



# 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

## Running Away From Home by Jean Henneberry

Although I've threatened to run away from home several times as a kid, I never made it beyond the gate of our back yard and I definitely wasn't running. Needless to say, I made it past the gate, and this summer I had the opportunity to run in a few, new and sometimes, different places.

My first trip seemed simple enough, a three day conference in Boston. Not so. Somewhere past Worcester, the tire indicator light went on. Otherwise, the car seemed to handle the same and I didn't feel any swaying when I took my hands off the steering wheel for a quick stability test. Cautiously, I continued to drive, arriving safely at my hotel the night before the conference. I checked the tire before handing my keys to the parking valet, it looked fine. Mistakenly, I didn't think about the tire again until a few days later. Running around the Charles River (which I've done on several other conference trips) is pleasant enough, but a bit over-rated by some of my work colleagues. I don't mean to offend any native Bostonian club members, but running on concrete paths is not my favorite thing to do. I'm sure if I lived in Boston, I'd find many other routes, but I'm a creature of habit; and running anywhere at 5:30 am needs to be easy and convenient, preferably no more than 1/2 mile from my hotel. Sleep is a precious thing and life is too complicated for me to drive to another location for a training run. The conference ended on the third afternoon and I was ready to hit the road. After the valet pulled my car up, he commented that the left rear tire was a bit low. A flashback from three days ago jolted my memory banks. "That's more than a little low... it's flat", I responded. I'll spare the details of the repair, and 4 new tires later.

A few weeks later, I'm off with the family to Stark, New Hampshire for part of the week. Let's say, they don't call it "Stark" for nothing. We rented a beautiful log cabin on a small lake with several other extended family members on the Milsark side. It rained everyday and was cold (a warm-up for my Irish running tour). A dirt road went around a portion of the lake for about 2 miles. I could run on the main road with cars whizzing by at 65 mph or drive to another remote area and run and... potentially get lost? My friends still tease me about the time I went off course at the Lake Winnepesaukee Relay Race several years ago. Not to complicate the running matter, I ran back and forth on the dirt road around the lake, chased by a few small yapping dogs, whom I was eventually able to out run. I was glad I had an excuse to leave early to attend a short conference in Seattle.

Seattle... conjures up images of Starbuck's Coffee and rain. I was ready though. I packed for cool and damp conditions. To my pleasant surprise, the weather was picture perfect with sunny, blue skies and early morning temperatures in the mid to upper 50's. I ran along the waterfront bike path, which included spectacular views of the Puget Sound and the Olympic and Cascade Mountains. The trip was short and it would have been nice to have my family there to enjoy it. Mac, my eldest son came along for the ride, or was that to sleep? He had a friend there from college, so he was off doing his skateboard artisan thing into the wee hours of the night, and slept while I attended my conference. We had dinner together and that was nice, but it wasn't exactly the mother son bonding experience I had hoped for. Maybe in a few more years?

I was home for a week before my next trip. Unfortunately, earlier in the week, a horse stepped on my foot at my riding lesson (my feeble attempt at cross training). It hurt quite a bit and I was sure it was broken, but there was no fracture on the radiograph the next day. This put a damper on my upcoming trip. I couldn't walk without limping... how was I supposed to run? My daughter, Haley, and I had planned a two week vacation to France and Ireland. We were so excited about going. By the time we left, my foot was feeling better, but still hurt; although with some Ibuprofen on board I was able to run. Fortunately, I didn't need to wear dress shoes on this vacation. We arrived in Paris on a Sunday morning at 6:00 am, the day the Tour de France was scheduled to course through the streets of Paris, including the famous, Champs-Elysees. We were exhausted from our travels and had to walk around Paris for over 4 hours before our room was ready. We intended to take a brief nap, but ended up sleeping through the Tour. I was disappointed, so I had to settle for some Tour de France merchandise, which littered the side walk shops all over Paris. I'm sure I wouldn't have missed the Paris marathon. Running was an adventure in Paris. The Eiffel Tower, the Jardin de Tuilleries, the Quais (banks) of the Seine ...taking in the exquisite architecture while getting my daily running fix, was a memorable experience. I went on a mini site seeing tour every morning. Our hotel was on the left bank of the Seine River and a 5 minute walk from the Eiffel Tower, which served as my landmark. I encountered a fair number of runners, particularly around the Eiffel Tower and along the River. Paris is a beautiful city, but we were glad to move on to the next leg of our journey.

On to Ireland, for what I felt would be the highlight of our vacation. I had decided many months ago that we would do a tour, so I wouldn't need to drive. Call me a coward, but driving on the left side with very narrow twisty roads and confusing road signs wasn't on my list of things to do. Thankfully, my youngest sister lived in Ireland several years ago and one of her close friends graciously offered to take us around for a few days. We had also booked a running tour for the last five days of our stay. The roads and wet weather conditions presented a running challenge. The roads have no shoulders and the speed limits are generally around 100 kph. If there is a car coming, there is really no place to go, unless you want to jump over a stone wall, dive off a cliff or jump through a 10 ft. hedge. Despite this, I managed by run every day, by using the sidewalks in some of the bigger cities or using the trails in parks. As far as the running tour...let's just say... creative web site design. Haley and I were the only two people on the tour, which was basically a one man show. I prefer not to go into the

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*Next Club Meeting: Oct 7<sup>th</sup> at 7pm at the Elks!*

details, because I still feel a bit naïve for being swindled. You live and you learn, but I won't be fooled again. The evening before our departure, we did get to run an 8k road race, called the *Future Streets of Galway*. It was a PR race for both Haley and I, as we had never run an official 8k race before. Regardless of our running tour, we had a great time. Although the weather was cool and often dreary at times, and we were tired of eating brown bread (breakfast, lunch and dinner), the Irish are extremely friendly and kind.

Back for a week and then off for a weekend in New York for the NYC ½ marathon. Although it was mid August, this coincided with the true start of summer with temperatures reaching the mid 90's and near 100% humidity. Thankfully, it was an early start, but when you're already perspiring walking to the start, you know you're in for a hot one. Not a PR race for me that day, but an extremely well organized event and a good training run; in addition, I had the chance to visit my Mom and Dad (and the ocean)! Well, that's all the trail tales for now. Despite running in the dark again and maneuvering around potholes, there's no place like home!

### Race Results for Aug & Sept & Oct

#### Stanley Park 3 Mile XC Race #15 of '09 Westfield MA 8-3-09

9. Craig Stokowski	19:34	6:32	1 <sup>st</sup> 50-59
27. Joe Wynn	23:13	7:45	
39. Mike Rood	27:02	9:01	
52. Tony Lucia	33:41	11:14	
52 Finishers			

#### N'hampton 5K Race #18 of '09 #586 All-Time Hamp 8-4-09

16. Craig Stokowski	21:09	1 <sup>st</sup> 50-59
46. Gene Reilly	25:48	
66. Bob Massaro	27:42	
83. Walter Kolodzinski	35:50	
87 Finishers		

#### Summer Sizzler 5K Race #18 of 2009 Spgfd MA 8-5-09

17. Bob Massaro	28:15	9:07	1 <sup>st</sup> 60-69
23 Finishers			

#### Holyoke Elks 5K X-C Race #19 of 2009 Holyoke MA 8-6-09

##### Week #7 of 12 Week Point Series

7. Jason Dominick	19:46	6:22
10. Mark Baillargeon	20:07	6:29
12. Chris Corradino	20:15	6:31
16. Spencer Beaver	20:44	6:41
22. Jason Beaver	21:33	6:57
26. Cheryl Abert	21:56	7:04
29. A.J. O'Donald	22:29	7:15
31. Bill Thibault	22:40	7:18
46. Gene Reilly	24:23	7:51
47. Dick Murphy	24:30	7:54
50. John Tesny	24:38	7:56
53. Joel Boucher	24:57	8:02
58. Bob Massaro	25:28	8:12
61. Pat Bonnett	25:32	8:14
69. Mike Rood	26:32	8:33
70. Mike Messer	26:33	8:33
73. Alicia Wendolowski	26:58	8:41
75. Wendy Authier	27:11	8:45
78. Dennis Beaver	27:17	8:48
87. Kim Beaver	28:34	9:12
88. Ray Wenninger	28:53	9:18
95. Carrie Figiel	31:40	10:12
101. Tony Lucia	32:30	10:28

#### Brewster Brew Run Brewster MA 8-8-09

74. Craig Stokowski	34:47	6:39
157. Jason Dominick	37:05	7:08
938. Mike Butler	49:22	9:30
1079. Ray Wenninger	51:20	9:52
1664 Finishers		

#### Future Streets of Galway 8K Ireland 8-8-09

406. Jean Henneberry	36:19
752. Haley Milsark	40:15
1,973 Finishers	

#### Bridge of Flowers 10K Shelburne Falls MA 8-8-09

59. Doug Theroux	40:51	6:35
101. Spencer Beaver	44:52	7:14
165. William Julian	47:55	7:43
279. Leeann Cerpovicz	53:10	8:34
302. James Nadeau	54:19	8:45
305. Ray Gawlik	54:31	8:47
562. Tony Lucia	68:02	10:57
610 Finishers		

#### Stanley Park 3 Mile XC Race #16 of '09 Westfield MA 8-10-09

6. Spencer Beaver	19:44	6:35
23. Louis DiSessa	25:39	8:33
39. Tony Lucia	34:06	11:02
39 Finishers		

#### N'hampton 5K Race #19 of '09 #587 All-Time Hamp 8-11-09

58. Rory Milsark	25:40	1 <sup>st</sup> under 12
59. Jean Henneberry	25:41	
69. Ethan Milsark	26:34	
71. Bob Massaro	26:59	
85. Tony Lucia	35:04	1 <sup>st</sup> 70+
90 Finishers		

#### Richard Childs 2.4 Mile Van Horn Park Spgfd MA 8-11-09

1. Jason Beaver	15:30
20. Dennis Beaver	18:58
23. Kim Beaver	19:30 PR
82 Finishers	

#### Summer Sizzler 8K Race #19 of 2009 Spgfd MA 8-12-09

33. Dan Lynes	46:57	9:27
34. Mike Rood	46:58	9:27
41 Finishers		

#### Holyoke Elks 5K X-C Race #20 of 2009 Holyoke MA 8-13-09

##### Week #8 of 12 Week Point Series

9. Mark Baillargeon	19:43	6:21
10. Craig Stokowski	19:46	6:22 1 <sup>st</sup> 50-59
11. Chris Corradino	20:12	6:31
13. Joel Boucher	20:26	6:35
15. Jason Beaver	20:47*	6:42 1 <sup>st</sup> under 12
16. Spencer Beaver	20:55	6:44
25. Cheryl Abert	22:20	7:12 1 <sup>st</sup> 50-59
30. A.J. O'Donald	23:04	7:26
33. Allison O'Donald	23:24	7:33 1 <sup>st</sup> 30-39
35. Joe Wynn	23:27	7:33
39. Gene Reilly	23:35	7:36
48. Lee Ann Cerpovicz	24:16	7:49
52. Pat Bonnett	24:40	7:57
53. Louis DiSessa	24:45	7:58 1 <sup>st</sup> 60-69
55. John Tesny	24:59	8:03
58. Dick Murphy	25:25	8:11
60. Bob Massaro	25:39	8:16

61. Dennis Beaver 25:48 8:19  
 68. Kim Beaver 26:49\* 8:39  
 76. Jason Dominick 27:15 8:47  
 78. Mike Butler 27:17 8:47  
 81. Ray Wenninger 27:23 8:49  
 96. Carrie Figiel 32:30 10:28  
 97. Liz Sullivan 32:59 10:38  
 98. Tony Lucia 33:33 10:48 1<sup>st</sup> 70+

100 Finishers & 25 Club Finishers  
 \*New Age Group Records for ages 8 & 6

**AHA 5K Run at Yankee Candle S. Deerefield MA 8-15-09**

69. Marvin Howard 32:15 10:25  
 107 Finishers

**NYC Half Marathon NYC, New York 8-16-09**

2,354. Jean Henneberry 1:47:14 8:11

**Savoy Mountain 22.2 Mile (2 Loops) Trail Race**

**Grand Tree Trail Race #13 (Hazy, Hot, Humid & Muddy)**

**Savoy Mountain State Forest, Savoy/Florida MA 8-16-09**

13. Jay Kolodzinski 3:59:58 10:48 Lap 1: 1:45:13 Lap 2: 2:14:45  
 41 Finishers

**Savoy Mountain 11.1 Mile (1 Loop) Trail Race**

**Grand Tree Trail Race #13 (Hazy, Hot, Humid & Muddy)**

**Savoy Mountain State Forest, Savoy/Florida MA 8-16-09**

17. Chris Corradino 2:01:02 10:54  
 27. Nick Tooker 2:10:36 11:45  
 56. Kathy Furlani 2:48:04 15:08  
 63. Bob Massaro 3:05:53 16:44  
 65. Walter Kolodzinski 3:16:59 17:44  
 72 Finishers & 5 Club Racers

**Stanley Park 3 Mile XC Race #17 of '09 Westfield MA 8-16-09**

13. Louis DiSessa 22:55 7:39  
 23. Ray Wenninger 27:15 9:05  
 29 Finishers

**N'hampton 5K Race #20 of '09 #588 All-Time Hamp 8-17-09**

34. Gene Reilly 25:37  
 43. Bob Massaro 27:17  
 59 Finishers

**Summer Sizzler 5K Race #20 of 2009 Spgfd MA 8-19-09**

28. Bob Massaro 29:11 9:25  
 47 Finishers

**Holyoke Elks 5K X-C Race #21 of 2009 Holyoke MA 8-20-09**

**Week #9 of 12 Week Point Series**

3. Craig Stokowski 20:13 6:31 1<sup>st</sup> 50-59  
 5. Jason Beaver 20:46 6:42  
 7. Spencer Beaver 20:51 6:43  
 8. Mark Baillargeon 21:00 6:46 1<sup>st</sup> 40-49  
 9. Joel Boucher 21:07 6:48  
 21. Charlie Vanasse 23:05 7:26  
 27. A.J. O'Donald 23:40 7:37  
 28. Louis DiSessa 23:43 7:39 1<sup>st</sup> 60-69  
 29. Allison O'Donald 23:47 7:40 1<sup>st</sup> 30-39  
 30. Jason Dominick 23:56 7:43  
 34. Gene Reilly 24:19 7:50  
 41. Dick Murphy 24:54 8:01  
 45. Ray Gawlik 25:06 8:05  
 46. Maura Burns 25:08 8:06  
 48. Pat Bonnett 25:14 8:08 1<sup>st</sup> 50-59  
 49. John Tesny 25:15 8:08  
 53. Steve Penna 25:52 8:20

54. Jessica Zepke 25:53 8:20  
 58. Patrick Burns 26:31 8:33  
 61. Dennis Beaver 26:47 8:38  
 65. Bob Massaro 27:23 8:49  
 69. Wendy Authier 28:26 9:10  
 79. Carrie Figiel 31:58 10:18  
 82. Tony Lucia 33:55 10:56  
 84. Liz Sullivan 34:16 11:02  
 86 Finishers & 25 Club Finishers

**14<sup>th</sup> Breakaway 5K Old Orchard Beach, Maine 8-22-09**

70. Spencer Beaver 20:16  
 430 Finishers

**Mt Toby 14 Mile Trail Race**

**Grand Tree Trail Series Race #14**

**Mt Toby State Forest Sunderland MA 8-23-09**

116. Kathy Furlani 2:36:45 1<sup>st</sup> 60+  
 138 Finishers

**Keney Park 5K Hartford CT 8-23-09**

17. Marvin Howard 34:16  
 20 Finishers

**5<sup>th</sup> Peach Festival 5 Miler Wilbraham MA 8-23-09**

28. Jason Dominick 36:30 7:18  
 68. Jessica Zepke 40:53 8:11  
 132. Mike Rood 45:48 9:10  
 197. Carrie Figiel 52:36 10:31  
 215. Tony Lucia 57:55 11:35  
 223 Finishers & 5 Club Finishers

**Stanley Park 3 Mile XC Race #18 of '09 Westfield MA 8-24-09**

8. Craig Stokowski 19:08 6:23 1<sup>st</sup> 50-59  
 20. Bill Thibault 22:15 7:25  
 21. Louis DiSessa 22:21 7:27 1<sup>st</sup> 60-69  
 36. Mike Rood 26:40 8:54  
 40. Mike Butler 28:09 9:23  
 46 Finishers & 5 Club Finishers

**N'hampton 5K Race #21 of '09 #589 All-Time Hamp 8-25-09**

44. Jean Henneberry 24:35  
 47. Gene Reilly 25:40  
 54. Steve Penna 27:43  
 56. Bob Massaro 27:44 1<sup>st</sup> 60-69  
 76 Finishers

**Summer Sizzler 8K Race #21 of 2009 Spgfd MA 8-26-09**

**Final Race of the 2009 Season**

11. Spencer Beaver 34:35 6:58  
 36. Jason Dominick 40:53 8:14  
 42. Mike Rood 46:00 9:15  
 43. Mike Butler 47:56 9:39  
 44. Dan Lynes 48:49 9:49  
 48. Tony Lucia 54:37 10:59  
 48 Finishers

**Holyoke Elks 5K X-C Race #22 of 2009 Holyoke MA 8-27-09**

**Week #10 of 12 Week Point Series**

6. Jason Dominick 19:39 6:20  
 8. Craig Stokowski 19:49 6:23  
 9. Joel Boucher 20:22 6:34  
 14. Spencer Beaver 21:03 6:47  
 15. Chris Corradino 21:08 6:48  
 18. Jason Beaver 21:13 6:50  
 19. Mark Baillargeon 21:14 6:50  
 24. Cheryl Abert 21:48\*\* 7:02 1<sup>st</sup> 50-59

30. Duane Beffa Negrini	22:07	7:08
36. Charlie Vanasse	22:51	7:22
37. Bill Thibault	22:58	7:24
42. Alison O'Donald	23:25	7:33
47. A.J. O'Donald	23:50	7:41
54. Pat Bonnett	24:17	7:50
57. Dick Murphy	24:34	7:55 1 <sup>st</sup> 60-69
60. Joe Wynn	24:50	8:00
64. Gene Reilly	25:35	8:15
66. Stephen Penna	26:02	8:23
67. Bob Massaro	26:03	8:23
80. Hilary Hayden Moryl	27:21	8:49
85. Wendy Authier	28:04	9:02
86. Dennis Beaver	28:26	9:10
90. Kim Beaver	28:43	9:15
93. Mike Butler	30:17	9:45
94. Carrie Figiel	30:50	9:56
100. Liz Sullivan	31:50	10:15
106 Finishers & 26 Club Finishers		
**New age 52 Group Record		

**Thomas V. Brosnan 3.5 XC Race Holyoke MA 8-29-09**

9. Spencer Beaver	23:28	6:43
27. Mike Kent	25:36	7:19
29. A.J. O'Donald	25:42	7:21
41. Jim Nadeau	26:35	7:36
48. Jessica Zepke	27:53	7:58
64. Bob Massaro	29:14	8:22
70. Gene Reilly	29:43	8:30
88. Mike Rood	31:36	9:02
104. Dennis Beaver	33:04	9:27
111. Sally Harbalis	33:41	9:38
161 Finishers & 10 Club Finishers		

**Stanley Park 3 Mile XC Race #19 of '09 Westfield MA 8-31-09**

13. Bill Thibault	22:19	7:27 1 <sup>st</sup> 50-59
18. Louis DiSessa	23:15	7:45
22. Bob Massaro	24:46	8:16
24. Mike Rood	25:41	8:34
29. Kimberly Beaver	28:38*	9:33
30. Mike Butler	28:45	9:35
34. Tony Lucia	32:39	10:53
34 Finishers & **New Age 6 Group record		

**N'hampton 5K Race #22 of '09 #590 All-Time Hamp 9-1-09**

45. Mark Wendolowski	24:12
59. Gene Reilly	26:25
82 Finishers	

**Holvoke Elks 5K X-C Race #23 of 2009 Holvoke MA 9-3-09**

**Week #11 of 12 Week Point Series**

8. Jason Dominick	19:28	6:16
11. Craig Stokowski	19:50	6:23
17. Joel Boucher	20:47	6:42
26. Jason Beaver	21:28	6:55 1 <sup>st</sup> Under 16
27. Mark Baillargeon	21:28	6:55
32. Cheryl Abert	22:05	7:07 1 <sup>st</sup> 50-59
39. A.J. O'Donald	22:18	7:11
40. Jean Henneberry	22:46	7:20
44. Louis DiSessa	22:53	7:23 1 <sup>st</sup> 60-69
48. Bill Thibault	23:05	7:26
50. Alison O'Donald	23:16	7:30 1 <sup>st</sup> 30-39
52. Gene Reilly	23:26	7:33
57. Steve Penna	23:32	7:35
58. John Tesny	23:33	7:35
66. Pat Bonnett	24:00	7:44
69. Dick Murphy	24:27	7:53

70. Ray Gawlik	24:29	7:53
77. Jessica Zepke	24:52	8:01
99. Dennis Beaver	27:19	8:48
105. Wendy Authier	28:11	9:05
107. Kim Beaver	28:44	9:15
108. Spencer Beaver	28:45	9:16
120. Tony Lucia	31:11	10:03
127. Carrie Figiel	31:37	10:11
130. Liz Sullivan	32:00	10:18
132 Finishers & 25 Club Finishers		

**34<sup>th</sup> Mt Grevlock 8M Race to the Summit Adams MA 9-7-09**

32. Jason Dominick	1:20:52
71 Finishers	

**Stratton-Faxon 20K New Haven CT 9-7-09**

13. Zac Hine	60:46	4:54
708. Jean Henneberry	98:00	7:56
2,315 Finishers		

**Stratton-Faxon 5K New Haven CT 9-7-09**

1,714. Tony Lucia	30:28	10:06
2,695 Finishers		

**Stanley Park 3 Mile XC Race #20 of '09 Westfield MA 9-7-09**

5. Craig Stokowski	19:14	6:25 1 <sup>st</sup> 50-59
14. Louis DiSessa	21:50	7:17
24. Bob Massaro	25:15	8:25
29. Mike Rood	26:28	8:50
38 Finishers & 4 Club Finishers		

**N'hampton 5K Race #23 of '09 #591 All-Time Hamp 9-8-09**

7. Jake Lukasiewicz	19:44
14. Spencer Beaver	22:02
17. Jason Beaver	22:27**
26. Joel Boucher	23:56
28. Duane Beffa Negrini	23:57
43. Bob Massaro	26:52
44. Steve Penna	26:53
47. Gene Reilly	27:14
53. Kim Beaver	31:24
54. Dennis Beaver	31:24
56. Tony Lucia	32:21
57. Walter Kolodzinski	32:46
65 Finishers & 13 Club Finishers	

\*\* New Age Group record for Age 8 - Breaks old mark by 1 second held for 18 years

**Holvoke Elks 5K X-C Race #24 of 2009 Holvoke MA 9-10-09**

**Final Week of the 12 Week Point Series**

7. Jason Dominick	18:51	6:05
8. Craig Stokowski	19:34	6:18 1 <sup>st</sup> 50-59
21. Cheryl Abert	21:06*	6:48 1 <sup>st</sup> 50-59
22. Jason Beaver	21:08	6:48
23. Mark Baillargeon	21:08	6:49
26. Spencer Beaver	21:15	6:51
39. Bill Thibault	22:47	7:20
44. A.J. O'Donald	23:06	7:27
46. Alison O'Donald	23:22	7:32 1 <sup>st</sup> 30-39
48. Gene Reilly	23:32	7:35
54. Pat Bonnett	23:49	7:40
66. Dick Murphy	24:37	7:56
77. Bob Massaro	26:06	8:24
84. Kim Beaver	26:21*	8:29 1 <sup>st</sup> Under 16
87. Dennis Beaver	27:06	8:44
91. Wendy Authier	27:28	8:51
94. Dan Lynes	27:59	9:01

102. Carrie Figiel 31:02 10:00  
106. Tony Lucia 31:23 10:07  
119 Finishers & 19 Club Finishers  
\*\*New Age Group records for ages 6 & 52

**Ollie's 5 Miler South Boston MA 9-12-09**

207. Chris Ward 32:50 6:42  
237. Spencer Beaver 33:47 6:53  
257. Jason Beaver 34:19 7:00 1<sup>st</sup> Under 14  
258. Mark Baillargeon 34:40 7:00  
414. Wally Lempart 39:27 8:03  
498. Fred Wellman 41:55 8:33  
644. Ray Wenninger 46:25 9:28  
677. Dennis Beaver 47:58 9:47  
753. Walter Kolodzinski 53:16 10:51  
786 Finishers & 9 Club Finishers

**The Suffield 10K Road Race Suffield CT 9-12-09**

31. Leeann Cerpovicz 50:38 8:10  
37. Kathleen Furlani 51:58 8:23 1<sup>st</sup> 60+  
55. Michael Rood 56:03 9:03  
77. Carrie Figiel 65:49 10:37  
81. Tony Lucia 68:44 11:06  
84 Finishers & 5 Club Finishers

**Eastham's Windmill Weekend 5.11 Miler Eastham MA 9-13-09**

2. Jay Kolodzinski 31:02 6:04 1<sup>st</sup> 30-39  
19. Sheila Kolodzinski 38:47 7:35 1<sup>st</sup> 20-29  
48 Finishers

**36<sup>th</sup> S. Windsor 5 Mile Road Race South Windsor CT 9-13-09**

37. Kathy Furlani 42:54 1<sup>st</sup> 60-69  
91 Finishers

**Josh Billing Run Aground Bike Kayak Run Lenox MA 9-13-09**

119. Mark Wendolowski 3:09:09  
249. Alicia Wendoloski 3:32:45  
425 Finishers & Both Completed as Iron Persons

**Canal Digger 5k Worcester MA 9-13-09**

423. Mike Butler 30:53 9:57  
583. Kara Herman 37:09 11:58  
615 Finishers

**The Summit 5K Run Hadley MA 9-13-09**

27. Jason Beaver 26:38 1<sup>st</sup> Youth  
31. Mike Kent 27:25  
75. Bob Massaro 33:37  
111. Tony Lucia 42:27  
113 Finishers

**Stanley Park 3 Mile XC Race #21 of '09 Westfield MA 9-14-09**

1. Craig Stokowski 18:45 6:15 1<sup>st</sup> 50-59  
5. Louis DiSessa 21:56 7:19 1<sup>st</sup> 60-69  
10. Steve Penna 23:27 7:49  
14. Kim Beaver 26:25 8:49 \*\*1st Female  
15. Spencer Beaver 26:26 8:49  
16. Dan Lynes 27:40 9:14  
20. Tony Lucia 32:54 10:58  
20 Finishers & 7 Club Finishers & \*\* New Age 6 Record

**N'hampton 5K Race #24 of '09 #592 All-Time Hamp 9-15-09**

25. Cheryl Abert 23:05 1<sup>st</sup> 40,50,& 60+  
52. Bob Massaro 26:29  
53. Fred Wellman 26:39  
55. Gene Reilly 26:46  
88 Finishers & 4 Club Finishers

**Holyoke Elks 5K X-C Race #25 of 2009 Holyoke MA 9-17-09**

4. Jason Dominick 19:14.0 6:12  
9. Joel Boucher 20:16.3 6:32  
20. Vee Bun 22:03.6 7:07  
22. Jean Henneberry 22:12.9 7:10  
28. Louis DiSessa 22:47.9 7:21  
29. Steve Penna 22:48.8 7:21  
30. Cheryl Abert 22:50.4 7:22 1<sup>st</sup> 50-59  
31. Mark Baillargeon 22:55.2 7:23  
36. Alison O'Donald 23:22.0 7:32 1<sup>st</sup> 30-39  
37. A.J. O'Donald 23:24.8 7:33  
41. Gene Reilly 23:35.0 7:36  
43. Jessica Zepke 23:43.8 7:39  
57. Dick Murphy 25:09.5 8:06  
62. Bob Massaro 25:35.0 8:15 1<sup>st</sup> 60-69  
66. Wendy Authier 26:39.4 8:35  
72. Dan Lynes 29:32.5 9:31  
75. Mike Butler 30:23.1 9:47  
80. Pat Bonnett 31:59.1 10:18  
82. Tony Lucia 32:10.9 10:22  
83. Carrie Figiel 32:12.9 10:23  
86 Finishers & 20 Finishers

**Don Maynard 10K Greenfield MA 9-19-09**

22. Spencer Beaver 34:27  
29. Mike Kent 35:43  
60. Bob Massaro 41:41  
86 Finishers

**Somers Great Escape 5 Miler Somers CT 9-19-09**

25. Charlie Vanasse 37:00 7:24  
36. Jim Nadeau 38:42 7:45  
45. LeeAnn Cerpowicz 39:31 7:55  
64. Mike Rood 42:31 8:31  
90. Tony Lucia 55:14 11:03  
92 Finishers

**Reach the Beach Relay F. Notch to Hampton Beach 9-19/20-09**

26. Dead Man Running Team 24:45:00 7:10 Pace  
421 Teams Finished  
Team included Mike Sheldon & Craig Stokowski

**2<sup>nd</sup> Curly's Trail Marathon**

**Pittsfield State Forest Pittsfield MA 09-20-09**

**Grand Tree Trail Race #17**

2. Jay Kolodzinski 4:40:38 10:42 1st Open  
18 Finishers

**2<sup>nd</sup> Curly's Trail 1/2 Marathon**

**Pittsfield State Forest Pittsfield MA 09-20-09**

29. Kathy Furlani 3:00:24 13:46 1st 60+  
39. Walter Kolodzinski 4:15:23 19:29  
39 Finishers

**32<sup>nd</sup> Bar Harbor 1/2 Marathon M. Desert Island ME 9-19-09**

22. Mark Baillargeon 1:33:54 7:11  
144. Patricia Bonnett 1:56:07 8:52 PR  
388 Finishers

**3rd Annual Lone Gull 10K Gloucester MA 9-20-09**

**USATF Grand Prix Race #6 of 7**

226. Spencer Beaver 44:02 7:06  
256. Jason Beaver 45:13\* 7:17  
631. Dennis Beaver 59:54 9:39  
649. Ray Wenninger 1:00:27 9:44  
777 Finishers \* Under USATF Guidelines

**2<sup>nd</sup> George Coope 10K Adams MA 9-20-09**

8. Mark Wendolowski 22:35 7:17  
38. Juletha Wendolowski 30:40 9:53  
39. Zane Wendolowski 30:41 9:53  
52 Finishers

**Union Street Tavern Trot 3.5Miler Windsor CT 9-20-09**

113. Mike Rood 31:36 9:02  
455 Finishers

**Stanley Park 3 Mile XC Race #22 of '09 Westfield MA 9-21-09**

1. Craig Stokowski 18:56 6:19 1<sup>st</sup> 50-59  
2. Joel Boucher 20:11 6:44  
5. Chris Corradino 20:45 6:55 1<sup>st</sup> 30-39  
8. Louis DiSessa 22:20 7:27  
17. Tony Lucia 33:09 11:03  
17 Finishers & 5 Club Finishers

**N'hampton 5K Race #25 of '09 #593 All-Time Hamp 9-22-09**

15. Jason Beaver 21:32\*\* 1<sup>st</sup> under 18  
22. Spencer Beaver 23:13  
32. Cheryl Abert 24:33 1<sup>st</sup> 50-59  
33. Steve Penna 24:45  
39. Gene Reilly 25:42  
44. Bob Massaro 26:42  
52. Kim Beaver 29:30 1<sup>st</sup> Under 12  
53. Dennis Beaver 29:46  
54. Dan Lynes 29:49  
58. Tony Lucia 34:13  
61 Finishers & 10 Finishers

\*\*New Age 8 record (knocks off 55 seconds from previous week)

**Holyoke Elks 5K X-C Race #26 of 2009 Holyoke MA 9-24-09**

**Age Graded Race (1<sup>st</sup> Time Actual 2<sup>nd</sup> Time Age Graded)**

**Final race of the 2009 Season**

3. Jason Beaver 21:18 16:09 1<sup>st</sup> Under 16  
5. Joel Boucher 20:42 17:23  
13. Jason Dominick 19:21 18:34  
17. Mark Baillargeon 21:03 18:52  
24. Dick Murphy 25:18 19:49  
27. Jean Henneberry 22:33 19:58  
28. Bob Massaro 26:07 20:05  
31. Bill Thibault 23:32 20:16  
36. Cheryl Abert 24:01 20:29  
37. Steve Penna 24:00 20:29  
41. Chris Corradino 21:09 20:35  
45. Dan Lynes 27:30 20:58  
55. Kim Beaver 28:31 21:37 1<sup>st</sup> Under 16  
56. Vee Bun 21:59 21:38  
59. Pat Bonnett 25:21 21:54  
72. John Tesny 26:46 23:14  
73. Ray Gawlik 24:47 23:15  
76. Tony Lucia 32:20 23:23 1<sup>st</sup> 70+  
81. Dennis Beaver 28:58 23:40  
83. Jessica Zepke 24:33 23:59  
90. Alison O'Donald 25:20 24:59  
96. Joe Wynn 25:22 25:18  
109. Spencer Beaver 28:58 28:44  
112. Mike Butler 32:15 31:23  
115 Finishers & 24 Club Racers

**Smith College's 2<sup>nd</sup> Fall Fit 5K Northampton MA 9-27-09**

46. Jean Henneberry 23:02 7:20  
61. Rory Milsark 23:56 7:38  
72. Wally Lempart 24:33 7:49 1<sup>st</sup> 60-69  
112. Ethan Milsark 26:43 8:31  
114. Bob Massaro 26:52 8:34

135. Kathy Lebeau 27:21 8:43  
302 Finishers & 6 Club Finishers

**Clarence DeMar 26.2 Marathon Keene NH 9-27-09**

108. Spencer Beaver 3:47:44  
240 Finishers

**6<sup>th</sup> Run for Nancy's Kids 5K West Hartford CT 9-27-09**

34. Tony Lucia 33:03 1<sup>st</sup> 70+  
69 Finishers

**Stanley Park 3 Mile XC Race #23 of '09 Westfield MA 9-28-09**

**Final Race of 2009 Season**

2. Joel Boucher 19:58 6:40 1<sup>st</sup> 50-59  
3. Chris Corradino 20:17 6:46  
7. Vee Bun 20:54 6:58  
9. Jason Beaver 21:47 7:16  
10. Louis DiSessa 22:31 7:31 1<sup>st</sup> 60-69  
16. Joe Wynn 24:24 8:08  
20. Dan Lynes 27:02 9:01  
24. Kim Beaver 30:47 10:16 1<sup>st</sup> Under 16  
25. Dennis Beaver 30:52 10:18  
26. Tony Lucia 34:19 11:27 1<sup>st</sup> 70+  
26 Finishers & 10 Club Finishers

**Hatfield Harvest 5K Hatfield MA 10-3-09**

12. Jim Nadeau 23:35 7:36  
15. LeeAnn Cerpowicz 24:25 7:52 1<sup>st</sup> 40-49  
24. Alicia Wendolowski 27:33 8:52  
27. Juletha Wendolowski 28:17 9:06 1<sup>st</sup> under 17  
32. Zane Wendolowski 28:54 9:19  
56 Finishers & 5 Club Racers

**Cider Mill 5K Tolland CT 10-3-09**

291. Marvin Howard 34:08 10:59  
359 Finishers

**26<sup>th</sup> Highland Lake 10K Winstead CT 10-3-09**

28. Tony Lucia 74:30 12:00 1<sup>st</sup> 70+  
32 Finishers

**1<sup>st</sup> Dogtoberfest 5K Enfield CT 10-4-09**

14. Kathy Furlani 25:53 1<sup>st</sup> 60+  
31 Finishers

**Sids Race for Life 5 Miler Springfield MA 10-4-09**

5. Craig Stokowski 31:45 6:21 1<sup>st</sup> 50-59  
22. Spencer Beaver 34:01 6:49  
58. A.J. O'Donald 37:44 7:33  
59. Bill Russell 37:54 7:35  
68. Jim Nadeau 38:27 7:42  
173. Lynelle Russell 43:39 8:44  
179. Mike Butler 43:57 8:48  
184. Wendy Authier 44:03 8:49  
308. Tony Lucia 53:40 10:44  
342 Finishers & 9 Finishers

**1<sup>st</sup> Cranberry Harvest 1/2 Marathon Harwich MA 10-4-09**

93. Jason Dominick 1:42:19  
610 Finishers

**Covered Bridge 10K Conway MA 10-4-09**

15. Bill Julian 44:35  
78 Finishers

Any Submissions are welcomed! Thanks, Jay-Man