

adidas 7 Sisters Trail Race

April 23, 1995

Amherst, Massachusetts

On a postcard picture-perfect day 162 starters enjoyed cool weather and clear skies and the resulting scenic Pioneer Valley views while traversing the undulating, rock-strewn Holyoke Range. Competitors from as far away as Washington and Colorado gathered to test the 5,100' of climb within the 12 miles of the Metacomet-Monadnock Trail that reaches from Route 116 to Route 47 in Hadley.

The men's winner was Andy Ames, a Northampton, Massachusetts native, who now lives in Boulder, Colorado. He led the pack into the turnaround in a speedy 52 minutes and coasted home in a fine 1:49:50, although still two minutes off the course record. Ames admitted to feeling just a little tired on the way back, and since he knew he had a big lead eased off a little. Ames was second in the Pikes Peak Ascent race in 1994. Second for men was two-time winner Matt Cull of Vermont with 1:51:53. Third male was newcomer James Garrett who recently moved to Bennington, Vermont from Baltimore; in his first trail race Garrett stuck close to Cull most of the way until he got off trail for a few minutes. Top master for men was a local runner, Roy Currie, from Granby, who had run the Boston Marathon the week before; Currie was six minutes ahead of his nearest masters competitor.

The women's race was no contest as Jessie Donovan, a student at Middlebury College in Vermont, won by more than seven minutes with a fine 2:29:14. Not really a trail runner, Jessie was cross-country skiing until the end of March before she took a week off and started her running training! Second place went to another Vermonter, Karen Zanni from Bennington ran 2:36:42, on her first attempt at 7 Sisters. The top masters woman was Marjorie Tennyson who ventured down from Harpswell, Maine to win a pair of adidas trail shoes with her time of 2:46:28.

The Six-Pack Challenge was a success this year, at least from the race director's viewpoint. (The Challenge was for a six-pack of beer, or juice, if you could break 2 hours for men, or 2 1/2 hours for women.) There were 15 people who started that accepted the Challenge; of those only two would collect on their bets, Andy Ames and Matt Cull, all the others were over the time limits. There were three others who would have won the bet if they had bet: James Garrett and Keith Schmitt for men, and Jessie Donovan for women (but she couldn't collect any beer since she's underage!).

For those wondering if physical fitness helps with pregnancy consider one of our entrants who entered the race while nine months pregnant — Constance Campbell hiked one-way on the course to the turnaround in about 3 hours; the baby is due on the 29th of April! The kid's already a trailrunner.

Pl.	Name, age, state	First Half Split	Final Time	Slow-down	Pl.	Name, age, state	First Half Split	Final Time	Slow-down
01.	Andy Ames, 32, CO	0:51:50	1:49:40	06:00	23.	Peter Mitchell, 47, CT	1:08:02	2:17:42	01:38
02.	Matthew Cull, 34, VT	0:53:51	1:51:53	04:11	24.	Steve Jensen, 34, CT	1:04:52	2:19:54	10:10
03.	James Garrett, 29, VT	0:53:52	1:53:07	05:23	25.	Dan Danecki, 36, MA	1:07:42	2:21:23	05:59
04.	Keith Schmitt, 26, MA	0:57:29	1:56:22	01:24	26.	Michael Fisher, 33, CT	1:07:18	2:21:37	07:01
05.	Roy Currie, 40, MA	0:58:44	2:03:39	06:11	27.	Timothy Roy, 30, NH	1:03:59	2:23:11	15:13
06.	Jay Leach, 21, NY	0:59:59	2:04:26	04:28	28.	Steven Weyl, 35, NJ	1:05:59	2:23:15	11:17
07.	Bill O'Mara, 36, MA	0:59:35	2:04:52	05:42	29.	Chris Moore, 26, CT	1:09:38	2:24:34	05:18
08.	Michael Donohue, 39, VT	0:59:33	2:05:52	06:46	30.	Lundy Bancroft, 35, MA	1:13:13	2:24:35	-01:51
09.	Steve Virgadola, 35, CT	1:01:00	2:06:30	04:30	31.	Peter Gill, 33, MA	1:08:43	2:24:54	07:28
10.	Mark Mills, 40, RI	0:59:34	2:09:26	10:18	32.	Doug Hood, 47, MA	1:08:01	2:25:01	08:59
11.	Mitch Howell, 23, NH	1:00:26	2:09:32	08:40	33.	Torrie Dorsey, 33, ME	1:12:08	2:25:02	00:46
12.	Richard Schulten, 47, CT	1:02:19	2:09:34	04:56	34.	Antoni Piotrowicz, 34, CT	1:07:20	2:25:07	10:27
13.	Chris Schulten, 22, CT	1:03:34	2:09:35	02:27	35.	Sean Hanley, 33, MA	1:08:27	2:26:34	09:40
14.	Steve Casalino, 34, CT	1:01:01	2:10:32	08:30	36.	Matthew Sheehan, 33, CT	1:07:28	2:26:38	11:42
15.	Rick Scott, 41, MA	1:03:41	2:12:02	04:40	37.	Arthur Johns, Jr., 38, MA	1:11:29	2:27:10	04:12
16.	Edward Alibozek, 32, CT	1:03:32	2:12:42	05:38	38.	Peter Moore, 37, VT	1:12:03	2:27:37	03:31
17.	Paul Funch, 44, MA	1:02:10	2:13:37	09:17	39.	Vic Goulet, 56, MA	1:09:14	2:27:38	09:10
18.	David Root, 25, MA	1:01:35	2:14:57	11:47	40.	Peter Manseau, 20, MA	0:59:57	2:28:08	28:14
19.	Art Reilly, 34, MA	1:01:39	2:14:57	11:39	41.	James Waddell, 49, MA	1:09:51	2:28:37	08:55
20.	Paul Letoile, 30, CT	1:06:02	2:16:56	04:52	42.	Leigh Druckenmiller, 27, NY	1:13:55	2:28:49	00:59
21.	Neal Webber, 39, MA	1:04:53	2:17:06	07:20	43.	James Downs, 32, MA	1:08:40	2:29:01	11:41
22.	Mike Dobies, 34, MI	1:06:01	2:17:38	05:36	44.	Jessie Donovan, 19, VT	1:09:59	2:29:14	09:16

Pl.	Name, age, state	First Half Split	Final Time	Slow- down
45.	Joe Dolen, 40, CT	1:10:25	2:29:55	09:05
46.	Eric Thibaud, 33, MA	1:07:30	2:30:07	15:07
47.	Vic LaPort, 54, MA	1:10:17	2:30:49	10:15
48.	Curt Pandiscio, 34, CT	1:15:06	2:33:44	03:32.
49.	Mike Plasse, 39, MA	1:12:06	2:33:50	09:38
50.	Ed Stark, 48, MA	1:13:29	2:34:09	07:11
51.	Howard Ellis, 37, CT	1:09:57	2:35:38	15:44
52.	John Leach, 45, NY	1:11:27	2:35:46	12:52
53.	Chase Paray, 51, ME	1:10:54	2:35:51	14:03
54.	Kevin Downing, 45, MA	1:13:10	2:36:15	09:55
55.	Marty Weinstein, 29, NH	1:09:56	2:36:19	16:27
56.	Mark Protti, 33, MA	1:10:03	2:36:34	16:28
57.	Lou Lainey, 48, ME	1:12:01	2:36:38	12:36
58.	Karen Zanni, 29, VT	1:13:16	2:36:42	10:10
59.	John Ouellette, 41, CT	1:13:18	2:39:42	13:06
60.	Karl Molitoris, 39, CT	1:15:19	2:40:44	10:06
61.	Fran Mach, 53, MA	1:13:32	2:42:04	15:00
62.	Geoffrey Going, 50, RI	1:17:23	2:42:10	07:24
63.	Jim Foley, 39, MA	1:15:02	2:42:20	12:16
64.	Tom O'Donoghue, 46, MA	1:17:57	2:42:35	06:41
65.	Sal Citarella, 52, MA	1:17:50	2:43:27	07:47
66.	Chris Langanthianos, 21, MA	1:17:52	2:43:27	07:43
67.	Steve Carr, 35, RI	1:20:47	2:43:35	02:01
68.	Bob Tracy, 44, MA	1:09:42	2:44:05	24:41
69.	Lynn Achee, 39, VT	1:17:59	2:44:29	08:31
70.	Oliver Holt, 48, NH	1:17:27	2:45:10	10:16
71.	Bob Worsham, 49, CT	1:16:22	2:45:15	12:31
72.	Dennis Zajehowski, 51, CT	1:17:16	2:45:52	11:20
73.	Hank Allen, 53, CT	1:20:45	2:46:24	04:54
74.	Marjorie Tennyson, 41, ME	1:17:20	2:46:28	11:48
75.	Chip Tuthill, 42, CT	1:21:18	2:46:49	04:13
76.	Gary Freedman, 35, MA	1:17:21	2:47:02	12:20
77.	Ryan Manning, 23, WA	1:21:09	2:48:09	05:51
78.	Kevin Simons, 45, MA	1:20:34	2:48:22	07:14
79.	Eric Elsinger, 28, MA	1:20:32	2:48:32	07:28
80.	Richard Wilkins, 42, RI	1:16:50	2:48:33	14:53
81.	Gary Adamson, 32, CT	1:08:00	2:51:05	35:05
82.	Edward Hall, 20, MA	1:15:04	2:51:09	21:01
83.	Ken Proulx, 40, MA	1:20:48	2:52:22	10:46
84.	Seth Roberts, 43, MA	1:26:49	2:52:32	-01:06
85.	Chris Crawford, 26, MA	1:25:11	2:54:23	04:01
86.	Bruce Randall, 35, NH	1:22:03	2:54:28	10:22
87.	Debbie Briggs, 43, NY	1:24:52	2:54:45	05:01
88.	Emily Boyle, 19, VT	1:17:51	2:55:02	19:20
89.	Julie Churchill, 22, MA	1:22:41	2:55:37	10:15
90.	Paul Shea, 39, MA	1:24:50	2:55:53	06:13
91.	Peter Darasz, 42, NH	1:21:24	2:56:10	13:22
92.	David Mogul, 31, CT	1:25:09	2:56:47	06:29
93.	Gene Moore, 49, CT	1:24:10	2:57:05	08:45
94.	David Boles, 48, NY	1:22:46	2:58:37	13:05
95.	David Berkey, 28, CT	1:22:20	2:59:35	14:55
96.	Dennis Thackeray, 50, MA	1:23:44	3:01:50	14:22
97.	Richard LeBoeuf, 42, MA	1:23:46	3:03:37	16:05
98.	Dave Raczkowski, 44, CT	1:20:44	3:04:03	22:35
99.	Harold Briggs, 48, NY	1:24:55	3:04:04	14:14
100.	Don Miller, 51, MA	1:25:03	3:04:26	14:20
101.	Frank Skuthan, 42, NJ	1:24:51	3:05:19	15:37

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102.	Andy McGrath, 41, MA	1:13:25	3:06:24	39:34
103.	Ken Robichaud, 42, MA	1:26:51	3:07:18	13:36
104.	Jim Wight, 58, CT	1:24:57	3:09:54	20:00
105.	Liz Anderson, 20, MA	1:22:17	3:10:23	25:49
106.	Greg Frederick, 29, NY	1:31:35	3:11:30	08:20
107.	Raymond Rogers, Jr., 50, RI	1:24:25	3:11:34	22:44
108.	Duncan Gillan, 39, MA	1:30:16	3:12:59	12:27
109.	Bill Brown, 41, MA	1:30:06	3:13:00	12:48
110.	Paul Hofmann, 44, MA	1:37:06	3:13:03	-01:09
111.	Damon Douglas, 61, CT	1:31:31	3:15:25	12:23
112.	Terrence White, 25, MA	1:17:54	3:15:46	39:58
113.	Barbara O'Connor, 34, MA	1:33:50	3:15:49	08:09
114.	Shaun McHugh, 33, MA	1:20:36	3:16:14	35:02
115.	Ellen Carter, 33, MA	1:32:47	3:19:39	14:05
116.	Arthur Robinson, 32, CT	1:24:53	3:20:08	30:22
117.	Jeffery Phillips, 46, MA	1:32:50	3:20:37	14:57
118.	Paul Turmel, 43, MA	1:33:54	3:21:54	14:06
119.	Ted Andrzejewski, 47, MA	1:33:58	3:22:20	14:24
120.	Jennifer Florio, 23, NY	1:33:56	3:22:26	14:34
121.	Bob Brady, 46, MA	1:33:44	3:23:12	15:44
122.	Steve Kanaracus, 50, MA	1:33:48	3:23:13	15:37
123.	Bruce Leshine, 33, CT	1:32:53	3:25:15	19:29
124.	Nigel Musgrave, 45, RI	1:34:11	3:28:05	19:43
125.	Carl Koecher, 56, MN	1:37:15	3:28:08	13:38
126.	Scott Hunter, 49, MA	1:37:01	3:28:58	14:56
127.	Julian Angelone, 51, RI	1:33:51	3:29:02	21:20
128.	Celia Ketley, 30, NH	1:37:04	3:29:03	14:55
129.	Terry Oberdank, 48, NH	1:28:59	3:29:36	31:38
130.	Stanley Tiska, 37, MA	1:31:37	3:29:45	26:31
131.	Bill Aughton, 54, MA	1:42:47	3:30:57	05:23
132.	Laura Dorsey, 34, ME	1:42:09	3:32:35	08:17
133.	Francis Gnatek, 41, MA	1:39:32	3:35:55	16:51
134.	Laura Petsching, 32, MA	1:37:09	3:36:01	21:43
135.	Bill Friday, 55, CT	1:37:10	3:36:11	21:51
136.	Bill Halm, 67, NH	1:37:03	3:38:07	24:01
137.	Art Gulliver, 56, MA	1:42:14	3:38:23	13:55
138.	Ann Tassinari, 40, MA	1:44:10	3:40:42	12:22
139.	David Colinan, 62, RI	1:42:07	3:41:18	17:04
140.	Richard Busa, 65, MA	1:42:16	3:41:18	16:46
141.	James Liebel, 46, MA	1:42:05	3:43:24	19:14
142.	Ray Howell, 56, NY	1:39:29	3:44:27	25:29
143.	John Connell, 58, MA	1:43:03	3:44:33	18:27
144.	Laura Cote, 37, NH	1:44:08	3:52:46	24:30
145.	Keith Rogers, 39, MN	1:44:19	3:53:36	24:58
146.	Oscar Plotkin, 42, MA	1:41:19	3:59:51	37:13
147.	Bridget Nester, 26, CT	1:44:18	4:01:33	32:57
148.	Frederick Farina, 39, CT	1:47:13	4:01:53	27:27
149.	Torrie Dorsey, 33, ME	1:42:12	4:02:50	38:26
150.	Don Kozaczka, 55, MA	1:45:57	4:30:03	58:09
151.	Evan Plotkin, 38, CT	1:46:50	4:35:35	01:55
152.	Janice Lambert, 43, NH	2:10:30	4:38:22	17:22
153.	Jeff Weyl, 25, NJ	2:09:27	4:41:06	22:12
162.	started			