



# Snow Running News ...Western Mass Athletic Club

Volume 16 .... Issue 1 .... Late Winter .... 2010

In this issue:

## Dion Snowshoe Series:

Woodford - Turner Trail

Greylock Glen - Brave the Blizzard

Hoot, Toot & Whistle

Curly's Record Run

Side-Hiller - Northfield MT.

Winterfest - Camp Saratoga

Moby Dick - Hallockville

2010 Grand Tree Trail Schedule

And Plenty More ..... It's All Inside!

## Up n' Coming Events:

**Snowshoe:** Catamount Sunset .....3 / 20

**Wed. Night Fun Runs** .....Every Wed.

### 2010 Grand Tree Trail Series:

Northern Nipmuck.....	4-3-10
Merrimack River.....	4-10-10
Muddy Moose.....	4-18-10
Seven Sisters .....	5-2-10
Morefun Wapack.....	5-8-10
Soapstone MT.....	5-16-10
Northfield MT.....	5-22-10
Nipmuck Marathon .....	6-6-10
Greylock.....	6-20-10
Cranmore Hill.....	6-27-10
Skyline Trail.....	7-11-10

**Check the "GT" page for complete schedule!**

And watch the web page for the latest info, changes & updates ....

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

Contact us at .....

The Hot Line ..... 413 - 743 - 5124

Club Officers - [poncherosa@yahoo.com](mailto:poncherosa@yahoo.com)

Newsletter ..... [wdanecki@charter.net](mailto:wdanecki@charter.net)

Write us at:

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

## ENJOYING THE SCENERY, PART 1: I LOVE WOODFORD SNOWSHOE RACE

by Jamie Howard

Woodford always summons up memories of my first snowshoe race back in December 2005. I had purchased a pair of 25" Dions about three weeks before and Albany spent the whole time with at most of couple of inches of ice-crusting snow. In other words I had no idea what I was getting myself into at Woodford, with 12-18" of relatively fresh powder. By the end of roughly an hour of stumbling and gasping my way through three miles of torture, I had learned what snowshoeing is *really* like - cold melting snow all over you and the hardest work you'll ever do to "run" at a 20 min/mile pace. But it's also a heck of a lot of fun, which is why I'm looking forward my 5th season of snowshoe racing.

After waking up periodically throughout the night and listening to the rain falling, I was really glad Woodford RD Jack Quinn had sent word earlier in the week that there was plenty of snow at the park. I think I lost track of how many times Ann asked me if I really thought the race would still be on, especially as we drove from Albany to Bennington surrounded by lots of brown and grey and very little white... but then, as has happened on several occasions since I started snowshoeing back in December 2005, we started climbing up into the mountains and there was snow!

After watching a car getting set to be towed up into the parking lot we were thankfully re-routed to the one-way exit road - I'm really not sure my Civic would have made it up that slushy icy hill, even with snow tires. The parking lot was a little bit better than last year - I didn't see Jack gliding around on his skates! Checked in and said hi to a few friends that I didn't see nearly often enough this fall, with my injuries and all, then geared up and we made the trek down to the starting line. Third time at Woodford and I've learned - hike down the road, not the trail, and avoid that drop just before the road crossing!

Chatted with more friends while we waited for things to get started and Ann took some photos. It was definitely looking to be a good day, if a bit slushy - not too cold, and the snow wouldn't be too loose after the rain. All that remained to be seen was how my knee would hold up... Jack said a few words about the race and the course, and then - off we went!

The train starts pretty quickly on snowed over road into the park - it's a lot easier to tuck into a comfortable spot in the lineup and stay on the packed track then plow through the unpacked snow to the sides, though there's plenty of room to pass if you want to. I ended up at the back with the usual suspects - Konrad, Bill, Walter, and Jeff. The road also runs uphill and I always find it surprisingly tough so early on... this year I knew I'd be slow enough that it didn't seem worth jockeying for a better position before the start of the singletrack.

The woods were beautiful as always... one of the neat things about snowshoeing is the various ways the surroundings can be just wonderful. Sometimes it's that bright gleaming white that everything gets in the sunshine, but today it was a grey, misty kind of beauty, with the evergreens standing out just a little more colorfully against the muted background. I especially like it when we approach the shore of the reservoir and can see the water through the trees, and crossing the streams and cascades bubbling away under the ice and snow. I found the running similar to last year - not terribly difficult going, other than trying to keep the snowshoes from getting too wet in a few spots (ice buildup - bleah!) and of course the fact that injuries and laziness have me in much worse shape than I was a year ago.

*Continued next page:*

**Woodford cont:**

Eventually the winding path through the woods gave way to the open field just before coming back out on the entrance road. I sensed clear sailing, picked up the pace a bit, and very quickly tripped and slammed myself into the ground... nothing that unusual for a klutz like me, but the knee I injured back in June and November took the worst of the impact. Picked myself up, determined that everything still worked more or less, and headed off down the road to the finish - a bit more carefully than a few moments ago.

With only two prior Woodford races under my belt it still surprises me how quickly the finish comes up once we're back on the road. Ran it in as fast as I could (translation - not very fast!) and was happy to finish in only slightly more time than last year... not bad considering my knee and general lack of conditioning. Collected my finisher's "trophy" (mmm... Vermont Bread Company!), chatted briefly with a few folks hanging around the finish, and then Ann and I made the hike back up to the car so I could change into some dry clothes and grab a quick bite to eat before we got back on the road.



*Ken and Erin Clark's banner for K2, Konrad Karolczuk 100 Race Finishes is something to celebrate. We are lucky to have had Konrad with us since we started in 1996.*

All in all, another successful I Love Woodford and a milestone for K2 as well – his 100<sup>th</sup> snowshoe race! Best of all another fun time out in the woods with my crazy snowshoeing friends. A huge thank you to Jack Quinn and his wonderful crew of volunteers for a great morning - where else but at one of our snowshoe races would you find a RD stopping by someone's car as they're getting ready to leave to make sure they've gotten something to eat and are going away feeling welcomed and happy?

Today was a great start to the 2010 snowshoeing season and the WMAC Dion Racing series - bring on the next couple of months of stomping around in the snow!

*Jamie Howard*

**2010 DION SNOWSHOE SERIES  
8 TH ANNUAL "I LOVE WOODFORD"  
3.3 MILE SNOWSHOE RACE**

Dec. 27, 2009 ... Woodford State Park ... Woodford, VT

WMAC members in bold:

	<b>Name</b>	<b>Age</b>	<b>Time</b>	<b>Points</b>
01.	Jim Johnson	32M	24:00	100.00
02.	Tim VanOrden	41M	24:01	98.70
03.	Brian Rusiecki	31M	24:07	97.40
04.	<b>Dave Dunham</b>	45M	24:36	96.10
05.	Ben Nephew	34M	24:55	94.81
06.	Matt Westerlund	37M	25:41	93.51
07.	Josh Ferenc	28M	25:42	92.21
08.	Tim Mahoney	30M	25:43	90.91
09.	Steve Wolfe	45M	26:50	89.61
10.	Jeremy Drowne	32M	27:28	88.31
11.	<u>Abby Mahoney</u> 1 <sup>st</sup> F	31F	27:44	87.01
12.	<b>Rich Teal</b>	31M	27:46	85.71
13.	<b>Ken Clark</b>	47M	27:54	84.42
14.	<u>Amy Lane</u>	30F	28:02	83.12
15.	Eddie HabackIII	32M	29:00	81.82
16.	<b>Carolyn Stocker</b>	17F	29:29	80.52
17.	<b>Lauren Stocker</b>	20F	29:35	79.22
18.	Allan Bates	61M	29:37	77.92
19.	<b>Richard Chipman</b>	49M	29:39	76.62
20.	<b>Wayne Stocker</b>	55M	29:48	75.32
21.	Elias Domingo	36M	30:03	74.03
22.	<u>Chelynn Tetreault</u>	34F	30:35	72.73
23.	<b>Tim Stocker</b>	14M	31:00	71.43
24.	<b>Mike Lahey</b>	58M	31:20	70.13
25.	Steve Dowson	21M	31:43	68.83
26.	<b>Erik Wight</b>	50M	31:47	67.53
27.	<b>Bill Morse</b>	58M	31:52	66.23
28.	<b>Howard Bassett</b>	49M	31:57	64.94
29.	David Durfee	45M	32:24	63.64
30.	<b>Scott Bradley</b>	54M	33:27	62.34
31.	Bob Woodworth	60M	33:28	61.04
32.	Bruce Shenker	57M	33:31	59.74
33.	Hiroshi Kitada	44M	33:57	58.44
34.	Seth Roberts	58M	34:15	57.14
35.	Steve Shattuck	57M	34:22	55.84
36.	Ian Hutchinson	45M	34:58	54.55
37.	<b>Martin Glendon</b>	63M	36:10	53.25
38.	<u>Tracey Jeffreys</u>	39F	36:14	51.95
39.	<b>Sarah Glendon</b>	31F	36:20	50.65
40.	Stan Tiska	52M	36:21	49.35
41.	Andrew Rome	55M	36:25	48.05
42.	Richard Clark	55M	36:28	46.75
43.	John Perry	47M	36:54	45.45
44.	Joe Bouck	47M	36:58	44.16
45.	<u>Becky Shattuck</u>	57F	36:59	42.86
46.	Wally Lempart	64M	37:01	41.56
47.	<b>Erin Clark</b>	21F	37:39	40.26
48.	<u>Sarah Dzikowicz</u>	39F	37:57	38.96
49.	<b>Denise Dion</b>	51F	38:01	37.66
50.	<b>Laura Clark</b>	62F	38:04	36.36

***Continued next page:***

### Woodford results cont:

51. Michael DellaRocco	58M	38:05	35.06
52. <u>Stacey Head</u>	30F	38:11	33.77
53. <b>Bob Massaro</b>	66M	38:34	32.47
54. Dave Shumpert	39M	38:43	31.17
55. Akif Zaman	30M	39:33	29.87
56. <u>Jen Schermerhorn</u>	28F	39:40	28.57
57. <u>Mary Glendon</u>	32F	39:49	27.27
58. <b>Chris Johnson</b>	52M	39:57	25.97
59. <u>Jodie Lahey</u>	31F	40:11	24.68
60. <u>Maureen Roberts</u>	51F	40:33	23.38
61. Michael Amarello	46M	40:45	22.08
62. Tim Rothfuss	40M	40:55	20.78
63. <b>Darlene McCarthy</b>	47F	41:47	19.48
64. Steven Mitchell	68M	42:10	18.18
65. Laurel Shortell	43F	42:14	16.88
66. <b>Barbara Sorrell</b>	52F	42:22	15.58
67. Dave Head	40M	42:23	14.29
68. <u>Erin McCarthy</u>	29F	43:09	12.99
69. <b>Bill Glendon</b>	63M	43:22	11.69
70. Dan Sullivan	42M	43:31	10.39
71. <b>Konrad Karolczuk</b>	57M	44:25	9.09
72. <b>Jamie Howard</b>	44M	45:22	7.79
73. Walter Kolodzinski	66M	46:12	6.49
74. <b>London Miles</b>	12M	53:44	5.19
75. <b>Jeff Clark</b>	63M	56:16	3.90
76. <b>Greg Taylor</b>	63M	56:16	2.60
77. Tony Lucia	72M	57:49	1.30

---

### **Who Counts These Beans Anyway?**

---

As I completed my quest to complete 100 WMAC snowshoe races, I couldn't help but notice that even though I finish at the back of the pack, I am surrounded by individuals of great accomplishments. I asked Bill Glendon, a finisher of 30 consecutive Dalton 10k's, what he attributed his record to. He said, "...luck". How lucky can a person be not to be sick or have any family emergencies (weddings, funerals and such) for 30 consecutive years?

Of course there's Jeff (and Laura) Clark who directed last years Saratoga Winterfest snowshoe race which turned out to be the all time record largest attendance. But sometimes when you break a record, there are consequences you don't count on. If I understood Jeff correctly, there was a problem at the finish line that made his record bittersweet, I'll let him tell his own story but I think it involved a couple of knuckleheads at the finish I think one of the greatest accomplishments of any of my back of the pack friends is Jamie Howard's earned doctorate in astronomy from Yale. I don't know how good he is, because every time I asked him what the stars are telling him about my future, he just rolls his eyes and walks away. I need to ask him if he knows Dionne Warwick.

Our races basically reward the individual who comes in first. What would happen if we rewarded the person who could endure the longest, a sort of last man standing. My money would be on Greg Taylor, I think he could outlast everyone. He's like the antagonist in a horror story, no matter how much

distance you put between you and him, he just keeps coming at that steady pace.

So then I have to wonder why we celebrate certain accomplishments, and not others? Here are a few barnyard type records that might be of interest.

Who directed the most snowshoe races? Ed Alibozek, Paul Hartwig, Jeff and Laura Clark, Dave Dunham?

Who marked and cleared the most trails? Brad Herder, Tom McCrum?

Who maintains the most informative web site? Rob Higley?

Which volunteers froze the most? Early days had no warming huts. I remember the Judy's (Judy Alibozek and Judy Hartwig) serving up some of that great food.

Who designed the most T-shirts?

Who made the most pancakes at Brave the Blizzard?

Who accused K2 of padding results by inviting slower relatives to the races? Ed Alibozek Jr.

There is one record I always wonder who would "win". Who is the friendliest person? I know there are many qualified candidates, but one I have to nominate is Gotha Swan. He always met everyone with a smile and a handshake. So what's the point of completing 100 races? For the answer I returned to my basic carpool ABC's...

Alibozek (Ed most likely has the record for snowshoeing the most consecutive days each year, like every day there is snow on the ground).

Busa (name me a record Rich doesn't hold).

Clark (Ken probably has the record for biking to work, 20 miles each way all year round).

After a few seconds of pondering, Ed told me "...don't you know, you'll have the satisfaction of knowing that that you've Dunham, you've Dunham all."

*Konrad Karolczuk (K2)*



*K2 sliding down the hill*

*Photo by Brad Herder*

## Woodford 2009

*You had to be a believer...Barbara Sorrell*

---

Woodford 2009 Snowshoe Event was one of those times where you simply had to ignore the weather, gather the troops and take the journey on faith. The Vermont Kingdom of Woodford (pop. 414) is a mountainous realm enclosing some 14,000 acres of the Green Mountain National Forest and as such operates completely independently of any known climate patterns. All WMACers accept this "take it on faith" condition as part of the total Woodford experience. But this year, even experienced veterans balked at the level of commitment required.

It began raining the evening before Woodford and continued straight on through reveille. A quick wake-up call to the computer revealed that (a) It was raining in Bennington too, (b) Edward Alibozek was sick and not up to posting on the WMAC site and (c) Jack Quinn was doing outdoor race director stuff and not posting on the Battenkill site. Presumably, if something were truly amiss we would sense the vibes. What we should have done, though, was what one resourceful contestant did: dial the Woodford XC Ski Center to see if they were in business. Instead, Jeff and I were busy fielding calls from our own Saratoga hotline. We had hopes of vying for the Best Carpool Award, with four stuffed Saratoga cars skidding in convoy formation. What we got were three drivers, who with the exception of Jeff and I, were soloing.

I must admit that even I had my doubts, but Jeff, with many air transport meteorology courses to his credit, exuded an aura of confidence so I conceded to his superior wisdom and took a nap in the car. Plus, our weekend Mass ritual had so far eluded us and all that excess faith had to go somewhere...I woke up at a Stewarts rest stop where Jeff was urging me to buy a ginger ale for the ride back. This puzzled me as we had never before visited our favorite Grafton Lakes Stewarts on the way to Woodford. Being female, I was not afraid to check the directions and discovered that we were on autopilot to Adams and not to Woodford. Even faith has its limits, I guess.

Back on track, we counted raindrops until we stalled halfway up the rock ice formation that was the Woodford parking lot. This was fairly interesting as cars began to queue up behind us, not sure if we were trying to signal that the race had been cancelled or if we were in fact laying out a rappelling rescue line. A few reexamined their options and chose the less exciting walk from the flatlander lot. We, of course, had no choice other than to pray for studded tires. What we got was a tow truck filled with either sand or kitty litter and that worked fine.

As soon as we crested the ice sheet, the rain ceased, robins began to harmonize and the sun even peeked through to take a look. We had arrived in the Magic Kingdom once again. Many of the usual characters were there, some in red hat Santa mode, one individual who apparently couldn't yet locate his winter tights and, of course, Konrad Karolczuk. K2 was about to embark on his 100<sup>th</sup> career snowshoe race and take possession of the Keys to the Kingdom. It was time once again to believe in Santa Claus, Brigadoon and revel in the moment.

My favorite part of the race is actually the warmup cross-country over the hill and through the woods to the road, which we naturally crossed to get to the start line on the other side. A few years ago, when we had that rope slide down the embankment it was even better.

The course itself presents a tactical dilemma. Against all trail-runner protocol, do you race that in-your-face steep hill to gain future leverage in the inevitable single track train lines to follow? Or do you husband your energy only to get stuck in a nail-biting ride on the local stops-at-every station subway car? I took an indecisive stance, alternating running and hiking, which actually worked pretty well. Then, stalled on the single track, I recalled Jim Carlson's warning not to pass too early as it would eat up too much energy. Impatiently, I waited for attrition to take its toll, especially since I was convinced I could go much faster on the downhill. It nearly killed me. But eventually Denise Dion took the lead and I knew I had no business passing her early in the race, so I settled down.

Eventually, though, she flagged and I was able to take The Lead. Not the lead of the entire race, mind you, but I could pretend. At any rate, the lead in my particular segment of the race. Thank you, Jim. Faith was once again rewarded. Finally I recognized the pond to the right and resisted the urge to sprint off towards it, as so many ill-fated leaders had done in the past. I knew that just about everyone behind me had a much better sprint than I had, so I tried to keep the distance growing.

Shortly before the finish, I learned that I really need to concentrate on flatlander sprinting this year as Denise and two others whooshed by me. Remembering Jeff's lecture about final season points, I rallied and managed to catch one of the two. After Jeff crossed the line, we both headed for the Vermont Bread Company Magic Kingdom outlet to consider our selection. Despite the array of tempting flavors, we both chose pumpernickel, the perfect accompaniment to Jeff's Mom's Famous Welsh Rarebit Supper, a warmly satisfying end to the ultimate Woodford experience.

### *Jeff's Mom's Famous Welsh Rarebit Supper:*

2 normal size cans tomato soup  
Bottle of dark beer  
3 tbsp Lee & Perrins Worcestershire  
1 block of sharp cheddar cheese  
Spices you like (i.e. oregano)  
Pumpernickel bread

Spray inside of pot with Pam, shake tomato soup into pot & start on low heat. Fill empty soup cans 1/3 each with the beer to get out the pesky remnants, dump into pot, stir and increase heat. Continue stirring while toasting bread and slicing cheese into small squares. While stirring, flavor with Worcestershire and your choice of seasoning. Cut bread into croutons & put into soup bowls. Sprinkle some cheese over the croutons, saving most for the pot. As soup simmers down (about ten minutes) put remaining cheese into soup to melt, stir in, then take pot off stove. Pour and enjoy. And don't let the rest of the beer go to waste!

*Laura Clark*

2010 DION SNOWSHOE SERIES

2<sup>nd</sup> ANNUAL TURNER TRAIL

5 MILE SNOWSHOE RACE

1 / 9 / 10 ... Pittsfield State Forest ... Pittsfield, MA

Club members in bold:

Name	Age	Time	Points
1. Jim Johnson	32 M	0:45:10	100.00
2. Corey Watts	21 M	0:46:42	98.70
3. <b>Dave Dunham</b>	45 M	0:46:59	97.40
4. Tim Vanorden	41 M	0:48:20	96.10
5. Matt Westerlund	37 M	0:48:50	94.81
6. Tim Mahoney	30 M	0:49:20	93.51
7. Steve Wolfe	45 M	0:50:58	92.21
8. <b>Ken Clark</b>	47 M	0:52:15	90.91
9. Jon Levinsohn	21 M	0:53:28	89.61
10. Steve Mendoza	18 M	0:54:34	88.31
11. <u>Abby Mahoney</u> 1 <sup>st</sup> F	31 F	0:54:48	87.01
12. Alan Bates	61 M	0:58:20	85.71
13. Brian Northan	39 M	0:58:57	84.42
14. <u>Amy Lane</u>	30 F	0:59:08	83.12
15. <b>Wayne Stocker</b>	55 M	0:59:33	81.82
16. James McCrea	41 M	1:00:51	80.52
17. <b>Rich Chipman</b>	49 M	1:01:01	79.22
18. Stephen Dowsett	21 M	1:01:36	77.92
19. <b>Richard Teal</b>	31 M	1:03:18	76.62
20. Todd Holland	46 M	1:03:34	75.32
21. Robert McCarthy	42 M	1:03:36	74.03
22. Domingo Elias	37 M	1:03:57	72.73
23. Mike Coyne	51 M	1:04:08	71.43
24. <b>Nick Jubok</b>	53 M	1:04:38	70.13
25. <u>Chelynn Tetreault</u>	34 F	1:04:39	68.83
26. <b>Mike Lahey</b>	58 M	1:05:10	67.53
27. Eric Kimmelman	45 M	1:05:47	66.23
28. <b>James Hartwig</b>	24 M	1:06:12	64.94
29. Dan Buttrick	29 M	1:06:31	63.64
30. Tom Parent	33 M	1:09:15	62.34
31. Brian Smith	31 M	1:09:35	61.04
32. Gareth Buckley	33 M	1:09:41	59.74
33. Steve Legnard	33 M	1:09:43	58.44
34. Nick Tooker	30 M	1:10:19	57.14
35. Randy Zucco	39 M	1:10:56	55.84
36. <b>Scott Bradley</b>	55 M	1:11:33	54.55
37. <u>Jessica Hageman</u>	34 F	1:12:49	53.25
38. Steve Shattuck	57 M	1:16:21	51.95
39. <u>Becky Shattuck</u>	57 F	1:17:15	50.65
40. <b>Ed Buckley</b>	51 M	1:18:00	49.35
41. <b>London Niles</b>	12 M	1:18:54	48.05
42. <b>Bob Worsham</b>	64 M	1:19:13	46.75
43. Rick Friedrich	36 M	1:20:45	45.45
44. <b>Laura Clark</b>	62 F	1:21:25	44.16
45. <b>Martin Glendon</b>	63 M	1:21:31	42.86
46. <u>Kristyn Mead</u>	24 F	1:21:34	41.56
47. David Shumpert	39 M	1:21:35	40.26
48. Wally Lempart	64 M	1:21:36	38.96
49. <u>Kathleen Furlani</u>	61 F	1:23:31	37.66
50. <b>Bob Massero</b>	66 M	1:23:32	36.36
51. Joe Bouck	47 M	1:24:53	35.06

52. <b>Ernie Alleva</b>	58 M	1:26:01	33.77
53. <b>Vincent Kirby</b>	53 M	1:26:17	32.47
54. <u>Claudine Preite</u>	43 F	1:26:23	31.17
55. Charles Brockett	63 M	1:26:24	29.87
56. Louis Rosado	32 M	1:28:14	28.57
57. <b>Jim Carlson</b>	61 M	1:28:59	27.27
58. <u>Pat Rosier</u>	51 F	1:29:27	25.97
59. <u>Colleen Quinn</u>	53 F	1:29:39	24.68
60. <u>Mary Kennedy</u>	51 F	1:29:40	23.38
61. <u>Jodie Lahey</u>	31 F	1:29:41	22.08
62. <u>Darlene McCarthy</u>	47 F	1:29:55	20.78
63. Chris Hinch	??	1:31:09	19.48
64. Dave Boles	63 M	1:32:02	18.18
65. Joseph Murphy	30 M	1:33:31	16.88
66. <u>Jenn Schermerhorn</u>	20 F	1:35:55	15.58
67. Doug Mcbournie	51 M	1:36:20	14.29
68. <b>Chris Johnson</b>	52 M	1:37:12	12.99
69. <b>Bill Glendon</b>	63 M	1:37:19	11.69
70. <b>Konrad Karolczuk</b>	57 M	1:37:24	10.39
71. <b>Jamie Howard</b>	44 M	1:38:52	9.09
72. <u>Laurell Shortell</u>	43 F	1:42:15	7.79
73. Walt Kolodzinski	67 M	1:45:57	6.49
74. Brian Wetherell	40 M	1:51:08	5.19
75. Allison Kerr	25 F	1:56:16	3.90
76. <b>Jeff Clark</b>	63 M	1:57:56	2.60
77. <b>Andy Keefe</b>	79 M	2:23:21	1.30



*Jim Johnson, overall winner at Turner Trail*

*Photo by Brad Herder*

## On Target at Turner Trail

---

Some of you may have wondered why I was wearing an orange safety vest at the Turner Trail Snowshoe Race. Was this vest, donated by Most Lost WMACer Rich Busa, a plea for special consideration should I fail to return before dusk? Was I a fanatical vegetarian attempting to lure hunters away from Bambi and his pal Thumper? Or was I bullseyed by the Target chain to display their logo of choice at the finish line?

The answer is: neither of these. I blame it all on Jim Carlson, the ultimate race statistics junkie. After pouring over decades of Dion Snowshoe Series results, he has reached the inevitable conclusion that there is not one race, but a scattering of mini-events. Rather than focusing on time or place, you know you are having a good day when you surpass everyone in your tight companion grouping. So just to make things a mite more interesting, he fashioned a target on the back of a safety vest to get passed forward to the winner in our group. At Turner Trail, there were no less than five runners who crossed the line in the 1:21 minute range, with yours truly in the lead. Which is why I got to wear the reflective vest with the bull's-eye on the back, a challenge to all in line-of-sight formation.



Technically, our group stretched from London Niles' 1:18:54 to Laurel Shortell's 1:42:15. You are welcome to join us any time. Especially if you would like to wear that darn orange Target. Officially, London should be so honored next time, but then again, perhaps not. Suffering from lingering flu symptoms, he was still an honest three minutes ahead. Just last year I could handily beat him in a longer event, but apparently not anymore. Throw in a bout of good health and he will be out of range completely. The only thing that separated Martin Glendon and me was a one second purchase on the final downhill. At Curly's Half Marathon in the fall, we reversed roles. So I'd say we were fairly evenly matched. Plus, wearing the Target is a lot like wearing Race Bib #1. I need a break from all the pressure.

Interest groups aside, the real marvel this time around was the snow. Seldom in the East do we have the opportunity to revel in genuine powder conditions.

As we were working our way up the four teasingly false summits we could have just as well have been touring Colorado's aspened heights. At the top of one of the pretend peaks, my group encountered a troop of hikers who obligingly stepped aside as we barreled downwards right into their dinosaur prints. No kidding! These prints were huge and sunk a good eight inches. Extracting an unassuming Dion from these was rather like climbing out of a crater. But I guess that's what happens in real powder.

Even from our mid-pack perspective, the powder was awesome. Initially, I was a bit bummed that reversing directions would eliminate the tricky zig-zag downhill, but I discovered that holding speed for every bit of the even faster straight downhill took just as much effort. Ahead of me, I could only see Rick Freidrich from the waist up. His legs were totally engulfed in sparkly white spray. No wonder eventual winner Jim Johnson had such a great lead—he was probably invisible to those behind him!

Adding occasional substance to this Fantasyland, where the temperature was a constant 10 degrees from start to finish both years running, were occasional glimpses of Beth Herder's Forest Creature Collection. If you ran Curly's Trail this past fall you were doubtless entertained by bunnies, snakes, bears and cougars. Some apparently, have waited for Santa and are still resisting hibernation. Kermit was stuck somewhere in a tree and a hungry crocodile was spotted searching for Captain Hook. Reining over all was the Snow Queen herself, Kristyn Mead who powdered her eyelashes with glittery white crystals and streaked her hair with spun silver threads.

If anyone is able to locate Captain Hook between now and next week, please give him the Target. He will be highly motivated to outstrip us all.

*Laura Clark*

---

## Welcome New Members

**From Massachusetts:** Ned James -- Tom Malcolm

Eileen Monyahan

**From New York:** Lena Leodotter -- Richard Teal

## Thanks for supporting the WMAC!

*Please check your mailing label and renew if due!  
Your support helps us plan our events for the year.*

---

**2010 DION SNOWSHOE SERIES  
11<sup>th</sup> ANNUAL GREYLOCK GLEN  
3.7 – MILE SNOWSHOE RACE**

January 16, 2010 ...Greylock Glen ... Adams, MA

Club members in bold:

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Points</u>
1. Jim Johnson	32 M	0:25:31	100.00
2. Mark Miller	29 M	0:26:21	99.17
3. Greg Hammett	32 M	0:26:45	98.33
4. Tim Van Orden	41 M	0:27:02	97.50
5. <b>Dave Dunham</b>	45 M	0:27:48	96.67
6. <b>Ross Krause</b>	30 M	0:28:09	95.83
7. Tim Mahoney	30 M	0:28:18	95.00
8. Paul Bazanchuck	55 M	0:30:33	94.17
9. Chris Taft	29 M	0:31:18	93.33
10. Don Packer	37 M	0:31:19	92.50
11. <b>Ken Clark</b>	47 M	0:31:28	91.67
12. Mathew Deady	20 M	0:31:33	90.83
13. Domingo Elias	37 M	0:31:43	90.00
14. Brian Northan	34 M	0:32:00	89.17
15. <b>Richard Teal</b>	31 M	0:32:30	88.33
16. <u>Amy Lane</u> 1 <sup>st</sup> F	30 F	0:32:45	87.50
17. Mathew Reynolds	39 M	0:33:10	86.67
18. Alan Bates	61 M	0:33:14	85.83
19. <b>Carolyn Stocker</b>	17 F	0:34:10	85.00
20. Dereck Jones	47 M	0:34:20	84.17
21. <b>Wayne Stocker</b>	55 M	0:34:38	83.33
22. Nick Tooker	30 M	0:34:46	82.50
23. <u>Chelynn Tetreault</u>	34 F	0:35:03	81.67
24. Seth Roberts	58 M	0:35:17	80.83
25. <b>Peter Malinowski</b>	55 M	0:35:23	80.00
26. <b>Ned James</b>	55 M	0:35:34	79.17
27. Michael Buttrick	24 M	0:35:40	78.33
28. Jack Casey	56 M	0:35:50	77.50
29. <b>Ashley Krause</b>	32 F	0:35:54	76.67
30. Steven Legnard	33 M	0:36:01	75.83
31. Todd Holland	46 M	0:36:21	75.00
32. John Carey	38 M	0:36:31	74.17
33. John Kline	43 M	0:36:38	73.33
34. Eric Recene	38 M	0:36:43	72.50
35. Dan Buttrick	29 M	0:36:50	71.67
36. <b>Mike Lahey</b>	58 M	0:37:17	70.83
37. <b>James Hartwig</b>	29 M	0:37:37	70.00
38. <u>Jessica Hageman</u>	34 F	0:37:57	69.17
39. <b>Glen Tryson</b>	56 M	0:38:06	68.33
40. Randy Zucco	39 M	0:38:17	67.50
41. <u>Laura Straw</u>	23 F	0:38:22	66.67
42. Gareth Buckley	33 M	0:38:25	65.83
43. Jeff Clark	52 M	0:38:33	65.00
44. Ian Hutchinson	45 M	0:38:43	64.17
45. Bruce Shenker	57 M	0:39:15	63.33
46. Matt Dall	35 M	0:39:39	62.50
47. Timothy Joutras	16 M	0:40:03	61.67
48. Charles Joyal	40 M	0:40:36	60.83
49. Art Roti	37 M	0:40:57	60.00
50. <b>Scott Bradley</b>	55 M	0:41:24	59.17
51. <b>Will Danecki</b>	59 M	0:41:25	58.33
52. Phil Bricker	56 M	0:41:39	57.50
53. Steve Shattuck	57 M	0:41:48	56.67
54. <u>Melanie Smith</u>	32 F	0:42:06	55.83

55. <b>Ed Buckley</b>	51 M	0:42:11	55.00
56. Stan Tiska	52 M	0:42:23	54.17
57. David Shumpert	39 M	0:42:25	53.33
58. <b>Dan Danecki</b>	50 M	0:42:30	52.50
59. Rich Godin	54 M	0:42:48	51.67
60. <b>London Niles</b>	12 M	0:42:50	50.83
61. <u>Becky Shattuck</u>	57 F	0:42:55	50.00
62. Brad Herder	52 M	0:43:16	49.17
63. <b>Bob Worsham</b>	64 M	0:43:31	48.33
64. <u>Theresa Apple</u>	48 F	0:43:44	47.50
65. <b>Bob Dion</b>	54 M	0:43:48	46.67
66. <b>Ernie Alleva</b>	58 M	0:43:50	45.83
67. <u>Holly Atkinson</u>	40 F	0:43:51	45.00
68. Alan Lum	19 M	0:43:55	44.17
69. <b>Martin Glendon</b>	63 M	0:44:25	43.33
70. <b>Denise Dion</b>	51 F	0:44:33	42.50
71. <u>Kathleen Furlani</u>	61 F	0:44:35	41.67
72. <u>Marcella McClatchey</u>	23 F	0:44:38	40.83
73. <u>Joanne Lynch</u>	44 F	0:44:40	40.00
74. Michael Joutras	53 M	0:44:50	39.17
75. <b>Vincent Kirby</b>	53 M	0:45:06	38.33
76. <u>Erin Clark</u>	21 F	0:45:40	37.50
77. Danny Huang	19 M	0:45:54	36.67
78. <b>Bob Massero</b>	66 M	0:46:28	35.83
79. <u>Zofin Turosz</u>	71 F	0:46:46	35.00
80. Dave Wilbur	50 M	0:46:47	34.17
81. <u>Laura Clark</u>	62 F	0:47:01	33.33
82. <b>Juergen Reher</b>	60 M	0:47:27	32.50
83. <u>Claudine Preite</u>	43 F	0:47:37	31.67
84. Bill Ross	45 M	0:47:43	30.83
85. Stephen Banatoski	46 M	0:48:08	30.00
86. <u>Jodie Lahey</u>	31 F	0:48:10	29.17
87. <u>Darlene McCarthy</u>	47 F	0:48:35	28.33
88. Jeff Boulanger	24 M	0:48:43	27.50
89. <u>Peg Piwonka</u>	38 F	0:48:44	26.67
90. John Jackson	43 M	0:48:45	25.83
91. <u>Kristen Merle</u>	22 F	0:48:46	25.00
92. <b>Chris Johnson</b>	52 M	0:48:56	24.17
93. <u>Jackie Lemieux</u>	43 F	0:49:53	23.33
94. <u>Debra Alibozek</u>	41 F	0:49:57	22.50
95. Peter Canzone	57 M	0:50:08	21.67
96. <u>Jenn Schermerhorn</u>	28 F	0:50:40	20.83
97. <u>Colleen Quinn</u>	53 F	0:50:44	20.00
98. <u>Laurel Shortell</u>	43 F	0:51:26	19.17
99. David Su	56 M	0:51:27	18.33
100. <b>Bill Glendon</b>	63 M	0:51:42	17.50
101. Ian Banatoski	14 M	0:51:45	16.67
102. Peter Finley	48 M	0:51:53	15.83
103. Pat Rosier	51 M	0:52:49	15.00
104. <b>Jamie Howard</b>	44 M	0:53:04	14.17
105. <b>Konrad Karolczuk</b>	57 M	0:53:20	13.33
106. <b>Ken Fairman</b>	56 M	0:53:59	12.50
107. Doug McBournie	51 M	0:54:14	11.67
108. <u>Meghan Foley</u>	23 F	0:56:16	10.83
109. James Banatoski	14 M	0:57:15	10.00
110. Walt Kolodzinski	67 M	0:57:35	9.17
111. <b>Rich Busa</b>	80 M	0:58:15	8.33
112. Bruce Grisafe	56 M	1:00:10	7.50

*Continued next page:*

### Greylock results cont:

113. <u>Marylou White</u>	54 F	1:02:21	6.67
114. <b>Jeff Clark</b>	63 M	1:04:30	5.83
115. <u>Rebecca Armstrong</u>	41 F	1:04:59	5.00
116. <u>Mary Vasquez Slack</u>	46 F	1:06:07	4.17
117. Ray Lee	67 M	1:09:45	3.33
118. <b>Andy Keefe</b>	79 M	1:20:20	2.50
119. <u>Donna Gorson</u>	54 F	1:30:03	1.67
120. Jon Levenson	? M	2:01:01	0.83
121. <u>Ann Dobrowski</u>	29 F	2:00:00 (Sweep)	0.50
122. <u>Ellen Mach</u>	29 F	2:00:00 (Sweep)	0.50
123. <b>Edward Alibozek</b>	47 M	3:30:00 (Sweep)	0.50

---

## Double D's 1<sup>st</sup> Double of the 2010 Season

*By Dave Dunham*

This was the 1<sup>st</sup> double snowshoe of the season and also the longest drive for a WMAC race (that I'll do). JJ and I were among the first to Greylock Saturday. We met up with a bunch of guys (Mark Miller, Greg Hammett, Tim Mahoney, Paul Bazanchuck) and headed out on the roads and snowmobile trails for a 3 mile warm-up. I then headed out on my own to check out the bridge crossing that I heard would be tricky. I did a couple of test runs across to get a feel for how it would be done at full speed. I wasn't too worried about the missing first plank but was anxious about tripping on the way over.

Ed gave us some final instructions and big congratulations to Laurel Shortell who was running her 100th consecutive WMAC snowshoe race. Ed noted that the side trails were blocked off with yellow tape and noted that people have gone under before and "someone will today". I hoped it wouldn't be me. With that, over 100 including some fast roadrunners, took off for the 3.5 miles of racing. Ed had to re-route the course due to construction in the Glen, but most of the course was the same as last year.

We hit the bridge about 2 minutes into the race with JJ leading and Miller, Hammett, and Tim Van Orden, trailing closely. Miller moved into the lead for part of the climb, with JJ taking over about 1 mile into the race. JJ took over for good and Miller, Hammett, and TiVo had some back and forth (but leg speed prevailed over the steady downhill).

As far as my race went... I felt like I was sprinting all-out to the bridge. I was in 6th as we started the climb but was passed almost immediately by Ross Krause (Wildman race winner). I closed the gap as the climb continued and passed him back along with Tim Mahoney. I could see TiVo close and pass Miller (who was power-walking) and I was able to get within a couple of steps of them as we crested the climb. That was it for me as we began to drop like mad on the fast snowmobile trails. For some reason I thought there was one more climb, but I must have been thinking of another version of the course. I had a brief flashback as I passed the spot where Matt Cartier and JJ had passed me last year, but no one closed on me today.

I did make a brief detour off course with less than 1/2 mile to go. Bombing down the last descent, there was tape blocking the trail and I saw the bridge we had to cross but thought we had at least another 1/2 mile or so before we'd cross it. I scanned left and saw red flags, so I took a sharp left and began climbing. I didn't realize this was the way we'd headed out at the start! Fortunately someone at the bridge yelled for me to come back and I only lost about 15 seconds. I really worked the last climb as Krause had closed on me during my move off course. I didn't want to lose my hard-earned position. I ended up holding on but got schooled by TiVo in the 40+ category. JJ took his third consecutive win (in WMAC races) and Greg had a solid 2010 showing. Mark also had a very strong second half in his first snowshoe race and sounded like he'd give it a go again some time. 120 finishers is a great showing for a race at the very edge of MA.

After much debate about Brave the Blizzard (Guilderland, NY) having snow, JJ and I headed off with assurances from the race director that there would be a race, it wasn't going to be pretty but it was going to happen. We headed to the old Williams College ski area on Berlin road for a run/hike up and down Berlin Mountain. This is the sixth highest peak in MA and it is also the Rensslear, NY county high point. I've also read that there is no higher point on a NY border (go ahead prove me wrong).

We did the 1,200' climb in 31 minutes (including 5 minutes on top and 5 minutes putting on snowshoes), then had a blast coming down in 12 minutes of slidding and running (and taking a couple of massive spills). After that we drove to Guilderland to see if they really had snow. There was nothing on the ground as we drove up so it was a huge surprise to find the field behind the school had snow. We checked out a little bit of the trail, which had enough snow to hold a race, and then headed to our hotel. Satisfied that we'd be racing on Sunday we hit the hot tub for a soak and the 99 for some grub.

On race morn we were among the first to arrive. After checking in and making sure the race was on we hit the road for a 3 mile warm-up. I felt okay, nothing any more sore than normal, although it took almost the whole 3 miles for my foot to loosen up. I got in some strides and bumped into TiVo who mentioned some fast local roadrunner who would be in the mix. I was not worried; my goal was to keep Tim in sight for as long as possible. I went out on snowshoes to check the bushwack section (to avoid some bare ground we'd zip through the woods about 200 meters into the race!).

We got warnings from 4 minutes out, and I got a spot on the inside of the course. JJ got a lousy start and said, "this is my worst start ever" as he blew by me 100m into the race. We hit the woods with Justin Bishop leading with JJ and TiVo right on his tail. I was already off the back and wheezing as I tried to stay on my feet. After 1/2 mile we turned onto the worst part of the course, it had a couple of 50m patches that were bare, which lasted for about 1/2 mile. The rest of the course was fine, if you enjoyed fast flat racing (not me). I'll take a long slow slog over the fast stuff any day.

**Continued next page:**



Double Weekend cont:

Justin led for most of the race with JJ and TiVo keeping him moving. With about 3/4 mile to go JJ made his move and took his fourth consecutive WMAC victory and his second win at the Brave the Blizzard. Tivo nearly got Justin as they all came in within 13 seconds. I rolled in later that day to take fourth for the second consecutive year. I ran as hard as I could but all in all, the first double SS weekend of the year was a disappointment. I think everyone who finished in front of me should finish in front of me but in both races I thought I'd be able to maintain a much better percentage behind.

Next weekend will be an even tougher double with back to back tough courses at Pooh Hill (Granite state series) and Curly's (WMAC series). Bring It On!!

*Dave Dunham .... January 2010*

**2010 DION SNOWSHOE SERIES**

**BRAVE THE BLIZZARD SNOWSHOE RACE**

January 17, 2010 ... Pine Bush Preserve ... Guilderland, NY

Club members in bold :

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Points</u>
01. Jim Johnson	32 M	24:44	100.00
02. Justin Bishop	28 M	24:53	99.25
03. Tim VanOrden	41 M	24:57	98.51
04. <b>Dave Dunham</b>	45 M	26:58	97.76
05. Ahmed Elasser	47 M	27:39	97.01
06. <b>John Agosto</b>	45 M	27:49	96.27
07. Josh Tailent	31 M	29:08	95.52
08. Edward Hampston	42 M	29:14	94.78
09. Brian Northan	34 M	30:11	94.03
10. <b>Rich Teal</b>	31 M	30:13	93.28
11. Dennis Vanvlack	37 M	31:21	92.54
12. Drew Anderson	41 M	33:38	91.79
13. Chris Nowak	35 M	33:45	91.04
14. Jon Rocco	43 M	33:46	90.30
15. Matt Delaney	26 M	33:52	89.55
16. Brendan Dunfee	35 M	34:02	88.81
17. Nicholas Henderson	25 M	34:12	88.06
18. Tom Tift	52 M	34:28	87.31
19. <b>Glen Tryson</b>	56 M	34:30	86.57
20. Joshua Katzman	33 M	34:34	85.82
21. Edward Myers	58 M	34:41	85.07
22. <u>Sara Brenner</u> <b>1<sup>st</sup> F</b>	29 F	34:42	84.33
23. <u>Jacque Schiffer</u>	45 F	34:43	83.58
24. Todd Rowe	41 M	34:44	82.84
25. Jeff Clark	52 M	35:07	82.09
26. John Paduano	49 M	35:12	81.34
27. Thomas Ryan	49 M	35:28	80.60
28. <b>Richard Chipman</b>	49 M	35:34	79.85
29. Ian Hutchinson	45 M	35:44	79.10
30. Patrick Sorsby	34 M	35:48	78.36
31. <u>Stephanie Wille</u>	34 F	36:05	77.61

32. <u>Lisa D'Aniello</u>	23 F	36:43	76.87
33. David Shumpert	39 M	37:06	76.12
34. <b>Tom Mack</b>	45 M	37:33	75.37
35. William Milak	57 M	37:54	74.63
36. Adam Munder	26 M	37:54	73.88
37. Brandon Willit	25 M	38:01	73.13
38. John Butler	43 M	38:04	72.39
39. Steve Copper	41 M	38:21	71.64
40. <u>Julie Cambell</u>	19 F	38:23	70.90
41. Joe Bouck	47 M	38:52	70.15
42. Michael Dellarocco	58 M	38:55	69.40
43. Alex Chlopecki	38 M	38:58	68.66
44. <u>Jeanine Mackiewicz</u>	37 F	39:03	67.91
45. Ryan Walsh	29 M	39:30	67.16
46. <u>Erin Shreve</u>	29 F	39:31	66.42
47. Jeffrey Andritz	28 M	39:49	65.67
48. <u>Stephanie Landy</u>	50 F	40:19	64.93
49. <u>Kathy Bush</u>	25 F	40:23	64.18
50. <u>Sarah Dzikowicz</u>	39 F	40:37	63.43
51. <u>Allison Van Dyke</u>	47 F	41:30	62.69
52. <u>Cynthia Southard</u>	56 F	41:43	61.94
53. Matthew Martin	27 M	41:45	61.19
54. <u>Andrea Gerardi</u>	52 F	42:07	60.45
55. <u>Kelley Bauer</u>	40 F	42:20	59.70
56. <b>John Pelton</b>	70 M	42:28	58.96
57. Charles Brockett	64 M	42:30	58.21
58. Daniel Pollay	40 M	42:33	57.46
59. <b>Vincent Kirby</b>	53 M	42:45	56.72
60. Alex Chlopecki	38 M	43:04	55.97
61. <u>Susan Burns</u>	54 F	43:11	55.22
62. <u>Angela Squadere</u>	38 F	45:17	54.48
63. <u>Denise Gonder-Terzi</u>	46 F	45:28	53.73
64. Mark Mortensen	29 M	45:32	52.99
65. <u>Meghan Davey</u>	24 F	4 5:32	52.24
66. Jason Grossman	36 M	45:33	51.49
67. <u>Ania Childress</u>	33 F	45:35	50.75
68. <u>Holly Klein</u>	34 F	45:43	50.00
69. <u>Donna Lustenhouver</u>	56 F	45:49	49.25
70. Lawrence Seward	65 M	46:02	48.51
71. David Boles	63 M	46:08	47.76
72. <u>Ginny Pezzula</u>	64 F	46:15	47.01
73. Chuck Trimarchi	63 M	46:25	46.27
74. <u>Jennifer Ferriss</u>	38 F	46:29	45.52
75. <u>Michelle Pendergast</u>	36 F	46:34	44.78
76. <u>Kimberly Cardona</u>	35 F	46:37	44.03
77. Joe Yavonditte	60 M	46:38	43.28
78. Robert Carey	39 M	46:38	42.54
79. David Cardona	39 M	46:40	41.79
80. Paul Shreeman	34 M	46:46	41.04
81. Robert Norman	34 M	47:00	40.30
82. <u>Jacqueline Fields</u>	23 F	47:18	39.55
83. <u>Roxanne Wunsch</u>	46 F	47:44	38.81
84. <b>Barbara Sorrell</b>	52 F	47:56	38.06
85. <u>Liz Chipman</u>	49 F	47:58	37.31
86. <u>Jennifer Masula</u>	32 F	48:17	36.57
87. <u>Angela Sears</u>	33 F	48:23	35.82
88. <u>Laurel Shortell</u>	43 F	48:48	35.07
89. <u>Lisa Richter</u>	41 F	49:12	34.33
90. <u>Donnamarie Gade</u>	39 F	49:36	33.58
91. <u>Susan Motler</u>	47 F	50:02	32.84

*Continued next page:*

**BTB results cont:**

92. Daryl Ryan	33 M	50:10	32.09
93. <u>Laura Milak</u>	40 F	50:17	31.34
94. Jon Skelly	44 M	50:22	30.60
95. Dave Cole	52 M	50:31	29.85
96. <b>Laura Clark</b>	62 F	50:49	29.10
97. Kevin Reedy	34 M	50:52	28.36
98. Steve Obermayer	48 M	50:53	27.61
99. <u>Shaina Feldman</u>	21 F	51:27	26.87
100. <b>Janet Tryson</b>	56 F	51:48	26.12
101. <u>Patricia Kundel</u>	49 F	51:51	25.37
102. <u>Cara Martin</u>	26 F	52:54	24.63
103. John Dellarocco	48 M	53:26	23.88
104. <u>Sibyl Jacobson</u>	67 F	54:04	23.13
105. <b>Greg Taylor</b>	63 M	54:11	22.39
106. <u>Sharon Fellner</u>	48 F	54:16	21.64
107. <u>Gail Hein</u>	58 F	54:20	20.09
108. <u>Ginny Kelly</u>	47 F	54:44	20.15
109. Rich Kelly	47 M	54:45	19.40
110. <u>Tammy Mortier</u>	34 F	56:18	18.66
111. <u>Patty Paduano</u>	52 F	56:31	17.91
112. Ray Lee Jr.	67 M	56:32	17.16
113. Junior Obermayer	17 M	57:05	16.42
114. Kathleen Tensigni	39 F	58:00	15.67
115. Michael Maguire	54 M	58:08	14.93
116. <u>Kimberly Hayes</u>	33 F	58:09	14.18
117. <u>Angela Vasilakos</u>	33 F	58:41	13.43
118. <u>Raelee Grim</u>	28 F	58:44	12.69
119. <u>Uzma Qureshi</u>	48 F	58:49	11.94
120. Joe Carvazos	38 M	59:59	11.19
121. <u>Randie Lamphere</u>	44 F	61:48	10.45
122. Alan Schultz	64 M	61:49	9.70
123. <u>Donna Mannarino</u>	35 F	63:32	8.96
124. <u>Sue Seppa</u>	68 F	65:56	8.21
125. <b>Jeff Clark</b>	63 M	66:19	7.46
126. <u>Alison Kerr</u>	25 F	67:23	6.72
127. <u>Marey Bailey</u>	58 F	71:03	5.97
128. <u>Anne Wehry</u>	52 F	71:49	5.22
129. <u>Blanca Ramos</u>	51 F	75:28	4.48
130. Dustin Ellis	36 M	85:04	3.73
131. <u>Marcie Ellis</u>	36 F	85:59	2.99
132. <u>Karen Dufour</u>	33 F	88:22	2.24
133. <u>Jennifer Delgreco</u>	29 F	88:23	1.49
134. <u>Deah Burnham</u>	31 F	88:23	0.75

*Laura's Book Review Corner:*

***A Tribute to The Boys of Winter***

*by Charles Sanders, 2005*

If you read only one book this year, *The Boys of Winter* by Charles Saunders should be it. As WMAC members who have long enjoyed/anticipated/dreaded our Thunderbolt encounters, this tribute to the 10<sup>th</sup> Mountain Division lends some perspective into the lure of our favorite gathering place, Mount Greylock.

For it was from the small town of Adams that twenty-two young men who lived for nothing more than a perfect Thunderbolt run

heard their country's call and lent their mountain skills in defense of the freedoms they cherished. While the 10<sup>th</sup> Mountain Division saw action late in World War II, in that small space of time they sustained nearly one thousand fatalities and four thousand wounded.

Among the fatalities was Rudy Konieczny, Adams' Thunderbolt ski hero who transferred his risk taking to the battlefield saving countless comrades in the process. Rudy was buried with full military honors at Veterans' Memorial Plot in Adams' Bellevue Cemetery. As Sanders writes, "From Rudy Konieczny's gravesite, the ski trail that runs from just below the War Memorial Tower atop Mount Greylock down to the old Thiel farm is clearly visible." The next time you run Greylock, take a few minutes to honor Rudy and the rest of these boys who unhesitatingly sacrificed their lives for America.



Those who did return include Coach Bill Bowerman, who gave us Nike waffle trainers, Ed Ketchledge, a leading member of the Association for the Protection of the Adirondacks and Bob Lewis who pioneered hiking and skiing programs for the handicapped. All told, over two thousand members brought downhill skiing to America, developing Sugarbush, Vail, Aspen, Jackson Hole and other premier ski resorts. The list goes on and makes you wonder what could have been accomplished had more survived.

But as Sanders poignantly points out, we honor these fallen heroes in our hearts every time we venture into the mountains that they so loved. To know "...that once someone stood exactly where we are now standing, understood exactly the joy that we are now feeling, and gave it all up to make *our* time here possible" is the best way to honor them.

*For more information on the Thunderbolt Ski Trail checkout these links*

<http://www.thunderboltsskirun.com/skirunners.html>

<http://www.thunderboltsskirunners.org/>

*Laura Clark*

## Trail Shoes Hit the Road

This New Year's we invited our good friends, Rob Scott and Karen McWhirt to celebrate First Night with us. Rob has multiple 100 milers to his credit; Karen prefers marathon to 50 mile distances. Karen's special talent, however, is her ability to pace tired ultrarunners, which means she meets them somewhere in the middle of the night and leads them on the trail to the finish line. She is one of the few people I know who runs progressively faster from midnight on. If Karen is your pacer, as long as you don't fall off a cliff before she joins you, you *will* finish the race. In fact, some runners have been known to drop out before their rendezvous, certain that once she comes on board, they would have to soldier on till the bitter end.

Still, with all these miles to her credit, Karen had never run a Road Race. First Night 5K was to be her initial attempt. And she was nervous. The tables were turned. Rob was now her pacer, telling her when to slow down and when to pick it up.

As we lined up and responded to my Jeff's customary "Shoelace Check!" call, we looked down at our feet in horror. This was a road race after all, and all four pairs of feet were outfitted in trail shoes, ready for a night in the woods. But what could we do? Race Director Jeffrey Allen warned us that the course contained thirteen mischievous speed bumps, each of which "are not your friends," and we were off for better or worse.

The first few bumps occur in rapid succession and Karen gleefully got the hang of it exclaiming, "These are just like tree roots." All those within earshot glanced up, surprise shifting to apprehension. Perhaps some runners had enjoyed their hydration ritual a little too much? This remark did serve a useful purpose, however, in that everyone gave us a wide berth and we were able to avoid much of the early congestion.

Karen soon got the hang of the pavement and both she and Rob were disappointed that the race ended so soon, exclaiming, "We were just getting warmed up!" They were delighted to discover that everyone earned a medal, a perk not often found in trail events.

With one road under her belt, we have invited Karen and Rob back for Freihofers. This should be just Karen's style, as it will serve as the perfect warmup for the Nipmuck Trail Marathon the following day.

*Laura Clark*



## 2010 DION SNOWSHOE SERIES

### HOOT TOOT & WHISTLE

### 5K SNOWSHOE RACE

1 / 23 / 10 ... Catamount Ski Trail ... Readsboro, VT

Club members in bold:

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Points</u>
01. Josh Ferenc	28 M	0:22:40	100.00
02. Tim Van Orden	41 M	0:23:57	99.07
03. Paul Bazanchuk	55 M	0:25:57	98.15
04. Jon Levensohn	21 M	0:26:18	97.22
05. <b>Ken Clark</b>	47 M	0:26:24	96.30
06. <b>John Agosto</b>	45 M	0:26:54	95.37
07. Dylan Wight	16 M	0:27:44	94.44
08. <b>Erik Wight</b>	50 M	0:27:45	93.52
09. Derek Jones	47 M	0:28:07	92.59
10. Jeff Thurber	31 M	0:28:13	91.67
11. <u>Amy Lane</u> 1 <sup>st</sup> F	30 F	0:28:24	90.74
12. Josh Keefe	28 M	0:28:30	89.81
13. Ben Keefe	28 M	0:28:45	88.89
14. <u>Chelynn Tetreault</u>	34 F	0:29:14	87.96
15. Nick Tooker	30 M	0:29:17	87.04
16. <b>Edward Alibozek</b>	47 M	0:29:32	86.11
17. <b>Wayne Stocker</b>	55 M	0:29:37	85.19
18. <b>Caroline Stocker</b>	17 F	0:29:38	84.26
19. Edward Myers	58 M	0:29:45	83.33
20. Rob McCarthy	42 M	0:29:47	82.41
21. John Carey	38 M	0:30:30	81.48
22. Bob Bonneau	58 M	0:32:17	80.56
23. <u>Jessica Hageman</u>	35 F	0:32:37	79.63
24. Brian Northan	34 M	0:33:13	78.70
25. Donny Huang	19 M	0:33:38	77.78
26. Jesse Corum	59 M	0:33:46	76.85
27. Robert Woodworth	60 M	0:33:51	75.93
28. <u>Lynn Mardon</u>	54 F	0:33:59	75.00
29. Chris Kusek	31 M	0:34:22	74.07
30. <b>Scott Bradley</b>	55 M	0:34:49	73.15
31. Jeff Agli	38 M	0:34:52	72.22
32. Tim Rothfuss	40 M	0:34:59	71.30
33. Ian Hutchinson	45 M	0:35:07	70.37
34. <b>John Pelton</b>	70 M	0:35:34	69.44
35. Richard Godin	55 M	0:35:50	68.52
36. <b>London Niles</b>	12 M	0:36:20	67.59
37. <u>Elizabeth Bianchi</u>	42 F	0:36:41	66.67
38. <b>Martin Glendon</b>	63 M	0:37:03	65.74
39. Phil Bricker	56 M	0:37:07	64.81
40. <u>Holly Atkinson</u>	40 F	0:37:08	63.89
41. <b>Denise Dion</b>	51 F	0:38:37	62.96
42. Andrew Rome	55 M	0:38:53	62.04
43. Douglas Fox	65 M	0:38:59	61.11
44. <b>Ernie Alleva</b>	58 M	0:39:16	60.19
45. <b>Laura Clark</b>	62 F	0:39:27	59.26
46. David Shumpert	39 M	0:40:24	58.33
47. Mike Lacharite	52 M	0:40:43	57.41
48. <b>Vince Kirby</b>	53 M	0:40:52	56.48
49. <b>Darlene McCarthy</b>	47 F	0:41:36	55.56
50. Jeff Hattem	58 M	0:42:06	54.63
51. <u>AudreyWitter</u>	45 F	0:42:16	53.70

*Continued next page:*

### H,T & W results cont.

52. <b>Claudine Preite</b>	43 F	0:42:26	52.78
53. <b>Jim Carlson</b>	62 M	0:42:31	51.85
54. <b>Juergen Reher</b>	60 M	0:42:34	50.93
55. <b>Bob Massaro</b>	66 M	0:42:38	50.00
56. <b>Chris Johnson</b>	52 M	0:42:39	49.07
57. <b>Allen Lum</b>	19 M	0:43:47	48.15
58. <b>Jacqueline Lemieux</b>	43 F	0:43:57	47.22
59. <b>Mary Kennedy</b>	51 F	0:43:57	46.30
60. <b>Brad Herder</b>	52 M	0:45:03	45.37
61. <b>Peter Finley</b>	48 M	0:45:08	44.44
62. <b>Laurel Shortell</b>	43 F	0:45:31	43.52
63. <b>Jamie Howard</b>	44 M	0:46:06	42.59
64. <b>Bruce Grisafe</b>	56 M	0:46:40	41.67
65. <b>Phyllis Fox</b>	57 F	0:46:56	40.74
66. <b>Ken Fairman</b>	66 M	0:46:59	39.81
67. <b>Bill Glendon</b>	63 M	0:47:09	38.89
68. <b>Konrad Karolczuk</b>	57 M	0:49:04	37.96
69. <b>Jennifer Ferniss</b>	38 F	0:49:04	37.04
70. <b>Dawn McCarthy</b>	39 F	0:49:04	36.11
71. <b>Richard Busa</b>	80 M	0:49:42	35.19
72. <b>Rosalee Greer Smith</b>	31 F	0:49:48	34.26
73. <b>Meghan Foley</b>	23 F	0:51:09	33.33
74. <b>Brian Wetherell</b>	40 M	0:52:43	32.41
75. <b>Judy Klein</b>	48 F	0:54:19	31.48
76. <b>Rebecca Armstrong</b>	41 F	0:55:49	30.56
77. <b>Jeff Clark</b>	63 M	0:56:11	29.63
78. <b>Michael Maguire</b>	54 M	0:56:19	28.70
79. <b>Chelsea DeSalvatore</b>	23 F	0:56:22	27.78
80. <b>Karin Bradley</b>	52 F	0:58:22	26.85
81. <b>Mary Vasquez-Slack</b>	47 F	0:58:32	25.93
82. <b>Ann Marg McKillop</b>	50 F	0:58:32	25.00
83. <b>????????????</b>	??	0:58:51	24.07
84. <b>Ronald Oakes</b>	54 M	1:00:59	23.15
85. <b>Laura Fulton</b>	24 F	1:01:02	22.22
86. <b>Suzy Merin</b>	48 F	1:01:29	21.30
87. <b>Lori Manchegiane</b>	50 F	1:01:40	20.37
88. <b>Betty Lacharite</b>	74 F	1:03:00	19.44
89. <b>Danielle Ortiz</b>	17 F	1:03:13	18.52
90. <b>Meryl Ortiz</b>	47 F	1:04:02	17.59
91. <b>Donald Lacharite</b>	78 M	1:04:04	16.67
92. <b>Andy Keefe</b>	79 M	1:04:13	15.74
93. <b>Susan Rogers</b>	55 F	1:05:46	14.81
94. <b>Douglas Rogers</b>	54 M	1:06:59	13.89
95. <b>Donna Gorson</b>	55 F	1:07:01	12.96
96. <b>Susan Birch</b>	45 F	1:11:40	12.04
97. <b>Meg Anderson</b>	53 F	1:14:26	11.11
98. <b>Jesse Anderson</b>	50 F	1:14:51	10.19
99. <b>Danielle McCarthy</b>	08 F	1:14:53	9.26
100. <b>Judith McCarthy</b>	65 F	1:21:07	8.33
101. <b>Ron Waterman</b>	67 M	1:21:30	7.41
102. <b>Tiger Waterman</b>	63 M	1:26:20	6.48
103. <b>Steve King</b>	62 M	1:26:37	5.56
104. <b>Mary King</b>	60 F	1:26:43	4.63
105. <b>Wendy Pratt</b>	56 F	1:27:46	3.70
106. <b>Karen Pratt</b>	56 F	1:34:09	2.78
107. <b>Arthur Kaiser</b>	56 M	1:34:15	1.85
108. <b>Winfield Gates</b>	67 M	1:34:24	0.93

### Missing the Target @ Hoot, Toot & Whistle

In deference to injunction not to shoot within 500 feet of an inhabited area, there was no TARGET visible at Hoot, Toot & Whistle (HT&W). While trains might be considered moving residences and thereby exempt, we decided not to put insurance clauses to the test. Sounds vaguely believable, but unfortunately, however, I am making this up. The real reason we had no orange vest at HT&W was that Dave Boles, our most recent target, switched plans and decided to aim for Curly's instead.

And after last year, who could blame him? The inaugural HT&W took everyone by surprise: we were expecting an easy flat course alongside a railroad track. What we got was a tough slog which earned HT&W the Barnyard Award for the slowest race. This year we were prepared.

Jeff chose our backup vehicle, my logoeed Annie, for our commute since she is justifiably proud of her pierced studded tires and was eager to give them a workout on the icy pull past Bennington. Naturally, this year there was no ice. But Annie was psyched. Mostly she gets left behind on these events, so she was eager to prove herself. Which she did. She ramped up to warp speed without even a shudder, providing a tempting target for alert traffic cops. Fortunately, there weren't any. We arrived the same time as last year but instead of grabbing the first preferred spot, we barely squeezed into the last available space on the main road. It's funny that we'll run any distance, yet grumble when we have to hike more than a few feet to the registration area.

This time, though, we had a better handle on the course. Curly's is more demanding, but at least you get a guilt-free opportunity to "rest" while hiking up the steeper inclines. For trail runners accustomed to walking when the going gets tough, the relatively flat HT&W is a rude awakening and almost makes preparatory track interval workouts seem like a good idea. While the snow was not nearly as deep as last year, it still proved difficult to get any kind of a rhythm going. Now I'm thinking perhaps this has more to do with the lay of the land than the actual snow cover.

Once again, HT&W featured a cozy gathering spot at the Readsboro Inn and indoor plumbing, always a plus. The raffles contributed by local townspeople were outstanding and it almost seemed as if the items, rather than the winners did the selecting. Rich Busa, who claims he never wins random drawings, had his eye on the wood-crafted paint set for his artistic niece, but figured he would have to be the first one called. He was! He is looking forward to be the favorite uncle. London Niles, our youngest competitor, claimed a bead set for his sister, Solitaire. Solitaire really deserved her prize since she enthusiastically attends every one of London's events. It can't always be a whole lot of fun for a five year-old to be stuck in a forest of grownups. For the second year in a row the strawberry cake claimed a ride home with Jessica Hageman. Doubtful if it made it all the way. Perhaps next year we should just write her name on the cake and get done with it! And Jim Carlson, TARGET Master, was rewarded for his volunteer duty at Greylock with a roomy fanny pack.

This was the second double header weekend with approximately nineteen of us pushing our vehicles to the limit on the way home, hoping to gain as much rest as possible before Sunday's event.

*Laura Clark*

## Back on Track at Curly's Record Run

---

Back on track once again, Dave Boles reappeared at Curly's, TARGET in hand, and promptly awarded it to fellow competitor Will Danecki. Will seemed pleased to be so honored and swiftly changed into his running jacket and vest so all would have fair warning. Once again, the vest worked its magic, giving Will a nice push to 59.37 percentage points, the highest yet received while running under the influence of the target.

While Race Directors Beth and Brad Herder threatened to revamp Curly's into a tamer ride, an impromptu survey of perennial competitors favored the traditional descent down the black diamond trail and another shot at breaking Curly's still-standing downhill ski plunge. I am hoping that this is always the case, but there were some whispered complaints of creaky knees and "getting too old." Shame on you! No one is as old as Rich Busa and he came through the experience intact, unbloodied (for once) and sporting his usual grin.

The scariest moment for some of us, however, occurred as we assembled at the playing field and realized Laurel Shortell was nowhere to be seen. Was she hampered by last minute clothing adjustments? Did she break a cleat? Or worst of all, was she sick? Laurel *The Streak* Shortell has not only completed her 100<sup>th</sup> WMAC/Dion Snowshoe race but has also not missed a single event since she began snowshoeing. How could the race begin without her? Fortunately, Edward Alibozek remembered that Laurel had driven a rental car, making her nearly invisible to those of us scouting for her familiar vehicle, now on the injured list.

I am always surprised at how many downhill stretches there are during the initial climb. Lulled into a false sense of complacency, I pulled out faster than was wise, passing perhaps seven shoers before the real uphill and reality asserted itself once again. What was I thinking? Especially after racing yesterday. But amazingly I was feeling pretty good so I decided to seize the day. I had never, ever, beaten Will Danecki, but for some insane reason I felt I stood a chance.

With this thought in the back of my mind, I attacked Curly's downhill, only to discover that my usual strategy of drifting over to the unchurned side snow proved just as scary as the main course. The once upon-a-time powder was crusted over, lightly enough to lend a false sense of security, but thickly enough to snag a tilting snowshoe. By the final downhill I had almost caught Kathy Furlani but then my quads suddenly remembered they had raced the day before.

Still, I managed to hold off Martin Glendon and Charles Brockett until the end when I inexplicably headed off into the sunset and into the parking lot. Jeff greeted me at the finish line, astounded that I didn't hear everyone yelling. I guess I was so focused on beating my rivals that I was in my own private wind tunnel. With Jeff at the finish ahead of me, I thought that Jeff's alter ego, Jeff Clark age 51, had enjoyed BTB so much that he decided to substitute, as he is wont to do in road races.

But it turns out that my Jeff Clark age 63, had missed Beth's starting instructions to turn right at the caution tape. So he turned left and happily followed the course markings down the

other side of the mountain. Rather like my debacle at Greylock when I hiked back to accompany Andy and found myself heading into an alternately ribboned universe. Must run in the family!

Afterwards, some folks thought that Marty should have played the gentleman's role and held back for the extra five seconds that it took me to readjust my headings. I must admit that the thought did cross my mind too. Afterwards, I reflected that if it were another woman in the same situation she either would have apologized for beating me or else stood aside feeling that I deserved the "win." But this was, after all, a race and that is what makes Marty a worthy opponent and fun running partner. Which is what it is all about.

Laura Clark

---

### 2010 DION SNOWSHOE SERIES 7<sup>th</sup> ANNUAL CURLY'S RECORD RUN 4-MILE SNOWSHOE RACE

January 24, 2010 ... Pittsfield State Forest ... Pittsfield, MA

---

Club members in bold:

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Points</u>
01. Jim Johnson	32 M	0:28:54	100.00
02. Tim Van Orden	41 M	0:29:57	98.96
03. Tim Mahoney	30 M	0:31:08	97.92
04. <b>Ross Krause</b>	30 M	0:32:13	96.88
05. Mike Quintal	31 M	0:32:22	95.83
06. Matt Westerlund	37 M	0:32:53	94.79
07. Steve Wolfe	45 M	0:33:19	93.75
08. Paul Bazanchuck	55 M	0:34:25	92.71
09. <u>Abby Mahoney</u> 1 <sup>st</sup> F	31 F	0:35:00	91.67
10. Chris Taft	29 M	0:35:11	90.63
11. Steve Dowsett	21 M	0:36:07	89.58
12. <b>Rich Teal</b>	31 M	0:36:55	88.54
13. <u>Carolyn Stocker</u>	17 F	0:37:33	87.50
14. <b>Ken Clark</b>	47 M	0:37:38	86.46
15. Alan Bates	61 M	0:37:46	85.42
16. Robert McCarthy	42 M	0:37:59	84.37
17. <b>Wayne Stocker</b>	55 M	0:38:07	83.33
18. <b>Ned James</b>	55 M	0:38:17	82.29
19. Jay Kolodzinski	30 M	0:39:08	81.25
20. <b>Edward Alibozek</b>	47 M	0:39:10	80.21
21. <u>Ashley Krause</u>	32 F	0:39:30	79.17
22. Michael Buttrick	24 M	0:40:16	78.12
23. Jack Casey	56 M	0:41:01	77.08
24. <b>Rich Chipman</b>	49 M	0:41:52	76.04
25. Dan Buttrick	29 M	0:42:03	75.00
26. Randy Zucco	39 M	0:42:07	73.96
27. <b>Glen Tryson</b>	56 M	0:42:14	72.92
28. <b>Nick Jubok</b>	53 M	0:42:23	71.87
29. <b>Mike Lahey</b>	58 M	0:42:48	70.83
30. Tom Tift	52 M	0:43:31	69.79
31. Jeff Clark	52 M	0:43:44	68.75
32. Bruce Shenker	57 M	0:44:21	67.71
33. <u>Jacque Shiffer</u>	45 F	0:44:27	66.67
34. Laurence Witner	36 M	0:44:34	65.62

Continued next page:

Curly's results cont:

35. Art Roti	37 M	0:45:08	64.58
36. <u>Lindsey Doemann</u>	27 F	0:45:52	63.54
37. <b>London Niles</b>	12 M	0:46:25	62.50
38. Steve Shattuck	57 M	0:46:44	61.46
39. <b>Bob Dion</b>	54 M	0:46:55	60.42
40. <b>Will Danecki</b>	59 M	0:47:03	59.37
41. <b>Scott Bradley</b>	55 M	0:47:26	58.33
42. Butch Brennan	45 M	0:47:37	57.29
43. <u>Becky Shattuck</u>	57 F	0:47:49	56.25
44. Jim Schertzer	34 M	0:47:56	55.21
45. Richard Kelly	48 M	0:47:58	54.17
46. Rich Godin	54 M	0:48:16	53.12
47. Mark Raymond	47 M	0:48:28	52.08
48. <u>Holly Atkinson</u>	40 F	0:49:10	51.04
49. Stan Tiska	52 M	0:50:07	50.00
50. <b>Bob Worsham</b>	64 M	0:50:32	48.96
51. <b>Denise Dion</b>	51 F	0:51:32	47.92
52. <u>Kathy Furlani</u>	61 F	0:51:44	46.87
53. Charles Brockett	64 M	0:52:09	45.83
54. <b>Martin Glendon</b>	63 M	0:52:55	44.79
55. <b>Laura Clark</b>	62 F	0:53:00	43.75
56. Wally Lempart	64 M	0:53:11	42.71
57. <u>Bekki Wright</u>	47 F	0:53:24	41.67
58. Joseph Poliquin	57 M	0:53:25	40.62
59. John Baker	59 M	0:53:37	39.58
60. <u>Karen Costello</u>	47 M	0:53:50	38.54
61. <b>Bob Massaro</b>	66 M	0:54:38	37.50
62. <u>Heather Benson</u>	38 F	0:54:54	36.46
63. Frank Gaval	63 M	0:55:01	35.42
64. Dave Wilber	50 M	0:55:27	34.37
65. John Marran	37 M	0:55:44	33.33
66. Dave Boles	63 M	0:55:45	32.29
67. <b>Chris Johnson</b>	52 M	0:56:14	31.25
68. <b>John Adrich</b>	51 M	0:56:42	30.21
69. <u>Colleen Quinn</u>	53 F	0:56:54	29.17
70. <u>Pat Rosier</u>	51 F	0:57:23	28.12
71. Greg Cyburlsk	39 M	0:58:05	27.08
72. <u>Maureen Roberts</u>	52 F	0:58:46	26.04
73. <u>Laurel Shortell</u>	43 F	0:59:04	25.00
74. <u>Justine Repaci</u>	45 F	1:01:21	23.96
75. <b>Barbara Sorrell</b>	52 F	1:02:13	22.92
76. <u>Mercedes Pacheco</u>	44 F	1:02:18	21.87
77. Tim Tierney	23 M	1:02:45	20.83
78. <b>Jamie Howard</b>	44 M	1:02:52	19.79
79. <b>Bill Glendon</b>	63 M	1:03:19	18.75
80. Walt Kolodzinski	67 M	1:04:00	17.71
81. <b>Konrad Karolczuk</b>	57 M	1:04:07	16.67
82. Dave Almande	35 M	1:05:47	15.62
83. <u>Hillary Stewart</u>	28 F	1:05:48	14.58
84. <u>Ginny Kelly</u>	47 F	1:07:01	13.54
85. Laurence Seward	65 M	1:07:06	12.50
86. Steve Obermayer	48 M	1:08:27	11.46
87. Don Grant	67 M	1:08:42	10.42
88. <b>Rich Busa</b>	80 M	1:08:52	9.37
89. <u>Kathleen Tersigni</u>	39 F	1:08:59	8.33
90. Dick Marran	68 M	1:11:30	7.29
91. <u>Vicki Quagliaroli</u>	56 F	1:13:07	6.25
92. <u>Sibyl Jacobson</u>	67 F	1:17:22	5.21
93. <b>Greg Taylor</b>	63 M	1:17:42	4.17

94. <b>Paul Newman</b>	42 M	1:24:29	3.12
95. Alan Schultz	64 M	1:25:17	2.08
96. <b>Jeff Clark</b>	63 M	1:25:18	1.04



*Albert "Curly" Voll at his namesake race.*

*photo by Brad Herder*

## International Snowshoe Championships

*by Andy Keefe*

Almost 20 years ago when I got involved in canoe racing, I partnered with some Paul Smiths College graduates and before long I was paddling with the college team which operates as a club, under the name of Paul Smiths Striders. So this January when the club was short on snowshoe runners to enter the 102<sup>nd</sup> International Snowshoe Championships in Lachine, Quebec, I gladly accepted the invitation.

Brian Wetherell and I drove up to Paul Smiths College Friday January 29, in the afternoon to depart at 6 pm for Canada. Three vans left the college and proceeded to the border crossing at Malone and presented our passports and entered Canada without incident. As Lachine is NW of Montreal, we head thru the unusual traffic patterns of Montreal. It is a maze of concrete walled ramps leading to three levels of one way traffic. With all road signs and directions in French, we relied on the trusty GPS for directions. After some time of going in circles and wrong turn-offs, it dawned on the lead van driver that GPS does not consider altitude and on a tri-level highway it does not necessarily agree with the road which you are on. Finally someone spotted the Holiday Inn and we went in to register only to find it was a different Holiday Inn other than the one in which we had 14 rooms reserved. Back on the highway and another hour of confused travel finally we arrived at the proper Holiday Inn about 11 pm, in time to join the party in progress where the King and Queen of the Championships were crowned.

*Continued next page:*

### Int. Snowshoe Championships cont:

Late to bed and early to rise (with or without a hangover) never stopped a college student, especially in the North Country. Saturday morning we arrived at the venue in -10 degree F, windy weather. From this moment on, the only words spoken were in French and it was best to just "follow the leader."

First order of business was the qualification of the snowshoes. A wooden box was placed on the ground and we were to try to step into it. Its actual inside dimensions were 26" by 8.5" . My Dions went right to the bottom and I was rejected. Fortunately I also had a pair of old Redfeathers that did not go into the box and the toe of the right shoe was adorned with a green ribbon and I was eligible to compete. The rest of the College team had Northern Lites which are wide enough to prevent entering the box, so we were all ready to go.

The course was on an open field with hockey rinks at the side. An oval of about 325 meter perimeter was marked out by several red cones and some red flags. The start line was 100 or so meters from the finish line where several men wrapped in blankets stood ready with stop-watches in hand.

The first event was an 8K snowshoe walk which consisted of 30 laps around the course. This resulted a single track 8 to 10 inches deep in the snow. The first man across the finish line was DQ'd because he lowered his hips during lap 30. However the next four competitors over the line were also Paul Smiths members so we got off to a good start. I competed in the 1500 meter walk (5 laps) and placed 4<sup>th</sup> with no time for this event as during the discourse in French, some people started before others and it was just go and see what happens.

In 24 of the 26 races, our team won first place. Age groups included open, senior, master and super master (50+) That meant that the oldest competitor I raced against was 28 years younger than I was. He was 52 years old and also on our team, a 1989 grad. In all we took a total of 60 medals and 12 plaques. My 2 4<sup>th</sup> place finishes were below the teams standards but quite rewarding personally. Races include 5 min, 1 mi, 800 m, 400 m, 200 m, 100 m, 50 m, and 3 4 x 100 relays, men, women and mixed. In all events the truly strong willed athletes were the final survivors on a cold and windy and long day on an open field.

After returning to the hotel we had dinner at the local Thai restaurant where the proprietor was clearly tri-lingual and very accommodating.

The following day the banquet and awards ceremony was held in a large ballroom and lasted 4 ½ hours as we all trooped back and forth for medals, plaques and photos.

The trip back to Paul Smiths was uneventful and a tired bunch arrived back around 8 pm. Three hours later I was sound asleep at home and very grateful to have experienced such a unique event and cultural exchange.

*Andy Keefe*

### 2010 DION SNOWSHOE SERIES SIDEHILLER 5-MILE SNOWSHOE RACE 1 / 30 / 10...Sandwich Fair Grounds...Center Sandwich, NH

Club members in bold:

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Points</u>
01. Kevin Tilton	28 M	0:31:08	100.00
02. Josh Ferenc	28 M	0:31:20	98.90
03. Jim Johnson	32 M	0:31:25	97.80
04. Peter Mallett	26 M	0:31:47	96.70
05. Charles Therriault	24 M	0:32:12	95.60
06. Ben Nephew	34 M	0:32:32	94.51
07. Bob Jackman	27 M	0:33:25	93.41
08. Tim Cox	36 M	0:33:44	92.31
09. Danny Ferriera	27 M	0:34:01	91.21
10. <b>Dave Dunham</b>	45 M	0:34:04	90.11
11. Steve Wolfe	45 M	0:34:05	89.01
12. Eric Morse	44 M	0:34:44	87.91
13. Jim Pawlicki	35 M	0:34:51	86.81
14. David Principe	43 M	0:35:03	85.71
15. Stan Snow	43 M	0:35:05	84.62
16. Dave Quintal	46 M	0:35:33	83.52
17. John Pajer	47 M	0:36:05	82.42
18. Reeder Fahnestock	30 M	0:36:15	81.32
19. Chris Dunn	41 M	0:36:35	80.22
20. Kurt Gustafson	25 M	0:36:47	79.12
21. Richard Lavers	33 M	0:36:55	78.02
22. Jeremiah Fitzgibbon	53 M	0:37:51	76.92
23. Sam Wallis	18 M	0:37:52	75.82
24. Ken Poulin	49 M	0:37:53	74.73
25. Eddie Habeck	32 M	0:38:20	73.63
26. Ryan Welts	29 M	0:38:39	72.53
27. <u>Amber Cullen</u>	27 F	0:38:39	71.43
28. Mike O'Connor	45 M	0:39:02	70.33
29. Luke Fernandez	23 M	0:39:14	69.23
30. Ryan Triffitt	34 M	0:39:21	68.13
31. Chris Shaffer	33 M	0:39:27	67.03
32. Ben Keefe	29 M	0:39:43	65.93
33. Josh Keefe	28 M	0:39:49	64.84
34. <u>Ann Rasmussen</u>	45 F	0:40:02	63.74
35. David Ottenheimer	17 M	0:41:55	62.64
36. Jack Casey	56 M	0:42:08	61.54
37. John Kovar	39 M	0:42:17	60.44
38. Phillip Irwin	41 M	0:42:22	59.34
39. Walter Fortier	60 M	0:42:28	58.24
40. <b>Peter Malinowski</b>	55 M	0:42:40	57.14
41. Todd Holland	46 M	0:42:58	56.04
42. Patrick Graham	17 M	0:43:11	54.95
43. Richie Blake	41 M	0:43:27	53.85
44. Phillip Erwin	16 M	0:44:15	52.75
45. <u>Lisa Ransom</u>	47 F	0:44:20	51.65
46. <u>Sarah Philips</u>	26 F	0:44:40	50.55
47. Scott Mason	52 M	0:44:53	49.45
48. <u>Jesse Campbell</u>	19 F	0:45:13	48.35
49. <b>Bob Dion</b>	54 M	0:45:43	47.25
50. <b>Bill Morse</b>	58 M	0:45:53	46.15
51. Joe Merriam	50 M	0:46:39	45.05
52. Timothy Lindsey	38 M	0:46:55	43.96

Continued next page:

Sidehiller results cont:

53. Bob Lux	63 M	0:46:58	42.86
54. Michael St. Hilaire	31 M	0:47:31	41.76
55. <u>Diane Gagnon</u>	53 F	0:48:54	40.66
56. Tim Rothfuss	40 M	0:49:01	39.56
57. <u>Marcy Schwam</u>	56 F	0:49:05	38.46
58. Ed Mahoney	55 M	0:49:09	37.36
59. Sal Genovese	44 M	0:49:25	36.26
60. <u>Regina Kavidas</u>	43 F	0:49:33	35.16
61. Brian Gallagher	60 M	0:49:42	34.07
62. <u>Robin Cunicotta</u>	38 F	0:50:48	32.97
63. <u>Shelby Irwin</u>	14 F	0:50:51	31.87
64. Gary Reuter	70 M	0:51:17	30.77
65. <u>Kaitlyn DiRenzo</u>	23 F	0:51:41	29.67
66. Jeff Hattem	58 M	0:52:00	28.57
67. Jim Arsenault	51 M	0:52:14	27.47
68. <u>Ellen Tidd</u>	41 F	0:52:25	26.37
69. David Hippert	27 M	0:52:33	25.27
70. <u>Diane Levesque</u>	56 F	0:52:47	24.18
71. <u>Sharon Barbano</u>	56 F	0:52:52	23.08
72. Tony Federe	71 M	0:53:00	21.98
73. Chris Tessier	45 M	0:53:20	20.88
74. <u>Amy Adams</u>	17 F	0:54:06	19.78
75. <b>London Niles</b>	12 M	0:54:28	18.68
76. David Principe Jr	11 M	0:54:40	17.58
77. <u>Denise Dion</u>	51 F	0:55:14	16.48
78. Michael Amarello	46 M	0:55:20	15.38
79. <u>Dolly Courtemande</u>	46 F	0:56:04	14.29
80. <u>Nancy Browne</u>	47 F	0:56:32	13.19
81. George Brome	48 M	0:57:55	12.09
82. <u>Ellie Ferguson</u>	49 F	0:58:58	10.99
83. Nathan Hanson	26 M	1:00:01	9.89
84. Don Bessey	64 M	1:00:21	8.79
85. <u>Laurel Shortell</u>	43 F	1:00:34	7.69
86. Richard Dinovo	42 M	1:01:12	6.59
87. <u>Rosaleen GreenSmith</u>	31 F	1:01:46	5.49
88. <u>Madison Dunn</u>	16 F	1:03:01	4.40
89. <u>Nancy Drach</u>	50 F	1:03:54	3.30
90. <u>Alli Erwin</u>	20 F	1:08:21	2.20
91. <b>Richard Busa</b>	80 M	1:13:31	1.10

---

**2010 NFM - PLEASANTLY SURPRISED BY  
THE QUALITY OF THE SNOW**

---

Boy, as late as Tuesday it was not looking good for Northfield. I was worried that the race would have to be moved or canceled. Fortunately Bill Gabriel (Northfield) scouted out the trails and assured me we'd be able to race. Ed Alibozek (snow guru) also had scouted out other locations in case we needed to move. I met up with Paul Bazanchuk on Friday afternoon and with a clear idea of what would be the most usable trails we headed out. We used over 100 flags and a bunch of surveyor tape. The biggest mistake of the day was my bringing a can of spray chalk only to find out that the color I had was white. D'oh.

We were pleasantly surprised by the quality of the snow. The footing would be good; I wouldn't call it fast because you still

had to climb over 700' to the summit. The 5.3-mile loop was just over 2 miles to the top of Reservoir road then a fast 3+ mile descent back to the visitor's center. I guessed that the leaders would climb in about 8 min. pace and descend close to 6 min. pace, which would bring the winner home in about 35 minutes. On race morning I headed out with some BLACK spray chalk to mark the intersection where the course doubled back (the first and last kilometer covered the same ground in each direction). Thanks to Bill for loaning me the spray paint. The DRC timing and scoring crew showed up and they know their stuff so well that I could now just focus on getting ready for the race. They'd take care of registration/timing and whatever else was needed. I couldn't have the race without them. Thanks guys!  
I got in a nice 3-mile warm-up on the road with Paul and Tim Mahoney, and then changed into my race gear. I let the crew know that the winner would be back in about 35 minutes and I hoped to return in about 40. With a "runners set, and go" we hit the trail.

Ross Krause sprinted out to the lead with Greg Hammett, Justin Fyffe, and Tim Mahoney right behind him. Steve Wolfe was next with me hanging on. The first climb seemed to be fast. Since most of the race would be on the wide ski trails there should have been no worry about positioning. It felt like the start of a 5 km road race to me! After about ½ mile I started to settle into a reasonable pace. I passed Steve and could see the top four stretched out in front. Fyffe was still cranking and now had gapped the chasers. Krause and Mahoney were running together with Hammett about ½ way between them. Not much changed on the climb to the single track. I timed Tim and Ross as they entered the single track and I was 18 seconds back. They seemed to slow a bit on the single track and I started to close the gap. As we were about to exit onto the road Tim yelled out and went down in a heap. I thought he had caught his shin on a tree branch, but found out later that he'd taken a funny step and hyper extended his knee. Ross asked if he was okay as he passed (he may have offered to help him up as well). While this happened I caught up and passed Tim to hit the road in fourth place just a few ticks behind Ross.  
My guess on the climb must have been fairly accurate, I hit the top in 18:45 and Justin was way off in the distance, maybe 2 minutes up on me. I lost site of him and Greg as they turned onto the outflow pipe trail. Ross was moving well and he took a look to gauge where I was as he headed off the steep descent. I checked my watch as he headed onto Reservoir road and the gap was now 17 seconds. I also looked for Tim and guessed he was further behind me than I was behind Ross.

The road section is very fast. It had a mix of fast snow and just enough descent to really motor (but not so steep that you have to brake to stay in control). This would also be the last time I'd see the leaders. I was a bit surprised to see that Greg and Justin were running together. Justin is a strong climber and Greg has a lot of speed. The mix was just right that the tow had an excellent battle. It reminded me of some of the great duels between Paul Low and Richard Bolt back in 2004/2005. They ended up pushing each other right to the line with Justin out kicking Greg in the last 100 meters. The Women's race also looked to be a close one with Carolyn Stocker beating Granite Stater Amber Cullen by 29 seconds.

Continued next page:



*Pleasntly Surprised cont:*

Meanwhile not much changed for the rest of the top five. Ross pulled away over the last 1.5 miles after leaving the road. I felt tired and flat most of the way and my foot was killing me on the descents.

I was just happy to keep position through the end. In all we had 73 finishers from 16 different clubs and they ranged in age from 12-80. The DRC had results well in control so Tim and I were able to head right out and sweep the course. Tim broke his shoe during the loop and had to finish in racing flats. I guess that is better than having it fail during the race! Thanks again to everyone who helped make this race a success. Monies raised will be donated to the Merrimack River trail association for construction of a new bridge on the trail that will open up four more miles of trail for running, hiking, skiing, and snowshoe-ing.

*Dave Dunham*

---

**2010 DION SNOWSHOE SERIES**  
**8TH ANNUAL NORTHFIELD MOUNTAIN**  
**5.3-MILE SNOWSHOE RACE ... 2 / 6 / 10**  
Northfield Mountain Visitor Center ... Northfield, MA

---

Club members in bold:

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Points</u>
01. Justin Fyffe	29 M	0:35:45	100.00
02. Greg Hammett	32 M	0:35:47	98.63
03. <b>Ross Krause</b>	30 M	0:37:48	97.26
04. <b>Dave Dunham</b>	45 M	0:38:54	95.89
05. Tim Mahoney	30 M	0:39:31	94.52
06. Steve Wolfe	45 M	0:40:03	93.15
07. John Pajer	47 M	0:40:07	91.78
08. Sean Snow	43 M	0:40:22	90.41
09. Danny Ferreira	27 M	0:40:44	89.04
10. Kurt Gustafson	25 M	0:41:15	87.67
11. Donald Pacher	37 M	0:41:28	86.30
12. <b>John Agosto</b>	45 M	0:42:38	84.93
13. Paul Bazanchuk	55 M	0:42:42	83.56
14. <b>Ken Clark</b>	47 M	0:43:20	82.19
15. <b>Carolyn Stocker</b> 1 <sup>st</sup> F	17 F	0:44:03	80.82
16. <u>Amber Cullen</u>	27 F	0:44:32	79.45
17. Dylan Wight	16 M	0:45:08	78.08
18. Derek Jones	47 M	0:45:15	76.71
19. <b>Wayne Stocker</b>	55 M	0:45:31	75.34
20. <b>Ned James</b>	55 M	0:46:27	73.97
21. <b>Erik Wight</b>	58 M	0:46:33	72.60
22. Jack Casey	56 M	0:46:53	71.23
23. G Chinnapolamada	31 M	0:47:05	69.86
24. <b>Edward Alibozek</b>	47 M	0:47:08	68.49
25. <u>Chelynn Tetrault</u>	34 F	0:47:11	67.12
26. Michael Buttrick	24 M	0:48:08	65.75
27. Sal Genovese	44 M	0:48:31	64.38
28. Randy Zucco	39 M	0:48:32	63.01
29. David Grove	37 M	0:49:05	61.64
30. <u>Lisa Ransom</u>	47 F	0:49:19	60.27
31. John Carey	38 M	0:49:38	58.90
32. <b>Ashley Krause</b>	32 F	0:50:04	57.53

33. <b>Tim Stocker</b>	15 M	0:50:14	56.16
34. Dan Buttrick	29 M	0:51:08	54.79
35. Chris Rondeau	38 M	0:51:11	53.42
36. Richard Clark	56 M	0:51:19	52.05
37. <b>Howard Bassett</b>	49 M	0:51:25	50.68
38. <b>Mike Lahey</b>	58 M	0:52:07	49.32
39. Andy Illidge	43 M	0:52:39	47.95
40. Chris Kusek	31 M	0:53:01	46.58
41. Arthur Roti	37 M	0:53:29	45.21
42. Jeff Richardson	53 M	0:53:44	43.84
43. <b>Bill Morse</b>	58 M	0:54:10	42.47
44. <u>Regina Kavadias</u>	43 F	0:54:39	41.10
45. Phil Bricker	56 M	0:55:07	39.73
46. <u>Kathy Hurst</u>	40 F	0:56:11	38.36
47. <u>Katherine De Zutter</u>	14 F	0:56:24	36.99
48. <b>Vince Kirby</b>	53 M	0:56:39	35.62
49. Steve Shattuck	57 M	0:57:04	34.25
50. <b>London Niles</b>	12 M	0:57:05	32.88
51. <u>Becky Shattuck</u>	57 F	0:57:35	31.51
52. <b>Bob Dion</b>	54 M	1:01:35	30.14
53. Jeff Hattem	58 M	1:02:31	28.77
54. <b>Ed Alibozek Jr</b>	70 M	1:02:39	27.40
55. <b>Bob Massaro</b>	66 M	1:03:21	26.03
56. Jim De Zutter	47 M	1:03:28	24.66
57. <u>Kristen Merlo</u>	22 F	1:03:28	23.29
58. <u>Kathy Furlani</u>	61 F	1:03:32	21.92
59. <b>Chris Johnson</b>	52 M	1:04:13	20.55
60. <b>Martin Glendon</b>	63 M	1:04:23	19.18
61. <b>Ernie Alleva</b>	58 M	1:08:00	17.81
62. <b>Darlene McCarthy</b>	47 F	1:08:20	16.44
63. <b>Kim Brown</b>	38 F	1:08:40	15.07
64. Raymond Boutotte	64 M	1:08:45	13.70
65. <u>Peg Piwonka</u>	38 F	1:09:08	12.33
66. <u>Katherine Best</u>	25 F	1:09:08	10.96
67. <u>Christin Christoph</u>	26 F	1:09:09	9.59
68. <u>Laurel Shortell</u>	43 F	1:10:53	8.22
69. <b>Richard Busa</b>	80 M	1:12:59	6.85
70. Brad Herder	52 M	1:13:22	5.48
71. <b>Bill Glendon</b>	63 M	1:13:32	4.11
72. <b>Konrad Karolczuk</b>	57 M	1:14:05	2.74
73. <b>Jamie Howard</b>	44 M	1:15:54	1.37

---

*Calling all WMAC Members.....*

*Help us save a tree or two!*

*If you are interested in receiving the newsletter in this on-line version from now on send a note to Will at the newsletter and let him know. The on-line version is in color with more pictures - results - and stories than the paper version.*

[wdanecki@charter.net](mailto:wdanecki@charter.net)

---

DEAR FELLOW TRAIL, MOUNTAIN, ULTRA, and SNOWSHOE RUNNERS,

I'd like to let everyone know that I am now an event supporter with Inov-8. Although there is a great deal of interest in Inov-8 products, access is limited in many regions. I often get asked about Inov-8 products at races, and although I can offer advice about specific models, we are talking about shoes. Being able to actually test the fit of different models tends to help when deciding which shoes to buy. My new position will allow me to:

- Bring samples of shoe models and gear to races
- Allow runners to test fit shoes and gear
- Sell shoes and gear at select races
- Take orders for products that I don't have and either mail them to you, or meet you for race to race delivery

If you are interested in Inov-8 shoes or gear, please contact me at [bcnephew@aol.com](mailto:bcnephew@aol.com) and let me know what you would like to see at races to try and/or buy. A current listing of products can be found at [inov-8.com](http://inov-8.com).

See you on the trails,

Ben Nephew



Photo by Kristin Wainwright



## WINTERFEST: Be Careful What You Lobby For

During the weeks leading up to Winterfest, I lobbied Gerald, our local Groundhog. I made sure his hole was clear of debris and dropped tempting morsels down his tunnel. I knew exactly what veggies he favored since he had spent the previous summer tunneling under our garden. I figured he owed us.

And sure enough, at the appointed hour Gerald emerged from his bachelor's den, saw his shadow and gratefully returned for a six week nap. In hindsight I'm guessing that it wasn't his shadow that scared him but the bitter cold. And perhaps I was asking too much. Gerald's job description was to barometer between winter and spring. It did not, technically, include the precipitation factor. Perhaps that would have required an extra bunch of carrots.

Predictably, Winterfest dawned frigid, bright and clear. A perfect winter day. Gerald had followed the script but neglected the postscript.

His interpretation of the contract encompassed only temperature, not precipitation, leaving us with a frozen landscape dusted with imaginary snow. The heavy rain preceding the deep freeze I had so zealously lobbied for had left the park knee deep in water, which naturally froze once rumors of Gerald the Groundhog began to surface.

Fellow WMAcEr Richard Chipman had previously explained that last year's ice storm damage was only the tip of the iceberg, so to speak. This winter we could expect to see a lot more fallen branches on the trail, victims of weakened tree systems. The Winterfest course got its share, only this time they were entombed in layers of ice, partially submarining to the surface, ready to trip an unwary runner. Usually when you kick a stick or a pine cone it politely moves aside to let you pass. But these embedded landmines were serious contenders.

And speaking of pine cones, has anyone noticed how many there are this year? I would like to think that Mother Nature, knowing it would be virtually impossible for mammals to dig out buried food stores without a snow buffer to soften the earth, littered the ground with a ready supply of pine nuts. I just wish she had stayed clear of the trails.

Earlier in the week, I had asked Patrick Pipino, our faithful supplier of Ben & Jerry's coupons, to become a major sponsor and layer the course with vanilla ice cream. But Patrick, a runner himself, regretfully declined, fearing that hungry runners would stop for a snack thereby dashing everyone's hopes of a PR. He had a point.

Running in a race as a race director brings a different perspective. Besides being worn out from marking the trail, lugging equipment and attending to endless details, it is easy to neglect that last minute snack, warmup or clothes check. I marvel at how Bob and Denise Dion can do so well at every race when, after ensuring that everyone has functional snowshoes, they barely have time to make it to the starting line.

I always seem to have difficulty separating Laura the RD from Laura the Snowshoer, wavering my focus back and forth between the two. Just as I get into the groove, I'll come to an intersection and do a course marshal check.

Or I'll notice a marker that has fallen in the line of duty and stop to retrieve it. Or I'll step outside my running self and just

be so glad that everyone is having such a good time. It's a different experience and one that I relish.

Meanwhile, back at the finish line a different drama played out. Conscious of the extreme cold, I kept the chronoprinters indoors until the car was warmed up and ready to go. But I did not take into account that our morning house temperature hovers between 45 and 50 degrees. The printers were cold to the touch and remained so. Under fire, one refused to start while the other kept running in first place until it ran out of paper. Finally, John Couch helpfully unloaded the batteries and cuddled them for a few minutes. So the race was recorded by a mixture of modern timing devices, Jeff's stopwatch and old fashioned clipboard tick sheets. Amazingly John, Peggy and Jan were able to reconstruct everyone's true time to within a split second or so.

Truthfully, after marking the course on Saturday I did not want to run. I felt discouraged that we would not be able to give folks a quality event. It amazed me that people as close as Albany expected snow, trusting Jeff and I, as resourceful race directors, to procure some. But I guess with the erratic snow coverage this year, who could blame them? But once registration began and people did see the conditions, there was no grumbling. Everyone was just happy to be outdoors and glad to have an opportunity to enjoy the day. And once the race began it truly did not make any difference. I flew through, seemingly unaware of the frozen pitfalls so evident when Jeff and I were plodding along marking the course. It truly was a winter festival, with or without deep snow.

*Laura Clark*

---

## **Magic Morning**

---

I must check on th TREE every so often. My clock "sings" at 3:15 A M to wake me on Nov. 22. I get ready, to get away into th darkness at 3:58. A bit over 2 hrs drive takes me to th north of Greenfield, Mass. I park beside th brook, latch on my bottle carrier ( I received for being last at Pisgah 50K 1 year ), GU's into a pocket and start to run as th darkness begins to roll away. Oooh COLD, darn COLD! A no-walk advance up & up Smead Hill Road is just what I need. It's up Van Ness when I turn around to see th sunrise. ☺ Oh, last year coming down Smead I slipped to slam on my back on an unseen ice patch. ☹ Pretty soon th trailhead's there to my right. It's about a half mile thru th woods to th TREE. Massive fm ground to 12 - 15 feet, upper portions have fallen away xcept for wun length which looks to still have life. I take minutes to marvel at this majestic "mama." Finally, moving away, I turn a couple of times for last looks. On th way out of th woods I pause to read a sign on an adjacent trail - - 25 mph maximum. I ease-up, not wanting to be fined. ☺

Back on th rolling rural roads I manage to keep running on all th long - - am I there yet? nope, keep stepping - - super-steeps. No longer dark, no longer so cold, my black-gloved hands are warmed by th sun. my magic morning run ends with th descent thru th beautiful gorge alongside th brook on (yep) Brook Road.

*Dick Hoch*

---

**2010 DION SNOWSHOE SERIES**  
**11<sup>th</sup> ANNUAL SARATOGA SPA WINTERFEST**  
**5KM SNOWSHOE RACE**

February 7, 2010 Saratoga SPA Park Saratoga Springs, NY

**Club members in bold:**

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Points</u>
01. Tim Van Orden	41 M	0:19:50	100.00
02. Jeremy Drowne	32 M	0:19:52	98.91
03. <b>Richard Teal</b>	31 M	0:24:09	97.83
04. <b>Ken Clark</b>	47 M	0:24:33	96.74
05. John Onderdonk	42 M	0:24:35	95.65
06. Nathan Pung	34 M	0:24:40	94.57
07. Charles Petraske	32 M	0:24:48	93.48
08. <b>Edward Alibozek</b>	47 M	0:25:01	92.39
09. David Peterson	51 M	0:25:06	91.30
10. Ken Schaible	46 M	0:25:18	90.22
11. Sean Curtis	17 M	0:25:24	89.13
12. Douglas Gerhardt	42 M	0:26:12	88.04
13. <u>Carissa Stepien</u> 1 <sup>st</sup> F	29 F	0:26:23	86.96
14. Tom Tift	52 M	0:26:30	85.87
15. <u>Emily Flagg</u>	35 F	0:26:40	84.78
16. <b>Glen Tryson</b>	56 M	0:27:08	83.70
17. Dave Shumpert	39 M	0:27:33	82.61
18. Todd Rowe	41 M	0:27:44	81.52
19. Jeff Coulter	45 M	0:28:01	80.43
20. <b>Bob Dion</b>	54 M	0:28:10	79.35
21. JimSchertzer	34 M	0:28:13	78.26
22. Chris Obstarczyk	34 M	0:28:29	77.17
23. Jeffrey Lutzker	58 M	0:28:34	76.09
24. Tom Mack	45 M	0:28:38	75.00
25. Seann Bishop	30 M	0:29:11	73.91
26. Jamie Wolff	30 M	0:29:12	72.83
27. Tyrone Culpepper	46 M	0:29:13	71.74
28. Eric Hulbert	14 M	0:29:20	70.65
29. <u>Jacque Schiffer</u>	45 F	0:29:21	69.57
30. <u>Lisa D'Aniello</u>	23 F	0:29:26	68.48
31. <u>Kimberly Negrich</u>	20 F	0:29:33	67.39
32. Alexander Chlopecki	??	0:29:42	66.30
33. Frank Paone	52 M	0:30:01	65.22
34. Ben Harper	13 M	0:30:25	64.13
35. <u>Sarah Dzikowicz</u>	39 F	0:30:33	63.04
36. Michael Della Rocco	58 M	0:30:45	61.96
37. Joe Bouck	47 M	0:30:50	60.87
38. <b>London Niles</b>	12 M	0:31:00	59.78
39. <u>Pam DelSignore</u>	40 F	0:31:05	58.70
40. Mark Staton	36 M	0:31:20	57.61
41. Charles Brockett	64 M	0:31:29	56.52
42. <u>Kim Scott</u>	41 F	0:31:35	55.43
43. Chris Imperial	29 M	0:31:48	54.35
44. <b>Jim Carlson</b>	62 M	0:33:26	53.26
45. Daryl Ryan	33 M	0:33:30	52.17
46. <u>Jennifer Ferriss</u>	38 F	0:33:38	51.09
47. Matthew Caldwell	22 M	0:34:24	50.00
48. <u>Beth Trapasso</u>	48 F	0:35:02	48.91
49. Peter Finley	48 M	0:35:03	47.83
50. <u>Laura Clark</u>	62 F	0:35:15	46.74
51. <b>Bob Massaro</b>	66 M	0:35:16	45.65
52. John Bateman	44 M	0:36:14	44.57

53. Peter Canzone	56 M	0:36:40	43.48
54. <u>Linda Grace</u>	46 F	0:36:43	42.39
55. <u>Angela Squadere</u>	38 F	0:37:02	41.30
56. John Forbush	28 M	0:37:24	40.22
57. <u>Kate Forbush</u>	29 F	0:37:25	39.13
58. <u>Phyllis Fox</u>	57 F	0:37:36	38.04
59. <u>Kathleen Ryan</u>	45 F	0:38:12	36.96
60. Jason Penge	39 M	0:38:19	35.87
61. <u>Tera Penge</u>	39 F	0:38:20	34.78
62. <u>Laurel Shortell</u>	43 F	0:38:40	33.70
63. <b>Richard Busa</b>	80 M	0:39:59	32.61
64. <u>Janet Tryson</u>	56 F	0:40:02	31.52
65. <u>Diana Foti</u>	47 F	0:40:03	30.43
66. <u>Brucie Jacobs</u>	56 F	0:40:08	29.35
67. <u>Jennifer Kehn</u>	22 F	0:40:35	28.26
68. <b>Konrad Korolczuk</b>	57 M	0:40:43	27.17
69. <u>Mary Beth Ryan</u>	43 F	0:42:35	26.09
70. <u>Donna Bates</u>	52 F	0:42:36	25.00
71. <b>Rebecca Armstrong</b>	41 F	0:43:49	23.91
72. <u>Cathy Biss</u>	62 F	0:43:53	22.83
73. Al Schultz	64 M	0:45:49	21.74
74. <u>Hope Weiner</u>	41 F	0:49:47	20.65
75. Tom Zimmerman	63 M	0:52:48	19.57
76. Jim Sewell	47 M	0:53:34	18.48
77. <u>Rebecca Sewell</u>	45 F	0:53:35	17.39
78. <u>Jennifer Ligon</u>	44 F	0:53:57	16.30
79. Paul Ligon	46 M	0:53:58	15.22
80. <u>Marey Bailey</u>	58 F	0:54:15	14.13
81. <u>Donna Gorson</u>	54 F	0:54:51	13.04
82. <u>Kristin Pung</u>	35 F	0:55:32	11.96
83. <u>Amy Hale</u>	27 F	0:56:19	10.87
84. <u>Renay Nowicki</u>	28 F	0:56:20	9.78
85. Sean Muldoon	35 M	1:01:05	8.70
86. <u>Christie Muldoon</u>	35 F	1:01:08	7.61
87. Joey Trinchitella	60 M	1:01:09	6.52
88. <u>Carolyn Brett</u>	33 F	1:01:47	5.43
89. <u>Donna Tan</u>	41 F	1:01:48	4.35
90. <u>Maria Brett</u>	33 F	1:01:49	3.26
91. <u>Chloe Lovely</u>	08 F	1:09:09	2.17
92. <u>Ciindy Lovely</u>	35 F	1:09:17	1.09

**36<sup>th</sup> Annual Jack Bristol / Lake Waramaug Ultras**

**50 K -- 50 Miles -- 100K**

**APRIL 25th, 2010 .... 7:30 AM**

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

**7.6 mile paved road loop around scenic Lake Waramaug.  
 Four aid stations & post race food & drinks for all runners.**

**Information: Carl Hunt 860-355-8847**  
[huntcarl@sbcglobal.net](mailto:huntcarl@sbcglobal.net)

**2010 DION SNOWSHOE SERIES**  
**7 th ANNUAL CAMP SARATOGA**  
**8KM SNOWSHOE RACE**

February 13, 2010 ... Camp Saratoga ... Wilton, NY

**Club members in bold:**

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Points</u>
01. C Fred Joslyn	26 M	0:29:45	100.00
02. Matthew Russell	26 M	0:30:25	99.19
03. J Matthew Medeiros	24 M	0:31:15	98.37
04. Tim Van Orden	41 M	0:31:51	97.56
05. <b>Ross Krause</b>	30 M	0:33:11	96.75
06. Andrew Kless	23 M	0:33:24	95.93
07. Connor Devine	16 M	0:33:29	95.12
08. Matt Westerlund	37 M	0:33:45	94.31
09. Shaun Donegan	24 M	0:33:57	93.50
10. Thomas O'Grady	24 M	0:33:59	92.68
11. Brandon Mulligan	17 M	0:34:03	91.87
12. Ahmed Elasser	47 M	0:34:38	91.06
13. Jeff Dengate	32 M	0:35:21	90.24
14. Robbie Olsen	26 M	0:35:33	89.43
15. Taylor Della Rocco	15 M	0:36:29	88.62
16. Jason Pare	37 M	0:36:41	87.80
17. Richard Gallagher	29 M	0:37:16	86.99
18. Jim Pelton	35 M	0:37:28	86.18
19. Brian Northan	34 M	0:37:43	85.37
20. <b>Ken Clark</b>	47 M	0:37:57	84.55
21. Charles Petraske	32 M	0:38:10	83.74
22. Brian Dodge	56 M	0:38:25	82.93
23. <b>Richard Teal</b>	32 M	0:38:30	82.11
24. Miguel Contreras	25 M	0:38:35	81.30
25. Cody Donohue	15 M	0:38:42	80.49
26. David Peterson	51 M	0:38:51	79.67
27. <b>Edward Alibozek</b>	47 M	0:39:34	78.86
28. <u>Chelynn Tetreault 1<sup>st</sup> F</u>	34 F	0:40:00	78.05
29. Thomas Scott	28 M	0:40:04	77.24
30. Neal Colburn	15 M	0:40:48	76.42
31. <u>Ashley Krause</u>	32 F	0:41:12	75.61
32. <u>Carissa Stepien</u>	29 F	0:41:40	74.80
33. Tom Tift	51 M	0:41:54	73.98
34. Andrew Wahila	25 M	0:42:09	73.17
35. Mark Yarnell	29 M	0:42:27	72.36
36. <u>Jessica Hageman</u>	34 F	0:42:32	71.54
37. Eric Kimmelman	45 M	0:42:50	70.73
38. <u>Rachel Brandenburg</u>	26 F	0:43:02	69.92
39. Scott Sperling	26 M	0:43:08	69.11
40. Ian Hutchinson	45 M	0:43:08	68.29
41. Todd Rowe	41 M	0:43:12	67.48
42. Steve Rivers	48 M	0:43:14	66.67
43. Ken Stannard	25 M	0:43:22	65.85
44. <b>Mike Lahey</b>	58 M	0:43:28	65.04
45. Sean Curtis	17 M	0:43:50	64.23
46. <b>Glenn Tryson</b>	56 M	0:43:53	63.41
47. Dave Shumpert	39 M	0:43:58	62.60
48. Robert Lynch	37 M	0:44:03	61.79
49. <u>Sara Brenner</u>	30 F	0:44:12	60.98
50. Jonathan Schaller	47 M	0:44:13	60.16
51. Tim Ratowski	37 M	0:44:33	59.35
52. Jeff Clark	52 M	0:44:43	58.54
53. Eric Recene	39 M	0:44:45	57.72
54. <u>Kaitlyn Skelley</u>	26 F	0:44:53	56.91
55. Thomas Ryan	49 M	0:44:57	56.10
56. Kevin Ryan	31 M	0:45:02	55.28
57. Frank Paone	52 M	0:45:05	54.47
58. Jeff Coulter	45 M	0:45:10	53.66
59. Nick Henderson	25 M	0:45:17	52.85
60. <u>Lisa D'Aniello</u>	23 F	0:45:37	52.03
61. <b>John Pelton</b>	70 M	0:46:10	51.22
62. <b>Bob Dion</b>	54 M	0:46:24	50.41
63. Floyd Lampart	63 M	0:46:37	49.59
64. Joe Bouck	47 M	0:47:00	48.78
65. Chris Imperial	29 M	0:47:19	47.97
66. Greg Ulm	14 M	0:47:32	47.15
67. <b>London Niles</b>	12 M	0:47:36	46.34
68. Michael Della Rocco	58 M	0:47:46	45.53
69. <b>Vincent Kirby</b>	53 M	0:47:57	44.72
70. <u>Caroline Pailsen</u>	26 F	0:48:07	43.90
71. Alex Chlopecki	37 M	0:48:29	43.09
72. Wally Lempart	64 M	0:48:30	42.28
73. Jeff Hattem	58 M	0:48:42	41.46
74. Corey Phelan	14 M	0:48:59	40.65
75. Matthew Farrauto	37 M	0:49:04	39.84
76. Charles Brockett	64 M	0:49:50	39.02
77. Conor Daley	20 M	0:49:57	38.21
78. <u>Kathleen Furlani</u>	61 F	0:50:01	37.40
79. David Kuennen	29 M	0:50:25	36.59
80. <u>Sarah Dzikowicz</u>	39 F	0:50:34	35.77
81. <u>Kim E. Scott</u>	41 F	0:50:35	34.96
82. <u>Carol Dodge</u>	53 F	0:50:51	34.15
83. <u>Maxine Stent</u>	46 F	0:50:59	33.33
84. <u>Peggy McKeown</u>	52 F	0:51:12	32.52
85. Brandon Gray	31 M	0:51:23	31.71
86. <u>Joann Lynch</u>	44 F	0:51:39	30.89
87. Douglas Fox	57 M	0:51:48	30.08
88. <b>Ed Alibozek Jr</b>	70 M	0:52:01	29.27
89. J.J. Favat	65 M	0:52:40	28.46
90. <u>Maureen Roberts</u>	52 F	0:52:52	27.64
91. <b>Chris Johnson</b>	51 M	0:52:53	26.83
92. Dave Wilber	50 M	0:53:01	26.02
93. Ed Decker Sr	55 M	0:54:01	25.20
94. <u>Tara Crumb</u>	25 F	0:54:22	24.39
95. <u>Angela Squadere</u>	38 F	0:54:38	23.58
96. <b>Jim Carlson</b>	62 M	0:54:49	22.76
97. <u>Diane Gray</u>	46 F	0:55:02	21.95
98. <u>Mary Rivers</u>	48 F	0:55:03	21.14
99. <u>Kathy Schmermund</u>	24 F	0:56:08	20.33
100. <u>Anna Gonzalez</u>	24 F	0:56:15	19.51
101. <b>Laura Clark</b>	62 F	0:56:29	18.70
102. Thomas Wright	62 M	0:57:12	17.89
103. <b>Bob Massaro</b>	66 M	0:57:14	17.07
104. <u>Laurel Shortell</u>	43 F	0:57:48	16.26
105. <b>Jamie Howard</b>	44 M	0:59:10	15.45
106. Steve Obermeyer	48 M	0:59:50	14.63
107. <u>Phyllis Fox</u>	57 F	1:00:08	13.82
108. Peter Finley	48 M	1:00:44	13.01
109. <u>Kathleen Tersigni</u>	39 F	1:01:12	12.20
110. David Ulm	54 M	1:02:50	11.38
111. <u>Jill Wyman</u>	30 F	1:03:14	10.57
112. <u>Susan Johnson</u>	49 F	1:03:23	9.76
113. <b>Richard Busa</b>	80 M	1:05:59	8.94

*Continued next page:*

### Camp Saratoga results cont:

114. Konrad Karolczuk	57 M	1:06:07	8.13
115. <u>Cathy Biss</u>	62 F	1:07:19	7.32
116. <u>Janet Tryson</u>	56 F	1:08:35	6.50
117. Walt Kolodzinski	67 M	1:08:52	5.69
118. <u>Alison Kerr</u>	25 F	1:09:13	4.88
119. <u>Xena Onderdonk</u>	40 F	1:09:21	4.07
120. <u>Rebecca Armstrong</u>	41 F	1:09:43	3.25
121. <u>Ellie George</u>	54 F	1:10:00	2.44
122. Ray Lee Jr	67 M	1:13:33	1.63
123. <u>Andy Keefe</u>	79 M	1:25:38	0.81

---

## EATING CROW

---

It is far easier to crow like a rooster than eating crow, but this time I'm eating crow. Camp Saratoga proved to be as challenging as I remember, even though Jim Carlson said, "This is your kind of race, Pete." After all, he said, "This is a runner's race." What he failed to take into consideration is that my longest race last year was only 4.25 miles long with a 10 minute per mile pace.

My biggest mistake wasn't listening to Jim, but thinking I would eventually catch up to Laura Clark, after being tucked behind Bob Massaro at 2 miles. Laura must have been wearing a stealth jacket because I never saw her. Thinking back now, I should have never passed Laurel Shortell early on as well. But these things can't be helped when you are still an amateur among seasoned veterans.

Before the race, I asked Konrad to point out a certain SnoNews contributor to me. As luck would have it, the very same Jamie Howard caught up to me around 3.5 miles and easily passed me. From that point on, I was not hoping to catch anyone, but merely to maintain my position. My legs turned into rubber after 4 miles, which made that last hilly section rather difficult to navigate. At the bottom of one of the hills, I almost ran into a tree instead of taking a sharp left turn.

But don't get me wrong, I had a great time. But races like this separate those who train seriously and those who stop by a Stewart's afterwards and get a milkshake or an ice cream cone.

And, yes, Laura is back on her throne where she should be.

*Peter Finley*

---

## WMAC's 2010 Trilogy Trail Series

### Greylock -- Savoy -- Monroe

Entry forms in future newsletters or on the web at...

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

---

## Winter Race, Hill, Storm.

---

Saturday Dec. 19 a snowstorm is on th way, but I have a race in th hills of northwest CT, th Norfolk 10-miler. I like th drive there: fm 95 north on Rt 9, stressful section thru Middletown over to 691 to 84. At th Waterbury "mix-master" Rt 8 up to Winstead is a wonderfully scenic, relaxed drive; Norfolk is on 44. Will th RD greets me with "I remember going to Fishers Iland for an 8K." I question that; turns out he's thinking of an Iland in Boston Harbor. Fellow RATS are here. Peter B: "We knew u'd be here, Dick. U don't miss th tuff wuns." Ted: "Hi young fella." At th back of th pack it's cloudy, very cold, some wind. After a mile we begin a long ascent on non-paved. Great course, trees on both sides, rolling. For awhile a guy shoots ahead of me goin down, I catch him goin up. Then serious uphill and I don't see him again. A guy fm behind, "Got Hills?" he remarks. He's read my shirt I'm wearing over my 2000 Moby Dick.

Just past 7 miles "Winterhill" awaits. I've so-named becuz it's so-like Berwick, Pennsylvania's Summerhill. Both big-time monster climes! Momentarily walking while adjusting my mitts - - I'd shed them, oh too cold, tug back on - - footsteps up to th rear. I know that a long gentle, quiet downhill's my reward for reaching th summit, I'm feelin strong so "step-it-up & go." Passing a gal who sez "Good job." "Same to you."

No cars, th ol road thru th woods is ours! Wun more hill b4 another long gentle down to th finish. A women ringing bells and cheering helps th legs keep moving - -don't want to be caught ( I'm not ). Into th car, anxious about th storm, I lay out my lunch & leave. Feel good about completing a real challenging race. I return to th Iland on th 6 PM trip, it snows a foot overnite.

*Dick Hoch*

---

## MOBY DICK SNOWSHOE 2010 A SQUISHY KIND OF DAY

*by Snowflake*

---

When is Covered Bridge not Covered Bridge? Answer: When it is Moby Dick! Covered Bridge (without the bridge) was actually held the day of the Greylock Glen race. It turned out that there was another event planned in the Glen area on February 20th. To avoid a conflict and general parking mess, Farmer Ed came up with a pretty good idea. He moved the Covered Bridge race (but not the bridge), to the southern end of the Greylock Reservation area. A race or fun run used to be held in midwinter at the Greylock Visitors' Center in Lanesborough, Ma; it was called Moby Dick. With the proliferation of the snowshoe series races, Moby Dick was dropped as an annual event. This was an opportunity to resurrect it, to an extent, and Farmer Ed did that.

Why is it called Moby Dick you might ask if you are a relative newcomer to the series. If you were inside the Visitors' Center you saw a 3-D map of the Greylock Reservation area.

*Continued next page:*

### Moby Dick cont:

The whole thing, from north to south looks like a big whale, with Greylock Mountain as the head, the mountain ridge running south as the back, and the southern end flattening out as the tail. Hence, Moby Dick. In the old race runners ran only on Rockwell Road all the way to the tower at the top of Greylock Mountain, then back, for a 16 mile run. Those who were really crazy continued past the top and down the north side, then back up, then back to the Visitors' Center for a little over 30 miles. You could do it on running shoes or snowshoes, could lollygag around or be seriously competitive, but everybody always had fun. It was a long day.

Anyway, Ed mapped out a course that totally avoided Rockwell Road except for one brief crossing, and about a mile-and-a-half for the race to the finish. We went out a wide trail on the east side of the ridge, which turned into nice single-track after a bit. This gave plenty of time to adjust to where you should be position-wise without anyone blocking a long conga line behind them. Upon hitting single-track I found myself behind the best looking set of legs in the race. The problem is that they didn't belong to a woman; they belonged to Karl Molitoris, with whom I had carpoled to the race. He was wearing his infamous orange shorts with bare legs exposed to snow and wind and the gaze of all the titillated young women everywhere. Myself, I wanted to be looking at women's legs in tights, so I passed him with that in mind and tried to catch up to something a little more pleasing to my eye.

Unfortunately, I didn't encounter this, but did manage to catch London Niles and Bob Dion just before the halfway point and paced with them for awhile after crossing Rockwell Road. We hit an open area that was quite windy, and I was happy to get back into the closed woods on the trail on the west side of the ridge. There was a nice steep downhill that involved a little "skiing" action, and Brad Herder was taking pictures at that point. In awhile London, who had been leading us through this area, seemed to get a little tired, and Dion passed him. Wanting to keep the Dion in my sights, since he had the bulls-eye this race, I passed too and encouraged London to stick with me. Dion, being the "Downhill Racer" of old, quickly put a lot of distance between him and me on the gentle down slopes in this section. Once I got to the road he was nowhere in sight, so I just tried to settle in to the fastest pace that I could sustain for that last mile-and-a-half. After going for a half-mile I got up the nerve to look over my shoulder to see who was there. I didn't see anyone so that was a relief; after all I did have to hold on to my 33rd position. We do compete in the middle of the pack too you know!

It was uneventful the rest of the way in, and my main concern was to make sure I stayed on a part of the road that had enough snow that my cleats wouldn't go through. On curves snowmobiles had worn some thin spots. Hitting the final curves and going back into the woods to the finish was a great feeling. Beth Herder welcomed me at the finish line. I noticed that Bob Dion finally finished ahead of his wife in a race (but I didn't). I gotta say that the after-race food was great for a vegetarian like me. Especially good were those potatoes and potato soup. When you bit into them they had a great salty taste that is exactly what

you are looking for after trudging seven miles through the snow. I had a second serving of them and still wanted more, but had to leave some for other people. I think this stuff rivals the corn chowder that used to be so popular a number of years back. Both Missy Heeb (remember her?) and SlugRunner (remember him) claimed that it was their recipe. Somebody told me that Jamie Howard made the potato soup, but I haven't verified that. All I know is that I have to get it.

All-in-all, I loved this course, and was reminded of the courses of the early days of the snowshoe series like the Hawley Kiln Seven Miler or the Moody Springs Nine-miler. You are out there in a winter wonderland for a long time and really get your money's worth. I found a good amount of the course to have a "squishy" texture, and squishy is exactly the way I like it. Brad Herder would call this a "mudder" course. Some people call it mudder; I call it squishy. It has been proven statistically that the course was 63% mudder snow and 37% firmer snow.

*SnowFlake*



*Bob "Snowflake" Worsham*

*photo by Brad Herder*

---

The 2010 "Grand Tree" trail series starts on April 3<sup>rd</sup> at the Northern Nipmuck 16 miler.

Follow all the GT action throughout the year on the Club's web page at .....[www.runwmac.com](http://www.runwmac.com)

Get all the latest results and standings along with any up-dates and changes.

The 2010 Grand Tree trail series  
New England trail running at its best !

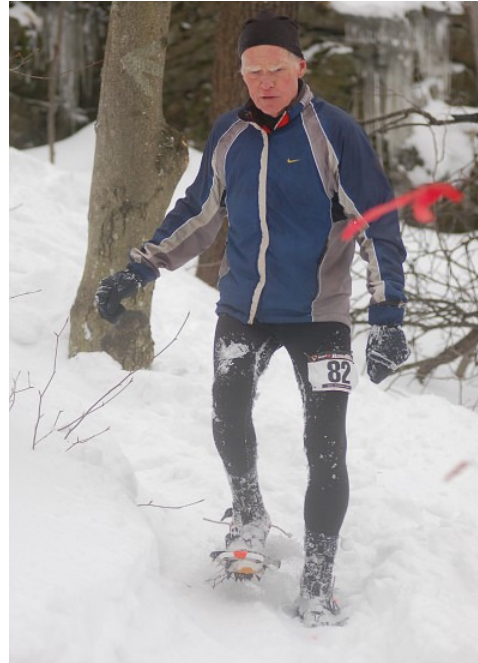
---

**2010 DION SNOWSHOE SERIES**  
**MOBY DICK 7.3-MILE SNOWSHOE RACE**  
 February 20, 2010 ... Mt Greylock State Reservation  
 Lanesborough, MA

Club members in bold:

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Points</u>
01. Brian Rusiecki	31 M	1:05:30	100.00
02. Tim Van Orden	40 M	1:05:59	98.36
03. Matt Westerlund	37 M	1:06:08	96.72
04. Tim Mahoney	30 M	1:06:45	95.08
05. <b>Ken Clark</b>	47 M	1:12:19	93.44
06. Josh Merlis	28 M	1:13:26	91.80
07. <u>Amy Lane</u> <b>1<sup>st</sup> F</b>	30 F	1:16:21	90.16
08. Rob McCarthy	42 M	1:16:24	88.52
09. Steve Dowsett	22 M	1:17:02	86.89
10. Jack Casey	56 M	1:20:11	85.25
11. <b>Pete Malinowski</b>	55 M	1:21:48	83.61
12. <b>Nick Jubok</b>	53 M	1:23:24	81.97
13. Domingo Elias	37 M	1:23:49	80.33
14. Scott Brew	44 M	1:24:21	78.69
15. <u>Sheryl Wheeler</u>	47 F	1:24:45	77.05
16. <b>Richard Teal</b>	32 M	1:27:07	75.41
17. <b>Mike Lahey</b>	58 M	1:27:33	73.77
18. Dan Buttrick	29 M	1:28:07	72.13
19. Nico Scibelli	47 M	1:28:08	70.49
20. <b>Todd Brown</b>	45 M	1:29:45	68.85
21. Randy Zucco	39 M	1:29:47	67.21
22. Dave Almand	35 M	1:34:20	65.57
23. Brennan Tarrier	31 M	1:34:45	63.93
24. <u>Jessica Hageman</u>	34 F	1:35:01	62.30
25. Steve Legnard	33 M	1:35:04	60.66
26. <b>John Pelton</b>	70 M	1:36:44	59.02
27. <u>Holly Atkinson</u>	40 F	1:38:27	57.38
28. <b>Vince Kirby</b>	53 M	1:39:23	55.74
29. <b>Bob Dion</b>	54 M	1:39:29	54.10
30. John Butler	43 M	1:39:42	52.46
31. <b>Will Danecki</b>	59 M	1:40:08	50.82
32. <b>Denise Dion</b>	51 F	1:41:49	49.18
33. <b>Bob Worsham</b>	64 M	1:43:52	47.54
34. Paul Wescott	30 M	1:46:01	45.90
35. <u>Kathleen Furlani</u>	61 F	1:46:14	44.26
36. Karl Molitoris	54 M	1:47:30	42.62
37. <u>Sarah Dzikowicz</u>	39 F	1:47:35	40.98
38. <b>London Niles</b>	12 M	1:48:47	39.34
39. <b>Laura Clark</b>	62 F	1:49:10	37.70
40. <b>Darlene McCarthy</b>	47 F	1:49:42	36.07
41. <b>Kim Brown</b>	38 F	1:51:52	34.43
42. <u>Pat Rosier</u>	51 F	1:53:11	32.79
43. <b>Bob Massaro</b>	66 M	1:54:30	31.15
44. <b>Chris Johnson</b>	52 M	1:56:28	29.51
45. <u>Holly Alexandre</u>	38 F	1:56:29	27.87
46. <u>Meirak Werbel</u>	38 F	1:56:31	26.23
47. <b>Martin Glendon</b>	63 M	1:56:35	24.59
48. <u>Laurel Shortell</u>	43 F	2:00:13	22.95
49. Dave Boles	63 M	2:01:25	21.31
50. <b>Barb Sorrell</b>	52 F	2:04:55	19.67
51. <b>Jackie Lemieux</b>	43 F	2:08:25	18.03
52. <b>Richard Busa</b>	80 M	2:10:48	16.39

53. <b>Jamie Howard</b>	44 M	2:13:34	14.75
54. <b>Bill Glendon</b>	64 M	2:13:56	13.11
55. <b>Konrad Karolczuk</b>	57 M	2:14:46	11.48
56. Walt Kolodzinski	67 M	2:15:38	9.84
57. <b>Ken Fairman</b>	66 M	2:22:01	8.20
58. <u>Meghan Foley</u>	23 F	2:23:41	6.56
59. <u>Alison Kerr</u>	25 F	2:26:11	4.92
60. <b>Greg Taylor</b>	63 M	2:26:15	3.28
61. Gary Millett	65 M	2:28:51	1.64



*70 year old John Pelton at Moby Dick*



*Women's winner Amy Lane*

*photos by Brad Herder ..... [www.berkshiresports.org](http://www.berkshiresports.org)*



## Moby Dick Busa: A Whale of a Tail

*Thar she blows! Thar she blows! A hump like a Snowhill!  
It is Moby Dick!*

*Attributed to Captain Ahab ( on the race entry form )*

*by Laura Clark*

What does Moby Dick have to do with Mt. Greylock? And more importantly, what does the mythical great white whale have to do with our snowshoe race? As a college English major who has never actually read *Moby Dick*, but with plenty of pre-internet Cliff Note expertise, let me enlighten you. It seems that Herman Melville, like all great transcendentalists, retired to the country to seek his inspiration. In this case, Pittsfield Mass, where he spent his time gazing at Mt. Greylock and dreaming of the sea.

This seems a bit of a stretch, but bear with me. Apparently our beloved snow-covered high peak reminded him of the famous white whale Mocha Dick breaching the surface to capsize hapless harpooners. Long before the days of sonar sensing when the hunted had at least an even chance, Mocha was said to have taken revenge on over one hundred whaling vessels.

While the harpoonists have long since been forgotten, Mocha has been immortalized in literature as Moby Dick, the white whale that Captain Ahab is determined to conquer. Somewhere along the way, college professors eager for publishing credit have turned this work from a good story into an allegory of our daily struggles toward unattainable goals, with Moby representing our hopes and dreams. In a way, I guess that's not too far off as WMACERs met their own personal Moby Dick during this 7.3 mile snowshoe race over the hump and into the spout itself (go to the results page to see photo of Laura capsized, displacing barnacles on the way down).

Once upon a time, way before the advent of Dion Snowshoes, Bob Dion organized a sixteen mile round trip journey on the road from Bascomb Lodge to the top of Greylock. Inevitably, this event was postponed multiple times each winter due to icy treacherous roads until it was ultimately held in late March, when the hump was deemed only mildly life-threatening. The year when a severe snow squall sprayed our line of happy mountaineers was one of the few times I thought it might perhaps be a relief to be swallowed by the Whale.

But as snowshoeing became the winter pastime of choice, Moby was left in peace until 2003 brought us the first Moby Dick snowshoe race. I really enjoyed the deep powder and intense live-or-die feeling and have lobbied ever since for a rematch. But the Barnyard animals were indifferent and perhaps secretly fearful. The hens cackled, the cows moaned and the donkeys brayed. Only Tippi, in typical canine fashion, remained steadfastly enthusiastic.

Well, seven lucky years later and Farmer Ed Jr's Barnyard, nestled in the shadow of Greylock, caught the scent of Whale and decided it was time. Or else they just got tired of my

whining. Moby rose to the challenge, spraying impressive plumes of foamy powder, producing an ocean's worth of snow.

My first inkling of what lay ahead was when Brad Herder, who had skied over the hump for countless eons, got lost and nearly ran out of daylight. He closed his email with the hopeful "I think we'll all be fine on Saturday. Bring breadcrumbs." The next day Edward Alibozek attempted the ascent and at least had the good sense to bring Tippi along. But if Brad and Edward got lost marking their own race, what hope would there be for the likes of Rich Busa and I?

The snow was so deep, however, that ours was the only clearly defined path. To get lost would mean deliberately stepping out of Moby's wake and heading out alone and half-submerged into uncharted territory. Still, following in the wake of faster shoes wasn't any easier. Even when I managed to gain purchase inside a previous footprint that had not dissolved into drifting powder, I quickly slid back toward Moby's spout.

Moby represents a zest for life, a passion for challenge and an overriding sense of family. The real Mocha Dick was known to glide peacefully alongside sailing vessels, reacting only when he or a member of his pod was threatened. At our snowshoe Moby, London Niles awarded his Target vest to his friend Bob Dion. They paced companionably for a while, long enough to discover that the previous evening both had run aground on some hefty furniture and broken a toe.

London struggled, so much so that I spotted him just ahead of me on the final mile.

Not knowing he was injured, I was pleased that I was so close to him, a place I had not managed all year. But then a distressing though hit me-- who would cheer me on as I approached the finish? As if reading my thoughts his five year-old sister Solitaire piped up with hearty encouragement. We expect much from her professional cheerleading abilities as she is currently taking baton lessons.

Afterwards, many commented that Moby was an old-fashioned wilderness race complete with deep snow, new vistas to explore and lots of time to do so in the company of good friends. Best of all, after seven patient years of waiting, I finally got my wish.

*Laura Clark*



**2010 DION SNOWSHOE SERIES  
HALLOCKVILLE POND ... APPLE ORCHARD  
3.7 MILE SNOWSHOE RACE**

February 21, 2010 ... Dubuque State Forest ... Hawley, MA.

Club members in bold:

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Points</u>
01. Jim Johnson	32 M	0:22:24	100.00
02. Tim Van Orden	41 M	0:24:02	98.75
03. <b>Ross Krause</b>	30 M	0:24:31	97.50
04. Matt Westerlund	37 M	0:24:49	96.25
05. Steve Wolfe	45 M	0:25:05	95.00
06. <b>John Agosto</b>	45 M	0:26:25	93.75
07. Paul Bazanchuk	55 M	0:27:13	92.50
08. <b>Eric Wight</b>	50 M	0:27:24	91.25
09. Domingo Elias	37 M	0:27:35	90.00
10. <b>Rich Teal</b>	32 M	0:28:01	88.75
11. Bob McCarthy	42 M	0:28:03	87.50
12. <u>Amy Lane</u> 1 <sup>st</sup> F	30 F	0:28:14	86.25
13. Damien Callahan	31 M	0:28:19	85.00
14. Alan Bates	61 M	0:28:25	83.75
15. <b>Ken Clark</b>	47 M	0:28:44	82.50
16. Michael Buttrick	24 M	0:29:18	81.25
17. <u>Ashley Krause</u>	32 F	0:29:38	80.00
18. <b>Dylan Wight</b>	16 M	0:29:45	78.75
19. <b>Ned James</b>	55 M	0:30:14	77.50
20. Dan Buttrick	29 M	0:30:58	76.25
21. Todd Holland	46 M	0:31:08	75.00
22. <u>Jacque Schiffer</u>	45 F	0:31:24	73.75
23. Randy Zuco	39 M	0:31:38	72.50
24. Ian Hutchinson	45 M	0:32:10	71.25
25. <u>Deb Livingston</u>	35 F	0:32:25	70.00
26. Daniel Ritchie	37 M	0:33:10	68.75
27. Bob Woodworth	60 M	0:33:12	67.50
28. Michael McKenzie	23 M	0:33:23	66.25
29. <b>Mike Lahey</b>	58 M	0:33:42	65.00
30. Chris Boutilier	42 M	0:34:18	63.75
31. Tim McKenna	33 M	0:34:20	62.50
32. <u>Lindsey Doermann</u>	28 F	0:34:22	61.25
33. <b>Bob Dion</b>	54 M	0:34:44	60.00
34. Art Roti	37 M	0:35:00	58.75
35. <b>John Pelton</b>	70 M	0:35:07	57.50
36. <b>Scott Bradley</b>	55 M	0:35:18	56.25
37. <u>Jessica Harwood</u>	30 F	0:35:30	55.00
38. <u>Lisa Ritchie</u>	31 F	0:35:52	53.75
39. <u>Tracy Jeffreys</u>	39 F	0:35:56	52.50
40. Wally Lempart	64 M	0:36:13	51.25
41. Rich Godin	54 M	0:36:18	50.00
42. <u>Holly Atkinson</u>	40 F	0:36:25	48.75
43. <b>Will Danecki</b>	59 M	0:37:06	47.50
44. <u>Leah Duran</u>	22 F	0:37:30	46.25
45. <b>Vince Kirby</b>	53 M	0:37:50	45.00
46. <b>Ed Albozek Jr</b>	70 M	0:38:18	43.75
47. <u>Audrey Witter</u>	45 F	0:38:22	42.50
48. <u>Stephanie Boutilier</u>	40 F	0:39:10	41.25
49. <u>Kathy Furlani</u>	61 F	0:39:16	40.00
50. <u>Maureen Roberts</u>	52 F	0:39:41	38.75
51. Matt Connelly	23 M	0:39:56	37.50
52. <b>Chris Johnson</b>	52 M	0:40:08	36.25
53. <b>Denise Dion</b>	51 F	0:40:10	35.00

54. Tom McCrumm	63 M	0:40:41	33.75
55. Peter Canzone	57 M	0:40:51	32.50
56. <u>Darlene McCarthy</u>	47 F	0:40:53	31.25
57. <u>Laura Clark</u>	62 F	0:40:59	30.00
58. <u>Karen Costello</u>	47 F	0:41:27	28.75
59. <b>Martin Glendon</b>	63 M	0:41:43	27.50
60. <b>Bob Massaro</b>	66 M	0:41:52	26.25
61. <b>Jamie Howard</b>	44 M	0:43:36	25.00
62. <u>Laurel Shortell</u>	43 F	0:43:59	23.75
63. <b>Jackie Lemieux</b>	43 F	0:44:16	22.50
64. Ray Renaud	66 M	0:46:15	21.25
65. <u>Meghan Foley</u>	23 F	0:47:16	20.00
66. <b>Bill Glendon</b>	64 M	0:47:20	18.75
67. <u>Mary Lou White</u>	54 F	0:48:53	17.50
68. <b>Konrad Karolczuk</b>	57 M	0:49:20	16.25
69. <b>Richard Busa</b>	80 M	0:51:54	15.00
70. Peter Maloney	55 M	0:52:10	13.75
71. Walt Kolodzinski	67 M	0:52:26	12.50
72. <u>Karin Bradley</u>	53 F	0:53:08	11.25
73. <b>Art Gulliver</b>	71 M	0:53:09	10.00
74. Al Schultz	65 M	0:56:24	8.75
75. <u>Deborah Parker</u>	54 F	0:57:00	7.50
76. <u>Chris Gregory</u>	44 F	0:57:00	6.25
77. <b>Andy Keefe</b>	79 M	0:59:14	5.00
78. <b>Jeff Clark</b>	63 M	1:02:00	3.75
79. <u>Carol Gaffney</u>	65 F	1:06:10	2.50
80. <u>Barbara Smith</u>	61 F	1:06:10	1.25
81. <u>Ellen Mach</u>	29 F	Sweep	0.50
82. <u>Ann Dobrowolski</u>	29 F	Sweep	0.50
83. Peter Finley	xx	Cook	xx
84. <b>Jim Carlson</b>	xx	Cook	xx
85. <b>Edward Albozek</b>	xx	Markings	xx

**Doubleheading at Hallockville Pond**

by Laura Clark

Many of us followed up our 6.5 mile/7.0 mile=7.3 miler up Moby's hump with the relatively tame 3.8/3.7 mile spin around Hallockville Pond Orchard. Not only do some of us not know where we are going at any given time, but we also have difficulty discerning the actual distances involved even if we precisely follow the designated markers. By now we are experts at interpreting race applications. After adjustments due to snow conditions, a 6.5 mile event can be viewed as an approximation, not as a promise. Gentle, rolling hills could mean just that or relentless up and down terrain, while moderate climbs could be over fairly quickly or endless power hikes. And that is all part of the fun.

Hallockville, with its moderate climbs and abundance of snowmobiled roads favors those with fast leg speed. After conquering the White Whale the previous day, it was a relief to contemplate a tamer course. Still, I had my doubts. As an endurance runner, I didn't even begin to warm up until three miles into Moby. With an anticipated 3.8 mile cruise around the apple orchard, I was in trouble. You could tell who raced the previous day: we approached the start line stiffly, holding onto various sore body parts, smelling of Ben Gay.

Continued next page:

### Doubleheading cont:

I could only marvel at Barbara Sorrell who chose to take her doubleheading to new heights, not at Hallockville, but at a road marathon. Not many people warm up for a marathon with a 7.3 mile snowshoe race!

Inspired by her example, I tried to keep up with Maureen Roberts, fresh and rested after a day of downhill skiing. Are we nuts, or what? Apparently skiers expend less effort than Greylock climbers. Maureen exuded energy and enthusiasm that I, just trying to hang on, could not match.

The best part was our circle around the orchard, a mild approximation of the conditions at Moby. My Jeff headed out just after Edward Alibozek returned from checking the course markings, hoping to beat most of the runners and help at the finish line. Upon hitting the orchard loop, he was amazed to discover that the strong wind had all but obliterated Edward's footprints.

I did my best to hang on to my place, working together with Tom McCrumm, Peter Canzone and Darlene McCarthy to push ourselves through to the elusive finish line. The final snowmobile leg seems endless with one hill pretty much the same as the last. I was grateful that there were folks with me to keep up my interest as I tend to fade in the non-woody portions. Together, we pushed ourselves to an 18 second spread at the finish.

One of the really neat things about our events is that by this time of year we all become one big family and look forward to seeing each other every weekend. And that includes people like Peter Canzone from far away Rhode Island who showed up with a van load of neighbors and set up an après-snowshoe party next to the porta potty. Not exactly an ideal location, but definitely on the beaten path. Even folks who are unable to run feel compelled to show up. My Jeff, who was on two different kinds of antibiotics, came to drive, volunteer and finally to run on the second day. Jim Carlson, nursing a sore foot, and Peter Finley, with an injured snowshoe, ladled the chili. Their smiling faces were as much a part of the day as those who hit the trail.

*Laura Clark*

### **I'm Not Him**

Several yrs. ago when in th supermarket a women asked me, "Are you John Kelly?"

Smiling, "No."

While running north on Ocean Ave, New London this morning ( 12 - 6 ) a car slows beside me. I hear, "John Kelly?"

"No, but I Know him."

*Dick Hoch*

## WMAC's Turkey Trot 5K

Thanksgiving Day ... 2009

Club members in bold:

<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>
1 Bret Bedard	23 M	MA	17:03
2 Steven Bedard	20 M	MA	17:06
3 Dan Dix	30 M	PA	17:28
4 Nick Fogel	19 M	MA	17:41
5 Mike Menard	42 M	MA	17:57
6 <b>Ben Gamache</b>	16 M	MA	18:07
7 Joshua Lipinski	25 M	MA	18:40
8 <b>Jim Preite</b>	45 M	MA	18:48
9 Matthew Perotti	25 M	MA	18:54
10 Steve Andrews	50 M	NH	18:55
11 <b>David Wilson</b>	47 M	MA	19:12
12 Will Fogel	23 M	MA	19:13
13 Steve Dowsett	21 M	MA	19:17
14 Logan Wilson	15 M	MA	19:20
15 Joe Bato	38 M	MA	19:33
16 Philip Sullivan	21 M	MA	19:37
17 Ben Carlson	19 M	VT	19:40
18 Kyle Lawson	27 M	MA	19:58
19 Mark Poirot	18 M	MA	20:16
20 Jeffrey Sachs	42 M	MA	20:18
21 Chris Bernier	27 M	CT	20:23
22 John Kline	43 M	MA	20:31
23 <u>Jessica Bentz</u> <b>1<sup>st</sup> F</b>	26 F	CT	20:32
24 Sam Carlson	16 M	VT	20:43
25 Steven Facchetti	37 M	MA	20:44
26 Stephen Marko	26 M	MA	20:46
27 <b>Andy Sheldon</b>	39 M	MA	21:02
28 Ryan Wheeler	18 M	MA	21:06
29 Alex Stevens	14 M	MA	21:25
30 <b>James Hartwig</b>	24 M	MA	21:33
31 Matt Haun	35 M	NY	21:41
32 Dana Labbee	18 M	MA	21:48
33 <b>Jeff Parkman</b>	62 M	MA	21:58
34 Andrew Donovan	26 M	MA	21:59
35 <u>Sheila Niedeck</u>	48 F	MA	22:01
36 Brian Alarie	46 M	MA	22:05
37 Thomas Connor	43 M	MA	22:09
38 <u>Meghan O'Grady</u>	18 F	MA	22:10
39 <b>Scott Bradley</b>	54 M	MA	22:11
40 Bill Eagan	54 M	MA	22:52
41 Darrell Carlson	50 M	VT	23:04
42 Charlie Zuber	54 M	MA	23:09
43 <u>Bethany Frye</u>	18 F	MA	23:18
44 <u>Stephanie Meekin</u>	21 F	MA	23:23
45 <b>John Aldrich</b>	51 M	MA	23:28
46 <u>Sarah Whateley</u>	22 F	MA	23:32
47 <u>Miranda Gajda</u>	15 F	MA	23:34
48 Ryan Kordana	17 M	MA	23:36
49 <u>Lisa Matila</u>	50 F	MA	23:42
50 <u>Billie-Jo Sawyer</u>	35 F	MA	23:45
51 Matt Labbee	27 M	MA	23:52
52 Paul Shepardson	52 M	MA	23:54

Continued next page:

Turkey Trot results cont:

53	Chris Stefanik	15 M	MA	23:58
54	<u>Sarah Glendon</u>	30 F	NY	24:04
55	<u>Audrey Witter</u>	45 F	MA	24:12
56	<u>Lauren Hobbe-Welch</u>	25 F	MA	24:13
57	<u>Melissa Mattison</u>	39 F	MA	24:14
58	John Driver	13 M	MA	24:25
59	Paul Marszalek	48 M	MA	24:28
60	<u>Trish Carlson</u>	45 F	VT	24:41
61	<u>Julia Kleederman</u>	22 F	CT	24:46
62	<b>Marty Glendon</b>	63 M	MA	25:11
63	Bill Lasoskie	46 M	MA	25:18
64	Jeremy Hertzig	37 M	WA	25:23
65	<u>Laurie Therrien</u>	43 F	MA	25:34
66	<u>Leanna Polidoro</u>	27 F	MA	25:39
67	Jerry Sargent	39 M	MA	25:47
68	<u>Mary Wilk</u>	16 F	MA	25:49
69	Jeff Grandchamp	44 M	MA	26:02
70	<b>Tim Drake</b>	49 M	MA	26:04
71	<u>Janice Connor</u>	37 F	MA	26:06
72	<b>Mary Glendon</b>	32 F	CT	26:10
73	<u>Kyla Daley</u>	27 F	MA	26:15
74	<u>Janice Cook-Driver</u>	61 F	MA	26:22
75	<u>Sarah White</u>	36 F	MA	26:23
76	Jeremy Lamb	33 M	FL	26:26
77	Bruce Meekin	51 M	MA	26:51
78	Jason Cuddihy	26 M	MA	26:56
79	<u>Kelly Wisniowski</u>	36 F	MA	27:04
80	Perry Burdick	45 M	MA	27:08
81	Travis Cunningham	24 M	MA	27:14
82	<u>Susan Torchia</u>	19 F	MA	27:16
83	<u>Vanessa Torchia</u>	21 F	MA	27:17
84	<b>Ed Alibozek</b>	70 M	MA	27:18
85	<u>Chloe McGrath</u>	18 F	MA	27:18
86	<u>Lori Sayers</u>	33 F	MA	27:19
87	<b>Eric White</b>	68 M	MA	27:20
88	<u>Danielle Sargent</u>	28 F	MA	27:22
89	<u>Joanne Heath</u>	55 F	MD	27:27
90	<u>Aimee Sinopoli</u>	34 F	MA	27:29
91	<b>Christine Alberti</b>	42 F	MA	27:33
92	David Lemieux	19 M	MA	27:34
93	<b>Bill Glendon</b>	63 M	MA	27:58
94	Lee Sachs	46 M	DC	28:04
95	<u>Judi Vigna</u>	42 F	MA	28:07
96	<b>Thane Preite</b>	12 M	MA	28:09
97	Aaron T. Silver-Pell	27 M	MA	28:15
98	<u>Michelle Hunt</u>	42 F	MA	28:21
99	<u>Ally Alibozek</u>	12 F	MA	28:21
100	<b>Claudine Preite</b>	43 F	MA	28:22
101	<u>Heather Benlein</u>	36 F	MA	28:28
102	David Farkas	33 M	MA	28:33
103	William Keen	62 M	MA	28:34
104	<u>Debi Facchetti</u>	38 F	MA	28:36
105	<u>Sarah Manley</u>	22 F	MA	28:46
106	<u>Danielle Wong</u>	27 F	FL	28:47
107	<u>Cheryl Dabrowski</u>	50 F	MA	29:00
108	<u>Karolyn Maloney</u>	23 F	CT	29:02
109	<u>Megan Kittler</u>	14 F	MA	29:03
110	Bill Kittler	45 M	MA	29:10
111	<u>Diana Williams</u>	37 F	MA	29:10

112	Bob Tierney	56 M	MA	29:11
113	<u>Robin VanBramer</u>	40 F	MA	29:14
114	<u>Lynne Lemanski</u>	45 F	MA	29:15
115	<u>Linda Garner</u>	49 F	MA	29:22
116	Frank Torchia	52 M	MA	29:26
117	<b>Jackie Lemieux</b>	43 F	MA	29:26
118	<u>Laurie Rondeau</u>	51 F	MA	29:33
119	<u>Melissa Dodge</u>	26 F	MA	29:57
120	<u>Julia Kim</u>	50 F	MA	30:15
121	Oliver Loewen	56 M	MA	30:17
122	Matt Cripps	34 M	MA	30:35
123	<b>Ken Swiatek</b>	62 M	MA	30:54
124	<u>Sarah Farkas</u>	35 F	NJ	30:56
125	<u>Laura Farkas</u>	32 F	MA	31:17
126	<u>Jennifer Lyden</u>	34 F	NC	31:17
127	Jim Franzinelli	52 M	VT	31:20
128	<u>Rachet Tomkowicz</u>	42 F	MA	31:20
129	<u>Kris Maloney</u>	51 F	MA	31:23
130	<u>Julie Gardner</u>	38 F	MA	31:26
131	<u>Debra Wechter</u>	34 F	MA	31:55
132	<u>Tina Lamarre</u>	35 F	MA	32:08
133	<b>Karin Bradley</b>	52 F	MA	32:09
134	<u>Miriam Esber</u>	29 F	MA	32:12
135	<u>Mary Ellen Farkas</u>	62 F	MA	32:14
136	<u>Melanie Polidoro-Huber</u>	40 F	MA	32:29
137	<u>Kathryn Sachs</u>	13 F	DC	32:55
138	<u>Amanda Whitney</u>	23 F	MA	33:01
139	<b>George Bushika</b>	70 M	MA	33:05
140	<u>Ginger Menard</u>	38 F	MA	33:06
141	<u>Jennifer Cullen</u>	27 F	MA	33:07
142	Russell Crowsen	31 M	MA	33:08
143	<u>Meghan Allen</u>	24 F	MD	33:10
144	<u>Katie Beaver</u>	28 F	NY	33:14
145	<u>Heather Witherell</u>	30 F	MA	33:20
146	<u>Diane Rousseau</u>	46 F	MA	34:05
147	Tom Stefanik	54 M	MA	34:22
<i>Sorry, times not available:</i>				
148	<u>Cynthia Crowsen</u>	27 F	MA	-----
149	<u>Bevely Pinonnault</u>	57 F	MA	-----
150	<u>Denise Remillard</u>	45 F	MA	-----
151	<u>Nicolle Woods</u>	30 F	MA	-----
152	David Frye	13 M	MA	-----
153	<u>Yael Silverstein</u>	25 F	MA	-----
154	<u>Ellen Silverstein</u>	53 F	MA	-----
155	Ari Silverstein	19 M	MA	-----
156	Dana Woods	55 M	VT	-----
157	<u>Peggy Woods</u>	54 F	VT	-----
158	<u>Amy Lefevre</u>	29 F	VT	-----
159	<u>Shannon Dolan</u>	28 F	MA	-----
160	<u>Whitney Sachs</u>	43 F	DC	-----
161	<u>Amy Stevens</u>	40 F	MA	-----
162	<u>Mallery Field</u>	10 F	MA	-----
163	Peter Field	38 M	MA	-----
164	<u>Jessica McGrath</u>	09 F	MA	-----
165	<u>Tracy McGrath</u>	42 F	MA	-----

---

Trail Running News.....

Western Mass Athletic Club

Volume 16 ... Issue 1 ... Late Winter 2010

---

# 2010 ... GRAND TREE TRAIL SERIES

Links and Info at .... [www.runwmac.com](http://www.runwmac.com)

- 
- |    |   |  |                     |
|----|---|--|---------------------|
| 1  | April 3, 2010   | 10:00 am   | Union, CT           |
|    | <b>NORTHERN NIPMUCK</b>   | 16 miles   |                     |
|    | Jim Campiformio – 860-429-0582  | <a href="mailto:jimcampi@hotmail.com">jimcampi@hotmail.com</a>                 |                     |
| 2  | April 10, 2010  | 9:00am   | Andover, MA         |
|    | <b>MERRIMACK RIVER</b>  | 10 miles   |                     |
|    | Steve Peterson 508-628-8943   | <a href="mailto:stephen.peterson@ca.com">stephen.peterson@ca.com</a>           |                     |
| 3  | April 18, 2010  | 10:00 am   | Wolfboro, NH        |
|    | <b>MUDDY MOOSE</b>  | 14 miles   |                     |
|    | Fergus Cullen 603-569-9084  | <a href="mailto:ferguscullen@aol.com">ferguscullen@aol.com</a>                 |                     |
| 4  | May 2, 2010   | 9:00 am  | Amherst, MA         |
|    | <b>7 SISTERS</b>  | 12 miles   |                     |
|    | Scott Hunter 413-695-7244   | <a href="mailto:scotjh@aol.com">scotjh@aol.com</a>                             |                     |
|    | <a href="http://www.7sisterstrailrace.com">www.7sisterstrailrace.com</a>                    |  |                     |
| 5  | May 8, 2010   | 8:00 am  | Ashburnham, MA      |
|    | <b>MORFUN WAPACK</b>  | 21 miles   |                     |
|    | Norm Sheppard <a href="mailto:sheppard@tiac.net">sheppard@tiac.net</a>                      |  |                     |
| 6  | May 16, 2010  | 9:00 am  | Stafford, CT        |
|    | <b>SOAPSTONE MT.</b>  | 14.5 --- 4 miles   |                     |
|    | Deb Livingston - 860-512-0125   | <a href="mailto:deb@horstengineering.com">deb@horstengineering.com</a>         |                     |
|    | <a href="http://www.shenipsitriders.com">www.shenipsitriders.com</a>                        |  |                     |
| 7  | May 22, 2010  | 9:00 am  | Northfield, MA      |
|    | <b>NORTHFIELD MT.</b>   | 10.3K  |                     |
|    | Dave Dunham <a href="mailto:dave.dunham@comcast.net">dave.dunham@comcast.net</a>            |  |                     |
|    | <a href="http://www.usatf.org">www.usatf.org</a>  |  |                     |
| 8  | June 6, 2010  | 8:00 am  | Ashford, CT         |
|    | <b>NIPMUCK MARATHON</b>   | 26.2 miles   |                     |
|    | Dave Raczkowski - 860-455-1096 ( between 8:00 & 10:00 PM )                                  |  |                     |
|    | <a href="mailto:nipmuckdave@charter.net">nipmuckdave@charter.net</a>                        |  |                     |
| 9  | June 20, 2010   | 10:00 am   | Adams, MA           |
|    | <b>GREYLOCK GALLOP</b>  | 13.5 --- 3 miles   |                     |
|    | Ed Saharczewski   |  |                     |
|    | <a href="http://www.runwmac.com">www.runwmac.com</a>  |  |                     |
| 10 | June 27, 2010   | 9:00 am  | North Conway, NH    |
|    | <b>CRANMORE HILL CLIMB</b>  | 4.3K Laps  |                     |
|    | Paul Kirsh .... 603 – 367 – 8676  | <a href="mailto:info@whitemountainmilers.com">info@whitemountainmilers.com</a> |                     |
| 11 | July 11, 2010   | 8:00 am  | Milton, MA          |
|    | <b>SKYLINE TRAIL RACE</b>   | 7.2 miles  |                     |
|    | Paul Correia .... 508 – 636 - 3718  |  |                     |
| 12 | July 31, 2010   | 9:00 am  | Barkhamsted, CT     |
|    | <b>PEOPLES FOREST TRAIL</b>   | 7 miles  |                     |
|    | Will Graustein ..... <a href="mailto:wgraustein@snet.net">wgraustein@snet.net</a>           |  |                     |
| 13 | August 7, 2010  | 9:00 am  | Oxford, MA          |
|    | <b>OXFORD DAM RACE</b>  | 10.5 miles   |                     |
|    | John Grenier ..... <a href="mailto:johngrenier1@aol.com">johngrenier1@aol.com</a>           |  |                     |
| 14 | August 15, 2010   | 9:00 am  | Florida / Savoy, MA |
|    | <b>SAVOY MOUNTAIN</b>   | 22 miles & 4 miles   |                     |
|    | Martin Glendon ..... <a href="mailto:glendon_farm@hotmail.com">glendon_farm@hotmail.com</a> |  |                     |
| 15 | August 22, 2010   | 9:30 am  | Sunderland, MA      |
|    | <b>MT. TOBY</b>   | 14 miles   |                     |
|    | Scott Hunter - 413-695-7244   | <a href="mailto:scotjh@aol.com">scotjh@aol.com</a>                             |                     |
| 16 | September 5, 2010   | 9:00 am  | New Ipswich, NH     |
|    | <b>WAPACK TRAIL</b>   | 17.5 miles   |                     |
|    | Paul Funch ..... 978-448-2813   | <a href="mailto:pgfunch@verizon.net">pgfunch@verizon.net</a>                   |                     |
| 17 | September 12, 2010  | 8:00 am ??   | Pittsfield, MA      |
|    | <b>CURLY'S HALF MARATHON &amp; 5K</b>   |  |                     |
|    | Beth Herder .... <a href="mailto:curly@berkshiresports.org">curly@berkshiresports.org</a>   |  |                     |
| 18 | September 19 2010   | 8:45 am  | Winchester, NH      |
|    | <b>PISGAH MT.</b>   | 23K / 50 K   |                     |
|    | Gary Montgomery ... 603 – 363 - 8420  |  |                     |
|    | <a href="mailto:info@gotENDURANCE.com">info@gotENDURANCE.com</a>                            |  |                     |
| 19 | October 10, 2010  | 10:00 am   | Monroe, MA          |
|    | <b>DUNBAR BROOK</b>   | 10.5 --- 2 miles   |                     |
|    | <a href="http://www.runwmac.com">www.runwmac.com</a>  |  |                     |
| 20 | October 24, 2010  | 12:30 pm   | Groton, MA          |
|    | <b>GROTON FOREST</b>  | 9.5 & 3.5 miles  |                     |
|    | Paul Funch - 978-448-2813   | <a href="mailto:pgfunch@verizon.net">pgfunch@verizon.net</a>                   |                     |
|    | <a href="http://www.GrotonTFTR.freesevers.com">http://www.GrotonTFTR.freesevers.com</a>     |  |                     |
| 21 | October 31, 2010  | 9:30 am  | Albany, NY          |
|    | <b>HAIRY GORILLA &amp; SQUIRRELY SIX</b>  | 13.1 & 6 miles   |                     |
|    | <a href="http://www.albanyrunningexchange.org">www.albanyrunningexchange.org</a>            |  |                     |
| 22 | October 31, 2010  | 9:00 am  | Framingham, MA      |
|    | <b>BUSA BUSHWHACK</b>   | 5.6 & 9.3 miles  |                     |
|    | Barry Ostrow ..... <a href="mailto:b.ostrow@comcast.net">b.ostrow@comcast.net</a>           |  |                     |
| 23 | November 6, 2010 ... Tentative  | 6:15 am  | Ipswich, MA         |
|    | <b>STONE CAT ALE</b>  | 26.2 & 50 miles  |                     |
|    | <a href="http://www.gaconline.net">www.gaconline.net</a>                                    |  |                     |
- 

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

WESTERN MASS ATHLETIC CLUB  
P. O. BOX 356  
ADAMS, MA. 01220

*Please RE-NEW Your Membership  
When Due!!*

*Thanks for supporting the WMAC!*

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

\*\*\*\*\*cut\*\*\*\*\*cut\*\*\*\*\*cut\*\*\*\*\*cut\*\*\*\*\*cut\*\*\*\*\*cut\*\*\*\*\*cut\*\*\*\*\*cut\*\*\*\*\*cut\*\*\*\*\*cut\*\*\*\*\*cut\*\*\*\*\*

MEMBERSHIP 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 \_\_\_\_\_

*Vol. 16 . . . Issue . . . 1 ...Late Winter ... 2010*

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