



# Trail Running News ...Western Mass Athletic Club

Vol. 14..... Issue 2..... Early Spring ..... 2008

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Check the web page for info, changes & updates ....

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## Winter Breakneck at Covered Bridge

Every winter Thursday night, like most residents of WMAC Land, Jeff and I cross our fingers, make a weekend wish and then double click on the beckoning snowflake star. This Thursday I was wishing for a Covered Bridge/Hoxie Thunderbolt combo mostly because I needed to attempt my one and only long run before my snowshoe marathon in three weeks. Yeah, I know... I'm in trouble. But besides that somewhat pressing concern I was hoping I might be lucky enough to spot a live Hoxie, an imaginary creature poised on the brink of stardom in the recent film *Spiderwick Chronicles*.

But alas! The mythical Hoxies and rapidly multiplying Beavers had joined forces to wreck havoc on winter by unfreezing streams and damming skating rink trails. Fortunately, they had left the Covered Bridge route relatively intact, leaving us a star-crossed romp of four miles instead of eight.

Dedicated WMACers that we were, Jeff and I arrived at the Greylock Gazebo with our day-of-race application firmly in hand. What those hands lacked, however, was a crumpled wad of bills. Clearly stated at the bottom of the application were suggested fees: Free, \$5 or \$7. Given the choice, which fee would you choose? Have you contributed enough blood, sweat and tears to truly deserve a free pass? Perhaps dues-paying WMAC members are worth \$5 and everyone else is valued at \$7? Or are the biggest eaters the \$7 contributors? All Edward would say was, "They'll figure it out."

This loose-ended dilemma reminded me of Breakneck 2007 when Karl Moltoris actually gave folks money to run his race, the implication being that they would need to buy sustenance should they choose the wrong path. If you have ever run Breakneck, you know that the only requirements are to run up to the pond, around the pond and back again on any trail, over any beaver dam, or on top of any rocks.

While the Covered Bridge route was marked suggestively with double pink ribbons and yellow WMAC arrows, with helpful orange cones lighting the way to the outhouse, this apparently was not enough for some folks, myself included. I got lost in the same exact spot where I always get lost. Only this time, I blundered right by the ribbons and bows and even glanced true left, actually thinking, "I'm not going to get fooled by that detour again this year! Not me! I'll follow all those snowshoe prints directly ahead of me pointing downhill." I guess I wasn't the only one.

Luckily, I was wearing my yellow jersey and got reeled in by the other yellow jersey owner, Bob Massaro. Intellectually I knew Bob had pointed us on the correct trail because of all the pointy arrows and applauding pink ribbons, but emotionally I wasn't so sure. There were no other bigfoots to be seen. Could we be the only ones to have discovered the true path? Would we get a special "on course" accolade? I was excited! But apparently not excited enough to overtake Bob. For once I found myself wishing that the course had been just a tad bit longer, 24 seconds longer to be exact.

Like October's Breakneck, Covered Bridge comes near the end of the season. This engenders a certain reckless invincibility, not always a good career move. Witness Walt Kolodzinski's sore knee, Martin Glendon's pulled hamstring and Edward Alibozek's cracked ribs. The ARE gang, however, appears to be holding up just fine. With their shiny white van parked confidently uphill while all the other steeds were tethered facing downwards, they were headed toward Josh's idea of a fun weekend: Covered Bridge Saturday morning, New Hampshire's Kingman Farm that evening and Moody Spring Sunday morning, a definitive Winter Break statement.

Laura Clark

## Greylock Glen "Covered Bridge"

### 4 Mile Snowshoe Race

February 23, 2008 .... Adams, MA

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Points</u>
01. <b>Josh Merlis</b>	26M	0:34:00	100.00
02. <b>Ken Clark</b>	45M	0:34:18	97.22
03. <b>Bob Dion</b>	52M	0:35:00	94.44
04. <b>Jay Kolodzinski</b>	28M	0:35:04	91.67
05. Peter LaGoy	48M	0:36:41	88.89
06. Charles Petraske	30M	0:38:45	86.11
07. Chuck Ryan	53M	0:39:13	83.33
08. <b>Nick Jubok</b>	51M	0:42:58	80.56
09. Rich Godin	52M	0:43:49	77.78
10. <u>Jessica Hageman</u>	32F	0:44:32	75.00
11. Eric Kimmelman	43M	0:44:38	72.22
12. <b>John Pelton</b>	68M	0:44:43	69.44
13. <b>Mike Lahey</b>	56M	0:44:56	66.67
14. Vince Kirby	51M	0:45:05	63.89
15. <b>Jan Rancatti</b>	47M	0:45:23	61.11
16. <u>Laurel Shortell</u>	41F	0:46:50	58.33
17. <b>Martin Glendon</b>	61M	0:48:10	55.56
18. <b>Juergan Reher</b>	58M	0:48:28	52.78
19. Mark Kelsey	56M	0:48:50	50.00
20. Tom Ryan	47M	0:49:35	47.22
21. <u>Holly Atkinson</u>	38F	0:49:44	44.44
22. <b>Jim Carlson</b>	60M	0:50:20	41.67
23. <b>Denise Dion</b>	49F	0:50:42	38.89
24. <b>Bob Massaro</b>	64M	0:52:22	36.11
25. <b>Laura Clark</b>	60F	0:52:46	33.33
26. <b>Darlene McCarthy</b>	46F	0:55:25	30.56
27. Howard Bassett	47M	0:56:55	27.78
28. <b>Jamie Howard</b>	42M	1:05:28	25.00
29. <b>Rich Busa</b>	78M	1:06:20	22.22
30. <b>Kate Hayes</b>	59F	1:08:18	19.44
31. <b>Bill Glendon</b>	62M	1:12:02	16.67
32. <b>Konrad Karolczuk</b>	55M	1:12:03	13.89
33. Jules Seltzer	72M	1:23:50	11.11
34. <b>Jeff Clark</b>	61M	1:24:05	8.33
35. <b>Edward Alibozek</b>	45M	1:50:00	5.56
36. <b>Ellen Mach</b>	66F	2:00:00	2.78

## 25<sup>th</sup> Annual NipMuck Trail Marathon

Sunday .... June 1<sup>st</sup> .... 2008 .... 8:00 AM .... Ashford, CT.

**Last Day to Register is May 25<sup>th</sup>!**

Dave is looking for volunteers to help out at this years race since many of his regular helpers would like to run the 25<sup>th</sup> anniversary version this year. If you're going to be at the race to cheer someone on why not consider helping out. It would be greatly appreciated. Thanks in advance!

Contact Dave Raczkowski at ... [nipmuckdave@charter.net](mailto:nipmuckdave@charter.net)

Or call ... 860 - 455 - 1096 between 8:00 and 10:00 PM

## Anything Left to Eat?

I Like th drive up fm New London to Upton, MA. abt 1' - 45 going ez. Into th cafeteria ( April 5<sup>th</sup> ) for my number to run the 15K Boston Tune - Up, I look forward to meeting-up with friends. Peter W. there; "Hi" During our converse I ask "Who's that guy?" - - black pants, grey shirt. "Julian Siegel" I've heard of him, a long - time runner. Pretty soon I circle around, wondering if I shood approach. I remember going to Carlton M. yrs ago - - also b4 a race - - and what a fantastic, heart-warming wonderful "award" I got. Like Carlton was, Julian is wholly responsive to my intrist, peppered by questions & comments, in his running. Recently he hasn't been able to finish all his races. "I feel fine, but my legs begin to wobble so I can no longer run." I see his Upton number, 80. "Actually I won't turn 80 til July. I've been accepted for th Boston marathon again, but I'm uneasy abt it. I don't particularly like th crush of so many runners as well as th huge noisy crowds." "U've run it, what, 20 times?" "42" We xchange more info on races we've done b4 I break away to get ready, wishing him good luck.

My first few miles I'm hoping I'm not pushing too hard & try to relax. A guy pushing a little wun strains goin up, flies goin down; he's soon outasite. An issue for me a bit after 3 (miles): Shood I stop to pee? Try to on th run but can't. After awhile that's no longer a concern; abt th same time I discern new life in my legs! ☺ And hey, th guy pushing's just ahead; able to ease on by b4 an uphill. Part way up a guy in lite green pulls alongside, breathing harder than me. Although he looks much younger I decide to stay with him and do tilt h downhill. Whn he pauses for water I, recognizing his shirt as th Derry N. H. 16-miler in January, holler "Let's Go, Derry" as I hurry by. For th next mile or so he clings to my rite shoulder, forcing me to keep movin! Meanwhile a guy in a very brite vest we've been chasing has been "getting closer." Soon it's "vest," "me," "Derry," all racin, baby; I love it! Smartly up we go, then "vest" glides away while "Derry" th strongest, powers by us both; I hang on th best I can.

As we pass th first school I notice I'm rapidly gaining on "vest." We talked after in th cafeteria. He, Bill M. thawt that school was th finish. So I race by and set my sites on a big fella with a RAT singlet ( who turns out to be Jim M. ), who appears vulnerable. Not so, but my chase-effort brings me to th finish just a step ahead of th re-energized, hard-charging Bill. Concerned with our little group. We didn't kno - - or care - - what was happening behind us.

Shortly after my finish a guy comes to me. "Great race! Had my eyes on you for 2 - 3 miles, but coodn't catch-up." Inside: pile of orange slices AND a "ton" of sweets. ☺ Following talk with Peter, Bill, and others I head for th car, past th finish area.

"Anybody still on th course?" "No, there's th last wun ." Julian smiling. ☺ "Today I felt th best over th 2<sup>nd</sup> half. No leg - wobble at all." "Terrific. Well done." "Anything left to eat?" "Plenty. Get in there and enjoy."

*Dick Hoch*

## New Hampshire Weekend Recap

by Dave Dunham

The New Hampshire snowshoe weekend kicked off with the Sidehiller 4 miler. The first (?) USSSA qualifier ever held in NH. It was interesting watching the landscape change as I drove up Route 16. In Bradford there was little snow on the ground and it didn't change much until I was North of Rochester NH. As the sun began to rise the height of the snow banks along the road did the same. I arrived in Effingham at 8 AM, giving myself enough time to take a little side trip up Green Mountain. My goal was to run up and down and check out the views at yet another New Hampshire fire tower. I also wanted leave enough in the tank for the race later in the morning.

I slipped on my Dion's and headed up the trail at an easy jog. The nearly 900' of climb over 1.5 miles was a mix of long steady climbs with a couple of steep sections thrown in. There was easily two feet of snow on the ground, but luckily the trail appeared to be well used. It was packed down with another 4" of very light powder from the previous night covering that. It was great snow for running in! There were tracks all over the road from deer crossing and using the trail as their major highway. I had hoped to see some wildlife but was shut-out in that department.

I hit the summit in 26 minutes and then spent about 10 minutes carefully climbing the tower. I'm not great with heights and have lousy balance so it was especially precarious with the narrow steps that were completely covered with snow. It probably would have been quicker to remove my snowshoes but I chose not to. The run down was a blast, long strides and very little braking. I hit the bottom in 12 minutes. After a quick change of gear I drove the hour to Sandwich NH.

Race director Paul Kirsch greeted me and noted that it looked like a perfect day for racing. There was at least two feet of snow on the ground and the course would be fairly well packed down by snowmobile. I met up with CMS teammate Kevin Tilton, who was doing his first snowshoe race of the season, for an easy three miles on the scenic side roads near Center Sandwich. Kevin hadn't raced much this winter but was training heavily with an emphasis on skiing as he prepares for the Mt Washington "ski to the clouds". He had done a 21 mile nine hour ski with some ungodly amount of climb and descent the day before. I started thinking that I might be able to eat into the two minutes I predicted he'd beat me by. We changed into our race gear and headed out for another mile on snowshoes. Bob Dion joined us and we caught a group of WMACer's in what looked like a team strategy meeting.

Paul gave us a brief description of the course which was essentially the same as 2007. We had a loop around the fairground in a little less than a mile then we'd cross the road. Then we'd have a pretty steep but short climb, really the only HILL in the race. After climbing we'd have a rolling 2+ miles through the back yards and fields and over stone walls. That would bring us back to the hill which we'd zip down, cross the road, and do a shorter nearly direct run into the finish line. The field took off in a cloud of snow as Kevin went to the front. I pulled in behind him with Chris Dunn (acidotic racing) beside

me. About 1/2-way around the field Kevin began to pull away and at the same time I began to gap Chris. The road crossing at Sidehiller is always interesting. There were about 1/2 dozen DPW guys and a police officer along with a cruiser and backhoe. They had spread out a good 6" of snow on the road in a 10' wide segment for us to run across. They tended the crossing throughout the race, smoothing it out and rebuilding it if any cars went by. It makes for quite a scene. Kevin and I thanked them when we went by on our warm-down and I also said thanks as I ran by during the race.

The hill was tough, but I noticed that Kevin "came back" during the climb. This renewed my hope of keeping him close. For the next mile his lead would be anything from 5 to 15 seconds but he never quite broke away. I pushed as hard as I could after glancing at my watch and seeing 20 minutes. Kevin had run 30 minutes last year and was hoping for the same. I figured we only had about 10 minutes to go so I upped the tempo as much as I could. He was slowly getting reeled in, but I never quite caught him. The entire race I felt like we had a big elastic band holding us together and he'd pull away and stretch it but I'd rebound and pull him back in. Just before the downhill I got to within about 2 seconds and he was very good about not looking back. "I didn't want you to think I was worried" was his reasoning when asked after the race. He did note "I could see you out of the corner of my eye on some of the turns, so I knew you were close". Kevin upped the pace just before the road crossing and except for a momentary hesitation when we got on the field he slowly widened the gap again. I kicked as hard as I could but had to settle for second place, six seconds back. I was very happy to be able to push Kevin, even if he came to the race a bit tired. We didn't really get to see anyone else come in as I had to get back as quickly as possible to help with tax preparation (only 9 weeks to get your taxes done!). I did see Chris Dunn come in holding off Bob Dion by 49 seconds. Oddly enough that was the exact same top four finishers from last year in the same order. I noticed that 10 of the 15 finishers from 2007 returned to compete in 2008 and 9 of those 10 ran slower this year. Jeff Hattem was the only one with an improvement, taking 1:11 off of his 2007 despite losing 11 places. The average slow-down was 3:07, it did seem slower this year especially on the fairgrounds. The field size was a 247% increase over last year.

The second day of the NH weekend was the Frosty's Dash in Atkinson. Last year the race was held as a XC run due to a lack of snow and the year before it was held DURING a fierce snowstorm. This year it looked like it would be a trail race again right up until Wednesday when Southern NH received snow showers that lingered for the better part of two days. There was just enough snow to run on. The course was going to be slightly different from two years ago due to construction, but the snowmobile had been out packing down the course and it looked like it would hold up well.

The fancy Atkinson country club was a bit intimidating to some of us who rarely come in from the woods, but it was very festive in the ballroom with people EVERYWHERE. I found out that the course would be a little short of the 5K advertised distance.

*Continued next page:*

New Hampshire weekend cont:

I heard that we would do about 2.3 miles and then pass the finish and continue on the "kids loop" a 1K loop which the younger kids raced on earlier in the morning. I was a bit skeptical remembering the confusion last year when people chose not to do the second loop in the trail race and garbled the results. I went out with Bob Wannamaker for a warm-up; he was pretty excited as this was his first snowshoe race. After three miles on the road I switched into race gear and headed for the line. After double-checking with the race director I went out and did 10 minutes on snowshoes. I was cutting it close and actually got a little nervous when I turned around and realized it was pretty much all up hill back to the start and I only had a couple of minutes to spare.

I got to the line during final instructions and Ken Clark hollered for us to come over to the left of the starting "arch" so that we wouldn't get caught in the large pack of kids. Good call on Ken's part! We were off in a flash with the snowmobile leading the way and spewing some serious fumes. After about 1/2 mile Patrick Ard from Whirlaway RT pulled ahead and soon after Todd Lagimonier also passed me and began to pull away. Both were running in their first snowshoe race and both have some excellent road race times. I started to miss the fumes from the snowmobile as the leaders widened the gap. At around two miles we looped around an elevated green which made for a good opportunity to see how the rest of the field was doing. Dave Hannon was close behind and Ken Clark was also still in the hunt. I was shocked to see a woman running between Dave and Ken, and then I noticed she was not wearing snowshoes (huh? I thought this was a snowshoe race).

Patrick continued to pull away taking the victory running just over 6 minutes per mile. I felt flat the entire race, partly from the race the day before and partly from the speed that we were covering the rolling terrain. Todd finished about 1/2 way between Patrick and me. Dave Hannon and Ken rounded out the top five. The top ten was an "old" crowd with the average age being 43, with only two finishers under the age of 42.

There was a problem with some of the field not completing the entire 2.9 miles and the results only listed times out to 54<sup>th</sup> place. Six tough New Englanders completed the New Hampshire weekend of racing. I had the lowest combined time but Sarah Hudson had the best result, topping all women in both races.

*Dave Dunham*

**Sidehiller 4 Mile Snowshoe Race**

February 9th, 2008 .... Sandwich, NH.

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Points</u>
01. Kevin Tilton	26M	33:17	100.00
02. <b>Dave Dunham</b>	43M	33:23	97.30
03. Chris Dunn	39M	37:11	94.59
04. <b>Bob Dion</b>	52M	38:00	91.89

05. Jack Casey	54M	38:23	89.19
06. Pat Smith	45M	39:05	86.49
07. Max Thomas	16M	39:46	83.78
08. <b>Peter Malinowski</b>	53M	40:37	81.08
09. Paul Bazanchuk	53M	41:09	78.38
10. Jay Curry	36M	42:14	75.68
11. <b>Bill Morse</b>	56M	42:55	72.97
12. Harrison Muskat	18M	43:32	70.27
13. Steve Olafsen	50M	43:38	67.57
14. Dan Kusch	34M	45:04	64.86
15. <u>Sarah Hudson</u>	30F	45:14	62.16
16. Jonathan Kovar	38M	45:22	59.46
17. Peter Haine	14M	46:55	56.76
18. Dan Cooper	35M	46:56	54.05
19. Howard Bassett	47M	49:29	51.35
20. Joe Merriam	48M	50:30	48.65
21. Tracy Olafson	52	50:47	45.95
22. Brian Gallagher	57M	50:50	43.24
23. <u>Laurel Shortell</u>	41F	51:48	40.54
24. Jeff Hattem	56M	52:34	37.84
25. <u>Ellen Tidd</u>	39F	55:32	35.14
26. <b>Denise Dion</b>	49F	56:06	32.43
27. <u>Andrea Masters</u>	42F	56:21	29.73
28. Jim Vanderhooven	36M	56:33	27.03
29. Stu Greeley	54M	57:22	24.32
30. <u>Deidre McCarty</u>	46F	57:43	21.62
31. <u>Stephanie Cooper</u>	40F	58:01	18.92
32. Don Yeaton	56M	1:01:56	16.22
33. <b>Richard Busa</b>	78M	1:05:25	13.51
34. <u>Lauren Waerig</u>	29F	1:05:45	10.81
35. Jude Waerig	32M	1:14:06	8.11
36. Everett McCarty	55M	1:22:45	5.41
37. <u>Wendy Stewart</u>	44F	1:23:57	2.70

**Frosty's Dash .... 2.9 Mile SS Race**

Atkinson, NH .... February 10, 2008

<u>Name</u>	<u>Time</u>	<u>Age</u>	<u>Points</u>
1 Patrick Ard	0:18:25	23 M	100.00
2 Todd Lagimonier	0:19:00	42 M	99.09
3 <b>Dave Dunham</b>	0:19:38	43 M	98.18
4 Dave Hannon	0:20:22	36 M	97.27
5 <b>Ken Clark</b>	0:20:54	45 M	96.36
6 <b>Bob Dion</b>	0:21:48	52 M	95.45
7 Janos Mako	0:21:56	47 M	94.55
8 Scott Graham	0:22:09	49 M	93.64
9 Scott Jenkins	0:22:23	44 M	92.73
10 Bob Wanamaker	0:22:38	49 M	91.82
11 <u>Sarah Hudson</u>	0:23:30	30 F	90.91
12 <b>Bill Morse</b>	0:23:57	56 M	90.00
13 Duane Skofield	0:25:49	49 M	89.09
14 Allan Beebe	0:26:18	58 M	88.18
15 Chris Sammartano	0:26:25	51 M	87.27
16 Rob Jowett	0:27:07	45 M	86.36
17 <u>Linda Jowett</u>	0:27:07	44 F	85.45
18 Gunner Ericsson	0:29:09	13 M	84.55

Continued next page:

### Frosty's Dash results cont:

19 Thomas Johnston	0:29:12	11 M	83.64
20 <u>Laurel Shortel</u>	0:29:34	41 F	82.73
21 <u>Kelly Hulshult</u>	0:29:54	43 F	81.82
22 <u>Susan Maclean</u>	0:30:00	49 F	80.91
23 <b>Bill Howard</b>	0:30:18	59 M	80.00
24 <u>Lanie Jowett</u>	0:30:32	13 F	79.09
25 Griffin Holland	0:30:33	13 M	78.18
26 Jack Douglas	0:30:51	42 M	77.27
27 <u>Terry Branchamp</u>	0:31:03	36 F	76.36
28 Tim Creegan	0:31:04	30 M	75.45
29 <b>Denise Dion</b>	0:32:34	49 F	74.55
30 <u>Alicia Hammond</u>	0:32:51	30 F	73.64
31 <u>Nancy Brome</u>	0:32:56	45 F	72.73
32 Douglas Dutil	0:33:13	43 M	71.82
33 <u>Jen Samiotes</u>	0:33:29	37 F	70.91
34 <u>Gayle Prokop</u>	0:33:57	41 F	70.00
35 <u>Lisa Dresden</u>	0:34:08	26 F	69.09
36 Sam Fay	0:34:13	11 M	68.18
37 Don Hutchinson	0:34:28	44 M	67.27
38 Douglas Romano	0:35:28	44 M	66.36
39 <u>Sheila Jenkins</u>	0:36:11	45 F	65.45
40 Christer Ericsson	0:38:15	43 M	64.55
41 <b>Konrad Karolczuk</b>	0:39:24	55 M	63.64
42 George Tournas	0:39:26	56 M	62.73
43 Cory Varga	0:39:49	14 M	61.82
44 Cam Toohey	0:39:50	12 M	60.91
45 Nick Lambert	0:42:26	12 M	60.00
46 <u>Lindsay Desharnais</u>	0:42:30	17 F	59.09
47 <u>Jackie Amante</u>	0:42:30	17 F	58.18
48 <u>Marlo Downer</u>	0:42:38	35 F	57.27
49 <u>Pamela Paraski</u>	0:43:10	42 F	56.36
50 <u>Isabel Parker</u>	0:43:20	81 F	55.45
51 <u>Kelly McNary</u>	0:43:34	42 F	54.55
52 John Pomer	0:43:39	51 M	53.64
53 <u>Sharon Skinner</u>	0:43:43	45 F	52.73
54 <u>Doris Chow</u>	0:43:50	35 F	51.82

110 Finishers but No times available for finishers # 55 - # 110

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## Sunset Snowshoe

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The first annual Sunset Snowshoe was a great way to end a busy and fun snowshoe season. The event has been discussed for a couple of years. After a final "push" from Gary Steenburn, the decision was made to go ahead even though it was only a couple weeks before the race date.

Despite the short notice and virtually no idea what to expect, I was pretty sure it would be a good event. After all, they had plenty of snow, they had a great course and they had a pub with music and the Jagermeister Girls!

We got there plenty early and set up our loaners and demos along with Berkshire Bike and Board, one of our retailers located nearby. Denise and I weren't planning on racing, but we brought our gear "just in case".

Shortly after we set up, skiers started gathering around and asking to try the snowshoes. Rich Edwards, the guy in charge of putting on the race, said a few people had signed up for the race and needed loaners too. As the racers started showing up, I saw familiar faces heading up the slope. Dave Boles said he heard about the race and just couldn't resist a race in his backyard. Then I saw Mike Lahey coming up. He had raced Northfield earlier in the day too.

The turnout was still low (about 10) so I thought we should race to get a couple more entrants and to get a first hand look at the course to see if it is a fun course even though it's up and down a ski slope. Stefen, from Bike and Board said he'd watch the stuff and Denise and I went to change.

A few more people signed up last minute and we were set to go! The course starts with a moderate climb up a groomed ski slope. It was a bit steep, but not much worse than Northfield, and only a mile or so. The climb was worth it! The views were awesome! Unlike being in the woods on a single track, you could see for miles. Once I hit the top, I had a good lead but was worried about having some Speedster reel me in. The Ski Patrol guy said turn left and follow the groomer tracks. It went along the ridge with a slight down grade for over a mile! Wahoo!! I love downhill!

After that, another Ski Patrol Guy said to keep going and called in that I was going by. A few minutes later I hit the final downhill, passed a trail sign on the right and went about 200 yards down the steep hill before thinking that maybe I went the wrong way. I still had a good lead so I ran back up. The sign said Sunrise Trail and wasn't groomed so it wasn't the way. I turned and went back down full tilt and won my third snowshoe race in 10 years! It pays to "hang in there"!

All in all it was a very fun and unique event. There was also music, Jagermeister Girls, Torchlight Parade, and a bunch of other things going on afterwards. Hopefully this will be on the schedule next season. It will be the 3rd Sat. in March at 4:30 again.

Bob Dion

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## Sunset Snowshoe Race

Catamount Ski Area .... Hillsdale, NY. 3 / 16 / 08

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01. <b>Bob Dion</b>	28:49
02. Mike Howard	31:35
03. <b>Mike Lahey</b>	32:24
04. Dave Boles	40:23
05. <b>Denise Dion</b>	40:35
06. <u>Susan Buckwalter</u>	42:22
07. Rob Woodrow	45:27
08. <u>Barbara Postel</u>	52:27
09. Bill Hoeglin	1:01:40
10. <u>Pat Hoeglin</u>	1:05:53

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## Under the Wire at Camp Saratoga

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### Prelude:

Once more Camp Saratoga Snowshoe snuck in under the wire, pulling through with another memorable day at camp to jumpstart the Winter Break school vacation. Last year, we had umpteen inches of freshly fallen snow over previously stark naked dirt, earning our event the "Most Difficult Race of 2007" title. This year, we had another layer of great snow, followed disappointingly by sleet, freezing rain, hail and other assorted earth-bound objects. But would we let that stop us? No way!

The following day a determined crew of volunteers arrived, eager to clear the trails. There is something about the prospect of using large pieces of equipment that seems to bring out the two-year-old in all of us. The pre-vacation campers were no exception. Pieter Litchfield, trail manager and President of the Preserve's Board of Directors, gleefully dispensed branch cutters and chainsaws and then led the parade on his snowmobile. While the preserve was a true winter wonderland with ice-coated branches forming fairytale archways, melting and falling scenery was not conducive to a fast-paced snowshoe race. That first day Pieter, Jim Carlson, Christine McKnight and Wayne Litke put in five hours of back-breaking toil. The following day Pieter, Jim and Wayne were joined by Nancy Burke, Charles Petraske, Lola and I for another three hour effort while Kevin Joyce marked the trail we had painstakingly cleared.

Only this time around some of us were better prepared. Lola, being a Pointer, naturally pointed out all the branches we had neglected to pick up. Wayne, who now wielded a long pole device with a curved blade on top, took his job seriously. He sported a contractor's hard hat in official yellow and moved relentlessly forward, leaving the rest of us to scatter in his wake. Like Little Red Riding Hood's Woodsman, he was intent upon rescuing potential snowshoe racers from multiple whiplash burns. Unlike the seasoned Woodsman, however, he was so delighted with this unprecedented opportunity to experience nature while wielding large pieces of equipment that he neglected to warn the wool cap wearers of his impending victories over ice-bound deadwood. There is a good reason why the shout of "Timber!" is traditionally linked to logging activities.

Finally, as the rest of us trudged wearily back to camp, Pieter and Wayne were spotted huddling over a map, pencil in hand, marking out areas that would require considerable pruning come spring. Pieter Litchfield had just recruited one very eager helper.

### The Main Event:

When we returned to camp, we became concerned. There was a reason why we were shedding jackets and gloves that unfortunately had nothing to do with honest sweat. A rise in temperature had turned the skating rink parking lot to slush. Despite our fondness for big machinery, we had no desire to spend race day afternoon rescuing mired motor vehicles before

they succumbed to night's falling temperatures.

But luck and the parking lot held, as the following day saw single-digit temperatures and nary a puddle in sight. While this did have certain implications for the comfort of the outhouse users, it did save our race. A day earlier and we would have been pelted with lethal ice spears; a day later and we would have endured forty degree temperatures and yet another sleet/rain mixture.

Since the only salamanders currently allowed in camp are of the natural marsh variety, we no longer had a viable method of heating the cavernous dining hall. So this year we broke camp and regrouped in the cozy (read smaller) Winter Lodge with a working wood stove. Over the summer Larry Gordon and a group of volunteers had cleared out old bunk beds, knocked down walls and installed a working kitchen with electricity and even a refrigerator. Naturally, a previous ice storm had knocked out the electricity and repairs could not be made until the ground thawed in the spring. So our kitchen help Peggy and Andy Keefe, Dawn Pallor and Bill and Cathy Taylor organized some real camp cooking involving Colemans and an outdoor grill. Next year, I promise to remember the marshmallows! Peggy and Dawn even brought a blanket which they hung in a corner for an impromptu changing room.

Ninety-three finishers enjoyed a fast romp on a crushed ice course beaten into submission by numerous rounds of Pieter's snowmobile. Surprisingly, previous records remained undefeated by the fast course. Aaron Robertson of Rouses Point tied the 30:57 record set in 2003 by Richard Bolt, formerly of Manchester, MA, and Amherst's Kelli Lusk's 38:14 set in 2005 is still intact following Laurel, MD's Carissa Stepien's 43:05 win.

### The Epilogue:

It's difficult to say which was more fun – the race itself or the eating, socializing and eating afterwards. It truly amazes me how hungry we can all get after a satisfying day at Camp. But for me, what was the most gratifying was seeing how so many people can pull together to defeat Mother Nature and make this event happen once again. Thanks to you all!

### The Finale:

Make sure you log onto [www.snowshoeracing.com](http://www.snowshoeracing.com) the weekend of March 8-9 to see how your Camp representatives fared at the United States National Snowshoe Championship in Ogden, Utah.

*Jeff and Laura Clark*

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On February 16<sup>th</sup> 2008 at Camp Saratoga, the WMAC Snowshoe Series held it's 100<sup>th</sup> official snowshoe race! Thank you everyone who has participated, volunteered, directed, and has been a positive force through 11 years and all these races. Someday I hope to count up all the early day (1995-1997) events and fun runs we have also held.

*Farmer ED*

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**Camp Saratoga 8 KM Snowshoe Race**  
February 16, 2008 ... Camp Saratoga ... Wilton, NY

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Points</u>
01 Aaron Robertson	29M	0:30:50	100.00
02 Bob Bolton	47M	0:32:09	98.92
03 <b>Josh Merlis</b>	26M	0:32:59	97.85
04 Courtney Guerten	32M	0:35:40	96.77
05 <b>Jay Kolodzinski</b>	28M	0:36:27	95.70
06 Matt Westerlund	35M	0:36:48	94.62
07 <b>Ken Clark</b>	45M	0:37:01	93.55
08 Ted Norton	42M	0:37:27	92.47
09 <b>Edward Alibozek</b>	45M	0:37:56	91.40
10 Jason Pare	35M	0:38:13	90.32
11 Rich Gargano	30M	0:38:49	89.25
12 <b>Bob Dion</b>	52M	0:39:25	88.17
13 Dennis Fillmore	55M	0:39:31	87.10
14 Charles Petraske	30M	0:40:05	86.02
15 Stewart Dutfield	52M	0:41:25	84.95
16 Marcus Jaiclin	36M	0:41:50	83.87
17 Jeffrey Lutzker	56M	0:42:11	82.80
18 Eric Recene	37M	0:42:11	81.72
19 Derek Hammel	36M	0:42:45	80.65
20 Brenan TARRIER	29M	0:42:50	79.57
21 <b>Carissa Stepsen 1<sup>st</sup> F</b>	27F	0:43:05	78.49
22 Norm Hecker	47M	0:43:10	77.42
23 Gretchen Nace	16F	0:43:45	76.34
24 <b>Jessica Hageman</b>	32F	0:43:57	75.27
25 <b>John Pelton</b>	68M	0:44:00	74.19
26 <b>Sara Brenner</b>	27F	0:44:22	73.12
27 Tom Mack	43M	0:44:56	72.04
28 <b>Pamela DelSignore</b>	38F	0:45:07	70.97
29 <b>Mike Lahey</b>	56M	0:45:12	69.89
30 Sean Curtis	15M	0:45:18	68.82
31 Tim Ratowski	35M	0:45:29	67.74
32 Vincent Kirby	51M	0:45:44	66.67
33 Steve McAlpine	47M	0:46:01	65.59
34 Frank Paone	50M	0:46:19	64.52
35 Ed (Sr.) Decker	53M	0:46:52	63.44
36 <b>Paul Fiondella</b>	61M	0:46:58	62.37
37 Mort Nace	41M	0:47:23	61.29
38 <b>Juergen Reher</b>	58M	0:47:33	60.22
39 Rich Tanchyk	56M	0:47:47	59.14
40 Eric Kimmelman	43M	0:47:48	58.06
41 Douglas Fox	55M	0:48:11	56.99
42 <b>M. O'Leary-Laskey</b>	47F	0:48:33	55.91
43 <b>Ed (Jr.) Alibozek</b>	68M	0:48:34	54.84
44 <b>Clover Schwartz</b>	41F	0:48:39	53.76
45 <b>Donna Ruppel</b>	43F	0:48:54	52.69
46 J.J. Favat	63M	0:49:55	51.61
47 Keith Decker	45M	0:50:17	50.54
48 <b>Jim Carlson</b>	60M	0:51:14	49.46
49 <b>Laurel Shortell</b>	41F	0:51:20	48.39
50 David Zwald	46M	0:51:21	47.31
51 Tom Wright	60M	0:51:35	46.24
52 <b>Laney Lutzker</b>	57F	0:51:37	45.16
53 <b>Lindsey Sabatka</b>	27F	0:51:50	44.09
54 <b>Kim E. Scott</b>	39F	0:52:05	43.01
55 <b>Katherine Best</b>	23F	0:52:37	41.94

56 <b>Aurora Lamperetta</b>	35F	0:52:52	40.86
57 <b>Diane Gray</b>	44F	0:53:13	39.78
58 Jeff Hattem	56M	0:53:31	38.71
59 Mike Schaefer	23M	0:53:38	37.63
60 <b>Maureen Roberts</b>	50F	0:53:40	36.56
61 David Boles	62M	0:54:20	35.48
62 Doug Bartels	42M	0:54:47	34.41
63 Charles Brockett	62M	0:54:58	33.33
64 Tony Mangano	61M	0:54:59	32.26
65 <b>Bob Massaro</b>	64M	0:55:04	31.18
66 <b>Denise Dion</b>	49F	0:55:57	30.11
67 Steve Mitchell	66M	0:56:05	29.03
68 Joe Geiger	66M	0:56:17	27.96
69 <b>Candice Murray</b>	38F	0:57:28	26.88
70 Peter Thomas	60M	0:57:51	25.81
71 <b>Susan Johnson</b>	47F	0:57:59	24.73
72 <b>Laura Clark</b>	60F	0:58:27	23.66
73 Glenn Schaefer	57M	0:58:42	22.58
74 Raymon, Jr. Lee	65M	0:59:36	21.51
75 <b>Jill Pederson</b>	57F	1:00:32	20.43
76 <b>Jeanne Davis</b>	30F	1:01:33	19.35
77 <b>Richard Busa</b>	78M	1:01:34	18.28
78 Larry Peleggi	50M	1:01:35	17.20
79 <b>Peter Finley</b>	46M	1:02:20	16.13
80 <b>Penny Sheedy</b>	49F	1:03:03	15.05
81 <b>Ellie George</b>	52F	1:03:09	13.98
82 <b>Phyllis Fox</b>	55F	1:03:42	12.90
83 Walt Kolodzinski	65M	1:05:14	11.83
84 <b>Jamie Howard</b>	42M	1:06:27	10.75
85 <b>Konrad Karolczuk</b>	55M	1:06:41	9.68
86 <b>Laura J Milak</b>	51F	1:06:42	8.60
87 William E Milak	55M	1:06:45	7.53
88 Jan Roth	58M	1:08:09	6.45
89 <b>Ann Miller</b>	44F	1:08:36	5.38
90 <b>Christine McKnight</b>	60F	1:10:59	4.30
91 <b>Sibyl Jacobson</b>	65F	1:11:44	3.23
92 Jay Kapoor	41M	1:27:40	2.15
93 Jorge Constantino	49M	1:48:59	1.08



*Camp Saratoga helpers and races Jim Carlson and Andy Keefe*

## Chasing Dunham

by Josh Merlis

The day after Brave the Blizzard 2008, all the snow melted. Barely twenty-four hours after we held the event, I drove past the site of the race and returned the Frosty the Snowman Costume still amazed with how lucky we were to have had snow this year. In the following weeks, no major storms hit the area. As the week of the Saratoga Winterfest approached, several Albany Running Exchange members were excited about participating in another local snowshoe race but were well aware of the dearth of snow. With much surprise, the post on the WMAC website on 2/2/08 indicated that a snowshoe race would be held. With excitement, we quickly spread the word that race was on – with snow!

My first “real” snowshoe race was the Greylock Glen back in January of 2005. Two weeks earlier I had gotten snowshoes and entered a local Empire State Games qualifier. Figuring that they all had 5Ks, I was a bit shocked to be placed on the line of a 100m race with the state champion next to me. Heats of *two*. Needless to say that hurt. He finished before I hit halfway. Going into 2008, I hadn’t run a snowshoe race since January of 2006. We’d tried staging our own for three years, but each year it got warmer with no snow in sight. At Brave the Blizzard this year, we were finally able to put together a real snowshoe event, and it was a great feeling!

A day or two before our race, Dave Dunham emailed me offering to help us with pre-race needs. Like all ARE races, our main intention is to simply have fun, so it was a very validating feeling to know that he would be coming to the race. I had never met him before, but I certainly knew his name, and I told a buddy that I’d be happy to finish within a minute of him.

He had mentioned at some point his quest to run in every town in Massachusetts, but it wasn’t until I read in *SnoShu News* that I realized how much he runs **before** (and after) each race.

While I certainly had advantages at Brave the Blizzard, including making the race nearly a mile longer than originally advertised (whatever it takes, you know?), going into North Pond, I was excited about the prospect of racing him again. Running with my teammate, Andrew McCarthy, our game plan was to get out and sit on the lead pack. The goal was to make our move when Dunham made his.

As would be expected, Dunham took the lead from the gun, and Andrew and I tucked on the tail of the pack running in fifth and sixth. It was Andrew’s first snowshoe race, and it was a great feeling to be racing with a training partner. We took quick note when Dunham started to pull away, but there was nothing we could do. By the time there was room to move up, Dunham was out of sight. With running form that would frighten small children, I flailed in a fruitless attempt to make-up ground. Truth be told, my surge was nearly completely erased by the time we hit the finish. It was amusing to speak with Tim Van Orden afterwards about Dave’s dominance.

There really isn’t anyone at my work who runs or knows much about running, so when they see that I’m getting my butt kicked by a guy who could vote when I was born, they simply lower

their heads and point to their bottom-of-the-totem-pole colleague requesting that I get my butt in gear.

There is something amusing about being chastised by someone who sometimes opts not to do her once a week walk on the treadmill in the basement during the winter because the basement is too cold that night.

With Winterfest on the horizon, I was excited! I saw that Dunham kept winning races – in fact, about 40% of them – and I figured it was time to have some fun. Six days out I had a twinge in my Achilles, and not wanting to miss out on the opportunity to race Dave again, I took two days off to ensure I’d be ready for the weekend.

People run for different reasons. While I often enjoy my daily runs, there are days when it is not fun and the only driving force behind getting out the door is because I love racing. It is unfortunate that such a small percentage of the population ever knows what it’s like to feel like you can’t take another step, or that burn in your quads that comes when you’re running up a mountain, or running on such a hot day that even IV fluids wouldn’t be of assistance. From the fastest runners to the slowest, we **all know what it’s like**.

My sophomore year of HS, I found myself on the starting line of the indoor mile qualifier for the state meet. I had never broken 4:46, only the top two would go, and there were about a half dozen guys who could run 4:20s. While my coach told me that men will give birth before I’d make the state meet for track (quickly affirmed by the nodding of my teammates’ heads), he also told me to “have some fun and make it interesting.” In the spirit of a true Kamikaze, I took the race out in 60 flat, with the pack on my heels. It was a surreal feeling – I was basically running all out, well aware that when my body would implode, it would be ugly. Coming through the 800 in 2:10, I could feel the earthquake about to come, and by the kilometer mark, four guys had passed me and my legs were mush. I barely hung on to break five minutes. Upon stepping off the line, my coach smiled at me and said, “At least it was fun to watch.” I smirked and then fell.

The night before Winterfest, while parading around town in our new club van with a dozen others, I implored Andrew (McCarthy) to come to the snowshoe race the next day. While a bit reluctant, he eventually budged, conceding that it was his home course in high school and just thirty miles away. Knowing that the course would barely be covered in snow, we reveled in knowing that we wouldn’t be dealing with a foot of fresh powder, which can reduce one to barely moving even on flat sections. I told him that our game plan would be to go out right behind Dunham, not simply hang on the lead pack. If we weren’t going to beat Dunham, at the very least we could distract him with some attempts at humor and bizarre conversation. Perhaps he would start laughing which would throw off his breathing – whatever it would take.

With just a few minutes to spare before the start, I looked around frantically, desperate to catch a glance of Dunham. Our entire race plan was built around him. Heck, if he ended up just jogging it with a friend, we would’ve kept our plan of sitting on his heels, waiting for the opportune moment to out-kick him for that coveted forty-fifth position. Dave, we needed you!

*Continued next page:*



Chasing Dunham cont:

Realizing that the first kilometer was around a field and our race-plan no longer was viable, Andrew I went out towards the back of the lead pack, eventually moving up about a quarter-mile in. We ran together for a while, although when I took a slight lead about a mile in, I got nervous as Andrew started calling out the turns for me. I had done that at Brave the Blizzard, and here was Andrew, running a course that he'd done more times than his age while I eagerly awaited each new flag and red arrow.

As we rounded the pool, my snowshoe got caught on something and I fell headfirst into a tasty treat of icy snow. I felt pretty foolish as Andrew got to watch it all happen – and I'd already fallen once before when trying to run away from him. My lead was little more than a slinky that my own lack of coordination was controlling and mocking me with.

With two-hundred meters to go, I passed Brian Teague taking pictures and saw the finish not too far away. While I had been hoping to do battle with the thousand-and-one race man, I was very thankful for my health and ability to run at all. Coming into the finish line, I remembered my ankle surgery in the summer of 2006 and how it took two months just to walk again. Mobility and independence is the greatest gift that anyone can have, the rest is just icing on the cake. As I turned around and jogged back to cheer on my fellow ARE teammates and others that I knew, I smiled in anticipation of my next snowshoe race – hopefully Dave will be there too!

*Josh Merlis*

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**7th Annual Great Pond Mountain  
4 Mile Snowshoe Run**

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Proceeds to benefit Great Pond Mountain Conservation Trust  
East Orland, Maine .... Jan 27, 2008 .... Cloudy .... 15 degrees

<u>Name</u>		<u>Time</u>
1 Stan Pelleter	M	1:00.49
2 Tom Kirby	M	1:00.50
3 Bob Salesi	M	1:06.15
4 James Sohns	M	1:15.36
5 <u>Browen Pierson</u>	F	1:19.08
6 Ed Raymaker	M	1:19.52
7 <u>Angela McQuilkin</u>	F	1:20.37
8 David McQuilkin	M	1:20.38
9 Andrew Tyne	M	1:23.41
10 Ted Pierson	M	1:43.29

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**Welcome New Members**

**From Massachusetts:** Paul Newman

**From New York:** Josh Merlis -- Sara Brenner

*Thanks for supporting the WMAC!*

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**A Word From Dick Hoch.....**

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This is in response to Dave Dunham's run – in – every – Mass. – town endeavor, specifically Greenfield, Leyden & Colrain on Dec. 30, 07. He "parked at a scenic covered bridge" ... in Greenfield. Just north of Greenfield proper, it's been closed to traffic for a long time. But maybe wun ( Dave? ) could run or walk across.

There is another covered bridge crossing th Green River 4 – 5 miles north via th Green River Road in southern Vermont. I believe th sign reads sumthing like: \$2.00 fine for crossing faster than a walk.

I've been lucky to've run ( and slogged ) th steepest hills - - many a mile many a time here - - since 1988 when my sister & her husband settled in Greenfield.

To th north on into Vermont are in fact my favorite running areas - - unpaved rural roads as well as snowmobile trails! Wonderfully rugged, beautiful, quiet – peaceful. ☺

P. S. And I love my post – run breakfasts at Pine Hill Restaurant, Colrain.

*Dick Hoch*

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**Hallockville / Moody Springs Double Header**

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While some of us were out there plugging along on our double header weekend, the ARE gang were racking up their 3<sup>rd</sup> snowshoe race in two days. Josh Merlis put almost 500 miles on the ARE van driving from Albany, to Florida ( Mass ), to NH and back. Not many can accomplish a Winter Break Florida vacation on that kind of mileage, let alone get in a goodly amount of exercise. Another triumph for ARE Productions!

The Hallockville / Moody Springs course is a something-for-everyone mixture of snowmobile trails and woodsy single track, supposedly culminating in a pilgrimage to Moody Springs. Long-heralded by Edward to be the Northeast's answer to Florida's Fountain of Youth, some of us are beginning to have our doubts. In a brief fireside sampling post-race, it was determined that none of us, except for Edward, Tippi , the Wonder Dog, and Worsham (who wasn't there) have ever actually seen the springs. I clearly remember a spring crossing before the Endless Hill, but was told that was not the correct one. No wonder everyone except Edward and Tippi seem to be getting older and older, tireder and even more tired as this weekend winds to a close.

Which, actually, is as it should be.

*Laura Clark*

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## Snowshoe Race Postponed Because of Snow

I can't believe I am writing this. When did we ever think we would postpone a snowshoe race because of snow? Not sleet, rain or sun, but snow, the one absolutely essential ingredient for snowshoe races! Probably only a few old timers remember last time Hawley occurred in the middle of a significant snowstorm. Jeff and I were still hauling Redfeathers to all the races, SnowPerson Bob Dion wasn't invented yet, we got to see a real fire truck and the toughest part of the race was clambering over the snow banks surrounding the firehouse fortress. Sometimes, if we were especially lucky, someone would arrive early and chisel primitive steps into the snow, which were useful if you could make it over the icy parking lot without landing on your back. On that particular Hawley day, Jeff and I awoke at approximately 4 AM, shoveled (NOT snowblowed—we were purists then) our driveway, drove through unplowed Williamsburg and up horrendous Hawley backloads, ran the race, drove home, and then shoveled some more. Were we that much younger then? Or does all that effort just go to show you how much energy is left when we are not faced with double header weekends? Oh yeah, and back then Hawley was around seven miles. But the memories remain constant. Hawley is still the coldest place on earth, the parking lot is as slick as ever, and at least one person gets their car stuck in a snowbank. I always remember Bob Worsham writing fondly of Hawley's start, marveling at how the breath just seems to get sucked right out of you. I would like to think this is due to the impossible wind and not to the fact that I am getting older. Perhaps this is so because Bob wrote that observation many years ago and it is still happening.

The winding woods section is always so beautiful. Someday I'd like to just hike through so I could actually see it! Because of the many twists and turns it is difficult to gauge just where you stand in the lineup. One minute there is no one ahead of you and suddenly around the next bend there is another runner to pass. It is especially tricky when you leave the single track for the final straight road stretch. You swear there is no one behind you and all of a sudden you find yourself sprinting to the line with someone who was invisible just moments before.

This year my invisible person turned out to be Denise Dion. I hung behind her most of the race, remembering Jim Carlson's advice to let the person ahead do the work and pass only at the end. I learned that this is not always such good advice if the person ahead of you has a shorter stride. I found myself either off in the deep stuff or trying to match my stride to Denise's dainty steps. Finally, I actually thought, "That's great! Denise is growing taller." But it was just Jeff Hattem? Howard Bassett? who had inserted himself between us. After I passed Jeff? Howard? I decided it would be less wear and tear to surge ahead. So I did. Days afterwards, thankfully after I'd had the opportunity to relish my performance, Edward reminded me that last year, I had not only won Hawley for the women but had gone on to double header that win the following day at Greylock. Could I have gotten that much older in just one year? If I could live anywhere I wanted to, I think Hawley would be a likely candidate. My idea of heaven is a small mountain town where plowing driveways is a major occupation and snow is expected, not prayed for.

Next weekend we scatter, some for R&R, some to Nationals and some to Pittsfield, VT to attempt our first snowshoe marathon—whatever were we thinking of? And while we will all have a great time at these major events, I suspect that in the long run it will be the Maple Sugar Hawley outings we will savor the most.

*Laura Clark*

## **Hawley Kiln "Notch" 5.0-Mile SS Race**

March 2, 2008 .... Dubuque State Forest ... Hawley, MA

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Points</u>
01. <b>Ken Clark</b>	45M	0:50:15	100.00
02. Ben Nephew	32M	0:52:23	97.87
03. Tim Mahoney	28M	0:52:40	95.74
04. <u>Abby Woods</u>	29F	0:54:20	93.62
05. Ross Krause	28M	0:55:09	91.49
06. Peter Lagoy	48M	0:55:14	89.36
07. Jack Casey	54M	0:56:40	87.23
08. <b>Jay Kolodzinski</b>	28M	0:58:05	85.11
09. Alan Bates	59M	0:58:28	82.98
10. <b>Peter Malinowski</b>	53M	1:00:07	80.85
11. <u>Chelynn Tetreault</u>	32F	1:02:05	78.72
12. <b>Wayne Stocker</b>	53M	1:02:06	76.60
13. Norm Sheppard	50M	1:02:46	74.47
14. <b>Mike Lahey</b>	56M	1:03:03	72.34
15. <b>John Elton</b>	68M	1:03:06	70.21
16. <u>Sheila Osgood</u>	26F	1:04:22	68.09
17. <b>Bill Morse</b>	56M	1:04:34	65.96
18. Vince Kirby	51M	1:05:42	63.83
19. Patrick McGrath	42M	1:07:38	61.70
20. Dan Cooper	35M	1:08:14	59.57
21. Tom Denny	48M	1:09:13	57.45
22. Rich Godin	52M	1:09:38	55.32
23. Phil Bricker	54M	1:10:26	53.19
24. <u>Ashley Krause</u>	30F	1:10:40	51.06
25. <u>Laurel Shortell</u>	41F	1:10:58	48.94
26. <b>Bob Worsham</b>	62M	1:11:09	46.81
27. <b>Ed Alibozek Jr</b>	68M	1:12:58	44.68
28. <b>Jim Carlson</b>	60M	1:13:46	42.55
29. Dave Wilber	48M	1:14:05	40.43
30. <u>Laura Clark</u>	60F	1:15:03	38.30
31. <u>Denise Dion</u>	49F	1:15:11	36.17
32. <u>Holly Atkinson</u>	38F	1:15:58	34.04
33. Jeff Hattem	52M	1:16:59	31.91
34. <b>Bob Massaro</b>	64M	1:20:44	29.79
35. <b>Howard Bassett</b>	47M	1:21:20	27.66
36. Chris Sammartano	51M	1:23:02	25.53
37. <u>Ginny Patson</u>	39F	1:24:56	23.40
38. <u>Patty Duffy</u>	39F	1:28:10	21.28
39. <b>Richard Busa</b>	78M	1:28:44	19.15
40. <u>Stephanie Cooper</u>	40F	1:29:16	17.02
41. <b>Edward Alibozek</b>	45M	1:30:00	14.89
42. Ernie Alleva	56M	1:30:55	12.77
43. <b>Art Gulliver</b>	69M	1:33:12	10.64
44. <u>Kate Hayes</u>	59F	1:35:58	8.51
45. <b>Bill Glendon</b>	62M	1:48:40	6.38
46. <b>Konrad Karolczuk</b>	55M	1:48:41	4.26
47. <b>Rob Higley</b>	54M	1:58:30	2.13

**Hallockville Pond "Apple Orchard"**  
3.7 Mile Snowshoe Race .... Hawley, MA. 2 / 17 / 08

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Points</u>
01. Tim Mahoney	28M	0:26:15	100.00
02. <b>Jay Kolodzinski</b>	28M	0:27:14	98.15
03. <b>Ken Clark</b>	45M	0:27:22	96.30
04. Michael Townsley	39M	0:27:37	94.44
05. Jack Casey	54M	0:29:19	92.59
06. Andy Illidge	41M	0:29:49	90.74
07. <b>Peter Malinowski</b>	53M	0:29:58	88.89
08. Alan Bates	59M	0:30:31	87.04
09. Gabe Roxby	24M	0:30:45	85.19
10. <b>Bill Morse</b>	56M	0:31:28	83.33
11. <u>Sheila Osgood</u>	26F	0:32:04	81.48
12. Pete Katapski	48M	0:33:24	79.63
13. Phil Bricker	54M	0:33:35	77.78
14. Caleb Mitchel	18M	0:33:44	75.93
15. <u>Jessica Hageman</u>	32F	0:34:08	74.07
16. <b>Mike Lahey</b>	56M	0:34:20	72.22
17. Bruce Shenker	55M	0:34:21	70.37
18. <b>Bob Dion</b>	52M	0:34:28	68.52
19. <b>Jan Rancatti</b>	47M	0:34:36	66.67
20. JP Welch	50M	0:34:43	64.81
21. <b>Ed Buckley</b>	49M	0:34:52	62.96
22. Pat McGrath	42M	0:34:54	61.11
23. Howard Bassett	47M	0:35:02	59.26
24. Rich Godin	52M	0:35:06	57.41
25. Wally Lambert	62M	0:35:22	55.56
26. Larry Dragon	42M	0:35:48	53.70
27. <b>Martin Glendon</b>	61M	0:37:21	51.85
28. Vince Kirby	51M	0:37:36	50.00
29. Garrett Buckley	31M	0:38:03	48.15
30. <u>Laurel Shortell</u>	41F	0:38:15	46.30
31. <b>Pete Lipka</b>	56M	0:38:23	44.44
32. <u>Liz Smietna</u>	23F	0:38:45	42.59
33. <u>Chloe McGrath</u>	16F	0:39:02	40.74
34. <b>Ed Alibozek Jr</b>	68M	0:39:03	38.89
35. <u>Sarah Glendon</u>	29F	0:39:15	37.04
36. Dave Boles	61M	0:40:46	35.19
37. Tom McCrumm	62M	0:42:22	33.33
38. <b>Bob Massaro</b>	64M	0:42:41	31.48
39. <u>Denise Dion</u>	49F	0:43:01	29.63
40. <u>Laura Clark</u>	60F	0:44:10	27.78
41. <u>Jackie Lucero</u>	31F	0:44:10	25.93
42. <u>Meghan Ecclesine</u>	23F	0:45:37	24.07
43. <u>Marian Welch</u>	53F	0:47:10	22.22
44. <u>Hana Nower</u>	22F	0:48:47	20.37
45. <u>Kristina Geiger</u>	23F	0:49:03	18.52
46. <b>Rich Busa</b>	78M	0:49:47	16.67
47. Walt Kolodzinski	65M	0:51:46	14.81
48. Bill Milkiewicz	53M	0:51:52	12.96
49. <u>Kate Hayes</u>	59F	0:54:47	11.11
50. <u>Mary Warner</u>	23F	0:55:58	9.26
51. <b>Bill Glendon</b>	62M	1:01:30	7.41
52. <b>Konrad Karolczuk</b>	55M	1:01:31	5.56
53. <b>Jeff Clark</b>	61M	1:02:37	3.70
54. <b>Edward Alibozek</b>	45M	1:19:30	1.85

**Hallockville Pond "Moody Spring"**  
6 Mile Snowshoe Race .... Hawley, MA. 2 / 24 / 08

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Points</u>
01. Ben Nephew	32M	0:48:48	100.00
02. <b>Josh Merlis</b>	26M	0:51:43	97.22
03. Britt Brewer	44M	0:52:22	94.44
04. Mike Townsley	39M	0:52:41	91.67
05. <b>Ken Clark</b>	45M	0:52:52	88.89
06. <b>Jay Kolodzinski</b>	28M	0:53:53	86.11
07. <b>Bob Dion</b>	52M	0:53:55	83.33
08. Andy Illidge	41M	0:55:16	80.56
09. Eddie Habeck	30M	0:59:29	77.78
10. <b>Peter Malinowski</b>	53M	1:01:00	75.00
11. <b>John Pelton</b>	68M	1:01:55	72.22
12. <b>Mike Lahey</b>	56M	1:03:05	69.44
13. <u>Chelynn Tetreault</u>	32F	1:04:32	66.67
14. <b>Nick Jubok</b>	51M	1:07:12	63.89
15. <b>Howard Bassett</b>	47M	1:09:11	61.11
16. Vince Kirby	51M	1:09:20	58.33
17. <u>Jessica Hageman</u>	32F	1:10:00	55.56
18. Rich Godin	52M	1:10:05	52.78
19. Wally Lempert	62M	1:11:16	50.00
20. Mark Kelsey	56M	1:11:23	47.22
21. <u>Laurel Shortell</u>	41F	1:12:15	44.44
22. Tom Ryan	47M	1:17:56	41.67
23. <u>Denise Dion</u>	49F	1:18:05	38.89
24. <u>Laura Clark</u>	60F	1:21:00	36.11
25. <b>Bob Massaro</b>	64M	1:25:41	33.33
26. <u>Kelly Short</u>	27F	1:29:25	30.56
27. <b>Richard Busa</b>	78M	1:41:08	27.78
28. Bill Milkiewicz	53M	1:44:06	25.00
29. <u>Kate Hayes</u>	59F	1:47:23	22.22
30. <b>Jamie Howard</b>	42M	1:50:30	19.44
31. <b>Bill Glendon</b>	62M	1:52:26	16.67
32. <b>Konrad Karolczuk</b>	55M	1:52:27	13.89
33. <u>Stephanie Rodriguez</u>	29F	1:52:28	11.11
34. <u>Judy McCrumm</u>	60F	2:00:01	8.33
35. Tom McCrumm	61M	2:00:02	5.56
36. <b>Edward Alibozek</b>	45M	2:15:00	2.78

*New Trail Race added to the Grand Tree schedule:*

**Curly's Marathon and 1/2 Marathon**

**Pittsfield State Forest - Pittsfield, MA. Sept. 7th 2008 8am.**

Two loop course for the marathon. One loop for the half.  
8 hour time limit for the marathon. 4 for the half. Plenty of hills, single track trails, old ski trails, atv woods trails, etc.  
No blacktop at all. Couple of aid stations but would encourage all to carry their own water/fuel. Camping available in the State Forest. Should be empty because it would be after Labor Day.  
There are no showers but the bathrooms should be open.  
Race application and more info will be posted soon.

Beth Herder .... [beth@berkshiresports.org](mailto:beth@berkshiresports.org).  
Or .... [www.runwmac.com](http://www.runwmac.com)

## When is a Marathon More Than a Marathon?

Or, *The If I had a hammer* Pittsfield Mountain Tour

...(a) *When it is a snowshoe marathon*

...(b) *When you double Curley's climb and still are not there yet*

...(c) *When you are contemplating four such climbs*

...(d) *When the race director thinks so highly of your chances that you are issued a personalized Husky climbing hammer with a lifetime warranty*

...(e) *When Maine Lobsters replace the usual Hot Dogs.*

Even to those who did not journey to Pittsfield, VT to participate in the Peak Adventures Snowshoe Race, the obvious answer would be the unlisted F-graded *All of the above and even more so*. Andy Weinberg, a wanna-be Vermonter who currently teaches in Illinois, directed last year's inaugural marathon/half/and six-mile snowshoe race and was pleased to have a total of eighty-six finishers. This year, he was astonished when 171 reserved their lobster.

Since the 2008 version was serendipitously scheduled for the second weekend in March, I naturally thought this would be the perfect way to celebrate my landmark birthday. OK, so I was not heading into a new age group, but in the over-the-hill category every year is an achievement. So I asked Jeff if he'd like to treat me to a lobster dinner for my birthday and when he agreed, I casually mentioned that my particular Maine lobster only travels as far as Pittsfield, Vermont where it ledges on top of an extremely high mountain. Not only that, I convinced some of my friends to come along: Barb Sorrell from Albany, Courtenay Guertin from Queensbury and Charles Petraske from Saratoga.

We were a mixed group. Barb Sorrell has done just about every ultra known to man, Charles signed up for the full despite the fact that he had never, ever run a half or a full, and Courtenay was at the head of the pack, having placed seventh last year. We relied on Barb and Courtenay for long distance advice, while Jeff and I shared snowshoe gear preferences. Barb and I decided to pack light and came armed with four complete changes of clothes, one for each loop should the weather live up to its predicted saturation level. I researched accommodations and selected the Swiss Farm Inn, owned by Bill and Joyce Stevens, conveniently located minutes from the race site. This is a comfortable bed/breakfast/dinner family enterprise where you are made to feel right at home but are not required to pick up after yourself. What a concept! Joyce went out of her way to find us rides to and from the site (race day parking was buried under seven feet of snow) and cooked such huge farmer's breakfasts that you felt immediately obligated to up your mileage.

And this was one of the really neat or really annoying features of this event depending upon your outlook. You could register for either the 6.55, half or full but opt for more or less as the day progressed or deteriorated. Race morning Barb and I waffled, saying we would keep our options open but definitely settle for the half if the predicted rain became a factor. Charles decided he would rather run a competitive half than a questionable full. And then I latched onto Courtenay who confided that, "The marathon is truly a 50 mile effort." Naturally, I was thrilled that Courtenay had saved this final piece of advice for race morning,

but at the same time was relieved to have a ready-made excuse dropped into my lap from a race veteran.

And if truth be told, Barb and Courtenay were the only ones who deserved marathon status. Barb had been running ultras throughout the winter and Courtenay had been religiously logging fifteen mile snowshoe training runs. Our pre-birthday celebration dinner brought with it some serious snow, which unfortunately shifted to a determined downpour as night wore on. Still, race morning dawned dry, if ominously cloudy. But after the wintery mix of previous days, even that was deemed a good omen.

Imagine that you are about to tackle 7,200 feet of elevation gain. In deep snow. On snowshoes. Now imagine that you are going to do that not once, not twice, not three but four times and you will have a minimal idea of what lay before us. For those of you who have run up and down Curley's or Northfield Mountain, picture doing it A LOT MORE. After a spectator-perfect tour around the farmer's fields and barns, we headed into the Deepwoods (fans of *The Edge Chronicles* will nod knowingly) This is where Jeff's strong hiking ability shined. He completed his first loop only twenty minutes behind me and actually would have been about ten minutes closer if he hadn't spent time at the way station trying to persuade frozen noodles to achieve at least a semi-pliable state. All the same, he placed in the top third of single-loopers. After the deceptive downhill to the halfway aid station we were treated to yet another climb involving 32 (count 'em) switchbacks and an awe-inspiring tour of the still Deeperwoods, a Schwartz Wald affair where light penetrated only feebly.

Next, picture howling triumphantly on you final descent, completely out of control, navigating some kid's borrowed flying saucer. Although this cheap thrill was totally optional, there were some who were simply too tired to stand up any more and shrugged, "Why not?" Others took off their bigfeet and used them as improvised paddles and brakes. While I personally did not experience any flying saucers aimed in my direction, I did notice that one traveler took advantage of a loose(?) yellow plate trail marker to keep his butt dry. So on my last run, I searched for the abandoned plate and, unable to locate it, was not too proud to engage in some unaided butt sliding. It was fun!

But not that much fun in a soaking downpour. Barb and I decided that if we intended to soldier on we would have to completely change every stitch of clothing in order to avoid hyperthermia. Which we would get anyway by the time it would take to peel off all the sopping layers. So we threw in the hammer. Quite literally. The finisher's award was a genuine Huffy two-pound Peak Finsher hammer, hot off the assembly line courtesy of the crew from Snow White.

Later that night, as we feasted on lobster which we mercifully did not have to catch, we tallied the score. We all had a good time except for Courtenay. Ironically, he was the only one of us who actually trained for this event but got felled by a tiny virus bug that could not be squashed by even the sturdiest hammer.

*Continued, next page*

### Snowshoe marathon cont:

I completed my first snowshoe half in a marathon time of 4:21 and was quite pleased. Charles completed his first ever half placing 17<sup>th</sup> overall. Most improved was my Jeff whose strong hiking stride will make him a natural for next year's half.

And so, as we popped the cork on the birthday champagne we asked ourselves "Would we do it again?" Most definitely! And watch out, because we hope to recruit some more of our friends to join in the fun.

And yes, there is still more...go to [www.peakraces.com](http://www.peakraces.com) to see what Andy has dreamed up for us, from an ultra challenge to a 10-mile obstacle Death Division run, to a mountain bike race and finally a 100/200 miler. I can't imagine being able to say, "I dropped down to the 100 miler!"

*Laura Clark*

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### **Peak Adventures Snowshoe Marathon and 1/2 Marathon March 8, 2008 ..... Pittsfield, VT.**

#### **Marathon :**

1	Paul Low	4:38:08	M	MA
2	Leigh Schmitt	5:26:11	M	MA
6	<u>Aliza Lapierre</u> 1 <sup>st</sup> F	6:20:21	F	VT
7	Paul Kearney	6:35:41	M	VT
8	<u>Melanie Brown</u>	6:41:07	F	NH
9	Reeder Fahnestock	6:59:06	M	NH
10	David Harkless	7:04:41	M	NH
11	<u>Lisa Madden</u>	7:09:10	F	NY
18	<u>Teresa Sukinnicki</u>	8:39:00	F	NY

*18 Finishers*

#### **Half Marathon :**

1	Jimmy Gobeil	2:23:19	M	QB
2	Ben Nephew	2:37:48	M	MA
3	David Loutzeheiser	2:45:20	M	
7	Courtenay Guertin	3:06:00	M	NY
11	<u>Mike Lahey</u>	3:12:01	M	MA
15	<u>Laura Shuford</u> 1 <sup>st</sup> F	3:14:00	F	MA
16	Eddie Habeck	3:14:39	M	
18	Charles Petraske	3:15:16	M	NY
23	<b>Jamie Howard</b>	3:26:39	M	NY
25	<u>Stephanie Malherbe</u>	3:39:28	F	ON
40	<u>Barbara Sorrell</u>	4:18:36	F	NY
41	Matt Quinlan	4:19:54	M	VT
42	<u>Laura Clark</u>	4:21:28	F	NY
43	<u>Dot Helling</u>	4:22:28	F	NH
49	<u>Alana Zerillo</u>	5:28:52	F	NY
58	Virginia Iadonisi	6:50:59	F	MA

*58 Finishers*

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### **Hamstring History at MT. Greylock**

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Injuries are not uncommon in the life of an athlete. Extreme effort increases the odds of a breakdown in the physiological system. But what are the odds of having two hamstring injuries at Mt. Greylock within a five year window? Thereby hangs a tale.

The rapture of snowshoe racing is hard to describe and it seems that I was swept up by the Sirens of Greylock Glen as I sprinted toward the finish on February 23. With the finish line in sight, I knew the full force of the Siren's fury as my left hamstring failed with an almost audible snap. It was not the physical pain, but the almost instant cloud of melancholy that descends, when one realizes that all physical activity has to be suspended for weeks. It was my eighth race of the season and with the excellent snow cover it promised to be our best year ever.

The snow is falling as I write (March 12) and I now have too much time to reflect. On St. Patrick's Day in 2003, I climbed the Thunderbolt Trail on snowshoes with skis in my pack. It was a mild, springlike day and I reached the summit in 3hrs45min. I had read in some trail guide that the thunderbolt was skiable by idiots / intermediates if; 1) There was 2ft of fresh powder, or 2) Spring conditions created a soft/heavy snowpack. I anticipated #2 conditions but somebody forgot to tell the Sirens of the Thunderbolt. Despite warm weather ( I saw snowboarders with no shirts on), the snow was firm and way too fast.

I thought that I would try the section at the top that runs down the Appalachian Trail before it turns sharp right at the top of the Thunderbolt. I promptly fell twice and the third time I plowed into a snow bank and lurched forward, rendering the right hamstring useless. It is no doubt a wonderful thing that this all happened before I reached the Thunderbolt. It was a glorious sunny day, so the 4hr30min descent on snowshoes via the Bellows Pipe wasn't all that bad.

What have I learned from these memorable episodes at Greylock? The mountain can be stern, but more often, it has a soft side. It does not suffer fools well. I am still planning to ski the Thunderbolt, but will be a bit more prudent, next time. But most important, I will strive to show more humility when I encounter the Sirens of Greylock.

*Marty Glendon*

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#### **Trail Running News .....**

**Published by the Western Mass Athletic Club  
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**2<sup>nd</sup> Annual Massachusetts State Championship  
Northfield MT. 4.70 - Mile Snowshoe Race  
Northfield Mt Visitors Center - - Northfield, MA - -3/15/ 08**

I started off the weekend early getting out of work at 10:00 AM (which is a half-day for me) and heading out to western Mass. I made a brief stop in Athol to town-bag and run up & down the "second highest point" in the town. Round top in Bearsden park was a pleasant run, but the lack of snow had me worried about how bad the conditions at Northfield would be. I knew there would be some washouts and icy sections but hoped for the best.

I was pleasantly surprised to see that it wasn't bad at all. With 300 flags in my back pack and the trail map I headed out to try and find the best possible snow for the race. The problem was I'd only find out if the trail was bad after I'd already marked up to that point. So I had an idea of where I wanted to go which included staying as much on the sheltered parts of the mountain and trying to avoid anywhere that steep down-hills might have washed out the trail.

It was kind of neat exploring some of the trails I'd never been on before. I was very happy with some sections of the course but a little sad that we'd not be going to the summit viewing platform. I think the best snow out there was on Reservoir road, which seemed funny to me. It was also a great stretch where the racers would be able to really hammer the downhill without worrying about turns or trees or anything. Of course, if you really aired it out on that section you might pay for it when you hit the final mile which still had some uphill sections.

Race day dawned and it was snowing! I zipped over to a couple of towns for a pre-dawn run then made my way to the race site. Laurel's was the first car I saw in the lot, I'm guessing she parked there overnight so that she wouldn't miss the race.

Registration was pretty easy as I used my "self-serve" method where everyone filled out the results board except for their time. This made it easy for one person to run the show.

Twenty-six runners took off at 9:00 AM and the 27<sup>th</sup> headed out 12 minutes late. Ben Nephew had cut it a bit close timing the drive and hit some unexpected bad weather on route 2. Meanwhile Ethan Nedeau was out working on his second win of the season. He started conservatively, perhaps remembering how tough the climb was a month ago. Steve Peterson led for the first mile or so before Ethan took over for good, eventually extending his lead to 1:44. Peterson and CMS teammate Rob Smith battled for the master's title with Petey taking the victory by 27 seconds. Chelynn Tetrault took the women's title with a nearly four minute win over Ashley Krause. Old Farmer Ed was the only returning age-group winner, taking the 60-69 age category for the second straight year.

Thank you to everyone who came out and made this successful. Special thanks to Ben Nephew, Ethen Nedeau, Steve Peterson, and Rob Smith for helping clear the course.

*Dave Dunham*

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Points</u>
1. Ethan Nedeau	35M	0:38:04	100.00
2. <b>Steve Peterson</b>	41M	0:39:44	96.30
3. Rob Smith	40M	0:40:11	92.59
4. Ross Krause	28M	0:40:57	88.89
5. <b>Ken Clark</b>	45M	0:41:50	85.19
6. <b>Bob Dion</b>	52M	0:42:32	81.48
7. <b>Peter Malinowski</b>	53M	0:44:29	77.78
8. <b>Edward Alibozek</b>	45M	0:44:47	74.07
9. Allan Bates	59M	0:46:09	70.37
10. <b>Wayne Stocker</b>	53M	0:47:41	66.67
11. <b>Chelynn Tetrault</b>	32F	0:48:16	62.96
12. Eric Kimmelman	43M	0:48:28	59.26
13. <b>Mike Lahey</b>	56M	0:49:45	55.56
14. Ben Nephew	32M	0:51:37	51.85
15. <u>Ashley Krause</u>	30F	0:52:14	48.15
16. Richard Godin	52M	0:52:22	44.44
17. Howard Bassett	47M	0:53:41	40.74
18. <u>Laurel Shortell</u>	42F	0:58:55	37.04
19. <b>Ed Alibozek Jr</b>	68M	0:59:37	33.33
20. Tom Wright	60M	0:59:59	29.63
21. <b>Denise Dion</b>	49F	1:01:27	25.93
22. <b>Bob Massauro</b>	64M	1:01:31	22.22
23. <u>Chloe McGrath</u>	16F	1:02:28	18.52
24. Pat McGrath	42M	1:02:28	14.81
25. <b>Richard Busa</b>	78M	1:10:08	11.11
26. Ernie Alleva	56M	1:11:49	7.41
27. <b>Konrad Karolczuk</b>	55M	1:14:42	3.70

**2008 Massachusetts Age Group Champions:**

	<u>Male</u>	<u>Female</u>
15 - 19	Vacant	Chloe McGrath
20 - 29	Ross Krause	Vacant
30 - 39	Ethan Nedeau	Chelynn Tetreault
40 - 49	Steve Peterson	Laurel Shortell
50 - 59	Bob Dion	Vacant
60 - 69	Ed Alibozek Jr	Vacant
70 - 79	Rich Busa	Vacant

**Thank You Dion Snowshoes for once again  
supporting the WMAC Snowshoe Series!**



**The Official snowshoe of the WMAC  
Snowshoe Series!**

## 2008 WMAC SNOWSHOE SERIES FINAL STANDINGS

**Woodford - Brave the Blizzard - North Pond -  
South Pond - Cobble Mountain -  
Curly's Record Run - Northfield Mountain -  
Saratoga SPA - Sidehiller - Frosty's Dash -  
Camp Saratoga - Hallockville Orchard -  
Greylock Covered Bridge - Moody Spring -  
Hawley Kiln Notch  
Northfield MT. Mass State Championship**

*Total Points based on best 6 scores – Showing finishers  
of 3 races after the Official 4 (or more) races.*

<u>Name</u>	<u>Age</u>	<u># Races</u>	<u>Points</u>
01. <b>Dave Dunham</b>	43M	6	598.09
02. <b>Josh Merlis</b>	26M	6	593.40
03. <b>Ken Clark</b>	45M	6	581.54
04. <b>Jay Kolodzinski</b>	28M	6	576.72
05. Tim Mahoney	28M	6	574.50
06. <b>Bob Dion</b>	52M	6	557.49
07. <b>Edward Alibozek</b>	45M	6	528.35
08. Jack Casey	54M	6	509.62
09. <b>Peter Malinowski</b>	53M	6	494.71
10. Alan Bates	59M	6	478.40
11. <b>Bill Morse</b>	56M	6	463.09
12. <u>Abby Woods</u>	29F	5	455.43
13. <b>Mike Lahey</b>	56M	6	452.22
14. <u>Jessica Hageman</u>	32F	6	450.25
15. <b>John Pelton</b>	68M	7	447.49
16. <b>Nick Jubok</b>	51M	6	446.31
17. Paul Bazanchuk	53M	5	440.32
18. Vince Kirby	51M	6	418.71
19. Charles Petraske	30M	5	407.87
20. <b>Chelynn Tetreault</b>	32F	6	407.52
21. Tim Van Orden	39M	4	385.39
22. Britt Brewer	44M	4	377.02
23. Howard Bassett	47M	6	363.60
24. Rich Godin	52M	6	358.29
25. <u>Laurel Shortell</u>	41F	6	356.87
26. Ben Nephew	32M	4	345.10
27. <b>Ed Alibozek Jr</b>	68M	6	338.20
28. Dan Cooper	35M	5	334.19
29. <b>Martin Glendon</b>	61M	6	329.47
30. <b>Jim Carlson</b>	60M	6	316.23
31. Pat McGrath	42M	6	314.39
32. <u>Sheila Osgood</u>	25F	4	305.34
33. <b>Jan Rancatti</b>	47M	5	304.94
34. <b>Denise Dion</b>	46F	6	279.10
35. Eric Kimmelman	43M	4	267.84
36. <b>Bob Massaro</b>	64M	6	258.79
37. <b>Laura Clark</b>	60F	6	254.32

38. Dave Wilber	48M	5	252.72
39. Phil Bricker	54M	4	237.31
40. Wally Lempart	62M	4	223.94
41. <b>Juergen Reher</b>	58M	4	216.80
42. <u>Chloe McGrath</u>	16F	5	205.09
43. Chris Sammartano	51M	4	200.58
44. Walter Kolodzinski	65M	6	184.40
45. Jeff Hattem	56M	5	179.95
46. <b>Richard Busa</b>	78M	6	177.12
47. <u>Maureen Roberts</u>	50F	4	169.12
48. <b>Konrad Karolczuk</b>	55M	6	147.80
49. <b>Jamie Howard</b>	42M	6	144.57
50. Dave Boles	61M	4	136.09
51. <u>Stephanie Cooper</u>	39F	4	125.32
52. <b>Peter Finley</b>	46M	5	113.81
53. <b>Kate Hayes</b>	59F	6	103.34
54. Jan Roth	58M	4	86.06
55. <b>Bill Glendon</b>	61M	6	82.45
56. Bill Milkiewicz	52M	5	68.42
57. Ernie Alleva	56M	4	59.17
58. <b>Jeff Clark</b>	61M	5	45.80

\*\*\*\*\* 3 finishes from here \*\*\*\*\* 3 finishes from here \*\*\*\*\*

59. Ethan Nedeau	34M	3	294.23
60. Rich Gargano	30M	3	278.44
61. Mike Townsley	39M	3	264.16
62. Eric Recene	37M	3	257.43
63. Greg Rems	31M	3	252.96
64. Andy Illidge	40M	3	249.76
65. Jay Curry	36M	3	247.62
66. Scott Graham	49M	3	241.71
67. David Shumpert	37M	3	235.86
68. Patrick Smith	45M	3	231.18
69. Tom Mack	43M	3	227.59
70. Eddie Habeck	30M	3	226.63
71. <b>Wayne Stocker</b>	53M	3	222.44
72. Ed Decker	53M	3	215.36
73. Frank Paone	50M	3	206.23
74. <u>Kim Scott</u>	39F	3	172.53
75. Larry Dragon	47M	3	165.37
76. <b>Erin Clark</b>	19F	3	161.36
77. <u>Ginny Patson</u>	39F	3	140.19
78. Tom Wright	60M	3	139.08
79. <b>Darlene McCarthy</b>	45F	3	128.48
80. <u>Holly Atkinson</u>	38F	3	126.17
81. Tony Manjano	61M	3	124.65
82. <u>Susan Johnson</u>	47F	3	112.18
83. Steve Mitchell	66M	3	110.18
84. Tom McCrumm	62M	3	88.89
85. Ray Lee	65M	3	72.29
86. <u>Phyllis Fox</u>	55F	3	69.03
87. <u>Sibyl Jacobson</u>	65F	3	37.48

*Thanks to everyone who enjoyed our 11<sup>th</sup> season on snowshoes!*

*See you next winter!*

## An Annual Thank You!

*from the Silverback*

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As the 2008 WMAC Snowshoe Series comes to an end I'd like to reflect upon those who make this series possible. Unless you've been a race director it's not possible to understand what it takes to run a snowshoe race. Unlike road racing or summer trail racing the weather plays a big part in whether a race comes off as scheduled. I'd like to recognize those who are so instrumental in making the series possible.

First would be Farmer Ed, who puts the schedule together, also has to get the permits and the insurance for each race, get the applications up on the website and line up volunteers. If the weather doesn't cooperate he has to email everyone and advise them on rescheduling. If the race does go off, he and a few volunteers go out and mark the course. Even before that he has to go out and check conditions on the course, sometimes more than once. And remember he lives in Connecticut and has to travel to Greylock, Savoy and Hawley! There are races where he checks the course, marks the course and then runs the course to take down the ribbons. Once this year I heard him ask someone if they'd take the ribbons down as he was bushed!

It doesn't end there, there's the timing and then getting the results in order along with each person's points and percentage points. I'm sure there are other things involved and yet, as long as I have known Ed, I have never seen him without that smile on his face and have never heard him speak anything but words of encouragement to anyone. Ed, you're at the top of the list! And there's Dave Dunham, the whirling dervish. Is there anyone more organized? Let me give you a current incident. The last race of the season at Northfield Mt. was up in the air until the week of the race and the distance had yet to be determined. All we were officially told was that there would be a race. I don't know how many times he was out there checking for a suitable course but he finally came up with one. The course was marked with numerous flags so that even I had no difficulty. The lodge didn't open until 8:00; I was there when Dave just entered the building. He unloaded all of his gear, including drinks and refreshments, awards for various achievements and then had to get everyone signed up as there was no pre-race registration. He held many conversations while performing all of these tasks yet never broke his stride; his conversations were on the go so you had to follow him to hear the end of his remarks. Finally he gave the briefing and then we were off. After the race, Dave called up the overall winners and then the age group winners and presented each with an award, then, before you could blink an eye, he was already loading up his vehicle ready to head for the road.

How about Paul Hartwig? The guy has been injured the whole year, not a running injury but a series of medical problems that require him to go into Boston for treatment. Unless asked how he's doing you'd never hear him moan and groan. And just like Ed he has that perpetual, childlike smile that just makes you feel good. And there he is in that chilling cold setting up the "kitchen", boiling the water for hot chocolate and hot dogs, putting out all of the condiments and snacks. Then there is the chili, one pot for the meat eaters and one for the vegetarians.

And, he also goes out of his way to have a few veggie burgers for me. To me, a volunteer is a person that perhaps stands at a crossing to direct runners on the course. What people like Paul do is beyond the term volunteer and we all should be thankful that he chooses to do this. A big thank you Paul!

Then there's the guy who is way in the background, K2 or Konrad. He's out there with Ed and always ready to do what's needed. When you run on those single tracks, it's pretty certain that they were made by Ed and Konrad either in their search for a runnable course or in marking the course. What an asset when traveling. When we head out in Ed's van to go to a race, Konrad is a human GPS! The whole trip it's, "take the next left", "go to the left at the fork", "the right turn should be coming up soon", etc. etc. etc.

I don't want to take up the entire newsletter but I do want to acknowledge the rest of the race directors. Mark Kelsey and Jack Quinn at Woodford, the effervescent Josh Merlis at Brave the Blizzard, Brad and Beth Herder and of course Curly at Pittsfield, Laura and Jeff Clark at Saratoga and Wilton, Paul Kirsch at Sidhillier, a race that is a bit out of the way but worth the trip. To the credit of all of these race directors, these races went off without a hitch. And, how about all of the volunteers at these races? Especially those pancake flippers at Brave the Blizzard.

Thanks also to Rob Higley who is the WMAC's web master.

I don't know what that involves but I do know he puts in a lot of time. At Hawley Kiln this year as I was bringing up the rear I spot this guy on snowshoes kneeling down, taking photos of the runners. As I got closer, it was none other than Rob. I can attest that when you email Rob with a question, you'll always get a speedy response.

Now for a totally different category, Bob and Denise Dion. They're at every race, lugging those containers of snowshoes to every race. Then there's the task of giving out the loaners, instructing first timers, adjusting or repairing racers shoes and then still have time to get themselves ready to race. And remember, there's no charge for the loaners. After the race they do an accounting to make sure all the shoes have been accounted for and then it's loading them back in the truck and driving back to Vermont. That's the end of the story for the rest of us but Bob and Denise have to go through the process of checking each pair and doing any cleaning or maintenance. Bob has been great to me, cinching my straps when my hands are too numb to do it. A big thank you to this duo.

Let's hope that we can continue to run our series as we do now and not be talked in to letting some national organization take over.

Hopefully, I'll be able to continue to enjoy the races and the wonderful post race activities. I hope I'll be able to do this for a few more years.

See you all at Woodford 2009!

*Rich "the Silverback" Busa*

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Western Mass Athletic Club  
**Mt. Greylock Trail Races**

5K and Half Marathon  
 Sunday June 15, 2008 10 a.m. start ( both races )  
 Greylock Glen, Adams, MA

Pre-register before 6/05/08: \$12.00 half-marathon, \$8.00 5K.  
 Family discount: no charge in excess of that for 3 people if pre-registered.  
 Shirts sold separately at \$5.00 each, please include with your entry fee.



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

( Day of race: \$18.00 half-marathon, \$12.00 5K ) **More info at .... [www.runwmac.com](http://www.runwmac.com)**

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

Name ( Please print ) \_\_\_\_\_

Street \_\_\_\_\_

City/Town \_\_\_\_\_ State \_\_\_\_\_

Zip \_\_\_\_\_ Phone \_\_\_\_\_

Age \_\_\_\_\_ Sex M / F

Entry fee \$ \_\_\_\_\_ Shirt (optional) \$ \_\_\_\_\_ Total \$ \_\_\_\_\_

Shirt size: S   M   L   XL      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)** \_\_\_\_\_

## 2008 .... Eastern New England Trail Race Series

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<http://easternnewenglandtrailraceseries.org/>

The Eastern New England Trail Series was inspired by the popular and successful Grand Tree Trail Race Series run by the Western Massachusetts Athletic Club. Trail runners in the Eastern and Central parts of Massachusetts were looking for a similar challenge that would extend throughout the calendar year but was within easy driving distance. A small number of trail race directors began communicating with each other and with the encouragement and guidance of the directors of the Grand Tree Series contacts were made with many established trail races and a schedule of twenty trail races was compiled for the inaugural running of the Eastern New England Trail Race Series. Some of these races are shared with the Grand Tree Series.

Distances range from 3 miles (Trav's Trail Run) to 17.5 miles (Wapack 17.5M Trail Race). While most races are located in Massachusetts there is one being run in Rhode Island, the Lil' Rhody Runaround 8M Trail Race. The title of the series leaves room in the future for additional races being added from throughout New England. Scoring for the series will be a calculated percentage of the winner's time. A yet to be determined number of races to qualify will be an accumulation of series points from each participant's best finishes of those races. Results of each race as well as the series standings will be posted on the series website and recorded by the North Medford Club. Awards will be presented to several age and gender groups at the conclusion of the series. Applications for each race can be accessed on the series website. Some online registration will be available.

The average trail runner is unique among the running community in that the environment that they run in is as important as the activity itself. The series hopes to provide new venues for our fellow trail runners as well as an opportunity to participate in a structured race format.

April 12 ..... Merrimack 10M

Stephen Peterson ..... [Stephen.Peterson@ca.com](mailto:Stephen.Peterson@ca.com)

April 27 .... Blue Hills 10M Foxtrot and 3M Bunny Hop

John Goldrosen ..... [www.signmeup.com/59647](http://www.signmeup.com/59647)

May 18 ..... Trav's 3 Mile

Don Hennigar ..... [runthecircle.com](http://runthecircle.com)

June 8 ..... NMC Overlook 7 Mile and 5K Walk/Run

Rene Lavoie ..... [www.NorthMedfordClub.org](http://www.NorthMedfordClub.org)

June 10 ..... Boxford State Forest 10K

Dick Bennett .... [Benrich64@yahoo.com](mailto:Benrich64@yahoo.com),  
[www.NorthMedfordClub.org](http://www.NorthMedfordClub.org).

August 9 ..... Oxford Dam 10.5M

John Grenier ..... [JohnGrenier1@aol.com](mailto:JohnGrenier1@aol.com)

August 24 ..... Moose On The Loose 10M and Relay

Michael Amarello ..... [Michael@3raceproductions.com](mailto:Michael@3raceproductions.com)

August 24 ..... Thomas Chamberas 5-6K

Anthony Chamberas ..... <http://cff.chambosfund.org>

August 31 ..... Wapack 17.5M Trail Race

Paul Funch ..... [pgfunch@charter.net](mailto:pgfunch@charter.net)

[www.wapack.freeservers.com](http://www.wapack.freeservers.com),

September 6 ..... Wrentham 20K

Peter Dubendris ..... [www.diamond-hill-run.com](http://www.diamond-hill-run.com)

[www.wrenthamforest.com](http://www.wrenthamforest.com)

September 7 ..... NMC Overlook 7 Mile and 5K Walk/Run

Rene Lavoie ..... [www.NorthMedfordClub.org](http://www.NorthMedfordClub.org)

October 5 ..... Houghton Pond 6M Trail Race

John Goldrosen ..... [jgoldrosen@earthlink.net](mailto:jgoldrosen@earthlink.net)

October 11 ..... Diamond Hill 22.5K

Peter Dubendris ..... [www.diamond-hill-run.com](http://www.diamond-hill-run.com)

[www.wrenthamforest.com](http://www.wrenthamforest.com)

October 12 ..... Wayland 5K XC Challenge

Eric Bucher ..... [www.waylandxc.com](http://www.waylandxc.com)

October 19 ..... Groton Town Forest 9.5M and 3.4M

Paul Funch ..... [pgfunch@charter.net](mailto:pgfunch@charter.net)

[www.GrotonTFTR.freeservers.com](http://www.GrotonTFTR.freeservers.com)

October 19 ..... Ravenswood 4.1M

Jenn Brooks ..... [www.teamgloucester.com/ravenswood.htm](http://www.teamgloucester.com/ravenswood.htm)

November 2 ..... Templeton 6.5M

Joe DiMucci ..... [www.NorthMedfordClub.org](http://www.NorthMedfordClub.org)

November 2 ..... Busa Bushwack 9.3M and 5.3M

Barry Ostrow ..... <http://gfrcrun.org/bushwhack/bushwhack.htm>

November 8 ..... Edaville Rail Run 5M and 2M Fun Run

Donna Merritt Cohen ..... [edavillerrailrun@comcast.net](mailto:edavillerrailrun@comcast.net)

November 23 ..... Lil' Rhody Runaround 8M

Nick Bottone Jr. .... <http://westerlytrackclub.org/rhody.htm>

Links and info at ... <http://easternnewenglandtrailraceseries.org/>

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**Northern Nipmuck 16 Mile Trail Race**  
**Bigelow Hollow State Forest .... Union, CT. .... 4 / 5 / 08**  
Cool – Cloudy – Wet at Start – Sun & Clouds Later  
Low of 42\* - High of 56\*

<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1 Josh Ferenc	M 26	NH	1:59:25	100.00%
2 Greg Hammett	M 30	NH	2:03:15	96.89%
3 Ben Nephew	M 32	MA	2:05:35	95.09%
4 Jack Pilla	M 49	VT	2:11:33	90.78%
5 Aaron Flamino	M 33	CT	2:12:05	90.41%
6 Chris Schulten	M 35	CT	2:13:12	89.65%
7 Brian Rusiecki	M 29	MA	2:13:55	89.17%
8 <b>Chris Baynes</b>	M 37	CT	2:15:26	88.17%
9 Steven Nelson	M 44	CT	2:18:50	86.01%
10 Matt Bedoukian	M 28	RI	2:19:12	85.79%
11 Rich Fargo	M 49	CT	2:20:24	85.05%
12 Brett Stoeffler	M 41	CT	2:20:49	84.80%
13 Dave Hannon	M 37	MA	2:23:15	83.36%
14 Steve Falgotilo	M 39	MA	2:24:02	82.91%
15 Willam Heaton	M 23	RI	2:28:37	80.35%
16 Chris Chremczak	M 28	NY	2:28:41	80.32%
17 <b>Bob Sharkey</b>	M 56	RI	2:28:43	80.30%
18 Kenneth Naioe	M 35	MA	2:30:23	79.41%
19 <b>Josh Merlis</b>	M 26	NY	2:30:27	79.37%
20 John Couillard	M 26	MA	2:30:59	79.09%
21 <u>Beth Krasemann</u> 1 <sup>st</sup> F	F 34	CT	2:32:02	78.55%
22 Ray Hanley	M 43	CT	2:32:58	78.07%
23 Stephen Marsalese	M 42	CT	2:33:56	77.58%
24 Jeff List	M 48	MA	2:34:40	77.21%
25 <b>Deb Livingston</b>	F 33	CT	2:35:55	76.59%
26 <b>Scott Livingston</b>	M 35	CT	2:36:30	76.30%
27 Dave Mingori	M 40	MA	2:39:00	75.10%
28 Mathew Westerlund	M 35	NY	2:39:48	74.73%
29 Dan Britton	M 26	CT	2:40:54	74.22%
30 <b>Paul Funch</b>	M 57	MA	2:42:27	73.51%
31 <b>Steve Jensen</b>	M 47	CT	2:45:50	72.01%
32 Scott Slater	M 30	CT	2:46:14	71.84%
33 Geoff Thurber	M 29	CT	2:46:22	71.78%
34 Dominic Ambrosi	M 29	CT	2:50:16	70.13%
35 Mark Dearing	M 55	MA	2:50:40	69.97%
36 Peter Dellabella	M 34	MA	2:51:19	69.71%
37 Jean Paul Derosieers	M 33	CT	2:51:41	69.56%
38 Keith Morgan	M 32	CT	2:51:43	69.54%
39 <u>Cheryl Cunningham</u>	F 49	CT	2:53:23	68.87%
40 Jeffrey Lafrance	M 39	CT	2:54:31	68.43%
41 Kevin Mullen	M 50	MA	2:55:05	68.21%
42 <u>Renee Bousquet</u>	F 32	MA	2:55:55	67.88%
43 <b>Thomas Parker</b>	M 41	NH	2:56:00	67.85%
44 Drew Bradley	M 51	CT	2:56:41	67.59%
45 <b>Mike Belcourt</b>	M 46	CT	2:57:37	67.23%
46 <u>Linda Yamamoto</u>	F 31	CT	3:00:44	66.07%
47 Paul Cacolice	M 43	CT	3:03:20	65.14%
48 Randall Dutton	M 37	CT	3:05:19	64.44%
49 <u>Sarah Thomas</u>	F 24	RI	3:05:23	64.42%
50 Nikolas Rogers	M 36	NY	3:05:56	64.23%
51 Bill Metzger	M 52	CT	3:07:13	63.79%
52 David Fleming	M 32	NY	3:07:16	63.77%
53 Bruce Giguere	M 40	CT	3:08:10	63.46%
54 <b>Grace Jensen</b>	F 44	CT	3:09:59	62.86%

55 Willem Van Dijk	M 42	MA	3:10:15	62.77%
56 <b>Bob Worsham</b>	M 62	CT	3:10:52	62.57%
57 <u>Meghan Lytton</u>	F 40	MA	3:10:59	62.53%
58 Stephan Cardos	M 57	MA	3:11:22	62.40%
59 Marc Rebillard	M 52	CT	3:11:56	62.22%
60 <b>Wayne Stocker</b>	M 53	MA	3:11:57	62.21%
61 Guido Medeiros	M 52	MA	3:12:05	62.17%
62 Tyler Morrison	M 41	CT	3:12:12	62.13%
63 Dan Hall	M 51	CT	3:12:29	62.04%
64 Michael Gilbert	M 45	CT	3:12:30	62.03%
65 Ron Starrett	M 38	CT	3:13:16	61.79%
66 <b>Will Danecki</b>	M 57	CT	3:13:34	61.69%
67 <u>Lynn Marden</u>	F 52	CT	3:15:57	60.94%
68 <b>Mike Lahey</b>	M 56	MA	3:18:56	60.03%
69 Fred Pilon	M 62	MA	3:20:08	59.67%
70 Kenney Rogers	M 53	MA	3:20:40	59.51%
71 <u>Kristina Folcik</u>	F 30	CT	3:20:49	59.47%
72 <u>Kathy Schultz</u>	F 49	CT	3:21:03	59.40%
73 Christopher Larocco	M 46	CT	3:22:01	59.11%
74 <u>Kelly Wilson</u>	F 40	VT	3:22:50	58.87%
75 <b>Dave Raczkowski</b>	M 57	CT	3:24:41	58.34%
76 <u>Tuuli Hakala</u>	F 24	CT	3:25:08	58.21%
77 Paul Ghelfi	M 40	MA	3:26:19	57.88%
78 <u>Pam Dolan</u>	F 41	CT	3:26:28	57.84%
79 Karl Sauerbrey	M 44	RI	3:28:13	57.35%
80 <u>Tracy Makay</u>	F 38	CT	3:28:30	57.27%
81 <u>Elaine Romano</u>	F 50	CT	3:28:47	57.20%
82 <b>Dominic Romano</b>	M 50	CT	3:28:58	57.15%
83 <u>Darlene McCarthy</u>	F 46	MA	3:30:51	56.64%
84 Charles Eaton	M 55	CT	3:31:54	56.36%
85 <u>Jill Nugent</u>	F 37	MA	3:32:29	56.20%
86 <b>Robert Scott</b>	M 53	CT	3:33:03	56.05%
87 Bradley Pellissier	M 50	CT	3:33:18	55.99%
88 <u>Stacey Beaulieu</u>	F 36	MA	3:34:06	55.78%
89 <u>Patty Duffy</u>	F 39	MA	3:34:21	55.71%
90 Richard Schulten	M 60	CT	3:34:40	55.63%
91 <b>Mark Kulacz</b>	M 34	MA	3:36:25	55.18%
92 <u>Michele Roy</u>	F 38	MA	3:39:36	54.38%
93 Edward Steele	M 42	CT	3:42:02	53.78%
94 David Sullivan	M 33	MA	3:43:55	53.33%
95 <b>Chris Johnson</b>	M 50	MA	3:53:09	51.22%
96 <u>Sharon Mendes</u>	F 52	CT	3:54:55	50.83%
97 Michael Harris	M 39	CT	3:57:26	50.29%
98 <u>Elaine Polito</u>	F 46	MA	4:00:32	49.65%
99 <u>Eve Dipietro</u>	F 42	MA	4:00:52	49.58%
100 <u>Sue Williams</u>	F 42	MA	4:00:54	49.57%
101 <u>Tricia Pandolto</u>	F 37	CT	4:06:29	48.45%
102 <u>Zanne Brown</u>	F 45	CT	4:07:59	48.15%
103 <u>Patricia Kenney</u>	F 44	CT	4:08:03	48.14%
104 <b>Karen McWhirt</b>	F 47	CT	4:17:04	46.45%
105 <u>Lisa Lumbruno</u>	F 44	CT	4:19:53	45.95%
106 Chuck Brenker	M 56	CT	4:20:04	45.92%
107 <u>Susan Lessard</u>	F 40	CT	4:22:42	45.46%
108 <u>Terese Duenzl</u>	F 44	CT	4:26:09	44.87%
109 <u>Beth Martin</u>	F 39	CT	4:26:10	44.87%
110 Charles Thayer	M 63	NJ	4:29:52	44.25%
111 Chris Hinch	M 40	CT	4:38:03	42.95%
112 Robert Powers	M 41	CT	4:42:51	42.22%
113 <b>Art Gulliver</b>	M 69	MA	4:55:53	40.36%
114 <b>Richard Busa</b>	M 78	MA	4:55:54	40.36%

Western Mass Athletic Club  
P. O. BOX 356  
ADAMS, MA. 01220

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

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**MEMBERSHIP FORM ( Check One ): NEW\_\_\_ RENEWAL\_\_\_**

NAME ( S ) \_\_\_\_\_ Send Address Changes  
ADDRESS \_\_\_\_\_ **ASAP To:**  
CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ **WMAC**  
TEL \_\_\_\_\_ D O B \_\_\_\_\_ SEX \_\_\_\_\_ **P O Box 356**  
E-MAIL \_\_\_\_\_ **Adams, MA. 01220**

( Check one ): Single Membership \_\_\_\_\_ Household Membership \_\_\_\_\_

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

**Send Form & Fee To: W M A C**

**P O Box 356**

**Adams, MA. 01220**

**HOTLINE INFO: (413) 743-5124**

**Interest (s):**

**Running\_\_ Snowshoes\_\_ Kayak\_\_ X-C Skiing\_\_ Hiking\_\_ Biking\_\_ Skiing\_\_ Camping\_\_ Backpacking\_\_**

**OTHER\_\_\_\_\_**

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Web Page . . . [www.runwmac.com](http://www.runwmac.com)  
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Newsletter . . . [wdanecki@charter.net](mailto:wdanecki@charter.net)  
The Hot - Line . . . 413-743-5124