



Snow Running News ... Western Mass Athletic Club

Volume 19 Issue 1 Mid Winter 2013

In this issue:

Results and stories from:

Pine Ridge -- Turner Trail

Woodford -- Constitution Hill

BTB -- HT&W

Side Hiller -- Curly's

Winterfest -- Camp Saratoga

2013 Grand Tree Schedule

And plenty more inside

Up n' Coming Events:

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

Snowshoe Races:

Moby Dick2 / 23
Hallockville2 / 24
Hawley Kiln3 / 2

Trail Races:

Old School Fun Run3 / 30
Merrimack.....4 / 13
Richie's Run4 / 20
Muddy Moose.....4 / 28
7 Sisters5 / 5
Wapack & Back5 / 11
Soapstone5 / 19
Greylock6 / 16
Blue Hills.....7 / 7
Cranmore Hill7 / 21
Peoples Forest8 / 3
Savoy8 / 18

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

www.runwmac.com

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Eeny, Meeny, Miney, Mo... Will it Snow? Will We Go?

by Laura Clark

After our recent non-winter and speculation that this year simply had to be an improvement if only by default, pre-season emotions ran the gamut from wild optimism to cautious hedging and on into Eyore doom and gloom. As December 29th relentlessly approached, the stakes got higher and probability ratios sank to an all-time low.

But wait! Perhaps our start-off event at Pine Ridge wasn't December 29th, but instead December 30th. And just maybe the race would launch at 11AM instead of 10AM, granting us a discretionary hour for prayer, wishful thinking and unashamed snow dancing. The usual websites listed different variations of these possibilities. At first it was merely amusing, but as snow began to fall Wednesday night, into Thursday and beyond, a certain urgency became apparent. What if Pine Ridge held the race and no one showed up? Or worse yet, what if only a few hit the correct slot on the roulette wheel, thereby skewing the WMAC points system? What if we all turned up the day after? Could we hold a spontaneous event? Our Chief Snowshoer, Edward Alibozek did his part to keep the odds in our favor by posting a 10AM starting gate time, figuring with those odds at least we wouldn't be forced to adopt a frantic Mad Hatter attitude rather than the confident approach of the sleek, self-assured Dion Bunny.

Eventually, the facts sorted themselves out and we arrived at the luxurious Pine Ridge accommodations from points east, west, north and south. It was great to catch up with old friends—it seemed like forever since the end of the trail running season. Most were recognizable, but a few sported new winter gear. Jen Ferriss now has a snow-bright jacket to match her old white hat. That is borderline not fair as now she blends in with her surroundings, making her less visible to those in hot pursuit. Give that girl a Target! Maureen Roberts showed off her nifty Salomon XA-3D GTX all-weather shoes, guaranteed to keep her feet toasty dry. Maureen is a trendsetter, the first in our crowd to sport mountain bike booties over trail sneakers. Now in this latest move she has ditched the booties and reports completely dry, Salomon-pampered piggies.

Speaking of Targets, although there were several likely candidates, that will have to wait for Turner Trail as the ski center's eco-friendly cloth bibs would have been obliterated. When I noticed Phyllis Fox, one step ahead of me in the registration line, was awarded #32, I was ready to barter for her husband Doug's #33, only to learn that my favorite number was missing in action. Was that an omen?

It seemed that way. Almost too late I learned that the start was a five minute hike away, not the parking lot send-off I had envisioned. Arriving breathless at the gathering point, I stopped to secure my Dions only to discover that one of my straps was not cooperating. Luckily, my Jeff saved the day with his casual observation that it was strung backward. I had replaced all my straps at the end of the season and had never tested them out. Steve Mitchell also succumbed, having apparently forgotten how to snowshoe efficiently. Jen Ferriss saw him literally interlink the two spaces in the front decking and go down in a heap of twisted metal. Good citizen that she was, she helped him untangle before continuing her journey.

As for me, I was uncharacteristically worried. My friends have dubbed me *The Snow Queen*. I would like to think they are somehow referring to my dubious ability and not to the evil *Lion, Witch & Wardrobe* incarnation who would think nothing of tripping those trying to pass her on single track.

Continued next page:

Eeny, Meeny, Miney, Mo... cont:

Could I, with an extra year of wear and tear, still justify their faith? At first the outcome was very much in doubt. Despite my friends' joking that they were going to hold onto my apron stringed bib, I felt as if I were caught in the typical slow motion dream sequence. It was not fun. Soon, however, I realized I could indeed breathe, got into a rhythm and slowly began to pass folks. Despite the initial agony, this is a much more pleasant scenario than starting out too fast and being passed by falling snowflakes.

Eventually, Brad Herder, Doug Fox and I formed a trio, with one or the other of us sharing the lead. Until the downhill left them behind. Surprisingly, I almost caught up to Maureen Roberts and Peter Canzone and probably would have had the route been slightly longer. Afterwards, others noted that the groomed nature of the course was deceptive, offering the promise of an illusionary firm purchase. There also seemed to be more uphill than downhill. The latter comment rather surprised me as I thought the two were rather interdependent, but truthfully, I was so focused on Maureen and Peter temptingly within reach that I really didn't notice. Perhaps that is how the 3rd place overall finisher feels. Not bad for an out-of-body experience without the levitation.

As we left the parking lot, we were treated to some serious snow—what a fantastic harbinger of the season to come!

Laura Clark

2013 Dion Snowshoe Series

**1st Plateau 5km Snowshoe Race
December 29, 2012 Pine Ridge X-C Ski Center
East Poestenkill, NY**

WMAC members in bold:

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Points</u>
01. Conner Devine	19M	23:34	100.00
02. Ned Kennedy	54M	24:18	98.11
03. Ken Clark	50M	25:41	96.23
04. Carolyn Stocker	1 st F 20F	26:00	94.34
05. Rich Teal	34M	26:14	92.45
06. John Beard	48M	26:18	90.57
07. Andrew Rickert	33M	26:38	88.68
08. Clinton Morse	50M	27:40	86.79
09. Edward Alibozek	50M	28:28	84.91
10. Bruce Giguere	45M	28:47	83.02
11. Wayne Stocker	58M	28:56	81.13
12. Eric Kimmelman	48M	29:30	79.25
13. Gene Primamo	55M	29:50	77.36
14. Jimm Devine	52M	30:05	75.47
15. Patrick Fernald	40M	30:09	73.58
16. Mike Siudy	38M	30:12	71.70
17. Tom Tift	55M	31:52	69.81
18. Jeff Clark <i>younger</i>	54M	31:54	67.92
19. Mendy Taylor	35F	32:13	65.09

19. Hannah Riordan	17F	32:13	65.09
21. Glen Tryson	59M	32:57	62.26
22. Duane Knutson	60M	33:14	60.38
23. Theresa Apple	51F	33:42	58.49
24. Addam Sentz	33M	33:49	56.60
25. Marcy Beard	43F	33:58	54.72
26. Mike Lahey	61M	34:20	52.83
27. Kim Morrison	33	35:20	50.94
28. Gary Hebert	48M	37:04	49.06
29. Peter Canzone	59M	38:07	46.23
29. Maureen Roberts	54F	38:07	46.23
31. Laura Clark	65F	38:41	43.40
32. Brad Herder	55M	38:42	41.51
33. Ed Alibozek Jr.	73M	38:52	39.62
34. Douglas Fox	68M	39:16	37.74
35. James Carlson	64M	39:29	35.85
36. Steve Mitchell	71M	39:34	33.96
37. Vince Kirby	56M	39:40	32.08
38. Jennifer Ferriss	41F	39:41	30.19
39. Stan Serafin	59M	39:42	28.30
40. Laurel Shortell	46F	40:17	26.42
41. Debra Wechter	37F	40:40	24.53
42. Joseph Murphey	33M	41:27	22.64
43. Pete Lipka	61M	41:51	20.75
44. Mike DellaRocco	61M	42:56	18.87
45. Vicki Quagliaroli	59F	46:55	16.98
46. Jamie Howard	47M	47:06	15.09
47. Janet Tryson	59F	48:22	13.21
48. Julie Gardner	41F	51:04	11.32
49. Phyllis Fox	60F	51:05	9.43
50. Steve Obermayer	52M	51:08	7.55
51. Kathleen Tersigni	42F	51:09	5.66
52. Jeff Clark elder	66M	55:51	3.77
53. Jules Seltzer	77M	58:59	1.89

On Dec 29, 2012, CRNA (Capital Region Nordic Alliance) finally held its first snowshoe event, setting off 53 competitors in a mass start format at Pineridge XC ski area. CRNA members Tom Wright and his daughter Rachel, Stephen Wilson, and Russ and Becky Myer collaborated with the Western Massachusetts Athletic Club and Dion Snowshoe Company to start 2012-13 on the right foot (sorry!)...or was it the left foot (ouch!)

Future CRNA snowshoe events will be held at Garnet Hill Lodge and XC Ski Center, North Creek and other localities in the capital Region. CRNA is working with several nonprofits such as Stride Adaptive sports on special snowshoe events for youth and military with special needs

Tom Wright / Race Director
tmwright47@nycap.rr.com
<http://capitalregionnordicalliance.org/archives/780>



Mystery Photo



This was the Mystery Photo in the last issue.

The clues were :

This small monument is sitting in a field about 50 feet away on our right as we run by it, just before entering into the woods. Do you know where it's located and what trail race it is? Bonus points if you know what it's for.

Even though hundreds of runners have run past this monument for many years now, once again I received only one response to this mystery photo. Either no one pays attention to their surroundings while running these races or no one bothers to read this newsletter, which judging from questions I've received over the years is the more likely of the two. Paul Funch made a couple of guesses and one of them was right. It's located in Chesterfield, N. H. at the Pisgah Mt. Trail Races. Paul also said, "How the heck would anybody know what it is"? Well he's right. I don't think anyone would take the time to stop running during the race to go over to it and see what it is, but I just thought someone other than me would be interested in knowing what it was and drive up there after the race to check it out. (Along with checking to see how far that first road section from the start to the woods actually is. Its 1.7 miles.) So below is the answer to what it is.



*Birthplace of Harlan Fiske Stone
October 11, 1872 -- April 22, 1946
Dean of Columbia Law School
Attorney General of the United States
Associate Justice of the United States Supreme Court
Chief Justice of the United States*

Greetings Fellow Trail Runners!!

As a snow antidote (for those not into snowshoe racing), we were hoping to get your mind moving forward to the upcoming trail running season. Since the race most of us kick off our season with is not scheduled this year. We have created a concept for a new "race" to kick off the spring season and are extending an invitation for you to join us for the running of the first annual Shenipsit Old School Trail10K & Half-Marathon.

Date: Saturday, March 30, 2013, 10:00 AM start (conveniently placed one week after the TARC Spring Classic Thaw, two weeks before Traprock and one week before Northern Nipmuck – if it ever returns).

Start/Finish: Commuter Park & Ride Lot off I-84, Exit 67, Vernon, CT (Facilities located at the nearby McDonald's & BK).

Course: An out & back route that follows the Shenipsit Trail, travels through Belding Wildlife Area, Valley Falls Park (10K turnaround), along the Hop River Bike Trail and out to Freja Park in Bolton (the old Manchester Drive In).

Out &back the course is approximately 12.9 miles.

The course is mostly in the woods following a much overlooked section of the blue blazed Shenipsit Trail (except through Valley Falls)and includes sections of road, single track, double track and gravel bike path with some good (short) climbs. Total elevation for the half is 486 feet. Tricky spots and road crossings (3) will be marked.

For those not up for a Half-Marathon, there is a 10K (approximate) option with runners turning around at Valley Falls. If you have access to MapMyRun.com, I ran this route last year. I have e run this course many times in training and find it quite fun and challenging.

<http://www.mapmyrun.com/routes/view/66377850>

We'd like you to think of this event as a toned down race or a race in beta-testing (an "Un-Official Race" that we may even make official someday).

The Old School part is as follows. There is No Entry Fee. There are no number bibs. The event will be self timed (for those without watches there will be an "overall time" at the start/finish). As you finish, you place your name/time on the "Finish" list to be posted later.

There will be "Aid Station" Tables at the turnarounds in Valley Falls Park and Freja Park. With ample water (and Gatorade) at these stations along with minimal nutrition. If desired, at the start, give us whatever else you want to have at the tables and we will have it waiting there for you.

So, if you need a training run for Traprock or Waramaug, or if you need a "race" to test yourself and start your season come shake off the rust from a long winter and cover the miles. Bring some friends and have some fun (and try to beat them).

This is mine & Todd's way of giving something back to the Trail Community and our nod to trail racings "Old School" roots by providing a low key (and low cost) event that can grow organically over time.

We hope that you can join us.

Any questions contact Ron at dironstarr@aol.com

Ron Starrett & Todd Hobson

WMAC's Turkey Trot ... 5K Road Race

Thanksgiving Day ... November 22, 2012

Adams, Massachusetts

Sunny Low to Mid 30's

Course Record ... 16:00 by Dusty Lopez in 2010

WMAC members in bold and other familiar names:

	<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>
1	Steve Dowsett	24 M	MA	16:46
2	Travis Ciempa	16 M	MA	17:09
3	Alex Schveckler	22 M	FL	17:16
4	Cody Lucido	18 M	MA	17:45
5	Trevor Ciempa	16 M	MA	17:53
6	Dan Hopmans	17 M	MA	17:55
7	Joshua Lipinski	28 M	MA	18:12
8	Josh Hopmans	18 M	MA	18:18
9	Mitch Graves	18 M	MA	18:31
10	Todd Lavigne	25 M	MA	18:33
11	Tim Allard	26 M	MA	18:51
12	John Driver	16 M	MA	18:56
13	Jim Preite	48 M	MA	19:01
14	Logan Wilson	18 M	MA	19:11
15	<u>Jackie Lemme</u> 1 st F	21 F	MA	19:21
16	Phil Sullivan	24 M	MA	19:26
17	Zachary Bantle	18 M	MA	19:26
18	Jesse Arevaio	16 M	MA	19:32
19	David Wilson	50 M	MA	19:33
20	Alan Hall	48 M	MA	19:34
21	<u>Kalyn Alibozek</u>	16 F	MA	19:48
22	Chris Bernier	30 M	VT	20:00
23	Jesse Partes-Henry	31 M	MA	20:10
24	Cal Brooks	19 M	MA	20:25
25	<u>Skye Bagley</u>	21 F	MA	20:42
26	Brett Lavigne	19 M	MA	20:55
27	William Colvin	48 M	MA	20:55
28	<u>Jessica Chapman</u>	35 F	MA	20:56
29	Joe Gwozdz	57 M	MA	20:57
30	Scott LeBeau	55 M	MA	21:02
31	Andy Sheldon	42 M	MA	21:02
32	Jon Manley	26 M	MA	21:12
33	Nate Jette	14 M	MA	21:25
34	Jonathan Shears	28 M	MA	21:35
35	Tim Morey	55 M	MA	21:41
36	Chris Dodge	36 M	MA	21:45
37	Dave Hall	50 M	MA	21:46
38	<u>Amelia Wood</u>	28 F	MA	21:54
39	Bill Eagan	57 M	MA	21:55
40	Jared Richardson	16 M	VT	21:57
41	Daniel Whateley	22 M	MA	21:58
42	<u>Sarah Whateley</u>	25 F	MA	22:02
43	Cosmo LaViola	30 M	MA	22:04
44	Craig Smith	20 M	MA	22:04
45	Danny Graham	34 M	NY	22:07
46	Carmel Kushi	43 F	MA	22:10
47	James Whitten	50 M	MA	22:12
48	Brett Bullett	30 M	MA	22:15
49	Scott Bradley	57 M	MA	22:17
50	Brian Alarie	49 M	MA	22:18
51	Joseph Nafzinger	32 M	DC	22:18
52	David Jenkins	40 M	MD	22:27

53	Jonah Marshall	36 M	MA	22:28
54	<u>Olivia Arsenault</u>	19 F	MA	22:30
55	<u>Emi Mukai</u>	36 F	MA	22:32
56	Jeffrey Parkman	65 M	MA	22:32
57	Matt Resnisky	41 M	MA	22:35
58	Mike Pytko	57 M	MA	22:37
59	<u>Audrey Witter</u>	48 F	MA	22:38
60	<u>Amy Graham</u>	18 F	MA	22:41
61	<u>Greta Facchetti</u>	36 F	MA	22:46
87	Mike Lahey	61 M	MA	23:48
90	<u>Mary Kennedy</u>	54 F	MA	23:52
96	<u>Eileen Monyahan</u>	41 F	MA	24:04
112	<u>Megan Kittler</u>	17 F	MA	24:28
113	William Kittler	48 M	MA	24:29
118	<u>Diane Pytko</u>	55 F	MA	24:41
121	Thane Preite	15 M	MA	24:49
128	Jodie Lahey	34 F	MA	25:01
152	John Aldrich	54 M	MA	25:51
159	Mark Paquette	63 M	MA	26:13
160	<u>Giselle Gwozdz</u>	32 F	MA	26:15
166	James Hartwig	32 M	MA	26:34
169	<u>Claudine Preite</u>	46 F	MA	26:39
171	Tim Drake	52 M	MA	26:41
180	Vic La Port	72 M	MA	26:59
240	Eric White	71 M	MA	29:34
246	<u>Karin Bradley</u>	55 F	MA	29:45
247	Martin Glendon	66 M	MA	29:45
262	Bill Glendon	66 M	MA	30:21
267	David Lemieux	22 M	MA	30:38
273	<u>Sally Lemme</u>	44 F	MA	30:47
302	<u>Jacqueline Lemieux</u>	46 F	MA	32:08
303	<u>Jessica Lemieux</u>	21 F	MA	32:08
305	<u>Julie Gardner</u>	41 F	MA	32:13
313	Ken Swiatek	65 M	MA	32:44
325	Dave Lemieux	48 M	MA	33:25
350	<u>Katelyn Parmenter</u>	21 F	MA	36:57
351	<u>Donna Parmenter</u>	54 F	MA	36:58
376	Charles Pugh	70 M	ME	42:28
381	<u>Ella Lindemann</u>	8 F	VA	47:43
382	<u>Kerry Lindemann</u>	10 F	VA	47:49
383	Jason Lindemann	36 M	VA	47:49

383 Finishers Complete results on the club's web page.....

www.runwmac.com

Trail Running News

Published by the Western Mass Athletic Club

Adams, Massachusetts

Volume 19 Issue 1 Mid Winter 2013

Double Your Pleasure...Double Your Fun 2013 Style

by Laura Clark

The first doubleheader of the Dion Series WMAC edition got off to a great start with 15 intrepid snowshoers deciding that two is better than one. This is up considerably from other years and I suspect it has less to do with the current trend toward twofer workouts than it does with last year's dismal snow production. We have a lot of time to make up!

But this doubleheader was also noteworthy in that it provided a perfect microcosm of the type of events you can expect. In the Pittsfield State Forest, Beth and Brad Herder's Turner Trail presented us with rugged single track, an open-air venue and a good layering of tradition. The 2nd Prospect Mountain Race, substituting for Woodford, provided luxury accommodations (yes, Virginia, indoor plumbing!) and demonstrated how two dedicated race directors, Bob Dion and Tim Van Orden, can work together on short notice to rescue an ailing event and grant us yet another beautiful day of fun.

While Curly's Race at Pittsfield is pretty much an up and down the mountain affair, the Herders haven't quite finished exploring Turner Trail possibilities and each year they reconfigure it, just to keep us on our cleats. The 2013 Turner was more like Christopher Robin's *Halfway down the Stairs*, taking in half of Curly's height and renewing our respect for the upcoming state championship race.



*I'm not at the bottom,
I'm not at the top;
so this is the stair
where
I always
stop*

This version of Christopher was snugly nestled about a half mile from the finish. If you were looking down instead of up, you will have another opportunity to connect in a few weeks at Curly's.

As usual, the parking lot was jammed and it was great to see old friends. Dogs, too, under the leadership of the Herder's Official Greeter, Aspen, got reacquainted. Chloe, the Rancatti's Newfi,

stood by ready to rescue any of us who stepped off the trail and got buried in the snow. Amidst all the commotion, I gathered my share of laughs wandering in search of Denise Dion to return her pink hairdryer (that's another story) and pretending to look for an outlet. Wrong day, wrong race for electricity.

I was nervous, feeling pressure to maintain my reputation as the Snowshoe Queen. Not exactly sure how I got that one as I am by no means the fastest woman out there, but I aim to hang onto it as long as possible. Edward Alibozek and I, as Chief Instigators, are traditionally chosen to set the Target in motion, adding yet another layer of anxiety. But LO! The Target worked its magic once again, leading Edward to a fourth place victory and me to finishing ahead of my regular Stryders snowshoe group. Feeling the burden of the Target I felt obliged to hammer the uphill but was hesitant to ignore Jim Carlson's advice that passing often takes more energy than it's worth. Luckily, I found another traveler, Green Snowshoe Guy, possibly Mike Hickey, to be of similar mind and we took turns leading the advance.

When we came to the twisty downhills, my absolute favorite section, I took the lead and hung on just barely. After a valiant try on the rolling section, I stood aside so as not to impede those with younger legs—but what a ride! I have to remember at Curly's to save something for that "easy" stretch as it always seems more difficult and much longer than it should be. But I probably won't, since the hills are so much fun!

For further confirmation that the world truly is round and that Brad Herder is the true winner having recorded his race in 10 minutes, view his YouTube video at.....

www.runwmac.com/snowshoes/default.html

And now the rest of the story...

Going back to Pine Ridge, you might recall how I almost caught Peter Canzone and Maureen Roberts. But what I didn't know was that Peter took a surreptitious sideways glance, confirming that I was a scant 10 yards behind and closing fast. He grabbed Maureen and they scooted unreachably ahead. That explains why they had suddenly gotten much faster—and I thought they had merely smelled the barn. That little maneuver earned them Target status at Prospect. Maureen once again remained within sight, but Peter, proving that he was merely being a tourist that first week and encouraged mightily by the Target tradition, finished relatively a good minute ahead.

Of course, neither had doubled, so that could have been my excuse, except that I had a far better one. Saturday evening, our house treated us to a power surge, which is roughly equivalent to a laser light display. Disturbed by the smell of burning wires, Jeff and I spent a sleepless night waking up every hour or so to make sure we were still alive. This was the day after my credit card was hacked and we spent lots of time conversing with the folks at Amex and canceling various bogus orders. I would like to think that we have now cashed in on a year's worth of unlucky 2013 experiences.

Continued next page:

Double Your Pleasure cont:

So I entered this race not at all nervous (what else could possibly happen?) and totally grateful to have a reprieve from household worries. The only memories I had of the 2002 Prospect Mountain race was that it was long, hilly and very cold. So cold, in fact, that the guy at the water stop retreated into the lift operator's hut, running out every time he spied a runner in need of some non-frozen water. The 5K, which will be the Junior USSSA Championship should The Dion./Van Orden bid succeed, was a great mix of wide trails, deep, unstable single track, and challenging inclines, equally favoring a variety of running styles, preferences and weaknesses. Prospect, like Woodford, is the first area to get snow and the last to acknowledge spring, rendering snowmaking unnecessary. And the area is large enough to offer a multitude of course options, yet not so huge that we are overwhelmed with skiers.

Once more, I placed ahead of most of my friends, but with a smaller margin for error. My legs felt OK, I didn't feel sore or particularly tired, but was unable to shake the worry that our house might explode while we were gone. I made a last rallying effort, catching Vince Kirby on the downhill. As I approached the finish, I took my cue from Peter and took a sideways glance. Vince seemed far enough back that I could smile at the crowd of admiring onlookers and pause for photos, when all of a sudden he lurched past. This burst of speed was totally uncharacteristic of him and left him lying on the ground panting for an impressive amount of time. I wonder who will get the Target next weekend?

Laura Clark

2013 Dion Snowshoe Series

4th Turner Trail Snowshoe Race
January 5, 2013 ... Pittsfield, MA

WMAC members in bold:

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Points</u>
01. Steve Dowsett	24M	0:41:12	100.00
02. Tim Mahoney	33M	0:42:13	98.75
03. Ken Clark	50M	0:45:45	97.50
04. Edward Alibozek	50M	0:48:16	96.25
05. Mike Siudy	38M	0:48:18	95.00
06. Wayne Stocker	58M	0:48:59	93.75
07. Todd Brown	48M	0:49:09	92.50
08. Peter Malinowski	58M	0:49:27	91.25
09. Joshua Katzman	36M	0:49:32	90.00
10. Eric Hale	35M	0:49:38	88.75
11. Gerrett Vanduyne	34M	0:49:54	87.50
12. Dan Damascas	51M	0:50:07	86.25
13. Jeffrey Andritz	31M	0:50:42	85.00
14. Dominic Wilson	42M	0:51:25	83.75
15. Addam Sentz	33M	0:51:38	82.50
16. <u>Mendy Taylor</u> 1 st F	35F	0:51:40	81.25
17. <u>Hannah Riordan</u>	17F	0:52:31	80.00
18. Ed Myers	61M	0:52:38	78.75
19. Dylan Quinn	15M	0:52:51	77.50

20. Adam Wright	23M	0:52:52	76.25
21. London Niles	15M	0:52:55	75.00
22. Jeff Clark	55M	0:53:00	73.75
23. Glen Tryson	59M	0:54:21	72.50
24. Isaac Tirrell	30M	0:54:33	71.25
25. <u>Hannah Smith</u>	19F	0:54:52	70.00
26. Jan Rancatti	52M	0:55:45	68.75
27. Cynthia Gardner	61F	0:56:59	67.50
28. <u>Dawn Roberts</u>	41F	0:57:09	66.25
29. Jack Casey	58M	0:57:29	65.00
30. Scott Bradley	57M	0:57:36	63.75
31. <u>Theresa Apple</u>	51F	0:59:27	62.50
32. Phil Bricker	59M	0:59:31	61.25
33. <u>Jessica Northan</u>	36F	1:00:25	60.00
34. Rich Godin	57M	1:00:27	58.75
35. Gary Hebert	48M	1:00:30	57.50
36. <u>Sarah Dzikowicz</u>	42F	1:01:12	56.25
37. <u>Laura Fusari</u>	32F	1:02:29	55.00
38. Steve Roulrier	49M	1:02:50	53.75
39. Michael Moran	52M	1:03:12	52.50
40. Mike Hickey	55M	1:03:27	51.25
41. <u>Jennifer Maxwell</u>	43F	1:04:41	50.00
42. <u>Pat Rosier</u>	54F	1:04:42	48.75
43. David Gubala	51M	1:04:43	47.50
44. Hector Morera	45M	1:04:48	46.25
45. <u>Virginia Smith</u>	53F	1:04:54	45.00
46. <u>Deb Wechter</u>	37F	1:05:25	43.75
47. Laura Clark	65F	1:06:00	42.50
48. Jodi Lahey	34F	1:06:05	41.25
49. <u>Mary Gubala</u>	47F	1:06:19	40.00
50. <u>Kristianna Dinicola</u>	46F	1:06:27	38.75
51. Joshua Hasty	38M	1:06:31	37.50
52. <u>Elizabeth Smith</u>	15F	1:07:04	36.25
53. <u>Sue Lackman</u>	34F	1:07:12	35.00
54. Brad Herder	55M	1:07:13	33.75
55. Ed Alibozek Jr.	73M	1:07:38	32.50
56. <u>Lynne Lemanski</u>	48F	1:08:02	31.25
57. Denise Dion	54F	1:08:03	30.00
58. Stan Serafin	59M	1:08:10	28.75
59. Jim Carlson	64M	1:08:35	27.50
60. Steve Mitchell	71M	1:08:40	26.25
61. Jennifer Ferriss	41F	1:08:41	25.00
62. Laurel Shortell	46F	1:09:42	23.75
63. Pete Lipka	61M	1:09:45	22.50
64. Tim Tierney	26M	1:10:19	21.25
65. Pete Cole	43M	1:10:41	20.00
66. Bob Massaro	69M	1:15:18	18.75
67. Mad Shaw-Moran	51M	1:16:12	17.50
68. <u>Gisela Demant</u>	42F	1:17:12	16.25
69. Jamie Howard	47M	1:17:46	15.00
70. Kim Brown	41F	1:20:27	13.75
71. <u>Francine Germaine</u>	56F	1:21:21	12.50
72. Janet Tryson	59F	1:24:45	11.25
73. <u>Julie Gardner</u>	41F	1:25:23	10.00
74. Becky Armstrong	44F	1:26:25	8.75
75. Konrad Karolczuk	60M	1:26:51	7.50
76. Rich Busa	83M	1:27:58	6.25
77. Bill Glendon	66M	1:28:10	5.00
78. Jeff Clark	66M	1:32:29	3.75
79. <u>Leeanne Zarger</u>	58F	1:44:46	2.50
80. Joe Cavazos	41M	1:46:27	1.25

2013 DION Snowshoe Series

Prospect Mountain ... 5km Snowshoe Race
January 6, 2013 ... Woodford, VT

WMAC members in bold:

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Points</u>
01. Dave Dunham	48M	22:10	100.00
02. Jeremy Drowne	35M	22:51	98.68
03. Josh Ferenc	31M	23:20	97.37
04. Steve Dowsett	22M	23:38	96.05
05. Nick Curelop	24M	24:23	94.74
06. Tim Van Orden	44M	25:01	93.42
07. Dave Merkt	29M	25:19	92.11
08. Ken Clark	50M	25:59	90.79
09. Brian Northan	37M	26:21	89.47
10. Donald Pacher	40M	26:46	88.16
11. Allan Bates	64M	28:04	86.84
12. Mic Medeska	30M	28:28	85.53
13. Edward Alibozek	50M	28:57	84.21
14. London Niles	15M	30:29	82.89
15. Tim Payne	44M	30:40	81.58
16. Mark Nuñez	56M	30:45	80.26
17. Tom Tift	55M	30:48	78.95
18. Michael Buttrick	27M	30:57	77.63
19. Chelynn Tetrault 1st F	37F	31:01	76.32
20. Jeff Clark	55M	31:02	75.00
21. <u>Kristen Merlo</u>	25F	31:35	73.68
22. Jan Rancatti	52M	32:21	72.37
23. Rich Chipman	52M	32:37	71.05
24. Jess Northan	37M	32:47	69.74
25. Ben Yurschak	37M	33:02	68.42
26. Richard Clark	58M	33:27	67.11
27. <u>Theresa Apple</u>	51F	33:44	65.79
28. Bob Woodworth	63M	33:45	64.47
29. Scott Bradley	58M	33:59	63.16
30. <u>Joann Lynch</u>	47F	36:00	61.84
31. <u>Ginny Patsun</u>	44F	36:24	60.53
32. Hector Morera	49M	36:25	59.21
33. Pete Canzone	59M	36:33	57.89
34. Mark Bushika	45M	37:18	56.58
35. <u>Maureen Roberts</u>	54F	37:26	55.26
36. Mike DellaRocco	61M	37:34	53.95
37. Vince Kirby	56M	38:11	52.63
38. Laura Clark	65F	38:18	51.32
39. Laurel Shortell	46F	38:53	50.00
40. Jennifer Ferriss	41F	39:05	48.68
41. Stephen Mitchell	71M	39:13	47.37
42. <u>Kathy Furlani</u>	64F	39:22	46.05
43. Jim Carlson	64M	39:59	44.74
44. Jim Sheehan	60M	41:01	43.42
45. Pete Lipka	61M	41:21	42.11
46. Wally Lempart	67M	41:24	40.79
47. Darlene McCarthy	50F	42:06	39.47
48. Jackie Lemieux	46F	42:18	38.16
49. <u>Vicky Quagliaroli</u>	59F	43:11	36.84
50. Jaime Wilson	40M	43:28	35.53
51. <u>Carol Dunsdon</u>	42F	46:05	34.21
52. Peter Finley	51M	46:10	32.89
53. Chuck Tremarchi	66M	46:12	31.58

54. Jamie Howard	47M	46:36	30.26
55. <u>Mary Hannon</u>	54F	47:05	28.95
56. <u>Katie Roberts</u>	24F	47:05	27.63
57. Ray Lee	70M	47:10	26.32
58. Konrad Karolczuk	60M	47:48	25.00
59. Karin Bradley	56F	47:58	23.68
60. Dominick Demeo	16M	49:40	22.37
61. Brian McCarthy	51M	50:18	21.05
62. Steve Obermayer	51M	50:27	19.74
63. <u>Alexandria Wood</u>	16F	50:34	18.42
64. <u>Melissa Senecal</u>	42F	50:39	17.11
65. <u>Kathleen Tersigni</u>	42F	50:42	15.79
66. David Lemieux	48M	52:27	14.47
67. <u>Cathy Sheehan</u>	52F	53:48	13.16
68. <u>Jamie Williams</u>	49F	54:34	11.84
69. <u>Susan Mitchell</u>	59F	57:26	10.53
70. Jeff Clark	66M	57:28	9.21
71. <u>Young Miss Mack</u>	??F	61:56	7.89
72. Tom Mack	48M	61:57	6.58
73. <u>Gail Harwood</u>	61F	66:13	5.26
74. <u>Rhonda Wood</u>	46F	69:21	3.95
75. <u>Liz Wood</u>	13F	69:58	2.63
76. Rich Jorgensen	57M	79:47	1.32



Rich Busa above and Jeff Clark below at Turner Trail



Photos courtesy of Berkshire Sports

Running For Hardware

by Bob Kopac

Would you like to acquire trophies and medals at races, as local elite runners Marisa Sutera Strange and Mike Slinsky do? Be careful what you wish for. Imagine the storage these athletes need to hold all that hardware; they probably have to rent storage pods. However, if you are a pedestrian runner (an oxymoron?) and still wish to obtain a trophy or two, there are ways.

Tip 1: The easiest way is to buy trophies from elite runners. They might appreciate the money. I know I would if I had trophies. However, you may want a trophy you actually won in a race; I do not know why that matters since they do not put names on the trophies.

Tip 2: Do not expect to beat Marisa or Mike. Marisa has won the Dutchess County Classic 5K 13 consecutive times--good luck with beating her. Instead, I recommend you try for age-group hardware.

Tip 3: Avoid any race with runners in your age category who train over 50 miles a week. Try convincing them to get a life.

Tip 4: Do not invite anyone in your age category to run a race with you. At one time I ran 7 days a week and attended Tae Kwon Do class 3 days a week, so I was in great shape. I ran Millbrook's St. Joe's Jog 5K and finished in 19:53, my best 5K time ever. Did I win hardware in my age category for my PR performance? No. Due to a strategic error on my part, I had invited my friend Kevin Woods from Clifton Parks, NY to run the race. Of course he beat me by scant seconds and placed 3rd in our age group. I came in 4th, and left without hardware. Oh, the humanity!

Tip 5: Enter a race that is scheduled on the same weekend as many popular races. For example, if you are a woman, find a local race scheduled the same day as the Freihofer's Run for Women race in Albany, NY. While most women run Freihofer's, you run the lesser known race with less competition. Side note: When I first heard about the Freihofer's Run for Women race, I was confused. Was it a women's-only race, or was it a race for men who chased after women, reminiscent of the Sabine women?

Tip 6: Pick an event that offers 2 races and then enter the smaller race. Note: Do not try this at the Dutchess County Classic because there are many entrants in both races.

Tip 7: Pick an inaugural race. A new race director may want to keep the event small and manageable, at least for the first year. Jump on that race--the smaller the better.

Tip 8: Choose a race where the director fails to list the race on local running clubs' web sites and newspapers. If a footstep falls in a race and no one is there, does anyone hear it?

Do these strategies work? The answer is yes. The inaugural "I Run Beacon 5K" was held the same day as 3 local races,

including the Putnam County half marathon and 5K. The race was advertised in the Beacon newspaper, but not in the Poughkeepsie Journal newspaper and not on the Mid-Hudson Road Runners Club web site. Because the race was a fundraiser for the Marathon Project, I showed up to take photos. However, Cindy of the Marathon Project also was there to take photos, so I sized up the race. On the down side, there were 97 entrants – a very good size for an inaugural race. On the plus side, there appeared to be few men in the 60-69 age category – I checked for gray hair. Taking a chance that there weren't more competitors in my age group wearing Grecian Formula for Men camouflage, I entered the race. Result: I won a 3rd-place medal in my age category.

Purists may ask, is it a tainted medal? No, I deserved it. Having run a 19:53 5K in my youth and not winning hardware, I say old age and treachery beats youth and skill every time.

Apologizing For The Revolutionary War

Flu hung on like a disappointment, and I needed some cheering up. Luckily, I knew the best thing for it. Yes, get healthy enough and get yourself to a snowshoe race. And I couldn't have gone to a better one to start my season. The snow at the 2nd Prospect Mountain 5K Snowshoe Race was deep and in ideal condition, but, more importantly, we had the use of the indoor facilities at the Nordic Ski Center.

The usual suspects from WMAC and the Saratoga contingent were there, plus two new people. Moe Roberts brought her daughter, Katie, and Mark Nunez also came. As a whole, these snowshoers could be best described as the eternal optimist club. If this club had an elected leader, Moe Roberts would be the best choice for president. Listening to everyone talk in the Ski Center, it was as if each of us found our own pot of gold and couldn't keep it a secret. Besides the great snow, I experienced a random act of kindness that I will never forget. Near the end of the race, I ran into Chuck, using his GPS, and he indiscriminately shared a reading with me. It sounded like we didn't have far to go, and I pulled up beside him to see for myself another use of technology gone amuck.

Before long, we heard a woman trying to get our attention from behind us. She told us that we had just gone by a turn, and she was standing by the entrance of that turn. If we had continued going the way we were going, there was a very good chance we'd still be out there. We found out later that the woman's name was Carol and she was from Great Britain. Both Chuck and I were so grateful to Carol that we apologized for the Revolutionary War. The Stryders finished almost in a pack with Mark Nunez being the most obvious exception. Mark had a stellar performance, finishing in 16th place, but he didn't run into Chuck, either. But neither did he experience a random act of kindness. But, after all, he wasn't the one who needed cheering up.

Peter Finley

2013 Doubleheader Weekend #2:

Constitution Hill and Melty the Snowman

by Laura Clark

Once more, the second round of double header events, Constitution Hill and Brave the Blizzard, were a study in contrasts. Constitution Hill, last year the only race with excellent snow cover, proved itself more than up for the pounding of 80 pairs of snowshoes. Melty the Snowman, in good years known as Frosty the Snowman, had less than encouraging news for his 9th annual attempt at Brave the Blizzard Snowshoe Race. After hanging out in an accommodating freezer for a good part of the week, he emerged, slightly shaken and stirred in swirling waves of...green grass.

Traveling to Constitution Hill on Saturday was reminiscent of traveling to Woodford in previous years -- you had to have firm faith in the race director. Lanesborough or Lanesboro, the town that doesn't know how to spell itself, had an abundance of snow/sno. I have often thought it would have been enlightening to attend elementary school in Lanesborough/Lanesboro, the town of free-form spelling where intent is more important than structure. And that would have been in the days before spell check.

Jeff, Jen and I thought we were doing pretty good, arriving an hour before race time and were consequently surprised by the number of cars that had won the competition for prime spots. To our surprise, however, we were ushered well ahead of the last cars in line, onto the driveway of the generous landowner who had donated prime plowed parking to a select number of vehicles. YES!

Compensating for that bit of good fortune was the ridiculously long hike to the porta pottie. I know we are in it for the exercise, but over icy roads, this was a trek you only wanted to attempt once. Jen departed immediately for the facilities and after a while I began to grow concerned. Had she gotten lost? Had she fallen in? All too soon, I understood the reason for the delay. Since attaining this landmark was almost equivalent to crossing the finish line, folks were apparently making the most of the opportunity—taking their time as they assuredly knew they would not pass that way twice. Rich Busa lingered to take photos of each of us as we emerged triumphantly and a few others were taking random scenic shots.

Many had come amply prepared for winter white, giving careful thought to something old/something new. The clear winner in the something old category was Peter Canzone who sported multiple layers of plastic grocery bags around his shoes, deftly tied with those thick purple asparagus rubber bands right out of an episode of *Veggie Tales*. Not only must that guy eat a lot of asparagus, it's a wonder he didn't cut off circulation with those smaller, thicker bands. Something new was once more displayed by Brad Herder who wore his nifty headpiece video camera, this time strapped to the back of his head, all the better to record the start. At Turner I was treated to an embarrassing long episode of me, wearing the Target, struggling just ahead of

Brad. This time, he still got me -- trudging behind, trying valiantly to pass and get out of range.

Targets were assigned to Laurel Shortell and Jeff Clark the Younger. Laurel did exactly as I did when presented with first bib choice, she dithered over which color would show up to advantage on her jacket. She was convinced that the Target did not make her any faster but instead encouraged everyone to pass her. In the case of Jeff Clark the Younger, the Target served a more functional purpose. The timing folks from BNRC had no idea there were two Jeff Clarks in the race, so the Target guaranteed that the correct Jeff received the correct time, although Jeff Clark the Elder confessed that it would be OK with him if the results were juggled. Turned out though that my Jeff had the most memorable finish, flopping down Rich Busa style across the imaginary finish line with a huge grin on his face. And it was indeed tempting to pretend to be someone else. As there were no bib numbers and no popsicle sticks or snocones, we were instructed to shout our name as we completed our run.

Most memorable comments came from my Jeff who recalled someone shouting to him, "It always inspires me when someone who is walking passes me when I am running." And also from Chief Snowshoer Edward Alibozek who remarked that so many folks exuberantly told him how much they missed getting together during the November and December hunting season months. At least now, Targets are safe!

The day the Albany Running Exchange crew marked the Brave the Blizzard course, there was 95% snow cover. Two days later, we had a perfect spring day with green grass and soaring temperatures. I didn't spot anyone in shorts, but Michael Dellarocco got into the proper spirit wearing his casual Hawaiian-style shirt. Frosty, or in this case, Melty was not impressed.

In nine years Frosty has had one successful term in office, from 2008-2011. He is hoping for another successful four year run beginning in 2014, but is not ruling out the possibility of a change in campaign tactics. Meanwhile his cabinet of hand-picked volunteers were so unflinchingly enthusiastic that it almost seemed that this was the way things were supposed to happen. One special lady, stationed at the top of the steepest hill, had brightened the way with hanging paper snowflakes worthy of Snowflake Bentley's photographic expertise.

Firmly uncommitted, I took my snowshoes but left them in the car. Nevertheless, I still managed to look foolish, or perhaps hopeful, after Maureen Roberts handed me the pair she had borrowed for her college-vacationing daughter. Altogether, I entered the arena with two pairs of snowshoes, one pair of hiking boots, one knock-about pair of trail shoes and one pair fitted with IceSpikes. Although there wasn't any ice, I had ascertained that the mud was pretty slick and the spikes might harken back to cross-country days, if I had had any. But that was way before Title IX and Alas! I didn't.

Continued next page:

Double Header #2 cont:

After we circled the inevitable staging area, I was so grateful I had selected the spikes. The trail was a hash of skid marks, planted by faster and less fortunate individuals who had opted for May weather rather than March reality. Although I had at one time written an article for this company and had received a complimentary spike kit to add authenticity to my experience, this is by no means a blatant product endorsement. You could also capture a matching pair of Yaks but really, they have a tendency to lose interest and flip off your feet at crucial junctures—even on the way to the rest room where one was corralled before the race had actually begun.

I once more found myself in the company of Charles Babcock, my new best friend from the Moreau 15K where we took turns keeping each other from getting lost. As I had suspected even then, he was actually faster than I and with no need to hunt for markers, did eventually push ahead on the second loop. But I was having such a good time! It is amazing how light your feet feel after a month on snowshoes. And there was still enough tricky terrain to lend a snowshoe feel. Once again, we went through the spider web rope maze, but this year it seemed somehow easier. I can't wait to try it on a snow year and see how many flies get caught.

In the interest of recycling I ran as Mike Arpey, a forty-nine year old male who apparently did not claim his bib at the recent ARE FRUN Run. I know he was younger than I and also bigger than I, not claiming his XL tee. I wonder if he would have been pleased with his time?

Laura Clark

2013 Dion Snowshoe Series

**4th Annual Constitution Hill
5.8 KM Snowshoe Race
January 12, 2013 Lanesborough, MA**

WMAC members in bold:

<u>Name</u>	<u>Time</u>	<u>Points</u>
01. Tim Mahoney	00:33:47	100.00
02. Tim Van Orden	00:34:14	98.75
03. Ned Kennedy	00:35:22	97.50
04. Brian Northan	00:35:42	96.25
05. Rich Teal	00:36:36	95.00
06. Mic Medeska	00:39:16	93.75
07. Edward Alibozek	00:39:27	92.50
08. Ken Clark	00:39:35	91.25
09. Wayne Stocker	00:39:38	90.00
10. Addam Sentz	00:39:49	88.75
11. Todd Brown	00:40:43	87.50
12. Jeff Clark	00:42:28	86.25
13. Garrison Parker	00:42:35	85.00
14. Ted Cowles	00:43:08	83.75
15. Dylan Quinn	00:43:09	82.50

16. <u>Chelynn Tetreault 1st F</u>	00:43:10	81.25
17. Glenn Tryson	00:44:17	80.00
18. Jack Casey	00:44:43	78.75
19. David Cameron	00:44:55	77.50
20. Tim McKenna	00:45:07	76.25
21. Phil Bricker	00:45:10	75.00
22. <u>Laura Fusari</u>	00:45:11	73.75
23. Kim Morrison	00:45:15	72.50
24. Mike Ribeiro	00:45:20	71.25
25. Scott Bradley	00:46:17	70.00
26. <u>Theresa Apple</u>	00:46:17	68.75
27. Mark Bushika	00:46:17	67.50
28. David Gubala	00:46:33	66.25
29. Shaun Smith	00:46:38	65.00
30. <u>Ginny Patsun</u>	00:47:17	63.75
31. <u>Elizabeth Mainiero</u>	00:48:05	62.50
32. <u>Jessica Northan</u>	00:48:13	61.25
33. Bob Worsham	00:48:15	60.00
34. <u>Debra Wechter</u>	00:48:41	58.75
35. Pete Canzone	00:49:30	57.50
36. Jeff Hattem	00:49:46	56.25
37. <u>Kathleen Furlani</u>	00:50:07	55.00
38. Joe Murphy	00:50:36	53.75
39. <u>Lynn Lemanski</u>	00:51:20	52.50
40. <u>Sue Lackman</u>	00:51:21	51.25
41. Jennifer Ferriss	00:51:31	50.00
42. <u>Mary Gubala</u>	00:51:44	48.75
43. Pete Lipka	00:51:45	47.50
44. Laura Clark	00:52:10	46.25
45. <u>Pat Rosier</u>	00:52:26	45.00
46. Stephen Murphy	00:52:52	43.75
47. <u>Carolina Villarreal</u>	00:53:26	42.50
48. Denise Dion	00:54:25	41.25
49. Jim Carlson	00:54:40	40.00
50. Wally Lempert	00:54:48	38.75
51. Bob Massaro	00:55:11	37.50
52. Laurel Shortell	00:55:40	36.25
53. Martin Glendon	00:56:18	35.00
54. Jim Sheehan	00:56:35	33.75
55. Stan Serafin	00:57:12	32.50
56. Paul Neri	00:57:31	31.25
57. <u>Makayla Powers</u>	00:57:42	30.00
58. <u>Mollie Daly</u>	00:57:43	28.75
59. Mackenzi Powers	00:57:43	27.50
60. Pete Finley	00:59:14	26.25
61. Brad Herder	00:59:17	25.00
62. <u>Vicki Quagliaroli</u>	01:02:16	23.75
63. <u>Julie Gardner</u>	01:02:56	22.50
64. Janet Tryson	01:03:06	21.25
65. Jamie Howard	01:04:39	20.00
66. Bill Glendon	01:05:36	18.75
67. Konrad Karolczuk	01:05:37	17.50
68. <u>Joanna Ezinga</u>	01:06:06	16.25
69. Jamie Williams	01:06:20	15.00
70. <u>Kathy Sheehan</u>	01:07:53	13.75
71. Richard Busa	01:08:10	12.50
72. Jeff Clark	01:08:36	11.25

Continued next page:

Constitution Hill results cont:

73. James Williams	01:11:01	10.00
74. <u>Olivia Daly</u>	01:11:13	8.75
75. Don Daly	01:13:25	7.50
76. Elliot Daly	01:14:48	6.25
77. <u>Lee Anne Zarger</u>	01:15:46	5.00
78. <u>Sonya Daly</u>	01:16:31	3.75
79. <u>Stephanie Melito</u>	01:25:24	2.50
80. Steve Melito	01:25:25	1.25

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.

<http://www.bnrc.net/>

2013 DION Snowshoe Series

**9th Annual Brave The Blizzard
5K Snowshoe Race
January 13, 2013 Wynantskill, NY**

WMAC members in bold:

Note: held as a trail race due to lack of snow.

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Points</u>
01. Connor Devine	19M	22:48	50.00
02. Ben Taber	22M	24:10	49.14
03. Rich Teal	34M	24:28	48.28
04. Mike Siudy	38M	24:40	47.41
05. Jeffrey Andritz	31M	24:56	46.55
06. Joshua Katzman	36M	26:58	45.69
07. Zach Russo	29M	27:37	44.83
08. Jonathan Bright	42M	27:42	43.97
09. Addam Sentz	33M	28:17	43.10
10. David Newman	32M	28:28	42.24
11. Jim Devine	52M	28:40	41.38
12. Brenan Tarrier	34M	28:49	40.52
13. Kim Morrison 1st F	33F	29:04	39.66
14. Carson Fiske	42M	29:05	38.79
15. Tom Tift	55M	29:58	37.93
16. Glen Tryson	59M	30:02	37.07
17. Jeff Clark (younger)	55M	30:05	36.21
18. <u>Andrea Briggs</u>	32F	32:16	35.34
19. Joseph Murphy	33M	32:51	34.48
20. Randy Goldberg	53M	33:45	33.62
21. Tom Mack	48M	34:10	32.76
22. Jennifer Ferriss	41F	34:13	31.90
23. <u>Jennifer Kehn</u>	25F	36:01	31.03
24. <u>Rebecca Cleary</u>	23F	36:12	30.17
25. <u>Melissa Steciuk</u>	23F	36:12	29.31
26. Luciano Camuglia	42M	36:18	28.45
27. <u>Kathleen Goldberg</u>	54F	36:41	27.59
28. <u>Jennifer Masula</u>	35F	36:43	26.72

29. <u>Angela Sears</u>	36F	36:44	25.86
30. <u>Maureen Roberts</u>	55F	36:44	25.00
31. C J Imperial	32M	36:46	24.14
32. Pete Lipka	61M	36:55	23.28
33. Andrew Tanzillo	44M	37:10	22.41
34. <u>Carol Dunsdon</u>	42F	37:18	21.55
35. Kyle Schuttenberg	30M	37:26	20.69
36. Nathaniel Beyer	34M	37:47	19.83
37. <u>Paula Boughtwood</u>	51F	38:11	18.97
38. Mike Della Rocco	61M	38:12	18.10
39. Joe Yavonditte	63M	38:30	17.24
40. James Ebersold	52M	38:30	16.38
41. <u>Anne Roberts</u>	27F	38:35	15.52
42. Charles Brockett	66M	38:37	14.66
43. Laura Clark	65F	39:58	13.79
44. <u>Abra Bentley</u>	30F	40:13	12.93
45. <u>Susan Bright</u>	38F	40:19	12.07
46. Will Dixon	53M	41:26	11.21
47. James Carlson	65M	42:06	10.34
48. Laurel Shortell	46F	42:10	9.48
49. Walt Apple	44M	42:29	8.62
50. <u>Tracy Racicot</u>	44F	45:35	7.76
51. Janet Tryson	59F	45:36	6.90
52. <u>Tammy Colman</u>	43F	46:23	6.03
53. <u>Phyllis Fox</u>	60F	47:26	5.17
54. <u>Prudence Gunsch</u>	40F	49:50	4.31
55. <u>Rachel Kudrle</u>	38F	51:54	3.45
56. <u>Kathleen Tersigni</u>	42F	51:58	2.59
57. Steve Obermayer	51M	52:03	1.72
58. Greg Taylor	66M	53:53	0.86

**39th Annual
Jack Bristol ... Lake Waramaug Ultras**

50K | 50 Miles | 100K

Sunday, April 21, 2013 ... 7:30 AM

**Lake Waramaug State Park
New Preston, CT.**

www.lakewaramaugultra.com

R D ... Carl Hunt
860-355-8847

huntcarl@sbcglobal.net

Slightly rolling loops on paved surfaces around scenic Lake Waramaug. There is a 2.2 mile out and back at the beginning of the race for all runners. The 50K runners will then do three 7.6 mile loops around the lake followed by a 1.9 mile out and back to the finish at the State Park. The 50 mile runners will complete six loops around the lake and finish at the State Park. The 100K runners will do seven loops around the lake followed by a 2.3 mile out and back to finish at the State Park.

Four very well stocked aid stations per loop.

And They're Off ! With a Hoot, with a Toot & with a Whistle

This year the Hoot Toot & Whistle Snowshoe Race reverted to the old point-to-point format. In honor of that momentous occasion, during which no busses delivering runners got lost or injured, we were treated to a starting toot by none other than Hoot Toot & Whistle herself. Pleased to discover that there truly was a still-functioning train lending credence to our effort, I was finally able to connect the wooden ties separating the Hoot Toot (Hoosac Tunnel) from the Whistle (Wilmington, VT) and decipher the acronym. HT&W, originally destined to cross the continent in the wake of the wagon trains, ultimately decided locally grown and family-friendly was the way to go. Now it highlights a select section of Vermont, befriending catamounts, moose and snowshoers alike.

We snowshoe here to raise money for the restoration of Readsboro's historic buildings, constructed during the heyday of the Hoot Toot & Whistle. Looks like last year's jaunt was enough to get a fresh coat of paint on the façade of the EJ Bullock Building, a former general store and, appropriately, a sports equipment manufacturing company. One of the things I like about this race is that townspeople are so welcoming. They reciprocate by driving the bus, serving as road marshals, computing results, donating raffle items. This year we were even invited to attend the local chili cook-off, held in the same school where we assembled pre-and post-race. For a brief moment in time we were contributing Readsboro citizens, not just another motley group of Vermont tourists.

Our snowshoe series accountability runs the gamut from high tech ARE bib-embedded chips to chronoprinted / computer excel results to old-fashioned popsicle sticks. But HT & Whistle took innovation one step further with race numbers handwritten on what could have been library book spine labels. The trick was that you either had to remember your number or stick it somewhere where it would not become unstuck even with repeated applications of snow and sweat. It wasn't until the bus ride over, while I frantically searching for my sticker ticket that I realized Jeff had drawn #46 and I had followed up with # 47. Jeff was born in 1946, while I was born in 1947. Even more freaky, when I crossed the finish line, I was awarded popsicle stick #46!

As we were waiting for the race to begin, someone who had never run HT & W before inquired about the course, confiding that after Mt. Prospect's "easy rolling hills" they were not too trusting of Bob Dion's course descriptions. I assured whoever it was (I am not trying to shield the innocent—I truly have no idea) that the slightly downhill route would be fairly flat, but that it would not be easy. And this was bafflingly correct. How can something so obviously benign prove so challenging? As Rich Busa once pointed out, there is absolutely no point in time where you can justify a walking break, whereas a steep uphill begs the question. We feel compelled to soldier on no matter how much we would like to pause to catch our breath.

Then too, no matter how deep the snow, the single track footing seems to rock back and forth in an attempt to throw you off

kilter. Your journey resembles one of those dreaded dream sequences where you lurch headlong as the ground shifts to trip you. I am guessing that more runners took spills on this level terrain than they would if they had been hurling down Mt. Prospect.

Clearly, for this race you had to have a strategy firmly in place. Alas! I had none but my usual: Start slow, wait for my asthma to clear up, then push. While normally good advice, starting close to caboose position meant that you were caught in relentless single track, forever, forced to deplete your energy passing ultimately slower runners. Maureen Roberts, familiar with the course, devised perhaps the best strategy. She began slowly, even to the point where I passed her in my quest to catch up to my friends. At exactly half-way, she kicked into gear and I watched her effortlessly glide past runner after runner. By this time too, we were spread out a bit and she no longer had to overtake four in one blow like I did earlier.

Used to dealing with safety-vested railroad workers, Train took our two Target vests in stride, failing to cowcatch Jim Devine, but snowplowing Jen Ferriss back at the station. Initially pleased to be honored with the Target, meaning he didn't run in the opposite direction, Jim was ultimately thrilled, having never before placed in the top ten. Behind me I could hear Jen shout, "This race hates me!" I thought she was just being honest but what she really meant was that her snowshoe had detached itself from her foot. After several attempts to rid her reluctant straps of snow, she settled in for the long haul, listening for whistles, picking up garbage, sightseeing. Both Target recipients are eager for another go at it; one to repeat the performance and the other for revenge.

One of the neat things about driving all across New England in search of the perfect snow is the opportunity to become participating, not merely accidental tourists. On the drive home, we pulled to the side of the road, switched off the car engine and listened to the swoosh of the windmills on the ridge of the Green Mountain Forest. It looked like the giant cyborgs had truly landed. While impressive, these windmills were far removed from Holland's benevolent wooden versions, true and fearsome giants in the sky.

Many of us also visit local shops that we would not otherwise frequent. Jeff, Jen and I often swing by Fleet Feet Sports when we are not focused on sampling local delicacies. Last trip, it was the Big Moose Deli; this time we rewarded ourselves at the Crazy Russian Girls Bakery. All expenses are, of course, justified by the fact that we will pass that way just once or twice a winter. Besides, we had run a good race—we deserved a bit of indulgence.

Laura C lark



2013 Dion Snowshoe Series

5th Annual Hoot Toot & Whistle

5KM Snowshoe Race

1 / 19 / 13 ... Catamount Ski Trail ... Readsboro, VT

WMAC members in bold:

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Points</u>
01. Greg Hammett	35M	20.17	100.00
02. Josh Ferenc	31M	20.22	98.97
03. Tim Mahoney	33M	20.28	97.94
04. Rich Teal	34M	21.16	96.91
05. Brian Northan	37M	22.42	95.88
06. Steve Power	54M	23.56	94.85
07. Edward Alibozek	50M	24.12	93.81
08. Josh Katzman	36M	24.55	92.78
09. Todd Brown	48M	25.33	91.75
10. Jim Devine	52M	25.46	90.72
11. Ted Cowles	54M	25.49	89.69
12. Edward Myers	61M	26.30	88.66
13. Dylan Quinn	15M	26.37	87.63
14. Thomas Olendorf	47M	26.46	86.60
15. Jeff Clark (<i>Younger</i>)	55M	27.50	85.57
16. Jack Casey	59M	28.11	84.54
17. Adam Clancy	25M	28.28	83.51
18. Bill Morse	61M	28.46	82.47
19. London Niles	15M	28.55	81.44
20. David Cameron	42M	29.13	80.41
21. <u>Jessica Northan 1st F</u>	37F	29.40	79.38
22. Cynthia Gardner	61F	29.46	78.35
23. Jan Rancatti	52M	30.12	77.32
24. <u>Laura Fusari</u>	32F	30.22	76.29
25. David Sutherland	50M	30.30	75.26
26. Mark Bushika	45M	31.52	74.23
27. Jeff Hattem	61M	32.10	73.20
28. <u>Kim Scott</u>	44F	32.17	72.16
29. Tom Fusari	43M	32.27	71.13
30. Peter Canzone	59M	32.31	70.10
31. Fred Pilon	67M	32.32	69.07
32. <u>Debra Wechter</u>	37F	33.02	68.04
33. <u>Sue Williams</u>	55F	33.16	67.01
34. Kevin Longo	38M	33.18	65.98
35. Richard Godin	57M	33.41	64.95
36. <u>Alison Cleary</u>	28F	34.02	63.92
37. Bruce Shenker	60M	34.07	62.89
38. <u>Jen Hammett</u>	40F	34.08	61.86
39. Mike Hickey	55M	34.09	60.82
40. Pete Cole	43M	34.20	59.79
41. <u>Mary Scheferer</u>	54F	34.42	58.76
42. Michael DellaRocco	61M	34.46	57.73
43. Edward Alibozek Jr	73M	34.58	56.70
44. <u>Maureen Roberts</u>	55F	35.06	55.67
45. Scott Bradley	52M	35.48	54.64
46. Laura Clark	65F	36.10	53.61
47. Laurel Shortell	46F	36.15	52.58
48. Jodie Lahey	34F	36.16	51.55
49. Brad Herder	55M	36.18	50.52
50. Ed Saharczewski	59M	36.19	49.48
51. <u>Shari Hymes</u>	50F	36.25	48.45

52. <u>Sue Lackman</u>	34F	36.45	47.42
53. Jim Carlson	65M	36.48	46.39
55. Denise Dion	54F	36.53	44.33
56. Tim Kasulinous	37M	36.55	43.30
57. <u>Carolina Villarreal</u>	30F	36.59	42.27
58. Stan Serafin	59M	37.08	41.24
59. Claudine Preite	46F	37.30	40.21
60. <u>Kathleen Furlani</u>	64F	37.40	39.18
61. Pete Lipka	61M	37.52	38.14
62. <u>Jill Merjeski</u>	35F	38.09	37.11
63. Jacqueline Lemieux	46F	38.41	36.08
64. David Gubala	51M	39.01	35.05
65. Peter Finley	51M	39.18	34.02
66. <u>Mary Gubala</u>	47F	40.19	32.99
67. Bob Massaro	69M	41.02	31.96
68. Jamie Howard	47M	42.10	30.93
69. <u>Rachel Rodney</u>	37F	42.47	29.90
70. <u>Francine Germaine</u>	56F	43.15	28.87
71. <u>Leiah Myers</u>	38F	43.41	27.84
72. <u>Julie Gardner</u>	41F	44.01	26.80
73. <u>Meghan Foley</u>	26F	44.20	25.77
74. Jennifer Ferris	41F	44.24	24.74
75. Rebecca Armstrong	44F	46.09	23.71
76. Richard Busa	83M	46.17	22.68
77. Walter Kolodzinski	70M	46.23	21.65
78. <u>Eileen Quinn</u>	53F	47.04	20.62
79. <u>Vicki Quagliaroli</u>	59F	47.08	19.59
80. Bill Glendon	66M	47.24	18.56
81. Konrad Karolczuk	60M	47.26	17.53
82. Kim Brown	41F	47.45	16.49
83. Dave Lemieux	48M	47.56	15.46
84. <u>Marylou White</u>	57F	48.59	14.43
85. Jeff Clark (the older)	66M	49.04	13.40
86. <u>Stephanie Koh</u>	41F	49.09	12.37
87. <u>Annette Santiago</u>	48F	51.09	11.34
88. Jules Seltzer	77M	52.11	10.31
89. Tiger Waterman	66M	55.37	9.28
90. <u>Marilyn Hickey</u>	54F	55.39	8.25
91. <u>Laurie Cole</u>	32F	55.40	7.22
92. <u>Misty Kardasen</u>	38F	62.06	6.19
93. <u>Anne Wehry</u>	55F	62.51	5.15
94. <u>Caitlyn Sanderson</u>	27F	62.54	4.12
95. Robert Sanderson	63M	62.57	3.09
96. Matthew Bailey	10M	66.09	2.06
97. Christopher Bailey	37M	66.10	1.03



Side Hiller 4-Mile Snowshoe Race
Center Sandwich, NH January 26, 2013

WMAC members in bold:

Name	Age	Time	Points
01. Jim Johnson	35M	0:26:07	100.00
02. Kevin Tilton	31M	0:26:11	98.90
03. Bob Jackman	30M	0:28:36	97.80
04. Ryan Welts	32M	0:29:33	96.70
05. David Cretsinger	41M	0:29:52	95.60
06. Michael Fraysee	40M	0:30:31	94.51
07. Patrick Galvin	25M	0:30:39	93.41
08. Chris Dunn	44M	0:30:44	92.31
09. Jeff Litchfield	53M	0:30:47	91.21
10. Peter Keeney	46M	0:30:49	90.11
11. Phil Erwin	45M	0:31:09	89.01
12. <u>Kristina Folcik</u> 1 st F	35F	0:31:28	87.91
13. Scott Mitchell	43M	0:31:29	86.81
14. Clinton Morse	50M	0:31:54	85.71
15. Paul Bazanchuk	58M	0:32:06	84.62
16. Chuck Hazzard	52M	0:32:17	83.52
17. <u>Melissa Donais</u>	29F	0:32:23	82.42
18. Jonathan Miller	43M	0:32:36	81.32
19. <u>Abbey Wood</u>	27F	0:33:26	80.22
20. Walter Fortier	63M	0:33:28	79.12
21. Jim Graham	50M	0:33:58	78.02
22. <u>Jackie Jackman</u>	34F	0:34:19	76.92
23. Don Frederickson	53M	0:34:30	75.82
24. Andrew Corrow	46M	0:35:08	74.73
25. Tom Hooper	34M	0:35:20	73.63
26. Ted Cowles	54M	0:35:31	72.53
27. Sal Genovese	47M	0:35:33	71.43
28. David Hippert	30M	0:35:41	70.33
29. Jim Graham	53M	0:35:44	69.23
30. Mike Tagart	28M	0:35:52	68.13
31. Jonathan Martin	31M	0:36:06	67.03
32. Scott Mason	55M	0:36:57	65.93
33. Adam Clancy	25M	0:37:04	64.84
34. Justin Beaudry	31M	0:37:33	63.74
35. J Downey	47	0:37:38	62.64
36. Mariano Santangelo	43M	0:37:46	61.54
37. Stuart Thorne	53M	0:38:03	60.44
38. Bob Dunfey	61M	0:38:16	59.34
39. <u>Lisa Ranson</u>	50F	0:38:22	58.24
40. Ritchie Blake	44M	0:38:23	57.14
41. Jack Casey	59M	0:38:27	56.04
42. Rick Nelson	52M	0:38:40	54.95
43. <u>Aleaha Gray</u>	24F	0:39:12	53.85
44. Richard Leonard	58M	0:39:32	52.75
45. <u>Alyson Koenig</u>	26F	0:39:40	51.65
46. <u>Rebecca Miller</u>	33F	0:39:54	50.55
47. <u>Alison Cleary</u>	28F	0:40:06	49.45
48. Bill Morse	61M	0:40:18	48.35
49. <u>Carolyn Shreck</u>	40F	0:40:26	47.25
50. Gene Fahey	65M	0:40:47	46.15
51. Michael Altieri	62M	0:40:58	45.05
52. <u>Marcy Schwam</u>	59F	0:41:07	43.96
53. <u>Robin Allen Burke</u>	51F	0:41:22	42.86

54. Brian Gallagher	63M	0:41:23	41.76
55. Richard Dinovo	45M	0:41:40	40.66
56. Rick Delkey	54M	0:41:52	39.56
57. Gary Reuter	73M	0:42:05	38.46
58. Mark Weidman	56M	0:42:07	37.36
59. <u>Meghan High</u>	43F	0:42:16	36.26
60. <u>Ellen Tidd</u>	44F	0:42:34	35.16
61. Sinthy Kounlasa	56	0:43:21	34.07
62. <u>Kathy Nelson</u>	36F	0:43:35	32.97
63. <u>Andrea Leonard</u>	48F	0:43:46	31.87
64. Daniel Coons	58M	0:43:55	30.77
65. Bob Dion	57M	0:44:01	29.67
66. <u>Dolly Courte Mache</u>	49F	0:44:43	28.57
67. George Brome	51M	0:44:45	27.47
68. <u>Ginny Patsun</u>	44F	0:44:49	26.37
69. <u>Samantha Brann</u>	35F	0:44:50	25.27
70. Tony Federer	74M	0:44:51	24.18
71. Timothy Lindsey	41M	0:44:59	23.08
72. <u>Kathleen Boulter</u>	40F	0:45:11	21.98
73. Matthew Christian	34M	0:45:15	20.88
74. <u>Nancy Brome</u>	50F	0:45:32	19.78
75. <u>Debbie Budway</u>	54F	0:45:41	18.68
76. <u>Jennifer Lelis</u>	48F	0:47:30	17.58
77. <u>Denise Dion</u>	55F	0:49:46	16.48
78. Jim Hoburg	66M	0:50:37	15.38
79. William Leonard	46M	0:50:41	14.29
80. <u>Brenda Litchfield</u>	48F	0:50:56	13.19
81. <u>Laurel Shortell</u>	46F	0:51:21	12.09
82. <u>Jeannie Brome</u>	25F	0:52:20	10.99
83. <u>Diane Levesque</u>	59F	0:53:19	9.89
84. John Engle	50M	0:54:16	8.79
85. <u>Becky White</u>	34F	0:55:27	7.69
86. <u>Michelle Glines</u>	44F	0:57:20	6.59
87. <u>Stephanie Koh</u>	41F	0:57:21	5.49
88. <u>Liza Genovese</u>	43F	0:57:21	4.40
89. Richard Busa	83M	0:57:21	3.30
90. <u>Marylou White</u>	57F	1:00:30	2.20
91. <u>Ellie Ferguson</u>	52F	1:01:14	1.10

Mystery Photo



OK, I can't make this any easier for you. Here is the mystery photo for this issue. Does anyone know where this grill with its superior masonry is located?

Revisiting the Original Turner Trail at Curly's

Where else but in a Dion/WMAC snowshoe race could you run two races for the price of one? In years past, with the Hoxie Thunderbolt/Covered Bridge options we have run a shorter race (Hoxie) with the option of continuing on to complete the longer event (Covered Bridge). But for this year's Massachusetts and Connecticut championship in Pittsfield, we mentally honored Curly's downhill record run while physically trudging up the original Turner Trail which provided better snow cover.

Curly's Snowshoe Race was established as a tribute to Curly Voll, Beth's Dad, who set the course record for scary downhill skiing on the Shadow Trail. Ridge Trail, the original Turner, was added to our circuit after a serious storm rendered standard trails inoperative. Thanks to the Herders' volunteers and the mountain bikers who did some heavy forestry we now have two mountain races at the Pittsfield State Forest.

I am a big fan of cold weather that seeks to preserve snowpack. It is pretty much wasted, however, when said cold operates merely to raise heating bills. And that is the climate we have been dealing with the past few weeks. Someone at Curly's mentioned that it has just been too cold to snow properly. Well, what about the Norway or Alaska? It is cold there and they are blessed with lots of snow. The truth is that the coldest weather usually produces fairly dry air—think of your chapped hands—and snow needs moisture. It can snow all the way up to absolute zero or -460 degrees Fahrenheit, in which case you, as a snowshoer, wouldn't much care. So it could still snow at our measly -12, but the chances are less likely.

Cold also does other things. It forces you to wear two layers of socks, two pairs of pants, two jackets, a hat and earmuffs...a picture of the proverbial immovable kid stuffed into a snowsuit comes to mind. While you personally would not run in such a getup, consider the long-suffering race directors marking the course, pausing every minute or so to shed their two pairs of gloves in order to decorate trees with pretty colored ribbons. Plus, now you also know what Jeff and I and a few select friends were doing the day after Curly's.

At any rate, cold also has less obvious consequences, at least until they happen to you. On our way out the door to Curly's, Jeff grabbed a few bottles of water from the garage—they were frozen solid! On the trip over I organized my gear, putting my inhaler in the car door crevice where I would see it and remember to use it. I did see it and I did use it and almost choked on the inhale. Apparently some vital medical particles had frozen solid and speared my throat. Jeff had to sit on the inhaler in the fully heated car to warm it up! Then, in a final act of brilliance, I planted my Pepsi outside the car so I would have a nice cool drink post-race. First of all, hot chocolate would have made more sense even if I could have enjoyed my frozen soda.

This version of Turner was indeed challenging and satisfying. The initial snowmobile uphill was mitigated by scenic winding single track which seemingly went on forever until reaching the Ridge Trail which was relatively level and a nice gathering break before the final descent. There was

sufficient snow cover, but no more. Overconfident in short cleats, I kept catching my left, and only my left shoe, on hidden obstacles. Or else I had forgotten how to snowshoe. Reliving race highlights afterwards, I learned that others had had the same experience. I can't wait to run the trail this fall and kick away all those offending rocks. Serves them right!

I spent much of the uphill portion trying to catch up with Denise Dion and Jim Carlson. The rear view was enlightening: Denise was maintaining a strong even pace while Jim was hiking in tandem behind her, never breaking into a run. At one point on the uphill everyone got passed by the first six or so finishers. As he glided by, Tim Van Orden shouted, "It took me a good mile to catch you!" I wish. Except for their impressively lengthy warm-ups and cool-downs, they were in too much of a hurry to enjoy the scenery and also apparently to register the lack of pink ribbons on their divergent path.

Basically, the pack mentality took over and no one was really thinking. Jeff Dengate, the *Runner's World* gear guy, strategically positioned in the follow-up group, backtracked, and for an Olympic *One Moment in Time*, found himself solidly in the lead, and you guessed it, missed another turn at the top. By that time, Jeff, Rich Teal and Brian Northan were overtaken once more.

Then TiVO picked up his "leisurely" pace and passed all but the top three. Previously, Tim had told me he was taking the winter off. The rest of us would kill for an off-season like that! In that group was Steve Dowsett, flaunting the Target and ultimately placing third overall. Not in that group was Laura Fusari, or the Pink Lady, who also used the Target to advantage, placing third woman overall.

Initially, the downhill was wonderfully liberating. Then, surprisingly, it became just as tough as the uphill as we struggled to maintain effort, momentum and balance. Jim had already taken a few exploratory forays past me, and I knew from previous encounters that slipping by Denise is anything but a sure thing. She can sneak up on you even on snowshoes and fly ahead during the crucial final push. So I didn't dare relax, no matter how much I felt as if were "done." I thought of Dr. Sheenan's "no regrets" policy and maintained my lead. Just barely, but with no regrets.

Laura Clark



2013 DION Snowshoe Series

11th Curly's Record Run
5 Mile Snowshoe Race

Pittsfield State Forest ... Pittsfield, MA. ... 1 / 27 / 13

WMAC members in bold:

Name	Age	Time	Points
01. Josh Ferenc	31M	0:43:04	100.00
02. Dave Dunham	48M	0:43:45	98.63
03. Steve Dowsett	24M	0:43:50	97.26
04. Tim Vanorden	44M	0:44:26	95.89
05. Tim Mahoney	33M	0:44:32	94.52
06. Richard Teal	34M	0:44:56	93.15
07. Jeff Dengate	35M	0:45:15	91.78
08. Eddie Habeck	35M	0:45:30	90.41
09. Ken Clark	50M	0:45:52	89.04
10. Brian Northan	37M	0:46:17	87.67
11. Michael Medeska	30M	0:47:35	86.30
12. Wayne Stocker	58M	0:48:38	84.93
13. Edward Alibozek	50M	0:48:47	83.56
14. Alan Bates	64M	0:49:01	82.19
15. Pete Malinowski	58M	0:50:01	80.82
16. Jim Devine	52M	0:51:43	79.45
17. <u>Dawn Roberts</u> 1 st F	41F	0:52:03	78.08
18. Tom Tift	55M	0:52:28	76.71
19. London Niles	15M	0:53:34	75.34
20. Michael Buttrick	27M	0:53:41	73.97
21. S Vaughan-Thomas	33M	0:54:00	72.60
22. <u>Kristen Merlo</u>	25F	0:54:01	71.23
23. Matt Darcangelo	37M	0:54:50	69.86
24. Glen Tryson	59M	0:54:52	68.49
25. Gary Hebert	48M	0:55:54	67.12
26. <u>Laura Fusari</u>	32F	0:56:00	65.75
27. <u>Cathy Pedtke</u>	23F	0:56:17	64.38
28. Cynthia Gardner	61F	0:56:25	63.01
29. <u>Jessica Northan</u>	37F	0:57:21	61.64
30. Phil Bricker	59M	0:57:46	60.27
31. <u>Theresa Apple</u>	51F	0:57:59	58.90
32. Michael Lahey	61M	0:58:15	57.53
33. Scott Bradley	58M	0:58:57	56.16
34. Fred Pilon	67M	0:59:34	54.79
35. Jim Schertzer	37M	0:59:51	53.42
36. <u>Ginny Patsun</u>	44F	1:00:14	52.05
37. <u>Debra Wechter</u>	37F	1:00:29	50.68
38. Richard Godin	57M	1:01:12	49.32
39. Brian Shaffer	39M	1:02:07	47.95
40. <u>Kathleen Furlani</u>	64F	1:02:11	46.58
41. Bob Worsham	67M	1:03:39	45.21
42. Ed Alibozek Jr.	73M	1:04:38	43.84
43. <u>Liza Smith</u>	15F	1:04:40	42.47
44. <u>Virginia Smith</u>	53F	1:05:02	41.10
45. Vince Kirby	56M	1:06:09	39.73
46. <u>Cindy Scannell</u>	55F	1:06:30	38.36
47. <u>Pat Rosier</u>	54F	1:06:59	36.99
48. Pete Lipka	61M	1:08:02	35.62
49. Stan Serafin	59M	1:08:06	34.25
50. Wally Lempart	67M	1:08:35	32.88
51. Laura Clark	65F	1:10:15	31.51

52. Denise Dion	54F	1:10:22	30.14
53. Jim Carlson	65M	1:10:34	28.77
54. <u>C. McMahon</u>	16F	1:11:19	27.40
55. Mike Della Rocco	61M	1:11:26	26.03
56. Martin Glendon	66M	1:11:42	24.66
57. Steve Mitchell	71M	1:11:51	23.29
58. <u>Francine Germaine</u>	56F	1:15:12	21.92
59. Peter Finley	51M	1:15:29	20.55
60. Laurel Shortell	46F	1:16:21	19.18
61. Kim Brown	41F	1:16:50	17.81
62. Becca Armstrong	44F	1:17:52	16.44
63. Jamie Howard	47M	1:18:19	15.07
64. <u>Anette Santiago</u>	48F	1:19:10	13.70
65. Konrad Karolczuk	60M	1:20:16	12.33
66. Janet Tryson	59F	1:21:03	10.96
67. Karin Bradley	55F	1:21:30	9.59
68. <u>Julie Gardner</u>	41F	1:22:40	8.22
69. <u>Lee Anne Zarger</u>	58F	1:30:23	6.85
70. Walt Kolodzinski	70M	1:33:03	5.48
71. Jeff Clark	66M	1:33:48	4.11
72. Jules Seltzer	77M	1:39:10	2.74
73. <u>Jenika Conboy</u>	46F	1:39:10	1.37



Ken Clark above and Peter Lipka below at Curly's



Photos courtesy of Berkshire Sports

The 32nd Annual Dick Batchelor Run for the Children

by Bob Kopac

This past January my spouse Lynne and I left the New York cold for sunny Orlando and a theme park race with our Florida friends Al and Laura Grigull, the former co-directors of the Rhinebeck, NY Mad Dash. It is not the theme park race where you mortgage your house for the entry fee and where you spend much of your time running on service roads. Instead, it is the Dick Batchelor Run for the Children 5K hosted by Universal Orlando Resort.

The event is a fundraiser for the Howard Phillips Center for Children & Families, part of the Arnold Palmer Hospital for Children. According to the race literature, "Proceeds from the run help support child abuse prevention and treatment, early intervention services for children with development delays and free healthcare for uninsured teens." The pre-race fee of \$24 includes a T-shirt, making it an excellent value for a race where the proceeds go to a great cause (\$27 day-of-race, T-shirt not guaranteed). If you wish, you can raise additional money for the Center, and you can create a team. There also is a Kids' Fun Run after the 5K that is free for all kids.

The 5K is a "fun run"; that is, only the top 10 male and top 10 female runners and the top male and female race walkers have their times recorded and receive awards. The race officials do not record any other times, but they do provide a finish line clock.

Parking is free, and the race starts at 7:15 AM at sunrise. This year there were about 2,200 entrants, a manageable number. However, I was surprised how many 7-minute-a-mile walkers there were. Although the race announcer asked walkers not to start at the front, many walkers lined up near the starting line, slowing down the runners behind them. I suggest that officials have another sign behind the 10+-minute-a-mile sign that says "Walkers". The race announcer could cheerfully ask before the race, "How many walkers do we have? Please raise your hands!" When walkers proudly raise their hands, wrangler volunteers then could escort these walkers using cattle prods to the correct area. Note that all strollers and baby joggers start behind the runners and walkers and thus are not a problem for runners.

The course winds past movie exhibits at Universal Studios Resort and past the attractions of Islands of Adventure before finishing at the shops and night clubs of Universal City Walk. There are no boring spots on the course. Period. As soon as you leave one attraction, you immediately encounter another colorful attraction – a sensory delight that almost made me forget I was running a race. The course passes the brightly colored buildings around The Amazing Adventures of Spiderman attraction, past Betty Boop and the Comic Strip Cafe and through Jurassic Park.

The race then enters Hogsmeade Village and the "snow-covered" buildings of the Harry Potter exhibit. This was a favorite of many runners including those wearing red-and-gold Gryffindor outfits. There also were Universal employees dressed in green-and-silver Slytherin robes – it is always fun to

be one of the bad guys. There were other costumed-themed runners: a couple ran in matching Superman and Superwoman costumes, and one runner wore a green Hulk costume and mask while running with his small son who was dressed as Spiderman. Many runners wore small butterfly wings, the symbol of this run.

After Hogsmeade Village, the next attraction on the course is Seuss Landing. The runners pass the multi-colored Caro-Seuss-El carousel and then the Simpsons' Krustyland. I did not see any runners dressed as Krusty the Clown, in case you want to be unique in next year's race.

I could not believe the 5K was over as I finished at the Hard Rock cafe in Universal CityWalk, located outside the theme park. I was so psyched by the course, I wanted to run it again, perhaps in reverse, but there are course officials positioned to prevent such over-exuberance, and also to prevent anyone from re-entering the park and hiding until the park opens -- not that I would do such a thing, of course. But I was tempted.

The Dick Batchelor Run for the Children race was the most enjoyable 5K that I have ever run. I highly recommend this race for anyone who wants a destination race that is visually stunning and never boring. For northern runners, it is the perfect antidote for a cold winter.



Run for Children 5K at Universal Orlando



L to R ... Bob & Lynne Kopac and Laura & Al Grigull

photos by Bob Kopac

Phil vs. Phil

The day before Wintefest, Punxsutawney Phil emerged from his temporary home at Gobbler's Knob, Pennsylvania and whispered to his Inner Circle of handlers that he did not see his shadow, thus predicting an early spring. Since 1887 he has prognosticated in favor of daffodils and tulips only sixteen times, so one could assume that he mostly wanted to hear another bedtime story and go back to sleep in his cozy library den. But this winter, although frigid, was frustratingly devoid of snow so one could forgive his mistake...

The following day, while surveying the trails one final time (groan) before our Winterfest Snowshoe Race, Jeff and I were willing to concede that Phil had indeed called the correct shot.



Where once the trails were icy, causing Jeff to lift and sow 200 pounds of sand over hill and dale, now there were only a few stubborn ice patches. It looked exactly like spring, but without the mud. Until we peeled off our spikes and jumped into our car. Then it started to snow. It began hesitantly at first, as if checking in with Phil, then building to a lake effect snow squall. We all know what happens when snow hits frozen ground and temperatures plummet overnight: Jeff the Sandman was again on call.

Because Winterfest was this year's New York State Championship, we had lengthened the route from a doable 5K to a tough 5 miles, effectively eliminating all the casual Saratoga residents who normally hiked the course. And because we now had a trail race and not a snowshoe race, we essentially jettisoned those who would cheerfully drive three hours for a snowshoe race but not for a wintertime foot race. Many of these were the same folks who would drive anywhere to sample a new trail during the proper season but who quite understandably would plead a seasonal disconnect.

Be that as it may, we had an awesome 5 mile course, designed and tweaked throughout the summer and fall by Jim Carlson. As Bob Dion commented, it showcased many little known areas of the Spa Park and contained a great mix of single track, open passing areas and challenging hills. Fortunately for conditions, most of these gradients were approached from an uphill stance. Many were manned by a phalanx of course marshals and those without their own personal guardian were staffed by a contingent of yellow WMAC arrows. We were so worried that locals familiar with the cross country course and all the different reincarnations of the Mudslinger/Fall Back routes would

become complacent and make a wrong turn, assuming they knew the route.

Race day granted us one of those sparkly, crystal clear, after-the-storm mornings. In fact if you look at the photos, and squint upwards at the pines, it looks as if Phil the Groundhog might have misjudged his call. This would have been the day to take the "don't look down at your feet" axiom to heart. Joe Murphy, enjoying his first ever non-snowshoe snowshoe race did all these things, but it simply wasn't his day. Gingerly treading over all the icy spots, he reached the home-free bare asphalt section where he inexplicably stumbled while trying to pass Bob Dion. Fortunately, this occurred right by the truck water stop and he was able to rest in a warm vehicle while awaiting rescue.

Back at the main building, he was expertly attended by Dr. Maureen Roberts and Fire Chief/EMT Michael Della Rocco and hustled off to the ER. While there his friend, Rich Teal captured his shoulder relocation in YouTube living color for all to see. Many declined. Did he learn anything? According to Joe, "I learned never to pass Bob Dion." He also learned that real snow was perhaps a safer venue and vowed to visit Camp the following week. Which he did, and along with many others, scored a double, racing at Prospect Mountain the following day.

Laura Clark

2013 Dion Snowshoe Series 14th Annual Saratoga Spa Winterfest 5 Mile "Snowshoe" Race Saratoga SPA Park Saratoga Springs, NY ... 2 / 3 / 13

WMAC members in bold:

Note: was held as a trail race due to lack of snow.

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Points</u>
01. Eric Sambolec	35M	0:31:38	50.00
02. Shaun Donegan	27M	0:31:51	49.11
03. Chris Repka	29M	0:32:42	48.21
04. Eric Hulbert	17M	0:33:37	47.32
05. Benjamin Harper	16M	0:34:29	46.43
06. Richard Teal	34M	0:35:06	45.54
07. Mike Sindy	38M	0:35:56	44.64
08. Eric Kowalik	21M	0:37:07	43.75
09. Robert McCarthy	45M	0:38:19	42.86
10. Joshua Katzman	37M	0:38:44	41.96
11. Ezra Hulbert	14M	0:39:30	41.07
12. Dean Harper	41M	0:39:32	40.18
13. <u>Rachael Jones</u> 1 st F	14F	0:40:16	39.29
14. Matt Darcangelo	37M	0:40:36	38.39
15. <u>Kim Morrison</u>	33F	0:40:41	37.50
16. Jim Devine	52M	0:40:56	36.61
17. Ben Yurschak	37M	0:41:25	35.71
18. Michael Greco	34M	0:42:18	34.82
19. Jeff Clark	55M	0:42:51	33.93
20. William Malone	35M	0:44:28	33.04
21. Jim Schertzer	37M	0:44:54	32.14
22. Bob Dion	57M	0:45:39	31.25

Continued next page:

Winterfest results cont:

23. <u>Kim E. Scott</u>	44F	0:47:58	30.36
24. Tom Mack	48M	0:48:36	29.46
25. Ty Culpepper	49M	0:48:51	28.57
26. <u>Megan Boyak</u>	28F	0:50:50	27.68
27. <u>Maureen Roberts</u>	55F	0:51:00	26.79
28. <u>Gail Todd</u>	42F	0:51:00	25.89
29. <u>Corrie Desilets</u>	18F	0:51:12	25.00
30. Lea Anthony	20F	0:51:16	24.11
31. Peter Canzone	59M	0:51:25	23.21
32. <u>Kristi Miller</u>	31F	0:51:34	22.32
33. <u>Ashley Peacock</u>	36F	0:51:41	21.43
34. Mike DellaRocco	61M	0:51:43	20.54
35. <u>Jennifer Kuzmich</u>	54F	0:52:01	19.64
36. Michael Obermayer	20M	0:53:36	18.75
37. <u>Ann Marie Hess</u>	33F	0:53:55	17.86
38. Bob Massaro	69M	0:54:01	16.96
39. Chris Imperial	32M	0:54:08	16.07
40. Charles Brackett	67M	0:54:22	15.18
41. Denise Dion	54F	0:54:42	14.29
42. Michael Maguire	57M	0:54:58	13.39
43. Laura Clark	65F	0:55:15	12.50
44. Larry McAndrew	54M	0:55:16	11.61
45. <u>Susan Johnson</u>	52F	0:55:21	10.71
46. <u>Carrie Cabrera</u>	41F	0:55:32	9.82
47. Jim Sheehan	60M	0:56:26	8.93
48. <u>Amanda Repka</u>	29F	0:58:57	8.04
49. Laurel Shortell	46F	1:00:54	7.14
50. <u>Julie Gardner</u>	41F	1:01:49	6.25
51. Rebecca Armstrong	44F	1:02:21	5.36
52. <u>Kathleen Tersigni</u>	42F	1:07:34	4.46
53. Stephen Obermayer	51M	1:07:39	3.57
54. <u>Ashleigh Brown</u>	29F	1:14:23	2.68
55. <u>Cathy Sheehan</u>	52F	1:19:57	1.79
56. Jeff Clark	65M	1:20:57	0.89

Some of us like Shaun Doneghan, the Saratoga Stryders' answer to Karl Molitoris, chose to ignore the Phil vs. Phil weather controversy altogether. He wore the same outfit at the Spring Winterfest and at the Winter Camp Saratoga.



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photo by Brian Teague

2013 New York State Snowshoe Champions

Open:

Gold	Eric Sambolec	<u>Kim Morrison</u>
Silver	Shaun Doneghan	<u>Kim E. Scott</u>
Bronze	Chris Repka	<u>Meghan Boyak</u>

Juniors:

Gold	Eric Hulbert	<u>Rachel Jones</u>
Silver	Ben Harper	<u>CorrieDesilets</u>
Bronze	Ezra Hulbert	

Groundhog vs. Calf

by Laura Clark

During the week leading up to the Camp Saratoga Snowshoe Race, Phil's credibility suffered a serious blow. Somewhere before green grass and dandelions became a permanent fixture, Old Farmer Ed Alibozek authoritatively issued his own winter storm warning. While Phil the Groundhog was busy searching out his shadow, Farmer Ed's bull, Joy, sired his latest youngster, appropriately named Phil. Born of a snowshoeing household, what else could Phil do but predict a reemergence of winter weather Big Snow?



And snow it did with a vengeance, ushered in by Nor'easter Nemo. While I still believe in snow and prefer to put my money on Phil the Calf, I find it difficult to accept a blizzard named after a cute orange clownfish with a bent fin. A hurricane, perhaps, but since when do fish even care about landlubbing blizzards? Even if the intent was to honor the evil Cpt. Nemo of *Twenty Thousand Leagues under the Sea* fame, the only similarity I can come up with is the relationship of Melville's Moby Dick to Verne's giant squid. One thing for sure, like the cartoonish clown, Nemo threw an unexpected punch worthy of a serious contender, closing down the WMAC home state of Massachusetts and her neighboring partner, Connecticut.

As we theoretically pondered the issue of "too much snow" the main question on everyone's mind was "Did Laurel make it?" Camp Saratoga was to be her 147th WMAC/Dion Series snowshoe race in a row and while the odds were not in Laurel Shortell's favor, we who knew her figured she would somehow avoid being trapped in her own state.

Continued next page:

Groundhog vs. Calf cont:

And sure enough, she cashed in on a vacation day, bailed out early and crossed the border with time to spare before the state police with their \$500 fines and year in jail possibilities sprang into action. As she puts it, she is "still living the streak." Her weekend sojourn in our house, however, was not a typical vacation. Picture having a willing computer expert confined in your house. All our pent-up computer and ipad frustrations could now be addressed! Turns out we had saved up so many of them that she really needs to make a return trip. Soon.

Once more, we were presented with a picture perfect race day, but this time with real snow. We finally got to explore Pieter the Woodsman's new trail that avoided the out-and-back loop and eliminated the need for a Keystone traffic cop. And for once there was little need to worry about confused stragglers as our route through the woods was the only cleared option. We simply had to follow the snowmobile's path to the barn.

All that was missing was Phil the Calf and his friends, still trapped in Massachusetts.

Laura Clark

2013 Dion Snowshoe Series

**10th Camp Saratoga ... 8K Snowshoe Race
February 09, 2013 Camp Saratoga Wilton, NY**

WMAC members in bold:

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Points</u>
01. Shaun Donegan	27M	0:40:19	100.00
02. Richard Teal	35M	0:40:39	98.08
03. Andrew Rickert	33M	0:41:43	96.15
04. Benjamin Harper	16M	0:42:03	94.23
05. Chris Repka	29M	0:42:26	92.31
06. Brian Northan	37M	0:42:46	90.38
07. Jeffrey Andritz	31M	0:44:00	88.46
08. Joshua Katzman	37M	0:45:28	86.54
09. Eric Hulbert	17M	0:47:23	84.62
10. John Onderdonk	45M	0:47:34	82.69
11. Jim Devine	52M	0:47:38	80.77
12. Dean Harper	41M	0:50:08	78.85
13. James Miner	64M	0:50:25	76.92
14. Ezra Hulbert	14M	0:51:36	75.00
15. Tom Tift	55M	0:52:28	73.08
16. C. Tumidajewicz	58M	0:52:35	71.15
17. <u>Jessica Northan</u> 1 st F	37F	0:52:38	69.23
18. Jan Rancatti	52M	0:54:09	67.31
19. <u>Mary O'Hearn</u>	26F	0:54:29	65.38
20. William Malone	35M	0:55:36	63.46
21. <u>Kim E. Scott</u>	44F	0:55:44	61.54
22. Peter Canzone	59M	0:57:02	59.62
23. Bob Dion	57M	0:58:35	57.69
24. Rick Morse	62M	0:58:58	55.77
25. Mark Regan	57M	0:59:11	53.85
26. Joseph Murphy	33M	0:59:29	51.92
27. <u>Pamela DelSignore</u>	43F	1:00:53	50.00

28. Mike DellaRocco	61M	1:01:02	48.08
29. Jim Buffoni	52M	1:02:00	46.15
30. <u>Maureen Roberts</u>	55F	1:02:01	44.23
31. <u>Jen Kuzmich</u>	54F	1:02:46	42.31
32. Jennifer Ferriss	41F	1:02:47	40.38
33. Chris Imperial	32M	1:03:54	38.46
34. Jim Carlson	65M	1:04:16	36.54
35. Charles Brockett	67M	1:04:33	34.62
36. Steve Mitchell	71M	1:05:03	32.69
37. Matthew Miczek	41M	1:05:04	30.77
38. Denise Dion	54F	1:05:23	28.85
39. Laura Clark	65F	1:06:19	26.92
40. Douglas Fox	68M	1:06:22	25.00
41. Peter Finley	51M	1:07:00	3.08
42. Laurel Shortell	46F	1:07:21	21.15
43. <u>Ashley Peacock</u>	36F	1:07:56	19.23
44. <u>Jennifer Kehn</u>	25F	1:09:33	17.31
45. Vincent Kirby	56M	1:10:01	15.38
46. <u>Rike Rothenstein</u>	35F	1:10:19	13.46
47. <u>Susan Johnson</u>	52F	1:12:27	11.54
48. Ray Lee	70M	1:19:00	9.62
49. Michael Maguire	57M	1:24:12	7.69
50. Jamie Howard	47M	1:24:42	5.77
51. Lewis DiCaterino	65M	1:27:32	3.85
52. Frank Lombardo	57M	1:27:42	1.9



Club member Scott Bradley finishing strong at Turner Trail

Photo courtesy of Berkshire Sports

Prospect MT. 5.4 Mile Snowshoe Shuffle
 Prospect Mountain Nordic Ski Center ... Woodford, VT
 February 10, 2013

WMAC members in bold:

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Points</u>
01. Greg Hammett	35M	0:50:35	100.00
02. Dave Dunham	48M	0:51:50	97.73
03. Tim Mahoney	31M	0:55:23	95.45
04. Jeff Dengate	35M	0:55:33	93.18
05. Rich Teal	35M	0:56:14	90.91
06. Ken Clark	50M	0:56:42	88.64
07. Brian Northan	37M	0:56:54	86.36
08. Dan Dix	33M	0:59:24	84.09
09. Donald Pacher	40M	1:01:31	81.82
10. Allan Bates	64M	1:01:35	79.55
11. Edward Alibozek	50M	1:07:29	77.27
12. Ned James	58M	1:10:06	75.00
13. Jessica Northan 1st F	37F	1:10:54	72.73
14. Mike Lahey	61M	1:12:54	70.45
15. David Sutherland	50M	1:14:19	68.18
16. <u>Sarah Dzikowicz</u>	42F	1:19:25	65.91
17. <u>Ginny Pastin</u>	44F	1:20:10	63.64
18. <u>Joann Lynch</u>	47F	1:20:15	61.36
19. Jeff Hattem	61M	1:20:24	59.09
20. <u>Jen Hammett</u>	40F	1:20:59	56.82
21. Ed Alibozek Jr.	73M	1:23:40	54.55
22. Pete Canzone	59M	1:23:57	52.27
23. Denise Dion	54F	1:24:59	50.00
24. Laura Clark	65F	1:26:07	47.73
25. Joseph Murphy	33M	1:26:12	45.45
26. <u>Pat Rosier</u>	54F	1:26:16	43.18
27. Stan Serfin	55M	1:27:06	40.91
28. Nye Corradino	16M	1:28:06	38.64
29. Jen Ferriss	41F	1:28:37	36.36
30. Jim Carlson	65M	1:29:56	34.09
31. Laurel Shortell	46F	1:30:04	31.82
32. Wally Lempart	67M	1:30:09	29.55
33. Marty Glendon	66M	1:33:19	27.27
34. Jim Sheehan	60M	1:34:07	25.00
35. Steve Mitchell	71M	1:35:15	22.73
36. Chris Corradino	40M	1:35:19	20.45
37. Paul Neri	54M	1:35:25	18.18
38. <u>Julie Gardner</u>	41F	1:35:31	15.91
39. <u>Carol Dunsdon</u>	42F	1:38:47	13.64
40. Bob Dion	57M	1:43:32	11.36
41. <u>Cathy Sheeham</u>	52F	1:45:59	9.09
42. Rich Busa	83M	1:58:52	6.82
43. Jeff Clark	66M	2:11:13	4.55
44. Jules Seltzer	77M	2:25:36	2.27

Western Mass Athletic Club is



Now on Facebook.



Check it out.

Adventure the ARE Way

by Laura Clark

Mention Boston Marathon or HMRRC Winter Series and we all pretty much know what to expect. Toss in Warrior Dash or Mud Run and while the formula changes somewhat, there are still general expectations and expected hazards. But with Adventure Races the format is pretty much up to the race director. Anything goes.

After seven years, I finally got to participate in the ARE version, and only partly because it has taken me precisely seven years to work up my nerve. Normally ARE's event is held earlier in December, at which time I am up to my arms in meringue frosting, helping 250 kids and assorted hangers-on make graham cracker gingerbread houses at the Saratoga Library. How could I disappoint even a fraction of those children? And who in the world would ever volunteer to take my place? To put it mildly, I was sugar-deep in my own version of a self-inflicted adventure event. One parent even asked me, "When you retire, will you still host the Gingerbread House program?" I was tempted to retort, "What, do I look that old?" But in truth I am that old.

For many years, I had participated in WMAC's version of adventure. Initially, the now suspended Breakneck was a twelve mile race up a lollipop stick trail and around a lake. You had your choice of which direction to circle the lake. Even initially, it was pretty loose. Jeff used to line up at the back, hefting his kayak and then paddle around the lake, no questions asked. But gradually Race Director Karl Molitoris became discouraged: "No matter how carefully I mark the trail, folks still get lost." So he decided on three crucial requirements: runners must circle the lake, they must not set foot on asphalt, and they must not ford the beaver dam. Anything else was up to them. There were plenty of hazards, not the least of which were navigational, but they were of your own making.

ARE's Dippikill version was different in that it was meticulously marked (Whew!), but featured a variety of terrain obstacles which we could embrace or not according to our comfort level. The rules were posted in the bathroom stalls: Blood is to be expected; You will discover muscles you never knew you had and wish you had more of; You may ask for help; You may bypass any obstacle you feel uncomfortable with. Race Director Josh Merlis' concession to the guy's reading room was truly admirable, but in the end, a bit misplaced, given the distance between the seat and the inside door. Extra time was taken by those wishing to peruse the entire missive. Next year, perhaps a posting on the outside of the stall where folks queue up might move things along a bit, not to mention inspire some potty humor.

The first obstacle, in fact, occurred way before race day. With a 12:30 PM start, we got to sleep in but then had all morning to deal with pent-up energy and contemplate gear choices. There was way too much time, but not enough to really begin a new project. And then there was the fueling conundrum. After breakfast and a snack, did I really want my usual pre-race Cliff Bar? Yes, I did!

Continued next page:

Adventure the ARE Way cont:

The next surprise was that I would be running as someone else and in a different race! I was handed a recycled Runnin' of the Green (Island) bib, originally belonging to another Laura who apparently did not show up that day. This was a vast improvement as that race was shorter, easier and my alter ego was only 34 years old.

ARE's start line was clearly marked with a sandwich sign and as the clock ticked down, excited, nervous runners began to congregate. When Josh queried as to how many of us were first-timers, roughly half sheepishly raised our hands. Then he instructed us to go to the start line. What? We thought we were already there, but while our eyes were fixed on him, it had moved. But first we were required to do a backwards crab crawl under a rope maze borrowed from a previous mud run, putting beginners and experts alike on equal footing.

The course was 90% off-trail, bushwhacked through mazed downfalls and steep ravines with two feet of accumulated leaves at the bottom. At least we had a soft landing. After you passed one pink ribbon, you needed to make eye contact with the next, but where it would be was anyone's guess. Rather like a mobile version of dot-to-dot. As with Breakneck, success depended on forming partnerships, either preplanned or spontaneous. That is where I ran into trouble. The day before I had my second euflexxa shot in my knee, a "procedure" that makes steroid injections seem like a fun opportunity. According to the warnings, I was supposed to rest for 48 hours afterwards. I guess everyone has a different version of rest, but at least I knew I would be sleeping well that night!

So far the only wise thing I did was to start slow and gradually overtake various groups, which was kind of fun in an ego-building way, but very stressful if success depends solely on your personal skill at wayfinding. It was with great regret that I declined to participate in the rope climb up, over and around the tallest upended tree root in New England. It looked like so much fun, but I could just feel my knee wincing in protest. In deference to the group I was traveling with at the moment, I did pause for a reasonable time to cheer them on, and then set my sight on the conveniently orange-jacketed lady ahead of me. I knew I would pass her, but I was really sorry when I did as I no longer had an orange lantern to focus on.

The next lady, Ellen Bradley, was wearing blue, so I had no regrets. But actually, she followed along pretty much behind me so we made a nice pair. A team at last! But a rather nervous one at that. The December sun creeps fairly close to the forested landscape by early afternoon and I truly regretted not having pocketed my flashlight. I did have my trusty woodman's knife, so I could construct a lean-to if necessary.

When we came to the pond crossing, the volunteer mumbled something like "two miles to the finish," so Ellen and I both declined rather than risk hypothermia. Turns out we could have sunk to the challenge as the finish wasn't that far off. After that missed opportunity, I was determined not to wimp out, and dutifully tangled my legs in the spider web ropes we had crawled under eons earlier, while Ellen skipped merrily around.

So not fair! And in my mind I thought we were a team. I knew I could pass her with a sprint to the finish, but did I want to? This was, after all, not a WMAC points race so it didn't really matter. It was not in the true girlfriend spirit to do so. But I did it anyway. The results look like we crossed hand in hand, but I could swear that my foot touched the mat a nanosecond before hers. Serves me right I guess.

My traveling partner, Jen Ferriss, having finished earlier, had grabbed her gear to change, thoughtfully leaving Hazel unlocked. She knew without asking that I would prefer to change in her vehicle, with all possible clothes choices laid out before me. I knew that she would want to stop at Oscar's Smokehouse for some cheese curds for the way home. And she finally confessed something I knew already: she was going to finally consider a fall marathon. The adventure continues....

Laura Clark

Wednesday Night Fun Runs.....

5:30 PM ... PNA Hall ... 13 Victory ST. Adams, MA.

Join us for a run and stay for drinks and trivia afterwards. Official Club business is discussed on the first Wed. of the month.

Trail Running News.....

Is published by the Western Mass Athletic Club.

Adams, Massachusetts

Volume 19 ... Issue 1 ... Mid Winter 2013

WMAC Members..... Did you remember to renew your club membership for this year?

Most all memberships expire in January each year.

We need your continued support to plan our events for the coming year.

Thanks for supporting the WMAC!

The Berkshire Eagle, the local newspaper out of Pittsfield, MA, ran an article recently about snowshoe racing, the WMAC, and Dion snowshoes. Check it out using the link below.

http://www.berkshireeagle.com/ci_22459646/running?IADID=S

2013 Grand Tree Trail Series Schedule

Note: Some dates are still tentative!

- 1 April 13, 2013 9:00am Andover, MA
MERRIMACK RIVER 10 miles
 Steve Peterson 508 – 628 - 8943 darthluna1994@yahoo.com

- 2 April 28, 2013 10:00 am Wolfboro, NH
MUDDY MOOSE 14 miles
 Fergus Cullen 603-520 -5450 fergus@ferguscullen.com

- 3 May 5, 2013 9:00 am Amherst, MA
7 SISTERS 12 miles
 Scott Hunter 413-695-7244
scotjh@aol.com
www.7sisterstrailrace.com

- 4 May 11, 2013 8:00 am Ashburnham, MA
WAPACK & BACK 21 - 50 miles
 Norm Sheppard
wapacktrailracecontact@yahoogroups.com

- 5 May 19, 2013 9:00 am Stafford, CT
SOAPSTONE MT. 14.5 --- 4 miles
 Deb Livingston - 860-512-0125
 Email ... soapstone@shenipsitstriders.org

- 6 June 16, 2013 10:00 am Adams, MA
GREYLOCK TRAIL RACES 13.5 --- 3 miles
 Ed Saharczewski edwrdsah@aol.com
www.runwmac.com

- 7 July 7, 2013 8:00 am Milton, MA
BLUE HILLS / SKYLINE TRAIL 7.2 miles

- 8 July 21, 2013 9:00 am North Conway, NH
CRANMORE HILL CLIMB Distance TBD
 Paul Kirsh info@whitemountainmilers.com

- 9 August 8, 2013 9:00 am Barkhamsted, CT
PEOPLES FOREST 7 miles
 Will Graustein wgraustein@snet.net

- 10 August 18, 2013 9:00 am Florida / Savoy, MA
SAVOY MOUNTAIN 16.5 and 4 Miles
www.runwmac.com

- 11 ?????????? 9:30 am Sunderland, MA
MT. TOBY 14 miles

- 12 September 1, 2013 9:00 am New Ipswich, NH
WAPACK TRAIL 17.5 miles
 Paul Funch 978-448-2813 pgfunch@verizon.net

www.wapack.freeservers.com

- 13 September 15, 2013 8:45 am Chesterfield, NH
PISGAH MT. 23K / 50 K
 Gary Montgomery ... 603 – 363 - 8420

- 14 October 6, 2013 8:00 am Ashford, CT
NIPMUCK MARATHON 26.2 miles
 Clinton Morse - 860-875-6256 (eves before 8pm)

nipmuck@shenipsitstriders.org

- 15 October 13, 2013 10:00 am Monroe, MA
DUNBAR BROOK 10.5 --- 2 miles
 Kent Lemme www.runwmac.com

- 16 October 13, 2013 12:30 pm Groton, MA
GROTON FOREST 9.5 & 3.5 miles

- 17 October 27, 2013 9:30 am Albany, NY
HAIRY GORILLA & SQUIRRELY SIX 13.1 & 6 miles
www.albanyrunningexchange.org

- 18 November 2, 2013 6:15 am Ipswich, MA
STONE CAT ALE 26.2 & 50 miles
 Marty Sullivan www.gaconline.net

- 19 November 10, 2013 9:00 am Framingham, MA
BUSA BUSHWHACK 5.6 & 9.3 miles
 Barry Ostrow b.ostrow@comcast.net

To find yourself listed as an official finisher in the 2013 Grand Tree Series, you must complete at least six (6) of the listed Grand Tree Races. Run as many as you wish, we will use your top six scores, tossing out the others. This will decide by top percentage producer in six events the 2013 Champion(s).

We also keep track of Total Points acquired, and announce a “Stonehead” Champion at the end of the year. There is a fringe cult of trail runners who feel that this is as important an indication of a true trail running champion as any.

This year Fred Pilon has volunteered to coordinate and generally administer the Grand Tree Trail Series.

Rob Higley will still handle the Grand Tree scoring and website.

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

Links and Info at www.runwmac.com

*The 2013 Grand Tree Trail Series....
 Trail Running at its best!*

Richie's Run for Research

Saturday, April 20, 2013
5K Trail run and 1 mile walk
Registration: 8:45 - 9:45 AM

Race Time: 5K Trail Run will start at 10:00 AM and 1 mile walk will begin shortly after
Location: Mount Greylock Regional High School, 1781 Cold Spring Road Williamstown, Ma.
Entry Fee: \$15 for pre registered, \$20 day of race. The first 100 registered will receive a tee shirt.

Please send pre registrations to WMAC PO Box 356, Adams, MA 01220
Make checks payable to Jessica Lemieux
or to Boston Medical Center with Richie's Run for Research in the memo.

All pre registrations must be postmarked by April 10, 2013
Amenities: Pre/Post race massage; Awards; Timing by WMAC; Refreshments.

**** All Proceeds to benefit Thyroid Cancer Research at Boston Medical Center****

For more information: Contact Jessica~ at djlemieux@roadrunner.com

-----CUT HERE-----

Richie's Run for Research ... 2013

Name: _____ Age: _____ Sex: M / F

Street: _____

City/Town: _____ State: _____

Zip Code: _____ Phone: _____ E-mail: _____

T-Shirt Size (Circle One): S M L XL Fee: \$15: Pre Registered; \$20: Day of Race

(Circle one): 5K Run OR 1 mile walk Donation: \$ _____

Total: \$ _____

Please enter me in Richie's Race for Research. I agree to assume all responsibility for all risk of damage or injury that may occur to me as a participant of this event. In consideration of being accepted as an entrant in this event, I hereby, for myself, my heirs, executors and administrators, release and discharge any and all sponsors of Richie's Race for Research from all claims, damages, rights of action, present or future whether the arising of, or incident to my participation in this event. I hereby certify that I am physically fit and have successfully trained for competition in this event. I also grant permission for the use of my name and/or picture in any broadcast, photograph or other account of this event.

Signature: _____ Parent/Guardian(if under 18): _____

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

Check Your Mailing Label For Membership Renewal Date and Please Renew When Due!!!

*****cut*****cut*****cut*****cut*****cut*****cut*****cut*****cut*****cut*****cut*****cut*****

MEMBERSHIP : NEW _____ RENEW _____ ...with no changes to names or address _____

Check here for any changes and provide new information below _____

Annual dues are \$15.00 for either single or household membership.

Single Membership _____ Household Membership _____

NAME (S) _____
ADDRESS _____
CITY _____ STATE _____ ZIP _____
TEL _____ D O B _____ SEX _____
E-MAIL _____

I wish to receive the club's newsletter by EMAIL _____ SNAIL MAIL _____

Send Form & Fee To: W M A C P O Box 356 Adams, MA. 01220

Interest (s):

Running__ Snowshoes__ Kayak__ X-C Skiing__ Hiking__ Biking__ Skiing__ Swimming__ Backpacking__

OTHER _____

Web Page... www.runwmac.com
Club Officers... poncherosa@yahoo.com

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

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