

It was a nice, if sticky, morning for running the Jeep Trail + Hemlock course. While not technically a "Challenge" all participants were, in fact, challenged. No surprise, Jeff Sheldon was the winner of the small-ish field in 46:27. Theresa Krebs triumphantly returned from summer break, winning the womens' race in 55:14.

There was an interesting study in contrasts at the race as we welcomed two rookies: Renee and Mark. Renee was on her way to another race in Massachusetts and handed out coupons for free running socks to all interested in the parking lot. Conversely, Mark joined us without shoes, let alone socks. Despite his commitment to barefoot running, even he agreed that Jeep Trail + Hemlock is best covered with some type of shoe or sandal.

LeeAnne, Brian, and Krystal were all vying for bested dressed this week. Brian will see your coordinated shirt with shorts. Krystal will raise you matching laces. And LeeAnne always goes big (matching skirt, top, visor, and socks!) or stays home.

But none of them can match our favorite spectator, Abraham Jr for best hair. Thanks to John for working double shifts last week to get CT connected after Irene. He specifically notes that he's "NOT CLP" but some of us value phone and Internet more than power. Congratulations to everyone who ran the New Haven 20k on Monday. We hear it was a tough, humid day out there.

Next week is the Two for the Show charity race, so bring your \$5 to the start! The course is the Roxbury 5k; down Hemlock, turn around, up Hemlock. If you were thinking of running barefoot, we advise reconsidering. See you then!