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Camp Saratoga

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13 Victory St. in Adams

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

www.runwmac.com

The Hot Line 413 – 743 – 5124
Club Officers - poncherosa@yahoo.com
Newsletter wdanecki@charter.net
Write us at:

WMAC
P.O. Box 356
Adams, MA. 01220

Snowshoe Nationals in the Green Mountain State

by Laura Clark

While the Olympics is exciting, inspiring and fun to watch on TV, it is just that...watching. If you are like me, I would really rather be participating than sitting on the sidelines. And while our local Dion Snowshoe Series events do just that, I learned that the scope of a Nationals competition adds a unique flavor. This year we celebrated our own home-grown Olympics at Mt. Prospect in Woodford, Vermont with qualifying standards, multiple events and athletes from 28 states and 8 countries. Thanks to Dave Newell, Race Director, Tim Van Orden, course designer, and Bob & Denise Dion, snowshoe sponsors, a small corner of our eighth smallest state hosted the largest United States Snowshoe Association Nationals ever. Woodford, Vermont is now on the map.

According to Mark Elmore, who conceived and hosted the first Nationals in Plattsburg, NY in 2001, the Northeast is an ideal location because the population density (no mega cattle ranches here) ensures that reasonable travel time is possible for many athletes. Plus, no matter what kind of winter the rest of the New England is experiencing, Woodford is getting snow, and plenty of it. Last year when the white stuff was scarce, Woodford had an ample supply through April, perfect for all those snow bunnies who would rather ski than color Easter eggs. This year was a different story, with Mt. Prospect boasting 63" a few days before the event.

But before we get there, a few words about an unannounced competition. We all know that every seemingly straightforward race is top heavy with friendly rivalries, footnotes to the main story. So it is with Annie and Sam. All season long my Annie has been flexing her studded tires, striving with all her might to beat Laurel's Samantha to the parking lot. This time Annie figured herself for a goner, as Sam had opted for the true Vermont experience at a local B & B while Annie was a lengthy commute away. Still, to humor her, we fueled with one of the higher octane mixes, endured a lengthy sub-zero warmup and were on our way well before the proverbial rosy-fingered dawn. And this time, refusing pit stops despite the whining of her driver, Annie won handily by six parking spot lengths! I had met my obligations as a responsible car owner and was now free to concentrate on my race.

I was not sure I really wanted to though. I had examined the list of entrants in my age group and could peg roughly half of them. The rest were wild cards. Knowing I appear on the bottom half of the results sheet, I rarely get nervous, aiming for an enjoyable experience and a placement within my usual grouping of companions. But this was different. I really wanted to stand on that age group hay bale, never mind the fact that it was cold and windy up there in the open. I even tried visualizing the course before I fell asleep. This was a mistake as I ended up with worst scenario nightmares.

If we had had the same race as we did two weeks previously at the Woodford Whiteout, I might have squeezed by. But on this day, although the route was exactly the same, it was more entrenched, less flowy and blowy. We had the same steep hills, the same winding, snake-carved single track, but everything was easier to negotiate, favoring runners who were truly fast and not merely tuff and persistent. The Annie/Sam pursuit continued in human form as Laurel and I passed and re-passed each other with Laurel eventually edging me out by 53 seconds. Did Annie ever rub it in on the way home!

While I have run Freihofer's Run for Women more times than I can count, that is a pure women's event and not a divided female/male offering. While most women were thrilled to concentrate solely on picking off same-sex rivals, I wasn't so sure. Although it is slowly evolving, trail running still features long men's room lines and non-existent female queues, except in the final countdown minutes when guys head to the woods and the gals think about toilet paper.

Continued next page:

Nationals cont:

I am used to running with men in my group. In our local events, we tend to become complacent, knowing just where we should end up in the status quo. The fact that I could recognize only have the entrants in my age group left me without a benchmark.

This year females were first up, followed by males. As I watched the guys finish, I realized that they were similarly clueless, inquiring about my time and then comparing to see if they ran as expected. Later, I worked up my nerves and casually (who was I fooling?) wandered over to the results board. I was listed fourth among the age group winners. I thought the ranking was a bit odd, but figured I'd take it. It was not until I hunted down the asterisk that I realized that only the top three counted. Unreasonably, I thought that perhaps if someone decided not to accept, I would be the lucky runner-up. Apparently, oxygen was still being shuttled off to my feet and not to my brain cells.

I had never understood Olympic athletes who failed to embrace the total experience as reward enough, and especially not those who griped at third place. But I had always empathized with fourth place. You are torn by the "Couldn't I have tried harder/trained better?" question mark hanging in the air, mentally reviewing each moment to see if perhaps a few more seconds could have been squeezed out. As I crossed the finish line, I was in full George Sheehan "no regrets" mode, later I had my doubts. Coming in sixth or eighth still earns you top ten credibility, but fourth, while infinitely closer to the goal, merits sympathy. Eventually, I rationalized that in four years I would crest the 70 year-old age group, which this year was a shoe-in with only one other entrant. That is, until my husband, Jeff, respectfully pointed out that everyone else would have moved up with me. Oh well.

While some athletes skipped the closing ceremonies, many of us opted for the final day of fun, which included team relays where four-person teams each ran a 2.5 km loop for a 10K total. This was basically a section of the previous day's 10K, but negotiated "backward." Which meant that the route was familiar in an Alice-In-Wonderland style. Sunday, too, brought typical mountain weather—snow, gusty winds, teasing snippets of sun that made the first round more difficult than the fourth tie-breaking loop. High School cross country ski team members served as cheerleaders and course guides, adding a unique energy to our already tired legs. This was a great opportunity for local kids to show their stuff, and try as they might some of our team members simply could not pass the nine year-olds on various kids' teams!

By far the most fun events were Saturday's Kids' Kilo and Sunday's Uphill Run for the Maple syrup. The photo shows Solitaire Niles (yellow shorts) running next to Tim Van Orden and captures the enthusiasm of the next crop of snowshoers. Solitaire had been coming to our events for years, sledding and playing in the snow while her brother, London, competed and now it was her turn! You can just see the joy on her face. Jeff and I direct two races in the Saratoga area, and after seeing these

kids are seriously thinking of our own kids' event. The uphill had a mix of ages and was one of the most fun things I have ever done. My goal was not to walk, and I think I succeeded, but the grade was so steep, it was difficult to tell. I crested, totally out of breath and was forced to sit down for several minutes before my wobbly legs could support me.

While I didn't score an individual medal, our Saratoga Stryders Women's team did win bronze, so I achieved a podium stand after all. And I believe I was the only one in my ancient age group to score a tri—10K, team and uphill. Maybe next time I'll go for a quad with the Citizen's Race.

Laura Clark



*Saratoga Stryders Team Gets Bronze.
Pam DelSignore, Maureen Roberts, Laura Clark, Jen Ferriss*



Solitaire Niles in the kids snowshoe run.

Dion Snowshoes
USSSA Men's National Championship
10K Snowshoe Race
March 1, 2014 Woodford, VT.

Club members in bold:

Senior Men:

<u>Time</u>	<u>Name</u>	<u>Age</u>	<u>ST.</u>
1 0:41:51	David Le Porho	37 M	Can
2 0:42:06	Joel Bourgeois	43 M	Can
3 0:42:20	Eric Hartmark	36 M	MI
4 0:42:37	Scott Gall	39 M	IA
5 0:44:10	Nicholas Wheeler	28 M	ME
6 0:44:30	Mike Galoob	40 M	RI
7 0:44:31	Jeffrey Quednow	23 M	WI
8 0:44:40	Nacho Hernandez	20 M	Spain
9 0:45:29	Daniel Craighead	24 M	PA
10 0:45:41	Kelly Mortenson	43 M	MN
11 0:46:03	Jacob Malcomb	27 M	NY
12 0:46:24	Kevin Tilton	32 M	NH
13 0:46:26	Nick Scalfone	29 M	CA
14 0:46:47	Jim Johnson	37 M	NH
15 0:46:51	Jimmy Gobeil	37 M	Can
16 0:47:13	Ross Krause	35 M	MA
17 0:47:16	Eric Sambolec	37 M	NY
18 0:47:38	Cole Crosby	26 M	NY
19 0:47:48	Jeremy Drowne	37 M	NY
20 0:47:57	James Pawlicki	40 M	MA
21 0:48:19	Dave Dunham	50 M	MA
22 0:48:21	Chad Carr	39 M	MA
23 0:48:31	Matthew Medeiros	29 M	NY
24 0:48:32	Tim Mahoney	35 M	MA
25 0:48:32	Ethan Nedeau	41 M	MA
26 0:48:48	Jaime Julia	30 M	PR
27 0:48:58	Robert Jackman	32 M	RI
28 0:49:06	Ben Nephew	39 M	MA
29 0:49:08	Tyler Murray	24 M	NY
30 0:49:09	Todd Callaghan	45 M	MA
31 0:49:11	Richard Bolt	44 M	CA
32 0:49:30	Alan Evans	51 M	NY
33 0:49:37	Ryan Welts	34 M	NH
34 0:50:35	Laurent Jugant	44 M	Can
35 0:50:52	Kenneth Tripp	44 M	MA
36 0:50:58	Danny Ferreira	32 M	NH
37 0:51:21	Daniel Sevcik	24 M	IA
38 0:51:30	Brian Northan	39 M	NY
39 0:51:30	Tony Dalisio	32 M	ME
40 0:51:40	Andy Kiburis	30 M	ME
41 0:51:46	Kris Borchardt	35 M	WI
42 0:51:55	Quinn Parker	21 M	NH
43 0:52:17	Charlie Nowacki	36 M	CO
44 0:52:34	Phil Erwin	47 M	NY
45 0:52:45	Jeff Dengate	37 M	NJ
46 0:52:56	Chris Repka	31 M	NY
47 0:53:11	Jeff Walker	51 M	NY
48 0:53:12	Peter Keeney	48 M	ME
49 0:53:16	Jean-Franco Bemeur	36 M	Can
50 0:53:25	Will Fortin	29 M	WY

51 0:53:48	Luke Demmel	25 M	IA
52 0:53:52	Rob Class	54 M	MN
53 0:53:57	Ned Kennedy	56 M	CT
54 0:54:20	Paul Bazanchuk	60 M	NH
55 0:54:40	Steve Dowsett	26 M	MA
56 0:54:41	Marek Telus	39 M	NH
57 0:54:48	Damon Gannon	46 M	ME
58 0:54:52	Ryan Albu	36 M	MN
59 0:55:01	Alan Cushman	42 M	NY
60 0:55:06	Louis Ferrone III	20 M	NY
61 0:55:07	Scott Mitchell	45 M	NH
62 0:55:14	Charlie Andrews	57 M	NY
63 0:55:16	Sam Wood	28 M	NH
64 0:55:26	Brett Rickenbach	39 M	MA
65 0:55:38	Chuck Hazzard	54 M	ME
66 0:55:42	Steves Morin	39 M	Can
67 0:55:42	Helio Freitas	45 M	Brazil
68 0:55:54	Chris Dunn	46 M	NH
69 0:56:01	Johan Anestad	44 M	Sweden
70 0:56:01	Jamie Anderson	42 M	ME
71 0:56:06	Patrick Smith	52 M	MA
72 0:56:16	Giant Parlin	39 M	ME
73 0:56:20	Kenneth Willey	32 M	NH
74 0:56:30	Scott Horney	49 M	ME
75 0:56:45	Rory Jenkins	29 M	MA
76 0:56:48	Victor Velazquez	23 M	Mexico
77 0:57:07	Chris Peterson	22 M	NY
78 0:57:12	Andy Marshall	27 M	WI
79 0:57:17	Gerret Van Duyne	36 M	NY
80 0:57:21	Jeff Hixon	40 M	MA
81 0:57:24	Eric Narcisi	35 M	MA
82 0:57:35	Warren Angell	51 M	RI
83 0:57:48	Jason Reed	35 M	CA
84 0:57:59	Jason Kudron	34 M	CT
85 0:58:08	Keith Woodward	63M	VT
86 0:58:13	David Kucia	21 M	NY
87 0:58:17	Corey Dubois	44 M	NY
88 0:58:21	Larry Buerger	51 M	MI
89 0:58:26	Edward Habeck III	37 M	VT
90 0:58:26	Louis Gunderman	62 M	PA
91 0:58:34	Richard Teal	36 M	NY
92 0:58:34	Wayne Crandall	51M	NY
93 0:58:37	Kurt Gustafson	29 M	MA
94 0:58:41	Jeffrey Andritz	33 M	NY
95 0:58:56	Eric Kowalik	23 M	NY
96 0:59:09	Brock Anello	35 M	MA
97 0:59:14	Warren Macphall	47 M	MA
98 0:59:21	Will Leavitt	30 M	MA
99 0:59:31	Rene Sepulveda	49 M	CA
100 0:59:33	Jeremiah Fitzgibbon	58 M	NH
101 0:59:49	Zack Vogel	43 M	NY
102 0:59:58	Ken Clark	51 M	CT
103 0:59:59	Justin Beaudry	33 M	NH
104 1:00:00	Erik Wight	55 M	MA
105 1:00:01	Ryan Triffitt	39 M	ME
106 1:00:22	Patrick Lynskey	42 M	NY
107 1:00:32	David Peterson	56 M	NY
108 1:00:37	Mark Rickman	53 M	CO

Continued next page:

Senior men results cont:

109	1:00:39	Laurence O'Hara	34 M	G B
110	1:00:56	James McDonell	61 M	MN
111	1:01:08	Daniel Ostrander	38 M	NY
112	1:01:25	Ted Cowles	56 M	CT
113	1:01:26	Sal Genovese	49 M	MA
114	1:01:27	Tom Hooper	36 M	NH
115	1:01:32	Jack Mulvihill	21 M	NY
116	1:01:52	Matthew Williams	20 M	NY
117	1:02:13	Jim Devine	54 M	NY
118	1:02:22	David Peterson	49 M	OR
119	1:02:35	Tim Howland	37 M	NY
120	1:02:56	Garrison Parker	28 M	MA
121	1:03:11	Jack Hillenbruno	19 M	NY
122	1:03:15	Wayne Stocker	60 M	MA
123	1:03:26	Steve Chaffee	50 M	NY
124	1:03:33	Addam Sentz	35 M	NY
125	1:03:3	Joshua Katzman	38 M	NY
126	1:03:40	David Lapierre	50 M	MA
127	1:03:41	Chris Serement	23 M	MI
128	1:03:41	Andrew Corrow	48 M	NH
129	1:03:46	Bob Nugent	54 M	NY
130	1:03:57	Allan Bates	65 M	MA
131	1:04:18	Erik Yaekel	42 M	NY
132	1:05:06	Peter Malinowski	60 M	MA
133	1:05:24	Llew Palmer	22 M	NY
134	1:05:49	Tim Walczyk	57 M	NY
135	1:06:45	Edward Myers	63M	PA
136	1:07:06	Jonathan Deng	25 M	NY
137	1:07:14	Stephen Kelly	54 M	NY
138	1:07:19	Jim Graupner	70 M	MN
139	1:07:29	Mike Costello	60 M	MN
140	1:07:33	Robert Seltzer	48 M	NY
141	1:07:43	Dave Kessler	45 M	NY
142	1:08:15	Scott Graham	56 M	MA
143	1:08:18	James Miner	66 M	NY
144	1:08:24	Daniel Cooper	42 M	MA
145	1:08:43	Martin Gordinier	44 M	NY
146	1:08:49	Peter Katapski	55 M	PA
147	1:08:53	Paul Funch	63 M	MA
148	1:08:57	Tom Walto	65 M	NH
149	1:09:05	Rick Mazzeo	62 M	NY
150	1:09:08	Tom Tift	57 M	NY
151	1:09:09	Mitchell Seliger	20 M	WI
152	1:09:15	Paul Seliger	20 M	WI
153	1:09:21	Kevin Bambury	52 M	NY
154	1:09:32	Brent Weigner	65 M	WY
155	1:10:00	Jeffrey Clark	56 M	NY
156	1:10:30	Daniel Sullivan	31 M	NJ
157	1:10:40	Michael Reif	66 M	NY
158	1:10:47	Michael Davis	43 M	NY
159	1:10:49	Gines Satchithanand	27 M	Australia
160	1:10:51	Peter Goutos	55 M	NY
161	1:11:18	Scott Coleman	42 M	NY
162	1:11:26	David Faffar	58 M	ME
163	1:12:15	Reed Colfax	44 M	NM
164	1:12:18	Mariano Santangelo	45 M	NH
165	1:14:03	Jim Hansen	55 M	NH
166	1:14:15	Gregory Malia	59 M	NY

167	1:14:53	Jan Rancatti	54 M	VT
168	1:15:10	Robert Woodworth	65M	VT
169	1:15:15	Steven Rivers	53 M	NY
170	1:16:42	Bill Morse	63 M	MA
171	1:17:07	Brian Gallagher	65 M	NH
172	1:17:10	Peter Canzone	61 M	NY
173	1:17:11	Mort Nace	48 M	NY
174	1:17:20	David Martel	50 M	NY
175	1:17:40	Zeke Zucker	70 M	VT
176	1:17:44	Jacob Polfleit	21 M	NY
177	1:17:58	David Kelble	57 M	CO
178	1:18:03	Michael Linville	67 M	ME
179	1:18:07	Steve Vogl	46 M	NY
180	1:19:04	Jeff Mannion	45 M	NY
181	1:19:10	Michael Weinpress	59 M	NY
182	1:20:24	David Sek	71 M	NY
183	1:21:01	Chris Pabian	38 M	PA
184	1:22:20	Bill Faulkner	73 M	CT
185	1:22:30	Michael Della Rocco	63 M	NY
186	1:22:57	Michael Ryan	35 M	NY
187	1:24:09	Paul Neri	56 M	MA
188	1:24:54	Roger Parker	55 M	MA
189	1:26:21	Rick Nistico	61 M	CO
190	1:26:39	John Tarduno	53 M	NY
191	1:27:02	Wally Lempart	69 M	MA
192	1:27:26	Ed Alibozek Jr	75 M	MA
193	1:27:28	Edward Alibozek	52 M	CT
194	1:28:59	Jeff Hattem	63 M	MA
195	1:31:48	Ed Rousseau	75 M	MN
196	1:31:59	David Riedel	59 M	WI
197	1:33:11	Charles Brown	68 M	MI
198	1:37:52	Michael Capocefalo	61 M	NY
199	1:39:31	Art Gray	61 M	MA
200	1:40:18	Jamie Howard	49 M	NY
201	1:40:51	Stephen Mitchell	73 M	NY
202	1:41:59	Kermit Cadrette	76 M	NY
203	1:42:53	Ray Lee	72 M	NY
204	1:44:25	Konrad Karolczuk	62 M	CT
205	1:47:29	Steve Mazza	70 M	NY
206	1:48:23	Bob Durband	71 M	MN
207	1:49:07	Walter Kolodzinski	72 M	MA
208	1:55:39	Jerry Levasseur	77 M	ME
209	1:56:10	Richard Busa	84 M	MA
210	1:56:10	Jim Kauffold	77 M	CA
211	2:01:25	Jules Seltzer	78 M	MA
212	2:02:11	Michael Murphy	68 M	MO
213	2:14:24	Ed Doucette	84 M	VT



Proud Sponsor of the
USSSA National Snowshoe Championships

USSSA Women's National Championship
10K Snowshoe Race
March 1, 2014 Woodford, VT.

Club members in bold:

Senior Women:

<u>Time</u>	<u>Name</u>	<u>Age</u>	<u>ST.</u>
1 0:51:31	Amber Ferreira	31 F	NH
2 0:53:51	Kristina Folcik	37 F	NH
3 0:54:44	Ashley Krause	37 F	MA
4 0:54:57	Sarah Gall	35 F	IA
5 0:55:01	Abbey Wood	29 F	NH
6 0:55:05	Anita Ortiz	50 F	CO
7 0:55:25	Karen Simmonds-Brad	40 F	NY
8 0:55:31	Whitney Dreier	31 F	NM
9 0:55:36	Erin Rasco	26 F	NY
10 0:55:43	Stephanie Wetzel	28 F	ME
11 0:55:44	Nataliya Tereshchen	38 F	NH
12 0:56:20	Jennifer Vandongen	37 F	ME
13 0:56:49	Melanie Nadeau	38 F	Can
14 0:56:59	Jennifer Chaldoir	40 F	WI
15 0:57:20	Leslie Beckwith	38 F	NH
16 0:57:56	Jolyane Berube	35 F	Can
17 0:58:19	Amy Rusiecki	35 F	MA
18 0:58:27	Melissa Donais	30 F	MA
19 0:59:12	Heidi Baumbach	24 F	NY
20 0:59:16	Mya Klettke	52 F	OR
21 0:59:29	Laurie Lambert	52	TX
22 1:00:23	Claire Doule	36 F	Can
23 1:01:10	Jessica Northan	39 F	NY
24 1:01:22	Kyla Brustin	34 F	NH
25 1:01:26	Madeline Miller	28 F	MA
26 1:01:36	Issy Nielson	32 F	RI
27 1:02:12	Andrea Newton	29 F	NY
28 1:02:34	Rebecca Miller	35 F	ME
29 1:03:13	Kristen Ryan	30 F	NY
30 1:03:22	Jenny Wilcox	40 F	MN
31 1:03:40	Aimee Demers-Bourge	37 F	NY
32 1:03:47	Dawn Roberts	43 F	MA
33 1:04:00	Mariana Wingood	27 F	VT
34 1:05:15	Janice Morra	55 F	NJ
35 1:05:48	Ceal Muldoon-Walker	52 F	FL
36 1:06:18	Kary Class	50 F	MN
37 1:07:04	Audra Naujokas-Knap	45 F	NY
38 1:07:11	Danielle Ignace	36 F	MA
39 1:08:01	Karen Osborn	42 F	MI
40 1:08:06	Frances Vincent	53 F	NY
41 1:08:31	Sherry Kessler	43 F	NY
42 1:09:16	Sarah Lounsbury	23 F	NY
43 1:09:26	Lisa Ransom	51 F	NH
44 1:09:49	Juli Kmetzo	26 F	PA
45 1:09:53	Melissa Tekippe	20 F	WI
46 1:09:59	Maxine Stent	51 F	VT
47 1:10:11	Sarah Schaack	41 F	NH
48 1:11:42	Regina Kavadias	48 F	NH
49 1:11:49	Elizabeth Bianchi	48 F	NH
50 1:11:54	Pamela Cooper	37 F	NY
51 1:12:15	Sandra Rasco	53 F	NY
52 1:12:26	Theresa Apple	53 F	MA
53 1:12:27	Robin Allen-Burke	51 F	NH
54 1:12:45	Marcy Schwam	61 F	MA

55 1:12:52	Keri Bassingthwaite	35 F	MA
56 1:12:59	Tiffany Zarrella	28 F	NY
57 1:13:03	Mary Lucas	55 F	WI
58 1:13:22	Kristina Speer	33 F	WI
59 1:13:28	Nancy Johnston	59 F	VT
60 1:13:42	Andrea Kinzey-Mille	53 F	CO
61 1:14:14	Kara Loftin	38 F	UT
62 1:14:26	Erika Kikuchi	36 F	CA
63 1:14:37	Gina Whipple	45 F	NH
64 1:14:45	Ashley Evans	20 F	NY
65 1:15:03	Colette Madison	46 F	NY
66 1:15:15	Dawn Leone	45 F	NY
67 1:15:40	Stella Shen	43 F	MA
68 1:15:48	Andrea Peterson	55 F	NY
69 1:16:22	Sarah Dzikowicz	44 F	NY
70 1:16:59	Ellen Tidd	46 F	NH
71 1:17:19	Lea Anthony	22 F	NY
72 1:17:44	Maureen Roberts	56 F	NY
73 1:18:14	Sandra Superchi	58 F	MA
74 1:18:15	Kathleen Dugan	53 F	OR
75 1:18:25	Gwen Logan	44 F	NH
76 1:18:35	Patricia Driscoll	59 F	VT
77 1:19:06	Erika Anderson	41 F	NY
78 1:19:16	Jennifer Ferriss	43 F	NY
79 1:19:57	Jeanne Herrick	63 F	NY
80 1:20:35	Patti Dillan	61 F	CT
81 1:20:50	Nancy Martel	53 F	NY
82 1:20:59	Laurie Hathaway	52 F	VT
83 1:22:27	Kodie Tanner	29 F	NY
84 1:22:42	Eileen Weinpress	60 F	NY
85 1:22:44	Kathleen Furlani	66 F	CT
86 1:22:48	Corrie Desilets	20 F	NY
87 1:22:59	Julia Costello	57 F	MN
88 1:23:06	Vicki McCloskey	65 F	NH
89 1:23:18	Dawn Campbell	50 F	MI
90 1:24:21	Theresa Rennekamp	51 F	PA
91 1:24:29	Deborah Hoover	54 F	WI
92 1:24:54	Sharon Barbano	61 F	MA
93 1:26:47	Mary Jo Kiggins	51 F	NY
94 1:27:57	Patricia Tolleson	66 F	CT
95 1:28:13	Jen Kuzmich	56 F	NY
96 1:29:00	Laurel Shortell	48 F	MA
97 1:29:53	Laura Clark	66 F	NY
98 1:30:25	Kathleen Ryan	50 F	NY
99 1:30:47	Diane Levesque	61 F	NH
100 1:31:07	Bonnie Hallinan	65 F	MA
101 1:31:21	Mary Rivers	53 F	NY
102 1:32:35	Jean Nistico	68 F	CO
103 1:32:36	Ingrid Bashaw	65 F	NY
104 1:36:02	Chary Griffin	66 F	NY
105 1:36:37	Amy Laxton	45 F	WI
106 1:37:37	Barbara Sorrell	56 F	NY
107 1:38:35	Gnarlin Barclay	40 F	GB
108 1:38:35	Kate Anderson	38 F	ME
109 1:38:35	Mandy Desrochers	35 F	ME
110 1:47:21	Vicki Quagliaroli	60 F	CT
111 1:55:42	Michelle Czlapinski	36 F	WI
112 1:55:42	Sarah Steele	53 F	WI
113 1:58:01	Marylou White	59 F	MA
114 2:02:46	Carolyn Kriesen	71 F	NY

Stryders Convey North

We were ready. We had braved the elements multiple times, testing gear combinations, bindings and racing strategies. But the snow, so abundant in Saratoga, failed to make an appearance for the early Massachusetts races. So Peter Canzone took matters in hand, researching possible options should the weekend's Hoot N Toot/Pittsfield combo fail to materialize. He located Cock-a-Doodle-Shoe at the New Land Trust in Saranac, NY which offered a 5K, 10K and Nationals Qualifying status.

Peter is in line for a future career as a social director. He organized our group, going so far as to launch a carrier pigeon to contact Steve "electronics will never catch on" Mitchell. He even investigated chartering an airplane, but apparently social directors make more money than their constituents. In the end we had a three-car convoy loaded with enough gear to support a Ragnar weekend adventure. Peter greeted each car as we regrouped at Exit 16, handing out googled directions, arranging for a rest stop, and offering encouragement. I was impressed. At first we were going to have a boy car and a girl car, but when Jen Kuzmich insisted on driving as well, seat assignments were up for grabs. Jen Ferriss deserted me to form a Jen & Jen combo, leaving me totally stressed out about directions. I was told to relax and just follow Peter in the lead car. So... we were all following someone who had never been north of Lake George, never toured in Lake Placid and never ever ventured into the wilds of Saranac. Talk about blind trust.

Shortly after the rest stop, my crew got restless, then squiggly, then downright whiny. In my best Mommy voice I said, "But you just went!" When we finally spotted a gas station and I signaled surrender, everyone else followed my lead. After all, we were ahead of schedule, Peter having factored in the predicted snowfall that never materialized. We arrived at the site ten minutes later and were immediately spotted two porta potties in the parking lot. I made a mental note to make sure everyone visited the facilities before we left. You can never be too careful.

We had a more difficult time than usual figuring out what to wear. The forecast prophesized cloudy, windy, snowsqualls with a high in the upper twenties. Pre-race it was sunny and 13 degrees. Maureen Roberts and I decided to go with the predicted forecast and added windbreakers. I was a bit warm, but dealing with it; Maureen finished looking like she was well into a sweaty strip routine. The rest decided to dress for success in sleek racing gear. But really, how can you dress for a 10K that begins at a chilly 13 and ends an hour or so later topping 36 degrees?

We were all understandably nervous about qualifying, but my husband Jeff reassured us by observing that all the older Stryders had to do was to cross the finish line still breathing. This especially held true for Steve and me. There was no one in his age group, while there was only one other lady in mine. This lady was Ingrid Bashaw, whom I had competed against in other Adirondack races, with her always in the lead. As we hiked the quarter mile to the start, we sized each other up in the catty, supposedly friendly way that only females can. We both elected to don windbreakers, signaling practicality, not speed. However, I sported a pair of state-of-the-art Dions while she was still stuck in early twenty first century clunkers. Just before

the start, however, she superwomaned her jacket to reveal shiny racing apparel. I was wearing the windbreaker Rich Busa had given to me way back when he was collecting seconds from Illumi Night reflective wear.

There I was, beaten at the start by someone else's clothes.

Race Director Jeremy Drowne excitedly promised a "firm and fast course." I took that to mean icy and scary. Luckily, it was not as bad as I had envisioned. There was light snow cover over the ice which only became problematic on the one steep up and down. Those with long cleats, like Steve Mitchell, had no problem, while in my short cleats I desperately watched Steve advance while I slid backward. The real danger was from the sections where the snow was thick and deceptively solid, causing our snowshoes to posthole, catch on the crust, and remain stationary while we were stuck in forward momentum. This type of fall was abrupt and violent, not the harmless trippy "last ski run of the day" experience. Jen damaged one knee, but Dr. Maureen smacked both of hers so hard that she went into emergency room response mode, stuffing snowballs down her tights.

With perhaps a mile to go, Steve and I reached a decision point. We arrived at Robert Frost's literary fork in the trail, one arrow pointing straight ahead, one to the right. Which to take? We practiced our tracking skills and decided that many of the snowshoes that had opted for straight on toward morning had eventually reversed directions in favor of the second star to the right. Eventually, the arrows leading toward the second star began to sport 5K designations, but we were already committed. And perhaps the 10K did take the 5K route home. After all, the 5Kers were with us for most of their race.

We knew we had made the wrong choice when we spotted Kim Scott and Jen F sprinting toward the finish just ahead of us, but from the other fork. They were puzzled as well by the arrows, but Jen had actually studied the course map and knew what trail sign she should be following. So Steve and I, despite crossing the finish still breathing, failed to qualify.

Stryders did hit gold at the raffle table, with Jen Kuzmich in her teacher role, making sure we didn't slip on the ice and had all donned warm, dry jackets. Jen K. was the big winner, or perhaps it was her dog who lucked out. She won a state-of-the-art pair of Dions to replace the dog-chewed pair she was currently sporting. Will her dog now get to resume his feast?

On the way home, we played musical vehicles, rearranging riders and gear. Peter, Jen F and Maureen opted for the brew pub and some medicinal beverages, while the rest of us headed toward Saratoga. Annie and I drove and Pete Finley, Kim and Steve comprised the navigation committee. Kim consulted her iPhone and Steve "you can read anything if you squint hard enough" read the google directions backwards to Start while Pete refereed. Once at Exit 16 we again subdivided, with Kim and taking to her car and Pete riding home in Steve's truck, strapped into a kid's car seat (once you've got them installed, they are there for life).

With three more chances to qualify, Steve and I are still nervously checking snow conditions. The rest of the Stryders have it made.

Laura Clark

Sidehiller 4 Mile Snowshoe Race

1 / 26 / 14 Center Sandwich, N. H.

Club members in bold:

Name	Age	Time	Points
01. Brandon Newbould	M31	0:27:25	100.00
02. Jim Johnson	M36	0:27:37	99.16
03. Kevin Tilton	M32	0:28:11	98.32
04. Robert Jackman	M31	0:28:21	97.48
05. Ethan Nadeau	M40	0:28:51	96.64
06. Todd Callaghan	M44	0:29:03	95.80
07. Steve Dowsett	M25	0:29:12	94.96
08. Dave Dunham	M49	0:29:14	94.12
09. Nate Bassett	M26	0:29:24	93.28
10. James Pawlicki	M39	0:29:27	92.44
11. Ryan Welts	M34	0:29:29	91.60
12. Ben Nephew	M38	0:29:48	90.76
13. Phil Erwin	M46	0:30:02	89.92
14. Ken Tripp	M44	0:30:07	89.08
15. Tim Cox	M40	0:30:47	88.24
16. Peter Keeney	M47	0:30:49	87.39
17. Kenneth Willey	M31	0:31:29	86.55
18. Jeffrey Litchfield	M54	0:31:48	85.71
19. Scott Mitchell	M44	0:31:49	84.87
20. Sam Wood	M27	0:32:08	84.03
21. Chris Dunn	M45	0:32:14	83.19
22. Jeff Hixon	M39	0:32:23	82.35
23. Warren Angell	M50	0:32:37	81.51
24. Pat Smith	M51	0:33:18	80.67
25. Paul Bazanchuck	M59	0:33:30	79.83
26. Mark Telus	M38	0:33:50	78.99
27. <u>Abbey Wood</u>	F28	0:33:53	78.15
28. Jeremiah Fitzgibbon	M57	0:33:57	77.31
29. <u>Melissa Donais</u>	F30	0:34:00	76.47
30. Eric Narcisi	M34	0:34:10	75.63
31. <u>Stephanie Wetzel</u>	F34	0:34:15	74.79
32. Jason Saltmarsh	M27	0:34:17	73.95
33. Damon Gannon	M45	0:34:18	73.11
34. Ernest Brake	M52	0:34:20	72.27
35. <u>Nataliya Tereshchen</u>	F37	0:34:31	71.43
36. Justin Beaudry	M32	0:34:38	70.59
37. Eddie Habeck	M36	0:34:49	69.75
38. Dave LaPierre	M49	0:34:56	68.91
39. <u>Leslie Beckwith</u>	F37	0:35:02	68.07
40. <u>Kristina Folcik-Wel</u>	F46	0:35:02	67.23
41. Sal Genovese	M48	0:35:39	66.39
42. Peter Malinowski	M60	0:36:10	65.55
43. Tom Hooper	M35	0:36:16	64.71
44. Garrison Parker	M27	0:36:39	63.87
45. Artie Bontin	M33	0:36:56	63.03
46. Ted Cowles	M55	0:37:02	62.18
47. Scott Graham	M55	0:37:06	61.34
48. <u>Lisa Jacobus</u>	F32	0:37:09	60.50
49. Ron Fisher	M47	0:37:13	59.66
50. Tom Walton	M65	0:37:18	58.82
51. Dan Cooper	M41	0:37:30	57.98
52. Kevin Manning	M36	0:37:43	57.14
53. <u>Kyla Brustin</u>	F33	0:37:59	56.30
54. Andrew Corrow	M47	0:38:05	55.46
55. <u>Dawn Roberts</u>	F42	0:38:48	54.62
56. Christopher Shipley	M51	0:38:53	53.78
57. Mariano Santangelo	M44	0:39:10	52.94
58. <u>Anna McCusker</u>	F14	0:39:15	52.10
59. Gene Fahey	M66	0:39:21	51.26
60. J Downey	M48	0:40:24	50.42
61. Paul Funch	M63	0:40:29	49.58
62. <u>Kimball Rexford</u>	F51	0:40:56	48.74
63. Maine Moose	M32	0:40:58	47.90
64. <u>Gwen Logan</u>	F43	0:41:00	47.06
65. Bill Morse	M62	0:41:06	46.22
66. Brian Gallagher	M64	0:41:11	45.38
67. John Engle	M51	0:41:29	44.54
68. <u>Molly McHugh</u>	F41	0:41:31	43.70
69. <u>Lisa Ransom</u>	F51	0:41:36	42.86
70. <u>Aleaha Gray</u>	F25	0:41:42	42.02
71. Gary Hebert	M49	0:41:44	41.18
72. Steve McCusker	M52	0:41:47	40.34
73. <u>Meghan High</u>	F44	0:41:50	39.50
74. <u>Kerri Bassingthwait</u>	F35	0:42:16	38.66
75. Jim Hansen	M55	0:42:42	37.82
76. George Alexion	M54	0:42:47	36.97
77. <u>Regina Kavadias</u>	F47	0:43:05	36.13
78. <u>Katherine Jenkins</u>	F34	0:43:15	35.29
79. Darryn Kozak	M51	0:43:43	34.45
80. <u>Gina Whipple</u>	F44	0:43:55	33.61
81. <u>Ellen Tidd</u>	F45	0:44:24	32.77
82. <u>Karla Riese</u>	F33	0:44:26	31.93
83. Kurt Hansbury	M40	0:44:36	31.09
84. <u>Jeannie Brome</u>	F26	0:44:56	30.25
85. <u>Nancy Johnston</u>	F58	0:45:30	29.41
86. <u>Robin Allen-Burke</u>	F52	0:45:31	28.57
87. Dan Coons	M59	0:45:43	27.73
88. <u>Cassie Coons</u>	F63	0:46:00	26.89
89. Jeff Hattem	M62	0:46:08	26.05
90. Joseph Miriam	M54	0:46:14	25.21
91. Colin Doherty	M38	0:46:21	24.37
92. Brian Crabtree	M25	0:46:29	23.53
93. Bob Kennedy	M65	0:46:49	22.69
94. <u>Ali Quinton</u>	F31	0:46:57	21.85
95. Roger Parker	M54	0:47:10	21.01
96. Dan Lader	M28	0:47:14	20.17
97. <u>Heidi Dyer</u>	F43	0:47:30	19.33
98. Richard Dinovo	M46	0:47:32	18.49
99. <u>Nancy Brome</u>	F51	0:49:16	17.65
100. Paul Neri	M55	0:49:19	16.81
101. <u>Vicki McCloskey</u>	F64	0:49:37	15.97
102. <u>Jennifer Boston</u>	F32	0:50:39	15.13
103. <u>Sara Beaudry</u>	F31	0:51:12	14.29
104. Art Gray	M60	0:51:17	13.45
105. <u>Diane Levesque</u>	F60	0:51:22	12.61
106. <u>Sharon Barbano</u>	F60	0:51:40	11.76
107. <u>Laurel Shortell</u>	F47	0:51:48	10.92
108. <u>Kathleen Boulter</u>	F41	0:54:26	10.08
109. <u>Donnie Funch</u>	F63	0:56:03	9.24
110. <u>Rochelle Yastek</u>	F46	0:56:36	8.40
111. George Boudreau	M44	0:57:55	7.56
112. <u>Kelsea Forsberg</u>	F24	0:58:42	6.72
113. <u>Caitlin Hurd</u>	F28	0:59:01	5.88
114. <u>Vicki Quadliaroli</u>	F60	0:59:15	5.04
115. <u>Ann Alexion</u>	F56	0:59:20	4.20
116. John Delorey	M67	0:04:170	3.36
117. Richard Busa	M84	0:04:516	2.52
118. James Paxton	M53	0:04:612	1.68
119. Cody Hannegan	M 20	0:04:613	0.84

Saratoga Spa ... Winterfest 5K ... Snowshoe
Saratoga Springs, NY. ... 2 / 2 / 14

Club members in bold:

	<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>Points</u>
1	Tim Van Orden	M45	VT	0:22:37	100.00
2	Jeffrey Andritz	M32	NY	0:22:58	98.55
3	Zack Vogel	M42	NY	0:23:26	97.10
4	Joshua Katzman	M38	NY	0:23:55	95.65
5	David Peterson	M55	NY	0:24:12	94.20
6	Jim Devine	M53	NY	0:24:43	92.75
7	<u>Mary Fenton</u> 1 st F	F48	NY	0:26:50	91.30
8	Tom Tift	M56	NY	0:26:56	89.86
9	Jeff Clark	M56	NY	0:26:59	88.41
10	J Doug McMahan	M41	NY	0:27:08	86.96
11	Allan Bates	M65	MA	0:27:13	85.51
12	Jan Rancatti	M53	VT	0:27:21	84.06
13	<u>Mary O'Hearn</u>	F27	NY	0:27:38	82.61
14	Peter Goutos	M54	NY	0:27:40	81.16
15	Oswald Rodriguez	M35	NY	0:27:45	79.71
16	Bob Dion	M58	VT	0:28:28	78.26
17	Peter Canzone	M60	NY	0:28:36	76.81
18	Tom Mack	M49	NY	0:28:39	75.36
19	Michael DellaRocco	M62	NY	0:30:02	73.91
20	Mike Cheplowitz	M28	NY	0:30:19	72.46
21	Jeff Hattem	M62	MA	0:30:27	71.01
22	<u>Stella Shen</u>	F42	MA	0:30:35	69.57
23	James Buffoni	M53	NY	0:31:17	68.12
24	FrankPalumbo	M51	NY	0:31:25	66.67
25	<u>Pamela DelSignore</u>	F44	NY	0:31:46	65.22
26	<u>Andrea Peterson</u>	F54	NY	0:32:53	63.77
27	<u>Nicole Zebrowski</u>	F36	NY	0:33:06	62.32
28	<u>Maureen Roberts</u>	F56	NY	0:33:25	60.87
29	<u>Jennifer Kuzmich</u>	F55	NY	0:33:45	59.42
30	<u>Jennifer Kehn</u>	F26	NY	0:33:49	57.97
31	<u>Maryanne McNamara</u>	F60	NY	0:34:18	56.52
32	Jim Sheehan	M61	NY	0:34:29	55.07
33	Kathy Ryan	F49	NY	0:34:43	53.62
34	Denise Dion	F55	VT	0:34:58	52.17
35	Charles Brockett	M68	NY	0:35:18	50.72
36	Peter Finley	M52	NY	0:35:28	49.28
37	<u>Beth Trapasso</u>	F52	NY	0:35:38	47.83
38	<u>Peggy McKeown</u>	F56	NY	0:35:40	46.38
39	Steve Mitchell	M72	NY	0:36:02	44.93
40	Trevor Dzikowicz	M10	NY	0:36:39	43.48
41	<u>SarahDzikowicz</u>	F43	NY	0:36:40	42.03
42	<u>Kayla Dzikowicz</u>	F14	NY	0:36:53	40.58
43	<u>Corinne Trumbull</u>	F35	NY	0:36:55	39.13
44	Mark Dzikowicz	M46	NY	0:37:01	37.68
45	<u>Laurel Shortell</u>	F47	MA	0:37:21	36.23
46	<u>Cheryl Rench</u>	F55	NY	0:38:13	34.78
47	Laura Clark	F66	NY	0:39:11	33.33
48	<u>Beth Tripmacher</u>	F35	NY	0:39:40	31.88
49	Nicholas Ilett	M45	NY	0:39:40	30.43
50	<u>Vicki Quagliaroli</u>	F60	CT	0:39:45	28.99
51	Bob Massaro	M70	MA	0:41:05	27.54
52	<u>Phyllis Fox</u>	F61	NY	0:41:23	26.09
53	Jamie Howard	M48	NY	0:42:54	24.64
54	<u>Maureen O'Brien</u>	F43	NY	0:42:56	23.19
55	Tom Edgette	M54	NY	0:42:57	21.74
56	Jim Carlson	M66	NY	0:43:09	20.29

57	Richard Busa	M84	MA	0:44:09	18.84
58	<u>Angela Rodriguez</u>	F37	NY	0:44:38	17.39
59	Jules Seltzer	M78	MA	0:44:51	15.94
60	<u>Terri Cozzaglio</u>	F51	NY	0:48:05	14.49
61	Dennis Pantzer	M66	NY	0:49:20	13.04
62	<u>Cathy Sheehan</u>	F53	PA	0:49:56	11.59
63	<u>Madeline Pantzer</u>	F57	NY	0:50:14	10.14
64	<u>Ruth McClosky</u>	F35	NY	0:50:58	8.70
65	<u>Jennifer Ryba-Spurgas</u>	F36	NY	0:51:00	7.25
66	<u>Shirley Iselin</u>	F70	CT	0:55:46	5.80
67	Ric Villarreal	M56	CT	0:55:46	4.35
68	Kristopher Pettitt	M38	NY	0:56:15	2.90
69	<u>Elizabeth Pettitt</u>	F37	NY	0:57:58	1.4

Yes, Virginia, Believe in Snow:
Winterfest and Camp Saratoga by Laura Clark

Seldom do three major weather statements converge on one small corner of the universe, but for this moment in time Winterfest proved the exception. Despite nay-saying detractors, the Snowflake Queen remained firm in her convictions, insisting that the show would go on. Across states in Pennsylvania, Punxsutawney Phil, haunted by his 33% accuracy rate, less than the acceptable 50% standard required by today's weathermen, sought redemption. And way up North, the Polar Vortex joined the Snowy Owls in a touristy search for southerly climes.

While Saratoga Springs, under the benevolent Snowflake Queen, remained encased in a magical whiteness, the rest of New York and Massachusetts continued frigid, but snowless. And what is the point of that? But with Winterfest looming, the Spa Park was beginning to look like the rest of the Northeast, with only a thin ribbon of snow resting tenuously atop a layer of stubborn ice. More snow, or ice or possibly even rain was predicted for Saturday evening.

So what is a race director to do? I considered resorting to the old standby of treating Annie to a visit to the car wash, but didn't want to blowtorch frozen doors race day morning. So I went to Saturday Mass. On the way home, it started to snow. Not a whole lot, but just enough to grant our Dions firm purchase. In fact, as I was running my final mile, a finisher was heading back out, shouting that he wanted another tour because the snow was so great. I guess everything is relative.

Despite my assurances that all would be well, this was a tough call for Jeff and I. Our race teetered on the brink. Saturday night was an impossible time to reassess, to change from bunnies to yaks. And in fact, the drive over was enough to test the faith of even the most devoted shoers as they passed through towns devoid of anything approaching snow. Until they entered the domain of the Snowflake Queen...

And on to Camp...

Admittedly, Prognosticator Phil squeaked by on that one, but the Polar Vortex sparking day produced a looming shadow still in warm-up mode.

Continued next page:

Winterfest and Camp cont:

In the week bookending Winterfest and Camp, Northeastern groundhogs emerged from their burrows, checked out neighboring females and valentined with potential sweethearts. What better excuse to hunker down for a few days than the raging snowstorm we enjoyed a few days later?

Conditions warmed up considerably for Thursday's marking crew—all the way to a balmy 11 degrees. But after several weeks of Polar Vortex conditions, anything on the positive side of zero approached heat wave standards. Jim Carlson, Pete Finley, Steve Mitchell, Jen Ferriss and I were adequately bundled up for our slower pace, but disturbingly optimistic about projected time. After three hours and twenty minutes, we had definitely missed lunch and Jen was decidedly late for work. We were dragging, contemplating the nutritional value of pine cones and Jen had to repeatedly remind us we were there to tie ribbons at appropriate intervals and not just slog through composing recipes. Eventually Brian appeared on his groomer, carving the trail into neat parallel grooves. His face fell when he realized we were aiming straight for all his hard work.

With no worries about adequate snow it would have seemed we were home free...And now the rest of the story...At some point during our -10 degree night a nearby fuel storage tank cracked, causing local residents to flee their homes. Fortunately, another holding tank was pressed into service and only a few early arrivals at Camp were aware that despite the best efforts of the Snowflake Queen, Phil and the Polar Vortex, we were a hare's breath away from disaster.

While the race itself was somewhat short—around 4.75 miles, only those with a functioning GPS knew our secret. We were asked to exclude some sensitive areas, but since our devices refused to cooperate Thursday in the frigid temps, we had no idea of the true distance. With the deep snow, the effort in fact seemed greater than last year. While we were forced to eliminate several steep hills, the addition of the surprise bushwhack section did create a similar slowdown, if not the requisite distance.

Edward Alibozek and I were honored with the Targets, which was really pretty strange as Edward is recovering from Lyme disease and I am never mentally all there after two weeks of plotting and planning. It was really quite funny as we spent the entire time passing and re-passing, urging each other on. I know I ran faster, but I am not sure if anyone else in the field felt threatened or invigorated by the Tandem Targets.

Both races were dedicated to our running buddy, Andy Keefe, who turned in his snowshoes shortly after last year's Camp Saratoga. Andy originally joined the Stryders to get stronger for his kayak portages and cross country skiing, eventually adding snowshoe racing to the mix. He and Rich Busa owned their Nationals age group categories. His wife Peggy and daughter Patricia were his strongest cheerleaders and eventually took over kitchen duties at Winterfest and Camp. They have that down to a science and have continued to feed us in memory of Andy.

Laura Clark

Camp Saratoga ... 8K Snowshoe Race

Wilton, NY. ... 2 / 8 / 14

Club members in bold:

	<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>Points</u>
1	Tim Mahoney	M34	MA	0:38:47	100.00
2	Thomas O'Grady	M28	NY	0:40:20	98.85
3	Brian Northan	M38	NY	0:40:26	97.70
4	Tim Van Orden	M45	VT	0:40:55	96.55
5	Ken Clark	M51	CT	0:42:28	95.40
6	Chris Repka	M30	NY	0:44:26	94.25
7	Zach Vogel	M42	NY	0:45:53	93.10
8	Jeffrey Andritz	M32	NY	0:46:42	91.95
9	Oswaldo Rodriguez	M35	NY	0:46:52	90.80
10	Jorge Rodriguez	M29	NY	0:47:15	89.66
11	Jim Devine	M53	NY	0:47:47	88.51
12	David Peterson	M55	NY	0:47:49	87.36
13	Charles Petraske	M36	NY	0:47:57	86.21
14	Wayne Stocker	M59	MA	0:48:11	85.06
15	Sam Harding	M15	MA	0:50:09	83.91
16	Brian Woods	M28	NY	0:50:25	82.76
17	Tom Tift	M56	NY	0:50:48	81.61
18	<u>Jessica Northan</u> 1 st F	F38	NY	0:50:54	80.46
19	Bob Dion	M58	VT	0:51:57	79.31
20	<u>Mary O'Hearn</u>	F27	NY	0:52:38	78.16
21	Michael Baker	M39	NY	0:52:39	77.01
22	Jeff Clark	M56	NY	0:54:00	75.86
23	Gregory Malia	M58	NY	0:54:00	74.71
24	Peter Goutos	M54	NY	0:54:49	73.56
25	Doug Gerhardt	M46	NY	0:56:00	72.41
26	London Niles	M16	VT	0:56:38	71.26
27	Michael Cheplowitz	M28	NY	0:57:36	70.11
28	Todd Rowe	M45	NY	0:57:45	68.97
29	<u>Fran Vincent</u>	F52	NY	0:57:54	67.82
30	Eric Recene	M43	NY	0:57:56	66.67
31	Peter Canzone	M60	NY	0:58:09	65.52
32	<u>Theresa Apple</u>	F53	MA	0:58:20	64.37
33	<u>Stephanie Landy</u>	F54	NY	0:58:33	63.22
34	Mike Lahey	M62	MA	0:59:06	62.07
35	Dan Shyne	M46	NY	0:59:16	60.92
36	Darren Drabek	M39	NY	0:59:32	59.77
37	Craig Roods	M65	NY	0:59:43	58.62
38	<u>StellaShen</u>	F 42	MA	1:00:16	57.47
39	Jan Rancatti	M53	VT	1:01:08	56.32
40	Michael DellaRocco	M62	NY	1:01:10	55.17
41	<u>Tiffany Zarrella</u>	F27	NY	1:01:35	54.02
42	Sean Cartwright	M 27	NY	1:01:52	52.87
43	<u>Nicole Zebrowski</u>	F36	NY	1:02:52	51.72
44	<u>Liza Smith</u>	F16	MA	1:03:21	50.57
45	Pete Lipka	M62	MA	1:03:47	49.43
46	Jeff Hattem	M62	MA	1:04:17	48.28
47	FrankPalumbo	M51	NY	1:04:21	47.13
48	<u>Michelle Sheray</u>	F 27	NY	1:04:35	45.98
49	<u>Andrea Peterson</u>	F54	NY	1:04:46	44.83
50	Denise Dion	F55	VT	1:04:48	43.68
51	<u>SarahDzikowicz</u>	F43	NY	1:04:50	42.53
52	Jennifer Ferriss	F42	NY	1:04:51	41.38
53	Vincent Kirby	M57	NY	1:05:59	40.23

Continued next page:

Camp results cont:

54 <u>Megan Boyak</u>	F29	NY	1:06:26	39.08
55 Wally Lempart	M68	MA	1:08:20	37.93
56 Steve Mitchell	M72	NY	1:08:32	36.78
57 <u>Kathy Ryan</u>	F49	NY	1:08:35	35.63
58 Ed (Jr.) Alibozek	M74	MA	1:08:37	34.48
59 Edward Alibozek	M51	CT	1:08:39	33.33
60 <u>Laura Clark</u>	F 66	NY	1:09:46	32.18
61 <u>Pamela DelSignore</u>	F44	NY	1:10:14	31.03
62 Jim Carlson	M66	NY	1:10:24	29.89
63 <u>Peggy McKeown</u>	F56	NY	1:10:43	28.74
64 <u>Laurel Shortell</u>	F47	MA	1:10:49	27.59
65 <u>Jen Kuzmich</u>	F55	NY	1:10:58	26.44
66 Trevor Dzikowicz	M10	NY	1:11:33	25.29
67 Mark Dzikowicz	M 47	NY	1:11:40	24.14
68 Jim Sheehan	M53	NY	1:12:10	22.99
69 Matthew Miczek	M41	NY	1:12:52	21.84
70 <u>Beth Trapasso</u>	F52	NY	1:13:36	20.69
71 Peter Finley	M52	NY	1:13:38	19.54
72 <u>Kathleen Furlani</u>	F65	CT	1:13:49	18.39
73 <u>Jennifer Kehn</u>	F26	NY	1:15:36	17.24
74 Zach Russo	M30	NY	1:18:15	16.09
75 <u>Anne Roberts</u>	F28	NY	1:18:24	14.94
76 <u>Barbara Sorrell</u>	F56	NY	1:18:51	13.79
77 Ray Lee	M71	NY	1:19:44	12.64
78 <u>Vicki Quagliaroli</u>	F60	CT	1:20:40	11.49
79 Jamie Howard	M48	NY	1:21:07	10.34
80 <u>Maureen O'Brien</u>	F43	NY	1:22:28	9.20
81 Richard Busa	M84	MA	1:28:21	8.05
82 <u>Phyllis Fox</u>	F61	NY	1:30:10	6.90
83 <u>Terri Cozzeuglio</u>	F51	NY	1:32:49	5.75
84 Walt Kolodzinski	M71	MA	1:33:56	4.60
85 Jules Seltzer	M78	MA	1:36:34	3.45
86 <u>Madeline Pantzer</u>	F57	NY	1:37:20	2.30
87 Dennis Pantzer	M66	NY	1:43:00	1.15

Welcome New Members

Brain Alarie Dave Murphy

Sally Lemme Joann Lynch

Mark & Allison Bedard

Thanks for Supporting the WMAC!

Trail Trivia..... Which trail race advertises.....

"No Wimps – No Weenies – No Whiners"

- A. Savoy C. Muddy Moose**
B. Escarpment D. 7 Sisters

Book Review:

The Adrenaline Junkie's Bucket List: 100 Extreme Outdoor Adventures To Do Before You Die,

by Christopher Van Tilburg. St. Martin's Press, 2013.

Just as gardeners spend winter months pouring over Burpee's, Jackson & Perkins and Vermont Seed Company catalogs, athletes surf websites, make wish lists and scan glossy dream guides like this one. Sectioned off by world areas, the entire globe seemingly becomes one gigantic playground ready to be explored. No sport is left untried: from mountaineering, kayaking, ultramarathoning, surfing, dogsledding, biking, skiing and even fly fishing.

Glossy action photos in remote locales give this handbook a National Geographic flavor, but with more of a "Hey, put me in this picture!" appeal. Each adventure has the expected logistics and "be prepared" write up, but also includes Pit Stop, Don't Miss and Extended Play options for those rich in time as well as in money.

Anyway, it can't hurt to dream.

Reviewed by Laura Clark

40th Annual Jack Bristol Lake Waramaug Ultras

50K | 50-Miles | 100K

Sunday April 27, 2014 ... 7:30 AM

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

www.lakewaramaugultra.com

R D ... Carl Hunt
860-355-8847
huntcarl@sbcglobal.net

Slightly rolling loops on paved roads 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 laps 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 laps around the lake and finish at the State Park. The 100K runners will do seven laps around the lake followed by a 2.3 mile out and back to finish at the State Park. Four well stocked aid stations per loop and barbeque food at finish for all runners. Medals / belt buckles for all finishers.

Mt. Greylock Father/Son Adventure

Photos and story by Scott Livingston ... February 9, 2014

Yesterday, my son Shep and I had an excellent father/son adventure. I've been writing about adventure in this blog for many years. I've had solo adventures, team adventures, adventures with friends, mis-adventures; and of course, adventures with Debbie.



It's kind of cool that my son is growing up and we can now have father/son adventures. On a family trip to the White Mountains last summer, he and I made a pact to climb all of the New England 4000 Footers...in winter. Debbie and I have done them all, but not in winter. She has no interest in dealing with all of that cold weather hiking.



This winter, rather than jumping into a 4,000 footer without preparation, and preferring a shorter drive, we decided to start with a 3,000 footer. Mt. Greylock, the high point (3,491 feet) in Massachusetts is a hill I know well, so it was a logical choice. I've run it in summer many times and hiked it in winter a few times. We were last there for the 2013 Mt. Greylock Trail Race.



We parked on Mountain Road and took the Gould Trail to the Appalachian Trail up to the summit. On the descent, we took the Thunderbolt Ski Trail to Bellows Pipe Trail South and then wound our way on various side trails/snowmobile trails until we found our way back to Gould and the car.

It wasn't all easy for him. He had his low points like everyone does on a long hike. We used snowshoes the entire time, which added to the effort required. It was an eight mile round trip in just under six hours with a fair amount of elevation gain/loss. Several times, he wished that he was "at home playing with his LEGO." He also asked for "Momma" on multiple occasions, threatened to stop, and claimed "this isn't worth it." I chuckled each time without offending, and applied CGP (constant gentle pressure). He did the whole hike on his own power and he also carried his own pack most of the way.



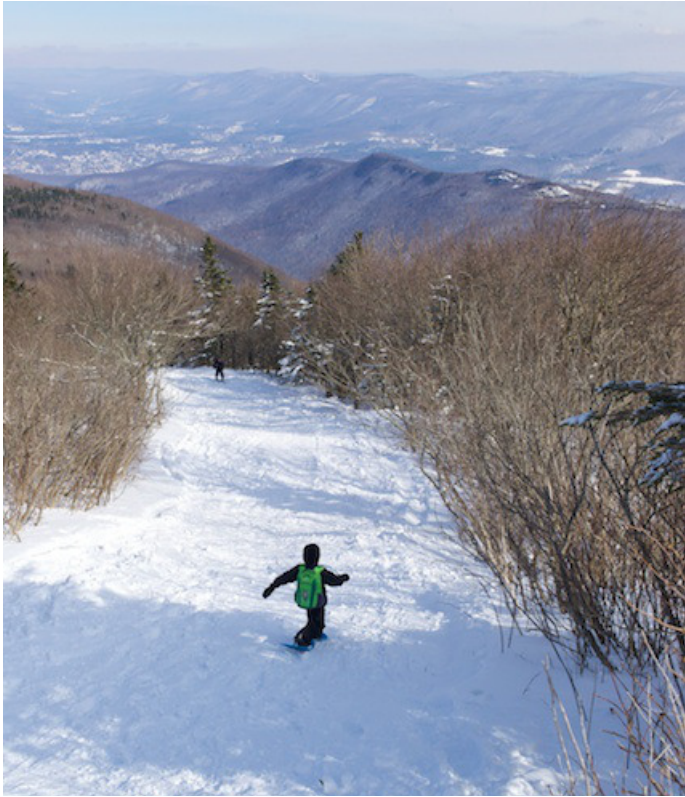
It was a really nice route. We had Gould all to ourselves, though the trail was tramped on earlier in the week. It was cold, in the high single digits (Fahrenheit) when we started at 8:00 A.M. and warmed up a bit. The sun was brilliant, which felt great. The snow was perfect depth and consistency for a nice snowshoe climb. When we crossed the access road at the AT intersection, we saw a runner coming down the snow-covered road from the summit. We paused to see him and we were surprised to see that it was our long time trail running friend, Will Danecki. He was out for a training run on his Dion Snowshoes. It was fun to chat with Will, who was in the area to visit his mother.



There was no wind on the summit, so we were able to take in the great views, chat with other hikers who came up different routes, take photos, and enjoy a snack. We met some backcountry skiers and learned about their gear, including the “skins” they use to go uphill on skis. It was fun to watch the skiers and snowboarders barrel down the Thunderbolt. That was thrilling.



On the way down, we ran into another acquaintance. Don Boire and his friend, Tricia, were hiking up so they too could ski/snowboard down. We also ran into another father with his young daughter. She was a firecracker. She asked my son how old he was. When he said, "Seven," she proclaimed that she was "four and a half." She was going up...on skis. She had a slick little chest harness and her Dad was offering assistance by pulling her. It was cool.



We had some good trail time together so I told him stories about past trips and stuff. It as a day filled with lessons and learning. I told him about the time back in 2000 or 2001 when I first visited Greylock with his mother. It was a rainy June day and the Thunderbolt was all mud. That year, the Greylock Trail Race was run down the Thunderbolt, which they no longer do. I walked to the summit in sandals and watched her free-fall down that hill with reckless abandon. It was amazing. I've never seen someone descend like she did that day. It's an awesome trail, but I have no interest in running down it. She would go back tomorrow.

A day in the woods with my boy was sheer joy. When I tucked him into his bed last night, and I told him how proud I was, he said, "Dad, it really was worth it."

Nationals Year Fever

By Laura Clark

You can feel the excitement in the air as Snowshoe Nationals builds to an overriding crescendo. While we have Nationals every year, this time we have truly claimed ownership with our own Mt. Prospect hosting the event. Last year we tested three different permutations of Tim Van Orden's course, performed our own YouTube version of the Harlem Shake and enjoyed local watering holes (it's a tough job, but somebody has to investigate the truth-in-advertising claims).

But we weren't the only ones gearing up. Annie invested in a new set of studs, polished her running stickers and practiced driving on snowy roads and up steep inclines. Normally obliging and mild-mannered, she eschewed her parking lot politeness and put on her game face. This photo of her after the Hilltop Orchard Snowshoe Race says it all. She is going for the gold, or at least a jug of maple syrup.



FIERCE ANNIE

Annie and her person, Miss Laura, prize punctuality to the point that on time=early. At least until Jen Ferriss despaired and reset Annie's clock to coincide with the rest of the world. Still, Jen knows that a pickup time of 7:30 AM really means at least 7:25. So much so that when we negotiate our departure, I wonder if Jen downplays the start figuring Annie and I will show up early. For Woodford, however, we played about-face and arrived precisely at 7:30, leaving Jen totally freaked out.

Annie's race begins at Jen's porch door and doesn't end until she has settled herself, victorious, in the perfect parking spot. At Prospect she awarded herself the Silver Medal, settling in nicely next to Laurel Shortell's Samantha. Although Sam has been beaten only once, it was not, unfortunately, by Annie. And lest you think that parking is anything less than a competitive sport, glance once more at *Fierce Annie* at the Hilltop Orchard race the previous day. This was her third attempt at locating a desirable spot. With the main parking lot still being plowed, an outlaw mentality prevailed. After refusing to hurdle over the snowpile blocking the lot, Annie edged to the side of a steep road, but

realizing that was just asking for a day in court, investigated the parking behind the lodge where she finally hunkered in.

The Woodford Whiteout, besides being a preview of the Nationals course, offered a foretaste of the excitement to come. With the previous lack of snow in the Massachusetts area, folks were desperate to qualify. Those who already had were projecting into the future, memorizing landmarks and forming potential race strategies. While many of the same weekly people attended, the atmosphere clearly was not the usual laid-back, bring your own race number affair. There was an impressive line at registration and Bob and Denise Dion held court, selling their new ice cleats to those anxious to make a serious statement in the four feet of snow.

Knowing this would be a difficult course, our group lined up towards the back. At that point, the winds were formidable, gusting up to 25 mph. Michael Della Rocco reassured one nervous lady that if the winds reached 50 mph the race would be postponed. Just then Tim VanOrden warned us to be careful as the winds on top were indeed that strong! At first glance it appeared as if the March Mad Hatter set loose from the Harlem Slam was indeed responsible for decorating the course tea-party style, greeting us with a mix of blue, red, orange, green and light green flags. Either that or the route was so tricky that Tim kept running out of flags and had to visit yet another store to re-supply.

Our journey featured a well-planned mix of wide passing lanes and tough single track, so as not to favor any one specialty. Still, confronted with four feet of snow, it definitely did lean toward those who preferred tuff courses. At one point I noticed a formidable hole punched in the snow where someone who had tried to pass had obviously sunk to his waist and beyond. We all learned that not only was uphill tough going, there truly is such a thing as too much downhill, even the runnable kind. Despite living for such stretches, I found myself wishing for a bit of a break as it requires intense concentration to negotiate those twisty, narrow slopes.

Dave Peterson did the first Target proud, coming in 20th overall, obviously spurred on by the individual who thought it would be a good idea to punch the target for luck. For once I remembered snippets of the pre-race cheerleading, honing in on Tim's message that once you spy the blue flags, there is two tenths of a mile left. So when I hit the blue, I revived considerably and poured it on. Much to my surprise, I passed. Target #2, worn by Maureen Roberts who was obviously struggling. But not for long. Once she saw me, she jumpstarted her engine and rapidly gained real estate.

I ceased to believe in blue flags as they were soon supplanted by a veritable rainbow assortment.

Somewhere beyond despair, I spied more blue, but wasn't sure if I should believe in them or not. Obviously, Tim is a fan of ancient Mesopotamian culture, as the band of blue ribboned down the slope in ziggurat fashion, terracing an otherwise freestyle plunge, but pulling the brake on any gathering speed.

Continued next page:

National Year Fever cont:

But wait! The flags continued maze-like around the tower, through the woods and all the way to Grandmother's house, where the finish awaited. Cruel, but delightful from a spectator's point of view.

We were all exhilarated, beyond tired, and eager for the "real thing" in several weeks. And on the way home I added an eagle to my life list. Actually, in my sorry state of mind I almost didn't, thinking the bird with the huge wingspan was a vulture swooping down to consume those too tired to fight back, but Jen Ferriss, having had previous eagle experience, set me straight. What a way to end the day!

Laura Clark

Woodford Whiteout 10K Snowshoe Race

Prospect Mountain Ski Center ... Woodford, VT

February 16th, 2014

Preview of SS championships course

Club members in bold:

<u>Name</u>	<u>Age</u>	<u>ST</u>	<u>Time</u>
1 Mike Galoob	40 M	RI	1:02:37
2 Kevin Tilton	32 M	NH	1:02:38
3 Todd Callaghan	44 M	MA	1:05:42
4 Dave Dunham	49 M	MA	1:05:54
5 Ross Krause	35 M	MA	1:07:04
6 Tim Mahoney	34 M	MA	1:07:49
7 Brian Northan	39 M	NY	1:11:17
8 Tyler Murray	23 M	NY	1:11:22
9 Ashley Krause 1st F	37 F	MA	1:11:54
10 Danny Ferreira	32 M	NH	1:11:55
11 Benjamin Corwin	21 M	MA	1:12:47
12 James Pawlicki	40 M	MA	1:13:40
13 Gerret Van Duyn	36 M	NY	1:14:45
14 Paul Bazanchuk	60 M	NH	1:14:49
15 Jim Devine	53 M	NY	1:17:20
16 Kurt Gustafson	29 M	MA	1:17:41
17 Mike Townsley	45 M	MA	1:17:47
18 Jason Kudron	34 M	??	1:18:09
19 Jon Lindenauer	26 M	NY	1:18:18
20 David Peterson	56 M	NY	1:18:44
21 Adam Sentz	34 M	NY	1:19:59
22 Richard Teal	36 M	NY	1:20:20
23 Ted Cowles	56 M	CT	1:20:31
24 Wayne Stocker	60 M	MA	1:20:50
25 Brock Anello	35 M	MA	1:21:20
26 Allan Bates	65 M	MA	1:21:25
27 <u>Jessica Northan</u>	39 F	NY	1:22:02
28 Martin Gordinier	44 M	??	1:22:11
29 Tim Howland	37 M	NY	1:22:37
30 Patrick Lynskey	41 M	NY	1:23:20
31 Jeff Johnson	42 M	VT	1:23:57
32 Erik Wight	55 M	MA	1:24:09

33 Jon Rowe	42 M	VT	1:25:48
34 Joshua Katzman	38 M	??	1:26:15
35 John Carey	42 M	MA	1:27:01
36 Daniel Ostrander	37 M	??	1:27:55
37 Victor Velazquez	22 M	VT	1:27:57
38 Donald Pacher	42 M	MA	1:28:28
39 Michael Baker	39 M	NY	1:29:38
40 James Miner	66 M	NY	1:29:49
41 <u>Dawn Roberts</u>	43 F	??	1:30:04
42 Stephen Kelly	54 M	NY	1:30:37
43 Samuel Brody	32 M	MA	1:31:07
44 <u>Maxine Stent</u>	51 F	VT	1:31:59
45 Ed Alibozek	51 M	CT	1:32:21
46 <u>Pamela Cooper</u>	37 F	NY	1:32:34
47 <u>Wendi Robinson</u>	27 F	NY	1:33:11
48 <u>Theresa Apple</u>	53 F	MA	1:33:18
49 Jan Rancatti	53 M	VT	1:33:33
50 Tom Tift	57 M	NY	1:33:50
51 <u>Frances Vincent</u>	53 F	NY	1:34:10
52 Peter Canzone	61 M	NY	1:34:48
53 <u>Christin Christoph</u>	30 F	??	1:35:28
54 Bob Woodworth	65 M	VT	1:36:22
55 <u>Alanna Almstead</u>	37 F	NY	1:40:17
56 Richard Godin	59 M	MA	1:40:33
57 Zeke Zucker	70 M	VT	1:40:37
58 <u>Erika Anderson</u>	41 F	??	1:40:40
59 <u>Stella Shen</u>	42 F	MA	1:40:59
60 Richard Clark	60 M	MA	1:41:11
61 Jeff Mannion	45 M	NY	1:41:16
62 <u>Sandra Superchi</u>	58 F	MA	1:41:21
63 Denise Dion	55 F	VT	1:41:32
64 <u>Sarah Dzikowicz</u>	44 F	NY	1:41:46
65 <u>Jennifer Ferriss</u>	42 F	NY	1:42:08
66 <u>Danielle Ignace</u>	36 F	MA	1:42:25
67 <u>Andrea Peterson</u>	56 F	NY	1:42:52
68 <u>Kathleen Furlani</u>	65 F	CT	1:43:17
69 <u>Maureen Roberts</u>	56 F	NY	1:43:56
70 <u>Hannah Duffany</u>	23 F	??	1:44:31
71 Laura Clark	67 F	NY	1:45:20
72 Paul Neri	55 M	MA	1:45:40
73 Jeff Hattem	63 M	MA	1:45:50
74 <u>Jen Kuzmich</u>	56 F	??	1:45:52
75 Michael Della Rocco	63 M	??	1:45:58
76 <u>Melissa Rowe</u>	48 F	VT	1:46:53
77 <u>Laurel Shortell</u>	48 F	MA	1:48:03
78 Wally Lempart	69 M	MA	1:49:52
79 Stan Serafin	60 M	MA	1:52:52
80 <u>Nikki Dockum</u>	35 F	VT	1:57:20
81 Stephen Mitchell	73 M	NY	1:57:30
82 Vincent Kirby	57 M	NY	2:00:18
83 <u>Cheryl Rench</u>	56 F	??	2:01:06
84 Roger O'Neal	46 M	VT	2:05:07
85 <u>Vicki Quagliaroli</u>	60 F	CT	2:05:59
86 Richard Busa	85 M	MA	2:11:21
87 Konrad Karolczuk	61 M	CT	2:12:52
88 Walt Kolodzinski	71 M	MA	2:18:29
89 <u>Mary Lou White</u>	59 F	CT	2:25:41
90 Jules Seltzer	78 M	MA	2:26:42

WMAC's Christmas Party



Club president, Ed Saharczewski, shows off some of his dance moves at the WMAC's Christmas party which was held at Zucchini's restaurant in Pittsfield, MA on December 21st of last year. Club members and guests enjoyed a night of great food and drinks and danced the night away to a rocking band.

photo by Carmel Kushi

Mystery Photo



*Here's the Mystery Photo for this issue.
Do you know where this kiosk and trail head is?
We run by it in this summertime trail race.
Hint: it's next to an old "Indian road."
Any guesses?*

WMAC's Fat-Ass 50K North Adams, MA ... 12/28/13

50K:

Mike Vailee	58 M	Bristol, RI	4:40
Michael Menard	46 M	Pittsfield, MA	5:00
Rob Hamel	46 M	Gorham, NH	5:22
Gregory Burbank	40 M	Oak Ridge, NJ	5:30
Mark Bedard	34 M	Pittsfield, MA	5:43
Lee Dickey	59 M	Dracut, MA	5:45
Hideki Kinoshita	34 M	Brooklyn, NY	5:52
Albert Lione	39 M	Shelton, CT	5:56
Rob Campbell	41 M	Worcester, MA	6:11
Mike Bromm	54 M	Pittstown, NY	6:14

26 Miles:

<u>Lola Murray</u>	Boston, MA	3:50
Joe Hayes	Portsmouth, NH	5:05
JC Santa Teresa	Nanuet, NY	5:30
<u>Jeanette Santa Teresa</u>	Nanuet, NY	5:30

20.8 Miles:

Jan Rancatti	Readsboro, VT	3:15
<u>Cheryl St John</u>	Foxboro, MA	3:16
Pat LaChance	Seekonk, NY	3:16
Christopher Gilbert	Hamden, CT	3:41
Parker Brophy	Concord, MA	4:10
Craig Wilson	Maine	5:11
<u>Denise Dion</u>	Readsboro, VT	5:15
<u>Barbara Sorrell</u>	Delmar, NY	5:15

Various Distances: *Self Timed*

Tim Morey	North Adams
Bob Dion	Readsboro, VT
<u>Sarah White</u>	San Francisco, CA
Joann Lynch	Pittsfield, MA
Audrey Witle	North Adams, MA
<u>Serena Mattison</u>	? ? ?
Carmel Kushi	Pittsfield, MA
Laura Baran	North Adams
Heather Benlien	North Adams
Mary Kennedy	Williamstown, MA
John Aldrich	Pittsfield, MA
Jesse Egan	Clarksburg, MA
Jeff Parkman	North Adams
Eileen Monyahan	North Adams
Brendan Bullett	North Adams, MA
<u>Trish Raetz</u>	Bennington, VT
Jackie Lemieux	Williamstown, MA
Ken Swiatek	Williamstown, MA
Ross Dik	Worcester, MA
Steve Rondeau	North Adams, MA
<u>Kate Uenne</u>	Hatfield, MA
<u>Diane Burdick</u>	North Adams, MA
Laurie Rondeau	North Adams, MA
Ed Saharczewski	Adams, MA

Curly's Record Run 5 Mile Snowshoe Race
Pittsfield State Forest 2 / 22 / 14

Club members in bold:

<u>Name</u>	<u>Age</u>	<u>Time</u>
1 Tim Mahoney	34 M	00:42:22
2 Ross Krause	34 M	00:42:55
3 Tim Van Orden	45 M	00:44:43
4 Jeff Dengate	36 M	00:48:10
5 Ken Clark	51 M	00:49:52
6 <u>Amy Rusiecki</u> 1 st F	34 F	00:49:53
7 Peter Lagoy	54 M	00:50:13
8 Brock Anello	35 M	00:51:24
9 Wayne Stocker	59 M	00:51:57
10 Rich Teal	36 M	00:52:17
11 Erik Wight	54 M	00:52:25
12 Alan Bates	66 M	00:52:37
13 Ted Cowles	55 M	00:53:03
14 John Carey	42 M	00:53:32
15 Jim Sullivan	35 M	00:53:34
16 Will Leavitt	29 M	00:53:56
17 London Niles	16 M	00:55:09
18 <u>Madeline Miller</u>	28 F	00:55:20
19 <u>Jessica Northan</u>	38 F	00:55:21
20 Sam Harding	15 M	00:57:46
21 <u>Dawn Roberts</u>	42 F	00:58:19
22 <u>Catherine Peditke</u>	24 F	00:59:19
23 <u>Theresa Apple</u>	53 F	00:59:59
24 <u>Jen Maxwell</u>	44 F	01:00:29
25 Fred Pilon	65 M	01:01:18
26 Hunter Hoag	17 M	01:02:16
27 Sion Vaughan-Thomas	34 M	01:02:24
28 <u>Pamela Cooper</u>	37 F	01:03:27
29 <u>Debra Wechter</u>	39 F	01:03:38
30 Peter Canzone	60 M	01:05:24
31 Jeff Mannion	44 M	01:06:12
32 Bruce Shenker	61 M	01:07:06
33 Evan Chadwick	30 M	01:08:22
34 Rich Godin	58 M	01:08:37
35 <u>Erika Anderson</u>	40 F	01:08:52
36 <u>Patti Dillon</u>	60 F	01:09:00
37 Bob Dion	57 M	01:09:01
38 <u>Laurie Hathaway</u>	51 F	01:09:05
39 Denise Dion	55 F	01:09:14
40 Beth Warner	39 F	01:10:07
41 <u>Kathleen Furlani</u>	65 F	01:11:27
42 <u>Liza Smith</u>	16 F	01:11:28
43 <u>Pat Rosier</u>	55 F	01:12:13
44 Ed Alibozek	74 M	01:12:40
45 <u>Jen Kuzmich</u>	55 F	01:12:55
46 Laura Clark	66 F	01:14:45
47 <u>Laurel Shortell</u>	47 F	01:16:26
48 Jim Carlson	66 M	01:16:27
49 Steve Mitchell	72 M	01:16:43
50 Stan Serafin	60 M	01:17:20
51 <u>Julie Gardner</u>	42 F	01:19:32
52 Jamie Howard	46 M	01:21:16
53 Jen Ferriss	42 F	01:21:44

54 <u>Barbara Sorrell</u>	56 F	01:23:04
55 <u>Abigail Dejnak</u>	33 F	01:23:31
56 <u>Vicki Quagliaroli</u>	60 F	01:24:34
57 Bob Massaro	70 M	01:25:34
58 Konrad Karolczuk	61M	01:30:33
59 Richard Busa	84 M	01:31:38
60 Walt Kolodzinski	71 M	01:33:50
61 Martin Glendon	67 M	01:33:55
62 Jules Seltzer	78 M	01:36:03
63 <u>Marylou White</u>	58F	01:39:44
64 Bill Glendon	68 M	01:40:27
65 <u>Leeann Zarger</u>	59 F	01:42:19
66 Charlie Euston	69 M	01:44:50
67 Ed Doucette	84 M	01:48:15

Unexpected Journeys: From 5 Mile-ish to 5K-ish

by Laura Clark

In our final splurge before Nationals, we were treated to two old standbys: Curly's Record Run and Brave the Blizzard. Both events have a storied history of persistence and inventiveness. This would be Beth and Brad Herder's "third time's the charm" attempt to bring us a Nationals Qualifier and a Massachusetts State Championship. It would be one of the few Brave the Blizzard's run not on mud, not on ice, but after a blizzard-like snowfall, undiminished even by heavy rain.

Beth and Brad know the ins and outs of the Pittsfield State Forest as well we know our home town shortcuts during tourist season. Blizzard's Frosty the Snowman has a thorough knowledge of the Albany region, having presided variously at Guilderland Elementary and Robert C. Parker School in Wyantskill. Whether you are headed toward Pittsfield or ARE territory, you can be sure that the journey will not be exactly the same as the year before.

With its eventual placement so close to Nationals, we were presented with a tamer version of the straight-up, hang-onto-your-hats down of the original Curly's Record course, lest we tire ourselves out so close to the big day. Our vehicles, however, were still expected to demonstrate high-test capabilities on the challenging backroads leading into The Forest. Annie experienced all the thrills of trail running on spikes as she artfully dodged pot holes, skirted icy patches and polar starred over iceberg chunks. Neatly tucked in behind Jim Carlson's Red Ford, she was on record pace to finally beat Laurel's Sam to the parking lot. If it weren't for her passengers. She visibly grimaced as we directed her towards the outhouse just a half mile before her finish line. Couldn't we wait? We couldn't and Annie lost, with Red Ford beating Sam by a tire's length. Sorry Annie.

While the day was cool, it was by no means our typical hovering on zero weather, so the parking lot became a giant staging area and reunion venue, presided over by grumpy spent cars, who wished we would get on with the show so they could nap.

Continued next page:

Unexpected Journeys cont:

Serving as Official Greeter and Photographic Assistant was Aspen, the Herder's politely enthusiastic white Lab who cheerlead at multiple points along the route.

Despite not being as tough as the original, this version provided an excellent dress rehearsal with its mix of wide roads and deep curvy single track typical of the Nationals route. Original Targets were Amy (Lane) Rusiecki and Ken Clark. Ken unfortunately decided to follow the time-honored giveaway tradition, handing his bulls-eye to Bob Massaro. Had Ken chosen to accept the challenge, the Targets would have had an interesting battle, as Amy and Ken finished within a second of each other.

Despite the fact that Saratoga is so much closer to Guilderland than Northampton, Sam again proved at the top of her game at Brave the Blizzard, with Annie pulling in tardily alongside. And this time we didn't even take a pit stop! Annie will have one more opportunity at Nationals but since Sam and Laurel are staying overnight, she will have to be on the road fairly early.

Who would have guessed that there were so many trails in Guilderland? Despite the fact that the environmentally sensitive Pine Bush Trails were princess and the pea'd under two feet of snow, we were still denied access. So Race Director Jeffrey Andritz and his crew carved out a twisty almost totally single track route through the woods. This sounds beautiful, and it was. This sounds like fun, and it was. But being that we had only a short football field length to sort ourselves out before we got stuck in a shoe train, it required a totally new racing strategy, especially for those like me who start turtle-ish and finish bunny-ish. Even Jim Carlson, who always warns his group not to pass in a race because it uses up too much energy, was forced to violate his cardinal rule. Fortunately, the snow was somewhat stiff so those passing didn't sink in all the way up to their hips.

Like Aspen the previous day, Frosty seemed to be all over the course --at the start, hiding out behind trees, and at the finish. In between, he taught us how to speak Snowman, which involved lots of head shaking and arm motions. Targets once again followed a familiar pattern, with Laurel accepting the honors for the women and Michael DellaRocco handing off his to Jeff Clark, who wore his to advantage, coming in 17th overall.

In a sense, though, all of our snowshoe journeys are unexpected as there are no guarantees. And that is part of the anticipation and the fun.

Laura Clark

WMAC members.....

Did you remember to renew your club membership for this year? Your continued support helps us plan our activities for the coming year. Please renew when due. Thanks for supporting the WMAC!

Brave the Blizzard 5K Snowshoe Race February 23, 2014 - Guilderland, NY

Club members in bold:

	<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>
1	Tim Van Orden	45 M	VT	0:28:28
2	Brian Northan	39 M	NY	0:29:40
3	Eric Hulbert	18 M	NY	0:32:46
4	Oswaldo Rodriguez	35 M	NY	0:33:03
5	Chris Farley	37 M	VA	0:33:13
6	Mark Stephenson	49 M	NY	0:33:18
7	Jim Devine	53 M	NY	0:33:22
8	Addam Sentz	34 M	NY	0:33:51
9	Rich Teal	36 M	NY	0:33:52
10	<u>Karen Bertasso</u> 1 st F	29 F	NY	0:33:53
11	Joshua Katzman	38 M	NY	0:34:55
12	<u>Jessica Northan</u>	38 F	NY	0:35:17
13	Bob Dion	58 M	VT	0:35:45
14	Tom Tift	56 M	NY	0:36:20
15	Patrick Sorsby	38 M	NY	0:36:31
16	Michael Colling	36 M	NJ	0:36:32
17	Jeff Clark	56 M	NY	0:36:37
18	John Butler	47 M	NY	0:36:44
19	Ezra Hulbert	16 M	NY	0:36:45
20	Drew Anderson	45 M	NY	0:37:28
21	David Sorkin	25 M	NY	0:37:36
22	<u>Lisa D'Aniello</u>	27 F	NY	0:37:46
23	Tom Mack	49 M	NY	0:38:20
24	Jan Rancatti	53 M	VT	0:38:34
25	<u>Andrea Briggs</u>	33 F	NY	0:38:52
26	Dan Shyne	46 M	NY	0:39:01 1
27	Ryan Walter	29 M	NY	0:39:03
28	Ryan Nix	34 M	NY	0:39:30
29	Matt Landy	47 M	NY	0:40:30
30	Alex Chlopecki II	42 M	NY	0:40:39
31	Michael Dellarocco	62 M	NY	0:41:13
32	<u>Tiffany Zarrella</u>	27 F	NY	0:42:09
33	<u>Denise Gonder</u>	50 F	NY	0:42:23
34	<u>Sheray Michel</u>	27 F	NY	0:42:25
35	<u>Stephanie Landy</u>	54 F	NY	0:42:35
36	Denise Dion	55 F	VT	0:42:47
37	Adolph Anglade	37 M	NY	0:44:14 1
38	Jennifer Ferriss	42 F	NY	0:44:52
39	Philip Guerrant	28 M	NY	0:45:08
40	<u>Jen Kuzmich</u>	55 F	NY	0:45:24
41	<u>Paula Boughtwood</u>	52 F	NY	0:45:28
42	Vincent Kirby	57 M	NY	0:45:40
43	Laura Clark	66 F	NY	0:45:57
44	<u>Kathy Ryan</u>	49 F	NY	0:46:09
45	Joe Yavonditte	65 M	NY	0:46:11
46	Dave Cole	56 M	NY	0:46:12
47	<u>Stephanie Sentz</u>	34 F	NY	0:46:39
48	John Bateman	48 M	NY	0:46:46
49	Jim Carlson	66 M	NY	0:47:33
50	Dave Heyward	60 M	NY	0:47:52
51	Christian Gre	13 M	NY	0:48:08
52	<u>Dana Nilsson</u>	44 F	NY	0:48:11

Continued next page:

BTB results cont:

53 <u>Sarah Dzikowicz</u>	43 F	NY	0:48:16
54 <u>Laurel Shortell</u>	47 F	MA	0:48:18
55 Trevor Dzikowicz	10 M	NY	0:48:29
56 Jamie Howard	48 M	NY	0:48:41
57 <u>Jennifer Kehn</u>	26 F	NY	0:48:47
58 <u>Linda Mitchison</u>	48 F	NY	0:49:03
59 <u>Kayla Dzikowicz</u>	14 F	NY	0:49:07
60 <u>Kathleen Goldberg</u>	55 F	NY	0:49:27
61 <u>Barbara Sorrell</u>	56 F	NY	0:49:37
62 <u>Sheila Wilday</u>	46 F	NY	0:49:37
63 <u>Susan Motler</u>	51 F	NY	0:49:39
64 <u>Lauren Ford</u>	32 F	NY	0:49:44
65 Ray Lee	71 M	NY	0:49:50
66 <u>Chris Abowd</u>	50 F	NY	0:50:19
67 Yao Wei Lu	26 M	NY	0:50:36
68 <u>Phyllis Fox</u>	61 F	NY	0:50:50
69 <u>Dawn Fortier</u>	50 F	NY	0:52:48
70 <u>Laurie McCarroll</u>	52 F	NY	0:53:17
71 <u>Kim McCarroll</u>	51 F	NY	0:53:18
72 Andrew Novak	26 M	NY	0:55:02
73 <u>Barbara Davi</u>	50 F	NY	0:56:48
74 <u>Kim Sierzega</u>	45 F	NY	0:56:49
75 <u>Terri Cozzaglio</u>	51 F	NY	0:57:28
76 <u>Erica Novak</u>	26 F	NY	0:57:40
77 <u>Maureen O'Brien</u>	43 F	NY	0:58:36
78 <u>Valerie Marre</u>	60 F	NY	0:58:57
79 <u>Fran Sarchioto</u>	49 F	NY	1:02:55
80 <u>Uzma Qureshi</u>	52 F	NY	1:02:57
81 Ric Villarreal	56 M	CT	1:02:59
82 <u>Shirley Iselin</u>	70 F	CT	1:03:02
83 Bryan McDonald	31 M	NY	1:06:56
84 <u>Kimberly Ferro Buja</u>	31 F	NY	1:06:59
85 <u>Sarah Ryan</u>	26 F	NY	1:07:00
86 Glen Bujak	38 M	NY	1:07:02
87 <u>Preethi Raghu</u>	23 F	NY	1:07:22
88 <u>Katie Wang</u>	25 F	NY	1:07:33
89 <u>Jayne Ferro</u>	62 F	NY	1:13:20

Trail Running and Snow Running News

Published by

The Western Mass Athletic Club

Adams, Massachusetts

Volume 20 Issue 1 End of Winter 2014

Mystery Photo from the last newsletter.



photo by Bobby Worsham

Only one person guessed this mystery photo in the last newsletter. Nipmuck Dave Raczowski quickly identified the remains of the old Iron Mine kiln that's along the Nipmuck Marathon course. The kiln is located just a little ways down the dirt road after we pass the 15.6 mile aid station, on none other than Iron Mine Lane, and just before we turn left back into the woods. Dave should know since he started the Nipmuck Marathon race and was the race director for 27 years. Dave was reluctant to submit his guess but he was the only one to answer.



Ultra running legend and Grand Tree Series coordinator Fred Pilon shows off his snowshoeing skills at Curly's SS race.

Photo by Brad Herder. Courtesy BerkshireSports.com



Leeann Zarger at Curly's SS race
photo by Bob Birkby



Rich Busa at Curly's
photo by Bob Birkby



Denise Dion at Curly's
photo by Brad Herder



Barbara Sorrell at Curly's
photo by Brad Herder

Photos from Curly's snowshoe race courtesy

www.berkshiresports.com

Check out the web site above for more photos and videos from this snowshoe race, including a shirtless Rich Busa making snow angels!

Trail Trivia.....

Which trail race advertises.....

No Wimps – No Weenies – No Whiners?

Answer... B. Escarpment

WMAC's Turkey Trot 5K Road Race
November 28, 2013 Adams, MA.

Timing / Results by Greystone Electronics LLC
www.greystoneracing.net

Sunny ... dry ... windy ... temperatures in the low 20's.

Club members in bold:

<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>
1 Joshua Lerch	31 M	NY	16:47
2 Alex Schueckler	23 M	FL	17:00
3 Travis Ciempa	17 M	MA	17:31
4 Will Kirby	19 M	MA	17:49
5 Dan Dix	34 M	PA	17:53
6 Trevor Ciempa	17 M	MA	18:00
7 Joshua Lipinski	29 M	MA	18:03
8 Brandon Williams	33 M	MA	18:04
9 Jackson Alberti	17 M	MA	18:09
10 Austin Poulton	18 M	MA	18:27
11 Jared Haley	15 M	MA	18:37
12 Logan Wilson	19 M	MA	18:41
13 Shamus White	17 M	MA	18:45
14 Phil Sullivan	25 M	MA	18:45
15 Jesse Arevalo	17 M	MA	19:12
16 <u>Jacquelyn Pierce</u> 1 st F	24 F	MA	19:18
17 David Wilson	51 M	MA	19:31
18 <u>Hayley Bowers</u>	16 F	MA	19:59
19 Joshua Moran	31 M	MA	20:05
20 Ben Carlson	23 M	MD	20:12
21 Tim Allard	27 M	MA	20:19
22 Lukas Yelle	15 M	MA	20:19
23 <u>Tanya Namad</u>	30 F	NY	20:27
24 ?????????	???	??	20:28
25 Jim Preite	49 M	MA	20:36
26 Cosmo Lahlhole	31 M	MA	20:41
27 Matthew Skinner	40 M	CA	20:44
28 Derek Powell	40 M	MA	20:53
29 Damon George	27 M	VA	21:06
30 Jackie Lemme	22 F	MA	21:09
31 Kevin Crosier	41 M	MA	21:09
32 Brian Doyle	37 M	MA	21:20
33 Joe Gwozdz	58 M	MA	21:23
34 <u>Cassie Lincoln</u>	20 F	MA	21:35
35 Hilary Greene	43 F	MA	21:37
36 Tim Morey	56 M	MA	21:49
37 Brendan Bullett	34 M	MA	21:51
38 Ryan Kordana	21 M	MA	21:58
39 Andy Sheldon	43 M	MA	22:06
40 Frank Krol	38 M	MA	22:10
41 Chris Girurd	18 M	MA	22:17
42 Kaylene Lemme	20 F	MA	22:27
43 Cam Geller	23 M	MA	22:29
44 John Soules	35 M	MA	22:32
45 Darrell Carlson	54 M	VT	22:35
46 David Jenkins	41 M	MD	22:40
47 <u>Tyna Senecal</u>	31 F	VT	22:43
48 Scott Bradley	58 M	MA	22:52
49 Matt Fraenza	33 M	CT	22:54
50 Amanda Chilson	31 F	MA	22:55

51 Bill Eagan	38 M	MA	22:58
52 <u>Raina Milne</u>	24 F	MA	23:03
53 Jake Ryan	24 M	MA	23:05
54 Christian St. Pierr	14 M	MA	23:09
55 <u>Christine Arace</u>	40 F	MA	23:12
56 Evan Webb	28 M	MA	23:17
57 Casey Leonard	40 M	ME	23:17
58 <u>Melissa Cahata</u>	42 F	MA	23:20
59 <u>Zoe Loughman</u>	16 F	MA	23:20
60 Marcus Hillard	16 M	MA	23:23
61 Sean Peltier	23 M	RI	23:24
62 Matthew Coviello	31 M	MA	23:24
63 James Loughman	47 M	MA	23:28
64 Marc Crosier	39 M	MA	23:38
65 Dylan Northrup	15 M	MA	23:39
66 Jude Koamayc	46 M	MA	23:40
67 Josh Hasty	39 M	MA	23:44
68 Andre LeBlanc	55 M	MA	23:46
69 <u>Meghan Bencher</u>	24 F	MA	23:46
70 Thaddeus Rudd	41 M	NY	23:54
71 Travis Cunningham	28 M	MA	23:54
72 Kyle Bernarde	26 M	MA	23:56
73 Tim Dratie	53 M	MA	23:56
74 Jodie Lahey	35 F	MA	24:02
75 <u>Leigh Herzog</u>	27 F	MA	24:02
76 Joesph Herzog	27 M	MA	24:03
77 <u>Alicia Britton</u>	32 F	MA	24:07
78 Marc Bushiica	46 M	MA	24:09
79 Miles Standish	14 M	MA	24:16
80 <u>Kaye Shaddock</u>	32 F	MA	24:17
81 <u>Debra Wechter</u>	38 F	MA	24:22
82 Stefan Oglia	25 M	MA	24:27
83 Bob Geller	63 M	MA	24:41
84 Kevin Thomas	58 M	MA	24:43
85 Cullen Fisher	17 M	MA	24:45
86 <u>Lisa Sheldon</u>	42 F	MA	24:55
87 Michael DeBlieux	47 M	CT	24:59
88 <u>Kate Tutela</u>	25 F	MA	25:04
89 Gary Moynihan	49 M	MA	25:08
90 Jim Pietras	35 M	MA	25:09
91 Ian Valiton	34 M	MA	25:10
92 Connor VanDyke	17 M	MA	25:13
93 Jim Senecal	32 M	VT	25:15
94 <u>Molly Kittler</u>	16 F	MA	25:18
95 William Kittler	49 M	MA	25:18
96 Jonathan Shears	29 M	MA	25:25
97 <u>Jamie Tierney</u>	40 F	ME	25:28
98 Audrey Witter	49 F	MA	25:31
99 <u>Taylor Kline</u>	17 F	MA	25:36
100 <u>Charlene Lamb</u>	28 F	MA	25:36
101 <u>Jenn Dewey</u>	37 F	NY	25:43
102 Mary Kennedy	55 F	MA	25:47
103 <u>Caitlin Lawson</u>	30 F	MA	25:50
104 Justin Casey	31 M	MA	25:51
105 Justin Shaddock	31 M	MA	25:53
106 Joe Dobrowolski	55 M	PA	25:58
107 Mark Coviello	27 M	MA	25:58
108 <u>Serena Mattison</u>	40 F	VT	26:00

Continued next page:

Turkey Trot results cont:

109 Samuel Turne	20 M	NC	26:06
110 <u>Darlene McCarthy</u>	51 F	MA	26:09
111 <u>Nicole Alarie</u>	21 F	MA	26:13
112 Brian Alarie	50 M	MA	26:13
113 Thane Preite	16 M	MA	26:23
114 <u>Meghan Bowle</u>	20 F	MA	26:23
115 <u>Lindsay Lincoln</u>	24 F	MA	26:25
116 Jim Barrett	40 M	MA	26:27
117 <u>Liz Pitroff</u>	29 F	MA	26:29
118 Dave Bowler	23 M	MA	26:30
119 Matt Faila	12 M	MA	26:32
120 Mark Paquette	64 M	MA	26:40
121 <u>Frances Miceli</u>	41 F	MA	26:47
122 Sam Douglas	50 M	MA	26:47
123 James Durand	38 M	MA	26:47
124 <u>Robin Avery</u>	57 F	MA	26:49
125 Paul Marszalek	52 M	MA	27:00
126 John Pitroff	64 M	MA	27:02
127 <u>Michelle Lairy</u>	23 F	IL	27:04
128 Jesse Demastrie	32 M	MA	27:04
129 <u>Leena Zervis</u>	32 F	MA	27:06
130 <u>Savannah Dodge</u>	15 F	MA	27:07
131 <u>Jillian Tooley</u>	29 F	MA	27:07
132 <u>Sally Dodge</u>	35 F	MA	27:08
133 <u>Laurie Therrien</u>	47 F	MA	27:09
134 <u>Olivia Carlson</u>	16 F	VT	27:10
135 <u>Jackie Qhetti</u>	22 F	MA	27:12
136 <u>May Flower</u>	52 F	MA	27:12
137 <u>Rebecca Collins</u>	29 F	MA	27:17
138 <u>Heather Nichols</u>	29 F	MA	27:19
139 Ryan Nichols	29 M	MA	27:19
140 <u>Jamie VonFreyman</u>	34 F	MA	27:21
141 <u>Jodi Windover</u>	39 F	MA	27:24
142 <u>Amy Roccabruna</u>	43 F	MA	27:33
143 Daniel Brodeur	38 M	MA	27:34
144 Vic LaPort	73 M	MA	27:37
145 <u>Lee Ann Laufer</u>	45 F	MA	27:40
146 Kyle DeMarsico	38 M	MA	27:40
147 Jed VonFreyman	36 M	MA	27:48
148 Peter Varellas	34 M	MA	27:49
149 <u>Ashton Goyette</u>	14 F	MA	27:57
150 Derek Koffi-Ziter	15 M	MA	27:57
151 <u>Dawn Jagiello</u>	45 F	MA	28:01
152 Seth Rogers	45 M	MA	28:01
153 Declan Rogers	7 M	MA	28:01
154 Jeff Ziter	50 M	MA	28:03
155 <u>Sierra Jamros</u>	13 F	MA	28:06
156 <u>Jackie Rilla</u>	24 F	MA	28:09
157 <u>Avery Raschdorf</u>	11 M	MA	28:11
158 <u>Karen Blazejewski</u>	61 F	MA	28:15
159 Schuyler Robinson	16 M	MA	28:16
160 <u>Fallon Field</u>	14 F	MA	28:18
161 Jeremy Lamb	37 M	FL	28:22
162 <u>Allie Gibeau</u>	14 F	MA	28:24
163 <u>Kimberley Jansen</u>	15 F	MA	28:28
164 <u>Susan Jansen</u>	48 F	MA	28:30
165 <u>Jaelithe Broueur</u>	38 F	MA	28:33
166 <u>Heather Fassell</u>	34 F	NY	28:33

167 Justin Karren	32 M	MA	28:35
168 <u>Elizabeth Levesque</u>	14 F	MA	28:37
169 Julie Gardner	42 F	MA	28:49
170 <u>Molly Sardella</u>	25 F	NY	28:54
171 <u>Danielle Lamb</u>	31 F	FL	28:59
172 Adam Kent	30 M	MA	29:02
173 Perry Burdick	49 M	MA	29:02
174 <u>Corrinn Shogry</u>	27 F	MA	29:02
175 John Eurbin	48 M	MA	29:03
176 Dave Canales	42 M	MA	29:03
177 <u>Michaela DiNicola</u>	19 F	MA	29:03
178 <u>Amanda Meczywor</u>	20 F	MA	29:03
179 Jeremy Smith	40 M	MA	29:04
180 <u>Erin Shogry</u>	31 F	MA	29:04
181 John Aldrich	55 M	MA	29:05
182 <u>Jessica Belengia</u>	?? F	MA	29:14
183 Eric White	72 M	MA	29:20
184 Jeffrey Parkman	66 M	MA	29:20
185 <u>Carol Corrigan</u>	60 F	MA	29:26
186 <u>Trish Raetz</u>	35 F	VT	29:31
187 <u>Carrie Snyder</u>	42 F	MA	29:31
188 <u>Sarah Bowler</u>	22 F	MA	29:36
189 Gary Dassatt	51 M	MI	29:40
190 Sally Lemme	45 F	MA	29:40
191 <u>Robin VanBramer</u>	44 F	MA	29:53
192 <u>Meredith Sullivan</u>	28 F	MA	29:58
193 Dan Sullivan	64 M	MA	29:58
194 <u>Jennifer Chilson</u>	34 F	MA	30:02
195 <u>Laura Strauch</u>	35 F	MA	30:03
196 Michelle Manners	52 F	MA	30:18
197 <u>Bernadette Lupo</u>	33 F	??	30:24
198 <u>Bianca Trzcinski</u>	32 F	MA	30:24
199 <u>Nicole Fiorillo</u>	34 F	MA	30:28
200 Martin Loughman	15 M	MA	30:29
201 <u>Tristanne Chalmers</u>	31 F	MA	30:30
202 <u>Kelsey Shepley</u>	26 F	MA	30:31
203 <u>Nicole Bellina</u>	13 F	MA	30:31
204 <u>Tanya Shepardson</u>	40 F	MA	30:32
205 <u>Bethany Hart</u>	31 F	MA	30:36
206 <u>Jo-Anne Daris</u>	42 F	NH	30:44
207 <u>Donna Messenger</u>	49 F	MA	30:47
208 <u>Anna Marie Messenge</u>	27 F	MA	30:56
209 <u>Amanda Zepka</u>	25 F	MA	31:05
210 Claudine Preite	47 F	MA	31:05
211 Marcel Holland	48 M	MA	31:05
212 <u>Kathleen Young</u>	25 F	MA	31:08
213 William Thayer	51 M	MA	31:25
214 <u>Jennifer Doyle</u>	36 F	MA	31:27
215 <u>Michelle Wohrle</u>	44 F	MA	31:32
216 <u>Kerri Simpson</u>	32 F	MA	31:36
217 Norm Malloy	24 M	MA	31:40
218 <u>Ellen Dooley</u>	39 F	MD	32:04
219 <u>Jennnifer Skinner</u>	41 F	CA	32:05
220 <u>Sharon Billetter</u>	43 F	MA	32:06
221 <u>Sarah Raschdorf</u>	36 F	MA	32:07
222 <u>Cassie Meyette</u>	30 F	MA	32:14
223 Fred Strauch	37 M	MA	32:34
224 <u>Jane Sherwill</u>	25 F	MA	32:38

Continued next page:

Turkey Trot results cont:

225	Bennett Lessard	25 M	MA	32:38
226	Peter Armata	63 M	MA	32:43
227	<u>Amanda Zieminski</u>	25 F	MA	32:50
228	<u>April LeSage</u>	32 F	MA	32:50
229	<u>Marlee Gaffey</u>	21 F	MA	32:58
230	<u>Molly O'Dowd</u>	19 F	MA	33:03
231	<u>Lisa Collins</u>	29 F	MA	33:19
232	<u>Christie Mallet</u>	28 F	MA	33:19
233	Rebecca Armstrong	45 F	VT	33:20
234	<u>Sheryl Gibson</u>	44 F	MA	33:24
235	<u>Shylow StGermain</u>	30 F	MA	33:27
236	<u>Melissa Moon</u>	40 F	MA	33:40
237	<u>Renee' Eastman</u>	45 F	MA	33:42
238	<u>Bethany DeMarco</u>	33 F	MA	33:45
239	<u>Kayla LaValley</u>	28 F	MA	33:46
240	<u>Gabrielle Murach</u>	38 F	MA	34:01
241	<u>Donna Brooks</u>	49 F	MA	34:13
242	<u>Shelley O'Dowd</u>	44 F	MA	34:21
243	<u>Rylee Joy</u>	8 F	MA	34:21
244	<u>Sheila Thoresen</u>	28 F	MA	34:22
245	<u>Linda Lefebure</u>	40 F	MA	34:24
246	Bernie Kennedy	55 M	MA	34:24
247	<u>Sandy Robinson</u>	48 F	MA	34:25
248	<u>Brenda Haring</u>	42 F	MA	34:29
249	Teddy Meranti	18 M	MA	34:31
250	<u>Danielle Sargent</u>	32 F	MA	34:43
251	<u>Hannah Sklenicka</u>	28 F	TX	34:43
252	<u>Molly Murphy</u>	25 F	MA	34:48
253	<u>Michelle Reyes</u>	12 F	MA	34:48
254	<u>Shannon Doulan</u>	32 F	MA	35:00
255	<u>Ginger Galvagni</u>	36 F	MA	35:00
256	Thomas Loughman	8 M	MA	35:08
257	Jordan Prevey	17 M	VT	35:11
258	<u>Danielle Gibeau</u>	17 F	MA	35:11
259	<u>Denise Meranti</u>	47 F	MA	35:17
260	<u>Cindy Tower-Loewen</u>	56 F	MA	35:53
261	<u>Alicia Loughman</u>	12 F	MA	35:57
262	Jeff Crosier	44 M	MA	36:10
263	<u>Jenna Crosier</u>	14 F	MA	36:11
264	Jeffrey Crosier	10 M	MA	36:11
265	Ian Fay	23 M	MA	36:17
266	<u>Julie Dieterich</u>	32 F	MA	36:29
267	<u>Pat Geller</u>	59 F	MA	36:44
268	Keith St. Pierre	53 M	MA	36:52
269	Jerry Sargent	43 M	MA	36:54
270	Daniel Sargent	7 M	MA	36:56
271	Brian McCarthy	52 M	MA	36:58
272	<u>Maureen St. Pierre</u>	48 F	MA	37:00
273	Jason Natonko	36 M	MA	37:03
274	<u>Betsy Malloy</u>	46 F	MA	37:06
275	Michael Collins	29 M	MA	37:17
276	<u>Danielle Sosa</u>	31 F	MA	37:17
277	<u>Paula Fisher</u>	46 F	MA	37:18
278	<u>Melissa Zepka</u>	34 F	MA	38:02
279	<u>Cathy McCormac</u>	45 F	MA	38:12
280	<u>Tanya Malloy</u>	38 F	MA	38:22
281	<u>Judy LeBlanc</u>	53 F	MA	38:40
282	<u>Shelley Fachini</u>	48 F	MA	38:45

283	<u>Linda Bonnivier</u>	39 F	MA	38:48
284	John Fish	37 M	MA	38:48
285	<u>Karla Jerez</u>	13 F	MA	38:49
286	<u>Jodi Locke</u>	39 F	MA	39:03
287	<u>Catherine Burke</u>	39 F	MA	39:09
288	<u>Stephanie Melito</u>	38 F	MA	39:15
289	<u>Frances Zerbato</u>	49 F	MA	39:18
290	<u>Hope Wendling</u>	36 F	MA	39:34
291	<u>Nicole St.Jean</u>	14 F	MA	39:51
292	<u>Jaclyn Boateng</u>	12 F	MA	39:52
293	Bob Billgatto	43 M	MA	40:09
294	<u>April Varellas</u>	30 F	MA	40:10
295	Nicholas Thayer	10 M	MA	40:21
296	<u>Isabelle Leonard</u>	11 F	MA	40:34
297	<u>Sarah Powers</u>	34 F	MA	40:41
298	<u>Kaitlynn Karo</u>	15 F	VT	40:43
299	<u>Jenna Shouldice</u>	28 F	MA	40:46
300	<u>Karla Villafane</u>	12 F	MA	40:46
301	Logzn Dommice	12 M	MA	41:45
302	Josh Mendel	37 M	MA	41:55
303	<u>Susan Urbe</u>	61 F	MI	41:55
304	Eli Holland	17 M	MA	42:31
305	<u>Marissa Parker</u>	28 F	MA	42:50
306	<u>Kristina Bordeau</u>	44 F	MA	42:51
307	<u>Sarah Bellqatte</u>	58 F	MA	43:00
308	<u>Colette Klein</u>	39 F	VT	43:12
309	<u>Samantha Leja</u>	18 F	MA	45:02
310	<u>Teri Leja</u>	39 F	MA	45:12
311	<u>Maria Congelosi</u>	13 F	MA	47:46
312	<u>Jada Sandifer</u>	13 F	MA	47:49
313	Gene Messenger	48 M	MA	48:31
314	<u>Hilary Smith</u>	25 F	MA	48:42
315	<u>Rachel Williams</u>	13 F	MA	48:42
316	<u>Amanda Wright</u>	34 F	MA	55:20

Course Record 16:00 set by Dusty Lopez in 2010

Dick Hoch ... on the road again

Thanksgiving morning I left New London 3:36, on to I95 to I287 across th Tappan Zee bridge. Some snow-not on roads but fields & branches-in New Jersey, Pennsylvania too; pretty to see. ☺ Reached Berwick, PA in 5 hrs, my race # th 2nd 307 this yr. In th program 18 registered to come race th 9 miles fm Ontario, BUT ice & snow kept them away. So I missed my friends among them. ☹ I did however, meet and talk with th world's fastest super-senior, Ed Whitlock, who DID make it down fm Hamilton, Canada. He won his age-group of course...8 min/mile pace while 2nd in 75 yrs was 13.5 mins/mile pace. Seems like at Berwick (this is th 104th running) everybody either runs or gets aside th course and cheers!! I love th atmosphere; heard "Happy Thanksgiving" 2 or 3 dozen times. ☺
Got myself up Summer hill better I believe than last yr, then down, down to half-way. Stayed strong til mile-plus to go, then "hung-on". A woman found my number in program, so I was cheered-on by name. Loud music with lots of yelling for us kept us moving! Being in better shape this yr than last, I bested my time by 6.5 min. Becuz I don't like driving in darkness I drove away as soon as I cood/could (12:52). Very few vehicles on I84 thru Penn, and NY, tunes to hear, stuff to eat, stress-free ride, great scenery. ☺

Dick Hoch

Richie's Run for Research
Saturday, April 26, 2014
5K Trail run and 1 mile walk
Registration: 8:15 - 9:15 am

Race Time: 5K Trail Run will start at 9:30 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 tshirt,

Please send pre registrations to **WMAC; PO Box 356; Adams, MA 01220**

(Checks payable to Jessica Lemieux or Boston Medical Center: Please write "Thyroid Cancer Research/Richie's Run on the memo line)

All pre registrations must be postmarked by April 16, 2014

Amenities: Awards; Refreshments; Timing by Western Mass Athletic Club.

****All Proceeds to benefit Thyroid Cancer Research for the Evans Medical Foundation at Boston Medical Center****

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

Results at www.richiesrun.com

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Richie's Run for Research ... 2014

Name: _____ Age: _____ Sex: M / F

Street: _____

City/Town: _____ State: _____

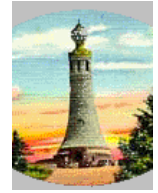
Zip Code: _____ Phone: _____ E-mail: _____

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



30th Annual MT. Greylock Trail Races 5K and Half Marathon Greylock Glen.... Adams, MA. Sunday June 15, 2014 ... 10 a.m. start

The 1/2 marathon race goes straight up and over the top of MT. Greylock, then winds it's way back to the Glen via single track trails and old jeep roads.

Very rocky, muddy, and rough in spots.

The 5K race is on rolling trails through the forest around the Glen.

Pre-register before 6 / 6 / 14 ... \$15.00 half-marathon, ... \$12.00 5K.
Family discount: no charge in excess of that for 3 people if pre-registered.

Shirts may be sold separately at the race.

**Send entry form with check for fee made out to:
WMAC, P.O. Box 356, Adams, MA 01220**

(Day of race: \$20.00 half-marathon, \$15.00 5K) **More info at www.runwmac.com**

*****Cut*****

Please circle which Mt. Greylock Trail Race you are entering: 5 K or Half-Marathon

Name (Please print) _____

Street _____

City/Town _____ State _____

Zip _____ Phone _____ Email _____

Age _____ Sex M / F

Entry fee \$ _____ Total enclosed \$ _____ WMAC Member? Yes No

Please enter me in the indicated Mt. Greylock Trail Race. I agree to assume all responsibility for any and 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 the Mt. Greylock Trail Race 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 _____ Date _____

Parent/Guardian (if under 18) _____

2014 MT. Greylock Trail Races

GRAND TREE TRAIL SERIES ... 2014 Links and info at ... www.runwmac.com

Tentative 2014 GT Trail Schedule

- | | | | |
|----|--|------------------|--|
| 1 | April 12, 2014 | 9:00am | Andover, MA |
| | MERRIMACK RIVER | | 10 miles |
| | Steve Peterson 508 – 628 - 8943 | | darthluna1994@yahoo.com |
| 2 | April 27, 2014 | 10:00 am | Wolfboro, NH |
| | MUDDY MOOSE | | 14 miles |
| | Fergus Cullen 603-520 -5450 | | fergus@ferguscullen.com |
| 3 | May 4, 2014 | 9:00 am | Amherst, MA |
| | 7 SISTERS | | 12 miles |
| | Fred Pilon | | www.7sisterstrailrace.com |
| 4 | May 10, 2014 | 8:00 am | Ashburnham, MA |
| | WAPACK & BACK | | 21 - 50 miles |
| | Ryan Welts | | wapacktrailrace.com |
| 5 | May 18, 2014 | 9:00 am | Stafford, CT |
| | SOAPSTONE MT. | | 14.5 --- 4 miles |
| | Deb Livingston - 860-512-0125 | | soapstone@shenipsitstriders.org |
| 6 | June 15, 2014 | 10:00 am | Adams, MA |
| | GREYLOCK TRAIL RACES | | 13.5 --- 3 miles |
| | Ed Saharczewski | | edwrdsah@aol.com
www.runwmac.com |
| 7 | June 22, 2014 | 9:00 am ?? | Mansfield, CT |
| | NIPMUCK SOUTH | | 14.1 miles |
| | Scott Edington | | sedington@hotmail.com |
| 8 | June 22, 2014 | 9:00 am ?? | Oxford, MA |
| | XTERRA – FRENCH RIVER RUN | | 18K |
| | | | mramultisport.com |
| 9 | July 13, 2014 | 8:00 am?? | Milton, MA |
| | BLUE HILLS / SKYLINE TRAIL | | 7.2 miles |
| | Jeff Saeger | | runwld2@juno.com |
| 10 | July 20, 2014 | 9:00 am | North Conway, NH |
| | CRANMORE HILL CLIMB | | 7.5K |
| | Paul Kirsh | | whitemountainmilers.com |
| 11 | August 2, 2014 | 9:00 am | Barkhamsted, CT |
| | PEOPLES FOREST | | 7 miles |
| | Will Graustein | | wgraustein@snet.net |
| 12 | August 17, 2014 | 9:00 am | Florida / Savoy, MA |
| | SAVOY MOUNTAIN | | 16.5 and 4 Miles |
| | | | www.runwmac.com |
| 13 | August 31, 2014 | 9:00 am | New Ipswich, NH |
| | WAPACK TRAIL | | 18 miles |
| | Paul Funch | 978-448-2813 | pgfunch@verizon.net
www.wapack.freesevers.com |
| 14 | September 14, 2014 | 9:00 am | Sunderland, MA |
| | MT. TOBY | | 14 miles |
| | Sara Smiarowski | | mttobytrailrun@hotmail.com |
| 15 | September 21, 2014 | 8:45 am | Winchester, NH |
| | PISGAH MT. | | 23K / 50 K |
| | Gary Montgomery ... | 603 – 363 - 8420 | |
| 16 | October 5, 2014 | 8:00 am | Ashford, CT |
| | NIPMUCK MARATHON | | 26.4 miles |
| | Dave Merkt | | nipmuck@shenipsitstriders.org |
| 17 | October 12, 2014 | 10:00 am | Monroe, MA |
| | DUNBAR BROOK | | 10.5 --- 2 miles |
| | Kent Lemme | | www.runwmac.com |
| 18 | October 19, 2014 | 12:30 pm | Groton, MA |
| | GROTON FOREST | | 9.5 & 3.5 miles |
| | Rick Covenno | | rick.covenno@verizon.net |
| 19 | October 26, 2014 | 9:30 am | Albany, NY |
| | HAIRY GORILLA & SQUIRRELY SIX | | 13.1 & 6 miles |
| | | | www.albanyrunningexchange.org |
| 20 | November 2, 2014 | 9:00 am | Framingham, MA |
| | BUSA BUSHWHACK | | 5.3 & 10 miles |
| | | | bushwhack@gfrcrun.org |
| 21 | November 8, 2014 | 6:15 am | Ipswich, MA |
| | STONE CAT ALE | | 26.2 & 50 miles |
| | Marty Sullivan | | www.gaconline.net |
| 22 | November 16, 2014 | 9:00 am | Upton, MA |
| | UPTON STATE FOREST | | 21K & 10.5K |
| | | | alex@mramultisport.com |

To find yourself listed as an official finisher in the 2014 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 2014 Champion(s).

We also keep track of Total Points acquired for each race and announce a “Stonehead” Champion at the end of the year.

Check the Grand Tree page for the latest up-dates and entry forms and confirm all info before you run.

www.runwmac.com

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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