

# 2006 GREYLOCK GALLOP

## MAGIC MOMENTS

### BREEDING THE NEXT GENERATION OF TRAIL RUNNERS

#### *Looking forward to Greylock in 2006 and beyond...*

Half way through the 2006 trail running season, I have finally reached the point where I can admit that I love running on trails. I am a cyclist at heart, but as the Mt. Greylock Trail Race approaches this weekend I realize that I am also a trail runner. The giddy anticipation of a race, especially one of my favorites, literally puts a spring in my step.

I have maintained a cross training regimen ever since I started running the trails in 2000, but I now run more times in a week than I ride. That is a bit disappointing because I yearn to be competitive again on the bike, but life changes have forced me to adjust. However, settling for a Sunday jaunt up the old mountain that resembles Moby Dick, is not a consolation prize, it is the reward of making adjustments that pay off.

I have not just grown to like the trails; I am in love with running on trails. I have written before about my competitive desires and my reasons for preferring the atmosphere of the trail running community to the other sporting communities that I have been involved with. Road cycling, mountain biking, and even cyclo-cross were “grass roots” at one time, but they now share a common problem: attitude. Road running can be fun, but not nearly as fun as running trails. Triathlon and duathlon...they just combine the attitude of road riding with road running. I used to like adventure racing, but that was when few people did it. Now, it is all glamour and prize money. Trail running still does it for me and I hope it remains pure by my own definition.

Please do not misunderstand me. I still enjoy doing events in all of those sporting disciplines, but recently, I have sought more unique challenges. For example, I did the Jay Challenge last year, an endurance event that includes kayaking, trail running, and mountain biking, all at ultra distances. I saw a lot of great trails over three days in the Northern Vermont wilderness, but you can only do so many “epic” events like that in a year. This year, I am preparing for another unique combination event called the Sea-2-Summit. I hope to report back on this one later in the year.

So, trail running remains the purest form of organized physical challenge for me. I do it regularly and I do it with Debbie, which makes it even more special. As we approach Greylock, the first of WMAC’s trilogy races, I am feeling nervous anticipation. Deb and I have had month’s worth of debate about doing the race. I had committed to running the half marathon early in the season, but she had too, and that is the rub.

We are expecting our first child in August. *No, we do not know the baby’s gender. Yes, we have names picked out. No, we are not telling.* Deb has had an extraordinarily good pregnancy (knock on wood), and is the fittest “Mom-to-be” that I have ever known. She has maintained a fitness regimen that includes teaching her strength training, water aerobics, Pilates, and yoga classes. She also continues to commute to work by bike and run a bit too. She did a sixty-seven mile cycling event in Cape Town, South Africa, ran Northern Nipmuck, Seven Sisters, and the Soapstone Mt. Trail Race Sampler, all while pregnant. Deb knows her limits better than I, so we will just have to see if she lines up on Sunday. I had encouraged her to run the sampler, but she is concerned about losing her “streak”. I should blame Farmer Ed for maintaining such rigid statistics. He should just permit maternity leaves in the records, even if it means having an asterisk next to her name.

Some final thoughts: what could be more inspiring than waiting around at the Nipmuck Marathon for Richard Busa to finish? I almost missed it this year, but then there he was. Flying down that final rocky section, Busa yelled, “Strike up the band, here I come!” If that does not make you want to get off your bum and run like Forrest Gump, then you should seek therapy. I was thrilled for him because I have never witnessed something like that in any of the other athletic communities I belong to. This septuagenarian outruns folks half his age and has so much damn fun doing it. So, as we are all enjoying our last weekend of spring while frolicking in Greylock Glen, think about all your trail running friends. You have “Old Man” Busa on one end of the spectrum, and our little baby-to-be on the other.



**ACTIVE STREAK****1993 – 2005 13 CONSECUTIVE YEARS**

Edward Alibozek  
 Scott Bradley  
 Dan Danecki  
 Joe Gwozdz  
 Paul Hartwig  
 Fran Mach

**1994 – 2005 12 CONSECUTIVE YEARS**

Bill Glendon  
 Curt Pandiscio

**1995 – 2005 11 CONSECUTIVE YEARS**

Ed Alibozek Jr  
 Will Danecki

**1996 – 2005 10 CONSECUTIVE YEARS**

Spencer Chaffee  
 Glen Tryson

**1997 – 2005 9 CONSECUTIVE YEARS**

Martin Glendon  
 Nick Jubok

**1998 – 2005 8 CONSECUTIVE YEARS**

Todd Brown  
 Claudine Preite  
 Rob Scott  
 Rob Tryson  
 Janet Tryson

**1999 – 2005 7 CONSECUTIVE YEARS**

Greg Bruno  
 Carol Kane  
 Deb Livingston  
 Darlene McCarthy  
 Eddie Sahaczewski  
 Barbara Sorrell  
 Greg Taylor

**2000 – 2005 6 CONSECUTIVE YEARS**

Laura Clark  
 Bob Dion  
 Kevin Simons

**ACTIVE STREAK****2001 – 2005 5 CONSECUTIVE YEARS**

Dick Hoch  
 Brian McCarthy  
 Ben Nephew

**2002 – 2005 4 CONSECUTIVE YEARS**

Drew Anderson  
 Jim Nelson  
 Keith Schmitt  
 Shaun Sutliff  
 Greg Tryson  
 Joe Williams

**2003 – 2005 3 CONSECUTIVE YEARS**

Doug Cummings  
 Arthur Johns  
 Bruce Leshine  
 Karen McWhirt  
 Gary Pedigo  
 Jack Pedigo  
 Karen Pedigo  
 Nic Scibelli  
 Karen Tendrup

**2004 – 2005 2 CONSECUTIVE YEARS**

|                  |                  |
|------------------|------------------|
| Denise Dion      | Sarah Edson      |
| Peter Gagarin    | Jeff Kaspatis    |
| Kristin Kelly    | Richard Kelly    |
| Jackie Lemme     | Kent Lemme       |
| Laura Manchester | Justin McCarthy  |
| Tom Parent       | Jeff Parkman     |
| Dave Raczkowski  | Stephen Roberts  |
| Kenny Rogers     | Alan Shaw        |
| Jay Shelgren     | Neil Snedeker    |
| Jessica Spatz    | Sherisa Sterling |
| Lauren Stocker   | Wayne Stocker    |
| Mark Syrett      | Tristan Syrett   |

**Always In Our Memory**

Mel Band

**Consecutive 1997 – 2001****GREYLOCK MARATHON CHAMPIONS**

1998

Keith Schmitt 3:55:47

Beth Herder 4:55:12

## GREYLOCK HALF CHAMPIONS 1993 - 2005

|             |                                     |                    |
|-------------|-------------------------------------|--------------------|
| <b>1993</b> | Greg Crowther<br>Tamera Wilber      | 1:36:38<br>2:00:04 |
| <b>1994</b> | Kevin McGovern<br>Carol Tuckerman   | 1:32:34<br>1:56:13 |
| <b>1995</b> | Kevin McGovern<br>Robin Hathaway    | 1:30:22<br>2:00:49 |
| <b>1996</b> | Fran Ireland<br>Cheryl Dube         | 1:35:31<br>2:00:10 |
| <b>1997</b> | Keith Schmitt<br>Beth Herder        | 1:32:39<br>2:00:31 |
| <b>1998</b> | Kevin McGovern<br>Robin Hathaway    | 1:40:25<br>1:57:11 |
| <b>1999</b> | Ben Nephew<br>Deborah Livingston    | 1:43:36<br>2:07:47 |
| <b>2000</b> | Leigh Schmitt<br>Nikki Kimball      | 1:45:59<br>1:58:09 |
| <b>2001</b> | Leigh Schmitt<br>Deborah Livingston | 1:41:31<br>2:07:00 |
| <b>2002</b> | Ben Nephew<br>Deborah Livingston    | 1:37:05<br>2:03:05 |
| <b>2003</b> | Ben Nephew<br>Deborah Livingston    | 1:39:04<br>2:00:59 |
| <b>2004</b> | Ben Nephew<br>Pam Alexander         | 1:31:44<br>1:58:43 |
| <b>2005</b> | Ben Nephew<br>Deborah Livingston    | 1:43:39<br>2:08:52 |

## GREYLOCK 5KM CHAMPIONS 1994 - 2005

|             |                                    |                |
|-------------|------------------------------------|----------------|
| <b>1993</b> | No 5km Race<br>No 5km Race         |                |
| <b>1994</b> | Susan Julian<br>Hal Westwood       | 32:21<br>36:31 |
| <b>1995</b> | Terri Armata<br>Adam Smith         | 24:42<br>20:45 |
| <b>1996</b> | Michele Cole<br>Bob Dion           | 22:02<br>17:40 |
| <b>1997</b> | Kathleen Newton<br>Jay Shelgren    | 25:15<br>20:23 |
| <b>1998</b> | Sara Coons<br>Bruce Knowlton       | 26:00<br>20:27 |
| <b>1999</b> | Stephanie Tenuto<br>Geoff Matter   | 25:31<br>22:39 |
| <b>2000</b> | Jessica Spatz<br>Nick Cichanowski  | 29:34<br>24:46 |
| <b>2001</b> | Sara Coons<br>Ben Chaffee          | 28:29<br>21:59 |
| <b>2002</b> | Emily Cartwright<br>Chris Richards | 28:15<br>24:46 |
| <b>2003</b> | Nancy Ogle<br>Jonathan Volpi       | 28:42<br>21:24 |
| <b>2004</b> | Kent Lemme<br>Laura Manchester     | 15:13<br>20:09 |
| <b>2005</b> | Kent Lemme<br>Lauren Stocker       | 18:13<br>23:14 |



*Rich Busa and Gotha Swan enjoy the Glen.*

## THE GLEN... from the peaks of Western Mass

WMAC's Playgrounds which all the court yards leading up to the one peak of all her majesty Greylock. Playgrounds Yes!! We are fortunate to have many. One we love dearly as our visiting continues yearly is The Glen. With so many trails leading to and from then connecting, The Glen is like a starter again, and again. Each time I stop I learn more from this great spot.

On the morning of The Greylock Gallop, I was busy Hustling at a frantic pace trying to wear many hats which makes one forget, then I heard someone say we are here!! This is The Glen. Yes I quickly remembered this is where the crowd would soon arrive looking for their own race against time and place. Knowing The Glen as my special place, I drew a breath of release to continue working all along my thoughts were of its meadows, fields of flowering appeal, to it's vista and oasis that are almost concealed. Your day becomes better from its cares and matters when at The Glen.

A clear day at The Glen as we had this year saw people on walks or hikes, to kids on bikes. The pond was a splash as many took the leap; while on the other side some threw in a hook to see what's for keeps (fishing). Exploring games played host today, along with family and friends gathered for picnic toast. With so much gladness could this day have more, only at The Glen no score. What's here touches your soul and never grows old.

Best of the day is when your run is done. You come to the finish line in the shadow of the guiding light. The crown of the lady that gave us our will and plight. Where did it all start? In which court-yard playground? Why The Glen of course again and again.

Playgrounds: Ponds of Savoy – Monroe - Holly Forest - Stony Ledge - Pittsfield State Forest - October Mountain - lots of lakes and rivers

### Last Encore

We had our time in the sun shine and what a day it was as this time has come and gone we are filled with stories as big as the hill. You came and tested your will, for some no big deal, just a thrill. Yet others can tell you Greylock is not generous or gracious, but Beautiful on a clear day how wonderful and grand to be part of a day that went so well. To all club members, officers, water volunteers, Greylock Reservation Center personnel, A.M.C, Vendors, suppliers, to the trails that we assailed, for hikers polite, and The Glen keepers. THANK YOU, THANK YOU A boast and toast your the most again and again

*The WMAC "Prez" Gotha Swan*

WMAC Contact Info –

[www.runwmac.com](http://www.runwmac.com)

Officers  
Newsletter  
Snowshoeing  
Web page  
Hot Line

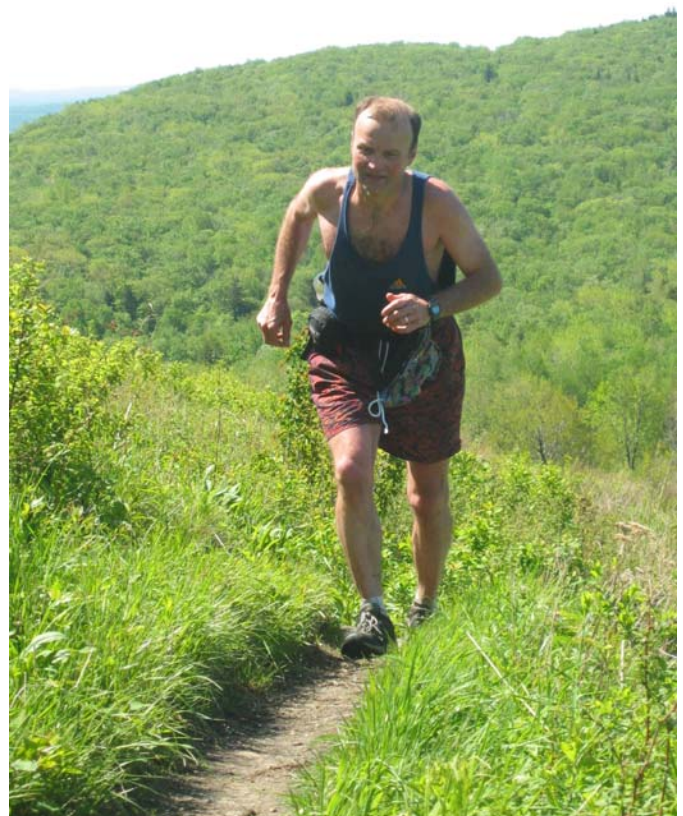
[poncherosa@yahoo.com](mailto:poncherosa@yahoo.com)  
[wdanecki@charter.net](mailto:wdanecki@charter.net)  
[edtrnews@yahoo.com](mailto:edtrnews@yahoo.com)  
[rhigley@rcn.com](mailto:rhigley@rcn.com)  
413-743-5124

## 2005 FASTEST TIMES / MEN Sub Two-Hour Club

|     |                   |    |         |
|-----|-------------------|----|---------|
| 01. | Ben Nephew        | 29 | 1:43:39 |
| 02. | Greg Hammett      | 27 | 1:44:33 |
| 03. | Elijah Barrett    | 29 | 1:51:07 |
| 04. | Keith Schmitt     | 36 | 1:51:29 |
| 05. | Dave Hannon       | 34 | 1:54:12 |
| 06. | Brad Lewis        | 18 | 1:55:49 |
| 07. | Timothy Vile      | 34 | 1:55:41 |
| 08. | Christophe Lanaud | 37 | 1:55:54 |
| 09. | Garry Harrington  | 45 | 1:57:06 |
| 10. | PJ Telep          | 34 | 1:57:37 |
| 11. | Bob Dion          | 49 | 1:58:08 |
| 12. | Steve Roberts     | 40 | 1:58:14 |
| 13. | Patrick Hoffman   | 37 | 1:59:59 |

## 2005 FASTEST TIMES / WOMEN Sub Three-Hour Club

|     |                     |    |         |
|-----|---------------------|----|---------|
| 01. | Deborah Livingston  | 30 | 2:08:52 |
| 02. | Dawn Toronto        | 36 | 2:27:49 |
| 03. | Grace Jensen        | 42 | 2:29:07 |
| 04. | Larina Riley        | 26 | 2:35:18 |
| 05. | Carol Kane          | 59 | 2:38:52 |
| 06. | Susan Renn          | 35 | 2:44:56 |
| 07. | Elaine Ramon        | 47 | 2:50:00 |
| 08. | Rose Duhan          | 37 | 2:50:32 |
| 09. | Cheryl Vaillancourt | 32 | 2:56:15 |
| 10. | Marylou Murrock     | 41 | 2:59:34 |



*Super Volunteer Paul Hartwig on Jones Nose.*