

said. "The improvement by the team was vast."

Leading the way throughout the entire season were a core of three star players.

Senior Co-Captain Amanda

six freshmen. Gilbert dealt with a lot of inexperience this season. But toward the end of the year, the girls were playing with much more energy and confidence.

"I couldn't get her on the first team," Douglass joked.

A major highlight of the

defense. It was exciting," Douglass said.

With a solid nucleus returning next year, Gilbert should be primed for a state tournament run.

In Gilbert's last four games,

YMCA annual Wyld Mud Run

TORRINGTON — The third annual Wyld Mud Run will take place at a new location this year, YMCA Camp Wa Wa Segowea in Southfield, Mass., on Saturday, June 21.

The Wyld Mud Run is a fast and filthy 5k course up hills and through streams. It is situated on 500 acres of forest and a 23-acre private lake.

The Wyld team of mud run organizers set up 21 obstacles, including the hay bale hurdle, tire run, 8-foot and 10-foot wall climb, tree ladders, stump garden run, muddy crawl and more.

"We've taken advantage of this great opportunity to utilize the beautiful grounds at YMCA Camp Wa Wa Segowea and to build a customized, challenging, exciting and innovative course," Mud Run Committee Chairman Dr. Michael Curi said. "If you are an athlete, a weekend warrior, or someone who relishes big challenges, come on out and test yourself like never before. The adventure awaits."

The Wyld Mud Run course is open to all competitors 13 and older. However, this year it will also feature a mini-obstacle course for ages 13 and under, which features a mud pit, balance beam, tunnel crawl and more. Advanced registration for all participants is required at www.nwctysports.org prior to Wednesday, June 11. All pre-registered Wyld mud run participants will receive a free T-shirt and race souvenir.

All proceeds from the Wyld Mud Run provide financial assistance to individuals and families who cannot afford fees for membership and a variety of programs focusing on youth development, healthy living and social responsibility.

For more information and event registration or to volunteer, go to www.nwctysports.org, or contact Lauren Hazirjian, the marketing and community development director at lhazirjian@nwcty.org or by telephone at 860-489-3133, ext. 132.

Winsted man to compete in Spartan Death Race

By ACADIA OTLOWSKI
Special to *The Winsted Journal*

WINSTED — Every man dies, but not every man lives.

That is the motto of the Spartan Death Race, a race that describes itself as the ultimate challenge, both mentally and physically. This is what resident Jonathan Duffy will be up against when he runs the race on Friday, June 27, at Mohegan Sun.

The event lasts 48 hours, which event organizers says is designed to "break you." Duffy said that, back in 2011, he figured the race would be a good goal to train towards.

The event is not consistent, with no description of the present year's course. So Duffy struggled to describe the nature of the event.

"This is a hard event to describe because it changes year to year," Duffy said. "The death race is one of the hardest races in the world because it has such a low percentage of finishers each year the average year somewhere between 5 and 10 percent of the people signed up will finish the race."

Duffy said the race is just as much mental as it is physical.

"They guys that run the race will keep you guessing as to what is next and never tell you how close you are to finishing."

Duffy, a Marine veteran who has faced difficult training conditions before, said that the race is unique in that participants don't know when the race will begin and end.

"In years past they told everyone that they will start the race at 2 a.m. but at 8 p.m. they rounded up everyone and started the race early," he said. "The only thing that I know for sure is that it will start sometime on Friday, June 27, and won't end until that Sunday some time."

Surprisingly, while Duffy has participated in running events in the past, he did not always care for it.

"I have never been a big fan of running; I do it because I have to," Duffy said. "I hated running when I was in the Marine Corps, mostly because we were forced to do it. Now that I run because I want to I enjoy it a little more."

Duffy said that if he completes the death race on the first try, he plans to run a 100-mile ultra-marathon. For completing that marathon he would get a belt buckle.

What is Duffy's reward if he completes the death race?

"Some of my friends have asked what you get if you finish the death race, and I told them you get a small skull and a sweatshirt, which to me seems worth it," said Duffy.

Part of the challenge for the race is for Duffy to get a story in a media outlet. If he fails?

"If I do not get a story written in a newspaper I will have to do 2,500 burpees with a weight vest on as soon as the race starts," he said. "They estimate that it will take six hours to complete the burpees. Having to do that many burpees would ruin any chance you have of being able to complete the race."

Gymnastics and dance classes to begin

WINSTED — The Winchester Recreation Department is offering gymnastics, hip hop and country line dance classes this summer from June 26 through Aug. 14. All classes will be held at the Gaylord Tiffany playground building. All classes will run for an eight-week session.

The schedule is as follows on Thursdays: Gymnastics for ages 3 to 5 will be from 5:30 to 6:30 p.m.; combo class gymnastics and hip hop for ages 6 to 12 from 6:30 to 7:30 p.m., and teen and adult country line dancing will be from 7:30 to 8:30 p.m. The cost is \$90 for the eight-week session.

To register contact the Winchester Recreation Department at

Send news and photos to
editor@winstedjournal.com



EXTRAS Cuts for Kids

Haircuts for children and young adults ages 1 to
\$20 per haircut

Sunday, June 8th from 9:00am - 2:00pm
Chad's Hair Studio, 138 Rt 44, Millerton, NY

**For an appointment call
Chad's Hair Studio at
518-789-6007.**

Walk-in's will be accommodated when possible.

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31 Bag Co., Chris Gillette Jewelry, Crystal First NYR Organics, Par
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Jamberry Nail Wraps & Younique 3D Mascara

~All Proceeds to benefit the EXTRAS prog

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