

SNOSHU-NEWS

GREYLOCK GLEN SNOWSHOE RACE 2003: “THE MYSTERIOUS CASE OF THE BROKEN SNOWSHOE”

I've come to a conclusion. Any race held at the Greylock Glen by WMAC is a great day. The 2003 version of the Greylock Snowshoe race, put on by Paul Hartwig and all his WMAC helpers, was no exception. The day was beautiful, the weather was crisp and cold, the mountain was breathtaking, the snow conditions were great, and there was a turnout of about 82 runners.

Upon arrival there was no line at the little outhouse, so I pushed my luck and went in. It smells a lot better in there than it does in June; it must be the cold. While approaching it, an image flashed in my mind. What if I encountered someone in there that had been curious about whether their tongue would stick if they touched it to the seat? Would I come upon someone trapped and half-frozen waiting to be rescued? Opening the door provided the answer to the question. Apparently I was the first to use the facilities, arriving an hour and a half before the race. That seat was definitely cold, but at least there was one there.

The part of this race that I like the best is where you get to a level place, then the trail curves around to the left and you start going down major downhill. I labored to this point, but was able to recover going down this long downhill. We had a little scare at one point where we thought we were going to be run over by snowmobiles. They were courteous though, and were careful not to interfere with runners.

Snowshoeing is an extreme cardiovascular experience. While you are doing it in the first half-mile, you think you are going to die at any time, but you keep on going. At some point a second wind kicks in and you reach a negotiated settlement with the snow, and everything works out okay. In addition to being fun in its own right, this is fantastic training for the running season.

This day I had it in me to kick with about 200 meters left, and almost sneaked past a guy at the finish line, but he put on his own burst. After the young lady took my number I went to the backside of the gazebo to recover while gasping. Then I went back to the finish line to watch others finish beside the timer, Farmer Ed. When Richard Busa finished the woman looked all over his body to pull his number tag. She couldn't find it, and he wasn't any help. The Farmer kept saying, "It's on his hat! It's on his hat!" Now do you know anyone who puts his number on his hat? Richard Busa does. Later I found out that after the last race he wore his hat to Dunkin Donuts with his number still on it! Next year at Greylock I'm going to wear my number on the crotch of my pants.

While standing next to Farmer Ed at the finish line he asked me if I had seen the little ponds on the way back in just before you get to the big pond. He said that for some reason

they do not freeze no matter how cold it gets. He asked me if I looked at them. I said no, considering that I was concentrating on getting enough oxygen to keep living, and I was thinking about whether I had enough left to make a strong run to the finish. So, no, I did not stop and look into the unfrozen ponds. I asked what was the big deal with these ponds. He told me that they are magical. He said, "If you look into them to the bottom, you will see what has been, what will be, and what never was." Wow! Ed was so philosophical. I would love to see all the things that never were, like all those beautiful girls that I dated in high school. Oh well. I'll go look into them the next time I'm in the Glen, which will be sometime in the spring.

Once I could breathe again I changed into dry clothes and came back to EAT. Nobody can put on a race with such a good spread of food as WMAC. I really appreciate all those people who help with this. I'm not sure, but I think it was Judy Hartwig who was helping with those hot stoves and directed me to the tofu hotdogs and vegetarian chili. I am a vegetarian you know.

Now you're not going to believe this, but at some point after the race Richard Busa discovered that the front part of the decking fastener on his Dion snowshoes was broken. He thought back and remembered tripping on a rock. Bob Dion quickly figured out that Richard would have had a broken leg if he tripped hard enough on a rock to break the decking fastener on the front. With some sleuth-like detective work, Dion figured out that it had been melted. Seems that in an attempt to warm himself at one of the barrels with a fire in it, Richard had forgotten that the end of his snowshoes stick out further than the end of his feet. He had placed the front of the snowshoe against a hot barrel and melted the decking fastener. I asked Dion how he planned to correct this obvious design flaw in his snowshoes, and he said, "Asbestos."

I have decided that if I want funny material for articles, all I have to do is follow Richard around and forget about attending to anything else. The first five males to finish were Paul Low, Leigh Schmitt, Richard Bolt, Ben Nephew, and Dave Hannon. The first six women finishers were Kelli Lusk, Sheryl Wheeler, Barbara McManus, Tiffany Mann, Bob Worsham, and Jacque Schiffer. We did miss the person who likes all the good ups at Greylock.

Thanks to Paul Hartwig and WMAC for a well-organized race and for well-fed runners! See everybody next year.

Bob Worsham
Bobworsham@earthlink.net

Note: The Worsham left the Glen this year once again a Champion, as Bob was the Boles Killer for the 55 - 59 age group title.

4th ANNUAL GREYLOCK GLEN 3.5 MILE SNOWSHOE RACE

JANUARY 18, 2003

GREYLOCK GLEN

ADAMS, MA

01 Paul Low	29	25:04	100.0000
02 Leigh Schmitt	30	25:17	98.7805
03 Richard Bolt	32	25:24	97.5610
04 Ben Nephew	27	26:55	96.3415
05 Dave Hannon	31	27:35	95.1220
06 Mark Guillaume	30	28:57	93.9024
07 Ken Clark	40	29:08	92.6829
08 John Noonan	43	30:16	91.4634
09 Rob Higley	49	30:27	90.2439
10 Kelly Herrington	28	31:44	89.0244
11 Wayne Stocker	48	32:23	87.8049
12 Kelli Lusk	32	32:32	86.5854
13 Bob Dion	47	33:08	85.3659
14 Shaun Sutcliffe	45	33:10	84.1463
15 John Pelton	63	33:26	82.9268
16 Jan Rancatti	42	33:55	81.7073
17 Peter Katapski	43	34:10	80.4878
18 Sheryl Wheeler	39	34:14	79.2683
19 Gene Katapski	45	34:47	78.0488
20 Nick Jubock	46	35:11	76.8293
21 Anthony Chamberas	30	35:47	75.6098
22 Barbara McManus	34	36:19	74.3902
23 Tiffany Mann	33	36:30	73.1707
24 Bill Ross	38	36:41	71.9512
25 Mike Pickering	33	36:42	70.7317
26 Bob Worsham	57	36:44	69.5122
27 Dave Boles	56	36:52	68.2927
28 Jacque Schiffer	38	36:54	67.0732
29 Ed Alibozek Jr	63	37:28	65.8537
30 Stephanie Nephew	26	37:42	64.6341
31 Steve Banatoski	39	37:45	63.4146
32 Mo Moadeli	38	38:06	62.1951
33 Carol Kane	57	38:17	60.9756
34 Darlene McCarthy	40	38:38	59.7561
35 John Walsh	35	38:51	58.5366
36 Stephanie Landy	43	38:58	57.3171
37 Bill Tatsataugh	50	39:19	56.0976
38 Peter Lipka	51	39:49	54.8780
39 Jason Kaffenberger	39	40:24	53.6585
40 Eva Van Stratum	43	40:35	52.4390
41 Larry Dragon	42	40:40	51.2195
42 Eddie Saharczewski	49	40:52	50.0000
43 Jennifer Shultis	34	41:01	48.7805
44 Laura Clark	55	41:03	47.5610
45 Bruce Duquette	54	41:07	46.3415
46 Will Danecki	51	41:10	45.1220
47 Bruce Grisafe	49	41:14	43.9024
48 Tom McCrumm	56	41:46	42.6829
49 Marc Lombard	38	41:47	41.4634
50 Lisa Mentzer	34	41:53	40.2439
51 Mike Deep	52	42:28	39.0244
52 Mary Quinn	40	42:42	37.8049
53 John Delorey	56	42:54	36.5854
54 Mike Lahey	51	43:11	35.3659
55 Bob Massaro	59	43:18	34.1463
56 Brian McCarthy	41	43:40	32.9268

57 Lisa Schmitt	28	45:18	31.7073
58 Richard Busa	73	45:19	30.4878
59 John Aldrich	44	46:22	29.2683
60 Tom Fraser	39	46:43	28.0488
61 Mark Syrett	54	46:55	26.8293
62 Jon Howes	46	47:08	25.6098
63 Martin Glendon	57	47:12	24.3902
64 Kelly Handy	32	47:14	23.1707
65 Laurel Shortell	36	47:43	21.9512
66 David Achenbach	45	48:42	20.7317
67 Sally Goade	44	49:18	19.5122
68 Julie Ryan	37	49:32	18.2927
69 Ben Dowds	26	49:42	17.0732
70 Lisa Swan	31	51:12	15.8537
71 Mike Baker	32	51:49	14.6341
72 Dick Alcombright	49	52:35	13.4146
73 Dylan Sutcliffe	12	53:01	12.1951
74 Jeff Clark	56	54:20	10.9756
75 Konrad Karolczuk	50	54:21	9.7561
76 Scott Hunter	57	56:07	8.5366
77 Kerry Coombs	41	56:27	7.3171
78 Fallon Preite	11	56:40	6.0976
79 Claudine Preite	36	56:55	4.8780
80 Kate Hayes	54	59:19	3.6585
81 Gary Emery	55	59:35	2.4390
82 Ann Snoeyenbos	38	1:05:04	1.2195
Ellen Mach		sweep	
Ann Dobrowolski		sweep	

GREYLOCK GLEN AGE GROUP CHAMPS

01 - 15	Fallon Preite	56:40	Dylan Sutcliffe	53:01
20 - 29	Steph Nephew	37:42	Paul Low	25:04
30 - 34	Kelli Lusk	32:32	Leigh Schmitt	25:17
35 - 39	Sheryl Wheeler	34:14	Bill Ross	36:41
40 - 44	Dar McCarthy	38:38	Ken Clark	29:08
45 - 49			Rob Higley	30:27
50 - 54	Kate Hayes	59:19	Bill Tatsataugh	39:19
55 - 59	Carol Kane	38:17	Bob Worsham	36:44
60 - 69			John Pelton	33:26
73 - 75			Rich Busa	45:19

Course Records were set by both Paul Low and Kelli Lusk (former CR's Beth Herder (32:45) and Dave Dunham (25:56) in 2000. Age Group Records were set this year by: Fallon Preite, Dylan Sutcliffe, Paul Low, Kelli Lusk, Leigh Schmitt, Ken Clark, Carol Kane and Richard Busa.

WARMING UP AT GREYLOCK

Even WMACers from some of the less popular states like Maine and Rhode Island admit that their eyes mist over and they feel all warm and fuzzy inside at the mere mention of Lady Greylock. With her unpredictable moods she is an alluring, yet potentially dangerous, companion. As Forest Mother, she maintains her dignified bearing and ladylike hint of mystery. Although she welcomes all who give her homage, she is not so quick to give up her secrets. Greylock Glen Snowshoe 2003 gave us an opportunity to discover yet another aspect of the Lady...

For once the weather guessers were accurate in their doom-and-gloom predictions of record-breaking temperatures. Suitably impressed, Jeff and I packed our gear the night before so we would have ample time to remember any overlooked item. As a further precaution, we even cleared out the garage so the car would have no excuse to stall. We were ready! Or so we thought.

That morning, a quick glance at our brand new, state of the art digital indoor/outdoor thermometer reassured us that it was only -10 degrees; a far cry from the legendary Greylock race with a wind/chill factor somewhere around -40. Then we got in the car and our optimism took a steep nosedive. We watched, incredulous, as the car's thermometer tailspinned out of control. From -12, to -15, to -22...and still falling. Toward the end of the plunge, we were actually rooting for -29, Jeff's old Vietnam Air Cavalry call sign, but it stopped a mere one degree short, at -28. What would Lady Greylock have in store for us if it was -28 in the lowlands? Our minds locked up and refused to go there. Instead, we focused on the radio announcer who was grimly reciting the warning signs of hypothermia—profuse sweating, then no sweating, then death.

But as the old Indian saying goes, "Today is a good day to die." When we reverently approached their old stomping grounds, we thought we had already entered heaven. Lady Greylock's snow-white gown was adorned with silvery ribbons and dewdrop pearls, exquisite prisms reflecting all the colors of the rainbow. The sun, just cresting the peak, surrounded the Lady with a golden crown. We felt we were already in heaven and dying would be mere redundancy. Unwilling to shatter her icy splendor, the Lady breathed softly, for once eschewing the tempestuous tantrums that normally wiped the Glen clear of snow with the fury of a desert sandstorm.

Miraculously, temperatures at the Glen topped out at a balmy -8 degrees under brilliantly chiseled blue skies. Perhaps the Lady was trying to persuade us that there was more than one South Florida in town. The course, as usual, wandered up and down and around the Glen, but this time, it too, was transformed. There were no bare spots, no wind-blown stubble. The final downhill was unbelievably long with no wet chasms to leap or icy slopes to navigate. Even the two spots where I normally go astray were clearly marked with polite WMAC arrows.

The only disappointment was that there were no moose track sightings. There were, however, an inordinate number of snowshoe hare tracks. Amazingly, unlike most cottontails, these rabbits did not hop about in random patterns, but pretty much stuck to the trail until they became frustrated by the slower pace of those shod in lesser footwear. Then they darted into the passing lane, their bigfeet perfectly equipped to dance circles around the competition. Those left behind in the snow cloud could be heard muttering darkly about instituting a separate class category for rabbits. Delighted by their performance, a few hares lingered around the campfire, too engrossed in recounting their adventures to notice that their snowshoe clamps were melting. This left Bob Dion, still hard at work in his blacksmith's tent, to ponder yet another of the Lady's mysteries, "How can snowshoes melt in sub-zero weather?"

laura clark

"THE WALRUS CRONICLES"

Saturday dawned clear and frosty... minus 22 degrees at Saratoga. Feeling virtuous for making the trek, we eagerly headed for the Glen. What a glorious treat; as the sun rose in our easterly direction, we could see the trees and landscape touched with silver frost. As we made our way, the sun hid behind the Tacgonnack hills, leaving just the rim of the hills tinged with brilliant sunlight glistening on the silvery forest tops like a halo.

Pulling up, we saw many snowshoers, a tribute to Edward's encouragement to all with this fun sport. Eighty two participants braving the cold. All the usual suspects were there, including Will (Run) at his second snowshoe event. Good to see Swanee again and he's promised to come to Saratoga this year. We all lined up promptly, hoping to get moving soon. As we started, Konrad, erstwhile sidekick on the sweep patrol remembered last year's run and how much better the snow was this year. Chuffing up the course, we came to the first and biggest hill, the "Lungbuster". We'd remembered it of course, but not like this. Oh, well - shuffle shuffle. Wow, this year's snow never packs down. In the back of the crowd, its like running in sand - neat, we get more exercise. Shhh, don't tell Ken Clark, he'll want to run at the front and in the back as well.

Where's that moose Farmer Ed's been tracking? Hope we don't see it today. Oh, oh, there's some tracks, looks like moose. Here's where I use my military intell training - I can see human prints intermingled. Yes, I've made the necessary deductions, Kaniac jumped over it, Rich and Laura stopped to ask directions, Worsham planted a big wet gooey one on that huge nose, and Dion asked if it ever needed snowshoes in the drifts.

The great thing about the short course at the Glen is that you pay your dues early and get to pell mell down the last half. What a kick. Paul and the gang did great with the set ups and it was good to chat for a while with friends.

Jeff Clark

FEEL THE WARMTH...

Those of you who stayed in bed cause it was too cold, well, you missed out on all the warmth..... yeah, warmth!

Observations of the Day... How warm was it?... well, stand in the sun, it was Florida... stand in the shade, it was Siberia... It was so warm that Richard melted his Dion's... now they match his mittens that he melted 2 years ago... Nice and warm in those great Glen sweatshirts with the cool Dion logo on the back... Warm smiles and warm hugs at registration... SnowNews is Good News!!... thanks Farmer Ed... The Gazebo Tent deal warmed everyone up...

No wonder it's warm at Greylock today.... NO WIND!!... first time ever that there was no wind at Greylock... Adrenaline rush when you first spot Greylock gets your blood goin... makes you warm... not fuzzy warm, scared to death warm...

Richard warmed up by running the course before the race... and he didn't get lost... Warmed up fast on the course... every imaginable condition challenged us, from deep snow to packed roads and steep downhills and up climbs, forest, meadow, and all so beautiful, running it was sheer joy...

You know the little pond that never freezes... you couldn't miss it... it was so warm, just refusing to freeze... it had the most beautiful sparkly sun snowbursts on it's clear surface...

Had to keep warming up a contact lens that kept freezing on my eye...

Heart warming home cookin greeted the warm snowshoers in the warm Gazebo Tent deal... good hot vegetarian stuff and the best tomatoey chili I have ever tasted... mmm, those hot veggie dawgs... and the hot water was the BEST!!...

Warmth bubbled over from Paul and Judy, Poncho and Miss Ellen, ED and Swanee, the catering crew and the finish line crew... it's tough to stand out in that kind of cold, waiting for the finishers who are nice and warm from the race...

Poncho has such a warm heart... he asked what place I would like to come in... I told him #24 and he obliged... what a sweet warm man... If you wanted to cheer up and chase away the winter blues and blahs and drink in some warm sunshine, you shoulda been at Greylock... you shoulda been...

Ok...everybody... to the tune of "Forget Your Troubles, C'mon Get Happy"...

Forget your troubles, c'mon get happy,
C'mon and snowshoe Greylock today...
Pin on your number, strap on your Dions,
Get ready for a special day!

Sorry, couldn't help myself... Greylock just made my day so warm and happy...

K-K-K-Kaniac
Jan 2003

C.R.R. R.D. REPORT

Curly's Record Run, a 4 mile snowshoe race, was held on Sunday, January 26th in the Pittsfield State Forest. It was event #5 of the Western Mass Snowshoe Series. This event was named in honor of "Curly" Voll who skied all the trails that were used during the race. In 1944, as a member of the Pittsfield High Ski Team, he raced to victory and the course record on the Shadow Trail in 1 minute 12 seconds despite having fallen and loosing his ski pole. This record still stands today. All proceeds of the event have gone to the Pittsfield High School Boys Cross Country Team. Many of the team members were helping in some capacity as course marshals and photographers. They were astonished at how fast you can run on snowshoes.

What a great turnout for a first-time event. There were 105 registered 'shoers; 97 official finishers; 1 DNF (did not finish) and 7 DNS (did not start). The weather was about 20 degrees with snow all day. Conditions on the course were fast. Many participants were first-timers and got hooked on the sport! Leigh Schmitt and Richard Bolt battled on the course; Leigh pulled away for a 2-second victory in 30:06. There were 32 female finishers and the fastest was Michele Tetreault in 41:16. Kate Hayes of South Deerfield won the "Curly Award" which was given to the finisher who came closest to 1:12 (Curly's course record on the Shadow Trail). She received a \$50.00 gift certificate to the Arcadian Shop of Lenox, MA. There were over 20 raffle prizes given away.

Where was the Worshamer? Rumor had it he was sick... I think he knew there were too many females entered and he couldn't let them beat him. Where was Kaniac? We missed them both! They will have to wait 'til next year to experience "Curly's"!

Thanks to the following who donated to our cause: Arcadian Shop of Lenox, Berkshire Outfitters of Adams, Plaine's Ski and Bike of Pittsfield, Dion Snowshoes, F.L. Roberts Company, ClifBar and Red Bull. Please support these businesses!

Many thanks to all that participated and volunteered in making our first event a success! We hope you come back next year and bring a friend. It promises to be even better.

Beth & Brad Herder

C.R.R. AGE GROUP CHAMPIONS

10 - 12	Markee Apple	1:21:25		
13 - 15	S. Harrison	1:14:37	A B.-Forester	1:11:52
16 - 19	Jackie Hodgson	56:03		
20 - 24	Heather Gardner	50:00		
25 - 29	Mich Tetreault	41:16	Matt Cartier	34:51
30 - 34	Candice Poiss	53:18	Leigh Schmitt	30:06
35 - 39	Michelle Dupont	47:54	Carl Bruggerman	34:26
40 - 44	Eva Van Stratum	46:30	Ken Clark	34:38
45 - 49	Barbara Sorrell	50:47	Rob Higley	34:41
50 - 54	Kate Hayes	1:11:12	Seth Roberts	44:24
55 - 59	Laura Clark	51:56	Bob Massaro	51:58
60 - 64			Ed Alibozek, Jr.	44:41
65 - 69			Jules Seltzer	1:13:17
70 - 72			Leo Fiorini	1:40:31
73 - 75			Richard Busa	59:44

WMAC

WMAC

1st ANNUAL CURLY'S RECORD RUN 3.5 MILE SNOWSHOE RACE

JANUARY 26, 2003

PITTSFIELD STATE FOREST

PITTSFIELD, MA

01 Leigh Schmitt	30M	0:30:06	100.0000
02 Richard Bolt	32M	0:30:08	98.9691
03 Keith Schmitt	34M	0:33:10	97.9381
04 Marc Guillaume	30M	0:34:08	96.9072
05 Carl Bruggerman	39M	0:34:26	95.8763
06 Ken Clark	40M	0:34:38	94.8454
07 Rob Higley	49M	0:34:41	93.8144
08 Matt Cartier	27M	0:34:51	92.7835
09 Ed Alibozek	40M	0:38:24	91.7526
10 Nilo Scibelli	40M	0:39:49	90.7216
11 Jim Tharp	M	0:39:55	89.6907
12 Shaun Sutliff	45M	0:40:31	88.6598
13 Bob Dion	47M	0:40:57	87.6289
14 Michelle Tetreault	27F	0:41:16	86.5979
15 Deborah Livingston	28F	0:42:16	85.5670
16 Jeff Kellogg	33M	0:44:07	84.5361
17 Seth Roberts	51M	0:44:24	83.5052
18 William Ross	38M	0:44:37	82.4742
19 Ed Alibozek, Jr.	63M	0:44:41	81.4433
20 Scott Bradley	48M	0:44:56	80.4124
21 Joseph Williams, Jr	48M	0:45:17	79.3814
22 Paul Hartwig	46M	0:45:50	78.3505
23 Peter Lipka	51M	0:46:11	77.3196
24 Eva VanStratum	43F	0:46:30	76.2887
25 Ken Rodgers	48M	0:46:53	75.2577
26 Sweep Voll	41F	0:46:57	74.2268
27 Bob Lee	53M	0:47:49	73.1959
28 Michelle Dupont	36F	0:47:54	72.1649
29 Bill Tatsapugh	50M	0:47:58	71.1340
30 Ed Saharczewski	49M	0:48:00	70.1031
31 Bruce Duquette	54M	0:48:05	69.0722
32 Jack Quinn	64M	0:48:11	68.0412
33 Ed Martin	45M	0:48:15	67.0103
34 Jason Kaffenberger	39M	0:48:24	65.9794
35 Will Danecki	52M	0:48:32	64.9485
36 Sue Mrozinski	F	0:48:45	63.9175
37 Bruce Marvonek	49M	0:49:30	62.8866
38 Annie Schultz	39F	0:49:44	61.8557
39 Mark Perotti	38M	0:49:57	60.8247
40 Heather Gardner	24F	0:50:00	59.7938
41 Mike Lahey	51M	0:50:06	58.7629
42 Jane Cipiela	28F	0:50:17	57.7320
43 Barbara Sorrell	45F	0:50:47	56.7010
44 Bruce Grisafe	49M	0:51:01	55.6701
45 Laura Clark	55F	0:51:56	54.6392
46 Bob Massaro	59M	0:51:58	53.6082
47 Tim Coe	31M	0:52:36	52.5773
48 Michael Hickey	45M	0:52:41	51.5464
49 Candice Poiss	32F	0:53:18	50.5155
50 Steve Scott	39M	0:54:20	49.4845
51 Jackie Hodgson	16F	0:56:03	48.4536
52 Laurel Shortell	36F	0:57:10	47.4227
53 Tom Fraser	39M	0:57:12	46.3918
54 Martin Glendon	56M	0:57:20	45.3608
55 Anita Virgilio	40F	0:58:16	44.3299
56 Scott Werth	28M	0:58:17	43.2990

57 John Aldrich	44M	0:58:50	42.2680
58 Sally Goade	44F	0:59:29	41.2371
59 Richard Busa	73M	0:59:44	40.2062
60 Julie Ryan	37F	1:00:00	39.1753
61 Jim Murray	38M	1:00:09	38.1443
62 Stan Tiska	45M	1:00:22	37.1134
63 Javier Smith	34M	1:00:24	36.0825
64 Shaun Harrison	45M	1:01:20	35.0515
65 Holly Brouker	48F	1:02:46	34.0206
66 Skip Greb	59M	1:03:19	32.9897
67 Bill Hart	61M	1:05:29	31.9588
68 Marilyn Hickey	44F	1:06:24	30.9278
69 Danielle Britain	31F	1:07:20	29.8969
70 Butch Brennan	38M	1:07:21	28.8660
71 Dick Marran	61M	1:08:29	27.8351
72 Greg Taylor	56M	1:08:34	26.8041
73 Scott Hunter	57M	1:08:46	25.7732
74 Jeff Clark	56M	1:10:09	24.7423
75 Konrad Karolczuk	50M	1:10:09	23.7113
76 Kate Hayes	54F	1:11:12	22.6804
77 A Broderick-Forester	14M	1:11:52	21.6495
78 Craig MacHaffie	15M	1:11:53	20.6186
79 Ian Schwartz	14M	1:11:53	19.5876
80 Jules Seltzer	67M	1:13:17	18.5567
81 Samatha Harrison	14F	1:14:37	17.5258
82 Pat Rosier	44F	1:15:38	16.4948
83 Gordon, Sr. Soule	58M	1:16:00	15.4639
84 Miren Hodgson	F	1:19:40	14.4330
85 Markee Apple	10F	1:21:25	13.4021
86 Bobbi Voll	40F	1:21:58	12.3711
87 Scott Culliton	39M	1:22:02	11.3402
88 DeDe Voll	47F	1:23:28	10.3093
89 Karan Barker	36F	1:28:29	9.2784
90 Christine Reis	46F	1:36:20	8.2474
91 Katie Currier	39F	1:36:22	7.2165
92 Pete Cumer	M	1:36:26	6.1856
93 Gary Quadrozzi	47M	1:36:29	5.1546
94 Kathy Korte	47F	1:36:31	4.1237
95 John Fiorini	38M	1:40:31	2.0619
96 Leo Fiorini	71M	1:40:31	3.0928
97 Lynda Fiorini	38F	1:40:31	1.0309

SNOWSHOE EVENTS/ DION DEMOS

Saturday, March 8, 2003

Lanesboro, MA

9th MOBY DICK

10km - 15km Snowshoe

16 - 32 Mile Run

Saturday, March 15, 2003

Adams, MA

1st COVERED BRIDGE / "No" Poker

3 & 7 Miles

Events: Ed at edtrnews@yahoo.com / 860-668-7484Paul trail545@aol.com / 413-743-0722Shoes: Bob at Dion@bcn.net /

1st ANNUAL NORTHFIELD MTN 7.25KM SNOWSHOE RACE

USSSA NORTHEAST REGIONAL QUALIFIER FOR 2003 U.S. CHAMPIONSHIPS

FEBRUARY 1, 2003

NORTHFIELD MOUNTAIN

NORTHFIELD, MA

01 Paul Low	20-39	33:06	100.0000
02 Richard Bolt	20-39	34:20	98.7179
03 Ben Nephew	20-39	35:28	97.4359
04 Dan Verrington	40-49	36:48	96.1538
05 Dave Hannon	20-39	36:51	94.8718
06 Judson Cake	20-39	37:08	93.5897
07 Keith Schmitt	20-39	37:22	92.3077
08 Richard Smith	20-39	37:58	91.0256
09 Ethan Hemphill	20-39	38:00	89.7436
10 Carl Bruggeman	20-39	38:01	88.4615
11 Leigh Schmitt	20-39	38:03	87.1795
12 Nikki Kimball	20-39	40:01	85.8974
13 Jennifer Rappaport	20-39	40:07	84.6154
14 Paul Young	20-39	41:03	83.3333
15 Ian Lanza	20-39	41:06	82.0513
16 Alan Bernier	20-39	41:07	80.7692
17 Dave Loutzenheiser	20-39	41:12	79.4872
18 Ken Clark	40-49	41:16	78.2051
19 Rob Sezepak	20-39	41:17	76.9231
20 Jack Casey	40-49	41:20	75.6410
21 Tim Kruger	20-39	41:27	74.3590
22 Mark Guillaume	20-39	41:46	73.0769
23 Jim Tharp	40-49	42:52	71.7949
24 Bob Dion	40-49	42:59	70.5128
25 Susanah Landreth	20-39	43:01	69.2308
26 Edward Alibozek	40-49	43:17	67.9487
27 Craig Brumwell	40-49	43:31	66.6667
28 Wayne Stocker	40-49	45:52	65.3846
29 Rob Higley	40-49	45:57	64.1026
30 Kelly Herrington	20-39	45:59	62.8205
31 Angie De Fillppi	20-39	46:06	61.5385
32 Craig Wilson	50-59	47:49	60.2564
33 Stephanie Nephew	20-39	48:24	58.9744
34 Paul Hartwig	40-49	50:07	57.6923
35 Tom Kiely	50-59	50:21	56.4103
36 Eva Van Stratum	40-49	50:23	55.1282
37 Ed Alibozek Jr.	60-69	50:29	53.8462
38 Peter Lipka	50-59	50:37	52.5641
39 William Morse	50-59	50:48	51.2821
40 Seth Roberts	50-59	51:06	50.0000
41 Mo Moadeli	20-39	51:10	48.7179
42 Stephen Banatoski	20-39	51:20	47.4359
43 Michael Walsh	13-19	51:36	46.1538
44 John Pelton	60-69	51:42	44.8718
45 James Demetroulakos	40-49	51:49	43.5897
46 Anthony Chamberas	20-39	51:50	42.3077
47 Deborah Livingston	20-39	51:50	41.0256
48 Mike Lahey	50-59	51:51	39.7436
49 Hal Needham	20-39	52:07	38.4615
50 Stephen Peterson	20-39	52:11	37.1795
51 Mark Behan	20-39	52:12	35.8974
52 URO		52:12	34.6154
53 Rob Smith	20-39	53:02	33.3333

54 William Ross	20-39	53:31	32.0513
55 Glenn Swanbon	20-39	53:46	30.7692
56 Jennifer Shutis	20-39	53:59	29.4872
57 John Delorey	50-59	55:19	28.2051
58 Matthew Soroka	20-39	55:37	26.9231
59 Lisa Schmitt	20-39	56:13	25.6410
60 Barbara Sorrell	40-49	56:38	24.3590
61 Bruce Grisafe	40-49	57:13	23.0769
62 Peter Bonneau	50-59	1:02:30	21.7949
63 Randy Leach	20-39	1:03:05	20.5128
64 Laurel Shortell	20-39	1:04:21	19.2308
65 Lisa Swan	20-39	1:05:26	17.9487
66 Jonathan Howes	40-49	1:08:29	16.6667
67 Elizabeth Tringali	20-39	1:08:32	15.3846
68 Alison Findon	20-39	1:08:37	14.1026
69 Bob Massaro	50-59	1:08:39	12.8205
70 Jeff Hattem	50-59	1:08:55	11.5385
71 Tom Fraser	20-39	1:10:46	10.2564
72 Kelley Handy	20-39	1:10:51	8.9744
73 Richard Busa	70-79	1:22:48	7.6923
74 Konrad Karolczuk	50-59	1:26:14	6.4103
75 URO		1:27:51	5.1282
76 Phil Dimond	50-59	1:27:52	3.8462
77 Greg Taylor	50-59	1:27:57	2.5641
78 George Chamberas	60-69		1.2821

NORTHFIELD AGE GROUP CHAMPS

13 - 19		Michael Walsh	51:36
20 - 39	Nikki Kimball	40:01	Paul Low 33:06
40 - 49	Eva Van Stratum	50:23	Dan Verrington 36:48
50 - 59		Craig Wilson	47:49
60 - 69		Ed Alibozek Jr.	50:29
70 - 79		Richard Busa	1:22:48



Curly Voll at Curly's Record Run.

WINTER LESSONS

The winter of 2002-2003 is turning out to be a real test for all New England runners. It would be reasonable to cut back or do the treadmill trot until spring. Alternatively, you could express your lack of sanity and attack the elements head on by strapping bulky frame/webbing contraptions onto your feet and running through the snow! Sharp cleats poke out the bottom of these running "aids" which prevent one from taking advantage of any downhill gliding. Additionally, in certain weather/course conditions, these cleats accumulate ice balls, some bigger than baseballs! If that makes keeping your balance difficult, tough! Don't even think about using ski poles to help out. The chances of spearing yourself or another runner are too great, not to mention squeezing under branches or between bushes and trees. This is called snowshoeing!

Courses of this type of activity are generally laid out in what is known as "single track" fashion. That means there is one path through the snow which is somewhat beaten down, more or less. The deeper the snow, the deeper the track. For a real challenge, try moving out of the track to pass a slower runner. Suddenly, that slower runner seems to be moving faster, but once you've committed, you can't back off. Right? So, after a lung busting, energy depleting effort, you move back into the track ahead.... and you become the slower runner.!

A few other rules for this winter sport include a mandate to bring much more contingency gear with you than to a summer run. You really don't know what to wear until you are on site and can judge the temperature wind and course conditions. In addition, you must bring a set of dry clothes and have a vehicle large enough in which to change. If you do not change out your wet running outfit, you will be instantly susceptible to a medical condition known as freezing your ass off !!! Very bad !!! If you do not have a large enough vehicle in which to change, you could cramp up, half naked, in the back seat unable to reach your toes to slide on dry socks or straighten out your legs to pull on a pair of jeans....as happened to me at the Monroe Trail Run two years ago. (Lesson Number One: Diane, may I please borrow the Trailblazer? What, dinner at Spoleto? Certainly dear.)

So, how has the crazy snowshoe season gone so far? Unlike last year, there has been plenty of snow. Ran a 4-mile event at Woodford, Vt., a little east of Bennington. Got stuck in the partially plowed snow mobile parking lot. (Lesson Number Two: My next vehicle will have 4-wheel drive.) Ed Buckley and his son Gareth joined the festivities on a cold (12 degrees) and windy day at Savoy for another 4-mile effort. The snow was 2-3 feet deep and the first 150 yards were through deep powder before entering the single track. Ed runs road and cross-country races typically under 6:30 per mile. He finished this one in just under an hour! It's almost impossible to predict your pace because the conditions vary so much. Gareth followed about 6 minutes later, and I was another 7 minutes back. Ed tested his passing technique with an out of track move that resulted in a full body snow angel! (Lesson Number Three: Try to enter the single track in a position where you think you will finish. Lots of luck!)

The following week, I ran the Greylock Glen 3.5 miler. The setting is awesome. The trip through the Mohawk Trail canyon is as gorgeous as any national park I've seen, especially in winter when you reach the crest near Whitcomb Summit, the Greylock range explodes in front of you. The Glen is at the eastern base of Greylock. The sky was cloudless and the mountaintop and tower stood out against the bright blue background. It was so clear, it seemed you could reach out and touch it. However, Greylock made Savoy seem like the tropics. It was C...triple L...D at minus 6 degrees when I arrived!!! But like they say in Arizona, it was a dry cold! About a mile of this course had been gone over by snowmobiles, so you could actually run there. It felt great. (Lesson Number Four: No matter how cold you are before a race, you will be too warm once you start running. No matter how warm you are during the race, you will be too cold afterward if you don't change immediately. Also, if you stand too close to the fire you can melt the webbing off of the front of your snowshoes..... just observed, not a personal experience.)

My snowshoeing efforts have not been competitive. Just keeping my balance is all I expect. Usually there are just a few competitors older than me and even most of them kick my butt by a substantial margin. There is only one in that group that I've been able to stay ahead of....but only by a few minutes in each race, and he's spotting me several years. His name is Rich Busa. Rich isn't speedy, but he's darn steady. He did the Vermont 100 Mile Trail Run last summer in about 28 hours. Most of the senior. veteran and masters trail runners around here say he's like the guy they want to become when they grow up. Rich is 73!

By the way, Rich is the one who stood too close to the fire! (Lesson Number Five: You're never too old to learn a new lesson!)

Bob Massaro

Bob is the 2003 Curly's Record Run Course Record Holder, 55-59 age division, with a fine performance of 51:58.



NIKE ACG NORTHEAST REGIONAL QUALIFIER

Northfield Mountain

Northfield, MA

02-01-03

Conditions have been great this winter in stark contrast to last years bleak season of snowshoe races. Northfield was the site of the second Eastern regional qualifier to the United States Snowshoe Association (USSSA) National Championships. The top ten finishers in five age groups earned the right to race in Salt Lake City on March 29th. The first year race also served as the sixth race in the popular Western Mass. Athletic Club (WMAC) snowshoe series. Finishers accumulate points based on finishing position with the best six results from the ten race series deciding the series champion.

Due to an ankle injury I was unable to compete in the race myself, although it was probably best as race directing duties can take a toll. I had great assistance from my wife Cathy, my parents, Kelly Northrop, Gary Bridgman, Richard Bolt, Dan Verrington, Paul Low, Steve Peterson, and Al Bernier. Sorry if I forgot anyone else, many people pitched in whenever they saw something that needed doing. The facilities at Northfield are excellent for a snowshoe race; you can put your shoes on INDOORS! Bill Gabriel and the crew at Northfield were very helpful and positive about the event. Nike ACG donated awards and helped defray the cost of the t-shirts. Welch's donated juice for the race packets and Polar beverages pitched in drinks for after the race. Team prizes came from Red Bull and Powerbar. Thanks to the sponsors and racers a donation has been made to the Thomas Chamberas Scholarship fund.

Friday afternoon was cloudy and chilly, but nice once we got out there jogging along. Dan Verrington, Paul Low and I headed out to flag the course. Cath set up registration for us so that we could get things rolling first thing in the morning. The 8 AM start was needed to get our snowshoe group off the trails before the weekend skiers arrived. We spent a little over an hour putting out 300 surveyor flags and six Kilometer markers. I felt that the course was well marked, we had flags every 50m and many flags on the turns. Unfortunately you can never over-mark a course. Once at the Merrimack River trail race I was speaking with a woman who went off course at what I thought was a clearly marked trail junction, she told me how she went UNDER the ribbon that blocked her from going down the incorrect trail! Can you guess where I'm going with this?

The race started right at 8 AM with conditions favorable for a good race. Temperatures were around mid 30's, it was cloudy but there was no wind. A fast "New England Style" groomed course for the first 2 kilometers would spread out the field. I got to the first significant uphill at 1600m into the race and waited. I didn't have to wait long. The lead pack hit the mile in under 6 minutes. The group of five hit the uphill and began the long climb that would take them on some of the narrow snowshoe trails and up through the steep ledges near the summit. Nikki Kimball (Teva US Mountain team and USATF 100K team) came by somewhere in the top twenty with Olympic Trials marathon qualifiers, and Merrimack Valley Strider teammates, Jennifer Rappaport and Susanah Landreth in quick succession.

CMS teammates Richard Bolt (2002 US Snowshoe team and US Mountain team) and Paul Low (2002 USATF Mountain runner

of the year) began to slowly gap the chase pack. Bolt went off course slightly and Low closed. At the 4 Kilometer mark Bolt pulled ahead again on one of the tougher climbs and started the long, mostly downhill, run to the finish line. The chase pack, which included perennial WMAC series racer Leigh Schmitt and Atlas snowshoe runner Ethan Hemphill from Portland Maine, failed to take the sharp left at the summit and continued on in the uphill direction.

Bolt moved steadily ahead of Low (who had just completed an unheard of 684 miles for January) on the downhill, but failed to negotiate the sharp left onto the final single-track section. Apparently this trail was missed by quite a few of the runners (by our count 22 of the 78 finishers missed one turn or another). Low moved into the lead and coasted into the finish secure in his "second place", or as we sometimes call it "first loser". He was quite surprised when handed the ticket for 1st place. Bolt came in about 1-½ minutes later after exploring the Northern section of the "Sugarbush" trail.

Bolt noted, "It was a great course, a nice mix of fast ski trails and long single-track climbs. It was also nice to see so many good quality snowshoe racers show up to compete - a great turnout for a first time event. Northfield is a high quality and flexible venue that could easily accommodate many more racers should the need arise. The course could also be made much harder, easier, longer or shorter depending on the needs of the race director."

Low's take on the race, from his racing diary: "How do you win a snowshoe race in New England? First, you make sure that Dave Dunham is injured, and then you manage to be the only runner in the top 5 at the halfway point of the race to stay on the race course. The Northfield Mountain Snowshoe race was the most competitive field that I had encountered in my short "career" on the skins and the "Disneyland loop" start did nothing to spread things out at the front despite a fast opening pace. Five racers (with phonetically spelled names), Rich Bolt, Ian Lanza, Ethan Hemphill, Leigh Schmidt, and I hit the bottom of the hill shoulder to shoulder at which point I lead Rich on a break up toward the clouds. Rich and I traded leads for a while on the ascent (once because he slightly overshot a turn) before he pulled away while running through the outcrops. "No problem" I thought, "I'll get him on the down." Once we hit the super-fast, groomed downhill, Rich continued to pull away such that after about 6km, I could no longer see him on the twisting, forested course. I finished the race in awe of Rich's performance and feeling a bit dejected for getting my ass kicked so thoroughly. Then, I was handed a ticket denoting my finishing place and saw that it had the number "1" printed clearly on it. Rich, who generally stands around following a race to cheer on his competitors, was nowhere to be seen. "Well, it looks like Rich took a wrong turn out there," I told the finish line crew. Soon thereafter, Rich came through the finish line and confirmed that he had missed the final turn onto the single-track, which was probably 2 minutes from the finish line. Behind us, our three closest pursuers were gapped a bit on the climb before shooting through a turn and adding minutes to their respective times".

NORTHFIELD (continued)

Nikki Kimball took the women's race with a six second victory over Jennifer Rappaport. They placed 12th and 13th overall.

Rappaport's thoughts: "Right from the gun, I had marked Nikki Kimball as the woman to try and stick with given her well-documented snowshoe racing success. I was able to comfortably maintain a short lead in front of her through probably the first mile. I could hear her panting down my back once we hit the steep single-track so I stepped aside to let her pass. My plan was to try to keep up with her through the uphill, and then if I was in range, catch her on the final descending 2K. I was able to keep her in view for most of the steeps, but then lost her towards the end... probably because I tripped and fell twice! Once we started our descent, my legs came back to me and I began a full stride run down the mountain. I was having a blast! Still no sight of Nikki until I turned a corner and there was that flying red ponytail up ahead... I yelled at her back "Hey Kimball, I'm coming to get you!" In retrospect, it was probably a dumb move to alert a competitor, but hey, it was a fun time trying to catch her after tipping her off! As the results show, she finished 6 seconds up on me but I was closing fast. With a little more practice on shoes, I hope to be more competitive on the flats and steeps. Nikki told me after the race that she actually noticed me become more fluid and comfortable on the shoes during that first 2K. Plus, it was the first time I had ever run downhill on shoes... now my favorite part. The next day my left ankle was bloody and a tad swollen from kicking myself, and my quads were quite sore, but I can hardly wait to run another one. The race conditions at Northfield were unbeatable- with a combination of wide groomed trails and relatively unbroken singletrack. The course was very well-marked, the facilities were great in that we used the mountain lodge, and the awards were provided by Nike ACG and other great sponsors making the whole event unbeatable for the entry fee".

Kimball also noted: "My race was much more fun, as well as more lung-burning, with Jennifer's presence. She's wicked fast on the groomed downhill. She was out of site when I looked back at the top, but thoroughly outran me in the last 3 km. I was very lucky to win. And, by the way, thanks for the little single track section. That cushioned my lead. Had it been groomed all the way to the finish, she would have won. She's got incredible leg speed. If she, Angie, Debbie, Susannah and I go to nationals, we eastern Betties will have a solid team."

Fifty-eight runners qualified to participate in the USSSA National championships.

Information on the USSSA: www.snowshoeracing.com

Information on the WMAC series: www.runwmac.com

Pictures of this race are at

<http://community.webshots.com/album/62577316IOXVla>

<http://community.webshots.com/album/62576742fRwkTn>

Dave Dunham

THE LEGEND OF THE SNOW GOD

Once upon a time, in the lands of the Trail People, there lived a jovial spirit named Farmer Ed. Farmer Ed was known far and wide for his enthusiasm, positive attitude and contagious smile. He was the Keeper of the Flame, a scribe recording the lore and journeys of the Trail People.

The Trail People were different from other folks. They frolicked in the forest, jumped over rocks and roots, sang in the rain, ran through fields of mud and laughed at the wind.

But, every year, Old Man Winter, with his snow, ice and cold, forced the Trail People to crawl into their caves and long for the dance of spring.

Then, one year, Farmer Ed pronounced there must be a better way. He went on a long journey, far from his homelands, seeking guidance and wisdom for his people. When he reached the mountaintop, he called upon the four elements: earth, fire, air and water. In the stillness of each dawn, he listened to the whispers of the Great Spirit. And when the cold winds came, he learned to bend with the wind.

He came back to his People and assembled the Wise Ones:

Dion, the God of Lightning and Speed.

Worsham, the Shameless Shaman.

Princess **Ellen**, Gourmet Temptress.

Swanee, Greylock Warrior.

Nymph **Kaniac**, the Goddess of Youth Eternal.

And, The **Great Silverback**, Grandfather of the Trail People.

Farmer Ed shared his Vision Quest and told about the music of birds and mountain streams and how the animals guided him through the winter wilderness. He asked the Trail People to breathe in the freshness of the Earth Mother and walk on the snow.

So now, when the December moon shines brightly overhead, and the north winds blow cold, the Trail People come out dancing in their snow shoes of gold.

And that is how the Trail People learned to embrace the high lonesome sound of winter and found their souls reflected in a snowflake. And thus, Farmer Ed became known as the Snow God.

Go quietly into the forest, plant some snowshoe prints on the trail, and soon, you will be smiling like Farmer Ed.

Ed, Thank you for the wonderful, magical mystery tours in the snow!

Barbarella Sorrell

Nike ACG Northeastern Regional Snowshoe Challenge Crescent Moon 5km & 10km Snowshoe Races

Saturday January 25th, 2003

Cascade Ski Touring Center

Lake Placid, New York

01 James Cadovius	17	Plattsburgh, NY	22:32
02 Adam Currie	18	Plattsburgh, NY	24:15
03 John Souther	26	Enfield, NH	28:55
04 Mike O'Neil	33	Lebanon, NH	29:21
05 Stephanie Nephew	26	Canton, MA	29:51
06 Allison Furey	18	Smyrna, NY	29:58
07 Gerald Barney	70	Swanton, VT	31:13
08 Sandy Rasco	41	Cadyville, NY	31:32
09 Elsie Torresan	18	Alma, Quebec,	31:43
10 Luke Dumas	15	Cadyville, NY	33:18
11 Michael Washburn	32	Whitesboro, NY	33:19
12 Sandra Izzo	43	Lake Placid, NY	33:24
12 Jason Duso	27	Plattsburgh, NY	33:57
13 Curran Niederbuhl	14	Saranac Lk, NY	34:04
14 David Rutkowski	57	Ticonderoga, NY	35:19
15 Dana Frisillo	31	Scotia, NY	35:24
16 Bruce Meader	60	Vergennes, VT	36:55
17 Ingrid Bashaw	53	Peru, NY	38:34
18 Robyn Elmore	42	Plattsburgh, NY	38:51
19 Eileen Mader	46	Lake Placid, NY	40:13
20 Joe Gavin	46	Deal, NJ	42:40
21 Maureen Geer	54	Menands, NY	47:44
22 Kristi Chupurdia	31	Lake Placid, NY	48:08
23 Jennette Duggan	34	Lake Placid, NY	48:50
24 Barbara Hunt	52	Jay, NY	50:11
25 Angie Merrow	26	Saranac Lk, NY	51:20
26 Ann Kennedy	60	Elizabethtn, NY	52:08
27 David Hunt	56	Jay, NY	57:59
28 Marsha Finnan	54	Keene, NY	58:28
29 Lana Gokey	52	Ray Brook, NY	1:02.34

Richard Bolt captured the overall 10km title at Saturday's Nike ACG Northeastern Regional Snowshoe Challenge in Lake Placid, NY. Bolt was quickly chased across the finish line by Junior Pullins of NH and Ben Nephew of MA. Bolt, the third place finisher in the 2002 U.S. National Snowshoe Championships conducted last Winter in Traverse City Michigan, will be making his second trip to the Nationals as all three men qualified to compete there. The 2003 Nike ACG U.S. National Snowshoe Championships are scheduled for Saturday March 29th in Salt Lake City, Utah.

On the ladies side, Elizabethtown's Nikki Kimball, who was the first Women's National Snowshoe Champion in 2001, outran one of New England's well known road/track runners. Kimball covered the 10km course in 52:02 with Maribel Sanchez of NH crossing the line in 59:28. Laura Holmes of Ray Brook, NY followed in third place shortly thereafter.

There were 45 participants in the Crescent Moon 10km event representing Canada and seven U.S. States, including VA.

The racing in the Crescent Moon 5km event was just as heated. Two Plattsburgh, NY training buddies took off and captured the top two overall spots as James Cadovius and Adam Currie crossed the finish line in 22:32 and 24:15 respectively. John Souther of NH took the bronze.

The women's race was even closer as Stephanie Nephew of MA zipped across the line only seven seconds ahead of runner-up, Allison Furey of

01 Richard Bolt	32	Manchester, NH	43:12
02 Junior Pullins	27	Lebanon, NH	44:04
03 Ben Nephew	27	Canton, MA	45:31
04 Stephen Judice	31	Saranac Lk, NY	47:21
05 Matthew Daugherty	24	Canton, NY	48:10
06 J.F. Lindsay	38	Alma, Quebec	48:35
07 Scott Bagley	39	Pittsford, NY	48:36
08 Carl Bruggeman	39	Lexington, VA	50:38
09 Allen Mead	36	Hinesburg, VT	50:45
10 Paul Young	37	Andover, MA	51:13
11 John Noonan	43	Troy, NY	51:48
12 Sebastien Trembley	18	Alma, Quebec	51:55
13 Nikki Kimball	31	Elizabethtn, NY	52:02
14 Eric Holmes	31	Ray Brook, NY	53:58
15 Matthew Hennessy	25	Exeter, NH	54:03
16 Edward Myers	51	Obelisk, PA	54:53
17 Bob Dion	47	Readsboro, VT	55:40
18 Michael Hampton	32	New Boston, NH	55:54
19 Tim Kruger	37	Hardwick, VT	56:48
20 John Pelton	63	West Rupert, VT	57:47
21 David Zembiec	42	Adams, NY	57:53
22 Maribel Sanchez	27	Enfield, NH	59:28
23 Tim Walczyk	45	Marcellus, NY	59:58
24 Stuart Douglas	22	Saranac, NY	1:00.43
25 David Fenton	45	Norwood, NY	1:01.00
26 Phillip Borgese	43	Niskayuna, NY	1:01.29
27 William Tylutki	56	Remsen, NY	1:02.46
28 Laura Holmes	26	Ray Brook, NY	1:03.54
29 Chuck Trimarchi	56	Albany, NY	1:04.14
30 Mike Fitzsimmons	51	AuSable Fk, NY	1:04.26
31 Kimberly Owen	22	Lake Placid, NY	1:04.43
32 Mort Nace	36	Rochester, NY	1:06.16
33 Stephanie Landy	43	Ballston Spa, NY	1:08.25
34 Robert Trimarchi	33	Clifton Park, NY	1:08.38
35 Dave Delano	56	New York, NY	1:10.51
36 Laura Clark	55	Saratoga, NY	1:11.59
37 Jo-Anne Spinelli	49	Latham, NY	1:12.14
38 Eric Coufal	34	Lake Placid, NY	1:15.49
39 Jessica Tylutki	21	Remsen, NY	1:16.19
40 Frank Gaval	56	Sugar Loaf, PA	1:17.09
41 Chuck Hudson	65	Cooperstn, NY	1:19.14
42 Chary Griffin	54	Cazenovia, NY	1:21.35
43 Marta Tebbutt	58	Rainbow Lk, NY	1:24.19
44 Steve Foley	46	Oceanport, NJ	1:27.04
45 Jeff Clark	56	Saratoga, NY	1:33.57

Smyrna, NY. Furey's effort qualified her for the Junior National Snowshoe Championships, also held in Salt Lake City in late March. Local runner, Sandy Rasco of Cadyville ran strongly to a third place finish. There were 29 participants in the 5km event.

In all, seventy-four athletes took part in the two events and thirty-two athletes qualified to compete at the 2003 National Championships. Seven other Nike ACG Regional Qualifier events are taking place this Winter across the U.S.. Nearly 200 athletes are expected to qualify to compete at the National Championships by the end of the eight event qualifying series coordinated by the United States Snowshoe Association centered in Corinth, NY.

Mark Elmore

4th ANNUAL SARATOGA WINTERFEST 5KM SNOWSHOE RACE

FEBRUARY 2, 2003

SARATOGA SPA PARK

SARATOGA SPRINGS, NY

1	Richard Bolt	32M	19:40	100.0000
2	Stephen Judice	31M	21:40	99.3056
3	Leigh Schmitt	30M	22:02	98.6111
4	Paul Low	29M	22:12	97.9167
5	John Noonan	43M	22:24	97.2222
6	Ken Clark	40M	22:32	96.5278
7	Dave Dunham	38M	22:53	95.8333
8	Calvin Harding	17M	24:19	95.1389
9	Nick Lamado	44M	24:24	94.4444
10	Bob Dion	47M	24:25	93.7500
11	Kelly Herrington	28M	24:39	93.0556
12	Jason Clark	31M	24:47	92.3611
13	Jay Laiterberger	29M	25:08	91.6667
14	Michael Robertson	30M	25:08	90.9722
15	Edward Alibozek	40M	26:03	90.2778
16	Paul Arciero	40M	26:11	89.5833
17	Nicholas Wujciak	16M	26:13	88.8889
18	Deborah Livingston	28F	26:16	88.1944
19	Sheryl Wheeler	40F	26:24	87.5000
20	Sean Halligan	37M	26:25	86.8056
21	Jesse Milonovich	29M	26:33	86.1111
22	Jason Pare	30M	26:37	85.4167
23	Stu Douglas	22M	26:44	84.7222
24	Keith Meyer	45M	26:49	84.0278
25	John Pelton	63M	27:03	83.3333
26	John Onderdonk	35M	27:14	82.6389
27	Tracey Van Dyke	38F	27:26	81.9444
28	Guillermo Borges	41M	27:44	81.2500
29	Jacqui Schiffer	38F	27:51	80.5556
30	Bob Irving	48M	27:58	79.8611
31	Pete Lipka	51M	28:05	79.1667
32	Ed Alibozek, Jr.	63M	28:06	78.4722
33	Jeffrey Lutzker	51M	28:15	77.7778
34	David Boles	56M	28:18	77.0833
35	Heather Mason	23F	28:20	76.3889
36	Stephanie Landy	43F	28:25	75.6944
37	Theresa Hance	39F	28:28	75.0000
38	Ryan Hayward	17M	28:31	74.3056
39	Rich Flaherty	40M	28:38	73.6111
40	Robert Trimarchi	33M	28:44	72.9167
41	Kelly Murray	14F	28:52	72.2222
42	Fred Miller	44M	28:54	71.5278
43	Bob Worsham	57M	29:04	70.8333
44	Steve McAlpine	42M	29:16	70.1389
45	Chuck Trimarchi	56M	29:23	69.4444
46	Bruce Marvonek	49M	29:26	68.7500
47	Dan McNamara	53M	30:02	68.0556
48	Maureen Roberts	45F	30:03	67.3611
49	Pete Cohan	38M	30:13	66.6667
50	Jack Quinn	64M	30:18	65.9722
51	Ed Saharczewski	49M	30:19	65.2778
52	Bob DeMarco	51M	30:23	64.5833
53	Lynn Keil	41F	30:37	63.8889
54	Keith Decker	40M	30:38	63.1944
55	Barbara Sorrell	45F	30:55	62.5000

56	John Rogers	52M	31:03	61.8056
57	Eric Sanborn	39M	31:04	61.1111
58	Darlene McCarthy	40F	31:10	60.4167
59	Kevin Williams	52M	31:17	59.7222
60	Bruce Grisafe	49M	31:18	59.0278
61	Meg Everett	22F	31:32	58.3333
62	Jeff Allen	57M	31:32	57.6389
63	Steve Mitchell	61M	31:48	56.9444
64	Jeness Cunningham	28F	31:55	56.2500
65	Mary Quinn	40F	32:08	55.5556
66	Bob Massano	59M	32:11	54.8611
67	Jessica Hageman	27F	32:19	54.1667
68	Beth Trapasso	41F	32:21	53.4722
69	William Wujciak	41M	32:23	52.7778
70	JoAnn Spinelli	49F	32:39	52.0833
71	Darren Drabek	28M	32:54	51.3889
72	Colleen Murray	17F	32:59	50.6944
73	Kathleen Rioux	47F	33:03	50.0000
74	Laura Clark	55F	33:20	49.3056
75	Jon Winslow	33M	33:29	48.6111
76	Ellie George	47F	33:44	47.9167
77	William Dixon	43M	33:49	47.2222
78	Jeffrey Ogle	39M	34:10	46.5278
79	Tom Mack	38M	34:18	45.8333
80	Aurora Lamparetta	30F	34:29	45.1389
81	Laney Lutzker	52F	34:37	44.4444
82	Laurel Shortell	36F	34:58	43.7500
83	Lisa Swan	31F	35:03	43.0556
84	John Ders	53M	35:04	42.3611
85	Patrick Connors	39M	35:16	41.6667
86	Joe Geiger	62M	35:25	40.9722
87	Kirk Gendron	27M	35:34	40.2778
88	Aubrey Fleszar	24F	35:38	39.5833
89	Kathleen Freese	42F	35:44	38.8889
90	Jim Gleason	50M	35:45	38.1944
91	Richard Busa	73M	35:46	37.5000
92	Cheryl Clark	31F	36:26	36.8056
93	Terry Baxter	53M	36:29	36.1111
94	Peter Baxter	15M	37:17	35.4167
95	Erin Bowens	34F	37:40	34.7222
96	Darryl Caron	39M	37:53	34.0278
97	Brian Murphy	33M	38:13	33.3333
98	Carol Trombley	52F	38:20	32.6389
99	Jim Carlson	55M	38:24	31.9444
100	Philip Walsh	39M	38:28	31.2500
101	Greg Taylor	56M	39:04	30.5556
102	Wujciak, Kile	13M	39:43	29.8611
103	Meg O'Leary	31F	39:44	29.1667
104	Lori Christina	42F	40:46	28.4722
105	Eileen Battle	45F	41:10	27.7778
106	Claire Ders	52F	41:28	27.0833
107	Richard Denno	47M	41:38	26.3889
108	Christine McKnight	55F	42:11	25.6944
109	Konrad Karolczuk	50M	42:22	25.0000
110	Ann Geiger	32F	42:38	24.3056

WINTERFEST RESULTS

111 Frank Bareis	63M	43:50	23.6111
112 Steven Stiansen	36M	43:54	22.9167
113 Kyle Matney	15M	44:00	22.2222
114 Randall Palmer	48M	45:11	21.5278
115 Al Schultz	57M	45:13	20.8333
116 Lorraine Dolone	57F	45:31	20.1389
117 Diane Gulbrandsen	40F	45:36	19.4444
118 Tom Keck	27M	46:40	18.7500
119 A. Bange-Hall	16F	47:23	18.0556
120 Juli Denno	17F	47:24	17.3611
121 Cheryl Sparks	40F	47:40	16.6667
122 Nikki Collander	28F	47:44	15.9722
123 Andy Keefe	72M	47:49	15.2778
124 Pam Stiansen	35F	48:24	14.5833
125 Lauren Gates	27F	49:34	13.8889
126 Amy Morse	26F	49:35	13.1944
127 Sarah Witte	24F	49:52	12.5000
128 Michelle Restivo	25F	53:48	11.8056
129 Michael Albrecht	31M	53:49	11.1111
130 Sherry Carpenter	32F	54:26	10.4167
131 Diane Pettys	28F	54:27	9.7222
132 Shannon Hughes	38F	54:36	9.0278
133 Patty Stern	38F	54:37	8.3333
134 Brenda Petteys	45F	55:05	7.6389
135 Sherrie Petteys	43F	55:06	6.9444
136 William White	12M	55:11	6.2500
137 Paul Keck	50M	1:00:42	5.5556
138 Theresa Keck	50F	1:00:45	4.8611
139 Bonnie Wonder	42F	1:03:31	4.1667
140 Robert Columbine	72M	1:04:14	3.4722
141 Nancy Holm	46F	1:04:12	2.7778
142 Eric Holm	53M	1:06:20	2.0833
143 Eileen Preddice	56F	1:26:14	1.3889
144 Chuck Preddice	55M	1:26:15	0.6944

SPA AGE GROUP CHAMPIONS

12 - 15	Kelly Murray	28:52	Peter Baxter	37:17
16 - 19	Colleen Murray	32:59	Calvin Harding	24:19
20 - 24	Heather Mason	28:20	Stu Douglas	26:44
25 - 29	Deb Livinston	26:16	Paul Low	22:12
30 - 34	A. Lamparetta	34:29	Richard Bolt	19:40
35 - 39	Tracey Van Dyke	27:26	Dave Dunham	22:53
40 - 44	Sheryl Wheeler	26:24	John Noonan	22:24
45 - 49	Maureen Roberts	30:03	Bob Dion	24:25
50 - 54	Laney Lutzker	34:37	Peter Lipka	28:05
55 - 59	Laura Clark	33:20	David Boles	28:18
60 - 65			John Pelton	27:03
70 - 72			Andy Keefe	47:49
73 - 75			Richard Busa	35:46

SARATOGA STATISTICS

Jeff and I are glad that so many WMACers enjoyed our Saratoga snowshoe events. Winterfest was again the largest snowshoe race in the Northeast. Which gives us a lot of glory, I guess. But also means that we've reached the outer limits of stopwatch efficiency. Other interesting statistics: Winterfest and Camp Saratoga attracted athletes from NY, MA, CT, VT, NH and LI (Long Island is so totally different from Upstate that it is, in fact, a separate entity). Just shows you how far people are willing to travel to play in the snow!

Through sophisticated analysis techniques involving basic stick figures, I have determined that for the 5K, the 40 year-old age group was the most competitive (40 runners), followed by the 30's (34) and the 50's (29). In the longer event, the 40's again dominated (21), followed by the 30's (19) and the 50's (17). Either there are more baby boomers to go around or people of a certain age are more concerned with running away from Father Time. Most of those who were at Camp Saratoga had also raced Winterfest. Either they had more time on their hands or they couldn't resist the bargain entry fee for the two races.

So where were the other age groups? Corinth proudly brought its high school snowshoe team to qualify for Empire State Games. The late twenties had a surprisingly good showing in the 5K, but weren't up for the longer distance. The sixties were dominated by John Pelton, nationally ranked snowshoe, track and road racer, and Farmer Ed Alibozek, who gets in his training chasing runaway bulls and cows. The seventies are, of course, owned by Rich Busa, who is also the oldest Vermont 100 finisher. Only one question remains: When will the eighties put in an appearance?

Laura Clark

SCHOODIC MTN SNOWSHOE RACE

January 26, 2003 Sullivan, ME

1.	Judson Cake	M 20-29	33:13
2.	Ryan Okeefe	M 19 & Under	34:45
3.	Gary Allen	M 40-49	34:51
4.	Peter J. Keeney	M 30-39	38:31
5.	Kevin Woodhouse	M 40-49	39:40
6.	Kevin Johnson	M 40-49	42:58
7.	Matt Soule	M 20-29	46:35
8.	Aimee Fentress	F 30-39	59:30
9.	Sydney Rockefeller	F 50-59	91:15
10.	Lo-An Flettrich	F 50-59	103:27
	Becky Okeefe		
	Ryan Gordon		
	Karen Keeney		

BEECH HILL SNOWSHOE RACE

February 9, 2003 Mt. Desert, Maine

1.	Judson Cake	M 20-29	9:27
2.	Gary Allen	M 40-49	9:28
3.	Tom Kirby	M 40-49	11:43
4.	Brian Hubble	M 40-49	12:20
5.	Beth Lawson	F 30-39	14:31
6.	Ed Raymaker	M 70-79	16:55
7.	Sydney Rockefeller	50-59	20:22
8.	Paul Devore	M 60-69	21:00