SUGARLOAF MOUNTAIN ATHLETIC CLUB

EARLY WINTER, 2010

The SUN

"The second-longest continually published running club journal in Massachusetts and still indispensible to the Western Massachusetts Runner!"

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SMAC's Race Series Wraps Up 2010 in Style!

By Ben Bensen

The largest collection of Series participants in one photo! From left: Matt Bete, Cathy Coutu, Aaron Stone, Jim Plaza, Chuck Adams, Barney Collins, JoEllen, Patrick Pezzati, Shanna Burke, Michael Childs, John Larareo, Jim Farrick, Mike Duffy, Leeann Cerpovicz, Spencer Beaver, Dennis Beaver, Jean Henneberry, Jason Beaver, John Reino

John Reino joined the BOD last year with a clear mission: he wanted to establish a race series that would appeal to every level of the club's membership. This was the first series organized by the club in more than a decade (they've been proposed, but the organization and follow-through required have proven to be far more difficult obstacles to surmount than weekly 20-milers or mile repeats!). This one really took off. Reino says he "never really knew how it would go", and gave all credit to "fantastically wonderful, great, super-fast, hard charging runners". One of them, Andrew Shelffo has a great piece on SMAC's website called "How I spent my Spring & Summer". Read and enjoy it!

Several factors seemed to work in the series' favor. Participation was opened to non-SMAC members, which expanded the potential pool of runners. Needless to say, the club's seen a membership bump during the Summer, not a normal time to gain newbies. The 66.6 miles of required races were spread over the calendar, beginning with April's Ron Hebert 8-miler and ending with the Monson Half Marathon on November 14. Plenty of time to opt in and still earn one's six-race participation premium (this year they were long-sleeved t-shirts)! Several runners tried to achieve "perfect attendance", but although twenty-eight ran six events or more, only Jim Plaza succeeded in checking off the whole list. Spencer Beaver and Mike Duffy managed eleven of the twelve races, and Shanna Burke, Jim Farrick, JoEllen Cameron, Andrew Shelffo and John Reino finished ten. There was also the incentive of Reino's complex scoring system, which awarded points for for volunteering in various guises as well as just running in the races.

Possibly the only disappointment for John was the difficulty he encountered in attracting SMAC's fastest runners to compete in the series. Why was this so? Hard to say; possible tweaks to the schedule and increased publicity may draw them in during 2011. Reino doesn't feel the Series is perfect. Not yet. ***(Continued on page 19)***

From The Editor

Race directors usually get the last word when it comes to making decisions, big or small, and they should. If someone's willing to take on the responsibility, they deserve the authority as well. The number of races this area supports is testimony to the good intentions and hard work of individuals whose efforts are too easily overlooked. So here's a paean to race directors everywhere: SMAC's own, our friends and neighbors, the big and the small, from Boston and New York and London et al to one-year classics put on by the greenest of the naïve. Hats off to you guys; you (along with your volunteers) deserve more than a little credit for all you do. Here's some.

Anyone who's been to a well-run event probably appreciates good organization and planning by hardly noticing it; if the process is well-handled it's a breeze for all concerned, and a runner's concentration is on the upcoming race anyhow. However, those of us who have volunteered for races will agree that there are more details to attend to than any one human being can ever remember on race day itself. The best races are planned and prepared for well in advance, leaving time and attention for inevitable surprises because the organization is solid. Some even run so well that the director can participate, a luxury of sorts. That's organization!

Eons ago I directed a small invitational meet for neighboring schools and so lorded (briefly) over some very good runners, close finishes, anxious parents, and - unavoidably - seemingly unnecessary arguments. I don't miss the pressure, and I certainly was never accused of perfect detail management; for the most part, however, participants and fans were happy. Which is the minimum a race director can hope for, and I'm glad I'm done with the process... mostly. However, I subbed for a director on a big day last fall, and came away reminded of the best qualities of runners, coaches, parents and fans.

I got this latest set of brains at Bement's invitational meet, held at Deerfield Academy in early October. Maestro David Belcher had to go on a college visit with his son Sam, so I agreed to sub (talk about scraping the barrel!). That week brought horrendous rain and on Friday Deerfield Academy's Steve Anderson warned me that we might not even be able to swim over their course on Saturday, as parts of it were only feet higher than the river itself. But on Saturday, Steve had walked the course before I could arrive, shared markers and advice, showed me where to mark a reroute, and stayed to meet teams and coaches as long as he could before taking a squad off to run in eastern Massachusetts (full disclosure: I've been nudging him for years, and Steve and family are finally members of SMAC. The number of excellent runners/school coaches in the club keeps growing. This, I believe, is good!.

Full teams arrived from Amherst and Greenfield, along with "partial" teams (i.e individuals who were welcome) from several other towns. Both boys and girls ran superbly, and no one got wet above their knees unless they fell down. Erik Wight of Amherst ran the timer, various parents helped at the finish and the fans - a surprising number of them - were totally supportive. You couldn't help but have a good feeling about the day, I think because everyone had the right attitude. The runners ran with, not against each other, and spectators got to see almost every step of the races. What's not to like?

Right now the planning for the upcoming Jones Group 10 miler is well underway, and there are times when it all seems tedious, maybe even endless. After all, race director Dave Martula ran the show for nearly a dozen years. But SMAC's involvement with local races means that your BOD is always dealing with stuff ("Who has the timers?" "Can we borrow the nifty new mile markers?", stuff you'd never even think about if you weren't putting on an event. Food, water, route planning, spotters, timers, first aid, t-shirts, prizes, you name it; they all have to be done in advance. Registration. Registration! Aargh! Well, thanks to Ross Krause and ***RunReg.com***, it may be a little easier this year.

But one last word about coaches and their contributions to SMAC: come to this year's annual meeting, where we'll honor a stellar crop of high school runners and their coaches (many of them stellar runners in their own right). It's high time!

Anyhow, we're always looking for volunteers at races, and there are always jobs to be done. You can help no matter what your expertise! Just ask!

Oh! And if you want to weigh in on the percolating "minimnalist" shoe phenomenon, please do. A couple of SMAC members wear "them" (Vibram "5-fingers" or other of several other teeny-thin, not-much-there shoes); some alert members have even caught me in mine, though I'm not running in 'em yet. Strong opinions have been bandied about, but since the experts haven't agreed about the data or lack thereof (does it depend on whether you sell them or not?), opinions are welcome. We'd like to hear yours! *["We" (chuckle)]*

The Sugarloaf SUN

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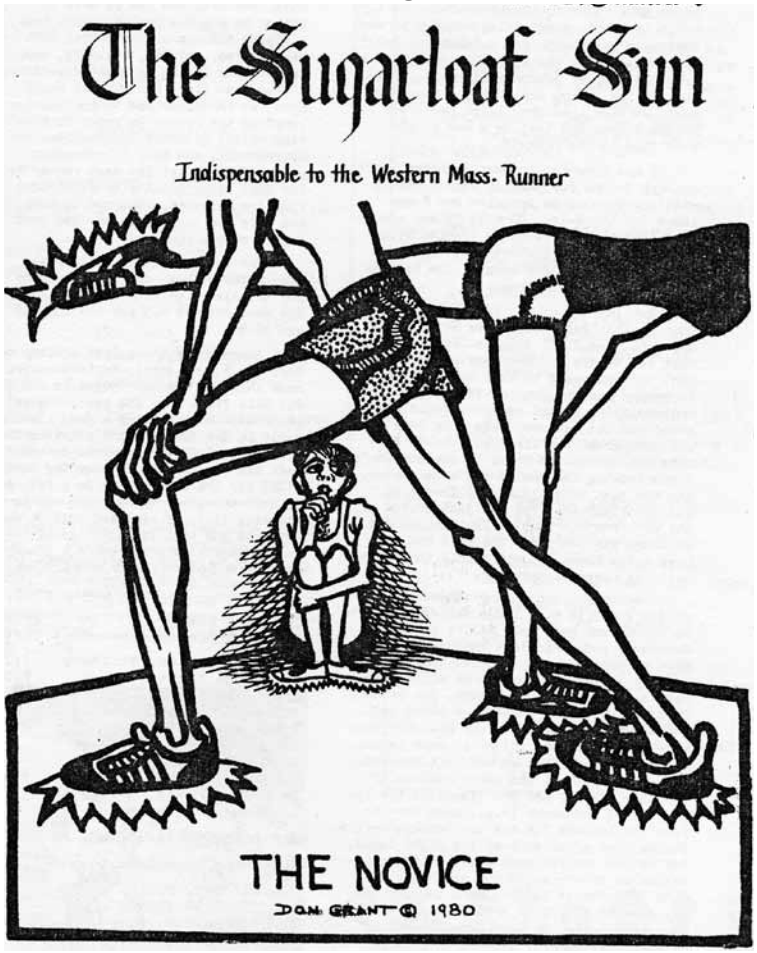
From the SUN's Time Vault: SMAC History!

By Ben Bensen

*[**Editor's Note:** A year or so ago I opined that SMAC needs an historian, and the idea was met with enthusiasm. No volunteers, but enthusiasm is better than nothing, and we did get a few nibbles from sage veterans willing to be interviewed. We even got a mention fromLonnie Townely, clubs' editor for New England Runner, who repeated the suggestion - clearly for the benefit of clubs less venerable than ours - underlining the importance of keeping track* of things when big anniversaries loom. Since we'll be celebrating the club's 40th in just over a year, it makes sense to look back as well as forward, to take stock of who we were as well as who we are, and to justify those filing cabinets in the basement. Plus, the BOD would like to see some of this stuff! So, with such encouragement, we all hope that you'll enjoy a few blasts from the past!]*

A newsletter of sorts was one of SMAC's features from its first years, apparently, but the earliest issue I have came out in 1976. How many of you remember "purple-lator" duplication? Its great feature was cheapness, but it wasn't very legible and it fades over time. So the extant issues from 1976-1979 aren't much fun to read. However, The SUN switched to actual printing by 1980, and along with lots of stuff, there were illustrations, like this one of Don Grant's classics, from Vol. IX, No. 8.



Excuse me? Eight issues per volume? There were a lot of race results in each issue then (no CoolRunning.com then; whoever we had for tech gods were still typing on typewriters , for crying out loud! But some things clearly never change, like the Grants being members!

So that was a taste of thirty years ago. There were reports from the New York, Newport, and Sheffield, MA marathons (SMAC won the team prize; Ed Sandifer ran a 2:39 for third place), and eight SMAC women finished eighth among 70 teams at the Bonne Bell 10km race (I think it's morphed into the Tufts 10k). There was also advertising, and a genuine letter to the editor!

25 Years ago: 1985

December's issue was Vol. XII, No. 8, and it featured several autobiographical pieces: Dave Madsden's "The Making of a Runner" and Jeff Folts's "The Evolution of a Club Member/The SUN Also Rises". The issue had a race calendar, members' survey, a delusional promise of a "Large Cash Bonus" for anyone who'd become the editor of The SUN, Barb Willis' 3rd place finish at that year's New England TAC Cross-Country race, and Jeff Lee's "10 Great or Near-great Runners Who Have Raced for Sugarloaf (Though You May Have Missed It)". They were: Peter Millard, Ed Strabel, John Greenplate, Nancy Conz, Paul Beaulieu, Ed Walkwicz, Cindy Sturm, Cliff Staples, Randy Young, and Peter Crisci. Lee also reported about The Sugarloaf Book of Lists - does anyone have a copy?

20 Years ago: 1990

"Sugarloaf is THE club! And it's our club! Everybody is showing up to races and wearing the club singlets. It looks fantastic!" So said the President, Dave Madsden, possibly The SUN's editor too. Vol. XVII, No. 5 had a membership directory, full reports from the last NoHo 5k's of the year, and both rules for and a full report on SMAC's Grand Prix for the year (the more things change, the more we do them again!) by Ed Parrot. Used to determine the "most valuable male and female Sugarloafers" among its competitors, this series also featured team competition reports including several wins over GSH! That year's team took fourth place at the New England Cross-Country Championships in Rhode Island, and the master's team "as usual obliterated the competition."

15 Years ago: 1995

This issue contained reports from SMAC's Mt. Toby Run (in 3rd, Nick Hopley was the top SMAC finisher) and Summit Run, Judy Scott and Dave Madsden's stories about the club's teams at the Lake Winnipesauke Relay. Great quote from Judy: "I always make sure that I get my leg in before number seven because there's a great ice cream place on leg seven that I always stop at." Now that's motivation, and Judy's team won the mixed over-50 category. The men in over-60 did so well they talked about getting an over-70 team together for the 1996 race as well.

Finally, Sandy Maynard called out for anyone interested in doing the Central Park Midnight Run on December 31. Some SMAC party animals did!

**No, I didn't plan that phrase... but you couldn't expect me to cut it out once it was written, now could you?*

SMAC RUNNER PROFILES

Jean Henneberry

Age: 50 (yikes)
Town: Northampton
Job: Physician (dermatopathologist…say that 3x fast)
SMAC member since: Not sure, but my kids have been running the youth SMAC track program since 1998, but we probably didn't join until 4 or 5 years ago.
Local running/SMAC "claim to fame": Haley, Rory & Ethan's mom. Also, I missed a turn at the Lake Winnnipesauke Relay race several years ago and went was off course for about a mile before a car redirected me. My friends still tease me about that.
Favorite Distance to Race/Run: 26.2. I enjoy the challenge and long training runs with friends.
Favorite time/ place to run: 5:00 – 5:15 am by necessity, but I do enjoy the peace and serenity at this time of day and I don't have to worry about fitting it in after work, which is often too challenging. There are very few cars out on the road, which is always a plus. My favorite place is just outside my door; it's all about convenience. Occasional races/ runs in big cities can be fun, just to people watch.
Favorite Author/Book: Dr. Seuss (just kidding). I worked in a library through college, so there are too many books to choose from. Now it seems I don't have enough time to leisurely read except for occasional New York Times and Runner's World articles.
Favorite/ Most inspirational "You tube" video: This is almost too corny, but Joan Benoit (Samuelson) winning the Gold Medal in L.A. at the first women's' Olympic marathon set to the Killer's sound track – "All these things I've done" (aka - I got soul, but I'm not a soldier).
Hobbies (besides running, of course!): Horseback riding, skiing, kayaking, cooking and hosting the NHS cross country and track team pasta parties.

Jean Henneberry

Favorite Vacation Destination: Bermuda or any place warm with an ocean view.
Favorite Spectator Sport: Any sporting events my kids participate in… soccer, cross country, track, swimming and skateboarding. I generally don't watch television, but enjoy watching the summer and winter Olympic games when I can.
What or who convinced you to join SMAC? Sydney Henthorne promoted the club and of course all the friendly SMAC members.
Greatest Adventure: (Still yet to come!) But, recently: Touring Europe with my daughter, Haley, and spending a segment of that time on a running tour in Ireland, which also involved running an 8k race.
Achievement of which you are most proud (running-related OR otherwise): A successful marriage with four healthy and happy children.
Least favorite distance to race: The 5k. I ran my first marathon before running a timed 5k race. I wouldn't recommend it though, as almost all training programs seem to incorporate your 5k pace for interval work outs. Tough to do when you don't run them… so it's a necessary evil.
Favorite junk food: Blueberry frosted pop tarts and Lemon Heads, but not necessarily together or in that order.
Pet Peeve: Opinionated runners stuck in traditions.
Music on the run (and, if so, what)? Yes, on the treadmill and anything fast paced or upbeat that my kids might listen to. I don't like listening to music in a race because I need to hear what's going on around me, but I don't care if other runners use headphones as long as doesn't interfere with my race.
Secret ambitions: Retire from medicine and open up a pastry shop.
Secret tips or good advice? Listen to your body. Learn when to push and when to take a few days off. Always use sunscreen. And most importantly - Don't underestimate yourself!

Karin George

Age: 46
Town: Florence
Job: Senior Associate at Wasburn & McGoldrick, Inc - an educational fundraising consulting firm *www.wash-mcg.com*
SMAC member since: only a few years ago when I finally got my act together! Trying to make up for it now by agreeing with whatever the editor of The Sun asks! Also a member of the Syracuse Track Club just to keep up the hometown ties---co-founded by my late high school cross-country and track coach.
Running "claim to fame": Knocked myself unconscious after slamming into a course marker at the 1978 NYState x-country championships in Wappingers Falls, NY---came to and held my position as 5th girl on team---just a few bruises to my face and pride, but we won!
Favorite famous runner mementos: Renaldo Nehemiah's autograph, Good Luck e-mail message from Kathrine Switzer before the 2008 Boston Marathon.
Favorite Distance to Race/Run: 10 miles is my favorite distance to run---long enough to test my endurance and short enough to really push it when I want to, but my favorite local race is the Boys and Girls Club/Oleksak Lumber half-marathon in Westfield.
Favorite Places to Run: Hills of Westhampton, Whiting Street Reservoir/Mt. Tom, Green Lakes State Park in Syracuse, NY and anywhere with my friends Jean, Jolie, Janet, and Judy----"The Js".
Favorite Spectator Sport: Tough, since I love many: Outdoor track, and especially in Olympic years, Ice hockey; UConn women's basketball.

Favorite TV show: "Good Eats" (Alton Brown), BBC America's "Dr. Who"----contemporary version.
Book on my nightstand and awaiting attention: "Nova Scotia for Dummies" (a potential 2011 family vacation destination).
Hobbies (besides running, of course!): hiking with my guys
Greatest Fantasy Adventure: Participating in the Jungfrau marathon. I was born in Switzerland and lived there until I was five years-old---I keep thinking about going back and running there---SOON!
Favorite Vacation Destination: The Adirondack region of New York especially near Keene Valley
Not so Secret ambitions: go back to school to complete my masters degree and go on to the PhD, run my age in marathons (so far I've run 43) and then just keep on going....maybe run my age in distance---better metric for that one, celebrate my 100th birthday with as much grace and humor as my grandmother Lillian who will be 100 years-old on November 21, 2010 and is still going strong and taking the stairs.

Karin George

Favorite pre- or post-run food/drink? Pre-run favorite foods include a banana or an apple with coffee if I have time. Before a race I'll eat Cream of Wheat or oatmeal (with blueberries and some honey) - after a run I crave coffee and eggs
Warm-up routine(s): grab my watch, walk for a few steps and go!
All-time favorite song to hear while running: "September" by Earth, Wind and Fire or Salt N Pepa's "Push It" blaring out the window of a BC student's window after cresting the last of the Newton Hills while running the Boston Marathon
Secret tips or good advice? Race with grace in your heart and madness in your eyes
Favorite present or stocking stuffer for runner friends: SMAC socks!

Ron Hebert

Age: 70
Town: Northampton MA
Job: Semi-retired. Taught physical education for children with special needs from 1963 to 1984. Head coach of Cross Country, Wresting and Track at Northampton High for 16 years. Owned my own house-painting business from 1984 till 1992. Coached Cross Country, Wrestling and Track at Williston Academy 1996 to 2001. 2002-2010 coached track at Turners Falls High School. Still coaching Cross Country at Turners Falls.
SMAC member since: 1978
Local running/SMAC "claim to fame": past Director of the D H Jones 10 Miler and SMAC membership chairperson since 1995.
Favorite Distance to Race/Run: 10 K and 10 miles when I ran, before off a roof of a house in 1992.
Favorite Place to Run: My 8 mile road race route.
Favorite Author/Book: Tom Dederian, The Boston Marathon.
Favorite Movie: "Chariots of Fire".
Hobbies (besides running, of course!): Drawing scenes in Paint (a Windows application) - local buildings & others - 48 prints and counting. I play golf once a week and enjoy getting outdoors to walk and play - no golf cart for me!
Favorite Spectator Sport: Football And Scholastic Wrestling.
How I got into running: After playing football, basketball and baseball at Northampton High school, I went to college to get a teaching degree and to coach football. At college I joined the wrestling team. On graduating I met my wife and her father got me interested in road racing. This interest got me into coaching cross country and track.
What or who convinced you to join SMAC? Don Grant convinced me to join.

Ron Hebert

Favorite pre- or post-run food/drink? A hungry runner makes the best runner.
Music on the run (and, if so, what)? None!
Warm-up routine(s): A half mile run followed by stretching. Stretching after a hard run is a disaster waiting to happen because you are straining tired muscles that have had enough; this leads to injuries. This is just my opinion based on coaching for many years.
Greatest Adventure: Hiked Mt Katahdin in Maine
Favorite Vacation Destination: Vermont
Achievement of which you are most proud (running-related OR otherwise): Family. My wife, Kate, & two daughters: Lisa and Janine. Also, having the Northampton JCs rename the Florence road race after me 44 years ago.
Secret ambition: Enjoy life to the fullest
Secret tips or good advice? Advice for beginners: make running a part of your day and schedule everything around it. To veteran runners: If injured, take time to heal and come back slowly. Lastly: enjoy the runs!

Canned Heat in my Heels

By Jeannie LaPierre

It's September and the symptoms invade my space; insomnia, loss of appetite, a racing heart. Anxiety is the diagnosis. What? A racing heart? As long as it avoids injury, let it race. Over the past year, the concept of racing lodged itself under the bed, inside a dust bunny that wouldn't be caught. Rehab from two avulsed hamstrings filled the calendar last year. Eventually, the impossibility of ever running again began to quiet. What once was fuzzy white noise evolved into a distinct voice. Rehab morphed into training. As clear as a summer day, the vision emerged: a running race, involving both legs and heart.

By mid-August, the hamstring had built up enough toughened scar tissue to work it harder during training. While the desire to run a half marathon was tempting, that notion was nixed. Not enough endurance in the tendon. On the flip side, a 10K might pressure the volatile psyche to amp it up. I didn't need pressure. So, instead of entering the Harwich Cranberry Festival Half, I choose the 7.3 miler. This perfect distance would help dampen the need to race all out while not tiring the tendons. The mostly flat course followed familiar roads and the Cape Cod bike path. We'd be in the area anyway. The awards were only one deep, so there was no temptation to place given the situation. Okay, I'm in. Okay, my heart races.

On the night before the race, the radio was tuned to P-town's WRNR during a rhythm and blues show. I cranked up the volume. Tomorrow's performance would decide the future. There was no turning back unless I reinjured the hammie dancing around. Dancing is distraction. Everybody needs to dance. Its exercise for the soul.

Between the half marathoners and the 7.3 milers, nearly 1200 racers toed the line. I seeded myself at the 9:00 minute/mile sign. The plan: 2 miles at a 9:00 minute pace, the rest at what was possible. The agenda featured control, boundaries, and listening well to the body's whines and creaks. But still there were doubts. As many of you know, what you do well in training may not translate to a race.

As the first mile marker approached, I clicked the watch. The racing and pacing circuitry fired on target. String one proprioceptive moment together with all the others along a 7.3 mile course and you have a race. All flowed easily though not without tightness and tugging. After periodic assessments, I launched into the hamstring shuffle: feet low to the ground, shortened stride, quicker turnover. But the first mile was not as leisurely as I perceived. It was under 8:00 minutes. Pace? Forget about it. I didn't want to know.

The small hills along the backside of the course rolled like a conveyor belt, smooth and comfortable, as the macadam unfurled beneath my feet. Ah, but a temptation was thrust at me soon enough. It was not in the form of a bag of Fritos or a bottle named Sam Adams. That 22 year old female with a hacking cough and pig tails pulled ahead after a few miles of back and forth. Okay, good, go. As strong as was the desire to compete, the inner eye focused on the finish line. I'd not rehabbed for a year only to extinguish the gains by incurring a reinjury.

Suddenly I saw flashing blue lights ahead on the bike path. I assumed a runner was down but would later learn it was an escort for Bill Rodgers who also was running the shorter distance. Now, had I known he was but ninety seconds ahead, temptation may have broken the discipline. Thank goodness I was clueless. The goal was to finish in 70-80 minutes. Runners are not always rational thinkers. A wished for finishing time full of errors in judgment is redolent with the scent of failure. A good sense of smell helps.

With under two miles to go, the watch read 45 minutes. Okay, add another 20 minutes to that, calculate a possible unforeseen situation, (bear attack? lightening strike? wardrobe malfunction?) I could finish in 70 minutes. I'm no math whiz but part of the plan involved keeping the excitement in check. Excitement breeds speed and speed invites disaster. Plug along and just finish.

Determined and recovering, Jeannie hits the finish line before a throng - well, a bunch - of supportive fans. Whether they knew what it took to her to get there or not, she did.
(Submitted Photo)

Around the corner into the school parking lot with no one chasing me and no one to be chased, I had the finish all to myself. A feeling of electric exhilaration fired every synaptic connection in the body. With a smile and still keeping the pace in check, I heard the timing mat beep. The loud speakers blared with the downbeat. I wiggled and twirled and danced.

Bill Rodgers granted me a few minutes. When asked about the course, he mentioned how hilly it was. Though we both finished well overall, my goals were not to race for placement, to beat anybody, or attempt a PR. The goal was to finish happy and uninjured. So, maybe I'll run two races a year. Its enough to fill the happiness quota.

While scarfing down a wicked tasty fried clam dinner that evening I made a connection. I'm 54, my time was 54:54. I'm not superstitious but damn, the running goddess and her attendant angels pulled off a coup. "Got canned heat in my heels tonight, baby….just dance." ('Canned Heat' by Jamiroquai)

Montague's Mug Race: 30 Years and Counting

Montague Center's 5.5 mile Mug Race is a classically small town event (surely a thirty year-old event has the right to call itself a "Classic", but the folks over in Montague remain modest), yet every year a few big guns seem to show up. This year's race was run on a fairly nice August 21, and Robert Deegan of Amherst ran a very impressive 29:42, in the process laying waste the field, which included Erik Nedeau (2nd; 31:56), Aaron Stone (3rd; 32:35), and former Mohawk standout Neal Graves (4th; 33:03), who himself was nearly caught by Michael Townsley (5th; 33:16). None of those guys are slouches! Plenty of other SMAC members were on hand, too. Nick Hopley ran 6th (35:03), just ten seconds ahead of Barney Collins (8th; 35:13), while Barry Auskern (17th; 40:02) took 3rd in the 50-59 bracket.

Jean Henneberry (22nd; 42:03) was first in her 50-59 division, just ahead of Robert Bissell (23rd; 42:05), the class of his Elite Senior 60-69 group. Your editor dogged it in next (24th; 42:26), with Mike Duffy (26th; 44:17), and Carol Ball wrapping things up for the club as the first - and only - Elite Senior woman (50th; 59:09). 52 finished.

But wait! The day also featured the Mini-Mug Race to report on too! Befitting its name, this event is shorter (two miles? 3k? You've got me!). Patrick Pezzati did some speed work that day, outpacing thirty-five other competitors with a time of 13:21. Max Hopley ran third in 14:35, with Patrick's son Gram fourth in 14:39. Max's sister Julia finished in 22nd (19:53) and young Nicholas Clark (31st; 26:14) just edged his mother Meg (32nd; also 26:14). You go, Nick!

The low turnout still bewilders me. Though the people in charge may not be runners themselves, the Mug and Mini-Mug are well-run, well-supported, and have great refreshments, plus a generous prize raffle. Even if you don't run, there's the rest of Montague's Old Home Day fair to enjoy. Just 52/88 runners? Hmm. They deserve a lot more support than that.

The 28th Summit Run: 5k x 800'

September 13th started off as a great day for running, slightly overcast with a light breeze and it never got too hot. So, you'd be entitled to wonder why more people didn't show up for the 28th Summit Run, even if it is one of the stiffest uphill grinds around. But they missed out, right?

Although he didn't look quite as dominant as he did in 2009, Michael Brouillette still repeated as the first runner to reach the top of Mt. Holyoke, his 19:21 putting him nearly two and a half minutes ahead of Grant Gonzalez (21:44) and the rest of this year's Summit Run field. Barney Collins (4th; 23:08) was SMAC's first runner of record, with Bob Prentiss (17th; 25:52) and Jim Farrick (31st; 27:39). Max Hopley (33rd; 27:54) edged his dad/coach Nick (34th; 27:55) with a great finish, blowing past your editor (35th; 28:01). William Lesko (40th; 28:40), Jackie Choate (63rd; 33:54) and Don Grant (71; 37:51) filled out SMAC's showing.

16th Don Maynard Memorial 5 Mile Run

On September 18 - yet another good day in this Fall's series of excellent race weather weekends - Andy McCarron of Keene NH dropped down here to obliterate this 16 year-old race's course record; finishing the run in 26:00, McCarron averaged 5:12 miles through the Greenfield Meadows and along the bike path. In fourth place, Aaron Stone had his best time (28:22) for the course, and Grant Gonzalez (6th; 28:55) and Mike Townsley (7th; 29:09) both ran well, but none of them could even see McCarron at the end. Phew! Former Maynard winners Barney Collins (12th; 30:34) and Rich Larsen (2nd M50-59 - 13th; 30:37) ran times which would have been in the top three or four in past races, but not this year. Working strongly with his series participants, John Reino (19th; 33:18) led Karin George (1st F40-49 - 20th; 33:23), Ned James (3rd M50-59 - 21st; 33:25), JoEllen Cameron (2nd F40-49 - 22nd; 33:29) and Ashley Krause (1st F30-39 - 24th; 33:43). Whoa! That was a SMAC pack!

In 31st, Patrick Pezzati finished in 35:33, while your editor (35th; 36:14) was tailed by Barbara Graf (1st F50-59 - 38th; 36:29), with Jim Plaza one second behind her (39th; 36:30). Mike Duffy (40th; 37:14) and Jim Farrick (41st; 37:23) ran close together, as did John Larareo (2nd M60-69 - 47th; 39:20) and Lauren Cuniffe (48th; 39:25). The elusive Tom Davidson (51st; 39:34), Andy Jaffe (52nd; 39:40), Leann Cerpovicz (54th; 40:09), Becky Shattuck (3rd F50-59 - 56th; 41:09) and Jodi McIntyre (58th; 41:21) were all in there along with "Cowboy Ted Burrell" (61st; 41:50). Ann Van Dyke (63rd; 42:03), Irene Woods (66th; 42:33), Paul Peelle (77th; 44:07) and Don Grant (85th; 48:17) were the final SMAC finishers.

1st Smith Vocational & Agricultural High School 5k

To get a real report on this Coctober 9 race you should get in touch with Jim Farrick, who decided to run in this new event pretty much on the spur of the moment. Or maybe Jeff Folts. Or probably the Milsark brothers. Whatever. On a Saturday (October 9) when many SMAC members headed off to exotic venues like Hartford and Greenfield, why not just stay and race in NoHo? Not far away, not too long... why not indeed?

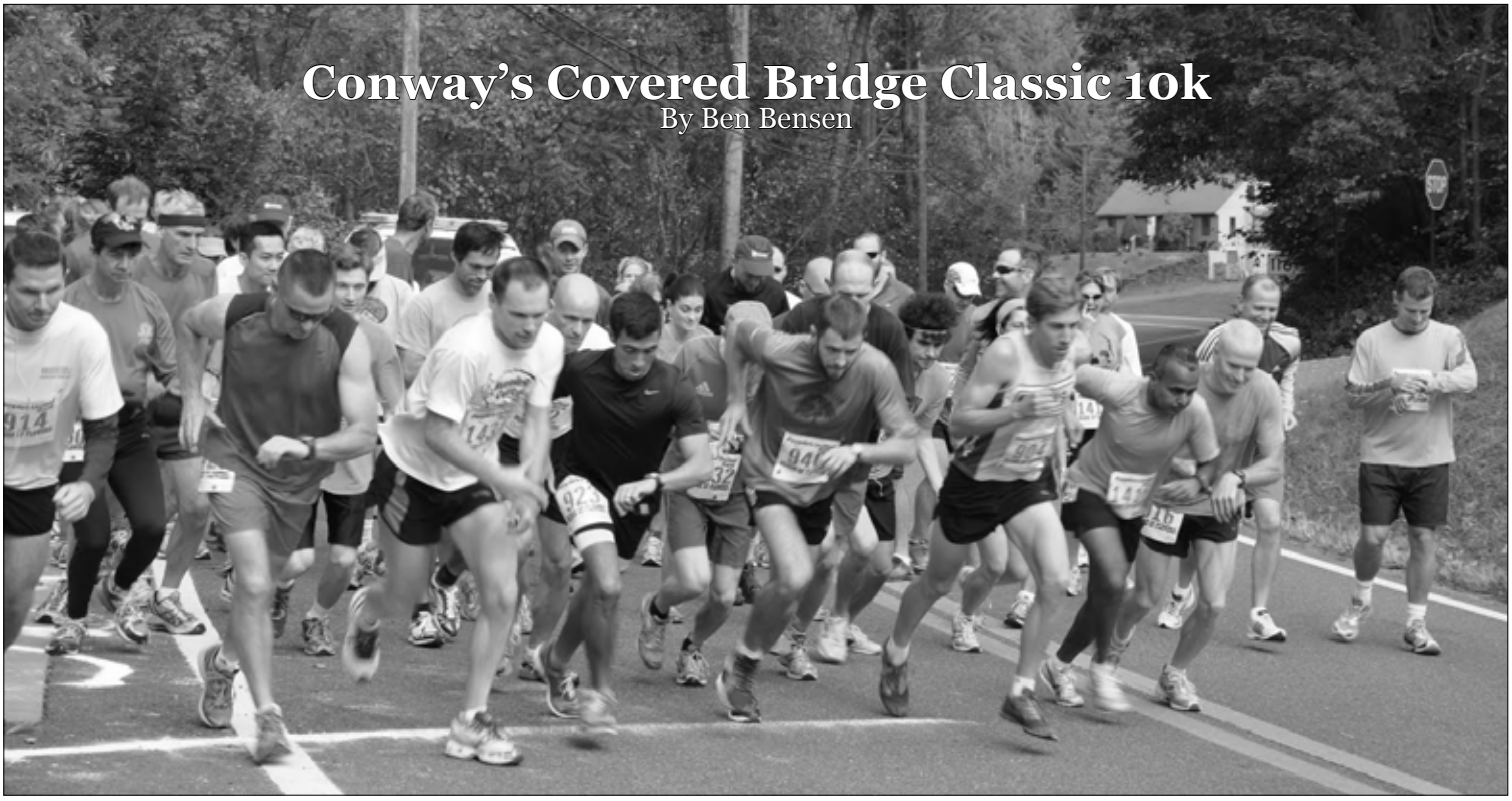
Only 34 runners completed the race, a fund-raiser for the Voke, but the buzz sounds good, and they could be onto something. Given the number of events appearing these days, Columbus Day weekend seems OK.

18 year-old Greg Mathieu won the event in 19:13, while Jeff Folts (8th; 22:34) was the first M60-69 to finish. Brothers Rory (9 years old and 3rd M0-19, 9th; 22:52) and Ethan (10 years old and 4th M0-19, 10th; 23:16.0) both outdistanced Farrick, who's arguably Northampton's busiest runner (11th; 23:26.0).

The Milsarks haven't complained, but it's reasonable to bring up the topic of age groups when 9 and 10 year-olds get lumped in with high school runners. Why not 0-15? or 0-12? Every race can set its own rules, but the first year or two would be the time to get everything right, yes? Just a thought.

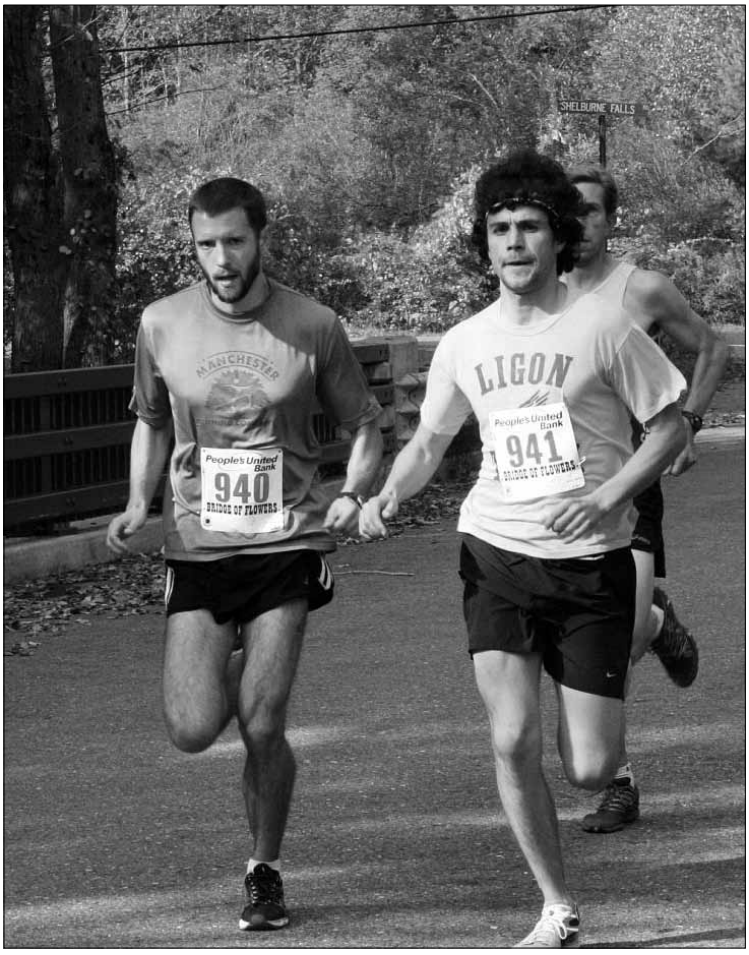
Conway's Covered Bridge Classic 10k

By Ben Bensen



Runners blast off down Route 116 at the start of the Covered Bridge Classic 10k Let's see if you can spot the following SMAC members: Mark Mazzola, Dang Hyunh, Michael Townsley, Marc Guillaume, Grant Gonzalez, Ashley Krause, Mike Duffy, Barney Collins, Ross Krause, Sri Bodkhe and Tom Denney. There all visible here, folks!

(Photo by Cyndee Meese)



By the time runners got to the Reed's Bridge crossing the general outlines of the race were pretty clear.

On the left, Drew Best (#940) was poised to overtake Willy Koon and the lead; Ross Krause was just behind.

Above, Ashley Krause had established the margin she led Tom Denny by at the finish, while two other runners struggled to keep up.

(Both photos by Sue Townsley)

I'll admit to having a soft spot for Conway and its Covered Bridge Classic 10k Race. Not only did I set my own 10k PR here (it's a preposterously difficult course to PR on, so I must have been young, and either stupid or eager, or both) but it always comes at the peak of autumn, in the midst of a great small town fair, the Festival of the Hills. No chip timing, no fanfare, no big appearance money, just a well-supported small town race. And this year was as good as ever. Race Director Dave Reading (at least the third to capably run this event) has established a course we all like, and good people come back year after year to run it.

Drew Best came back indeed. The 2009 winner from Leverett won again in 33:55, well ahead of Ross Krause (34:31). If SMAC had had a team, though, and if there'd been a team competition, we would have ruled! Grant Gonzalez (5th; 37:04), Will Paulding (6th; 37:27), Michael Townsley (7th; 37:32), Marc Guillaume (9th; 38:48), Barney Collins (10th; 38:59) and Jeff Hansen (11th; 39:10) virtually owned the roads. Sri Bodkhe (16th; 42:31) ran just ahead of first woman, Ashley Krause (17th; 42:58), who was just two seconds ahead of Tom Denny (18th; 43:00). Your editor finished 26th (47:24) with Larry Sherman (27th; 47:24 and coming off a marathon), Dang Hyunh (28th; 47:52) and Mark Mazzola (29th; 48:05 and tapering for Cape Cod) on my tail. Mike Duffy (32nd; 49:31), Paul Peelle (56th; 56:58) and Don Grant (74th; 1:06:55).

Mike Townsely looked strong at Reed's Bridge too, putting the hammer down ahead of #904 and Barney Collins. (Photo by Sue Townsley)

Not the only stroller-pushers, Rich and Katie Calhoun (49th and 50th; both 55:53) were apparently the only team to push two kids; what a route to do that on. And thanks to Bill Meese (76th; 1:080:08) for bringing his wife Cyndee. She and Sue Townsley gave this race A++ coverage!

SMAC MERCHANDISE ORDER FORM

Name _____ Street/POBox/Address _____ City/Town _____

State and Zip Code _____ Phone Number (just in case...) _____ Email Address _____

Are you a SMAC member? Yes/No (circle one) If not, would you like to receive an email with information about joining? Yes/No (circle one)

Please include check payable to: Sugarloaf Mountain Athletic Club. Mail to: SMAC, P.O.Box 379, Hadley, MA 01035

Item	Description	Gender Specific	Size	Quantity	X	Price Each	=Total Price
SMAC Jacket	Brooks, with logo fluorescent yellow and black	Male/ Female	small, med, large	_____	X	$70.00	=$_____
SMAC Singlets	yellow with logo	Male/ Female	small, med, large	_____	X	$25.00	=$_____
SMAC Shorts	Asics	Male/ Female	small, med, large, X-lg	_____	X	$25.00	=$_____
SMAC Socks	white/yellow with logo	N/A	small, large	_____	X	$5.00	=$_____
SMAC T-Shirt	yellow, cotton	N/A	small, med, large	_____	X	$8.00	=$_____
SMAC Cow Bells	cheer! - noise maker	N/A	N/A	_____	X	$5.00	=$_____

TOTAL for Merchandise =$_____
Shipping: ADD $5.00
TOTAL ENCLOSED =$_____

Gift Membership Form

SUGARLOAF MOUNTAIN ATHLETIC CLUB

❄ Step 1. Provide your contact information.

(We would use this information to contact you only if we need clarifying information about recipients or payment.)

Giver's name:

Phone number:

E-mail address:

❄ Step 2. Choose gift membership type and provide payment.

- ❑ Individual (Adult).....$15
- ❑ Individual (Youth).....$10
- ❑ Family.....$20
- ❑ SUN newsletter only...$10

Please make your check payable to:

Sugarloaf Mountain Athletic Club, Inc.

Is this a new or renewal membership?

- ❑ New: *Recipient gets a free SMAC T-shirt! Select size below:*
  Adult: *S___ M___ L___ XL___*
  Youth: *S___ M___ L___*
- ❑ Renewal
- ❑ Don't know: *Indicate a T-shirt size above, just in case!*

❄ Step 3. Provide information about gift membership recipient(s).

Member name(s) and birthdates (if known) and contact information:
[for family membership, include all names; for individual membership, use Name 1 only]

Name 1: Sex: DOB:

Name 2: Sex: DOB:

Name 3: Sex: DOB:

Name 4: Sex: DOB:

Name 5: Sex: DOB:

Address:

City: State: ZIP:

Phone number:

E-mail address:

❄ Step 4. How would you like to notify the new member(s) of your gift?

- ❑ Please mail membership packet to me at the address below:

  Address:

  City: State: ZIP:

- ❑ Please send membership packet to recipients & enclose a note stating that this membership is from:

❄ Step 5. Mail this form and payment to SMAC.

Mail to: Sugarloaf Mountain Athletic Club, P.O. Box 379, Hadley, MA 01035

Thank you!

Hartford Mixed Bag: a Full, a Half, a Still Smaller One...

By Ben Bensen

Columbus Day weekend means Hartford to many in Western Mass, and the city offers races to suit most preferences. Full disclosure: The SUN wasn't there! But there's good info on the web, and good people reporting, and running, and here's how they did on a particularly fine running weekend (it was great in Franklin County, anyhow!). Derese Deniboba ran a big strong race, finishing nearly a minute and a half ahead of Lucas Meyer. However, there were very some strong performances among mortal SMAC types, including Aaron Stone (24th; 1:19:57) and Grant Gonzalez (25th; 1:20:29), who finished 9th and 10th of 303 runners in their 25-29 age group. And Karin George (117th; 1:31:32) was first among all the 243 45-49 year old women!

Dang Hyunh (433rd; 1:41:45) finished 52nd of 322 in his 35-39 group, closely tailed by Larry Sherman (436th; 1:41:48) 58th among 305 in his 40-44 group. Just four minutes but 160 places behind was Jim Plaza (592nd; 1:45:12), who finished 21st of 116 in his division. And in 909th place, 73rd of 268 in the 45-59 bracket, Patrick Pezzati, "the man with the bionic foot" ran a very solid 1:50:08, pretty good for a guy with a bad Achilles tendon. And that seems to be all the SMAC finishers among the first 1000 finishers, but there were 4632... and a marathon... and a 5k... Lotta running down in Hartford on the long Columbus Day weekend.

In the Marathon, last year's Jones 10-miler champ and pre-race favorite Pat Tarpy had to settle for second, despite leading Michael Wardian through twenty miles, finishing in 2:25:00 to Wardian's 2:24:38. A little way back in 276th was SMAC's Treasurer, Dave Martula, who bested the other twenty-three in his 65-69 group, finishing in 3:29:40. Former SUN Editor Bill Durkee trekked down to Hartford once again (he does this!) and finished 58th among 215 in his 45-49 group (461st; 3:42:31). Not too far behind was Bob Prentiss, 10th of 95 in his 55-59 cohort, finishing 488th in 3:43:27. SMAC President Donna Utakis ran too (though it's kind of a short distance for her), finishing 18th of 155 for the women's 40-44 set, 503rd overall and 3:44:08. Last, at least in the top thousand for SMAC members, Tom Davidson ran 85th of 227 in the 35-39 bracket, finishing in 704th with a time of 3:54:08. Given that there were 2250 finishers in all, not bad at all!

Not to be overlooked, Hartford also ran a 5k on the 9th, though most people would have to come up with some fairly articulate reasons to justify driving this far to run a 5k. Granted, Erik Nedeau has provided a few: he's the course record holder, having run identical times of 15:03 in both 2001 and 2003. Now, that's a factoid! Sharing a course record with yourself? Yes, folks, it can be done!

..and the Jailbreak 5k: It Just Keeps Getting Better

The Jailbreak has become a fixture of the Franklin County running scene in just four short years, bringing in once a year runners from the Greenfield area as well as your usual suspects. 152 completed the October 10 race in fabulous conditions, and all agreed: it was a treat.

So, here's a quiz: what do Derise Deniboba, Jim Plaza and Patrick Pezzati have in common? Arms and legs (two of each), yes. Same hair styles, more or less. Oh, and all three ran the half marathon at Hartford one day earlier. So much for similarities.

But first, human interest compels me to report a bit of what went on towards the back of the pack (you'll know some of this if you read The Recorder's follow-up piece, but maybe not all of it) In 126th place and fifth of eight in the 60-99 bracket (arguably the least fair age group, but 0-15 is probably worse) was none other than one-time SMAC warhorse Ray Willis, who's back on the roads and feasting on his peers at the young age of 81. Several people went to congratulate Ray, who took eleven years off and now runs for the New England Over-65 bunch, but he pointed out that racing at his age isn't that impressive. "Look at that guy" he said, pointing at 91 year old George Whitney of Brattleboro. "That guy has my respect!" Whitney was 150th, at 47:15, and the ages of the two runners who followed him in added up - exactly - to his own!

Modest to a fault, Whitney says he took up running ten years ago, after being winded by a walk to his mailbox. Figuring that he was either very sick or badly out of shape, he told his wife that he was going to go for a run in order to find out which was the reason. Now he runs three days a week, under the watchful supervision of his daughter. She keeps him out of trouble. Impressed? You're not alone. A couple from Eastern Massachusetts who'd collected one of the gift certificates from the Northampton Running Company in the raffle were too. They waited until I finished talking with George and congratulated him, then handed over their prize. "We don't live around here" said one, "and you could probably use it. If you need shoes, of course". Hard not to accept a present like that, or to appreciate the good spirit of running it exemplifies. Keep it up, George!

Meanwhile, Deniboba's 15:10 looks like it will hold up as a tough standard to beat. Last year's winner, Mark Mayall (16:15) ran 1:02 faster than his winning time for 2009, but he only got second! SMAC's Aaron Stone ran 17:31 for 4th place, Rich Larsen clocked 17:58 for 5th, and Jeff Hansen took 6th in 18:03. Jeff's either speedy (if he races) or disabled (if AWOL).

Garry Krinsky ran a quick 19:59 for 13th place, tailed by Allison Belanger (15th; 20:08), Barry Auskern (16th; 20:23) and JoEllen Cameron (19th; 20:35). Your editor was further back (28th; 21:41), followed by Chuck Adams (33rd; 21:56), Jim Farrick (35th; 22:08), Mike Duffy (37th; 22:28) and Frank McDonald (39th; 22:34). Barbara Graff ran first in her 50-59 age group (44th; 22:55), closely followed by Shanna Burke (45th; 22:57), Jean Henneberry (47th; 23:03), John Larareo (49th; 23:14), JohnReino (51st; 23:26), steady as they come Jim Plaza (60th; 24:18), Leann Cerpovicz (62nd; 24:29), Father and son Patrick (68th; 25:18) and Gram (72nd; 25:36) Pezzati, and Erika Heilig (94th; 27:39). Running and writing for The Recorder, Chip Ainsworth was 95th (27:39); Chip gets the word out to Franklin County pretty well. And don't forget Cathy Coutu, who ran 103rd (28:26), or Alexandra Cerpovicz, 116th (29:37).

The Second Annual 5k for Farmland

If you didn't run the first 5k for Farmland, you were in for a treat this year. October 17's race was not held in near hurricane conditions, didn't feature torrential rain and winds, had visibility further than 50', was contested on a PR 5k course with its only hill a mild speed bump of six feet (or less), and the surface was dry and hard packed dirt. You probably ran a great time and admired the Kestrel Trust for its organizational and fund-raising prowess, and you probably had enough spring in your step to run long on Sunday. Yeah!

On the other hand, if you did run in last year's event, you might think you deserved an excuse for not showing up, as in, you tried, you got a cold, etc. Well, no such luck. If you didn't go, you don't get to make any excuses. Conditions were excellent. I didn't go.

Matt Shamey did, and while he was well off fellow Leverett boy Drew Best's 15:58 course record, he was 45+ seconds ahead of second place Jamie Cochran of New Hampshire (17:34). First for SMAC was Allen Vance, thirteen years old and second in the M1-19 group (15th; 19:31 - I guess they don't let 0 year-olds compete, but they also had a 1-12 category which the Milsarks placed in. 13-19's a somewhat more reasonable bracket). Barry Auskern (23rd; 20:11) was third in his M50-59 group, while Karin George (28th; 20:30) was third in her F40-49 crowd. Sara Smiarowski, on the other hand, was first in her 30-39 bracket (38th; 21:35). The brothers Rory (44th; 22:30) and Ethan (46th; 22:37) Milsark ran first and second in the M1-12 group, and their mom, Jean Henneberry (54th; 23:30) was second in the F50-59 collection. Allen's dad John (69th; 25:08), Janice Sorensen (127th; 28:58) and Janice Stone (213rd; 38:17) were the rest of SMAC's turnout among the 226 who completed the event.

Tim Mahoney leading Ross Krause, Grant Gonzalez, Aaron Stone, someone in front of Mike Townsley, another someone, the very buff Barney Collins and Marc Guillaume early in the Chase'N a Mason race.
(Photo by Sue Townsley)

The Chase'N a Mason 5k

Now in its second year, this race had great appeal for those who didn't get to the 5k for Farmland, and the two events have several similarities. The Chase'N's speed bump may add as much as 20' in altitude, but it drops back quickly and its surface is as clean and well-paved as you could hope for. The day itself was just gorgeous. Once you get past the first quarter mile (not that pretty) you run along the Connecticut River along the bike path (and then back), so it's impossible to get lost. And you get to see everyone you run with. This is a good event.

Ross Krause hung on to Tim Mahoney from the start and matched strides 'til the final up and down. Then, said Ross "Tim shifted up a gear and I didn't have one." Mahoney won in 16:05, and Krause was second in 16:13, but still the "first" M30-39 runner. Aaron Stone ran his final tune-up before the Cape Cod Marathon (4th; 16:46 and 1st M20-29), while Grant Gonzalez (5th; 17:08), Mike Townsley (6th; 17:24 and 1st M40-49), Marc Guillaume (7th; 17:28), Rich Larsen (8th; 17:43 and 1st M50-59) and Barney Collins (9th; 17:53) had fast runs. Ashley Krause (16th; 19:20) was "first" F30-39, and John Reino (18th; 19:28) and Barry Auskern (19th; 19:30 apparently had a great battle. Ned James (22nd; 19:56) ran the race in his Five Fingers with - he claimed - no ill effects, and JoEllen Cameron (23rd; 20:00) and Karin George (25th; 20:13) were close. Larry Sherman (28th; 20:53) ran ahead of your editor (29th; 21:11) as well as Jim Plaza (32nd; 21:50) and Jim Farrick (33rd; 21:57). Barbara Graf (35th; 22:22) just edged Jean Henneberry (36th; 22:35) for first F50-59. Mike Duffy (37th; 22:34), John Larareo (38th; 22:36), Shanna Burke (40th; 22:40), Leeann Cerpovicz (41st; 22:47), and Jodi McIntyre (48th; 24:52) all ran for the club, while Allie Cerpovicz (58th; 27:22) was first F19-under. Don Grant (63rd; 29:04) finished things for the club; 76 ran.

Bernardston's Falltown Classic 10k

Many people have wondered why the Bernardston Hallowe'en Hustle never took off, given its nice location, easy access and agreeable time of the Fall to race. For whatever reasons, though the 4.2 mile race never caught on. Determined to have a class event in town, Mike and Sue Townsley and the Bernardston Kiwanis planned a new course - it's hard, but beautiful -and plumped some prize money into the mix, promoted like crazy, and Voila! The Bernardston Kiwanis Falltown Classic 10K was born. It looks like it's off and running strong.

The course never crosses Routes 5 & 10, starting at Pratt field and heading up into the hills towards Leyden before returning. The first two plus miles are paved and uphill, the next three dirt and down. On a clear day you could see forever if you didn't have to watch your footing. This is one demanding run.

Josh Ferenc came down from New Hampshire to grab some prize money, and win he did! With a time of 34:02 he was never challenged, finishing more than two minutes in front of Tim Mahoney, who ran 36:05 for second. SMAC's Grant Gonzalez (he hadn't quite joined yet, but hey; he has since!) was third (37:06:95). Marc Guillaume (5th; 37:41:43) ran a very solid race, while Barney Collins (10th; 41:18:08) claims he didn't. Sri Bodkhe (12th; 42:51:71), Bob Austin (13th; 43:55:71 - I think he was 3rd in M50-59), Sara Smiarowski (15th; 45:04:08 and 3rd in her F30-39 bracket), Barbara Graff (23rd; 47:24 and 1st in her F50-59 bracket) and Chuck Adsams (25th; 47:48:34) all finished strong. Cathy Coutu (46th; 1:00:10) ran an almost perfect hour, and Don Grant (53rd; 1:04:18) finished up for the club; 58 finished and two DNF'd.

(Left) Runners heading out at the start of the race

Finishers, below:

(Left) Bob Austin

(Center) Sara Smiarowski

(Right) Chuck Adams

(Photos by Mike (!) Townsley)

The Westhampton Hills 5k

October 17th's running of this race drew more contestants than before (43), but it's still fighting for daylight in a busy weekend. At least some SMAC folk trekked over! 17 year-old Ryan Thorchill was the winner, with a time of 18:46, but SMAC's Thomas Denny was third in 21:24. Rick Scott (5th; 21:51), Allison Belanger (6th; 22:19) and Jim Farrick (7th; 22:44) made a good showing for the club up front.

The Toasted Owl 5k

Is this what Northampton needed: another 5k race? Guess so. The Toasted Owl 5K Run/Walk on October 31, drew 144 runners, so there was clearly justification. Win Whitcomb (10th; 19:46) was the only SMAC member I can identify (well, Erik Nedeau won it 15:44, but hey!). On the other hand, they listed him as "M", so that's cool. And everyone ran in the same age-group: 0-99. All's fair, and NoHo may have more 5k's per capita than anywhere!

The Larch Hill English-Style Cross-Country Race

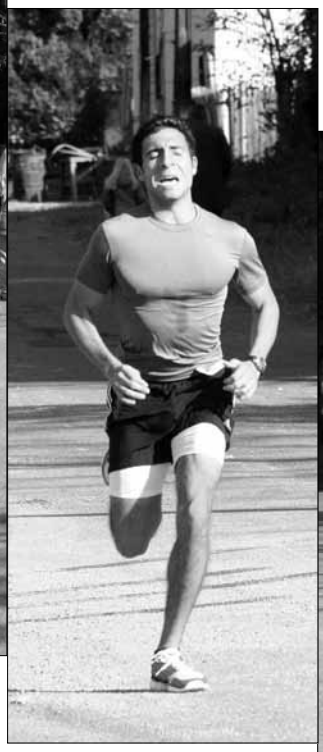
Whether the Larch Hill Race was Nick Hopley's brainchild or not, it has his fingerprints all over it, so it was good - and appropriate - to see him finish a strong 6th (20:09) at the sixth running of this event on October 30. This is not like any other 5k, what with its hay bales and ladders and other obstacles, but it's fun. On a busy weekend the event was enjoyed by 123 competitors; not bad at all.

Sean Duncan won it all in 16:24, more than 90 seconds ahead of Ed Parrot (18:07). Sean Norton was 13th (21:35) and his son Sam 39th (26:01). The only other SMAC runner I recognized was Paul Peelle (60th; 28:35); out of 123 runners, not bad at all!

SMAC members, take note. The club is taking on the management of this race, and more of you should try it; it's fun!

A Gallery of SMAC Runners at the Chase'N a Mason 5k

Ross Krause



Grant Gonzalez

Marc Guillaume

Jodi McIntyre

Rich Larsen

(Photos by Sue Townsley)

The Dan Barry Memorial 5 Mile Race

This was definitely, and finally Grant Gonzalez's big day. New to the Valley this Fall and a teacher and coach at Northfield-Mt. Hermon School, Grant has become a regular at local races, usually finishing very close to the top... but not quite making it all the way. Some runner-up positions, a third, a couple of fifth places, but never first on the list. Until this year's Dan Barry Memorial 5 miler, aka "The Potato Race", where he emerged as first overall, besting Griffin Lipman by thirty-two seconds. This was, in fact, the first race that Gonzalez had ever won. What better way to celebrate than to join SMAC? "After all", I told him, "I can't write about you if you're not in the club!" Not much, but he took the bait, and that's why you see his exploits; they may well be retroactive, but he deserves to celebrate all the same.

4th and 1st M50-59 (29:53), Richard Larsen has seen this race from the front, but not this year. Jeff Hansen (5th; 30:09), Bob Austin (9th; 32:53) and Tom Denny (10th; 33:08) were fast, while Karin George - tuning up for Monson - sparkled in winning the women's division (12th; 33:32). Ned James (14th; 33:45), JoEllen Cameron (15th; 33:57 and "first" F40-49) and Jeff Folts (17th; 34:25 and definitely not the first M0-14) all ran ahead of your editor (18th; 34:37). John Reino (19th; 34:43), Chuck Adams (23rd; 35:11), James Farrick (25th; 35:48), Barbara Graf (26th; 36:02) and Jim Plaza (27th; 36:19) were all solid, while John Larareo (37th; 37:38) came in first in the M60-69s. Mike Duffy (38th; 37:52), Patrick Pezzati (39th; 38:00), Shanna Burke (41st; 38:38 and 1st F20-29), Jean Henneberry ran (46th; 39:19), just ahead of Mark Dean (47th; 39:22). Jodi McIntyre (57th; 40:45), Ed Dean (68th; 43:35), Ann Van Dyke (71st; 43:48), Cathy Coutu (78th; 45:25), Don Grant (85th; 47:53) finished for us. Ray Willis (97th; 52:45) showed up to claim the 70+ slot, which is a pretty good result for a youngster of 81. 101 runners finished overall.

Monson: The End of the Season and Plenty to Learn

By Ben Bensen

The stories that circulate about Monson are legendary; no way could the place be as fearsome as described by some people (who've suffered over its scenic hills and roads in snow and sleet and unimaginable extremes). Could it? Or have I just read too much of the Hockomock Swamp Rat? Maybe a bit of all of the above. Still, there are many ways for a course to savage you, and Monson found its way to get me. I take comfort in not being alone.

However, the important stuff must come first. While there are only three hundred or so entries, the little town pulls out all the stops for this event. Great schwag, reasonable entry fee, terrific food and crowd support, and clearly some good prize money all justify the Half's reputation as an excellent event. Hey, you run almost all the way to Connecticut! It has a lot of altitude gain (most of it early) and ups and downs, probably more than the Jones 10-miler. And it's 5k longer. This year's race enjoyed really comfortable temperatures when it started at noon; we might as well have have been running in mid-October (until the sun went down). But by that point The SUN's editor was going down too.

Matthew Kiplagat of New Rochelle, NY (serious talent, he has!) ran first in 1:07:38. Once the professionals were in SMAC made an excellent showing. Mackenzie Gray was our first guy (24th; 1:30:49), followed by John Reino, whose 31st place and 1:33:00 were really satisfying. Hot on his heels was Bob Austin (32nd; 1:33:21), Tom Denny (33rd; 1:33:39) and Richard Clark (1:33:57). Next came four awesome SMAC women: Karin George (40th; 1:35:25), JoEllen Cameron (49th; 1:37:05), Sue Dean (51st; 1:37:15) and Ashley Krause (1:37:50), whose team effort netted $300 for the club!

Bob Prentiss was next (61st; 1:38:37), followed by Sri Bodkhe, who was "fresh" (as in one day) off an all-night red-eye flight from India where he'd visited family. I'd made the mistake of running with Sri for eight miles, happily and with some confidence, but adrenaline poisoning will do that to you. I was still running well at ten miles (my time then would have been my best for the Jones race since 1998), but, as I said: there were still 5k to go. Jim Farrick (1:41:57) passed me in the eleventh mile and Jim Plaza coasted by in the final stretch, wagging his finger as if to say "I told you so". Jim knows; he was 87th (1:44:17), and I finished 91st (1:44:26).

Jean Henneberry (108th; 1:47:50) came in later, and Mike Duffy (125th; 1:50:50) after that, followed by John Larareo (148th; 1:55:09), Patrick Pezzati (162nd; 1:56:32), John Stifler (186th; 2:00:54), Dawn Striker (189th; 2:01:33), Ann Van Dyke (207th; 2:04:26) and Don Grant (275th; 2:28:58). No question about it; we all did about as well as could be expected!

Young SMAC Runners Soar

Several young SMAC runners finished their high school cross-country careers in great style this November, and it's interesting to see the parallels. At November 6th's PVIAC meet, Northampton High's Harrison Hunter finished the 5k course in second place overall (15:54:84) and teammate Ian Lutz was fifth (16:18:57). Northampton High won the team trophy, besting perennial champs Amherst-Pelham. A week later they repeated the feat, winning the Western MIAA championship in Pittsfield with Hunter winning outright (16:25:92) and Lutz nabbing 12th (16:53.39).

Meanwhile, at Deerfield Academy, Sam Belcher won the NEPSTA championship on his home 5k course in 15:52, pacing Deerfield Academy to second place (behind Phillips Andover), its highest finish ever. Andover's website reported the race as follows: "Andover's number one, Renat Zalov '11, battled the formidable Sam Belcher of Deerfield and Arjun Nukal of Exeter in what Loomis's head coach called true "collegiate-level competition." These three fabulous athletes proved not only their strength and speed but also their experience and mettle as they ran in a tight pack, matching one another in toughness and intelligence. In the final 200 meters of the course - lined up closely, Belcher, then Nukal, then Zalov - they started their impressive kicks to the finish. Belcher, looking powerful, confident, and deservedly happy, pulled ahead and crossed the finish line in a thrilling individual victory with a course-record time of 15:52. Andover's Zalov, however, surprised Exeter's Nukal, who had beaten him at Exeter a week before, and in the last stretch passed him to finish second, just two seconds behind Belcher...What a grand show these top three gave the crowd!"

...And Don't Forget the 5k!

Monson's 5k is a pretty good little race in its own right, not just as a sideshow for the Half Marathon. Erik Nedeau dropped in to win the title in 15:40, but the field had a range of talent. 9 year-old Jason Beaver (who'd reputedly won a 5k the day before) ran 4th overall with a mark of 20:09, just ahead of SMAC's Heather Wark (5th; 20:32). And Alexandra Cerpovicz, who - like Jason - had to have something to do while their parents ran in the half, was first in her age group too (46th; 28:57). There were 83 finishers.

Sam Belcher takes control at the finish of the NEPSTA Division I Championship race at Deerfield.

The Hot Chocolate Run

By Ben Bensen

Mayor Higgins' 2010 Hot Chocolate Run enjoyed the event's biggest turnout so far, and by far. Wow! On a bright and brisk but generally excellent day to race 2730 competitors finished the run itself, and there were more than enough walkers to justify the event's slogan of "5000 cups of Hot Chocolate". Safe Passage raised over $135,000 for its programs and more than lived up to its promise of being the biggest event of its kind in western Massachusetts. PR's were set (at least one), and the winner, Mike Griffin of Marlborough set a new course record of 15:32.32. OK; so what if the 2010 course is at least the fourth route used by the race in its six year career? What, me quibble? No, no no! Any event that gets people out in December to run is good, and the quality of this field was as good as you could ask for, top to bottom. Not only that, there are stories to be told, and I will!

Alert (i.e., why aren't you on The SUN's staff?) readers may wish to pounce on that "2730" quoted, because *CoolRunning.com* reported 2731 finishers. And who was the mystery woman, Sonja Heitgress, listed as ninth finisher and first woman, with a time of 16:33.17, plus the fastest age-graded time of all? Had she raced in the Valley before this? Where's she come from? Why haven't we heard about her before? And - perhaps the most important question - can we get her to join our club?

Extraordinary journalistic sleuthing of not-quite-Wikileaks proportions helped me establish answers for nearly all of these questions. No, it wasn't actually that hard, and - having Googled her - I'll just let Ms. Heitgress speak for herself. A member of the German Department at UMass, she kindly responded to my questions about her stunning victory as follows:

"I would like to stop this misconception before it spins out of control: I did NOT participate in this run". However, "I did sign up and had all intentions to run, but got sick a few days before. I went to the event anyway to cheer for a friend of mine. I had the number with the chip you were supposed to wear in my bag and had forgotten about it. I must have somehow triggered the chip by coming to close to the start/finish line".

Don't you hate when that happens?

"I immediately clarified that after my name was called, but somehow I still ended up on the internet. While I enjoy running, I would have never in a million years won that race in any category. But now my students wonder, professors congratulate me... I guess I've had my 15 minutes of fame". Sad, but probably true.

For those of you who've never won a race, actually or by mistake, take heart. These little electronic mishaps can all be explained, though they're hard to anticipate. The technology behind running chips is evolving, and even though those used by the Hot Chocolate Run were state-of-the-art, virtually weightless, disposable and politically correct, they were not, alas, infallible. A young and enthusiastic growth industry is finding its way, but not without surprises.

That, however, is not all. I spoke with Rich Larsen (whose 18:07 at age 59 converted to an ideal of 14:42) after the race, agreeing that the most significant battle of the day would be between him and Sidney Letendre (her 20:44 at age 56 equated to 16:47) in the age-grading percentage (she edged Rich, 87.93% to 87.68%). But wait! The great news was that Win Whitcomb scored 83.62%, earning third place among all women. This I learned from Win's wife, Heather Wark, who thus wound up 8th among women at 79.40%, and was understandably disappointed with aspects of the scoring. As for Rich, he's cool (as long as Bill Dixon doesn't show up).

Finally, I'll apologize to cover for some well-meaning but over-worked volunteer. Seems that because I marked my team as SMAC/Bement, this person assumed that all SMAC members work at Bement with me, and so listed their team as mine. They don't, but that has to be why they're recorded as such.

OK! The club had a humungous turnout (and should have), and I've calculated using "the Heitgress factor", so the places are one less than *CoolRunning.com*'s early posting. SMAC's top runner was Sam Belcher (11th; 16:46.89), closely followed by his old teammate, Harrison Hunter (12th; 17:03.09). Aaron Stone (19th; 17:30.32) and Grant Gonzalez (23rd; 17:37:80)were next. Larsen (32nd) was nine seconds in front of Al Ladd (38th; 18:15:32), while Hunter's teammate at NoHo High, Ian Lutz was 43rd. The finish line became very busy with SMAC folk then. Barney Collins (50th; 18:33.40 (18:24:99), NoHo Coach Nate Kraft (61st; 19:04:30), Allen Vance (who goes to Bement but wasn't marked as such - 78th; 19:29:19), Robert Austin (80th; 19:37:19), and Win Whitcomb himself (85th; 19:41:67) were all in under 20. Heather Wark (105th; 20:03:29) ran just .12 ahead of Ryan Dean (106th; 20.03:41), while Paul Gage (109th; 20:03:48) was just .09, but two places behind him! Paul Hake (117th; 20:08:64), Tom Denney (126th; 20:18:20), JoEllen Cameron (127th; 20:18:84), Sean Norton (144th; 20:34:89), Sara Smiarowski (150; 20:40), Karin George (161st; 20:52:05) and Sue Dean (167th; 20:55:45) all beat 21.

SMAC's sub-22 club comprised Ashley Krause (176th; 21:02:39) who edged Luca Grisa (21:02:88), and Mike McCusker (179th; 21:05:33), Bob Prentiss (181st; 21:07:36), Larry Sherman (205th; 21:27:38), Ivan Grail (209th; 2128:83), Jim Reis (213th; 21:31:33), Kent Hake (216th; 21:34:04), Ben Thompson (217th; 21:34:08), Sue Williams (235th; 21:53:77), and your editor (241st; 21:59:01), chased electronically by Chuck Adams (242nd; 21:59:09). Never saw him!

But there were more! Ethan Milsark (273rd; 22:16:52), Kelly Anne McKeown (283rd; 22:25:50), Haley Milsark (293rd; 22:59:02), Rory Milsark (303rd; 22:39:40), Frank McDonald (359th; 23:30:69), Jim Farrick (380th; 23:22:37), Emily Lent (409th; 23:40:24), Kitty Kerome (460th; 23:59:43), Mike Duffy (470th; 24:05:06), Sue Belcher (558th; 24:42:43), Nick Whitcomb (587th; 24:52:54), Michael (591st; 24:54:04) and Erica Dean (595th; 24:54:22), Sam Norton (681st; 25:24:05), Irene Woods (725th; 25:39:21), Suzanne Welch (733rd; 25:40:20), John Vance (760th; 25:47:33), Ann Van Dyke (793rd; 26:00.80), Mason Chiulli (850th; 26:16:70), Mariel Lutz (862nd; 26:19:42), Clare Perry (1025th; 27:10:65), Ed Dean (1055th; 27:21:32), Steve Szewczyk (1102nd; 27:35:08), Jonah Perry (1199th; 28:05:50), Cathy Coutu ***(Continued on Page 19)***

Learning to Streak...an Update.

By Larry Sherman

In February 2010 I began an experiment to see how long I could maintain a running streak (consecutive days running at least one mile under my own power). I thought that it would provide extra motivation on those bad weather days, and maybe even help my running performance. Did it work? The short answer is that my running streak has been amazing in every way.

When I began I was stringing days together, then a week, then two, then a month. I had to push myself and remind myself every day. When I told my friends and co-workers I got a lot of warnings that I would injure myself if I didn't take days off. But a day of easy running isn't much more stressful then just walking around or mowing the lawn, and for me running is a great chance to release tension and get my thoughts in order. So I kept at it until my running steak became an integral part of my daily routine, and my running log became my conscience and daily reminder.

If I couldn't get out of bed in the morning I packed a running bag and slipped out from work for a run at lunch time. If I was too busy at work I could hit the Northampton 5K races on the way home, or go for a night run by headlamp light. There was only one time where I nearly went to bed without running, but when I realized it I dashed out for a magical night trail run with summer fireflies and the view from Poet's Seat Tower to reward me for getting out there.

It's now been 271 days since I began my streak, and it is starting to look like my first year anniversary is attainable (barring injury).

Larry Sherman

And what happened along the way? In February I ran my best ever Jones 10 miler (I've been running it since 2001). In March I broke my PR in a 10K race at the Holyoke St Pats race. In May, 3 months into my streak, I set PRs for the 5K and marathon, in the process qualifying for Boston at the Ottawa Marathon in Canada (I ran a 3:18:59...I needed 3:20 to BQ). Like many runners, this was my ultimate running goal, and I was still beaming the next day when I went out for a sore hobbling morning run along the canals. My running has become sharper, and I think that running every day has made me more in tune with my body. I know when to train hard, and when to run easy for recovery. Like any activity you try knowing the balance between training and overtraining is the key to avoiding injury, but consistency and specificity has their own rewards.

Now the summer is gone and the cold has returned. I'm hoping that my streak keeps pushing me out the door in the morning even if I have to strap on Yak Trax to get through the snow. Each day that the streak gets bigger it makes me feel like there's even more to lose by skipping a day of running. *[**Editor's Note:** We'll definitely keep track of Larry's streak. And look for his review of the 2009 Ottawa Marathon in the next issue of The SUN.]*

Cape Cod Marathon 2010

By Mark Mazzola

On October 31 I returned to Falmouth to run in the Cape Cod Marathon. I ran there in 1999, my first marathon; now it would become my 15th. A knee injury in July had me wondering if I would be running or just hanging out. My knee healed and I trained with the time that I had. I managed two 20 mile long runs. The second 20 I managed at an 8:06 pace, so I thought I might run at a sub 3:30. The course is hilly, especially through miles 15 to 23. No great hills, just a constant up and down. The weather was perfect, cloudy and 53 at the start. The wind never became an issue.

About three miles out I met up with another runner who was also aiming for a 3:30 finish. The marathon course headed out towards the beach for a little over five miles before heading inland. The next five miles were quick and it easy to believe that we would finish in under 3:30. Hilly stretches, and quiet roads greeted us as we made our way towards the beached of West Falmouth.

Twelve miles in and I felt good, but shortly after a bit of fatigue started to settle in. I got my first thought that this could turn bad if I did not adjust my pace. Over the next fifteen minutes my legs went numb. My legs had no feeling but a disconnected pain. My speed disappeared, and I faced 12 miles with nothing in the tank.

At this point the course was beautiful. As I shuffled down the road I got to take in the seashore, and the steady flow of runners whose pacing allowed them to run by me.

About a third of the runners were running in the Relay. New runners would pass me quickly, but I still was able to run down most of them. After mile 15 the hills returned. One of the steepest hills begins immediately after the 20 mile marker. It can be a real let down. Running was painful and slow at this point, but the hills seemed irrelevant. I was burned out, and the hills could do little additional damage to my running form.

23 miles in and we climb the hill at Nobska Point. This is one of the most beautiful lighthouses I have ever seen. The runners are spent at this point. Another mile and the hills are done. Spectators cheer us on sandy stretch appropriately called Surf Drive. 25 plus and we turn back to the downtown. The crowds are animated and I am doing my best imitation of runner. I see my family near the finish line (they were expecting me earlier).

It's over and I am done in 3:53:11. 261st/out of 829. The showers are not far, and they are actually warm.

I finished, I had no injuries, and I will live to fight again. Time to start training for Ottawa in May.

Keep your feet on the road!

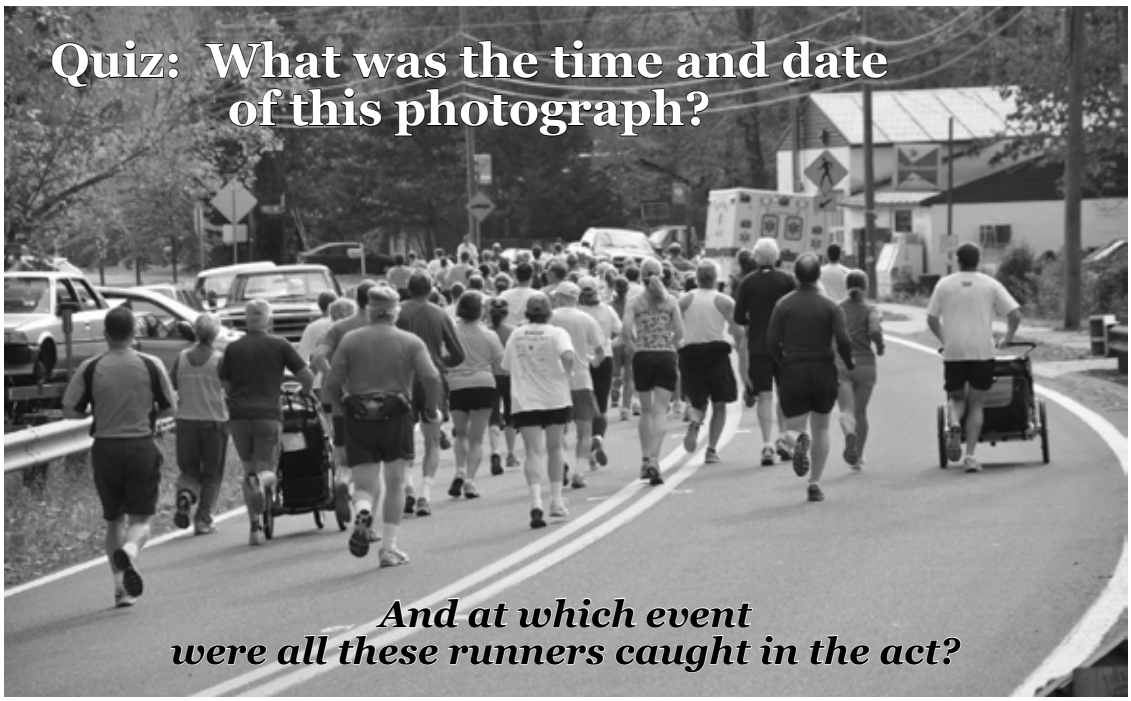
The Talking Turkey 6 Mile Race

If you were one of the 1195 runners who toured around the reservoir in Holyoke on the Saturday following Thanksgiving, you probably knew what you were doing. The course is fun, but fast, and you have the benefit of more than just solid fuel; The Talking Turkey 6 Mile Race has always been big, well-run and a good place to get a time. A good time... not to mention good food, as if you needed more of that.

The Johnson brothers of Ludlow, David (1st; 29:49) and Kevin (2nd; 29:50) have been here before, though they didn't come close to Zach Hine's mark of 2009. A good day and a good crowd can bring out the fast-twitch fibers in all of us!

At 17th, Aaron Stone was SMAC's first runner in (34:04), followed by Mackenzie Gray (54th; 38:34), Barry Auskern (62nd; 39:08), Richard Clark (71st; 39:37), and Sri Bodkhe (95th; 40:24). Allison Belanger (111th; 40:50) had a tight run with JoEllen Cameron (113th; 40:57), and Bob Prentiss (119th; 41:03) wasn't that far ahead of Jeff Folts (126th; 41:16). Mark Mazzola cruised to 153rd (42:13), and Chuck Adams (176th; 43:10), Jim Farrick (192nd; 43:37) and Jim Plaza (198th; 43:37) completed the 43's. Kelly Anne McKeown (211th; 44:07) and Patrick Pezzati (240th; 44:41) had the 44's to themselves, and Ivan Chow (370th; 47:30) and Bill Russell (373rd; 47:33) duked it out in the center of 47 minute country.

Also running were Mark Dean (422nd; 48:38), Jodi McIntyre (543rd; 50:59), John Stifler (679th; 53:20), Lynelle Russell (786th; 56:04), Cathy Coutu (796th; 56:26), Frank McDonald (874th; 57:56) and Don Grant, 908th; 58:50). But hey, a lot more followed!



Mark Your Calendars!

SMAC's Annual Meeting: Sunday, January 9, 2011 10:00-1:00pm Amherst Women's Club

Jones Group Ten Miler Sunday, February 27, 2011 11:00am

Check the Website!
www.sugarloafmac.org

Just a few bits this time (all the news that fits, we print!), but they are worthy. So here are some short SHORTS!

Karin George deserves a few more kudos: she was first overall among women at September 26th's 33rd Annual Clarence DeMar Marathon, in 36th place overall, with a time of 3:21:27. That put her nearly six minutes ahead of the second woman, 24 year-old Megan Nonnemacher of Pennsylvania. Derek Postema also ran at Keene, finishing 72nd (11th of 50 in his M50-59 group; 3:39:26). And it would seem that the male runner-up was Daniel Clayton (2:44:16) of Boston, son of longtime NoHo high coach and SMAC star Jim Clayton. No, not strictly "local", but we can claim him!

Mark Mazzola wasn't the only runner at the Cape Cod Marathon on October 31. Also among the 829 who finished were Aaron Stone (64th; 3:15:52 and 38th of 255 in the M14-39 group), while Derek Postema (158th; 3:37:04) was 18th of 94 in his M50-59 crowd. This means that Aaron achieved his Boston Qualifying time with seven seconds to spare. Unfortunately, Derek was just 1:13 too slow! But cheer up, guys! Boston's entries were closed before you even ran at Falmouth! And so it goes.

And, by the way, what kind of bracket is 14-39, anyhow? Isn't the idea that you compete against people of comparable physical potential (begging the question of whether 14 year-olds should do marathons at all)?

Although Leigh Schmitt now lives in Healdsburg, CA, he continues to perform at a high level in ultradistance events. At the 50 mile Championship of the North Face Endurance Challenge series in San Francisco he was 13th out of 298 overall (9th of 97 in the M30-39 bracket) with a net time of 07:41:22.

Final congratulations have to go to John Larareo. Not content with his solid finish at Monson and the adulation of his peers at the Series recognition dinner, John left for the Philadelphia Marathon the next day and earned himself a BQ there with a time of 3:59:37!

What to do with all that snow?

By Ross Krause

We are fortunate here in the Pioneer Valley to have wonderful roads and trails to run on, a great local club, plenty of races, and a strong community of runners. But let's face it - if you are a runner who loves to get outside every day, winter can be tough. This can be a good time to take break and do some cross-training in the gym or on skis. But if you're looking to keep logging those running miles in preparation for a spring race, or you just start to miss being part of the running community as you plod along in the dark, it's easy to simply wish winter away.

So, instead of sulking this winter, how about snowshoe racing? Yes, you CAN run in snowshoes and it's not only an incredible running workout, it's also fun! My most memorable moments from last winter were the mornings spent in Hawley, Northfield, or Pittsfield pushing myself through a beautiful forest blanketed in snow.

There are lots of great snowshoe races in Western Massachusetts. Most races are in the 3-6 mile range. Courses are typically a mix of snowmobile trails and unbroken snow on singletrack trails. You'll have moments where you're running really fast down a wide, groomed trail, and others where you'll have to dig deep (no pun intended) just to keep moving forward.

If the word 'race' sounds like a bit much for a first time snowshoe runner, don't worry about it – while there are some who take these races very seriously, there are lots of folks that are there to run in the snow with a great group of folks. Part of what's so fun about these events is not the 'race' itself, but getting to see some beautiful places, enjoying the hot soup or chili that's ready for you after almost every race, and meeting other runners looking for a change of scenery during the winter months.

So this sounds fun, right? But is it really a good running workout? Definitely! There's the obvious cardiovascular benefit that comes along with racing. If you can't motivate to do a 30 minute hard tempo run or hill intervals on your own during the cold winter months, just jump in to a snowshoe race and the workouts will take care of themselves! Snowshoeing is also a great leg strength builder – between the hills and all of the extra resistance and height of the snow you have to overcome, you really have to focus on lifting your (weighted) legs. All of this will pay great dividends in the form of increased power and leg drive come spring.

Interested in trying snowshoe racing but don't have a pair of your own? Most manufacturers offer at least one lightweight model designed specifically for running. These snowshoes have flexible bindings and a narrow profile that lets you keep a natural running gait. I recommend checking out Dion Snowshoes – they are made right in Vermont and have interchangeable cleats and bindings: *http://dionsnowshoes.com*

Plus, Bob and Denise Dion of Dion Snowshoes are huge supporters of the sport and are at most of the races with loaners you can try out. Just send an email to Bob before a race to let him know you'd like to try a pair of shoes at the next race. This is a great way to try out snowshoe racing before investing in shoes.

To get started planning, go to the Western Mass Athletic Club's snowshoe site - *http://runwmac.com/snowshoes/default.html* - click on the 'Schedule' link to the left, and pick a race to do. There are lots of great races within an hour of the Valley.

So what are you waiting for? Pick a race, grab your layers, and get ready for a good time. You won't regret it!

(SMAC Race Series, continued from Page 1)

club. This proved to be an absolutely excellent gathering for some forty participants and fans. Held at the Hadley Marriott, it featured an engaging speech by long-time member Bob Romer, during which he showed the attendees all the money he'd earned as a professional runner ($5.00 earned back when the Grants gave out prize money at the Tuesday night 5k's - for perfect time prediction), discussed his career as the one and only three-time winner and three time course record-holder of Amherst's Echo Hill Marathon (330 laps long with 329 water stops and he still got dehydrated on the course!), and his 1990 scientific calculation that he should run the 7.6 mile, 12% grade Mt. Washington race in 1:45. He finished in 1:45:37. However, maybe his greatest SMAC accomplishment came when he entered every single event of one of the club's long-missed track meets one evening, finishing last in each event, but setting an age-group record in every one of them along the way. Bob is one of a kind.

As for futureseries, there may be a few changes in store. You might have to join SMAC in order to run, and both the events and scale of operations might change. Reino is still taking feedback from this year's participants, but the word is out. As Andrew Shelffo said in his blog, "I regularly dream about running now, something I don't recall ever happening before... I'm gliding, and it's perfect". That's what the series was about.

(Hot Chocolate Run, continued from Page 16)

(1228th; 28:13.36), David Michalak 1348th; 28:54.66), Ben Michalak (1386th; 29:04.96), Sayde (1426th; 29:20.26) and Nelia Perry (1427th; 29:20.29), Kim Lutz (1428th; 29:20.74), David Perry (1429th; 29:20.82), Penny Michalak (1765th) 31:11.83), Copper Giloth (2012th; 32:42.21) and - if she's one of ours - Samantha Liptak (2550th; 38:52.87).

Now, of course, human error being what it is ("to err is human, to edit is VERY human"), there were surely more SMAC members who ran or walked than I've managed to count. OK, ok. Still, for the more than fifty from the club who braved the cold and that strong hot chocolate, congratulations are in order. That's close to 10% of our membership! Not too shabby; to assemble that many of us in one place for anything is a feat in itself!

And furthermore: Ahem! Many of the above didn't claim SMAC-ness when they ran (gasp!). Maybe they had their reasons. Maybe they just plain forgot (how could they/you?). And, it is possible, maybe they hadn't (yet, of course, yet!) paid their dues for the year. We can never be sure. After all, with official results so fungible, you can tell me anything you like. Just remember this: Safe Passage earned big bucks, about 10% of its income for the year, so this could be seen as a fair exchange. And next year, no doubt, they'll try to make the event even bigger and better. Can they, can we get more people to fill the streets of NoHo next year? I'll bet we can!

Dang Hyunh (#926), Jeff Hansen (#1432) and several other SMAC folk were among this cheerful crowd, assembled just before the gun for October 3rd's Covered Bridge Classic 10k on Conway. (Photo by Cyndee Meese)

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