



## President Deb Livingston Wins the Vermont 50 K Trail Race Outright!

### Vermont 50 Mile and 50K Trail Races

Ascutney, VT September 26

These races, especially the 50 miler, rank as some of the best trail races in the East. The September timing is especially nice, with fall foliage near peak. The 50 miler is unusual in that it is run concurrently with a mountain bike race. The bikers do get a little head start to help create some separation from the runners. Nonetheless, bikers and runners intermingle throughout the day. The longer race was a real battle of heavyweights, with Utah's Karl Meltzer breaking 7 hours (6:59:17) to win by just 58 seconds over Todd Walker of MA. The Vermont 100 champion, Leigh Schmitt, was third. Sue Johnston, a Vermont resident and top ultrarunner, won the women's division, finishing ninth overall in 8:30:31.

The 50K may have been the shorter race, but it is still a challenge and drew over 60 runners. No matter what the field is, having a woman winner is an unusual event. But at this race, Deb not only won convincingly (by 20 minutes) in 4:37:20, but the second place finisher was also a woman! Tracy Rose, a transplanted Southerner now living in VT, followed Deb in with a 4:57:43 time. First male honors went to Chuck Landry in 5:17.

Deb explained that she was concerned throughout the race

that Zeke Zucker would give her a challenge at some point, but that never developed. Apparently he had decided to follow the 50 milers for a while when the two groups split up early in the race. I still doubt he would've caught her!

This was a nice way to wrap up another excellent trail season for Deb after winning the New England Trailrunner's Circuit Championship again. More on that later on in the newsletter.

### Striders Do Well at the Manchester Thanksgiving Day Race

Thanksgiving Day, Manchester, CT

There were 8,889 official finishers at this year's 68th running of this Thanksgiving Day classic. Among them were a good number of Striders, including some very impressive age group performances.

Here are some of those results, courtesy of Willi Frederich.

Aaron Flamino	26th	24:48
Yolanda Flamino	114th	28:24
Scott Livingston	123rd	28:35
Doug Flamino	151st	29:05
Lance Flamino	326th	31:07
Deb Livingston	338th	31:16
Tom Schieffer	693rd	33:50
Bob Caplin	896th	34:59
Ray Prest	1032nd	35:51
Jakob Caplin	1348th	37:34
Willi Frederich	2164th	41:12
Joan Powers	6572th	56:04
Dan Wright	7928th	67:44

Looks like the Flamino show! Note that Doug was 4th in the very competitive 50-59 age group.

Willi was 3rd in the 70-79 group and Joan Powers was also 3rd in her age group. Ray Prest also had a "top ten", finishing 8th in the 60-69 group.

### **Wilbraham Turkey Trot**

Thanksgiving Day, Wilbraham, MA

Every year while so many are running in Manchester, 100 or so runners opt to avoid the crowd while starting out Thanksgiving Day with some exercise. This year was an excellent day to do so, with temperatures well into the 50's! Most of us ran in shorts and t-shirts.

The Strider turnout was light, but competitive at the highest level. That's because Ken Clark came and put in a great effort, finishing second overall. I think his time was something around 29 minutes. That may not sound fast, but you have to run the huge hill in the first mile to appreciate how good it is.

I was the only other Strider to run, and had a convenient excuse to run slowly. I ran with my daughter, and paced her to a personal best on the course. We walked the hill, but actually ran the last three downhill miles under 24 minutes. Overall it was a successful 47 minutes. My son-in-law also ran, but took it easy and enjoyed the day. He was a few minutes back, but I'm sure he didn't have the sore muscles we did later.

The best part is finishing early and getting home within a few minutes to enjoy the holiday.

Kevin Simons

### **Hanukkah 5 Mile Road Race**

Springfield, MA December 12

It seems that every holiday has a road race! This one has been run for over ten years and is put on at the Jewish Community Center in Springfield. Seth Roberts, a long-time trail runner, directs it and always puts on a nice event. The course is pancake flat, winding through neighborhoods adjacent to

Springfield's Forest Park. The weather was a bit brisk this year, and there was some ice on the roads. Overall it was still fast, however. The winning time was in the mid- 25 minute range, although I didn't keep close track. I was only interested in Strider finishes, and we had a top ten. Bob Mellberg finished 7th overall in 32:00. It was great to see him running this race after the very difficult past year. I think I enjoyed seeing Bob more than anything else about the race! Surprisingly we had one other top twenty finisher — me, in 20th place in 35:35. I was very pleased, as I really didn't feel that I was well prepared. This time I didn't run with my daughter, Amity, but she had another good day with a 43 minute time. Her husband Jon finished just a couple of minutes back.

Kevin Simons

### **Glastonbury Santa Run**

3.5 miles, December 12

Ken Clark	10th	19:57
Scott Livingston	24th	21:21
Deb Livingston	73rd	22:49
Willi Frederich	404th	28:53

Ken was 2nd Men's Master, Deb was 2nd Women's Open, and Willi was 2nd in the 70-79 group.

Willi Frederich

### **Nifty 50**

50 miles and 50K

Coventry, RI November 14

After a long trail season I was looking for a good way to wrap up the year with a road ultra. It would be something to give me a chance to see how fit I really was. The Nifty 50 has quite a history, with some very impressive times. Kevin McGovern once ran 5:27 for the 50 miler, and Ben Nephew has run the 50K in just over 3 hours. The course is typical for a road ultra — a rela-

tively flat loop of 5.4 miles, with a little extra at the start and finish to round out to the correct distances.

The problem centered on the weather. The day before we got a good snowstorm, with a little rain and ice thrown in to make it even better. Race day dawned clear and cold as I got in the car for the 2 hour drive to the start. I was hoping that it would warm up enough to be able to at least run in shorts.

That was not to be, however, as it was around 30 degrees, just a little too cold for comfort. So I opted for the long pants, a long-sleeve t-shirt and a vest. I had my gloves and a hat with flaps to protect my ears. Lots of options to unzip or take off hat, gloves, vest, etc. if it warmed up.

It was different waiting for the start. Somewhat exciting as I waited to see if we'd have some national class runners. I saw Bob Dion, Harry Lepp and a few other runners I knew. Jim Garcia was helping Don Allison with the RD chores.

There were a lot of people I didn't recognize, and I soon found out the reason why. The race also featured a certified marathon, and since the Ocean State Marathon had not been held this year, it was the only marathon in the state of Rhode Island. There were almost 70 people looking to complete marathons in all 50 states, so this became a "must do" race.

When it was time to start, we all had to walk about a quarter of a mile to the start line. Just a spot along the road where we gathered, no fanfare. Several people took off quickly, and even I picked my way through the group to run in the top 10 or 15 runners. I knew that was only because I start quickly anyway and wanted to get in as many miles as possible at 8 minute pace before the inevitable crash.

We ran three quarters of a mile to the point where we joined the loop, and then it was time to see just what the course was like. We turned onto some back roads and I was surprised to find that there were some rolling hills within a mile. There were also some deep pine forested areas where conditions were very cold and there was snow on the

road. It was going to be challenging!

We then turned left for a short, more open section, and finally left again onto the main road for a long straight section. We were out in the sun now, and this was the "hot" part of the course. I unzipped the vest and put the flaps of my hat up.

Long straight sections can really wear on you, as I soon found out. But since I was still fresh I maintained a good pace. As I reached a small rise in the road, a goat in a field nearby greeted us with an enthusiastic bleat. We would hear that every time we went by. He was our best fan.

Some more rolling hills, and I could now see the water stop at the turn to begin my second loop. Time to check the pace and see if I was going as planned. I had hoped to break 5 hours for the 50K. Ken Clark had dropped me an e-mail the previous day predicting a 4:53. Good luck?

So I made the turn, found out that I was under 8 minute pace, and decided to just maintain that as long as I could.

The second loop was about the same as the first, but I may actually have run it a little faster as I was now warmed up. This is the best part of my day — between 6 and 12 miles.

I soon found out that many of the marathoners weren't running. There were a number of groups of people walking together and having some great conversations. As you would guess, many of them had met at other marathons and had become friends. They cheered each other on and had a great time.

The cold wasn't really a problem by now. I started taking water and some snacks at the 3 aid stations along the way. The second loop was done, and I was still on my 8 minute pace. I kept running the little hills — no walking yet.

Loop 3 started to get a little tougher, but I still kept running. I finished that (17 miles) and found that I had dropped a couple of minutes off 8 minute pace. Still, this was well ahead of where I needed to be to finish under 5 hours. I ran one more mile to the first "hill" on the backside of the course and then

walked for the first time. It wouldn't be the last!

I realized that I must've been doing fairly well in the 50K race, as I assumed that the strongest runners would be in the 50 miler. I started trying to figure out who was in what race. Well, that wasn't easy. We all had the same number sequence, at least as far as I could tell, and nothing identified which race the person was in.

So I kept running the flats and walking the little hills. I got a chance to talk to some people, including an older guy who had started early and was running the 50 miler. I finished the fourth loop, still losing ground to the 8 minute pace but comfortably ahead of my 5 hour goal pace. We would soon reach the marathon point and start to see people drop off the course. They set up a finishing chute at the 26.2 mile point and had a timer that enabled me to see that I reached the marathon in 4:00:32. It would've been nice to break 4 hours, but the little sprint necessary wouldn't have done me any good later. Now I had to run 5 miles in under an hour. That started to sound like it would require some struggling.

I finished the 5th loop and was now walking all of the little hills. 12 minute miles were not as easy as I thought they'd be. I had to run out on the back side of the course to the turnaround point, then double back to the start/finish at the point where we first joined the loop.

It's funny that the turnaround was just an arrow on the road with "50K" alongside. We were completely on our honor to make the turn there. I now saw my first fellow 50K competitor coming back at me. He was well ahead and I couldn't challenge him. I wondered how many more would be ahead of me. I reached the turn without seeing any more 50K runners, and now my thoughts turned to how many people were just behind me!

I got my first cramp about 100 yards later, and walked a little to shake it out. I imagined that the four or five people just behind me were all in my race. So I forced myself

to keep shuffling along (running?). The cramps started to occur more frequently. Sometimes I could just ignore it, other times I had to walk. I started trying to calculate how long I had to go to break 5 hours. I looked down and saw I had nine minutes left! I wasn't exactly sure how much distance was left. So I ran despite the cramps. This is always the worst time of any ultra. You're toast, but your goal is reachable. You're also trying to protect your position in the standings. Well, too late for that. One guy passed me, still running smoothly. I guess he deserved to finish ahead of me. I could now see the finish and kept shuffling along the best I could. But with about 150 yards to go the cramps got so bad that I had to walk a short distance. Then I just started running and completed the race. I had managed a 4:55:50. Good enough. The trip and pain were worth it.

Just to make things more interesting, the finish line was almost a mile from our cars and the school we used for registration and post-race food.

Of course, I was now enjoying the idea of having finished successfully, so I decided to walk back. There was a bus ride available, but, no, not for us ultrarunners! The guy just ahead of me was Bruce Boyd. We started talking and walked the whole way back together. There is really some nice camaraderie among ultrarunners.

We had a nice conversation on the way back, and I stopped feeling bad that he had beaten me. After all, he is a veteran of many 100 mile races and has run the Vermont 100 for the last 15-20 years.

We got back and it was nice to clean up and change clothes. I hung around for quite a while because I wanted to see how the 50 mile race turned out. The marathoners were all having a great time, congratulating each other on the finish and making another step toward their goals of completions in all 50 states.

Finally word came in that the 50 mile had had one of the best finishes ever. Harry Lepp has finished second 7 times at this race, but today was leading throughout. By

the last lap, however, Dan Dominie had started to close on him and the lead was shrinking fast. They came down to the last mile about 30 seconds apart and it was a question of whether or not Harry could hang on. He did, but only by 7 seconds! He finally got the win.

Bob Dion won the 50K. He was far enough ahead of me that I never saw him on the turnaround leg with 3 miles to go. It turns out that the two others I saw were the only others ahead of me, so fourth place sounded pretty good. The drive home was very pleasant!

Results: 50 Mile

Harry Lepp	1st	6:55:01
Dan Dominie	2nd	6:55:08
Marion Landry	13th	11:15:17

(13 finishers)

50K

Bob Dion	1st	4:00:24
Dean Pendleton	2nd	4:31:29
Bruce Boyd	3rd	4:54:33
Kevin Simons	4th	4:55:50
Barbara Freedman	6th	5:07:50

(14 finishers)

## Trailrunner's Circuit 2004

*Late Fall Races and Final Grand Tree Standings.*

**Monroe/Dunbar Brook**  
**Monroe, MA October 10**  
**10.5 miles**

No matter what they call this race (it's had several names and distances), it feels like the end of the year for the Circuit. There are other "trail" races after it, but this is the last one that's really on serious, fairly remote trail terrain. And because the Western Mass Athletic Club sponsors it, it also captures the real trail spirit.



**19th Moonlight Run**  
**February 19th,**  
**11:30 p.m.**  
**Gulf Road Parking**  
**Lot**

Once again we'll have our crazy event, regardless of weather. We meet at 11:00 p.m. and enjoy a little conversation before heading out on the trails for a run or walk. Many choose to walk, while usually a handful run the roughly 3.5 mile course. Flashlights are OK, but frowned upon. No results are recorded, and we wrap up the night with some snacks until we get so cold we can't stand it. Be there!

**ANNUAL DUES ARE DUE!**

**REMEMBER, YOUR ANNUAL DUES OF \$10 ARE DUE. IT'S A GREAT BARGAIN, AS IT ENTITLES YOU TO A 50% DISCOUNT ON OUR TWO RACES. IT PAYS FOR ITSELF! MEMBERS ALSO GET A DISCOUNTED PRICE FOR SINGLET'S. MAIL TO KEN MCCARTHY!**

It's a typical drive to Monroe, but then you reach the turnoff from route 2 and things start getting interesting. From route 2 to the race start is probably 7 or 8 miles, but it's right through some beautiful hills, with the Deerfield River alongside at many points. This morning was particularly nice, as we had some bright sun illuminating the nearly peak foliage.

So we were in a great mood to start the race! It's a nice course, single loop with a climb to the top of Spruce Peak at about the halfway point, then a steady descent to the finish. You get the true trail effect with a "splashdown" water crossing (calf deep) with about a mile to go. It was a nice day to run, not too cold, not too hot.

The top runners were there, and the fight for first was incredible. Ben Nephew and local WMAC runner Kent Lemme ran the whole race nearly together and finished in a sprint, won by Ben. He ran 1:16:07 to Kent's 1:16:08. The actual difference was less than a full second!

As usual, Strider Deb Livingston was the first female finisher, 21st overall in 1:34:33. She almost had some competition at this race, but still won by almost 8 minutes. Strider and WMAC member Ed Alibozek capped off the day by bringing pumpkins, gourds, hay and other organic stuff (all home grown) as a freebie for participants. I was pleased to take home a nice pumpkin!

Strider finishers:

Scott Livingston	15th	1:31:44
Deb Livingston	21st	1:34:33
Kevin Simons	39th	1:49:18
Ed Alibozek, Jr.	50th	1:57:14
Ed Alibozek	51st	1:57:15
Bob Stoker	70th	2:21:35
Konrad Karolczyk	82nd	3:10:05

Let it be known that Bob Stoker outsprinted Richard Busa to finish 5 seconds ahead!

## **Diamond Hill/Birchwold**

Diamond Hill, RI October 23

## 22.5K

This race has been held for several years now, and is one of the very few trail races you'll find in Rhode Island. That doesn't mean that there isn't enthusiasm for trail running! The course certainly isn't classic mountainous trail, but is interesting. It starts at a small ski center and takes us up a good climb over Diamond Hill itself. You then go back down and then back up the other side. After that, it's off through the some nice gently rolling forest for a while. Unfortunately, right in the middle there's a nearly 2 mile road section and perhaps a mile of open meadow. It's a good change to get back on the trails to get back to the finish. And there's still a half mile of road just before the end.

The other problem is with the course complexity. We were warned that it was tricky, and told about the markings, but still many people managed to get lost. I must be either too slow to miss the markings, or was just fortunate to see them as I complimented the race director at the finish.

The race for first was excellent again, and appeared to be a rematch of Ben Nephew and Kent Lemme's race at Monroe. However, when you're near Boston someone very fast always shows up as a surprise. This time it was Ed Baker, who ran 1:29:15 to beat Ben by 51 seconds. Ben in turn beat Kent by 41 seconds.

Pilar Rodriguez won the women's race, finishing 17th overall in 1:56:55. She won comfortably by 12 minutes.

The race also featured another quirk. They had three age groups: 0-35, 36-50 and 51-98. I was pleased to see that none of the fast 50 runners showed up, and shocked myself by winning the men's 51-98 category! That made it a little extra fun.

Strider results:

Kevin Simons	24th	2:07:26
Eva Von Stratum	39th	2:16:51
Bob Stoker	63rd	2:55:39

**Groton Town Forest**  
 Groton, MA October 31  
 9.5 miles

This another race that is run on trails, but I wouldn't call a pure trail race. It's also a very intricate course, but well marked. You often will see runners running only a short distance from you, but going in another direction. It's because of many hairpin turns throughout the course. Still, it has some very nice sections along a river and later in some nicely forested gullies. Climbing out of the gullies provides some real challenge not far from the finish.

Maybe those fast roadies from Boston were at a Halloween party because a regular trail-runner won the race. Leigh Schmitt cruised through the course in 59:54 to win comfortably over Dan Crooker (1:01:49). It was no surprise that Deb Livingston again won the women's race. She ran 1:12:05 for 20th overall and won by 5 1/2 minutes.

Strider finishers:

Scott Livingston	13th	1:09:48
Deb Livingston	20th	1:12:05
Randall Dutton	61st	1:22:18
Kevin Simons	69th	1:25:00
Cheryl Vaillancourt	123rd	1:50:18

The race is held at the Senior Center in Groton, and there is a nice post-race snack. It was a beautiful day this year and the field of 130 finishers had a good time.

Kevin Simons

**Soapstone Assault**  
 October 17, 5.5 miles  
 Shenipsit State Forest

This is the craziest and most fun race of the year for many of us demented trailrunners. You just can't compare road running or even regular trail running to this race. Jerry Stage designed the course to be a

monster, then added the age/sex handicapped start to produce a unique event. The course, if you don't already know, starts at the usual Saturday morning Gulf Road parking area. It then circles the mountain counterclockwise, with detours to the top of the mountain at every opportunity. That means you go up the Blue Trail first, then up the trail we use (downhill) for the spring race, up the road (piece of cake), then up the big climb from the Soapstone Trail race, round the mountain and up the Quarry Trail, and finally up Killer Hill. But it doesn't end there: you have to climb the tower to finish the race.

With the six climbs, and Soapstone's elevation, you have to assume at least 1,800' of elevation gain. It's probably more like 2,000' given the undulations of the "flat" sections.

Jerry also decided that we should have an age/sex handicapped race, much like the Dipsea race in California. Good idea, but who likes to give Richard Busa a 17 minute head start?!

OK, we ran the race, and here are the results:

1st	Dave Hannon	43:20 (real time)
2nd	Deb Livingston	44:31

"Real Time"

1st	Dave Hannon	43:20
2nd	Brett Stoeffler	46:21
3rd	Jerry DeZutter	48:23
4th	Jerry Campbell	49:08
5th	Deb Livingston	50:47
6th	Ken Clark	51:08
12th	Bob Stoker	70:38
16th	Richard Busa	93:12

Richard managed to get lost on a course he's run several times. Despite the direction to always take a left, he missed one turn and added an extra mile or two. But that's Richard. He could get lost in his back yard!

As a footnote, several Striders had talked about doing a "double". Two circuits of the Assault course. I decided that this was the

year to try it, as I was in decent shape. As a race volunteer, I marked the course, running the loop at the base of the mountain first. It was a good warmup. I passed through the registration area as people were first arriving. Then I started about 75 minutes before the expected start. I took it easy, figuring that the first loop would be deceptively smooth. I went to the tower, then down Killer Hill. Wow! Don't go down that trail if you can avoid it. I grabbed every bush/tree that I could and finally got to the bottom. If we ever run this officially, I vote that we go down Quarry instead of Killer Hill. It took me 7 and a half minutes to make it down to the start. But it was fun going through as everyone else prepared to do the race. I did my best to look comfortable.

In fact, I didn't feel that bad. The climbs back up the Blue Trail, the Soapstone course and the road weren't much different than the first circuit. Even the tough climb up the finishing side of the Soapstone course wasn't too bad. I started to feel a little tired on the long section starting up to the Quarry Trail, and then really started to hurt on Quarry. That's a tough trail. Going down was great, and it was easy running back to Killer Hill. By this time, even Killer Hill was OK, as I only had a few minutes to the finish.

It wasn't a bad day. I ran pretty even splits and finished in 2:27:48. Based on my typical trail race finish, I would project that a "record" for the course would be around 1:38. Maybe we'll see next year!?

Kevin Simons

## 2004 Trailrunners Circuit Final Standings

2004 was a good year. Unfortunately, trail race participation seemed to be down a little from previous years. A number of races, like NipMuck, Soapstone and 7 Sisters drew the usual crowds, but others were off.

I have seen many trailrunner's names in triathlon results and road results during the year. Maybe we all need a change, a new challenge. Whatever, the Circuit is still fun and challenging. Only 46 runners managed to run six races this year. Many ran five or less, but it takes some dedication to run six. So the final rankings reflect not only fast runners, but runners who have dedicated themselves to achieving a ranking. It's not surprising, then, to see nine Striders represented among the 46 ranked runners. Here are the final standings:

1st	Ben Nephew	99.44%
2nd	Keith Schmitt	94.22
3rd	Rob Higley	93.62
4th	Peter Keeney	90.75
5th	Rob Smith	89.56
6th	<b>Ken Clark</b>	88.99
7th	Bill Wardyga	87.82
8th	Gary Harrington	86.20
9th	<b>Scott Livingston</b>	84.80
10th	<b>Deb Livingston</b>	83.82

Notice that we have three Striders among the top 10! We had some more Striders further down the list:

16th	Ed Alibozek	77.89
20th	Kevin Simons	72.09
26th	Bruce Marvonek	67.15
28th	Carol Kane	66.85
30th	Eva Von Stratum	65.86
45th	Bob Stoker	52.33

Ben Nephew was easily the best runner on the Circuit this year. He won on mountain course, flat courses, and at all distances. Outside the Circuit, he won the Escarpment Trail race in record time.

Deb Livingston had a similar year, beating just about everyone, everywhere. She won 8 races, which I think is probably a Circuit record as well. Unfortunately, she didn't always have the competition to push her to course records she might have achieved.

Please remember your Strider reputation and plan on running enough races to qualify

for the 2005 Circuit standings!

One footnote: Bob Stoker may not have been the fastest of our runners, but nobody went out week after week and pushed himself like Bob did. Last year I made the comment that he had a real "Stonehead" attitude and would rank high in the standings. Well, this year he did just that. He ran 7 tough races, as well as the Assault. And he had some memorable finishing sprints with Richard Busa!

## Stonehead Rankings 2004 Circuit

I think it was last year that I jinxed myself by saying that Striders lived for the Stonehead rankings. Still, Ken Clark won that title for the *seventh consecutive year*. I, on the other hand, struggled just to achieve a ranking.

This year was different. Even though Ken opted to run more road races this year, we Striders did very well in the Stonehead rankings. One step back; the Stonehead rankings take total points accumulated over as many Circuit races as you choose to participate in. If you're slow, you have to run more to match the totals of those fast runners. But in fact, true Stoneheads just go out every weekend and find a race to run. Now for the Strider results. **We took three of the top five positions, and four of the top nine!**

The leading Stonehead this year was Bill Wardyga. He compiled 1,240 points over 15 races. He ran not only a lot of races, but averaged over 80 points/race. Congratulations! (except that he's in my age group!) The top Strider was next, and she was the top female Stonehead as well. Deb Livingston amassed 818 points in only 10 races. She was chased closely by the over 50 phenom, Rob Higley, who had 816 points. Rob is not only a tough Circuit runner, but a top national-class road runner. He was first in the 50-59 age group at the Boston Marathon this year!

Fourth was Scott Livingston with 811 points on 10 races. Note that Scott edged Deb out on the best six races rankings, but couldn't match her in total points. So it's a series "split", with both winners in one category in the family! I managed to finish fifth overall with 807 points, but it took me 12 races to get this high in the rankings. Only 2 other runners ran as many races. That's what Strider Stoneheads are about! Ed Alibozek was ninth with 716 points, but certainly could've ranked higher if that had been a goal.

Looking down the list:

22nd	Ken Clark	534 pts.
24th	Eva Von Stratum	514
26th	Carol Kane	465
36th	Bruce Marvonek	403
48th	Bob Stoker	361
67th	Randall Dutton	294
119th	Aaron Flamino	194
139th	Doug Flamino	139
242nd	Karl Molitoris	120
280th	Bill Friday	102

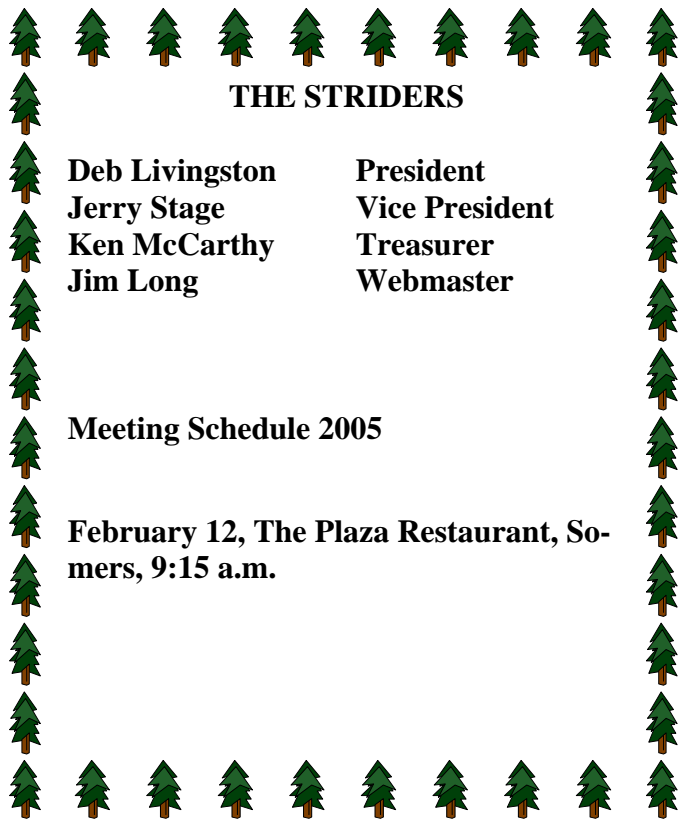
Note that everyone after Bob Stoker ran less than the required six races to be ranked on the Circuit.

We should be very proud of our Strider finishes this year! In 2005 we have to go out and make the commitment to run Circuit races and get a Stonehead ranking! It's a club tradition developed over the first 15 years of the Circuit and spearheaded by runners like Ken Clark and Bruce Marvonek. Last year it was Deb and Scott Livingston who made the key effort. Will it be you this year!?

Kevin Simons

**Newsletter: Anyone looking to participate? We struggled to get a newsletter out in 2004. Maybe that's everyone's fault, as we had few contributors. If you would like to take over as Newsletter Editor, or even as a key contributor, let Deb or me know.**

**Kevin Simons**




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**Shenipsit Striders' Newsletter**

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**MOONLIGHT RUN**  
**FEBRUARY 19TH, 11:30 P.M.**  
**GULF ROAD PARKING LOT**  
**SHENIPSIT STATE FOREST**

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***Contributors:***

***Kevin Simons***  
***Willi Frederich***

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***Next Issue:***

***Whatever you send me!***

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