

June  
2004



# Shenipsit Striders' Newsletter

## **2004 Soapstone Mountain Trail Races Have Another Successful Running!**

Once again we had great weather and an excellent turnout for our signature races. As always, the 14.5 miler had the most runners, with 155 finishers, but this year saw the Sampler grow in popularity, with a record 101 finishers. This year the course was a little different, with a new finishing section leading up to Soapstone Mountain. We had many positive comments about the new single track trail. Some thought it was easier, and many seemed to think it was harder. We haven't wheeled it yet, but I believe we'll find that it is just a little shorter. However, the trail is definitely tougher than the old section it replaced. Ben Nephew won comfortably over Keith Schmitt, with a time of 1:42:40. He won by just over a minute and a half. Aaron Flaminio finished third in 1:44:41. Our women's winner was Nikki Kimball, twelfth overall in 1:54:55. She won by almost ten minutes over Strider President. Deb Livingston. I think we should be proud to have had Nikki run the race, as she is a national class runner who was named Women's Ultrarunner of the Year in 2003 by Ultrarunning magazine. This year she has had wins at several trail ultras, setting records at them in the process. We'll have to wait and see how she does in her first Western States 100 at the end of this month. Our Masters winners winners were Tom Buckley, ninth in 1:53:24 and Brigitte Boltz, 41st in 2:12:44. Perhaps the most

amazing performance was by Rob Higley, winner of the 50-59 division in 1:46:44. He was 4th overall! Strider Carol Kane was the women's winner in 2:29:39. Vic Laport won the men's 60-69 division in 2:30:42. Shirley Iselin was the women's winner in 3:53:39. I shouldn't forget our 70-79 winner, Richard Busa, who finished in 3:32:36.

### Lake Wyola!

If you're just reading this now, you'd better get ready to post enter the race on June 27th! Don't miss the race or the picnic and watermelon fight at Willi and Shirley's after!

See the complete results on our [web page at www.shenipsitstriders.com](http://www.shenipsitstriders.com).

We are very pleased to announce that the net proceeds from the race allowed us to continue to support the Northern Connecticut Land Trust. This year we had a more important cause as well. Strider Michelle Mellberg suffered an untimely stroke recently, and we were able to make a donation to a fund established to help her and Bob deal with the associated expenses. There are other fundraisers planned, and we hope Striders will help.

## Living With The Race Director

### *The Post Soapstone Blues*

Deb commented today, "The mail has been light lately." No kidding! Ever since the Soapstone Mountain Trail Races ended on May 16<sup>th</sup>, the activity around the Livingston Household has been pretty light. Things are finally getting back to a normal level of chaos. We get noticeably less mail now that the registration period is over until next year. With the start of the Nipmuck Marathon in less than 12 hours, I figured that it was time to sit down, put on some music, eat some ice cream, and reminisce about Soapstone for the last time until next year's race preparation gets cranked up in early 2005.

I have the distinct pleasure of living with a race director, and not just any race director. Deb is the co-race director (along with the venerable Jerry Stage) of the beloved Soapstone Mountain Trail Races. Deb does a lot of the prep work and corresponds with nearly 200 runners in advance of the May races, while Jerry leads the race-day activities so that Deb can run. Deb, Jerry, the rest of the Shenipsit Striders, and other volunteers from the Stafford Lion's Club, Team Horst Sports, Reddington Rock Riding Club, and Northern Connecticut Land Trust; put on another great event in Shenipsit Forest. This was the 20<sup>th</sup> year for Soapstone.

From January until May, each of the past three years, our tiny condo has been race headquarters and a beehive of activity. The spare room, otherwise known as Deb's Office, is usually impassible, but when it is Soapstone time, be prepared to enter at your own risk. A blizzard of race entries (you may recall that this year's applications were hot pink) cover the floor, bed, and desk. Race supplies, race bags, numbers, t-shirts, and stuff are scattered about everywhere. Be sure to wear something on your feet lest you risk a paper cut on your toes or a safety pin in your heel. For weeks, I brought home one UPS package after another. First it was the numbers, and then it was something else. One day at the office, I received a mysterious thirty pound box from out West. I thought, "What did Deb buy now?" I had no idea what it was until I got it home. It turned out to be a ten-year supply of safety pins! Why so many pins? That is a lot of pins! I am beginning to wonder if the main reason for building a larger home is to expand this race HQ thing a bit further. Our plans call for a doubling of our current living and storage space, but I am concerned that all of it is going to be filled with Strider stuff.

Another difference in a post-Soapstone environment is that the phone rings noticeably less and the anonymous voicemail messages have abruptly stopped. I don't read Deb's email, but I would also suspect that the Internet is seeing a glut of available capacity now that the race has come and gone. Despite the chaos, I miss the activity and seem to have been thrust into a funk now that the post man delivers less mail to Unit #33. Everybody loves mail! 06066

was a popular USPS zip code for a few months. Mail traffic must have collapsed on May 16<sup>th</sup> around the time of Jerry's "speech from the rock" when he declared that you can "quit now and head straight for the cookout." To cover their losses, the USPS will probably raise the price above \$0.37 in the near future. I don't want to do the math, but if the Striders raised the race entry at the same rate that the USPS raised their rates over the past twenty years, then it would cost a lot more than \$15 to spend a couple of hours in Shenipsit Forest on a Sunday in May.

In all seriousness (just for a second), race directors are an unsung group, especially in the New England trail running community. We have some great clubs and some great RD's for the running and snowshoe events. They get a lot of volunteer help, and without their efforts, we would be worse off. In thinking about tomorrow's 26.4 jaunt, you have to consider that Dave Raczcowski has directed the race each of the past twenty-one years. What a record! Also on a very serious note, the Shenipsit Striders make it a habit of donating race proceeds to worthy causes. This year, the profits went to the Stafford Lion's Club, Northern Connecticut Land Trust, and to a fund established for fellow Striders, Michele and Bob Mellberg. Our thoughts go out to Michele, who is battling illness.

Soapstone was wonderful again this year and I am glad to be a part of it. In addition to being the RD's "other-half", I was the son-in-law of the cook, the brother-in-law of a runner, the son of a pair of runners, the chauffeur for a group of international runners, and a runner myself. I had a really good day. I brought some fellow runners from Boston to do their first ever trail race. Rhonda, Stoffel, David, and Mish were all classmates in a management program at Harvard Business School. I had emailed flyers months in advance and when race day dawned, I barreled down the Mass Pike in a rental van with two South Africans, a Canadian, and an Aussie. My sincere apologies go out to Laura Clark. It seems that the 2<sup>nd</sup> place 50+ woman rock went to Rhonda, the interloper from down under. I was so excited for her until I read of Laura's disappointment in her own account of the race. All I can say is that Australia is a long way to come two years in a row for a little old trail race in Somers, CT. Laura, try again next year!

My plan for the race was to go out "easy" and stay as close to Deb as possible. A week earlier, I beat her in the Mother's Day Dash, a road 5K in Vernon, but she had gotten the better of me in each of the 2004 Grand Tree races. We had a lot of fun running together at Soapstone. I would gap her on the uphill sections and she would blow by me on the descents. Eventually, she gained a solid thirty seconds after the final downhill on the Quarry Trail from the upper slopes of Soapstone Mountain. I had to claw my way back over the final mile in order to finish with her.

How many of you got lost? I was very fortunate that she was not too far behind me when I missed the

"bushwhack" earlier in the race; I clearly missed the streamers headed into the brush and was looping back on a hunch when she caught up to me and turned me around. Other than that one miscue, my race pretty much went without a hitch. I felt comfortable, though not fast, and ran a good pace with no falls. That is all that I expect nowadays, and of course, that is when a race ranks high on the "fun-meter".

So, tomorrow is the Nipmuck Marathon and there is no backing out now. The bottle is filled and the GU's are packed. I like the 8:00 A.M. start. I have not run in three days and my total mileage for the past three weeks is only slightly more than the 26.4 that I will run tomorrow. This should be interesting! Thankfully, I have been cross-training by reading a lot about business. The Case Study Method has its benefits! I am making no predictions, though sub-4:00 hours would be a dream. One thing I am not going to do tomorrow is go out too fast like Smarty Jones did in tonight's Belmont Stakes. Sorry Smarty, the Triple Crown eluded you, and we all have to wait for another contender until next year.

*Scott Livingston – June 5, 2004*

Editor's Note: Scott continued his gentlemanly tradition, finishing .88 seconds behind Deb at Soapstone. They were 25th and 26th, respectively.

## Soapstone Sampler

Let's not forget the Sampler! We had a lot of Striders working very hard to prepare for and race this event.

Bob Hartman, age 60, used his headstart advantage to the fullest, winning the handicapped start event in a "net" time of 26:05. Second was Dick Stoeffler, age 71, in 26:17. Susan Janton was the women's winner, in 28:20.

We had many Strider participants:

Willi Frederich	8th	28:39
Tom Schieffer	29th	30:49
Ken Paradis	30th	31:10
Randi Flamino	72nd	39:03
Konrad Karolczuk	87th	48:37
Stanley Livingston	91st	52:19
Lynn Livingston	92nd	52:19
Bob Stoker	94th	54:25
Cathy Dziadul	95th	57:01

Some of the "runners" actually walked the course, as this is a low key event. If you haven't tried a trail race yet, this one could be for you. The course is relatively flat, yet introduces you to the rigors of trail running. The sand pit is especially difficult. Why not try it in 2005?

## Nipmuck Tuck & Roll By Scott Livingston

Northern Nipmuck was my first real trail running test of the year. I waited all week following the race to write my thoughts, figuring that I would not put "pen to paper" (actually typing into MS Word) until my legs were no longer sore. It took a whole week to recover, so my grade for this first test is a C. Everyone knows how harsh I am on myself, especially when it comes to sports. Well, I finished the race and am darn proud of it. My only other attempt at Northern Nipmuck was a DNF in 2002. That year, at the twelve mile mark, I bummed a pickup truck ride back to the start/finish from Geoff Going. I was unprepared for the relentless up and down. This year, I was ready, willing, and able...sort of.

All week before the race, I was telling Debbie that I was going to finish. That was my only goal. She said, "Just don't go out too hard." Did I listen? Well, sort of. I went out hard enough and was one minute up on her at the half way point, which I reached in 1:12. The first leg of this beast was eventful, but doable thanks to fresh legs and a helpful surge of adrenaline. The only mud on the course was in the first/last four miles. While leading a group of runners that included my trail shadow, Farmer Ed, I nearly lost a running shoe to the muck. I have heard about others losing shoes, but this was the closest I have come to having one sucked off of my own foot. I survived the test and the catcalls of those who witnessed my plunge into the thigh-deep mud hole, and ran on.

I had my only fall of the race a couple of miles later. I caught my toe on a root and tasted dirt a split second later. Aside from a bruised and scratched left arm, I was no worse for wear. No stitches required this time! I bounced up like a Super Ball and was on my way. Though, I knew that my toenail was going to have issues later. One race into the season, I knew that I was well on my way to having a "Worsham Worthy" quota of one lost toenail per each Grand Tree event.

When we went down some really big hills on the way to the Boston Hollow turnaround, I realized that I should have planned ahead. Someone made mention of the killer hills that we were bounding down and that we would be coming the other way within an hour. At this point, I started to think about whether or not I was going to have enough gas in the tank for the second half of the race. If I had remembered how steep the hills were, I would have packed a rope, harness, and ascender, maybe even hired a Sherpa to carry my water bottle. At the turnaround, Vicki Fortier (who was high on her horse...literally!) noted that I was in front of Debbie. That must have been the kiss of death! Matrimonial bliss on the Nipmuck Trail is when I keep pace with my life partner, but I do not mind playing second fiddle to Debbie as long as I am not the only guy that she beats.

It was not long, after climbing up from the half way point that she made her patented pass. Shortly thereafter, the shadowy Farmer Ed had me in his sights too. As Debbie ran by, she gave me "The Lance Armstrong Look", which is the commonly used Livingston expression for, "Nice try...you went out a little too hard honey...you never learn your lesson...pace is an im-

portant technique to learn...I have slow twitch muscles, you have fast twitch...better luck next time...see you at the finish sucker." If I could have hitched a line from my harness to hers, I would have taken the seven mile tow to the finish. Unfortunately, I did not have the gear or time necessary to rig the tow system and she was gone up the trail in a flash. From time to time, I would hear her siren call back to check on me. "Scott, keep pushing, you can do it!" Eventually, her voice trailed off with the breeze. All the while, I slowed to my "Oh boy, I just want to get to the finish" pace. Once I went through the last checkpoint at mile 12 (where I bailed in 2002) and climbed the guardrail (an actual and symbolic maneuver), I knew that it would not be pretty, but that I could get through the whole sixteen miles. That is the point on the Nipmuck Trail where things start to really go up and down and up and down and up and down...you get the picture. Up was not a problem, but down was as painful as ever. I swear that I can compress a pair of trail running shoes to their limit in one race. Debbie is always advising that when descending, it is important to spend as little time in contact with the ground as possible. She accelerates on descents while I brake my way down even the slightest of grades. I don't float.

Well, all of that braking left me with my brakes burned out (I better get a "brake job" before Seven Sisters) and ten minutes behind my wife at the finish. But, I finished! Sixteen miles is no ultra-marathon, but it is still more than my favorite training loop of three miles. There was no disappointment on Nipmuck day this year. The weather was just right with bright sunshine and a comfortable temperature. It was a great day to be on the trails. While lingering at the finish and again at the post-race cookout, I asked a few wise runners, "So, is the Nipmuck Marathon section of trail as hard as this?" Most said, "No, it is flatter, but longer." Farmer Ed said that he pre-registers for the marathon every year but only goes if it is "not too cold, not too rainy, and not too hot." He must be the Grand Tree Goldilocks of the New England trail scene. I thought...Nipmuck Marathon; hmmm...not till June....I bet that I can finish that race too.  
--April 2004

## On The Trails

Well, it's been an eventful year for me. In my personal life I've experienced something that I never thought would happen. I was "downsized" by my employer and out of work after 31 years. But let's not be negative! The company treated me well with a nice severance package, and I had some time to reflect before seeking another job. I immediately thought that this would be a great opportunity to get into real shape. Sure enough, I was able to lose some weight and spend some time stretching and lifting

weights. I could now run any day of the week, and soon took advantage of that fact by running with Rich Moore (another unemployed guy) and Bill Johnson. Pretty soon I was running up to 47 miles in a week. That's extremely high for me!

Things were going very well, with a good finish at Northern NipMuck, and continued good training. I found out at 7 Sisters that I had not trained enough on mountains, finishing with a near "bonk" and a slow time. But all was well. I was now into another way of life, with different routines and my health and fitness in focus.

Then the whole plan was ruined — I got another job! And the hours and routines are very different, which changes all of my usual running times. At least I had 11 weeks of good training and refreshing my outlook. And I learned a few things again about staying in shape. I had forgotten that you had to put in the work to get the benefits in the form of good races!

So don't quit your job, and I certainly hope none of you get downsized. You don't need that to know that it's all about training if you're going to expect good results.

Kevin Simons

## Grand Tree Trail Race Schedule

**The Dam Race, 9 mi, Oxford MA, August 8, 2004 9am**

**Savoy Mountain, 20 + 4.5 mi, Florida/Savoy MA, August 15, 2004 9am**

**Mt. Toby, 14 mi, Sunderland MA, August 22, 2004 9:30am**

**Wapack, 17.5 + 35 mi, New Ipswich NH, September 5?, 2004 8am**  
*Race info not yet available*

**Pisgah Mountain, 23K + 50K, Winchester NH, September 19, 2004**

**8:45am**

**Monadnock, 10+K, September 25, 2004**

**Breakneck, 20K, Union CT, October 3, 2004 10am**

**Dunbar Brook, 10.5 + 2 mi, Monroe MA, October 10, 2004 10am**

**Diamond Hill Run, 22.5K, October 23, 2004 10 am**

**Groton Forest, 10 mi, Groton MA, October 31, 2004 12:30pm**

**Stone Cat Ale, 26.2 + 50 mi, Ipswich MA, November 13, 2004 early**

Some of these dates are not yet confirmed, but we'll provide updates as they are available. These are the races that contribute to the official Grand Tree standings. Run at least six and you will be ranked. It's a small group that reach that many races, so you probably will be in the top 50 if you can do it!

Lake Wyola 2004

The Lake Wyola road race and Striders club picnic is almost upon us (June 27th). Let's make it a great showing again like last year. ( I heard that we intimidated everyone with our sharp looking Striders uniforms!)

For the picnic, each family should bring a food item, lawn chairs, bathing suits, towels, your favorite drink (other than beer and soda) and don't forget dessert for Tom Curtiss.

Let's have some fun. The watermelon fight is scheduled. Look out for Ken Clark, and Kevin Simons is well-rested and ready. Oh, yes! Don't forget to bring your spouse and the kids.

Happy Running,

Willi Frederich

## **At the Races**

### **Ellington 5K Football Booster Race**

May 23, 2004

Brookside Park, Ellington

104 Runners ran this event, with Strider Ken Clark winning in 17:41. Willi reports, however, that he was wearing his HTC singlet!

Bob Caplin was 17th in 21:06, and Ray Prest was 29th in 23:35. Willi himself proudly wore his Shenipsit Strider singlet while finishing 52nd in 26:46.

Willi Frederich

The Ellington Connection

*Editor's note: this month we don't have a Florida connection, as I understand that Russ is traveling north to visit the area.*

### **Northern NipMuck Trail Race**

16 miles

Bigelow Hollow State Park

April 10, 2004

We had a great day for this tough early season race. It was cool and sunny and the course was relatively dry. This is a deceptively tough 16 mile course, as the climb is constant, but without major

---

mountain climbs. You would never have known it by Matt Estes' performance, however. He won by over fifteen minutes, setting a course record by a full 5 minutes! As I encountered him on the return while I was outbound I almost thought he wasn't part of the race he was so far ahead and so far along on the course.

Deb Livingston was our first Strider as well as first woman overall. She was an impressive 6th in 2:30:48.

Other Striders:

Ed Alibozek	10th	2:34:43
Scott Livingston	14th	2:41:53
Carol Kane	33rd	3:06:10
Karl Molitoris	36th	3:14:23
Kevin Simons	40th	3:17:45
Bruce Marvonek	43rd	3:23:06
Bill Johnson	49th	3:29:42
Randy Dutton	53rd	3:41:14
Cheryl Villaincourt	54th	3:41:14
Bob Stoker	57th	3:54:29

Ed had another of his top 10 finishes and was only 3 seconds behind Andy Illidge for 9th. Scott was right with Deb after the turnaround, but I guess her ultra training made the difference on the return. Karl looked strong, even though his training miles come in the less than perfect environment of New Jersey. Randy and Cheryl are friends of Deb's and are training together to get ready for the upcoming NipMuck marathon. So far, so good! Bob Stoker is seriously working on amassing some Stonehead points to keep the Strider tradition going.

I wanted to save a little bit for last. First, you must all recognize that Bruce finished behind me only because he was taking it easy coming off arthroscopic surgery on his knee. Just wait until later

in the season. And Bill Johnson's race was very impressive considering it was his first long race in several years. We've been training together this winter, and I was confident that I would be comfortably ahead early. But that was not to be, as Bill passed me at the turnaround and just took off up the hill. I was amazed! I couldn't stay with him, so I just settled into my best pace. Unfortunately, you just can't ramp up to a 16 miler on the training we had done without a good base. Sure enough, I caught Bill with about 1.5 miles to go as he ran out of gas. The last person he wanted to see at that time was me! So now it's just a matter of time until he gets his base training back, and then I'm toast in future races!

Kevin Simons

**Seven Sisters Trail Race, 12 miles**

May 2, 2004  
Amherst, MA

It was a good for this race, although a little humid. It was cloudy most of the day, and we had a good breeze on the high points (of which there are many!). Paul Low destroyed a good field, winning by over eight minutes in 1:44:10. Deb Livingston did the same to the women's field, finishing in 2:14:12 and also eight minutes ahead. She broke the race open on the climb after the turnaround and added to the lead all the way back.

Strider finishers:

Scott Livingston	36th	2:30:52
Carol Kane	61st	2:43:03
Karl Molitoris	96th	3:02:46
Kevin Simons	118th	3:14:31
Bruce Marvonek	127th	3:23:15
Randy Dutton	142nd	3:33:35
Cheryl Villaincourt	143rd	3:33:35

---

As I look back at these times, I have to say that Carol's time was as impressive as Paul Low's was relative to her age group!

Bruce and I found out that you need more mountain training than either of us had. I ran well to the halfway point, and Bruce was well ahead. Then I just died on the climbs. I managed to catch Bruce (picture two people walking, one slightly faster) with about 2 miles to go. We traded comments about who was more wasted and then struggled on to the finish.

Randy and Cheryl continued their tour of the Grand Tree and will be ready for NipMuck!

Kevin Simons

**Northfield Mountain Race**, 8.2 miles  
Northfield, MA  
June 4, 2004

This race is part of the Mountain Running series and as a requirement has some exceptional climbs over a relatively short course. It's a two-loop course, so you have to face them twice. The field tends to be a little different than most trail races, with a core group of mountain runners entered.

While Paul Low is usually dominant, he was not able to beat Joshua Ferenc, a 22 year old, who won by 7 seconds in 49:18. Kelli Lusk won the women's title with her 15th place finish in 1:03:04.

Ed Alibozek ran a strong 1:11:01 for 44th, and Bruce Marvonek started to push his recovering knee a little harder, finishing 49th in 1:12:29.

NipMuck Marathon  
Ashford, CT  
June 5, 2004

We had 186 starters for this race, which is the oldest on the Grand Tree. Dave Raczkowski has been the RD for every one, and he has come up with some outstanding, if quirky, touches with the amenities. You should come to see the start, if only to experience the ambiance of the portapotty....

And this year his pre-recorded prerace briefing far exceeded any of Jerry's at Soapstone. He won't start it until everyone is at the start, and this year it resulted in a late start by about 20 minutes! But it's part of the fun of this race. Once underway, we had a great race, with Leigh Schmitt and David Herr dueling the entire way. Leigh won by only 45 seconds in 3:13:00. Strider Aaron Flamino was 4th in his first marathon, finishing in 3:20:34 despite a turned ankle. Deb Livingston once again won the women's division, finishing 21st in 4:04:52. Scott was right behind her in 4:05:12. It might've been different if he hadn't taken a brief detour!

Doug Flamino ran with Aaron's fiancée, Linda Yamamoto, and they turned in a fine 4:49:19.

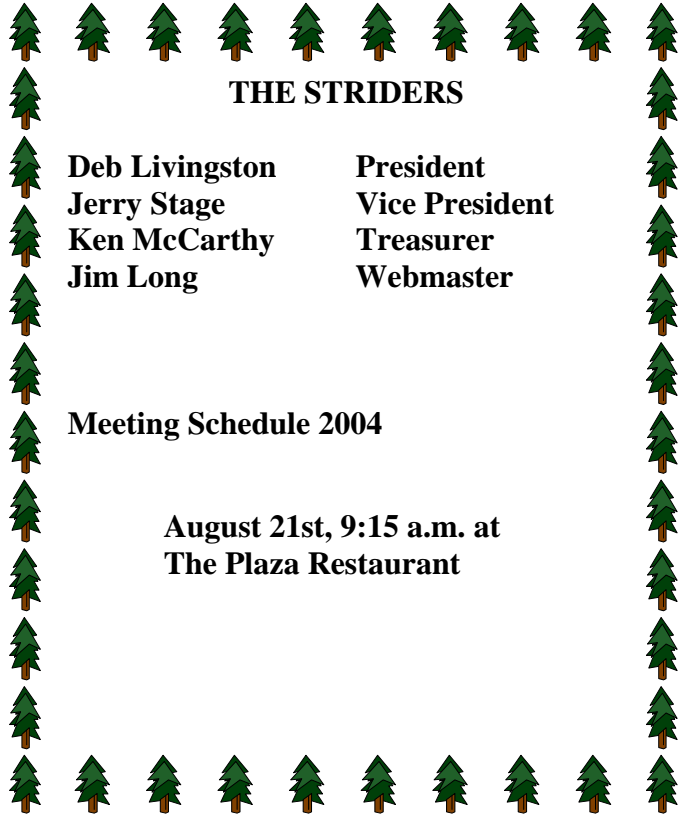
Other Strider Finishers:

Carol Kane	69th	4:57:03
Kevin Simons	83rd	5:09:59
Cheryl Villaincourt	126th	5:49:21
Randy Dutton	127th	5:49:22
Bob Stoker	161st	6:48:51

Randy and Cheryl achieved their goal of finishing this one! I'm glad to see that Randy learned some etiquette and let Cheryl finish ahead!

I tried as hard as I could to break five hours, holding pace through 17 miles, but finally dying. As always, Carol ran comfortably by me and had a nice sub-5 hour finish. Bob Stoker rolls on, adding

---



**THE STRIDERS**

<b>Deb Livingston</b>	<b>President</b>
<b>Jerry Stage</b>	<b>Vice President</b>
<b>Ken McCarthy</b>	<b>Treasurer</b>
<b>Jim Long</b>	<b>Webmaster</b>

**Meeting Schedule 2004**

**August 21st, 9:15 a.m. at  
The Plaza Restaurant**

more points in his Stonehead quest.

Kevin Simons

*Editor's note: I'm sure that with the number of new members we've added in recent months I've probably missed some Striders in the results. Please let me know — drop me an e-mail at [kfsimons@aol.com](mailto:kfsimons@aol.com) or through our website.*

---

**Shenipsit Striders' Newsletter**

U.S. Postage

**SOAPSTONE ASSAULT  
SEPTEMBER 18, 2004  
MARK YOUR CALENDARS!**

---

*Contributors: Scott Livingston  
Willi Frederich  
Kevin Simons*

---

*Inside This Issue:*

*Lake Wyola  
NipMuck Tuck & Roll  
Living with the Race Director  
Race results*

---

*Next Issue: Grand Tree results  
plus whatever else you send me!*

---