

SNOSHU-NEWS

PEOPLE YOU SHOULD KNOW



Our introduction to the Vermont directors of our race series came on the last day of February 1999, at the 1st ever Mountain Goat Snowshoe Fest at Prospect Mt, Woodford, Vt.

The area sort of reminded me of one of those wild-west resort type places from my youth... Six Gun City, Frontier Town, etc.

Jack Quinn leading John Aldrich and Eddie Sahazewski at Curly's Record Run, Pittfield State Forest, 2003.

The buildings were just kind of scattered throughout a "Main Street" and the wind was blowing quite fiercely making me wonder about tumbleweeds.

That inaugural snowshoe race at Woodford, Vermont was won (in 20:56) by the 1999 WMAC Snowshoe Series Champion Ken Clark, who destroyed the rest of us by a huge margin. The only competition that Kenny had was during the initial climb when Paul Hartwig blasted to the front of the pack and led the race for a ¼ mile or so. Claudine Preite won the women's race, in the fine time of 41:26. The complete results for this event are as follows:

1999 MOUNTAIN GOAT SNOWSHOE FEST MT. PROSPECT WOODFORD, VT

01.	Ken Clark	20:56
02.	John Pelton	24:19
03.	Edward Alibozek	26:42
04.	Paul Hartwig	28:03
05.	Jack Quinn	28:21
06.	James Preite	28:51
07.	Bruce Marvonek	29:21
08.	Scott Bradley	31:27
09.	Ray Robidoux	33:19
10.	Stan Tiska	38:51
11.	Chaudine Preite	41:26
12.	Herbert Kalish	59:25
13.	Shelly O'Dowd	59:58
14.	Karin Bradley	59:59
15.	Judy Hartwig	59:59

PEOPLE YOU SHOULD KNOW

As for our two directors, John Pelton finished second overall and Jack Quinn was fifth between Paul Hartwig and Jim Preite. 15 people finished the race that sleeting day. The pair of top five finishes must have inspired Jack and John, as they would both start turning up with regularity at all the WMAC Snowshoe events from South Pond 2000 onward.

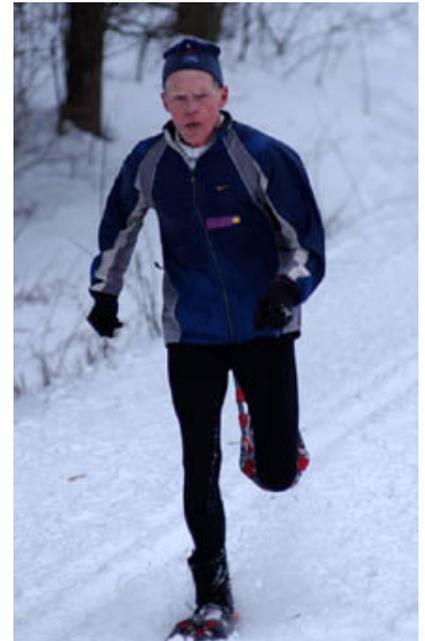
Starting with our 2002 season, the two Vermonters started directing an annual event in the Woodford area, first at Mt Prospect (December 2001) and then at Woodford State Park (December 2002). This season, on December 28th, 2003, there will be a third version, scheduled for now at the same spot as last season (Woodford State Park) but Jack and John are dreaming of one day moving the event to Haystack Mountain / Mt. Snow for the following type of event:

MT SNOW/ HAYSTACK RIDGE-RUNNER 4.5 MILE SNOWSHOE RACE

Register at the Haystack Upper Base Lodge, Haystack Mountain, West Dover, VT. We then carpool over to Mount Snow Lift #17, and ride the lift as a group hoping to stay out of the wind at the top.

The course will be as follows: The race travels from Mount Snow across a wide groomed trail that follows the ridgeline south to the top of Haystack.

Some ups and downs but nothing like Hawley or Pittsfield. When we reach the top of Haystack, we turn downhill on the easiest trail and run down to the base lodge for refreshments. About 4 ½ miles all groomed with plenty of passing room.



John Pelton at the Northeast Regional Snowshoe Qualifier at Northfield Mountain, 2003.

Our kickoff event for the 2004 season will be the Woodford >5km on December 28th, 2003. For information contact:

- Jack Quinn** 802-375-9655 jack.quinn@adelphia.com
- John Pelton** 802-394-7782 jnpltn@sprynet.com
- Electronic applications** www.runwmac.com

TOTAL WMAC SNOWSHOE RACES FINISHED, 1998 - 2003

ALL TIME RACES/ WOMEN END 2003 / 31 POSSIBLE

01.	Laura Clark	*	23	44.45%
02.	Darlene McCarthy		19	54.53%
03.	Carol Kane		18	58.81%
04.	Claudine Preite		17	26.27%
05.	Deb Livingston	*	14	73.74%
	Laurel Shortell		14	31.18%
07.	Lisa Schmitt		13	48.08%
	Ellen Mach		13	4.30%
09.	Barbara Sorrell	*	11	43.11%
	Meg Dunne		11	8.37%
11.	Beth Herder		09	75.90%
	Lisa Swan		09	31.36%

ALL TIME RACES/ MEN END 2003 / 31 POSSIBLE

01.	Konrad Karolczuk		30	15.48%
02.	Ken Clark	*	28	93.19%
03.	Bob Dion	*	27	87.19%
	Richard Busa	*	27	33.82%
05.	Ed Alibozeck Jr		25	63.26%
06.	David Boles	*	24	68.30%
07.	Leigh Schmitt		23	98.69%
08.	Bob Worsham		20	71.09%
	Larry Dragon		20	57.02%
10.	Dave Dunham	*	18	98.49%
	John Pelton	*	18	77.57%
	Paul Hartwig		18	47.42%

* denotes an age group champion in 2003

The ladies division has a change of leader, with Laura Clark finishing nine out of ten events in 2003. Prior leader Claudine Preite was missed at the majority of the events, but we are hoping she returns to action in 2004.

Darlene McCarthy and Carol Kane made half the events last season, and Deb Livingston doubled her total output. Barbara Sorrell won a divisional title by hitting four races, and Lisa Schmitt stayed active with two events.

New to the list are Laurel Shortell, who finished all ten events in 2003, and Lisa Swan, who recently completed an iron-man distance triathlon.

On the men's side, Konrad Karolczuk maintained a two race advantage over Kenny Clark for the top spot.

Immediately behind Kenny are Bob Dion and Richard Busa, only one race back.

Ed Jr, Dave Boles, Leigh Schmitt, Bob Worsham and Larry Dragon all increased their totals last season, with all but Larry getting in at least half of the ten events.

Breaking into the top dozen spots are Dave Dunham, John Pelton and Paul Hartwig. All three of these guys have been racing a while, and all three are race directors of a series event.

ALL TIME RACES/ WOMEN END 2002 / 21 POSSIBLE

01.	Claudine Preite	16
02.	Darlene McCarthy	14
03.	Laura Clark	14
04.	Carol Kane	13
05.	Ellen Mach	13
06.	Meg Dunne	11
07.	Lisa Schmitt	10
08.	Beth Herder	9
09.	Deborah Livingston	7
09.	Barbara Sorrell	7
09.	Martha Hojnowski	7
09.	Maria Capella	7

ALL TIME RACES/ MEN END 2002 / 21 POSSIBLE

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

IDEAS FOR WMAC SNOWSHOE EVENTS

1. Dress in several light, wicking layers rather than one heavy jacket, paying attention to material!!
 - 1st layer: lightweight and breathable, avoid cotton!
 - 2nd layer: insulating, lightweight fleece or wool.
 - 3rd layer (if needed): waterproof/windproof.
2. Arrive early to "try out" the snowshoes.
 - Even if it is your first time wearing them, the adaptation is fairly quick.
3. Bring a warm change of clothes for afterward, especially socks, shoes, top and a winter jacket.
4. Have a sense of humor, as well as adventure.
5. Make having fun the emphasis of the event.

WMAC SCHEDULE 2004

Sunday, December 28, 2003 3rd Annual WOODFORD	Woodford, VT 3.5 Mile
Saturday January 3, 2004 2nd Annual SARATOGA BIATHLON	Day, NY 5KM
Sunday January 4, 2004 MERRIMACK RIVER TRAIL	Andover, MA 4 Miles
Saturday January 10, 2004 7th Annual SOUTH POND SHUFFLE	Florida, MA 4 Mile
Saturday January 17, 2004 5th Annual GREYLOCK GLEN	Adams, MA 3.5 Mile
Sunday January 25, 2004 2nd Annual CURLY's RECORD RUN	Pittsfield, MA 4 Miles
Sunday, February 1, 2004 5th Annual SARATOGA WINTERFEST	Saratoga, NY 5km
Saturday, February 7, 2004 2nd Annual NORTHFIELD MTN	Northfield, MA 7.25km
Saturday, February 14, 2004 2nd Annual CAMP SARATOGA	Saratoga, NY 8km
Sunday February 15, 2004 2nd HYLAND ORCHARD	Sturbridge, MA 5km
Saturday, February 21, 2004 7th Annual HAWLEY KILN KLASSIC	Hawley, MA 7 & 4.5 Miles
Saturday, February 28, 2004 COVERED BRIDGE	Adams, MA 3.5 & 8.0 Miles
Saturday, March 6, 2004 4th sort of Annual MOODY SPRINGS	Hawley, MA 15km & 10km
Sunday, March 13 or 14th 2004 MOBY DICK	Lanesboro, MA 2.5 & 9 Miles

WMAC SCORING 2004

The 2004 WMAC Snowshoe Series will utilize the same system of scoring as last season. The scoring will be decided by points as follows:

Points will be awarded to all finishers, based on number of participants in each individual race, with 1st place always receiving 100 points, regardless of number of finishers. Each subsequent position will be awarded points on a sliding scale from 100.

Example; if 40 people complete Woodford, the overall winner will receive 100 points. The person in second will receive 97.5 points, third will get 95 points, on and on until the last finisher gets awarded the factor point. This will weight the scoring by number of participants.

WMAC SCORING 2004

If at the next event, Saratoga Biathlon 5km, there are 20 finishers, first place again gets 100 points, second 95, third 90 etc.

If there isn't snow at an event, a foot race may be held instead. The points awarded for a "non-snowshoe" race will be halved. So, if there is no snow at Race X, and 50 people participate, first place gets 50 points, second receives 49 points, etc. This way, the event (and the directors efforts) can be salvaged towards being part of the series, with lesser weight than a traditional snowshoe race.

The overall male / female WMAC Snowshoe Champions will be decided by total number of points for their best six out of fourteen possible scores at the WMAC events.

Also, the top point producers in five year age categories, both men and women, will be declared age group champions. You must complete at least four out of the fourteen events to be eligible for an age group title, with your best six scores counting.

2003 WMAC SNOWSHOE CHAMPIONS

12 - 19	Kelly Murray	72.22	72.22%
	Grant Hodgson	61.08	30.54%
20 - 24	Cristina Dos Santos	11.29	5.65%
	Stu Douglas	164.43	82.22%
25 - 29	Deb Livingston	456.17	76.03%
	Kelly Herrington	502.00	83.67%
30 - 34	Jennifer Shultis	183.31	45.83%
	Richard Bolt	596.39	99.40%
35 - 39	Jacque Schiffer	402.34	67.06%
	Dave Dunham	582.08	97.01%
40 - 44	Sheryl Wheeler	492.71	82.12%
	Ken Clark	566.89	94.48%
45 - 49	Barbara Sorrell	166.64	41.66%
	Bob Dion	535.76	89.29%
50 - 54	Kate Hayes	67.88	11.31%
	Peter Lipka	388.21	64.70%
55 - 59	Laura Clark	288.90	48.15%
	David Boles	373.81	62.30%
60 - 64	John Pelton	457.26	76.21%
65 - 69	Jules Seltzer	30.23	10.08%
70 - 75	Richard Busa	174.14	29.02%

EXPOSING ZARDOZ (or a bit more about our scoring system)

We had a couple of request to modify our scoring system for the snowshoe series from the current one based on finish place to a more universally accepted one, percentage of winner's time/speed.

The first thing I did was go back and calculate the top performers (men and women), as well as the over 60 crowd, to compare the two options.

Believe me when I say that there aren't any noticeable changes in the top performers whether scoring was based on time or place. Where we did see some changes is toward the back of the pack. With the current scoring, the points go all the way down toward one or two. With percent of winner's time, the lowest scores would end up being around 30%. Whether scoring a 30 for taking three times as long as the winner makes sense, or whether a 1 for being last in a race of 100 people does, that is a matter of debate. Actual finish place in the yearly results doesn't change by re-calculating, however. If you come in 1st, 50th or last in one method you will be in that same spot with the other method also.

That stated, let me say that the scoring currently in place – based on place, is there for a reason.

We set up the snowshoe scoring based on finish place simply out of the necessity to lower our chance for error.

Timing during winter, outside in sub zero temperatures can wreak havoc with timers/clocks etc. I felt back in 1995 when we started doing events that keeping track of place would be much easier and less prone to error than depending on a clock.

The best example of this being a Godsend was Greylock Glen 2002. Two timers went haywire and malfunctioned (it could have been operator error in one of the cases but lets face it – standing outside on a cold January day with gloves or mittens makes pushing buttons difficult. And that doesn't explain the second timer malfunctioning also). We were able to piece together times by asking everyone with a watch for a recorded time – and then by taking the time off the digital photos I took after finishing the race myself (all but the first 7 finishers were captured on digital photo with time of day recorded).

Although we ended up with close to accurate times, it really didn't matter with our current scoring system. We only had to worry about place (a huge relief). At South Pond, Greylock Glen, one of the Saratoga events and Hawley Kiln this past season (2003) – one of the clocks stopped or never started working at the start of the race. We go with THREE clocks figuring there will be problems in the cold. Basing the scoring on place makes things even easier though. This way the times are only for "show", and to give ideas about how long a course may take in a given year, and for folk's personal records etc.

I know how many races I have been a part of directing or helping over the years, and I know what it is to stand in the cold recording finish places. I don't think anyone can match my time spent at a finish line during the winter, this season I handled the finish line at 4 events, 3 of which were just plain brutal cold to be standing around at (South Pond, Glen, HKK). At each of the

events, I was either alone or had one person to help. With the shortage of volunteer help, the best we do is for each finish place to be within a second or two of actual. Especially when there is a group coming in – we tend to record numbers for finish place and then assign a second to each finisher in order.

Next, scoring by place makes every spot a fight to the finish. As I have stood at the finish of races over the years and watched snowshoers coming in it is incredible to see people in 50th place trying like mad to get past one person for 49th. If we used the percentage of winner's time, the difference between two or three seconds just wouldn't be that exciting. Basing the scoring on place makes each spot worth a little more something.

Lastly, we wanted to have something a little different than what most of us have been used to with the trailracing circuit. We also wanted to make sure that the events were fun, and having people racing to the finish laughing like mad for an extra spot certainly seems it to us.

If you are not convinced our current system is our best choice, send in your ideas if you think we should change. Just remember that is ok to be a little different.

Farmer Ed

DION DEMO DAYS/ FUN-RUNS

Sunday, December 21, 2003	Savoy, MA
Dion Demo Day #1 4 Miles	<i>North Pond</i>
Saturday, January 31, 2004	N. Adams, MA
Dion Demo Day #2 2.5 Miles	<i>Windsor Pond</i>
Sunday, March 21, 2004	Florida, MA
Dion Demo Day #3 2.5 Miles	<i>Blackstone Farm</i>

KEENEY'S MAINE SERIES

Jan. 18, 2004	SCHOODIC MT 4.4 MILES
Schoodic Mtn Lodge	Sullivan, ME 11:00 a.m.
Feb. 1, 2004	BLACK HOUSE 2.2 MILES
Woodlawn Black House Museum	Ellsworth, ME 11:00 a.m.
Feb. 8, 2004	TRENTON FLURRY SCURRY 1.5 MILES
Trenton Elementary School	Trenton, ME 11:00 a.m.
Feb. 15, 2004	GREAT POND MTN 2.3 & 1.0 MILES
Craigbrook National Fish Hatchery	East Orland, ME 9:00 a.m.

All four of the Maine Snowshoe Series events are being held on Sundays! For more specific information on any of these events, please contact:

Peter Keeney
 25 Woodbury Road
 Bar Harbor, ME 04609
 1-207-288-8381

Keeneye@midmaine.com

TEN ESSENTIAL THINGS TO THINK ABOUT BEFORE A SNOWSHOE RACE

1. Eat something for breakfast. Bread and Luna Bars are my personal favorites. You are going to need a lot of energy. One year my daughter had no breakfast before the 9-mile Moody Springs race. She totally bonked and finished last.

2. Pack dry clothes and a towel. You will be soaked with sweat after the race. You will learn to dispense with modesty as you strip off wet clothes to put on dry warm ones. You don't want to be cold while you're pigging out on the food.

3. If you have two cars in the family, bring the biggest one. You will need the space to go through your clothes changing maneuvers and your putting on of snowshoes (vans and SUVs with big back seats). Practice putting on snowshoes in your car for at least the seven days leading up to your first race. Or practice putting them on really fast outside with no gloves on.

4. Have on your boots and warm clothes when you go to the registration table, and not the shoes you are going to run in. It can be windy and cold in the mountains of Savoy or Greylock, or actually anywhere there is snow.

5. Decide what you are running in before there are only five minutes left to the start. Light weight gloves (not leather), outer pants with pockets to put those gloves in if your hands get hot, a second pair of heavier gloves in case your hands get colder, a hat that can both cover your ears or not cover ears. Don't forget those gaiters if you use them. Fleece vest? Windbreaker? Don't overdress; after two minutes of running you heat up. If you are wearing a long-sleeve fleece pullover you will die of heat stroke. I recommend a long-sleeve wicking shirt and a short-sleeve fleece vest with a zipper. Get hot? Unzip it. Get cold? Zip it up. Experiment with your running attire before race day.

6. Carrying fluids? Carrying energy gel? You don't need it for 5K, but for the 7-mile Kiln or 9-mile Moody I'd suggest it.

7. Spray your snowshoe cleats with de-icer or silicone spray. Some wet snow conditions will cause ice balls on the bottom of your snowshoes (as opposed to the ones inside your clothes).

8. Decide where you are going to put your car key during the race. I don't suggest hiding it in the snow next to an oak tree, and I recommend not risking losing it on the course.

9. If you do warm-up jogging have one shirt for warm-up and another for racing. Your warm-up shirt will get wet with sweat and you'll be cold at the starting line waiting to start.

10. Get your snowshoes on and adjusted just right at least 10 or 15 minutes before the start and jog around in them. You don't want to discover they are too loose or too tight after racing the first 200 yards. You also don't want to discover that they are on the wrong feet, like I did at the startline at Woodford last year.

11. (So I lied about 10 things) Figure out where and how you are going to pee before the race. You have to be well-hydrated, and that means you are also going to have to pee. A number of events have no indoor porcelain. Some have outhouses (don't laugh or sing in them), and some have the woods (my personal favorite). You better perfect this technique before race day, as

you do not want to pee on your fleece pants, your gloves, or your snowshoes. Why would you be wearing your snowshoes when you go pee you ask? To tamp down that 18 to 30 inches of snow so you won't have to stick your butt into it when you squat. Bring some of your own toilet paper to be safe.

Bob Worsham (WorShamer)

WMAC SNOWSHOE SERIES VOW OF CHASTITY

As the sport of snowshoeing continues to grow and gain popularity, more events will pop up at resort areas and other more comfortable surroundings. Big time "championship" events will become more prevalent and will need to have lodges and other amenities available for the comfort of the large number of participants. We just want to make sure that the root we started our events from maintains a following, and perhaps allows others to add similar events to their schedule. **We do not feel that this type of snowshoe event is "better"**, but we do feel that attention must be drawn to the more Spartan events as to not lose them entirely with the popularity of snowshoeing taking off as it has. As a matter of fact, **we believe this Vow of Chastity actually increases potential snowshoe venues** rather than restricts it.

VOW OF CHASTITY

- Event must be held in State Forest or on Private Land. Event can also be held in a State Park if the area has not been overdeveloped to the point of being commercialized. Event cannot be held at ski resorts or golf courses.
- At least 25% of the course must be on single-track trail, winding through the woods if at all possible. This section must be left un-groomed by snowmobile or other motorized grooming mechanism if at all possible (mistakes happen).
- Course must average a minimum of 50' of climb and descent per mile.
- If course is over 6 miles, a shorter distance option must also be held for those participants who do not wish to attempt 6 miles or more.
- Event must be named after a natural or historic landmark in the area, and the course must travel within sight of it.
- No professional timing allowed.
- No trophies or awards ceremony. The day belongs to all participants. Overall and age group winners will be recognized in the results, which will be sent to each participant.
- Free entry for participants 65 years old (and over), and also for those 12 years of age (and under).

HOW TO ENJOY (SURVIVE) THE WINTER

I. Have a goal but know your limits

If you normally cover that day's intended distance in time X, it may easily take 2X or 3X to do the same distance in winter. Because of this, and the fact that in the winter the air is extremely dry and thus "sucks" the moisture out of you and your breath, plan to take 2X or 3X amount of water. Also if you normally don't need food for time X, realize that you're burning calories not only for maybe three times as long but also to keep yourself warm (read: carry food). If you end up needing it, you'll be REALLY glad you carried it.

II. Be prepared

This may sound Boy Scout'ish, but Boy Scouts rescue more than they need rescuing! The idea of spending a night or two, possibly hurt, in the woods in the winter is uncomfortable at best, deadly at worst. Make sure that if something happens you can pull yourself through. Be responsible for yourself!

What to carry:

A small first-aid kit; matches (or lighter); extra snowshoe binding or twine / rope (to make-shift a binding, if necessary); 2-liters of water (minimum); high-energy food; bivy-sack (if you have to spend a long time sitting in snow, you'll need to be waterproof). If you're not wearing them: Waterproof / windproof top and bottom; hat (something warm that insulates); mittens; insulation layer. All this "gear" adds up (for me) to 13 lbs. This may sound like a lot, but how fast are you really going to be going anyway...so what's a few more pounds.

Amount of Clothes to Wear:

Picture this. A winter "novice" starts out on a run (or hike, or climb) warm and in about 10 minutes of exertion they start to sweat. They're feeling good and continue this way until they have to stop (which may be during less than ideal conditions and miles from a heat source). Their clothes are now soaked with sweat and they get cold REALLY fast. I could go on forever with horror stories regarding this, but I'd rather concentrate on what to do right. Start out being cold! If you're comfortable as you take that first step, you're over-dressed. Period. Wear as few clothes as possible; you'll warm up (via exertion) soon enough. I find that running (or hiking hard) at 70°F and at 10°F is the same, in regards to clothing, except at 10°F you have to take under consideration the wind (wear a windbreaker and hat) and carry extra clothing for when you stop.

Type of Clothes:

There's an old saying that refers to clothing for the winter... "Cotton Kills". Take it to heart. Cotton clothing may be really comfortable for summer wear (it's soft, it doesn't scratch, etc.) but it should be left in the closet starting around November. Cotton absorbs and holds moisture like a sponge. When you're physically active in the winter, you're going to sweat. You MUST get rid of the moisture by venting your clothing (which allows the moisture to escape) and wearing

Type of Clothes (continued):

clothes that do not retain the sweat you've produced. Also, if you fall in the snow / slush / a river, etc., your clothing had better be able to get dry quickly or you're in for a case of hypothermia.

I'll never forget the first time I was ever exposed to such a situation. I, with 3 others, had just climbed Mt. Liberty in New Hampshire (January, 1972). We were sweating bullets and broke above tree line to be greeted by 30 mph wind with temperatures around 0°F. Realizing that if we wanted to survive the night up there, we would have to get rid of the moisture we picked up. There was only one thing to do. Take our clothes off. This may sound counterproductive in our quest to stay warm, but if we didn't get rid of the moisture-laden clothes off our backs, dry our skin off by letting the wind blow-dry us, and put on dry clothes, we'd probably still be up there.

When it comes to winter clothing everyone has their preference, but I use synthetics throughout. Synthetics will retain the warmth even when wet (as will wool, which is an alternative) and will retain much less moisture than will any natural fibers. Gore-Tex, polypropylene, and pile fabrics (Polarfleece, Capilene, and Thermax are just a few of the trade names) make up my entire winter outdoor wardrobe. Being dry equals being warm!

III. Notify Others

Tell someone, who isn't going with you, where you're going and approximately when you'll be back. This isn't wimpy, it's considerate and smart.

The Old Goat

WINTER TRAINING WHEN THERE'S TOO MUCH SNOW TO RUN IN

Looking for a change of pace, snow-shoeing in deep snow with a pack on over rugged terrain can be a trail runner's savior come wintertime. If you're worried that "A walk in the woods is a waste of training time", and "It won't do anything for me", you're wrong. Back in the 80's, I was on a run-of-the-mill hike up Galehead Mt. in the New Hampshire White's. Carrying a 52-pound pack (planning on spending the night), I reached the junction of the A-T after about 3 hours of 'shoeing'. Good time for a water and food break, I thought, so I stopped. It was so quiet that I could hear my own heart...and after 3 hours of hard, steady climbing, it was beating very fast. How fast, I thought, and took my pulse. 184!!! Understand that at the time, I was a mere lad, but that's still cook'n for just walk'n. By the time I reached the summit, I figured that I had just completed a 4-hour, 5 mile, marathon-equivalent with a pulse rate of 85-90% of max., and I didn't run a step of it! It may not do much for your speed but it'll make up for that in spades regarding your strength, endurance, and serenity of mind (hiking in the mountains beats running indoors on a treadmill all to #@%!).

The Old Goat