

# SNOSHU-NEWS

## PEOPLE YOU SHOULD KNOW

Adams, Massachusetts native Paul Hartwig has developed into one of the pillars of the WMAC Snowshoe Series. He started out like most of us, by attending a fun run snowshoe without actually having tried the activity before. Since that initial first time, he has gone on to direct the Greylock Glen 5km each year since 2000, he has maintained and marked the courses each season at South Pond, Hawley Kiln and Moody Spring, he helped bring two fun runs our way in 2003 (Moby Dick and the Covered Bridge), and he has found time to race at 18 of 31 WMAC races since 1998. Paul is an energetic, talkative man who also happens to be as dependable a human as you could ask for. The WMAC Series would not be what it is without him participating so actively each season.



*Paul Hartwig at the North Pond Dion Demo Day December 2003*

Paul's first time on snowshoes, excluding the "old huge wooden ones when he was a kid" was December 21, 1996.

### TANNERY FALLS SNOWSHOE 1/2 MARATHON DECEMBER 21, 1996 SAVOY, MA

Paul Hartwig    41    Adams, MA    3:56:30

Despite an overall lack of snow in Southern New England, good planning kept us active. Savoy, with an average elevation around 2000', held it's frozen misery for our second snowshoe venture of the season.

The Savoy General Store provided a wake up hot cup of coffee and snacks to fill our packs, which later on provided just enough nourishment for several of us to complete our adventure.

The initial 550' climb up Bannis Mountain (2280') was a crawl through unbroken deep snow. If you are going to fall when snowshoeing, it is more than likely going to happen when trying to "run" uphill too fast.

After topping out it was clean running along snow covered Bannis Road, past Borden Mountain (2586') and those ever interesting old cemeteries Savoy State Forest is full of. Very rolling terrain, it seemed as though we were always running either uphill or downhill, never along flat sections. We continued down the Upper Ross Brook Trail to the Balanced Rock (the more popular Balanced Rock exist along the North Pond Loop Trail, as we who run the Savoy 20 Miler know). It's just a short jaunt to the Rock, and well worth it.

Leaving the balancing act, we chose the Lower Ross Brook Trail. None of us had ever been on the trail, any season, so that was our choice. What an enchanting trail this is!! Easily dashing along the bank of the stream, winding mellifluous onward to the junction at the falls themselves. Our pace shuttled us along the winding stretches of pine-laden forest, almost tunneling through the reaches of untouched snow covered trail. The warmth provided by the tunnels and confine of pine were an unwavering contrast to the icy charging stream splashing along its journey.

Tannery Falls themselves are a difficult aim during the winter months. The trail winds sharply downhill (650' elevation loss in just a few tenths of a mile!!) at steep intervals along the brook, rumbling roaring water crashes and slices it's way eroding deep crevasses into the rock that directs the flow. Sheer drops leave one exhilarated and scared at the same moment, the guided cable along the bank in part offers a modicum of support. A quick view about half way down the first falls only prompts your excitement. The muscle burning downhill leaves you at the bottom (1180'), finally able to take in the majestic beauty of one of the falls. Overhanging rock formations obscure your view but the power and noise resounding off the cliffs leave you overwhelmed. A short path to the larger falls leaves you totally breathless. 60 feet the water cascades, transformed into one huge sheet of ice the same 60 feet in height, folds and layers from the constant temperature changes, mist and steam rising off the assorted pools located throughout the length of the drop.

The Tannery Road leading us back was very steep uphill 90% of the way. It did lend us a look at another of Savoy's Cemeteries, interesting visits with the history of the people who once lived in this area. Lewis Hill Road, another unplowed gem within the forest also seemed like an all uphill battle until we reached Adams Road. Too tired to break more new trail, we opted for a repeat of Bannis Road. Forgotten were the numerous ups and downs and ups again. Three tough climbs along the road on the way back left us breathing heavy and shuffling slowly until we reached the final hill. The five of us romped down the mountain alive and clean-lunged from the cold crisp air of Savoy's Tannery Falls. A most wonderful area worth exploring, a real hidden gem in the Berkshire Hills, Tannery Falls by way of snowshoeing is an option for those looking for something new.

*Farmer Ed*

## BOB THE SNOWPERSON

Yes, Virginia, there is a Santa Claus and one of his chief outposts is right here in WMAcLand. While Santa's toy workshop is traditionally located at his North Pole complex, the increased traffic from adventure racers using state-of-the-art GPS systems, not to mention reindeer trying to avoid the Alaska pipeline route, has severely compromised Santa Security. So, to keep his workshop to a manageable, undetectable size, he has elected to contract out several specialty operations.

Hence, the sudden appearance of Bob the Snowperson (a long-lost relative of Bob the Builder and Sponge Bob Square Pants). Based out of Readsboro, VT, Bob the Snowperson is a Man with a Mission. His goal is to fit every man, woman and child with snowshoes specifically geared to their size, ability and fitness level. The only requirement is that they carry a screwdriver with them at all times so they can switch to the appropriate crampons as snow conditions dictate.

Thus it was that on December 21<sup>st</sup>, appropriately the first official day of winter, that WMAcCers gathered from all four corners of the Northeast to celebrate Bob the Snowperson's first Demo Day of the season at the Savoy State Forest. Eager to test Bob's latest innovations and to avoid doing their last minute Christmas shopping at a grid locked mall, WMAcCers launched from their cars and promptly got stuck in several feet of snow. This is perhaps Bob's most effective marketing technique. His quaint hut, situated farther back in the forest on a prime pond-front site, requires a short, but eye-opening hike. By the time the casual tourists struggle through the snow, they know they need Bob's shoes if they are ever to make it back to their car.

Bob the Snowperson's hut is furnished with typical Santa feel-good necessities – a wood burning stove and a pot of hot chocolate. Once you have thawed out, Bob will question you in great detail about your snowshoeing goals, total mileage to date (yours, not your car's) and ability to leap over semi-frozen brooks in a single bound. He will end up knowing more about your feet and your ability to ignore cold and discomfort than perhaps even your mother. Bob will be sure to point out his Dion Bunny Logo stamped onto every shoe. This is no out-of-shape Easter Bunny, but a fit and trim Snowshoe Hare, who, ironically will never need a pair of Dions since he was born equipped for life in the Far North. Bob will be quick to point out that with a good luck hare underneath each sneaker you, too, will be able to run nonstop up Curly's Mountain and embellish your downhill ride with multiple somersaults that will amaze and impress your friends.

Once expertly fitted, snowshoers stumbled out into the light of day and began to waddle around like ducks in search of a pond. When a critical mass had been reached-- three or four snowshoers wandering about aimlessly—they spontaneously took off on a fun run around South Pond. The course chosen was dubbed North Pond for a Day, since at some point the route apparently abandons the customary South Pond trail and travels in a northerly direction around the pond. This doesn't make much apparent sense, except in a North Pole sort of way,

but all we had to do was follow the Dion Bunny tracks and hope that the leader had gotten the concept right.

Some bunnies had such a good time that they decided to do the course again, but backwards. You can execute this complex maneuver only if you are wearing ever-adaptable Dions. Others gathered near Bob the Snowperson's hut to drink more hot chocolate, enjoy Bob's Shop 101 screwdriver/crampon demonstration (fastest screwdriver in the North) and try out each other's Dions before settling on a final color, size and weight option. Remembering the problem Rich Busa had last year with snowshoe identification, Edward Alibozek suggested that we all find some way of permanently marking our Dions to prevent future ownership disputes.

After all, Bob the Snowperson, as Santa's legal representative, might just be watching.

*Laura Clark*

\*\* *the Worsham*, Snownews – 1.5: "... Getting around South Pond seemed like it took forever. I imagine most people were not even aware that we were running around a pond. Everyone was too busy fighting off cardiac arrest and watching that next footfall to look to the right at the pond. This pond is why the race is called the "South Pond Shuffle." The parking lot is next to North Pond, but we run around South Pond."

\*\* *the Worsham*, overheard during summer 2003 at Savoy while looking at the state forest map: "... What kind of nitwit names a race *South Pond Shuffle* when you park at *North Pond*, start at *North Pond*, run along *North Pond*, run briefly past *South Pond*, completely circle *Tyler Swamp*, and then finish at *North Pond*? Shouldn't the race be called the *Tyler Swamp Shuffle*? Or the *Snowshoe Swamp Shuffle*?" Or even *North Pond*?

\*\* Meanwhile, in the background, Farmer Ed continues to laugh heartily to himself... enjoying it each time someone mentions *South Pond*...

### DION DEMO #1, '03 – '04 Savoy S. F. Florida, MA 12/21/03

#### Participants

Ed Alibozek Jr	Edward Alibozek
Jeff CLark	Laura Clark
Craig Dion	Bob Dion
Rich Demaine	Linda Demaine
Larry Dragon	Dave Dunham
Marc Guillaume	Paul Hartwig
Rob Higley	Walt Kolodzinski
Peter Lipka	Bill Morse
Justin McCarthy	Megan McCarthy
Darlene McCarthy	Brian McCarthy
Jim Pawlicki	Laurel Shortel
Shaun Sutcliffe	Barbara Sorrell
Greg Taylor	tippi, Ed's dog

*Thanks to Bob and Craig Dion for spending a day outfitting so many of us with new snowshoes!*

## TEN THINGS TO DO DURING A SNOWSHOE RACE

1. Line up at the start where you think your ability is. Once you get to the single-track trail you want to be ahead of people slower than you and behind people faster than you.

2. Once you get to single-track, if someone is right on your butt and you cannot go faster, ask if they want to pass. If you have a line of several people behind you, chances are one of them wants to pass; ask if someone wants to pass. You may have to step off the trail to let them pass. If they just need to fart you don't have to step off the trail; but refrain from asking anyone if they need to fart. Michele Tetreault might take you up on it.

3. Breathe fast and deep to ward off lung burn. I'm always surprised during the first race to take off running like a trail race, only to reach a point, quite quickly, where my lungs feel like they are filled with fire.

4. Lift the toe of your snowshoe up and out of the snow before going forward for the next stride. The consequences of this are less in soft powder, but if you are in snow with a crusty top forgetting the lift will result in you falling flat on your face. This makes snow go up your collar, one of the reasons I don't ski.

5. Be aware of and regulate your body heat. You may start out all bundled up in hat, gloves, and a zipped up fleece top or vest. Very quickly you will get hot if you are running. You'll be sweating under all that stuff and can get dehydrated and bonk in a long race. You may need to take your gloves off and stick them into a pocket. You may need to fold your hat up off your ears. You may need to unzip that fleece and let some moisture out and some coolness in. Later, if you get cold, cover up some of that skin. Occasionally I will take my hat off and carry it in my hand awhile. If you are Rich Busa you might take off your shirt and show your buff body.

6. Don't fall down into the water crossing a stream. If you get wet and it's really cold, you're in danger. If you jump a stream, make sure your snowshoe doesn't pivot down in the back so that you end up landing on the tail end of it.

7. Keep your steps in the middle of a worn-down track. (Leigh Schmitt ignore this advice, as you will be breaking the trail.) If you step on the slanted sidewall this is like stepping on a slippery slanted wet muddy spot in a trail race (like Savoy). You can find yourself on your side in the snow before you know what happened.

8. This is related to #7. Stride so you don't kick the inside of your ankles with your snowshoes. Depending on your snowshoes, you might have to run with your legs slightly spread apart. (hmmmm . . .) Of course, this is more difficult if you are running in a v-shaped track (see #7). Snowshoe racing is more than just running with weights on your feet. It's total coordination. Don't be chewing gum while snowshoe racing.

9. Hydro up. You will sweat, even in the coldest race. Before a three or four mile race I drink about 20-40 ounces of a combination of water and sports drink. In a race 5-9 miles long I do this and carry a 22 ounce bottle in my water belt. At

Moody Springs I get to fill this bottle once from the magic spring that Jacque Shiffer wouldn't look at. Drink where water stops are provided, even if you are cold and don't feel like drinking.

10. Don't let your outer pants fall down around your ankles as Geoff Matter's did at South Pond one year. Geoff was quite a sight sprinting for the finish with his pants around his ankles.

11. Don't take passing lightly. You may feel like you want to pass, but a surge to pass in snowshoe racing takes an enormous of energy. Pass if you have the energy to both surge then keep up a faster pace. Don't pass then die in front of the person you just passed (got that Dave Boles?).

12. Don't forget to look around at your surroundings. Many of these races will be in beautiful places. Look up from that v-shaped track for a minute to see these. I especially appreciate the deep forest of the Hawley Kiln race and the Moody Springs race. These go through classic New England forests of hardwoods, pine, and hemlocks, home to many birds and animals. Farmer Ed and I have seen a moose in the Hawley Kiln forest and have come across bear tracks in the snow there. If you are really lucky, as you climb that difficult hill in the Moody Springs race, you may spot that exotic and beautiful species, *Ellenus Machus*. Be sure to smile when you do.

*Bob Worsham (WorShamer)*

## BRINGING UP THE REAR By Pete Finley

Though I could not breathe  
I began to ponder  
If only I hadn't eaten those donuts  
And me and ice cream grown fonder

Doing a little bit of arithmetic  
I began to count the cost  
2 seconds a pound they say  
As I gasp at the first mile-post

If we throw in some snowshoe training  
And also the right gear  
I wouldn't be walking up this hill  
Or bringing up the rear

But I'm happy where I am  
As long as I don't lose my way  
Yes, I've finally found my niche  
And nobody can take that away

*Pete Finley is a Saratoga snowshoer. He has volunteered and run on the Saratoga courses, and once at South Pond. He wrote this after the Saratoga Biathlon race.*

## TEN THINGS TO DO AFTER A SNOWSHOE RACE: 2004 SEASON

1. Check to see if your pants have fallen down around your ankles. If so, then pull them up fast to prevent buttcheek chapping.

2. After crossing the finish line you will want to fall down and die because you can't breathe. However, move out of the way of the other finishers first.

3. After you move out of the way of the finishers there are two things you can do to make yourself feel better. One is to bend over with your hands on your knees and suck air until you aren't dizzy anymore and your lungs don't feel like they are going to explode. The other is to go to the edge of the bushes and puke three times. I prefer the latter.

4. Once you have recovered a little bit watch the others finish while pretending that you are not tired at all. A variation on this theme is to hike back on the trail a little and cheer people on as they head into a sprint for the finish.

5. Go take your snowshoes off. Check for iceballs, and knock them off if you have them (from the bottom of your snowshoes). They will make a huge mess if you let them melt in your car. Put them into a large plastic bag with no holes in it. If they are loaners, give them back and make sure you are checked off as returning them.

6. Change your clothes. You are wet and cold, and it may be windy with the temp in the teens or single digits. While changing in the car, beside it, or behind it, just strip those wet clothes off quickly without regard to who is watching or leering, wipe yourself off with a towel, and put on that nice dry stuff with warm fleece on top and a dry hat and gloves. If it's windy, maybe a nice windbreaker on top of all that stuff will help too. Put on some warm footwear, like boots with warm thick socks. While doing this stand on an old braided rug you brought that you can lay in the snow; this keeps your feet and your fresh socks dry while you get your boots on, and you don't have to hop on one foot to do it. Put all your wet snowy clothes into big plastic bags, and stow them so they won't fall over.

7. Now go back to the finish line and get ready to eat some of Slug's great corn chowder, and some chili, and some hot dogs. Maybe some nice bread, cookies, and some coffee or hot chocolate would go good too.

8. Talk to people and watch them. Catch a glimpse of the icicles on Kevin Simon's ears. Check out how people handle a bowl of soup, a spoon, and a drink at the same time. (It's easier to eat the soup or chili by "drinking" it from a cup rather than eating it with a spoon. This is the one-handed method.) Talk about your falls into the snow face first, or sliding on your little bum down the hill. Laugh about how you kicked yourself in the ankles or slid backwards going uphill, getting the tail of one shoe stuck in the tip of the other. Get some pointers from Leigh Schmitt on how you too can someday run six-minute miles in the snow. Talk to Barbara Sorrell and ask her about Matt's Lodge. Talk to Greg Taylor about quarterly stock reports. Ask a seasoned veteran to tell you John Scalise's full nickname. For fun tell a

total stranger that you saw her naked changing clothes. Tell Dave Boles that you saw the steam.

9. Find Mark Guillaume and learn how to hug.

10. Find Ed Alibozek and give him a big old snowshoe smile before you leave for home.

Bob Worsham (WorShamer)  
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## WOODFORD R.D. REPORT

Woodford III was a success crowned by windless sunshine and gloveless, light jacket temperatures. The snow cover was about 14 inches crusted with four inches of new snow on top of the crust. Sweet running.

There were 75 finishers. Registration and refreshments were staged in the parking lot. Mickey Moore's vegetarian Cajun rice and beans drew rave notices and we served 5 dozen of Manchester Bagel Works finest, approximately 85 cups of coffee from the Bennington Price Chopper, 96 bottles of Gatorade from Leader Beverages in Brattleboro, 10 gallons of water, cookies, and fudge brownies from Pat Peters. John LeMay from the Bennington Banner did a nice Monday front page write up accompanied by a photo of Tom Parent crossing the line followed by Wayne Stocker, Tom Denny, and Christophe Lanaud.

Our apologies to the front running pack that went off course; our congratulations to the winners, Dave Dunham and Angie DeFilippe; and our thanks to the race sponsors - Dion Snowshoes, Pepsi of Brattleboro, Bagel Works, Price Chopper, and the Vermont Bread Company.

Special thanks go to those selfless special people who came to help race day: Edward Alibozek, Paul Hartwig, Bill Peters, Mary Peters, Pat Peters, Kurt Ruppel, Donna Ruppel, and Charles Thayer. We hope the rest of the 14 race WMAC series go as well.

*John Pelton & Jack Quinn, Race co-directors*

## 2004 WMAC SNOWSHOE SERIES SCHEDULE

### WHAT'S LEFT?

#03. 01/04/04	<b>MERRIMACK</b>	Andover, MA
#04. 01/10/04	<b>SOUTH POND</b>	Florida, MA
#05. 01/17/04	<b>GREYLOCK GLEN</b>	Adams, MA
#06. 01/25/04	<b>CURLY'S RECORD RUN</b>	Pittsfield, MA
#07. 02/01/04	<b>WINTERFEST</b>	Saratoga Sp, NY
#08. 02/07/04	<b>NORTHFIELD MTN</b>	Northfield, MA
#09. 02/14/04	<b>CAMP SARATOGA</b>	Day, NY
#10. 02/15/04	<b>HYLAND ORCHARD</b>	Sturbridge, MA
#11. 02/21/04	<b>HAWLEY KILN</b>	Hawley, MA
#12. 02/28/04	<b>COVERED BRIDGE</b>	Adams, MA
#13. 03/06/04	<b>MOODY SPRING</b>	West Hawley, MA
#14. 03/14/04	<b>MOBY DICK</b>	Lanesboro, MA

WMAC

**WOODFORD 3.5 MILE SNOWSHOE RACE**

WMAC

**December 28, 2003****Woodford State Park****Woodford, VT**

01 Dave Dunham	39 M	0:27:34	100.00%
02 Tom Parent	27 M	0:32:08	98.67%
03 Wayne Stocker	49 M	0:32:10	97.33%
04 Tom Denny	43 M	0:32:17	96.00%
05 Christopher Lanaud	36 M	0:32:19	94.67%
06 Angie DeFilippi	27 F	0:32:32	93.33%
07 Bob Dion	49 M	0:33:39	92.00%
08 Edward Alibozek	41 M	0:33:42	90.67%
09 Norm Hecker	43 M	0:34:21	89.33%
10 Richard Clark	49 M	0:34:27	88.00%
11 Jay Kolodzinski	24 M	0:34:36	86.67%
12 Jan Rancatti	43 M	0:34:40	85.33%
13 Stephanie Nephew	27 F	0:34:43	84.00%
14 Dale Yarasavage	52 M	0:34:50	82.67%
15 Shaun Sutliffe	46 M	0:35:20	81.33%
16 Gregory Rems	27 M	0:35:28	80.00%
17 Ed Alibozek, Jr.	64 M	0:36:10	78.67%
18 Paul Hartwig	47 M	0:36:20	77.33%
19 Jacque Schiffer	39 F	0:36:23	76.00%
20 Bill Morse	52 M	0:36:27	74.67%
21 Mike Lahey	52 M	0:36:38	73.33%
22 Peter Lipka	52 M	0:36:48	72.00%
23 Scott Bradley	48 M	0:37:08	70.67%
24 Peter Micioni	41 M	0:37:15	69.33%
25 David Boles	57 M	0:37:19	68.00%
26 Eric Bennett	35 M	0:37:32	66.67%
27 Ed Saharczewski	50 M	0:37:38	65.33%
28 Richard Hunt	64 M	0:37:47	64.00%
29 Darlene McCarthy	41 F	0:38:02	62.67%
30 Guy Cashman	48 M	0:38:10	61.33%
31 Ken Deary	51 M	0:38:42	60.00%
32 Brad Herder	46 M	0:39:18	58.67%
33 Larry Dragon	43 M	0:40:24	57.33%
34 Laura Clark	56 F	0:40:46	56.00%
35 Jon Howes	47 M	0:40:48	54.67%
36 Kathy Cashman	48 F	0:41:12	53.33%
37 Raymond Chen	39 M	0:42:21	52.00%
38 Justin McCarthy	14 M	0:44:00	50.67%
39 Walter Kolodzinski	61 M	0:44:15	49.33%
40 Bonnie Fachini	39 F	0:44:17	48.00%
41 Brian Pelton	26 M	0:44:29	46.67%
42 Darryl Caron	40 M	0:44:40	45.33%
43 Brian McCarthy	42 M	0:44:43	44.00%
44 Sophia Kleinman	25 F	0:44:50	42.67%
45 Laurel Shortell	37 F	0:45:25	41.33%
46 Mary Arnold	24 F	0:45:50	40.00%
47 Richard Bolt	33 M	0:46:05	38.67%
48 Ben Nephew	27 M	0:46:06	37.33%
49 Mike Lacharite	46 M	0:46:15	36.00%
50 Elijah Barrett	27 M	0:46:18	34.67%
51 Richard Busa	74 M	0:46:23	33.33%
52 Gregory Hammett	26 M	0:46:24	32.00%
53 James Pawlicki	29 M	0:46:26	30.67%
54 Sue Joyner	45 F	0:46:30	29.33%
55 Ken Clark	41 M	0:46:33	28.00%
56 Dan Verrington	41 M	0:46:38	26.67%
57 Steve Banatoski	40 M	0:46:44	25.33%

58 Britt Brewer	40 M	0:47:19	24.00%
59 Brain Plouffe	41 M	0:47:51	22.67%
60 Laura McHugh	41 F	0:48:03	21.33%
61 Jeannine Fabian	40 F	0:48:05	20.00%
62 Kapil Kulkerni	28 M	0:48:30	18.67%
63 Bob Massaro	60 M	0:48:50	17.33%
64 Michelle Restivo	26 F	0:49:33	16.00%
65 Mike Albrecht	32 M	0:49:35	14.67%
66 Jim Carlson	55 M	0:55:20	13.33%
67 Melanie Hague	46 F	0:50:37	12.00%
68 Julie Ryan	38 F	0:50:58	10.67%
69 Donna Yarasavage	52 F	0:56:47	9.33%
70 Donald Lacharite	72 M	0:56:59	8.00%
71 Betty Lacharite	68 F	0:56:59	6.67%
72 Rich Panush	61 M	0:58:35	5.33%
73 Jeff Clark	57 M	1:00:41	4.00%
74 Konrad Karolczuk	51 M	1:00:41	2.67%
75 Phyllis Dickinson	73 F	1:21:59	1.33%

**EVENT #01 OF WMAC SNOWSHOE SERIES 2004****WOODFORD AGE GROUP WINNERS**

<b>01 – 19</b>	Justin McCarthy	44:00	
<b>20 – 24</b>	Jay Kolodzinski	34:36	Mary Arnold 45:50
<b>25 – 29</b>	Tom Parent	32:08	Angie DeFilippi <b>32:32</b>
<b>30 – 34</b>	Richard Bolt	46:05	
<b>35 – 39</b>	Dave Dunham	<b>27:34</b>	Jacque Schiffer 36:23
<b>40 – 44</b>	Tom Denny	32:17	Dar McCarthy 38:02
<b>45 – 49</b>	Wayne Stocker	32:10	Kathy Cashman 41:12
<b>50 – 54</b>	Dale Yarasavage	34:50	Donna Yarasavage 56:47
<b>55 – 59</b>	David Boles	37:19	Laura Clark 40:46
<b>60 – 69</b>	Ed Alibozek, Jr.	36:10	Betty Lacharite 56:59
<b>70 – 75</b>	Richard Busa	46:23	Phyllis Dickinson 1:21:59

**New Age Group Course Records were set by:**

<b>NEW</b>		<b>OLD</b>	
Jay Kolodzinski	34:36		None
Mary Arnold	45:50		None
Angie DeFilippi	32:32	Angie DeFilippi	36:00
Jacque Schiffer	36:23	Jacque Schiffer	40:49
Darlene McCarthy	38:02	Dar McCarthy	41:00
Dale Yarasavage	34:50	Seth Roberts	38:50
Donna Yarasavage	56:47	Kate Hayes	57:12
Ed Alibozek, Jr.	36:10	John Pelton	38:36
Betty Lacharite	56:59		None
Richard Busa	46:23	Richard Busa	48:04
Phyllis Dickinson	1:21:59		

## WMACers Break the Curse — No One Gets Lost on Biathlon Course!!

In an amazing reversal of the bad luck&/absentmindedness that has plagued WMAC snowshoers in recent years, not one single person strayed from the assigned route on the Saratoga Biathlon course. In his pre-race briefing, Curt Schreiner emphasized that the two-loop course was fairly straightforward making it impossible for anyone to explore alternate destinations. “Uh-oh, he’s asking for it,” I thought, as heads automatically swiveled in Rich “wrong way” Busa’s direction.\*

But to be fair, Rich is an experienced footprint tracker and Bigfoots, even the lightest Dions, are notoriously easy to follow. It is those out front who seem to have the most difficulty. Just the week before at Woodford, mid-packers were astonished when they were passed by top racers that they normally only see at the chow line. While Richard Bolt and Ben Nephew managed to finish a few places ahead of Rich, Ken Clark was actually following in Rich’s footsteps! This Bermuda Triangle effect also cast its shadow over last year’s Winterfest, Camp Saratoga and Hawley, among others.

But Curt was right. The WMAC curse was broken. No one, not even the lead runners, got lost. The entire course was groomed and any attempt to explore the deep woods would obviously have been the wrong choice. But that is not to say the journey was an easy one, just less mentally stressful than usual. While many forests have groomed cross-country ski trails, few have trails that are built specifically for cross-country competition. These trails were constructed after Jim Schreiner and his sons, Jim and Curt, went to Lake Placid for the 1980 Winter Olympics. When his sons expressed an interest in the sport of biathlon, Jim and a neighbor who owned a bulldozer built the Saratoga Biathlon Club. Curt went on to become a two-time Olympian, while Jim competed in the Worlds in white water kayaking.

The course Jim Sr. created is relentless. The hills are not as steep as in some of our other races, but they keep coming at you. There are few level spots – you are either going up or coming down and getting ready to go up again. This makes for an exciting ride on skis, but a taxing one on snowshoes. As Curt suggested, the best strategy was to remember that this was a two-loop race. So I paid attention on the first loop and tried to remember the location of the tough spots as well as those which invited surges. Most importantly, I noted a few landmarks that would lead up to the finish the next time around.

But we weren’t the only ones getting a good workout. As with the Woodford event the previous week, we drove through bare-bones terrain, with only our stubbornness and our positive thinking to pull us through. That and Jeff’s directions, which patiently explained how it really is possible to drive west on Route 9N without ending up in Sacandaga Lake. After accepting two such leaps of faith, we were abruptly thrust back into winter and confronted with the Driveway from Hell. We should have abandoned our cars at the side of the road and shooed up the rock solid wall of ice, but our cars were eager to prove that they, too, could scale large

mountains. With Edward Alibozek acting as ballast for a few reluctant trucks, we all arrived safely at the summit and skated over to the registration area. It’s beyond me why we didn’t immediately don our snowshoes, with their newly improved crampon system. I guess at that point we were not thinking about our personal safety. We were only trying to avoid getting lost.

- The January/February 2004 issue of *Ultrarunning Magazine’s* article, “Stone Cat Ale Ultras Fun and Fast,” mentions that Rich “wrong way” Busa got lost yet again and probably did closer to 50K than a marathon. “...Richard Busa, 74, was the oldest finisher in 6:13:57, despite all his extra miles.” Congratulations, Rich!

laura clark

## OLD FARMER’S RAMBINGS...

### 1-2-04 SARATOGA BIATHLON 4K

Adams, Massachusetts sent five participants (one van load, thanks to Mike Lahey). It was a tense ride out since it was our 1<sup>st</sup> Biathlon race. We had problems finding the race, need a “**RACE** → “ sign off 9N. We stopped at a couple variety stores, but they couldn’t help us. One fella thought it was in the Lake George area.

We made it to the race with nine minutes to spare, just enough time to help each other with the bibs. This was better than “the big guy”, Larry Dragon, who arrived twenty minutes after the start with his companion Julie Ryan.

Ready, Set, GO! A half mile into the race I noticed the four of us... Pete, Mike, Paul and I were in our own little pack! Only Shaun was missing – a 4<sup>th</sup> place finish for him, that’s why.

Beautiful course, three laps would have been more to our liking. Food and drink? Cost extra, and we didn’t carry cash since we leave our belongings in an unlocked car, so nope for food and drink. I ended up donating all my water and coca cola to fellow runners.

Did I hear correctly? 39 – 59 age group?

The ride home was most enjoyable. We’re relaxed and the humor spills out. I keep getting ribbed about John Pelton (we are both 64 years old). “Junie \*\*, what are you going to do about Pelton?” Shaun Sutcliffe spoke up in my defense, “Junie, if you can’t beat him, try to outlive him...”

*Old Farmer Ed*

\*\* Old Farmer Ed is called “Junie” by most of his family, since he is “junior”. Peter Lipka, being Ed’s 1<sup>st</sup> cousin, routinely calls him “Junie”, as he has since they were children. Over the last several years, people hear Peter calling out “Junie”, and have started using this familiar name for Ed Jr. Shaun Sutcliffe most notably.

# 2004 WMAC SNOWSHOE SERIES DOUBLE HEADER

## SARATOGA BIATHLON CENTER 4KM

January 3, 2004 Day, NY

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01	Elijah Barrett	27	<b>0:18:01</b>	100.00
02	Gregory Hammett	26	0:18:22	98.15
03	Curt Schreiner	36	0:19:41	96.30
04	Shaun Sutliff	46	0:19:42	94.44
05	Jason Clark	32	0:19:48	92.59
06	John Ondendonk	36	0:20:01	90.74
07	Ed Myers	52	0:21:00	88.89
08	Mark Burns	39	0:21:23	87.04
09	Thomas Denny	44	0:21:25	85.19
10	Bob Dion	48	0:21:45	83.33
11	Sean Halligan	38	0:21:52	81.48
12	John Pelton	64	0:22:04	79.63
13	Edward Alibozek	41	0:22:15	77.78
14	Norm Heckler	43	0:23:02	75.93
15	Todd Eicher	31	0:23:04	74.07
16	Cahal Grennan	37	0:23:23	72.22
17	Eric Bennett	35	0:24:11	70.37
18	Ed Alibozek Jr	64	0:24:35	68.52
19	Dave Boles	58	0:24:38	66.67
20	Bob Irving	49	0:24:42	64.81
21	Gary Cunningham	30	0:24:48	62.96
22	Mike Lahey	52	0:25:05	61.11
23	Paul Hartwig	47	0:25:09	59.26
24	Mark Stephenson	39	0:25:34	57.41
25	Jacque Schiffer	39	<b>0:25:39</b>	55.56
26	Peter Lipka	52	0:26:04	53.70
27	Eric Sanborn	40	0:26:45	51.85
28	Frank Gaval	57	0:27:03	50.00
29	Richard Demaine	44	0:27:09	48.15
30	Linda Demaine	43	0:27:11	46.30
31	Miles Appling	16	0:27:20	44.44
32	Steve Mitchell	62	0:28:39	42.59
33	Laura Clark	56	0:28:53	40.74
34	Cynthia Gardner	52	0:29:10	38.89
35	Debbie Briggs	52	0:29:28	37.04
36	Jo-Ann Spinelli	50	0:29:40	35.19
37	Phil Borgese	44	0:29:41	33.33
38	Ellie George	48	0:29:43	31.48
39	Peggy McKeown	46	0:30:50	29.63
40	Richard Busa	74	0:31:17	27.78
41	Charles Hudson	66	0:31:53	25.93
42	Jacqueline Hodgson	16	0:32:22	24.07
43	Laurel Shortell	37	0:32:36	22.22
44	James Carlson	55	0:32:39	20.37
45	Melanie Hague	46	0:32:59	18.52
46	Kathy Fuller	42	0:33:23	16.67
47	Peter Finley	42	0:36:57	14.81
48	Al Schultz	58	0:36:57	12.96
49	Jeff Clark	57	0:39:11	11.11
50	Konrad Karolczuk	51	0:39:12	9.26
51	Andy Keefe	73	0:43:21	7.41
52	Miren Hodgson	44	0:45:27	5.56
53	Chelsea Halliday	13	0:50:13	3.70
54	Rachael Halliday	29	0:50:26	1.85

## MERRIMACK RIVER 3.3 MILE

January 4, 2004 Andover, MA

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01	James Pawlicki	MO	<b>0:17:22</b>	50.00
02	Dan Verrington	MM	0:19:18	47.50
03	Shaun Sutliff	MM	0:19:25	45.00
04	Matthew Curran	MM	0:19:38	42.50
05	Rob Smith	MO	0:20:31	40.00
06	Kara Haas	FO	<b>0:20:41</b>	37.50
07	Dave Dunham	MO	0:20:48	35.00
08	Bob Gillis	MM	0:20:57	32.50
09	Rick Ciolino	MO	0:21:00	30.00
10	Jennifer Hegarty	FO	0:21:42	27.50
11	Steve Whitley	MM	0:21:45	25.00
12	David Geary	MO	0:22:24	22.50
13	Norm Sheppard	MM	0:22:30	20.00
14	Jennifer Lassen	FO	0:22:41	17.50
15	Michael Haas	MO	0:22:43	15.00
16	William Morse	MS	0:23:19	12.50
17	Pete Lipka	MS	0:26:27	10.00
18	Richard Busa	MV	0:30:32	7.50
19	Laurel Shortell	FO	0:31:23	5.00
20	Cathy Dunham	FO	0:35:13	2.50

### BIATHLON AGE GROUP WINNERS

<b>13 – 19</b>	Miles Appling	27:20	Jackie Hodgson	32:22
<b>20 – 29</b>	Elijah Barrett	18:01	Rachael Halliday	50:26
<b>30 – 34</b>	Jason Clark	19:48		
<b>35 – 39</b>	Curt Schreiner	19:41	Jacque Schiffer	25:39
<b>40 – 44</b>	Thomas Denny	21:25	Linda Demaine	27:11
<b>45 – 49</b>	Shaun Sutliff	19:42	Ellie George	29:43
<b>50 – 54</b>	Ed Myers	21:00	Cynthia Gardner	29:10
<b>55 – 59</b>	Dave Boles	24:38	Laura Clark	28:53
<b>60 – 64</b>	John Pelton	22:04		
<b>65 – 69</b>	Charles Hudson	31:53		
<b>70 – 75</b>	Richard Busa	31:17		

### MERRIMACK AGE GROUP WINNERS

<b>FEMALE OPEN</b>	Kara Haas	20:41
<b>MALE OPEN</b>	James Pawlicki	17:22
<b>MALE MASTER</b>	Dan Verrington	19:18
<b>MALE SENIOR</b>	William Morse	23:19
<b>MALE VETERAN</b>	Richard Busa	30:32

# UPCOMING RACE APPLICATIONS

SEND WITH FEE MADE OUT TO: PAUL HARTWIG 13 WEST MOUNTAIN ROAD ADAMS, MA

## PLEASE ENTER ME IN THE GREYLOCK GLEN SNOWSHOE RACE / JAN 17, 2004

NAME \_\_\_\_\_ AGE \_\_\_\_\_

GENDER \_\_\_\_\_ NEED SHOES? \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

EMAIL \_\_\_\_\_

PHONE \_\_\_\_\_

PRE-ENTRY \$ \_\_\_\_\_ WMAC MEMBERS \$18 BY 01/05/04  
NON WMAC MEMBERS \$20 BY 01/05/04

AFTER 01/05/04 \$ \_\_\_\_\_ \$15 (NO SHIRT)  
DAY OF \$ \_\_\_\_\_ \$20 (NO SHIRT)  
65 OR OLDER \$ \_\_\_\_\_ FREE ENTRY/ PRE ENTRY ONLY (NO SHIRT)  
12 AND UNDER \$ \_\_\_\_\_ FREE ENTRY/ PRE ENTRY ONLY (NO SHIRT)

TOTAL \$ \_\_\_\_\_

TEE SHIRT SIZE \_\_\_\_\_ S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_



In consideration of this entry being accepted, I hereby for my heirs, executors and assigns waive and release any and all claims for damages I may have against the director, sponsors, their representatives, property owners, successors, or assigns for any and all injuries suffered in said event.

Signature (parent if under 18) \_\_\_\_\_ Date \_\_\_\_\_

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SEND WITH FEE MADE OUT TO: BETH HERDER 500 PECKS ROAD PITTSFIELD, MA 01201

## PLEASE ENTER ME IN CURLY'S RECORD RUN SNOWSHOE RACE / JAN 25, 2004

NAME \_\_\_\_\_ AGE \_\_\_\_\_

GENDER \_\_\_\_\_ NEED SHOES? \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

EMAIL \_\_\_\_\_ PHONE \_\_\_\_\_

ENTRY FEE ..... \$ \_\_\_\_\_ \$15 BY 01/17/04 \$20 AFTER

I WOULD LIKE TO MAKE AN EXTRA DONATION TO THE TEAM OF \_\$ \_\_\_\_\_

TOTAL AMOUNT ENCLOSED..... \$ \_\_\_\_\_

In consideration of this entry being accepted, I hereby for my heirs, executors and assigns waive and release any and all claims for damages I may have against the director, sponsors, their representatives, property owners, successors, or assigns for any and all injuries suffered in said event.



Signature (parent if under 18) \_\_\_\_\_ Date \_\_\_\_\_