

# WMAC SNOWSHOE SERIES 2002

## S.P.S. CONSECUTIVE STREAKS/PR's

5 consecutive		1998 - 2002	
Ed Alibozek Jr	43:43	Bob Dion	36:06
Larry Dragon	40:08	Paul Hartwig	43:32
Konrad Karolczuk	1:08:56	Ellen Mach	1:45:15
Karl Molitoris	42:28	Claudine Preite	57:25
Jim Preite	37:17	Bob Worsham	39:48
4 consecutive		1999 - 2002	
Richard Busa	55:00	Ken Clark	30:24
Laura Clark	50:38	Chris Dunne	48:13
Leigh Schmitt	29:53	Mark Syrett	57:29
3 consecutive		2000 - 2002	
Scott Bradley	42:39	Ed Buckley	39:40
Garreth Buckley	48:54	Lisa Schmitt	48:07
Ron DiNicola	53:40	Martin Glendon	56:34
Art Gulliver	58:22	Carol Kane	46:30
Marc Lombard	45:00	Darlene McCarthy	49:44
Jack Quinn	40:36	<i>Italic is new PR this season!!</i>	

## S.P.S. COURSE RECORDS

<b>01 - 15</b>	Sarah Pandiscio	1999	1:19:20
	Bryan Dragon	1998	41:10
<b>16 - 19</b>	Holly Albetski	2002	1:02:18
	Bryan Dragon	2000	34:30
<b>20 - 24</b>	Erin Worsham	2000	47:45
	James Tosca	2000	37:15
<b>25 - 29</b>	Deb Schieffer	2000	40:40
	<b>Leigh Schmitt</b>	<b>2002</b>	<b>29:53</b>
<b>30 - 34</b>	Tiffany Mann	2002	44:30
	Chris Trager	2002	36:18
<b>35 - 39</b>	<b>Sheryl Wheeler</b>	<b>2002</b>	<b>37:55</b>
	Ken Clark	2000	30:24
<b>40 - 44</b>	Inge Aiken	2002	37:56
	Bob Dion	2000	39:24
<b>45 - 49</b>	Ellen Hoover	2002	52:30
	Bob Dion	2002	36:06
<b>50 - 54</b>	Carol Kane	2000	48:19
	Seth Roberts	2002	39:15
<b>55 - 59</b>	Carol Kane	2002	46:30
	Bob Worsham	2002	42:04
<b>60 - 64</b>	John Pelton	2000	36:48
<b>65 - 69</b>	Jules Seltzer	2002	1:04:18
<b>70 - 72</b>	Richard Busa	2002	55:00
<b>73 - 75</b>	Leon Beverly	2000	58:36

## 2002 S.P.S. AGE GROUP WINNERS

<b>06 - 09</b>	Galen Stump	1:04:00	
<b>10 - 12</b>	Justin McCarthy	1:04:15	
<b>16 - 19</b>	Holly Albetski	1:02:18	Bobby Hoover 57:10
<b>20 - 24</b>	Jason Reed	37:30	
<b>25 - 29</b>	Deb Livingston	42:25	Leigh Schmitt 29:53
<b>30 - 34</b>	Tiffany Mann	44:30	Chris Trager 36:18
<b>35 - 39</b>	Sheryl Wheeler	37:55	Ken Clark 32:42
<b>40 - 44</b>	Inge Aiken	37:56	Ed Buckley 39:40
<b>45 - 49</b>	Ellen Hoover	52:30	Bob Dion 36:06
<b>50 - 54</b>	Laura Clark	50:44	Seth Roberts 39:15
<b>55 - 59</b>	Carol Kane	46:30	Bob Worsham 42:04
<b>60 - 64</b>	Jack Quinn	42:42	
<b>65 - 69</b>	Jules Seltzer	1:04:18	
<b>70 - 72</b>	Rich Busa	55:00	
<b>73 - 75</b>	Leon Beverly	1:01:50	

## FASTEST TIMES MEN

01. Leigh Schmitt	'02	29:53
02. Leigh Schmitt	'00	30:19
03. Ken Clark	'00	30:24
04. Dave Dunham	'00	30:37
05. Ken Clark	'02	32:42
06. Dave Dunham	'01	32:49
07. Leigh Schmitt	'01	33:08
08. Bryan Dragon	'00	34:30
09. Ken Clark	'01	34:45
10. Dave Hannon	'00	35:30
11. Bob Dion	'02	36:06
12. Chris Trager	'02	36:18

## FASTEST TIMES WOMEN

01. Sheryl Wheeler	'02	37:55
02. Inge Aiken	'02	37:56
03. Beth Herder	'00	39:07
04. Deb Livingston	'00	40:40
05. Deb Livingston	'02	42:25
06. Tiffany Mann	'02	44:30
07. Beth Herder	'01	45:15
08. Carol Kane	'02	46:30
09. Kathleen Rioux	'00	47:44
10. Erin Worsham	'00	47:45
11. Lisa Schmitt	'00	48:07
12. Carol Kane	'00	48:19

**1st Annual PROSPECT MOUNTAIN 10KM & 5KM SNOWSHOE RACE****WMAC****December 30, 2001****Mt Prospect Woodford, VT****WMAC****10KM Results****R.D.'s - John Pelton & Jack Quinn**

1	Leigh Schmitt	29	51:28	100.00
2	Bryan Dragon	18	51:50	98.08
3	Dave Dunham	37	53:02	96.15
4	Richard Bolt	31	53:04	94.23
5	Ken Clark	39	54:50	92.31
6	Dan Verrington	39	56:24	90.39
7	Alan Bernier	27	59:12	88.46
8	Bob Dion	46	1:00:10	86.54
9	James Preite	37	1:01:00	84.62
10	Dave Hannon	30	1:01:18	82.69
11	John Pelton	62	1:01:45	80.77
12	Dave Wallace	47	1:05:12	78.85
13	Ron Houser	43	1:05:50	76.92
14	Edward Alibozek	39	1:06:10	75.00
15	Kelly Herrington	27	1:06:31	73.08
16	Jason Reed	22	1:06:49	71.15
17	<i>Sheryl Wheeler</i>	38	<i>1:07:36</i>	<i>69.23</i>
18	Wayne Stocker	47	1:07:52	67.31
19	Seth Roberts	50	1:11:09	65.39
20	Ed Alibozek, Jr.	62	1:11:10	63.46
21	Lindsay Brown	37	1:12:04	61.54
22	Richard Clark	47	1:12:43	59.62
23	Bruce Marvonek	48	1:12:54	57.69
24	Scott Bradley	46	1:13:28	55.77
25	Jack Quinn	63	1:14:11	53.85
26	David Boles	55	1:15:45	51.92
27	<i>Darlene McCarthy</i>	39	<i>1:21:23</i>	<i>50.00</i>
28	<i>Tricia Grenier</i>	25	<i>1:24:13</i>	<i>48.08</i>
29	William Ross	37	1:25:10	46.15
30	Gregg Midland	27	1:26:21	44.23
31	<i>Laura Clark</i>	54	<i>1:29:00</i>	<i>42.31</i>
32	<i>Janet Uhde</i>	31	<i>1:30:54</i>	<i>40.39</i>
33	<i>Barbara Sorrell</i>	44	<i>1:32:44</i>	<i>38.46</i>
34	Michael Caslin	35	1:33:40	36.54
35	Bill Herrington	53	1:35:30	34.62
36	Bill Learn	33	1:36:30	32.69
37	Cory Herrington	27	1:37:54	30.77
38	Richard Busa	72	1:42:08	28.85
39	Greg Taylor	55	1:44:00	26.92
40	<i>Laura Shortell</i>	35	<i>1:46:04</i>	<i>25.00</i>
41	Leon Beverly	75	1:57:30	23.08

**5KM Results****R.D.'s - John Pelton & Jack Quinn**

1	Paul Hartwig	45	40:50	21.15
2	Ken Deary	49	47:59	19.23
3	<i>Kerry Combs</i>	40	<i>52:00</i>	<i>17.31</i>
4	<i>Claudine Preite</i>	35	<i>52:23</i>	<i>15.39</i>
5	Brian McCarthy	40	54:51	13.46
6	Tom Fraser	38	57:27	11.54
7	Ben Dowds	25	57:59	9.62
8	Dan Kitrosser	31	1:00:29	7.69
9	Jeff Clark	55	1:05:03	5.77
10	Konrad Karolczuk	49	1:05:23	3.85
11	<i>Ann Snoeyenbos</i>	37	<i>1:16:20</i>	<i>1.92</i>

*Inge Aiken*  
*Bob Worsham*

*Broken Snowshoe*  
*DNS*

Please continue to check the WMAC web page at:

[www.runwmac.com](http://www.runwmac.com) for all snowshoeing and trail running information. WMAC has several road races too, in case you are wondering!

**"A FAIRY TALE... SORT OF"**

Once upon a time and many winters ago, there was a trail running organization called WMAC. When the weather turned cold and the trails were no longer muddy enough to run on, the members donned snowshoes and morphed into the Southern New England Snowshoe Club. Since their races were partially sponsored by the snow tire industry (motto: "Wherever it snows, there we will go excepting, of course, to Buffalo"), they generously included the farther away state of New York. New York is, technically, a member of the organization of Mid Atlantic States, but since geography is not a strong point among Americans, no one really noticed, or for that matter, even cared.

This particular winter, however, there was NO SNOW in all the usual haunts. Even the normally snow-laden *Welcome to Florida* sign on Savoy Mountain lacked its usual crowd of picture-taking Japanese tourists. Not only were the happy-go-lucky WMACers getting grumpier and grumpier, but the absence of free-floating endorphins around the town of North Adams was beginning to affect the rest of the population as well. The only content people were the physical therapists who were inundated by an unprecedented number of injured trail runners who refused to recognize the fact that frozen dirt is exponentially harder than asphalt. Into this increasingly desperate situation wandered Jack Quinn, a true Vermont Pied Piper, who issued an irresistible challenge – "Follow me and I will show you a real Vermont snow-covered hill."

Not being sure exactly where Vermont was located, WMACers arrived 'way early, turning the parking lot into an impromptu campground and threatening Carol Kane's claim to the first-to-arrive trophy. Sporadically, a contestant would awaken, make a mad dash to the registration area and then return minutes later in a state of utter astonishment. For not only had the Pied Piper provided snow, and plenty of it, the registration building was large, pleasantly furnished and had honest-to-goodness indoor plumbing. Only in Saratoga had they experienced such luxurious facilities. No sooner had they returned to their vehicles than they reemerged carrying snowshoes, snacks, clothing and other assorted earthly possessions.

As the lodge became increasingly crowded, the Pied Piper became increasingly worried. How many people could the building hold and, more importantly, would they stay all winter? So Jack Quinn did what any knowledgeable race director would do when faced with a similar situation – he herded the athletes outside to the start line. Soon they found themselves faced with a Real Vermont Hill. Now, it could be argued that New York or Massachusetts have bigger hills. However, these hills happen to occur later in the snowshoe season. To be required to go Up right away, before they had even rediscovered their sea legs, so to speak, was a bit of a shock. To their credit, the WMACers persevered, although many swore that they were going to die right there on the spot.

But Jack was prepared. He had a clean-up crew all ready -- two extremely tall Nordic skiers, obviously messengers of Thrym, king of the frost giants, who were on hand to whisk away the evidence before the next snowshoer trudged gamely to the top. It should be mentioned that these noble personages, whether on purpose or not, were extremely irritating. While the did provide excellent directions, they had a habit of gliding effortlessly back and forth that made the snowshoers wonder if they were in the wrong sport. These guys were actually having fun! They were barely working, yet covering twice the ground in a fraction of the time.

After an exciting downhill, it might have been easy to forget all that effort and go around for another loop and another downhill reward. Except that required passing the lodge and not stopping to chat. For some, the temptation was too great. After all, this was just the first race of the season. Many, however, moved doggedly forward, prompted, perhaps by the promise of another breath-snatching downhill or simply another chance to enjoy the first snow of the season.

*Laura Clark*

# 5th Annual SOUTH POND SHUFFLE 4 MILE SNOWSHOE RACE

WMAC January 12, 2002

Savoy State Forest

Florida/ Savoy, MA

WMAC

1	Leigh Schmitt	29	0:29:53	100.00
2	Ken Clark	39	0:32:42	98.72
3	Bob Dion	46	0:36:06	97.44
4	Chris Trager	33	0:36:18	96.15
5	Dave Wallace	47	0:36:42	94.87
6	Jim Preite	38	0:37:17	93.59
7	Scott Livingston	29	0:37:25	92.31
8	Jason Reed	22	0:37:30	91.03
9	<i>Sheryl Wheeler</i>	38	0:37:55	89.74
10	<i>Inge Aiken</i>	40	0:37:56	88.46
11	Wayne Stocker	47	0:38:04	87.18
12	Bruce Marvonek	48	0:39:06	85.90
13	Seth Roberts	50	0:39:15	84.62
14	Ed Buckley	43	0:39:40	83.33
15	Jan Rancatti	41	0:41:29	82.05
16	Bob Worsham	56	0:42:04	80.77
17	<i>Deb Livingston</i>	27	0:42:25	79.49
18	Jack Quinn	63	0:42:42	78.21
19	Britt Brewer	38	0:42:53	76.92
20	Nick Jubok	45	0:43:13	75.64
21	Karl Molitoris	46	0:43:25	74.36
22	Ed Alibozek Jr	62	0:43:43	73.08
23	Dave Boles	55	0:43:52	71.80
24	Larry Dragon	41	0:43:57	70.51
25	Scott Bradley	47	0:44:03	69.23
26	<i>Tiffany Mann</i>	32	0:44:30	67.95
27	William Ross	37	0:45:10	66.67
28	Mark Lombard	37	0:45:42	65.39
29	Ken Fairman	58	0:46:00	64.10
30	<i>Carol Kane</i>	56	0:46:30	62.82
31	Paul Hartwig	45	0:46:58	61.54
32	William Morse	50	0:47:25	60.26
33	Ken Deary	49	0:47:40	58.97
34	Peter Lipka	51	0:47:57	57.69
35	Garreth Buckley	25	0:48:54	56.41
36	Ed Saharczewski	48	0:49:10	55.13
37	John Aldrich	43	0:49:28	53.85
38	<i>Darlene McCarthy</i>	39	0:49:44	52.56
39	Tom McCrumm	56	0:50:06	51.28
40	<i>Lisa Schmitt</i>	27	0:50:34	50.00
41	<i>Laura Clark</i>	54	0:50:44	48.72
42	<i>Barbara Sorrell</i>	44	0:50:51	47.44
43	<i>Ellen Hoover</i>	48	0:52:30	46.15
44	<i>Sally Goade</i>	43	0:52:44	44.87
45	Bob Massaro	58	0:52:50	43.59
46	Todd Worsham	21	0:54:08	42.31
47	<i>Erin Croft</i>	29	0:54:35	41.03
48	Steve Mitchell	60	0:54:38	39.74
49	Rich Busa	72	0:55:00	38.46
50	<i>Laurel Shortell</i>	35	0:56:10	37.18
51	Greg Taylor	55	0:56:15	35.90
52	Martin Glendon	55	0:57:05	34.62
53	Bobby Hoover	17	0:57:10	33.33
54	Brian McCarthy	41	0:57:15	32.05
55	<i>Claudine Preite</i>	35	0:57:25	30.77
56	Mark Syrett	53	0:57:29	29.49
57	<i>Kerry Combs</i>	40	0:58:04	28.21
58	Ben Dowds	25	0:59:05	26.92
59	Ron DiNicola	51	1:01:16	25.64
60	Leon Beverly	75	1:01:50	24.36
61	<i>K. Claire-Zimmet</i>	32	1:02:00	23.08
62	<i>Holly Albetski</i>	17	1:02:18	21.80
63	<i>Sue Snyder</i>	47	1:02:25	20.51
64	John Hoover	52	1:02:30	19.23
65	Dek Stump	58	1:02:59	17.95
66	Galen Stump	8	1:04:00	16.67

67	Justin McCarthy	12	1:04:15	15.39
68	Jules Seltzer	66	1:04:18	14.10
69	Art Gulliver	63	1:07:22	12.82
70	Jeff Clark	55	1:08:00	11.54
71	Konrad Karolczuk	49	1:08:56	10.26
72	Dan Lavoie	42	1:11:18	8.97
73	<i>Martha Hojnowski</i>	37	1:15:45	7.69
74	<i>Audrey Trainer</i>	38	1:16:10	6.41
75	Gotha Swan	51	1:31:23	5.13
76	<i>Meg Dunne</i>	41	1:33:26	3.85
77	Chris Dunne	42	1:33:27	2.56
78	<i>Ellen Mach</i>	59	1:50:00	1.28

So many people helped out somewhere along the way for the South Pond Shuffle in 2002 that it is hard to even start naming names. We had all kinds of food from so many people, thank you! We had Tom Skrocki and Jim Ruddock handling the finish line. Their job wasn't easy either, as the race for 1<sup>st</sup> female was a sprint to the photo-finish. Poncho Mach took time out of his day to start all the fires, then he finished his run home down Upper East Hoosac Street. We had Rebecca and Katherine (maybe with a "C" I am not sure) volunteer to start the runners off at the start. Gotha Swan helped with registration and unloading. A ton of people helped out unloading and then loading back up, picking up, stirring food. Old Farner Ed and Paul marked the course, unmarked the course. Eric Perez designed our snowshoe tee shirts for the 5<sup>th</sup> time! It was really a group effort. Thanks everyone!

The race was spectacular. Conditions on top of Savoy Mountain were much more wintry than anyplace else around southern New England. We are a continually fortunate bunch, I know that. Snowshoe pace was fast this year, but the snow cover was decent enough to cover most of the roots and rocks along the way. We had some really fast times from all sorts of age groups.

Leigh Schmitt dwindled his old course record from 2000 down twenty six seconds to 29:53. Kenny Clark ran another incredibly solid race for second. Both of these guys then took time after they finished to stir food while the rest of the field started arriving in to finish.

The ladies race was really something. Sheryl Wheeler came out of the hemlock first, about 50 feet ahead of Inge Aiken. Neither looked like they were really flying by this point (although their finish times state otherwise), but Inge appeared to catch some added spark when she saw the long drive to the finish. Slowly the gap vanished between them, and at the finish I believe it was very very close (you'll have to ask Tom and Jimmy exactly how close). Both Sheryl (37:55) and Inge (37:56) were well under the ladies course record of Beth Herder (39:07). It was some finish. Deb Livingston also turned in a fine time of 42:25, which made the top twenty overall (17<sup>th</sup>).

Thanks everyone, I had another blast being a part of this. 4<sup>th</sup> place finisher Chris Trager, who I believe was the one time owner of Northern Lite Snowshoes (forgive me if I have the company mixed up), summed it up pretty well for me, when he wandered up after and shook his head and said "I had forgotten how much fun this was..."

We really appreciated all the help. We also appreciate seeing so many new faces at the event this year. I hope everyone came away feeling as happy as I did. The little time spent in that forest really made me feel that winter is still here, we just have to look a little harder for it. I visit Savoy so often I occasionally forget how beautiful it is. There was no way I could have missed the magic Saturday. On to Greylock!

*Farmer Ed, the younger*

**SOUTHPOND SHUFFLE 2002... IMAGINE!**

Don't care what you say... Southpond starts off the snowshoe season... it's tradition.

Those of you who came to Southpond on this day, you know just how great it was... those of you who didn't, shame on you, too bad, you missed out, and you'll just have to use your imagination....

Imagine...

Southpond without the RD John (The Bandit) Scalise... I would use a sad face here, but I hate those things, so you'll just have to imagine one... can't imagine what work emergency would keep you from Southpond John.... but nevertheless... you were missed.

Imagine...

The best dynamic duo... Eddie Alibozek and his princess bride and sidekick, Donnalee... took up the reins and ran with it... from the best course markings (don't go through the orange tape), to the great food spread at the end... they worked their little butts off the last couple weeks and sacrificed a bunch of TV and old movie videos to make this event a super go. What a team!

Imagine...

Virtually no snow on the drive, and then bam!... a forest full of everything you could ever want in a snowshoe race.... temps in the low 30's, at least a foot of snow, lightly packed and groomed, made for very fast times and lots of pr's... and very happy people.

Imagine...

Skrocki walking again, on his own. No Who-Let-the-Dogs-Out, take-it-over-the-edge activities for a while, but he came out to help as the finish line official.... I imagine he enjoyed being in that position, able to watch as everyone puked after crossing the finish line. Oh, if you should notice something funny about your finish times, Skrock had the results clipboard in one hand and a brew in the other. Imagine! He was aided by Jim "what was your name" Rudduck... also with brew in hand... now there's double trouble!

Imagine...

Everywhere you looked, people were helping out...however and wherever they could... Imagine a Club with that much spirit!

Imagine...

For the men... being so fast that you break your own men's course record... that's what Leigh Schmitt did... by 25 seconds. Kenny Clark, Male Trailrunner of the Year was runner-up.

For the women... being so fast that you break the women's course record... that's what Sheryl Wheeler did... by 1:12. The women's race was a neck and neck (or otherwise) finish by first place Sheryl and newcomer Inge Aiken... two super fast chicks.

Imagine...

The fight between Ron and Richard for Superman's outfit.... Richard ended up with the tights and Ron came out of the woods wearing the cape. Must have been a real scuffle.

Imagine...

Karl traded his orange shorts for black shorts... he was faster, maybe because the black ones are longer.

Imagine...

Deb's ice balls on her cleats weighed more than Deb.

Imagine...

No Geoff Matter this year, dropping his pants and distracting everyone. Miss Ellen was among those disappointed.

Imagine...

Todd Worsham coming out of the woods carrying his shoe, his socked foot strapped in his snowshoe!! Could be a new technique, but think it had something to do with blisters.

Imagine...

Todd's girlfriend Holly had her first snowshoe race... now there's a sport... she ran really well and looked great at the finish.

Imagine...

Newlyweds Chris and Meg came in together... they tried to cut the course by stopping short of the finish line... Skrocki was right on it though.... made them cross that line.

Imagine...

The quote of the day... "That's corn chowder and I'm not stirring it!"

The Red Squirrel Stew was wonderful... when asked if the squirrels were road kill, Skrocki said no, they were fresh killed, minus the heads, which he bit off. You think this is a changed man?

And that trail mix... yum!... someone said it reminded them of dog treats.

Imagine...

There was a full moon at the finish line... too bad it was eclipsed.

Imagine...

What Southpond would be without Miss Ellen on the course, cheering everyone on and making sure everyone got out of the woods.

Imagine...

Bob Burrbutt Worsham probably picking up that large prickly burr as he backed into a bush.

Thank you to Ed and Donnalee and WMAC... you brought so much energy and laughter and fun to Southpond this year... you spread so much cheer and welcome, one can't help but have a good time! And thanks to everyone who helped, ran, cheered and showed up for Southpond 2002!!

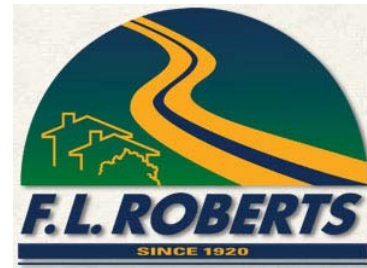
*Kaniac*

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**January 2002**

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The 2002 WMAC Snowshoe Series is being helped along by sponsorship from F.L. Roberts Company. Thank you Seth for your generosity!



## SOUTH POND SHUFFLE 2002: COMPETITION GALORE!

What can you say about the South Pond Shuffle snowshoe race of 1/12/02? Conditions were perfect for being in Savoy State Forest; we had no bone-chilling cold and wind of several years ago. We had enough snow for a soft cushion, but not so much that Leigh Schmitt had to break a trail while leading the race. Those of us 78 runners that followed behind the leaders did not have to run in a foot-deep trough that others had broken. The weather was such that we could all stand around outside afterwards and enjoy the good food and good company. You couldn't have asked for better all-around conditions.

The only thing missing was John (The Bandit) Scalise, the race director, who had a work emergency. I'm not sure I buy that excuse though; I think John was making sure that his profits from Enron stock sell-offs were properly placed in offshore numbered bank accounts.

My son, Todd, alias Rasta-Man, and his girlfriend Holly came with me. Holly has never even been on snowshoes, and had not really trained for an aerobic event. Todd hadn't trained, but he has been to a number of snowshoe races. Of course they are both young, so neither of these things matter. If you were there you might remember Todd as the guy with the long dreadlocks. If you stood close to him you might want to check yourself for lice before they get out of control.

I really like the fact that we start way back from the entrance to the single-track trail. By the time everyone gets there it is pretty much worked out position-wise so no one gets stuck. I never had anyone breathing down my neck on the single-track part. Although today it was easy to pass without two feet of snow outside the track.

This was my first time on snowshoes this year. I had changed my cleats on my Sherpas from long to short, and I had no problem with calf pain at all. My only problem was that I forgot how hard it is to drag a couple pounds on each foot and push off a soft surface. Welcome to the experience of burning lungs! My main concern was staying ahead of Dave (Steamer) Boles. I passed him before getting to the circle, but kept thinking he was right behind me. We have a competition thing going every year, and sometimes I have to push him down headfirst in the snow to beat him.

My big thrill of the race was passing Deb Schieffer Livingston, alias Pony Tail, on the stretch back from the circle. Deb kicks my butt so bad in trail races, so the fact that I passed her probably means she was running with a broken leg or something like that. Or maybe she is so busy being a newlywed that she has not been training! Her husband Scott did finish in the top 10, so that couldn't be it.

After finishing I went back to where the trail comes out of the woods and watched the rest of the finishers with Ed and Nick. That was really fun. It's amazing how many people doing these snowshoe races sweat tons! I couldn't figure out where my son Todd was. He came through holding one shoe in his hand. It seems that his running shoe had given him such a bad blister that he took off a shoe, put back the snowshoe with only a sock, and finished the race. We think he would have finished in the 46 or 47 minute range without this problem. A few years back one of his bindings broke, and he had to run on one snowshoe.

Holly came through to finish the race in 1:02:18, which is not too shabby for a novice with no training.

Other highlights of the day included some of the following. Chris Dunne gave me a case for my new Minolta camera. That was really nice! Thanks Chris. It was hard to pee in the woods because there was no foliage coverage; you had to go a long way out of the way to hide. Mark Syrett's corn chowder was fantastic. I wish I'd had a

doggie bag. Donnalee was there, helping out, and gave me a big hug. Ed's dog Tippi was there, but had to go to the crate while Ed and

Donnalee worked after the race. Leigh Schmitt set a new course record. I got a burr on my butt from a guy who couldn't keep his hands off my butt; this is the same one who is seven watts short of a hundred. I didn't meet Inge, infamous Duraride on Netr. Next race I'm going to say, Where's Inge?" at the start. Kaniac fell into a log because she couldn't walk backwards in her snowshoes; the "Tubbs tips" catch. Miss Ellen was the Sweeper.

Top three were Schmitt, Kenny Clark, and Bob (The) Dion. Top three women were Sheryl Wheeler, Inge (Duraride) Aiken (a second behind Sheryl), and Deb (Pony Tail) Livingston. It was a very competitive crowd in this race, as the top 10 runners were all under 38 minutes.

Unfortunately I had to leave earlier than usual because the "kids" had places to go and things to do. It's probably a good thing, because I would have personally eaten all that corn chowder and the pot of hot dogs.

Thanks to all the WMAC people who came together and got this race off in the Bandit's absence. Thanks to all those who contributed the food and set up the stoves to keep things hot. Some like it hot. WMAC is a class act. Can't wait to see all those pictures on Ed's snowshoe website. See everybody at Paul Hartwig's Greylock Glen race next week. Hope we don't have the northwind bearing down on us for that one.

*WorShamer*

### IT'S A MATTER OF PERSPECTIVE...

**Snowshoe** - To a layperson... a shoe full of snow. To a snowshoer... a device that, theoretically, allows you to run on top of snow.

**Redfeather** - To a layperson... a cardinal (bird). To a snowshoer... a sturdy, dependable snowshoe.

**Flotation** - To a layperson... what your swim tube does if it's inflated properly. To a snowshoer... not sinking up to your knees in snow.

**Crescent Moon** - To a layperson... decorative symbol on the flag of Turkey. To a snowshoer... an 8x24" snowshoe that is considered to be 8x25" because of its long curve.

**Atlas** - To a layperson... god who holds up the earth. To a snowshoer... et another snowshoe.

**Decking** - To a layperson... outdoor wooden flooring holding up lounge chairs from which you can experience Nature from a supine position. To a snowshoer... rope, plastic or other material which is placed inside the frame of a snowshoe.

**Gaiters** - To a layperson... Florida football team. To a snowshoer... worn around the legs and shoes to keep them almost dry.

**Florida** - To a layperson... a place to go to the beach. To a snowshoer... a place to go snowshoeing.

**Moody Springs** - To a layperson... any teenager about to pout. To a snowshoer... all the pancakes you can eat.

**Baggies** - To a layperson... something to put your sandwich in. To a snowshoer... something to put over your sneakers to keep them minimally dry.

**Snow** - To a lay person... something to shovel. To a snowshoer... something to play in.

*Laura Clark*

**3rd Annual GREYLOCK GLEN 5KM SNOWSHOE RACE**

WMAC January 19, 2002

Greylock Reservation Adams, MA

WMAC

1	Leigh Schmitt	29	0:26:23	100.00%
2	Ken Clark	39	0:26:35	98.55%
3	Bob Dion	46	0:29:00	97.10%
4	Dave Hannon	30	0:29:30	95.65%
5	Jim Preite	38	0:30:26	94.20%
6	Dave Wallace	47	0:30:46	92.75%
7	Kelly Herrington	27	0:31:04	91.30%
8	Scott Livingston	29	0:31:05	89.86%
9	Edward Alibozek	39	0:31:06	88.41%
10	Seth Roberts	50	0:31:56	86.96%
11	Wayne Stocker	47	0:31:58	85.51%
12	Britt Brewer	38	0:32:26	84.06%
13	Bruce Marvonek	48	0:32:32	82.61%
14	Jennifer Rappaport	37	0:33:40	81.16%
15	Jan Rancatti	41	0:34:06	79.71%
16	<b>Deb Livingston</b>	<b>27</b>	<b>0:34:22</b>	<b>78.26%</b>
17	Nick Jubok	45	0:35:30	76.81%
18	Aaron Fitts	18	0:35:40	75.36%
19	<b>Laurie Sigloch</b>	<b>37</b>	<b>0:35:45</b>	<b>73.91%</b>
20	Dave Fiorini	48	0:35:54	72.46%
21	Jack Quinn	63	0:35:58	71.01%
22	William Ross	37	0:36:08	69.57%
23	Dave Boles	55	0:36:15	68.12%
24	Ed Alibozek Jr	62	0:36:16	66.67%
25	Larry Dragon	41	0:36:50	65.22%
26	<b>Darlene McCarthy</b>	<b>39</b>	<b>0:37:20</b>	<b>63.77%</b>
27	Ken Fairman	58	0:38:01	62.32%
28	Mark Lombard	37	0:38:15	60.87%
29	Peter Lipka	51	0:38:16	59.42%
30	<b>Carol Kane</b>	<b>56</b>	<b>0:38:35</b>	<b>57.97%</b>
31	Jason Kaffenberger	38	0:38:41	56.52%
32	James Ruddock	35	0:38:48	55.07%
33	<i>Emily Meacham</i>	<i>19</i>	<i>0:39:33</i>	<i>53.62%</i>
34	<i>Tiffany Mann</i>	<i>32</i>	<i>0:39:38</i>	<i>52.17%</i>
35	<b>Laura Clark</b>	<b>54</b>	<b>0:39:59</b>	<b>50.72%</b>
36	Ed Saharczewski	48	0:40:35	49.28%
37	Bob Worsham	56	0:40:40	47.83%
38	<i>Maureen Roberts</i>	<i>44</i>	<i>0:40:50</i>	<i>46.38%</i>
39	<i>Candice Poiss</i>	<i>31</i>	<i>0:41:08</i>	<i>44.93%</i>
40	<b>Sally Goade</b>	<b>43</b>	<b>0:41:13</b>	<b>43.48%</b>
41	Brandon Lipka	19	0:41:23	42.03%
42	John Aldrich	43	0:43:13	40.58%
43	<i>Claudine Preite</i>	<i>35</i>	<i>0:43:17</i>	<i>39.13%</i>
44	<b>Barbara Sorrell</b>	<b>44</b>	<b>0:44:09</b>	<b>37.68%</b>
45	Martin Glendon	55	0:44:59	36.23%
46	Rich Busa	72	0:45:00	34.78%
47	<i>Lisa Schmitt</i>	<i>27</i>	<i>0:45:17</i>	<i>33.33%</i>
48	<b>Laurel Shortell</b>	<b>35</b>	<b>0:45:30</b>	<b>31.88%</b>
49	Brian McCarthy	41	0:45:36	30.43%
50	<b>Kerry Combs</b>	<b>40</b>	<b>0:46:05</b>	<b>28.99%</b>
51	Greg Taylor	55	0:46:20	27.54%
52	Mark Syrett	53	0:46:38	26.09%
53	Ben Dowds	25	0:47:37	24.64%
54	<b>Maggie Quinn</b>	<b>42</b>	<b>0:48:04</b>	<b>23.19%</b>
55	Ron DiNicola	51	0:49:13	21.74%
56	Mike Baker	31	0:49:38	20.29%
57	Leon Beverly	75	0:49:45	18.84%
58	Dan Lavoie	42	0:52:35	17.39%
59	<b>Martha Hojnowski</b>	<b>37</b>	<b>0:53:39</b>	<b>15.94%</b>
60	Jonathan Howes	45	0:55:27	14.49%
61	<b>Julie Ryan</b>	<b>36</b>	<b>0:56:33</b>	<b>13.04%</b>
62	William Morse	50	0:56:52	11.59%
63	Jeff Clark	55	0:57:35	10.14%
64	Konrad Karolczuk	49	0:57:36	8.70%
65	Dean Rapaport	37	0:58:09	7.25%

66	Chris Dunne	42	1:11:40	5.80%
67	Meg Dunne	42	1:11:42	4.35%
68	<i>Ellen Mach</i>	<i>59</i>	<i>2:12:00</i>	<i>2.90%</i>
69	<b>Ann Dobrowolski</b>	<b>50</b>	<b>2:12:00</b>	<b>1.45%</b>

**2002 AGE GROUP WINNERS**

<b>16 - 19</b>	Emily Meachem	39:33	Aaron Fitts	35:40
<b>25 - 29</b>	Deb Livingston	34:22	Leigh Schmitt	26:23
<b>30 - 34</b>	Tiffany Mann	39:38	Dave Hannon	29:30
<b>35 - 39</b>	Jennifer Rappaport	33:40	Ken Clark	26:35
<b>40 - 44</b>	Maureen Roberts	40:50	Jan Rancatti	34:06
<b>45 - 49</b>	Bob Dion	29:00		
<b>50 - 54</b>	Laura Clark	39:59	Seth Roberts	31:56
<b>55 - 59</b>	Carol Kane	38:35	Dave Boles	36:15
<b>60 - 64</b>	Jack Quinn	35:58		
<b>70 - 72</b>	Rich Busa	45:00	<b>73 - 75</b> Leon Beverly	49:45

**GLEN COURSE RECORDS**

<b>01 - 15</b>	Justin McCarthy	2001	1:05:45
<b>16 - 19</b>	Emily Meachem	2002	39:33
	Bryan Dragon	2000	29:01
<b>20 - 24</b>	Sarah Glendon	2001	42:01
	Ben Dowds	2001	51:43
<b>25 - 29</b>	Deb Livingston	2002	34:22
	Leigh Schmitt	2002	26:23
<b>30 - 34</b>	Tiffany Mann	2002	39:38
	Dave Hannon	2002	29:30
<b>35 - 39</b>	Jennifer Rappaport	2002	33:40
	Dave Dunham	2000	25:56
<b>40 - 44</b>	<b>Beth Herder</b>	<b>2000</b>	<b>32:45</b>
	Bob Dion	2000	32:54
<b>45 - 49</b>	Bob Dion	2002	29:00
<b>50 - 54</b>	Carol Kane	2000	37:17
	Seth Roberts	2002	31:56
<b>55 - 59</b>	Carol Kane	2002	38:35
	Bob Worsham	2001	33:55
<b>60 - 64</b>	John Pelton	2000	29:33
<b>65 - 69</b>	Jules Seltzer	2001	1:00:04
<b>70 - 72</b>	Richard Busa	2001	44:04
<b>73 - 75</b>	Leon Beverly	2002	49:45

## IT'S ALL IN THE FEET

Remember the mixture of anticipation and anxiety you felt before your first snowshoe race? You had absolutely no performance expectations and were free to accept whatever the trail brought your way. Everything – gliding effortlessly downhill on the slippery snow, only to angle for a foothold on an impossible ascent; bounding over a brook like a deer one moment, only to struggle with incredibly heavy, huge feet the next—was a new experience.

Jeff and I were again able to enjoy some of that first-time magic when we invited fellow Saratoga Stryders, Maureen Roberts and Maggie Quinn, to Greylock Glen. While Maureen completed the short Hawley last year, she arrived late and had never actually raced it. Maggie had taken just a few practice runs on her new snowshoes. Both, however, had already succumbed to the black-and-blue ankle syndrome that afflicts beginners who have yet to acquire a bowlegged snowshoe stance. Maureen, being a doctor, attacked her problem head-on, with lots of foam and surgical tape. Maggie's difficulties were solved when we noticed she had been wearing her Tubbs Criterions on the wrong feet (or was it the right feet and the wrong shoes?).

As we siphoned off into the single track trail at the beginning of the race, Maureen led, followed by Maggie, while I brought up the rear. After a few minutes, Maureen acquired her "sea-legs" and had begun to work her way up the conga line. I was torn. Should I hold back with Maggie, who seemed to be enjoying her newly discovered lefts and rights, or try to catch up to Maureen? Normally, this would have been a foolish question, since Maureen is a faster runner, while Maggie and I are pretty evenly matched. To my surprise, I soon found myself pulling away from Maureen. Must have been that the new pair of Northern Lites attached to my feet didn't yet realize they belonged to an enthusiastic, but medium-strength runner. Since I knew Maureen could be expected to pass me at any moment, I was forced to keep alert and actually race the course. Mid-way, I found myself wishing fervently for Hawley or Moody Springs, or any similarly long course where walking is not only expected, but encouraged. While my Northern Lites eventually did achieve a marginal finish line victory, Maureen had me beaten for the long haul. Next on her agenda was a tennis competition in Troy, followed by dinner and an evening of dancing in normal-sized shoes. Meanwhile, it was all I could do to haul the assorted loaners back to the car! When Maggie arrived at the finish line, she just couldn't believe that a relatively short distance could take such a long time, even with klutzy feet. For Maggie and Maureen, as for many of us, one of the best parts was the

Our transition back to the real world brought this home in a somewhat embarrassing manner. During our obligatory Stewarts refueling stop, we noticed they were having a huge ice cream sale. Deciding that we had definitely earned our share, Jeff gave me \$5 and told me to stand in line while he waited in another line. Now this is an unusually busy Stewarts. In fact, when we made our early morning stopover, the manager was outside directing traffic in the parking lot! This hustle and bustle is a complete mystery to us outsiders, since not five miles away, on the outskirts of the big city of Troy, there is another Stewarts that remains relatively empty. Yet this store, in the middle of farm country, is bustling. As you can surmise, the line I was waiting in was fairly long. To make it worth my while, I grabbed not one, but two half gallons of ice cream. Unfortunately, the bill came to \$5.23. What to do? I quickly reviewed my options: keep everyone waiting while I searched the car for loose change, or bang on the rest room door in hopes that Jeff might have a few extra pennies. Just at the crucial decision point I glanced down at my boots. I owed Rich Busa and Bob Dion \$5 each and had carefully placed the bills in my boot so I'd remember. But in my after-race eagerness for warm, dry feet I slammed into my boots without checking for foreign objects. I tried to explain all this as I took off first the right, then the left boot. When I finally retrieved the definitely flat and somewhat aromatic \$5, no one waiting in line even cracked a smile. I'd be willing to bet that this foot story would have gotten quite a chuckle back at Greylock!

*Laura Clark  
Saratoga SPA Race Director*

## GREYLOCK GLEN 2002

And you thought there wouldn't be enough snow.... Well, it was just about the best day for The Greylock Glen that anyone can ever remember.... so many course records set and so many pr's.... people certainly did eat their Wheaties on this day and they were feelin fine....

Ten... count them, TEN new course records set... and even if folks didn't set course records, they still ran like their pants were on fire....

Conditions were near perfect.... from the windblown frozen grassy tundra to the foot plus deep snow in the woods.... 25 degrees maybe and for once, there was no wind at Greylock... perfect!

There is only one thing wrong with this race.... The only thing wrong with The Greylock Glen 5k is that it is not The Greylock Glen 10k or 15k... it's way too short, its over way too soon and you have to go off and run an extra 10 miles or something.... just what you want to do after killing yourself in a fast 5k snowshoe race...

Bob Dion would have been faster if he had raced in his brand new, Designed by Mr. Dion Snowshoes. He has come up with the best binding/cleat system that is going to revolutionize the industry. The man is going to end up a millionaire. He'll be able to afford two of those nifty camp chairs, maybe with dual cup holders and mechanized footrest, maybe with a heated seat.

I am not mentioning hot dogs.... where do you people get off eating 180 hot dogs!!!!

Just when does Kenny Clark turn 40? Can we still call him Kenny.... Kenny, Sir!

I know why people were so fast today.... they didn't have to carry water bottles.

Wish I had brought my skates.... imagine people skating on the pond... cool! That must be one of the most recognized sounds in the world and sure brings back a lot of memories to a lot of folks.

Food! Talk about food! Hot dogs, chili for both persuasions, corn chow-da, cookies and that is still the best hot chocolate in the world.

Wheaties eaters today included Leigh Schmitt, first male overall, with Ken Clark runner-up. For the women, it was Jennifer Rappaport, first female overall, with Deb Livingston runner-up. Honorable mentions have to go to Dave Hannon, Bruce Marvonek, Nick Jubok, and Darlene McCarthy and Laura Clark... they hauled today.... hauled! Peter Lipka's son, Brandon hauled as well, but a binding problem held him up. These young people are so great to come out and do this stuff... I love it!

Bob Worsham hauled too fast and pulled a calf muscle. As he limped mummy-style toward the finish line, he asked me who was coming up behind him. I wanted to say "It doesn't matter, Bob," but I didn't have the heart. It turned out to be Ed Saharczewski taking advantage.

Hey, have you ever noticed the poles going up the face of the Thunderbolt.... they are only visible when there is snow on the ground.... strange looking telephone type poles. I looked at them twice, couldn't believe what I was seeing. Never noticed them while running the Greylock Gallop.

Stan finally surfaced for Greylock, although he didn't run the snowshoe race. He looks.... hardy! He had brought his snowboard and Marc had brought his XC skis and they were gonna do Thunderbolt together. They left the canoe at home.

Thank you to Paul and Judy Hartwig. They sure know how to throw a party. Nice going. Your efforts were very much appreciated by all. We all went on to Greylock and had the best darn time....

*Kaniac  
January 19, 2002*



2002 WMAC SNOWSHOE SERIES  
93 BRANDYWINE LANE  
SUFFIELD, CT 06078

THANK YOU ALL FOR PARTICIPATING AND SUPPORTING THE SNOWSHOE SERIES!!

[WWW.RUNWMAC.COM](http://WWW.RUNWMAC.COM)

WMAC POINTS LEADERS 2002

NAME	AGE	TOT	GG	SPS	PRO
Leigh Schmitt	29	300.00	100.00	100.00	100.00
Ken Clark	39	289.58	98.55	98.72	92.31
Bob Dion	46	281.08	97.10	97.44	86.54
James Preite	37	272.41	94.20	93.59	84.62
Dave Wallace	47	266.47	92.75	94.87	78.85
Wayne Stocker	47	240.00	85.51	87.18	67.31
Seth Roberts	50	236.96	86.96	84.62	65.38
Bruce Marvonek	48	226.20	82.61	85.9	57.69
Ed Alibozek, Jr.	62	203.21	66.67	73.08	63.46
Jack Quinn	63	203.07	71.01	78.21	53.85
David Boles	55	191.84	68.12	71.80	51.92
William Ross	37	182.39	69.57	66.67	46.15
Scott Livingston	29	182.17	89.86	92.31	xxxxx
Dave Hannon	30	178.34	95.65	xxxxx	82.69
Kelly Herrington	27	164.38	91.3	xxxxx	73.08
Darlene McCarthy	39	166.33	63.77	52.56	50.00
Sheryl Wheeler	38	158.97	xxxxx	89.74	69.23
Deb Livingston	27	157.75	78.26	79.49	xxxxx
Laura Clark	54	141.75	50.72	48.72	42.31
Barbara Sorrell	44	123.58	37.68	47.44	38.46
Carol Kane	56	120.79	57.97	62.82	xxxxx
Tiffany Mann	32	120.12	52.17	67.95	xxxxx
Laurel Shortell	35	94.06	31.88	37.18	25.00
Inge Aiken	40	88.46	xxxxx	88.46	xxxxx
Sally Goade	43	88.35	43.48	44.87	xxxxx
Claudine Preite	35	85.28	39.13	30.77	15.38
Lisa Schmitt	27	83.33	33.33	50.00	xxxxx
Jennifer Rappaport	37	81.16	81.16	xxxxx	xxxxx
Kerry Combs	40	74.51	28.99	28.21	17.31
Laurie Sigloch	37	73.91	73.91	xxxxx	xxxxx

REMAINING 2002 WMAC SNOWSHOE SCHEDULE

Sunday, February 3, 2002	11:00 A.M
<b>3rd Annual SARATOGA WINTERFEST</b>	5km
Saratoga SPA State Park,	Saratoga Springs, NY
Laura Clark <a href="mailto:sar_clark@sals.edu">sar_clark@sals.edu</a>	518-581-1278
Saturday, February 16, 2002	10:00 A.M
<b>5th Annual HAWLEY KILN KLASSIC</b>	7 & 4.5 Miles
Dubuque State Forest	Hawley, MA
Marc Lombard <a href="mailto:trlfool@the-spa.com">trlfool@the-spa.com</a>	413-772-3768
Saturday, March 2, 2002	9:30 A.M
<b>3rd Annual MOODY SPRINGS</b>	15km & 10km
Dubuque State Forest	West Hawley, MA
Edward Alibozek <a href="mailto:edtrnews@yahoo.com">edtrnews@yahoo.com</a>	860-668-7484

The South Pond Shuffle wouldn't be able to happen without the added touch that Tim Zelazo gives to the state forest at Savoy. Everything that is good at the South Pond Shuffle is due to him and the maintenance he provides this playland. Thank you Tim!

*John and Ed*

How about a big cheer for the winter-time race directors? Ken Swiatek, Jack Quinn, John Pelton, John Scalise, Paul Hartwig, Bob Dion, Laura Clark, Dave Dunham, Marc Lombard, Peter Keeney!!

Why not join the WMAC? Not only do they provide snowshoe events, but trail and road running events year round also! Check the web at [www.runwmac.com](http://www.runwmac.com) - or hotline at 413-743-5124.