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**INSIDE TODAY**

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**The Conway Daily Sun**

SATURDAY, JUNE 23, 2007

VOL. 19 NO. 131

CONWAY, N.H.

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Mountain runner Nicole Hunt, of Deer Lodge, Mont., darts along the ledge on Black Cap Mountain Thursday, training for a race on Cranmore Mountain Sunday. (JAMIE GEMMITI PHOTO)

**Nicole Hunt: World-class runner shares her knowledge and passion for the sport**

By LLOYD JONES  
 THE CONWAY DAILY SUN

CONWAY — Nicole Hunt loves to run and is more than willing to share that

passion with people of all ages.

Last year, in just her first season of taking up mountain running, she

see **RUNNER** page 15

**Search started for new assistant superintendent**

SAU 9 needs replacement for Cray

By LLOYD JONES  
 THE CONWAY DAILY SUN

CONWAY — The search is on for the next assistant superintendent for SAU 9. Deadline for applications is July 9.

Superintendent Carl Nelson gave the SAU 9 Board — made up of school board members from Albany, Bartlett, Chatham, Conway, Eaton, Hart's Location and Jackson — an update on the search for Martha Cray's successor.

Cray is leaving SAU 9 after nearly four years to return to the classroom. She has accepted a teaching position at



Martha Cray, leaving SAU 9 for teaching post in Colorado

see **SEARCH** page 13

**Local police lure alleged drug dealer from New Jersey**

By NATE GIARNESE  
 THE CONWAY DAILY SUN

OSSIPEE — Local police trolling the Web for drug dealers lured a University of Kentucky student hundreds of miles into a sting operation here that netted \$1,000 worth of hallucinogenic mushrooms, police announced Thursday.

James E. Myers IV, 21, of Wyckoff, N.J., was arrested in Ossipee Wednesday with a crop of the illegal fungi he believed he was delivering to a buyer he met on Myspace.com, the online social networking

**"We did it just like everybody else does. You log on, pick an alias and go to town." — Ossipee Police Sgt. James Eldridge, on the sting that involved posing as a drug buyer on the Web site, Myspace.com**

see **POLICE** page 12

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Reigning U.S. Mountain Running champion Nicole Hunt, of Deer Lodge, Mont., runs along the ledge on Black Cap Mountain Thursday while getting ready for the Cranmore Hill Climb to be held Sunday. The grueling race is the U.S. Mountain Running Team qualifying race. (JAMIE GEMMITI PHOTO)

**RUNNER** from page one

reached the pinnacle of her sport, becoming the 2006 USATF (U.S.A. Track and Field) Mountain Runner of the Year. She's made the often difficult transition from road and track running to the mountains with ease — the same ease that has led her into the ranks of coaching, coaching athletes from eighth grade to age 65 over the Internet, providing them with a constant source of positive reinforcement and tips to go faster and faster.



Nicole Hunt

Hunt, 37, has spent this past week here in Mount Washington Valley preparing to defend her title at Cranmore on Sunday (see related story). She loves the area and finds the people equally friendly, similar to her hometown of Deer Lodge, Mont. She's coming off her second straight

*see next page*

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from preceding page

second-place finish in the Mt. Washington Road Race; participated in the White Mountain Milers weekly fun run on Tuesday; and has done plenty of running on her own, all the while eyeing Cranmore and defense of her title.

"I feel I'm definitely the underdog," she said. "I have never run an up-down race."

The race at Cranmore will feature three 4.3-kilometer laps up and down the mountain for men and two 4.3K laps up and down the mountain for women.

"These other girls are veterans, they have done this before," Hunt said. "I have no experience running down hill. Chris Lundy, was 15th in the world two years ago, and has down up-down races before. I see her as the top woman, the favorite, along with Anita (Ortiz, a four-time member of the Teva U.S. Mountain Running Team). I've read their bios and I feel like they are all going to be really tough."

Hunt was part of the Teva U.S. Mountain Running Team that garnered gold at the world championships in Turkey (she was the top U.S. finisher, placing ninth overall) last year and would love the opportunity to compete for the team in Switzerland in September.

"That's definitely my No. 1 goal right now," she said smiling. "That would be an up-down race, too, very similar to what we have here. That's what Paul (Kirsch, race director and president of the White Mountain Milers) had in

mind when he designed the course."

The world mountain running championship rotates every year from a straight run up a mountain to an up-down mountain format. Last year in Turkey, the race was just an up-the-mountain race, and Hunt regards it as one of her top moments in the sport.

"It was about an 8K straight up with rocks, grass, tree branches," she said. "I cut my head on a tree branch but kept going, lots of obstacles, but I think the up-down will be more challenging. ... I trained for that for five or sixth months and on that day I felt I was ready for it both physically and mentally. That race was one of the top two races of my life, probably one of the most painful. It was just a constant grind going up the hill with women all around you and not a lot of room to pass on the narrow trail. You know that every spot is critical. We won the gold, but we only won it by one or two points. If any of us had let up it wouldn't have happened."

The year 2006 was packed with plenty of memorable results for Hunt, who traveled the world to compete, chalking up plenty of frequent-flyer miles. Her resume is impressive: USATF Mountain National Champion, World Mountain Running Championships, Turkey.

- Gold Medal USA Team — World Mountain Turkey
- Tenth place Bloomsday 41:34 PR
- Eighth place USATF National 10K Championships
- Fifth-place World Richest Mountain Race Nigeria, Africa

see next page

## On Sunday, Mount Cranmore plays host to USA Mountain Running Championships

By LLOYD JONES  
THE CONWAY DAILY SUN

CONWAY — All eyes will be focused on the 20th annual Cranmore Hill Climb at Cranmore Mountain Resort on Sunday as this year's Hill Climb will play host to the Fourth USA Mountain Running Championships with some of the best mountain runners in the country coming to compete.

Thirteen former members of the Teva U.S. Mountain Running Team along with a field of more than 200 will compete in the race, which begins at 9 a.m.

"As race director for Cranmore, I'm thrilled to see the growth in this year's race," Paul Kirsch, president of the White Mountain Milers, said. "Mountain running is still a relatively unknown sport in the U.S. and to see close to a 100 percent increase in registration from last year is incredible. Having the National Championships here is only possible because of the races sponsors, like Inov-8 and Cranmore Mountain Resort, and all of the people in the valley who have opened up their homes to runners for the event."

"... I've previewed the course with quite a few athletes and the route is in really good shape," he

**"Mountain running is still a relatively unknown sport in the U.S. and to see close to a 100 percent increase in registration from last year is incredible." — Paul Kirsch, president of the White Mountain Milers**

continued. "There's some serious downhill which will suit runners who excel on daring descents. Nicole Hunt (see related story) has spent this past week training on the course and will certainly be looking to defend her USA Mountain Championship title. Men's defending champion Paul Low has also spent some time on the course and is looking strong after his recent wins in the New England Mountain Circuit."

This year's race also serves as a qualifying race for the Teva U.S. Mountain Running Team, with the top two male runners and top female runners in the USA Mountain Championships earning automatic spots on the Mountain Team. Team members must be USATF members and U.S. Citizens. The

see RACE page 19

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from preceding page

- Ran a 33:41 Laredo Heat 10k 2006, second place
- Second place, Mt. Washington road race
- 2006 USATF Mountain Runner of the Year
- On the Montana Team that placed third at the 2006 Relay National Championships
- Ran a Half Marathon 1:16:03 Houston sixth overall, second American.

Hunt grew up with a love of running and can remember running the mountain roads in Montana at the age of nine, with her parents following her in the family car. She was self-taught in the sport until she attended the University of Montana, where she walked on both the track and cross country teams.

"When I walked on the University of Montana team in 1992, I hadn't broken 20 minutes for the 5K," she said. "With a little guidance, I became faster every year. It was exciting to see my times go down within a few weeks — I was shocked and thrilled by my success (she shaved nearly a full five minutes off her 5K time)."

Hunt's all-time PR's/highlights are: 5,000m — 15:52, on the track in 2002; 10,000m — 33:24, on the track in 2003, eighth place 2003 Nationals; 10K — 32:48, Salt Lake 10K 2003; 12K — 41:34, Bloomsday 2006, 10th place, second American; 15K — 51:15, Gate River Run USATF Champion-

ships, fourth place, 2004; Marathon — 2:40:39, 2004 Olympic Trials, St Louis, 18th place; fourth place Twin Cities Marathon USATF National Marathon Championships 2005; Winner 2006 USA Mountain Running Championships at Mt. Washington; ninth place World Mountain Trophy, Turkey. First American. Gold Medal Team. 2006; 2000 USA Champion: World Championship Team Trials of Summer Biathlon National Teams — Beijing, China Ekiden 2002, Seoul, South Korea 2002; and 2004 and 2008 Olympic Marathon Trials qualifier.

Hunt is seeing more and more interest in mountain running.

"I was on a road race team, and a lot of the girls are coming up to me and asking me to tell them about this mountain running, what do you have to do to qualify?"

Aside from mountain running, Hunt continues to excel in road races and on the track and has set a lofty goal for 2008 — the Olympic Trials in the 10,000 meters.

"My passion is the trails, it always has been, but I really hadn't raced the trails before (2006)," she said. "Now I'm able to do both and enjoy it. ... At the trials I need to run for myself a 33:30 (in Eugene, Ore., to meet the qualifying standard). The top 24 make the trials and then the top three make the U.S. Olympic team."

Hunt speaks passionately about her two races up "The Beast of the East" — Mt. Washington.

see next page

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# Hunt provides coaching services via Internet

from preceding page

"I love it; I just love the challenge of it," she said, and finds it difficult to compare to any other race. "It's painful, it's unique, I love when you get to the top and all of the people are cheering you on. It's a great feeling of accomplishment."

When not running, Hunt enjoys spending time hiking with Ray, her husband; watching movies; eating desserts; and bonding with her cat. She's also on the Internet a lot, coaching. In fact, there's a waiting list for her services (the web site is [www.speedendurance.net](http://www.speedendurance.net)).

"I think I've really found a niche over the computer," she said, explaining about half of her clients are from Montana, with the rest spread across the United States. "They e-mail me as much as they like. It's just so rewarding to me when they reach their goal. ... It started with some local athletes and it just grew every year with more and more athletes asked. I said, wait a minute, I could go on line and then it really took off. ... There are not a lot of women coaches out there, I feel there's a niche I've filled — it's so fulfilling for myself."

"Nicole Hunt is an inspiration to me both as a person and a runner," Kirsch said. "She sets goals, figures out what she needs to do to accomplish them, and then achieves them. In the midst of all



"Nicole Hunt is an inspiration to me both as a person and a runner," said Paul Kirsch, race director and president of the White Mountain Milers. (JAMIE GEMMITI PHOTO)

of her training, she also takes the time to work with others to help them realize their fitness goals. No matter what level a runner is at, there is a tremendous sense of accomplishment from improving to the next level. Go to a running race sometime and watch the middle and back of the pack run-

ners. They have the same great feeling as the top runners when they meet their goals. If you look at her web site sometime about her coaching services, I think you can tell Nicole realizes that.

"... Nicole is also a great ambassador for mountain running," he continued. "Sometimes mountain running will get the bad rap of not being 'real running.' Having accomplished road and track athletes like Nicole involved in mountain running can only help the sport."

Hunt has thoroughly enjoyed her week in Mount Washington Valley.

"No matter what my race result is," she said, "I attribute my success here to my host family (Maury and Karen McKinney), to Paul and all the friendly people in the community, there's just so much support here for the runners. I just really appreciate it."

Sports editor Lloyd Jones can be reached at [lloyd@conwaydailysun.com](mailto:lloyd@conwaydailysun.com).

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- \*September 13 Leo Kottke (guitarist extraordinaire)
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- \*October 27 Kathy Mattea and Band (country star)
- \*November 3 Cheryl Wheeler (singer Songwriter)
- \*November 8 and 9, Capitol Steps (musical political satire)
- \*November 10 Harry Manx
- \*November 16 Crooked Still (alternative bluegrass)
- \*November 18 Jonatha Brooke (folk rocker)
- \*November 30 Glengarry Bhoys (canadian scott celtic band)
- \*December 2 Richie Havens  
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- \*December 31 A New Year's Eve with Le Vent du Nord
- \*January 11, 12 Chris Smither (blues/folk singer songwriter)
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