

WMAC

SNOSHU-NEWS

WMAC

CONFESSIONS OF A SNOW SHOW SHUFFLER

I love to snowshoe, but I'm not a runner. So, my first inclination when I first saw WMAC's 2003 Snowshoe Event schedule was to say "too bad, not for me." Then I happened to notice that one of the events was named the South Pond Shuffle. "Well, heck," I said, "I can SHUFFLE!" The Woodford run was the next weekend, we had snow, and it would be a nice ride up to Vermont, so I figured I'd give it a try. My partner Scott Hunter hadn't really planned to do the series but in the end decided to come along so I had company for the trip.

The first thing I noticed at the start line, besides the fact that a LOT of people were lined up, was that my snowshoes were HUGE compared to those of most other folks who were wearing brand new DION shoes. But, too late now, so off I went and finished the 3.5 miles in under an hour, which I thought was pretty good for a non-runner. (Even more exciting for me, I was only a few minutes behind Scott.) On the way to the finish line someone yelled, "You could go a lot faster if you had smaller shoes!" Duly noted. So I checked out Bob Dion's snowshoe display in the parking lot, and picked up his business card.

However, when the South Pond Shuffle, which surely would be "my event", came around two weeks later (we missed the Biathlon), there I was again in my big snowshoes. Another beautiful trail but this one crossed lots of little streams and by the time back-of-the-packers like me crossed them what little snow cover they may have had was gone. It was also cold that day (so what else is new) and unbeknownst to me the water froze to the back of my snowshoes creating a bowling ball-sized chunk of ice. When I dragged myself in to the finish I was about ready to throw in the towel on the series until Ed said the magic words: "Kate, you're undefeated in your age group!" I was incredulous, but then he explained that the age groups were in 5-year increments. It didn't take me too long then to realize that a) I was in an age group of 1, and that b) this was a golden opportunity – the last one in at least another 5 years – to be in an age group where I wouldn't be competing with Carol Kane. Clearly, I couldn't give up now.

But, if I was going to do this I had to get serious and that meant getting myself some Dion shoes. So, Scott and I made an appointment to meet with Bob and get fitted before the next race at Greylock Glen. Thus equipped, even the minus 4 degree temperature was no deterrent the following Saturday. Unfortunately, a part of me thought (wished) that my new miracle snowshoes would help me become a runner. They didn't, of course. I went out too fast and posted a worse time than at Woodford.

But, the snowshoes were very comfortable, I still had fun, and there was still no one else vying against me in my age group, so I decided to continue on with the series. We were away so missed the double header the first weekend in February, but

Curley's, Camp Saratoga, Hawley Kiln 7 and Moody Spring 9 were all wonderful courses, and the brunch at South Face Farm was sublime.

For those other non-runner snowshoers out there who may have hesitated to get involved in the series, you should know that there are definite benefits to being a snowshoe shuffler. There aren't lots of folks right in front of you kicking up snow in your face, for example. And there aren't people around to notice when you fall or do something stupid. You also get to imagine that you are the only one out there communing with nature. Of course, you do stand to lose out on the best of the post-race goodies, but usually there's more than enough to go around.

So, thanks Ed for putting together a great series and for being so welcoming of all comers. Thanks to the course designers and many volunteers for all your hard work. And thanks Mother Nature for giving us a real winter this year!

Kate Hayes

KEEPER OF THE WHAT?

In days of old when knights were bold and titles were a plenty, one nobleman was designated as "Keeper of the Horses". The nobleman was of course was ecstatic that the king had recognized him with such a distinguished title, but the ecstasy wore off very quickly once it was realized that it was not a distinguished title, but a job title. The "Keeper of the Horses" had to make sure that all was prepared and loaded up whenever the king went out regardless if it was a ride around the property or a trip around the world. Imagine trying to keep a king happy.

Within the kingdom of WMAC there also exists distinguished job titles. Alas I am happy to say that I am no longer the "Keeper of the Snowshoes", the Dion coat of arms now graces that title. In the past, Sir Ed of Trails and the Clark's of Saratoga would request the loaners but when they were on Western Mass turf, I would have to ensure their storage, safety, and availability.

Craig, Denise, and Bob...many thanks for providing loaners for this particularly long season. We appreciate you showing up early (and being among the last to leave) at every event, lugging in the shoes, performing adjustments and repairs in subzero weather, having to lug the items back, clean them, dry them, stack them, get them ready for the next event. Without your support, many wouldn't have been able to try a new sport without going to considerable expense.

MOODY SPRING SNOWSHOE RACE 2003: IT'S THE SPRING STUPID

Arrival at the parking lot found Farmer Ed in a non-humorous obsessive-compulsive state. He wasn't sure if all the things were laid out on the table correctly or if all the pencils were sharpened. He was worried in a race director's pre-race way about things going well. So what did I do? I made fun of him!

Can you believe we did 9 miles on snowshoes? It always amazes me that we can go into those woods of West Hawley and run 9 miles on snowshoes. But we did it and we should be proud.

After starting out on an old dirt road that goes uphill for about $\frac{3}{4}$ of a mile we turned right into a single-track trail that also is about $\frac{3}{4}$ of a mile. The last part of it swings uphill, and when it deadends at another dirt road you turn left. This open road with snow packed down by snowmobiles is a good place to run faster for awhile. To me it seems like this road goes about 1 $\frac{1}{2}$ miles, but I'm not sure.

The next major section is where you turn right into a nice mountain bike trail and wind gradually uphill. When you reach the top you have a nice winding descent through a v-shaped track. If you lose your balance here and step off trail or fall catching yourself with your hand, you will go into about three feet of snow.

Eventually you cross a road, go by a shelter, wind along a single-track trail, and suddenly you are on a downhill roller coaster with curves and switchbacks. You are enjoying yourself on a trail built by mtn bikers, and it also makes for snowshoe fun in winter.

When this fun trail bottoms out, you cross a road, jump a small stream, then face a hard hill climb. This is steep and has been recently modified with zigzags, making it easier to traverse. A woman who I thought was Eva Van Stratum followed me up this hill. When you get to the top of this hill you have a short descent, then past a big boulder. Just past this boulder, down to your left is Moody Spring, a pipe coming out of a rock with water coming out of it. It is not really apparent in the race unless you know it is there. I stopped to fill my water bottle with this magic stuff. As I was bending over to do it the woman came by. It was Jackie Schiffer not Eva. I said to her, "This is Moody Spring." She looked at me like I had used a bad pickup line at Matt's Lodge; she gave me the "get lost you a-hole" look and proceeded past me totally focused on putting distance between us.

Now I would think a person in the race would appreciate having the thing the race is named after pointed out to them in a friendly way. But noooo! See if I ever show anyone Moody Spring again. Maybe it's better that nobody else knows where it is. Tom Skrocki turned green once sitting next to Moody Spring while resting during a fun run in the spring.

After passing the spring you make your way to a long gradual uphill winding bike trail that I find difficult. It seems like it never stops, and it's hard for me to run consistently through here. The end of this section is marked by the water stop. It was funny because a girl who was apparently very cold handed me a cup of water. She handed me the water while all scrunched up, and the cup was in mittened hands.

From here you have a long downhill where you can run. This part eases out into the Basin Brook area. Basin Brook, I'm sure,

is what most people in the race think is Moody Spring. However, it is not; it is Basin Brook, and it runs through a beautiful gorge. You cross the brook three times. First it's on your left and you go over snow. One time I ran the course with Farmer Ed and it wasn't frozen; we had to find a rock crossing. Now you run along the bottom of the gorge with the Basin Brook to your right for a ways. This is the really beautiful part of the race, and anybody with half a brain would have named this snowshoe race the Basin Brook Snowshoe Race. Instead, the race was named after a little pipe coming out of a rock that you spend three seconds going by. Then you cross it over ice again. Now it's to your left and pretty soon you cross it the third time by going over a wooden bridge. This is the demarcation point of the next section of the course.

This is the hard part of the race. You have to do a very long uphill in which you can't really run by this time. This is where your lungs are going to burst. This is an experience you have to report to your doctor on your next checkup. It is your cardiac stress test, and you all passed since no one in the race died.

This hard climb starts to even out onto a gentle uphill trail that has roly-polys and switchbacks. It seems to last forever because you haven't recovered from that climb out of Basin Brook, and you can't really run well. Then it eventually gets back to the road where you turn right and head to the finish for about $\frac{3}{4}$ of a mile mostly downhill. As you come out of this trail turning right if you look directly across the road you will recognize the place where you first went into single-track trail, the place where some snowshoers occasionally jump in front of other snowshoers.

The finish down this road can be fast or slow, depending on whether you have any leg strength left after carrying snowshoes on your feet for 8.3 miles. This day I didn't have much strength left. You wind down the hill until you can see a little bridge around a curve in the road. Cross that bridge and make a final huffnpuff to the finish line where you have the option of puking if you have run hard enough. Today I caught a guy going up the little hill to the finish line, practically killing myself in the effort. Guess what? He was a finisher in the 6-mile race.

At this point all you can think about is getting into warm clothes quickly. It's amazing that in this situation everyone's modesty takes a vacation and you see people in the parking lot stripping their clothes off, showing a little bare fanny, a little boob, or squatting behind a car to pee on the ice thinking no one knows what they're doing! Have you ever tried to take off soaked snowshoe clothing sitting in a car seat? It doesn't work too well. I use a colorful towel to hide my lower body while I strip. I think this mindset comes about because everyone is thinking about going to eat pancakes, eggs, and corn fritters, and drinking tons of coffee at Tom McCrumm's South Face Farm sugar house. Yes, it is worth the little trip down 116 after the race, and it is worth a little wait to get in there and eat that great food.

Thanks to Ed and his helpers for putting on this great finale to the snowshoe season. When he arrived at the sugarhouse he was much more relaxed now that it was all over. I even got one of those big goofy smiles out of him.

DAVE DUNHAM'S THOUGHTS ON THE 2003 WMAC SNOWSHOE SERIES

Woodford – We arrived too early and completely missed the race start area as it hadn't been set up yet. Went about 5m before we realized the mistake. In the race Rich took it out really hard and I just tried to hang on. It was an excellent course with lots of little ups/downs and narrow footing. I heard that the trail became chewed up for most. Out front the footing was excellent. I pulled alongside Rich with 200m to go and was about to ask him if he wanted to tie. I looked over and he had already "gone to his arms" so I thought "What the heck" and charged on after him. Narrow victory. A great showing for my CMS teammates. I was excited to have so many of the guys show up for the first race. Dan Verrington had mentioned last year that he didn't like snowshoeing as it just didn't fit his running style. I was doubly glad that he not only came back, but also ran very well. Al Bernier must have taken enough drinkable yogurt to last a year! I won a gift certificate to EMS and got a few books on the AT with it. Nice job by the race director and crew.

South Pond – Wow there was a lot of snow! In hindsight I shouldn't have run. My ankle was killing me. I had hurt it in Italy at what was supposed to be the European snowshoe championship. They had none of the excellent snow that we had so it turned out to be a road race. I really beat up my ankle. At South Pond I did a short warm-up and decided to give it a try. Dan was sick as a dog. He rode all the way out and decided he would just sleep in the car. It was funny seeing all of the people walking around the start area packing down the snow. Everyone flew out at the start and just hammered to get to the single track in position. Rich moved to the side to let Leigh go by and gave me a push as I passed him on the uphill (a good push like the fans do in bike racing). Leigh also being a gentleman said "Tell me if you want to pass". So I did! Then my legs got wobbly and I fell coming out of a couple of those crazy ditches out there. I knew the course well, but the finish line just seemed to take forever to get to. I ended up in a walking cast by Tuesday.

Northfield – It was very hard to direct the race and not run. I had a blast putting out flags with Verrington and Low. 300 Flags! How did so many people miss them? The final turn that many missed had 10 flags in 50m (25 before and 25 after). I'll use 300 again for the spring race, but I'll add some surveyor tape at the places that people had trouble. My folks had a blast helping out. It is weird seeing them so out of their element, but they did one heck of a job.

Saratoga Spa – Had a nice night hanging out in Greenfield after the Northfield race. Man, can Paul Low stink up a room with wet clothes! An amazing turnout at the race. I walked to registration in the walking cast then took it off for an easy warm-up. I felt decent and Rich looked ready to rock. Paul got lost following us and got to the line with about 1 minute to go! At the gun Rich "Bolt"ed to the lead. I just tried to stay on my feet. I like the course, lots of different terrain. I couldn't believe when I saw Paul and Leigh come back onto the course. I thought they were warming down. It seemed like they were going awfully fast, but I chalked that up to my current form. Imagine my surprise, Leigh had gone off course on a course he had run many times. I guess the heat of battle can sometimes lead to lack of focus on the trail markings. It

happens to all of us at some time. I was happy to finish without limping and glad for Rich to get his victory (he is tough).

Wilton Wildlife – A great course, fast and challenging. The end was a killer when you pass the finish line with 1K to go. Ben Nephew was the first finisher to run the actual course as Bolt, Schmitt, and Verrington all missed the turn at ½ way. They actually ran a little longer and ran AGAINST traffic for a while. Ben and I saw Dan go off but we couldn't yell loud enough to get him to come back. It was pretty funny when he popped out in front of Ben a little later. I was hurting big time at the finish. Went to my knees after the line and took about a minute to stop my head from spinning. What a drive to get there and back!

Hawley - Rich made a cool rally car move to park us on the road. It was weird seeing people go off in all directions on the course. I went out determined to stay with Ken Clark. I felt that even with the lack of running, my form was getting better. I was worried about the distance as my daily runs were only 3 or 4 miles. Ken stepped aside and let me go on the "staircase climb". I felt good, but then was worried that I used too much. It seemed to take forever to get back onto the last section. Rich had a great race, conditions were very good. Some great views on the road section. I held Ken off, but we actually ran just about the same after the big hill.

Hyland – Really cold! Best massage of the year by two young ladies with very warm hands. A tough fast course with a little bit of everything including some bush-whacking. Rich had to duck under a tree at one point, but Dan and I went under with ease. Super job for a first time race. I hope it becomes part of the series, its nice to ONLY drive 75 minutes to get to a race. My lovely partner ran/hiked the first loop of the course then felt she'd had enough so she wandered over to the petting zoo to say hello to the billy-goats.

Moody – Conditions looked to be very fast, but turned out to be very slow. Did anyone else notice that the big hill had a bunch of switchbacks? Didn't it go straight up before? Smoke from the guy revving his snowmobile in the parking lot was disgusting. Rich took it out really hard. I didn't see him or Leigh until we got to the big hill and I swear they were right over my head. I was worried about the avalanche either of those guys would cause when they fell. The section after the stream up to the road was painful at best. I totally ran out of gas on this stretch and just shuffled into the finish. Rich also ran out of gas on this section and Leigh smoked the last part for the victory.

Keep 'em coming!
dd

Dave wondered about the climb just prior to Moody Spring, and he is correct; the trail had gone straight up until last year when Tom McCrumm organized a work party to stop erosion on the old trail. The climb now has a series of switchbacks for your enjoyment. Which do you prefer, anyhow?

EASTERNER'S SHINE AT NATIONAL SNOWSHOE CHAMPIONSHIPS

Nikki Kimball (Elizabethtown, NY) and Dan Verrington (Bradford, MA) lead the East to an impressive haul of medals at the USSSA Championships. Kimball was the Silver medallist in the 10K race and Verrington took home the Gold in the 40+ men's division. CMS (Central MA Striders & Crescent Moon Snowshoe) placed 5 in the top 17.

The 3rd annual United States Snowshoe Association (USSSA) National Championships were held under near ideal conditions of sun and 30-degree temperatures. The field of 74 runners included athletes from 22 states took off in a mad sprint for position. The sprint was probably not needed as the wide groomed trail offered ample opportunity for passing. A few pile-ups at the start were barely avoided by a good number of the racers. The course featured 2 loops, which returned to the start, done twice for the 10K distance. The 8000' elevation and the 1200' of climb and descent quickly spread the field out. CMS runners Richard Bolt (Manchester, NH) and Paul Low (N. Adams, MA) made their way to the front on the initial 1200m, which was mostly, climb.

Bolt won the 1st Eastern Qualifier in January and was returning from his bronze medal finish in 2002. Rich had recently claimed the top spot at the prestigious Western Massachusetts Athletic Club (WMAC) snowshoe series. He was also recovering from a Quadriceps injury from earlier in the week and was unable to run for four days leading up to the race. "It would have been nice to get my cardio used to high exertion at altitude," noted Bolt. "I had hoped to be in the top 3, but not disappointed". "I m looking forward to racing a lot of these guys on the road and trails". Low was also looking for a top finish; he was coming off a win at the 2nd Eastern Qualifier and recently won the North American Championships and had a base of training at altitude. Paul was competing in his first Nationals after taking up Snowshoeing this year. Both have represented the US as members of the Teva USA Mountain running team.

Dave Dunham (Bradford, MA) slowly moved up through the field, completing the 2k loops 10 seconds behind the leader and about 10th overall. Dunham was the 2001 champion and the 2002 runner up. Due to injury he curtailed his training over the last 3 months. Dave ran 4 or 5 miles and biked 2 hours a day to maintain fitness. At the 2K mark Dan Verrington was in the top 20 as was Alan Bernier (Newmarket, NH). Verrington noted that he "slowly worked my way through after the big pile up at the start, I almost broke an ankle when I jumped over someone and the tip of my snowshoe got stuck in the snow". When asked about racing against the best masters he noted "I was just racing, I didn't care if someone was a master or not". Dan is a veteran of big races having won the 50K road National championships and making the Teva USA Mountain running team a phenomenal 8 times. Dan showed his recent form with a win at the USATF New England ½ marathon championships and followed that up with a Silver Medal at the USATF National Masters ½ marathon championships the following week.

At 3K into the race Josiah Middaugh, the 2002 champion went off course slightly, losing 30 seconds in the process. He

powered back into the lead taking fellow Coloradoan Bernie Boettcher along with him. The two would extend their lead on the chase group of Peter Fain, Junior Pullins, Charlie Wertheim and Dunham over the 2nd set of loops. The trio would exchange places along the way. Dave pulled into 3rd at the summit of the final climb but was unable to hold that for more than 100m into the 1500m four hundred foot descent to the finish. Meanwhile at the start of the 2nd loop Bolt overtook Low and eased ahead into 8th place.

Josiah held off Bernie on the last section to take a 2 second win. Wertheim continued to widen the gap on Dave during the closing minute of the race to take the final medal spot. Dunham held off a late charging Fain. "I thought I had a chance at the top 10 with my current form" Dave noted. Rich Bolt added, "You didn't take into account your mental tenacity". Dave laughed and said, "I would have liked third to complete my medal collection". Pullins 5th place finish filled the National squad. The National team was excluded from scoring in the age group categories.

Bolt cruised in with an 8th place finish to take the Bronze medal in the men's open. Low was close behind in 10th. Alan Bernier took 21st place and completed the East teams 7 finishers in the top 21. CMS took 5 of the top 21. Verrington scored his gold medal with a 13th place overall finish.

On the women's side Kelli Lusk (Greylock Glen 2003 Champion) took the win with Nikki Kimball (2003 Woodford and Northfield Champion) taking 2nd and Jennifer Rappaport (2002 Greylock Glen Champion) in 5th. The top 5 women were also named to the US National team. New Englander's Angie Defilippi (2000 Moody Spring Champion), Deborah Livingston (2003 Winterfest Champion) and Laurel Shortell (2002 Hawley Kiln Champion) place 3rd, 4th, and 6th respectively in the open women's category. The top 4 women all finished within 55 seconds.

Dave Dunham

I can't thank all my snowshoe friends enough for the initial experience of snowshoe racing!! I just retired from being a Lab Director for the DEP New York City at the Ashokan Reservoir in Shokan, New York. I never enjoyed something new in active sports as this new experience! Dave Boles, Jacque Schiffer, Sheryl Wheeler and I travel together to the races. They said come on along and watch and I did and met Bob Dion and just had to try it and am I hooked!

The people are wonderful, the sport is so aerobic and there is no pain to the body as I find in running! I love the newsletter although it must take a long time to prepare. Please accept my thanks for all the prep you guys do! I know a little of the logistics for putting on a race as I've put on the Ashokan Reservoir 5 Miler for 13 years here in Shokan. Bring your club out someday for the event. It's usually the 2nd Saturday in Nov.

I know another reason why I like snowshoeing. It's still unique and people say "you do what"?

Your compatriot in "webbed shoes"

Al Schultz

2003 NIKE ACG UNITED STATES NATIONAL SNOWSHOE CHAMPIONSHIPS

March 29, 2003

Solitude Ski Resort

Salt Lake City, Utah

01. Josiah Middaugh	24	CO	47:57
02. Bernie Boettcher	40	CO	48:01
03. Charlie Wertheim	40	CO	49:13
04. Dave Dunham	38	MA	49:23
05. Peter Fain	31	CA	49:24
06. Junior Pullins	27	NH	49:48
07. Greg Krause	25	CO	51:17
08. Richard Bolt	32	NH	51:43
09. Greg Hexum	30-39	MN	51:50
10. Paul Low	29	MA	52:24
11. Mark Lowe	29	CO	52:51
12. Ethan Hemphill	20-39	ME	52:59
13. Dan Verrington	40	MA	53:29
14. Andrew Adamowski	29	CO	53:46
15. Chad Christensen	20-29	MI	53:49
16. Tom Borschel	45	ID	54:31
17. Chris Gilbert	32	CA	54:43
18. Eric Black	38	CO	55:12
19. Jason Bortz	20-29	CO	55:22
20. Matt Daugherty	24	NY	56:19
21. Alan Bernier	28	NH	56:22
22. Wayne Cottrell	40-49	UT	56:33
23. John Collins	20-39	AK	56:36
24. Mike Moher	40-49	CO	57:54
25. Carl Bruggeman	39	VA	58:27
26. Larry Buerger	30-39	MI	58:43
27. Kelli Lusk	32	CO	59:17
28. Nikki Kimball	31	NY	59:32
29. Jeff Jewell	34	CO	59:53
30. Helen Cospolich		CO	1:00:00
31. Anita Ortiz	38	CO	1:00:21
32. Jennifer Rappaport	38	MA	1:00:27
33. Frank Mungeam	41	OR	1:01:41
34. Timmy Dusick	40-49	WI	1:01:45
35. Jamie Boese	43	CO	1:02:28
36. Kevin Guiberson	33	WA	1:02:41
37. Cindy Schroeder	30-39	MN	1:02:50
38. L. Graham Lambert	41	NM	1:03:00
39. Brent Weigner	50-59	WY	1:05:07
40. Bob Dion	47	VT	1:05:08
41. Mark Rickman	40-49	CO	1:05:16
42. Lisa Been	20-29	CO	1:05:45
43. Heidi Vosbeck	41	CO	1:06:09
44. Dean Sheppard	45	CO	1:06:43
45. Stuart Douglas	22	NY	1:07:05
46. Angie DeFillipi	26	VT	1:07:20
47. Bill Wonder	20-29	WI	1:07:26
48. Tim Kruger	37	VT	1:07:26
49. Larry Rose	50-59	CO	1:08:04
50. David Zembiec	42	NY	1:08:40
51. Phil Borgese	43	NY	1:09:09
52. Deborah Livingston	28	CT	1:09:12
53. Ellyn Brown	50-59	AK	1:11:54
54. Erin Ward	20-29	MN	1:14:16
55. William Morse	51	MA	1:15:54
56. John Pelton	63	VT	1:16:14
57. Jo-Ann Spinelli	50	NY	1:17:44
58. James Holloway	50-59	IL	1:20:28
59. Dave Delano	56	NY	1:22:59
60. Dar Vollrath	50-59	WI	1:30:40
61. Debbie Cronin	40-49	MI	1:34:01
62. Chary Griffin	54	NY	1:34:25
63. Laurel Shortell	36	MA	1:38:30

Strong fields spur great competition at Nike ACG National Snowshoe Championships!

With thoughts of a recent knee injury behind him, defending National Snowshoe Champion Josiah Middaugh of Vail Colorado was ready to tear up the trails of the Solitude Ski Resort's Nordic Center. Being ready was a good thing. The Third Annual Nike ACG U.S. National Snowshoe Championships, sponsored by Nike ACG, sanctioned by the U.S. Snowshoe Association and conducted by Sports-Am of Salt Lake City, featured its largest and most competitive field yet for both men and women in all age groups! The Big Cottonwood Canyon Resort offered a very picturesque setting, but the athletes didn't slow down to enjoy the views!

The men's field was very deep and talented. The altitude-trained athletes liked the 8000' elevation, while the non-altitude trained athletes liked the long steady downhill which favored their leg speed. In the end, the results indicated about a 50/50 split in the top ten among athletes from elevation and those not. Middaugh retained his National Men's Championship, first won last year in Traverse City, Michigan, by barely holding off Bernie Boettcher, also of Colorado, 47:57 to 48:01. Charlie Wertheim completed the Colorado sweep in third in 49:13. He was closely followed across the finish line by Dave Dunham (49:23) of Massachusetts, the 2001 National Men's Champion and 2002 Runner-Up. Peter Fain (49:24) of California completed the top five and earned the final berth on the 2004 U.S. Men's National Snowshoe Team.

The Women's field was just as deep and competitive as the Men's and featured five finishers within a seventy second span at the front of the pack. Kelli Lusk of Colorado, fourth at the 2002 Snowshoe Nationals, ran to the front of the field in the second 5km loop and was never caught. She finished the 10km race in 59:17. Nikki Kimball of New York, the 2001 U.S. National Women's Champion, finished strongly in second place in 59:32. Coloradans Helen Cospolich and 2002 National Champ Anita Ortiz took Third and Fourth respectively in 1:00:00 and 1:00:21. Finishing Fifth, and earning the final spot on the 2004 U.S. Women's National Snowshoe Team, was Massachusetts's Jennifer Rappaport in 1:00:27.

The 71 one finishers (an additional eight juniors competed in the 5km race) represent the largest field in the Championship's short three year history. Twenty-one different U.S. States were represented, also an event record. The 2004 National Championships are scheduled to rotate to an undetermined Western Region site. The 2005 Nationals are already committed to Anchorage Alaska.

Mark Elmore
518-643-8806

snowshoeguy@yahoo.com,
www.snowshoeracing.com

TEN SECONDS OF FAME AND THEN SOME...

They say everyone gets ten seconds of fame. What they don't say is that there is a price to pay for each and every second. Jeff and I discovered this when we agreed to organize a snowshoe segment for television. Only later did we learn that it was to be aired on national cable TV on the *Fine Living* channel. Not only do we not have cable, but we were at a loss to figure out what snowshoeing has to do with the lifestyles of the rich and famous. Was this a new type of nitty-gritty reality TV?

At any rate, we figured it would be relatively easy to round up a dozen or so fame-crazed Stryders to clomp around in the woods in front of a camera. And it would have been. Except as soon as Jeff and I fulfilled one requirement, the producer dreamed up another. He needed a shot of us spending a typical day snowshoeing with our kids, something we had never actually done before. Then he needed to interview a professionally credible snowshoer who also happened to be a member of the United States Snowshoe Association. And of course, there was the matter of arranging for some fresh, sparkly snow to cover up the grungy March layers. But he saved the worst for last: he wanted to interview us in our home! After participating in snowshoe races every weekend for the past three months, what do you imagine our home looked like? Rather like a cross between a locker room and a motel. Jeff spent a great deal of time persuading me that not only would I have my ten seconds of fame, as a side benefit I would also get all my spring cleaning done early.

Video Day finally dawned, giving us an excuse to stop cleaning. Armed with toilet paper rolls for the outhouse and a trunk full of snowshoes, I apprehensively drove to our first film location, Camp Saratoga. Soon a large contingent of Stryders and honorary Stryders began to arrive, hoping to realize their moment of fame without having to do any housecleaning beforehand. Steve Judice and his wife Kathleen, both Tubbs sponsored racers and our official experts, thoughtfully turned their kids loose so we could chase after them for our warm-up activity.

Initially, we headed up the trail in group formation, with the runners running and the walkers walking. Along the way, Kathleen provide us with an impromptu demonstration of how to snowshoe while toting a two year-old in a backpack and nursing a four month-old in a front pack. The cameramen obligingly provided us with plenty of humorous moments as we watched them slowly sink into the snow. Apparently, they had thought snowshoes were purely for cosmetic purposes. After they had pocketed the trail with Bigfoot-sized divots at least two feet deep, the director decided to stage a mock 100 meter race. Guess what happened? Half the playing field snagged their shoes in the sinkholes and went down in a heap. It looked like we were staging a football scrimmage instead of a snowshoe sprint.

In a brilliant flash of insight tinged with a slight desire for revenge, I suggested that we film the crew disappearing into the snow to demonstrate the practical aspect of snowshoeing. Predictably, this did not go over too well, but Garry Beale volunteered to wade out into the deepest area sans snowshoes and wait for Peggy Huckel to reach out over the quicksand and hand him the proper equipment. Ever try to fasten your

snowshoes while standing up to your knees in an ever-shifting pit of extremely cold snow? Garry came through with a highly credible demonstration the first time around. Unfortunately, appreciative comments from the peanut gallery necessitated more than one take.

When the crew broke for lunch, Jeff and I seized the moment to get in some more last minute house cleaning. All too soon, it was time for the dreaded House Beautiful interview. It didn't take the director long to figure out that Jeff was the one with the talent for impromptu speaking, so I pretty much got a free ride. Mostly, they asked the same questions over and over again, but in different ways. Finally, even Jeff lost his cool and inquired, "Do you want me to repeat what I just said, or should I make up something new?" The worst were the touchy-feely type questions required by the back to basics format of the show. For example:

"What does snowshoeing mean to you as a couple?"

Wishy answer: "It's an extremely strenuous sport. We're pretty tired at night."

"Do you have romantic conversations when you snowshoe together?"

Wishy answer: "Mostly we are preoccupied with overcoming total oxygen deprivation."

"What part of the outdoors do you enjoy the most?"

Wishy answer: "The part that doesn't involve bears, bobcats or moose."

"What do you enjoy about snowshoe racing?"

Wishy answer: "The great cookouts afterwards."

And so on, into the night...

Meanwhile, the rest of the family, who in the interests of harmony had been banished upstairs, were not exactly having an easy time of it either. They were engaging all their considerable vaudeville talents in trying to keep eighteen month-old Elena awake and cheerful for her part in the production. The strain was beginning to show by the time Elena's Mom and Dad, Julie and Darren, were interviewed. Darren held back no wishy answers. He opted for the bare, naked truth. When asked how snowshoeing brought him closer to his in-laws, he truthfully replied that he had no idea since this was the first time they had ever been snowshoeing together. But he sincerely stated that if the director just told him what we had said, he would make up something in a similar vein. Guess which part of the interview makes the cutting room floor?

It was now four o'clock in the afternoon. We had begun at 8:30 in the morning. The crew had shot six reels of film for a six minute TV segment. The non-professionals among us were all beginning to lose it. But there was one scene left to shoot: the part where we leave the house early in the morning and head out to Camp Saratoga. The director instructed us to pick up the boxes and head out to the car. When I inquired what boxes he

TEN SECONDS OF FAME (CONT)

was referring to, he replied, "You know, the race boxes that Jeff said were scattered all around your house." I not so graciously responded that in our efforts to become House Beautiful, I had stayed up til midnight hauling all that stuff into the basement.

So we located enough boxes to give everyone an armful, loaded the baby into the carrier, trooped out to the car, put the baby in the car seat, and pretended to drive away. Unfortunately, this was reality TV and the producer remembered he had filmed us arriving in separate cars. So we did it all again, with the baby righteously screaming her head off. Darren suggested that we fool them and wear each other's coats. A funny idea, but we were just too worn out. As we finally drove away into the sunset, Jeff just happened to comment that during the break he had washed his car, making it appear as if we had somehow acquired a new vehicle.

So much for our ten seconds of fame! Was it worth it? Probably not at the time, but later on over supper, we shared many gut-busting laughs. And now our family has a new catchword, "So, how do you feel about..."

Laura Clark

A REALLY GREAT RUN

After Hawley Kiln I was listening to Laurel Shortell telling Ed that she was going to have to miss Moody Springs because of another commitment. She wanted to know if she could make it up. Ed told her it was OK if someone ran with her. So you know who volunteered. Of course I forgot about it until Ed called me Sunday night and said she wanted to do it the following day. What could I say? And then my wife said, "You're going where?". Then I had to explain why I was going back out there.

It was 2 below when I got up but it gradually warmed and it was sunny. I was so apprehensive that I wasn't going to be able to keep up. The course was fantastic, after rain and sleet and then two very cold days the course was like running on the road. You would have taken at least 10 minutes off of your time if you had run it on Tuesday. I ended up flying down all of the downhill and then waiting for Laurel. We really had a great run. I waited for her at that last water stop where it was 3 miles to the finish and gave her some water and then I took off because I knew I was running much better than on Saturday and I wanted to see how much under my time I could go. How about 18:28! I was 2:12:27 vs. 2:30:55.

Ed's dad came along later as he had to retrieve all of the ribbon on both courses. Those of us that just run don't really appreciate what it takes to put on a race. As with my melted tip at Greylock, I discovered that both of my front cleats were gone! Or I should say that Ed made the discovery. I didn't even know there was supposed to be anything there. Hey, maybe I could have had a course record!

Rich Busa

01.	Rich Busa	73	2:12:27
02.	Laurell Shortell	35	2:16:31
03.	Old Farmer Ed Jr	63	2:42:00

MUTANTS AND ALIENS

What is going on with our snowshoers in their late 50's and older? They're running entirely too fast! Haven't they heard about the aging process? Doesn't growing old gracefully and enjoying their golden years include showing some respect for their younger competitors?

What's with David Boles and Bob Worsham battling towards the front of the pack? Could it have something to do with leg length and the law of physics, or is there some other reason too? And what about Carol Kane? How do you explain her amazing times? Obviously, a major birth record mistake has been made. No way has Carol reached even the 40 year plateau yet! However, there is one simple explanation for all of this. It's called mutation!! Just look around as you stand by the fire after a race. It doesn't take a close inspection to realize... you're surrounded by MUTANTS... whose ancestors did a few extra laps in the gene pool!

The problem intensifies when you examine the social security set. Do they stay at home, sitting on their porches in their rocking chairs? Nooooo... John Pelton, Ed Alibozek Jr, Jack Quinn... all killer mutants... dispatching the egos of younger runners! And speaking of Ed, we all know that mutant's acorn didn't fall too far from the tree!!!! It's not confusing enough for the junior to turn out to be the senior either... another sign of radical mutation!

But there is one competitor who far exceeds the mere mutant level. How do you spell ALIEN? Try "B"... "U"... "S"... "A"! Ever been to Roswell, Rich? Read any good Raelian literature? Visited the mother ship lately?

The evidence supporting this theory is substantial. 1) Rich claims to live far away in Eastern MA, but does he really? Is there such a place as Marlborough or does he merely drive his blue docking machine off into the hills (his supposed "training" area) to a secret landing zone to be recharged? 2) Earlier this year, Rich melted the front webbing on his DION snowshoes. He attempted to cover up the real cause (an internal overcharge resulting in sparking from his toes through the front cleats) by quickly moving toward the fire. But proof positive is revealed 3) in the E-Mailed picture of Rich finishing Kiln run. First, it was freezing and Rich was shirtless. That's inhuman! Second, note the goggle-like eyes. Lastly, and most convincingly, no belly button (generally not considered optional equipment)!!!! Where does Rich really come from? Another planet? Perhaps from galaxy VT-100?

Ed, you have to do something about this unfair intergalactic and genealogical advantage which Rich and others are taking. Would it be possible to report our results next year in three categories; Female, Male and GAP's (genetically altered participants)? That would go a long way towards taking the pressure and potential humiliation off the younger competitors while allowing those of us back-of-the-pack shufflers to maintain a modest amount of dignity! If we don't nip this problem now, it's sure to mushroom as there are any number of MIT's (mutants in training... like Seth Roberts, Rob Higley, Bob Dion, etc) waiting in the wings! Thanks for your consideration.

Bob Massaro

MOBY DICK 2003.... A LA CARTE...

March 8, 2003, Moby Dick, take your pick... It was "a la carte" at Moby... your choice... choose the traditional 16 mile up and around the monument and back down... or a 30 mile ultra version up and over, down and back ... or choose the 7 (really 8) mile snowshoe to Jones Nose and back down along the Northrup Trail... take your pick... no races... all fun runs... it was a good day to do any of the above... the sun was warm and the sky real blue, except for the very top of Greylock... I had visions of Moby, 2002... horizontal blizzard solid ice fun run...

Around 9:00 am, people were assembling in the Visitor's Center in small groups... participants had to sign in and choose their choice. The ultra people assembled in the corner, looking very ultra... Dion was the leader of the ultra pack and they were outfitted as though they were going to be gone for a very long time... they were the first group to leave on their 30 mile ultra "fun run"... glad I didn't choose that one... don't think I could even come close to looking THAT ultra...

The middle pack was not a pack at all really... one by one, the 16 milers signed in and straggled out the door and on up the road... no leader... no ready set go... no fanfare... no cheering... coulda done that one, but with no fanfare, forget it...

Then the last group sort of assembled... shuffling to the far end of the parking lot to start the snowshoe run, looking a bit bewildered... that's the group I chose... the bewildered group... we were to be led by the chief course marker and water planter, Paul Hartwig. We stood there till Farmer Ed explained the course and the markings and then said, "Go ahead, you can go now." We were confident that we wouldn't go and get lost. After all, Paul was our fearless leader.

Well, we all know how these little fun runs go... a nice relaxing snowshoe through the forest, right? WRONG! Paul Hartwig, aka Snowshoe Man takes off like a bat and left everyone on their own... what the heck... I knew something was up when I saw his red tights... his cape was neatly tucked underneath his shirt... this man is a DEMON on snowshoes... but no way was he going to go and leave me to get lost at Greylock... I tried to keep him in sight, just a flash of red now and again... think I caught him as we hit the road and ran the road together in tandem asthma attacks...

We ducked left into the trail again, with Snowshoe Man in the lead... we carried on a great conversation, but I have no idea what he said... all I could do was say "yeah" once in a while, when I recognized a word... we hit Jones Nose in about one hour... the view just breathtaking... the trail wound around in circles for a bit... Snowshoe Man told me that Farmer Ed did that so we could spend a little more time up there to take in the gorgeous vistas... two little gallon water jugs sat in the snow, looking very inviting... strange that they were marked with yellow "police line" tape... I guzzled down half a gallon and we were off again...

Just starting down and uh oh... someone is on his way up and pretty close behind us... so we kick it up a notch, Snowshoe Man rips his shirt open, his cape unfurls, he lets go with this kind of honking roar and we start the descent down the trail...

we are cookin... we start passing people on their way up and realize that we better bust our butts if we are going to win this "fun run." A little further down the trail, we run into Farmer Ed and his trusty dog Tippi and his trusty camera... Ed focuses and shoots and we are off again... I think there were other people in the shot, maybe K2 and Jeff ??... anyway, we are flying down the trail... and wondering where the heck the road is and boy, the road is going to be easy after the trail and all the 3 foot deep post holes we have had to dodge and jump over...

Well, we get to the road, hang a right and take off... now the sun has been out for a long long time and the sun is very warm and the snow has gone very heavy and mushy and our sprint down the road lasts about 10 seconds... a quick check behind us and no one in sight, so we slow down and get a breath... then run, then walk, then run, then walk... hang a right into the trail and the last leg to home... I tell Snowshoe Man that he led this snowshoe run/race, so he has to be the first to cross the line... it's only right...

We would have made it quicker, except Snowshoe Man got lost at the fork... first right, then, no, to the left... no.. no..... sorry it's the right... and we flew down to the imaginary finish line to the sound of no one clapping... Snowshoe Man was the first across that line... made his day... he tucked his cape back inside his shirt, put his pedestrian black cap on his head and grinned...

We really had no worries about anyone close behind us... the next person to appear was 11 minutes behind us... Snowshoe Man grinned and grinned...

You know what they say.... any day is a good day at Greylock! I told you it wasn't over yet....

Kaniac, Overall Runner-Up at the Moby Dick Snowshoe...

MOBY DICK FUNRUN SNOWSHOE March 8, 2003 Lanesboro, MA

01. Miren Hodgson	2.5 Miles	0:49:00
02. Chloe McGrath	2.5 Miles	0:54:59
03. Tracy McGrath	2.5 Miles	0:55:37
04. Ed Alibozek Jr	2.5 Miles	0:55:41
05. Brett Hodgson	2.5 Miles	0:56:00
01. Paul Hartwig	8+ Miles	1:58:00
02. Carol Kane	8+ Miles	1:58:02
03. Sarah Edson	8+ Miles	2:05:00
04. Laura Clark	8+ Miles	2:10:00
05. Brad Herder	8+ Miles	2:10:05
06. Laurel Shortell	8+ Miles	2:16:55
07. Edward Alibozek	8+ Miles	2:17:55
08. Rich Busa	8+ Miles	2:35:03
09. Martin Glendon	8+ Miles	2:36:14
10. Ken Fairman	8+ Miles	2:43:04
11. Jeff Clark	8+ Miles	2:56:30
12. Konrad Karolczuk	8+ Miles	2:56:31
13. Ann Snoeyenbos	8+ Miles	3:02:44
01. Will Danecki	16 Run/ 2.5 Snowshoe	
01. Nico Scibelli	16 Miles +	????????

3 Dogs (Sierra, Summitt and Tippi) also made the trip.

GREYLOCK COVERED BRIDGE SNOWSHOE FUN RUN... LUCKY DOGS...

Greylock Glen, March 15, 2003.... Snowshoe FunRun/Dion Demo Day...

Just when you think you are FINALLY done with the snowshoeing and had it up to THERE with the snow and cold... and you DON'T want to drag your butt around another tough frozen course, bustin' that same butt in the hardest sport ever... an event happens that just seals the deal on the finest snowshoe season EVER!!!!... and reminds us just how much we love this and never want it to stop...

Weather couldn't be better... sunshine and snow.... simple... it works...

Master Course Designer, aka Snowshoe Man laid out a perfect figure 8 course.... kind of a "take yer pick" deal... the first part was a 3.5 mile loop around the Glen, but different from the 5K race course... this first part took you back past the Gazebo and The Hot Dog Guard... Farmer Ed. You could bail out at that point, or continue, across the road to the second loop, a 4.5 mile trek south to the Cheshire Harbor Trail, up to Gould and back down...

Observations of the Day....

Snowshoe Man was gone at the start... he was moving so fast, he disappeared...

Course was pink ribboned and yellow arrowed... there were only 2 places that you could go wrong and I went wrong at both places... but at least I dragged a couple others with me...

It was a dog-day at the Glen.... Summit and Sierra and Tippi and 3 footed dog Jennie and dogs in a 3-legged stove...

There were a few "Bless Me Father's" as some vegetarians scoffed up those hot dogs... and didn't stop at one, either... except Richard, of course... true to his vow, "just a bun with mustard and relish please"....

Am getting fond of the hot water dispenser with the garden hose spigot... and the 3 legged stove... that must be a custom fitted rock that gets transported everywhere the stove goes...

Ran with Dion and Rob Higley for most of the 2 loops... they ran at funrunpace and I ran at racepace... there was lots of talk of snowshoes and cleats and scores and weight and FSA's and bindings and float...

Dion's logo should be "We'll Get It Right"... this man has a passion and is determined to make everyone happy and fast on his snowshoes... and if they aren't, he wants to know why... he'll make it better... guaranteed!

Have you ever seen Rob Higley run down a steep hill on snowshoes???

Cold Mountain wasn't so cold today...

Farmer Ed told us we would be treated to a covered bridge on the 2nd loop.... we all imagined and anticipated a historic, quaint, rickety little bridge... 1998 was the inscription on the inside wall of this bomb-proof structure...

Thanks to the dedicated person who shoveled snow onto the road for the crossing onto loop 2... now THAT was a plus....

Thanks for the spread at the Gazebo... never saw so many cookies in one place at one time... hot chocolate... a warm barrel of fire... good company and happy faces... lucky dogs... all of us...

*Kaniac...
March 2003*

COVERED BRIDGE SNOWSHOE & DION DEMO DAY

March 15, 2003

ADAMS, MA

01. Grant Hodgson	3.5 Miles	0:49:33
<u>02. Jackie Hodgson</u>	<u>3.5 Miles</u>	<u>0:53:30</u>
03. Brian McCarthy	3.5 Miles	0:53:50
<u>04. Denise Dion</u>	<u>3.5 Miles</u>	<u>0:58:45</u>
<u>05. Miren Hodgson</u>	<u>3.5 Miles</u>	<u>1:02:17</u>
06. Gotha Swan	3.5 Miles	1:15:00
<u>07. Tracy McGrath</u>	<u>3.5 Miles</u>	<u>1:19:10</u>
08. Ed Alibozek Jr	3.5 Miles	1:19:20

01. Paul Hartwig	8 Miles	1:32:12
02. Bob Dion	8 Miles	1:36:11
03. Edward Alibozek	8 Miles	1:38:32
04. Rob Higley	8 Miles	1:39:10
<u>05. Carol Kane</u>	<u>8 Miles</u>	<u>1:39:11</u>
06. Brad Herder	8 Miles	1:53:05
07. Rich Busa	8 Miles	1:53:15
<u>08. Darlene McCarthy</u>	<u>8 Miles</u>	<u>1:55:10</u>
09. Bob Massaro	8 Miles	1:55:11
<u>10. Laurell Shortell</u>	<u>8 Miles</u>	<u>2:07:16</u>
11. Martin Glendon	8 Miles	2:12:42
12. Kenny Fairman	8 Miles	2:24:25
13. Scott Hunter	8 Miles	2:25:08
<u>14. Kate Hayes</u>	<u>8 Miles</u>	<u>2:25:28</u>
15. Konrad Karolczuk	8 Miles	2:41:52

Just like Moby Dick Snowshoe, three dogs did the route:

Sierra
Summitt
Tippi

Partial Course Enjoyment:

Ellen Mach
Ann Dowbrowolski
Poncho Mach
Scott Bradley
Justin McCarthy & Jennie

Snowshoe Loaning Help:

Craig Dion

Thank all of you who brought something to share – and thank all of you who had fun with us!

1ST CRESCENT MOON SNOWSHOE 4M HANDICAPPED RACE

What? A competition where runners are started at intervals based on past performance.

Where? The Merrimack River trail from Andover to Tewksbury MA.

Why? To give the CMS team a chance to compete on snowshoes one last time before the USSSA National Champions. To view the course conditions prior to deciding if the Merrimack River trail race should be postponed.

Conditions: 2-4 inches of powder covering a thick base of solid ice. Temperatures in the mid 20's, cloudy but no wind at the 8 am start.

The race: It was decided to start the race at the 1 mile mark of the Merrimack River trail race. This would allow passage under Rt. 93 and avoid the 20' high pile of snow and ice that had been pushed off the highway. At the mile (9:49) the group sorted out who would go first. Stephen Peterson led the charge. Petey is the race director of the Merrimack River trail race and recently won the 10k event at Moody Springs.

One minute after Peterson, Paul Young took off in a spray of snow. Young qualified for Nationals earlier this year but decided not to run as he is training for the Boston marathon. Dave Dunham was next to go after a minute. Dave finished 2nd at Nationals last year and has been fighting injuries this winter. Richard Bolt was the final racer taking off after Dunham using his great starting speed. Bolt recently won the WMAC snowshoe series and was the 3rd place finisher at Nationals last year.

Bolt 1 1/2 miles into the run overtook Dunham. "I was surprised Rich caught me so fast. My first mile (the easiest of the 4) was 6:36, he was FLYING!" Dunham then overtook Young, who was running strong. Peterson was passed by Bolt at about 2 1/2 miles and powered his way to the finish. "I felt pretty good" noted Bolt. Peterson was the 2nd to cross the finish line. Meanwhile Dunham's slight lead on Young was lost just before the infamous Powerline hill. "I was running the downhill sections faster than Dave, the footing was tricky" "I went down Equestrian hill face first and slid the entire way down" stated Young.

"Great run, great trail, great friends," laughed Dunham.

1ST CRESCENT MOON SNOWSHOE March 15, 2003 Andover, MA

	Time	Clock	Start
1 Richard Bolt	29:31	32:31	0
2 Dave Dunham	32:59	34:59	1
3 Paul Young	34:07	35:07	2
4 Stephen Peterson	34:19	34:19	3

Dave Dunham hopes to bring a snowshoe race along the Merrimack River to the WMAC Snowshoe Series in the future. He also would like to try a "handicapped start" race.

HOW SARATOGA WINTERFEST BECAME A 5KM SNOWSHOE RACE

Laura: "Honey, let's have a couple of friends over for lunch some Sunday in February. You know how we don't get out much in the winter and basically have no life after trail running/kayak seasons end."

Me: "That sounds like a good idea, something spontaneous, let's invite Edward and one or two others."

[I ran out of quote marks.] " You know that goofy smile of Ed's draws crowds like a fire in a fireworks factory, perhaps we should keep it a secret from him until just before the day." "

"Not a bad idea, we could all go for a quick run down our road to work up an appetite and then I could just make a fritatta and we'll have some fresh bread to go with it." Let's keep it small though, we can't cook for more than a hand-full."

"The fritatta sounds great, but Fireman Tom makes that great Bison Chili we love and Bill and Cathy Taylor make that great veggie chili."

As time goes on, snow comes to Saratoga. Oh, dear, , no one will come over with all this snow on the ground!

Time goes on. Honey, we've gotten a couple dozen people for lunch and if we get any more, we won't have room in the house. We can't use the porch, you know how those trail runners hate the outdoors in winter.

Right! Yeah, I remember Will vowing to hibernate until Spring. Well, let's call the Park and see if they have a pavilion, I'm sure the roads are plowed and free of traffic.

You won't believe this, I talked to Dion and he's got these crazy things that slip on under your sneakeres (French spelling). It doesn't look like it would catch on, but we could have Bob bring one or two pairs and see how they do.

Think anyone will wear them? Nah, but we'll humor Bob and I think I saw a goofy look on the Farmer's face when Bob showed him a prototype.

Get out, you saw Dion with some? How'd I miss that? Must have been a one-time thing.

Oh my gosh, I can't count how many are going to be here for lunch, its going to be huge! Now we'll have to buy a few hundred hot dogs and get a few cases of Gatorade.

What'll we do with all of them while we cook lunch? No problemo, Dave Dunham, Richard Bolt and others left for the 5k course, I don't know if they'll be back in time. Quick, someone go chase them & let them know the food's ready.

Oh, oh. What now? We've got a hundred and forty others chasing them through the course. Better set up a finish line so we can get them to stop for lunch.

And that, boys and girls, is how Saratoga Winterfest came to be. And that's the truth, Edith Ann.

Jeff Clark

MEASUREMENT MUSINGS

When I first participated in the Grand Tree and saw the “percentages” listed in the Grand Tree standings as the season unfolded and then in the final rankings I always assumed that they were percentile ranks of finish positions.

Then one day Ed ($2 + 2 = 5$) Alibozek told me that the way he calculated a “percentage” for a particular runner was to take the winner’s finish time and divide it by the runner’s finish time. Now having been pretty good at math in high school and college and having taught statistics at the college level, my initial reaction was that in no way was this anything close to percentile rank. So what was this weird type of measurement anyway?

In calculating a “percentage” the score in question is divided by the whole; the score in question is in the numerator and the whole is in the denominator. Ed’s method put the score in question in the denominator and the “whole” in the numerator. According to Mr. Sharp Pencil, this produced a “percentage.” For years no one questioned the Farmer about this high-level mathematics process.

Now the sharp scientific mind of the WorSham was attempting to expose Zardo. I got out a piece of paper and using formulas for distance = speed X time, and plugging in the equivalents in Ed’s formula, I arrived at a brilliant conclusion that none of the Grand Tree wise men had ever known. What they were actually calculating was each runner’s speed expressed as a percentage of the winner’s speed. Did they know this? No! Even Mr. TightAss Karl Molitoris did not know it. We don’t have speed as a measurement at the finish line. However it could potentially be calculated because we know distance (of the race) and finish time of each runner. A person’s speed would be distance divided by finish time.

If we then take a runner’s speed and divide it by the winner’s speed we would get an answer meaning that a particular runner’s speed was such-and-such percentage of the winner’s speed. For example, if a runner ran 7 miles per hour and the winner ran 10 miles per hour, 7 divided by 10 would be .70, or 70% of the winner’s speed. You arrive at the same result mathematically if you divide the winner’s finish time by the runner’s finish time. Trust me; it works.

Okay, so your average percentage as listed in the Grand Tree standings mean that your average “speed” is a certain percentage of the average winner’s speed for the races you ran. Understandable, but it doesn’t make sense to score the Grand Tree this way.

Why, you ask? Okay, so you are going to ask dumb questions because you didn’t go to elementary school when I did. You learned “concepts” rather than how to actually calculate anything. What? You never took any courses in science and the philosophy of measurement? Then you will swallow the dogma of Zardo hook-line-and-sinker.

The reason that this method sucks is that you could finish in the same percentile rank in every race (i.e., beat 75% of other runners), but your Grand Tree “percentage” would depend on the finish time of the winner. In other words, it can vary based

on how fast the winner runs. In a race with 100 runners you can finish 25th, but your Grand Tree measure will vary based on whether Ben Nephew was the winner or Kenny Clark was the winner. If you choose your Grand Tree races carefully, avoiding ones that Ben runs in, you can artificially inflate your Grand Tree “percentage” even though your percentile rank would stay the same.

Did you all wonder why your Grand Tree percentages precipitously dropped over the last few years even though your finish positions remained about the same? The answer is Ben Nephew’s running times set a bunch of course records. The point is that a measure that varies based on who is the winner is not a good measure to use for standings where we all run different races. The better measure would be average percentile rank, a measure of the percentage of people that you finish in front of. This measure does not vary with the speed of the winning runner.

This is why cross-country in high school and college is scored by finish ranks and not speeds (or finish times). The snowshoe series is scored based on percentile ranks which is best.

So the homework assignment is for you all to work out the proof for why winner’s finish time divided by runner’s time is the same as the runner’s speed divided by the winner’s speed. Show your work! If you are a high school math teacher do not attempt this at home.

WorShamer

*“Pi is the center of the world.”
(Or maybe it’s actually a TootsiePop.)*

Mountain, Ultra & Trail Council

I wanted to thank you all for another great season of snowshoe racing at the WMAC series. It’s been great to watch the series grow and see the same dedicated folks week after week. I am writing to introduce myself as a new member of USA Track & Field’s Mountain, Ultra & Trail Council (MUT). I will also be on the board of directors of USATF-NE as the mountain rep.

Dave Dunham has vacated these positions after many years of excellent work and I will be his replacement. Also note that fellow snowshoe racer Nikki Kimball is a new member of the MUT Council and like myself, will be working to promote MUT sports in the northeast region.

My goals are as follows: 1) Listen to any concerns or questions you may have about MUT (or snowshoe) sports and pass them on to the MUT Council. 2) Be a source of information for those athletes interested in making the Teva USA Mountain Running Team. 3) Keep you informed about upcoming mountain races in the northeast. 4) Race, race, race!

Thank you for your time and I hope to see you all at the races!

Regards,

Richard Bolt
USATF Mountain, Ultra & Trail Council Member
603-627-7213

THE BEST SEASON EVER

What an incredible season! And what a great job all the race directors did. Some day when I'm too old to compete I'm going to at least be a co-director. We just don't really appreciate the effort that is required to put on a race. Perhaps we have been conditioned to races always going off so well that we take things for granted.

We had five new races or courses this season and I was amazed at how well they all turned out. Without exception there were only a few problems. John Pelton and Jack Quinn did a great job on mapping out a challenging course. I heard some complaints about parking and having to walk to the start but I thought it was a great way to warm-up before the race. We went down to get our numbers and then walked back to the parking lot; I then ran down to the store to use the facilities and then back to the parking lot and finally we trekked back down to the start. It was a tough start and finish but the rest of the course was a winter wonderland. My thanks to Jack and John.

The only race I've missed since I started in 1999 is this year's Saratoga Biathlon. I was set to go but I got an email from Ed saying the conditions didn't warrant the trip. I think Ed estimated 3 - 4 hours. But for the locals and Laurel Shortell and Bob Dion, the race went off in good fashion thanks to a Herculean effort by Jim Schreiner. We'll be there next year Jim, if gas stays under three bucks a gallon!

Paul Hartwig did his usual great job at Greylock and then went the extra effort to put on a fun run at the Glen on March 15th. A great course, about 8 miles as the crow flies, and what a beautiful day. I think that this spot is our Mecca.

What can you say about Beth and Brad Herder? A first time race that went off like clockwork, the first half of the course was a killer but we were rewarded for our efforts by an exhilarating downhill run to the finish. How did Brad manage to appear in so many places? I thought he had one of those Star Trek transporters to transport him from one location to another. How could anyone have left that race feeling hungry, we probably took in more calories than we burned on the course. Was there anyone who had a better time than Curly?! If you haven't seen the video that Brad created you're in for a real treat, a truly professional job and not one racer was left unrecorded.

Northfield, another challenging course. I was beginning to think that that long climb was never going to end. A few of us went "exploring." When will we ever learn? The race director tells us that if we don't see a ribbon after a certain distance that we should turn back to the last ribbon. What is it in that statement that we don't believe? They say "live and learn" but hell, I'm 73 and I haven't learned yet. Why do racers want to blame the race director? Maybe hell is the transformation of all of we racers into race directors and for all eternity having to listen to the endless stream of bitching that we all spewed out over the years. The post race prizes were most generous. Thanks for a fun day, Dave.

Laura and Jeff Clark did their usual fine job at Saratoga and then extended themselves by putting on the new Wilton Wildlife Run, another great course. Plenty of food after the race and a nice indoor area available. I think WMAC should donate a

megaphone to Laura so that when she calls out those prize numbers she'll be heard. I can lip read so it's not a problem for me. Has anyone else noticed the improvement in Laura's race times this year? She's either doing a lot more training or she's found some magic elixir! Thanks for all that you do to provide us the opportunity to compete in these races.

South Pond, Hawley Kiln and Moody Springs along with Moby Dick (which was a fun run this year) were the result of Ed Alibozek either directing or assisting. At South Pond it was Ed and John Scalise, assisted by Debbie doing the cooking. This was a really tough course this year as attested by the slower times. I hate to hear someone blame their time on too much snow!

Hawley Kiln was again the effort of Marc Lombard assisted by Tom McCrumm and Ed. It was cold but the conditions were great. With all of the races the one criterion was to stay as close to the center of the track as possible; deviating just a foot or so could mean dropping down or possibly disappearing altogether! Thank goodness that we didn't have to go up those firehouse stairs this year. And another wonderful pig out!

At Moody Springs it was Ed again. This course was absolutely beautiful this year especially running along the stream in the latter part of the race. And then there was our year-end treat at South Face Farm. I do wish that Tom would get some heat in that waiting room!

And finally, Moby Dick. Ed and his cohorts mapped out a trail up to the base of Jones's Nose. It started out being announced as six then seven and finally I heard 8 miles. When I got to the turn around I was going to go back down the road but Ed showed up and said it was shorter that way. I didn't want to be identified as a wimp so I headed back down following Ed and Tippy. Ed paused at several spots to take a few pictures and then he told me he would run behind me and he followed me all the way to the finish. I love that fireplace and couch at the visitor center, especially with a cup of hot chocolate.

Conrad and Ed Jr. are not race directors but they are out there packing down the trails, putting up ribbons and then having to go back to take the ribbons down, no easy task, especially when you marking a trail after a foot or two of snow and there isn't a trail, they have to break it. That translates to a lot of hours and hard work. And a special thank you to Ed for all of the work he puts in over and above the call of duty to provide us with all of those statistics and history. A truly indefatigable guy!!!

Hopefully I've covered everyone. To each and everyone thanks for the best season ever.

Rich "Silverback" Busa

PS -- I forgot why I had Bob Dion's name listed, he made every race and was there to fit countless people with a pair of his wonderful shoes. We didn't always have the luxury of having shelter so Bob and his crew had to work in the cold with no gloves. I love your shoes Bob even though they can't always take the heat! And, if you weren't at the Greylock fun run you missed Mrs. Dion's delectable carrot cake.

"BARNYARD AWARDS" 2003 SNOWSHOE SERIES

The DRAGON Award: Named for the first male champion of the WMAC Snowshoe Series, Bryan Dragon in 1998. Overall Male Champion for the 2003 season is **Richard Bolt**. Rich totaled a score of 596.39 points out of 600.00, and set a course record at Camp Saratoga! Out of the nine WMAC Series events Rich raced at, he won three and was runner up four times. Additionally, Rich won the Lake Placid 10km Regional Qualifier and the Hyland Orchard 5km.

The LAUREL Award: Named for the first female champion of the WMAC Snowshoe Series, Laurel Rollins in 1998. Overall Female Champion is **Sheryl Wheeler** with 492.71 total points. Sheryl won four WMAC Series events and was the runner up twice. Her performances at South Pond over the last two seasons are regarded as legendary. In addition to winning the WMAC title, Sheryl also won the Gold Medal at the Empire State Games for 40+. Sheryl is the course record holder at South Pond and Camp Saratoga.

2003 Men's SOY (Snowshoer of the year): **Rich Busa** has only missed one snowshoe event since 1999, and has been undefeated for a while in his age division. Bob Massarro said it best: "Rich has done all the races (forget Corinth due to the storm) and he travels as far as anyone to get to the sites. He always does the long course. Rich gives away multi years to all his competitors and his times are extremely credible for his age. In many races he does more than the stated distance...(self explanatory). He's an inspiration to all of us, and who knows how many more years he'll be able to compete!!! This may be the last time we have this opportunity... but I surely hope not."

2003 Women's SOY: We ended with a split vote here, with WMAC Snowshoe Champion **Sheryl Wheeler** and USSSA Regional Champion **Nikki Kimball**. Sheryl's accolades are available above, and Nikki won the grueling Woodford race as well as the Northfield Mtn Regional Qualifier. Nikki also ventured west to compete at the USSSA Snowshoe Championship, finishing 2nd overall!

2003 Men's ROY (Rookie of the year): **Mark Guillaume** averaged almost 90% (88.47%) at the six races he participated at, and seemed to get better and better as the season wore on. Mark finished 6th overall and is our 2003 Men's ROY.

First rookie runner up is **Rob Higley**, who was right behind Mark with an average of 85.82%, and a 7th place overall finish. Rob moves into the 50+ division next season, making that an even more competitive bracket.

2003 Women's ROY: **Jacque Schiffer** finished her first WMAC Season on snowshoes with a 3rd place overall finish (67.05%) and several age group titles to her credit (Woodford, HKK and Moody). Jacque also set new age group records at HKK and Moody Spring.

Eva Van Stratum finished 4th overall and is the rookie runner up for 2003. Eva won divisional titles at South Pond, Curly's and Northfield Mtn., and is the current age group record holder at CRR and NFM.

Honor mentions, Rookie/ Male: Steve Banatoski, Bruce Grisafe Mike Lahey, Shaun Sutcliffe, Paul Low, Mo Moadeli, Dan McNamara, Tom Fraser, Dan Verrington, Alan Bernier, Paul Young, Nico Scibelli, Ed Myers, Jack Casey, Jim Tharp, Craig Wilson, Judson Cake, John Delorey, Mike Albrecht, Jeff Hattem, Frank Bareis, and Al Shultz all finished at least three events in their first season of WMAC Snowshoe racing, and in some way positively impacted our series. Thanks to all of you, hope you come back in 2004 for another season!

Honor mentions, Rookie/ Female: Stephanie Landry, Jennifer Shultis, Nikki Kimball, Miren Hodgson all finished at least three events, and each lady was a wonderful addition to the series. We hope to see all of you return next season for more fun in the snow.

2003 POY (Performance of year, Men): **Dave Dunham** zips through the South Pond Shuffle with a convincing 30-second victory over the deepest field participating at any of the events. Conditions were brutal for everyone with several feet of deep, heavy, wonderfully slippery snow lining the course and the ever present "dips" and "stream crossings" thrown into the backside of the loop. Dave had mentioned almost not being able to climb out of one particularly deep trench.

2003 POY Women: The Performance of the year for the ladies was **Sheryl Wheeler** at South Pond. Sheryl just dominated the conditions and the competitors at this race (again). Last season's POY was the "down to the wire" finish at SPS between Sheryl and Inge Aiken. It seems like the tougher the snow conditions, the more impressive Sheryl performs.

2003 The K2 Award: Given to the most improved snowshoer, named for Konrad Karolczuk who improved a ton from year one to year two. Bill Ross won this last season, and continued to improve in '03 as well, so a case could be made for Bill to repeat. But, going with some new blood, the vote goes with **Peter Lipka** who won the 50-54 age group title in 2003. Runner up is **Jonathan Howes**, who moved up the standings race to race and finished six events.

For the ladies, **Julie Ryan** really found the rhythm on the snowshoes this season and improved noticeably throughout the season. **Laurel Shortell** continued her improvement as the season wore on also, and is the runner up.

2003 Race of the year: Curly's Record Run in Pittsfield State Forest was voted our race of the year. Beth and Brad Herder did an incredible job assembling volunteers and finalizing a course that left you breathless twice (after the climb and after the descent). The overall race for first place came down to just a few seconds, and the entire event was captured on video tape (available by contacting Brad Herder 413-442-0560). The after race cookout was plentiful, and the race raised funds for the Pittsfield High School X-Country Team. Finally, we all were able to storm down the mountain where Curly Voll set the ski record way back when. Curly has been such a fixture and help to our snowshoe events for so long that we named the volunteer of the year award after him a few years ago. It is fantastic to have a race named after Curly in our series.

"BARNYARD AWARDS" 2003 SNOWSHOE SERIES

2003 The WORSHAM Award: Named for Erin Worsham and her ability to do a couple extra loops at South Pond in 1998, this award annually goes out to someone who got lost during a race. Northfield started the ball rolling and several did extra distance, but the weird thing is the trend continued all the way to the end of the season with at least a few going off at every race but none as badly as **Leigh Schmitt** who got "lost" at Northfield, SPA and Camp Saratoga (off course at 3 races in 8 days). Honorable mention votes go to a) "the field at Northfield Mtn", b) "the course markers at Northfield Mtn", c) **Nico Scibelli** who doubled up with Northfield and the Moby Dick fun run where he was pulled all the way to the tower, and d) **Mary Quinn** at Moody – where several of us still can not figure out where she ran or what exactly she did, even after consulting with the water stop group and looking at maps.

2003 HANNON Award: Given to the top snowshoe article of the year, named after NER's *Trail Troll* Dave Hannon. We had many, many fine articles written again this season, but the award voting goes to the CURLY's VIDEO. This really has to be seen, I can't stress that enough.

2003 BEVERLY Award: Awarded to the top snowshoer over age 60, **John Pelton** wrapped up 2003 with an age group title for our series, a co-directing job at our opening event Woodford, and a Gold Medal at the USSSA Championship in Salt Lake City, Utah. You really can't do much more than that! Congratulations John!

2003 SILVERBACK: Awarded to the top snowshoer over age 70, this is **Richard Busa's** again in 2003. Rich had such an incredible season he is also our Snowshoer of the Year.

2003 CURLY (volunteer of the year): We call this the "CURLY" award, since Curly Voll won it for so many years early on. Our recipient as volunteer of the year is the **Dion Snowshoe Company**. Bob, Denise and Craig just did so much for every race that it made organizing the series much easier. The loaner shoes allowed so many more people to try snowshoeing, and many first timers became "sold" on the sport after just one event. Thank you Bob, Denise and Craig Dion – the three of you deserve much more than this simple "award".

2003 COMEBACK OF YEAR: **Keith Schmitt** once ruled trailrunning in New England. He had performed so incredibly at Greylock Marathon and Savoy Mountain in 1998 at a young age that the future looked very bright. Injuries and increased family responsibilities kept him out of the race scene for several years, but he returned to us on snowshoes in 2003 and managed four top ten finishes out of the five events he participated at. Very nice to have you back Keith!

The STREAK: Konrad Karolczuk, aka K2, had done the first 22 WMAC Snowshoe events before missing Saratoga Biathlon. **Laurel Shortell** is our new leader with two consecutive seasons worth of events; fifteen is the current STREAK.

COOKOUT OF THE YEAR: South Pond Shuffle gathered the most votes for top cookout, but personally I had difficulty separating one from another (hey were all pretty fantastic (in my opinion)).

BEST LOCATION: Northfield Mountain was the favorite choice for location to hold a race. The building and indoor plumbing was a huge advance for the regular Western Mass crowd. The course itself was a real beauty, with a devastating climb and wicked drop to the finish.

TOUGHEST RACE: The South Pond Shuffle finished with a slight edge over Northfield Mtn as the toughest race in '03. Northfield has the tougher terrain by way of climb going for it, as well as a faster field top to bottom. South Pond countered with a real Big Dog race for 1st, as well as all that snow (which according to the Old Goat, is the great equalizer).

TOUGHEST MILE: Two climbs dominated the voting. Curly's managed one more vote than Northfield for toughest mile. I thought the coolest thing about these two events was how much of a preparation Curly's gave us for NFM. The two courses are close to mirror images of each other, with the exception being CRR having single-track descent and NFM being double-track groomed descent, and CRR being about a mile shorter. CRR is a perfect introduction for preparing for NFM.

FAVORITE SECTION OR MILE: Mile six to mile seven along, aside and over Basin Brook during the Moody Spring 15km Race was by far most people's choice for favorite section (this would be mile 2.7 to mile 4.0 in the 10km version). Also gathering a decent number of votes was the downhill at CURLY's, which left several snowshoers flying out of control into the deep cushion of soft snow on the sides of the trail.

FASTEST: The entire Saratoga Winterfest course, aka SPA! This is as close as snowshoeing gets to a road 5km. Following at a close 2nd is the new for 2003 Camp Saratoga – those New Yorkers sure know how to put together some quick courses. 3rd "fastest" is the downhill at the end of NFM.

SLOWEST: Voting came in pretty heavy for three choices. Slowest anything was the entire day at SPS. Deep heavy snow and several stream jumps through gullies will do that. 2nd highest total was the HKK "staircase" (named by Dave Dunham a few years back). It isn't so much how steep or how long, but where it is in the race that makes that one tough (and slow). 3rd slowest, was another entire course – Woodford. The funny thing is that it was only thought of as "slow" by everyone except the top couple shoers, who thought conditions were outstanding and fast!

SCENIC WONDERS: In no particular order: Seeing stars at the finish of Camp Saratoga, Basin Brook at MS, Saratoga Geyser, Curly and Curly's, looking at the tower on Greylock on a zero degree clear morning, Greylock and the quality of sunlight, Moody Spring (the pipe) at Moody.

"BARNYARD AWARDS" 2003 SNOWSHOE SERIES

WHAT SHOULD WE ADD: We had four people request additional races in Eastern MA area (a good idea!). We had three people suggest we add Sturbridge to the series (we agree and are trying to convince Gary Bridgman). We also had a single suggestion to have a mobile truck with a hot tub in the back at all the races.

IMPROVEMENTS TO MAKE: Porto-lets!

MISTAKES THAT NEED ATTENTION: We had two sent in: too much snow, and course makers on the ground = BAD.

WHAT WE REALLY DO WELL: Motivate, make feel welcome, cookout, markings (YES!!), food, Red Bull and attitude all were mentioned regularly.

FUNNIEST MOMENT (s): Rich Busa dominated this category. The weird part is he tallied votes for several different blunders, as follows:

1st Place Melting his snowshoe at Greylock Glen - 8 votes. Rich leaned the shoes against the fire-barrel and when it was discovered the tips melted he brought them over to Bob Dion to blame the pieces defective.

2nd Place Going for his shovel at CRR. A vehicle was stuck in the snow, and Rich said "don't worry, I have a shovel in my truck". He then started walking away to retrieve it, without realizing that his truck was in Holyoke, not Pittsfield -6 votes.

3rd Place Finishing the HKK 7 Miler shirtless in minus degree weather. We found out this was only the start of the shirtless thing. - 5 votes.

4th Place Stealing Farmer Ed's snowshoes before the start of Woodford and insisting that they were "his". - 4 votes.

5th Place Doing the Snow Angel shirtless after Moody Spring in a snow-bank. - 3 votes.

6th Place Taking off his shirt and laying in the snow after the Covered Bridge Snowshoe Fun Run, and demanding a picture be taken. - 2 votes.

7th Place Jumping into Eva's jeep at Woodford. - 1 vote.

8th Place Busting his butt in the parking lot of the Holyoke Mall throwing a snowball at his approaching ride. - 1 vote.

9th Place Wandering around the parking lot at SPA unable to remember the vehicle he arrived in. - 1 vote.

That wraps up another snowshoe season. Thanks to everyone who participated, as well as to all of you who voted for barnyard awards!

Take care, see you in December,
Edzio

OUT OF CATEGORY WRITE IN VOTES: Here are the "out of category" write-ins:

How about a new category called "**Beyond the Call of Duty**"? I would vote for Richard Busa, who made a four hour round trip in his car then ran for over two hours with me just so that I'd be able to safely complete the Moody Spring course after having missed the race day. He did all this on a moment's notice after having already done the race a couple of days before.

L. Sorell

Jalapeno Corn Chowder should get an award.

J Howes

Don King award: f.ed/

B Massarro

Coldest race: hkk

D Livingston

Most snowshoes - dion

Biggest smile - f.ed

Red Lantern Award-- Jeff and Konrad

Us Postal--"neither rain, not sleet... Laurel Shortell

Snow Bird Award--Carol

Most entertaining--Rich

Most breathtaking course — Greylock

Laura and Jeff Clark

Pre-race instructions should include informing shoers that they should stand aside to let a shoer pass instead of forcing the shoer to go off into the deep snow in order to pass. And people with poles should be told to pull them in when another shoer passes.

Rich "Silverback" Busa

And a bundle from the Trail Troll, Dave Hannon:

Most lost has to go to George Chamberas for his performance at Northfield. Me and his son Anthony trudged around looking for him for an hour after. We followed his tracks and could see he KNEW he was off-course, but continued to plow on despite there being no snowshoe tracks in front of him.

Team of the year: New England Snowshoe All-Stars that almost toppled the mighty CMS team at Northfield. If Leigh had stayed on course we could have won!

Whitest ears: Rob Higley after Greylock Glen. Ben Nephew offered his hat to Rob and Ben is totally BALD!

Best wipeout: Ben Nephew at the start of Greylock. I thought for sure he would come up with blood on his back and cleat marks! (Ben duplicated this at Camp Saratoga with a wonderful spill about a hundred yards into the race.)

Best race, Moody Springs - the course is amazing and how can you top the reward, fresh pancakes and maple syrup.

**WMAC SNOWSHOE SERIES 2003
93 BRANDYWINE LANE
SUFFIELD, CT 06078**