

September
2004



Shenipsit Striders' Newsletter

Lake Wyola Results: Another Excellent Race for the Striders, but another Second Place!

Lake Wyola Report

By Willi Frederich

Thanks Striders! Another great Striders turnout for the Lake Wyola Road Race and Striders Family Picnic. Thirteen club runners and walkers participated in the June 27th race (we were seventeen in 2003). Where were you, Ken Clark, Debbie and Scott Livingston? Russ Marth made it and he had to come all the way from Florida!

Again, our team did come in second to the Western Mass Athletic Club, and we beat our team time from last year by 1:33. We also beat a very good Wesleyan XC team by 4 seconds, 1:45:05 to 1:45:09 (little did Bruce Marvonek know that he was the deciding factor by holding off the Wesleyan runner behind him by 7 seconds (33:02 vs. 33:09). The Shenipsit Striders still have the record (1:40:19) set in 1992 which we would have broken, had it not been for a few key people "no shows". How about making a commitment for next year's race (Sunday after Father's Day) to get our best possible team together at Lake Wyola?

Individually, Aaron Flamino came in second. He was outdueled by Wes Fuhrman of Wesleyan XC by 2 seconds. There was also great running by Striders Hunter North and David Metzger (4th and 5th). See enclosed results. Our Pot Luck Family Picnic was again a great event under perfect weather conditions. As always, thanks to everyone's efforts, we had great food, drinks and fun. Not to mention great desserts. Kevin Simons, you have job security here as barbeque Chef. Thanks. The interest in watermelon fighting seems to be increasing, 3 people last year and 7 this year (even Tom Curtiss was throwing his weight around). Next year it will be a "Crisco greased" watermelon. Kevin Simons was this year's champion. Thanks to all and Happy Trail Running.

Willi Frederich

P.S. Russ Marth (78) got the oldest participant prize. Congratulations!

See full results later in the newsletter.

Ken Clark Repeats as Champion at The Dam Race.

In 2003 The Dam Race had its share of problems, especially with the race volunteer who directed the entire field off course in the first mile. Ken Clark was smart enough to recognize that this was a mistake, backtracking to finish the full course as the winner.

This year everyone was able to follow the trail without major mishaps. Ok, quite a few of the runners missed a turn or two, but this is a fairly intricate course and you have to pay attention.

Ken wanted to be sure that everyone recognized that his win last year was no fluke. He was never seriously challenged, winning in 1:10:12. He beat Rob Smith by 29 seconds. The first female finisher was Pilar Rodriguez, 14th overall in 1:24:56. Ken was also the Masters champion, while Kristina Gleason was the female Masters champ (25th in 1:27:27).

We had a good Striders turnout (four of us rode together to the race). Our results:

Ken Clark 1:10:12 1st

Ed Alibozek	1:26:25	17th
Bruce Marvonek	1:26:31	19th
Kevin Simons	1:29:07	30th
Carol Kane	1:37:10	40th
Bill Friday	2:08:06	53rd

It was great to see Bill Friday out there again after the past few years' health problems. He's was smiling all the way.

Soapstone Champion Triumphs at Prestigious Western States 100 Mile

Nikki Kimball, 2004 women's winner at Soapstone, went west in June to run the Western States 100 mile. It's rare for a first-timer to do their best there, and especially rare for an Easterner to do well. But Nikki finished as the first woman in 18:43, nearly an hour ahead of second place. She was tenth overall. Unfortunately for us, Nikki has moved to Montana and will probably not defend her Soapstone title. I hope you had a chance to meet her this year!

At the (Trail) Races

I know a lot of you run road races, but other than Russ Marth, you don't send me any articles! It would be nice if someone volunteered to represent the "roadies" out there.

NipMuck Trail Marathon

Ashford, CT

June 6th, 2004

This is the oldest race on the Circuit, but still draws a good crowd each year. Maybe that's due to RD Dave Raczkowski's quirky pre-race briefing or the always interesting porta potty décor. You really have to see the oversized, handicapped-accessible porta potty and the interior decorations to believe them. Again this year, Dave tape recorded his pre-race briefing and insisted that everyone must be present before he started it. Jerry Stage will be disappointed to know that his pre-race briefings pale by comparison.

We finally got started, and it was clear that there would be an excellent battle for first. Defending champion Matthew Schomberg was in a pack with Leigh Schmitt and David Herr, with Strider Aaron Flamino not far behind. It was Aaron's first marathon, and he wasn't expecting to race it to the max. The course is a figure 8 and allows all of the field to see the leaders pass twice. Even after 20+ miles there was a good battle going on between Schmitt and Herr. Leigh finally pushed the pace enough to win by 47 seconds in 3:13:00. Schomberg came in third, and Aaron finished a strong fourth in 3:20:34 despite turning his ankle late in the race. He had a baseball sized knot on his ankle after the race.

President Deb was the first woman, 22nd overall in 4:04:52. That was good enough for a 17 minute win over Sarah Almodovar.

Interestingly, the first place men's over 50 winner, Andy Katz, finished one place ahead of the men's masters winner, Eric Maki. They were 7th and 8th. Katz' time of 3:40:16 is really outstanding. In the women's race the same thing hap-

pened, with Carol Kane winning the over 50 age group and beating the masters winner, Grace Jensen, by 16 minutes.

We had a very good Strider contingent:

Aaron Flamino	4th	3:20:34
Deb Livingston	22nd	4:04:52
Scott Livingston	23rd	4:05:12
Linda Yamamoto	57th	4:49:19
Doug Flamino	58th	4:49:20
Carol Kane	69th	4:57:03
Kevin Simons	83rd	5:09:59
Cheryl Vaillancourt	126th	5:49:21
Randall Dutton	127th	5:49:22
Bob Stoker	161st	6:48:51

There were 186 starters, and 173 finishers.

Don't miss the fact that Deb won the "first Livingston" title over Scott by 20 seconds. Apparently Scott got lost very late in the race, or at least that is the story I heard.

Greylock Trail Races

Adams, MA

June 20, 2004

This year the WMAC decided to return the race course to it's original half marathon, without the Thunderbolt trail. That severe 2 mile downhill was not popular with many trailrunners. I had mixed emotions, as I usually passed 10-12 people going down that stretch.

In the end, I did enjoy the change, as the old course is much faster than the one that included Thunderbolt. I assume that the winners also liked the change, as they scorched the trail with some very fast times. Ben Nephew simply ran away from everyone from the start, winning by over

2 1/2 minutes in 1:31:44. Ben Chaffee, a local out of Adams, finished second.

First female was Pam Alexander, 20th in 1:58:43. The masters winners were Bob Dion, 9th in 1:45:16 and Darlene McCarthy, 58th in 2:23:41. In the Grandmasters category, Peter Gagarin at age 59 looked great in running 1:58:43. And of course Carol Kane won the women's race in 2:23:37.

Our Livingston contingent was missing due to a family commitment, but otherwise Striders and Strider friends had a good day.

Andy Illidge	14th	1:51:49
Bruce Marvonek	23rd	2:03:58
Kevin Simons	50th	2:17:16
Carol Kane	57th	2:23:37
Bob Stoker	87th	2:51:22
Ed Alibozek	102nd	3:12:09

You might wonder why Ed was so far back in the pack. Well, he ran the 3 mile race first with his father (remember, it was Father's Day), then he went out on the half marathon course and ran it for fun.

There were 104 finishers.

The Escarpment Trail Race

18.6 miles (30K)

Windham, NY

July 26, 2004

OK, I have to apologize at the beginning for being very biased toward this race. It is, in my opinion, the best trail race in the Northeast. With 5,100 feet of climb topping out at 4,000 ft., it is extremely tough. And this description doesn't bring

in the treacherous downhills and places where you have to jump down 5' to the next level. Throw in some shaly downhills that are like glass at times, and you have conditions that invite an injury.

We were fortunate to have very good weather this year, with cool temperatures and low humidity. Ben Nephew took advantage of that and broke the course record, running 2:45:20. I thought that Matt Cull's record, set in similar conditions, might never be broken. He was never pushed in the race, taking control at about 3.4 miles and running away from everyone else. He won by over 10 minutes.

Sheryl Wheeler was the first woman, finishing 27th in 3:46:03. She was also the women's masters first place finisher. Rob Higley, at 50, finished 7th overall to win the grandmasters title. He even beat the masters winner, Rich Fargo, by 28 seconds and 2 places. Carol Kane won the women's grandmaster title, finishing 85th in 4:32:56.

In some ways it was a sad day. Damon Douglas, longtime statistician of the race, was hit and killed by a car while biking last year. The race was dedicated to him. To add to the sadness, Harold Briggs, also a longtime volunteer at the race, died in the previous week. We observed a moment of silence in their honor before beginning.

Strider finishers:

Carol Kane	85th	4:32:56
Kevin Simons	93rd	4:41:04
John Ouellette	100th	4:50:24

There were 150 finishers.

One more plug: while this isn't a Circuit race, it's well worth running. You do have to qualify, but the standards are reasonable. Get your application in early, and send it back asap. You will not regret it! You have to take the post race dip in North Lake and then enjoy the very nice feast after.

Savoy Mountain Trail Race

20 miles

Florida, MA

August 15, 2004

Savoy has always been the muddiest course on the Circuit. My apologies to NipMuck. When I first ran it back in 1990, it was pretty much all mud. Even recent muddy years don't surpass that mudfest. This year the mud was moderate, but still took it's toll on the runners.

Maybe the mud drove away the faster runners, because a local veteran, Bob Dion, won the race in a modest 2:53:13. You don't often see a 48 year old winning a race outright! In fact, 4 of the top 6 were at least 40.

We had a surprise in the women's race. Jenn Brooks-Lassen came in from Gloucester, MA and won handily, finishing 9th overall in 3:11:35. Strider Deb Livingston finished second in 3:25:07. At least Scott Livingston outsprinted Jenn at the finish to maintain family honor.

We had a good Strider contingent, as always:

Scott Livingston	8th	3:11:34
Ken Clark	16th	3:21:24
Deb Livingston	18th	3:25:07

Ed Alibozek	27th	3:44:09
Kevin Simons	32nd	3:49:09

In the shorter race (4.5 miles) we had Ed Alibozek, Jr. finish 17th overall in 40:07, easily winning his age group. Not a bad performance for a 64 year old!

There were 65 finishers in the long race, and 36 in the short one.

At Savoy it is a tradition to take a dip in South Pond at the finish to clean off the mud. Unfortunately this year the weather was poor and the swimming area was actually closed due to high coli counts. We still went in, cleaned off, then enjoyed the nice picnic after. Even if you only want to run the short race, the course and picnic make the trip worth the time.

Mt. Toby Trail Race

14 miles
Sunderland, MA
August 22, 2004

Mt. Toby is one of those trail races that doesn't have a full trail "feel". It starts and finishes on a road, and in the middle has a long, flat dirt road section. Per

Strider Holiday Party

Don't miss it! Saturday, December 11 at 12 noon at Pastori's Restaurant in Ellington. It's right on rte. 83. We'll have pizza, beer and soft drinks. Share the holiday spirit with your running friends and talk about your New Year's running resolutions. Or whatever else comes to mind!

mile pace here is usually one of the fastest of the season. But it still has one good mountain climb and some pretty sections.

The race also attracts many area road runners, which probably makes it a little different for the trail regulars. And these road runners are fast! Mark Mayall won the race by 18 seconds in 1:24:58, beating two excellent trailrunners, Ben Nephew and David Herr. Since the course is an out and back, we got to see the competition as they descended Mt. Toby. They were flying, and bunched together at the 8 mile mark.

The women's race was just as close, with Strider Deb Livingston managing a 15 second win over Dawn Roberts in 1:48:25.

In the age groups, Rob Higley once again upset the normal order, winning the 50-59 age group and placing higher than the over 40 men's group. He ran 1:34:21 for 8th overall. Glenn Caffrey won the men's 40-49, edging out Strider Ken Clark.

On the women's side, Grace Jensen won the over 40 title, finishing 44th in 1:54:49. Laura Clark was the women's 50-59 winner in 2:28:39.

The Striders were well represented:

Ken Clark	11th	1:38:18
Scott Livingston	24th	1:47:36
Deb Livingston	26th	1:48:25
Ed Alibozek	58th	1:58:52
Kevin Simons	76th	2:04:53
Cheryl Vaillancourt	117th	2:37:44
Bob Stoker	126th	2:51:17
Bill Friday	128th	2:58:38

Pisgah Mountain Trail Races 23K and 50K

Chesterfield, NH
September 19, 2004

Due to its mid-September date, this race often has weather extremes. This year was no different, as a front had passed through the day before, dumping over 2" of rain on the area. The morning was unseasonably cool and breezy, but beautiful.

Almost 100 runners started the races, including 39 running the 50K. Ben Nephew quickly made it clear that this was not to be a race at all, opening a big lead. He went on to win the 50K with an excellent 3:44:33 time. In the wet conditions that was perhaps the best this course has ever been run. David Herr finished a solid second in 4:00:38.

Virginia Gold was the women's winner, finishing 17th overall in 5:45:33. Tom Buckley was the men's masters winner and Donna Smyth the women's winner. Dave Raczkowski was the men's over 50 winner, and there were no women entered in that group.

The Lone Strider:

Kevin Simons 19th 5:59:31

In the 23K (the "kids" race as some of us call it) Dave Hannon had a good day, winning in 1:40:56. He was almost four minutes up on men's over 50 winner Rob Higley.

President Deb Livingston won again, finishing 8th in 1:55:42. She was twelve minutes ahead of Rebecca Butler.

We all cleaned off the mud and enjoyed the nice food afterward.

Strider 23K finishers:

Scott Livingston	7th	1:54:54
Deb Livingston	8th	1:55:42

This was our smallest group of Strider finishers this year, probably due to the poor conditions.

Breakneck Trail Race, 20K

Union, CT
October 3, 2004

This race is put on by Karl Molitoris, long-time Strider, and his whole family. The meal after makes it well worth running, even if you don't like getting wet on the course. And you must get wet, because Karl forces you to go through a beaver pond and a portion of Breakneck pond as well. And you get the beaver pond twice!

It's a small race starting and ending in Bigelow Hollow State Park. We only had 50 runners this year, and the top runners skipped it. Nonetheless it was very competitive, with Dave Hannon winning in 1:39:14. Peter Keeney was second, 2:08 back.

Deb Livingston again won the women's division, finishing 12th overall in 1:56:59. She won by just under 10 minutes.

Karl didn't bother with age group awards, and didn't note any ages, so I can't even tell you the age group winners.

We all had fun, with me as the possible exception due to a freak accident/injury that required a detour to the hospital on the way home.

If you want the real scoop, read Scott Livingston's story (next).

Strider finishers:

Ken Clark	10th	1:53:18
Deb Livingston	12th	1:56:59
Scott Livingston	14th	2:05:14
Ed Alibozek	16th	2:06:21
Kevin Simons	29th	2:27:28
Carol Kane	31st	2:30:26
Bob Stoker	44th	3:02:43
Cheryl Vaillancourt	46th	3:03:02
Konrad Karolczyk	50th	4:16:26

Kevin Simons

Breakneck Buffet

No aid, earaches, snakes, wrong turns, and revenge!

Wow, I learned that you can hopelessly lose the trail, blow a gasket, scrape your shins on submerged sticks, practically drown thanks to some overachieving beaver, lose ten minutes to your speedster wife in less than four miles, and still enjoy the Breakneck Trail Race. All because of the culinary delights created by Karl Molitoris' Mom and her gang of cooking colleagues.

The sunshine helped too. I came back to Breakneck after my 2002 DNF and trip to the ER because running in October is so much fun. Also, Bigelow Hollow is a tremendous natural resource and the weather was just spectacular. Plus, I figured that my Breakneck Comeback would be fun to describe in literary terms.

I cannot overstate how good the food at the finish is at Breakneck. It is simply divine. But, this year's race was defined by the weather. It was as sunny as possible and the sky was a deep cloudless blue. There were lots of sub-plots at this year's notorious "no-aid" race that made my comeback a minor act. I have heard Grand Tree stories about broken backs

and such; that stuff scares me! My knee still aches at times, but the Breakneck injury of the year goes to Kevin Simons.

Kevin out-stitched me twelve to eight, and on top of that, he finished the race! Amazing! He gets credit for perseverance, but are ear's really necessary for trail running? Yep, he pulled a Van Gogh and nearly ripped his ear off on that slimy moss covered bridge three miles into the race. Apparently, his feet left the bridge prematurely and his ear took the brunt of the crash landing. Fortunately, he was OK, and the wound was repaired shortly after he finished the race thanks to a good doctor/seamstress. Steve Jensen had an equally spectacular fall on the same bridge, but he hit the deck with his arm/shoulder and bounced up no worse for wear.

I did not witness Kevin's ear incident, but I did watch Rob Higley get lost, not once, but twice (reportedly, he got lost other times, but I was not there to see it). Were Deb and I the only fools to attempt a clockwise rotation of Breakneck Pond? It was a mistake to go that way, but honestly, we did it for Rob. You see, if we had not run the other direction, he would have been the first runner to complete a double circumnavigation of Breakneck Pond, and quite possibly, could still be running right now. He realized that something was seriously wrong when he passed us for the second time. Apparently, he got turned around after completing his lap and never made it back onto the "stick" portion of the lollipop shaped course. For the readers who are confused, if you have never run Breakneck, then I need to clarify for you that you can choose your direction when running the pond loop. You can go left (clockwise) or you can go right (counterclockwise). Most people go right and their rationale is that they run the rocks first. For some reason, I went left and Deb followed. Rob can thank us later.

While we were in the latter stages of our loop, and just before we saw Rob (again), Farmer Ed came towards us and said that he stepped "on a pile of snakes in the sun". All I could think of was Indiana Jones and all of those snakes in the Temple of

Doom. Yuck! We never saw snakes, but we did see Rob Higley. Oh, I already told you about that. Rob's luck rubbed off on me, because after stopping to tie my shoes, I lost Deb. She chased Rob as he attempted to make up his lost ground and I faded a bit. After a few minutes of running, I realized that I had not seen a trail marker in a while. I was on a trail, but it was the wrong trail.

When I reached the beaver dam for the second time, I apparently took a Rob turn. It took some time, but I retraced my steps back to the dam. In my haste, I took the "deep-end" route and had to wade through a section that was above my waist. It was nasty. I caught up to Bill Wardyga, who was hurting badly from his Reach the Beach Relay/Pisgah double and a couple of other brutal runs in the previous week. I stayed in front of Bill and finished OK.

The post race food was tasty, but so was the remaining racing. I got to witness a spectacular finish line wipe out (who was that?) and a blistering two-up sprint between the Silverback and Bob Stoker. Big Bob is nearly thirty years younger than Rich Busa, but that did not stop him from talking trash after beating Rich to the line. You had to be there!

If you did not make Breakneck in 2004, then I highly recommend the trip in 2005, and not just for the food.

Scott Livingston – October, 2004

23rd Annual Lake Wyola Road Race Team Results June 22, 2004

First place team: Western Mass Athletic Club

6	Kent Lemme	27:12
7	Shaun Sutliff	28:20
8	Rob Higley	28:30
11	Bob Dion	29:32
13	Mark Field	29:36

Total time: 1:43:10

Second place team: Shenipsit Striders

2	Aaron Flamino	26:12
4	Hunter Norte	26:54
5	David Metzger	26:57
25	Doug Flamino	32:00
41	Bruce Marvonek	33:02

Total time: 1:45:05

Third place team: Wesleyan XC

1	Wes Fuhrman	26:10
3	Owen Kiely	26:25
12	Matt Moss	29:35
15	Dan Sullivan	29:50
42	Ellen Davis	33:09

Total time: 1:45:09

Other Strider finishers:

Linda Yamamoto	47th	33:48
Bill Metzger	49th	34:01
Kevin Simons	59th	34:58
Tom Regnier	68th	35:44
Willi Frederich	109th	43:22
Randi Flamino	134th	47:28
Russ Marth	149th	51:42

Walking division:

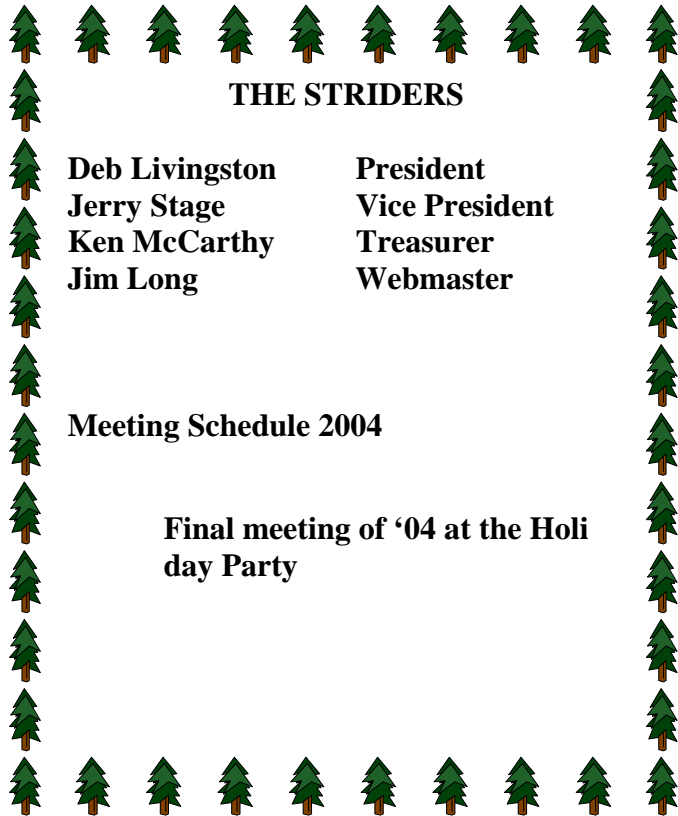
Dan Wright	3rd	1:05:28
Tom Curtiss	19th	1:27:39

You can see the complete results if you check out the Coolrunning website. Those of you who are getting hardcopy of this newsletter will also get the full results.

Note that Russ Marth was first in two categories: oldest participant, and the person who traveled the furthest to run the race.

Next year if we can just get commitments from all of our fastest runners, we can win the championship again!

Results courtesy of Willi Frederich.



THE STRIDERS

Deb Livingston **President**
Jerry Stage **Vice President**
Ken McCarthy **Treasurer**
Jim Long **Webmaster**

Meeting Schedule 2004

**Final meeting of '04 at the Holi
day Party**

Regular runs/walks every Saturday morning at 8:00 a.m. Just come to the Gulf Road entrance to Soapstone Mountain State Park and meet us. We get together between 7:30 and 8:00 to talk, then go out to enjoy the Forest at whatever speed fits our day.

Remember to wear bright colors through the end of the year, as it is hunting season and an enthusiastic hunter may not be able to tell the difference between a Strider and a deer (or turkey). Personally I find it easy to tell a Strider from a deer, but not always from a turkey.....

Shenipsit Striders' Newsletter

U.S. Postage

HOLIDAY PARTY
DECEMBER 11, 12 NOON AT
PASTOR'S RESTAURANT, EL-
LINGTON

Contributors:
Willi Frederich Scott Livingston
Kevin Simons

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plus whatever else you send me!
