

# SNOSHU-NEWS

We have had 21 official races, with Konrad (K2) Karolczuk the only person to finish all 21. Here are the male leaders for total events finished; there are several changes in the leaders from total point producers; can you spot them?

*Ed*

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## FINISHED RACES / 21 POSSIBLE

01.	Konrad Karolczuk	21
02.	Ken Clark	19
03.	Richard Busa	18
04.	Bob Dion	17
05.	Jim Preite	16
06.	David Boles	16
07.	Ed Alibozeck Jr	16
08.	Lawrence Dragon	16
09.	Leigh Schmitt	15
10.	Bob Worsham	15
10.	Karl Molitoris	15

Three men have finished 15 events over the 5 years of WMAC Snowshoe events. **Karl Molitoris** (955.85 pts) has been around the longest, participating in our early snowshoe events before the official races began back in 1998. The "Old Goat" is a strong snowshoer and can be indentified by the bright orange shorts he wears even on the brisket of days. His best season was in 1998, where he finished 4<sup>th</sup> at South Pond and 3<sup>rd</sup> at Hawley Kiln.

Best Finish: South Pond Shuffle 1998

Like Karl, **Bob Worsham** (1095.30 pts) has also been participating since before the official events. The "Lawnmower Man" excels at South Pond, where he has five finishes all over 79.41%, with each of the 5 finishes being between 8<sup>th</sup> and 16<sup>th</sup> overall.

Best Finish: South Pond Shuffle 2001

Two time ('01 & '02) WMAC Snowshoe Champion **Leigh Schmitt** (1489.13 pts) has been a regular at our events since 1999. He has won a total of nine out of the fifteen events he has raced, and is the course record holder at Mt Prospect, South Pond, Saratoga Winterfest and Hawley Kiln.

Best Finish: Mt Prospect 2002

Four athletes have a total of 16 finishes each. First up is **Larry Dragon** (952.93 pts). "HD" (Harley Davidson) Dragon has been a top ten finisher at several events and has also relaxed and enjoyed the snowshoe events from the very back of the pack. He is also Bryan's dad, and the two of them provide any event with a bit more racing depth.

Best Finish: Greylock Glen 2000

Also with 16 finishes is **Ed Alibozeck Jr** (1013.26 pts). Old Farmer Ed has been a hard driving competitor and two time 60+ age group overall winner. He loves the snow and has had several sprint finishes to his credit over the seasons.

Best Finish: Saratoga Winterfest 2001

The tallest snowshoer in the northeast, **Dave Boles** (1166.55 pts), has contributed 16 finishes to our series. Dave also is a two time age group overall champion ('01 & '02) and is one of the real enigmas of snowshoeing; he is faster in the snow than on the trails during the summer months. One of the individuals who will travel anywhere to snowshoe.

Best Finish: Saratoga Frostfare 2001

The final participant with 16 finishes is **Jim Preite** (1217.33 pts). Jim has turned himself into an incredibly fast snowshoe racer with several top 5 finishes under his belt. Jim's wife Claudine currently leads the ladies for total finishes as well.

Best Finish: Greylock Glen 2002

**Bob Dion** (1503.84 pts) has 17 finishes, one of which was a 1<sup>st</sup> place overall at our first official snowshoe event (South Pond Shuffle '98). Bob has been an age group winner for the last three seasons (2000 - 2002), and is the owner and operator of a new line of snowshoes for 2003 "DION SNOWSHOES".

Best Finish: South Pond Shuffle 1998

The Silverback himself, **Richard Busa**, stands alone with 18 finishes. Rich has been an age group winner for the last four seasons (1999 - 2002), and is the age group course record holder at several events. This July, Richard became the oldest finisher of the Vermont 100 mile endurance run.

Best Finish: Saratoga Winterfest 2001

Two time overall Snowshoe Champion (1999 & 2000) and four time age group champion (1999 - 2002) **Ken Clark** has only missed the two races of the 1998 season. Kenny has 19 finishes to his credit, never finishing lower than 5<sup>th</sup> overall. That is a lot of races to enter with amazing consistency.

Best Finish: Greylock Glen 2000

The King of the Hill with a perfect 21 out of 21 finishes is **Konrad Karolczuk**. K2 has been more than just a participant during the last five years of the snowshoe series, he is a tireless workhorse volunteering his services in many different ways. Most notable is marking and unmarking many of the courses the day before and the day after the event. Thanks Konrad.

Best Finish: Saratoga Winterfest 2000

# VOW OF CHASTITY FEEDBACK (and assorted other things)

I really like the vow of chastity and I wish all the sports I do would take a similar vow. There is room for both big "shows" and small events in any sport, and I appreciate this New England focus on small events.

My obsessive periodizing triathlete self appreciates that you've got a tentative calendar ready in August. Because I've got most of my events already planned through February and summer 2003? ... say no more. Scheduled long ago.

Thanks,  
*Ann Snoeyenbos*

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Yes, I fully agree with your guidelines for spartan events. After all, what we really want is to romp in the snow and have fun, but that can be a race too. Let's not get away from what snowshoes were made for originally, and who made them originally.

*Tom McCrumm*

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Hello, Ed! Thank you for your latest snowshoe newsletter. It an oasis in the middle of a hot summer. As someone who was involved in running before, during, and after the boom of the 70s and early 80s, my fondest memories in the sport are dominated by small scale races analogous to those characterized in your "vow of chastity." Kudos to you and your colleagues for trying to preserve the special traditions that you have established.

Your chastity criteria are certainly noble aspirations, but I wouldn't necessarily declare as "unchaste" a race that fell a wee bit short on one or two of the criteria (i.e., sticking to the spirit but not necessarily the letter of the criteria). Prospective race directors interested in putting on "Spartan" races shouldn't be discouraged from pursuing a new event if they are unable to satisfy ALL the criteria. As the sport of snowshoe racing develops further, I look forward to seeing all sorts of races (from challenging and Spartan to "flat and fast" and, well, less than Spartan) created and plenty of snowfall to support them all! I look forward to seeing you in a quick 4+ months. Keep up the good work! Thanks again and best wishes,

*Britt Brewer*

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Great job on the newsletter, definitely consider me an eager supporter of spartan events. I'm hoping that this winter I can get out more often for "fun runs" on the snowshoes.

Take care,  
*Marc Lombard*

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I received and read the latest copy of the Snowshoe news. Great Stuff. Very nice how you profiled the participants for their accomplishments and participation. In response to your pledge, sounds great. That way the original spirit of the snowshoe series wont be lost as the popularity and sponsorship grows.

*Peter Keeney*

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As for your snowshoe update, it was fantastic. The best part was the vow of chastity. Oh, and I can't wait to try Bob's shoes. Deb and I have the goal of putting on a snowshoe race (and a trail race too) some day. Our venue of choice would be Gay City State Park in Bolton/Hebron, CT. We think it meets the criteria. As you know, snow is hit or miss, especially down here. Maybe we'll do it in the next couple of years.

Your vow means a lot to me coming from the "dark side" (cycling). They just don't get it over there. Industrial park criteriums, ugh! Cycling has lost its entire luster for me. I still like cyclocross though because it is low key and they still give out homemade trophies as opposed to a \$13 check for 9th place. Of course the entry fee was \$35 and you get nada (except attitude) for that...

*Oh well. Keep up the good work.*

*Scott Lingston*

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We just wanted to give you a heads up that a celebrity is living in your neighborhood. Maria and I were getting a pizza at Suffield Pizza on Sunday around 7:30 pm. I was coming out with a pizza when Steven Segal, who was walking his dog, passed by within 10 feet of me. I was so starstruck that I could not speak. Maria was waiting in the car and also saw him. The really interesting part is that he had a WMAC snowshoe tee-shirt. By the time we regained our composure he was gone, it was like he vanished into thin air. Just thought you would like to know so that you can keep an eye out.

*On the celebrity watch,*

*Phil and Maria Capella*

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*Konrad Karolczuk finishing his fifth South Pond Shuffle 4 mile snowshoe race in 2002. K2 is the only snowshoer who has completed all 21 of our official snowshoe race events.*

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We have started to update the WMAC Snowshoe website:

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

Click the snowshoe button to keep up with the news!

### WMAC SNOWSHOE SERIES 2003

- Sunday, December 29, 2002                      Woodford, VT  
**2nd Annual WOODFORD**                      4 Mile
- Saturday January 4, 2003                      Day, NY  
**SARATOGA BIATHLON CLUB**                      5KM
- Saturday January 11, 2003                      Florida, MA  
**6th Annual SOUTH POND SHUFFLE**                      4 Mile
- Saturday January 18, 2003                      Adams, MA  
**4th Annual GREYLOCK GLEN**                      3.5 Mile
- Sunday January 26, 2003                      Pittsfield, MA  
**1<sup>ST</sup> CURLY's RECORD RUN**                      4 Miles
- Saturday, February 1, 2003                      Northfield, MA  
**1st NORTHFIELD MTN (Reg. Qualifier)** 5km
- Sunday, February 2, 2003                      Saratoga, NY  
**4th Annual SARATOGA WINTERFEST** 5km
- Saturday, February 8, 2003                      Saratoga, NY  
**1<sup>st</sup> Annual WILTON WILDLIFE**                      8km
- Saturday, February 15, 2003                      Hawley, MA  
**6th Annual HAWLEY KILN KLASSIC**                      7 & 4.5 Miles
- Saturday, March 1, 2003                      Hawley, MA  
**3rd sort of Annual MOODY SPRINGS**                      15km & 10km

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### DION DEMO DAYS/ FUN SHOES

- Sunday, December 22, 2002                      Savoy, MA  
**Dion Demo Day #1**                      5 Miles *Tannery Falls*
- Sunday, February 23, 2003                      Florida, MA  
**Dion Demo Day #2**                      5 Miles *Spruce Hill*
- Saturday, March 15, 2003                      Florida, MA  
**Dion Demo Day #3**                      5 Miles *Blackstone Farm*

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### UNITED STATES SNOWSHOE ASSOCIATION NORTHEASTERN REGIONAL QUALIFIER #1

Saturday January 25<sup>th</sup>, 2003  
**Lake Placid Global Snowshoe Challenge**  
 Cascade Ski Center, Lake Placid, NY  
 5km (Juniors), 10km (all other age groups).

Serves as a U.S. Snowshoe Association's Northeastern Regional Qualifier. The second Northeast Regional is February 1<sup>st</sup> at Northfield Mountain.

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### 2002 MAINE SNOWSHOE SERIES

{Hosted by the Crow Athletics Club & Down East Trail Runners}

- Event #1:**  
 Sunday, January 28th, 2003                      9:00 A.M  
**Schoodic Mtn. Snowshoe**                      2 & 6 miles  
 Schoodic Mtn. Lodge in Franklin, Maine
- Event 2:**  
 Sunday, February 3<sup>rd</sup>, 2003                      9:00 A.M  
**Great Pond Mtn. Snowshoe**                      1.2 & 2.5 miles  
 Craigbrook Nat. Fish Hatchery, East Orland, ME
- Event 3:**  
 Sunday, February 10<sup>th</sup>, 2003                      9:00 A.M.  
**Beech Hill Snowshoe**                      2k, 4k, 6k  
 Beech Hill Farm, Mount Desert, Maine

Peter Keeney  
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 Bar Harbor, ME 04609  
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Each Event is \$5 per person with no fee for 65+ and 12 & Under.  
 T-shirts can be purchased for \$12 on race day only while supplies last.

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2nd Annual

### NORTHERN VERMONT SNOWSHOE CHALLENGE

#### 5K Race/ 2K Gourmet Snowshoe Fun Run/ Walk

Saturday February 15th 2003                      10:30 a.m.  
 Nordic Ski & Snowshoe Adventure Center.  
 Smugglers' Notch Resort, Jeffersonville, VT, 05464.

Last year we had about 40 participants on a perfect day. The first .8 miles is an attention-getting climb, but the 'payback' consists of a couple of miles of mostly easy downhill. We had plenty of age division prizes and great things to eat and drink after the event.

The 2K Fun Walk was fun for those who just aren't into running of any kind, let alone on snowshoes. This year we are making the short event into a gourmet stroll, with local culinary establishments providing delicious (mostly sweet) things for folks to sample along the way.

This is a great opportunity for folks to see the upper half of Vermont in its finest Winter trappings and participants will enjoy free trail use for the day on the Smugglers' Nordic cross country and snowshoe trails.

Thanks, Zeke Zucker  
[Zeke@pwshift.com](mailto:Zeke@pwshift.com) or call 802-644-1173.

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