

# SNOSHU-NEWS

## SNOWSHOE MEETING AT NORTHFIELD MOUNTAIN, JUNE 5<sup>TH</sup>, 2004

### Attending:

Rich Bolt (NH)	Gary Bridgman (MA)
Bob Dion (VT)	Denise Dion (VT)
Dave Dunham (MA)	Rob Higley (MA)
Paul Kirsch (NH)	Kristen Kozlosky (MA)
Paul Low (MA)	Kelli Lusk (MA)
Bill Morse (MA)	Jim Pawlicki (MA)
Laurel Shortell (MA)	Kevin Tilton (NH)
	Edward Alibozek (CT)

### USSSA Material:

Dave Dunham opened the meeting by stating his view regarding USSSA. Dave mentioned not being pleased with the direction USSSA has been headed, basically internationally when he believes it should be strengthened here in the United States. Snowshoeing as an Olympic sport seems odd as we can only attract 63 and 82 people to our National Championships the last two years.

Dave informed us of his views concerning the USSSA budget, which was approximately \$15,000 last year. About half of that was used for travel expense, including trips for Mark Elmore.

Dave Dunham informed us that he will be working on a USSSA Newsletter. One of the complaints of USSSA is that there was no newsletter and very little information going out to members.

Dave Dunham mentioned that if the USSSA didn't improve during the next year he was ready and willing to form a new Regional Organization for New England. As the discussion went around the room during the three-hour meeting, most in attendance agreed with this thought and supported it wholly.

Edward Alibozek was next to speak and mentioned the following concerns:

Qualifying: Maybe Qualifying should be for two years – especially with Alaska travel. This will allow people to search for the least expensive options over a longer period of time. Other option would be to make the age divisions “five year increments”?

Funds: What is available to groups who promote and organize snowshoeing? Can we get some assistance from USSSA? Does USSSA have a bank account?

Dave Dunham and Rich Bolt asked if it would be possible for Ed to take \$1 off entries to some WMAC races if the entrant was a USSSA member. They believed that this would be a positive in building the foundation of membership. Ed replied that if somehow the USSSA could return some “help” back to our program, whether that be financially or materials, he could justify this idea. Ed feels that as it stands, USSSA does nothing to promote snowshoeing with WMAC snowshoers or

the WMAC Series, and he wouldn't feel comfortable asking anyone for money to give to the USSSA without some sort of reciprocation involved.

Dave Dunham asked Ed to draw up a proposal for Mark Elmore at USSSA asking for funds to help our series along, with an understanding that we would in turn help build membership for USSSA.

Insurance: Ed felt that it sure would be nice if USSSA had some blanket coverage that we could all piggyback on at low cost. Our WMAC coverage has gone from \$185 to \$260 to \$300 over the last three years. This isn't bad considering several races/ RD's share the cost, but it would be even better if USSSA could help us out. The National Organization should address insurance to help new races grow and help the growth in grass roots areas.

National Championship: Ed stated that he would like us to be uniform regarding what we would like to see for the '06 Event. Distance (s), Location, terrain etc. Ed mentioned that we have two races, Northfield and Woodford/ Mt Prospect, which would love to serve as the National Championship in 2006. Kelli Lusk passed around a bid process/ application for Mountain Biking that is used for championship events. Dave Dunham asked Kelli to draw up a similar package to be possibly used by potential snowshoe locations for the Regional and National events. Discussion followed regarding a “Two Day Snowshoe Championship”, which most favored. Dave Dunham mentioned that he would be proposing Northfield Mountain formally for the 2006 National Event, as part of a Two Day Championship. Dave asked Kelli to draw up a formal request for Northfield Mountain and Camp Saratoga be considered for Northeast Regional Qualifiers for the 2005 season.

Snowshoe Schedule in the Northeast: Ed informed all that Rich Bolt researched a beautiful report of all races in Northeast, with web links and results and more. This document will be included within these minutes (and in SnoNews).

Online Snowshoe magazine available: Ed informed everyone that there is an online “Snowshoe” publication available at:

<http://snowshoemag.com/main.html>

Ed Alibozek asked if we should remove Moody Spring from the WMAC Race Schedule, as it is the date for the National Championship. It presents a bit of a problem, as it is the only day we can follow the event up with a visit to South Face Farm Sugar House for the brunch. Ed plans on trying to work something else out with the owner of South Face (Tom McCrumm).

## UNITED STATES SNOWSHOEING ASSOCIATION MATERIAL

Paul Low suggested that everyone present speak on what concerns them most, and why they are at this meeting.

Paul Low: Membership needs to increase, the belief is actual membership is only about 130 total. Paul felt it is a shame that only 80 people took part in a National Championship when more turn out regularly for a weekly event in the Northeast.

Edward Alibozek: Would like to see USSSA helping the races that serve as the foundation financially or with insurance. Ed also has concerns with the freedom he has regarding WMAC Series and likes the idea of others to "check him".

Paul Kirsch: Wants to start up a race in White Mountains of New Hampshire, and is concerned with money and promotion.

Rob Higley: Addressed potential concerns of having one director.

Kevin Tilton: Believes USSSA is going in the wrong direction and believes a new association is needed. Kevin also believes that snowshoeing needs to become attractive to younger participants, with more young (20's) needing to get involved. Kevin also mentioned contacting Mark Elmore concerning posting results for the USSSA Board. Dave Dunham asked Kevin to follow this up.

Bob Dion: Bob worries about friction in these early years, hoping that snowshoeing doesn't become what the TAC/USATF and RRCA went through. Bob mentioned that the National sites have not been Snowshoe "friendly", especially Utah. He would like to make certain that future locations want us to be there, and not treat us as an oddity.

Denise Dion: Feels that the current USSSA Association should be allowed to exist through this season, but if the director doesn't listen to what the board members and members suggest then a new organization will be necessary.

Laurel Shortell: Hopes that USSSA will increase membership at all abilities, and not focus on just the elite athletes. Something has to be done to make USSSA attractive to snowshoers who are not in contention for National Champion.

Richard Bolt: Concerned with USSSA as a National Governing Body. Believes that change isn't needed within the Northeast, that we will be fine by just continuing to do what we have been doing. We have a wonderful foundation built that continues to expand and offer options for all levels of snowshoeing and snowshoers. Rich believes that the sport will grow in a positive manner regardless of what happens at USSSA.

Jim Pawlicki: Feels that the USSSA needs to have the upcoming year to "get it together." Jim emphasized that the directors need to listen to the elected board officials.

Bill Morse: Doesn't believe that if it comes to different governing bodies or organizations, it would be a problem. Bill brought up that many sports have several "National

Championship" events, and usually one tends to be left standing in the end. Bill doesn't see any negative impact on the WMAC

Series regarding Nationals, as he feels the two are pretty far apart from each other in several ways. Bill mentioned the WMAC's "Vow of Chastity" that has become very important to him in his appreciation of the WMAC events.

Kelli Lusk: One major concern is that the USSSA is not "non-profit". She also believes that our races are not at all dependent on USSSA. She would like to concentrate for the next year on a state and local level, and see what happens with USSSA.

### EMAIL MESSAGE #1

Thank you for Snoshu-News 2.8. I enjoyed reading all the USSSA-related issues. For what they are worth, here are my positions on the matters addressed in the newsletter:

I support the USSSA, warts and all. Mark Elmore deserves an enormous amount of credit for establishing a national championship and coordinating multiple editions of the event across the country. The organizational structure of the USSSA may differ from that of other governing bodies, but I think the USSSA has taken steps in the right direction.

As inconvenient as travel to Anchorage might be for those in this part of the country (and elsewhere), I support the rotation of the championship to different parts of the country. It will be interesting to see if holding a national championship at an "underdeveloped" area has the desired effect of generating interest in the sport in that area.

I like the idea of having regional qualifiers. They seem to strengthen the local scene and focus attention on the USSSA throughout the season. It also seems more special somehow to attend an event for which I have qualified than to attend one to which I merely traveled. I would support tinkering with the qualifying formula as necessary.

Although promotion of the USSSA has seemed to be relatively minimal, the article on the national championship in The New York Times provided nationwide exposure for the organization.

Based on the outstanding series of events that you coordinate, I hope that the WMAC bid for the 2006 national championship is successful. The race directors in the WMAC series truly know how to put on high quality events in natural settings that accentuate the many desirable aspects of the sport. [From a personal perspective, I'm not sure my body would tolerate a two-day competition, although I imagine that I would recover by the time December rolls around again!]

I hope that at least some of the future discussions on these topics are migrated to the USSSA online forum, a feature believe to be a nice upgrade of the USSSA website. Doing so would allow interested parties to follow along (and actively participate) in the discussion in real time.

Thank you again for helping to make snowshoeing what it is in New England! I hope the meeting goes well.

Best wishes  
Britt Brewer

## UNITED STATES SNOWSHOE ASSOCIATION - ALASKA

The next issue was from Julie Udchachon, of the Alaska Snowshoe Club concerning the 2005 Nationals. Julie sent an email along and Ed Alibozek asked Dave Dunham to read aloud to the entire group. Any of the meeting group comments are italicized and appear after each statement from Julie.

Thanks for another opportunity to continue the snowshoe dialog! Please keep sending SnoNews! I'll pass it around up here. The following are issues I feel are important, along with ideas/comments:

1) Can all regional events be held by the end of January to give qualifiers time to find the cheapest airfares?

- *The northeast events we will submit for consideration will happen in early February. Ed's idea of allowing for anyone who qualified in 2004 to "carry-over" to 2005 would make for easier travel arrangements. Ed mentioned that this could be done for anyone out of the region where the National Championship would be held, so all Alaska residents would have to qualify this year but those from the other four regions could use their 2004 status for an additional year.*

2) What is the procedure for decision-making by the board of USSSA reps?

- *Dave Dunham mentioned that this was a great question and one we are also searching for an answer to.*

3) When how and what do we vote on?

- *Exactly same response from Dave as above..*

4) I am designing the course for Nationals mostly OFF ski trails... with only the first K and last K on groomed areas. Is that ok with all?? The course will be hilly, but no major climbs, lots of twists, turns, but plenty of straight always. Ample passing room... less single file.... minimally broken and hopefully a good bit unbroken. I aim to make this course one that will test who is the best SNOWSHOE runner... not who is the best runner. There might be a big difference!!

- *Several people spoke up that the director can and should do whatever it is that pleases them as far as course design. Rich Bolt and Dave Dunham spoke about different perspectives of snowshoeing as you go around the country, and that is how it should be. Kelli Lusk asked Ed if we had a SOP (standard operating procedure) or handbook on putting on one of the WMAC races. Ed mentioned that most try to follow the Vow of Chastity guidelines as close as possible, but other than that we have nothing. By the end of the discussion everyone believed that Julie has a great plan for the event course.*

5) I would like to have the citizen race concurrent with the NC race to encourage participation. Our numbers are low... the

opportunity to compete against the best in the country will be the perfect incentive. Can the board vote on this?

- *Our group thought that this was fine. No one felt it would be a problem at all, and would actually be a good idea to build up numbers for this area. We all believed that having everyone race together is much better than two separate races.*

6) I believe offering three distances 5,10, 15 or 20, will draw a larger total participation. Same day/ slightly different courses. same starting line. I think it could be worked out ... if not now by 2006!!

- *This was somewhat confusing to us and not really addressed.*

7) Snowshoe Mag wrote an article on 2005... did you guys see that? A poster is on it's way out to 100's of stores and will be reprinted for later distribution. I have a committee put together to organize and promote.... I'm working on local race series/clinics to get things moving up here.

- *Dave Dunham wondered if this was the poster of Rich Bolt, which was exciting for many of us to hear. None of us have seen the poster yet.*

I want to hear all ideas from you all down there. Good luck if you are racing this weekend!!

Julie Udchachon  
The Alaska Snowshoe Club  
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[www.usatf.org/assoc/ak/shoe.htm](http://www.usatf.org/assoc/ak/shoe.htm)

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### WMAC TEAM COMPETITION

Dave Dunham quickly gave us some ideas on what the Team Category should entail.

Three runners score and as many as you want can enter.

A big club can enter different versions of its team (example: CMS could have a CMS/ Atlas and a CMS/ Redfeather) all kinds of variations are allowed.

You are only allowed to score for whatever team you put on your app that day

Pick-up teams are allowed (so if you show up and only 2 WMAC people are present you could grab someone for a "WMAC plus 1" ).

There would be women's teams and age group teams and I'd say that women can score in the open team and age groupers can score down (Example: Rich Busa runs for WMAC and scores in the 60+, 50+, 40+ and open team).

## WMAC SNOWSHOE SERIES 2005

Bay State Games and Snowshoeing. Northfield as the Bay State Games Snowshoe event? Dave Dunham is putting in the groundwork and believes that this will be very possible in 2005.

Number of Races. Where do we wish it to be? Is it good where it is? Do we add on? Do we cut back? Ed said that he has always believed that it is best to fill the schedule and lose an event or two to weather rather than try to shuffle events and “re-do” by keeping open dates. It seems easier from a directing position to just move on to the next event rather than worry about trying to reschedule. If it comes to having races every Saturday and Sunday from December until April so be it, but maybe we just choose some to be in the race series and some not? The consensus seemed to be that people like to have the opportunity to snowshoe most all of the winter.

WMAC Snowshoe Series started out as just a bunch of club races. It now includes races from several clubs. Do we pare down the events into a smaller WMAC Series and a larger Northeast Series? This will most likely become an issue if the Northeast or New England becomes something of its own next year. This is dependent on what happens this season with USSSA.

Head to Head Competition. Ed worries that too big becomes difficult to manage in that you don't have head to head competition among the top racers – two people could tie for an overall “Northeast” title and never actually race against each other. Ed would like to continue to avoid such a thing. He believes the WMAC series forces at least a few head to head match-ups at the top of the heap each year. Ed can't see the WMAC Races getting lower than 10 a year, as he believe it is hard to get people interested in something that they can only do (in an organized manner) a few times a season. Keeping snowshoe event options high really has helped us attract interested people.

2005 Northeast Two Day Championship Event. Ed was thinking that a Northeast Championship could be scattered over the Northfield and Saratoga Winterfest weekend. Two days, two races, Champs are decided then and there. The races are already set up and have been held for two and five years, with fantastic attendance. Anyone else think this might be a fun idea? Would it make the WMAC Points Series “pointless”? We could continue to use these two in the future or even juggle the sites and distances. Interested Race Directors could “suggest” or “request” that a race be used. It wouldn't make sense to have the travel between the two days too extreme, but within 2 hours of each other or so might be fair.

Prolonging the Day's Fun. Beth Herder would really like to hold a Relay Race at Curly's as a bonus. She wants to attract more local folks and high school athletes.

DVD. Ed offered to make a copy of a Curly's DVD from 2003 or 2004 for anyone in attendance. The following asked for 2003 version (Gary Bridgman) and the 2004 version (Bill Morse, Kelli Lusk, Jim Pawlicki).

Covered Bridge as two scoring opportunities. Everyone scores in the 3.5 miler, then those who continue score again in the 8 miler. The two races run together either stop at or pass directly by the gazebo. Short Race would have about 50-70 people scoring and then the Long Race would have 30 or so gain additional points, including 100 for the winner. One person could gather up 200 total points for the day by taking both events – wire to wire

Order of WMAC Races. WMAC has always tried to have the season start with shorter distance races with small climb, so that new shoers could gradually increase distance and confidence as the season wore on and the races would get “longer”. Should we think about mixing up the long and short events? One person suggest mixing some shorter distance events in at the end so that the year wasn't so grueling.

Ed Alibozek asked if we should remove Moody Spring from the schedule, as it is the date for the National Championship. It presents a bit of a problem, as it is the only day we can follow the event up with a visit to South Face Farm Sugar House for the brunch. Ed plans on trying to work something else out with the owner of South Face (Tom McCrumm).

Other events were talked about also:

- Gary Bridgeman informed everyone of what happened to Sturbridge/ Hyland Orchard last year. Gary would like to keep the possibility of having the race again “open”, but doesn't believe it is anything he could really schedule due to iffy snow there.
- Richard Bolt is interested in holding an event in the Manchester, NH area for 2005. It would be held at the Public Water Works property, and Rich described it as fitting in well with the WMAC amenities (or lack of them). Rich was offered the last weekend in January and said he would love to do it, with help from Dave Dunham. The WMAC Series has been trying for several years to make travel easier for easterners and this should help those coming out of the Boston end of the state.
- Paul Kirsch in NH has a race in the works. It would be in Sandwich, NH and would be on the same weekend as Rich Bolt's new event, January 29<sup>th</sup>/ 30<sup>th</sup>, 2005.
- Zeke Zucker has his Northern Vermont Challenge, 8 km, set for February 13<sup>th</sup>. This was not discussed as part of the WMAC Series but as another venue for interested snowshoers.
- Peter Keeney has a Maine Snow Flea Snowshoe Series as follows:

January 29, 2005                      Schoodic Mountain  
Donnell Pond State Park                      Sullivan, ME

February 12, 2005                      Great Pond Snowshoe  
Craigbrook Nat. Fish Hatchery                      East Orland, ME

## EMAIL MESSAGES FROM WMAC SNOWSHOERS

I just finished the last snownews (2.8), and I got to tell you it was good reading. There's nothing wishy-washy about these folks. I just started snowshoeing this past winter. I really enjoyed it at Greylock Glen & Moby Dick and to me, each event (people, race, food, etc) was worth the 2+hr drive each way from Medway, Mass. I appreciated the loaners from Bob Dion, bought a pair from him and used them on my family's winter vacation. I've joined a local running club because I want to improve (I enjoyed the scenery but walked too often) & plan to attend more of your snowshoe races this coming winter.

So a perspective from a back-of-the-pack newbie is that WMAC runs a great program - I am the race director for a local 5K road race so I appreciate the details and effort. I do not foresee any awards or qualifying in my future however I think the championships should be special and only for qualifiers. I like to compete but I don't think everyone should get a pass or medal for showing up (the chowder and fresh breads were more than enough), the awards/championships should be 'Grail-like'.

My intention is to work my schedule to attend more races this winter and I think I may have a buddy or two to carpool with.

Dan Collins - [dan\\_collins@comcast.net](mailto:dan_collins@comcast.net)

Laura and I just last night got time to read and discuss Snoshoe news (2.8) and we'd like to comment on the discussion prior to your meeting this weekend. We hadn't been privy to the discussion and don't know how stale this news is. (Northfield is the same day as Freihofer's Run for Women: Laura is running with her daughter & granddaughter and I'm in a kayak race.)

We agree with Laurel Shortell that having qualifying times makes it special, although Dave's comments about a % of racers would give favorable status to areas with larger numbers of racers, which we also prefer. We'd like to see 5 year age groups and an inclusion of age 70 and over. Hopefully, there will be enough slots to get more competitors there, perhaps the top two or three per age group.

One of the comments mentioned that Nationals should be run by experienced SS race directors and AT places where we've had good races before. We wholeheartedly agree, let's not get into the ski resorts where we're an afterthought.

As far as the discussion/comments about Alaska go, we both agreed that prior to Laura's getting involved in WMAC SS racing, there had been no SS races nor SS racers in the Saratoga Springs, NY area and yet for the last 5 years running, we've had the largest race in the East. So we say, give Alaska a chance and they may grow like we did. And a commitment made is always better kept. And we might note on a personal level, we support that even though we didn't get to go to Nationals this year with budgeting for our third daughter in college. We also very much like the idea of a "Citizen's Race" in conjunction with Nationals. (Laura & I would like to discuss having a qualifier and/or Nationals at Camp Saratoga if others think that's a good idea.)

Thanks for all the time you folks spend to propagate snowshoeing, we deeply appreciate your work.

Happy trails - Laura & Jeff Clark

Thank you for the latest Snoshu-News (2.8). I enjoyed reading all the opinions about USSSA-related issues. Unfortunately, I will not be able to attend the meeting Saturday (the kids have swimming lessons at that time!). For what they are worth, here are my positions on the matters addressed in the newsletter:

I support the USSSA, warts and all. Mark Elmore deserves an enormous amount of credit for establishing a national championship and coordinating multiple editions of the event across the country. The organizational structure of the USSSA may differ from that of other governing bodies, but I think the USSSA has taken steps in the right direction.

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Based on the outstanding series of events that you coordinate, I hope that the WMAC bid for the 2006 national championship is successful. The race directors in the WMAC series truly know how to put on high quality events in natural settings that accentuate the many desirable aspects of the sport. [From a personal perspective, I'm not sure my body would tolerate a two-day competition, although I imagine that I would recover by the time December rolls around again!]

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Thank you again for helping to make snowshoeing what it is in New England! I hope the meeting goes well.

Best wishes, Britt Brewer

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Meeting ended approximately three hours after it started.

Respectfully submitted,

Edward Alibozek  
860-668-7484  
edtrnews@yahoo.com

**2004 New England Snowshoe Summary**  
**Includes Atlas & CMS Athlete Results**  
**March 10, 2004**  
**By Richard Bolt**

The following summary is of snowshoe races and does not include demo-days, tours, festivals, etc.  
 Number of finishers and place numbers are for men and women combined.

	Date	Race	State	Racers	Atlas Finishers (place)	CMS Finishers (place)	Results
1	11/22/2003	ESG Peru	NY				Can't find results
2	12/13/2004	Jingle Bell Race	NY	18	4	4	<a href="http://www.snowshoeracing.com/essra_results.htm">http://www.snowshoeracing.com/essra_results.htm</a>
3	12/13/2004	ESG Clinton High	NY				Can't find results
4	12/14/2003	Beekmantown	NY				Can't find results
5	12/20/2003	ESG Inlet	NY				Can't find results
6	12/27/2003	Glimmerglass 5k	NY	12			<a href="http://www.snowshoeracing.com/essra_results.htm">http://www.snowshoeracing.com/essra_results.htm</a>
7	12/28/2003	WMAC Woodford	VT	75	1, 47, 56	1, 13, 47, 48, 53, 56	<a href="http://www.runwmac.com/snowshoes/woodford3.htm">http://www.runwmac.com/snowshoes/woodford3.htm</a>
8	1/3/2004	WMAC Saratoga Biathlon	NY	54			<a href="http://www.runwmac.com/snowshoes/sar_bia1.htm">http://www.runwmac.com/snowshoes/sar_bia1.htm</a>
9	1/4/2004	WMAC Merrimack	MA	20	2, 7	1, 2, 7	<a href="http://www.runwmac.com/snowshoes/merri.htm">http://www.runwmac.com/snowshoes/merri.htm</a>
10	1/10/2004	WMAC South Pond	MA				Race Postponed
11	1/10/2004	ESSRA Camden	NY	7			<a href="http://www.snowshoeracing.com/essra_results.htm">http://www.snowshoeracing.com/essra_results.htm</a>
12	1/10/2004	ESG Union	NY				Can't find results
13	1/10/2004	ESG Cornith	NY				Can't find results
14	1/10/2004	Frozen Assets 5k	NY	78			<a href="http://www.snowshoeracing.com/essra_results.htm">http://www.snowshoeracing.com/essra_results.htm</a>
15	1/11/2004	ESG Saranac Lake	NY				Can't find results
16	1/11/2004	Gore Mountain	NY	14			<a href="http://www.snowshoeracing.com/essra_results.htm">http://www.snowshoeracing.com/essra_results.htm</a>
17	1/15/2004	ESG Cortland	NY				Can't find results
18	1/15/2004	ESG Paul Smiths	NY				Can't find results
19	1/17/2004	WMAC Greylock Glen	MA	95	7	2, 3, 6, 7, 12	<a href="http://www.runwmac.com/snowshoes/glen.htm">http://www.runwmac.com/snowshoes/glen.htm</a>
20	1/17/2004	Mad River	VT	32	1, 4	1, 4	<a href="http://www.coolrunning.com/results/04/vt/Jan17_6thAnn_set1.shtml">http://www.coolrunning.com/results/04/vt/Jan17_6thAnn_set1.shtml</a>
21	1/17/2004	ESG Cortland	NY	10			<a href="http://www.snowshoeracing.com/essra_results.htm">http://www.snowshoeracing.com/essra_results.htm</a>
22	1/18/2004	Stowe	VT	30	2	2	<a href="http://www.stowewintercarnival.com/static/stowewintercarnival/5ksnowshoe.php">http://www.stowewintercarnival.com/static/stowewintercarnival/5ksnowshoe.php</a>
23	1/18/2004	ESG Paul Smiths	NY	18			<a href="http://www.snowshoeracing.com/essra_results.htm">http://www.snowshoeracing.com/essra_results.htm</a>
24	1/18/2004	Schoodic Mtn	ME				Can't find results
25	1/18/2004	ESG Peru	NY				Can't find results
26	1/22/2004	ESG Paul Smiths	NY	19			<a href="http://www.snowshoeracing.com/essra_results.htm">http://www.snowshoeracing.com/essra_results.htm</a>
27	1/24/2004	USSSA Regional Qual. Essex Jct	VT	51	1, 5, 8, 14	1, 2, 4, 5, 6, 8, 14	<a href="http://www.snowshoeracing.com/results2004.htm">http://www.snowshoeracing.com/results2004.htm</a>
28	1/24/2004	ESG Arcade	NY				Can't find results
29	1/24/2004	ESG Cornith	NY				Can't find results
30	1/25/2004	WMAC Curly's Record Run	MA	108	1, 13	1, 2, 3, 7, 11, 13	<a href="http://www.runwmac.com/snowshoes/04curly.htm">http://www.runwmac.com/snowshoes/04curly.htm</a>
31	1/25/2004	Mendon Ponds	NY	57			<a href="http://www.snowshoeracing.com/essra_results.htm">http://www.snowshoeracing.com/essra_results.htm</a>
32	1/31/2004	ESG Berne	NY				Can't find results
33	1/31/2004	Syracuse	NY				Can't find results
34	1/31/2004	Finger Lakes	NY	39			<a href="http://www.snowshoeracing.com/essra_results.htm">http://www.snowshoeracing.com/essra_results.htm</a>
35	2/1/2004	WMAC Saratoga Winterfest	NY	160	4	1, 4	<a href="http://www.runwmac.com/snowshoes/041.htm">http://www.runwmac.com/snowshoes/041.htm</a>
36	2/1/2004	ESG Berne	NY				Can't find results
37	2/1/2004	Black House	ME	10			<a href="http://www.snowshoeracing.com/essra_results.htm">http://www.snowshoeracing.com/essra_results.htm</a>
38	2/3/2004	Vermont Snowshoe Challenge	VT	30			<a href="http://www.coolrunning.com/results/02/vt/feb3_Northe_set1.html">http://www.coolrunning.com/results/02/vt/feb3_Northe_set1.html</a>
39	2/5/2004	ESG Paul Smiths	NY				Can't find results
40	2/7/2004	WMAC Northfield (USSSA Regional Qualifier)	MA	79	1, 3, 4, 12, 16	1, 2, 6, 12, 14, 15, 16, 17, 21,	<a href="http://www.runwmac.com/snowshoes/nfm.htm">http://www.runwmac.com/snowshoes/nfm.htm</a>
41	2/7/2004	ESG Cornith	NY				Can't find results
42	2/7/2004	ESG Homer	NY				Can't find results
43	2/7/2004	ESG Utica	NY				Can't find results

44	2/8/2004	Belleayre Mountain	NY	13			<a href="http://www.snowshoeracing.com/essra_results.htm">http://www.snowshoeracing.com/essra_results.htm</a>
45	2/8/2004	Trenton Flurry	ME				Can't find results
46	2/10/2004	Dewey Mtn 4k	NY				Can't find results
47	2/14/2004	Smugglers Notch	VT				Can't find results
48	2/14/2004	WMAC Camp Saratoga	NY	95	1, 5	1, 2, 3, 4, 5, 6, 8	<a href="http://www.runwmac.com/snowshoes/camp1.htm">http://www.runwmac.com/snowshoes/camp1.htm</a>
49	2/15/2004	WMAC Hyland Orchard	MA				Race Postponed
50	2/15/2004	Great Pond Mtn	ME				Can't find results
51	2/21/2004	WMAC Hawley Kiln	MA	77	4	1, 2, 4, 7, 8, 9	<a href="http://www.runwmac.com/snowshoes/hkk.htm">http://www.runwmac.com/snowshoes/hkk.htm</a>
52	2/21/2004 2/22/2004	ESG Championships in Lake Placid	NY	92			<a href="http://www.snowshoeracing.com/ESGresults04.htm">http://www.snowshoeracing.com/ESGresults04.htm</a>
53	2/28/2004	WMAC Covered Bridge	MA	65		1, 3	<a href="http://www.runwmac.com/snowshoes/04%20covbr8.htm">http://www.runwmac.com/snowshoes/04%20covbr8.htm</a>
54	2/28/2004	Black Mtn 8k	ME				Can't find results
55	3/6/2004	WMAC Moody Springs	MA	48		2	<a href="http://www.runwmac.com/snowshoes/2004.htm">http://www.runwmac.com/snowshoes/2004.htm</a>
56	3/7/2004	USSSA Nationals	CA	90??	1, 10, 12, ???	2, 11, 12, 14, ??	<a href="http://www.snowshoeracing.com/results2004.htm">http://www.snowshoeracing.com/results2004.htm</a>
57	3/14/2004	Garnet Hill	NY				
58	3/14/2004	WMAC Moby Dick	MA	53			<a href="http://www.runwmac.com/snowshoes/2004moby.htm">http://www.runwmac.com/snowshoes/2004moby.htm</a>
59							
60							

Total number of races in New England & New York – 58

Total number of races attended by Atlas Snowshoe Team Members – 13

Total number of races attended by CMS Team Members – 15

Races in NY – 36

Races in MA – 10

Races in VT – 6

Races in ME – 5

Races in NH – 0

### Description of Snowshoe Racing Organizations in Northeast US

**Empire State Snowshoe Racing Association (ESSRA)** - ESSRA is responsible for conducting Snowshoe races that serve as qualifiers for the New York Empire State Winter Games (ESG). ESSRA is also responsible for conducting the track events (100m, 200m, 400m & 1500m) and the 5,000m long distance event at the ESG Finals in Lake Placid, NY. Mark Elmore is the primary person at ESSRA ([snowshoeguy@yahoo.com](mailto:snowshoeguy@yahoo.com)). <http://www.snowshoeracing.com/essrahome.htm>

**Saratoga Stryders** - The Saratoga Stryders are a group of enthusiastic runners based in Saratoga Springs, New York. Established in 1984, their goal is to promote fitness through running and related sports, to educate the community about the benefits of these activities, and to provide a bond for both serious and recreational runners. The Stryders are also responsible for organizing several snowshoe races in the Saratoga area that have become part of the WMAC Series. Laura and Jeff Clark are the race directors for some or all Stryders snowshoe races ([laurac@saratoga.lib.ny.us](mailto:laurac@saratoga.lib.ny.us)). <http://www.saratogastryders.org/>

**Central Mass Striders (CMS)** – Largely thru the efforts of Dave Dunham ([dave.dunham@verizon.net](mailto:dave.dunham@verizon.net)), CMS has become the leading supporter of elite snowshoe racers in New York and New England. Dave started attending WMAC races in 2000 and each year since then has inspired more elite runners to attend these and other snowshoe races. Dave is also a member of USSSA's Board of Regional Reps for the Northeast. Current CMS athletes who attended at least one snowshoe race include:

Richard Bolt (Atlas)

Dave Dunham (Atlas)

Nikki Kimball (Atlas)

Dan Verrington (Atlas)

Paul Low (Redfeather)

Kelli Lusk (Redfeather)

Ted MacMahon

Ben Nephew

Stephanie Nephew

Jim Pawlicki

Steve Peterson

Kevin Tilton

Thru is generous sponsor Polar Beverages, CMS paid lodging and airfare for all 9 athletes who attended the Nike ACG USSSA Snowshoe Nationals in Olympic Valley, CA. <http://www.cmsrun.org/>

**Pittsfield High School Cross Country (PHSXC)** – This team and their coach (Brad Herder) have been fantastic snowshoe enthusiasts and supporters in the past 2 years as organizers of Curly's Record Run Snowshoe Race. Beth and Brad Herder ([beth@vermontsoftware.com](mailto:beth@vermontsoftware.com), [brad@vermontsoftware.com](mailto:brad@vermontsoftware.com)) have made Curly's part of the WMAC series. Their website is both a fantastic resource for their x-c athletes and for snowshoe racers alike. The website features, results, pictures and course maps. <http://www.phsxc.org/>

**Western Mass Athletic Club (WMAC)** – A local club in the Berkshire Mountains of Western Massachusetts. Has for 7 years now been organizing a snowshoe race series. Over the years the number of races and racers has increased dramatically. WMAC has an excellent website and quickly publishes race results, stories and pictures. Edward Alibozek (edtrnews@yahoo.com) and Paul Hartwig are the driving forces behind this series. WMAC focuses on fun, participation and races with scenic beauty. WMAC snowshoe races are defined by their "vow of chastity". <http://www.runwmac.com/snowshoes/default.htm>

#### The WMAC Snowshoe Race Vow of Chastity

- *Event must be held in State Forest or on Private Land. Event can also be held in a State Park if the area has not been overdeveloped to the point of being commercialized. Event cannot be held at ski resorts or golf courses.*
- *At least 25% of the course must be on single-track trail, winding through the woods if at all possible. This section must be left un-groomed by snowmobile or other motorized grooming mechanism if at all possible (mistakes happen).*
- *Course must average a minimum of 50' of climb and descent per mile.*
- *"Never try to make a 10 mile race fit in a four acre forest." Don't ever think of a distance and try to make the race-course fit it. Find a route that flows, decide it is your course, and then whatever it is, let it be. The "odder" the distance, the better.*
- *If course is over 6 miles, a shorter distance option must also be held for those participants who do not wish to attempt 6 miles or more.*
- *Event must be named after a natural or historic landmark in the area, and the course must travel within sight of it.*
- *"Just be Giant". Once upon a time, Andre the Giant was asked "Wouldn't you want to be the World Wide Wrestling Federation Champion?" Andre replied, "...don't want to be champion, just want to be Giant." Let each event be as fantastic and unique as possible, and don't compete against other races. You and the race will be happier this way.*
- *Each participant is a link in the chain. Everyone is important, first to last.*
- *Do your best and remember to have fun. This is supposed to be recreation.*
- *No professional timing allowed.*
- *No trophies or awards ceremony. The day belongs to all participants. Overall and age group winners will be recognized in the results, which will be sent to each participant.*
- *Free entry for participants 65 years old (and over), and also for those 12 years of age (and under).*

**Others** – There are of course many other race directors, organizations and clubs involved in snowshoe racing. Those mentioned above are the ones I know best and are involved in the largest snowshoe racers in the Northeast United States.