



Snow Running News ... Western Mass Athletic Club

Volume 17 Issue 1 Winter 2011

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2011 Dion Snowshoe Series:

Results and stories from:

Woodford - MA. State Champ.

Turner Trail - Greylock Glen

BTB - H - T & Whistle

Const. Hill - Side Hiller

Curly's RR - Northfield

Saratoga Winterfest

2011 Grand Tree Schedule

And Plenty More It's All Inside!

Up n' Coming Events:

Wed. Night Fun Runs5:30 PM
PNA Hall, 13 Victory St. Adams.

Snowshoe:

Northfield.....	2 - 26
Moody Spring	2 -27
Hawley Kiln.....	3 - 5
Nationals	3 / 11 - 13
Catamount	3 - 20

Grand Tree Trail Series:

N. Nipmuck.....	4 / 9
Merrimack	4 / 9
Muddy Moose	4 / 24 ???
7 Sisters	5 / 1
Morfun Wapack	5 / 7
Soapstone.....	5 / 15
Northfield	5 / 21
Greylock	6 / 19

Check the web page for complete schedules,
latest info, and up-dates!

www.runwmac.com

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Saratoga Spa 2011 -- Worshamer's View

They pulled into the Holyoke parking lot at 7:35am, and I held my breath. Would I be stuck in the back seat of a three-seat van with my legs trapped and cold for two hours? The door opened and I felt a sigh of relief come over me; Kenny Clark was in the back seat and I was going to be sharing the middle seat with Silverback Rich Busa. Farmer Ed was at the controls and Karl Molitoris was at shotgun. With my equipment stowed away we hit the road to Saratoga Springs. As I said once before in an article, I always feel like I'm going to the movie set of The Road to Wellsville when we head for Saratoga Springs SPA.

Konrad Karolczuk couldn't make the trip so it was up to Karl and me to navigate and slip money to Ed for tolls. It took two of us to fill Konrad's shoes; I was MapBoy and Karl handed the money over for tolls and manned the heater controls. I had fun arguing politics and philosophy with Karl while everyone else laughed at us for being so serious on the way to having fun. Properly chastened like two 8 year-olds, Karl and I started behaving ourselves. I couldn't be too hard on Karl; after all he gave me a big block of cough drops that will last me another year. Karl is The Man when it comes to cough drops. Everything there is to know about what can go wrong with a cough drop, Karl knows, and believe me there is a lot that he has to stay on top of. It's funny that on the way to SPA Busa is quite the talker. On the way back you can't keep him awake. I guess an 81 year-old guy does need his afternoon nap.

I hadn't been to SPA for quite a few years, and was thrilled to see it was staged from a much bigger space in a different building, and the course had slightly changed to give us more single track trail in the last three-quarters of a mile. I gave it my all and ran as hard as I could the whole race to get my finish position in the high 70s. As I was nearing the finish I came up behind Molitoris, who was walking. Of course as soon as he realized the finish was near he started running again and I couldn't muster the guts to catch him. He is the guy that was in shorts. Another surprising thing was that I came upon London Niles walking earlier in the race. London is a young kid who is a good snowshoer, but who needs to learn to pace himself over a course. After crossing the finish line I strolled back out that starting trail that we were on at the beginning so I could gag and puke without all the people at the finish line seeing me. As I was coming back, Barbarella Sorrel was finishing, then I lost track of her.

The temperature of the race was in the high 30s with no wind, so it was quite comfortable that day. Back at the car I waited for the Farmer to finish changing, then after I changed and got out of the car I ran into Barbarella in the parking lot. So instead of joining the others inside I just passed the time with her. Next thing I knew my other commuter pals were coming out to leave, so I never got inside to eat the good food. That's okay; we stopped at Stewart's on Route 9 before hitting I-87, and I got coffee and a big corn muffin. The others got ice cream.

Before long we were back onto the Mass Pike headed east and I had the Silverback next to me sleeping with his mouth hanging open while I listened to stories about Georgie Hendricks and the good old days.

All and all it was a very good day.

Thanks to Laura & Jeff Clark for putting on this race for us.

Bob Worsham

2011 Dion Snowshoe Series
12TH Annual Saratoga Spa Winterfest

5KM Snowshoe Race

2 / 6 / 11 Saratoga SPA Park, Saratoga Springs, NY

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Points</u>
01. Tim Van Orden	M 42	0:24:07	100.00
02. Dave Dunham	M 46	0:24:32	99.50
03. Tim Mahoney	M 31	0:24:37	99.01
04. Connor Devine	M 17	0:24:47	98.51
05. Matt Westerlund	M 38	0:24:48	98.02
06. Ken Little	M 24	0:25:48	97.52
07. Richard Teal	M 32	0:25:51	97.03
08. Ken Clark	M 48	0:26:02	96.53
09. Sean Reynolds	M 16	0:26:09	96.04
10. Benjamin Harper	M 14	0:26:11	95.54
11. Eric Hulbert	M 15	0:26:15	95.05
12. <u>Brittany Winslow 1st F</u>	F 17	0:26:23	94.55
13. <u>Abby Mahoney</u>	F 32	0:26:31	94.06
14. Daniel French	M 39	0:26:32	93.56
15. Taylor DellaRocco	M 16	0:26:33	93.07
16. Rick DeCarr	M 26	0:26:36	92.57
17. Charles Petraske	M 33	0:26:39	92.08
18. John Onderdonk	M 43	0:27:00	91.58
19. Jim Devine	M 50	0:27:44	91.09
20. David Peterson	M 52	0:27:50	90.59
21. Edward Alibozek	M 48	0:28:30	90.10
22. Rich Chipman	M 50	0:28:38	89.60
23. Mike Lahey	M 59	0:28:40	89.11
24. Andrew Wahila	M 26	0:28:54	88.61
25. <u>Jacque Schiffer</u>	F 46	0:29:15	88.12
26. Tom Tift	M 53	0:29:22	87.62
27. Adam Wright	M 21	0:29:41	87.13
28. <u>Kelly Holzworth</u>	F 32	0:29:51	86.63
29. <u>Courtney Tedeschi</u>	F 15	0:29:57	86.14
30. Jeffrey Andritz	M 29	0:29:58	85.64
31. Glen Tryson	M 57	0:30:01	85.15
32. <u>Aurora Lamperetta</u>	F 38	0:30:08	84.65
33. David Spore	M 39	0:30:14	84.16
34. <u>Jessica Hageman</u>	F 35	0:30:29	83.66
35. Steven Legnard	M 34	0:30:29	83.17
36. Ezra Hulbert	M 12	0:30:35	82.67
37. <u>Melanie Staley</u>	F 30	0:30:44	82.18
38. Tyrone Culpepper	M 47	0:30:46	81.68
39. Jeff Clark	M 53	0:30:48	81.19
40. Douglas Gerhardt	M 43	0:30:56	80.69
41. Bob Dion	M 55	0:31:08	80.20
42. Matthew Iglar	M 28	0:31:13	79.70
43. <u>Rachel Wysocki</u>	F 19	0:31:15	79.21
44. <u>Hannah Riordan</u>	F 16	0:31:18	78.71
45. Darren Drabek	M 36	0:31:21	78.22
46. <u>Theresa Hance</u>	F 47	0:31:31	77.72
47. Ian Hutchinson	M 46	0:31:33	77.23
48. Jeffrey Lutzker	M 59	0:31:39	76.73
49. Jan Rancatti	M 50	0:31:48	76.24
50. Frank Rees	M 51	0:32:00	75.74
51. Eric Kimmelman	M 46	0:32:02	75.25
52. <u>Kim E. Scott</u>	F 42	0:32:13	74.75
53. <u>Jane Mastaitis</u>	F 52	0:32:19	74.26

54. Alex Chlopecki II	M 39	0:32:22	73.76
55. Michael DellaRocco	M 59	0:32:26	73.27
56. Frank Paone	M 53	0:32:29	72.77
57. <u>Sarah Dzikowicz</u>	F 40	0:32:31	72.28
58. Richard Phillips	M 56	0:32:36	71.78
59. Tom Mack	M 46	0:32:48	71.29
60. Jeff Hattem	M 59	0:32:51	70.79
61. <u>Kaitlyn Wahila</u>	F 27	0:32:52	70.30
62. <u>Robin Murray</u>	F 42	0:32:52	69.80
63. Craig Roods	M 61	0:32:55	69.31
64. Kevin Lahoda	M 35	0:32:58	68.81
65. Jim Schertzer	M 35	0:33:07	68.32
66. <u>Laurel Shortell</u>	F 44	0:33:08	67.82
67. John Butler	M 44	0:33:09	67.33
68. <u>Jamie Casline</u>	F 51	0:33:18	66.83
69. Chris Terzian	M 49	0:33:20	66.34
70. Chris Imperial	M 30	0:33:21	65.84
71. Rich Tanchyk	M 59	0:33:41	65.35
72. Michael Brennan	M 41	0:33:41	64.85
73. <u>Diane Hanson</u>	F 46	0:34:00	64.36
74. William Milak	M 58	0:34:01	63.86
75. Karl Molitoris	M 55	0:34:02	63.37
76. <u>Clover Schwartz</u>	F 45	0:34:03	62.87
77. <u>Jennifer Ferriss</u>	F 39	0:34:05	62.38
78. Joe Bouck	M 48	0:34:08	61.88
79. Chris Boutillier	M 43	0:34:09	61.39
80. James Ebersold	M 50	0:34:12	60.89
81. Bob Worsham	M 65	0:34:14	60.40
82. <u>Lori Anne Harris</u>	F 47	0:34:17	59.90
83. <u>Mary McNamara</u>	F 57	0:34:19	59.41
84. Tom Wright	M 63	0:34:22	58.91
85. <u>Laura Cavanaugh</u>	F 25	0:34:41	58.42
86. Peter Canzone	M 57	0:34:43	57.92
87. Ed Alibozek Jr	M 71	0:34:43	57.43
88. London Niles	M 13	0:34:45	56.93
89. Bill Harper	M 63	0:34:47	56.44
90. <u>Michelle Rosowsky</u>	F 43	0:34:48	55.94
91. <u>Mary Hannon</u>	F 52	0:34:52	55.45
92. <u>Mary Fenton</u>	F 45	0:34:54	54.95
93. <u>Nicolette Pohl</u>	F 49	0:35:03	54.46
94. Bill Orr	M 48	0:35:04	53.96
95. <u>Elizabeth Gormly</u>	F 53	0:35:06	53.47
96. Denise Dion	F 52	0:35:13	52.97
97. Douglas Fox	M 66	0:35:14	52.48
98. <u>Maureen Roberts</u>	F 53	0:35:16	51.98
99. <u>Jessica Tucker</u>	F 24	0:35:23	51.49
100. <u>Pamela Del Signore</u>	F 41	0:35:31	50.99
101. Frank Bender	M 59	0:35:35	50.50
102. <u>Kodie Tanner</u>	F 25	0:35:39	50.00
103. <u>Donna Thrailkill</u>	F 52	0:35:41	49.50
104. Vincent Kirby	M 54	0:36:12	49.01
105. <u>Carol Gascoyne</u>	F 42	0:36:42	48.51
106. <u>Sandy Tasse</u>	F 32	0:36:45	48.02
107. Laura Clark	F 63	0:36:46	47.52
108. <u>Stephanie Boutillier</u>	F 41	0:37:13	47.03
109. Douglas Tucker	M 56	0:37:17	46.53
110. <u>Laney Lutzker</u>	F 60	0:37:28	46.04
111. <u>Heidi West</u>	F 44	0:37:36	45.54
112. <u>Beth Trapasso</u>	F 49	0:37:37	45.05

Continued next page:

Winterfest results cont:

113. <u>Liz Chipman</u>	F 50	0:37:50	44.55
114. <u>Jim Carlson</u>	M 63	0:38:01	44.06
115. <u>Jamie Howard</u>	M 45	0:38:06	43.56
116. <u>Bob Massaro</u>	M 67	0:38:09	43.07
117. Robert Norman	M 35	0:38:17	42.57
118. Peter Finley	M 49	0:38:21	42.08
119. Joseph Murphy	M 31	0:38:51	41.58
120. <u>Wendy Gavert</u>	F 49	0:39:04	41.09
121. <u>Linda Grace</u>	F 47	0:39:10	40.59
122. <u>Ashley Peacock</u>	F 34	0:39:12	40.10
123. Scott Fitchett	M 43	0:39:15	39.60
124. <u>Abby Endres</u>	F 33	0:39:21	39.11
125. Justin Caron	M 11	0:39:29	38.61
126. Darryl Caron	M 47	0:39:31	38.12
127. <u>Melinda Churchville</u>	F 33	0:39:32	37.62
128. <u>Karen Jean</u>	F 38	0:39:33	37.13
129. <u>Laurie Scheuing</u>	F 44	0:39:40	36.63
130. <u>Jean Karutis</u>	F 50	0:39:55	36.14
131. <u>Natalie Babij</u>	F 27	0:40:01	35.64
132. <u>Pia Sanda</u>	F 56	0:40:10	35.15
133. <u>Barbara Sorrell</u>	F 53	0:40:28	34.65
134. <u>Susan Johnson</u>	F 50	0:40:36	34.16
135. <u>Melissa Gordon</u>	F 32	0:40:39	33.66
136. Rene Cooper	M 51	0:40:47	33.17
137. David Boles	M 64	0:41:09	32.67
138. <u>Elizabeth Murphy</u>	F 25	0:41:24	32.18
139. <u>Mary Wilsey</u>	F 59	0:41:25	31.68
140. <u>Janet Tryson</u>	F 57	0:41:27	31.19
141. John Bateman	M 45	0:41:28	30.69
142. <u>Erin Lasky</u>	F 35	0:41:59	30.20
143. Charles Brockett	M 65	0:42:41	29.70
144. <u>Emily Bayley</u>	M 30	0:42:47	29.21
145. Eric Dirolf	M 24	0:42:48	28.71
146. <u>Jamie Muzzy</u>	F 33	0:43:11	28.22
147. <u>Andrea Devlin</u>	F 30	0:43:33	27.72
148. <u>Cathy Sheehan</u>	F 50	0:43:56	27.23
149. <u>Kathleen Tersigni</u>	F 40	0:44:13	26.73
150. Stephen Obermayer	M 49	0:44:19	26.24
151. <u>Mary Whittredge</u>	F 41	0:44:22	25.74
152. <u>Heather Murphy</u>	F 32	0:44:25	25.25
153. <u>Meghan Cook</u>	F 40	0:44:30	24.75
154. <u>Richard Busa</u>	M 81	0:44:37	24.26
155. <u>Phyllis Fox</u>	F 58	0:44:47	23.76
156. <u>Jennifer Kehn</u>	F 23	0:45:21	23.27
157. <u>Vicki DeGross</u>	F 48	0:45:36	22.77
158. <u>Angela Tompkins</u>	F 35	0:45:39	22.28
159. <u>Laura J Milak</u>	F 54	0:45:39	21.78
160. John Warlaumont	M 62	0:45:46	21.29
161. <u>Maureen O'Brien</u>	F 40	0:46:09	20.79
162. <u>Renee Russell</u>	F 45	0:46:21	20.30
163. Michael Maguire	M 55	0:46:25	19.80
164. <u>Ann Miller</u>	F 47	0:46:40	19.31
165. <u>Sibyl Jacobson</u>	F 68	0:49:16	18.81
166. Scott Ginsburg	M 55	0:50:37	18.32
167. <u>Beth Becker</u>	F 59	0:50:40	17.82
168. <u>Tania Kelly</u>	F 34	0:51:13	17.33
169. <u>Meg O'Leary</u>	F 40	0:51:25	16.83
170. Jordi EstevaDeordal	M 48	0:51:26	16.34
171. Jim Sheehan	M 58	0:52:52	15.84
172. Sean Muldoon	M 36	0:52:53	15.35

173. <u>Christie Muldoon</u>	F 36	0:52:54	14.85
174. <u>Rebecca Armstrong</u>	F 42	0:52:55	14.36
175. <u>Donna Gorson</u>	F 55	0:53:51	13.86
176. <u>Madeline Pantzer</u>	F 54	0:54:52	13.37
177. <u>Anne Wehey</u>	F 53	0:56:37	12.87
178. Joseph Trinchitella	M 61	0:57:10	12.38
179. <u>Nancy Botaitis</u>	F 52	0:57:11	11.88
180. Bill Kelly	M 54	0:57:12	11.39
181. <u>Cathy Biss</u>	F 63	0:57:14	10.89
182. <u>Sue Nealon</u>	F 60	0:57:20	10.40
183. Daniel Kelly	M 41	0:57:33	9.90
184. <u>Andy Keefe</u>	M 80	0:57:39	9.41
185. <u>Dawn M Pallor</u>	F 46	0:58:50	8.91
186. Daniel Smirlock	M 59	0:58:51	8.42
187. <u>Nancy Sajdak</u>	F 50	0:59:00	7.92
188. <u>Lu Uber-Shumway</u>	F 52	0:59:54	7.43
189. William Shumway	M 68	1:01:10	6.93
190. <u>Mona Sarafa</u>	F 35	1:01:12	6.44
191. <u>Heidi Ferren</u>	F 49	1:02:32	5.94
192. Dennis Pantzer	M 63	1:05:44	5.45
193. <u>Joann Lathrop</u>	F 44	1:07:32	4.95
194. <u>Karen Filkins</u>	F 54	1:09:49	4.46
195. Al Schultz	M 65	1:09:53	3.96
196. <u>Jeff Clark</u>	M 64	1:19:00	3.47
197. <u>Linda Schultz</u>	F 63	1:23:19	2.97
198. Thomas Perito	M 38	1:23:19	2.48
199. <u>Grace Perito</u>	F 4	1:25:44	1.98
200. <u>Meghan Herlihy</u>	F 6	1:26:03	1.49
201. Joseph Perito	M 8	1:26:47	0.99
202. <u>Kathy Perito</u>	F 39	1:26:48	0.50

Winterfest Super Snow

by Laura Clark

After Jeff and I finished marking the Winterfest Snowshoe course, we went to Saturday evening Mass and tried to blend in, snowshoe clothes and all. But Father saw right through us. As he approached the lectern, he looked directly at me and said, "If any of you are still praying for snow, you can stop now!" He must have had the power of the righteous behind him because as we left church the snow turned to rain, then sleet. Later on Jeff, Laurel Shortell and I witnessed thundersnow, an extremely rare phenomenon, with only 6.3 events being reported per year. I'm not sure how the weather guessers came up with the .3, but from the force of the explosion, I would say we got a full point thanks to the power of the pulpit.

Fortunately, Father's comment was interdenominational in nature: our snow held up just fine but the rain/sleet mix pleased those who were tired of shoveling. Which brings me to a puzzling observation. Folks were wildly ecstatic about this year's course, commenting that it was so much better than last year's. Well, naturally. This year we had snow as opposed to last year when we had conceptual snow and ice.

The course was always the same.

Continued next page:

Winterfest Super Snow cont:

Jeff and I would like to take credit for not believing in global warming, but really, that's as far as it goes. I only wish we could point our magic wands and transform all the race sites to winter wonderlands.

Still, this year proved so liberating! Instead of worrying about snow, we could direct our full attention to the race itself. Usually, this time of year I rather envy road race directors since there is no question whether or not they will have a road. And if for some reason a particular stretch of road caves in, there is always another waiting to take up the slack.

As usual, I ran the race, but more as an afterthought than as a competitor. I so much enjoy seeing others have a good time on a day Jeff and I designed especially for them. Now, a week later I have no memory of how I did or how I felt when I did it. Which of course proves that I should have written this a lot sooner, but also indicates how race director mode intrudes – is that course marshal in the proper location? Are the orange flags still waving at attention? Are the chronoprinters functioning properly? The orchestral effort is so much more overriding than individual performance.

While most Americans were focused on the evening's superbowl activities, we were content with winning the pre-game snow betting pool for our Super Snow party. Who knows? If we can maintain our streak we may even change the landscape of sought-after events. Currently that record is held by the Turkey Trots, Turkey Raffles and Gobbler Gallops crowning Thanksgiving Day as the most popular race date in the United States. But now that Superbowl seems to be as much of an excuse to party as an athletic event, we need to reassert our puritanical roots and earn our chips and dip.

This Winterfest Sunday we were all winners, enjoying wonderful snow, friendly competition, and a pre-game pot luck. Perhaps this can be the start of a new trend in celebratory running.

Laura Clark

**WMAC's Turkey Trot
5K Road Race
Thanksgiving Day Nov. 25, 2010**

Club members in bold:

<u>Name</u>	<u>Age</u>	<u>St.</u>	<u>Time</u>
1) Nick Fogel	20 M	MA	16:02
2) Steve Dowsett	22 M	MA	16:15
3) Dan Dix	31 M	PA	16:29
4) Alex Schueckler	20 M	VT	16:44
5) Daniel Dermody	17 M	MA	16:54
6) Joshua Lipinski	26 M	MA	17:02
7) Logan Wilson	16 M	MA	17:12
8) Jeff Niedeck	43 M	MA	17:17
9) Philip Sullivan	22 M	MA	17:30
10) Will Fogel	24 M	MA	17:42
11) Steve Marko	27 M	CT	17:48
12) Jim Preite	46 M	MA	17:53

13) Jackson Alberti	14 M	MA	17:57
14) Trevor Ciempa	14 M	MA	17:59
15) Mike Lescarbeau	39 M	MA	18:00
16) Mark Poirot	19 M	MA	18:03
17) William Morissette	18 M	MA	18:08
18) Timothy Allard	24 M	MA	18:09
19) David Wilson	48 M	MA	18:14
20) Chris Bernier	28 M	VT	18:16
21) John Kline	44 M	MA	18:21
22) Travis Ciempa	14 M	MA	18:22
23) Cody Lucido	16 M	MA	18:43
24) Tim Austin	29 M	MA	18:47
25) Austin Poulton	15 M	MA	18:50
26) John Guzzi	33 M	VT	18:58
27) <u>Jacque Pierce</u> 1st F	21 F	MA	19:03
28) Todd Gould	36 M	MA	19:09
29) Matthew Haun	36 M	NY	19:09
30) <u>Rita Longworth</u>	24 F	MA	19:52
31) <u>Diane Pomeroy</u>	44 F	MA	19:54
32) Joe Gwozdz	55 M	MA	19:58
33) Andrew Donovan	27 M	MA	20:18
34) Steve Rondeau	52 M	MA	20:20
35) Cosmo LaViola	28 M	MA	20:23
36) Chad Pause	37 M	MA	20:28
37) Jeff Guyer	40 M	MA	20:33
38) <u>Skye Bagley</u>	19 F	MA	20:34
39) Bill Ross	49 M	MA	20:36
40) Jared Haley	12 M	MA	20:41
41) Bob Pizani	41 M	NH	20:44
42) Danny Graham	32 M	NY	20:44
43) James Hartwig	30 M	MA	20:47
44) Tony Milazzo	20 M	MA	20:50
45) <u>Abigail Bishop</u>	19 F	MA	21:03
46) Matt Resnisky	39 M	CT	21:08
47) Scott Bradley	55 M	MA	21:11
48) Michael Lucido	41 M	MA	21:12
49) Jan Rancatti	50 M	VT	21:14
50) Brian Alarie	47 M	MA	21:18
51) Mike Lahey	59 M	MA	21:20
52) Nicholas Civallo	35 M	MA	21:22
53) Frank Krol	35 M	MA	21:24
54) Bill Lasoskie	47 M	MA	21:28
55) <u>Megan Rodowicz</u>	14 F	MA	21:29
56) <u>Alyson Alibozek</u>	13 F	MA	21:30
57) <u>Jordanne Wotkowicz</u>	16 F	MA	21:33
58) Ryan Kordana	18 M	MA	21:36
59) Tim Drake	50 M	MA	21:46
60) Russell Phillips	33 M	MA	21:48
61) Paul Marszalek	49 M	MA	21:51
62) Jeff Parkman	63 M	MA	21:55
63) Matt Labbee	27 M	MA	21:55
64) <u>Chloe McGrath</u>	19 F	MA	21:56
65) Cameron Geller	20 M	MA	21:57
66) <u>Meghan O'Grady</u>	19 F	MA	21:57
67) Mike Pytko	55 M	MA	22:00
68) John Aldrich	52 M	MA	22:00
69) <u>Heather Benlein</u>	36 F	MA	22:04
70) <u>Audrey Witter</u>	46 F	MA	22:16
71) Jeremy Hertzig	38 M	WA	22:33
72) Aaron Souza	24 M	MA	22:36

Continued next page:

Turkey Trot results cont:

73) Amanda Ely 14 F MA 22:36
74) Lauren Hobbie-Welch 26 F MA 22:40
75) Jason Cuddihy 27 M MA 22:42
76) Dalton Larabee 20 M MA 22:46
77) Bill Russell 47 M MA 22:47
78) Gregg Diefendorf 24 M MA 22:49
79) Shaun Reagan 24 M MA 22:50
80) Don Sommer 56 M MA 22:51
81) Doug Schiazza 39 M MA 22:52
82) Sam Prudhomme 16 M MA 22:52
83) Sydnee Gallup 13 F MA 22:53
84) Stephanie Dix 27 F PA 22:53
85) Shellene Murphy 38 F CA 22:59
86) Bill Eagan 55 M MA 23:02
87) Ben Kozik 32 M MA 23:04
88) Ed Bishop 48 M MA 23:06
89) Miaranda Gajda 16 F MA 23:09
90) Megan Kittler 15 F MA 23:11
91) William Kittler 46 M MA 23:12
92) Alison Larabee 28 F MA 23:15
93) Sarah Glendon 31 F NY 23:16
94) Robert Ciempa 44 M MA 23:17
95) Lori Sayers 34 F MA 23:36
96) Laurie Therrien 44F MA 23:37
97) Tom Corrigan 47 M MA 23:37
98) Paige Lawson 44F MA 23:38
99) Leanna Polidoro 28 F MA 23:40
100) Aimee LeBlanc 20F MA 23:41
101) Andre LeBlanc 52 M MA 23:41
102) Mary Kennedy 52 F MA 23:43
103) Dave Rosander 28 M MA 23:45
104) Barbara LaBonte 43 F MA 23:47
105) Tammy Kelley 35 F MA 23:48
106) Robert Lucido 44 M MA 23:54
107) Spencer Newman 42 M VT 23:54
108) Jerry Sargent 40 M MA 23:55
109) Sarah Benedict 15 F MA 23:57
110) Meghan Foley 24 F MA 24:00
111) Jeff Gallese 46 M FL 24:02
112) Aimee Sinopoli 35 F MA 24:03
113) Juanice Cook-Driver 62 F MA 24:05
114) Dave Balardini 44 M MA 24:07
115) Tim Brown 56 M MA 24:08
116) Debra Wechter 35 F MA 24:08
117) Diane Pytko 53 F MA 24:09
118) Bruce Meekin 52M MA 24:13
119) David Sinopoli 45 M MA 24:14
120) Nick Witruk 51 M MA 24:18
121) Ed Alibozek 71 M MA 24:18
122) Holly Hayer 35 F MA 24:19
123) Aaron Brassard 20 M MA 24:21
124) Mary Wilk 17 F MA 24:24
125) Emily Rodowicz 17 F MA 24:25
126) Ryan Cooney 23 M MA 24:25
127) Tammy St. John 29 F MA 24:26
128) Laura Baran 40 F MA 24:29
129) Mollie Mark 31 F NH 24:30
130) Chris Eliadi 33 M MA 24:30
131) Sarah Macksey 26 F MA 24:41
132) Brittany Breault 25 F MA 24:42

133) Frank Graham 24 M MA 24:43
134) Samantha Melendez 20 F MA 24:45
135) Mary Glendon 33 F CT 24:46
136) Yael Silverstein 26 F MA 24:46
137) Amanda Tedford 23 F MA 24:47
138) Catherine Marceau 14 F MA 24:48
139) Destiny Crews 13 F MA 24:54
140) Dan Sullivan 61 M MA 24:58
141) Julie Graham 31 F NY 25:03
142) Katherine Kittler 11 F NH 25:03
143) Sue Solari 49 F MA 25:09
144) Heather Witherell 31 F MA 25:14
145) Jim Witherell 38 M MA 25:15
146) Dylan McLearn 15 M MA 25:16
147) Christopher Hilton 29 M MA 25:19
148) Darlene McCarthy 48 F MA 25:22
149) Stan Serafin 57 M MA 25:23
150) Caitlin Serafin 25 F MA 25:24
151) Colleen Galvin 34 F MA 25:24
152) Patrice Dermody 17 F MA 25:25
153) Cheryl Dabrowski 51 F MA 25:26
154) Vic LaPort 70 M MA 25:27
155) Pete Lipka 59 M MA 25:29
156) Erika Geller 23 F MA 25:31
157) Bob Geller 60 M MA 25:31
158) David Jenkins 38 M VA 25:33
159) Jim Lucie 43 M MA 25:34
160) Lauren Rodowicz 21 F MA 25:34
161) Jeff Wylde 38 M NY 25:42
162) Greta Noyes 35 F MA 25:43
163) David Lemieux 20 M MA 25:44
164) Thane Preite 13 M MA 25:51
165) Claudine Preite 44 F MA 25:51
166) Laura MacWhinnie 38 F MA 25:52
167) Ellen Dooley 36 F MD 25:53
168) Danielle Sargent 29 F MA 25:58
169) Ryan Kluck 17 M MA 26:10
170) Chris Baran 41 M MA 26:14
171) Christine Alberti 43 F MA 26:16
172) Scott Ingalls 35 M MA 26:24
173) Jessica Holmes 29 F MA 26:25
174) Karen Buell 28 F MA 26:26
175) Chris Buell 29 M MA 26:30
176) Katy Kinnas 27 F MA 26:35
177) Eric White 69 M MA 26:36
178) Linda Garner 50 F MA 26:52
179) Shawn Mille 26 M MA 27:00
180) Bob Rodowicz 52 M MA 27:02
181) William Keen 63 M MA 27:02
182) Karin Bradley 53 F MA 27:06
183) Sarah Russett 22 F MA 27:08
184) Marty Glendon 64 M MA 27:09
185) Elisa Hilton 27 F MA 27:10
186) Brian McCarthy 49 M MA 27:11
187) Angela Bevin 37 F VT 27:19
188) Jackie Lemieux 44 F MA 27:24
189) Christine Witruk 46 F MA 27:28
190) Christine Arace 37 F MA 27:29
191) Kris Maloney 52 F MA 27:42
192) Laurie Rondeau 52 F MA 27:57

Continued next page:

Turkey Trot results cont:

193) <u>Sara Pieczarka</u>	30 F	MA	27:59
194) Jasper Bator	09 M	MA	28:00
195) Joe Bator	39 M	MA	28:03
196) <u>Jess Austin</u>	29 F	MA	28:10
197) <u>Kristen Kinnas</u>	25 F	MA	28:11
198) <u>Julie Gardner</u>	39 F	MA	28:13
199) <u>Catie Burke</u>	36 F	MA	28:16
200) <u>Becky Aulisio</u>	37 F	OR	28:18
201) Jeff May	50 M	MA	28:20
202) Bill Glendon	64 M	MA	28:21
203) Tom Thornton	51 M	CA	28:24
204) <u>Carol Corrigan</u>	57 F	MA	28:34
205) <u>Erika Lucia</u>	15 F	MA	28:35
206) Jason Leja	39 M	MA	28:40
207) <u>Elaine Thornton</u>	49 F	CA	28:45
208) <u>Lauren Gogan</u>	32 F	MA	29:13
209) <u>Bianca Trzcinski</u>	29 F	MA	29:19
210) <u>Marnie Sommer</u>	28 F	MA	29:20
211) <u>Breanne Calkins</u>	25 F	MA	29:28
212) <u>Lauren Pellegrino</u>	33 F	NY	29:29
213) <u>Chastity Vangosen</u>	25 F	MA	29:46
214) <u>Amanda Blanchard</u>	29 F	MA	30:13
215) <u>Sheryl Gibson</u>	41 F	MA	30:15
216) Ryan Baran	09 M	MA	30:16
217) <u>Sherrie Tower</u>	40 F	MA	30:30
218) <u>April LeSage</u>	29 F	MA	30:35
219) <u>Oliver Loewen</u>	57 M	MA	30:57
220) George Bushika	70 M	MA	31:04
221) <u>Amber La Fontaine</u>	31 F	MA	31:10
222) <u>Kerry Hamill</u>	33 F	NY	31:12
223) <u>Lauren Whitney</u>	30 F	MA	31:13
224) <u>Bernadette Lupo</u>	30 F	MA	31:15
225) <u>Rachel Tomkowicz</u>	43 F	MA	31:19
226) <u>Tracy Cahalan</u>	44 F	MA	31:20
227) <u>Annika Worth</u>	38 F	MA	31:22
228) <u>Katherine Wilson</u>	28 F	NY	31:26
229) <u>Laura White</u>	31 F	MA	31:27
230) <u>Diane Rousseau</u>	46 F	MA	31:31
231) <u>Katie Hasun</u>	29 F	NY	31:35
232) <u>Molly Guest</u>	40 F	MA	31:53
233) <u>Robin Finnegan</u>	38 F	MA	31:54
234) <u>Shelley Fachini</u>	45 F	MA	31:55
235) Ron Mensh	60 M	MA	31:56
236) <u>Shelley O'Dowd</u>	41 F	MA	31:59
237) <u>Lara Moody</u>	24 F	MA	32:21
238) <u>Amanda Moody</u>	29 F	MA	32:32
239) <u>Tracie Thomas</u>	37 F	MA	32:37
240) <u>Madison Benlein</u>	10 F	MA	32:37
241) <u>Lisa Pereira</u>	44 F	MA	33:33
242) <u>Jessica Dellaghelfa</u>	26 F	MA	33:40
243) <u>Kerry Lapon</u>	27 F	MA	33:59
244) Rick Ciampa	55 M	MA	34:00
245) <u>Esther Balardini</u>	41 F	MA	34:01
246) Tom Balardini, Jr.	47 M	MA	34:01
247) <u>Pam Sommer</u>	53 F	MA	34:21
248) <u>Wendy Herrera</u>	50 F	MA	34:28
249) Elliot Krantz	06 M	MA	34:29
250) <u>Paula Moyer</u>	33 F	MA	34:48
251) <u>Marissa Parker</u>	25 F	MA	34:55

252) <u>Jodi Benoit</u>	34 F	MA	35:52
253) <u>Geola LeSage</u>	30 F	MA	36:32
254) <u>Rebecca Benedict</u>	16 F	MA	36:37
255) <u>Angela Spitia</u>	46 F	MA	37:42
256) <u>Teri Fortini</u>	30 F	MA	38:47
257) <u>Tanya Malloy</u>	35 F	MA	39:01
258) Russell Crowsen	32 M	MA	39:19
259) <u>Cynthia Crowsen</u>	28 F	MA	39:19
260) <u>Dawn Daniels</u>	35 F	MA	40:01
261) <u>Aimee Marko</u>	33 F	NY	40:12
262) <u>Teri Leja</u>	36 F	MA	40:29
263) <u>Vickie Leja</u>	18 F	MA	42:56
264) <u>Simma Krantz</u>	02 F	MA	43:02
265) John Moyer, Jr.	34 M	MA	43:03
266) Noah Krantz	04 M	MA	43:05
267) Emmett Krantz	04 M	MA	43:05

A record number of finishers!

From Worsham's Corner in the last newsletter:



If you guessed that this double outhouse was located at the start and finish of the Wapack Trail race in New Ipswich, N. H. you were correct. Thanks to Bobby Worsham for sending along the photo.

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WMAC's Christmas Party



WMAC club members and guests enjoyed a wonderful night out at the annual Christmas Party on December 18, 2010 at the Six House Pub in Williamstown, MA.

Running stories from the past year were exchanged and friendships renewed during the social hour before the appetizers were served and the buffet dinner began. Santa once again made a special appearance to wish everyone a Merry Christmas and a Happy New Year. He even had time for a dance with some of the ladies. Unfortunately for Peter Lipka though, for the second year in a row he was in the men's room while Santa made his rounds and he missed out on all the good cheer again.



The Chris Merenda Band from Pittsfield kept us entertained and dancing all night with a mix of old favorites and some original songs. The electric banjo sure was interesting.



From left: Ann Dobrowolski, Ellen Mach, Fran (Poncho) Mach, Sue Snyder, and Ken Swiatek enjoy Santa's visit.



And it's a good thing Poncho brought his checkbook because at the end of the night we stuck him with the bill!

Thanks Ponch!

2011 Dion Snowshoe Series
9TH Annual "I LOVE WOODFORD"

3.3 Mile Snowshoe Race

December 26, 2010 ... Woodford State Park ... Woodford, VT

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Points</u>
01. Jim Johnson	M 33	0:20:28	100.00
02. Tim Van Orden	M 42	0:21:01	98.70
03. Dave Dunham	M 46	0:22:13	97.40
04. Stephen Dowsett	M 22	0:23:17	96.10
05. Connor Devine	M 17	0:23:18	94.81
06. Steve Wolfe	M 46	0:24:10	93.51
07. Chris Dunn	M 42	0:24:57	92.21
08. John Agosto	M 46	0:25:03	90.91
09. Erik Wight	M 51	0:25:17	89.61
10. Richard Teal	M 32	0:25:21	88.31
11. Caleb Strong	M 54	0:25:32	87.01
12. Ken Clark	M 48	0:25:37	85.71
13. Lucas Roods	M 20	0:26:57	84.42
14. John Beard	M 46	0:27:03	83.12
15. Clinton Morse	M 48	0:27:05	81.82
16. Dan French	M 39	0:27:12	80.52
17. Allen Bates	M 62	0:27:21	79.22
18. Edward Alibozek	M 48	0:27:24	77.92
19. Dave Almond	M 36	0:28:26	76.62
20. Mike Lahey	M 59	0:28:41	75.32
21. Thomas Devine	M 50	0:28:58	74.03
22. Jim Devine	M 50	0:29:33	72.73
23. Randy Zucco	M 40	0:29:47	71.43
24. Richard Chipman	M 50	0:29:52	70.13
25. <u>Ellen Dobbin</u>	F 23	0:30:36	68.83
26. Bill Morse	M 59	0:30:39	67.53
27. Jeff Clark	M 52	0:31:38	66.23
28. David Durfee	M 49	0:31:53	64.94
29. <u>Michelle Lombardo</u>	F 42	0:32:13	63.64
30. Richard Kelly	M 49	0:32:37	62.34
31. <u>Marcy Beard</u>	F 41	0:33:11	61.04
32. Dave Florini	M 47	0:33:17	59.74
33. Erin Clark	F 22	0:33:56	58.44
34. Joe Bouck	M 48	0:34:01	57.14
35. Scott Bradley	M 55	0:34:02	55.84
36. Jan Rancatti	M 50	0:34:03	54.55
37. Bob Dion	M 52	0:34:50	53.25
38. London Niles	M 13	0:34:52	51.95
39. Jeff Gallese	M 41	0:35:38	50.65
40. <u>Jen Kuzmich</u>	F 52	0:35:40	49.35
41. Ed Alibozek, Jr	M 71	0:35:41	48.05
42. Jeff Hattem	M 59	0:35:51	46.75
43. Craig Roods	M 61	0:36:00	45.45
44. John Pelton	M 71	0:36:07	44.16
45. <u>Sara Praguski</u>	F 31	0:36:08	42.86
46. <u>Patty Duffy</u>	F 42	0:36:19	41.56
47. Stan Serafin	M 57	0:36:31	40.26
48. <u>Kitty Jerome</u>	F 50	0:36:34	38.96
49. Pete Canzone	M 57	0:36:39	37.66
50. <u>Jackie Thomson</u>	F 43	0:36:44	36.36
51. <u>Jennifer Ferriss</u>	F 39	0:36:44	35.06
52. <u>Laurel Shortell</u>	F 44	0:36:56	33.77
53. Denise Dion	F 52	0:37:12	32.47
54. Laura Clark	F 63	0:38:18	31.17

55. Vince Kirby	M 54	0:38:32	29.87
56. Brad Herder	M 53	0:38:49	28.57
57. Bob Massaro	M 65	0:39:22	27.27
58. <u>Ginny Patsun</u>	F 42	0:40:03	25.97
59. Jamie Coyne	F 52	0:40:39	24.68
60. <u>Sweep Voll</u>	F 49	0:40:35	23.38
61. Claudine Preite	F 44	0:41:04	22.08
62. <u>Kristin Kelly</u>	F 21	0:41:05	20.78
63. Jim Carlson	M 62	0:41:40	19.48
64. <u>Alison Malmborg</u>	F 44	0:43:48	18.18
65. Konrad Karolczuk	M 58	0:44:00	16.88
66. Pete Finley	M 49	0:45:17	15.58
67. Jamie Howard	M 45	0:45:49	14.29
68. Karin Bradley	F 53	0:46:14	12.99
69. Ray Lee	M 68	0:47:55	11.69
70. <u>Ginny Kelly</u>	F 48	0:49:04	10.39
71. <u>Vicki Quagliaroli</u>	F 57	0:49:44	9.09
72. George Boudreau	M 41	0:52:14	7.79
73. Rebecca Armstrong	F 42	0:53:31	6.49
74. Jeff Clark	M 64	0:57:46	5.19
75. <u>Bianco Methan</u>	F 26	1:11:09	3.90
76. <u>Debbie Sylvin</u>	F 55	1:11:12	2.60
77. Owen Dobbin	M 60	1:11:14	1.30

Really Over the Hill---100 and Counting...

by Laura Clark

When I turned the big 6-0, I was really excited about my newly earned age group and wrote a series of Over the Hill stories. Eventually though, reality punched through and while I was running with the same amount of effort, I became stuck in a frustrating slow motion dream sequence. Except I wasn't going to wake up. With the glamour no longer there, I shelved the series. Until now...

Age-related memory loss might explain why Woodford took me by surprise. No sooner had I alighted from Annie that Dave Dunham, camera at the ready, said "Congratulations!" and took one of those candidly posed celeb shots. I recovered enough to query, "Why are you taking my picture? I haven't won the race yet!" Was there an age-adjusted start? Or more likely, perhaps Dave was collecting before and after comparisons. But no. The reason was that our Chief Snowshoe Statistician remembered that Woodford 2010 was to be my Centennial Event. Not even Jeff, my biggest fan, had remembered. But of course, he has been over the hill for a year longer than I.

Needless to say I was touched by Dave's gesture and even more grateful that I did not have to agonize over preparations any more than is normal for the first snowshoe race of the season. The previous week Saratoga had happily acquired a possible four inches of snow, if you glanced at it sideways and without a ruler. Determined Jeff, Jen Ferriss and I tested equipment and stamina.

Jeff promptly decided on a Fleet Feet excursion for new pants, while I waited until after my unsuccessful attempt to mend multiple holes in my old tights.

Continued next page:

Really Over the Hill Cont:

There are some things that require more than duck tape. Jen discovered that it is probably not a good idea to wear thin Christmas socks, no matter how seasonally festive. I was the hands-down winner in the gloves department, inheriting a pair of too-small, too-warm mittens from Jeff. Fortunately, Santa later rewarded Jeff's generosity. I also learned that storing a filled water bottle in the car for an after-work jaunt works fine if you like to chomp away on ice. Santa once again pulled through with one of those high-tech hot/cold models. When all is said and done, testing equipment options before the final Christmas shopping day worked out well for us.

Woodford, a seasonal WMAC holiday, falls on the first Sunday after Christmas. So this year it was dutifully scheduled for the Day After Christmas, a day which most sane people reserve for hibernating, playing with toys and attending after-Christmas sales. As a race director, it is not easy organizing an event the day after a worldwide celebration. But luckily, Santa's elves concluded that Jack Quinn was an especially good snowshoer this year and had commissioned a youth work crew to hack away at the trail as well as to construct an impressive series of plank bridges. While the parking lot was slightly less crowded, that was mainly due to the absence of the entourage of snowmobilers and their personal trailers that greedily suck up several slots per rider. Guess they chose the hibernating option that day.

For some reason, I had trouble getting into the swing of things, obsessing whether or not I had enough energy in my rebuilt engine to pull through. By the time I figured out that I was still fairly functional, several key players had passed me despite the fact that I was wearing one of the send-off Targets. In case you haven't yet picked up the December *Adirondack Sports & Fitness*, it is helpful to know that this year, in the interests of political correctness, there are two Targets, one for the faster group and one for the transitional group. The transitional group is solidly comprised of the slower folks and fleetingly visited by newbies who will soon gain their snow legs and outpace their mentors. Oh well. Still, I took comfort in the fact that I did manage to hold off some of those behind me. Edward Albozek, as honorary wearer of the faster Target, also felt that it did not help him so much as give those behind something to shoot for. Which they did, hanging behind and then overtaking him on the final straightaway. At the end of each event, either Jim or I get the Targets, or possibly Laurel Shortell if neither of us is around. We figure Laurel, having never missed a race, is fairly reliable. At the next race previous Target wearers get to hand off to a runner several places ahead or behind.

After warning Jen, a first-time Woodforder about the dangers of heading into the lake on the return trip, I almost made the same mistake. Not quite at race pace, I actually noticed the spot where the path diverged into two trails. The trouble was that while only one claimed "road less traveled" status, both confidently sported jaunty Dion bunny footprints. Eeny, meeny, miney, moe later and I had actually made the right choice for once! Maybe there's something to be said for this Centenarian stuff after all.

Waiting for each of us at the end of the journey was not only Jack Quinn but half the Sunday inventory of the Vermont Bread Company. As we clomped across the highway on our way to the parking lot, the speeding cars actually paused in their headlong rush to the mall. I would like to think that the orange cones and Race in Progress postings finally got some respect. I suspect, however that it was the sight of runners carrying packaged loaves of bread. Was this a breakfast run or were we product testing to see how far we could get on a single loaf? In my case at least, the answer was obvious: I was Hansel and Gretting it into the woods, bread crumbs at the ready.

Laura Clark

2011 Dion Snowshoe Series 4th annual 2010 Mass State Championship

(make up from March 2010 & December 2010)

North – South Pond 3 miles Jan. 2, 2011

Savoy MT. State Forest Florida, MA

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Points</u>
01. Tim Van Orden	M 42	0:22:55	100.00
02. Jim Johnson	M 33	0:23:54	96.00
03. Steve Dowsett	M 22	0:25:41	92.00
04. Ken Clark	M 48	0:29:20	88.00
05. Mike Lahey	M 59	0:30:46	84.00
06. Allan Bates	M 62	0:30:52	80.00
07. James Hartwig	M 30	0:35:12	76.00
08. <u>Sweep Voll</u> 1 st F	F 49	0:36:23	72.00
09. <u>Jessica Hageman</u>	F 35	0:38:14	68.00
10. Brian Northan	M 35	0:38:22	64.00
11. Ed Albozek Jr	M 71	0:38:40	60.00
12. <u>Kathy Furlani</u>	F 62	0:39:06	56.00
13. <u>Laurel Shortell</u>	F 44	0:39:36	52.00
14. <u>Jamie Coyne</u>	F 52	0:40:36	48.00
15. Mike DellaRocco	M 59	0:40:37	44.00
16. London Niles	M 13	0:41:07	40.00
17. Bob Dion	M 55	0:42:37	36.00
18. <u>Laura Clark</u>	F 63	0:43:00	32.00
19. Brad Herder	M 53	0:45:48	28.00
20. Bob Massaro	M 67	0:46:08	24.00
21. Jamie Howard	M 45	0:46:12	20.00
22. Konrad Karolczuk	M 58	0:47:00	16.00
23. <u>Rebecca Armstrong</u>	F 42	0:57:14	12.00
24. Jeff Clark	M 64	1:06:20	8.00
25. Edward Albozek	M 48	1:25:30	4.00

It took a while to crown our 2010 Massachusetts State Snowshoe Champions at an event, as we lost our usual Northfield event last March as well as the December make up event scheduled for North Pond due to poor conditions.

We crept a bit over the year barrier but here we finally have it. Sweep Voll and Tim Van Orden take the honors for overall champions. Congratulations Sweep and Tim!

The Day That Was Like Last Year But Wasn't... Choose Your Own Adventure at North / South Pond

This year's first North/South Pond snowshoe race was a study in contradictions. If you weren't sure of the location, event designation, race director, or even wondering if you had enough loose change in your pocket for the entry fee, all you had to do was stick around long enough for another option to present itself.

Here is how the story unravels: the Massachusetts State Snowshoe Championship, originally scheduled for March 2010 in Northfield was postponed to December because of lack of snow cover. December fared no better, with December 25 being the only day that showed promise. Needless to say, Santa holds exclusive rights, so the 2010 date stealthily tiptoed across the border to January 2, 2011, hoping no one would notice. Hardly anyone did.

A fireworks meltdown over the New Year's holiday left race director Edward Alibozek (incidentally from CT and standing in for official MA representative Dave Dunham) hunkered down with his email list. "Here is what I suggest," he cautiously typed, "- stay home and skip the race if you have any doubts or want to avoid potentially poor snowshoe conditions. Truthfully, most of you should avoid our race tomorrow. Do something else..."

For some, Edward's email offered an excuse to catch up on some post-New Year's napping, for others, it did little more than present a challenge, and for Streaker Laurel Shortell or others diligently working their way toward their hundredth race, it was a moot point entirely. So despite Edward's warnings, twenty-five intrepid snowshoers arrived at North/South Pond, not certain if the course would head North or South, unclear as to the exact mileage and up in the air as to whether they would be running a WMAC Dion Snowshoe event, a Federation event or a Massachusetts State Championship. Turned out we got all three and then some.

The lucky twenty-five who chose to go along with the adventure discovered that they were also participating in Dion Appreciation Day, and as such would receive FREE entry. Bob, however, was down below in Adams, getting his Fat Ass 50K underway. As soon as he shouted GO! he raced to his car and sped up the mountain, confident that all police offers were tucked snugly in bed after New Year's duty. There he graciously received our applause and then joined in the snowshoe race.

If you weren't quite geared up yet for snowshoe season, no worries. The balmy 38 degree day was a match for a not-yet-retired fall wardrobe, and trail runners who were loath to part with mud and water crossings got to experience the best of both worlds—snow *and* mud! But after all, Savoy Mountain State Forest is located in the town of Florida and as such holds promise of a balmy winter break Florida vacation. Although accounts differ as to how Florida got its name, folks speculate that it was either an act of defiance or typical Yankee humor since the town is typically the coldest spot in Massachusetts during the winter months. Obviously, this was an off day.

I heeded Edward's advice and when the path became at all slushy, I veered off to the side and luxuriated in six inches of unquished snow. For those following the beaten path, frost heaves as well as uncovered twigs and rocks provide their own brand of excitement. A recent *Runner's World* article touted the "intimate feel" of the Big Sur Marathon—with *only* 4,000 runners. We took intimate back to its real meaning with a field of twenty-five experiencing the early days of trail racing where bib numbers are frivolous and a plate of homemade chocolate chip cookies serves as a post race snack for folks relaxing around a wood burning stove.

Still, greeting us at the very entrance was evidence that we have grown soft. Smack dab in the middle of the parking lot pathway was a teetering handicapped portapottie, worthy of a Nipmuck Dave event. Used to be we were grateful for his and her snowbanks, but now only a double-wide pottie would do to luxuriously accommodate our bigfoots.

Once again, the TARGET worked its magic, propelling Laurel Shortell to a 4th place women's finish and Mike Lahey to 5th overall. And as for the Massachusetts State Championship, only eleven out of the twenty-five entrants were actually from Massachusetts and the overall winner, Tim Van Orden, proudly claims Vermont as his home turf. However, Sweep Voll, the overall female, does possess bona fide Massachusetts residency. Incidentally, Sweep offered us an impressive demonstration of how to use hiking poles to great effectiveness. This is one of those "try this first at home" lessons requiring coordination, fancy footwork and a lengthy acquaintance with an elliptical machine in the off-season.

If we actually manage the 2011 State Championship in March, this would leave us with the possibility of Tim and Sweep becoming state champions twice in the same year. Only in America, the land of equal opportunity, could this be possible. Moving right along, despite the currently posted snowshoe schedule, I suspect the presence of such a formidable pottie hints of at least one more event to be held at Savoy. While we only occasionally hand out special treats at individual races, I am hoping South/North Pond could be the exception. Being that Florida is the only place in the world where the Florida Turnip, a sweet rutabaga, is grown, I'm hoping that a few of these might grace our post-race hot chocolate and cookie table someday. All we need is some more snow and a dedicated shopper to produce the Run for the Florida Turnips!

Laura Clark



2011 Dion Snowshoe Series
3rd Annual Turner Trail

5 – Mile Snowshoe Race

January 8, 2011 ... Pittsfield State Forest ... Pittsfield, MA.

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Points</u>
01. Jim Johnson	M 33	0:42:31	100.00
02. Tim Van Orden	M 42	0:44:51	98.39
03. Ross Krause	M 31	0:46:33	96.77
04. Connor Devine	M 17	0:48:08	95.16
05. Steve Wolfe	M 46	0:48:35	93.55
06. Chris Taft	M 30	0:50:39	91.94
07. John Pager	M 48	0:50:45	90.32
08. Richard Teal	M 32	0:51:27	88.71
09. Ken Clark	M 48	0:51:50	87.10
10. Alan Bates	M 62	0:53:57	85.48
11. Brian Northan	M 35	0:54:15	83.87
12. Jim Priete	M 46	0:54:16	82.26
13. Ashley Krause 1st F	F 33	0:56:35	80.65
14. Mike Lahey	M 59	0:56:45	79.03
15. <u>Chelynn Tetreault</u>	F 35	0:57:58	77.42
16. Jim Devine	M 50	0:58:02	75.81
17. Rich Chipman	M 50	0:59:35	74.19
18. Dan Damasca	M 49	0:59:36	72.58
19. Paul Wachur	M 22	0:59:37	70.97
20. Steve O'neil	M 59	0:59:53	69.35
21. Randy Zucco	M 40	1:00:51	67.74
22. Glen Tyson	M 57	1:02:42	66.13
23. Jeff Clark	M 53	1:04:57	64.52
24. Marshall Donnelly	M 40	1:06:32	62.90
25. <u>Sweep Voll</u>	F 49	1:06:58	61.29
26. <u>Theresa Apple</u>	F 49	1:06:59	59.68
27. <u>Jessica Hageman</u>	F 35	1:09:15	58.06
28. Timothy Mckenna	M 34	1:11:05	56.45
29. John Aldrich	M 52	1:11:14	54.84
30. George Whaling	M 49	1:11:44	53.23
31. <u>Laurel Shortell</u>	F 44	1:12:00	51.61
32. <u>Pat Rosier</u>	F 52	1:12:27	50.00
33. <u>Kathleen Furlani</u>	F 62	1:14:18	48.39
34. Frank Gaval	M 64	1:14:23	46.77
35. Stan Serafin	M 57	1:14:47	45.16
36. Jim Jenkins	M 56	1:15:09	43.55
37. Vince Kirby	M 54	1:15:26	41.94
38. Laura Clark	F 63	1:16:06	40.32
39. Brad Herder	M 52	1:16:50	38.71
40. Jamie Coyne	F 52	1:17:03	37.10
41. London Niles	M 13	1:17:18	35.48
42. Peter Canzon	M 57	1:18:41	33.87
43. Jodie Lahey	F 32	1:20:28	32.26
44. Jim Carlson	M 62	1:20:29	30.65
45. <u>Debra Wechter</u>	F 35	1:20:30	29.03
46. <u>Shiobbean Archey</u>	F 44	1:20:31	27.42
47. Steve Mitchell	M 69	1:22:09	25.81
48. <u>Laurie Schwartz</u>	F 52	1:22:12	24.19
49. <u>Meghan Foley</u>	F 24	1:23:10	22.58
50. Jackie Lemieux	F 44	1:25:27	20.97
51. Claudine Priete	F 43	1:25:29	19.35

52. Bob Massaro	M 67	1:27:29	17.74
53. Jamie Howard	M 45	1:29:13	16.13
54. Walter Kolodzinski	M 68	1:34:08	14.52
55. Martin Glendon	M 64	1:35:10	12.90
56. <u>Julie Garndner</u>	F 39	1:35:36	11.29
57. Janet Tryson	F 57	1:38:13	9.68
58. <u>Stacey Hebb</u>	F 45	1:38:27	8.06
59. Bill Glendon	M 64	1:42:35	6.45
60. Becky Armstrong	F 42	1:56:37	4.84
61. <u>Shauna Holm</u>	F 39	1:57:56	3.23
62. Jeff Clark	M 64	1:57:57	1.61

The Trail That Was Like Turner Trail But Wasn't...

by Laura Clark

Assured that some version of the Turner Trail Snowshoe Race would visit Pittsfield State Forest, WMAcers slept well that evening with visions of snowshoes dancing in their heads. The anticipated storm, however, arrived well past the trail marking deadline, so we were greeted by the newly minted NEMBA MTB Snowshoe Race instead. It was wonderful to have our weekend's pleasures entrusted to Beth and Brad Herder who know every inch of their turf and can handily reconnect trail synapses while engaged in a myriad of other race director tasks.

What they came up with was a brief nod to Mr. Turner and a combination of NEMBA and Curly's Half Marathon Trail Race routes. You would think that veterans of the Curly's Half would have a certain advantage. But Alas! For me, at least, that was not the case. Not only do snow-covered trails present entirely different vistas than their fall versions, but many of them were run backward. Brad Herder reminded everyone, especially the leaders, to keep a "heads-up" for trail markers and threatened to win the race outright if he alone followed the one true course. Was I worried? Not in the least. I figured I could always rely on my Disneyland sense of direction, going straight past the pig and making a sharp left at the bunny. And no, I was not hallucinating. Pittsfield residents would be shocked and dismayed at the tear-jerking *Toy Story 3*. Fully committed to the humane no-kill policy, they have been giving their used toys another life along the trails of the Pittsfield State Forest. Do not be surprised to find an alligator sunbathing on a rock or a parrot nestled firmly in a tree. I would like to think, too, that sometimes a passing child might occasionally discover a new best friend among the greenery.

But on this snowy morning, with gobs of snow still clinging determinedly to trees and burying small crevices, all the animals were, if not in actual hibernation, in a state of blissful torpor, enjoying a guilt-free long winter's nap. Without stuffed friends pointing the way, we were on our own. Fortunately, this story does have a happy ending, with no one, including me, straying from the beaten path laid out by the trail markers and trail stompers.

Continued next page:

Turner Trail cont:

I admire Brad Herder in that besides directing a snowshoe race and worrying about snow, he also had time to develop his own personal race strategy.

He had decided to stick behind me this time and overtake me at the end. In the previous races he had gone out too fast, allowing me to squeeze by him. Gentleman that he is, he even warned me of his plan beforehand. So advised, I scooted ahead, careful to pass downhill and around the curves so as not to expend too much energy.

This was working well for me until I caught up to Peter Canzon, a member of Jim Carlson's carpool, who had beaten me handily at Woodford. With less than two miles to go, Peter was taking a combo run/walk approach and motioned for me to pass him. Except that this was right at the base of the only significant hill on the course (besides the initial warmup incline, which doesn't count). I hated to refuse since Peter had stood aside, so I trudged gamely on. I almost wondered if this were part of Peter's attempt to wear out the competition as I made a mental note to myself to NEVER, ever, do anything so foolish again. Conceding defeat, I mumbled, "Let's both just hike up this hill together." And so we did.

Meanwhile, with the loss of Edward Alibozek's Target to the flu, Jim Carlson proved equal to the task, producing a spare emergency Target. Naturally, we all forgot to bring the North/South Pond race results so London, standing nearby was unanimously chosen, Jim and I each having one vote. We should have realized, however, that 5.4 miles is a bit of a stretch for a thirteen year-old, no matter how talented. Kathleen Furlani, who accepted the Target from Laurel Shortell fared better. Whenever I saw her she was always the locomotive pulling her personal train behind her. At one point I almost overtook her but ran out of downhill. The way Target distribution has been working so far, we either have a matching male/female vest set or a front/mid- to back-of-the-pack arrangement. It will be interesting to see how future allocations unfold.

Whatever individual, unseen battles played out along this course, everyone agreed that for all its relative flatness, it was every bit as twisty and challenging as Turner. Like the first Hoot, Toot and Whistle Race, we were surprised that we were humbled not by mountains but by mere rises. How many times will it take to remember that a course without big climbs equates to a race without an excuse for a walking break? Here we were, running at a 5K pace for 5.4 miles in newly fallen snow. Peter Canzon summed it up nicely afterwards when he glanced down at his steaming tights and commented, "I was really smoking!" Getting back once more to the contest between me and Brad, he persevered, getting ever closer, figuring to use his trail knowledge to pass me on the final downhill. But downhill endings are my favorite storybook fare and I managed to hold the lead. Truthfully, though, I had no idea he was that close and I was simply enjoying the final page of an excellent snowy day story.

by Laura Clark

Tenth Anniversary

by Jessica Hageman

January 27, 2011 marks the 10th anniversary of my first snowshoe race. I was fairly new to NY, and decided I needed an outdoor winter sport. I didn't know how to ski. I didn't know how to snowshoe either, but it seemed a lot safer! I got some snowshoes and thought I'd be able to walk on top the snow; that wasn't the case, and I was a bit disappointed. However, I quickly found that it was great exercise, so when I heard about a race at the Saratoga Battlefield (FrostFare 4 miler), I arrived in hiking boots with giant Tubb snowshoes in hand. I had a running background, but I hadn't been running. I figured people couldn't really run in those things anyway so I could fake it by speed hiking the race. Wrong—people do run! As I started running to avoid getting lost, I quickly found out how out of shape I was. I also found out how big blisters can get when running in hiking boots.

I don't remember exactly when I did my next race, but I know I ran some Saratoga Winterfest races and Camp Saratoga races when my schedule allowed. I often played volleyball tournaments on weekends, so it was hit and miss with the snowshoe races. In 2005, I hit more than I missed. I was becoming more regular but still didn't really know anyone, and I usually showed up, ran, and left without saying a word! This changed, however, with a big snowstorm in March of that year. I desperately wanted to do the last race of the season at North/South Pond, but I was afraid to drive there by myself in the snow. I e-mailed the race director to see if he knew of anyone else in the Albany area coming to run. Ed Alibozek connected me with Christophe Lanaud from Duanesburg. After a few e-mail exchanges, we agreed to meet and drive to the event. (For those of you who know Christophe, you can only imagine our trip!) Hanging with Christophe after the race, I met some more people, but it was the end of the season so I wasn't going to see them for a while. In the 2005 Barnyard Awards, I was recognized as a K2 Award winner, a most improved participant. I was thrilled to see my name in the SnoNews as I had no idea these folks even knew who I was. The next winter couldn't come soon enough!



Jessica Hageman

Continued next page:

10th Anniversary cont:

The 2006 season kicked off with the December 2005 Woodford Race. I noticed the Albany Running Exchange was planning a group trip to the race so I quickly joined the club for a carpool opportunity. Carpooling was my main motivation for joining the club—can you believe it?!?! There have been so many other benefits & opportunities from membership, but it all started with my wanting a ride to a snowshoe race! I rode with John Kinnicutt (vaguely familiar from having played volleyball in the area) and Brennan Tarrier and met many other folks that day. My racing continued that season beyond the WMAC series. I did the Hoffman Notch Wilderness Race near Schroon Lake. It was there, during a long wait for awards, that I met my good friend Pam DelSignore. 2006 USSSA Nationals were being held at Bolton Valley Resort in VT, so Pam & I decided to do as many races as we could to train and qualify. Mother Nature was not on our side and several races were postponed, relocated, and/or cancelled.

We managed to qualify nonetheless, and as the day approached, I traded my RedFeathers for Dions in hoping I'd be faster. I got to wear dion apparel at nationals and that made me feel famous. Pam & I both brought home silver age group madals!

The next few years continued the pattern: race whenever there was no volleyball tournament. Often there were two races a weekend, and I could go to at least one of them as we rarely played back to back volleyball. In 2008 & 2009, some ARE members became adventurous and decided to do 3 races in just 2 days. We started with a WMAC race on Saturday morning and drove to NH for a moonlit Granite Series race in the evening. Then we drove back to MA for a race on Sunday (thanks to Walt Kolodzinski and Beth & Brad Herder for accommodations). Both times it was an exhausting, yet exhilarating, experience that created a lot of laundry! Beyond the WMAC series (now DION series) and Granite State Series, I've found few other races. I've done a couple of the Empire State Games Qualifying races, one in Cooperstown and a few at the Saratoga Biathlon club. Conflicts kept me from competing in the ESG most years, but I did manage to race one year and won a silver age group award.

In 2010 I started playing less volleyball and had time for more running & snowshoeing. The Northeast had earned hosting rights for nationals again so I set that as a goal. I qualified and went to Highlands Forest, NY, for the 10k event. It was tough to establish solid footing in the spring snow, and the race finished with the most brutal hill I've ever seen, but I placed 3rd in my age category and got the coolest medal ever! In snowshoeing it's hard to compare PR's from year to year or course to course because of the different distances, terrains, and most importantly snow conditions. You can only judge your performance by the number of times you find yourself wanting to walk or the number of times your heart beats out of your chest. I suppose this is where the Target comes into play. Instead of comparing PR's, you can try comparing yourself to other runners and select a Target you want to beat for the day. Laura Clark gave me the Target to wear for Brave the Blizzard, and when someone wears the Target, motivation is two-fold. The Target doesn't want to

be passed, but others want to pass him/her. Competing with others and having arch rivals is a fun, healthy way to get better, and isn't getting better the target? It's my target, and I thank everyone in the WMAC and the ARE for making that possible.

Jessica Hageman

2011 DION Snowshoe Series 12th Annual Greylock Glen 4 Mile Snowshoe Race

January 15, 2011 ... Greylock Glen Adams, MA.

Sunny - no wind - low of 4 and high of 15**

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Points</u>
01. Jim Johnson	M 33	0:35:07	100.00
02. Ross Krause	M 31	0:36:13	98.70
03. Chris Taft	M 30	0:36:21	97.40
04. Tim Mahoney	M 31	0:38:32	96.10
05. Ken Clark	M 48	0:38:38	94.81
06. Erik Wight	M 51	0:40:54	93.51
07. Richard Teal	M 32	0:40:55	92.21
08. Jeff Dengate	M 33	0:40:56	90.91
09. Paul Bazanchuk	M 56	0:40:57	89.61
10. Eddie Habeck	M 33	0:41:13	88.31
11. Brian Northan	M 35	0:41:45	87.01
12. Peter Malinkowski	M 56	0:42:04	85.71
13. Alan Bates	M 62	0:42:19	84.42
14. Mike Lahey	M 59	0:43:00	83.12
15. <u>Amy Lane</u> 1 st F	F 31	0:43:01	81.82
16. Ashley Krause	F 33	0:43:14	80.52
17. Paul Wachur	M 22	0:44:45	79.22
18. Dan French	M 39	0:45:14	77.92
19. Jack Casey	M 57	0:46:01	76.62
20. <u>Chelynne Tetreault</u>	F 35	0:46:43	75.32
21. Joseph Bator	M 40	0:48:10	74.03
22. John Kline	M 44	0:48:11	72.73
23. Eric Kimmelman	M 46	0:48:26	71.43
24. Jeff Andritz	M 29	0:49:19	70.13
25. Gareth Buckley	M 34	0:49:20	68.83
26. Nick Tooker	M 31	0:49:26	67.53
27. Nic Scibelli	M 48	0:49:30	66.23
28. <u>Jessica Hageman</u>	F 35	0:49:40	64.94
29. Jan Rancatti	M 50	0:50:53	63.64
30. Randy Zucco	M 40	0:51:06	62.34
31. Scott Halligan	M 30	0:51:08	61.04
32. Bob Dion	M 55	0:51:10	59.74
33. Scott Bradley	M 56	0:51:11	58.44
34. <u>Theresa Apple</u>	F 49	0:51:20	57.14
35. <u>Sweep Voll</u>	F 49	0:51:25	55.84
36. Jim Hartwig	M 30	0:51:30	54.55
37. David Cameron	M 40	0:51:33	53.25
38. <u>Sara Praguski</u>	F 31	0:52:51	51.95
39. Pete Cole	M 41	0:53:23	50.65
40. <u>Laurel Shortell</u>	F 44	0:54:41	49.35
41. Will Danecki	M 60	0:54:59	48.05
42. London Niles	M 13	0:55:24	46.75
43. Denise Dion	F 52	0:56:10	45.45

Continued next page:

Greylock results cont:

44. Stan Tiska	M 53	0:56:15	44:16
45. <u>Patty Duffy</u>	F 42	0:56:28	42:86
46. Ed Alibozek Jr.	M 71	0:57:15	41.56
47. John Aldrich	M 52	0:57:35	40.26
48. <u>Pat Rosier</u>	F 52	0:57:51	38.96
49. Stan Serafin	M 57	0:57:52	37.66
50. <u>Kathleen Furlani</u>	F 62	0:58:57	36.36
51. Laura Clark	F 63	0:59:19	35.06
52. Jody Lahey	F 32	0:59:21	33.77
53. <u>Deb Wechter</u>	F 35	0:59:26	32.47
54. <u>Jamie Coyne</u>	F 52	0:59:59	31.17
55. Jamie Howard	M 45	1:00:41	29.87
56. George Whaling	M 49	1:00:42	28.57
57. Tom Wright	M 63	1:01:14	27.27
58. Ed Buckley	M 52	1:01:36	25.97
59. Bob Massaro	M 67	1:01:51	24.68
60. Jackie Lemieux	F 44	1:02:32	23.38
61. Karl Molitoris	M 55	1:02:48	22.08
62. <u>Joanne Lynch</u>	F 45	1:02:54	20.78
63. <u>Meghan Foley</u>	F 24	1:03:11	19.48
64. Vince Kirby	M 54	1:06:36	18.18
65. Martin Glendon	M 64	1:07:08	16.88
66. Walter Kolodzinski	M 68	1:09:49	15.58
67. Brad Herder	M 53	1:09:50	14.29
68. <u>Mary Kennedy</u>	F 52	1:11:06	12.99
69. Karin Bradley	F 52	1:11:07	11.69
70. Sue Snyder	F 56	1:12:57	10.39
71. George Boudreau	M 41	1:13:10	9.09
72. <u>Julie Gardner</u>	F 39	1:13:15	7.79
73. Rich Busa	M 81	1:14:13	6.49
74. Bill Glendon	M 64	1:15:11	5.19
75. <u>Marylou White</u>	F 55	1:20:29	3.90
76. Rebecca Armstrong	F 42	1:36:40	2.60
77. Jeff Clark	M 64	1:36:41	1.30
78. Edward Alibozek	M 48	1:48:40 *	0.50

* course marking

We had our first Greylock Glen Snowshoe Race in '99. It was unofficial, as many of them were back then. We have held snowshoe races in the Glen each year since.

This one was special for me, because Paul Hartwig came out to visit us for a while. Paul, my dad and I have spent hundreds of hours in the Glen and on Greylock together through the years. Paul isn't able to get out as he once did, but there wouldn't be Greylock Snowshoe Races if it weren't for him. He directed all the early events here, and the current course is what he had come up with a few years back after the beavers had taken over the north side.

I want to thank everyone for participating; I am honored to have shared this day with all of you, your spirit made it worthy! Thanks to our fantastic helpers today, also. Wonderful people.

Farmer Ed

Play Ball!

Doubleheaders at Greylock Glen and Guilderland

by Laura Clark

The 2011 season's first doubleheader played out Saturday in the highlands of Greylock Glen and Sunday at Brave the Blizzard's more urban Pine Bush Preserve. The two events could not have been more different and ended up complementing each other nicely...

For **Game #1** we pilgrimaged once more to the Glen, a staple on the WMAC calendar since 1999. The beavers have now iced over and blockaded the original course. Protected by state law, they are clinging tenaciously to their prima donna status, so we avoid confrontation by sticking to the terrain on the opposite side of the pond. Along the way, we paid homage to the Boys of Winter who made Thunderbolt a household word, went on to fight in World War II with the 10th Mountain Division and returned home to establish nearly every major ski area in the United States.

Less known is this historical tidbit, appropriate for the Martin Luther King weekend: In the mid-1800's the northeastern slopes of Mt. Greylock functioned as a stop on the Underground Railroad with a number of runaway slaves building cabins along its less accessible reaches. They were in a serious race for freedom and we can only hope that most of them were winners.

After several weeks of make-do snow, we were treated to three feet of fluffy powder. Edward and his loyal sidekick Tippi joyfully set the playing field, tromping down the knee-deep snow, or in Tippi's case, snorkeling on through. After a laying North/South Pond route through minimal cover, Edward definitely deserved this bounty.

As we stomped around the dugout trying to keep warm in the two degree weather, I spotted Brad Herder with a peculiar glint in his eye. Then I looked down at his hands. After two weeks of trying to finish ahead of me, he decided to accessorize with trekking poles. I admire anyone who can wield poles decisively on the uphill and can plummet downslope with these lethal weapons firmly in control and not wrapped around an innocent tree. Since Brad's wife Beth is the undisputed expert, I figured she had given him lessons. Was I worried? You bet!

After a bit of good-natured jostling, Brad settled down behind me. He was gracious enough to share his gameplan: to remain annoyingly one step behind me until the final descent. The trail was hilly and twisty so a competitor just seconds behind you has a tendency to disappear. Not wanting to show weakness by glancing over my shoulder, I concentrated on reeling in Kathleen Furlani. While I did catch up to her train, I never managed to overcome my caboose position. Still, that is the closest I've gotten to her lately and I owe it all to Brad, who finally touched home plate a full ten minutes later after a prodigious battle with his uncooperative poles.

Continued next page:

Double Headers cont:

The morning of **Game # 2**, I woke up feeling like I was facing a marathon and everyone around me was jumping up and down eager for the marathon relay to begin. In truth, though, there were seventeen of us who felt the same way.

Except for Jim Johnson who beat us all around the ballpark two days in a row and Amy Lane who claimed overall female position for the same two days. So basically I had no excuse.

Brave the Blizzard is a big deal ARE race with a large playing field, a heated gym, bullhorns and a Frosty the Snowman cheerleader. At Greylock you could wear a bib number if you had remembered to save it from the previous week. Or not. Edward absolutely knows everyone so it didn't really matter. At BTB 63 newbies had reserved loaners and your race number, not your name, was called when you crossed the line.

For the persistent seventeen, knowing what to wear was a challenge as we had moved from yesterday's 2 degree high to a balmy 25 degrees. Some, of course, had their uniform already laid out. Ken Clark (#5) and Chelynne Tetreault (3rd woman) handily slid to home plate at Greylock wearing Target vests which were then batoned to Jessica Hageman and Michael Dellarocco at BTB.

While the Targets have apparently settled on a male/female persona, they have also acquired a Babe Ruth mystique. We are all fully aware now that while wearing the Target may in fact make you faster, it also also causes you to become, well, "a Target." Both Maureen Roberts and Tom Ryan refused the honor, saying they didn't feel fast enough to hold off the hoards (your time will come). Since BTB attracts a larger non-WMAC contingent, many players had no clue. Still, in a race featuring Frosty the Snowman, improvisation seemed normal. Jessica reported that one runner who slid in mere inches ahead of her commented, "I don't know why you were wearing a vest, but it looked like a target, so I thought I should try my best to pass you."

With the Herders taking a recovery day, I tried to stay with as many Stryders as I could. Maureen Roberts substituted for Kathleen Furlani, remaining tantalizing ahead, almost within reach. Eventually, I formed my own pace group, leading five others through the last mile. I knew they would probably pass me on the final straightaway, and although I tried to stave off the inevitable the instant replay says it all: a string of one-second separations. Still, even without the Target, they kept me going much faster than I would have on my own.

After pancakes, Jeff, Jen Ferriss and I headed to Fleet Feet Sports to redeem our Hood to Coast 10% off shoe discount coupons, only to discover once we arrived that after two snowshoe races in two days we were mentally unprepared to take on the responsibilities of new shoe ownership. We backed out of the store as fast as we could, not even pausing to justify our trip with the purchase of some Cliff bars. Charlie always displays the latest seasonal limited-time-only flavors and we just didn't feel up to the task of deciding between cranberry nut,

pumpkin pie or gingerbread. We were into comfort food and could only cope with oatmeal raisin or crunchy peanut butter.

Once back home, I was ecstatic to discover that I had won the shower lottery. We are nursing a senior hot water heater that may or may not at any given time actually produce hot water, lukewarm being its compromise of choice. Usually I seem to be the loser, but this time I was rewarded by a deliciously hot massaging shower. Ice baths are definitely overrated, at least after doubleheader snowshoe races.

by Laura Clark



Karl Molitoris, a.k.a. "The Old Goat", drove up from New Jersey for the Greylock race and apparently forgot his pants.



Club members Becky Armstrong and Jeff Clark close out the show at the 2011 Greylock Glen snowshoe race

2011 Dion Snowshoe Series
7th Annual Brave The Blizzard Snowshoe Race
 January 16, 2011 ... Guilderland, NY

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Points</u>
01. Jim Johnson	M 33	29:42:00	100.00
02. Tim Vanorden	M 42	31:08:00	99.52
03. Connor Devine	M 17	32:51:00	99.03
04. Josh Merlis	M 29	32:51:00	98.55
05. Gary Fancher	M 49	33:47:00	98.07
06. Thomas O'Grady	M 25	34:19:00	97.58
07. Jeff Dengate	M 33	34:21:00	97.10
08. Ahmed Elasser	M 48	34:42:00	96.62
09. Ken Clark	M 48	35:02:00	96.14
10. Brian Northan	M 35	35:37:00	95.65
11. Eddie Haback	M 33	36:30:00	95.17
12. Richard Teal	M 32	36:51:00	94.69
13. John Agosto	M 46	37:09:00	94.20
14. <u>Amy Lane</u> 1 st F	F 31	37:47:00	93.72
15. Clinton Morse	M 48	37:49:00	93.24
16. Charles Petraske	M 33	38:10:00	92.75
17. Zach Russo	M 27	38:21:00	92.27
18. David Almand	M 36	39:10:00	91.79
19. Dave Merkt	M 27	39:13:00	91.30
20. James Devine	M 50	39:37:00	90.82
21. Joshua Katzman	M 34	39:52:00	90.34
22. Elliott Megquier	M 22	40:10:00	89.86
23. Mike Lahey	M 59	40:21:00	89.37
24. Jon Rocco	M 44	40:40:00	88.89
25. Russ Hoyer	M 50	40:58:00	88.41
26. Dennis Vanvlack	M 38	41:22:00	87.92
27. Richard Chipman	M 50	41:47:00	87.44
28. Jeffrey Andritz	M 29	41:49:00	86.96
29. Steven Sweeney	M 55	41:59:00	86.47
30. Patrick Sorsby	M 35	42:18:00	85.99
31. Chris Nowak	M 36	42:29:00	85.51
32. Kyle Johnson	M 37	43:16:00	85.02
33. <u>Cory Reid</u>	F 42	43:23:00	84.54
34. Edward Myers	M 59	43:29:00	84.06
35. Jason Roberts	M 35	43:44:00	83.57
36. Todd Rowe	M 42	43:55:00	83.09
37. <u>Jacque Schiffer</u>	F 46	44:01:00	82.61
38. Richard Hamlin	M 38	44:06:00	82.13
39. Johnathon Bright	M 40	44:24:00	81.64
40. Kevin Reedy	M 35	44:35:00	81.16
41. Mark Stephenson	M 46	44:38:00	80.68
42. Peter Katapski	M 51	44:42:00	80.19
43. Thomas Ryan	M 50	44:50:00	79.71
44. Glen Tryson	M 57	44:57:00	79.23
45. David Spore	M 39	45:11:00	78.74
46. Brian Teague	M 52	45:12:00	78.26
47. <u>Jessica Hageman</u>	F 35	45:17:00	77.78
48. John Pelton	M 71	45:19:00	77.29
49. Tom Tift	M 53	45:41:00	76.81
50. Jeff Clark	M 53	46:03:00	76.33
51. John Paduano	M 50	46:05:00	75.85
52. Duane Knutson	M 58	46:20:00	75.36
53. Drew Anderson	M 42	46:31:00	74.88

54. Paul Cox	M 17	46:31:00	74.40
55. Jonathan Golden	M 37	46:42:00	73.91
56. Ross Montfort	M 26	47:08:00	73.43
57. Jim David	M 39	47:21:00	72.95
58. Chris Terzian	M 49	47:24:00	72.46
59. <u>Meghan Davey</u>	F 25	47:25:00	71.98
60. Steve Vnuk	M 55	48:11:00	71.50
61. <u>Angela Squadere</u>	F 39	48:15:00	71.01
62. <u>Lisa D'Aniello</u>	F 24	48:23:00	70.53
63. Frank Rees	M 51	48:24:00	70.05
64. Anthony Gibson	M 26	48:52:00	69.57
65. <u>Di Tobon Knobloc</u>	F 29	48:53:00	69.08
66. Frank Paone	M 53	48:54:00	68.60
67. Joseph Sullivan	M 48	49:00:00	68.12
68. Joe Bouck	M 48	49:02:00	67.63
69. Mark Mortensen	M 30	49:03:00	67.15
70. Tom Mack	M 46	49:08:00	66.67
71. <u>Jen Kuzmich</u>	F 52	49:38:00	66.18
72. Jim McMorris	M 42	49:45:00	65.70
73. Jan Rancatti	M 50	50:01:00	65.22
74. John Butler	M 44	50:04:00	64.73
75. <u>Stephanie Wille</u>	F 35	50:15:00	64.25
76. Michael Dellarocco	M 59	50:19:00	63.77
77. Steve Clapper	M 42	50:47:00	63.29
78. <u>Laurel Shortell</u>	F 44	50:57:00	62.80
79. <u>Sarah Dzikowicz</u>	F 40	51:02:00	62.32
80. William Milak	M 58	51:05:00	61.84
81. <u>Diane Hanson</u>	F 46	51:06:00	61.35
82. <u>Kim Scott</u>	F 42	51:07:00	60.87
83. Rich Tanchyk	M 59	51:09:00	60.39
84. <u>Katie Vitello</u>	F 27	51:14:00	59.90
85. Lee Hilt	M 54	51:15:00	59.42
86. Charles Brockett	M 65	51:37:00	58.94
87. Doug Moudy	M 37	52:09:00	58.45
88. Ed Alibozek Jr	M 71	52:17:00	57.97
89. <u>Kelly Virkler</u>	F 27	52:37:00	57.49
90. Chuck Trimarchi	M 64	53:14:00	57.00
91. Joe Yavonditte	M 61	53:41:00	56.52
92. Daniel Pollay	M 41	53:44:00	56.04
93. Vincent Kirby	M 54	54:05:00	55.56
94. Alex Chlopecki	M 39	54:33:00	55.07
95. <u>Denise Gonder</u>	F 46	55:06:00	54.59
96. James Ebersold	M 50	55:18:00	54.11
97. <u>Peggy McKeown</u>	F 53	55:23:00	53.62
98. <u>Katie Melsert</u>	F 24	55:51:00	53.14
99. <u>Maureen Roberts</u>	F 53	56:11:00	52.66
100. Matthew Melsert	M 56	56:18:00	52.17
101. Darrell Everts	M 41	56:40:00	51.69
102. Jim Carlson	M 63	56:40:00	51.21
103. Brian Houch	M 26	56:41:00	50.72
104. <u>Cecilia Karutis</u>	F 19	56:42:00	50.24
105. <u>Michelle Pendergast</u>	F 37	56:46:00	49.76
106. <u>Jessica Bonfey</u>	F 28	56:47:00	49.28
107. Laura Clark	F 63	56:51:00	48.79
108. <u>Paula Boughtwood</u>	F 49	56:54:00	48.31
109. <u>Jennifer Ferriss</u>	F 39	57:00:00	47.83
110. <u>Leigh Ann Gilson</u>	F 37	57:11:00	47.34
111. <u>Ginny Patsun</u>	F 42	57:37:00	46.86
112. Robert Norman	M 35	57:44:00	46.38

Continued next page:

Brave the Blizzard results cont:

113. <u>Jessica Tucker</u>	F 24	58:15:00	45.89
114. Douglas Tucker	M 56	58:15:00	45.41
115. <u>Nicolette Pohl</u>	F 49	58:48:00	44.93
116. Bill Orr	M 48	58:4:00	44.44
117. John Bateman	M 45	58:51:00	43.96
118. <u>Ruth Grisham</u>	F 39	59:35:00	43.48
119. Chuck Batcher	M 63	59:48:00	43.00
120. <u>Pam Fitzgerald</u>	F 50	59:49:00	42.51
121. <u>Jean Karutis</u>	F 50	59:50:00	42.03
122. <u>Dora Anderson</u>	F 40	1:00:32	41.55
123. <u>Donna Charlebois</u>	F 52	1:00:42	41.06
124. Dave Boles	M 64	1:01:10	40.58
125. Anthony Ostrander	M 43	1:01:12	40.10
126. <u>Susan Motler</u>	F 48	1:01:20	39.61
127. William Dixon	M 51	1:01:39	39.13
128. <u>Susan Johnson</u>	F 50	1:02:22	38.65
129. <u>Amanda Wing</u>	F 26	1:02:22	38.16
130. <u>Laurie Sturgis</u>	F 47	1:02:34	37.68
131. <u>Dawn Grock</u>	F 42	1:02:48	37.20
132. <u>Kimiko Warlaumont</u>	F 24	1:03:00	36.71
133. Eric Gee	M 32	1:03:11	36.23
134. Dan Kelly	M 41	1:03:25	35.75
135. <u>Colleen Murray</u>	F 37	1:03:26	35.27
136. Brian Murray	M 42	1:03:27	34.78
137. <u>Allison Bandos</u>	F 25	1:03:29	34.30
138. <u>Rita Verga</u>	F 34	1:03:30	33.82
139. Timothy Williams	M 56	1:04:01	33.33
140. <u>Andrea Rodriguez</u>	F 37	1:04:09	32.85
141. <u>Becky Phillips</u>	F 43	1:04:22	32.37
142. <u>Kathleen Ryan</u>	F 46	1:04:24	31.88
143. <u>Callee Carpenter</u>	F 37	1:04:24	31.40
144. <u>Ashley Peacock</u>	F 34	1:04:25	30.92
145. <u>Jen Hebner</u>	F 36	1:04:28	30.43
146. <u>Linda Cure</u>	F 50	1:04:30	29.95
147. Dave Cole	M 53	1:04:31	29.47
148. <u>Gail Hein</u>	F 59	1:04:33	28.99
149. <u>Angela Vasilakos</u>	F 34	1:04:50	28.50
150. <u>Nicole Robilotto</u>	F 40	1:04:55	28.02
151. <u>Melody York</u>	F 34	1:04:56	27.54
152. <u>Donna Lustenhouwer</u>	F 57	1:06:00	27.05
153. <u>Megan Fulwiler</u>	F 40	1:06:02	26.57
154. <u>Erin Lasky</u>	F 35	1:06:05	26.09
155. George Boudrean	M 41	1:06:52	25.60
156. <u>Patty Paduano</u>	F 53	1:06:54	25.12
157. <u>Andrea Devlin</u>	F 30	1:07:53	24.64
158. <u>Sarah Iaccabacci</u>	F 38	1:07:58	24.15
159. <u>Vicki Quagliaroli</u>	F 57	1:08:34	23.67
160. John Christopher	M 42	1:08:58	23.19
161. <u>Shannon Donova</u>	F 23	1:09:18	22.71
162. <u>Anne Roberts</u>	F 25	1:09:19	22.22
163. Michael Maguire	M 55	1:09:40	21.74
164. Ray Lee	M 68	1:09:52	21.26
165. <u>Janet Tryson</u>	F 57	1:10:19	20.77
166. Unknown	??	1:10:20	20.29
167. <u>Joann Lyons</u>	F 54	1:10:27	19.81
168. Jim Sheehan	M 58	1:10:33	19.32
169. <u>Kathleen Tersigni</u>	F 40	1:10:41	18.84
170. <u>Uzma Qureshi</u>	F 49	1:11:02	18.36
171. <u>Allison Behan</u>	F 36	1:11:38	17.87

172. John Warlaumont	M 62	1:12:47	17.39
173. <u>Pia Sanda</u>	F 56	1:13:05	16.91
174. Ryan Walsh	M 31	1:13:14	16.43
175. <u>Sarah Loveland</u>	F 29	1:13:15	15.94
176. Steve Obermayer	M 49	1:13:18	15.46
177. <u>Charlotte Melsert</u>	F 54	1:13:33	14.98
178. <u>Phyllis Fox</u>	F 58	1:13:49	14.49
179. <u>Rebecca Cope</u>	F 21	1:13:50	14.01
180. <u>Jenn Marlow</u>	F 35	1:13:59	13.53
181. <u>Kate Thies</u>	F 34	1:14:00	13.04
182. <u>Tammy Colman</u>	F 41	1:14:04	12.56
183. <u>Amelia Gee</u>	F 31	1:14:05	12.08
184. Arlon Sturgis	M 50	1:14:22	11.59
185. <u>Caroline Flynn</u>	F 32	1:15:08	11.11
186. Cody Rogers	M 17	1:16:20	10.63
187. Alan Schultz	M 65	1:16:27	10.14
188. <u>Robin Nagengast</u>	F 44	1:16:39	9.66
189. <u>Jeff Clark</u>	M 64	1:16:50	9.18
190. <u>Maureen O'Brien</u>	F 40	1:17:09	8.70
191. <u>Diane Fisher</u>	F 40	1:17:11	8.21
192. <u>Alissa Caton</u>	F 42	1:17:30	7.73
193. <u>Cathy Sheehan</u>	F 50	1:17:47	7.25
194. <u>Leslie Bennett</u>	F 31	1:17:49	6.76
195. <u>Andrea Apollo</u>	F 38	1:17:51	6.28
196. James Thomas	M 64	1:19:40	5.80
197. John Christopher	M 11	1:20:28	5.31
198. <u>Ronnie Senez</u>	F 57	1:20:58	4.83
199. <u>Jenika Conboy</u>	F 38	1:22:47	4.35
200. <u>Chloe Rodriguez</u>	F 16	-----	3.86
201. <u>Kristen Majkut</u>	F 36	-----	3.38
202. <u>Heather Hamell</u>	F 33	-----	2.90
203. <u>Katherine Karlson</u>	F 58	-----	2.42
204. <u>Lee Schaller</u>	F 57	-----	1.93
205. <u>Linda Keeley</u>	F 65	-----	1.45
206. <u>Ashley Pollock</u>	F 33	-----	0.97
207. <u>Kate Kenney</u>	F 33	-----	0.48

***A new record for snowshoers at a WMAC Dion Series Race!
The previous high was Saratoga Spa Winterfest with 196 to
the finish line in 2009.***



Long time club member Bob Massaro at the 2010 Mass State snowshoe championships in Savoy. Photo by Bob Birkby

2011 Dion Snowshoe Series
3rd Annual Hoot Toot & Whistle

5KM Snowshoe Race

1 / 22 / 11 Catamount Ski Trail ... Readsboro, VT

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Points</u>
01. Ken Clark	M 48	32:04	100.00
02. Tim VanOrden	M 42	32:05	98.96
03. Tim Mahoney	M 31	32:08	97.92
04. Conner Devine	M 17	32:12	96.88
05. Rich Teal	M 32	32:29	95.83
06. David Merkt	M 27	32:44	94.79
07. Erik Wight	M 51	33:09	93.75
08. Glenn Hammett	M 33	33:11	92.71
09. John Agosto	M 46	33:12	91.67
10. <u>Amy Lane</u> 1 st F	F 31	33:14	90.63
11. <u>Chelynn Tetreault</u>	F 35	33:21	89.58
12. Dominic Wilson	M 40	33:21	88.54
13. Mike Lahey	M 59	33:21	87.50
14. Jack Casey	M 57	33:21	86.46
15. Ned James	M 56	33:25	85.42
16. Richard Chipman	M 50	33:27	84.37
17. Jim Devine	M 50	33:29	83.33
18. Todd Holland	M 47	33:32	82.29
19. Clinton Morse	M 48	33:34	81.25
20. Duane Knutson	M 58	33:41	80.21
21. <u>Jessica Hageman</u>	F 35	34:46	79.17
22. Brian Northan	M 35	34:47	78.12
23. Scott Halligan	M 30	34:49	77.08
24. Bill Morse	M 59	34:51	76.04
25. <u>Theresa Apple</u>	F 49	35:40	75.00
26. Josh Kateman	M 34	35:43	73.96
27. Jan Rancatti	M 50	35:52	72.92
28. <u>Laurel Shortell</u>	F 44	36:01	71.87
29. London Niles	M 13	36:27	70.83
30. John Pelton	M 71	36:58	69.79
31. Denise Dion	F 52	37:49	68.75
32. Richard Godin	M 55	38:25	67.71
33. Laura Clark	F 63	38:48	66.67
34. <u>Cara Morano</u>	F 45	38:50	65.62
35. <u>Kim Scott</u>	F 42	39:00	64.58
36. David Sutherland	M 48	39:25	63.54
37. George Ross	M 50	39:31	62.50
38. <u>Kathleen Furlani</u>	F 62	39:44	61.46
39. <u>Sweep Voll</u>	F 49	39:51	60.42
40. Jamie Coyne	F 52	39:58	59.37
41. Jodie Lahey	F 32	40:08	58.33
42. Adam Wright	M 21	40:09	57.29
43. Andy Moskovite	M 47	40:10	56.25
44. Scott MacKenzie	M 45	40:17	55.21
45. Stan Serafin	M 57	40:31	54.17
46. <u>Jennifer Ferriss</u>	F 39	41:17	53.12
47. Michael DellaRocca	M 59	41:49	52.08
48. <u>Meghan Foley</u>	F 24	42:18	51.04
49. <u>Mary Scheerer</u>	F 52	42:38	50.00
50. Jamie Howard	M 45	42:43	48.96
51. Jackie Lemieux	F 44	42:46	47.92
52. Claudine Preite	F 44	42:53	46.87

53. <u>Maureen Roberts</u>	F 53	42:56	45.83
54. <u>Shari Hymes</u>	F 46	43:06	44.79
55. Doug Wright	M 50	43:14	43.75
56. Martin Glendon	M 64	43:46	42.71
57. Peter Madden	M 71	43:49	41.67
58. Vincent Kirby	M 54	43:53	40.62
59. Bob Massaro	M 67	44:06	39.58
60. Mary Kennedy	F 52	44:08	38.54
61. <u>Susan Johnson</u>	F 50	46:08	37.50
62. Henry LaBarba	M 57	46:09	36.46
63. <u>Nancy Caldwell</u>	F 46	47:19	35.42
64. <u>Sara Bonthuis</u>	F 50	47:31	34.37
65. <u>Maura Hawkins</u>	F 52	47:34	33.33
66. <u>Ginny Patsun</u>	F 42	47:55	32.29
67. Joseph Murphy	M 31	48:09	31.25
68. Richard Busa	M 81	50:06	30.21
69. Bill Glendon	M 64	50:22	29.17
70. <u>Francine Germaine</u>	F 54	51:08	28.12
71. <u>Jennifer McNary</u>	F 43	52:31	27.08
72. Rebecca Armstrong	F 42	53:26	26.04
73. <u>Mary Vasquez-Slack</u>	F 47	54:28	25.00
74. Jeff Clark	M 64	54:42	23.96
75. <u>Annette Santiago</u>	F 46	54:47	22.92
76. <u>Maggie Quinn</u>	F 51	55:19	21.87
77. <u>Sue Holland</u>	F 47	55:21	20.83
78. <u>Sibyl Jacobson</u>	F 68	56:16	19.79
79. <u>Anne Wehry</u>	F 53	1:00:14	18.75
80. <u>Tiger Waterman</u>	F 64	1:02:14	17.71
81. <u>Elaine Tryjan</u>	F 63	1:09:24	16.67
82. <u>Waltraud Brown</u>	F 70	1:09:32	15.62
83. <u>Frances Hlavacek</u>	F 43	1:10:03	14.58
84. Glen Hlavacek	M 46	1:10:05	13.54
85. <u>Judy Jones</u>	F 49	1:16:58	12.50
86. <u>Katie Jones</u>	F 17	1:17:00	11.46
87. <u>Cindy Jones</u>	F 14	1:17:00	10.42
88. <u>Rachael Poirier</u>	F 14	1:17:00	9.37
89. <u>Trish Poirier</u>	F 49	1:17:04	8.33
90. <u>Jane Jones</u>	F ??	1:23:53	7.29
91. Don Jones	M ??	1:23:57	6.25
92. <u>Wendy Girard</u>	F 56	1:24:05	5.21
93. <u>Elaine Schofield</u>	F 62	1:24:18	4.17
94. <u>Debra Coombs</u>	F 54	1:25:12	3.12
95. <u>Susan Edgerton</u>	F 55	1:25:14	2.08
96. Sam Kissel	M 70	1:26:56	1.04

Attention all Club Members.....

Membership renewal for most members is every January. Check your mailing label for renewal dates and please renew if due!

Your continued membership support enables us to plan our events for the coming year.

Thanks for supporting the WMAC!

Dark Horse at the Columbus Marathon Races

by Bob Kopac

Lynne and I did a road trip to Ohio for the Columbus Marathon races where Lynne would run the half marathon. I would cheer for her around mile 11 outside the home of our friends Ann and Don.

It was a perfect fall morning. Ann and Don's friend brought glazed donuts and coffee for us spectators. I had a different idea for beverage, however. My original plan had been to raise a glass of wine as Lynne passed by and say, "Go Lynne." However, I changed my plan after I learned our friends' home was in the historic Brewery District. I thought it more appropriate to drink bottles of Dark Horse Lager from the Elevator Brewery Company and yell "GO LYNNE!"

As I drank the beer, my friends informed me that Columbus has an open container law. Since there were auxiliary police manning a nearby intersection, and since I did not want to end up in the hoosegow, I hid the open bottle and instead raised a capped bottle to the runners and cruelly offered them the bottle as I reminded them, "This is why you run!"

Several runners plaintively reached for the bottle as they ran by me. One bold runner stopped and pleaded for the bottle, so I gave it to him. Imagine how shaken the beer would be by the end of the race when he tried to open it! Considering he had to carry that unopened bottle another 2 miles without breaking it, perhaps taking the bottle was not the smartest thing for him to do. However, running makes you dumb, and the longer you run, the dumber you become. To be fair, the runner now had a Dark Horse for his post-race celebrations – if he happened to be carrying a bottle opener, as it was not a twist-off.

I decided not to tempt any other runners, since I did not want to lose any more of my beer. Thus I did not offer one to our friends' daughter Ellen as she ran by, even though it would have been a nice gesture to help her celebrate her first half marathon, and especially to celebrate her finishing a half hour ahead of her projected finishing time. She would have to make do with the dozens of musical bands stationed along the course.



Ellen & Lynne at the Columbus half Marathon

photo by Bob Kopac

Perhaps I was saving the Dark Horse for Lynne later (yeah, that's my story) to celebrate her setting a half marathon PR, shaving more than 4 minutes from her previous best time. She finished in 2:12:23 and was 28th out of 107 women in her age group.

Lynne credited her PR to having been coached by exercise physiologist Dorothy Hamburg and to training with her running partners Pete and Jen. On the other hand, I attributed Lynne's PR to 1 of 2 things: either gravity is weaker in Ohio, or else the elective surgery to remove her ovaries caused Lynne to weigh less and thus run faster. We would have to do further experiments at the following week's Youngstown Peace Race 10K to determine which one it was. All in all, it was a spectacular race on a spectacular fall day... and spectacular beer.

GearHeads Sharing Corner

If you have discovered some really cool gear that practically begs you to go for a run, how about dashing off a few lines so the rest of us can flash our credit cards at the appropriate vendor?

My winter finds include **Saucony Arm and Calf Sleeves**, available at Fleet Feet Sports. When I won the Age-graded Iron Person award at Camp this year, I decided to spend my Fleet Feet bucks on some arm sleeves. My November Stone Cat marathon begins at o'dark thirty and keeps trudging through early lunch. I expected the arm sleeves would ward off the morning chill and then could be quickly tucked away once competition heated up. What I didn't anticipate was the springy, uplifting swing it brought to my tired arms. And of course, now during snowshoe season they allow my extremities to remain warm without having to add extra bulky layers. You guys will enjoy removing them in front of a mirror. For a brief moment in time they clearly define bunched arm muscles!

Bolstered by this success, I eventually sprung for the calf sleeves, hoping for a bit of extra warmth during the winter season. I got all that and more, garnering extra ankle support and firmer calf muscles.

In the Not Sold in Stores category I am extremely pleased with **Sahalie's Reversible Polar Buff** (read neck gaiter). Doubly fleeced and stacked like an accordion, it conforms to whatever shirt and jacket you happen to be wearing. Most importantly, when pulled over your mouth on those really cold days, it stays put and does not sag down into your shirt.

Sahalie also offers other winter and summer weights, with the polar being the choice for the coldest temperatures.

Laura Clark

Western Mass Athletic Club Adams, MA.

Doubleheader Weekend #2A: New England Becomes Colorado

We thought last week's doubleheader, featuring Greylock Glen and Brave the Blizzard was special, but this week's Hoot, Toot & Whistle and Constitution Hill were a tantalizing taste of what snowshoers at altitude experience—feet of unbroken powdery bluish-white snow glinting under an ice-cold sun. Not that I would want to move to Colorado, but it truly is an old-fashioned treat when Colorado comes to us.

Speaking of old-fashioned, the term doubleheader when applied to snowshoeing is more than just a fanciful moniker. Years ago, before the internet and video games, more grown-up folks than us actually went outdoors and played in the snow. And they thought of themselves as normal. In Corinth, NY, snowshoe softball was a big deal and a good excuse for miscalculating catchers to make snow angels. Now, it seems the idea has been reinvented. On February 26 the small town of Indian Lake in the Adirondacks (pop 1471) will hold its second annual snowshoe softball tournament. How's that for progress!

Hoot, Toot & Whistle marks the beginning of the 300 mile Catamount Trail system connecting Readsboro with the Canadian border. This year we were treated to a point-to-point version of Hoot, Toot & Whistle that eliminated the *Incoming!* nature of our usual out-and-back run. While I normally enjoy the hail and farewell aspect of this design, HT&B's relentlessly narrow trail made staying upright take precedence over friendly greetings.

With Hoot's increasing popularity, we also graduated from the Readsboro Inn to the school's multipurpose room and blessedly larger parking lot. We still took the shuttle bus to the start, but this time it was a longer ride, making us wonder if perhaps we were in for a ten miler. Apparently the bus drivers were on Tourist Bureau time, treating us to a twenty minute discovery tour. Meanwhile, back at the start, Race Director Bob Dion experienced an intense moment of panic when he realized he was the only participant. Eventually, we reunited and the race began.

After our initiation on a steep slide where Maureen Roberts decided discretion was the better part of valor and attacked the problem butt first, we were truly on our way. It took a while to get our sea legs in the deep powder. Except for Ken Clark, who ran in his big-claw giant shoes and was able to skim the surface for a truly inspired win. It takes a lot of guts and leg strength to successfully wield his out-of-category footwear.

The rest of us stuck inside the narrowly defined pathway, stumbling this time not on exposed rocks but on ice chunks dislodged, probably by Kenny, from the crusty surface. At first I passengered in a train pulled by Jen Ferriss thinking to myself, "Hey this isn't so bad...I could probably pass her." So I did, only to realize that it was much easier stepping in her footsteps. The runner a few hundred yards ahead didn't match my stride as readily and I was forced to bulldoze my way through his inconveniently placed clawed impressions. Still, I thrive during this kind of race which demands toughness as well as speed,

mostly because while my speed is a thing of the past, tenacity is not.

Eventually, I arrived at a Tree that looked vaguely familiar. We exchanged greetings and there I was back on the "old" trail and almost home free. In reality I was closer to first base. I tried to take my mind off that fact by aiming for the next person ahead. Unfortunately, when I approached Kim Scott, that is pretty much what I did. She fell and instantly got up and sprinted, not losing a beat. I was impressed. But as she inevitably slowed, I caught up and almost bowled her down again since we were both reluctant to step out of the friendly trail into the deep snow. Turns out our instincts were correct. When Maureen Roberts fell outside of the box, she became so mired in the snow that a stronger competitor had to haul her up by her armpits!

Once past Kim I could see Denise way ahead, but didn't realize it was Denise. In her orange Team Dion jacket, I thought she was maybe an orange marshal flagging tired runners or perhaps a finish line banner. Even as I finally stumbled into the warm bus I knew I was still only halfway there with another game on Sunday.

Laura Clark

Doubleheader Weekend #2B: New England Becomes Colorado

by Laura Clark

While this was the second year for the **Constitution Hill** Snowshoe Race, this was the first year for many of us as it was recently added to the Dion Series. Jeff was busy in Saratoga godfathering for the Downtown Business Association so Annie and I were on our own.

Sort of, any way. Jeff had decided the car needed a Christmas present, so we partnered with Nuvi, of the Garmin heritage. Nuvi got us there in fine shape but she neglected to adequately describe the left hand turn from Route 7 onto Bridge Street. The turnoff, with no preliminary curves, dipped abruptly into a roller coaster dive worthy of the Cyclone. Annie braked, I gasped for breath and then we both hastily checked the rearview mirror and back pedaled for a more sedate approach. Once Annie carved out a parking space on the narrow road, I opened the door and promptly fell into a snowbank. This would have been funny if it hadn't been so cold. I could die with wet clothes!

From the race description I knew we were in for an initial swing around a field, much like the dreaded Winterfest stretch designed to break up the competition before heading into the singletracked woods. But with two feet of fresh powder the pristine field was broken by little more than a narrow ribbon of trampled snow.

At first I slogged behind the endless train, feeling as if I were crossing the Siberian plains in an endless passenger coach of bobbing heads. But as we descended I began to grow impatient, wanting to pass but wary of the futility plowing my way through two feet of powder. At some point, reason fled and I noticed that my Dions were edging into the untrampled snow. But Lo! And Behold! I did not sink!

Continued next page:

Doubleheader Weekend cont:

Apparently the slightly frozen topmost layer was enough to hold me up. I felt as if I were St. Peter walking on water and floated past at least ten astounded passengers. Together with the frigid day we hopped the icebergs at Greylock Glen, this will be one of my most enduring snowshoe memories. Something to tell the grandkids.

Again, on day two, Denise loomed tantalizing ahead. But after she fell for the third time, I took unfair advantage and assumed the lead. I knew this was foolish. Denise recovered with a vengeance and forged onwards.

Although the race was advertised as 5.5K, it felt much longer. Perhaps it was or possibly it was just that we were still Colorado rookies, not sure how to proceed with no rocks or roots to jump. Ken Clark, with a mad scientist glint in his eye, again gambled on his bigfoots. However, sailing on tired legs and up against the combined strength of Tivo, Tim Mahoney and Dave Dunham, Ken tucked into fourth position.

Both Hoot & Toot and Constitution Hill again featured Targets: Jen Ferriss and Jan Rancatti (Chloe's Dad) at Readsboro and Sweep Voll and Dave Dunham at Lanesboro. While Jen and Jan felt that the Target turned them into prey rather than predators, Sweep exclaimed that she did run faster with her magic vest. While Dave insisted wearing the Target didn't make him any faster, he did have the lead for at least twenty minutes at the start, which basically translates to breaking trail for all of that time—pretty gutsy!

Some of us who have already had our turn at the Target have advanced beyond GO! and are now outfitting in various team colors. There is the Dion orange, of course, which clearly sends the frontrunner message "hard at work." Used to be Ken Clark had what appeared to be his own private club with his Shenipsit Strider singlet. But now that Ken has shifted allegiance, at least as far as clean clothes go, more yellow singlets are turning up. And then there is the fanciful Team Yellow Jacket, so far with three members, Laurel Shortell in the lead, me in the middle and Brad Herder not far behind. Not to be outdone the girly pink Cyclonauts took the game one step further with the addition of the wintery aliases: Icy Cheiks, Snooky Snochews and Shuga Plumferry. I admire their boldness and their long-term memory. I know I would lose out on points as I would forget from race which name I had selected. Heck, with all these doubleheaders, it's difficult to remember where I need to drive to next and where I was the week before.

Laura Clark



*"Title Sponsor" of the USSSA National Snowshoe
Championships in Cable, Wisconsin
March 11-13, 2011*

Constitution Hill Snowshoe Race 2011

by Bob Worsham

This was the second year of the Constitution Hill Snowshoe Race in Lanesboro, MA, and my first time doing it. Given that parking is a bit of a problem, I carpooled with an elite group of snowshoers, Farmer Ed, Konrad Karolczuk, and Kenny Clark. Kenny had won the Dion Hoot, Toot, and Whistle the day before and was primed for a good race. We met at our special spot near the Holyoke Mall. I got there first, and when the Snowshoe Express (a white Nissan mini-van driven by the Farmer) pulled up, they saw that a woman had just parked next to me. When I got in and we were on our way they asked who this woman was. I told them that she had pulled up and asked me if this was the parking lot where you catch the bus to Mohegan Sun. I had responded that, "Yes, this was the lot. I have never been there, but I have seen the bus here before." She was definitely flirting with me, but I didn't take the bait.

Kenny was in the third seat, and Ed and K2 were in the front. I had the middle seat all to myself. Ed's van is great for four people carpooling to a snowshoe race. If you got six it sucks for those in the third seat. I discovered once that Ed routinely covers up his rear heat vents with crap like first aid kits and race mile markers. Since I know where the vents are I immediately fixed them so that they would function as designed.

When we arrived at the race we were the second arrivals. Laurel Shortell was the first. We went to the top of the hill and parked near the porto potty, which was a good thing for this race. There was no place to pee in the woods. Laurel took care of getting the seat warm for the rest of us.

It's really great to have the space of a van to get all your stuff on for a race. After I got all my stuff on and left the van Sweep Voll showed up and gave me a big hug for the loss of my dog in December. I am still tingling from that hug.

When I went down to the starting line the first thing I noticed was about four or five young women dressed in a "team uniform" that was black Lycra with black raspberry markings. Okay, they got my attention! Everybody else thought the color was pink, but I know it was black raspberry like the ice cream. I lined up way back because I'm not competitive anymore. The first half-mile was around the edge of a field. Some people didn't like this, but basically all you do is watch the person in front of you and make sure you stay in the track, so it wasn't so bad. I passed a couple of people in this section of the race, one of them being a black raspberry girl.

Once we got out of the field I really appreciated the beauty of this race, as we got into a single-track trail in the woods. I'm a "mudder" so I loved the conditions for the race, which were deep snow and lots of sliding around. I had to concentrate on keeping my balance with each step in the track by not stepping on either slanted side of the track. This section was really beautiful; the trail meandered around the other side of the mountain with some open snowmobile downhill followed by a long snaking back-and-forth uphill.

Continued next page:

Constitution Hill cont:

Remember to be a polite snowshoer under these conditions and ask if someone wants to pass. If they do, then step off the trail if they can't get by on the single-track.

One person passed me up this hill and I passed one.

It seemed like this uphill was going to end on about three different occasions, but each time you got to the "crest" you could see more uphill ahead. Once I finally got to the downhill it was downhill all the way to the finish. I got two more people on the downhill and had a third in my sights, as Sean Connery would say. It was Laura Clark, but she had too much distance on me and I couldn't get her before the finish line. I came in at my standard position of 33 and am happy with that.

One racer that surprised me today was Laurel Shortell who beat me by about 4 or 5 minutes. She has a new sleek outlook on life and it shows in her snowshoeing. After crossing the finish line I did my standard dry heaving to the point of almost throwing up. Several people looked at me with curiosity, but Farmer Ed just laughed knowingly and reminded me of the time that another guy and I finished a race and engaged in tandem puking. I did not see black Lycra and raspberry after finishing. They all must have thumped me pretty good.

So the bottom line is that I liked this race a lot. If you do it in the future keep in mind that you can't just go off into the woods and pee because the woods are very open and the part of the race close to the start is in an open field. It does have a portopotty though, but with the cold you have to time it so you get to it after several buxom-bottomed Robert-Crumb-type-women have just used it.

WorShamer

2011 Dion Snowshoe Series
Berkshire Natural Resources Council Presents
2nd Annual Constitution Hill
5.8 KM Snowshoe Race
1 / 23 / 11Constitution Hill Lanesborough, MA

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Points</u>
01. Tim Van Orden	M 43	00:41:44	100.00
02. Tim Mahoney	M 31	00:42:02	98.41
03. Dave Dunham	M 46	00:42:04	96.83
04. Ken Clark	M 48	00:42:29	95.24
05. Rich Teal	M 32	00:46:19	93.65
06. John Pajer	M 48	00:47:19	92.06
07. Mike Lahey	M 59	00:48:17	90.48
08. Jack Casey	M 57	00:48:32	88.89
09. Allan Bates	M 62	00:48:33	87.30
10. Edward Alibozek	M 48	00:49:38	85.71
11. Wayne Stocker	M 56	00:50:00	84.13
12. Edward Myers	M 60	00:50:30	82.54
13. Richard Chipman	M 50	00:50:45	80.95
14. Nick Jubok	M 54	00:51:08	79.37
15. Jessica Hageman 1st F	F 35	00:51:43	77.78

16. Randy Zucco	M 40	00:51:45	76.19
17. <u>Jacque Schiffer</u>	F 46	00:52:40	74.60
18. <u>Theresa Apple</u>	F 49	00:53:12	73.02
19. <u>Sweep Voll</u>	F 49	00:53:16	71.43
20. <u>Icy Cheiks</u>	F 28	00:54:36	69.84
21. Scott Bradley	M 56	00:54:41	68.25
22. <u>Laurel Shortell</u>	F 44	00:55:16	66.67
23. Bruce Shenker	M 58	00:56:09	65.08
24. John Pelton	M 71	00:57:10	63.49
25. <u>Cynthia Gardner</u>	F ??	00:57:17	61.90
26. London Niles	M 13	00:57:22	60.32
27. Bob Dion	M 55	00:57:52	58.73
28. Denise Dion	F 52	00:58:01	57.14
29. Carolyn Stocker	F 18	00:58:05	55.56
30. Darryn Kozak	M 48	00:58:06	53.97
31. Jamie Coyne	F 52	00:58:22	52.38
32. Laura Clark	F 63	00:59:17	50.79
33. Bob Worsham	M 65	00:59:25	49.21
34. <u>Pat Rosier</u>	F 52	00:59:50	47.62
35. Pete Cole	M 41	01:00:03	46.03
36. Stan Tiska	M 53	01:00:08	44.44
37. Fred Pilon	M 65	01:00:20	42.86
38. <u>Debra Wechter</u>	F 35	01:01:17	41.27
39. Ed Alibozek, Jr.	M 71	01:01:53	39.68
40. <u>Joann Lynch</u>	F 45	01:02:00	38.10
41. Chris Rondeau	M ??	01:03:14	36.51
42. Joshua Hasty	M 36	01:03:21	34.92
43. <u>Andrea Dufresne</u>	F 30	01:03:44	33.33
44. <u>Laura Raybould</u>	F 30	01:03:45	31.75
45. <u>Coralynn Sack</u>	F 27	01:04:06	30.16
46. Jeff Kellogg	M 41	01:06:05	28.57
47. <u>Meghan Foley</u>	M 24	01:06:15	26.98
48. <u>Lynne Lemanski</u>	F 46	01:06:16	25.40
49. John Aldridge	M 52	01:06:17	23.81
50. Jamie Howard	M 45	01:06:27	22.22
51. Brad Herder	M 53	01:06:34	20.63
52. Jodie Lahey	F 32	01:07:13	19.05
53. Jason Powers	M 36	01:07:14	17.46
54. David Boles	M 64	01:11:03	15.87
55. Daryl Ryan	M ??	01:12:12	14.29
56. Daniel Sack	M 30	01:12:20	12.70
57. <u>Vicki Quagliaroli</u>	F 57	01:13:14	11.11
58. Konrad Karolczuk	M 58	01:15:15	9.52
59. <u>Linda Garner</u>	F 51	01:17:51	7.94
60. <u>Julie Gardner</u>	F 39	01:17:51	6.35
61. <u>Emily Fortin</u>	F 29	01:35:12	4.76
62. <u>Dorothy Karlin</u>	F 28	01:35:12	3.17

Named for the fire set at the top in 1789 to notify neighboring towns that the Constitution had been ratified, Constitution Hill is the centerpiece of 251 acres that BNRC manages as recreational land and demonstration forest. This property has actively farmed fields, and actively managed forests as well as an old wood road loop that takes visitors to the top of the hill. 63 dedicated outdoors-enthusiasts braved the forecasted temps with good humor (team "To Build a Fire"!!!). The top finisher blazed through the 5.8km course in 41:44 - VERY respectable considering the fluffy, un-packed snow. BerkshireSports.org posted hundreds of photos of the day. Kudos to all finishers. We're doing it again next year.

Tad Ames & Doug Bruce ... RD's

2011 Dion Snowshoe Series
 White MT. Milers Present.....
Sidehiller 4-Mile Snowshoe Race
 1 / 29 / 11 Center Sandwich, NH

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Points</u>
01. Kevin Tilton	M 29	31:47	100.00
02. Jim Johnson	M 33	31:53	99.07
03. Judson Cake	M 33	32:44	98.15
04. Wesley Dinnan	M 23	33:22	97.22
05. Ryan Kelly	M 29	33:59	96.30
06. Dave Dunham	M 46	34:14	95.37
07. Charles Thierrault	M 25	34:41	94.44
08. Robert Jackman	M 28	34:42	93.52
09. Danny Ferreira	M 28	34:48	92.59
10. Scott McGrath	M 24	35:27	91.67
11. James Pawlicki	M 36	35:41	90.74
12. Sean Snow	M 45	36:55	89.81
13. Peter Keeney	M 44	37:16	88.89
14. Ryan Welts	M 30	37:22	87.96
15. <u>Amber Ferreira</u> 1 st F	F 28	38:17	87.04
16. Ryan Triffitt	M 35	38:17	86.11
17. Chris Dunn	M 42	38:20	85.19
18. David Principe, Sr.	M 44	38:50	84.26
19. Jeff Dengate	M 33	39:00	83.33
20. Danny Kusch	M 37	39:53	82.41
21. Henry Johnstone	M 15	40:00	81.48
22. Steve Wolfe	M 46	40:24	80.56
23. <u>Kristina Folcik</u>	F 33	41:40	79.63
24. Jordan Peters	M 21	41:45	78.70
25. Michael Wade	M 42	42:36	77.78
26. Richie Blake	M 42	42:52	76.85
27. Walter Fortier	M 61	43:02	75.93
28. Jack Casey	M 57	43:13	75.00
29. Ken Snow	M 55	43:24	74.07
30. Marc Ouellette	M 23	44:01	73.15
31. Jim Graham	M 51	44:24	72.22
32. Steven Soba	M 40	45:12	71.30
33. Rand Snider	M 22	45:32	70.37
34. Eric Kowalik	M 19	45:55	69.44
35. Chris Jasparr	M 43	46:02	68.52
36. David Principe, Jr	M 12	46:29	67.59
37. <u>Liz Johnstone</u>	F 45	46:47	66.67
38. Sal Genovere	M 45	46:56	65.74
39. Jeff Druzba	M 35	47:04	64.81
40. <u>Lisa Ransom</u>	F 48	47:12	63.89
41. Bill Morse	M 59	47:38	62.96
42. David Homan	M 31	47:50	62.04
43. John Peabody	M 56	48:12	61.11
44. Steve Sprague	M 41	48:30	60.19
45. Scott Mason	M 53	49:06	59.26
46. Don Frederikson	M 51	49:29	58.33
47. Keith Shields	M 41	49:35	57.41
48. Andy Jones	M 48	49:57	56.48
49. Timothy Lindsey	M 39	50:06	55.56
50. Tom Eaton	M 59	50:10	54.63
51. <u>Nancy Dubar</u>	F 39	50:15	53.70
52. <u>Kirsten Woody</u>	F 42	50:20	52.78
53. <u>Marcy Schwam</u>	F 57	50:34	51.85

54. Frank Holmes	M 64	50:40	50.93
55. Peter Wattles	M 49	50:45	50.00
56. <u>Jackie Jackman</u>	F 32	50:50	49.07
57. <u>Deidre Cullen</u>	F 25	57:17	48.15
58. <u>Celeste St. Pierre</u>	F 46	51:27	47.22
59. Art Gray	M 57	51:28	46.30
60. Bob Dion	M 55	52:18	45.37
61. Joe Merriam	M 51	52:36	44.44
62. <u>Laurell Shortell</u>	F 44	52:53	43.52
63. James Hawkins	M 33	53:07	42.59
64. Gary Reuter	M 71	53:49	41.67
65. <u>Alexa Cosgro</u>	F 19	54:09	40.74
66. <u>Leah Kovitch</u>	F 16	54:29	39.81
67. <u>Lara Grabazs</u>	F 26	54:55	38.89
68. <u>Sinthy Kounlasa</u>	F 54	55:04	37.96
69. <u>Regina Kavadias</u>	F 44	55:12	37.04
70. Michael Holden	M 36	55:15	36.11
71. Kyle Hodges	M 15	55:39	35.19
72. Christopher Hodges	M 42	55:41	34.26
73. <u>Robin Allen-Burke</u>	F 50	56:17	33.33
74. Denise Dion	F 52	56:25	32.41
75. <u>Hazel Johnstone</u>	F 12	57:23	31.48
76. Jeff Hattem	M 59	58:10	30.56
77. <u>Nancy Brome</u>	F 48	58:21	29.63
78. Lawrence Hewes	M 48	59:12	28.70
79. <u>Dolly Courtemanche</u>	F 47	59:35	27.78
80. Richard Dinovo	M 43	59:42	26.85
81. <u>Doreen Wiggins</u>	F 48	60:15	25.93
82. Matt Dean	M 29	60:19	25.00
83. Rich Dean	M 34	60:20	24.07
84. Jack O'Connor	M 54	60:27	23.15
85. Chris Tessier	M 46	60:41	22.22
86. <u>Melissa Labrie</u>	F 26	60:48	21.30
87. <u>Sharon Barbano</u>	F 57	60:52	20.37
88. George Brome	M 49	60:54	19.44
89. <u>Gwen Logan</u>	F 40	61:14	18.52
90. Jeremy Woodward	M 32	61:16	17.59
91. <u>Vizki McCloskey</u>	F 61	64:05	16.67
92. <u>Diane Levesque</u>	F 57	64:35	15.74
93. Brian Gallagher	M 61	64:38	14.81
94. <u>Ellie Ferguson</u>	F 50	65:11	13.89
95. <u>Tartaglia Cat</u>	F 45	66:21	12.96
96. <u>Laura Saxe</u>	F 29	71:10	12.04
97. <u>Lynn Kovitch</u>	F 13	75:12	11.11
98. <u>Caitlin Sparkes</u>	F 18	76:29	10.19
99. <u>Aubrey Gray</u>	F 25	77:52	9.26
100. Peter Crupi	M 34	77:53	8.33
101. Richard Busa	M 81	78:16	7.41
102. <u>Luanne Goonan</u>	F 54	80:46	6.48
103. <u>Marianne O'Connor</u>	F 47	80:52	5.56
104. <u>Vicky Jasparr</u>	F 37	81:23	4.63
105. <u>Jennifer Dame</u>	F 37	81:26	3.70
106. <u>Judy Caron</u>	F 63	82:05	2.78
107. <u>Wendy Yeaton</u>	F 47	88:59	1.85
108. Don Yeaton	M 59	89:00	0.93

2011 Dion Snowshoe Series
8th Annual ... Curly's Record Run

4 Mile Snowshoe Race

1 / 30 / 11 Pittsfield State Forest ... Pittsfield, MA

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Points</u>
01. Jim Johnson	M 33	0:30:56	100.00
02. Ross Krause	M 31	0:32:46	99.15
03. Dave Dunham	M 46	0:33:35	98.29
04. Tim Mahoney	M 31	0:34:09	97.44
05. Tim Van Orden	M 42	0:34:37	96.58
06. Chris Taft	M 30	0:35:38	95.73
07. Steve Dowsett	M 22	0:37:04	94.87
08. Paul Bazanchuk	M 56	0:37:24	94.02
09. Richard Teal	M 32	0:37:42	93.16
10. <u>Amy Lane</u> 1 st F	F 31	0:38:32	92.31
11. John Agosto	M 46	0:39:29	91.45
12. Erik Wight	M 51	0:39:36	90.60
13. John Pajer	M 48	0:39:41	89.74
14. Jeff Dengate	M 33	0:39:45	88.89
15. Ken Clark	M 48	0:40:15	88.03
16. Brian Northan	M 35	0:40:36	87.18
17. Dave Merkt	M 27	0:40:59	86.32
18. Chris Peterson	M 48	0:41:14	85.47
19. Jordan Peters	M 21	0:41:40	84.62
20. Peter Malinkowski	M 56	0:41:53	83.76
21. Alan Bates	M 62	0:42:19	82.91
22. Mike Lahey	M 59	0:42:31	82.05
23. Eric Kowalik	M 19	0:43:28	81.20
24. Clinton Morse	M 48	0:43:46	80.34
25. Chris Stockbridge	M 29	0:44:00	79.49
26. Randy Stockbridge	M 28	0:44:01	78.63
27. David Almond	M 36	0:44:25	77.78
28. Ashley Krause	F 33	0:44:44	76.92
29. Edward Alibozek	M 48	0:45:09	76.07
30. Maru Aoki	M 25	0:45:33	75.21
31. Randy Zucco	M 40	0:45:48	74.36
32. Wayne Stocker	M 56	0:46:02	73.50
33. Jeffrey Andritz	M 29	0:46:22	72.65
34. Rand Snyder	M 22	0:46:49	71.79
35. Nick Tooker	M 31	0:46:56	70.94
36. Carolyn Stocker	F 18	0:46:57	70.09
37. Jim Martin	M 29	0:47:15	69.23
38. <u>Courtney Tedeschi</u>	F 15	0:47:38	68.38
39. Art Rotti	M 38	0:47:52	67.52
40. <u>Jessica Hageman</u>	F 35	0:48:12	66.67
41. Nico Scibelli	M 48	0:48:15	65.81
42. <u>Sheryl Wheeler</u>	F 48	0:48:21	64.96
43. Richard Chipman	M 50	0:48:33	64.10
44. Tom Tift	M 53	0:48:46	63.25
45. Steve Legnard	M 34	0:48:57	62.39
46. Jeff Clark	M 53	0:49:54	61.54
47. Nick Jubok	M 54	0:50:29	60.68
48. Gareth Buckley	M 34	0:51:12	59.83
49. Dan Danecki	M 51	0:51:27	58.97
50. <u>Sweep Voll</u>	F 49	0:51:44	58.12
51. Jan Rancotti	M 50	0:52:05	57.26
52. Bob Dion	M 55	0:52:44	56.41
53. <u>Theresa Apple</u>	F 49	0:53:05	55.56

54. <u>Sara Praguski</u>	F 32	0:53:25	54.70
55. Scott Bradley	M 56	0:53:34	53.85
56. <u>Jacque Schiffer</u>	F 46	0:53:38	52.99
57. Phil Bricker	M 57	0:53:47	52.14
58. London Niles	M 13	0:54:01	51.28
59. <u>Nicole Kimborowicz</u>	F 33	0:54:05	50.43
60. <u>Laurell Shortell</u>	F 44	0:54:26	49.57
61. Bruce Shenker	M 58	0:56:08	48.72
62. Denise Dion	F 52	0:57:01	47.86
63. <u>Cynthia Gardner</u>	F 59	0:57:06	47.01
64. Vince Kirby	M 54	0:57:08	46.15
65. Mark Raymond	M 48	0:57:18	45.30
66. <u>Patty Duffy</u>	F 42	0:57:25	44.44
67. Rich Godin	M 55	0:57:36	43.59
68. <u>Amanda Keyes</u>	F 31	0:57:57	42.74
69. Will Danecki	M 60	0:58:01	41.88
70. <u>Deb Wechter</u>	F 35	0:58:25	41.03
71. <u>Sarah Dzikowicz</u>	F 40	0:58:25	40.17
72. Bob Worsham	M 65	0:58:39	39.32
73. Tom Ryan	M 50	0:58:43	38.46
74. Michael Dellarocca	M 59	0:59:10	37.61
75. Ed Alibozek Jr	M 71	0:59:48	36.75
76. <u>Alexa Cosgo</u>	F 19	0:59:59	35.90
77. <u>Jen Kuzmich</u>	F 52	1:00:02	35.04
78. Laura Clark	F 63	1:00:12	34.19
79. <u>Pat Rosier</u>	F 52	1:00:31	33.33
80. Ed Buckley	M 52	1:00:39	32.48
81. Chris Rondeau	M 38	1:01:09	31.62
82. Martin Glendon	M 64	1:04:29	30.77
83. Brad Herder	M 53	1:04:33	29.91
84. <u>Hannah Watson</u>	F 25	1:04:40	29.06
85. <u>Kristie Dinicola</u>	F 44	1:04:44	28.21
86. John Baker	M 60	1:04:52	27.35
87. Frank Gaval	M 64	1:05:12	26.50
88. <u>Jennifer Ferriss</u>	F 39	1:06:06	25.64
89. Bob Massaro	M 67	1:07:20	24.79
90. Brad Pellissier	M 53	1:07:52	23.93
91. Dave Boles	M 64	1:08:28	23.08
92. <u>Linda Garner</u>	F 50	1:08:46	22.22
93. John Pelton	M 71	1:09:34	21.37
94. <u>Francine Germaine</u>	F 54	1:10:14	20.51
95. Julie Ryan	F 45	1:10:25	19.66
96. Bill Hart	M 69	1:10:34	18.80
97. <u>Ginny Patsun</u>	F 42	1:12:02	17.95
98. <u>Vicky Quagliaroli</u>	F 57	1:14:40	17.09
99. <u>Helen Curtain</u>	F 42	1:15:26	16.24
100. Karin Bradley	F 52	1:16:53	15.38
101. <u>Julie Gardner</u>	F 39	1:17:01	14.53
102. <u>Krista Schepanovsky</u>	F 43	1:18:40	13.68
103. Michael Maquire	M 55	1:19:01	12.82
104. Steve Obermeyer	M 49	1:21:15	11.97
105. <u>Sibyl Jacobson</u>	F 68	1:21:33	11.11
106. Janet Tryson	F 57	1:21:36	10.26
107. <u>Kathleen Tersigni</u>	F 40	1:22:10	9.40
108. Bill Glendon	M 64	1:22:33	8.55
109. <u>Cathy Sparkes</u>	F 18	1:25:10	7.69
110. Barbara Sorrell	F 53	1:30:57	6.84
111. <u>Lois Green</u>	F 51	1:30:58	5.98
112. Becky Armstrong	F 42	1:38:43	5.13

Continued next page:

Curly's SS results cont.

113. <u>Lee Ann Zarger</u>	F 56	1:49:44	4.27
114. <u>Donna Garson</u>	F 55	1:49:58	3.42
115. <u>Catherine Roberts</u>	F 71	1:50:15	2.56
116. <u>Joanne Longton</u>	F 63	1:51:08	1.71
117. <u>Bonnie Powers</u>	F 70	1:58:00	0.85

Skiing Curly's Record Run on Snowshoes

Memories light the corners of my mind...

Yes Virginia, there is a Father Winter and he spent the weekend at the Pittsfield State Forest to relive one of his favorite moments: when Curly Voll set the downhill ski record schussing Shadow Trail. Except this time snowshoers, not skiers, tested their mettle....

Once again, I was Jeff-less and Annie chauffeured Jen Ferris and me to the Forest. When I backed Annie out of her relatively cozy garage we were both surprised to discover that a light dusting of snow had fallen during the night. Nothing that Annie's sexy studs couldn't handle, but still slightly worrisome for the drive ahead. Not until we arrived at our destination, however, did the Massachusetts snow advance beyond the promised snow shower stage, reminding me of previous races when freshly falling snow was a major feature. But as Curly reflected, while the weather is never really ideal in his forest world, with the day's moderate temperatures, we really couldn't hope for anything better.

After we got Annie comfortably settled in, we headed for the registration table. Since my 2011 race number was securely tucked away in Jeff's car, I came prepared with my #23 bib from Constitution Hill. When I asked Beth if anyone else had claimed that number she told me I didn't need a number as she knew who I was. At last! I had achieved old-timer status. But with a certain penalty as it later turned out.

Initially, the course attacks a steep snowmobile incline similar to that at Woodford. I forgot how to breathe as I jockeyed for position, feeling as if all the air had been sucked out of me. All I could manage was a high degree of thankfulness that I rested up Saturday and didn't go skiing as planned. Now that I have the leisure to reflect, I imagine the punched-in-the-stomach feeling came from the urgency we all felt to make it to the single track before the hoards closed in. Not to mention the fact that we still had two more miles of significant uphill to conquer.

I spent most my time passing and re-passing Ed Alibozek, Jr. (the Elder—go figure). Or, viewed from a different perspective, Ed spent most of his race passing and re-passing me. I wonder if we could be awarded extra points for all the people we passed, even if they were the same ones over and over. At our age every point counts and it's not as if we're going to win the race.

Shadow Trail is part of a trio designed in days of old by the CCC, tripling with Ghost and Phantom Trails. Obviously they

were not named after an early pioneer as in the case of Turner Trail, but more likely based upon scary CCC campfire stories. The trip down Shadow's powdery slope was worthy of a day out West. Much better than the Year of the Ice when Barbara Sorrell, just ahead of me, demonstrated her acrobatic skill by performing a complete somersault, landing handily on both feet and proceeding as if nothing had happened. I imagine when Curly raced Shadow the only shadow was his—if he had time to glance over his shoulder which he certainly didn't. But today, while the cloudy skies precluded shadows, we did have a similar experience with all the people on our tails skiing the soft powder on out-of-control snowshoes.

I learned something in this Year of the Powder: it is not a good idea to take off your outer mittens and tuck them into your waistband. I felt like one of those construction workers with the sagging jeans. The snow was not only cascading in a photographically pleasing arc over my body but the slight opening created by my mittens enabled snow to maneuver into my bareskinned nether regions. Not a pleasant sensation.

As we crossed the finish line, we were each treated to a homegrown Pittsfield Rye loaf of special edition bread baked in Curly's honor. Which was especially good for me since I had forgotten to purchase bread at the Saturday Farmer's Market, carbo-loading instead on almond pastries. But when I headed over to the raffle table I realized my old-timer status came with a price—my race number wasn't drawn since I didn't have one!

While I feel more tired after one snowshoe race than I did after the previous two weeks' doubleheaders (I skipped Sidehiller yesterday), at least I was prepared. On the drive over, I filled in Jen, a Curly's first timer, on all possible scenarios with the opposite effect from what I had intended. She immediately decided that the race was ridiculous and she would take it easy and try to survive. Barbara Sorrell, on the other hand, optimistically told her friend Lois Green, who was attempting her first snowshoe race, that the course was simply hilly, only to reveal it was a mountain well into the uphill.

Firsts are special, whether it be tackling your first race or your first mountain. It was first-timers like these two who displayed true Curly's courage.

Laura Clark



Albert "Curly" Voll at his namesake snowshoe race.

photo by will



Club member Nick Jubok at the 2011 Curly's SS race



Club member London Niles is only 13 but he has been running with us for 3 years.

photos by Bob Birkby



Curly's Record Run 2011



by Bob Worsham

Kenny Clark, Farmer Ed, and I got to the Pittsfield State Forest about an hour and a half before the race because there are certain things we like to have plenty of time to do. The first and foremost is a visit to the porta-potty that is on the road to the left at the entrance. The seat is typically so cold that when you touch it with your tongue it freezes tight. It only took me once to teach me not to do it again.

On the way up I told Farmer Ed that he was stupid for getting Bob Birk's name wrong as "Birkby" when he was credited for the pictures. When I saw Birk before the race I told him the Ed got his name wrong. Birk told me that Ed was right. So I had to eat crow and tell Ed I was wrong and that I was the stupid one. Ed asked me if it had ever occurred to me that I might occasionally be wrong? I've known Birk for about 12 years and always thought his name was Bob Birk. That's the way his wife had introduced him to me. Anyway, he helps take good pictures of all us snowshoers.

I fear this course because I find the first half to be so difficult going up the mountain. I know my lungs are going to burn like heck, but I have to keep on going. I'm tired by the time I get across the start field to the road.

I was all decked out in my black Dion fleece vest and my black Dion hat. I looked like somebody that was a sponsored racer. I cruised by the Dion Rav 4 on my way to find another pee place displaying all my stuff. My pee place was a short jaunt out the Lulu Brook Trail. I had to be careful though of being seen by people jogging up the road that overlooked the trail I was on. These days you can be labeled as a sex offender if you pee in public. Well, at least I'm in good company with all the trail runners who pee before a race.

The climb up the hill was indeed hard, but by the time we got to single-track trail people were pretty much in the position they should be in for the climb. You can't really pass anyone by charging around them in deep snow. In fact, if you are going up a hill and someone is breathing right on your heels, you should offer to let them pass. If they want to, then step off the trail and let them. Will Danecki, a real trail gentleman, let me do this on the way up the mountain. I returned the favor by letting him blast by on the steep downhill.

I was very impressed by what good condition the trail was in. I asked Brad Herder how that happened. It seems he got out on the trail himself to make good tracks along with a few other people. I suppose he wanted to do this so he wouldn't have to face slip-slide conditions.

On the downhill former ski slope Shadow Trail I gained a lot of distance on people behind me. However, when it turned to rolly poley a couple of women caught me. As one went by she touched me on the back in a sensual manner. I think this was to totally distract me, which it did. Seconds later she tripped, and fell down right in front of me. I slowed to offer her my hand, but she was up and gone before I got there.

I kept thinking I was gaining on Will because I could see him. But I think this was because the trail switched back and forth so you could see people that were actually ahead a bit. I held my position after the two women passed me and finished not too far behind them. They were both sprinting for the finish ahead of me, one trying to overtake the other. After crossing the finish line I strolled off out of view to dry-heave and semi-puke.

Continued next page:

Curly's cont:

I got back to watching the finish line just quickly enough to see elder Farmer Ed trip just before the finish line. He was so slow to get up that I was thinking he could have rolled over and over faster to cross before the person behind him. Well, now that my former competitor, Laurel Shortell, drubs me consistently, my new competitor is Laura Clark, who trashed me at Constitution Hill. I managed to finish ahead of Laura today.

I took my turn changing out of my wet clothes in the van. It's a pretty good system. Kenny Clark comes in way in the front, Farmer Ed comes in a little ways behind Kenny, and I come in way behind both of them. This way we are all able to change in the van without standing in line. I'm wondering how much butt-sweat has soaked into Farmer Ed's middle van seat during these changes of clothes.

Post race stuff was good, and I discovered I won one of the raffle things by getting some really good banana bread. Dede Voll dipped some really good stuff out of a big pot for me to eat. Of course Curley was a social butterfly talking to everyone while wearing his traditional brown winter suit. At the food area I told Jessica Hageman that I liked her story in the last issue of SnoNews. It's always nice to have new writers for SnoNews. After the race I learned that Lee Ann Zarger is a social butterfly, making new friends and saving them from being totally lost in the forest overnight.

I've never seen so many cars stuck and off the road at a race before. Before we left we had to go push out two vehicles that were stuck. One was the famous Tom McCrumm, owner of the South Face Farm Sugar House, where we all eat after the Hawley Kiln Notch race. Even his posi-traction didn't save him that day. Going down the road to the exit of the forest the car in front of us swerved away from two women pedestrians only to go inches too far and get its left front wheel stuck off the edge of the road. After it got stuck one of the pedestrians fell down and we all laughed. Then a bunch of us from several cars got out to help the stuck guy. It turns out that Jessica Hageman was in the car, and I told her she had something new to write about now. We finally got them unstuck as Jessica shouted instructions through the open window to her boyfriend. Is this a sign of things to come? The woman is always boss!

On the way home I heard that two women were arguing in the parking lot before the race and one of them went home instead of racing. Wonder what that was all about? On the way home we all discovered that when we wear elastic waist-band pants they now fall down because our bellies have gotten fatter with age. Of course on the way home we ate coffee rolls and apple fritters with our Dunkin Donuts coffee from Lee. We love snowshoeing!

WorShamer

Welcome New Members

Jamie Coyne ----- Ron Starrett

Thanks for supporting the WMAC!

2011 Dion Snowshoe Series 9th Annual Northfield MT.

5 Mile Snowshoe Race ... 2 / 5 / 11 Northfield, MA.

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Points</u>
01. Tim Van Orden	M 42	0:42:59	100.00
02. Greg Hammett	M 33	0:43:46	98.15
03. Ross Krause	M 31	0:44:27	96.30
04. Tim Mahoney	M 31	0:47:29	94.44
05. Sean Snow	M 44	0:48:09	92.59
06. Chris Taft	M 30	0:48:39	90.74
07. John Pajer	M 48	0:50:14	88.89
08. Ken Clark	M 48	0:51:29	87.04
09. Rich Teal	M 32	0:52:00	85.19
10. Ed Parrot	M 40	0:52:28	83.33
11. <u>Amy Lane</u> 1 st F	F 31	0:52:49	81.48
12. <u>Amy Lyman Nedeau</u>	F 36	0:53:12	79.63
13. Erik Wight	M 51	0:53:43	77.78
14. John Kinnee	M 32	0:54:18	75.93
15. <u>Carolyn Stocker</u>	F 18	0:54:42	74.07
16. <u>Abby Mahoney</u>	F 32	0:55:19	72.22
17. Ned James	M 56	0:55:55	70.37
18. Peter Lagoy	M 51	0:56:12	68.52
19. Peter Malinowski	M 56	0:56:21	66.67
20. Mike Lahey	M 59	0:56:57	64.81
21. Brian Northan	M 35	0:58:14	62.96
22. Jack Casey	M 57	0:58:32	61.11
23. Donald Pacher	M 38	1:00:14	59.26
24. Randy Zucco	M 40	1:01:31	57.41
25. Greg Farrell	M 29	1:01:35	55.56
26. Wayne Stocker	M 56	1:02:27	53.70
27. Nick Tooker	M 31	1:03:11	51.85
28. John Carey	M 39	1:05:30	50.00
29. Adam Wright	M 21	1:07:24	48.15
30. <u>Jessica Hageman</u>	F 35	1:07:51	46.30
31. <u>Sweep Voll</u>	F 50	1:08:38	44.44
32. <u>Laurel Shortell</u>	F 44	1:08:50	42.59
33. Bill Morse	M 59	1:09:06	40.74
34. <u>Sarah Romain</u>	F 26	1:09:47	38.89
35. <u>Amanda Keyes</u>	F 31	1:09:52	37.04
36. Rich Clark	M 57	1:10:26	35.19
37. Barry Auskern	M 50	1:11:07	33.33
38. Phil Bricker	M 57	1:11:19	31.48
39. Chris Rondeau	M 38	1:12:56	29.63
40. Denise Dion	F 52	1:13:10	27.78
41. <u>Linda Fijol</u>	F ??	1:13:20	25.93
42. Joshua Dormody	M 14	1:13:33.	24.07
43. Andy Moskovitz	M 47	1:15:30	22.22
44. <u>Pat Rosier</u>	F 52	1:18:59	20.37
45. Jamie Coyne	F 52	1:19:01	18.52
46. <u>Mareen Cunniffe</u>	F 49	1:23:39	16.67
47. Bob Massaro	M 67	1:24:58	14.81
48. Jamie Howard	M 45	1:25:52	12.96
49. Michael St Hilaire	M 32	1:26:12	11.11
50. Ed Dean	M 53	1:29:06	9.26
51. <u>Julie Gardner</u>	F 39	1:31:47	7.41
52. Brad Herder	M 53	1:31:48	5.56
53. <u>Deb Wechter</u>	F 35	1:31:49	3.70
54. <u>Vicki Quagliaroli</u>	F 57	1:34:57	1.85

Thoughts from Pisgah MT. ... 2010

by Marc Guillaume

Eight years ago, I ran a 50 km race. At the time I was competing in 18 – 20 mile races and figured I'd just ramp up to a longer one. Looking back, I realize that my knowledge about pacing and training was limited. This time around, I had a clearer sense of what I was undertaking as well as the kind of preparation required.

I've made a serious commitment to running this year. Due to my experiments with just how much abuse my body can take, I can count at least three bouts of over-training. Two weeks before the race, I pulled the IT muscle on the outside of my right leg, an injury that manifested as knee pain. There I was, thirty minutes into a run just one week before the big event, when I realized I'd injured myself. Reluctantly, I trotted the fifteen minutes home and didn't run for five days. In some ways, this pause could be called a taper. Psyched as I was about my training and anticipating a strong performance in the 31 mile race, now I was wondering if I would be able to finish. That thirty-five dollar registration fee I'd sent in three months earlier seemed a poor attempt at motivation.

Three days before the race I strapped my two year old daughter into a jogging stroller and managed a slow run, alternating seven minute runs with five minute stretches. Afterward I felt only minimal twinges in my knee which seemed to go away after self-massage, wife-massage and icing. But the final verdict would have to wait until the big day.

Leading up to the race, I had wondered about my pace. In my previous effort at age thirty, I'd finished in 5 hours and 45 minutes. This would be my fourth big race this year, so I searched other race results, looking for people who had both run against me this year and in the Pisgah 50 km race the previous year. One of the strongest women runners in the area finished her Pisgah race a whole hour faster than my previous effort. Add to that, I had beaten her by almost half an hour on a 14 mile race. I knew I couldn't keep up with the front guys, but surely I could run with her?

I decided to be conservative. I prepared a small pacing chart based on the times to the water and aid stations. Since the woman had completed her race the previous year in 4 hours 45 minutes, I built my pacing chart around a five hour finish time. It's said that going out too fast is one of the worst sins when running long races. I was not guilty of that particular sin this year, but I had plenty of previous experience. If I stuck to my pacing chart for the first two hours, I calculated that that would be enough to get me through the race in fine fashion.

Well stretched and with my knee pre-iced, I lined up with the other contestants. I knew there'd be a lot of people running ahead of me for the first mile and a half. For this interval, the two races, 25 km (15 mile) and 50 km (31 mile) share the same course. After that, the field in front of me would thin considerably. Surveying the other racers at the start, I tried to pick out guys I knew would beat me. Trail running has become more popular since I started, at least among the fastest runners. A time that earned me sixth place back in 2002 would, in 2009, earn me 20th

place. Later I learned that a 5:45 in 2010 would have awarded me 37th place!

When it was time to start, an elderly gentlemen simply said, "Go!" I didn't hear him. Then, after finding myself running, I realized I hadn't started my stop watch, a much easier way of watching my pacing chart - attached to my watch band - than converting from the 8:45 am start to elapsed time on the course. After talking with several runners, I started my timer about four minutes into the race. Now, I only had a conversion of adding four minutes.

I started slowly. The group ahead of me was intimidatingly large. In previous races, I had planned to start somewhere between 10th and 20th place. Here I was in 40th place and not liking it. I remembered reading about one man's experience in a 50 km race. He reached the top of one of the early hills in 30th place only to have his son, standing alongside, call out, "What's wrong, dad?" "Nothing," he said. "They all started out too fast." He finished in 2nd place.

I wasn't aiming for second, but I wanted to finish strongly while holding a good pace throughout. We passed the first mile marking I had written down - the split of the races at 1.7 miles. At my expected pace, 9:40 per mile, I would reach this point at a little under 17 minutes. I was 14 minutes into the race as we took the left where a sign read "50 km." Out loud I told myself to slow down, but inside, I convinced myself that, since I felt so good, maybe the map was wrong. Just how accurately would they have measured this muddy junction in the woods?

At about two miles, I caught up to a woman with gels pinned to her fuel belt. It seemed a strange choice, but, let's face it, any woman running this pace knows much more about running this type of race than I do. We chatted a bit; she was running to get ready for a road marathon in three weeks. Hearing about her previous 2:57 marathon effort in Hartford, I was impressed and told her so. Here was another clue to how I was doing with my pace, a clue I ignored. After running with her for maybe a mile, I passed and moved on ahead. This would later prove to be the decisive moment when I could have run the race I wanted to instead of the race I did.

At the first aid station at 8.7 miles, I was pretty close to my expected pace. Only later would I realize that my pacing chart didn't account for the hilly sections in the middle of the race. Now I came zipping into the aid station with the top off my empty water bottle and my empty zip lock bag (apple slices already eaten.) I quickly filled the water and grabbed some fig newtons and headed off. I passed two people dawdling at the aid station and felt good about my own strategy. Like a good triathlete, I knew that transitions and aid stations were time spent not moving forward; the less time at them, the better.

Around mile 15, I caught up to Amy Lane, the woman on whose times I had based my pacing chart. I had been running with Keith Smith, a friendly guy I've known since I took up this sport. His brother, who often wins races of this type, is always content to be in the top ten. Usually, he beats me. So when I caught up to him, I decided to hold back and see how it would go. He said he was hoping to run a nice easy pace, like a 4:30.

Continued next page:

Pisgah cont:

Oops, I thought, that's too fast. I ignored this data for two reasons. First, I still felt good and second, he's such a nice guy to chat with that I didn't want to drop back. So much for the scientific approach!

Keith and I settled in behind Amy. She let it be known that she was going for the course record, set ten years before. Her plan was 4 hours and 35 minutes, a solid 30 minutes faster than my goal. In her opinion, backed by at least twice as many weekly miles as I run, she felt she was on pace to do that. Now, I was running with two experienced runners, both feeling good about a pace I was pretty sure I couldn't hold. More information that I was not running *my* race!

Continuing in the spirit of "my body feels good, I should keep the wind whistling in my ears," I passed Amy and Keith on a downhill, saying I wanted to roll it out a little more. This was at about mile 19. We hit a rise soon after and I let the two of them go ahead. I knew I was in trouble. I said my good byes and watched them charge ahead. Only as my new reality hit did I see just how fast we had been moving. Less than 30 seconds later, I couldn't see them and could not imagine ever running that fast. God, I thought, how can they do it?

As I tell it, I had a good 20 mile race. Unfortunately, there were still 11 miles to go. Now, for the rest of the story. As my speed slowed, my right knee held up. Instead, my left knee, symptom-free the whole season, began protesting. And it wasn't alone. I had, it seemed, depleted my glycogen stores. Bonked, as they say. This surprised me; I had prepared by eating and drinking regularly and taking some solid long runs.

It later turned out that Amy and Keith finished in female record time of 4 hour 33 minutes, a good 15 minutes faster than the fastest I could expect to finish the race. Where I had planned on running each mile in 9 minutes and 40 seconds, they ran 8:40 miles. So by the time we caught Amy, I was running 20 minutes faster than I should have been.

To watch a struggling runner must be laughable. As one guy passed me, he said, "When you see someone walking with their head lolling to the side, it's not good." I found myself encouraging myself to start running at some predetermined tree. "Oops, you just walked past that tree. OK, this next one, that's the tree to start running at."

In my slowed, enfeebled pace, a pain cropped up that was different from any previous run. While dressing, I had debated whether to wear a shirt or not for the race; decisions like this can make a big difference in a five hour race. Except when deer flies are fierce, they fly faster than I can run, so I usually run without a shirt. Now, I was feeling the skin of my upper arm rub against my chest. The dried sweat acted like glue, repeatedly grabbing then pulling at my skin as I ran. I wrapped some duct tape around myself, then reinforced that with pink plastic trail marker ribbon to increase the effect of the tape's stickiness. The pain of chafing was slightly reduced, a minor success.

After about one hour struggling to jog, a bit of energy reappeared. I began to trot, but not for long. The trail's smooth dirt turned to rocks; I had to walk to have any precision control over my legs.

About this time, though I'd been hoping for a traveled road where I could hitch a ride back, I discovered that if I deep-breathed, my body let me increase the speed of my shuffle to a slight jog. As my pace increase slightly, I began to sweat and then realized the real cause of the chaffing - no natural armpit lubricant!

About three and a half hours into the race, I realized that all was not lost. Even though I was having trouble walking and felt the weight of gravity – and people were passing me like they were in their final kick of a 5km race - I saw a glimmer. Glancing at my pacing chart, it occurred to me that, if I got to the next aid station in less than 30 minutes, I might be able to beat my personal time. Of all the races I'd done this year, it would be my first Pr (personal record). At least one minute faster than eight years ago, I told myself, that should be enough.

When I approached the last aid station, a man with the clip board called out, "Number 5, we were wondering where you were!" The course has a loop around this lake and we pass this same aid station at mile 18 and mile 25. Here he was, reminding me of how badly I'd done for the past seven miles.

I did not feel encouraged. As an attempt to pick myself up, I asked the man about the quickest way back to the start. He pointed up the trail, the race course. Now I knew - the only way home was to finish, to complete what I'd started.

Slowly, shuffling under the watchful eyes of all those at the station, I made my way up the hill.

At this point, I had six miles to go. I knew I was going to feel every step. But I also knew that at my current reduced, but not totally debilitated pace, I was likely to exceed my previous time by a meaningful margin. Running my own race, I began to feel encouraged. Even as people passed me, I didn't mind. I'd stopped thinking about what place I would finish, but was heartened to note that I was being passed much more slowly. One man passed slowly enough that I had a chance to chat, not simply call encouragements to his receding backside. Now I knew I was almost in my finishing position in the race.

I scanned ahead at every turn for a glimpse of the final water stop, a couple of jugs of water by the trail marking 28.7 miles. From there, it was dirt and paved roads to the finish. Every turn I anticipated seeing the water jugs by a forest gate. Every

opening or thinning of the trees made me think we were closing in on civilization. Finally, I thought, "This had got to be it." But, no, beyond was the last nasty downhill. "You have got to be kidding me," I called out loud as I came to an abrupt stop at the crest of this totally unnecessary descent. Speaking aloud was nothing new as I had become my own band leader and excessively verbal coach for some time.

What was new was me stopping, staring, and wondering.

My left knee had been giving me problems for some time and what had simply been pain was building to the point where it was threatening to lock up on downhills. Now, standing at the top of this drop off, I contemplated walking backwards down the hill. Too long of a hill, I decided, much too long. Instead, I cast around, groaned as I bent over, and picked up a stout stick.

Using this walking pole I hobbled down the hill, the stick standing in for my left knee.

Continued next page:

Pisgah cont:

Reaching the relative flatness of the bottom, I cast the stick aside and took off running. I need to trail more on downhills, I thought; I feel pretty good on the flats.

Gotta do something to get my quads stronger.

Then, almost comically, I saw the long-anticipated water jugs. It seemed they were pulling a prank to actually show up, there, next to be base of the gate. That, and the thinning of the trees I'd expected would herald them, only showed after I'd passed them. I gave them a glance in greeting and strode on.

Over my shoulder, I saw a man and woman coming up behind. They were maybe 20 seconds back. Suddenly, I felt that I was in a race again. Hey, this is my finishing place. You two can't have it.

I took off. When I describe this moment, it comes off as a whole new race. I lengthened my stride, picked up my cadence, and started flying. The dirt road morphed into pavement and still I charged along. My body was giving me all the energy I wanted, my quads were happy because there were no rocks to navigate. I was happy because the race was almost done.

I passed Amy doing her cool down. "Did you get it?" I called out. "Yeah!" she said. I was moving so fast, her answer needed to catch up to me as I headed away. The finish line was ahead of me and then one of the volunteers called out, "You can stop running now." I was so focused on not slowing before crossing the finish that I was still in motion after the race was done.

Stiff, achy and hungry, but pleased with my efforts, I knew I hadn't run a smart race. But I did finish in 5 hours 14 minutes, taking a whole half hour off my personal best. Later, looking at the results, I noted that the female 2:57 Rhode Island marathoner, Karen, had finished in 4 hours 41 minutes, only eight minutes behind the first female. Even if I had slowed to run with her, I still would have been going too fast. Only then did I realize my original pacing mistake.

Women, like older men, get stronger as the race gets longer. Trying to gauge my fitness for a 31 mile race by comparing myself to a female on a 15 mile race was simply naive.

Next year, or some year after that, I hope to do better. There is no hurry; the winner was 46 years old. And two guys ten years my elder beat me badly. I'll plan my pacing and take it easier at the beginning. I won't over train and will observe the hard/easy rule of injury prevention. I'll listen to the pacing evidence I get from the people around me and not pass runners at mile 15 who are clearly stronger than me.

Finally, I'll remember what that guy said, the one whom I passed at the eight mile aid station, and who passed me back at mile 21 when I could barely walk.

"The race doesn't start until after mile 20."

Marc Guillaume

Trail running at its best.....

The 2011 Grand Tree Trail Series



The Snowshoe Book



William Osgood and Leslie Hurley. Stephen Greene Press, 1971.

*If the strength and glory
Of youth you would recall,
Then exercise your lungs and limbs
On snow shoes with our call.*

W.G. Beers, 1874 for Montreal S.S. Club

William Osgood and Leslie Hurley, veterans of World War II's famed 10th Mountain Division, are undisputed masters at winter survival. In this "first comprehensive book on snowshoeing," they enthusiastically share their hard-earned knowledge.

While few of us today do more than hobby or reenactment trekking on the traditional wooden snowshoes depicted here, it is fascinating to learn how such originals were framed and laced. Craftsmanship reigned supreme, with as much care taken to construct a snowshoe as to fashion a violin. If, like me, you enjoy going retro occasionally the practical hints on how to handle these bigfoots will eliminate much trial and error.

But the true fascination of this brief manual lies in its glimpse into bygone days. A glance at the back cover depicts the authors clad in lumber jackets, boots and woolies, carrying axes and poles and smoking pipes! While we aim for the lightest models, it is amazing to view the old black and white photos of athletes competing in huge racquet's that seem to preclude more than a shuffling gait. The races described are in the typical Canadian Track format with necessarily strict rules about crossing into an opponent's lane only when a good 12' ahead.

Even more impressive were the action photos of snowshoe hurdlers. Those must have been some strong athletes! Dodge Ball, Fox and Geese, field hockey and potato races were also popular. After reading the directions for the Compass Game, a circular affair with spokes representing various directional points, I was astonished to discover that this resembled a favorite winter pastime my mother taught the neighborhood kids—except that we wore boots rather than racquet's. I can only assume it was somehow part of her Midwestern heritage.

Closer to our own events, however, were the community snowshoe hikes which were apparently popular social fixtures in New England villages until the 1930's. Typical outings attracted 50 participants—young, old, entire families. Each event would have a different leader who would design the course, locate a halfway inn or farmhouse for supper and then make sure no one got lost on the way back. No mention was made of lighting devices, but a typical party would not return until around 11 PM. More family-friendly was the weekend breakfast hike where a family would set a fire in the evening and then hike back in the morning with a toboggan full of breakfast items.

It amazes me that apparently no one remembers hearing grandparents recollect these good times. I guess it's human nature to take simple things like that for granted.

Still, here we are, thanks to Edward Alibozek and Bob Dion, hosting New England-style snowshoe races with good fellowship afterwards.

Reviewed by Laura Clark

Note: Several dates are still tentative!

- 1 April 9, 2011 10:00 am Union, CT
NORTHERN NIPMUCK 16 miles
 Jim Campiformio – 860-429-0582 jimcampi@hotmail.com
- 2 April 9, 2011 9:00 am Andover, MA
MERRIMACK RIVER 10 miles
 Steve Peterson 508 – 628 - 8943 darthluna1994@yahoo.com
- 3 *April 24, 2011 ???* 10:00 am Wolfboro, NH
MUDDY MOOSE 14 miles
 Fergus Cullen 603-520 -5450 fergus@ferguscullen.com
- 4 May 1, 2011 9:00 am Amherst, MA
7 SISTERS 12 miles
 Scott Hunter 413-695-7244 scotjh@aol.com
www.7sisterstrailrace.com
- 5 May 7, 2011 8:00 am Ashburnham, MA
MORFUN WAPACK 21 miles
 Norm Sheppard sheppard@tiac.net
- 6 May 15, 2011 9:00 am Stafford, CT
SOAPSTONE MT. 14.5 --- 4 miles
 Deb Livingston - 860-512-0125 deb@horstengineering.com
www.soapstone@shenipsitstriders.org
- 7 May 21, 2011 9:00 am Northfield, MA
NORTHFIELD MT. 10.3K
 Dave Dunham dave.dunham@comcast.net
www.usatf.org 978 – 691 – 6560 7am – 2pm
- 8 June 19, 2011 10:00 am Adams, MA
GREYLOCK GALLOP 13.5 --- 3 miles
 Ed Saharczewski edwrsah@aol.com
www.runwmac.com
- 9 June 26, 2011 9:00 am North Conway, NH
CRANMORE HILL CLIMB 4.3K Laps
 Paul Kirsh 603 – 367 – 8676 info@whitemountainmilers.com
- 10 *July 10, 2011 ???* 8:00 am Milton, MA
SKYLINE TRAIL RACE 7.2 miles
 Paul Correia 508 – 636 - 3718
- 11 *August 6, 2011 ???* 9:00 am Barkhamsted, CT
PEOPLES FOREST TRAIL 7 miles
 Will Graustein wgraustein@snet.net

- 12 *August 6, 2011 ???* 9:00 am Oxford, MA
OXFORD DAM RACE 10.5 miles
 John Grenier johngrenier1@aol.com
- 13 August 21, 2011 9:00 am Florida / Savoy, MA
SAVOY MOUNTAIN 22 miles – 11 miles & 4 miles
 Rob Higley ... 413 – 549 - 5804 rhigley@rcn.com
- 14 August 28, 2011 9:30 am Sunderland, MA
MT. TOBY 14 miles
 Scott Hunter - 413-695-7244 scotjh@aol.com
- 15 September 4, 2011 9:00 am New Ipswich, NH
WAPACK TRAIL 17.5 miles
 Paul Funch 978-448-2813 pgfunch@verizon.net
www.wapack.freesevers.com
- 16 September 11, 2011 8:00 am Pittsfield, MA
CURLY'S HALF MARATHON & 5K
 Beth Herder curly@berkshiresports.org
- 17 September 18 2011 8:45 am Winchester, NH
PISGAH MT. 23K / 50 K
 Gary Montgomery ... 603 – 363 - 8420
info@gotENDURANCE.com
- 18 October 2, 2011 8:00 am Ashford, CT
NIPMUCK MARATHON 26.2 miles
 Clinton Morse - 860-875-6256 (eves before 8pm)
nipmuck@shenipsitstriders.org
- 19 October 9, 2011 10:00 am Monroe, MA
DUNBAR BROOK 10.5 --- 2 miles
www.runwmac.com
- 20 October 23, 2011 12:30 pm Groton, MA
GROTON FOREST 9.5 & 3.5 miles
 Paul Funch - 978-448-2813 pgfunch@verizon.net
<http://www.GrotonTFTR.freesevers.com>
- 21 October 30, 2011 9:30 am Albany, NY
HAIRY GORILLA & SQUIRRELY SIX 13.1 & 6 miles
www.albanyrunningexchange.org
- 22 October 30, 2011 9:00 am Framingham, MA
BUSA BUSHWHACK 5.6 & 9.3 miles
 Barry Ostrow b.ostrow@comcast.net
- 23 *November 5 or 12 2011 ???* 6:15 am Ipswich, MA
STONE CAT ALE 26.2 & 50 miles
www.gaconline.net

Watch the Grand Tree web page for any changes and please verify all information before you go!

Western Mass Athletic Club
P. O. Box 356
Adams, MA. 01220

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Newsletter... wdanecki@charter.net
The Hot - Line... 413-743-5124

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