



Vol. 7, Issue 5 A publication of the Empire One Running Club of Western Mass. Editor: Jay Kolodzinski May/June 09
EORC, a non-profit organization, values each member equally and strives to offer each member, regardless of ability, a meaningful running experience

Double Marathon May by Spencer Beaver

Running the Rhode Island Cox Sport Marathon and the Vermont City Marathon during the month of May gave me a good opportunity to compare two New England marathons. I know that running two marathons in a single month isn't a huge accomplishment to many seasoned runners; some of our readers have run two marathons in one week, or even the equivalent of two marathons in a single day! But my two May marathons could prove to be the perfect way to jumpstart my summer running.

Well, let us start with the R.I. Cox Sport Marathon. My first surprise was that they could even fit a marathon into a state as small as Rhode Island. A new D-tag timing system was being used with a disposable microchip band to be placed around one's shoelaces. I don't know how well this system will catch on because I saw several lost D-tags along the course. I enjoyed the relatively fast course – all pavement with a few rolling hills. Most of the race was either on bikepaths or through affluent neighborhoods. It was pleasurable running along the coastline and seeing islands and lighthouses. The Half Marathon and Marathon both started at 8 am. I got worried when Western Mass runners Robert Morton and Elaina Mertens flew by me during the second mile, until I saw they were both wearing half marathon bibs. A 5K race started at 11 am, and with the same finish line as the marathon, you could imagine I ran into quite a bit of traffic as I was finishing at 11:30 am. I was pleased with my 3:31:48 finish and 110/756 place. A lavish post-race party was held outside in one of Providence's main squares. There was plenty of pizza and music.

Three weeks later I ran the Vermont City Marathon. Burlington provided a fun-filled family vacation for my wife Julie and our four children. We stayed in the Sheraton Hotel and my kids spent about seven hours total in the pool over the three day weekend. The race was set against the backdrop of Lake Champlain. The course difficulty was very comparable to that of the R.I. Marathon, being mostly flat pavement, with one medium hill and a few other small bumps along the way. Drummers provided a motivational beat to take on the only significant hill. The Vermont Marathon had about three times as many participants and three times as much crowd support as the R.I. Marathon. While Rhode Island had a half marathon and a 5K companion race, Vermont held a two to five person marathon relay simultaneously with the marathon. A yellow bracelet was to be handed off by the relay runners. This relay made pacing off other runners a little difficult. If someone passed me in an all-out sprint at mile sixteen, I would try to see if that person had a yellow bracelet on. If they didn't have a bracelet on,

Welcome to our new members

Wendy Authier
Gene Reilly
Liz Sullivan
Carrie Figiel

they probably had just started their finishing kick ten miles too soon. Some of the Vermont Marathon was run on a bikepath and through several nice neighborhoods, much like the R.I. Marathon. It seemed like some neighborhoods were competing against each other in terms of supporting the runners with food, drink, music, and cheers. When I arrived at mile twenty in Vermont, I figured that if I pushed it I could make a P.R., and I did just that. I finished in 3:22:15 and placed 235/2337. I guess the running magazines are right when they say you should do a tune-up race a few weeks before your key event.

Completing Rhode Island and Vermont brought my marathon total to five, each in a different state. If I plan to run a marathon in each of the fifty states, at this pace I will have finished when my kids are all grown-up. Hard to imagine!

The Rhode Island Marathon ran past a couple of cemeteries which made me think of the reasons why anyone would train for and run 26.2 miles. Some run to live longer and healthier, to stay out of the grave. Others run as a remembrance of a close one who has passed away, exemplified by the many races which are held in memory of a loved one. Personally, I run to live my life to the fullest, to make every second of life count, knowing that no second may ever be repeated or refunded, to give everything I have before my time is up. That's why I run.

April, May, & June Results

Holyoke Elks 5K X-C Race #1 of 2009 Holyoke MA 4-2-09

3. Joel Boucher	20:13.3	6:31	1 st 50-59
5. Spencer Beaver	20:27.8	6:36	
8. Jason Dominick	20:54.2	6:44	
14. Cheryl Abert	21:49.7	7:02	1 st 50-59
17. Mark Baillargeon	22:25.8	7:14	
20. Louis DiSessa	22:57.0	7:24	1 st 60-69
21. Jean Henneberry	23:06.4	7:27	
24. Steve Penna	23:27.4	7:33	
27. Wally Lempart	23:53.4	7:42	
30. Jason Beaver	23:54.7	7:42	1 st under 16
33. Mark Wendolowski	24:06.4	7:46	
36. Giulia Giovanelli	24:32.1	7:54	
39. Dennis Beaver	25:01.1	8:04	
41. Zane Wendolowski	25:11.8	8:07	
42. Suzanne DiSessa	25:15.6	8:08	
43. Tamara Dominick	25:17.2	8:09	
48. Bob Massaro	25:46.0	8:18	
49. Tara Wilson	25:49.5	8:19	
57. Pat Bonnett	26:32.3	8:33	
61. Juletha Wendolowski	27:28.4	8:51	1 st Under 16
62. Alicia Wendolowski	27:30.6	8:52	
63. Jessica Zepke	27:32.7	8:52	
75. Michelle Healy	30:01.3	9:40	
81. Tony Lucia	31:50.2	10:15	
89 Finishers & 24 Club Finishers			

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1 Double Marathon May by Spencer Beaver

1-4 Results

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Next Club Meeting: July 1st at 7pm at the Elks!

Franklin King III 5K Northampton MA 4-4-05

37. Ethan Milsark 25:06 8:05
 67. Marvin Howard 31:39 10:12 1st 70+
 83 Finishers

Westfield's Oleksak 5K Westfield MA 4-5-09

34. Bob Massaro 26:57 8:41
 37. Michael Rood 27:33 8:52
 65. Tony Lucia 32:34 10:29
 97 Finishers

Westfield's Oleksak 1/2 Marathon Westfield MA 4-5-09

22. Mark Baillargeon 1:28:41 6:47
 32. Craig Stokowski 1:33:25 7:08
 51. Cheryl Abert 1:37:17 7:26
 52. Duane Negrini 1:37:23 7:26
 60. Charles Vanasse 1:38:20 7:31
 66. William Julian 1:38:35 7:32
 97. Jason Dominick 1:44:05 7:57
 106. Louis Disessa 1:45:41 8:04
 108. Mike Kent 1:46:09 8:07
 118. Tamara Dominick 1:48:05 8:16
 158. Lauren Disessa 1:51:56 8:33
 162. Raymond Gawlik 1:52:08 8:34
 170. Jason Beaver 1:53:29 8:40
 210. Luke Baillargeon 1:59:01 9:06
 269. Pattie Bonnett 2:10:33 9:58
 282. Kristine Valentini 2:15:51 10:23
 310. Daniel Lynes 2:29:19 11:24
 327 Finishers & 17 Club Racers

12th Doyle's Emerald Necklace 5 Miler Jamaica Plains 4-5-09

772. Mike Butler 44:42 8:56
 1,755. Kara Herman 65:56 13:11
 1,803 Finishers

Northampton 5K XC Race #1 of 2009 Hamp MA 4-7-09

17. Spencer Beaver 22:10
 24. Rory Milsark 23:35 1st 12 & Under
 32. Kathy Furlani 25:17** 1st 60+
 34. Dennis Beaver 26:13
 35. Ethan Milsark 26:14
 38. Bob Massaro 26:50 1st 60+
 48 Finishers & 6 Club Racers

** New 60 Age Group Record by :57 Seconds

Holvoke Elks 5K X-C Race #2 of 2009 Holvoke MA 4-9-09

6. Spencer Beaver 20:04.8 6:28
 8. Joel Boucher 20:08.4 6:29 1st 50-59
 10. Mark Baillargeon 20:15.8 6:32
 16. Duane Beffa Negrini 21:11.0 6:50
 22. Nick Tooker 21:45.1 7:01
 24. Cheryl Abert 21:50.8 7:02 1st 50-59
 29. Bill Thibault 22:11.5 7:09
 31. Stephen Pena 22:18.9 7:11
 37. Bill Russell 22:53.0 7:22 1st 60-70
 44. Debbie Girouard 23:41.4 7:38
 50. Dennis Beaver 24:03.7 7:45 1st under 16
 58. Zane Wendolowski 24:45.5 7:59
 59. Mark Wendolowski 24:45.8 7:59
 63. Bob Massaro 25:16.9 8:09
 70. Pat Bonnett 26:15.9 8:28
 77. Juletha Wendolowski 27:52.0 8:59 1st 16 under
 78. Alicia Wendolowski 27:58.6 9:01 1st 30-39
 87. Kimberly Beaver 31:08.7* 10:02
 88. Jason Beaver 31:09.0 10:02
 90. Tony Lucia 31:35.3 10:11

95. Roberta Carlon 35:18.3 11:22
 97. Myles Pirro 36:49.7 11:52
 98. Laura Pirro 36:52.5 11:53
 ** New Age 6 Group Record
 98 Finishers & 23 Club Finishers

14th Bradley International 10K Windsor Locks CT 4-11-09

42. Kathleen Furlani 50:20 8:08 1st 60+
 50. Jim Nadeau 50:47 8:11
 80. Michael Rood 58:48 9:28
 99. Tony Lucia 67:08 10:49
 102 Finishers & 4 Club Racers

Earth Day 3 Mile Trail Race Mansfield CT 4-11-09

45. Bob Massaro 24:50.8 8:17
 92 Finishers

Northampton 5K XC Race #2 of 2009 Hamp MA 4-14-09

29. Jason Beaver 23:35 1st 12 & Under
 45. Bob Massaro 26:02 1st 60-69
 61. Dennis Beaver 29:35
 68. Kimberly Beaver 33:06 1st 12 & Under
 69. Spencer Beaver 33:06
 71 Finishers & 5 Club Racers

Holvoke Elks 5K X-C Race #3 of 2009 Holvoke MA 4-16-09

8. Joel Boucher 20:03.6 6:28 1st 50-59
 9. Spencer Beaver 20:09.3 6:30
 13. Mark Baillargeon 20:53.7 6:44
 20. Chris Corradino 21:59.1 7:05
 28. Louis DiSessa 22:42.5 7:19
 29. Jason Beaver 22:44.4 7:20 1st Under 12
 32. Debbie Girouard 22:50.8 7:22
 47. Mark Wendolowski 24:23.9 7:52
 50. Dennis Beaver 24:42.3 7:58
 56. Jessica Zepke 25:22.7 8:11
 57. Bob Massaro 25:25.8 8:12
 59. Pat Bonnett 25:45.7 8:18 1st 50-59
 61. Cheryl Abert 25:53.9 8:21
 63. Juletha Wendolowski 26:22.9 8:30 1st Under 12
 67. Raymond Wenninger 26:55.4 8:40
 70. Alicia Wendoloski 27:11.0 8:45
 72. Zane Wendolowski 27:18.0 8:48
 73. Erin LaChappelle 27:21.3 8:49
 76. Tamara Dominick 27:25.8 8:50
 77. Jason Dominick 27:26.7 8:50
 85. John Tesny 29:18.7 9:27
 87. Laurie Herrick 29:24.8 9:28
 94. Tony Lucia 32:01.8 10:19
 95. Brenna LaChapelle 32:21.7 10:25
 96. Lisa LaChapelle 32:24.4 10:26
 100. Laura Pirro 36:30.0 11:45
 101. Myles Pirro 36:30.0 11:45
 101 Finishers & 27 Club Racers

Summer Sizzler 5K Race #1 of 2009 Spgfd MA 4-19-09

1. Spencer Beaver 21:45 7:00
 26 Finishers

116th Boston Marathon Hopkinton to Boston 4-20-09

2,214. Doug Theroux 3:06:58
 5,522. Charles Vanasse 3:23:54
 8,714. Craig Stokowski 3:34:51
 11,436. Cheryl Abert 3:44:05
 12,312. Jean Henneberry 3:47:09
 12,542. Tamara Dominick 3:47:59
 12,717. Mike Kent 3:48:33

14,438. Mike Sheldon 3:55:24
8 Club Finishers

65. Tony Lucia 32:56 10:37 1st 70+
81 Finishers & 3 Club Racers

Northampton 5K XC Race #3 of 2009 Hamp MA 4-21-09

14. Spencer Beaver 21:35
21. Jason Beaver 23:08 1st Under 12 Male
33. Bob Massaro 26:05 1st 60-69 Male
41. Dennis Beaver 27:59
50 Finishers

Summer Sizzler 8K Race #2 of 2009 Spgfd MA 4-22-09

6. Jason Beaver 36:17 7:18 1st Under 18
11 Finishers

Holyoke Elks 8K X-C Race #4 of 2009 Holyoke MA 4-23-09

8. Mark Baillargeon 33:34.3 6:46 1st 40-49
9. Joel Boucher 34:08.3 6:53 1st 50-59
13. Spencer Beaver 35:11.9 7:05
14. Charles Vanasse 35:19.4 7:07
15. Chris Corradino 35:24.8 7:08
22. Bill Thibault 36:42.5 7:24
33. Jason Beaver 40:36.1 8:11
44. Bob Massaro 42:24.2 8:32 1st 60-69
45. Jessica Zepke 42:41.9 8:36 1st 30-39
48. Mark Wendolowski 43:20.1 8:44
49. Zane Wendolowski 43:20.6 8:44
54. Ray Wenninger 45:19.7 9:08
56. Juletha Wendolowski 45:37.6 9:11 1st Under 16
57. Alicia Wendolowski 45:39.4 9:12
67. Dennis Beaver 50:56.5 10:15
69. Tony Lucia 55:23.9 11:09 1st 70+
69 Finishers & 16 Club Racers

25th Run for a Noble Cause 5k Westfield MA 4-25-09

13. Spencer Beaver 20:01 6:27
34. Louis DiSessa 22:14 7:10 1st 60-69
89. Rober massaro 25:03 8:04
90. Joe Wynn 25:04 8:04
115. Mike Rood 26:55 8:40
128. Laura Pirro 27:47 8:57
164. Kim Beaver 30:24 9:47
165. Dennis Beaver 30:24 9:48
187. Tony Lucia 31:52 10:16
401 Finishers & 9 Club Finishers

Rafter College Town Classik 5 Miler Amherst MA 4-26-09

11. Craig Stokowski 35:26 7:06
27. Mike Kent 39:23 7:53
32. Bill Russell 40:56 8:12
58. Lynelle Russell 44:27 8:54
79. Jessica Zepke 46:20 9:16
91. Ray Wennnnger 48:41 9:45
152 Finishers & 6 Club Finishers

Nutmeg State 1/2 Washington Depot, CT 4-26-09

35. Spencer Beaver 1:44:43
40. Jason Beaver 1:45:20** 1st under 19
189 finishers. ** New American age record.
Old record of 1:50:49 was set in 1993.

Glastonbury River Run 5K Glastonbury CT 4-27-08

377. Marvin Howard 34:26 11:05
523 Finishers

Community Racing for Research 5K Spgfd MA 4-27-09

49. Mike Rood 28:01 9:02
50. Jean Henneberry 28:03 9:03

Stanley Park 3 Mile XC Race #1 of 2009 Westfield MA 4-27-09

10. Bill Thibault 21:32 7:11
13. Louis DiSessa 22:49 7:37 1st 60-69
20. Joe Wynn 24:29 8:10
31. Tony Lucia 32:16 10:46
32 Finishers & 4 Club Racers

Northampton 5K XC Race #4 of 2009 Hamp MA 4-28-09

43. Bob Massaro 26:39 1st 60-69
61. Tony Lucia 34:56 1st 70+
62 Finishers

Summer Sizzler 5K Race #3 of 2009 Spgfd MA 4-29-09

4. Spencer Beaver 22:12 7:10
17. Bob Massaro 28:25 9:10
22 Finishers

Holyoke Elks 5K X-C Race #5 of 2009 Holyoke MA 4-30-09

Age Graded Results

1. Jason Beaver 22:17.7 ** 1st Under 16
3. Joel Boucher 19:43.2 1st 50-59
6. Louis DiSessa 22:18.7 1st 60-69
8. Cheryl Abert 23:33.4 1st 50-59
11. Bill Thibault 22:02.1
16. Lee Ann Cerpovicz 24:12.3
18. Jake Lukasiewicz 19:34.7
22. Pat Bonnett 26:17.3
24. Mark Baillargeon 22:16.7
25. Spencer Beaver 20:19.6
28. Juletha Wendolowski 26:21.7
30. Chris Corradino 21:19.2
38. Hilary Hayden-Moryl 24:25.0
42. Maura Burns 24:48.4
46. Dennis Beaver 27:02.2
53. Tony Lucia 31:32.1 1st 70+
55. Laura Pirro 28:15.5
58. Ray Gawlik 24:31.8
65. Alicia Wendolowski 27:50.2
66. Zane Wendolowski 30:57.9
68. Patrick Burns 25:00.1
75. Mark Wendolowski 26:21.4
77. Bob Massaro 33:58.3
85. Jessica Zepke 33:57.8
87. Alexandria Cerpovicz 33:24.6
87 Finishers & 25 Club Racers
** New Age 7 Group Record

Cox Providence Marathon Providence RI 5-3-09

108. Spencer Beaver 3:31:48 8:06
728 Finishers

6th Derrill's 5K Race Easthampton MA 5-3-09

106. Mike Rood 26:30 8:32
203. Tony Lucia 30:01 9:40
400 Finishers

Hotel California Baja 5K Glastonbury CT 5-3-09

175. Kristine Valentini 29:31 9:30
244 Finishers

4th HEF Run for Education 5K Hatfield MA 5-3-09

33. Bob Massaro 25:01 1st 60+
52. Mike Rood 28:18
64. Marvin Howard 31:14

77 Finishers & 3 Club Racers

Stanley Park 3 Mile XC Race #2 of 2009 Westfield MA 5-4-09

Week #1 of 8 Week Point Series

10. Jason Beaver 21:40 7:14
11. Louis DiSessa 21:42 7:14 1st 60-69
25. Ray Wenninger 26:14 8:45
28. Dennis Beaver 28:19 9:27
32. Tony Lucia 31:05 10:22 1st 70+
33 Finishers & 5 Club Racers

Northampton 5K XC Race #5 of 2009 Hamp MA 5-05-09

15. Jason Beaver 22:22 ** 1st Under 18
29. Bob Massaro 26:39 1st 60-69
40. Kimberly Beaver 32:31
41. Dennis Beaver 32:31
46 Finishers & 4 Club Racers

**New Age 7 Record: Breaks old mark by 34 seconds

Summer Sizzler 8K Race #4 of 2009 Spgfd MA 5-06-09

22. Laura Pirro 47:46 9:37
28 Finishers

Holyoke Elks 5K X-C Race #6 of 2009 Holyoke MA 5-07-09

1. Jake Lukasiewicz 18:11 5:52
5. Craig Stokowski 20:20 6:33
11. Jason Beaver 21:16** 6:51 1st Under 12
12. Mark Baillargeon 21:16 6:51
15. Cheryl Abert 21:46 7:01 1st 50-59
19. Louis DiSessa 22:29 7:15 1st 60-69
20. Bill Thibault 22:31 7:15
32. Ray Gawlik 24:33 7:55
33. Dennis Beaver 24:38 7:56
34. Jessica Zepke 24:34 7:56
39. Bob Massaro 25:16 8:08
46. Pat Bonnett 27:35 8:53
48. Alicia Wendolowski 27:52 8:59
51. Mike Butler 29:01 9:21
54. Roberta Carlon 30:38 9:52
54 Finishers & 15 Club Racers

**New 7 Age Group record

9th Irish Village 5 Miler S. Yarmouth MA 5-09-09

New England Runner Brew Pub Race #3

20. Jay Kolodzinski 29:47 5:57
453 Finishers

Stanley Park 3 Mile XC Race #3 of 2009 Westfield MA 5-11-09

Week #2 of 8 Week Point Series

5. Craig Stokowski 19:10 6:24 1st 50-59
12. Jason Beaver 21:28 7:10
14. Louis DiSessa 21:55 7:19 1st 60-69
31. Tony Lucia 30:18 10:06
33 Finishers & 4 Club Racers

Northampton 5K XC Race #6 of 2009 Hamp MA 5-12-09

23. Craig Stokowski 20:47
24. Spencer Beaver 21:16
34. Cheryl Abert 22:47 1st 50-59
37. Jason Beaver 23:06 1st Under 12
52. Bob Massaro 26:25
66. Kimberly Beaver 33:25
67. Dennis Beaver 33:25
68. Tony Lucia 33:43 1st 70+
73 Finishers & 8 Club Racers

Summer Sizzler 5K Race #5 of 2009 Spgfd MA 5-13-09

17. Bob Massaro 29:18 9:17

18 Finishers

Holyoke Elks 5K X-C Race #7 of 2009 Holyoke MA 5-14-09

12. Spencer Beaver 20:36 6:38
15. Jason Beaver 21:43* 7:00
21. Cheryl Abert 22:24 7:13
31. Lee Ann Cerpovicz 23:47 7:40
38. Joe Wynn 24:51 8:01
46. Dennis Beaver 25:19 8:10
48. Bob Massaro 25:47 8:18
51. Pat Bonnett 26:25 8:31
57. Alicia Wendolowski 26:57 8:41
61. Ray Wenninger 27:34 8:53
62. Wendy Authier 27:41 8:55
70. Tony Luica 33:09 10:41

72 Finishers & 12 Club Finishers* New Age Record for Age 8

Brewster's Run for the Hills 3.3 Miler

Nickerson State Park Brewster MA 5-16-09

2. Jay Kolodzinski 19:43 5:58 1st 19-29
39 Finishers

Healthy Kidney 10K New York City 5-16-09

555. Mike Scialo 42:10 6:48

16th Tim Paige Memorial 5K Longmeadow MA 5-16-09

123. Tony Lucia 32:19 10:25

35th Bedford Rotary 12K Bedford MA 5-16-09

USATF Grand Prix Series Race #3

236. Jason Beaver 55:48 7:29* 1st Under 12
394. Ray Wenninger 68:17 9:10
401. Spencer Beaver 68:35 9:12
413. Dennis Beaver 70:00 9:24
480 Finishers * Under USATF Guidelines

6th Bobby's Run Vernon CT 5-16-09

18. LeeAnn Cerpovicz 65:24
37 Finishers

May Day For Matt 3.5 XC Holyoke MA 5-17-09

1. Spencer Beaver 22:59 6:34
4. Cheryl Abert 23:55 6:50 1st 50-59
9. Dan Towle 26:39 7:37
10. Jean Henneberry 26:58 7:43 1st 40-49
23. Wendy Authier 30:44 8:47
27. Mike Rood 31:28 9:00
32. Laura Pirro 33:12 9:30
34. Roberta Carlon 33:48 9:40
36. Kimberly Beaver 34:19 9:49
39. Tony Lucia 36:40 10:29 1st 70+

Sugarloaf Marathon Maine 5-17-09

Mark Baillargeon 3:13:41

25th Soapstone 14.5 Trail Race Somers CT 5-17-09

Grand Tree Trail Race #6

49. Nick Tooker 2:20:39
169 Finishers

25th Soapstone 6K Trail Race* Somers CT 5-17-09

3. Kathy Furlani 26:44
12. Jason Dominick 30:00
15. Bob Massaro 30:25
50. Walter Kolodzinski 40:13

69 Finishers *Results were age Graded based on age & sex

Stanley Park 3 Mile XC Race #4 of 2009 Westfield MA 5-18-09

Week #3 of 8 Week Point Series

7. Craig Stokowski 19:15 6:25 1st 50-59
19. Louis DiSessa 21:17* 7:06 1st 60-69
32. Lauren DiSessa 23:53 7:58 1st 17-29
36. Dennis Beaver 26:00 8:40
42. Tony Lucia 32:03* 10:41

42 Finishers * New Age 65 & 71 Group Records

Northampton 5K XC Race #7 of 2009 Hamp MA 5-19-09

16. Craig Stokowski 20:17
37. Cheryl Abert 23:39 1st 50+
42. Rory Milsark 24:27
43. Jean Henneberry 24:27
56. Bob Massaro 26:19 1st 60-69
61. Ethan Milsark 27:16
70. Tony Lucia 33:31 1st 70+

76 Race Finishers & 7 Club Racers

Summer Sizzler 8K Race #6 of 2009 Spgfd MA 5-20-09

4. Spencer Beaver 33:05 4:08k
21. Alison O'Donald 40:12 5:02k
22. AJ O'Donald 40:16 5:02k
31. Dan Lynes 48:06 6:01k
32. Mike Rood 48:07 6:01k

32 Finishers & 5 Club Racers

Holyoke Elks 8K X-C Race #8 of 2009 Holyoke MA 5-21-09

2nd & Final 8K Race of the Season

1. Jake Lukasiewicz 30:23* 6:07
4. Craig Stokowski 33:47* 6:48
11. Cheryl Abert 36:07 7:16 1st 50-59
18. Louis DiSessa 37:56* 7:38 1st 60-69
19. Bill Thibault 37:59 7:39
21. Bob Authier 38:34 7:46
26. Mark Wendolowski 40:11 8:06
37. Jessica Zepke 42:52 8:38
48. Pat Bonnett 45:17 9:07
52. Bob Massaro 46:23 9:20
54. Wendy Authier 46:48 9:25
59. Alicia Wendolowski 49:28 9:58
67. Liz Sullivan 55:00 11:04
68. Tony Lucia 55:22* 11:09 1st 70+

70 Finishers & 14 Club Finishers *New 8K Age Group Records

5th Ocean to the Bay Lighthouse 5 Miler Truro MA 5-23-09

4. Jay Kolodzinski 29:28 5:54 1st 19-29
11. Sheila Kolodzinski 34:45
36. Jim Nadeau 40:38

Over 100 Finishers (Ma & Pa Timing Job)

Wachusets Mnt. Road Race 5+ Miles Princetown MA 5-23-09

USATF Mountain Series Race #1

90. Chris Corradino 40:13
335 Finishers

21st KeyBank Vermont City Marathon Burlington VT 5-24-09

185. James Kennedy 3:16:30 7:30
235. Spencer Beaver 3:22:15 7:43
437. Jason Dominick 3:34:41 8:12
1,930. Ray Wenninger 4:52:46 11:10
2,040. Kristine Valentini 5:02:21 11:32
2,338 Finishers & 5 Club Finishers

Stanley Park 3 Mile XC Race #5 of 2009 Westfield MA 5-25-09

Week #4 of 8 Week Point Series

7. Craig Stokowski 19:22 6:28 1st 50-59
10. Jason Beaver 21:06 7:02** 1st Under 12
16. Louis DiSessa 21:53 7:18 1st 60-69
27. Bob Massaro 25:14 8:25
31. Dennis Beaver 26:09 8:43
32. Mike Rood 26:20 8:47

38 Finishers & 6 Club Racers ** New Age 8 Group Record

Woodstock Memorial Day 10K Woodstock CT 5-25-09

29. Duane Beffa Negrini 46:12 7:26

152 Finishers

Northampton 5K XC Race #8 of 2009 Hamp MA 5-26-09

8. Craig Stokowski 20:13 1st 50-59
21. Cheryl Abert 22:50 1st 50-59
25. Jean Henneberry 23:41
32. Bob Massaro 26:20
45. Tony Lucia 32:34

56 Finishers & 5 Club Racers

Summer Sizzler 5K Race #7 of 2009 Spgfd MA 5-27-09

16. Bob Massaro 28:16 5:39K

21 Finishers

Holyoke Elks 5K X-C Race #9 of 2009 Holyoke MA 5-28-09

Age Graded Race #2

Actual Age Graded

2. Jason Beaver 20:46 15:44
5. Louis DiSessa 22:46 17:02
11. Cheryl Abert 21:56 18:43
12. Mark Baillargeon 20:54 18:52
16. Bob Massaro 25:50 19:52
24. Spencer Beaver 20:42 20:33
26. Dennis Beaver 25:40 20:58
35. Tony Lucia 31:00 22:25
36. Joel Boucher 26:48 22:30
37. Mike Rood 27:19 22:33
39. Pat Bonnett 26:17 23:00
42. Ray Wenninger 28:47 23:09
43. Ray Gawlik 24:46 23:14
58. Juletha Wendolowski 28:12 25:05
63. Wendy Authier 27:49 26:51
65. Alicia Wendolowski 28:13 28:09
67. Liz Sullivan 31:26 29:40

69 Finishers & 17 Club Finishers

Pack Monadnock 10 Miler Wilton NH 5-31-09

USATF New England Mountain Series Race #2 of 6

34. Jay Kolodzinski 1:17:02 7:43
161. Chris Corradino 1:35:34 9:40

292 Finishers

7th Iron Horse 10K Simsbury CT 5-31-09

102. Hilary Hayden Moryl 52:18 8:25
117. Dick Murphy 53:19 8:35

365 Finishers

7th Iron Horse 1/2 Marathon Simsbury CT 5-31-09

147. Cheryl Abert 1:42:32 7:50
193. Jean Henneberry 1:44:26 7:58
206. Louis DiSessa 1:46:28 8:08
434. Jessica Zepke 2:01:11 9:15
508. Lynelle Russell 2:05:53 9:37

775 Finishers & 5 Club Finishers

Jurgen Igel Memorial Kayak Race 5-31-09

1. Mark Wendolowski 36:36

9 Kayak Finishers

Stanley Park 3 Mile XC Race #6 of 2009 Westfield MA 6-1-09

Week #5 of 8 Week Point Series

7. Craig Stokowski 18:43 6:15 1st 50-59
16. Jason Beaver 20:45* 6:55 1st Under 12
23. Louis DiSessa 21:38 7:13 1st 60-69
37. Dennis Beaver 25:19 8:27
43. Tony Lucia 29:31* 9:51 1st 70+
48 Finishers New Age Group Records for Age 8 & 71

Northampton 5K XC Race #9 of 2009 Hamp MA 6-2-09

11. Craig Stokowski 20:37 1st 50-59
43. Bob Massaro 26:14 1st 60-69
67. Walt Kolodzinski 35:45
72 Finishers & 3 Club Racers

Holyoke Elks 5K X-C Race #10 of 2009 Holyoke MA 6-4-09

3. Mark Baillargeon 20:01 6:27 1st 40-49
4. Jim Kennedy 20:04 6:28
6. Spencer Beaver 20:17 6:32
12. Jason Beaver 21:10 6:49
15. Cheryl Abert 21:55 7:04 1st 50-59
18. Louis DiSessa 22:25 7:14 1st 60-69
21. Jean Henneberry 22:47 7:21 1st 40-49
23. Bill Thibault 22:59 7:24
36. Ray Gawlik 24:24 7:52
37. Dick Murphy 24:29 7:53
39. Guila Giovanelli 24:34 7:55
40. Hilary Hayden Moryl 24:35 7:55
42. Mark Wendolowski 24:54 8:02
43. Zane Wendolowski 24:55 8:02
49. Dennis Beaver 25:22 8:11
52. Jason Dominick 25:31 8:14
53. Bob Massaro 25:33 8:14
55. Pat Bonnett 26:38 8:35
62. Erin LaChapelle 27:43 8:56
63. Michael Rood 27:48 8:58
68. Kristine Valentini 28:51 9:18
69. Megan LaChapelle 28:55 9:19
76. Juletha Wendolowski 30:30 9:50
77. Alicia Wendolowski 30:36 9:52
82. Tony Lucia 31:18 10:05
86. Brenna LaChapelle 31:55 10:17
87. Tom LaChapelle 31:56 10:17
98 Finishers & 27 Club Finishers

1st Annual Ridge Run 5K Road Race E. Granby CT 6-6-09

53. Bob Massaro 25:23 8:11 1st 60-69
73. Mike Rood 27:25 8:50
243 Finishers

A Walk/Run to Remember 5K Northampton MA 6-7-09

12. Jean Henneberry 23:57 7:16
100 Finishers

Spring Fling At Glasgo Pond Kayak Race 6-7-09

1. Mark Wendolowski 58:15
6 Kayak Finishers

1st Annual Heat Wave 5K Enfield CT 6-7-09

18. Kathy Furlani 25:28 1st 60-69
31. Tony Lucia 32:18 1st 70+
42 Finishers

10th Rhody 5K Lincoln RI 6-7-09

New England Grand Prix Championship Race #4

137. Mark Baillargeon 19:19 6:14
174. Spencer Beaver 20:30 6:36
195. Jason Beaver 20:56 6:44**
341. Dennis Beaver 26:37 8:34
364. Raymond Wenninger 27:35 8:53
** Under USATF Guidelines for Age 8

Stanley Park 3 Mile XC Race #7 of 2009 Westfield MA 6-8-09

Week #6 of 8 Week Point Series

7. Craig Stokowski 18:35 6:12 1st 50-59
23. Charles Vanasse 21:26 7:09
24. Louis DiSessa 21:42 7:14 1st 60-69
46. Kimberly Beaver 29:56 9:59 **
47. Dennis Beaver 29:56 9:59
53. Tony Lucia 33:18 11:06
54 Finishers ** New Age Group Record for Age 6

Northampton 5K XC Race #10 of 2009 Hamp MA 6-9-09

44. Bob Massaro 26:24
47. Ethan Milsark 26:51 1st under 12
48. Jean Henneberry 26:21
61. Tony Lucia 33:09 1st 70+

The Dam 10K Kayak Race Knightville Reservoir 6-10-09

(Men) 2. Mark Wendolowski 47:36

6. Walter Kolodzinski 83:36

6 Kayakers

(Women) 2. Alicia Wendolowski 64:49

3 Kayakers

Holyoke Elks 5K X-C Race #11 of 2009 Holyoke MA 6-11-09

5. Craig Stokowski 19:11 6:11 1st 50-59
7. Spencer Beaver 20:18 6:33
9. Mark Baillargeon 20:31 6:37 1st 40-49
10. Chris Corradino 20:46 6:42
16. Duane Beffa Negrini 21:28 6:55
17. Joel Boucher 21:39 6:59
20. Louis DiSessa 22:23 7:13
21. Cheryl Abert 22:28 7:15 1st 50-59
35. Dick Murphy 24:05 7:46
42. Hilary Hayden Moryl 24:39 7:57
46. Pat Bonnett 24:56 8:02
50. Bob Massaro 25:11 8:07
57. Ray Wenninger 26:58 8:42
60. Wendy Authier 27:22 8:49
69. Michael Rood 28:56 9:19
70. Mike Butler 28:57 9:20
75. Carrie Figiel 31:12 10:03
78. Tony Lucia 31:45 10:14 1st 70+
79. Liz Sullivan 32:01 10:19
82 Finishers & 19 Club Finishers

N.E. Trail Championships 10.3K Northfield Mnt. 6-13-09

USATF Mountain Series Race #3

55. Chris Corradino 49:18
162. Bob Massaro 62:38
214. Walter Kolodzinski 85:09
216 Finishers

Granby Charter Day 10K Granby MA 6-13-09

4. Mark Baillargeon 40:15 6:29 1st 40-49
24. Andrea Skwirz 46:02 7:25 1st 19-29
28. William Julian 46:42 7:31
32. Mike Kent 47:44 7:41
43. LeeAnn Cerpowicz 51:31 8:18
48. Ray Gawlik 52:21 8:26
81 Finishers