

## **MY SNOWSHOE RACES 2005: SLOW START FAST FINISH**

I couldn't get into snowshoeing this year for some reason, then a weekend came along in which I was cajoled into doing a Saturday race (Northfield Mountain) and a Sunday race (Saratoga Spa, or "Da Spa").

Northfield Mountain was a fantastic day for a race with perfect snow conditions and spring-like weather. The normal ritual was followed like arriving in the green Jetta and finding a private place outside to pee. Since it's kind of a public place for cross-country skiing with a big parking lot, you don't want to end up hearing, "Mommy, what's that man doing?" Northfield Mtn also provided the first sighting of Larina Bobbitt Riley!

It was a little easier to pass on the uphill trails this year, and there were no fistfights among the leaders of the race as they trekked up the mountain (that I know of anyway). It's always fun to anticipate reaching the top in order to take off for a never-ending gallop down the mountain. You get tired and want to stop turning those legs over, but how can you? You'd lose the opportunity to go fast. I don't remember who won, but I know I had a great time, walking back up the mountain a little ways to watch others come in while popping a piece of striped restaurant hard candy.

For Da Spa five of us carpooled, meeting in Holyoke to travel in Farmer Ed's van out to upstate New York and the Road to Wellville. On the way we passed East Shodack, home of Matt's Lodge, the meeting place of Greg and Barbarella. See a former Greylock Gallop Flyer to find out about this sensual couple and toe hair. Included were the Farmer driving, his professional navigator and rapid-speech expert K2 (not the mountain), Richard Busa (the old man of the mountain, but young at heart), me in the tailgunner seat, and a newcomer to our traveling team, entrepreneur business-woman and developer of Seven Metal Massage Therapy (see ad in SnoShu News), Michele Tetreault. Richard got to sit by her and smile all the way there and back.

It was another great day, and one of the greatest sights was watching Jeff and Laura Clark (directors of the race) exchange tongue before the starting gun went off. This delayed the start by two minutes until they were finally finished. Then we all participated in kicking up snow around that quadrangle for about a quarter mile before clunking across the street into trail. Conditions were really good, no major ice flows and plenty of clapping fans. When I hit bottom on the first hill I had to spit out my cough drop before I choked on it; I still have the vision of how it just made a little hole in the snow as it hit. I bet it will be there when the thaw comes. One question, what is a "spa" anyway? K2 offered the supposition that it meant Saratoga Performing Arts, but somehow I think it has to do with sitting in mineral springs water until you look like a prune. The great weather allowed us to change outside after the race, except for Seven Metal (think purple) who unfortunately didn't want to flash everybody.

The following week it was off to Camp Saratoga with the same crew meeting extra early at Holyoke, where we all jump out and pee behind a snow bank as we arrive, except for Michele, who

wanted to stop at a Mass Pike rest area. She hasn't learned to avoid porcelain yet, but we'll teach her. This was my first Camp Saratoga, and I found the course a lot of fun. It is all groomed and rolling with no hard mountain climbs. The forest is beautiful and the course favors fast snowshoers as opposed to those who can plod slowly forever through deep slip-and-slide single track. Food after was great, again put on by those lovebirds, the Clarks.

I did the Covered Bridge "dual races" just a little more than 24 hours after arriving home after a week on a small island in the Bahamas getting a suntan, running in the heat, staring at clear blue water, eating lots of mixed nuts, and drinking a lot of Kalik Gold beer and cheap rum. What a shock! The first half of the CB course was slightly different and seemed longer to me than before. I had trouble dealing with encountering Miss Ellen on the first half of the course instead of on the second half where I usually find her. She's still just as cute though. I tried to catch Larina Bobbitt Riley before the finish line for the first half (and what counted as the short race). I kept gaining slowly on downhills and on the mushy deep snow parts. Then we got to the last long climb on the approach to the pond and finish area, and she got away from me. After crossing the road into the second half I relaxed a little to recover from that, and after crossing a bridge into a steep uphill with my head down, I missed a right turn into single-track trail. When I got to the top of that hill the Rileys and another guy had also missed the turn and were heading back at me. So we all headed back to the missed turn, which was completely our fault, as it was quite well-marked. It was a long hard slog on that single-track gentle upgrade, and the Rileys and the other guy left me behind.

Eventually, after they were long gone I came upon Will Run Danecki who had passed me while I was missing the turn. We stayed together all the way to the finish. On the Cheshire Harbor Road, that never-ending uphill, we encountered people walking with a golden retriever. I turned into the long slaloming single-track downhill, and the dog followed. Will told them the dog had joined the race, but they didn't seem concerned. So it was the three of us fast down that hill, Danecki on my butt, and the dog and I exchanging the lead numerous times. At some point the dog peeled off and it was just Will and I careening to the finish. I walked off away from the crowd because I thought I was going to puke, but just got the dry heaves which would surely make others puke. It wasn't the way I wanted to finish, but Will forced me to run a faster time than I would have on my own. The only thing worse than someone pacing on you the last two miles is Kaniac and her breathing pacing on you the last two miles.

By the way, I hope everyone appreciates all the work involved by the race director and people helping in providing the great food at the end. This goes for all the races. We finish the race, and there it is waiting to be eaten. Getting all that stuff set up and taken down and carried to and from is an enormous effort, so be appreciative of the race directors and helpers for this work. One of the best sights of the day was the return of black Lycra with yellow sunglasses, and I'm not talking about Jim.

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## SLOW START FAST FINISH (continued)

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On March 5<sup>th</sup> I took on the Moody Springs race which was held on the Hawley Kiln Klassic 7 mile course starting at the fire department in Hawley. I hadn't run since the CB race the week before. I was the third car in the parking lot; I like to get there early to pop an ammonia inhalant. On my trek out to my "bathroom" I discovered that Paul Hartwig had discovered this location. The kiln was all covered with snow, and looked like a huge white beehive. On a warm-up jog Lisa Mentzer, who just keeps getting cuter, and Barbarella (always cute) told me they were here because of me! Wow! (It was really because of what I wrote about the Hawley Forest though.) I love this course because it is a tough course with roads, deep single-track, long uphill (Barbarella likes to go up), a long downhill where you can't stop going fast after you gain momentum. When you get to the bottom you are giggling (and/or jiggling) like a kid riding a curvy water slide. Paul Hartwig was having a really good race until the last two miles and I was chasing that bright yellow shirt for five miles. On the hill before turning into the last section of single-track he was having trouble breathing, and I snuck by. But then he and another guy dogged me through this last difficult section. I find it really hard because it is mostly uphill, it is deep track requiring lots of concentration to prevent sliding, and by that point I'm am totally tired with burning quads and aching back.

After this race I did puke due to running from Paul and another guy in lime green to the finish. I managed to get behind my car to do it, then it felt good; actually it made more room for my breakfast at the Sugar House. One big surprise was the return of John Scalise (alias Bandit), who was there for helping not running. Haven't seen him for a long time and with his thick beard shaved down he looked 10 years younger. As always, he was chatting up all the women. At the South Face Farm I sat with Laurel Shortell (intense showshoer), suave John Scalise, Greg and Barbarella (I sat next to the one with toe hair), Kaniac, and Seven Metal (think purple). No one ate as much as Erin Worsham (my daughter) the year that she came to the race, so the price won't go up for next year; the portion of your entry fee going to the breakfast went up two dollars the year after Erin's visit. The staff at South Face were great in handling the snowshoe crowd. They were fast and attentive and all very cute, including Tom McCrumm. Another thing about Tom, anybody who knows how to operate all those little valves on the maple syrup equipment has got to be one smart dude.

Missing in action this day was Rich Busa who was busy in Alaska representing us at the Snowshoe Nationals' Moses age category. Good luck to him! We were blessed with the return of Kenny Clark to the scene.

In closing, thanks to all the race directors and helpers who put on this great series, and thanks to that big smiling lug who got all this going ten years ago, Ed Alibozek. It makes him smile just to see all the rest of us having such fun making our snowshoe dynamos hum, and he laughs when he sees me puke and put my snow booties on upside down. I leave you with one question. Where are Dave (steamer) Boles and Sheryl Wheeler?

*WorShamer*  
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## CURLY'S RECORD RUN JAN. 23, 2005

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In mid December I received a phone call from Lucimar in regards to a snowshoe race that I direct. She informed me that she would like to come to Pittsfield and "take up the challenge" of entering the 4 mile snowshoe race. She also stated she had never snowshoed before, but that she was a runner and had the positive attitude that no matter what she would finish the race. After hanging up the phone, I was certain that she would rise to the challenge.

On the day before the race, I asked her if she would like to go out on the snowshoes and walk the course while I marked the next day's event in orange ribbon. She agreed and we finally met face to face. She was certainly a brave woman for coming 100 miles north of NYC, venturing into the unknown both by never snowshoeing and knowing no one in the area. But meeting her for the first time was like talking to an old friend. I realized that I was talking to her like I have known her all my life.

Lucimar was definitely prepared for the ever-changing weather here in the Berkshires. She came with plenty of warm clothes for layering so she bundled up for the 0 degree temperatures with snowshoes strapped to her feet. It soon was warm enough that she took her mittens off, something I don't know how she could do, especially going downhill where she fell down a couple times.

Having never been on snowshoes or having skied, the downhill is very intimidating. At times the trail is very, very steep and off camber making it hard for one to walk down without catching the front of the snowshoes and doing a nice face plant! Ski poles definitely helped her negotiate the downhill which she was "deathly afraid of". I informed her she could go down on her butt (she definitely did this a couple of times during the race the next day.)

The day of the race, Luci (as my friend Marilyn started to call her) was nervous. Not really knowing what to expect in the foot of new snow out on the course that had fallen in the previous 10 hours. Front-racers had to break trail. For those who are not up "in the front pack" the trail was packed for an easier effort. Today would be a long 4 miles of snowshoeing for all in the race.

One hour and fourteen minutes after the start whistle had blown, Luci finished her first snowshoe race with a big smile on her face. Fulfilling her dream of the challenge she set for herself one month before. I think she was surprised that she was not in last place (in the past couple days more than once she had told me she would be at the end).

Luci set a goal for herself and "went for it" with all the passion anyone could imagine. Great job and keep up your "spirit".

*Beth Herder*  
*Director-Curly's Record Run*

3.5 MILE "HOXIE-THUNDERBOLT" RACE

FEBRUARY 26, 2005

GREYLOCK GLEN

ADAMS, MA

<b>01. Leigh Schmitt</b>	<b>32 M</b>	<b>0:31:26</b>	<b>100.0000</b>
02. Stephen Wills	20 M	0:31:27	98.4375
03. Colin Carroll	20 M	0:34:02	96.8750
04. Britt Brewer	41 M	0:34:27	95.3125
05. Jim Schultz	42 M	0:36:10	93.7500
06. Edward Alibozek	42 M	0:36:37	92.1875
07. Bob Dion	49 M	0:36:58	90.6250
08. Kelly Herrington	30 M	0:37:30	89.0625
09. Jared Strait	19 M	0:37:37	87.5000
10. Paul Bazanchuk	50 M	0:37:38	85.9375
11. Tucker Sawin	20 M	0:38:38	84.3750
12. Patrick Riley	26 M	0:38:40	82.8125
13. Jack Miller	32 M	0:38:42	81.2500
14. David Rogawski	18 M	0:38:51	79.6875
15. Ben Kolesar	18 M	0:38:56	78.1250
16. Jack Casey	51 M	0:39:43	76.5625
17. Tim Nichols	44 M	0:39:50	75.0000
18. Peter Katapski	45 M	0:40:12	73.4375
19. Jay Kolodzinski	25 M	0:40:14	71.8750
<b>20. Michele Tetreault</b>	<b>29 F</b>	<b>0:40:20</b>	<b>70.3125</b>
21. Peter Malinowski	50 M	0:40:54	68.7500
22. Annie Schultz	41 F	0:41:41	67.1875
23. Tom Parent	28 M	0:41:43	65.6250
24. Jan Rancotti	44 M	0:41:43	64.0625
25. Nick Jubok	48 M	0:42:00	62.5000
26. Vincent Kirby	48 M	0:42:08	60.9375
27. John Kline	38 M	0:42:11	59.3750
28. Ed Buckley	46 M	0:42:32	57.8125
29. Larina Riley	26 F	0:44:42	56.2500
30. Bob Worsham	59 M	0:44:54	54.6875
31. Bill Morse	53 M	0:45:10	53.1250
32. Scott Bradley	50 M	0:45:22	51.5625
33. Ed Sahaczjewski	51 M	0:45:24	50.0000
34. Ed Alibozek, Jr.	65 M	0:45:47	48.4375
35. Will Danecki	54 M	0:46:03	46.8750
36. Carol Kane	59 F	0:48:00	45.3125
37. John Aldrich	46 M	0:48:21	43.7500
38. Jessica Hageman	29 F	0:48:33	42.1875
39. Jacqueline Lemiux	38 F	0:48:51	40.6250
40. Richard Hunt	65 M	0:48:56	39.0625
41. Bob Dick	49 M	0:49:59	37.5000
42. Laura Reedy	42 F	0:50:20	35.9375
43. Rick Harlow	54 M	0:50:30	34.3750
44. Tom McCrum	59 M	0:51:09	32.8125
45. Bob Massaro	61 M	0:51:12	31.2500
46. Jim Carlson	57 M	0:51:18	29.6875
47. Ken Deary	52 M	0:52:48	28.1250
48. Denise Dion	46 F	0:54:42	26.5625
49. Laurel Shortell	38 F	0:55:11	25.0000
50. Laura Clark	57 F	0:55:30	23.4375
51. Jeff Hattem	53 M	0:55:32	21.8750
52. Mark Syrett	56 M	0:55:42	20.3125
53. Gareth Buckley	28 M	0:56:11	18.7500
54. Richard Busa	75 M	0:56:11	17.1875
55. Sally Goade	46 F	0:56:26	15.6250
56. Walt Kolodzinski	62 M	0:57:51	14.0625

57. Peter Finley	43 M	0:57:52	12.5000
58. Amy Blonn	24 F	0:58:25	10.9375
59. Sue Joyner	46 F	1:00:45	9.3750
60. Konrad Karolczuk	52 M	1:02:18	7.8125
61. Mary Kennedy	46 F	1:07:56	6.2500
62. Jeff Clark	58 M	1:09:35	4.6875
63. Garry Beale	57 M	1:19:56	3.1250
64. Ellen Mack	62 F	1:31:28	1.5625



Jessica Hageman crossing the Gould Covered Bridge; photo by Brad Herder

**HOXIE AGE GROUP CHAMPIONS**

<b>16 - 19</b>		Jared Strait	37:37
<b>20 - 24</b>	Amy Blonn 58:25	Stephen Wills	31:27
<b>25 - 29</b>	Michele Tetreault 40:20	Patrick Riley	38:40
<b>30 - 34</b>		Leigh Schmitt	31:26
<b>35 - 39</b>	Jacq Lemiux 48:51	John Kline	42:11
<b>40 - 44</b>	Annie Shultz 41:41	Britt Brewer	34:27
<b>45 - 49</b>	Denise Dion 54:42	Bob Dion	36:58
<b>50 - 54</b>		P. Bazanchuck	37:38
<b>55 - 59</b>	Carol Kane 48:00	Bob Worsham	44:54
<b>60 - 64</b>	Ellen Mach 1:31:28	Bob Massaro	51:12
<b>65 - 69</b>		Ed Alibozek Jr	45:47
<b>70 - 79</b>		Richard Busa	56:11

## TWO FOR THE PRICE OF ONE

Sixty-four 'shoers completed the 3.5 mile Covered Bridge "short" race, while forty-two finished the 8.0 mile course. Even those with limited math skills would assume that 106 people toed the line. Wrong. This was a buy one/ get one free supermarket come-on event with enough possible permutations to satisfy even Rob Higley, our resident mathematician. The two basic choice were: run the shortish course and then eat your hot dog, or 'shoe the short course, pick up your points and then continue on for 4.5 miles (or more if you are Laura Clark or Rich Busa), thus acquiring two sets of valid points for only one drive to Greylock. Sounds fairly straightforward but leave it to WMACers to complicate matters.

Laurel Shortell, Series Streaker and computer expert, devised a complicated strategy, which basically involved running harder than she thought she could for the first half and then jogging at a comfortable pace and enjoying the scenery for the final portion. She based her plan on the fact that due to the lack of snowflake cooperation, Covered Bridge would be the first long event of the series. Tuning into the "when life hands you lemons, make lemonade" slogan, Laurel decided to capitalize on her unpreparedness. Did it work? Well, yes and no.

But it worked out well for me. Laurel can not only do math, but she can also keep her eyes looking down at the trail and up at the markers at the same time. And since her bunnies were in the attack mode, they were poofing along right behind mine. For those of you who have never been owned by a bunny, poofing is a very serious statement meaning, "Get out of the way. I'm coming through." But rather than feel threatened, I felt relieved since my bunnies have a tendency to hop off in random directions. It's gotten so bad lately that sometimes one bunny goes one way and the other heads in the opposite direction. Laurel's bunnies, in fact, rescued me twice on the short course alone. After the first time, I had just caught up to Laurel when I missed the right hand circle turn just before the final straightaway. This was no surprise, since I have always missed this turn. I think my bunnies figured that they had run long enough and it was time for the straightaway.

One of the unsolved mysteries of running is that if you stop to fix a strap or slurp a gel, you will eventually repress all those who have zoomed ahead of you in the interim, sliding back into place where you belong. This occurs even if you feel discouraged and decrease your speed or feel frustrated and increase your leg turnover. You are fated to land back in the same predetermined order. Eventually.

The problem was that my eventually occurred after Laurel crossed the first finish line. Not stopping to pick up a hot dog, she pressed onward. Was I concerned? Yes. I hiked over to the road and zeroed in on Bob Dion's car where I had left my water bottle and gel. Originally, I had stashed both in the snow, but reconsidered when I remembered the goal was to drink the water and not use it as a rock-hard weapon. But it didn't matter. The water froze despite being place on a warm car hood in direct sunlight. After my "make lemonade" gel snow cone concoction, I felt energized and passed Laurel. As I assumed my lead-person responsibilities, I carefully glanced down to search for much faster bunny prints and straight ahead to look for ribbons. I forgot to also swivel my head to the side and

missed the right hand turn that so many others also failed to recognize. (Note to Edward: This was not an intersection, just a sneaky swerve off the path of least resistance and onto the path less traveled. Each time it was taking me longer and longer to catch up to Laurel. Fortunately, I did manage to before that endless, ten-mile hill. This is a truly nasty upgrade – too "easy" to walk guilt-free, yet too relentless for an all-out charge to the top.

At this point, I found myself near a tall, well-built guy in big snowshoes. This has happened to me at every race this year. I know it can't possibly be the same guy, because this happened at the Finger Lakes race: I pass a fellow plugging along in big shoes, only to be passed again by him when he discovers another spurt of energy. I always wonder where in the lineup he would be if he just got a pair of smaller shoes. But it's a nice, familiar part of the season for me...And miracle of miracles, with Bigfoot nipping at my heels, I spotted the left hand turn that I always miss, did not take my usual side trip to see the snowmen, and barreled through the Covered Bridge and back to the Glen.

So Laurel's strategy worked up to the part where she encountered The Wall blocking the path to the Covered Bridge. While I arrived at the Glen minus a blueprint, I was vaguely counting on the fact that I am more of a turtle than a bunny. Final score: Bunnies, 1/Turtles 1.

*By laura clark*



*Sally Goade leading Mark Syrett through the stand of white birch at Hoxie-Thunderbolt / Covered Bridge.*

*Photo by Brad Herder.*

8.0 MILE "COVERED BRIDGE" RACE

FEBRUARY 26, 2005

GREYLOCK GLEN

ADAMS, MA

01. Stephen Wills	20 M	1:04:55	100.0000
02. Leigh Schmitt	32 M	1:04:59	97.6191
03. Colin Carroll	20 M	1:10:58	95.2381
04. Britt Brewer	41 M	1:12:30	92.8572
05. Jim Schultz	42 M	1:14:47	90.4762
06. Bob Dion	49 M	1:17:31	88.0953
07. Jared Strait	19 M	1:17:37	85.7143
08. David Rogawski	18 M	1:18:30	83.3334
09. Edward Alibozek	42 M	1:18:48	80.9524
10. Kelly Herrington	30 M	1:19:35	78.5715
11. Ben Kolesar	18 M	1:22:06	76.1905
12. Tucker Sawin	20 M	1:22:20	73.8096
13. Paul Bazanchuk	50 M	1:23:42	71.4286
14. Jack Casey	51 M	1:24:17	69.0477
15. Peter Malinowski	50 M	1:24:18	66.6667
16. Jack Miller	32 M	1:24:19	64.2858
<b>17. Michele Tetreault</b>	<b>29 F</b>	<b>1:25:59</b>	<b>61.9048</b>
18. Nick Jubok	48 M	1:26:39	59.5239
19. Peter Katapski	45 M	1:27:17	57.1429
20. Jay Kolodzinski	25 M	1:30:33	54.7620
21. Tom Parent	28 M	1:30:51	52.3810
22. Ed Buckley	46 M	1:31:11	50.0001
23. Annie Schultz	41 F	1:32:36	47.6191
24. Larina Riley	26 F	1:37:21	45.2382
25. Patrick Riley	26 M	1:37:22	42.8572
26. Bill Morse	53 M	1:38:02	40.4763
27. Bob Worsham	59 M	1:39:03	38.0953
28. Will Danecki	54 M	1:39:04	35.7144
29. Ed Sahaczjewski	51 M	1:46:57	33.3334
30. Scott Bradley	50 M	1:47:31	30.9525
31. Bob Dick	49 M	1:48:58	28.5715
32. Jessica Hageman	29 F	1:49:29	26.1906
33. Mark Syrett	56 M	2:00:30	23.8096
34. Laura Clark	57 F	2:01:45	21.4287
35. Gareth Buckley	28 M	2:01:47	19.0477
36. Amy Blonn	24 F	2:02:20	16.6668
37. Sally Goade	46 F	2:04:53	14.2858
38. Walt Kolodzinski	62 M	2:08:28	11.9049
39. Jeff Hattem	53 M	2:09:03	9.5239
40. Laurel Shortell	38 F	2:09:48	7.1430
41. Richard Busa	75 M	2:14:44	4.7620
42. Konrad Karolczuk	52 M	2:15:51	2.3811
<u>Kelly Short</u>	24 F	54:11	1.0000
2 <sup>nd</sup> Loop Only – Arrived late			

**Thursday Afternoon Ribbon and Arrow Gang:**

Paul Hartwig	3:00:00
Walt Kolodzinski	3:00:00
Ed Alibozek Jr	3:00:00
Jay Kolodzinski	3:04:15
Carol Kane	3:04:15
Edward Alibozek	3:04:15
Ed's Dog Tippi	3:04:15



Michele Tetreault nearing the finish, winning both the Hoxie 3.5 and the Covered Bridge 8.0 Mile Snowshoe Races in Adams.

Photo by Brad Herder.

**BRIDGE AGE GROUP CHAMPIONS**

16 - 19	Jared Strait	1:17:37
20 - 24	Amy Blonn	2:02:20
25 - 29	Michele Tetreault	1:25:59
	Jay Kolodzinski	1:30:33
30 - 34	Leigh Schmitt	1:04:59
35 - 39	Laurel Shortell	2:09:48
40 - 44	Annie Shultz	1:32:36
	Britt Brewer	1:12:30
45 - 49	Sally Goade	2:04:53
	Bob Dion	1:17:31
50 - 54	P. Bazanchuck	1:23:42
55 - 59	Laura Clark	2:01:45
	Bob Worsham	1:39:03
60 - 69	W. Kolodzinski	2:08:28
70 - 79	Richard Busa	2:14:44

# 1<sup>st</sup> WEIR HILL 5KM SNOWSHOE RACE

**February 27, 2005**

**Weir Hill Reservation**

**North Andover, MA**

We had a nice day for the Weir Hill race (technically a 'fun run'). Sunny and 30 degrees. The snow was well packed and pretty fast. We (Dan Verrington, Allan Beebe) set the 3.1m loop in about 50 minutes.



We checked around to see if anyone showed up to race, changed into dry gear, and the race was on. Dan took it out pretty easy and I actually led for the first 100m. At the base of

the hill Dan moved and I settled in. We climbed 150' in the first 500m to the glade with great views and bright sun. Then plummeted down the other side. There was some flat running and then at about 1m we hit the 2nd climb which lasted about 1 kilometer and climbed 160'. This was the last time I saw Dan. We then entered some great single track that weaved and climbed and finally dropped down the other side of the drumlin. We then crossed over into some open woods running from 2m to 2 1/2. I thought I might see Dan on the loop but didn't. He did however see Allen who noted how well the course was marked as they passed each other. I was pretty much out of gas on the third climb which brought us to the top of the glade (same one as 500m into the race) and was looking at my watch hoping to get under 30 minutes. I set the last 400m of the race to be a bushwack through the woods ending at the corner of the finishing field.



It was different to try and barrel down without wiping out. Dan ended up running about 2 minutes ahead of me and he didn't go very hard, alternating 200m bursts. He seems well prepared for Alaska next week, hopefully they'll have snow! Allen finished about 8 minutes after me and I got a good picture of him in the bushwack and kicking up snow as he jumped over the stonewall.

We then went out and cleaned up the course markers and stopped back at the car for coffee. Dan brought a box o' joe and we had to polish it off! Just before we left a hiker showed up and asked about what was going on. I explained about the snowshoe race and he mentioned that he was the Warden of the Reservation. D'oh! I was quick to point out that we were on a fun run, not a race and that I was hoping to put on a real race next year. He seemed receptive, so watch out for another Eastern Ma. race in the WMAC series for 2006!

*Cheers,  
dd*



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## 1<sup>st</sup> ANNUAL WEIR HILL 5KM SNOWSHOE RACE

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1. Dan Verrington	25:42	Bradford	CMS/Polar
2. Dave Dunham	27:39	Bradford	CMS/Polar
3. Allen Beebe	36:10	N. Chelmsford	MVS/Tri-fury

## 7.0 MILE "KLASSIC" RACE

MARCH 5, 2005

DUBUQUE STATE FOREST

HAWLEY, MA

## 7 MILE KILN KLASSIC

<b>01. Richard Bolt</b>	<b>34 M</b>	<b>1:01:18</b>	<b>100.0000</b>
02. Michael Cohen	26 M	1:01:43	98.1481
03. Paul Low	31 M	1:03:12	96.2963
04. Jim Pawlicki	30 M	1:08:05	94.4444
05. Chad Denning	29 M	1:08:11	92.5926
06. Elijah Barrett	28 M	1:12:24	90.7407
<b>07. Kelli Lusk</b>	<b>35 F</b>	<b>1:13:02</b>	<b>88.8889</b>
08. Rob Smith	37 M	1:14:52	87.0370
09. Bob Dion	49 M	1:14:54	85.1852
10. Ken Clark	42 M	1:17:00	83.3333
11. Dave Dunham	40 M	1:18:44	81.4815
12. Jack Casey	51 M	1:20:40	79.6296
13. Peter Malinowski	50 M	1:21:44	77.7778
14. Dave Hannon	34 M	1:21:58	75.9259
15. Nick Jubok	48 M	1:22:22	74.0741
16. Alan Bates	56 M	1:22:28	72.2222
17. Todd Hagobian	35 M	1:22:58	70.3704
18. Patrick Riley	26 M	1:24:20	68.5185
19. Craig Brumwell	47 M	1:24:36	66.6667
20. Michele Tetreault	29 F	1:28:12	64.8148
21. Jay Kolodzinski	25 M	1:28:48	62.9630
22. John Carey	43 M	1:29:22	61.1111
23. Eric Iannocone	32 M	1:29:37	59.2593
24. Jim Woodman	40 M	1:32:58	57.4074
25. Eva Van Stratum	45 F	1:35:25	55.5556
26. Bob Worsham	59 M	1:35:58	53.7037
27. John Dent	51 M	1:36:22	51.8519
28. Paul Hartwig	48 M	1:36:36	50.0000
29. Barry Braun	46 M	1:38:32	48.1481
30. Kelly Herrington	30 M	1:39:23	46.2963
31. David Rice	43 M	1:40:06	44.4444
32. Pilar Rodriguez	30 F	1:41:23	42.5926
33. Will Danecki	54 M	1:42:23	40.7407
34. C. Robert Suarez	36 M	1:43:35	38.8889
35. Scott Bradley	50 M	1:43:48	37.0370
36. Carol Kane	59 F	1:45:44	35.1852
37. Lisa Mentzer	36 F	1:47:54	33.3333
38. Richard Hunt	65 M	1:48:05	31.4815
39. Jacqueline Lemieux	35 F	1:48:28	29.6296
40. Bob Dick	49 M	1:48:32	27.7778
41. Laura Clark	57 F	1:50:55	25.9259
42. Larina Riley	26 F	1:51:23	24.0741
43. Laura Monti	34 F	1:53:09	22.2222
44. Bob Massaro	61 M	1:55:25	20.3704
45. Walt Kolodzinski	62 M	1:56:02	18.5185
46. Denise Dion	46 F	1:56:11	16.6667
47. Sally Goade	46 F	2:06:41	14.8148
48. Mike Albrecht	33 M	2:08:54	12.9630
49. Michelle Restivo	27 F	2:08:55	11.1111
50. Barbara Sorrell	47 F	2:10:19	9.2593
51. Laurel Shortell	38 F	2:10:34	7.4074
52. Art Gulliver	66 M	2:19:24	5.5556
53. Greg Taylor	58 M	2:24:18	3.7037
54. Konrad Karolczuk	52 M	2:24:18	1.8519**

## 4.5 MILE KLASSIC SAMPLER

55. Barry Auskern	45 M	52:04	7.0
56. Patrick McGrath	39 M	53:19	6.0
57. Ed Alibozek Jr	65 M	53:20	5.0
58. Ben Winther	33 M	54:48	4.0
59. John Aldrich	46 M	59:59	3.0
60. George Andrews	55 M	1:17:04	2.0
61. Jeff Clark	58 M	1:24:47	1.0 **

\*\* Helped Direct Runners during Race at 4-Way Intersection.  
(Big Help to alleviate stress from Goofy Race Director)

## KLASSIC AGE GROUP CHAMPIONS

<b>25 – 29</b>	Michele Tetreault 1:28:12	Michael Cohen 1:01:43
<b>30 – 34</b>	Pilar Rodriguez 1:41:23	Richard Bolt 1:01:18
<b>35 – 39</b>	Kelli Lusk 1:13:02	Rob Smith 1:14:52
<b>40 – 44</b>		Ken Clark 1:17:00
<b>45 – 49</b>	Eva Van Stratum 1:35:25	Bob Dion 1:14:54
<b>50 – 54</b>		Jack Casey 1:20:40
<b>55 – 59</b>	Carol Kane 1:45:44	Alan Bates 1:22:28
<b>60 – 64</b>		Bob Massaro 1:55:25
<b>65 – 69</b>		Richard Hunt 1:48:05

## PRE &amp; POST RACE CREW

Thursday Afternoon Ribbon and Arrow Gang:

Tom McCrumm	3:30:00
Paul Hartwig	3:30:00
Edward Alibozek	3:30:00
Ed's Dog Tippy	3:35:00

Friday Night Gang:

Edward Alibozek	2:00:30
Ed's Dog Tippy	2:00:35
Johnny Scalise	2:05:00

Sunday Ribbon Removal Man:

Will Danecki	3:00:00
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## FALLING IN LOVE AT WOODFORD

Perhaps my maiden snowshoe race should have taken place closer to Valentine's Day, but the March 6 "I Love Woodford" 3.5-mile race definitely made my middle-aged heart go pitter-pat for all the right reasons.

A roadrunner of several decades standing, I have long wanted to try snowshoes, especially as my cousin, Laura Clark of Saratoga Springs, NY, is almost as devoted a snowgoer as she is a trail runner. She's been urging me to join her for years, even when I was still recovering from leg surgery a couple of dismal winters ago.

The planets fell into alignment for me to visit her on the same weekend as the March 6 event. I was a little anxious, not about running in snow after living in Canada for a decade, but about tripping over my own two feet on uneven terrain. My previous few attempts at cross-country skiing on golf courses were mildly successful, but I could lose my balance and tumble sideways just by briefly looking right or left. Several friends and relatives suggested I "fuggedabowdit" based on this dubious track record.

It was a great bonus to know I could borrow a pair of snowshoes, and have them professionally fitted at the race. The folks with Dion snowshoes couldn't have been nicer or more helpful with introducing me to this new sports equipment. Snowshoes didn't feel as awkward as I thought they might. This new generation really is streamlined and high-tech.

Laura had advised me about running wear adapted for snowshoe, most of which I already owned. Although I didn't have the gaiters and some of the other snow-barrier gear, I managed quite well with two pairs of socks, the outer woolen pair pulled up over the tight legs.

A less stalwart heart would have given up before even reaching the start line at Adams Reservoir. The short cut there involved a little bit of repelling down a snow covered bank with the help of a nylon rope, and I found it easier to go down backwards, much to the amusement of Laura and her Saratoga Stryder pals.

The first mile or so, much of which was uphill at a plod, was spent getting my snow legs, but once the terrain leveled out, I could look around and catch some nice glimpses of the serene woods. I was fortunate to have congenial company, two gentlemen named Andy and Bruce, on either side of me, who were old hands at this saunter through the snow. I told them it was obviously the wise move to hang back and let the frontrunners carve out the trail. Talk about making a virtue out of necessity.

It was a different sort of experience than road races. There are no mile markers, just the plastic yellow cones hung from branches or stuck on top of bare bushes to indicate the way to go. I've been lost in enough road races with poor markings to appreciate the effort it took to mark a trail accurately through snowy woods.

The weather was probably as perfect as you could ask for at a first outing. Not windy, nor too cold, but the snow was fresh and powdery. It felt crisp and clean and magical, with glimpses of almost frozen streams and some birdcalls I couldn't place.

Being the coordinated creature I am, I fell down about a half dozen times, but nothing more serious than a little injured pride. I think the stride necessary for efficient snowshoe running helped ease a hip tightness I've been working through, and I certainly felt "the burn" in the ol' glutes.

I had nothing to prove and when I came to the water station-cum-bail out point, I felt tired, but not knackered, and knew I could finish. So Bruce and I motored along to the finish line, and could proudly tell the crew there that we were it – The End.

Back up that darn snow bank – easier going up than down – and lo, the real reason I love to run – free food! It's hard to recall when red beans and rice tasted so good, but it was seasoned with a sense of real accomplishment and much good company. People were genuinely pleased for me and I felt part of a supportive athletic community.

WMAC definitely made a snowshoe convert out of me that day. It was far less demanding, coordination-wise, than cross-country skiing, but the physical workout was top-notch, and much more interesting and uplifting than a simple winter run.

Thanks, Woodford – I love you too!

Katherine "Kate" Karlson

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### COVERED BRIDGE 8-MILER

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No need to mince words  
When you finish this race  
Say exactly what you feel  
No need to save face

Many quickly voiced bravado  
After crossing the finish line  
"Way too short for me  
And, yes, everything was fine"

But one finisher spoke frank  
And he got no rebuttal  
What did he say?  
Well, this race was "diabolical"

-By Peter Finley

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### WHAT WILL NEXT ISSUE INCLUDE?

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- Full USSSA National Results
- Bill Morse's National Report
- National Photos from Norm Sheppard
- Final WMAC Series Standings
- Barnyard Awards
- And More!

March 6, 2005

Woodford State Park

Woodford, VT

<b>01. Michael Cohen</b>	<b>26 M</b>	<b>0:23:22</b>	<b>100.00</b>
02. Greg Hammett	27 M	0:25:24	97.56
03. Elijah Barrett	28 M	0:27:29	95.12
04. Shaun Sutcliffe	47 M	0:27:53	92.68
05. Bob Dion	49 M	0:28:41	90.24
06. Ken Clark	42 M	0:29:24	87.80
07. Edward Alibozek	42 M	0:29:51	85.37
08. Paul Bazanchuck	50 M	0:32:42	82.93
09. Alan Bates	56 M	0:33:06	80.49
10. Jay Kolodzinski	25 M	0:34:30	78.05
11. Patrick Riley	26 M	0:34:50	75.61
12. Tim Nichols	44 M	0:34:57	73.17
13. Jan Rancatti	44 M	0:35:46	70.73
14. Vince Kirby	48 M	0:37:14	68.29
15. Paul Hartwig	48 M	0:38:34	65.85
16. Eddie Saharczewski	51 M	0:39:27	63.41
17. Ed Alibozek Jr	65 M	0:39:36	60.98
18. Scott Bradley	50 M	0:40:27	58.54
<b>19. Larina Riley</b>	<b>26 F</b>	<b>0:40:37</b>	<b>56.10</b>
20. Maureen Roberts	47 F	0:40:39	53.66
21. Sandy Superchi	48 F	0:40:42	51.22
22. Carol Kane	59 F	0:40:48	48.78
23. Jacqueline Lemieux	35 F	0:41:18	46.34
24. Laura Clark	57 F	0:42:41	43.90
25. Jim Carlson	57 M	0:42:50	41.46
26. Jeff Hattem	53 M	0:44:42	39.02
27. Mike Rosenthal	61 M	0:44:56	36.59
28. Laurel Shortell	38 F	0:45:22	34.15
29. Denise Dion	46 F	0:45:39	31.71
30. Walt Kolodzinski	62 M	0:46:38	29.27
31. Evan Bates	25 M	0:47:24	26.83
32. Michelle Restivo	27 F	0:47:32	24.39
33. Michael Albrecht	33 M	0:47:32	21.95
34. Sherri Taylor	52 F	0:48:33	19.51
35. Konrad Karolczuk	52 M	0:50:28	17.07
36. Mary Kennedy	46 F	0:51:37	14.63
37. Becki Kotler	66 F	0:56:19	12.20
38. George Andrews	55 M	0:58:02	9.76
39. Andy Keefe	74 M	1:11:59	7.32
40. Katherine Karlson	52 F	1:14:43	4.88
41. Bruce Kurtz	68 M	1:14:43	2.44



Denise Dion flying through Woodford.



Sandy Superchi leading Carol Kane with 1/3 mile to finish.

### WOODFORD AGE GROUP WINNERS

25 – 29	L. Riley	40:37	M. Cohen	23:22
30 – 34			M. Albrecht	47:32
35 – 39	J. Lemieux	41:18		
40 – 44			K. Clark	29:24
45 – 49	M. Roberts	40:39	S. Sutcliffe	27:53
50 – 54	S. Taylor	48:33	P. Bazanchuck	32:42
55 – 59	C. Kane	40:48	A. Bates	33:06
60 – 64			M. Rosenthal	44:56
65 – 69	B. Kotler	56:19	E. Alibozek Jr	39:36
70 – 79			A. Keefe	1:11:59

## BRITT BREWER NATS REPORT

My initial impression of the USSSA National Championships held last Saturday in Anchorage is how wonderful it was to see so many friendly faces from the WMAC series way over at the other end of the North American continent. With jaw-dropping views of Cook Inlet and snowcapped mountains on three sides, the Kincaid Park setting for the race was truly spectacular. An artful combination of groomed cross country ski trails and undulating, twisty-turny, almost Hawley-like single track, the course featured terrain hilly enough to challenge the hardest of snowshoers. Throw in a top layer of snow softened by the 40+ degree temperature and healthy competition from a sampling of the nation's finest snowshoe athletes, and there were all the ingredients for a vigorous, pulse-pounding jaunt across the scenic snowscape.

I didn't see any moose (nor any meese for that matter!) on the course, but I saw plenty of gazelles. Swift, snowshoe-clad gazelles from the WMAC series, that is. Suffice it to say that our region was exceedingly well-represented at Nationals. Camp Saratoga victor Aaron Robertson overcame an early snowshoe mishap to storm past the field and win the race going away. Although she lives in Montana now, past WMAC series participant Nikki Kimball retained her national title, stomping her closest opponent by more than four minutes! Westfield (MA) High School's Jason Ayr continued the region's Alaskan gold rush with a victory in the junior men's division.

First place divisional finishes were also claimed by Springfield College junior Meghan Young (20-24), Mark Churchill (25-29), Gary Fancher (40-44), and the legendary Rich Busa (75-79). Divisional silver medals were earned by Chary Griffen (55-59), Maggie Masella (20-24), honorary New Englander Ed Myers (50-54), and Paul Fiondella (55-59). Dan Verrington (40-44) did CMS proud with his divisional bronze medal. Overall, the men's Northeastern team improved upon its third place finish from last year, claiming second place behind the Western squad in the first USSSA team competition to have complete teams from all five regions.

The region's luck continued in the postrace prize drawing, with many New Englanders heading home accompanied by useful snowshoeing-related items. It pays to be both fast AND lucky sometimes! Mark Elmore is to be commended for putting together another fine championship event so far from the USSSA home base. Even with Iditarod mania permeating the city, the meet clearly made its mark. The local television news covered the race, and all over the place there were promotional race posters and programs gracing the image of our own Richard Bolt ascending the mountain at Squaw Valley in last year's championships. From a personal perspective, the only real downside to the trip was having our airplane sitting on the tarmac for two hours with a mechanical problem on the way home. Unfortunately, even Rich Busa's gold medal couldn't persuade the mechanics to pick up the pace and I ended up missing my connection to Hartford. All will be well, however, when my hefty commission (shared with Rich Busa, Bill Morse, and Norm Sheppard) for pimping Dion Snowshoes comes through!

Next year's championships will be held in Vermont and the field should be the largest one yet!

## 2005 WMAC SERIES UPDATE

<u>NAME</u>	<u>AGE</u>	<u>CT</u>	<u>TOTAL</u>	<u>AVG</u>
01 Paul Low	31	6	593.82	98.97
02 Rich Bolt	34	6	590.99	98.50
03 Ben Nephew	29	6	577.36	96.23
04 Jim Schultz	41	6	552.93	92.15
05 Bob Dion	49	6	543.67	90.61
06 Edward Alibozek	42	6	510.89	85.15
07 Kelli Lusk	35	6	506.05	84.34
08 Jay Kolodzinski	25	6	480.00	80.00
09 Patrick Riley	26	6	472.44	78.74
10 Shaun Suttiffe	47	5	470.57	94.11
11 Elijah Barrett	28	5	466.92	93.38
12 Michele Tetreault	29	6	445.09	74.18
13 Jack Casey	51	6	442.59	73.76
14 Annie Schultz	41	6	417.31	69.55
15 Leigh Schmitt	28	4	387.19	96.80
16 Mike Cohen	26	4	386.24	96.56
17 Kelly Herrington	30	5	374.89	74.98
18 Bill Morse	53	6	369.48	61.58
19 Ed Alibozek Jr	65	6	368.21	61.37
20 Ed Saharczewski	51	6	367.75	61.29
21 Larina Riley	26	6	356.78	59.46
22 Rob Smith	37	5	352.08	70.42
23 Paul Hartwig	48	6	341.70	56.95
24 Paul Bazanchuck	50	4	324.80	81.20
25 Vincent Kirby	48	5	321.86	64.37
26 Bob Worsham	59	6	319.48	53.25
27 Scott Bradley	50	6	315.22	52.54
28 Alan Bates	56	4	311.62	77.90
29 Jan Rancatti	44	4	290.98	72.75
30 Paul Kirsch	38	4	270.33	67.58
31 Carol Kane	59	6	258.10	43.02
32 Laura Clark	57	6	244.83	40.80
33 Tom Mack	40	4	237.75	59.44
34 Bob Massaro	61	6	229.20	38.20
35 Jessica Hageman	29	5	227.35	45.47
36 Jim Carlson	56	6	226.52	37.75
37 Will Danecki	54	5	219.43	43.89
38 Jacqueline Lemieux	38	6	207.79	34.63
39 Maureen Roberts	47	4	200.16	50.04
40 Bob Dick	49	5	198.09	39.62
41 Walt Kolodzinski	62	6	183.63	30.60
42 Denise Dion	47	6	166.76	27.79
43 Jeff Hattem	53	6	166.16	27.69
44 Richard Busa	75	6	161.81	26.97
45 Laura Monti	34	4	149.15	37.29
46 Laurel Shortell	38	6	147.49	24.58
47 Mark Syrett	56	6	114.34	19.06
48 Sally Goade	46	5	94.14	18.83
49 Konrad Karolczuk	52	6	82.87	13.81
50 Peter Finley	43	4	78.10	19.52
51 Jeff Clark	58	5	36.16	7.23
52 Mary Kennedy	46	4	34.90	8.72
53 Andy Keefe	74	4	31.74	7.94
54 Gerry Beale	57	4	27.52	6.88

### One Event Remaining (North/ South Pond)

participants with a minimum of four finishes showing