

adidas 7 Sisters Trail Race Results

May 5, 1996
Amherst, Massachusetts

Pl.Name	Time	1st Half	2nd Half	Slowdown
1. Matt Cull,35,VT	1:46:57	0:51:32	0:55:25	0:03:53
2. Rich Fargo,37,CT	1:52:17	0:54:35	0:57:42	0:03:07
3. Keith Schmitt,27	1:54:20	0:56:00	0:58:20	0:02:20
4. Tim Schopen,34,NY	1:57:52	0:55:00	1:02:52	0:07:52
5. Peter Palmer,43,CT	1:58:11	0:57:39	1:00:32	0:02:53
6. Leigh Schmitt,23	1:58:44	0:56:00	1:02:44	0:06:44
7. Paul Shepardson,39	2:01:36	0:56:45	1:04:51	0:08:06
8. Chris Martin,23,NH	2:04:25	1:00:42	1:03:43	0:03:01
9. Kit Flagg,35	2:07:38	1:00:48	1:06:50	0:06:02
10. Jim Dubé,29	2:07:51	1:00:00	1:07:51	0:07:51
11. Leigh Druckenmiller,28	2:09:42	1:00:59	1:08:43	0:07:44
12. Chris Haley,40	2:10:14	1:00:31	1:09:43	0:09:12
13. Wayne Alukonis,46	2:10:27	1:01:20	1:09:07	0:07:47
14. Steve Jensen,35,CT	2:10:29	1:01:18	1:09:11	0:07:53
15. Steven LaBranche,22,CT	2:11:49	0:57:39	1:14:10	0:16:31
16. Ernest Brake,34,NH	2:12:04	1:01:00	1:11:04	0:10:04
17. Edward Alibozek,33,CT	2:12:06	1:02:30	1:09:36	0:07:06
18. Mike Prukalski,34,NH	2:12:29	1:04:16	1:08:13	0:03:57
19. Peter Violet,21	2:12:52	1:03:07	1:09:45	0:06:38
20. Paul Letoile,31,CT	2:15:02	1:03:25	1:11:37	0:08:12
21. Robert Fiskens,45,VT	2:16:05	1:03:55	1:12:10	0:08:15
22. Craig Wilson,47,ME	2:16:52	1:04:16	1:12:36	0:08:20
23. Jeff Shearstone,23	2:17:53	1:07:25	1:10:28	0:03:03
24. Robert Darby,37	2:18:21	1:07:26	1:10:55	0:03:29
25. Jeff Saeger,46	2:18:35	1:06:00	1:12:35	0:06:35
26. Dave Blair,36,RI	2:19:28	1:03:55	1:15:33	0:11:38
27. Ken Peterson,51	2:21:07	1:04:49	1:16:18	0:11:29
28. Richard Crispo,19	2:21:59	1:02:30	1:19:29	0:16:59
29. Nick Popiak,39	2:22:07	1:07:25	1:14:42	0:07:17
30. Darius Deak,25	2:22:16	1:04:32	1:17:44	0:13:12
31. Eric Thibaud,34	2:22:39	1:04:56	1:17:43	0:12:47
32. Dan Danecki,37	2:22:49	1:07:55	1:14:54	0:06:59
33. Tucker Maclean,23,CT	2:23:00	1:13:00	1:10:00	-0:03:00
34. Ken Clark,33	2:23:11	1:03:25	1:19:46	0:16:21
35. Vic LaPort,55	2:23:13	1:09:00	1:14:13	0:05:13
36. Rick Moore,40	2:23:18	1:05:41	1:17:37	0:11:56
37. Peter Quinn,35	2:23:22	1:06:05	1:17:17	0:11:12
38. Rich Person,21	2:23:56	1:00:45	1:23:11	0:22:26
39. Georgie Hendricks,30,CT	2:23:57	1:07:27	1:16:30	0:09:03
40. Russ Spangler,24	2:24:07	1:01:25	1:22:42	0:21:17
41. Taki Miyamoto,18	2:24:36	1:05:48	1:18:48	0:13:00
42. James Waddell,50	2:26:03	1:08:37	1:17:26	0:08:49
43. Richard Arsenault,31	2:26:55	1:08:01	1:18:54	0:10:53
44. Brian Blanchard,25,CT	2:27:46	1:09:00	1:18:46	0:09:46
45. Joshua Andresen,21	2:28:36	0:59:45	1:28:51	0:29:06
46. Zeke Zucker,52,VT	2:28:45	1:09:00	1:19:45	0:10:45
47. Amos Wright,21	2:28:54	1:01:28	1:27:26	0:25:58
48. Peter Gill,34	2:29:30	1:07:20	1:22:10	0:14:50
49. Arthur Johns,39	2:30:30	1:12:15	1:18:15	0:06:00
50. Clint Morse,34,CT	2:30:17	1:12:19	1:17:58	0:05:39
51. Ken Stafford,46	2:32:53	1:07:00	1:25:53	0:18:53
52. Jim Patrick,27	2:32:54	1:07:50	1:25:04	0:17:14
53. Will Danecki,45,CT	2:32:56	1:12:19	1:20:37	0:08:18
54. Kathleen Devaney,27	2:33:27	1:09:00	1:24:27	0:15:27
55. Andy Kepes,29,CT	2:33:43	1:07:50	1:25:53	0:18:03
56. Ed Stark,49	2:33:49	1:13:50	1:19:59	0:06:09
57. Mike Haukedalen,35	2:35:06	1:17:00	1:18:06	0:01:06
58. James Sullivan,31	2:36:04	1:11:00	1:25:04	0:14:04
59. Christopher Purinton,44	2:37:09	1:12:15	1:24:54	0:12:39
60. John Dembinski,39	2:37:10	1:13:00	1:24:10	0:11:10
61. Lou Lainey,47,ME	2:37:12	1:16:36	1:20:36	0:04:00
62. Mark Selwyn,27	2:37:25	1:07:00	1:30:25	0:23:25
63. John Carey,34	2:37:50	1:13:00	1:24:50	0:11:50
64. Richard Ginsburg,29	2:38:13	1:16:12	1:22:01	0:05:49
65. Mitch Howell,24,NH	2:39:09	1:11:32	1:27:37	0:16:05
66. Joe Hayes,47,ME	2:39:18	1:13:00	1:26:18	0:13:18
67. Patrick McVeigh,40	2:39:39	1:08:01	1:31:38	0:23:37
68. John Dowling,39,NH	2:39:48	1:10:20	1:29:28	0:19:08

This year's race saw a record-number of entrants and finishers as well as a new course record by Matt Cull from Manchester, Vermont, in 1:46:57. With a little break from Mother Nature, runners found sunny skies and comfortable temperatures that peaked in the low 70's and fairly decent footing as the trail dried very quickly from the previous day's rains.

The women's winner was first-timer Kathleen Devaney from Deerfield, Massachusetts, with a time of 2:33:27. Only after the race did she have the courage to get one of those adidas tattoos!

And there must be something in the water in Deerfield as a couple of brothers from Deerfield, Keith Schmitt and Leigh Schmitt placed third and sixth overall. Maybe I'll have Deerfield's water at next year's turnaround.

Unfortunately, amid all the good news there was some disappointment; only six people managed to get their free six-packs from me, while 19 people ended up on the losing end of that bet. And, hey, the cutoff time was only 2:10 for men this year, some 10 minutes slower than last year. Guess trailrunners are as guilty of overoptimism as penny stock traders.

Many thanks to adidas America for all their support of this race. They donated the shoe prizes, the t-shirts, and the race numbers. By the way, (and I say this as a trailrunner, not merely the beneficiary of their largess) they do have some good trail shoes, the Response Trail and the Terrain Lite, plus they have a pronation-control trail shoe coming out soon, the Al Fresco. Check them out if you can.

This year's donation to the Friends of the Holyoke Range (they are responsible for trail maintenance, interpretive programs, land acquisition, etc. for the Holyoke Range) came to over \$1,500. The Friends are also the people who provide the trail breakfast available free to all runners after the race.

Pl.Name	Time	1st Half	2nd Half	Slowdown
69. Janet Stein,44,NY	2:39:50	1:17:34	1:22:16	0:04:42
70. John Berard,32	2:40:17	1:18:50	1:21:27	0:02:37
71. Jeffrey Parkman,48	2:40:33	1:22:34	1:17:59	-0:04:35
72. Ryan O'Donnell,23	2:40:49	1:12:44	1:28:05	0:15:21
73. Joe Dolen,41,CT	2:41:01	1:17:12	1:23:49	0:06:37
74. Karl Molitoris,40,CT	2:41:51	1:15:07	1:26:44	0:11:37
75. Joe Astle,39,NH	2:42:12	1:13:00	1:29:12	0:16:12
76. Richard Boretta,42	2:42:30	1:15:46	1:26:44	0:10:58
77. Steve Roulier,32	2:42:36	1:16:36	1:26:00	0:09:24
78. Wayne Stocker,42	2:43:16	1:15:55	1:27:21	0:11:26
79. Diane Grollman,35,VT	2:43:17	1:18:42	1:24:35	0:05:53
80. Jerzy Pileszcak,50,CT	2:44:10	1:16:36	1:27:34	0:10:58
81. Jerry LeBlanc,29	2:44:11	1:19:40	1:24:31	0:04:51
82. Ben Leber,32,ME	2:44:19	1:22:04	1:22:15	0:00:11
83. Bruce Meacham,22,NH	2:44:23	1:04:14	1:40:09	0:35:55
84. Frank Silva,47	2:44:39	1:19:20	1:25:19	0:05:59
85. Joe Pouliot,35	2:44:40	1:13:00	1:31:40	0:18:40
86. Dennis Ryan,32	2:45:05	1:09:00	1:36:05	0:27:05
87. Bruce Shenkar,43,NY	2:45:16	1:17:00	1:28:16	0:11:16
88. Bob Worsham,50,CT	2:45:46	1:20:00	1:25:46	0:05:46
89. Jeanne Mark,27	2:46:16	1:17:27	1:28:49	0:11:22
90. Stephen Hamilton,45	2:46:33	1:09:00	1:37:33	0:28:33
91. Lundy Bancroft,36	2:47:54	1:13:00	1:34:54	0:21:54
92. Richard Wilkins,43,RI	2:48:29	1:16:36	1:31:53	0:15:17
93. Craig Sullivan,26	2:48:58	1:18:50	1:30:08	0:11:18
94. Peter Szawlowski,53,NH	2:49:07	1:16:48	1:32:19	0:15:31
95. Ken Gulliver,32	2:49:11	1:22:00	1:27:11	0:05:11
96. Tyler Cruickshank,22	2:49:18	1:24:00	1:25:18	0:01:18
97. Sarah Baker,22	2:50:34	1:20:18	1:30:16	0:09:58
98. Sharon Murphy,36	2:50:36	1:18:34	1:32:02	0:13:28
99. Chris Crawford,27	2:51:34	1:23:27	1:28:07	0:04:40
100. Sam Lambert,53	2:52:22	1:19:36	1:32:46	0:13:10
101. Steven Carr,36,RI	2:52:24	1:22:34	1:29:50	0:07:16
102. Fran Mach,54	2:52:34	1:16:55	1:35:39	0:18:44
103. Kent Rissmiller,42	2:54:44	1:18:50	1:35:54	0:17:04
104. David Ames,35	2:54:47	1:19:20	1:35:27	0:16:07
105. James Popkowski,23	2:55:04	1:13:00	1:42:04	0:29:04
106. Paul Correia,42	2:56:42	1:19:36	1:37:06	0:17:30
107. Mark Dowd,26	2:56:46	1:13:33	1:43:13	0:29:40
108. Todd Bucklin,30	2:57:01	1:19:18	1:37:43	0:18:25
109. Fred Ross,III,49,VT	2:57:46	1:25:00	1:32:46	0:07:46
110. Kevin Simons,46	2:58:15	1:22:00	1:36:15	0:14:15
111. Hank Allen,55,CT	2:59:49	1:24:00	1:35:49	0:11:49
112. Bill Low,44	2:59:50	1:24:38	1:35:12	0:10:34
113. John Keilty,43,CT	3:01:20	1:25:09	1:36:11	0:11:02
114. Ellen Carter,34	3:03:07	1:26:34	1:36:33	0:09:59
115. Jeff Hannon,32	3:03:35	1:26:08	1:37:27	0:11:19
116. Tim Carver,44,NY	3:03:38	1:26:08	1:37:30	0:11:22
117. Jim Foley,40	3:04:31	1:20:40	1:43:51	0:23:11
118. Michael Renzi,31	3:09:05	1:26:08	1:42:57	0:16:49
119. Bruce Leshine,35,CT	3:09:25	1:21:52	1:47:33	0:25:41
120. Richard Perkins,58,NH	3:09:25	1:26:34	1:42:51	0:16:17
121. Roland Sonia,43,NH	3:10:49	1:29:30	1:41:19	0:11:49
122. Dan Wagner,39	3:11:06	1:24:38	1:46:28	0:21:50
123. Don Miller,52	3:11:06	1:26:08	1:44:58	0:18:50
124. Duncan Gillan,40	3:11:13	1:23:24	1:47:49	0:24:25
125. Mark Pijar,26	3:13:20	1:26:56	1:46:24	0:19:28
126. Todd McDermott,25	3:13:23	1:26:36	1:46:47	0:20:11
127. Audrey O'Keefe,27	3:13:42	1:34:17	1:39:25	0:05:08
128. Michelle Stallone,28	3:14:03	1:34:47	1:39:16	0:04:29
129. Eric Hendrickson,39,RI	3:14:44	1:30:47	1:43:57	0:13:10
130. James Evans,44,CT	3:15:12	1:25:00	1:50:12	0:25:12
131. Chuck Clay,45	3:15:46	1:24:38	1:51:08	0:26:30
132. Marcy Saganov,38	3:16:41	1:26:34	1:50:07	0:23:33
133. Corey Szezebak,18	3:18:12	1:22:34	1:55:38	0:33:04
134. Oscar Plotkin,43	3:18:48	1:21:00	1:57:48	0:36:48
135. Ivan Fernandez,27,NY	3:19:04	1:27:48	1:51:16	0:23:28
136. Laura Petsching,33	3:20:00	1:32:08	1:47:52	0:15:44
137. Kenneth Miller,36	3:20:08	1:31:11	1:48:57	0:17:46
138. Eric White,55	3:20:13	1:35:40	1:44:33	0:08:53
139. Ed Miville,48,NH	3:21:02	1:32:50	1:48:12	0:15:22
140. Glenn Gilligan,33,VT	3:21:04	1:29:44	1:51:20	0:21:36
141. Diane Mailloux,27	3:21:06	1:33:28	1:47:38	0:14:10
142. Chris Deliso,21	3:21:11	1:31:49	1:49:22	0:17:33

These people are all volunteers and only get a free t-shirt for their efforts! Without them I feel the race would not exist; so thank them next time you're grabbing some chow, please.

A race like 7 Sisters doesn't happen on its own, there are lots of people who help make the race a reality. I'd like to express my thanks to just a few of them: Ted and Merle Buckhout, who are responsible for the turnaround aid station. It is their land and their tables that hosts all the food and drink available at the halfway point. Ted has run the race a few times and he administers the turnaround like the ex-marine that he is.

For the water at the Low Place, the first bottles you encounter, we can thank John Kirouac and Cathleen Grady who helped me hike the water uphill in the pouring rain the evening before. And thanks to Kevin Adams of adidas America who not only applied those nifty tattoos but also helped bring the results into the Visitor's Center.

And thanks to a couple of runner's shop workers who helped out at the finish and turnaround, Sukie Kindwall who recorded all the split times, and Chris Farmer who kept you in line at the finish line so we could record your numbers, At the finish line Leslie Maerki handled the timer and served as the on-site EMT. Fortunately, she only had to handle just minor injuries this year.

And last, but not least, my wife Diane McNamara who posted the names and times on the results board while baby-sitting!

As the adidas 7 Sisters has grown in numbers each year, it is finally getting to the point where I have to consider whether we will need to limit the field in the future. For that I'd like your feedback. Do you think the trails are getting too crowded? Let me know, please, if you have an opinion.

Thanks to all for coming. Next year's race date will be May 4, 1997.

Fred Pilon

<u>Pl.Name</u>	<u>Time</u>	<u>1st Half</u>	<u>2nd Half</u>	<u>Slowdown</u>
143. Stephen Buschman,24,CT	3:21:17	1:33:35	1:47:42	0:14:07
144. Jeffrey Phillips47	3:23:13	1:27:30	1:55:43	0:28:13
145. Jackie Lynam,35	3:22:21	1:31:11	1:51:10	0:19:59
146. Quinton Van Grundy,31,CT	3:23:05	1:30:31	1:52:34	0:22:03
147. Chris Reed,39	3:23:08	1:32:50	1:50:18	0:17:28
148. Penny Beach,30,NH	3:26:43	1:33:00	1:53:43	0:20:43
149. Celia Ketley,31,NH	3:26:59	1:36:38	1:50:21	0:13:43
150. Shawn Harrington,42,CT	3:26:59	1:31:00	1:55:59	0:24:59
151. David Chambers,41	3:27:11	1:30:00	1:57:11	0:27:11
152. Tom Almstead,46	3:33:29	1:31:00	2:02:29	0:31:29
153. Jim Nolan,25	3:33:34	1:32:40	2:00:54	0:28:14
154. Peter Colonis,55,CT.	3:33:44	1:38:00	1:55:44	0:17:44
155. Jim Baker,31	3:34:30	1:27:48	2:06:42	0:38:54
156. Bob Bacon,51	3:35:02	1:40:30	1:54:32	0:14:02
157. Stanley Tiska,38	3:35:42	1:37:42	1:58:00	0:20:18
158. Alan Hoffman,54	3:36:32	1:35:25	2:01:07	0:25:42
159. John Reed,40,CT	3:38:53	1:36:38	2:02:15	0:25:37
160. Jerry Eversmeyer,36	3:39:12	1:34:16	2:04:56	0:30:40
161. Damon Douglas,62,CT	3:45:27	1:46:36	1:58:51	0:12:15
162. Dana Sumner,64,RI	3:46:29	1:41:45	2:04:44	0:22:59
163. Don Holshuh,47,NH	3:48:00	1:45:00	2:03:00	0:18:00
164. Josh Bradshaw,25	3:56:43	1:19:20	2:37:23	1:18:03
165. Troy Leatherman,24	3:56:44	1:27:48	2:28:56	1:01:08
166. Scott Grandmont,24	3:56:45	1:40:30	2:16:15	0:35:45
167. James Liebel,47	4:01:57	1:49:38	2:12:19	0:22:41
168. Arthur Robinson,33,CT	4:01:58	1:41:45	2:20:13	0:38:28
169. Ted Szczebak,44	4:19:43	1:55:22	2:24:21	0:28:59
170. Elizabeth Sguelia,24	4:19:44	1:46:48	2:32:56	0:46:08
171. Jaime Branche,29	4:21:46	2:08:25	2:13:21	0:04:56
172. Tak Inouye,52	4:28:02	1:58:53	2:29:09	0:30:16
173. Deborah Redding,41,NJ	4:35:12	1:56:30	2:38:42	0:42:12
174. Robert Wurtele,52,NH	4:41:17	1:38:05	3:03:12	1:25:07
175. John Connell,59	5:02:25	2:08:00	2:54:25	0:46:25
176. Bob Falciola,52,NH	5:21:16	2:24:00	2:57:16	0:33:16

I=Course Record

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