

## December 2007

There was record snow for the Boston area, which was a big change from last winter with no snow until February. I countered the snow with the most mileage in a month (391) for 2007 and the most I've run since December of 2002 (438). I also raced 7 times in Dec. which ties for the 10<sup>th</sup> most in a month. For the first time since 1999 I raced on the indoor track. I forgot how much I enjoyed bounding around the track! I kicked off the month with a trip to Hawaii for the USATF convention and returned to snowy Manchester (now called Boston Regional Airport at Manchester). One afternoon I did a run in Lexington and Winchester that included the town High Point in Winchester and then zipped over to Burlington and ran over the high point twice (it wasn't very high). Next up was a December XC race, which means snow! The course was modified from last year but was still very hilly and felt like an old school cross country race. Then I hit the track, one of the races was a mile where I had to kick like mad to beat a **girl** who flew by me with 400 to go. I caught her at the line, just dipping under 5 minutes and elbows flying ☺. The last run in December 2007 was a 4 mile snowshoe run at Winnekenni with Ken Tripp, great way to close the books on this year!

Town's I ran in that I'd never run in before: Lexington, Winchester, Burlington, Watertown, Leyden, Colrain, Clarksburg. **191 down** and **161 to go** in Massachusetts.

## 2007 year in review

**Total miles** - 3,786 which is the most since 2002 (4,154) and ranks 12<sup>th</sup> out of 29 years. Average - 10.37 per day

**Lifetime total** = 100,605 miles (avg. 9.47 per day)

**Days off** - 11, least since 1996 when I had zero days off.

**Most mileage in a month** - 391 in December. **Least mileage in a month** - 91 in January (10 days off)

**Most mileage in a week** - 101 next to last week of December. **Least mileage in a week** - 0, first week of January.

**Longest stretch without a day off** - 255 from April 22 to December 31.

**Races** - 49, which is my 4<sup>th</sup> most (59 in 1993 is the most)

My picks for my best race in various categories....

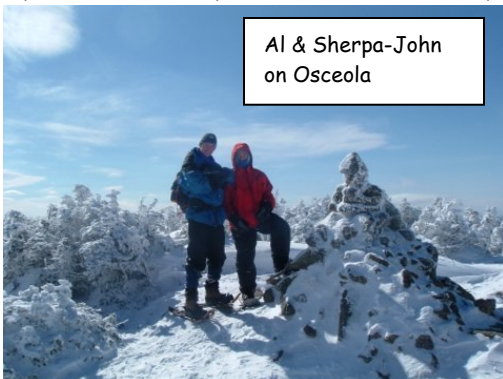
	Date	Name	Where	Dist	Time	Place	40+ place
Best mountain	07/14/07	Mt Ascutney	Windsor, VT	3.80	0:31:32	1	1
Best Snowshoe	03/04/07	Greylock Glen	Adams, MA	3.50	0:26:47	1	1
Best trail	04/14/07	Merrimack River	Andover, MA	10.00	1:03:47	6	2
Best XC	12/09/07	Mt Hood	Melrose, MA	3.00	0:18:04	10	5
Best road	05/19/07	USATF 12K champs	Bedford, NH	7.45	0:41:55	39	11
Best indoor	12/29/07	BU Mini meet	Boston, MA	1.86	0:09:26	6	2
Best run (Where I didn't make 1 <sup>st</sup> page of results)	05/06/07	USATF 5K champs	Westford, MA	3.11	0:16:34	53	12

**Win's** - Fudgicle series 5K+ 19:29. Greylock Snowshoe 26:47. Hibernian 5K 17:43. Cool Kids 5K 17:19. Breakneck hill trail 6K 21:24. Durgin 5K 17:16. Ascutney Mountain 31:36. Loco 4.2K trail 14:38. Stark Mountain 23:51.

**Race expenses** - \$777.87 entry fees, 5569 miles of driving (at the IRS approved rate of .445) = \$2,478.21 \$820 for flights and hotels. **Grand total = \$4,076.08**. Of course that is off-set by my winning a total of \$200!

**Injuries** - January still recovering from stress fracture from December 2006.

Sprained ankle April 20, missed one day. "Tweaked" hamstring at Northfield setting the course June 9. Inflamed tendon on the Navicular June 28. Pulled hamstring August 12, didn't miss any days, but very slow running. Inflamed tendon the Navicular again Oct. 26. Sprained ankle Nov. 3, but didn't miss any time.



**Winter hikes** - Osceola's 15 degrees 01-27. Kinsman's 20 degrees and sunny 02-23. Greylock & Saddleback 03-04.



on

**Spring hikes** - Nutting hill & Holt Hill 03-23. Great Blue Hill 04-01.



Register on Round Top Hill

**Summer hikes** - Equinox & Dorset 06-30. N Kennebago Divide, White Cap, & Canadian border 07-01. Owl's head 08-05. Dorr Mtn & Cadillac Mtn 08-16. Willey, Field, Tom, Whitewall 09-01. Captain & Carrigain 09-02. Isolation 09-11. Lesaya 09-15.

**Fall hikes** - The Pinnacle 09-29. Federal hill 10-08. Round top hill 10-18. Mt Tecumseh 10-19. Passaconaway,



Rod's 40<sup>th</sup> Birthday On Isolation



Sunny day on Carrigain

Whiteface, E. Sleeper, W. Sleeper, The Tripyramids, Fool killer, Scaur 10-20. Kelsey & Dixville 10-21. Mt Agamenticus 11-08. Oak hill, Nottingham, Copple crown mtn, Stratham hill 11-09. Belknap Traverse (12 mountains) 11-12. Sunrise hill, Bellevue hill 11-17. West mountain & Crum 11-24.

**High Point** - 7,200' @ LaSeya Switzerland (below left).



**Low Point** - 30' below sea level @ Hopewell Rocks Bay of Fundy (above right).

**Memories:** Sat in my car at the River taking registration through a crack in the window. 12 degrees and 30 mph wind gusts. Barreled down Thunderbolt trail after hiking to Greylock summit with Al. Missed a turn marking the course at Northfield so I made the race and out & back instead of a loop (too tired to hike back and fix the course markings). Followed the police car at the Hibernian 5K and lead the entire field the wrong way! 3" of snow on the ground at the Olde Salem XC race. Track workouts at Gordon College with Dan, Jim, Joe, and Ben. Coaching Gate City Triad track workouts in Nashua. Passing Dan at 6 miles at the River while he was puking....then getting passed by him at 8 miles like I was standing still. Meeting Big-Mike for a run before the Boston Marathon. Visiting Rich in Portland and driving to B.C. to race, then spraining my ankle. Mt Washington prep day with Team Gloucester. Huge group warmdown around Wachusett Mountain after the race. Group runs at Bradley Palmer state park. Cool group warm-up at Mt Washington with a big bunch of people and a great run down the mountain with Woody, Eric, Rob L.

and Dave H. Found \$5 on my lunch run June 18. Run in **Satan's Kingdom** and the tri-State marker. Running the border swath with Al and bushwhacking to his last New England 4000' peak. The half-mile climb up "Walking Boss" on Loon Mountain that took over 8 minutes during the Loon mountain race. Spending a day at the Green Mountain running camp. Getting to run with Robert who was back in the USA for a short time. **Junior girls winning the silver medal at the World Mountain running championships** Kevin & Jess' wedding in Maine. Run up/down Stark Mountain with Eric to check out the "open" course. Run with Doug in Harrisville. Giving a talk for the Lowell YMCA alumni group. Picking up the flagging at Ravenswood with a big group (I think everyone from the top ten!). Billy Bragg in concert. Hike to Dana (ghost town). My first solo 4,000' peak (Tecumseh). 25<sup>th</sup> High School reunion. The **100,000<sup>th</sup>**



**mile** run from home with about 50 people doing the final mile and about 100 people packing into the house. Thanksgiving race at Maudsley with over 900 people! USATF convention = three days in Hawaii. My first track race in nearly nine years at BU in December. The Patriot's game with Eric, where the Pat's improved to 15-0.



I'm now 3 races away from my 1,000<sup>th</sup> race. It looks like the 1,000<sup>th</sup> will be the 5,000 meters at Dartmouth on Jan. 13. I'm hoping to run a 40+ personal best (under 16:30).

I wish you all a happy and healthy year in 2008!

It doesn't matter which road I take, they all look good!

