

February  
2004



# Shenipsit Striders' Newsletter

## News from the Florida Strider, Russ Marth

Alias the Grand Kahuna

**Russ is racing and training harder than most of us.  
We New Englanders need some warm weather news right now!**

To keep you guys up to date on Florida running — I was just going through my log book. I ran 18 races in 2003. The last one is coming up December 13, 4.1 miles "Jack Island" cross country. No road, just a path — water and gators. Last year I got the course record for over 75, 41:13, so I hope to do better. Have been doing speedwork for 2 months and have cut my 5K time by 45 seconds. At our Wabasso Bridge 5K I did 28:13 — I was real happy. I have a running buddy who is 68 and we train together. We are both doing better. I did 2-10K's, 15-5K's, 1-2 mile walk, 1-4.1 mile run. I compiled 5-1st place, 8 second place, and 2-3rd place finishes in my age group. Sometimes the age group was over 70, sometimes over 75. Wow, really getting up there! But feel great!

P.S. Running in Florida starts usually in September, but we also have a race in June and one in July. The season winds down in April. I think there are one or two in May.

Going to a Christmas party tonight with the "Sailfish Striders" — another on the 18th with the "Sunrunners". The Sailfish group is out of Sailfish Point, Stuart, FL. Nice group, they do most of the timing, course marking, and awards for all races. Nice thing going for the club, only one thing, no "moonlight run". I guess I'll have to do something about

that. See ya!

Russ Marth

*Editor's note: you have to know the history of the Moonlight Run to appreciate the "Grand Kahuna"! But more importantly, I hope you are inspired by Russ's approach to training. How many other Striders are doing speedwork? How many other Striders remember what speed is? And how many of us ran as many races in 2003?*

### Moonlight Run Date Changed!!!!

We messed up at the last meeting and set up the run on the moon's First Quarter (Jim Long advised us later on the moon's phases). The real date is now firmly set on the sixth of March at 11:30 p.m. It could be sloppy or cold, so dress appropriately. We also thought that a later date would be safer in case any participants got "disoriented" and risked spending the night in the Forest. See you at 11:00 p.m. on the 6th!

### **Major Upset at the Disney Marathon!!**

**Scott Livingston**

"How was that marathon," you ask.

Well, we completed our "training" a week before the race at the Brian A. Aselton Snow Dash in East Hartford. We had a great Team Horst turnout for this Horst Engineering supported event. Deb, Randall, Tommy, Steve, and I all ran the 5K race. Deb won a big trophy for being the

first woman and Tommy, Steve, and I all garnered age group awards for running strong races. The Shenipsit Striders fared well, with Deb winning the women's race and Strider Ken Clark winning the men's race.

*Editor's note: see later article on the Snow Dash.*

Deb and I were joined on the Walt Disney World trip last week by both sets of parents and Tommy. Tommy ran the 5K Family Fun Run at Epcot and Deb and I took on the challenge of the 26.2-mile marathon. There were approximately 9,500 marathon finishers and an additional 7,000 half-marathon participants. Disney is a good first timer's marathon and it does not attract a large group of speedsters because there is no prize money. The race started at 6 A.M. on Sunday so we had to board the bus in front of our hotel no later than 4:00 A.M. This made for an early morning. I got up at 2:45 because I wanted to eat and digest in time. Tommy helped us by performing Sherpa duties, which was awesome. The runners without helpers had to shed their warm clothes 45 minutes before the start time and 1 mile from the starting line. This made for a long cold walk in the 38-degree Florida "heat." Even with Tom's help, Deb and I were frozen solid by the start of the race.

I have never seen more porta-potties in my life. Thousands of them lined the parking lots and roads near the starting area. After the long march to the start line several of the 4,000 race volunteers sorted us into our respective "corrals" based on our finishing times which were pre-qualified when we sent in our race applications. Debbie started in the "Elite" category. This was the front row. I started in "Corral A" a short distance behind. The gun went off with some modest fire works. I passed Deb around the first mile mark and did not see her again until the 18-mile mark when I saw her running the opposite direction. Bright lights lit up the mile markers for the first 5 miles since the sun did not come up until 7:00 A.M. Debbie ran an awesome race. Her goal was to run under 3:10. She ended up finishing in 3:08:25, which was nearly 7 minutes under her P.R. She was as high as third woman on the road, but faded slightly and was caught by two women in the final mile. She ultimately finished 7<sup>th</sup> and 3<sup>rd</sup> in her age group, which is still remarkable. She did not get the lovely first place Mickey Mouse trophy but she was recognized for her accomplishments at the Award Ceremony and is to be complimented for running a smart race. She barely had a sore muscle after the race and could have run another 26 the next day. I, on the other hand, suffered like a dog.

In one word, it was "Painful." I have never suffered worse in any kind of race, though most of those races were on a bike where you can coast when the going gets tough. My goal was an ambitious 2:55 for my first

marathon, but I was also touting this race as my last marathon, so I had to run this one fast and in style. In order to reach my goal, I had to hold 6:40 minutes/mile pace for the entire race. Based on my limited training runs, this was feasible (in theory), but had not been tested beyond the 16-mile mark. 16 to 20 and especially 20 and beyond was totally uncharted territory for my legs. I was counting on my ability to suffer more than I should have.

I ran the necessary pace for 19 miles and then it all went wrong. I ran the next 5 miles slightly off the pace but I would have still finished under 3 hours, which was my more conservative "second goal." Despite a hot spot on my right foot and some quadriceps pain in my right leg, sub-3 seemed eminently doable. All I had to do was run a couple more 7 to 8 minute miles. How bad could that be? Well, bad. My legs seized up at the start of mile 25 as I entered the World Showcase at Epcot. The cumulative effect of 25 miles on asphalt and Disney concrete had proved to be more than I could take and suddenly every step was agony. I slowed to a jog and then a walk as fresher runners raced by me. I was practically in tears and staggering with my hands rested on my quads for support. The triumphant kick to the finish was not going to happen. I was looking around for help, but it was up to me and me alone to put one foot in front of the other and make it to the finish. I could hear the roar of the crowd from across the lagoon. I kept looking back for Deb, figuring that she was going to come up from behind. I had slowed to a crawl and each step exhausted me. This was worse than any dreaded bonk that I had experienced. I was never out of breath. I had taken in more than enough food and water. I even carried a bottle in a waste belt, in true trail runner fashion. I stared at my watch in disbelief as I walked the longest mile of my life. When I rounded the finishing corner and could see the finish line, I mustered the strength to jog in front of the thousands of spectators. I crossed the line in 3:06:13, which is respectable but not the time I set out to run. I stood at the finish, hands on my legs once again, and waited for Deb. She crossed the line two minutes later and I gave her a big hug.

We exited the finish area, collected our finishers' medals, and headed back to the hotel for some sleep. I trashed my body and have no desire to do it again. Looking back, it was neat to test the limits of endurance. I have since crossed "Hawaii Iron Man" off my list of life goals, though through hiking the Appalachian Trail remains on the list. Can you even imagine running 26 after swimming 2.4 and riding 112? I cannot and I have the utmost respect for those who can. There will be other goals and other races. Who knows if there is another marathon (at least a fast-paced one) in my future? I have sworn them off for now. My mind seems to be built for challenge, but not my body. Sport has always been a spiritual experience for me. Pushing the limits is

something I enjoy. Thanks for allowing me to share my experiences with you.

You can get to the Disney Marathon Website at this address (just in case you want to sign up for 2005): <http://dwws.disney.go.com/wideworldofsports/index>

*More Editor's Notes: Scott finishing ahead of Deb will rank right up there with the American Hockey Team's Olympic victory over the Russians in 1980! And I believe that Scott might've broken 3 hours if it weren't for the limitations of the scar tissue on his knee from trail-running.*

## HAVE YOU SEEN THE NEW STRIDERS WEBSITE?

Jim Long set it up recently. You can view it at [www.shenipsitstriders.org](http://www.shenipsitstriders.org). Well, everyone but Willi can see it there. Our newsletter will be there, as well as race results, applications and links to other running-related websites. There will even be an e-mail address so that you can send me articles for upcoming newsletters. You can print the applications as a .pdf file (Tom, would you explain that?). But please don't be as foolish as I was and attempt to download Adobe Acrobat from the link. It tied up my computer for 2 hours!

## At The Races

### Brian Aselton Snow Dash

Sunday, January 9th, 2004

193 runners braved a steady rain and temperatures in the upper 40's to run this 3.05 mile road race. It was run in memory of Brian Aselton, an East Hartford police officer who was murdered in the line of duty in 1999.

The local Reminder had a nice article on the first page, including a picture of the start and the eventual winner. (The winner looked vaguely familiar, but was wearing a Hartford Track Club singlet, so I was sure I didn't recognize him.)

I'll paraphrase the Reminder's article; a duel quickly developed between this HTC runner

and Scott Kickery of East Hartford. Kickery is a high school cross-country runner from East Hartford. The two runners hit the one mile mark in 5:31. The HTC runner edged ahead at the two mile mark, reaching that point in 11:10. When the course reached Syracuse Drive and an uphill section, the HTC runner broke away to a 20 yard lead. Hey, this guy must have some trailrunning experience! Later, on an even steeper section of Purdue Lane, the HTC runner widened the lead. Over the final stretch he cruised in to the finish in 17:09. Kickery faded, but held off a Team Horst runner by three seconds, finishing in 17:25.

Team Horst was well represented, as their first female runner finished first overall in the women's race. She ran the fifth fastest time in race history, 19:15. She was 52 seconds ahead of the second place finisher. I've checked out more of the awards pictures and have found that the first and third place male finishers, as well as the first place female finisher bear a striking similarity to Shenipsit Striders Ken Clark, Scott Livingston, and Deb Livingston. Of course, that must just be a coincidence since they obviously would've been wearing a Striders singlet.

If we find out otherwise, we will have to send Willie Frederich, Strider Uniform Officer, out to discuss the matter with them.

*Reminder provided by Dan Wright*

### Hanukkah 5 Mile Road Race

Springfield, MA, December 20, 2003

Each year the Jewish Community Center puts on this popular road race. The race director is Seth Roberts, a regular on the trail racing circuit, and many time participant in our spring race. The course is also pancake flat, which helps bring out the early winter runners. The race has had some bad weather years in the past, but this year the only problem was the snow that covered the

*(Continued on page 4)*

short section of dirt on the course. We had to run the main road instead.

We had about 100 participants, including 4 Striders. Paul Fratini won in 28:35, with a comfortable margin of 25 seconds over Steve Lombardo. Dawn Roberts (no relation to Seth) won the women's open division in 33:03. She was 13th overall. Bob Mellberg was the first Strider, 11th in 32:50.

The funniest part of the story is Bruce Marvonek's misfortune. At the end of the race Seth came around trying to identify an unknown runner. He was unable to do so, and ultimately listed him as "Harry Hanukkah" in the results. As I scanned the results, I was surprised to see that Bruce wasn't listed. I knew he was only a short distance behind Bob. It didn't take long to figure out that Bruce was our unknown runner.

Strider results:

Bob Mellberg	11th	32:50
Harry Hanukkah	14th	33:36
Kevin Simons	32nd	36:11
Michele Mellberg	results not posted!	

I want to add that my daughter Amity ran, and was shocked to win her age group (20-29). It seems that all of the faster 20 somethings were not racing on this day!

## 67th Manchester Road Race

November 27th, 2003

A little late, but better than never! This race is not only a New England tradition, but also a Strider tradition. If you don't have a problem with mega-race crowds, you get to enjoy seeing some world-class runners. I won't bother with the overall winners because you already know all that. Thanks to Willi Frederich I have our results:

Aaron Flamino	40th	24:32
Scott Livingston	146th	28:11
Yolanda Flamino	190th	28:53
Doug Flamino	228th	29:24

Tom Schieffer	408th	31:13
Deb Livingston	454th	31:33
Steve Simko	708th	33:14
Ray Prest	908th	34:27
Bob Caplin	1505th	37:57
Jakob Caplin	2053rd	40:30
Willi Frederich	2726th	47:53
Alan Cementina	3420th	44:54
Dan Wright	8041st	60:43

Perhaps the most impressive performance was Ray Prest's 3rd pace finish in his age group!

It was also noted by our Chief Uniform Officer, Willi, that only he and Dan Wright wore their Strider singlets. Shame on the rest of you!

I should mention some Strider regulars who aren't on the membership list right now:

Sean Callahan	528th	32:04
Caitlin Callahan	888th	34:22
Meghan Callahan	1172nd	36:06
Mike Callahan	1176th	36:06

I'm sure Meghan would've run a faster time, but she obviously had to wait for her father.

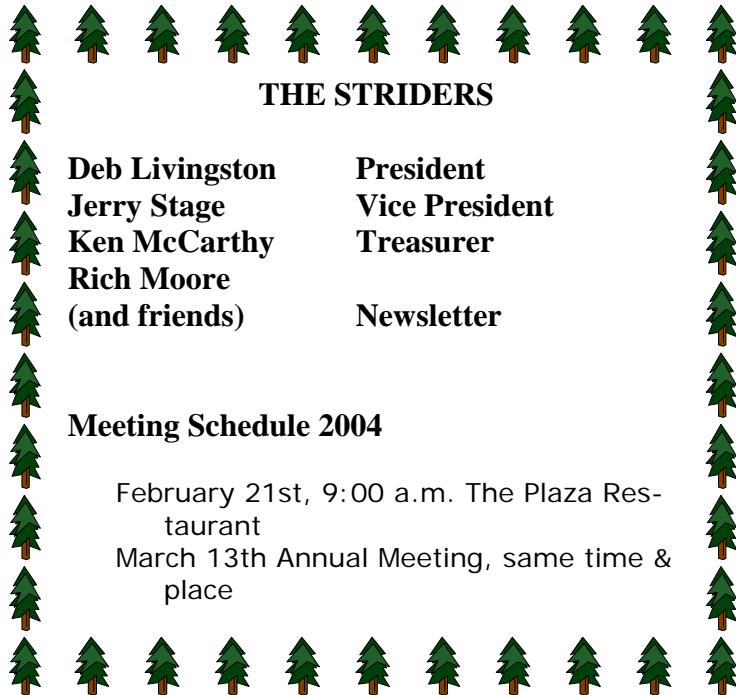
## Cornerstone Scrooge Scramble 5K Road Race

Christmas Day, 2003

A group of 124 runners got together in Rockville on Christmas morning to run a brisk 5K. Doug Flamino was kind enough to send the results to me, and he and every Flamino in the continental U.S. must've run the race. It only makes sense, then, that Aaron Flamino was the winner. He ran an excellent time of 16:03, and I have the feeling that he really wasn't going all out. Kristina Depeau was ninth overall in 18:40.

OK, here is the list of Strider finishers:

Aaron Flamino	1st	16:03
Ken Clark	3rd	17:38
David Metzger	8th	18:38
Bruce Marvonek	20th	20:44



### THE STRIDERS

**Deb Livingston**      **President**  
**Jerry Stage**        **Vice President**  
**Ken McCarthy**      **Treasurer**  
**Rich Moore**  
**(and friends)**        **Newsletter**

### Meeting Schedule 2004

February 21st, 9:00 a.m. The Plaza Restaurant  
 March 13th Annual Meeting, same time & place

Yolanda Flamino	22nd	20:57
Lance Flamino	23rd	20:58
Kristen Metzger	28th	21:27
Bryce Metzger	29th	21:38
Bob Caplin	31st	21:31
Bill Metzger	41st	22:14
Mary Powers	52nd	23:32
Willi Frederich	92nd	29:01
Randi Flamino	93rd	29:12
Elizabeth Flamino	94th	29:12
Marty Powers	98th	29:17
Doug Flamino	99th	29:18
Joan Powers	121st	38:00

What a list! I was pretty liberal with just who are Striders. But even if they aren't right now, they have been before. And who has ever seen a race with 6 Flaminos and 4 Metzgers before?

### Vermont 50 Mile Trail Race

September 28th, Ascutney, VT

OK all you ultrarunners, here's one for you. If you can remember back to September, you may even remember that those of us who gathered for a run that Saturday morning thought of those poor runners up in VT who were in for a long,

rainy day. It was raining lightly at Shenipsit, and the forecast wasn't too promising.

Well, it was at least that bad in VT. Leigh Schmitt, who won the race, wrote an article for Ultrarunning Magazine entitled "And Then It Rained". Enough said. He ran 7:24:35 to win by almost an hour over Todd Walker. Anthea Schmid won the women's race in 8:46:59, finishing 6th overall. She narrowly defeated Nataliya Tereschchenko by 5:33. Not far behind in the mud was Strider Deb Livingston, 10th overall in 9:04:30.

This race is run concurrently with a mountain bike race, and Leigh's account of their troubles was pretty funny. I guess the mud was so deep and sloppy that many bikers' equipment just got overwhelmed with the mud. No brakes, lost chains, etc. Sometimes it pays to be on foot....

*Please submit your race results and comments on our website. Or e-mail them to me at kfsimons@aol.com. Or just give them to me at the Forest some Saturday morning!*

Kevin Simons

### On The Trails

We just finished up an interesting year. In the Springfield area it was the fourth wettest year on record. And this winter I've seen that Boston is experiencing it's coldest winter since the 30's and New York City has record snowfall. Some news from Central New York State shows that Syracuse is approaching the unheard of snowfall level of 200 inches.

What does that mean? Well, great snowshoeing and snow running!

At least for those of us who show up at the forest! We do have a small nucleus of runners each Saturday morning. Usually it's Dan Wright, Ken Paradis, Tom Curtiss, Jerry Stage, Will Frederich and myself. But others do show up periodically. Much of the activity is hiking on the trails, but we do some running, too. You'd be sur-

prised just how nice it is running on packed snowmobile trails. Once the warmer weather melts those trails we'll get ice, but even then you can wear some of those popular strap-on cleats or homemade studded shoes to make it safe. And nothing is more peaceful than the forest when it's covered with snow.

I enjoy going out to the pond and running across it. You get to see the shoreline from a perspective that you don't get any other time of year.

But I've described snow running before. This year I have a new motivation — running with a group that is pushing me to get into better shape. Rich Moore has been running with Bill Johnson for the past couple of years, but we never could seem to get together for a run on a weekend. So this year Rich set it up as a sort of surprise one weekend. He coordinated a run with each of separately and we got together at the Forest. We've been running every Sunday since.

The nice thing is that with 3 of us, one of us is always feeling a little better than the other 2. So no 2 can agree to take it easy. We push each other, and by doing that we pull each other along to do better workouts than we could (or would) do alone. It's been fun, and I'm even getting used to coming home after a Sunday run feeling like I've just run a race. Maybe some of you would like to join the group on Sundays? But you can't be too fast — we're pretty evenly matched and don't want to be tortured by someone much faster!

Tom Curtiss mentioned one Saturday morning that he'd been out to Bald Mountain hiking and found that the State has maintained a corridor between new houses that allows you to go up Bald Mtn. I had run out there a year or so ago and given up on the idea that there would be an accessway to Bald Mtn. because the houses appeared to fill in the old ones. I haven't been out there yet, but if you like the area and want to go out, give it a try. It's marked and goes between a couple of new houses. Once you get past them, you have the old choices of which trail

to take up/around and over the mountain.

Kevin Simons

### **When real mountains aren't available, try running the Empire State Building!**

Dear Mountain Runners,

Congrats to Paul Low (11:11) for his 4th place finish and Kelli Lusk (14:43) for her 7th place finish at the Empire State Building Run-up (86 stories). Paul and Kelli are members of the Teva US Mountain Running Team. Paul was the 2002 and 2003 USATF Mountain Runner of the Year.

Winner of the men's race was Rudolf Reitberger from Austria (10:37). Rudolf is a member of the Austrian Mountain Running Team and finished 39th at the 2003 WMRT last fall in Alaska. Andrea Mayr won the women's race (12:08) and is also a member of the Austrian Mountain Running Team. Andrea finished 7th at the 2003 WMRT. For results go to:

<http://www.nyrrc.org/nyrrc/org/home.html>

The Empire State Building Run-up was featured this past Wednesday on CNN's Morning Edition. Video of the start and winners crossing the finish line was shown. The course record of 9:33 is held by Paul Crake. Paul Crake is a former member of the Australian Mountain Running Team. A story on [cnn.com](http://cnn.com) from the 2002 Empire State Run-up:

<http://www.cnn.com/2002/WORLD/asiapcf/auspac/02/05/aust.empire/>

Regards,

Richard Bolt  
Team Leader  
Teva US Mountain Running Team  
43 Salisbury St.  
Manchester, NH 03104  
603-627-7213

### **Snowshoers Are Having a Great Season! Results.**

OK, I don't snowshoe. But a lot of people are these days. The races are run on Saturdays instead of the usual trail race Sundays. And there are usually 75 to 150 snowshoers participating!

Our usual runners, Ken Clark, Bruce Marvonek, Deb Livingston and an occasional other are the Strider participants. And the usual "elite" runners are there, too. You'll see Ben Nephew, Dave Dunham, Paul Low, Leigh Schmitt, Kelli Lusk and other familiar names, along with snowshoe specialists Dan Verrington and Elijah Barret in most of the results. Ed Alibozek really organizes the whole thing and has promoted snowshoe running with an incredible enthusiasm. He has really made the "snowshoe circuit" into what it is today. Every time it snows, I think of the benefits to the snowshoers as I'm shoveling my driveway! So, here are some results.

### Woodford State Park 3 Mile Snowshoe Race

Woodford, VT December 28, 2003

I'll just post the results, as I wasn't there and haven't heard any stories.

Dave Dunham	1st	27:34
Tom Parent	2nd	32:08

Well I actually did hear this story, and it was unusual for a snowshoe race. The lead pack got lost early, and many of the usual top finishers were way down the list. I guess that even in snowshoe racing there are disadvantages to leading.

Strider finishers:

Ed Alibozek	8th	33:42
Ed Alibozek, Jr.	17th	36:10
Ken Clark	55th	46:33

Hey, Ken, when were you the "last Strider" prior to this race?

### Saratoga Biathlon Center 4K Snowshoe Race

January 3, 2004

Results:

Elijah Barrett	1st	18:01
Gregory Hammett	2nd	18:22
Jacque Schiffer	25th	25:39

Striders:

Ed Alibozek	13th	22:15
Ed Alibozek, Jr.	18th	24:35

### Greylock Glen 3.5 Mile Snowshoe Race

January 17, 2004 Greylock Glen, Adams, MA

Results:

Elijah Barrett	1st	24:51
Paul Low	2nd	25:15
Kelli Lusk	12th	29:38

Striders:

Ed Alibozek, Jr.	32nd	35:55
Carol Kane	48th	38:39

So keep on snowshoeing, you trailrunners!

### And you think you have claustrophobia!

From Sports Illustrated:

"More than 100 runners wearing headlamps competed in an underground marathon in the caves of Valkenberg in the Netherlands."

SI 1/12/04

### Saturday mornings at the Forest

Well we don't exactly meet at 7:30 a.m. anymore. I usually get there then, and Dan Wright is most often the second person there when I go. Then the rest of the gang shows up at 7:45 or so, and we know it's

time to go running. With the bad weather we've had, we don't always get a great turnout. When it was -7 degrees we did manage a tough group, and Ken Paradis and I ran in those conditions. The past two weeks, however, fewer runners have showed up. Last week I ran alone in snow (although Deb showed up at 8:00 and ran in snowshoes), and this morning, 2/7, I ran alone in the sloppy snow. What's wrong here? Where are all of the dedicated Striders?

I do have a "secret weapon" that helps me run in these conditions. There a pair of Yaktrax strap on cleats that get me through the slop and are great on ice. I used them last Sunday running with Rich and Bill and they were convinced that the cleats were why I kicked their butts! I'm not so sure.... Anyway, we'd like to see more Striders up at the Forest on Saturdays. Where have you been, Bruce Marvonek?

Question to all of you Striders:

What is your favorite Winter Run?

Send your thoughts and hopefully an article to Bill Johnson or me and we'll put it in the next Newsletter. Remember, this newsletter won't happen without each of you!

**Striders Annual Meeting, March 13th at The Plaza Restaurant 9:15 a.m.**

Don't miss this, or you might be elected to an executive position! Show up and elect President Deb to a second term!

---

## Shenipsit Striders' Newsletter

**Don't Forget the Moonlight Run on March 6th! It starts at 11:30 p.m. from the Gulf Road parking lot. Bring your cellphones, GPS's and maybe a flare gun**

---

U.S. Postage

---

---

### *Contributors:*

*Willi Frederich*

*Russ Marth*

*Kevin Simons*

*Dan Wright*

---

### *Inside This Issue*

*Musings from the Florida Strider*

*Manchester Thanksgiving Day Race*

*Disney World Marathon Upset*

---

*Next Issue: Whatever you send in! Please send material to Rich Moore, Deb Livingston, or Kevin Simons.*

---

