

# 7 SISTERS TRAIL RACE RESULTS AMHERST, MASS. APRIL 26, 1992

## WOMEN

Name	Age	First Half	Second Half	Total Time	Split Differ.
1. Cathi Koehler-Cote	35	1:22:00	1:27:27	<b>2:49:27</b>	5:27
2. Jennifer Girouard	30	1:24:42	1:30:17	<b>2:54:59</b>	5:35
3. Dot Helling	42	1:29:39	1:33:21	<b>3:03:00</b>	3:42
4. Cynthia Emery	37	1:32:45	1:32:58	<b>3:05:43</b>	0:13
5. Pat Swim	38	1:32:45	1:51:57	<b>3:24:42</b>	19:12
6. Sue Christiansen	42	1:38:12	1:49:57	<b>3:28:09</b>	11:45
7. Frankie Hartnett,(3:33:00)	25	1:36:55	2:10:08	<b>3:47:03</b>	33:13
8. Barbara MacArthur	52	1:51:42	2:02:37	<b>3:54:19</b>	10:55
9. Celia Ketley,(3:53:43)	28	1:51:42	2:02:37	<b>3:54:19</b>	10:55

## MEN

Name	Age	First Half	Second Half	Total Time	Split Differ.
1. George Savastio,(1:57:47)	38	0:55:50	0:59:40	<b>1:55:30</b>	3:50
2. Paul Rabenold,(2:00:29)	40	0:57:28	1:03:58	<b>2:01:26</b>	6:30
3. John Cedarholm	50	1:01:48	1:06:31	<b>2:08:19</b>	4:43
4. Roy Currie,(2:18:20)	37	1:00:50	1:07:54	<b>2:08:44</b>	7:04
5. Ken Peterson,(2:13:10)	48	1:03:12	1:10:23	<b>2:13:35</b>	7:11
6. Paul Funch,(2:21:06)	42	1:04:08	1:12:18	<b>2:16:26</b>	8:10
7. Peter Szawlowski,(2:44:42)	50	1:04:28	1:12:14	<b>2:16:42</b>	7:46
8. Lou Lainey,(2:18:55)	46	1:09:30	1:09:53	<b>2:19:23</b>	0:23
9. Patrick Savage	30	1:06:30	1:13:38	<b>2:20:08</b>	7:08
10. Rick Scott,(2:12:28)	38	1:04:20	1:16:55	<b>2:21:15</b>	12:35
11. Scott Higgins	21	1:09:45	1:13:39	<b>2:23:24</b>	3:54
12. Wayne Stocker	38	1:09:45	1:15:32	<b>2:25:17</b>	5:47
13. Steve Jensen	32	1:08:00	1:19:36	<b>2:27:36</b>	11:36
14. Thomas Tero	27	1:15:10	1:15:18	<b>2:30:28</b>	0:08
15. William Low	32	1:05:00	1:27:37	<b>2:32:37</b>	22:37
16. Kent Rissmiller	38	1:13:50	1:19:22	<b>2:33:12</b>	5:32
17. Peter Palmer	39	1:11:48	1:21:25	<b>2:33:13</b>	9:37
18. Michael Kennedy,(3:06:39)	37	1:10:24	1:24:03	<b>2:34:27</b>	13:39
19. Don Towse		1:09:45	1:24:46	<b>2:34:31</b>	15:01
20. Steve Griffin	39	1:09:45	1:24:55	<b>2:34:40</b>	15:10
21. Dan Danecki	33	1:09:30	1:25:12	<b>2:34:42</b>	15:42
22. Vic LaPort,(2:47:31)	52	1:15:50	1:19:14	<b>2:35:04</b>	3:24
23. Will Barrett,(2:22:49)	45	1:13:30	1:22:08	<b>2:35:38</b>	8:38
24. Ken Gulliver,(2:35:53)	28	1:17:28	1:20:53	<b>2:38:21</b>	3:25
25. Chris Purinton	41	1:07:56	1:30:50	<b>2:38:46</b>	22:54
26. Chip Tuthill,(2:33:18)	40	1:16:54	1:25:08	<b>2:42:02</b>	8:14
27. Tim Crowley,(2:44:52)	25	1:18:40	1:23:45	<b>2:42:25</b>	5:05
28. Brian Crowley,(3:11:30)	23	1:18:40	1:23:45	<b>2:42:25</b>	5:05
29. Ulf Gennser	33	1:14:24	1:29:19	<b>2:43:43</b>	14:55
30. Matt Sheremeta	25	0:59:05	1:45:44	<b>2:44:49</b>	46:39
31. Ed Stark,(2:42:43)	46	1:15:42	1:29:53	<b>2:45:35</b>	14:11
32. Richard Jones,(2:50:39)	39	1:21:45	1:24:10	<b>2:45:55</b>	2:25
33. Sal Citarella,(2:50:42)	50	1:22:00	1:27:06	<b>2:49:06</b>	5:06
34. Ed Klekowski,(3:18:04)	52	1:20:56	1:29:22	<b>2:50:18</b>	8:26
35. Damon Douglas	58	1:19:04	1:33:03	<b>2:52:07</b>	13:59
36. Eric Hendrickson	35	1:24:28	1:27:40	<b>2:52:08</b>	3:12
37. Cal Johnson,(2:59:15)	47	1:23:25	1:29:47	<b>2:53:12</b>	6:22
38. Kevin Simons	42	1:21:45	1:31:43	<b>2:53:28</b>	9:58
39. David Boles,(2:52:53)	46	1:20:35	1:34:28	<b>2:55:03</b>	13:53
40. Phil Bricker	38	1:22:55	1:33:05	<b>2:56:00</b>	10:10
41. Dave Sanborn,(2:45:18)	42	1:25:10	1:31:50	<b>2:57:00</b>	6:40
42. Alan Libardoni	36	1:24:33	1:32:27	<b>2:57:00</b>	7:54

## MEN (CONTINUED)

Name	Age	First Half	Second Half	Total Time	Split Differ.
43. William Gemmeil	37	1:22:00	1:36:49	<b>2:58:49</b>	14:49
44. Dave Gokey	44	1:20:40	1:38:40	<b>2:59:20</b>	18:00
45. Eric Isbister	40	1:21:45	1:37:52	<b>2:59:37</b>	16:07
46. Gerry Hickey	56	1:20:45	1:39:06	<b>2:59:51</b>	18:21
47. Seth Roberts	41	1:25:00	1:34:53	<b>2:59:53</b>	9:53
48. Bill Low	40	1:25:11	1:35:06	<b>3:00:17</b>	9:55
49. Eric White	52	1:28:10	1:33:54	<b>3:02:04</b>	5:44
50. Ed Alibozek	30	1:25:08	1:38:02	<b>3:03:10</b>	12:54
51. Peter Meisler	49	1:27:22	1:38:22	<b>3:05:44</b>	11:00
52. Michael Parulis	34	1:24:33	1:46:54	<b>3:11:27</b>	22:21
53. Oscar Plotkin	39	1:31:36	1:40:43	<b>3:12:19</b>	9:07
54. Nicolas Palazzo	45	1:28:31	1:45:49	<b>3:14:20</b>	17:18
55. Dennis Hardacker	39	1:27:22	1:47:02	<b>3:14:24</b>	19:40
56. Art Gulliver,(3:20:13)	54	1:30:26	1:43:59	<b>3:14:25</b>	13:33
57. Joe Dolen	37	1:28:31	1:51:28	<b>3:19:59</b>	22:57
58. Lundy Bancroft	33	1:25:20	1:55:48	<b>3:21:08</b>	30:28
59. Tim Wolfe	42	1:30:54	1:51:55	<b>3:22:49</b>	21:01
60. Charles Towse	55	1:36:54	1:46:41	<b>3:23:35</b>	9:47
61. Tom Swim	48	1:28:58	1:55:38	<b>3:24:36</b>	26:40
62. Frank Dolen	66	1:39:26	1:50:09	<b>3:29:35</b>	10:43
63. Marty Kan	46	1:36:55	1:58:42	<b>3:35:37</b>	21:47
64. Larry Davidson	46	1:32:46	2:03:46	<b>3:36:32</b>	31:00
65. Andre Araujo	21	1:43:23	1:57:34	<b>3:40:57</b>	14:11
66. Thomas Drohan,(3:39:31)	22	1:35:00	2:10:22	<b>3:45:22</b>	35:22
67. Dana Sumner	61	1:36:54	2:16:25	<b>3:53:19</b>	39:31
68. Mark Levine	54	1:52:06	2:14:11	<b>4:06:17</b>	22:05
69. Myron Leiter	56	1:52:06	2:14:11	<b>4:06:17</b>	22:05
70. John Connell,(4:56:00)	56	1:55:32	2:23:38	<b>4:19:10</b>	28:06
71. Irv Moskowitz	57	2:28:00	3:01:12	<b>5:29:12</b>	33:12
72. Mike Polansky	52	2:28:00	3:27:45	<b>5:55:45</b>	59:45

(Time in parentheses after name is last year's time for that individual)  
85 started

Unfortunately, the weather forecasters called for sleet, or possible snow, the night before the 7 Sisters, and rain possibly on race day. As a result, some 16 people didn't show who had pre-registered, and who knows how many stayed away on race day because of the possible forecast.

Race day, however, turned out to be near perfect for really racing; it was cool and overcast, and the rain, what little there was of it held off until around 11:30 a.m., when many had already finished. The footing was a little slippery, but not outrageously bad since the course mainly follows a well-draining ridgeline.

Many of the runners who returned to run the 7 Sisters for the second time recorded better times than their first outing. Knowledge of the course is key to proper pacing, and not getting lost. Some of the local runners managed to train on the course this year and notched markedly improved times. Roy Currie, who lives in neighboring Granby, chopped 10 minutes off last year's time and took fourth place, and Ed Klekowski, who admitted after last year's run that he was ill-prepared for the 7 Sisters' hills, also trained on the course before this year's run and was rewarded with an 18-minute improvement.

The men's winner, George Savastio, who was third last year, ran a well-paced run to chop 2 minutes off his previous time while recording a 1:55:30; that was an excellent time since he had no company this year for most of the race.

Cathi Kochler-Coté set a new course record for women while chopping 12:45 off the previous best for women. This win goes nicely with her win at Mt. Toby in the fall.

This race benefits the Friends of the Holyoke Range, which is also the group that arranges the trail breakfast for us, and this year's race raised \$850 for their use (mainly for trail maintenance and land acquisition). Thanks to all of you who entered, or who purchased the T-shirts.