

DOUBLE HEADER AT SARATOGA

Fickle winters such as this one make me envious of road and trail race directors. Short of an earthquake or a mudslide, you don't have to worry about not having a course. "All" you have to obsess about is timing, water stops (unless you are Karl Moltoris), hauling stuff there and back in a Volkswagen-sized car, parking, insurance, moose and other traffic obstacles, weddings and other family crises and the inevitable appliance breakdowns and flu epidemics. The course, upon which all else ultimately depends, is a given.

Not so for snowshoe race directors. No matter how much they worry about the other stuff, their main concern is "Will I have a doable course come race day?" and "Will it remotely resemble last year's course?" There are not one, but two, worse case scenarios. The first, this year's popular choice, is obvious. The second, a Brave the Blizzard option, is downright frustrating: a race with lots of snow that only the very brave or very foolish can shovel their way to. I have yet to have all my perky orange flags get buried in a snow dump, but after this winter, grave-digging detail has a certain appeal.

While Edward and I doggedly worked on getting insurance from roughly August through December (don't ask), I lost momentum as a snowless December was followed by a rainy January. Pre-registration, once considered common courtesy toward overworked race directors, was noticeably down. I thought I would physically attack the next couch potato who commented on the "great winter weather we're having this year." Jeff, in an investment counselor move, removed the 2005 date from the Saratoga Tshirts.

But concerned that its reputation as an all-season tourist destination would be tarnished, Saratoga somehow came through with the white stuff. While not as many WMACers visited the Spa after the Northfield qualifier the day before, we still exceeded last year's turnout by a handful of people, attracting many newcomers to the sport. Which was a good thing, especially for Bob Dion who had the sweatshop bunnies working overtime making loaner snowshoes.

As a race director, it was fun to run the course and get a feel for how it flowed, but I was too stressed out to place anywhere near where I should have been. After that mad dash around the quad, which Rich Busa terms "the toughest part of the entire race," I was ready for the chili.

But there was still one more race to go...Camp Saratoga. Incredibly, helping organize the second part of the double header was much easier. By this time, everyone knew their jobs, the race boxes were still strewn about my living room floor and leftover chili was waiting patiently in the freezer. Even the sloggy, slushy conditions Wednesday night failed to get me down. Instead of my usual pre-race nightmares, I had dreamt of a white albatross flying serenely over snow-covered woods. So what could go wrong?

Last year the Camp Saratoga race landed squarely on Valentine's Day. BJ Sotile phoned me to ask if it would also

be on Valentine's Day this year. Incredulous, I replied that Valentine's Day was on a Monday and not all of us are retired and free to come and go as we please. Nevertheless, it did seem like a Valentine's event featuring a couples category. Ironman Bill Taylor faithfully cooked his Buffalo Bill chili despite his knee operation the day before, while his wife, Cathy hauled it to the race site. Peggy, Andy Keefe's wife, brought three separate food items and, noticing that the kitchen was Cathy and Bill-less, volunteered to take charge. Peggy Huckel took her usual place at the race boards, while her husband Jack ("the free lunch is worth it") switched roles from course marshal to finish line runner, finally being promoted to the choice assignment of tick sheet manager as volunteers succumbed to the flu. John Orsini punched the chronoprinter, supported by his wife, Julia who spent the past winter designing a cold-proof case for the device. Tony and Peggy Mangano hauled the drinks and spent the previous week stumbling over the water cases crowding their front hallway.

Famous couple 'shoers included Paul Low (2nd overall) and his wife Kelli Lusk (first woman). They were followed by John Onderdonk who convinced his wife Marne to give it a try. Konrad lost his running buddy, since Jeff filled in at the finish line so I could head out on the course. Besides being a loving gesture, this was also a smart move since Jeff knew that



having me do anything involving math would jeopardize the entire race. After the cleanup I stopped to chat with the last couple to leave, Patrick and Larina Riley, who were just removing their snowshoes. I couldn't imagine how anyone could travel those relentless hills twice, but they had "merely" walked it as a cooldown with Larina's mother.

Still the best Valentines story belongs to Andy and Peggy Keefe. Andy, who was supposed to race, stayed behind to help Peggy in the kitchen (yes, there really were three separate Peggys). His explanation, "I like being with my wife." So yes, BJ, Camp Saratoga is a Valentine's Race.

PS. The next day Andy went out and ran the Camp Saratoga course. He won.

By Laura Clark

You may not know it by looking at the photo, but Bob Worsham is not only enjoying the 2005 Saratoga Spa Winterfest a day after competing at NFM, but winning an age division title at also! Photo submitted by Dan McNamara.

3rd ANNUAL NORTHFIELD MTN 7.25KM SNOWSHOE RACE

USSA NORTHEAST REGIONAL QUALIFIER FOR 2005 U.S. CHAMPIONSHIPS

FEBRUARY 5, 2005				NORTHFIELD MOUNTAIN		NORTHFIELD, MA	
01. Paul Low	31	0:30:20	100.0000	56. Bob Worsham	59	0:48:42	40.2150
02. Richard Bolt	32	0:30:54	98.9130	57. C Robert Suarez	36	0:48:53	39.1280
03. Peter Maksimow	26	0:32:25	97.8260	58. Ed Alibozek Jr.	65	0:48:54	38.0410
04. Ben Nephew	29	0:32:28	96.7390	59. Barry Auskern	44	0:49:14	36.9540
05. Dan Verrington	42	0:32:31	95.6520	60. Adam Atherton	25	0:49:32	35.8670
06. Greg Hammett	27	0:32:48	94.5650	<u>61. Carol Kane</u>	<u>59</u>	<u>0:49:55</u>	<u>34.7800</u>
07. Stephen Judice	30	0:32:50	93.4780	62. John Stauffer	53	0:50:19	33.6930
08. Leigh Schmitt	28	0:32:52	92.3910	63. Allen Beebe	55	0:52:13	32.6060
09. Elijah Barrett	28	0:33:26	91.3040	64. John Grenier	54	0:53:24	31.5190
10. Mike Cohen	26	0:34:31	90.2170	<u>65. Laura Monti</u>	<u>34</u>	<u>0:54:20</u>	<u>30.4320</u>
11. Mark Churchill	29	0:34:37	89.1300	<u>66. Sandra Superchi</u>	<u>48</u>	<u>0:55:17</u>	<u>29.3450</u>
12. Jim Pawlicki	30	0:34:39	88.0430	67. Gareth Buckley	28	0:55:21	28.2580
13. Greg Ward	33	0:34:40	86.9560	68. Ken Deary	52	0:55:53	27.1710
14. Jason Ayr	17	0:35:19	85.8690	69. John Ostrosky	31	0:57:00	26.0840
15. Rob Munro	27	0:35:39	84.7820	70. Nick Lyesiuk	61	0:57:09	24.9970
16. Steve Peterson	38	0:36:06	83.6950	71. Bob Massaro	61	0:57:44	23.9100
17. John Daly	34	0:36:23	82.6080	<u>72. Chary Griffin</u>	<u>56</u>	<u>0:57:53</u>	<u>22.8230</u>
18. Kelli Lusk	34	0:36:35	81.5210	<u>73. Lisa Mentzer</u>	<u>36</u>	<u>0:58:04</u>	<u>21.7360</u>
19. Peter Keeney	38	0:36:39	80.4340	74. Steve Buscemi	51	0:58:10	20.6490
20. Judson Cake	27	0:36:52	79.3470	75. Raymond Wenninger	56	0:58:23	19.5620
21. Paul Kirsch	38	0:36:52	78.2600	76. Jeff Hattem	53	0:59:23	18.4750
22. Kristoffer Nielsen	26	0:37:19	77.1730	77. Richard Busa	75	1:00:53	17.3880
23. Rob Smith	37	0:37:46	76.0860	<u>78. Denise Dion</u>	<u>46</u>	<u>1:01:38</u>	<u>16.3010</u>
24. Gary Allen	48	0:38:10	74.9990	<u>79. Mary Krupa</u>	<u>47</u>	<u>1:01:44</u>	<u>15.2140</u>
25. Derek Beard	33	0:39:06	73.9120	80. Mark Syrett	56	1:04:55	14.1270
26. Clint Joslyn	31	0:39:46	72.8250	<u>81. Sherisa Sterling</u>	<u>51</u>	<u>1:07:22</u>	<u>13.0400</u>
27. John Couillard	23	0:39:54	71.7380	<u>82. Laurel Shortell</u>	<u>38</u>	<u>1:09:25</u>	<u>11.9530</u>
28. Scott Deslongchamps	35	0:40:16	70.6510	<u>83. Larina Riley</u>	<u>26</u>	<u>1:10:04</u>	<u>10.8660</u>
29. Britt Brewer	41	0:40:40	69.5640	84. Bob Mayer	54	1:10:05	9.7790
30. Edward Myers	53	0:40:47	68.4770	85. Dennis Estrella	43	1:10:05	8.6920
31. Bob Dion	49	0:40:54	67.3900	86. Walter Kolodzinski	62	1:10:27	7.6050
32. Jay Kolodzinski	25	0:40:58	66.3030	87. Konrad Karolczuk	52	1:10:34	6.5180
33. Glenn Hammett	27	0:41:03	65.2160	88. Art Gulliver	66	1:13:02	5.4310
34. Jack Casey	51	0:41:04	64.1290	<u>89. Kathryn Hayes</u>	<u>56</u>	<u>1:15:24</u>	<u>4.3440</u>
35. Edward Alibozek	42	0:41:25	63.0420	90. Scott Hunter	59	1:20:38	3.2570
36. Jason Reinhardt	30	0:41:54	61.9550	<u>91. Kris Kozuch</u>	<u>47</u>	<u>1:21:22</u>	<u>2.1700</u>
<u>37. Meghan Young</u>	<u>21</u>	<u>0:42:30</u>	<u>60.8680</u>	<u>92. Elaine Buckley</u>	<u>57</u>	<u>1:54:00</u>	<u>1.0830</u>
<u>38. Kristel Dunphy</u>	<u>32</u>	<u>0:43:26</u>	<u>59.7810</u>				
39. Hal Needham	30	0:43:37	58.6940				
40. Patrick Riley	26	0:43:40	57.6070				
41. Richard Clark	51	0:44:35	56.5200				
42. Todd Hagobian	35	0:45:02	55.4330				
43. Bill Morse	53	0:45:10	54.3460				
44. Barry Braun	46	0:45:36	53.2590				
45. Christopher Estrella	14	0:45:42	52.1720				
46. Ed Buckley	46	0:45:50	51.0850				
47. Norm Sheppard	47	0:46:00	49.9980				
48. Peter Lagoy	45	0:46:15	48.9110				
49. David Gubala	43	0:46:28	47.8240				
50. Paul Fiondella	58	0:46:39	46.7370				
51. Erin Olafsen	23	0:46:42	45.6500				
<u>52. Stephanie Nephew</u>	<u>28</u>	<u>0:46:52</u>	<u>44.5630</u>				
<u>53. Mary Fagan</u>	<u>29</u>	<u>0:47:23</u>	<u>43.4760</u>				
54. Mike Butler	32	0:48:00	42.3890				
55. Vinnie Rivard	58	0:48:23	41.3020				

Paul Low leading the pack at 2Km. Dave Dunham photo.



NORTHFIELD MOUNTAIN RACE DIRECTOR REPORT

For the third year in a row the Northfield race served as a qualifier for the USSSA National championship and was also part of the WMAC snowshoe series. This year great conditions and a strong field lead to some very fast times.

Paul Low and Kelli Lusk assisted me in marking the course on Friday. We found the trails to be solidly packed as we hiked the course in sunshine and 45 degree temperature. Overnight temperatures in the 20's firmed up the surface that could have been run sans snowshoes.

The turnout was excellent, as the event has grown from 77 finishers in 2003 to 92 this year. Perhaps the warm confines of the Northfield recreation center draw additional runners? Maybe it was the great day that was predicted? Whatever it was, the runners had fast snow and temperatures in the mid to upper 30's at the start and 40's by the finish.

Runners arrived from 9 states (including California!) and ranged from 14 to 75 years old. Thirty two runners were USSSA members attempting to qualify for the championship race to be held in Alaska in March.

Paul Low showed why he was the top sea-level snowshoe racer last year and the top Mountain runner in the US for the last two years as he took the win in a course record time. Low, representing the CMS/Polar team, led eight finishers under the old course record. Richard Bolt, also representing CMS/Polar (and natively attired in Atlas shoes/gear), stuck close to Low throughout the race. Low hit the mile in just under 6 minutes with a 10 second lead on Bolt which he expanded to 34 seconds by the end of the approximately 4.5 mile race.

Kelli Lusk dominated the race, finishing 18th overall and smashing Nikki Kimball's course record by 3 1/2 minutes. Lusk never looked back as she beat Meghan Young by nearly 6 minutes. Young was followed by Kristel Dunphy a Pioneer Valley runner from Northfield. A record 19 women finished the race.

A few age group records were set, led by Dan Verrington (CMS/Polar) running in Atlas shoes and finishing 5th overall. Verrington took 5 minutes off of his age group record of 37:02 from 2004. Sandra Superchi was the 40-49 women's champion.

Carol Kane (WMAC) was the top woman in the 50-59 Age group finishing 7th in the women's field. Kane ran 49:55, just 7 seconds shy of her record from 2004. Ed Myers from Obelisk, PA was the top 50-59 runner in 40:47. He lowered his 2004 age group record by nearly 2 minutes finishing 30th overall. Ed Alibozek Jr. continues to rule the 60-69 age group. He was 30 seconds short of his CR from 2004. Richard Busa continues to chug along, running an excellent 1:00:53. He set a new age group record, knocking over 2 minutes off of his record from 2004.

The team championship was taken by the CMS - West team by one point over the Keene based Endurance team, 22 points to 23. CMS took the top 5 places overall, however they had designated various teams based on geographic location. CMS - North and CMS - East took 3rd and 4th with 34 and 39 points respectively. CMS - West women took the ladies race over the WMAC team

and Empire One Racing (EORC) by a score of 143 to 224 and 235. Fourteen teams took part in the open and age group competition.

The race would not have been run without the help of all of the volunteers and the willingness of the Northfield Mountain



Recreation area to allow us to use the facilities. If you enjoyed the race, let the people at Northfield know. Thanks to Cathy, Leslie, MJ and Carol for helping set up and do timing and everything else that needed doing! Thanks to Paul and Kelli for helping with course set-up and additional marking on race day. Thanks to all of the CMS crew who assisted with clearing the course after. Thanks to our sponsors, Northfield Mountain, Northeast Utilities, La Sportiva, WMAC and Dion Snowshoes.

Thanks to everyone for coming out and making the race a success. I hope to see y'all at Northfield for the spring race on June 26th.

Dave Dunham - dave.dunham@comcast.net

Dave Dunham photo of Steve Peterson on the last single track.

NORTHFIELD MTN AGE GROUP WINNERS

12 – 15	Chris Estrella	0:45:42
16 – 19	Jason Ayr	0:35:19
20 – 24	Meghan Young	0:42:30
	John Couillard	0:39:54
25 – 29	Steph Nephew	0:46:52
	Peter Maksimow	0:32:25
30 – 34	Kelli Lusk	0:36:35
	Paul Low	0:30:20
35 – 39	Lisa Mentzer	0:58:04
	Steve Peterson	0:36:06
40 – 44	Dan Verrington	0:32:31
45 – 49	Sandra Superchi	0:55:17
	Gary Allen	0:38:10
50 – 54	Sherisa Sterling	1:07:22
	Edward Myers	0:40:47
55 – 59	Carol Kane	0:49:55
	Paul Fiondella	0:46:39
60 – 64	Nick Lyesiuk	0:57:09
65 – 69	Ed Alibozek Jr	0:48:54
70 – 79	Richard Busa	1:00:53

**6TH ANNUAL SARATOGA SPA WINTERFEST 5K SNOWSHOE RACE
SARATOGA SPA STATE PARK
FEBRUARY 6, 2005**

1	Matt Wood	25M	21:00	100.0000
2	Matt Mallet	29M	21:44	99.3865
3	Shaun Sutliff	47M	21:46	98.7730
4	John Noonan	45M	22:40	98.1595
5	Nicholas Wujciak	18M	22:55	97.5460
6	John Onderdonk	37M	23:04	96.9325
7	Jim Schultz	42M	23:14	96.3190
8	Andrew Campbell	47M	23:24	95.7055
9	Mike McNeill	33M	23:26	95.0920
10	Dennis Fillmore	52M	23:29	94.4785
11	Bob Dion	49M	23:49	93.8650
12	Paul Arciero	42M	24:11	93.2515
13	Nick Gist	32M	24:54	92.6380
14	Christian Sandel	30M	25:09	92.0245
15	Patrick Riley	26M	25:12	91.4110
16	Michelle Tetreault	29F	25:20	90.7975
17	Edward Alibozek	42M	25:20	90.1840
18	Dustin Conley	20M	25:21	89.5706
19	Jay Kolodzinski	25M	25:29	88.9571
20	Frankie Vigna	34M	25:40	88.3436
21	Richard Clark	51M	25:44	87.7301
22	Kelly Herrington	30M	25:53	87.1166
23	Keith Meyer	47M	26:06	86.5031
24	Jeffrey Lutzker	53M	26:30	85.8896
25	Dan French, Jr.	33M	26:39	85.2761
26	Bob Irving	50M	26:51	84.6626
27	Vincent Kirby	48M	27:09	84.0491
28	Greg Rems	28M	27:13	83.4356
29	Annie Schultz	41F	27:42	82.8221
30	Tom Mack	40M	27:43	82.2086
31	Myron Ferguson	47M	27:49	81.5951
32	Jeff Coulter	40M	28:01	80.9816
33	Kevin Kleaka	31M	28:01	80.3681
34	John Kline	38M	28:08	79.7546
35	Tracey Delaney	40F	28:29	79.1411
36	Bob Worsham	59M	28:48	78.5276
37	Tyson McKechnie	19M	28:53	77.9141
38	Larina Riley	26F	28:55	77.3006
39	Gary Cunningham	32M	28:58	76.6871
40	Fred Miller	32M	29:01	76.0736
41	Kirk Gendron	29M	29:02	75.4601
42	Raymond Chen	40M	29:34	74.8466
43	Stephen Hibino	22M	30:01	74.2331
44	Paul Hartwig	48M	30:11	73.6196
45	Jeff Ogle	41M	30:14	73.0061
46	Ed Alibozek Jr	65M	30:21	72.3926
47	Ed Saharczewski	51M	30:23	71.7791
48	Jennifer Cusick	40F	30:25	71.1656
49	Cole Hickland	49M	30:26	70.5521
50	Stu Douglas	24M	30:29	69.9386
51	Amy Newkirk	27F	30:31	69.3252
52	Eric Sanborn	41M	30:32	68.7117
53	Jacque Schiffer	40F	30:35	68.0982
54	Paul Gebhard	41M	30:37	67.4847
55	Scott Bradley	50M	30:45	66.8712
56	Natalia Hogan	36F	30:50	66.2577
57	Marcia Whitney	52F	30:53	65.6442
58	Robert Hayes	34M	31:00	65.0307
59	Darren Drabek	30M	31:06	64.4172

60	Stanislav Zakharin	35M	31:13	63.8037
61	Laney Lutzker	54F	31:17	63.1902
62	Katherine Best	20F	31:18	62.5767
63	Emily Meacham	22F	31:23	61.9632
64	Maureen Roberts	47F	31:24	61.3497
65	Jessica Hageman	29F	31:37	60.7362
66	Chuck Trimarchi	58M	31:41	60.1227
67	Jamie Efaw	35M	31:45	59.5092
68	Elizabeth Schmitt	26F	31:58	58.8957
69	William Wujciak	43M	32:05	58.2822
70	Miles Appling	17M	32:21	57.6687
71	Laura Monti	34F	32:33	57.0552
72	John Ders	55M	32:26	56.4417
73	Mike Ross	39M	32:29	55.8282
74	Audrey Fieszar	26F	32:33	55.2147
75	Molly Haberbusch	32F	32:45	54.6012
76	Scott Fitchett	37M	32:47	53.9877
77	Timothy Lesar	50M	32:51	53.3742
78	Steve Mitchell	63M	32:54	52.7607
79	Jeffrey Allen	59M	33:04	52.1472
80	Stephen Cupp	30M	33:18	51.5337
81	James Germain	16M	33:20	50.9202
82	Katie Lee	20F	33:25	50.3067
83	Deshaunne Kurulak	30F	33:54	49.6932
84	Jack Martin	19M	34:31	49.0797
85	BANDIT			48.4663
86	Auster Morris	34M	34:35	47.8528
87	Jim Carlson	56M	34:38	47.2393
88	Bob Massaro	61M	34:43	46.6258
89	Isabella Dickens	28F	34:45	46.0123
90	Greg Rodilosso	19M	35:03	45.3988
91	Rich Busa	75M	35:13	44.7853
92	Jennifer Bower	32F	35:17	44.1718
93	Beth Trapasso	43F	35:18	43.5583
94	Joshua Murphy	24M	35:47	42.9448
95	Maggie Masella	21F	35:53	42.3313
96	Gene Vetter	31M	36:20	41.7178
97	Laura Clark	57F	36:36	41.1043
98	James Tansey	58M	37:05	40.4908
99	Denise Dion	46F	37:10	39.8773
100	Lauren Neitzel	23F	37:19	39.2638
101	Jim Gleason	52M	37:37	38.6503
102	Marcus Wilson	47M	37:45	38.0368
103	Brian Murphy	35M	37:55	37.4233
104	Kile Wujicak	15M	38:05	36.8098
105	John Karadenes	39M	38:06	36.1963
106	Peter Finley	43M	38:09	35.5828
107	Walter Klodzinski	62M	38:24	34.9693
108	Kelly Reiners	26F	38:44	34.3558
109	Tina Ganter	15F	38:47	33.7423
110	Brandee Plante	28F	38:50	33.1288
111	Tom Heffernan	61M	38:52	32.5153
112	Meg O'Leary	34F	39:26	31.9018
113	Ed Brandt	21M	39:45	31.2883
114	Aurora Lamperetta	32F	39:59	30.6748
115	Andrew Dixon	16M	40:01	30.0613
116	Laurel Shortell	38F	40:16	29.4478
117	Christine McKnight	57F	40:54	28.8343
118	Casey Holzworth	25M	41:04	28.2209

WINTERFEST RESULTS (CONT)

119	Maggie Quinn	45F	41:24	27.6074
120	Ryan Wujciak	12M	42:04	26.9939
121	Eileen Battle	47F	42:07	26.3804
122	Konrad karolczuk	52M	42:12	25.7669
123	Claire Ders	54F	42:20	25.1534
124	Beth Dennett	34F	43:01	24.5399
125	Erin Wiggin	32F	43:02	23.9264
126	Mary Roohan	23F	43:08	23.3129
127	Jennifer Tavormina	27F	43:19	22.6994
128	Alexandra Paul	19F	43:24	22.0859
129	Jason Cook	33M	43:57	21.4724
130	Irene Steg	46F	44:48	20.8589
131	Nikolas Steg	46M	44:48	20.2454
132	Jodi Plante	30F	45:15	19.6319
133	Brian Jay	28M	45:17	19.0184
134	Linda Plante	56F	48:01	18.4049
135	Andy Keefe	74M	48:06	17.7914
136	Gary Emery	57M	48:09	17.1779
137	Michael Gillin	18M	48:11	16.5644
138	Chris Conway	29M	48:22	15.9509
139	Christine Conway	29F	48:34	15.3374
140	Al Schultz	59M	48:42	14.7239
141	Shannon Vickers	32F	49:21	14.1104
142	Michelle Homburger	35F	49:23	13.4969
143	Richard Denno	49M	49:41	12.8834
144	Susan Monica	57F	49:42	12.2699
145	Stephanie Davis	26F	49:44	11.6564
146	Michael Lynch	31M	51:06	11.0429
147	Garry Beale	47M	51:10	10.4294
148	Courtney Hickland	14F	56:26	9.8159
149	Kim Marsel	14F	56:27	9.2024
150	Chris Andrews	29M	57:37	8.5889
151	Kathryn Gosier	51F	57:38	7.9755
152	Peter Miles	55M	58:05	7.3620
153	Daniel Smatko	54M	58:06	6.7485
154	Mark Zwinak	36M	60:05	6.1350
155	Amanda Bouchard	36F	60:06	5.5215
156	Genevieve Strang	21F	60:13	4.9080
157	Douglas Davis	59M	63:56	4.2945
158	Theresa Davis	56F	63:59	3.6810
159	Dan Hughes	63M	70:48	3.0675
160	Sara Seaman-Benson	35F	70:49	2.4540
161	Mary Seaman	59F	70:50	1.8405
162	Mark McDonough	39M	74:09	1.2270
163	BJ Sotile	72F	74:10	0.6135



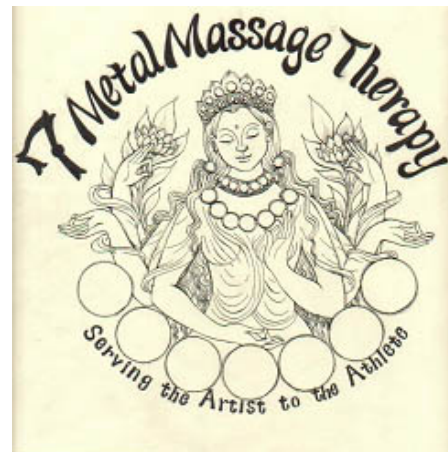
Bob Dick, Scott Bradley and Mike Lahey at Hawley Notch '05

WINTERFEST AGE GROUPS

12 – 15	Tina Ganter Kile Wujciak	38:47 38:05
16 – 19	Alexandra Paul Nicholas Wujciak	43:24 22:55
20 – 24	Katherine Best Dustin Conley	31:18 25:21
25 – 29	Michele Tetreault Matt Wood	25:20 21:00
30 – 34	Laura Monti Mike McNeill	32:33 23:26
35 – 39	Natalia Hogan John Onderdonk	30:50 23:04
40 – 44	Annie Schultz Jim Schultz	27:42 23:14
45 – 49	Maureen Roberts Shaun Sutliff	31:24 21:46
50 – 54	Marcia Whitney Dennis Fillmore	30:53 23:29
55 – 59	Laura Clark Bob Worsham	36:36 28:48
60 – 64	Steve Mitchell	32:54
65 – 69	Ed Alibozek Jr	30:21
70 – 74	BJ Sotile Andy Keefe	74:10 48:06
75 – 79	Richard Busa	35:13

Michele Tetreault - Massage Therapy

191 Main Street Northampton, MA
(above the Mountain Goat.)



Call Michele at (508) 789-3362.
WMAC members receive \$10.00 off.

3rd ANNUAL CAMP SARATOGA 8.25 KM SNOWSHOE RACE**USSSA NORTHEAST REGIONAL QUALIFIER FOR 2005 U.S. CHAMPIONSHIPS**

FEBRUARY 12, 2005				CAMP SARATOGA WILTON WILDLIFE				WILTON, NY			
01. Aaron Robertson	26M	31:41	100.0000	56. Kelly Murray	16F	54:22	41.4894				
02. Paul Low	31M	32:15	98.9362	57. Ibarido Zambrano	21M	54:38	40.4255				
03. Mike Cohen	26M	32:38	97.8723	58. Emily Meacham	22F	54:42	39.3617				
04. Scott Bagley	41M	33:30	96.8085	59. Jeffrey Allen	59M	54:43	38.2979				
05. Ben Nephew	29M	33:45	95.7447	60. Steve Mitchell	63M	54:50	37.2340				
06. Gary Francher	43M	34:59	94.6809	61. Elizabeth Hammel	33F	56:40	36.1702				
07. John Noonan	45M	37:36	93.6170	62. Joe Geiger	63M	57:00	35.1064				
08. Peter Cutler	30M	38:08	92.5532	63. Bob Massaro	61M	57:05	34.0426				
09. Kelli Lusk	34F	38:14	91.4894	64. Jim Carlson	56M	57:33	32.9787				
10. Andrew Rickert	25M	38:16	90.4255	65. Alex Bunin	46M	57:42	31.9149				
11. Christophe Lanaud	31M	38:37	89.3617	66. Laura Clark	57F	58:05	30.8511				
12. John Onderdonk	37M	38:41	88.2979	67. Paul Hartwig	48M	58:11	29.7872				
13. Jim Schultz	42M	39:21	87.2340	68. Jacqueline Lemieux	38F	59:07	28.7234				
14. Zachary Rivers	14M	39:24	86.1702	69. Greg Sher	20M	59:31	27.6596				
15. Bob Dion	49M	40:01	85.1064	70. Ellie George	49F	59:39	26.5957				
16. Paul Arciero	42M	40:53	84.0426	71. Jack Martin	19M	59:42	25.5319				
17. Patrick Cullen	18M	41:10	82.9787	72. Jeff Hattem	53M	1:00:22	24.4681				
18. Edward Alibozek	42M	41:20	81.9149	73. Beth Trapasso	43F	1:00:45	23.4043				
19. Patrick Riley	26M	41:30	80.8511	74. Richard Busa	75M	1:00:47	22.3404				
20. Jay Kolodzinski	25M	41:59	79.7872	75. Maggie Masella	21F	1:00:58	21.2766				
21. Eric Barnes	20M	42:20	78.7234	76. Denise Dion	46F	1:01:38	20.2128				
22. Stephen Rivers	43M	42:29	77.6596	77. Brandee Plante	28F	1:03:54	19.1489				
23. Lynann Lorenz	25F	42:48	76.5957	78. Marcus Wilson	47M	1:04:22	18.0851				
24. Meghan Young	21F	42:53	75.5319	79. Walter Kolodzinski	62M	1:05:09	17.0213				
25. Derek Hammel	33M	43:03	74.4681	80. Laurel Shortell	38F	1:05:32	15.9574				
26. Christian Sandel	30M	43:12	73.4043	81. Christine McKnight	57F	1:07:17	14.8936				
27. Michelle Tetreault	29F	44:00	72.3404	82. Jodi Plante	30F	1:07:26	13.8298				
28. Gene Primomo	47M	44:21	71.2766	83. Konrad Karolczuk	52M	1:07:55	12.7660				
29. Vincent Kirby	48M	44:51	70.2128	84. Peter Finley	43M	1:08:07	11.7021				
30. Paul Fiondella	58M	45:02	69.1489	85. Cathy Biss	57F	1:10:23	10.6383				
31. Chuck Quackenbush	43M	45:12	68.0851	86. Barbara Schroeder	46F	1:12:26	9.5745				
32. Paul Evangelista	35M	45:28	67.0213	87. Scott Hunter	56M	1:12:26	8.5106				
33. Bob Irving	50M	45:41	65.9574	88. Kate Hayes	56F	1:13:24	7.4468				
34. Tom Mack	40M	46:08	64.8936	89. Linda Plante	56F	1:18:19	6.3830				
35. Stephen Hibino	22M	46:37	63.8298	90. Mary Kennedy	56F	1:19:49	5.3191				
36. Gary Cunningham	32M	47:13	62.7660	91. Erin Breitbart	23F	1:20:29	4.2553				
37. Bill Morse	53M	47:24	61.7021	92. Garry Beale	57M	1:20:40	3.1915				
38. Mort Nace	53M	47:24	60.6383	93. Marne Onderdonk	35F	1:57:41	2.1277				
39. Tyson McKechnie	19M	48:14	59.5745	94. BJ Sotile	72F	1:57:44	1.0638				
40. Larina Riley	26F	48:33	58.5106								
41. Jeff Coulter	40M	48:39	57.4468								
42. Paul Gebhard	41M	49:34	56.3830								
43. Eric Sanborn	41M	50:00	55.3191								
44. Bob Worsham	59M	50:13	54.2553								
45. Russel Cloper	21M	50:34	53.1915								
46. Bob Dick	49M	50:48	52.1277								
47. John Stauffer	53M	50:55	51.0638								
48. Greg Rodilosso	19M	51:10	50.0000								
49. Jesssica Hageman	29F	51:15	48.9362								
50. Natalia Hogan	36F	51:31	47.8723								
51. Donna Ruppel	40F	51:39	46.8085								
52. Clover Schwartz	39F	53:11	45.7447								
53. Katherine Best	20F	53:45	44.6809								
54. Maureen Roberts	47F	53:47	43.6170								
55. Robert Hayes	34M	53:52	42.5532								

CAMP SARATOGA AGE GROUP CHAMPIONS

13 – 19	Kelly Murray	54:22	Zachary Rivers	39:24
20 – 24	Meghan Young	42:53	Eric Barnes	42:20
25 – 29	Lynann Lorenz	42:48	A. Robertson	31:41
30 – 34	Kelli Lusk	38:14	Paul Low	32:15
35 – 39	Natalia Hogan	51:31	John Onderdonk	38:41
40 – 44	Donna Ruppel	51:39	Scott Bagley	33:30
45 – 49	Maureen Roberts	53:47	John Noonan	37:36
50 – 54			Bob Irving	45:41
55 – 59	Laura Clark	58:05	Paul Fiondella	45:02
60 – 69			Steve Mitchell	54:50
70 – 79	BJ Sotile	1:57:44	Richard Busa	1:00:47

1ST BRAVE THE BLIZZARD "NON" SNOWSHOE 2.5 MILE RACE

FEBRUARY 20, 2005

PINE BUSH PRESERVE

GUILDERLAND, NY

01. Josh Merlis	23 M	13:46	50.0000%
02. Brad Lewis	18 M	13:55	48.8372%
03. Andrew Rickert	25 M	14:10	47.6744%
04. Bob Dion	49 M	14:25	46.5116%
05. Chris Chromczak	20 M	14:34	45.3488%
06. Joe Choiniere	18 M	14:54	44.1860%
07. Elizabeth Paddock	24 F	15:01	43.0233%
08. Kara-Lynne Kerr	26 F	16:03	41.8605%
09. Matthew Fryer	24 M	16:09	40.6977%
10. Chuck Danner	35 M	16:47	39.5349%
11. Vincent Kirby	48 M	17:35	38.3721%
12. John Paduano	44 M	17:47	37.2093%
13. Pete Cure	46 M	17:51	36.0465%
14. Ryan Rennick	27 M	18:59	34.8837%
15. Tom Mack	40 M	19:33	33.7209%
16. Patrick Sorsby	29 M	19:47	32.5581%
17. Neil Snedeker	22 M	21:13	31.3953%
18. Brian Treaway	14 M	21:37	30.2326%
19. Katelyn Choiniere	14 F	22:00	29.0698%
20. Greg Taylor	58 M	22:10	27.9070%
21. Elizabeth Paris	22 F	22:52	26.7442%
22. Scott Ginsburg	49 M	23:15	25.5814%
23. Robert Moore	32 M	23:15	24.4186%
24. Sally Goade	46 F	23:19	23.2558%
25. Ronald Boutin	54 M	23:31	22.0930%
26. Jennifer Lutz	30 F	23:41	20.9302%
27. Patricia Paduano	47 F	24:21	19.7674%
28. Eric Bennett	36 M	24:25	18.6046%
29. Laurel Shortell	38 F	24:25	17.4419%
30. Ray Lee	62 M	24:30	16.2791%
31. Bob Knouse	65 M	24:33	15.1163%
32. Janice Hornbach	56 F	24:39	13.9535%
33. Denise Dion	46 F	25:18	12.7907%
34. Jim Gilmer	55 M	25:30	11.6279%
35. James Murphy	48 M	25:34	10.4651%
36. Sean Murphy	06 M	29:21	9.3023%
37. Julia Murphy	38 F	29:24	8.1395%
38. Christine Treadway	45 F	30:01	6.9767%
39. Donna Choiniere	51 F	30:02	5.8139%
40. Scott Fallon	35 M	30:06	4.6512%
41. Melinda Person	28 F	30:08	3.4884%
42. Katesel Strimbeck	42 F	30:16	2.3256%
43. Joyce Reynolds	45 F	30:53	1.1628%

BTB AGE GROUP CHAMPIONS

05 – 11		Sean Murphy	29:21	
12 – 15	K. Choiniere	22:00	Brian Treaway	21:37
16 – 19		Brad Lewis	13:55	
20 – 24	E. Paddock	15:01	Josh Merlis	13:46
25 – 29	Kara-Lynn Kerr	16:03	Andrew Rickert	14:10
30 – 34	Jennifer Lutz	23:41	Robert Moore	23:15
35 – 39	Laurel Shortell	24:25	Chuck Danner	16:47
40 – 44	K. Strimbeck	30:16	John Paduano	17:47
45 – 49	Sally Goade	23:19	Bob Dion	14:25
50 – 54	Donna Choiniere	30:02	Ronald Boutin	23:31
55 – 59	Janice Hornbach	24:39	Greg Taylor	22:10
60 – 64		Ray Lee	24:30	
65 – 69		Bob Knouse	24:33	

REMAINING WMAC SCHEDULE 2005

Saturday, 02/26/05 Adams, MA
3rd COVERED BRIDGE 3.5 / 8.0 Miles

Saturday, 03/05/05 Hawley, MA
HAWLEY KILN 7 Miles

or

Saturday, 03/05/05 West Hawley, MA
5th MOODY SPRINGS 5 or 6 or 9.0 Miles?

Sunday, 03/06/05 Woodford, VT
4th WOODFORD 3.5 Mile

Possible Make-up Date

Saturday, 03/12/05 Florida, MA
8th NORTH / SOUTH POND 3, 4 or 5 Miles?

Possible Make-up Date

Sunday, 03/13/05 Guilderland, NY
BRAVE THE BLIZZARD 5 KM

We will figure out which course has the best snow cover in Hawley for the March 5th date. We will decide between the two options by Thursday March 3rd – we really need to see what we have to work with at that time.

When winter kicks back in, we will attempt another North / South Pond. This could end up being run as a 3-miler, a 4-miler, a combination of both for 5-miles or both together for a 7-miler, depending on snow conditions.

Brave the Blizzard might even make a comeback if snow returns to Albany – so keep checking with us at www.runwmac.com !

SNOWSHOE 2005

Some snow came rather early
 And then it quickly melted away
 My snowshoes just sat in a pile
 And I couldn't go out and play

Greylock was wisely sidestepped
 The conditions were mostly ice
 And skipping Curley's was easy
 Only "goats" thought it was nice

But how could I miss Winterfest
 After getting Laura Clark's report
 "The snow just couldn't be finer
 And I lie not; I'm not that sort"

Besides, it was a beautiful day
 And I didn't want to lose out
 To proudly bring up the rear
 With so many snowshoers about
 Peter Finley

Hawley Kiln Klassic 4.5 Top "Notch" Snowshoe Race 2005

Hawley Firehouse, February 19, 2005... in the beautiful Dubuque State Forest in Hawley MA.... well, the Kiln 7 miler didn't come off this year. But no compromises here, no sir. We all got to run the 4.5 Klassic "Notch" race.... a course some of us have never done. No wonder some people choose the 4.5 over the 7 miler.... it was a real treat... and one of the fastest snowshoe races in history. Conditions were cold and windy and fast. The start was nothing short of a stampede. The whole day was def Top Notch. Let's go right to...

Observations of the day:

Typical Hawley... cold, windy, slicker than hell parking lot...

When you get to Hawley 2 hours early, you get to see the Firemen rearranging fire trucks and equipment for our pleasure and for their ease in case of an emergency during our event... thanks, guys...

Young Farmer Ed had hoped for a dozen... he got 6 dozen...

Marc Lombard went to the barber shop and came out 20 years younger... what a hottie...

Great goodie bags that you normally pay \$50 for in any other race... thanks Beth and Brad Herder...

Too cold to "warm up" before the start... sunny and 7 degrees... wind chill -30...

How does it work that you drive 3 snowless hours to a snowshoe race and suddenly at Hawley Firehouse there's not only enough snow to race on, but there's a fifteen foot bank of snow to scale up to the firehouse door...

A few of us got treated to Old Farmer Ed's story about the orange stuff that came out of his nose... and it snot Gatorade... whatever it was, getting rid of it made him faster...

Deb Livingston I presume?... she hasn't been spotted for a while... busy with her new treehouse she said... nice to see her... and no competition from Scott today...

The Schmitts, Leigh, Lisa and Baby makes 3... cutest little babe... parents too!...

Lots of fast people in fast conditions... five guys under 30!!... for 4.5??!! Five women under 40!!... some way under 40... awesome...

Annie Schultz finished so fast that Farmer Ed missed her entirely... way to go Annie... she told me to go break an ankle...

Jeff Clark and K-2 brought their brooms today... it was a good day for flying... thanks guys...

Will Danecki said he "just didn't have it today"... then he said that we come to these races for fun and not for the points... oh, ok, Will...

Imagine what Kelli Lusk's and Paul Low's offspring would be like...

Bob Dion has installed secret equipment on Denise's snowshoes... fast secret equipment...

Cold start... cold finish... run to the car and change... climb to the firehouse for soup... hot soup! This isn't just any soup you know... this is TOP NOTCH SOUP... Dirt Dog's Chow-DA... Michelle's Miso... Old Farmer Ed's Orange Vegetable... and a lentil soup you wouldn't believe...

There were people jumping each other in the parking lot... gave Art Gulliver a lot to think about on the way home, right Art?...

Thanks to Marc Lombard (the hot one in the firehouse)... Eddie Alibozek (the younger Farmer Ed, also hot... not to say that Old Farmer Ed isn't hot, which he is)... Tom McCrumm (def hot)... all RD's... pulled it all together...

Thanks to Beth and Brad Herder... finish line, course marshal and photographer... check out the WMAC snowshoe site for the great photos...

Paul Hartwig... who is always working... the man never stops...

Dion and Denise... they work tirelessly to fit people and then go do the races...

Phil Pless rode his mountain bike to the 2-mile crossing to keep us directed...

Yes indeed... The Kiln... Top Notch and Klassic all the way...

Va Va Voom...

Kaniac - February 2005

THE HAWLEY HOAX

Farmer Ed sounded the alarm
But with more than his usual charm
"The 7-miler will not happen"
And the plot would only thicken
"The 4.5 also looks a little iffy"
Farmer Ed wrote, as to clarify
"The snow cover is melting fast
And I don't like the forecast"
His report sounded so ominous
And even somewhat hazardous
I pictured a lot of snowless ground
Or plenty of icy spots to go around
But Hawley Kiln did not disappoint
The best race—from my viewpoint
Farmer Ed built a worse case scenario
But still the snowshoers came--pronto

- By Peter Finley

4.5 MILE "NOTCH" RACE

FEBRUARY 19, 2005

DUBUQUE STATE FOREST

HAWLEY, MA

01. Richard Bolt	34 M	0:25:59	100.0000%
02. Paul Low	31 M	0:26:30	98.5915%
03. Leigh Schmitt	32 M	0:28:16	97.1831%
04. Ben Nephew	29 M	0:28:52	95.7746%
05. Elijah Barrett	28 M	0:29:20	94.3662%
06. Shaun Sutcliffe	47 M	0:31:39	92.9577%
07. Dave Hannon	33 M	0:31:53	91.5493%
08. Christophe Lanaud	37 M	0:32:00	90.1408%
09. Kelli Lusk	34 F	0:32:13	88.7324%
10. Jim Schultz	42 M	0:32:16	87.3239%
11. Rob Smith	37 M	0:32:22	85.9155%
12. Paul Bazanchuck	50 M	0:33:14	84.5070%
13. Chris Shaffer	28 M	0:33:30	83.0986%
14. Bob Dion	49 M	0:34:04	81.6901%
15. Edward Alibozek	42 M	0:34:28	80.2817%
16. John Couillard	23 M	0:34:44	78.8732%
17. Ed Myers	54 M	0:34:55	77.4648%
18. Michele Tetrault	29 F	0:35:09	76.0563%
19. Jack Casey	51 M	0:35:19	74.6479%
20. Patrick Riley	26 M	0:35:24	73.2394%
21. Tom Parent	28 M	0:36:52	71.8310%
22. C. Robert Suarez	36 M	0:38:26	70.4225%
23. Annie Shultz	41 F	0:38:53	69.0141%
24. Alan Bates	56 M	0:38:58	67.6056%
25. Deborah Livingston	30 F	0:39:00	66.1972%
26. Steve Roulier	41 M	0:39:17	64.7887%
27. Larina Riley	26 F	0:39:46	63.3803%
28. David Stoddard	43 M	0:40:27	61.9718%
29. Mike Lahey	53 M	0:40:36	60.5634%
30. Bill Morse	53 M	0:40:39	59.1549%
31. Pilar Rodriguez	30 F	0:41:02	57.7465%
32. Eddie Saharczewski	51 M	0:42:06	56.3380%
33. Ed Alibozek Jr	65 M	0:42:20	54.9296%
34. Scott Bradley	50 M	0:42:36	53.5211%
35. Bob Dick	49 M	0:42:44	52.1127%
36. Paul Hartwig	48 M	0:42:48	50.7042%
37. Jessica Hageman	29 F	0:43:08	49.2958%
38. Carol Kane	59 F	0:44:21	47.8873%
39. Kelly Short	24 F	0:44:42	46.4789%
40. Angela Iaria	33 F	0:44:48	45.0704%
41. Nick Lyesiuls	61 M	0:44:55	43.6620%
42. Will Danecki	54 M	0:44:58	42.2535%
43. Daryl Mallory	50 M	0:45:50	40.8451%
44. Laura Monti	34 F	0:45:55	39.4366%
45. Sandy Superchi	48 F	0:45:58	38.0282%
46. Richard Hunt	65 M	0:47:00	36.6197%
47. Lisa Mentzer	36 F	0:47:06	35.2113%
48. Ken Deary	52 M	0:47:22	33.8028%
49. Bob Massaro	61 M	0:47:27	32.3944%
50. Brian Ploufe	42 M	0:48:05	30.9859%
51. Jeff Hatttem	53 M	0:48:28	29.5775%
52. Jim Carlson	57 M	0:48:48	28.1690%
53. Jacqueline Lemieux	35 F	0:49:08	26.7605%
54. Tom McCrumm	59 M	0:50:50	25.3521%
55. Martin Glendon	58 M	0:51:14	23.9436%

56. Richard Busa	75 M	0:51:46	22.5352%
57. Laura Clark	57 F	0:52:05	21.1267%
58. Laurel Shortell	38 F	0:52:09	19.7183%
59. Pete Finley	43 M	0:54:40	18.3098%
60. Walt Kolodzinski	62 M	0:55:33	16.9014%
61. Sue Joyner	46 F	0:55:37	15.4929%
62. Mark Syrett	56 M	0:55:46	14.0845%
63. Denise Dion	46 F	0:56:02	12.6760%
64. Art Gulliver	66 M	1:00:29	11.2676%
65. Lisa Schmitt	31 F	1:03:44	9.8591%
66. Buck Deggendorf	59 M	1:03:45	8.4507%
67. George Andrews	55 M	1:06:32	7.0422%
68. Andy Keefe	73 M	1:06:59	5.6338%
69. Bill Glendon	59 M	1:07:04	4.2253%
70. Konrad Karolczuk	52 M	1:11:16	2.8169%
71. Jeff Clark	58 M	1:11:19	1.4084%

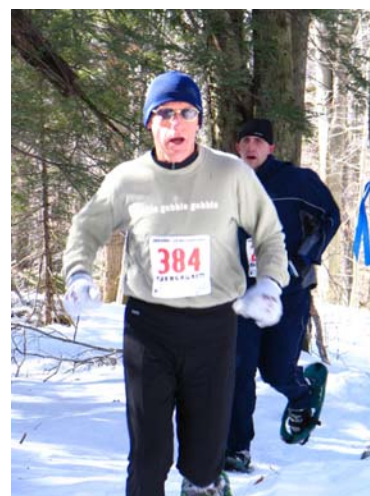
NOTCH AGE GROUP CHAMPIONS

20 – 24	Kelly Short	44:42	John Couillard	34:44
25 – 29	Michele Tetrault	35:09	Ben Nephew	28:52
30 – 34	Kelli Lusk	32:13	Richard Bolt	25:59
35 – 39	Lisa Mentzer	47:06	Chris Lanaud	32:00
40 – 44	Annie Shultz	38:53	Jim Schultz	32:16
45 – 49	Sandy Superchi	45:58	Shaun Sutcliffe	31:39
50 – 54			Paul Bazanchuck	33:14
55 – 59	Carol Kane	44:21	Alan Bates	38:58
60 – 64			Nick Lyesiuls	44:55
65 – 69			Ed Alibozek Jr	42:20
70 – 74			Andy Keefe	1:06:59
75 – 79			Richard Busa	51:46

Jack Casey being followed closely by Patrick Riley at 6-KM of the Hawley Notch snowshoe race.

Jack and Patrick just cracked the top twenty in 19th and 20th, yet both crushed the old course record of 41:55 by over six and a half minutes!

Photo by Brad Herder.



Through the Looking Glass and Out Again: Or, The Misadventures of Two Dion Bunnies and the White Rabbit

Every Fourth of July my husband, Jeff, and I vacation out “West,” taking in the sights at the Finger Lakes 50 miler. (How many “normal” people would consider a 50 miler to be a vacation?!) After a leisurely drive, we pitch our tent and then get busy with our usual pre-race routine: carbo-loading at the Simply Red Bistro in Trumansburg followed by a few hydration stops at the local wineries. Our most crucial task there is to select post-race beer to share with our friends. But we have never been able to claim the “farthest traveled” title at its winter equivalent, the Finger Lakes Snowshoe Race, which usually falls on the day before our own Saratoga Winterfest.

But this year, the race calendar magically rearranged itself, opening up new possibilities. Since this would, in all likelihood, be a chance occurrence, comparable to the canals freezing over, we seized the opportunity. Once we arrived in Trumansburg, events took on a dream-like quality. Familiar landscapes, transformed by the recent snowfall, looked somewhat the same, yet vastly different. White Rabbit was there at the forest entrance, timepiece in hand, chiding, “You’re late, you’re late, for a very important date...” We positioned George in the queue of cars quietly resting by the roadside, waiting patiently for their people to return. What we should have done was to grab our gear and our Bunny Shoes (go to www.dionsnowshoes.com to see the cute bunny logo), and bigfoot it over to the registration area. But lulled by our summertime trail memories, we ignored White Rabbit’s warning and dashed away to stake claim to our Red Newt Tshirts.

Wrong choice. The path took a lot longer to negotiate under ten inches of slippery snow. We stumbled along, creating large potholes across the very trail we would soon have to run on. Not too smart! We were then faced with the embarrassment of having to delay the race while we dashed back for our Bunny Feet. White Rabbit just stood off to the side with a disapproving, “I told you so” flip of his ears. Our Mad Hatter scramble back to the start was made even more difficult since we couldn’t figure out where to line up. Approved procedure dictates that you look for those you usually finish with and line up in close proximity. But there were no hot, drippy runners with naked arms and legs. Now those arms and legs were smartly wicked and faces were masked by hoods and neck gaiters. But what else can you expect when you have stumbled through the Looking Glass?

The first half of the race began normally enough, through wood and over dale, on trails I had never taken, bouncing along in search of White Rabbit. Halfway through, I spied him just out of reach, as I discovered myself heading backwards on the early portions of the 50’s trail. At first, I had a vague, nagging feeling that I was venturing into familiar territory. A cow gate, this time unfastened – a major infraction of summertime rules—confirmed my suspicions. As I traversed the pasture, winter-named Siberia, I tried to reconstruct the remainder of the course. The “muddy” potholes around the fence, the spot where I always hear mysterious crackling noises, the dreaded downhill over speed bump logs, which now became the dreaded uphill back to camp.

At the top of the hill, White Rabbit vanished. But no matter, he had led me to the trail back to camp, back to reality, back to my friends and back to a bottle of Red Newt and a stuffed penguin to add to my summertime cow collection.

by laura clark

SNOWSHOEING NOT A SLOW SPORT

When I received snowshoes as a gift at Christmas, I decided that I should get as much use out of them as possible. So Sunday morning I trudged through the snow at the Saratoga Winterfest 5K Snowshoe Race at the Saratoga Spa State Park.

When I read the little blurb describing the event in *The Saratogian*, I pictured the race to be slow and deliberate, like a pack of penguins waddling through a snowy expanse of white.

Oh, how wrong I was.

The leaders were more like a bunch of gazelles.

Fifty-eight people completed the race in 31 minutes or less. One hundred people finished in 37:19 or less. One of the oldest racers on the day--if not the oldest--75-year-old Rich Busa of Marlboro, Massachusetts, finished in a little over 35 minutes.

According to Jeff Clark, who organizes the event with his wife, Laura, the Saratoga run is the largest snowshoe race east of Colorado. About 170 people participated.

Now, I’m a novice to snowshoeing, having only done it three times, with one of those times coming about two weeks ago after a heavy snowfall blanketed the area. I really wasn’t sure what I was getting into and it showed.

For instance, I noticed everyone else had snowshoes about one-third the size of mine. (Luckily, Dion Snowshoes providing some loaners for the racers, which I wound up using.)

And when the race started... smack in middle of the pack of well over one hundred people, a woman fell in front of me. A few seconds later my left snowshoe flew off.

Before I knew it I was already several hundred yards behind the large group.

I jogged a bit to get back into the race, passing some other casual snowshoers.

Still there was no chance to get up to the front. They were running in stride, kicking up snow as they went.

As we went through the woods, I relaxed into a leisurely stroll, not really in shape for sprinting through the woods in snowshoes.

But it didn't matter. Like many others, I was just getting used to the sport and enjoying the quiet woods, the icy brooks and the mild winter weather.

by MIKE LYNCH, The Saratogian