

SNOSHU-NEWS

MORE PEOPLE YOU SHOULD KNOW

We hope to continue with the “people you should know” articles forever, as I know many of you have told me that it really helps to introduce readers and snowshoe participants to people they notice at events but have trouble learning names.

It would be really great to someday show up at an event with 150 participants and most everyone knew everyone else’s name! It might be a slow process getting to that point, but we have time.

We are still covering folks who direct or work at events, but before long we should start to include racers and writers and all the other possibilities.

We are very fortunate to have a great group of “behind the scene” helpers at many of our races. It often begins when someone makes the wonderful mistake of asking the magic question, “can I do something to help?”



Marc Lombard at Hawley Kiln, 2002.

In the case of Marc Lombard, he joined us at the 2000 South Pond Shuffle, and has performed at 13 WMAC Snowshoe events since that initial one. His best race was the following year, South Pond 2001, where he finished 20th out of 82. Marc still gets out to race with us, but his true value has been co-directing the Hawley Kiln Race and cooking pots of food for most of our events. In October, he also directs the WMAC Dunbar Brook Trail Races in Monroe Massachusetts. Marc spends countless hours doing trail maintenance in the state forest of Massachusetts most of the summer. Marc is an avid mountain bike enthusiast, and most of his training is spent on the bike.

Any of you who have been at Hawley Kiln the last two years will remember Marc as the guy who handled all the cooking chores solo inside the fire-station. While most have to navigate the hills of Hawley, Marc is controlling 5 burners with soups, chili, hot dogs and pasta all going at one time. He is a magician on the chow line.

Another “Mark”, Mark Syrett (aka Slug) started with us at South Pond also, but in 1999. That was when we did the registration out of the back of my pickup truck, and cooked hamburgers on a gas grill in the parking lot. We didn’t have access to the CCC Hut until Park Supervisor Timmy Zelazo came along. I remember not knowing Slug at the start of that day, but knew he would fit in fine with us when he finished the race, ate a burger from my folks farm, then told me he was heading out to Bog Pond for some additional snowshoeing!



Mark “Slug” Syrett at Hawley Kiln, 2002.

Over the years Mark Syrett has taken down ribbon for us after many events (sometimes during his tour on race day), and also has helped us mark the Moody Spring course in waist deep snow. What most will know Mark for though, is the infamous corn chowder he brings to all the events. Yes, those two gallons of deliciousness come from the hand of the Slugrunner.

Mark enjoys long solo outings in the woods, and has finished several 100-mile trail races. His WMAC Snowshoeing career consist of 18 finishes, with a best at Hawley Kiln in 2001. Mark is often seen at Greylock Glen smiling a lot while standing around one of the fire barrels. At those moments you can imagine him thinking about his times on the “Grey Lady”, his affectionate phrase for Greylock.

On to Greylock, on to Greylock, On to Greylock at the break of dawn,
 We're leaving Savoy in the early morn.
 You stand over their in majestic glory, But you can't fool us because we know your story,
 Some call it climate, but we call it weather
 For we'll stick right through, oh, we'll stick together
 So it's on to Greylock, on to Greylock, On to Greylock at the break of dawn.

The 107th CCC Company, while leaving Savoy for Greylock in September 1933 to build a new camp on Sperry Road (Sounds like they must have been WMAC members!!!)

SARATOGA WINTERFEST 5K SNOWSHOE RACE

SARATOGA SPA STATE PARK FEBRUARY 1, 2004

01. James Pawlicki	29M	21:03	100.00 pts	66. Jessica Hageman	28F	32:30	59.38 pts
02. Matt Wood	27M	22:06	99.38 pts	67. Darlene McCarthy	41F	32:34	58.75 pts
03. Nicholas Wujclak	17M	22:10	98.75 pts	68. Jack Quinn	65M	32:52	58.13 pts
04. Dave Dunham	39M	22:33	98.13 pts	69. Steve Mitchell	62M	33:28	57.50 pts
05. Shaun Sutcliff	46M	22:52	97.50 pts	70. Glenn Schaeff	53M	33:29	56.88 pts
06. John Noonan	44M	22:56	96.88 pts	71. Rachel Schabot	35F	33:34	56.25 pts
07. Jason Clark	32M	22:57	96.25 pts	72. Siobhan Cushen	33F	33:39	55.63 pts
08. Andrew Rickert	24M	22:58	95.63 pts	73. Cole Hickland	48M	33:41	55.00 pts
09. John Bonnett	22M	23:06	95.00 pts	74. Adam Orr	25M	33:43	54.38 pts
10. Dennis Fillmore	51M	23:07	94.38 pts	75. Katherine Best	19F	33:51	53.75 pts
11. Matt Malet	28M	23:23	93.75 pts	76. Justin McCarthy	14M	33:54	53.13 pts
12. John Onderdonk	36M	23:33	93.13 pts	77. Stephen Cupp	29M	33:55	52.50 pts
13. Christophe Lanaud	36M	24:13	92.50 pts	78. Joe Geiger	62M	34:03	51.88 pts
14. Michael Robertson	31M	24:19	91.88 pts	79. Jeff Ogle	40M	34:08	51.25 pts
15. Edward Alibozek	41M	24:26	91.25 pts	80. Bonnie Fachini	39F	34:10	50.63 pts
16. Jay Laitenberger	30M	24:32	90.63 pts	81. Jim Tansey	56M	34:14	50.00 pts
17. Bob Dion	48M	24:44	90.00 pts	82. Laura Clark	56F	34:15	49.38 pts
18. Mike Buckley	43M	25:16	89.38 pts	83. Beth Trapasso	42F	34:46	48.75 pts
19. Dave Bangert	43M	25:33	88.75 pts	84. Brian McCarthy	43M	34:52	48.13 pts
20. John Pelton	64M	25:42	88.13 pts	85. Joshua Murphy	13M	34:54	47.50 pts
21. Erik Hanson	30M	25:44	87.50 pts	86. Liz Hammel	32F	35:10	46.88 pts
22. Michael McNeill	32M	25:54	86.88 pts	87. Mary Quinn	41F	35:35	46.25 pts
23. Norm Hecker	43M	25:56	86.25 pts	88. Bob Massaro	60M	35:38	45.63 pts
24. Kelly Herrington	29M	26:07	85.63 pts	89. Tim Lesar	49M	35:55	45.00 pts
25. Bob Irving	49M	27:06	85.00 pts	90. Sharon Federico	31F	35:59	44.38 pts
26. Jesse Milonovich	30M	27:14	84.38 pts	91. Ellie George	48F	36:13	43.75 pts
27. Derek Hammel	32M	27:24	83.75 pts	92. Maggie Masella	20F	36:17	43.13 pts
28. Tom Mack	39M	27:46	83.13 pts	93. Kathy Tolcser	49F	36:19	42.50 pts
29. Jay Kolodzinski	24M	27:55	82.50 pts	94. Brian Murphy	34M	36:20	41.88 pts
30. Dan Mancini	28M	28:00	81.88 pts	95. James Carlson	56M	36:24	41.25 pts
31. Theresa Hance	40F	28:01	81.25 pts	96. Sally Goade	45F	36:38	40.63 pts
32. Gregory Rems	27M	28:07	80.63 pts	97. Darryl Caron	40M	36:43	40.00 pts
33. Mike Lahey	52M	28:16	80.00 pts	98. Rich Busa	74M	36:50	39.38 pts
34. Keith Decker	41M	28:31	79.38 pts	99. Cheryl Clark	32F	36:54	38.75 pts
35. Rich Tanchyk	52M	28:33	78.75 pts	100. Phillip Walsh	40M	37:04	38.13 pts
36. Larry Dragon	43M	28:34	78.13 pts	101. Michael Rubel	12M	37:06	37.50 pts
37. Ed Alibozek, Jr.	64M	28:47	77.50 pts	102. Meg O'Leary	33F	37:20	36.88 pts
38. Paul Hartwig	47M	28:58	76.88 pts	103. Danielle Koster	14F	37:42	36.25 pts
39. Jacque Schiffer	39F	29:05	76.25 pts	104. Tom Hefferman	60M	37:54	35.63 pts
40. Dave Boles	57M	29:11	75.63 pts	105. Ruth Lyons	23F	38:13	35.00 pts
41. Vincent Kirby	47M	29:22	75.00 pts	106. Cheng-Hua Lee	33F	38:33	34.38 pts
42. Gary Cunningham	31M	29:28	74.38 pts	107. Laurel Shortell	37F	38:39	33.75 pts
43. Dan McNamara	54M	29:41	73.75 pts	108. Scott Hunter	58M	38:44	33.13 pts
44. Paul Gebhard	40M	29:44	73.13 pts	109. Bob McFarland	70M	38:46	32.50 pts
45. Kelly Short	23F	29:48	72.50 pts	110. Stephen Judice	32M	38:54	31.88 pts
46. Guillermo Borges	42M	30:01	71.88 pts	111. Katleen Judice	33F	38:51	31.25 pts
47. Marcia Whitney	51F	30:03	71.25 pts	112. Tina Ganter	14F	39:06	30.63 pts
48. Peter Lipka	52M	30:06	70.63 pts	113. Kate Fuller	43F	39:07	30.00 pts
49. Bill Harper	56M	30:11	70.00 pts	114. G Parthasarathy	29M	39:08	29.38 pts
50. Jeff Coulter	39M	30:17	69.38 pts	115. Nicholas Denno	22M	39:10	28.75 pts
51. Robert Hayes	33M	30:18	68.75 pts	116. Judith Tripp	57F	39:12	28.13 pts
52. Tony Krackeler	35M	30:20	68.13 pts	117. Richard Denno	48M	39:13	27.50 pts
53. Eric Sanborn	35M	30:26	67.50 pts	118. Shannon Hughes	35F	39:36	26.88 pts
54. James Flood	31M	30:40	66.88 pts	119. Ginny Pezzula	45F	39:46	26.25 pts
55. Aurora Lamperetta	31F	30:41	66.25 pts	120. Morris Auster	33M	39:47	25.63 pts
56. Maureen Roberts	46F	30:48	65.63 pts	121. Anant Setlur	31M	39:47	25.00 pts
57. Robert Trimarchi	34M	30:49	65.00 pts	122. Peter Finley	42M	40:03	24.38 pts
58. Scott Bradley	49M	30:51	64.38 pts	123. Elizabeth Herlihy	30F	42:12	23.75 pts
59. Ed Saharczewski	50M	31:15	63.75 pts	124. Erica Wilcox	25F	42:30	23.13 pts
60. Frank Gaval	57M	31:25	63.13 pts	125. Gary Emery	56M	43:02	22.50 pts
61. Natalia Hogan	35F	31:31	62.50 pts	126. Jacqueline Lemieux	37F	43:33	21.88 pts
62. Edward McBain	39M	31:33	61.88 pts	127. Jim Vanyo	44M	43:48	21.25 pts
63. Raymond Chen	39M	32:00	61.25 pts	128. Brian Swartz	38M	44:01	20.63 pts
64. Kirk Gendron	28M	32:05	60.63 pts	129. Konrad Karolczuk	51M	44:16	20.00 pts
65. Kathleen Freese	43F	32:28	60.00 pts	130. William White	13M	44:22	19.38 pts

STRANGE BUT TRUE....

Facts that will amaze and befuddle you (unless you have ever directed a race)

The Winterfest route was marked with two rolls of blue tape, a dozen or more carefully etched sugar/chalk dust arrows and lots of orange flags. Several people still managed to go off course. This time, though, it was not the lead pack, but those towards the back who exited Ferndell Hill and failed to notice the 100+ snowshoe tracks that circled around for one more loop. Or perhaps they looked up, spotted the parking lot and decided it was time for chili. What will happen at Camp Saratoga when they have to pass right by the dining hall and face the most difficult part of the course?

There were exactly 523 orange flags marking the Winterfest course. This information is courtesy of Kevin Joyce who, having way too much time on his hands, personally counted each and every flag. How did he accomplish this? Did he make piles of 10, 25, or 50 flags or did he take a chance and count straight through from 1 to 523? And what did his hands look like after touching all that rusty metal?

I, personally, now know the names, nicknames, ages and place of residence of all the WMAC snowshoe regulars after filling out umpteen address lists, qualifier lists and race number bibs. And I bet Ed Alibozek does, too. By this time we're on automatic pilot, so just warn us if you ever plan to have a birthday – or better yet, invite us to your party.

At registration someone actually complained that she didn't get any grout in her goodie bag! In case you are clueless, this desirable item has been kicking around ever since its appearance at the Silks & Stars 5K in July, then it resurfaced for our Camp Saratoga trail series this summer, made a comeback attempt at a November fun run, and was joyfully tossed out of our garage for the Winterfest.

Other Duties As Assigned Award does not go to Jeff and Laura Clark, who failed miserably at finding a babysitter for the Judices so they could both run the race. What could be easier than finding someone willing to babysit a three year-old, a four year-old and a 14 month old?! *Most Inventive*, or perhaps, *Most Desperate Award* goes to Steve & Katleen Judice who then decided to make snowshoeing a family affair by removing the wheels from their triple stroller and mounting it on a sled.

Lifesaver Award goes to Bill and Cathy Taylor (if you're a meat eater, you probably enjoyed Ironman Bill's Buffalo Meat Chili). On race morning, Cathy set me straight by sternly counseling me that it was not good manners to cook the meat and veggie hot dogs together in one pot. Luckily, Cathy just happened to have an extra pot in her van. The Taylors have helped many in similarly desperate straits. Since they are constantly training for yet another Ironman, and they rarely spend any actual non-eating or non-sleeping time at home, their van is equipped with all sorts of sports gear and other necessities. You just never know what they'll find in there.

Ever notice how people approach the finish line? Some wave their arms in joyful celebration, some fumble through odd layers of clothes to find their race number, some lose their pants as they stumble across. This year, *Slopiest Finish Award* goes to

Marcia Whitney who stumbled over her feet and sprawled across the invisible line.

Polar Bear Man Award goes to Rich Busa, who distinguished himself at the ice rink Winterfest several years ago when he skidded on Gravel Hill and took advantage of his mishap to slide past everyone in his 70+ age group. Since we are not always "blessed" with such ideal gliding conditions, he has since found other ways to distinguish himself. In the summer, he joins the ranks of famous super heroes and morphs into Saucony Man, sponsored and outfitted from head to toe. In the winter, he wears "normal" clothes (if you could call that visor get-up normal), but at the finish line he transforms into Polar Bear Man when he rips off his shirt and ceremoniously tosses it across the line. Not only is Rich beaten by his shirt, but he has to purchase two race numbers to do it legally.

If you delve into the mythology behind Harry Potter, however, you will realize that this big show is all about pixies. Riche "wrong-way" Busa is also famous for getting lost. In fact, based on the number of times Rich passed and re-passed me at Monroe one year, Edward Alibozek calculated that he must lose about fifteen minutes at every race. According to well-substantiated legend, the favorite activity of pixies is to lead travelers astray. Those who have lost their way are said to be "pixie-led." This disorienting spell can only be broken by shedding the clothing covering your upper body. That is the simple explanation for Rich's trademark finish. We'll see if it works at Monroe.

Laura Clark

WINTERFEST RESULTS CONTINUED

131. Kristen Halligan	37F	45:11	18.75 pts
132. Michele Deveroux	37F	45:12	18.13 pts
133. Rick Martell	51M	45:29	17.50 pts
134. Scott Martell	26M	45:30	16.88 pts
135. Randall Palmer	49M	46:18	16.25 pts
136. Andy Keefe	73M	46:34	15.63 pts
137. Diane Gulbrandsen	41F	46:35	15.00 pts
138. Kate Hayes	55F	46:40	14.38 pts
139. Nancy Brooks	39F	46:45	13.75 pts
140. Mary Decker	47F	46:46	13.13 pts
141. Julie Tangora	31F	46:53	12.50 pts
142. Kira Feulner	15F	46:54	11.88 pts
143. Karen Decker	29F	49:26	11.25 pts
144. Mary Kennedy	45F	51:19	10.63 pts
145. Joanne Conley	45F	51:21	10.00 pts
146. Annette Lewis	46F	51:30	9.38 pts
147. Debbie Irving	47F	51:47	8.75 pts
148. Susan Monica	56F	53:18	8.13 pts
149. Dinah Matthei	46F	53:24	7.50 pts
150. Cathy Biss	56F	55:51	6.88 pts
151. Rita Fishman	49F	55:53	6.25 pts
152. Keith Chun	34M	56:33	5.63 pts
153. Berdine Yuan	30F	56:35	5.00 pts
154. Eileen Battle	47F	57:52	4.38 pts
155. Matthew Battle	45M	57:55	3.75 pts
156. Marne Onderdonk	34F	60:34	3.13 pts
157. Stephanie Ferrandino	32F	60:36	2.50 pts
158. Cynthia Staniels	55F	60:44	1.88 pts
159. Theresa Kech	50F	61:10	1.25 pts
160. Paul Kech	50M	61:11	0.63 pts

NORTHFIELD MOUNTAIN RACE REPORT

For the second year in a row, Northfield Mountain served as the site of one of the Eastern regional qualifiers for the USSSA National snowshoe championship. The race, which took place on Saturday (Feb. 6), would also be a part of the very popular WMAC series. The WMAC races have been attracting 75-100 runners despite some of the far-flung locations. Actually it may be attracting those people BECAUSE of the far-flung locations. Runners arrived in the early morning hours looking to finish in the top 10 in their age-group to qualify for Nationals, or to score points in the WMAC series, or just to have a chance to compete in the scenic woods on the slopes of Northfield Mountain. The race was scheduled to start at 8 am to avoid the ski crowd, but conditions forced the trails to be closed for skiers and made the going excellent for shoe-folk.

On Friday afternoon the course did not look quite so great for shoeing. Cathy (my wife) worked on setting up the registration area, which being indoors makes Northfield an excellent place to host a race. A group of CMS runners assisted me in setting up the course. There was a thick layer of crust on the snow that was about 6" deep. None of the trails were groomed and most had not been used at all. Paul Low took the lead for a large percentage of the run, breaking trail for the rest of us. Jim Pawlicki and Dan Verrington also took turns at the front. Kelli Lusk and I probably spent the least amount of time at the front. I kept stopping to spray-chalk arrows in the snow and put up surveyor tape. The rest of the group put out about 300 flags to cover the 4.5-mile course. We kept all of the flags well off to the side as the entire course except the single-track was going to be groomed overnight.

I met up with a bunch of runners who were staying at the same hotel in Greenfield. Unfortunately a group of rowdy kids playing hockey in the halls made getting to sleep difficult. I had even more trouble sleeping as I worried about all of the things that could go wrong and especially worried about the weather. It kept switching from rain to snow to hail back to rain and everything was freezing. I thought that this might keep many of the pre-registered runners from showing up. I was wrong, as only four pre-registrants didn't show.

Runners were waiting to register when we showed up to open the building at 6:30 AM. Cathy, Leslie, and MJ did an excellent job of getting the registration taken care of while Mark Elmore took care of last minute USSSA registrations. Gary Bridgman helped with registration and took many pictures of the race. I was met by Bill Gabriel, my contact at Northfield, with bad news. "We can't groom the course due to the ice," he stated. My first reaction was "What can we do", then I realized this is a snowshoe race. "It will just have to be 100% un-groomed trail" was my response. Bill thought about it and determined that he could drive a snowmobile over the course to pack down a small path. I hopped on the back and directed him through the course; this was my first time on a snowmobile. It was fun riding the course but boy was it cold! This also was going to be the time I'd "warm-up", but you do what you can. After our passing some parts were now about 3' wide and others (where we doubled back) were about 6' wide. The major trails would now be relatively fast. The single-track was broken from the day before, but would be tough for the first few runners through. Single-track made up the course from 1.5 miles to 3 miles,

which was also the major climb (800'). "Should be an interesting race" was the reaction to my explanation to the gathering crowd about the course conditions.

At 8:15 under partly cloudy skies and temperatures in the upper 20s, the crowd of 79 sprinted off on the initial 1400m loop. Rich Bolt, who has been unbeatable when he stays on course, took off into the lead. Immediately a line formed with everyone jockeying for position. I got my heels clipped a few times in the first loop but there was very little passing as the course was just barely two runners wide. Top master Dan Verrington noted "I didn't get around Petey (Steve Peterson) until the first hill". Verrington also stated "New England trail courtesy was working for me, I called out 'on your left' twice and was given the right-of-way both times".

Bolt continued to move away from the pack on the first small hill and two distinct packs formed. Paul Low the 2003 USA Mountain runner of the year and Ethan Hemphill owner of a 4:01 mile fronted the first group. The group also included Junior Pullins who made the trek from Pennsylvania to qualify. The second batch of runners caught up to the first group on the single-track section and had no choice but to stay in line, as passing was nearly impossible. Ben Nephew said, "I was willing to break trail and pick up the pace, but I couldn't get around the leader". Nephew took a nasty spill trying to pass then jumped back into the "train". Steve Peterson who finished 17th noted, "I was all alone out there, but on some of the long straights I could see a huge group running together". He was spotting places 2-16 which were running one behind the other.

Low stated, "I heard someone yelling 'waaaaa hoooooo' a bunch of times on the climb." "Obviously someone was having way too much fun," he continued. I was at the back of the train and recognized almost everyone in the group: my teammates Jim Pawlicki and Kevin Tilton, WMAC series stalwarts Leigh Schmitt, Gregory Hammett, Matt Cartier and Elijah Barrett. It was kind of fun to watch the race play out in front of me, but I was dreading the downhill when I knew everyone would take off. I didn't recognize Ian Stanza who is doing 'Current research that involves using non-invasive techniques including motor nerve stimulation, electromyography, and magnetic resonance spectroscopy to examine the effects of age and gender on properties of skeletal muscle' at Umass Amherst. This was probably the best field I've raced against in New England.

As the main pack turned onto the downhill stretch, which was wide enough to pass on, "People just went flying" noted Pawlicki "I was kicking myself in the butt with the tail of my shoe the whole way down" he continued. Paul Low moved up and on the section where we go left and curve around "I looked down and there was Rich looking up at me, he must have been 200m ahead at that point". Bolt "pushed the pace early, but then ran just hard enough to stay out in front" in taking the victory. Low finished second but "I took a peek back and didn't see anyone, then looked again when we turned on to the final single-track and two guys were right there!" The 'two guys' were Ethan Hemphill and Junior Pullins who finished three and six seconds in arrears of Low. Leigh Schmitt finished out the top five. Dan Verrington was top master missing his own course record by 14 seconds. Dan finished 12th overall and was

2nd ANNUAL NORTHFIELD MTN 7.25KM SNOWSHOE RACE

USSSA NORTHEAST REGIONAL QUALIFIER FOR 2004 U.S. CHAMPIONSHIPS

FEBRUARY 7, 2004			NORTHFIELD MOUNTAIN	NORTHFIELD, MA			
01. Richard Bolt	20-39	33:35	100.00	56. Pete Lipka	50-59	51:11	30.38
02. Paul Low	20-39	36:06	98.73	57. Anthony Chamberas	20-39	53:06	29.11
03. Ethan Hemphill	20-39	36:09	97.47	58. James Demetroulakos	40-49	53:06	27.85
04. Junior Pullins	20-39	36:12	96.20	59. Larry Dragon	40-49	53:22	26.58
05. Leigh Schmitt	20-39	36:31	94.94	60. Bob Dion	40-49	53:25	25.32
06. Ben Nephew	20-39	36:37	93.67	61. Dennis Estrella	40-49	53:31	24.05
07. Ian Lanza	20-39	36:39	92.41	62. Allen Beebe	50-59	53:57	22.78
08. Gregory Hammett	20-39	36:44	91.14	<u>63. Larina Riley</u>	<u>20-39</u>	<u>55:08</u>	<u>21.52</u>
09. Aaron Robertson	20-39	36:46	89.87	64. Patrick Riley	20-39	55:09	20.25
10. Matt Cartier	20-39	36:49	88.61	<u>65. Laura Monti</u>	<u>20-39</u>	<u>55:36</u>	<u>18.99</u>
11. Elijah Barrett	20-39	36:53	87.34	<u>66. Laura Clark</u>	<u>50-59</u>	<u>57:25</u>	<u>17.72</u>
12. Dan Verrington	40-49	37:02	86.08	67. Raymond Wenninger	50-59	58:37	16.46
13. Ryan Pauling	20-39	37:04	84.81	68. C. Robert Suarez	20-39	1:00:33	15.19
14. James Pawlicki	20-39	37:08	83.54	69. Miles Appling	13-19	1:01:06	13.92
15. Kevin Tilton	20-39	37:16	82.28	70. Walter Kolodzinski	60-69	1:01:07	12.66
16. Dave Dunham	20-39	37:34	81.01	71. John Ostrosky	20-39	1:01:20	11.39
17. Steve Peterson	20-39	38:39	79.75	72. Bob Massaro	60-69	1:01:39	10.13
18. Gregory Ward	20-39	39:03	78.48	73. Richard Busa	70-79	1:03:16	8.86
19. David Loutzenheiser	20-39	41:08	77.22	<u>74. Laurel Shortell</u>	<u>20-39</u>	<u>1:04:53</u>	<u>7.59</u>
20. Jim Schultz	40-49	41:15	75.95	75. Jeff Clark	50-59	1:11:30	6.33
<u>21. Kelli Lusk</u>	<u>20-39</u>	<u>41:32</u>	<u>74.68</u>	76. Konrad Karolczak	50-59	1:11:32	5.06
22. Christopher Lanaud	20-39	41:34	73.42	77. George Katsar	50-59	1:11:53	3.80
23. Shaun Sutliff	40-49	41:41	72.15	<u>78. Denise Dion</u>	<u>40-49</u>	<u>1:12:21</u>	<u>2.53</u>
24. Rob Smith	20-39	42:07	70.89	<u>79. Elaine Buckley</u>	<u>50-59</u>	<u>2:03:59</u>	<u>1.27</u>
25. Jerry Dezutter	20-39	42:16	69.62				
26. Edward Myers	50-59	42:34	68.35				
27. Matthew Hennessy	20-39	42:46	67.09				
28. Jerry Campbell	40-49	42:48	65.82				
29. Edward Alibozek	40-49	43:05	64.56				
30. Scott Deslongchamps	20-39	43:35	63.29				
31. Tom Parent	20-39	43:37	62.03				
32. Jay Kolodzinski	20-39	43:42	60.76				
33. Jack Casey	50-59	44:19	59.49				
34. Paul Kirsch	20-39	44:21	58.23				
35. Craig Wilson	50-59	44:22	56.96				
36. Seth Roberts	50-59	45:21	55.70				
<u>37. Janice Morra</u>	<u>40-49</u>	<u>45:23</u>	<u>54.43</u>				
38. Wayne Stocker	40-49	45:25	53.16				
39. Glenn Hammett	20-39	45:31	51.90				
40. Nico Scibelli	40-49	45:36	50.63				
41. Tim Kruger	20-39	46:16	49.37				
42. Mo Moadeli	20-39	46:39	48.10				
<u>43. Jennifer Shultis</u>	<u>20-39</u>	<u>46:48</u>	<u>46.84</u>				
44. Ed Buckley	50-59	47:08	45.57				
45. Richard Clark	50-59	47:15	44.30				
46. Mike Lahey	50-59	47:24	43.04				
47. Hal Needham	20-39	47:46	41.77				
<u>48. Stephanie Nephew</u>	<u>20-39</u>	<u>47:49</u>	<u>40.51</u>				
49. Norm Sheppard	40-49	47:56	39.24				
50. Glenn Swanbon	40-49	48:03	37.97				
51. Bob Worsham	50-59	48:17	36.71				
52. Ed Alibozek Jr.	60-69	48:22	35.44				
53. Stuart Douglas	20-39	48:27	34.18				
<u>54. Annie Schultz</u>	<u>40-49</u>	<u>49:44</u>	<u>32.91</u>				
55. Carol Kane	50-59	49:48	31.65				

RD REPORT CONTINUED -- part of the CMS team, which put 8 finishers in the top 17. Edward Myers from Pennsylvania was the top senior in 26th overall, breaking the old course record by more than four minutes. Ed Alibozek Jr. was the top veteran, breaking his own course record by more than 1½ minutes.

On the ladies side US Mountain team member and former National snowshoe champion Kelli Lusk took an impressive victory placing 21st overall. Janice Morra was equally impressive taking 2nd place and 1st master and breaking the course record by nearly 5 minutes. Carol Kane was top senior setting a new course record in 49:48.

I was very surprised by the number of course records set until I went out to retrieve the course markers. Rich Bolt said, "It is amazing how packed the course can get with 80 people going by". We had a great finish to the day going out and running the loop again to pick up the flagging. Much thanks to: Rich, Jim, Kevin, Ben, Dan, Paul and Kelli for helping out so much. Thanks again to Cathy, Leslie and MJ for helping with registration and timing. Thanks to Gary for taking pictures and helping with registration, timing and typing up results. Thanks to Mark for taking care of USSSA business and helping with timing, results, and awards. Thanks to Bill Gabriel and the fine people at Northfield Mountain for allowing us to use their wonderful facilities. Thanks to Bob Dion for all the loaner snowshoes. Thank you to Welch's for the juice! Finally thanks to everyone who came out and made the race a success (especially the huge number from WMAC). I feel very fortunate to have so many friends.

Dave Dunham

NORTHFIELD MOUNTAIN

As is the custom in New England snowshoe racing, Rich Bolt, um, "bolted" to the front of one of the deepest men's fields this season. Following Rich on the snowmobile-groomed "Disney Loop" were Ben Nephew, Kevin Tilton, myself, and a dozen more of the Northeast's best.

Continuing up the initial climb of the course (still groomed by a double passing of snowmobiles that morning), Ethan Hemphill and Junior Pullins moved into third and fourth behind Rich and Ben while Kevin stopped and adjusted his snowshoe binding. Then, we hit the single track.

12 hours earlier, when a few from the CMS contingent marked the course, this trail was completely untouched snow, knee deep with a layer of ice. When we had finished dropping our surveyor's flags, only six pairs of snowshoes had plowed through since the most recent two storms.

Rich's bold race strategy added one more set of shoes and, with efficient passing options non-existent, the next 15 (or so) racers were at the mercy of the pace set forth by those who were brave (or foolish) enough to pack down the trail for their pursuers.

Ben soon tired (physically) of his roll as trailbreaker for the chase pack and allowed first Ethan and then Junior to pass. Meanwhile, I was right where I wanted to be, far enough back that I had four or five guys in front to ensure a good trail, but close enough to the front of the pack that I could cover any major moves ahead of me.

Ethan led for a while before Junior assumed the lead of the chase pack. At times, the pack was moving so slowly that I was forced to walk in order to avoid running over Ben's heels. Ben was not nearly as laid back in his response to this situation as I was and even tried to pass his way back into second by cutting the tangent of a hairpin turn. With the deep snow and crust, however, the result was that he actually lost one place and ended up behind me.

Once the climbing was over, Junior began to pull away from us on the flat single track. I decided to pass Ethan and go after him, and, after a few tries, I managed to get by and run hard down the rough single track leading to the infamous turn of 2003. I was surprised at how fast the trail was; this was probably because with the slow goings up the hill, my legs were much more fresh than usual at this point in the race.

After turning onto the snowmobile track for the groomed section of the race, I slowly caught Junior in about 400 meters and tried to pull whatever lead I could on the downhill. I knew that there would be many pairs of fresh legs in arrears and I wanted to make sure that no one caught me. I could see Rich a few times on the descent- well ahead of me. He managed to stay on the course and finish about 30 seconds in front. Ethan, passed Junior at some point on the downhill and both runners finished just a few seconds back in third and fourth. 13 runners finished in the 88 seconds after I crossed the finish line!

Paul Low

As part of my treatment for the aggression therapy I am receiving, my therapist instructed me to detail the events of the Northfield race from my own perspective. It was an interesting race to say the least, and I think my version will fill in some holes in the story.

First of all, Rich did not "Bolt" to the front. If you look at the race photos, I gave him an elbow to the sternum, stepped on his shoe, and grabbed the lead. Not exactly, but there was a bit of contact. I led for exactly half the first loop before Rich passed. He got a few steps on me, but no one else passed. I hung pretty close to Rich until we got to the first big downhill, and no one attempted to pass during that time. This first section of me leading the chase pack lasted at least seven minutes on groomed terrain where passing was very easy. Keep this in mind for later on.

When we got onto the uphill single track, the going was pretty tough, and after leading for two more minutes, I backed off to let someone else lead, and Ethan Hemphill, Junior Pullins, and Elijah Barrett all passed me. I had no problem keeping up with them after the pass, and a couple of minutes later realized that the pace had slowed considerably. I was fine with it for a little while, but I have been working hard on my uphill running, and wanted to take advantage of the climb.

When I asked Barrett to step aside and let me pass, he said, "Pass if you can." I was quite surprised at this response, and began to worry, as it seemed impossible to pass all three at once. The trail was very narrow and deep, and a thick crust of ice covered the surrounding snow.

Contrary to what should happen on a hard uphill, the field bunched up to a train of 14 runners. Rich was busy making his escape up ahead and out of sight and I tried to be nice and suggest that the three amigos ahead of me take turns breaking trail, the smart thing to do. This did not happen, and the pace slowed to a crawl. I yelled, "On your left" several times. People who should have been a full minute apart by this point were right next to each in the train, and I started to get annoyed.

Barrett managed to get by and make a break for a Bolt chase, which turned out to be a bad idea. He seemed to be working hard while in the train. I then tried to make a cutoff on a hairpin turn, but got caught up in the underbrush and crust, and was passed by Low and Ian Lanza. Leigh Schmitt was right behind me, and by this time we were really letting Ethan and Junior know what we thought of their unimpressive uphill speed.

Based on the fact that he did not pass until we got to the single track and what happened later in the race, I think that Ethan knew what he was doing when he took the lead on the uphill. Paul got by the two of them and soon passed a tiring Barrett. From my perspective, it looked as if Ethan sped up as Paul tried to pass in the six inches of crusty snow.

When we finally got to the downhill groomed trail, everyone took off. Leigh passed me, and we both passed Barrett. There was a reason why I wanted to take advantage of the uphill. Both Leigh and Paul are two of the best downhill runners I have

MORE NORTHFIELD (CONTINUED)

ever seen (although William Emerson might be able to take them, what do you think Dave?), and I lack both leg length and speed. I turned them over the best I could on that downhill, and had a good duel with Ian Lanza.

The contrast between our race down the hill and what happened on the uphill was amazing. Even though it was not necessary, we both called "On your left" as we passed each other back and forth. I tried to catch Leigh, but his long stride kept him ahead. I was pleased with my effort, but was not totally spent at the finish.

Based on my previous races this season, and time trial on the course the week before the race, I feel that I would have been able to put a significant amount of time on at least Ethan and Leigh on the uphill, probably Junior too, considering he never even attempted to pass. The lack of New England racing etiquette on the uphill turned the 36-minute race into a ten-minute downhill, which was great for some. I prefer snowshoe races to be more of a test of fitness. I think if Paul had gotten free earlier, he might have given Rich more of a race, which is what we need if we want Rich to do well at nationals.

I worry about the effect that lack of etiquette will have on similar races. If I had expected the lack of courtesy, I would not have let them pass. I could have sped up as they tried to pass through the crust. If I was following someone who would not step aside, I could have stepped on his or her shoe by accident, it happens all the time. Honestly, I prefer a quick "On your left." Even if I had been able to fly by everyone on the downhill, I still think the tactics on the uphill were poor sportsmanship. The silver lining in this cloud is the vision of Ethan, Junior, and Barrett walking that uphill as I do my workout. I get tired of picturing Rich's behind, so this is a welcome change. Of course, it was also fun yelling, "Pick up the pace, or get the @#\$% out of the way!"

Think happy thoughts, happy thoughts, happy thoughts...

*On your \$%#@%^ left!
Ben Nephew*

1) My apologies to Ben for any inaccuracies. I was too busy staring at Kevin's shoes (and trying not to step on them) that I did not see much of the first loop.

2) I always thought that Ben was a good downhiller. In fact, whenever I race against Ben and I know that there is a technical downhill toward the end, I always try to bust his ass on the uphill to give myself a little bit of cushion. Have I been wrong all of this time?

3) Who is William Emerson?

4) I hope the therapy is going well.

-Paul

MORE NORTHFIELD RESPONSES

I saved this message but can't remember whom it originated from -- guessing Rich Bolt or Dave Dunham?

Below are comments from Darrin Eisman who runs the www.racingunderground.com website in Colorado. Darrin is responding to Ben Nephew's Northfield race account. All I can say is "them is fight'in words"! By the way, I checked out some Colorado race results and Darrin is clearly not one of the "big boys". Read and enjoy:

Well, I'll preface my comments by saying that my memory must be a bit off -- when I left the east coast 12 years ago, I didn't realize what a bunch of whiners I was leaving behind.

I've been snowshoeing competitively for 10 years now, and seriously can't recall anyone pulling over to let me by in the midst of a race. This is Colorado, however, and we prefer to walk as a group until we see the finish line -- then we stop, line up, and someone yells GO!

But seriously, snowshoe racing is as much about strategy as it is about anything else, and snow conditions are a part of the race that needs to be dealt with. As you all know, when you are at the front of the race in deep snow, it feels like you are working really hard -- because you are. When you drop back a few places, of course it feels like the pace has slowed -- because the guy in the front is doing all the work -- it's like bike racing.

Sitting in the pack, you have no clue how hard the guys up front are pushing because they're doing the work for you. If Ben Nephew wanted to hammer the hill, it was his responsibility to position himself appropriately before the hill began. And if the pace was truly that slow, then he should have sucked it up, put out 30 seconds of really hard effort, and moved to the front. If he wasn't strong enough to make the move, then he was where he belonged.

Anyone who whines that much about the way a race unfolds probably needs to reevaluate whether snowshoeing is the right sport for him -- or maybe get a little more experience before he goes head to head with the big boys.

Darrin Eisman

I agree that there should be some standard requirements for courses, but you don't want so many rules that all the courses look like they were stamped from a cookie cutter.

A lot of the championship XC courses are run on golf courses or other venues that are nearly as fast as a Mondo track. You don't see many courses like Van Cortlandt Park anymore.

I don't think snowshoeing will ever get that bad, but I wouldn't want to see that happen. I do agree though that something needs to be done about having mandatory passing lanes or making the trail wide enough to pass. Trail courtesy seems to go out the window when the gun goes off.

Kevin Tilton

CAMP SARATOGA: VALENTINE'S DAY EDITION

Although Richard Bolt captured the winning spot at Camp Saratoga for the second year in a row, his finish time was one minute and one second slower than last year. Even more interesting is the fact that if you look farther down the list, the gap between the 2003 and 2004 finish times widens.

Could it be that a year in the life of a mid-pack runner takes more of a toll than on those who are fleeter of snowshoe? Or is there something else afoot? For one thing, the snow was different. As Karl Moltoris points out in his landmark essay, *Snowshoe Course Difficulty*, "It all comes down to the snow." While the snow was fluffier and deeper last year and many sections were simply trampled and not snowmobiled, this year it was more slippery. And the farther back you were in the lineup, the more difficult it became. Local residents who train at Camp Saratoga regularly were astounded to discover that their rehearsal time was faster than their actual race time. I guess there's something to be said for just winging it!

But that accounts for maybe one or two extra minutes. What about the rest? Well, that depends on who you were. Aurora Lamperetta and I lost some time by leaving the registration table and heading directly over to the lineup, the sprint to the start being our only warm-up. More telling, however, was the fact that the registration hut was light years away from the dining hall, leaving us donut-less. I managed to dredge up a miniature Luna bar from my sports bag and we split it, leaving us each with one mouthful. I didn't mention to Aurora that this was the last of my hoard of freebie Freihofer's Race giveaways. The fact that it had been languishing in my bag since June probably reduced its potency by at least half.

As partial race organizer, I also garnered a lot of extra worry credits, not to mention the physical energy we expended marking the course the previous day. Granted, we cheated and used a snowmobile, but I was so stressed out about my first snowmobile ride that I held on with my legs as well as my arms. The next day my quads were shaky from the unaccustomed tensing action. And I imagine that, if pressed, we all could fall back on the usual laundry list of excuses from "I stubbed my big toe," (Rich Busa, Vermont 100) and "We had a localized power outage and my alarm didn't ring," (Bob Irving, Nipmuck) and "We went out to eat at a really good restaurant last night" (Valentine's Day present from John Onderdonk to Marne).

But what made this year's Camp Saratoga event truly memorable was the fact that it also happened to coincide with Valentine's Day. What better time to get together with friends and enjoy a beautiful day outdoors. And there were lots of Valentine touches. Granted, some of these were rather odd, but perhaps not if viewed from the perspective of the giver. My daughter's kitten, Nicholas, generously packed our Tshirt boxes with a few of his toy mice. Now these are not the garish, multicolored sort, but rather the gray-furred realistic versions, which, on first glance, resemble actual mice. One lady asked me afterward, "Was there a special surprise in some of the Tshirts?" Mystified, I said I didn't think so. She replied that she had found a mouse carefully tucked inside her sleeve. Nice going, Nicholas!

Another less-appreciated surprise had to do with the course itself. Many of you will recognize it as the result of a race director's

warped sense of humor and desire to make sure that everyone really earns their hot dog and donut. Tacked onto the end of the course and cleverly hidden behind the dining hall, was the last kilometer. With its relentless ups and downs, this was the most difficult section of trail. Even if you knew the biggest challenge was yet to come, in the heat of battle it was difficult to save some reserve energy for the end. Worse still, to get to all those hills, you had to pass right by the finish line where, unless you were a Richard Bolt or a Nikki Kimball, runners were already clocking in. Not only that, then you had to negotiate the trail past the dining hall where you could smell the chili and hot dogs waiting for you. If the hills didn't do you in, there was always that mental challenge to contend with.

Some of us, however, became energized the closer they got to the last Kilometer of Death. Jeff Clark and K2 especially. Jeff had arranged a high noon Valentine's Day surprise for me. With the late start due to the replacement of the stolen course flags, he was worried he might miss the barbershop quartet he had scheduled. But he and K2 made a mighty effort and arrived back just in time to see them sink into the snow, dress shoes and all. We all enjoyed the romantic old-timey tunes. One participant just about summed up the general feeling when she asked, "Can we have this race on Valentine's Day next year?"

Laura Clark

WHERE DID THE TIME GO?

Saratoga Spa '04 - Paul and Judy Hartwig had the right idea. Paul ran the race, then they planned on shopping, etc., and sleeping over (gee, don't let this get around).

I waved to Judy waiting patiently for Paul in their truck. This brought back memories of my childhood. Judy's late dad, Donald Wood, and I grew up on the same street. Being younger, I tagged along with the bigger kids (mid 40's era). Our dead end street had our own junk car lot to play in. I envied the big kids since they had pliers & screwdrivers to take the mileage counter out of the speedometer. They would walk around all day clicking that mileage lever.

Hey, remember the commercial, "Do you know where your kids are?" Our parents knew exactly where we were. Most grandparents were the baby-sitters, since many mothers worked in factories to support the war.

Those early junk cars didn't have safety glass, so when I came home, my grandmother would reach for the 1/2 pt. bottle of Iodine with the eye dropper attached to the cap to dab the wounds on my hands. This was before they invented mecuricome or Band-Aids with the different skin tones.

All of a sudden, I'm in kindergarten. No "3 R's" here. A good part of the school day was pulling a wagon door to door, where families donated paper, rags, and metal, which were recycled in the school basement. That, also, was for the war effort.

The next thing I know, I'm 64 and running snowshoe races! Where did the time go.

Old Farmer Ed

CAMP SARATOGA 8K SNOWSHOE RACE WILTON, NY

FEBRUARY 14, 2004

01. Richard Bolt	33	31:50	100.00
02. Paul Low	30	32:42	98.95
03. Ben Nephew	28	33:31	97.89
04. James Pawlicki	29	35:42	96.84
05. Dave Dunham	39	36:38	95.79
06. Nikki Kimball	32	39:06	94.74
07. Jason Clark	32	39:17	93.68
08. Kelli Lusk	33	39:43	92.63
09. Edward Alibozek	41	40:15	91.58
10. Shaun Sutliff	46	40:24	90.53
11. Hector Tovar	32	40:44	89.47
12. Jim Schultz	41	41:18	88.42
13. John Onderdonk	36	41:31	87.37
14. Christophe Lanaud	36	41:37	86.32
15. Matt Wood	27	41:50	85.26
16. Janice Morra	45	42:03	84.21
17. Matthew Doyle	28	43:10	83.16
18. Jason Pare	31	43:21	82.11
19. Philip Borgese	44	43:49	81.05
20. Kelly Herrington	29	44:06	80.00
21. Bob Dion	48	44:37	78.95
22. Mark Burns	39	44:46	77.89
23. Michael Buckley	43	44:40	76.84
24. Rick Morse	53	45:54	75.79
25. Michael McNeill	32	46:54	74.74
26. Bob Irving	49	47:10	73.68
27. Jeff Lutzker	52	47:44	72.63
28. Douglas Stuart	23	47:48	71.58
29. Tracey Delaney	39	47:51	70.53
30. Jay Kolodzinski	24	48:02	69.47
31. Jesse Milonovich	30	48:37	68.42
32. Stephanie Nephew	27	48:45	67.37
33. Tom Mack	39	49:03	66.32
34. Jacque Schiffer	39	49:14	65.26
35. Rich Tanchyk	52	49:51	64.21
36. Bill Morse	52	49:58	63.16
37. Paul Hartwig	47	50:07	62.11
38. Bill Harper	56	50:13	61.05
39. Jeff Coulter	39	51:10	60.00
40. Annie Schultz	40	51:19	58.95
41. Eric Bennett	35	51:24	57.89
42. Mike Lahey	52	51:33	56.84
43. Pete Lipka	52	51:48	55.79
44. Marcia Whitney	51	51:49	54.74
45. Fred Miller	45	51:57	53.68
46. Dave Boles	57	52:11	52.63
47. Ed Alibozek Jr	64	52:41	51.58
48. Carol Kane	58	52:42	50.53
49. Dana Frisillo	32	53:35	49.47
50. Larina Riley	25	53:55	48.42
51. Patrick Riley	25	53:56	47.37
52. Vincent Kirby	47	54:27	46.32
53. Gary Cunningham	31	54:56	45.26
54. Laney Lutzker	53	55:23	44.21
55. Maureen Roberts	46	55:27	43.16
56. Larry Dragon	43	56:21	42.11
57. Aurora Lamperetta	31	56:29	41.05
58. Miles Appling	16	57:35	40.00

59. Keith Decker	41	57:57	38.95
60. Christine Tovar	27	58:36	37.89
61. Jonathan Howes	47	59:24	36.84
62. Laura Clark	56	59:50	35.79
63. Walter Kolodzinski	61	60:31	34.74
64. Jo-Ann Spinelli	50	60:48	33.68
65. Jessica Hageman	28	62:06	32.63
66. Peter Hettrich	69	62:31	31.58
67. Debbie Briggs	52	63:22	30.53
68. Ellie George	48	63:28	29.47
69. Jenness Cunningham	29	63:31	28.42
70. Sally Goade	45	64:24	27.37
71. Bob Massaro	60	64:36	26.32
72. Jim Carlson	56	65:21	25.26
73. Steve Mitchell	62	65:27	24.21
74. Cheryl Clark	32	65:39	23.16
75. Heidi Owen-West	37	65:44	22.11
76. Morris Auster	33	66:06	21.05
77. Maggie Masella	20	66:06	20.00
78. Laurel Shortell	37	68:00	18.95
79. Rich Busa	74	68:33	17.89
80. Christine McKnight	56	69:34	16.84
81. Meg O'Leary	33	69:51	15.79
82. Peter Finley	42	75:19	14.74
83. Tom Hefferman	60	75:51	13.68
84. Jeff Clark	56	78:34	12.63
85. Konrad Karolczuk	51	78:35	11.58
86. Nancy Brooks	39	86:38	10.53
87. Mary Deckers	47	86:39	9.47
88. Cathy Biss	56	90:55	8.42
89. Rita Fishman	49	91:32	7.37
90. Andy Keefe	73	91:50	6.32
91. Theresa Faul	33	92:01	5.26
92. Gerri Lyons	43	93:19	4.21
93. Joe Faul	31	93:24	3.16
94. Michael Lyons	29	93:26	2.11
95. Joe Geiger	62	(late start)	1.05

EAT YOUR HEART OUT RICHARD

Saratoga Spa '04 - Got to be the most popular race -- 160 finishers tells you that. Beautiful day finally... beautiful course... beautiful crowd.... beautiful people putting it on. I don't get the bathroom sealer.....

After the race, Mike and I went to the van to change. I couldn't get the doors to open with the remote. I never like these gadgets, but that's what Ed's mom wanted. She thought it would be handy when coming to the van with arms full of bags. Anyway, I tried the key and that didn't work either. Looked like the locks were frozen. Looking for matches to heat the key, when Mike said, "Let's try this other silver van". Three silver Dodge vans in the same parking area!

Old Farmer Ed

ANOTHER WEEKEND, ANOTHER OPPORTUNITY TO TEST ONE SELF

Camp Saratoga - What a winter! Another weekend, another opportunity to test one self against the course and the competition. Could there be a better way to spend Valentines Day? I stayed out of the doghouse with a handmade card delivered at 5 a.m. as I headed for the door (that I wouldn't come back through for about 12 hours).

The CMS carpool gave me the opportunity to stay horizontal for fully ¼ of the day while Rich drove like he races (fast and steady). The Mass pike can truly be scenic and I had fun matching what I saw with the Delorme map. The NY version of the map left a lot to be desired. There were no contour lines in Wilton NY. This would not accurately portray the rolling nature of the Camp Saratoga course.

We (Rich, Jim and I) arrived a bit early and hung out in the heated registration area. Races with indoor facilities are certainly a plus! I got a chance to chat with Laurel Shortell about her plan to run both Moody Springs and Nationals in the same weekend! She has a streak of not missing a WMAC race dating back a few years and noted, "I may not be the fastest, but I'm consistent". When Paul Low showed up we were a bit surprised, as he hadn't indicated that he was going to run. "I decided yesterday to do Nationals and thought this would be a good run" Low said, and continued, "I haven't done any long races". Low wasn't the only surprise entrant as he travels (and lives) with Kelli Lusk. Late entrant Nikki Kimball would challenge Lusk. The final surprise for us was the arrival of Ben and Stephanie Nephew. If nothing else it made for a large group for the warm-up.

The course looked like it would be fairly fast; unfortunately our warm-up was on one of the firmest sections of the route. Bolt was confident before the start noting he'd like to "break the record" and that "I think something in the 28's is possible". After the race he noted, "The firmness of the trail makes a big difference, just because it's groomed doesn't mean it's fast".

As is the way with New England trail runners, the proper etiquette was observed and the 95 racers seeded themselves at the narrow start. Only about 5 runners could fit on the groomed portion of the trail, the deep snow with a thick ice crust along the side of the trail was not an option. It looked like the seeding worked well as after the first 200m most of the field was strung out in single file.

Rich Bolt went out hard and felt he "pushed the whole way". He was never tested, but was "surprised to be a minute slower than last year". Paul Low noted that it was "amazing how smooth Rich looked just easing away". He continued that he felt "like I was running in sand". The spacing between Bolt and Low was about 1 minute with Ben Nephew another 2 minutes back. Jim Pawlicki took 4th and spoke for the entire top five when he stated "I couldn't see anyone after ½ way". We each ran in a lonely bubble where you could only hear your own labored breathing and the stomping of Snowshoes. I jokingly said "I really pushed it on the road crossing, that was the best footing on the course". The only good thing about finishing about 5 minutes behind Rich, is that with the final loop of the course passing the finish line, I got to see Rich barrel down the final hill and sprint through the line.

On the ladies side the race was quite a bit more interesting. Kelli Lusk took it out hard moving up as high as 5th place overall on one of the early hills. When I mentioned that I was working really hard when she blew by me on the hill Lusk joked (?) "I wanted to establish myself early". Nikki Kimball moved into the lead later in the race and held on for a 37 second victory and a course record by more than 2 minutes. Lusk kept the race close by "closing on Nikki on the ups, but she'd pull away on the downs". We are fortunate to have some of the best in the country racing in our area.

CMS showed that they have become a force at snowshoe racing in New England. The men took the top five positions, the women 3 of the top five, and overall CMS had 7 finishers in the top 8. Top Master was Edward Alibozek taking 9th overall. Ed Jr. (Big Ed is younger than Ed Jr., is that confusing?) noted, "Big Ed had a good one today" The always-smiling 'big Ed' said "it never makes sense, I didn't expect to do well today and had a good race".

I say any time out in the sun running in the snow and hanging out after with friends is a good race. My bruised butt (Northfield) and my bruised Achilles (Saratoga) might argue that one...

Dave Dunham

MORE CAMP STORIES

Camp Saratoga -- Another snowshoe race, another second place. I could have saved a lot of time and gas by simply writing this race report from home. Let's see... great weather for racing (considering that it was February), a fun course and a good field of CMSers. Rich took the lead from the gun. While I did not plan on beating Rich on a course like this, my goal was to at least make him work for the win. Any work Rich put into this one was purely endogenous as he gapped me somewhere between the second and third steps of the race. I passed Ben Nephew at about 600 meters and then proceeded to run alone for the remainder of the race. The course was fun but it was much slower than I thought it would be. With the softness of the track, though, the race was a really good workout for my legs. They were trashed after about 15 minutes.

Paul Low

The 2nd annual Camp Saratoga Snowshoe Race was the 9th race in the Western Mass Athletic Club's 2004 Snowshoe Series. Held at a former Boy Scout Camp (currently a Town Forest), the 5 mile course on x-c ski trails and freshly packed snowmobile trails was softer and slower than last years race. 2+ feet of dry powdery snow had been rained on in the most recent northeast storm then froze leaving a hard crust over moist snow. In spite of the grooming, the trail surface was softer and looser than it appeared to be during the warm-up and ran 1 to 2 minutes slower than last year.

Unlike the Northfield Mountain race, the field spread out right from the start. With wide trails and plenty of easy passing opportunities, this race became a true test of fitness from start to finish.

Rich Bolt

GOLD MEDAL THOUGHTS FROM THE KANIAC

Camp Saratoga Snowshoe Race 2004 The "Let's See What You Got" Race

Wilton Forest Preserve, Wilton NY, Feb 14, 2004...

Gosh darn, this race was hard.... just walkin across the parking lot was a challenge....

Beautiful area... course was hard because there was so much running... it was roly and hilly, with 40 miles of running in between... just the opposite of Curly's and Northfield... the hills at Curly's and Northfield give you a chance to regroup and get a breather and get your legs back under you... at Saratoga, you'd run for a long long time, then spot a small uphill and go thank God, a small uphill... and so this is one of those no excuse courses... it's a "let's see what you got" course... unfortunately, I didn't got too much...

Bright sunshiny day... cold, but sunshiny... and Laura, Jeff and crew had everything under control...

Observations of the Day...

I recognized Ben Nephew in the men's room....

The women's room had this neat little toilet perched on a step-up... elevated in case of flood... like a little throne.... cold little throne... holy crap, those seats were cold...

You'd go into one of the outbuildings thinking it was gonna be nice and warm... not a chance... no heat...

Don't think this race made me stronger... I'm still recovering... it was tough and hard and took a whole bunch of energy out of me....

Everyone said it was real slippery... everyone but me seemed to know what "real slippery" meant.... it wasn't icy and wasn't wet... but they all agreed that it was real slippery.... what the heck they meant, I haven't a clue... the snow was real deep and the sides were super thick crusty ice... so you didn't want to go out of the track.... there were plenty of places to pass, if you had the lung power, esp on the flats... cripes, it was like a friggin horse race on the flats...

Okay... people are starting to run incognito, wearing different outfits, to outfox the people they run in fear of.... I kept following this old guy with grey hair and he was running pretty good for an old guy and it wasn't till we crossed the line (old guy first) that I realized who it was... nice tactic, Mr. Alibozek, Jr., but that was the first and last time...

Good refreshments and a no-affle-affle at the end made the day...

Nice touch, Jeff, with the barber shop quartet to serenade the lovely Mrs. Clark...

Happy Valentines Day....

Kaniac

February 2004

Northfield Mt Snowshoe Race 2004 The Big Guns Race (or Big Lungs Race?)

Northfield, MA, February 7, 2004...

This was the 2nd Annual Northfield 7.25K Snowshoe Race... and it just happened to be chosen this year as one of the NE Regional United States Snowshoe Qualifiers... Those who qualified in this race earned the right to compete at the Nationals in Lake Tahoe on March 7, 2004. All you had to do was run like hell and be a member of the USSSA....

All the big guns from the Northeast snowshoe world were here... Male and Female winners were big guns Richard Bolt and Kelli Lusk...

But not all, or even most of the participants at this race were interested in gaining an opportunity to run the nationals... in fact, most were here just to have a whole bunch of fun running in the snow... and beating the same people who sometimes beat them...

The Northfield Snowshoe Race is a bit different from the Northfield Trail Race, the latter held in June. The main difference between the two is, of course, SNOW. The second difference is the length... the summer version is a 15K or 9.315 miles... the winter version is 7.25K or 4.50225 miles... thank goodness for that... this is a hard enough race without the element of snow...

And that's where the differences end... what's left is one fantastic tough run up and over and around Northfield Mountain... the course starts with a lung-busting run across a road to a loop around a meadow and back across the start/finish... then a short steep uphill, short steep downhill and hang a left into the woods... a good mix of single track trail, snowmobile, and woods road with really tough long uphill sections and a downhill for the final section that just won't quit...

Some people were very polite and gave way on the trail, stepping off a bit and letting the faster people by... but some had to be nudged... some had to be pleaded with... some got cursed at...

Observations of the Day...

Nice comfortable warm rec building with nice warm bathrooms was appreciated...

Weather... it had poured rain the night before, then froze, then sleeted and snowed like all get out the morning of.... but by race time everything just quit... no precipitation at all on the run... except for the falling ice chunks thrumming on your head... if you didn't wear a hat you came across the line with ice wounds....

First snowshoe race that a runner actually arrived by taxi...

Course markings were excellent... no going off course here... just follow the snowmobile track or any track for that matter... they all led to the bottom and the finish line....

BIG GUNS RACE CONTINUED

Who was that guy running in those really special black plastic waffle honking snowshoes?... nice design... unfortunately, they were too wide for the beaten track and kept getting hung up on the sides of the trail... made this bizarre honking sound...

Enough of the downhill already....

Thanks to RD Dave Dunham and others who marked the course the day before and to the frontrunners the day of... they had a tough time breaking through the ice crust... it sure made it easier for the runners behind...

Mark Elmore... big mucky muck of the USSSA was there... was nice to meet him...

Great awards.... \$36 Nike tech shirts... and ACG caps... very nice... Thanks Dave and gang... enjoyable... real enjoyable...

*Kaniac
February 2004*



Carol "Kaniac" Kane finishing Covered Bridge 2003

SERIES UPDATE THRU MOODY

<u>NAME</u>	<u>AGE</u>	<u>CT</u>	<u>TOTAL</u>	<u>AVG</u>
Ben Nephew	28	6	585.64	97.61
James Pawlicki	29	6	568.70	94.78
Dave Dunham	39	6	557.50	92.92
Shaun Sutcliffe	46	6	552.03	92.01
Edward Alibozek	41	6	540.17	90.03
Christopher Lanaud	36	6	538.52	89.75
Elijah Barrett	27	6	514.39	85.73
Bob Dion	49	6	511.02	85.17
Jim Schultz	41	6	506.85	84.48
Paul Low	30	5	495.70	99.14
Leigh Schmitt	31	5	485.17	97.03
John Pelton	64	6	450.08	75.01
Jack Casey	50	6	446.80	74.47
Mike Lahey	52	6	439.76	73.29
JayKolodzinski	24	6	438.29	73.05
<u>Kelli Lusk</u>	33	5	432.74	86.55
Ed Alibozek, Jr.	64	6	414.01	69.00
<u>Jacque Schiffer</u>	39	6	413.58	68.93
Gregory Hammett	26	5	410.29	82.06
Kelly Herrington	29	5	409.14	81.83
Norm Hecker	43	5	405.58	81.12
Paul Hartwig	47	6	388.78	64.80
Peter Lipka	52	6	387.97	64.66
David Boles	57	6	377.14	62.86
Scott Bradley	49	6	360.19	60.03
Bob Worsham	58	6	341.38	56.90
Ed Saharczewski	50	6	341.02	56.84
Richard Bolt	33	4	338.67	84.67
Thomas Denny	44	4	335.81	83.95
Larry Dragon	43	6	333.34	55.56
<u>Carol Kane</u>	58	6	314.36	52.39
<u>Darlene McCarthy</u>	41	6	308.85	51.48
Bill Morse	52	6	305.65	50.94
Rob Smith	36	4	281.11	70.28
<u>Annie Schultz</u>	40	5	268.46	53.69
<u>Stephanie Nephew</u>	27	4	263.46	65.87
<u>Laura Clark</u>	56	6	259.41	43.24
Dan Verrington	41	4	254.37	63.59
Bob Irving	49	4	254.05	63.51
Wayne Stocker	49	5	247.28	49.46
Eric Bennett	35	4	246.51	61.63
Jon Howes	47	6	241.38	40.23
Norm Sheppard	46	5	237.26	47.45
Will Danecki	53	5	231.52	46.30
<u>Bonnie Fachini</u>	39	6	223.70	37.28
Bob Massaro	60	6	186.13	31.02
Richard Busa	74	6	180.42	30.07
Jack Quinn	65	4	178.57	44.64
Laurel Shortell	37	6	175.88	29.31
Patrick Riley	25	4	174.13	43.53
Justin McCarthy	14	4	166.74	41.69
Walter Kolodzinski	61	6	166.34	27.72
Mike Hickey	46	4	156.03	39.01
<u>Larina Riley</u>	25	4	155.01	38.75
Jim Carlson	55	6	142.72	23.79
Brian McCarthy	42	4	142.58	35.64
<u>Sally Goade</u>	45	4	119.28	29.82
<u>Sue Joyner</u>	45	5	116.70	23.34
Mark Syrett	55	4	107.69	26.92
<u>Julie Ryan</u>	38	6	86.90	14.48
Peter Finley	42	5	82.46	16.49
Dylan Sutcliffe	13	4	72.55	18.14
Konrad Karolczuk	51	6	63.28	10.55
Jeff Clark	57	6	57.26	9.54
<u>Denise Dion</u>	45	5	42.93	8.59