



**Hot Fun in the Summertime!**

# The SUN 2010!

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By Mackenzie Gray  
The Mass Dash relay was held on the 17th and 18th of July to raise money for the Jimmy Fund and Dana Farber Cancer Institute. Over 39 teams raced 206 miles across Massachusetts starting with a harrowing climb up Mt. Greylock and finishing at UMASS Boston.

"The Dirty Dozen" cleaned up at the first ever Mass Dash relay across Massachusetts, finishing in under 24 hours; 23:35:33 to be exact (averaging 7:05 miles). Credit for this amazing race goes to Dig Safe, Zesty, Scumby, Rusty, Biggs, Figawi, Young Money, Shorty, Skinny, Sacagawea, Moose, and Time Warp.

**Mackenzie "Biggs" Gray** - Mass Dash Dirty Dozen team captain and runner #3. Mackenzie coaches at Minnechaug Regional High School as well as the SMAC youth indoor track program. He also officiates SMAC Youth Track summer outdoor meets in Amherst and Northampton. He has completed 5 marathons and can be found at various local races including a personal favorite, the Jones 10 Miler. Mackenzie's favorite part of the Mass Dash experience was the expressions and reactions of the fellow relay teams and officials who were amazed by the Dirty Dozen's speed and beauty as well as spending time with, and getting to know a fantastic group of runners.

**Madison "Figawi" Granger** - Mass Dash Dirty Dozen team runner #4. Madison is going into her Junior year at Belchertown High School where she competes in cross country, swimming, and outdoor track, holding the school's one mile, two mile, and 100 backstroke records. She was the winner of the girls' race at the SMAC-sponsored Northampton Mile this year. Madison frequently runs local races like the St. Patrick's Day 10k and the Rafters 5 Mile Race, which like the Mass Dash is a fundraiser for the Jimmy Fund, and competes in the SMAC indoor track meets. Her favorite part of the Mass Dash was watching the sunrise while running her last leg at 5 am.

**Dan "Skinny" Beauvais** - Mass Dash Dirty Dozen runner #11. Dan will be entering his junior year at Boston University in the fall, where he is studying biology. He attended West Springfield High School, where he ran cross country and indoor/outdoor track. He enjoys running and training for road races, and is currently training for the Hartford Marathon in October. Dan also volunteered for the SMAC Youth Track summer league. Dan's favorite part of Mass Dash was getting a chance to run in the Berkshires, central Mass, and Boston all in the same weekend.

## SMAC's "Dirty Dozen" in the Mass Dash Relay



*All done and proud to be there;  
the Dirty Dozen at the end of their run.  
(Submitted Photo)*

**(Continued on Page 8)**

## From The Editor

OK, it's vacation time, for those of you lucky enough to have one. And, as Mike Townsley told me "Vacations are a good thing!" Say no more? Well, I will. This piece is about trash and signs.

A thing I like about vacation is that you might get a chance to explore and appreciate more than usual. New routes can be as good as new workouts. Get out there; you just might see good stuff.

This summer I've tried to go off road, not so much trail running as exploring on roads which turn to dirt, or go nowhere, or both. On such long slow runs (some are long, most are slow) I "wonder" just where all the trash comes from. It's not us; we know that. We're better than that. And, not to be smug, we couldn't carry that much garbage to begin with. No, I know who's leaving that stuff out there: it's "them." Bad, littering non-runners, all of them.

Granted, I rarely even meet up with "them" on a run. I jump off the trail if a vehicle approaches, wave (perhaps) and almost never recognize anyone. Full eye contact? Not often. Besides, they come out in the evening, at party time, when you can't even see a trail. You know they've been there when you see their leavings... later.

On good days I find plenty of "nickels" to pick up en route, so that's a plus (though my altruistic collections usually don't go beyond returnables). On bad days I run across, or into, or through veritable dumps - bed frames, old refrigerators, uncategorizable trash... you name it. Unbelievable?!?

We've all found litter in places too remote to justify a trip. In Maine last month I found myself on what would have been a great "Old County Road" if it hadn't been for the dumps. Hardtop turned to dirt, then rocks, then less, and that's when they appeared. Ten or fifteen of them, deep in the woods. Furniture. Lobster traps! Fish guts! And so far from civilization! It must have been inconvenient to get there. Why bother? Who knows?

But remember, the people who spend too much time wandering around in great places - in vehicles - have at least some of the same instincts we do. They like the scenery. They like getting there. And their preferred mode of transportation keeps the pathways clear... for us. Remember that the next time you shake your head and tut, tut, tut. We all have a right to public spaces. It would, however, be nice if more folk appreciated that right and treated the great outdoors the way they should, and not as convenient facilities.

OK, speaking of access and rights, here's one sign I really do enjoy: "Road Closed for the Season."

Wow! That's a clear and intimidating notice, yes? But, is it real? I can think of at least three roads in Deerfield which display such signs, which I've systematically ignored, for several reasons. First of all: I'm running. I can jump ruts, dodge obstacles, even walk if I have to. The town's Highway Department will not be needed for me to safely navigate this highway. Second: there's never a witness when I head into the woods, because no one in my house runs with me. My wife's supportive (which I appreciate) but not a runner, and the dog's too old now to go very far. This leaves only yours truly to be mobile. So who's going to catch me? And third (my favorite): all these signs are permanent, posted year-round. No one ever takes them down. So, in the interests of full disclosure, just which "season" are we being warned about, anyhow?

I decline to press this issue; I just run past the signs. But along the way, whichever route I chose to follow, there are other signs as well. Less friendly, even more direct, more explicit. "No Trespassing!" OK, I'll stay on the road. "No Hunting, Fishing or Trapping." Well, I wasn't going to anyhow. "You Do Not Have Permission to Trespass Here!" That would be kind of redundant; isn't trespassing going on land without permission? "You Are Being Watched." Well, OK. In a post-9/11 world, that's likely. But by who? And what have I done wrong? Following a public path, however remote, isn't against the law, is it?

No. So the bottom line is: unmaintained roads may be hard on vehicles, but should be run on. Enjoy that knowledge, and treat all land and routes with appreciative respect.

### **The Sugarloaf SUN**

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## SMAC Profile: Learning to Fly

By Dave Belcher

For the past twenty years, I have served as the track and field coach at The Bement School in Deerfield. Our school's motto, loosely translated as "fly with your own wings," makes a great metaphor for the emergence of a ninth grade track rookie from Whately named Henry Colt.

Henry chose track in his final Bement year looking for something new and thinking - his father, George is an erstwhile 3:07 marathoner - that he might have decent genes. He also soon recognized that he had a couple of excellent role models to guide him. Though two years younger, teammate Allen Vance had already established his credentials with a win in the 2009 7th grade boys' race at the Massachusetts Middle School Cross Country Championships, and an appearance (representing SMAC) at the USATF Junior Olympic Nationals in Reno. And my son, Sam Belcher, the 2007 Bement record-holder at 1500m (4:37) and now a junior at Deerfield Academy, is a veteran of several JO campaigns himself. When Henry took off, Sam joined in.

Staying with Allen on easy long runs and track workouts was tough for Henry at first, but he found he could do it, trained hard with his new partner, and tasted success with a couple of early wins. When he ran 1500 in 4:51 at Eaglebrook we realized that Bement's record was within his reach. However, his times plateaued and he realized he wasn't being tough enough. He was learning that running your fastest has to hurt.

With his final races scheduled on slow tracks, Henry's record opportunities at 1500 were slipping away. A late-season scrimmage meet with Allen, Sam and some of his Deerfield teammates was hastily arranged, but Henry couldn't quite hold to Sam's pace, and struggled to maintain contact, falling three seconds short of the record. Still, he'd run a new personal best of 4:40.

That weekend, my wife Sue and I took Henry to spectate at the New Balance Twilight Meet at Bentley University, where Sam was to compete in the 5000. While watching the 1500, Henry took note of the efforts of another young runner, who ran an impressive 4:32.98 despite finishing dead last in a quality field of thirty-six runners. Speaking with him afterwards, Henry found that George Wright was an eighth grader, and that he was planning to race there again, in two weeks.

Back at school, we spoke about taking a final shot at the school record at that third Twilight Meet, which would fall on the last weekend before Henry's Bement graduation. He was willing to accept the very real possibility of finishing last, if he could just hang on with George and get the record. Know-



*Setting the pace, Sam Belcher leads Henry Colt, followed by Fred Quesada and Allen Vance.*

*(Photo by Ben Bensen)*

ing that the field would be very likely to go out fast, we just hoped that Henry could manage three solid laps, stay close enough to the pack to avoid becoming demoralized, and still have something left to finish. The key would be to not allow his pace to slow too much.

When the gun fired, Henry indeed suffered a brief overdose of adrenaline, but within half a lap settled into a sustainable pace and came through the opening 400m in 68 seconds. We all know that running too fast, too early is a sure strategy for running slowly later on (we've all probably been there!). But Henry seemed composed as I called out his first split. His second lap of 72 seconds put him well ahead of record pace, and although he struggled to keep contact with George on the third lap, his split of 75 meant he was still on target. Sam urged Henry on as he rounded the final turn and mustered a more than respectable kick. Though he crossed the finish line in last place and nearly two seconds behind George, the time on the clock read 4:29.6. This was all that mattered. As Henry later described his state of mind, he felt "really happy...and really tired." Satisfyingly, this effort hurt!

A quiet metamorphosis had been taking place all season: Henry was becoming a runner. He started to sneak in extra runs with his dad (unbeknownst to his coach!) and frequented running websites to scout out his opponents (It turns out that George Wright is the same age!). He joined SMAC and made plans to run in the USATF-New England from Whately Meet at Fitchburg. During two weeks of family vacation time **(Continued on Page 14)**

# A Good, Big Day at Holyoke's 35th St. Patrick's Day 10k

By Ben Bensen



Runners of tomorrow hit the streets at Holyoke in the race of the teeniest tots.

(Photo by Ben Bensen)

It's been a while since I've run Holyoke, but it tends to get bigger and better every year regardless. I can remember when the organizers were trying to attract 3000 entrants; this year there were more than 4800 finishers. Fast runners come and go, but this is a race that appeals to the elite, and Alene Reta truly chased the record, running a zippy 28:55, less than half a minute off the pace. In 29th, the seemingly ageless Bill Dixon ran a 37:01, and all sorts of others ran well on a clean, clear, nearly hot day. Good crowds can do that to you, and you'd have a hard time beating the St. Pat's crowd.

## A few Sturdy SMACers More Than Show Up at the Olesaks

Good SMAC friend Rob Landry of Ludlow won this year's Olesak Half Marathon in 1:18:15 (the record's 1:08 & change), comfortably ahead of the rest of the field. A traditional tune-up for Boston which often sees more SMAC activity, the race was overcast and cool, and most agreed that it was an ideal day for racing. Richard Larsen of Shelburne was SMAC's best finisher, running longer than he usually does and capturing 13th place in 1:25:12. Jeff Hansen took 22nd (1:28:27), Karin George 43rd (1:33:56), Bob Prentiss 48th (1:35:04) and Larry Sherman 53rd (1:36:32). Other SMAC finishers were Tom Davidson (58th; 1:37:35), Becky Shattuck (133rd; 1:48:06) Mark Dean (163rd; 1:51:31), Steve Shattuck (169th; 1:52:25), Shanna Burke (176th; 1:53:17), and Dawn Striker (205th; 1:57:45), all in a field of 338 finishers.

Even fewer SMAC stalwarts ran in the 5k; to be exact, just one. Don Grant, clearly pumped for the start of his Tuesday NoHo5k series, ran 84th out of 160 finishers in a time of 30:37.

For SMAC, apparently, it wasn't such a big day, but it's hard to know. En route to a strong Boston run, Aaron Stone appears to have been our top finisher (96th; 39:54 - 91st in his age group), and Alison Belanger ran a sparkling 44:16 to finish 20th of 2170 in her open category (212th overall), with JoEllen Cameron nipping at her heels (215th) and 6th of 391 in the F40-49 bracket! Canny veteran Jeff Folts finished 219th overall and was 3rd of 97 in the 60-69 group (44:37), and Sidney Letendre, just eleven seconds behind him, was 2nd of 144 in her F50-59 subset (228th; 44:48)! And Shanna Burke ran it further back (1473rd; 53:50), but remember: there were 4848 finishers, and the last took four times as long as the winner!

The set-up and organization of this event is impressive, and it should be, for all the organizational and financial wherewithal involved. Now, I admit that it would have been good for me to know that they'd changed (probably years ago) the starting time to 1:00pm, in part to accommodate the many short runs for youngsters and their families, but I like the numbers - for once. Finishing 353rd overall and one second behind fellow SMACer, Patrick Pezzati (who started further back and so effectively beat me by 45 seconds), I was still in the top 8% of all finishers. So much for my theory that a dutiful mid-packer does best when the race's field is small. You can prove (almost) anything with statistics!

While looking for my son I managed to lose my wallet, but good people at the Children's Museum called and mailed it back to me. Holyoke's OK!



Proud and happy at Westfield; Steve and Becky Shattuck share congratulations with Shanna Burke after running the Olesak Half on March 28.

(Submitted Photo)

## Under "New" Management, the Ron Hebert Race Runs On

One of the best long (eight miles, a challenging but non-standard distance these days) yet little races around, this race was Ron's own baby for thirty-eight years. Ron's still on the BOD, but, as his successor, Carol O'Brien promised, no race director's going to last as long at the helm of this race as he did. Now, however, the event has officially come under the SMAC umbrella, so it should be good to go for years to come.

For reasons difficult to explain, nearly seventy runners is a fairly good turnout if compared with the fields of recent years. And, although there can be good competition, the roads in Florence and Haydenville - though beautiful - are never, ever crowded. With crisp, clean weather lately and a 1:30 start, not to mention the most reasonable of entry fees, this event ought to be a must for locals not concentrating on their taper for Beantown. In fact, to avoid possible conflicts with other races and religious holidays, this year's race date was moved up to April 11. However, holding it so close to Boston may have resulted in a different kind of discouragement.

Also, it apparently ruined the fun some people used to have when you could run on the same day in the Olesak half marathon (at 11:00) in Westfield and then risk a ticket to be at the starting line in Florence for another eight\*. You'd have to have two very good sets of wheels! All things considered, though, this turnout wasn't bad.

Mark Mayall led all finishers in 44:52, but Jeff Hansen (3rd; 52:26), Sri Bodkhe (4th; 54:53), John Reino (6th; 56:12) and Ned James (9th; 57:08) made up a strong SMAC pack. First among the women, JoEllen Cameron was 7th in 56:25, chased by Karin George (8th; 56:50 and 1st F40-49), Ashley Krause (11th; 57:28 and 1st F30-39), and Kelly Anne McKeown, 15th in exactly one hour.

Richard Clark of Feeding Hills ran 12th in 57:48, and Chuck Adams (18th; 1:01:08), James Farrick (20th; 1:01:47) and Jim Plaza (22nd; 1:02:38) all ran strongly for the club, as did Patrick Pezzati (26th; 1:04:14). In 31st overall, Becky Shattuck (1:06:0858) was the 1st F50-59. Mike Duffy (33rd; 1:06:32), Shanna Burke (37th; 1:07:15) Mark Dean (39th; 1:08:0457), Steve Shattuck (50th; 1:12:05), Jodi McIntyre (51st; 1:12:11) and Sydney Henthorne (61st; 1:18:30) followed, with Ray Wenninger (63rd; 1:21:12), Cathy Coutu (67th; 1:25:54) and Don Grant (68th; 1:27:18) wrapping things up for the club. In all, 69 runners finished. And folks, lets have a big turnout for the 43rd Hebert Race!

*(\*Jeff Hansen - a certifiable beast if ever there was one - ups the ante by claiming to have run the twelve miles of the Seven Sisters course in the morning... but did anyone do it with him?)*

## Around, Behind and Over: the Cave Hill Classic

Be warned! At five miles long, the Cave Hill Classic is not like anything else in this neighborhood. There's no set entry fee, and much about the organization seems pretty casual. Still, people who run it take the event quite seriously; this year's winner had to average @5:40 miles, which many of us can't do on the flat, and up that hill! Phew!

Starting with chants and a crowd on level hardtop, the brutal course veers off onto a solid dirt road, then onto another, with more "variety" in terms of footing as well as altitude change. Then it rips through a grassy field and the last mile and a half are all uphill to the Peace Pagoda. If it feels like a regular road race you can be suckered into an unrealistic pace, and you will definitely pay when you hit the dirt road, and then the upgrade.

Yes, it's worth it at the top. The Pagoda is peaceful and impressive, and you definitely earn that feeling of satisfaction. Good burritos? Yes!

But first, you have to get there. Results from this year's event indicate that some did, but only barely, and at least ten of the finishers are nameless (Full results are on SMAC's website). What happened to those people? Who knows? Maybe they'll be back next year.

Among the local horses we do know, Leverett's Drew Best (28:14) was fittingly first, ahead of Matthew Clark (28:40) and Matt Shamey (28:57). Of the more nearly mortal, Mike Townsley (7th; 33:49), John Reino (15th; 37:09) and Ned James (19th; 37:36) all ran well under forty minutes. Not bad! And at 16th overall (37:11), JoEllen Cameron was the first woman to finish, with Ashley Krause (20th; 37:50) close behind. Patrick Pezzati (30th; 41:05), Jim Farrick (31st; 41:40), Jim Plaza (36th; 42:22), Mike Duffy (63rd; 46:04), Jodi McIntyre (67th; 46:58), John Stifler (78th; 48:23), Paul Peelle (98th; 51:43), Carol Trosset (120th; 56:20) and Don Grant (125th; 58:44) were other club members who competed - fully ten percent of the field!

## The Rafter's 5 Mile Classik

Maybe there just aren't many races out Pittsfield's way; Griffin Lipman seems to come in from Dalton on a regular basis to run well in the Happy Valley. More power to him; a 29:44 in April 25th's College Towne Classik put him a comfortable minute and a half ahead of Belchertown's Billy Wheeler, no slouch himself (31:15).

In 17th place overall, SMAC's Allison Belanger (34:59) was first among the F20-29 crowd. Mike Duffy (54th; 39:46) ran just ahead of Natasha Anderson (55th; 39:50), while John Stifler (94th; 44:51), Paul Peelle (97th; 45:25), Ray Wenninger (108th; 47:45) and Don Grant (123rd; 50:26) were among the 134 finishers.

## Three Hundred Mornings

By Jeannie LaPierre

He runs near the bike path here in Granby, CT. Today, I stopped and introduced myself suspecting who he was but not assuming. "I'm Bill," he said and shook my hand. He wore a visor cap, shading bright eyes. "Are you the famous Bill Tribou?" He shrugged. "Well, I don't know about the famous part, but yes." Though claiming many age group-wins, he is modest, an attribute of great athletes.

"My legs give out now so I walk and run," he told me. He explained that he "participates versus competes" these days. "I miss the competition though - you know when you pass someone?" I nodded, missing it myself. I mentioned that my racing career was on hold due to a sudden injury so I exercised as able.

Inquiring as to his age group, he replied, "I'm 89." He awaited my reaction. I wasn't dumbfounded but nearly. He holds the 80-89 year age group record at Manchester. He's targeting the 90-year age group but his birthday is in December, after the Thanksgiving Day race. He'll have to wait until he's closer to 91 to attempt it. He's 35 years my senior; I was impressed. Nearly 300 mornings have passed since the injury. I was glad that I could once again accept inspiration.

It used to be that I'd fall asleep figuring out my next day's running route. Perhaps a trail run, where the rocks and roots make you look and see them. Or maybe to East Hartland where I know every road contour and pothole. I'd ticked Mt. Washington off my racing "to-do" list, as well as the USATF Mountain Running Series, Boston, and races in far away places. But, it all changed when I suffered a high grade hamstring avulsion. Vague medical advice, lack of knowledge about the unusual injury and persistent pain skewed my reality. I'd love to use more colorful language in regards to the medical care but defer to my "good writing angel" who's telling me to keep it clean.

Those watercolor mornings with muted edges when the air is crisp and the world is quiet made my heart ache. So too, driving along favorite running routes and I had plenty; past the beaver dam through McLean Game Refuge or perhaps along Hungary Road, which bisects the swampy haunt of the blue herons. I relocated binders filled with racing data into a back closet and let my running magazine subscriptions lapse. Cruising on the fumes of hope, I finally succumbed to the reality of loss. The demons were at my door so I refocused on other matters like the deteriorating health of our two cats, Baxter from old age, Millie from lymphoma.

Research supported why my mood felt blue. Withdrawal from any habitual activity affects hormone levels. The body that exercises daily at a moderate to hard level begs for the next fix... When

it doesn't come, the mind reacts. Hope ebbed and flowed with the weather or a casual comment from a neighbor. "Oh, it'll all work out. Can't they just fix it?" she said with that happy face and good intentions. But why couldn't I cope as a mentally tough athlete?

Early on, for appearances, I'd rev up the engine, talk circuitously about the situation, and try to "move on" as some suggested. After all, I should be grateful that I wasn't worse off. I hate that word, "should". If not a runner, then who? Forty years is a long habit to break in a few months. Like some pop star, I needed to reinvent myself; dye my hair orange, get a few tats, join the Peace Corps, learn to make goat cheese. Through it all, I made an effort to ask for help. There was no point in simmering in my own bitter stew alone.

I received suggestions for doctors who could perform the unique and tricky surgery, if the situation came to that end, (Boston is the place). Others lent a neutral ear or phoned to chat about anything except running. Together they formed a safety net and kept me afloat. To non-athletes, this athletic lifestyle may seem narcissistic. In retrospect, my attitude and mood depended on that physical feel good energy only running can deliver. You can hide a drug habit, but you can't hide a running habit.

As Bill Tribou and I parted ways, I understood that both of us were managing what we still had to work with. When the going gets tough, I talk to Ilga, a predecessor and hero, whose memory swims below the bridge. She listens well. I hear the spirit of Steve Snover after one of his last victories before he, too, was taken by cancer. "Not bad for an old guy!" he said. You do what you can. What lessons did I learn and what is the moral of this saga? None yet and I don't know. The journey continues. After months of physical therapy, I'm running though I refer to it as exercise, still afraid to acknowledge that my competitive racing days are behind me. Realism has replaced optimism. As I plod up the driveway, I see the ghost of Baxter padding towards me, as was his habit. Of course, this time he wears wings. I run slowly but surely, (Shirley, you jest!) and savor the climb.



*SMAC's Boston Lottery is back, and earlier this year! To avoid disappointment, enter NOW!  
The deadline is October 19!*

*See the entry form on Page 15*

## Lone SMAC Guy at the New Bedford Half Marathon

By Peter Gagarin

The scene was the early Sunday morning, the “deluxe” continental breakfast at the Comfort Inn just outside of New Bedford. I have eaten my share of breakfasts at similar establishments, and it is rare that I have not felt like the thinnest and fittest person in the room, usually by quite a lot. But this morning was quite the opposite. I felt like the fattest and the slowest person in the room. Because it seemed like the only people staying in the motel were my wife Gail and I, plus a busload of runners from the Green Mountain AA in Burlington, Vermont, all of us in town for the half-marathon, one of the races in the Grand Prix series of the New England section of USATF.

That’s the same series that our own 10-miler was part of this year, and anyone at that race in Amherst knows that it was a high quality field. Really high quality. And while that has its discouraging element – so many other faster runners of all ages – it also is fun and a bit exciting to be in a race where it feels like people are really good. So what if a lot of them are better than you.

I’d run the 10-miler with the hope of being in the top 10 in my age group, the really old guys, 60-69, and while I made it, I didn’t make it by much, finishing 9th. And way, way behind the winner in the 60+ crowd, Bill Dixon from Brattleboro in 62 minutes (I think he “ran his age,” don’t think anyone else can make that claim). I got around in 72:50, quite pleased, just ahead of race founder Tom Derderian. And very much appreciative of the superb effort of Barry Auskern and all his crew in organizing such a fine race.

Having done that, somehow I got the idea in my mind that I should try another of these Grand Prix races. The next one on the schedule was the

New Bedford half-marathon, 4 weeks after the 10-miler, so I put that on my calendar, did a little more speed work, and headed down there.

Again, the same feeling of being part of a special event. Lots and lots of good runners again, this time the field was 2,400. The one difference was that this time I think I was the only runner there from Sugarloaf. I had cast my eye enviously at the GMAA crowd, thinking how much fun it would have been to be part of a club group like that (and being able to nap on the way home), but SMAC doesn’t push running in the Grand Prix races, keeping its efforts local instead. I did see a few friends there from the Harriers, also a few orienteering friends from Boston, but no one else wearing the Sugarloaf singlet.

And the race? Well, I had the same goal, top 10 in 60-69. Of course you have no idea how you are doing as the race goes on, no idea how many old guys are ahead of you, so you just run as fast and smart as you can and then see where that puts you. The course has a few hills between mile 2 and mile 4, and then a hill a mile 12, but they aren’t bad, and the rest is pretty flat. It was a good day for running, I ran as well as I could, the time was 93:15. And when I counted up the old guys in front of me, once again I was 9th. Very fine.

I may not make it to any other Grand Prix races this year. But those two were a lot of fun, especially the road trip to New Bedford. I would encourage others to try them. And if I could get Dave Martula and Jim Reis to go along, we could have a really good 60+ team.

One other thing -- the chocolate cake we stopped for in Providence on the way home was rich and magnificent!

## President Utakis Runs the West Highland Way - Again!

Club President Donna Utakis will never toot her own horn, so the staff of The SUN will just have to do so for her. Running in her second West Highland Way on June 19, from Milngavie (look it up; it isn’t far from Glasgow) to Fort William in Scotland, Donna ran a very solid race, finishing in tenth place out of 109 finishers with a time of 19:45.02 (Richie Cunningham, the winner ran it in 16.36.04; Kate Jenkins in 7th place had an 18.58.49). Not only that, she was officially the “2nd Lady,” a title not often earned in these parts.

This has to be a great ultra, as it follows the shore of Loch Lomond, runs through both Inveraran and Inveroran, passes Ben Nevis - the highest peak in Great Britain - and finishes with a wee dram just off the Atlantic coast. Hoot, mon!

## New England Trail Running Championship

Just about the fastest short trail race the area, the Northfield Mountain USATF New England Trail Running Championship was a big event. At the same time, all and sundry who want to compete can do so. For a more detailed analysis (albeit, an idiosyncratic one) you should treat yourself to a read of Peter Wallan’s piece in his latest (and very last issue ever) of the *Hockomock Swamp Rat*. Wallan was 240th out of the 264 who ran.

Eric Blake was the fastest guy out there on May 23, finishing the course in 32:14. However, SMAC had some very good performances. Ross Krause (7th; 24:16), Erik Wight (43rd; 41:46), Ashley Krause (77th; 45:09), Richard Clark (109th; 47:17) and Jodi McIntyre (190th; 57:53) also pulled through.

**(Mass Dash, continued from Page 1)**

**Carolyn "Time Warp" Stocker** - Mass Dash Dirty Dozen Runner #8. Entering Senior year at Westfield High School. Competes in XC and indoor and outdoor track. WMASS champion in XC and the state runner up. All American in the Indoor Track 5k. Loves to snowshoe and run in local trail races. Attends Green Mountain Running camp at Lyndon State College, VT in the Summer. My favorite part of the Mass Dash was of course everyone knowing how awesome we were and getting to know everyone on our team so well. We are like family now.

**Harrison "Dig Safe" Hunter** - Mass Dash Dirty Dozen Runner #5. Harrison is entering his senior year at Northampton High School and will attend MIT. He was Western Mass runner up in the 2 mile in indoor track and Division 1 runner up in the two mile in outdoor track. Member of 3 Western Mass champion track teams, and 3 time All-Conference. SMAC youth track coach and competes in SMAC Tuesday night races in Northampton as well as Northampton Mile. Harrison's favorite part, besides getting to know all of his teammates, was beating all the other teams who started hours ahead of us.

**Chloe "Shorty" Zimmerman** - Mass Dash Dirty Dozen Runner #9. Chloe just graduated from Amherst Regional High School where she ran cross country, indoor, and outdoor track. She holds the school record in the 1000m and was the Western Mass runner up in the event. She is a SMAC youth track and cross country coach. She will be attending Dartmouth College in the fall and plans to continue running, racing, and hopes to complete a marathon someday. Chloe's favorite part of Mass Dash was running under the stars by the Quabbin at one in the morning.

**Alex "Young Money" Sullivan** - Mass Dash Dirty Dozen Runner #10. Alex will be entering his junior year at Northampton High School where he competes in cross country, indoor, and outdoor track. He holds the school record in the 1000m and is Western Mass champ in the event, as well as a top 10 finish in cross country and 4th place finish in the 800m Western Mass outdoor championship. Competes in local races including the 5k Hot Chocolate Run, St. Patricks Day 10k, and the Northampton Mile. Alex's favorite part was chasing down other runners on his long nighttime run.

**Leah "Zesty" Haake** - Mass Dash Dirty Dozen Runner #6. Leah graduated from Amherst Regional High School this past spring, where she ran cross country, indoor and outdoor track. Two time Western Mass champion in the indoor 2 mile. Republican Athlete of the Week 2 times. Led the team to their 15th consecutive Western Mass cross country title. She coaches SMAC youth track and cross country. She won the Pioneer Valley Women's Running Club Scholarship. She is a lifeguard during

the summer and will attend American University in Washington D.C. She will run cross country, indoor and outdoor track for the Division 1 program at American University, under the coaching of Olympian Matt Centrowitz. Leah's favorite part of the Mass Dash was getting to know an awesome group of teammates and running in the last 400 meters of the race as a team (most of us in sandals!).

**Ross "Rusty" Krause** - Mass Dash Dirty Dozen Runner #1. Ross coaches the Northampton High School Boys Cross Country team and is also an NHS alum (1998) where he ran track (slowly) for two years. After several years of road bike racing including one year as a professional, he returned to running in 2004. His focus is on trail running, mountain running, and snowshoe racing. Ross finished 4th overall in the 2009 WMAC Grand Tree Trail Running series and 3rd overall in the 2010 Dion Snowshoe Series. His favorite races include the SMAC 5k's, Seven Sisters Trail Race, and Monroe Dunbar Brook Trail Race. Ross's favorite part of the MASS Dash was being part of such a fun and speedy team. Swimming in Savoy was also particularly sweet!

**Sam "Moose" Coates-Finke** - Mass Dash Dirty Dozen Runner #12. Going into his Junior year, Sam has enjoyed running track at Northampton High School so much he will run cross country instead of his lifelong hobby of soccer. During indoor track, he placed third in Western Mass 2 mile, and fifth at the WMASS outdoor championships. Sam competes in local races such as the SMAC Tuesday night races, the Northampton Mile, and the Hot Chocolate Run. He has recently taken a liking to road biking and will compete in his first race, the Tour of the Hilltowns. Sam's favorite part of the MASS Dash was transforming acquaintances into family faster than the Earth can turn once and being joined by eleven smiling people on the home stretch to the finish!

**Kelly "Sacagawea" Beauvais** - Mass Dash Dirty Dozen Runner #7. Kelly is entering her sophomore year at Smith College. She ran indoor and outdoor track as a Freshman and will continue to do so while joining the cross country team this upcoming fall. During this past indoor season, Kelly qualified for ECACs as a member of the distance medley relay team. She also competed at the Open New England Championships and the New England Division III Championships. During the outdoor season, Kelly placed 4th at NEWMAC's in the 5k. Because Kelly hopes to qualify for the Boston Marathon, one of her highlights of Mass dash was beginning her final leg on the Marathon's starting line. She also enjoyed meeting such a fun group of people and accomplishing such a big feat together!

**Ashley "Scummy" Krause** - Mass Dash Dirty Dozen Runner #2 After dabbling in road bike racing for a few years,

**(Continued on next page)**



## May Days! May Days! It Gets Crazy This Time of Year!

By Ben Bensen

March may come in like a lamb or a lion, but May arrives for runners like an ambulance on call, with four races on the first weekend alone! Easthampton's "Derrill's 5k Run and Walk continues to grow and is by far the biggest (there were 565 participants this year, plus who knows how many volunteers?). A huge number of its namesake's friends and fans walk to support this fundraiser, but local stars Tim Mahoney (16:15) and Jen Campbell (16:52) sparkled with their great 1-2 finish. Barney Collins finished 10th overall and first for SMAC (19:02), Ted Burrell was 28th (21:58), James Farrick ran 31st (22:05) and Paul Peelle was 126th in 26:12.

Up on the ridge, new faces mixed in with the regular crowd of familiar trail running characters at this year's Seven Sisters Trail Race, with Andy McCarron of Keene topping all competitors with a good time of 1:48:55. Brian Rusiecki, last year's winner ran 1:49:57 for second, followed by perennial challenger, Ben Nephew of Mansfield (1:51:24). SMAC's top finisher was Ross Krause, 6th overall in 1:57:49, followed by strong new member Marc Guillaume of Greenfield (21st; 2:17:12) and Ned James (46th; 2:38:05). Patrick Bensen (90th; 2:55:33), Bob Prentiss (155th; 3:22:33) and Dan Buttrick (161st; 3:22:59). This is a race which spreads its field out in a hurry; there were 266 finishers overall. A big fundraiser for the Friends of the Mt. Holyoke Range as well as SMAC, it simply continues to prosper, almost in spite of itself. Many regular trail racers would probably converge on Amherst for the first Sunday in May even if the event itself disappeared; it's that awesome!

Fred Venne seems to own the Hatfield Educational Foundation's 5k "Smart Run". Winning for the umpteenth time (18:40) and now a Senior, Venne bested 20 year-old Thomas Moriarty (19:42) as well as SMAC's John Reino (19:50; M40-49 win-

### ***(Mass Dash, continued)***

Ashley has returned her focus towards running this year, competing in the Dion Snowshoe Series in the winter, and the SMAC road series this summer. Her most exciting result this year was placing 13th at the National Snowshoe Championships in Syracuse, NY. Ashley's favorite part of the Mass Dash, besides winning, and updating our predicted finish time, was hanging out with such a fun and amazingly talented group of runners!

***Editor's Note:*** A lot of new relays have appeared lately, but the Mass Dash is a charity event with a great cause. From nicknames to vans, there are many more stories this group could tell!

ner). In 6th, JoEllen Cameron (20:49) was both the overall and F40-49 winner, and in 11th, Jeff Folts (21:46) took M60-69 honors. Madeline Nagy (13th; 21:57), Mike Duffy (21st; 24:05), Ann Van Dyke (44th; 28:15) and Azelie Aquadro (45th; 28:53) all represented the club. 70 finished in all.

At the venerable, but not ever very big Walter Childs Marathon of Champions in Holyoke, SMAC had some good friends and good performances. Bob Landry won the whole thing in 2:50:58, but the first Master's woman (no big surprise here) was our own Karin George, finishing in 3:26:51. Sri Bodkhe was 17th (3:35:47), Jean Henneberry 28th (3:54:33), Patrick Pezzati 50th (4:28:56) and Mark Dean 56th (4:41:08). 81 completed the race; we'll just have to cover it in depth some year.

### **The Granby 10k Race**

It has a new name, but this race - formerly the Charter Day 10k - is a well-respected event and has a course that can fool you. Throw in the vagaries of weather and humidity, and you have an event which is quite challenging, but doesn't get as many competitors as it should. Besides; they've got a fair!

It's also a great showcase for SMAC talent. Thanks to the efforts of John Reino, SMAC's race series director, the club had another excellent turnout with a particularly good team performance from the women. Sounds like last year, yes?

The very fastest racers in the area didn't show up this year. Instead, Mark Mayall of Maynard to win it all in relatively sedate 37:17\*. Reino pushed hard and notched 5th place overall (2nd in his 40-49 bracket). SMAC's battlin' babes duked it out for the 8th and 9th places, with Karin George (overall female winner; 42:58) coming in ahead of JoEllen Cameron (40-49 female winner; 43:23 - but hey! They're in the same age bracket!). Ashley Krause (10th; 44:51) took the 30-39 female division title. In 18th, Jim Plaza was the 50-59 male division runner-up (48:33) and Mike Duffy (49:05) took third in the same grouping.

Also running for SMAC were Jean Henneberry (she also runs for EORC; 15th and 47:05), Jim Farrick (16th; 47:34), new club member (this year, at least) John Larareo (22nd; 49:25), Shanna Burke (23rd; 49:40), Jodi McIntyre (43rd; 56:09) and Don Grant (55th; 1:05:44).

***\*Editor's Note:*** A motheaten old sportswriter's phrase, folks... usually employed only by authors who've never run. Have you ever raced "relatively sedately"? Your editor is just indulging himself at the readers' expense while my self-imposed deadline looms. Large!

## The Northampton Mile...

June 12's Northampton Mile saw an impressive turnout, and a wonderful range of talent. Most of "The Dirty Dozen" showed up, and a whole bunch of the crowd were SMAC people, too. Most of all, it was clearly a fun event. With a seriously structured age-group breakdown and good records, you owe it to yourself to check out CoolRunning.com for full results, or even on the NoHo Mile Facebook page.

In the women's race, Leah Haake (5:56.3) ran second to Belchertown phenom, Madison Granger (5:38.9), while Karin George (4th; 6:05.7) outpaced Mariel Lutz (7th; 6:22.20) Haley Milsark (9th;

6:26.00), Shanna Burke (10th; 6:27.70), Jean Henneberry (11th; 6:29), Sydney Henthorn (39th; 7:55.5), and Kim Lutz (50th; 8:40.7). In all, 61 women crossed the finish line.

Of the guys, SMAC's Ian Lutz (4:39.8) beat out Dan Clayton (4:44:8), followed by Harrison Hunter (4th; 4:51.80), Maclyn Milsark (9th; 5:25.80), Sean Norton (16th; 5:49.20), Larry Sherman (17th; 5:50.90), Rory Milsark (31st; 6:22.20 and), Jacob Meier (42nd; 6:38.90), Ethan Milsark (47th; 6:45.90), John Larareo (59th; 7:01.50), Sam Norton (63rd; 7:12.90), and Mark Dean (116th; 9:29.90).



*Karin George (left, #2) pushes ahead of Sydney Letendre.*

*But who had more fun? Women and girls, men and boys, or the kids (below)?*



*Northampton Mile race photos by Ken Wanmar*



### ...and the 4 on the 4th!

Well, actually, it was run on the 3rd, but who's counting? Erik Nedeau came over the river for the win (he has several here) in 21:11, unchallenged by any of the 124 other finishers. Garth Shaneyfelt had a high place (8th; 25:39), followed by Barney Collins (9th; 26:06), Karin George (13th; 26:36), Sri Bodkhe (18th; 27:08), Mark Mazzola (22nd; 27:28), and Leah Haake (29th; 28:11). But wait! Jeff Folts was there (32nd; 29:17) along with Jim Plaza (36th; 29:33), Bill Lesko (41st; 30:02), Mike Duffy (48th; 30:33), and your editor (52nd; 30:55). In a truly congested bunch Shanna Burke (57th; 31:27) edged son Rory Milsark (58th; 31:28) and mom Jean Henneberry (59th; 31:29) and John Larareo ran 61st (31:43). Rory's brother Ethan (77nd; 34:15) and sister Haley (78th; 34:17) clearly ran together, while Ann Van Dyke (87th; 35:27) and Don Grant (105th; 40:32) wrapped things up for the club.

The course provides a nice tour of NoHo, so if Northampton Running Company owner & race sponsor Chris Dickerson looks happy, he ought to be! The race hats were cool, the pancakes hot and plentiful, and I guess we needed the razors.

*On the right is Mark Mazzola with... Huh? The bib number lists: "Daniel Valinski"!*

*Anyhow, that's NoHo Running Co CEO, Chris Dickerson below. And he **looks** happy!*



## The 2010 Race Series Explained Incompletely

By Neb Nesneb

SMAC has sponsored several series of races over the years, but not lately. The key to success in any such endeavor, of course, is a minimum of one dedicated volunteer, and we're lucky enough to have one again! This year's collection is the brainchild of BOD member John Reino, aka "the Commissioner", and his word is law. The goal of the series is fun competition, and the payoff will be a year-end party. All rules and judgements, parameters and guidelines have to be established and enforced, and John is the man to do so.

It's all about points. In simple terms, points can be earned by running each race (extra for perfect attendance), by running fast in every race contested, by helping out, but showing up and running is key. From a start with two dozen participants the series has more than doubled its field. As of mid-season only six participants were eligible to earn the coveted P(erfect)A(ttendance)P(oints). Will any make it?

A dozen events comprise the challenge, raced over eight months and totalling 66.6 miles. They were chosen for several reasons, including length, location and season, and plenty of suggestions had been made for the 2011 campaign. Reino is quite open to big changes for the second series.

As of August 14, seven of the twelve races had been completed (The Ron Hebert 8 miler, Cave Hill

### Lake Wyola 4.8 Mile Race

Now apparently set for the middle of June each year (it used to run later in the month), Lake Wyola's seductive 4.8 miles drew 135 finishers on May 13, plus 21 walkers, which has to be one of the race's better turnouts ever. Drew Best (25:21) handled the field, but SMAC was out there in force, at least in part because this is one of this year's series' races. Aaron Stone (7th; 29:30) and Mike Townsley (8th; 29:34) clearly had a great battle for position, while Barney Collins (13th; 30:39) and Garth Shaneyfelt (15th; 31:28) were up there as well.

In 20th place overall (33:04), Karin George was one of, if not the top women (can't find the prize listings, people!). Ned James (24th; 33:28), Dave Martula (27th; 33:51), Larry Sherman (28th; 33:58), Mark Mazzola (29th; 34:04), and John Reino (31st; 34:15) all ran, while Patrick Lawlor (32nd; 34:22) just edged Ben Thompson (33rd; 34:24). Bob Prentiss (34th; 34:42), JoEllen Cameron (37th; 34:58), Carrie Stone (39th; 35:15), Jean Henneberry (46th; 36:33)... the list goes on and on!... Jim Plaza (49th; 37:26), Mike Duffy (52nd; 37:49), William Lesko (53rd; 37:52 - yet another close contest!), Ted Burrell (60th; 39:08), Shanna Burke (73rd; 41:17), Jodi McIntyre (78th; 41:53) and (drum roll, please!), in 134th but not last place, Janice Stone (1:02:10)!

Classic, Deerfield's Old Home Day 5k, Granby 10k, Lake Wyola, 4 on the 4th and Bridge of Flowers 10k), with five yet to go (the Don Maynard 5 miler, Jailbreak 5k, Chase'n a Mason 5k, Dan Barry 5 miler and Monson Half Marathon. The commissioner rules with an iron hand, and he's quick to clarify the rules. Early on, for instance, when the race series was gaining in popularity, John had to remind participants that points couldn't be awarded for races run before joining the series.

The payoff is simple: the series brings people out to race instead of sleeping-in. Participants have been winning age-group prizes at series events and, as at the Granby 10k, they win team competition for the club. As the commissioner notes, "This group of women runners [the "Fabulous 5 and 1", aka George, Cameron, Krause, Henneberry, Burke and McIntyre] could scare ANY opposing team. Last heard, the men were still organizing..." That's cool!

### Coach Auskern Extols the Theory of Track Workouts

By Barry Auskern

The workouts began about 6 or 7 years ago with Kevin Leach and myself, when we decided that to get faster for races we were going to have to introduce some faster workouts, so once a week we'd head on down to the Deerfield Academy track and run repeat miles. . . . Every now and then some friends would join us, and we found that the more people who showed up, the quicker the workout seemed to be. Eventually we moved to Eaglebrook, got hooked up with SMAC, and before you knew it, we had an email list of over 100 names with anywhere from 10 - 20 people showing up each week. As the program has grown, so too, has the paperwork. We are covered by insurance (and indeed, Eaglebrook requires us to carry a policy), but strictly speaking, you have to be a SMAC member I also hear that we need a release waiver for people to sign, so I'll try to have something drafted for Thursday as well. That being said, let's get to the fun stuff - the workouts are a lot of fun, and you will get stronger and faster. We will also be doing a bit more barefoot striding on the infield grass, with the thought of strengthening your feet and promoting a more mid-foot strike pattern.

I promise you two things - - - you will get faster, and you will have fun! It's a great group of people, and a nice way of getting in a real quality workout. Regardless of how fast or slow you are, the workout will be tailored to accommodate you so no-one should feel like you are in over your head!

**Editor's Note:** You can still join these workouts, which run into the fall. SMAC members in good standing can take part. For more information, contact Barry at: <[auskernlaw@comcast.net](mailto:auskernlaw@comcast.net)>



Yes, folks  
it's time  
for  
**SHORTS!**

*A whole bunch (including Jim Farrick, in the hat) taking off at the start of the 600th NoHo 5k*

This is a grab-bag column, yes, and you get whatever turns up. It's sort of an "All the news that fits, we'll print", but not just news, either. Stories, boasts and even rumors are *fine*. We're finally getting letters at the office, and we share! Here goes!

Frequent correspondent Sri Bodkhe checked in with *The SUN* in March to say that "... it was strange not to see my name in the newsletter for the first time since I became a member. I was focused on distance races and went to far away places, missing local events in the process. But I'm happy with the results, as I PRed in half marathons twice: 1:30:10 at Hyannis, and 1:29:35 in the Washington DC National Marathon (this qualified me for the New York City Marathon & Half Marathon). I also ran in the Stu's 30K on March 7, and the Eastern States 20 miler on March 28 in strong headwinds. I finished in 2:25:14, passing speedster Aaron Stone at mile 15 (he finished in a disappointing 2:32:48). My SMAC friend Patrick Pezzati was there too, finishing with a strong time of 2:42:28" I promise: we'll hear from each other!

March 27th's UMass 5K Dash & Dine for Relief/Walk & Run had 166 finishers and three from SMAC: Jean Henneberry brought her boys Rory and Ethan Milsark, running 29th (Jean; 22:34), 37th (Rory; 23:12) and 55th (Ethan; 24:45) respectively.

The first of EORC's Holyoke 5k races saw Aaron Stone open strongly (2nd; 17:47.1). Mackenzie Gray (11th; 20:29.8), Robert Bissell (26th; 22:20.3), Mike Duffy (57th; 24:40.9), Copper Giloth (109th; 30:31.7), and Don (110th; 31:46.3) and Sue (121st; 36:49.1) were among the 124 who finished, and Sue's time set a new F60-69 record!

In the last SUN I mentioned we need a club historian. Long-time member Dr. Russell Lane wrote to agree, and actually recommended the same in

1997. Now in his 80s now, Russell's willing to talk about his memories of SMAC since 1972 to whoever becomes the new historian, but no, he does not want the job. So: any nibbles?

Jeff Folts? Durable guy, and apparently the only SMAC member to run in May 8th's Belcher-town Family Center 5k. He was 4th in 22:00.

In case you're looking for news of the Tuesday night 5k series, there are two things you can do: 1) check out results at SMAC's website (easy to find: <www.sugarloafmac.org>, or 2) wait for the next issue. We'll plan to feature this year's events! But the Grants celebrated their 600th race - May 11, 2010 - with three runners from the 1st running in attendance, including Kathy Furlani (59th; 25:19), who set a new record for women aged 61, which happened to be the last of five still held by Sue Grant. It was a big day: Dave Martula (36th; 22:03) took down Ray Willis' 1994 record for age 65 by eight seconds, Jim Farrick ran his 421st race there, Irene Woods (62nd; 25:55) took nearly two minutes off Suzanne Welch's week-old record, and Jason Beaver, the nine year-old US half-marathon record holder shared his birthday cake!

Although it's probably the hardest event to get results for around here, we got May 22's Deerfield Old Home Day 5k results, thanks to "the Commissioner." Aaron Stone (2nd; 17:32), followed by Barney Collins (4th; 19:03), John Reino (7th; 20:06), JoEllen Cameron (9th; 20:14), Karin George (11th; 20:52), Patrick Pezzati (12th; 21:06), and Chuck Adams (15th; 21:50). Also running were Carol Trosset (18th; 22:24 - those feet are better!), Jim Farrick (20th; 22:39), Jean Henneberry (25th; 23:02), Shanna Burke (27th; 23:10), Mike Duffy (28th; 23:12), Jim Plaza (31st; 23:23). John Lara-reo (32nd; 23:39), Jonathan Sheffitz (38th; 24:27), Matt Bete (46th; 24:55), Leann Cerpovicz (48th; 24:57), Debbie Kallman (58th; 25:46), Ann Van Dyke (62nd; 26:31) and Cathy Coutu (70th; 28:37). 102 finished!

Back in April this arrived from Carrie Stone - [the "famous, barefoot runner" of Shutesbury]: **"Just thought you'd appreciate this. I did my neighborhood 10k loop this morning - I was more up for a jaunt than a run I guess anyway - but it ended up taking me 80 minutes! I collected 56 bottles and cans along the way. No, I wasn't carrying them in my shirt and arms - luckily those thoughtful litterbugs left me some old plastic bags along the road, too. I guess I hadn't picked up along that route since fall--still, I think this must be my most impressive take yet. The kicker was a half-gallon bottle from Opa-**

**Opa--never seen one of those before: crazy big, conveniently with its own built-in handle, and supposedly a \$2 deposit! It felt like good work to be doing on a beautiful Easter Sunday morning, though you do have to stop and shake your head: Who are these people, drinking and driving and littering in my own backyard?!** Well, who indeed? The same guys who I wrote about on page two! And, incidentally: I mentioned my theory about "them" to "Bicycle Bob" Perry, and he said that I'm cutting "them" way too much slack. Hmm. Any other opinions to share?

*And what does Don Grant do when not officiating on Tuesday evening? He runs in other peoples' races, like GSH's Summer Sizzlers! In June 2's 8k he was 22 out of 24 (51:11), and on June 16 he was 27 out of 30 (50:09). He also ran at Stanley Park's 3-miler on July 19 (30th; 30:15), on the 26th (39th; 29:39), on August 2 (29th; 29:26), and on August 9th (31st; 29:38).*

A few years ago (Spring, 2008) the back page of The SUN had a picture of Carol Ball being chased by an ambulance. Not a member then, she is now, and making up for lost time! Listen to this report about her plans for Vermont's Covered Bridge half marathon: "My kid sister, Shel and I will be among the 2300 running in this year's race. Shel turns 60 on June 3, so I thought it would be fun to get her to run in her very first half-marathon to celebrate this milestone. I ran in this race about 5-6 years ago and thought the course was just gorgeous so we are doing it this year. Our brother, Terry, told us he did it once in a wheelchair, but had no fun as he was not anticipating that some of the course would be on dirt roads. We don't know if any other SMAC members will be running but we anticipate having a great experience and if we do our normal pace, there should be 600 or more runners who finish behind us." Sure enough, the two Ball girls ran as predicted, in tandem, Shel (1523rd; 2:23.2) finishing just ahead of Carole (1524th; 2:23.4) in a field of 1778. Not far behind them was Jennifer Gross (1539th; 2:25.3).

*Sri Bodkhe and Karin George were winners in the 40-49 brackets at June 12's RK Finn Ryan Road School 5K race in Florence. Karin was 5th overall in 20:07, and Sri came in 3rd with a 19:30.*

Henry Colt wasn't the only SMAC runner to have a big day at the USATF-NE meet on June 19. Marissa Shaw ran in the Midget Division, notching a 15:44 preliminary in the 100m and a 6th place (15:53) in the final. She also ran the 200m, finishing 11th in her heat with a 33:10. Meanwhile, Sam took top honors in the Young Men's 5000m, running a 16:53. According to his dad, it wasn't Sam's most

challenging race, though. He lapped the field.

*At EORC's July 15 5k race Rich Larsen (2nd; 19:16), Ned James (16th; 20:59), Mackenzie Gray (24th; 21:31), Mike Duffy (45th; 23:19) and Don Grant (111th; 30:25) all ran for SMAC, out of 127. On the following week Aaron Stone (4th; 17:42), Rich Larsen (9th; 18:59 - a new age 58 record), Graham Warder (10th; 19:20) and Don Grant again (118th; 31:05) among 136 finishers. And at July 29th's 8k race Aaron Stone (4th; 29:13\*), Rich Larsen (8th; 31:15\*), Graham Warder (13th; 32:41\*), Jean Henneberry (48th; 37:56\*), Casey Walsh-Warder (87th; 43:35\*) and Don Grant (111th; 50:01\*) all set age-group records(\*). Mackenzie Gray (28th; 34:57) was the only SMAC guy there who didn't. August 5th's 5k race saw Rich Larsen (3rd; 18:42\*), Graham Warder (9th; 19:39), Jean Henneberry (40th; 22:37), Casey Walsh-Warder (78th; 26:13), and Don Grant (104th; 30:48) again!*

Cathy Coutu, JoEllen Cameron and Chuck Adams all featured in Winchendon's July 18 Mass State Triathlon, International division (swim 0.9mi/bike 24.4mi/run 6.2mi). Cathy and JoEllen took third in their age groups; Chuck was on the winning co-ed team (he ran and biked)!

*By the way, check out **Coolrunning.com** for the Bridge of Flowers Track meets' results. Lots of SMAC kids have been involved, including Jacob & Josie Meier and Marissa Shaw.*

Sorry tri guys! The Bridge of Flowers results neg the Greenfield Triathlon's. August 14 was good for individuals in Shelburne Falls, just not for SMAC's teams. In 73rd place, Aaron Stone was first for the club (37:22), while Al Ladd (82nd; 37:39), Mike Townsely (105th; 39:09) Erik Wight (122nd; 40:17) and Barney Collins (135th; 41:28) all ran well. Thomas Denney (232nd; 45:46) was in just ahead of Sean Norton (234th; 45:51); Bob Prentiss (245th; 46:26), Paul Haake (264th; 47:13), Jim Farrick (288th; 48:23), all had good runs. Jim Plaza (323rd; 49:45 - the knee's coming along!), new member Mark Fraser (368th; 51:38), Patrick Pezzati (420th; 53:46), John Larareo (426th; 53:54), Shanna Burke (431st; 54:02), Dawn Striker (442nd; 54:33), Ted Burrell (461st; 55:13), Don Grant (651st; 1:07:55) and Carol Ball (678th; 1:09:29). 778 finished.

*OK everyone, that's all for now. The Summit Run, Don Maynard Race and Jailbreak 5k are among many races coming up, and an exciting new 10k debuts on October 30 in Bernardston. Run by the Kiwanis, it replaces the Halloween Hustle. See you there, if not sooner!*

## Learning to Streak

By Larry Sherman

Sometimes it's hard to find something new and exciting to inspire your running. For example pick up a few running magazines and you can see how repetitive the subjects can be. New gear can be fun, a nice SMAC singlet or new running shoes, a new trail or a change of scenery can help. But when you're a morning runner in New England in the middle of winter it's sometimes hard to convince yourself to get out of your warm bed to go outside into the cold and darkness for a training run.

So that's why I decided to take up streaking. No, not the zero running gear option, but the resolution to never miss a day of running.

I can't count all of the times where for some reason (work, commitments, etc) I have skipped a run only to see a runner out there on the road enjoying themselves, which would send me into a jealous fit and force me to question my priorities. After all, there must be some way to fit in a run, at least a quick one?

So what is the best way to eliminate this runner's guilt? Don't not run. That's right, just stop missing days altogether.

According to the United States Running Streak Association (<http://www.runeveryday.com>) a running streak is defined as "running at least one continuous mile within each calendar day under one's own body power." Doesn't sound that hard, does it?

According to their records there are two runners in the US with certified running streaks of over 40 years. One of them started about 6 months before I was born, and the other when I was just three months old. When I think back to all of those snowstorms, heat waves, and natural disasters I just marvel at the extreme dedication these folks must have. And they are not alone. Streaks of 10, 15, and even 20 years are common. Runners with less than 5 years in their streak are considered "Neophytes". There's even a Facebook group now for folks tracking their obsessive running streaks.

I had been working on increasing my running volume during my training program for the 2010 Ottawa marathon, and commonly went 9-10 days without a break, but never consciously tried to maintain a running streak before. So why not try now?

Yes, there is a risk of overtraining in any exercise program, but I feel confident that I can recognize the signs. I would not be adding miles per say, just frequency. Instead of a rest day where I might do a variety of other physical activities I would instead be sure to do at least a few easy miles at some point in the day.

Soon I was at seven days, and on one particularly gloomy, freezing rain, slushy morning at 4:15 AM I hit the snooze and considered blowing off my

run....but what about the streak? Before I knew it I was lacing up and heading out the door. The motivation of the streak was taking hold. Soon I had 14 days. On busy days I would run at lunch, or right after work. Soon I had 21 days in my streak..then 28... then 35. Now it was beginning to be just something I did, and not really even something I thought about anymore. Today is day 45, and I'm feeling great.

If your running volume and experience supports it, and you would like a bit of inspiration and new motivation then try it...and next time you see a runner while you're driving your car you'll be relaxed and happy knowing that your daily miles are already in the bank.

**[Editor's Note: Larry submitted this just as the last SUN went to press. Better late than never!]**

### (Learning to Fly, continued)

on Naushon Island, he ran trails and dirt roads, going off island only to do speed workouts at a high school. He read *Born to Run* and *Once a Runner*. "It got to the point where running is what I would think about almost all of the time."

At Fitchburg, Henry evened his score with George Wright, outkicking him to win the 15-16 year-old division in 4:31.12. He then closed his inaugural track season with a terrific race in the Junior Olympic Region 1 meet at Bowdoin College, finishing fourth with a new PR of 4:27.15, one place away from qualifying for the National meet. Now preparing for fall soccer season at Northfield Mt. Hermon, Henry still runs with Sam occasionally, his head filled with dreams of making it to JO Nationals in his second year in the age division and the sport. He wants to return to Bement to help Allen break his record. I think he's hooked.



*Training buddies: Henry & Sam after the Fitchburg Junior Olympic Meet.*

*(photo by Ann Fadiman)*

## 2011 BOSTON MARATHON APPLICATION LOTTERY

Want to run Boston in April 2011 but don't have a qualifying time? We can help !

**Each year, SMAC is given ten Boston Marathon applications for non-qualifiers, to be distributed among interested club members via a random drawing. While we do not yet have the applications for 2011, we are taking names of interested members now in order to ensure that the winners of the drawing have sufficient time to get their marathon applications in before marathon registration closes.**

### **How it works:**

If you have been a member of SMAC in good standing as of January 2010 (i.e., you paid your dues this year), you have a chance at a 2011 Boston Marathon application. Applications will be handed out via a random drawing of names of interested club members. The first 5 names will be drawn exclusively from SMAC members who have volunteered at a SMAC-endorsed race during the past year, then the remaining 5 names will be chosen from all interested club members. In the past, most club members have either won an application outright or moved up from the waiting list.

### **Important Disclaimers:**

- We will hold the drawing with the assumption that we **will** get the applications from the B.A.A. However, **we make no guarantees.**
- If your name is chosen in the drawing for a 2011 Boston Marathon application, you are responsible for paying the marathon entry fee as well as any additional application fee for non-qualifiers.
- Be sure to mail your Boston Marathon application to the B.A.A. as soon as possible. Last year, registration for the marathon closed in mid-November, and no applications were accepted by the B.A.A. thereafter.

### **What You Need to Do:**

To enter the SMAC lottery for a chance to win a 2011 Boston Marathon application,

- **either** fill out the form below and mail it to the address on the form, **or**
- send an email, including all information requested on the form, to DavidMartula@gmail.com

**ALL LOTTERY FORMS/EMAILS MUST BE RECEIVED BY SMAC  
NO LATER THAN MIDNIGHT ON TUESDAY, OCTOBER 19.**

The drawing will be held during the SMAC Board meeting on the Wednesday, October 20.

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**SMAC 2011 BOSTON MARATHON LOTTERY FORM**

**Mail this completed form to Sugarloaf Mountain Athletic Club, P.O. Box 379, Hadley, MA 01035.**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City and State: \_\_\_\_\_

Phone Number(s): \_\_\_\_\_

(preferred)

(alternate)

Email Address(es): \_\_\_\_\_

(preferred)

(alternate)

Have you volunteered at any SMAC-endorsed races in 2010 ?

If so, what race and in what capacity ?

