



January 9 , 2006

# THE BIMBLER'S SOUND

*The BS, cause it's all true!*

*Vol. 7*

## Frosty start to the year

By Didna Gettup, staff reporter

Noel Coward once sang about mad dogs and Englishmen going out in the mid-day sun, but if he was still around today he might also have written a creative ditti about crazy New Englanders and a frosty morn using the Guilford Frosty 5k as his inspiration.

This year nearly 400 brave (crazy) souls finished the race on a new course. Some of the soundRunners involved were fresh from revelry at Bimble Hall while others had survived an all night rave at the Queen's parlor.

With slushy snow still around from the night before, the course was nicely slick in places to add to the experience. Leading the soundRunner pack was Dan Lauttenbach who managed to stay on course despite following 2 bystanders to the Porta Loos in the mistaken belief they were the race leaders!

Place	Name	Time
14	Dan Lauttenbach	19:50
18	Patrick Kral	19:59
80	Bill Saunders	23:23
91	Jay Avitable	23:46
123	Rick Mahoney	24:51
137	Julie Francis	25:16
141	Karen Febbraio	25:23
223	George Papuga	27:53
260	Cathi Bosco	29:05

One or two other soundRunners made it to the Chilly Chilli in Orange for their 5k

race. Carol Dillon ran 25:14 and George Kelleher did 34:49.

Great job everyone especially for turning out on a day when staying in bed could have been an easier option!

## Twas the second day of Christmas.

By Don Truss Smee, staff reporter

It was the morning after Christmas and 6 soundRunners gathered outside the Store at 7 am. In the damp chilly air, a brief discussion ensued about where to run. Eventually it was agreed to head towards Supply Pond although the exact route was still in question.

They past the start of the red route to cries of disappointment from Bimble and entered on green to the sound of squelching feet in on the sodden path. Green turned to red, red changed to yellow, when Bimble took a hard left up towards the Wagon Wheel. Cashless Rick had seen enough and elected to take the low road back home. As the runners climbed, the rain began to fall steadily at first but gradually it increased in intensity.

Around the Wagon Wheel they sloshed, through muddy puddles made deeper by logging activities that have carved up a once beautiful wood. Thunder cracked a few times above their heads, but no one hesitated in the rain which by now had made its way deep beneath everyone's clothes.

Eventually, they made it back to town and by now the rain had stopped and

the sun was starting to poke through the grey sky - "Let's go to Scotty's" someone cried. There were no dissenters!

Dripping and bedraggled they sat and scanned the menu. "I have something to tell you and I'm not sure how to put it." said Bob. They waited with baited breath, was he about to reveal devastating news about the store? Did he have some nasty ailment that was highly contagious in cold wet conditions? Conversation around the table stopped - nobody blinked.

"Today was the first time I've run through thick mud and deep puddles in the woods during heavy rain" he said, "and I've thoroughly enjoyed it!". We looked at each other for a few seconds and carried on deciding what to eat for breakfast.

Its one of the nice things about running; no matter how long you participate in the sport, you can always discover or experience something new. Next month, Bob together with Steve McLaughlin, another experienced runner, will be running their first 50k trail race in Virginia.

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## Suresh Unplugged

Reflections from Suresh Shenoy

### Working back to fitness

Hi soundRunners!

Thanks for all your gifts, best wishes and cards. (I feel a Sally Fields-at-the-Oscars-moment coming up: "you love me....you love me".) I'm back home resting and trying to recover as quickly as possible. Despairingly, I have developed gout on both my feet during my stay at the hospital and consequently can only hobble around. For this and other reasons, cardiovascular rehabilitation, I'm told, can only begin around January 24th 2006, and only if the cardiologist gives the green signal. I don't know what the rehabilitation entails but it is a 5 week course and most probably involves walking on a treadmill and some strength training. By my calculations, I will be in prime

shape for the soundRunner walk-run program next March (get ready for my nonsense, Julie, Gretchen, Carol & Denise!), What a wild twist! I'd hoped to become a better runner after a year of running, instead I've returned to the start. It's as if I've played a game of "Chutes and Ladders" and I hit that long slide somewhere on square on 72 that brings you down to square 1.

I just wanted to add as a note of reassurance to those who might be worrying that somehow running brought this cardiac problem on me that my past history probably had a greater contribution than anything else. I smoked pretty heavily for 20 years and then when I gave it up 5 years ago; I used that victory as a license to overeat. I put on 30-40 pounds until I started getting fit by walking and dieting (somewhat) in January 2005. Although Religion absolves most sins, Nature will remember every insult. However, I feel, it might have been infinitely worse had I not started getting fit.

I'm so jealous of your December activities! Hot Chocolate runs! Midnight Bimbles! Christmas! Enjoy every step, every leap, and every breath!

Namaste!

Suresh

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## Words of Wisdom

From soundRunner's 'Dally

Llama'

Master PoNuts

What's in a name?



Many of our runners have acquired nicknames that have been subtly bestowed upon them by 'friends'. A lot of readers have asked who is who? So here is your chance to work it out. Send your answers to the BS but don't expect any prizes!

Nick name	Clue
Big Cheese	Elmer Fud?
Bill	Does yard work for cookies.
BooMan	Unplugged reflections.
Cat	Marathon double dipper.
Chipper	Keeper of Bill's cookies.
Cookie	Free food!
Eraser	Scary!
GPS	Prefers scones?
Grasshopper	Hops over rocks, then runs home.
Guthrie	Usually seen from behind.
HR(Squared)H	"It's all about me"
Iggy	I'm (artistically) good!
Monsieur Baguette	Performs best with a fine wine.
Mort	Hydration life saver!
Mr. Bimble	Trust me!
Master PoNuts	Must be, cause he's a runner
Odd Job	Any job except delivering mail!
Silent Runner	No comment.
Snowbaby	"Are these shorts too long?"
Sweeny	Have bathroom break? - will follow,
Ultra	Likes to linger longer.

## The Holiday is coming?

No, we're not talking turkey or tinsel. On February 11, 2006, the Holiday Lake 50k trail race will be held in Virginia and several soundRunners are planning to take on their longest event ever. Brave or simply fool hardy - who cares, if you are interested in tackling this event. Ask at soundRunner for details.

## Caught on camera!

Have you seen those emails appearing at the end of the week from Master PoNuts setting out the itinery for 'long' runs at Saltenstall? Sometimes its 2 hours, other times its 3 or more. Well, the BS sent roving photographer Cathi Bosco out into the undergrowth to see what these runners were really up to. She returned with images almost too shocking for words! The editorial team spent hours debating whether to print her pictures but our attorney assured us we wouldn't be sued provided no names were used. So

here it is - two well known soundRunners caught on camera!



But Master, will we really rest like this during the long race?

Relax my Grasshopper, remember; run when you have to, rest when I'm near you. Do you have any more banana Gu?

## Ask Doctor Von

Dear Doctor Von,

I have been unsure as to whether or not I should ask this question because it's err personal...BIG POTTY! My question is: What is the best way to handle running a marathon and getting the urge to go "BIG?" I recently had this experience and while I was "finishing" up someone banged on the door to encourage me to hurry...because they had to go! Was it inconsiderate of me to take the time and wipe well or should I have done the courteous thing and just run out without the wipe?

Too shy to give name.

*Karen, the next time the Queen disturbs a private moment, just remember quote her immortal words - 'It's all about me', just lock the door and take your time!*

Dear Doctor Von,

A friend of mine recently traveled to the frozen wasteland of Alaska and when he returned I asked him the eternal question, "Do bears s%\*t in the woods? So far he has declined to answer and the need to know the answer to this age old question is killing me, can you help? Name and address supplied.

*Master PoNuts, a man of your experience should know these things especially when Grasshopper thrives on your every word! Sadly, I can not confirm or deny if this question is true. I've seen deposits said to be from bears but never the beast that left it. But then I've also seen fallen trees but didn't hear them fall. Now, if you asked if Guthrie was known to make discreet side trails while running in the woods I would know the answer from the expert testimony of Dan Lauttenbach and the complaints from several bears in the immediate vicinity! DV*

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### Thank you.

The friends and reader of the *BS* who generously gave cash to see a CD of pictures already in the public domain, of soundRunners doing silly things, raised \$208.47. The money was donated towards the trust fund GPS is establishing for his nephew and niece. Inquiries are continuing as to who left 47 Barbados cents in the collection.

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### My Favorite Things!

soundRunners come clean

New for 2006, the *BS* will be running an article profiling runner's favorite piece of running equipment. If you want to contribute, send a description of your item to the Doctor Von. This week we profile a runner Lesley Santore.

**My favorite thing?** My trail shoes.

**Which ones are they?** Vasque Endorphin

**What size?** That would be like asking a lady's age. **So you have big feet then?**

No comment.

**Why do you like your shoes?** They look nice.

**Which color are they?** Brown

**Is that from mud?** No! I haven't got them dirty yet!

**Where did you buy them?** (*think before you answer*): soundRunner (*good answer*)

**What do you like about them?** I love the feel of the tongue between my toes. (*this is a real quotation folks!*)

### Coming Soon.....

#### The Loaded Sock Sale!

Yes, we've used that word SALE again! So, come on down and load your socks with all sorts of goodies, some at real discount. Watch the Queen go pale as cheap goods fly out the door!

We'll be 'running' really special deals including:

DS Pounders

Bimble Nappy

Horney Road

Gu-Caps

SmelloVests (only one remaining, will someone please take it!)

Badger Balm

Ginger Nuts (just 2 left)

The fun starts on **January 15<sup>th</sup>** - don't miss it!

sound mind - sound advice - great body  
it's all about me!

### Have you been Googled lately?

Try and google 'Cathi Bosco' and check out what gets listed. None other than the *BS*! Cathi is now working to rebuild her reputation but the editorial staff at the *BS* are proud she is associated with such a literary publication. She may be a great artist but a painting can be subject to artistic license whereas the *BS* is, as we know, all true!

### Diary Dates

Jan 29<sup>th</sup> - Nipmuck training run. A gentle bimble on the Nipmuck marathon route.

April 9<sup>th</sup> - Leatherman's Loop. Mud, fun and a river crossing!