holistic-medicine treatment to rid my body of some parasites the alternative healer was convinced (probably correctly) had been in my system for 30 years or more. Now I'm slower, and heavier, but the healer says I'm in better health. Hmm. Still, I wondered whether or not the difference in speed might really be that I was just slacking off. Workouts never really left me feeling drained any more; just sluggish. I tried to figure out how to run harder.

Arthur Lydiard used to say, "Whenever you start doing anaerobic training, your body stops building its aerobic base." In other words, don't do speed work until you've really logged the long steady miles, built the cardiovascular reserves, gotten your resting pulse 'way down, like that.

Others disagree. Sidney Letendre said to me, with the authority of a fourth-grade teacher instructing a thoughtless nine-year-old, "You can't neglect your speedwork!" So castigated, I decided Sidney probably was right, and I ran some intervals and repeats. In one excellent workout on the Smith College indoor track, I ran eight 200-meter repeats, really stretching the stride out, pumping the arms hard but mindful of keeping form, feeling the sweat pour out, pushing to the limit.

This, I thought, is more like it. Then I checked my watch again, did the math, and arrived at a further realization: I had just finished running 200 meters, all out … at a pace that, 20 years earlier, I had carried on for an ENTIRE MARATHON.

"You can't think that way," said one friend, and then another and another, and of course these friends are right. Time is relative. The idea is not to pursue some foolish attempt to recapture a different level of physical existence; the idea is to be faster than I was last week, and to be faster because I've had the patience to work carefully, throwing one really hard workout into each week's mix.

The Meaning of Sportsmanship

By Brandon D'Antonio

I learned about sportsmanship at a very early age from my grandmother, Charlotte Robinson. She was a physical education teacher and coach for more than 30 years. She wasn't a "winning" coach. She thought it was more important that her students learn certain skills, enjoy playing a game, (whether they won or lost) and most importantly, she thought it was only fair that everyone had a chance to play, no matter how talented they were. She wasn't a pushover, she certainly expected everyone to do their best. And she wasn't a gentle coach. She didn't spend her time soothing you or coddling you if things didn't go your way. She yelled and screamed sometimes, just like a lot of coaches do, but underneath, you knew that she really was there for you, cheering you on, encouraging you, making you want to do your best. Her philosophy was that no matter what you do, whether it is in sports or in life, the key is to practice over and over again until you get really good at what you do.

Good sportsmanship means playing fair. It means doing your best and exhibiting good behavior. It means working hard, learning from your mistakes and following the rules of the game. Good sportsmanship means having a good attitude, even if you are losing. It means being humble when you win, not gloating and showing off. Good sportsmanship means treating your teammates, your opponents, your coaches and the officials refereeing the games with courtesy and respect. It means having fun, and understanding that playing fair is more important than winning. Good sportsmanship means expecting the best of yourself, and then putting your best foot forward. It means being kind and considerate.

I also learned about good sportsmanship from my coaches, through the years. I, myself, have never been a "standout" athlete, or particularly talented at sports. I was a late bloomer and in sports, this can be devastating to a child, but thanks to great coaches, I was always encouraged to have fun and do my best.

Sportsmanship is important not only in sports, but also in life. In life, no, matter what you do, the same rules apply. It is important to play fair, and to have a good attitude, and to treat others with respect and courtesy. It's important to reach out your hand to help others, whether they are on your team or not. In life, sportsmanship means working hard, giving of yourself, playing by the rules and learning from your mistakes. It means having a good attitude, even when things aren't going your way. It means enjoying life to the fullest. When you play fair, and play by the rules, you are going to enjoy the experience, and people will enjoy their interaction with you, no matter if it is playing some type of sport or a game of cards, or selling a car to someone. Everyone loves a winner, but everyone really respects a good sportsman.

For results of the Maynard Race itself, see:
http://www.coolrunning.com/results/05/ma/Sep24_DonMay_set1.shtml

Reid Runs in JO National Meet

By Ben Bensen (chanelling David Belcher)

Conditions at the USATF New England qualifier on November 19th. were near-perfect for Anna Reid (left, #240), who ran the 3km. "midget" division course in 12:00, finishing seventh. With eight inches of snow on the ground, the December 10 championship race onthe same course was "totally surreal," according to Anna's father Bob, who saw "more grabbing and fighting than most hockey games." One competitor even lost her shoe, but ran on anyhow. So Anna's 99th. (out of 263) place finish in 14:01 was very very cool indeed!

Talking Turkey 2005

by Sue Grant

Snow, ice, muddy paths crowded with nearly a thousand runners, and the inspiring music of a kiltie band's bagpipes skirling through the air: this was the 27th running of the Holyoke Talking Turkey 6-mile race on Saturday, November 26th. The start was jammed as we ran along the south side of the Ashley Reservoir, following one another through several partly-frozen puddles where most of us got our feet soaked. But running hard warms you up fast (and made some of us regret wearing tights). We pelted along under the tall pines and across the narrow causeways, lined with applauding spectators. The causeways give running at the Ashley Reservoir its special charm: you feel as if by magic you're able to run on top of the water. And the spectators, cheering everyone on, boosted everyone's spirits.

Despite the slippery footing, the male winner, Nate Jenkins, broke the old course record in a time of 29:00, and the first woman, Nicole Kulikov Hagobi, broke the previous women's course record by nearly the same margin in 33:39.

Several SMACers did well: Ross Krause finished in 35:19 for 19th place, Richard Clark, 36:57; Jeff Folts ran 40:00, and Lynelle Russell did 53:02. Other club members include: Jim Plaza, 41:29; Chuck Adams, 41:43; John Tibberwick, 44:37; Donna Utakis, 45:51; Dave Martula, 45:54; Bruce Kurtz, l hr. 24 minutes. Bill Russell and Dick Borden, both just getting back into racing this distance after long layoffs, ran 46:33 and 1.40:33, respectively.

Don and I finished close together – he beat me by ten seconds in 52:58, but my time of 53:08 was good enough for first place in the women's 60 – 69 bracket. Abundant food, music, a 50 – 50 raffle, and the chance to chat with lots of other area runners (and to buy an autographed copy of Tommy Leonard's biography - he's the man who started this race, as well as the Falmouth Road Race) allowed all of us to warm up and enjoy ourselves afterward.

for complete results, see:
http://www.coolrunning.com/results/05/ma/Nov26_27thAn_set1.shtml

Northfield Challenge Race Celebrates Youthfulness

By Dave Belcher

Bruce Springsteen's classic song "Glory Days" remembers how great we all were when we were young, even as it laments the loss of innocence and ability that come with age. Well, thanks to the Northfield Challenge, local runners can now risk reliving their youth. Race director Jim Clayton opens up the Western Mass 5K cross country championship course at Northfield Mountain Recreation Center for all comers following the last high school championship race. Given the pitch of the opening half-mile climb, only intrepid runners need apply.

This year's starting line was crowded with nearly 150 runners of all ages. There were young runners looking forward to many future years on the course as high schoolers, high school junior varsity runners who were hoping to put down fast times to compare to the varsity teammates, and adults of all ages and abilities hoping to excel or simply survive with some measure of dignity on the formidable course

This year's race was won by Chris Tierney, a former Agawam High standout now running for one-time GSH speedster Marty Owens, his coach at Susquehanna University in 18:29. Chris was closely pursued around the mountain by SMAC's own Ross Krause, who finished just four seconds back. On the women's side, Meaghan Lass of Shutesbury was the winner in 23:23.

Perhaps Sawmill River Run race director Al Ladd gave the healthiest perspective when he pointed out that, despite being the last runner to the bottom of the first big uphill, he was far from the final runner across the line. Talk about aging gracefully!

for results, go to:
http://www.coolrunning.com/results/05/ma/Nov12_Northf_set1.shtml

Get a friend to Join SMAC!

behind me, I felt an extraordinary surge of energy, and began to really work the final dozen miles of the bike segment. Early apprehension was replaced by cautious optimism as I got off my bike and felt strong legs under me while jogging to drop off my bike. Bike split: 5:54, about 19 mph.

The Run

By now, the temperature was creeping into the mid-80s and the sun was blazing in a cloudless sky. My nutrition/hydration strategy remained intact, the plan now to meet all my needs through liquid only. The crowd support was amazing all day long, and it ratcheted up a notch for the run. We had an army of unruly supporters from home. I felt like a rock star running through town early in the marathon. Waves of euphoria overtook me as I realized my legs felt great and I was moving at just over 8 minute/mile pace. I was passing people by the dozen. Euphoria was compounded when I saw Heather on the run, looking fantastic.

Around mile eleven I found someone with a big shaker of sea salt (what in the world is in that stuff?). She dumped a bunch into my Gatorade cup and I swigged it down. 10 minutes later I had one of the finest moments of my quarter century of competitive running. Feeling unreasonably good, I came into town with thousands of ballistic folks cheering. At the center of town, cheers became deafening. The lead motorcycle came by me slowly, sirens flashing, and for a moment it was just me and the motorcycle. Time froze. The race leader came by. He was near the end of the second/final loop of his run. I had another half marathon to go, but still felt sky high.

I was dispatched back out of town with its wonderful crowds to run the second loop of the 26.2 miles. I realized I had run too fast in town and neglected to drink anything for a couple miles. I began to lose strength and feel horrible. How can my fortune shift so quickly? My great day was hanging in a precarious balance as I waited to find the next aid station. By then, the bottom was starting to fall out and I started visualizing walking the last 12-plus miles, dreams crumbling. The aid station came, I refilled my tank, and amazingly, began to feel better.

The run continued to be a series of good and bad patches. I thought "If feeling bad, just wait a few minutes until it passes. If feeling good,……" You get the idea. On the final 10K, my long time goal of breaking 11 hours consumed me. I fought hard to avoid slowing down. The final miles destroyed the 11 hour goal with two steep, medium sized hills. I didn't care. I was floating toward home.

As I entered the Lake Placid Olympic oval for my last mileage, I could almost hear TV sports announcer Al Michaels' famous "Do you believe in miracles?" from the 1980 USA hockey victory over the Soviets, which happened just a stone's throw away at the Olympic Ice Rink. Incredulous and ecstatic to be done, I broke the tape in 11:03.

The Medical Tent

Heather also had a terrific day, coming across in 11:47. We had both run 3:57 marathons to close. Since before her port-a-potty collapse after getting 50th woman overall at the Boston Marathon in 2003, and her pneumomediastinum (air around the heart from a hole in the lung) in a 2004 half-ironman, she had a reputation for delivering in big races, and waiting until afterwards to avail herself of emergency medical services.

Delirious, she was escorted to the medical tent and put on a stretcher with her legs elevated and head flat. Blood pressure 80/50. Mother-in-law foremost in my mind, I thought "Please don't have a convulsion, or worse…" I suspended further bad thoughts as the IV fluids and nausea medicines started to flow. 45 minutes later, Heather was starting to feel better, save that her body temperature had plummeted and she needed to be wrapped in 5 blankets. Still, I dialed Donna's number and held the phone up to Heather's cheek. "We've finished, we both had great races and we're fine. Yup. Everything's fine. Yes, we're OK. I'm feeling fine," Heather calmly reported to her mother. I took the phone while our kids, Maela and Nick, staying with the in-laws, got on the line. Asked Maela, "Daddy, are you an Ironman?"

From the Editor

As Editor, I can subject you all to my own ideas, but (for this issue, at least) I won't. The letter below says more about SMAC, its history, and its impact on running, than most of our active members. Happy Holidays, everyone - Catch you *en route!*

Start your kids running early (like this one, caught while trying to enter the Dan Barry Race in Hatfield)!

Donna and other SMAC folks:

For some time I have been on your mailing list and I'm sure there have those who have wondered who Larry@QAComputer is since I never show up for meetings and I'm never at any road race. This mail is both an introduction and a goodbye.

For many years I have participated in the SMAC indoor and outdoor track series. I'm not your typical runner - I'm a Master sprinter. There was a time when the only sprint events I was aware of and participated in were the SMAC track series. When I aged-up into the 50+ Senior Games category I began to meet other Masters who enjoyed sprinting. Over the past 18 months, what started out as a virtual Masters community of sprinters on the web has grown into a USATF-sanctioned track club - Mass Velocity Track Club.

Recently we have acquired most of the Master sprinters who were members of the Merrimack Valley Striders and our ranks continue to grow with members from Connecticut to Maine. Our membership now includes nationally-ranked sprinters and hurdlers and includes Roger Pierce, the recent M60 World Champion in the 400m at San Sebastian, Spain. Everything about M.V.T.C. and its members can be found at ***www.MassVelocity.org****. I am also now a member of the Mass. Senior Games Board of Directors.*

As the founder and president of Mass Velocity, I appreciate the opportunity I've had to peer over your shoulder via inclusion on your mailing list. But it's probably time to take me off. After lurking there all this time I thought I should at least thank you for keeping me on, despite no apparent involvement on my part. I want to thank SMAC for all the hard work that goes into your all-comer meets and encourage you to keep them going. Without those all-comer meets years ago, Mass Velocity Track Club probably wouldn't exist today. On behalf of all the old guys and gals who run "Not Far - Just Fast" - thank you!

Happy Holidays,
Larry Libow, Mass Velocity Track Club

SMAC RUNNER OF THE ISSUE: Sam Kurtis
Age: 17
Town: Florence
School: Senior at Williston-Northampton School
SMAC member since: 2004
Local running/SMAC "claim to fame": Captain and #1 on Williston's Cross-Country team; contender at Community Gardens races; 5th. at the 2005 Ron Hebert Race.
Favorite Distance to Race/Run: 3000m and 5k
Favorite Place to Run: Around the Holyoke Reservoir off of Route 141
Favorite Author/Book: Any volume of Uncle John's Bathroom Reader
Favorite Movie or TV show: The Simpsons, Andy Richter Controls the Universe (R.I.P.)
Hobbies (besides running, of course!): Fishing
Favorite Spectator Sport: Boston Red Sox
Greatest Adventure: Adventures? I'm a sheltered child!
Favorite Vacation Destination: Block Island
Achievement of which you are most proud (running-related OR otherwise): In the course of four years, going from being such a bad runner that I wasn't allowed to be in my team picture (in retrospect, one of my coaches described my initial running style as looking like "an infant having a seizure") to captain of the same team and running a sub-17:00 5k.
Secret ambition: Running a marathon by the time I'm 25.

The SUN is a publication of the Sugarloaf Mountain Athletic Club (SMAC)
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Unless otherwise credited, photographs are by Ben Bensen
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sun@sugarloafmac.org
For more information about the club and membership information
please visit our website at:
www.sugarloafmac.org
or call Ron Hebert, Membership Secretary (413) 584-2917

It's not too soon!!

SMAC's ever-popular ten mile race (a great tune-up if you're planning to run Boston this Spring) is coming up! Send in this form or apply on-line.

Jones-Town & Country

10 MILE ROAD RACE

32nd Annual

CASH Prizes

February 26, 2006 1:00 p.m. Amherst, Mass

START
Race will start at 1:00 p.m. at the Amherst-Pelham Regional High School. See course map on the reverse side for details.

ENTRY FEES
The pre-entry fee is $18. Post-registration fee is $23 and number pick-up will be held at the Amherst-Pelham Regional Middle School on Chestnut Street.

LONG-SLEEVE SHIRTS
Long-sleeve shirts will be given to the first 400 registered entrants. (Extra shirts will be available on race day for $5.00 each.)

PRIZES
Cash Prizes for top three overall male and female finishers:
First place=$100 Second Place=$50 Third place=$25
Bonus Prizes: Course record = $300 Repeat winner = $25
Awards will be given to male and female winners in the following age-group categories:
15 & under, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69*, 70-79, 80 plus
*(Female 60-69 winner will receive Ilga Moore Award)

POST-RACE
Showers will be available at the Middle School. Post-race party will include food and refreshments.

DIRECTIONS
From East, West and South: take Mass Pike to exit 4, take 91 north to exit 19, go east (right) on Rt. 9 to Amherst center, go north (left) on South Pleasant Street and continue north on North Pleasant Street. Go past three stoplights, then take a right ont Chestnut Street. The Middle School is 0.4 miles on the left.
From the North: take 91 South to exit 20, take left at first set of lights to Damon Road, take left on Route 9 to Amherst (see rest above).

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SUGARLOAF MOUNTAIN ATHLETIC CLUB

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MORE INFO
For more info. contact Jim Plaza at (413) 530-3548, e-mail at peacefulrun@yahoo.com or check out the SMAC website at www.sugarloafmac.org

MAIL ENTRY FORM TO: SUGARLOAF MT. ATHLETIC CLUB, BOX 379, HADLEY, MA 01035
Make checks payable to SMAC

☐15&under ☐20-29 ☐40-49 ☐60-69 ☐80 plus
☐16-19 ☐30-39 ☐50-59 ☐70-79

Last Name _____ T-shirt size: ☐S ☐M ☐L ☐XL

First Name _____ Club _____

Address _____ Age (on 2/26/06) ____

City _____ State ____ Zip _____ Sex ____

WAIVER: In consideration of my entry being accepted, and the grant of permission for participation in the above named race, I for myself, my heirs, executors, administrator, and assigns, do hereby and with full knowledge of the consequences for this act, waive and release any and all rights and claims for personal injury or other loss or damange which may arise from said entry and/or participation in this race, against any and all sponsors, backers, supporters, and contributors to this race, including but not limited to the Town of Amherst, the landowners upon whose property the course is laid, the race directors, organizers, administrators, officials, and volunteers, and the business sponsors and promoters of this race. I also understand that there are no refunds regardless of the circumstances including a cancellation due to poor weather as directed by town officials. USATF New England and all of its officers and/or representatives shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.

Signature _____ Date: _____

Course map and more race information is available at:
http://www.sugarloafmac.org/SugarloafEvents/10Miler/index.html

This Spud's for You!

SMAC runners display their richly-deserved sacks of potatoes, earned from completing the ever-popular Hatfield Lions Club Dan Barry Memorial 5 Mile run on November 6th. (from left) Donna Utakis, Joan (not "Joanie") LaPierre, Mark Mazzola, Tom Davidson, Cathy Coutou, Chuck Adams and Jim Farrick.

and SMAC is too!

Sugarloaf's on a roll, with big plans for 2006!

Look inside for running stories and race reports, information about races, events, fun runs and more!

And don't forget: join club members at the Annual Meeting and pot luck brunch at the Amherst Women's Club on January 8! Runs start at 10:00a.m., (good) eating at 11:00a.m. and business at noon.

Be there!

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