



THE RUNNING TIMES

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EORC, a non-profit organization, values each member equally and strives to offer each member, regardless of ability, a meaningful running experience

Ironrunning with Ray by Spencer Beaver

I was honored to join Ray Wenninger in completing the 2009 USATF New England Grand Prix series. We were lucky enough to represent the Empire One Running Club through seven road races throughout Massachusetts, New Hampshire, and Rhode Island.

Each Grand Prix race brought great running fanfare and friendly rivalry. As many as twenty-two New England running clubs vied in the team competition. The races were generally well-organized and offered many amenities. I was quite surprised with the banquets laid out after each race: pizza, burgers, hot dogs, french fries, curly fries, chicken wings, clam chowder, and even ice cream. Grand Prix runners actually gained weight by race day's end due to the surplus of food waiting at the finish line.

Each race was reasonably priced: for example, the Lone Gull's \$ 20 entry fee included a high quality long sleeved technical running shirt, an overflowing goody bag, great raffle prizes (we won \$ 115), and a breakfast buffet that made the Golden Corral look pitiful. Empire One generally even reimburses the race entrance fees!

Well, let's get talking about the races themselves. Empire One organized several Jones practice runs prior to the race held February 22. Each practice run was attended by an average of ten runners, which is good considering giving up a Saturday morning to run ten miles through the ice and snow covered hills around Amherst.

The Jones race had the highest EORC turnout of the Grand Prix series due to the Western Mass location. The race was going smoothly for the first hour. Then, while Jason and I were passing the sixth mile marker a storm broke out and we were drenched in freezing rain. That gave us even more motivation to finish quickly. Our runners did very well and a special congratulations goes out to the well placing female open and masters teams.

The New Bedford Half Marathon was held a few weeks after the Jones. It had a large turnout with nearly two thousand finishers. The hardest part of the race for me was running into a cold ocean wind from miles eight to ten. The wind almost knocked me over! Hot clam chowder and fish sandwiches awaited us after the race. Unfortunately Empire One was one male and one female short of two competitive open teams. Despite the lack of a team score, we still had a good time.

The third Grand Prix event brought us to New Hampshire for the Bedford Rotary 12 K. Not having run a 12 K before, I was guaranteed a PR. Before the race, I confided in Ray that we may be one runner short of a team, as I only counted four EORC runners. That is when Rav's great personalitv reassured me: "Don't worry. Spencer.

New member & Welcoming back 1 old one.

Bill Romito of Belchertown
Elaina Mertens of Springfield

Double the Fun in Bar Harbor by Mark Baillargeon

Acadia National Park is a gem located in the Northeast. Only trouble is that it is a six hour drive away. Ever since the fall of 2000 when I was first introduced to the park on a club trip to run a half marathon I've been making the pilgrimage back every year. It began with 2 van loads of club members and was quite the trip but gradually the number of club members going up dwindled over the years but I kept going till I was the last of that group to continue the trek northeast. As this was my 10th in a row it ranks high on my list of repeat race streaks that tops out with me having completed my 30th consecutive race at the Holyoke St Pat's 10k earlier in the spring.

Running the half marathon was only a small part of the trip. Every year that I went up there was always something new to do or places to explore. I scheduled my vacations every year around this trip. Now this half marathon isn't like any run of the mill half that caters to the time seekers looking for the flattest course, this is what you might call challenging. Also this race is limited to 400 entrants as the National Park Service limits the size of the field to limit the impact on the park. This half is the only organized race they allow inside the park on the carriage trails only because it has been held for over 30 years. The race starts in downtown Bar Harbor and runs through town before heading into Acadia where it runs almost 9 miles on beautifully groomed carriage roads where motorized vehicles are prohibited. I've run the course enough to know how to run each and every hill.

Because this year was to be my 10th Bar Harbor Half I was looking forward to this year and trying to redeem myself at the race this year after last years illness marred summer due to a hospital stay for pneumonia and my having to basically start over running due to my compromised lung function. This had been my first extended stint of non running that I had that was either running or illness related. I think this was worse because this was not a self inflicted injury but something beyond my control. My first run trying to make a comeback was 1 mile and I could only manage a 10 minute mile and was so winded that I thought I would never get back to be anywhere near where my fitness had previously been. Afterwards I just readjusted my goals and was just glad to be running. I did make it back to Bar Harbor and ran mainly just to run it.

My fitness gradually came back over the winter as the number of miles I was able to put in increased. So 2009 started off with a few goals like making it to the start of my 30th consecutive St Pat's and looking forward to heading back to Bar Harbor. I was running pretty well over the summer this year till I was issued some set backs again and again they were again non running related. This time while mowing the lawn I was stung on the left achillies tendon by a yellow jacket, and I did at that moment feel just like the Greek mythical figure Achilles being taken down by a poisoned arrow. My whole lower leg the next few days did blow up as I had a mild reaction to the sting. My leg healed and about 2 weeks later while running at Ashley reservoir with someone else I felt a sharp pain my right calf as

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Next Club Meeting: Jan 6th at 7pm at the Elks!

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we'll give them hell anyways". And we did just that. Ray must specifically train for the 12 K distance – I could not catch him despite my best efforts. The race ended on a high school track where Ray's track prowess became evident. I gave it my best kick and still could not beat Ray. He edged me by eighteen seconds in the official results (68:17 to 68:35). We were both left in the dust by Jason (55:48) who won his age group. Our fourth runner to cross the line, Dennis, also established a PR that day with a respectable time of seventy minutes flat. After the race Ray and I sat down to a multicourse buffet with Carlos Rivera and other Western Mass runners. After the buffet we made our way back out to the track to cheer on the Bedford 5 K finishers.

June brought us the Rhody 5 K. The men's 5 K started a half hour before the women's 5 K. Mark Baillargeon joined us and had a fantastic race (19:19). Thinking that I could match my pre-injury pace, I started out much too fast and fell back significantly during the third mile, finishing in 20:30. Jason (20:55), Dennis (26:37), and Ray (27:33) rounded out a well placing Empire One team. A kids' race followed the 5 K and my kids had fun chasing a large bunny around the greyhound track.

The series shut down for three months over the summer. It restarted September 12 with the Ollie 5-Miler in South Boston. The race directors admitted that the turnout was significantly less than the pre-registrations indicated due to the poor weather. The cold rain and wind did not cease prior to the race. A loud thunderclap had us praying that the D-Tags tethered to our shoes would not attract lightning. The race organization for the Ollie had a few mishaps. The starting mat was only laid out across half of the starting line resulting in only half of the runners receiving net times. The directors decided to throw out all net times and just give everyone a gun time. That was unfortunate for us because the EORC contingent had started near the back. Another mishap was the placement of the cones at the turnaround, allegedly turning the Ollie 5-Miler into the Ollie 4.91-Miler. The runners seemed to forget about the weather and the mishaps with the post race party and free beer. Our club had the best turnout since the Jones race with nine club runners crossing the finish line.

Eight days later brought us to Gloucester for the Lone Gull 10 K. This was a very beautiful race – running along the breathtaking shoreline in the early morning. Ray said the picturesque landscape was his highlight of the 2009 Grand Prix series. The race was wonderful and Jason won whale watching passes while Dennis won a Gloucester restaurant gift certificate. I plan to do this race again, even if it isn't part of the Grand Prix series. I couldn't ask for a more perfect day: enjoying a 10 K with thrilling views; spending time at the beach with my wife Julie and our four children pre- and post-race; and dining on a great breakfast buffet with my good friends Ray, Carlos, Mike Lescarbeau, Peter Stasz, and other Western Mass runners. If there is an afterlife, I hope they hold events like the Lone Gull.

Anyone who saw the Patriots blow out the Titans can tell you about the weather on October 18. The cold rain turned to snow as the Baystate marathon was winding down in Lowell. Ray was just getting over a stomach flu and finishing in one piece was his only goal. Ray told me the most difficult thing about marathoning for him is preparing the mind for what it's in store for. My work schedule and family life don't give me much time to train for a marathon. My goal was to improve on my Clarence deMar 3:47 finish from three weeks earlier. That seemed likely because Lowell is advertised as flat and fast. Well, it was a fast course but not as flat as the Disney marathon. The most difficult aspect of marathoning for most is "hitting the wall" or "bonking". Luckily, I've never "hit the wall" or "bonked". The most difficult thing for me is not physical, it's mental. I generally lose focus from miles fifteen to twenty. I forget that I'm racing and my mind starts

wandering. I start thinking about such random things, anything and everything from the Antikythera mechanism to invisible pink unicorns. Our universe's great mysteries may one day be unraveled during a marathon. When I see the mile twenty sign, I wake up and realize I only have a 10 K left. I try to turn it up over the final stretch to finish strong. I joined Ray, his daughter Heather, Joe Fois, Rob Landry, Mark Chatel and other Western Mass runners post marathon to watch the award ceremony. Ray and I received nice red jackets featuring the seven Grand Prix race logos on the back. Ray's been an ironrunner for six years and adds this year's jacket to his collection of green, blue, red, and cranberry-colored jackets.

Reflecting on the series, I asked Ray how this year compared to other years. Ray joked that he was much slower this year. A great thing about the series is that you can compete no matter what your running ability is. You can become an ironrunner and earn a jacket as long as you finish each race – your pace doesn't matter! I often preferred taking it easy and enjoying the New England scenery during each Grand Prix race. I plan on running most of the Grand Prix races again next year. Ray says that he doesn't specifically plan on running the series next year, but March will soon roll around and with it the New Bedford Half – so *Who knows?* There's a good chance Ray will be an Ironrunner for a seventh year.

I told Ray that he was very heroic to complete the Grand Prix series. He was quite humbled by the compliment and told me that he doesn't think of himself as a hero. Well, Ray, you're a hero in my book to represent your club through the ice, snow, sleet, and general hypothermia suffered at the hands of this year's Grand Prix.

Double the Fun in Bar Harbor Continued

I looked down I saw the yellow jacket still on the calf. I couldn't believe that I had just been stung again. I could understand if I was mowing the lawn again but here I was on a gravel road running with someone else on my right side and I'm the one the bee stung. This also was the Wednesday before the Falmouth Road Race on August 9 and I knew what was going to happen to my leg. I had to finish the run and of course the next day it did blow up. Only thing to do was take Benedryl, ibuprophen and ice it down and hope for the best that by the race on Sunday that the swelling would go down. So I was staying in Falmouth for the weekend and the day before the race the swelling started to go down and I decided to take a nice easy 10 mile bike ride. I was asked to go to the beach because it was such a nice day but instead I chose the bike ride because I didn't want to get a sunburn. So I was just riding easy and it was a bright sunny day and I had my sunglasses on and in Falmouth the roads are narrow and the sidewalks and curbs are asphalt, I went into a shaded area and didn't notice that the curb had come up because my eyes weren't adjusted to the lower light, the curb, sidewalk and road blended together and my front wheel just followed the curb and caused me to crash onto my right side. I landed with my elbow in between the road and my ribs. I was scraped up pretty good but my ribs hurt the most. I ended up running Falmouth but no where near the time I wanted but by then my ribs and trying to take a deep breath was painful, not sure if the ribs were cracked or bruised but all I knew was that it was a pretty bad week.

Needless to say the next 5 weeks or so my running was curtailed as it was painful to take a deep breath and I needed some time to heal. I was hoping to run a decent time at the Bar Harbor Half and run a marathon in the fall but the crash left me way behind with trying to get the necessary mileage in beforehand. So again I went into Bar Harbor with reduced expectations and only a single long run of 10 miles in the 5 weeks before the half since the crash. The weather for the weekend was beautiful and I don't think I've had a better weekend there weather wise. I ran a decent race

and managed to run a respectful time of 1:33:52. After I was done and wishing for a few more days up in Bar Harbor, I did some exploring on the Southwest side of Mt. Desert Island. I had never been to that side in the other 9 years going there and I figured it was time. They call that side of the island the “quiet side” because the tourists generally don’t go there, and I was a perfect example of that coming here for 10 years and this was first foray here. It was during this exploration I went through Southwest Harbor and saw where the end of the MDI Marathon finished. The marathon has been run since 2002 and is held in October when the foliage is at its peak on the Island. The marathon is rated as one of the most scenic in the country but is a very challenging course. There are plenty of hills and plenty of scenery. I had always wanted to run the course but always said I’d do it when I wasn’t running a marathon for time and just come run it for fun.

I really hadn’t planned to run a marathon this fall because I lacked sufficient mileage but somewhere the seed was planted in the back of my mind to run come back and run that marathon when I drove past the marathon finish.

I came back from the half and started feeling pretty good because I was trying something new in my training: heart rate training. My old Garmin Forerunner bit the dust and I replaced it with the model that had the heart rate monitor and decided to give it a try. I ended up learning a few things. I learned I needed to check my ego at the door running with the monitor. After figuring out what my maximum heart rate was and determining what heart rate I should run certain runs I found it was hard to keep in the correct heart rate zone. What I thought was easy enough wasn’t really easy enough. My perceived effort level didn’t match what the heart rate was telling me. It told me that my easy recovery runs were to fast and actually hurting my recovery.

So with a new training plan in place I was anxious for feedback from other training and then I got the bright idea with this tool I could maybe run a marathon to see how it works. So I had a couple of 10 milers under my belt and some heart rate data and signed up to do MDI Marathon about 2 weeks beforehand. Besides being a crazy idea to run a marathon on very minimal mileage I figured I could at least just run it and enjoy it without worrying about time there was plenty of people out there that did marathons without worrying about their times and weren’t as fit as I was. Plus I had plenty of previous marathon experience as this would be #18. So for this marathon my marathon long run consisted of running the Bar Harbor Half and a couple of 10 milers and a 12 miler. So with that little training I was going to do it.

A couple of days before heading up to Bar Harbor for the second time in the same year, which was a first for me, my legs were feeling pretty good. It was different than my other marathon training cycles where I did a lot of miles before and was trying to make sure my legs were well rested but wondering if I was rested enough. This time they weren’t beat up from a lot of miles so they were feeling good.

The night before the marathon I had my prerace meal and was enjoying myself because I wasn’t worrying about my ultimate time but more just going out and finishing 26.2 miles on a long run of 13.1 miles. I did plug my half marathon time of 1:33:52 into one of those marathon pace calculators and came up with a predicted time of 3:18. I knew that would never happen based on the mileage I had done and also the course difficulty itself. I was hoping maybe around 3:30 but was just going to start off easy and try to run based on heart rate as much as possible and what time I get, I get. I was hoping though not to run slower than 3:39 which was my slowest marathon where I hit the wall and was reduced to walking.

Race morning arrives and the Northeaster that struck this weekend threatens rainy, windy and temps in the high 30’s to low 40’s during the marathon. No rain at the start but a starting temp of 35F and windy I went with tights, long and short sleeve shirts,

gloves and wool hat. I figured I wasn’t overly concerned with time but if it started to rain at those temp’s and wind hypothermia was a real possibility. After making my clothing choice and heading to the starting line at 7:45 am for an 8:00 am start. Oh, did I mentioned that I like these small marathons with about 600 people in them and being able to get a motel room about 150 yards from the start, no traffic worries or port-a-pottie worries. So I stroll over to the starting line and that consists the extent of my warmup.

They fire the cannon and we start making our way out of town on what would be the flattest part of the course. I decide to use this part for my warm up and take it real slow. I am going to try and run by heart rate and try and keep it below 155 for the first few miles but I look down and it was already over 160 and I hadn’t even gone a half mile yet. So I slow down and a guy pulls along side and I ask him what time he’s looking for. He tells me just wants to beat his last marathon time of 5:13. I say nothing and look at my watch. I was running about an 8:30/ mile pace which is around a 3:45 marathon. I’m not sure what he ran but it probably was pretty painful. Then the hills started. I just ran by heart rate and not time. I just tried not to let it get to high early in the race. Around mile 4 I start running with a woman and start chatting away. She has run this race before and is looking to run a 3:40. After we get to the 10 k mark I remark how these hills just keep coming, nothing like the first 2 big ones that show up on the course profile map but short steep things that take some effort to get up. We then hit a very steep downhill section at mile 8 that lasts about a quarter of mile. I mention that if this hill was at mile 20 or later our legs would be toast after trying to brake going down. I haven’t mentioned the scenery but around almost every corner was some type of scenery from soaring mountains to harbor vistas and I was actually enjoying these early miles. After a series of 3 short steep hills around mile 9 I had no illusions or delusions about trying to run a 3:30 marathon. At mile 12 I bid adieu to my female running party as nature was calling her. I made it the half way mark in 1:49:49 and I still felt pretty good. I thought maybe I had a shot at maybe getting under 3:40 if I didn’t crash. The heart rate was starting to creep up around the 165 mark and I felt that was still manageable. The hills and vistas still came and I was pushing past the limits of what my long run had been recently but still felt I could finish.

Luckily the rain was holding off. I felt a little overdressed but was still comfortable till we came to the most scenic section of the course which was in the wide open along the ocean and directly into the wind and I was glad I was wearing what I was wearing. This section around mile 16 I began questioning whether that running a marathon was such a great idea. I finally got back into the trees and got thinking that I was into single digits left to this thing and I might make it without hitting the wall.

Mile 18-20 was some more short tough hills. My heart rate was now pushing over 175 and not coming back down after these hills.

Mile 20.5- 24 was rolling up hill around mile 21 a guy pulls along side and asks “How we doing for time?” My response “Don’t know, Don’t care” I probably sounded rude but it was true I didn’t have the time displaying on my watch as I was mainly concerned with my heart rate which was now approaching the 180 mark. The mile uphill between 23-24 being the toughest and my slowest I felt like stopping but it wasn’t any different from any previous marathon. Lucky here the wind is a tailwind and not a headwind and raining.

I finally got to the top of the final hill and headed into the final mile and just before I reach mile 26 I take off my hat and go to tuck it into my waistband behind my back and in so doing that my calves start to cramp. Just that little different alteration in my form opened my eyes.

The last little section consists of a gradual small grade to the finish. Not much to look at but after 26 miles it feels like a mountain. I attempt to pick up the pace and my calves bark at me

some more. I cross the finish in 3:43:21 and I was glad that the finish wasn't another ½ mile down the road otherwise I may have been stopped by the cramps. I was also glad that the rain held off (It poured buckets about 2 hours later).

I may have been able to have a negative split the second half if it wasn't for the big elevation gain the last few miles where I ended up losing the most time. I did feel that by running by heart rate in the beginning helped me finish on such minimal training. My heart rate averaged 167 for the whole race and maxed out at 186 (almost my max) right at the finish so based on these numbers it was a good marathon effort based on my current fitness.

Like Disney has the Goofy running the Half and full Marathon in the same weekend, I did the Bar Harbor Double this year by running the Half Marathon and MDI Marathon. It may not have been the same weekend but it was still a goofy idea on the mileage I had run preparing for it and I don't plan on doing this one again. Even though this is my slowest marathon I was pleased with my effort considering how tough the course was and I accomplished some goals and learned some things.

Finished without walking and got to enjoy some more beautiful scenery of Mt Desert Island that I previously had not seen.

Marathon #18: MDI Marathon: CHECK.

Race Results for Oct, Nov, & Dec

Hamp 5K XC Race #26 of 2009 Hamp MA 09-28-09

35. Jason Beaver	22:19	1 st Under 12
42. Cheryl Abert	23:37	
60. Gene Reilly	25:59	
64. Bob Massaro	26:18	
65. Joe Wynn	26:32	
70. Kim Beaver	27:58	1 st Under 12 **
72. Dan Lynes	28:22	
74. Dennis Beaver	28:29	
81. Tony Lucia	34:11	
84 Finishers & 9 Club Finishers		
** 2 Minute PR		

USATF National Masters 5K Championships

187. Mark Baillargeon 19:53 6:26

USATF National 10K Championships

13. Zac Hine 48:45

16th ING Hartford Marathon Hartford CT 10-10-09

438. Jean Henneberry 3:38:56 8:22
2,333 Finishers

16th ING Hartford ½ Marathon Hartford CT 10-10-09

141. Jason Dominick 1:34:48 7:14
4,079 Finishers

16th ING Hartford Huck Finn 5K Hartford CT 10-10-09

562. Tony Lucia 32:29 10:28 1st 70-74
975 Finishers

Hudson-Mohawk Marathon Albany New York 10-11-09

136. Cheryl Abert 3:23:42 7:47
474. Jessica Zepke 4:05:19 9:24

Monroe/Dunbar Brook 10.5 Mile Trail Race

Monroe State Forest Monroe MA 10-11-09

7. Jay Kolodzinski 1:27:48 PR by 2 mins
25. Chris Corradino 1:48:23
86. Kathy Furlani 2:29:52 1st 60+
89. Bob Massaro 2:31:45

97. Walt Kolodzinski Jr. 2:56:39
102 Finishers & 5 Club Racers

Mount Desert Island Marathon Bar Harbor ME 10-18-09

109. Mark Baillargeon 3:43:21
600 Finishers

Westhampton Hills 5K Westhampton MA 10-18-09

4. Mark Wendolowski 23:33 7:33
9. Alicia Wendolowski 26:44 8:37
14 Finishers

1st Farmland 5K Hadley MA 10-18-09

193. Tony Lucia 35:19 11:24
216 Finishers

Baystate Marathon Lowell MA 10-18-09

Final 2009 USATF Grand Prix Series Race

328. Elaina Mertens 3:24:17 7:48
426. Spencer Beaver 3:30:48 8:03
1,401. Ray Wenninger 4:48:11 11:00
1,562 Finishers

Hog Jog 5K South Windsor CT 10-24-09

40. Kathleen Furlani 24:52 8:01 1st Woman
67. Michael Rood 27:11 8:46
87. Tony Lucia 33:13 10:42
93 Finishers

Chase'n a Mason 5K Turner's Falls MA 10-25-09

13. LeeAnn Cerpowicz 23:48
15. Bob Massaro 26:06 1st 60+
25 Finishers

Rav Crothers Memorial 5K Manchester CT 10-24-09

72. Bob Massaro 27:27 8:50
97. Tony Lucia 34:41 11:10
108 Finishers

Halloween Hustle 5K Longmeadow MA 10-31-09

11. Craig Stokowski 19:02
42. LeeAnn Cerpowicz 23:41
83. Mike Rood 26:53
203 Finishers

Hampden Lions Halloween 5K Hampden MA 10-31-09

1. Joel Boucher 19:56 6:26
6. Mark Wendolowski 22:59 7:25
20. Juletha Wendolowski 26:50 8:39
21. Alicia Wendolowski 26:51 8:40
28. Tony Lucia 32:22 10:26
30 Finishers & 5 Club Finishers

Sheriff's Shuffle 5K Springfield MA 11-1-09

21. Louis DiSessa 23:03 7:26 1st 60-69
49. Mike Rood 26:54 8:41
64. Kristine Valentini 30:04 9:42
73. Carrie Figiel 31:40 10:13
76. Tony Lucia 32:20 10:26
83 Finishers & 5 Club Finishers

Busa Bushwhack 10 Mile Trail Race

Callahan State Park Framingham MA 11-1-09

152. Kathy Furlani 1:46:39 10:40
186 Finishers

Dan Berry Hatfield Lions 5 Miler Hatfield MA 11-1-09

18. Mark Baillargeon 34:55
36. Deb Girouard 38:41
42. Dick Murphy 40:18
48. Pat Bonnett 41:23
52. Bob Massaro 42:15
58. Gene Reilly 44:08
71 Finishers & 6 Club Finishers

8th Run for all Ages 5K Wakefield MA 11-7-09

36. Jason Beaver 21:06 1st Under 10
216. Kimberly Beaver 28:46
487 Finishers

N. Brookfield Apple Run 5K N. Brookfield MA 11-7-09

32. Bob Massaro 25:06 9:02
49 Finishers

East Windsor Veterans Day 5K Broad Brook CT 11-7-09

76. Kathleen Furlani 24:57 8:02 1st 60-69
111. Michael Rood 27:01 8:42
182. Tony Lucia 32:47 10:34
242 Finishers

PVIAC XC Girls Varsity Westfield MA 11-7-09

20. Haley Milsark 20:53 6:43
79. Caitlin LeBeau 23:03 7:25
222 Finishers

Mary A. Callahan Memorial 5K Westfield MA 11-8-09

9. Louis DiSessa 23:43 7:39 1st 60-69
10. Jim Nadeau 24:10 7:48
11. Gene Reilly 24:18 7:50
20. Bob Massaro 26:00 8:23
28. Mike Rood 27:10 8:46
32. Laurie Pirro 29:06 9:23
35. Roberta Carlon 32:06 10:21
39. Tony Lucia 34:02 10:59
39 Finishers & 8 Club Runners

Monson Memorial 5K Monson MA 11-8-09

27. Hilary Hayden-Moryl 25:44 8:17
67 Finishers

Monson Memorial 1/2 Marathon Monson MA 11-8-09

56. Joel Boucher 1:38:15 7:30
62. Craig Stokowski 1:39:40 7:37
67. Jim Boss 1:40:23 7:40
74. Cheryl Abert 1:41:13 7:44 1st 50-59
75. Spencer Beaver 1:41:29 7:45
79. Chris Corradino 1:42:10 7:48
85. Jason Dominick 1:42:43 7:51
110. William Julian 1:47:04 8:11
143. Mark Baillargeon 1:51:52 8:33
183. LeeAnn Cerpowicz 1:57:22 8:58
242. Raymond Gawlik 2:08:02 9:47
293. Linda Bonzagni 2:22:11 10:52
294. Raymond Wenninger 2:22:12 10:52
330 Finishers & 13 Club Finishers

MIAA WMass XC Championships Northfield MA 11-14-09

26. Haley Milsark 22:46 7:20

Freedom Run 5K Hartford CT 11-14-09

234. Marvin Howard 31:56 10:17
255. Tony Lucia 34:12 11:01

Frostbite 5K Enfield CT 11-14-09

25. Spencer Beaver 19:48 6:23
63. Jim Nadeau 22:13 7:10
65. Charles Vanasse 22:22 7:13
73. LeeAnn Cerpowicz 22:53 7:23
86. Kathy Furlani 23:55 7:43 1st 60-69
108. Mike Rood 25:23 8:11
227 Finishers & 6 Club Finishers

Hot Coco 5K Cheshire CT 11-21-09

344. Marvin Howard 35:07 11:20

MIAA State XC 5K Championships Northfield MA 11-21-09

96. Haley Milsark 22:00 7:04

HTC 8K XC Challenge W. Hartford CT 11-21-09

37. Elaina Mertens 34:25 6:56
96. Michael Rood 49:39 10:00
111. Tony Lucia 60:08 12:06
114 Finishers

Know Your Pace Race Manchester CT 11-21-09

7. LeeAnn Cerpowicz 37:21
100 Finishers

Gobble Gobble 5K Southbridge MA 11-22-09

77. Tony Lucia 71:38 23:04 1st 70+
77 Finishers

2009 WMAC Grand Tree Trail Races Final Points Standings

82. Kathy Furlani 367.75
93. Jay Kolodzinski 334.72
99. Nick Tooker 323.57
172. Chris Corradino 211.15
188. Bob Massaro 198.81
257. Walt Kolodzinski 165.99
411. Bill Romito 124.77
543 Total Point Scorers

31st Talking Turkey 6 Mile XC Race Holyoke MA 11-28-09

1. Zach Hine 28:55 4:50**
60. Jason Dominick 39:22 6:34
79. John Dent 40:27 6:45
81. Mark Baillargeon 40:30 6:45
112. Bill Julian 41:38 6:57
220. Mark Wendolowski 44:58 7:30
317. Deb Girouard 46:52 7:49
346. Bill Russell 47:39 7:57
348. Jim Nadeau 47:41 7:57
405. Kathy Furlani 48:46 8:08
474. Jessie Zepke 49:49 8:19
475. Pat Bonnett 49:50 8:19
492. Tara Wilson 50:08 8:22
501. Nancy Kiendzor 50:21 8:24
544. Maura Burns 50:59 8:30
558. Alicia Wendolowski 51:16 8:33
592. Mike Messer 52:09 8:42
642. Lynelle Russell 53:07 8:52
649. Pat Burns 53:15 8:53
711. Mike Butler 54:39 9:07
731. Wendy Authier 55:07 9:12
929. Tamara Dominick 60:42 10:07
1001. Sally Harbalis 63:05 10:31
1073. Tony Lucia 67:03 11:11
1094. Roberta Carlon 68:08 11:22
1132 Finishers & 25 Club Runners

** New Course Record by 5 seconds from 2005

Mt Tom Score-O Orienteering Race

Mt Tom State Reservation Bray Lake Holyoke MA 11-29-09

White Course

3. Chris Corradino 40:26
5. Bob Massaro 64:44
10 Finishers

Score-O Western Mass Rules 18 Controls

16. Jay Kolodzinski 94:22
34 Finishers

Score-O Western MA Rules 11 Controls

13. Walter Kolodzinski Jr. 2:27:21
15 Finishers

Score-O Western MA Rules Less than 8 Controls

2. Bob Massaro 2:21:10
7 Finishers

Bright Nights 5K Forest Park Spgfd MA 12-1-09

46. Jim Nadeau 23:35 7:36
67. Jessica Zepke 24:39 7:56
120. Craig Stokowski 26:25 8:30
156. Raymond Gawlik 27:47 8:57
299. Sharon Senez 31:11 10:03
365. Tony Lucia 34:11 11:00
446 Finishers & 6 Club Finishers

AAU Junior Olympics XC National Championships

Orlando Florida 12-5-2009

Boys 2K Ages 8 and Under

1. Jason Beaver 7:27
81 Finishers **Gold Medal & National Champ

Boys 3K Ages 9 & 10

105. Dennis Beaver 14:43
127 Finishers

Snowstorm Classic 5K Race #1 of 09/10 Spgfd MA 12-5-09

11. Elaina Mertens 20:19 6:33 1st Woman
41. LeeAnn Cerpowicz 24:11 7:48
59. Mike Rood 27:08 8:45
84. Tony Lucia 32:01 10:20
96 Finishers & 4 Club Finishers

6th Hot Chocolate Run 5K Northampton MA 12-5-09

122. John Dent 20:52
164. Haley Milsark 21:37
190. Bill Romito 22:12
222. Rory Milsark 22:45
229. Bill Thibault 22:51
230. Mark Wendolowski 22:55
264. A.J. O'Donald 23:30
271. Jim Nadeau 23:39
322. Mike Kent 24:20
347. Ethan Milsark 24:41
418. Mike Messer 25:35
495. Gene Reilly 26:19
580. Bob Massaro 27:10
896. Maura Burns 30:42
971. Zane Wendolowski 31:36
985. Alicia Wendolowski 31:46
986. Juletha Wendolowski 31:46
1079. Pat Burns 32:47
1198. Liz Sullivan 34:15
1200. Lori Sandhusen 34:17
1230. Carrie Figiel 34:51
1254. Marvin Howard 35:13
1632 Finishers & 22 Club Finishers

Snowstorm Classic 10K Race #2 of 09/10 Spgfd MA 12-12-09

13. Elaina Mertens 43:39 7:02
72. Bob Massaro 57:28 9:16
77. Mike Rood 61:08 9:52
79. Kris Valentini 63:16 10:12
85. Tony Lucia 72:22 11:40 1st 70+
86 Finishers & 5 Club Finishers

Hanukkah 5 Miler Springfield MA 12-13-09

16. Joel Boucher 34:45
17. Andrea Skiwirz 34:47
21. Cheryl Abert 35:12 1st 50-59
23. Jason Beaver 35:32
25. William Romito 36:02
29. Brian Donoghue 36:36
32. Jean Henneberry 37:13
44. LeeAnn Cerpowicz 39:29
47. Jim Nadeau 40:20
48. Kathleen Furlani 40:34 1st 60-69
50. Dick Murphy 41:02
51. Bob Massaro 41:41
68. Spencer Beaver 47:11
73. Dennis Beaver 47:44
76. Kimberly Beaver 48:40
78. Mike Rood 48:53
80. Kristine Valentini 49:13
84. Tony Lucia 55:14
86 Finishers & 18 Club Finishers

Au Cu Liath Extravaganza 3 Miler Worcester MA 12-14-09

13. Tony Lucia 35:10

Snowstorm Classic 5K Race #3 of 09/10 Spgfd MA 12-19-09

13. Elaina Mertens 19:56 6:26
22. Spencer Beaver 21:06 6:48
24. Bill Julian 21:10 6:50
49. LeeAnn Cerpowicz 24:32 7:55
73. Bob Massaro 26:30 8:33
74. Gene Reilly 26:32 8:34
87. Jason Dominick 27:40 8:55
91. Mike Rood 28:25 9:10
104. Tony Lucia 33:35 10:50
112 Finishers & 9 Club Finishers

Well 2009 is done and 2010 is about to begin!

It has been a great year and I am sure everyone has rocked the planet in their own way! Remember to have fun and enjoy the ride! It's a one way ticket and there are no u-turns! Enjoy every moment, do crazy things, and keep running! Running after all is what has brought all us together! We are one big family and whenever Baby K decides to come running out of Sheila's stomach we will have one more member to the family! Be well, be merry and enjoy your Xmas, Kwanza, Hanukkah or whatever holiday you celebrate and next time we meet, we'll either introduce you to the next Indiana Jones or Dora the Explorer! Rock On! Your Editor

Jay-Man

