



February 2, 2006

THE BIMBLER'S SOUND

The BS, cause it's all true!

Vol. 8

"Life is like a box of chocolates"

By Bean Counter, BS statistician

George 'the Baron' Papuga has reveled that over the past 27 years he has caulked up a whopping 40,742.2 miles of running. Often seen wearing Beasts on his feet and shorts smaller than a pair of briefs from Victoria Secret, George is a regular soundRunner and marathon runner.

When he's not pounding the streets, George has been known to eat paste. Why, we're not sure as his wife Sandy makes excellent chocolate cake which unlike George's shorts, will put inches on your thighs!



Great record keeping and an amazing statistic George - it will be one heck of a party when you clock 50,000 miles!

Meanwhile, if the meaning of life really can be assimilated to soft centers, Grasshopper has almost completed the top layer in the box. Last weekend he did a 3 hour run on Saturday as part of his Holiday lake buildup and then on Sunday attempted the Nipmuck Marathon course. Maybe it was just a soft center with a big Nut in the middle that sent him off the

rails (or maybe he foolishly Trust{ed} me!) who knows. The day had perfect running weather, except for 2 inches of snow cover made the going, err..... interesting! Unfortunately, by Lady Room Rock (a large granite convenience part way through the second section) Grasshopper's eyes were glazing as the legs slowly stiffened with fatigue. He finally turned for home 10 minutes later after completed over two thirds of the course, a significant but totally insane achievement!

Look out George, that total of 40,000 doesn't look so big after all!

Scoby Who?

By Dirmitta Navel, eye witness

Karen Febbraio got close to nature a few weeks ago during a trail run in Supply Pond Woods. Together with a small group of runners she bimbled up into the Wagon Wheel before plunging down to the Gorge. At the time, the others didn't realize that this was Karen's first time beyond the red, yellow and green 'nursery slopes', as the distance mounted in soft muddy conditions she valiantly kept pace as her quads sang with joy.

Once past the Wagon Wheel, the circuit to the Gorge involves a 'short' hill (trust me) that can be tackled from either the slow and long side or knee trembling short side. On this occasion we

went for the knee trembler. Once the descent down into the Gorge had been completed the trail was extremely muddy with large areas of deep surface water. Negotiating one of these Karen unfortunately stumbled and plopped headlong into a large puddle. She had mud in places where mud isn't supposed to go and the laughter from her fellow runners was a clear indication of the care and compassion they felt for her predicament.

By the time she made a grand entrance into Common Grounds for coffee, a redundant Christmas wreath had been found and placed over her head like a winner's garland. The experience gave rise to suggestions that she should wear a wet suit next time she ventures into the woods. This led to the nickname Scuba, which later evolved into Scooby Doo, and eventually SCOOBIE!



I wonder how John feels about being Shaggy?

Suresh Unplugged

Reflections from Suresh Shenoy

Dear Runners, I'm using up my unused running time by reading cheap paperbacks, watching sports on TV, and enjoying (right!) my low-salt, no-fat diet. Not everything I read was trash, however, because I did come across 2 poems by Robert Frost, verses of which might be appreciated by trail runners. I reprint them for you.

Robert Frost explains why he came in dead last in his very first trail race:

*Two roads diverged in a wood, and I—
I took the one less traveled by,
And that has made all the difference.*

Robert Frost describes his first Ultra race effort:

*The woods are lovely, dark, and deep,
But I have promises to keep,
And miles to go before I sleep,
And miles to go before I sleep.*

Editor Footnote

Doctor Von has also been known to write short poems about running. The BS is pleased to publish one which was coincidentally inspired by Robert Frost:

The woods are lovely and dark, the rivers deep,
But I made promises I can not keep,
Look into my eyes cause you have miles to go before
you sleep,
And miles to go.....trust me!

The - iProd

A running technology breakthrough!

By Alec Trode, science reporter

Frustrated at having to motivate her running partner out of bed in the mornings, engineer Jen Oudemool, has come up with an ingenious invention that has just received patent approval. Called the iPROD (I Propel Runner Out Door), the device resembles a small cattle prod and emits a small electrical charge from 2 electrodes when they make contact with a slumbering or unmotivated runner. Jen assures us, that the electrical discharge will not harm the subject and the only unpleasant side effect noted during testing was a short verbal discharge after the initial shock. To evidence the effectiveness of the product, she gave us before and after pictures of Dan Broom which clearly show increased alertness, motivation and a willingness to obey. When asked what he thought of the invention Dan used some rare Anglo Saxon phrases we were not able to translate!



Before

After

Dwarfs Wanted!

(The follow extract is an email conversation between 4 normally sane soundRunners!)

Vacancies exist for 4 dwarfs to complete the full set - read on...

Bashful: When did we make the transition from being Alexandre Dumas's dashing musketeers to The Brother's Grimm "dwarfs" !!???? The wicked Queen's mirror mirror....fairest fairest..(Snow-White) has to be the artistic member of the group, however that leaves the "dwarfs".....now I know I'm short in stature but I refuse to be classed as a dwarf....and no comments PLEEAASSEE !!! Suresh, you are quite obviously and rightly named grumpy, so I should be Doc (for the brilliant scientist that I am.....not Bashful at all.....get it Bashful !!!), Now that leaves Sleepy, Dopey and Sneezzy....Sneezzy I think we'll have to leave for another day, but Suresh, due to your meds I think both Dopey and Sleepy are very appropriate and can be interchanged with your mood from day to day or hour to hour !!!!!

Snow White: Too funny! Being Snow White made my day until..... did you know that Snow White is pinched and grabbed significantly more than any other Disney Character at the theme parks?

Happy: You guys are just too funny. I'm just glad I'm not Dopey!!! Oh Snowy, nothing worse than a sick man (no offense Grumpy!) I'm feeling a little better. I think if I get a good rest tonight (for a change) I may be ok.

Grumpy: For your information, people, I've shaved off my beard, and while some have told me that I look like Hitler, others have thought that I look like Gandhi! My point here is that the minimum qualifications for being one of the seven dwarfs are: short stature, axe wielding and a pointy beard. I therefore disqualify all of us from being any of SR's dwarfs.

Can you guess who there are? Answers on a postcard please to: Suresh, Sharon, Cathi or Sherry

Ask Doctor Von

Dear Doctor Von,
Please pass on my thanks to Jerry, Dan, and Bob for a "good time" (?) at Nipmuck yesterday. Being the only ultra-virgin there, I was a bit intimidated. After consideration, I think it served me better as a learning experience than as a test for readiness for Holiday Lake, at least I hope that is the case, otherwise, I am NOT ready. What would you advise? Grasshopper.

Jay, You're a lunatic! You ran nearly 3 hours on Saturday, attempted Nipmuck on Sunday and felt intimidated? Trust me, you're ready and should feel quite at home with all the other crazy entrants at Holiday Lake. The journey down will also give you extra time to acclimatize for lunacy - six hours in a car with Steve and Bob. Good luck! DV

Diary Dates

- March 19th - Bedford Half Marathon, Jen Oudemool is 'leading the charge', ask her for details.
- March 26th - More Marathon, NY. Ladies only in Central Park with the Queen.
- April 9th - Leatherman's Loop, NY. Mud, fun and a river crossing!
- Mid April - Northern Nipmuck, CT. 16 blissful miles of beautiful trails!
- May 7th - Seven Sister's, MA. A couple (12) of very hilly, rocky miles!
- May 21st - Soapstone Mountain, CT. Another 14 miles on the trails.
- May 28th - Nipmuck Marathon, CT. Only 27 miles of gently undulating trails!

If you know of any races others may be interested in running, let us know.