
“FROM THE BARNYARD 2005”

The DRAGON Award: Overall Male Champion for 2005 is **Paul Low**, with 593.82 points out of a possible 600. Paul started out the season mountains ahead of everyone, walloping all in sight at Greylock, Messabesic and Northfield. Camp Saratoga and Hawley Notch saw Paul picking up a pair of hard earned 2nds, each a mere 30-seconds out of the top spot. For his final score this season, Paul rolled in with a 3rd at Hawley Kiln.

The LAUREL Award: Repeating from last season, our Female Champion is again **Kelli Lusk**. Kelli finished with 506.05 points to take top honors. Kelli finished our season undefeated, with her final three finishes at Camp Saratoga, Hawley Notch and Hawley Kiln being 9th, 9th and 7th overall.

Men’s SOY (Snowshoer of the year): **Paul Low** impressed with his early dominance and his 1st and 2nd overall place at the two northeast regional qualifiers. Paul also had one of my favorite answers to the barnyard voting question “...funniest moment of the season” where he responded “there is nothing funny about snowshoeing”.

Women’s SOY: **Kelli Lusk** not only goes undefeated thru our season, she serves the USSSA Board of Regional Athlete Representatives. We are lucky and fortunate to have Kelli racing with us, and representing us.

Men’s ROY (Rookie of the year): **Paul Bazanchuck and Alan Bates** both made big impressions on our voters, with Paul slightly edging out the award. His effort at North South Pond may have cinched it.

Women’s ROY: **Meghan Young and Sandy Superchi** grab most of the votes, with Meghan’s solid performances at Northfield, Camp Saratoga and at Nationals capping the Rookie award. Sandy finished three WMAC races and ended the year in the hunt for a victory at Woodford.

POY (Performance of Year, Men):

1. Paul Low winning NFM, the deepest field of snowshoe’rs assembled on our turf.
2. Rich Bolt’s two wins at Hawley, the “Notch” sprint and the “Kiln” distance.
3. Aaron Roberston’s two wins, Regional Qualifier at Camp Saratoga and the USSSA Nationals in Alaska!

POY (Performance of year, Women):

1. **Kelli Lusk** taking Northfield Mtn for the second consecutive season impressed a lot of voters.
2. **Annie Schultz** breaking trail at North South Pond on her way to a second snowshoe victory of 2005.
3. **Michele Tetreault** taking both Covered Bridge Races.

Overall POY (Performance of Year): The “train” at North South Pond gathered a ton of votes. Teamwork!

K2 Award: The most improved snowshoer for 2005.

1. **Jim Carlson;** new Dion snowshoes and training.
2. **Denise Dion;** from fun running to finishing well.
3. **Jacqueline Lemieux;** doing so well her children will not show due to fear of being defeated by “Mom”.
4. **Bill Morse;** dropped a couple top ten finishes on us.
5. **Eddie Saharczewski;** WMAC President began finishing one spot ahead of Old Farmer Ed instead of one spot behind.
6. **Jessica Hageman;** finished six series races, often within the top five positions for the ladies.

The ERIN WORSHAM Award: “Most Lost” this season goes to the pack of three at NFM, and Laura Clark grabbed enough votes to gain credit also.

HANNON Award: The most popular writers in SnoNews are **Laura Clark, Carol Kane** and **Bob Worsham**, all gaining about the same number of fans. Thank you!

BEVERLY Award: Top snowshoer over age 60, **Bob Massaro** wins an age group title while finishing 9 races.

WOODFORD Award: Given to an over 65 year old in respect to the tag team of Pelton/ Quinn directing Woodford, for snowshoeing and helping, **Ed Alibozek Jr.**

SILVERBACK: **Richard Busa** finishes ten of the WMAC events and manages a Gold Medal effort at Nationals.

CURLY: Volunteer of the year. **Beth & Brad Herder** acquire an outpouring of votes! Next is **Dave Dunham** for directing 3 events and helping at several others. The **Dion Snowshoe Company** wasn’t forgotten either, many supported the effort Bob and Denise put out for us.

COMEBACK OF YEAR:

- **Annie Schultz** coming back from a broken ankle to place 3rd overall at the end of season.
- **George Andrews** rebounding from his broken foot suffered at last year’s North Pond.
- **Big Walt Kolodzinski’s** return to snowshoe every race after early winter knee surgery.
- **Dave Dunham** hurt all year but still getting thru Sidehiller walking and Hawley Kiln very respectably!

FROM THE BARNYARD 2005

The STREAK: Laurel Shortell has finished four consecutive seasons worth of events; 42 is the current record STREAK. Joltin' Joe's 56 straight could be in jeopardy next season. **Bob Dion** has 24 straight going, and he isn't looking to be lettin' up.

RACE OF THE YEAR: **Northfield Mountain** was a Northeast Regional qualifier for the third year, and everything including the weather cooperated this time around. It was a perfect day and a perfect race. Solid competition from the top to bottom and we had a great vibe afterward in the lodge. Dave Dunham really puts on a fine event. Our history of "Race of the Year" is as follows:

1996	Moby Dick
1997	Spruce Hill Climb
1998	South Pond Shuffle
1999	Hawley Kiln
2000	Saratoga Spa Winterfest
2001	Greylock Glen
2002	Mt Prospect at Woodford
2003	Curly's Record Run
2004	Covered Bridge
2005	Northfield Mountain

COOKOUT OF THE YEAR: **Hawley Notch** was the favorite even though the food was technically inside.

BEST LOCATION: **Northfield** narrowly finished ahead of last year's winner, Greylock Glen. These two events have alternated between first and second for the last three years!

TOUGHEST RACE: **North South Pond** knocked out **Curly's Record Run** by a two to one margin in 2005. Lots of similarities between these two.

TOUGHEST MILE: **Northfield Mountain's** climb overtook **Curly's** climb this time around (they were reversed last season). North South Pond gained some notoriety with several votes for "any of the four (miles)", and Camp Saratoga picked up a handful as well for it's last backbreaking section.

FAVORITE SECTION OR MILE: Laurel Shortell supplied the most detailed answer, so she can call this one solo; "... there is an open field at the Glen toward the end of the covered bridge "Hoxie-Thunderbolt" 3.5 mile opening half, with a willow tree standing by itself alone in the middle of nothing. It was very memorably beautiful... and it seemed to take ages for me to arrive at the tree."

FASTEST: **Hawley "Notch"** upsets **Saratoga Spa Winterfest** multi – year reign for fastest.

SLOWEST: The entire day at **North South Pond** won, and I am imagining that people included the drive to the locale as slow also.

WHAT SHOULD WE DROP:

- WMAC Series Point Races on weekend of nationals.
- Any race that requires more than 90 min of driving.

SCENIC WONDERS: In no particular order:

- The Mighty Greylock and the surrounding Glen.
- Seeing Greylock & Alaska's Lady less'n a week apart.
- The Greylock Covered Bridge.
- Just about anything in Western Mass!.
- The views from Northfield and Curly's once on top.
- Annie Schultz picking out a wedgie.
- Michele with purple shirt and purple hair.
- The Forest at Hawley.
- The last two miles of Covered Bridge.
- Snow hanging on all the pine branches at N/S Pond.

IMPROVEMENTS TO MAKE:

- All Starts at 10:00 A.M. (or later) due to travel from eastern end of Massachusetts.
- If I thought we needed improvements I would call it American Mountain Running.
- Many More 19-29 single women (you can tell this came from a guy in his twenties...).
- A Bullhorn or hand out instructions prior to the event.
- Get Moody Springs 9 miler back next year.

FUNNIEST MOMENT (s):

- The only funny things were talking about past funny things.
- Shaun w/ frozen snot at Hawley.
- Rich Busa wearing his gold medal the next day at dinner.
- Rich Busa wearing his gold medal at North South Pond a week later.
- Rich Busa still wearing his gold medal at Merrimack River Trail run on April 16th!
- There is nothing funny about snowshoeing!
- People in folding chairs at Sidehiller.
- The guy serving soup at SPA with food bitties flying out of his mouth into the soup.
- Michele Tetreault getting in Farmer Ed's van after HKK to get warm and saying "I really stink" and you know what? She did!
- Will and Worshamer sprinting to the finish at CB and Farmer Ed laughing so hard he put his pants on backward.
- The Worsham worrying about Kaniac beating him at every race.

OUT OF CATEGORY WRITE IN VOTES:

Drop Outs	Peter Lipka.
Best Post Race Meal	South Face Farm Sugar House.
Longest Trip	Tamalpa, CA runner at Northfield.
Most Valuable	DION Snowshoe Company.

FROM THE BARNYARD 2005

WHAT WE REALLY DO WELL:

- Being friendly, gracious and hospitable.
- Supply loaner snowshoes to help newbies participate.
- Selection of all sorts of courses, there must be something for everyone from week to week.
- Course markers constantly get better each year.
- The results are posted either same day or one day later.
- Stay flexible to move locations when needed.
- Motivate and welcome, treat uniform... You guys and gals have me always thinking toward the end of the season "maybe just one more time".
- Fast results and pictures
- Drink Busa coffee
- Supply low cost fun filled challenges that welcome people of all abilities to come together and enjoy snowshoe racing or walking.

WHAT SHOULD WE ADD:

- Results in major newspapers
- Snowshoe giveaways
- Continue with free entry for high schoolers
- Relay races
- More weekends with snow
- More climbing, don't care how, just add more
- Snowdancer for more snow (Carol already manages this!)
- More doubleheaders
- More leg room in Farmer Eds van
- Get Dave "Steamer" Boles back.
- A second race in Andover
- Make Hawley the last race so we can end the year at Tom McCrumm's Sugar House.
- Mile Markers occasionally on the course.
- Baystate Games at Northfield Mountain.

There goes our eighth season of snowshoe racing. Seems like just yesterday that Karl Molitoris and I were talking about "...some day organizing a snowshoe race." That was in 1995.

We listen to all your suggestions and try hard to accommodate them (and all of you). Some things just don't always work out, but we do try. Sometimes it just takes things a while to happen. One thing snowshoe directors and organizers have is severe patience, so what may seem like an eternity to some is nothing at all to them.

Thank you for participating and helping us have fun. Keep in touch this "off-season". We are already working on 2006!

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

PRE-SEASON SNOWSHOE MEETING

The goal of this meeting is to keep you informed and seek out your input. We plan on having a meeting of all who are interested in the WMAC snowshoe series, USSSA, and snowshoeing in general to discuss next years events. The meeting will take place at Northfield Mountain following the USATF New England Mountain running championships on June 25th. We have tentatively scheduled the meeting to start soon after the NFM mountain race is finished.

Dave Dunham dave.dunham@comcast.net

If you can't make the meeting send an email with ideas, questions or concerns that you would wish to have heard.

Don't "Not" Get Left Out in the Cold OFF-SEASON SNOWSHOE MEETING!

Saturday, June 25th, 2005.

Northfield Mountain Visitor Center

For everyone interested in any aspect of snowshoeing

Directions:

**From Rt. 2 proceed North on Route 63.
The park entrance is 2 miles on your right.**

This meeting will take place after The Northfield Mountain USATF New England Mountain Running Championship. The Race starts at 9:00 A.M. It is 15KM distance.

'05-'06 United States Snowshoe Association Board of Regional Representatives

NORTHEAST:

(NY, NJ, PA, MA, ME, CT, VT, RI, NH, DE, VA, WV, MD)

Kelli Lusk

Britt Brewer

Bill Morse

TECHNICAL:

Bob Dion

Adam Chase

Tom Sobal

'05 - '06 USSSA Board of Directors

Candice Bosworth, Executive Director.

Jim & Betty Schreiner, Amateur athletics.

Gene Bowen, Nordic Sprint, Technical Director at many races.

'05 - '06 USSSA Officers

Mark Elmore, Sports Director

Mike Bucek, Marketing Director

James Joque, Educational Director

A TRIP DOWN MEMORY LANE – THE Y2K WMAC SNOWSHOE SEASON

Of our eight official seasons of racing (1998-2005), 2000 is special. We had three guys at the top of the pack bouncing positions from race to race, each of the three defeating each other over the 5-race season. It was exciting having our series develop into something a bit competitive.



Opening day for the 2000 series was January 15th at the 3rd South Pond Shuffle 4-Miler. It was a brisk minus ten degrees, with the first significant snowfall of the year having taken place just two days earlier! We had 59 finishers, and Rhonda Dearing and Billy Glendon missed the turn and “did two loops”. Top three finishers that day were Leigh Schmitt in 30:19, Kenny Clark at 30:24 and Dave Dunham 30:37.

Dave Dunham has a detailed memory (or at least a very detailed running journal), filling in specifics from his perspective; “...I came in with no races in five months. Leigh and Ken took it out and I tried to stay with them. I was really surprised by how fast they took it out, but on that course there was a lot of single track to deal with. At one point in the second half I moved ahead of Ken, but just didn’t have enough to stay ahead. I could see Leigh and Ken on the ups / downs but couldn’t close in. I got third; 18 seconds back and was pleased to be in contention.”

Comments from the day from Bob Worsham, “...two brave souls ran in shorts. One was Karl Molitoris and the other was Andy Illidge. Now if I had legs like Karl I’d show them off all the time, but, Andy, put your pants back on!” And from Old Farmer Ed: “...I have a tough time with names and asked this familiar face, “How did you do Ken?” “If I were Ken, I would’ve come in 2nd, but my name is Bruce Marvonek.”

January 22nd was the 1st Greylock Glen 5km. This was a brute of a day, -8 with 20-40 mph wind. Carol Kane remarked that “...I think that when it is cold at Greylock, it must be the coldest place on earth.” Laura Clark added “...running uphill against the wind gets you as breathless as a cold plunge in the ocean.”

Regardless of the cold, 35 people finished, and several registered “day off!” Leigh Schmitt sat this one out due to “...a head wound compliments of Tom McCrumm and a errant

branch in the Hawley woods... not to mention some suspect ER surgery at Franklin Medical in Greenfield.” What we were left with was a tremendous race between Dave and Ken, a 2-second victory for Dave in 25:56 over Kenny’s 25:58.

Dave recalls “...Man, it was cold! It was minus four degrees and windy with no indoor facilities. I thought it was just about the coolest thing (no pun intended) to be out racing at the base of Greylock on a day like that. I felt like some kind of artic explorer. As the race started I fell into second place for about a mile. I then moved into the lead, but Ken went back by me around two miles in. I hung on him and then with about a half mile to go I pushed with all I had and took a 2-second victory. This was my first snowshoe win and I was really happy .”

The 3rd race of the 2000 Series was February 6th, the initial Saratoga Spa Winterfest. It felt like a heat wave at this one, mid twenties and windless. 66 finishers that first year at SPA.

Dave continued his winning ways with a 22:26, with Ken again right behind in 22:35. Leigh returned to action with a 22:54 third place. From Dave’s journal; “...Leigh and Ken took it out hard and I stuck with them. I think I moved into the lead early but lost it to Leigh soon after. I remember that once I moved back into the lead I was sneaking a peek every time we took a turn to see how close Ken or Leigh were. I didn’t get much of a lead until we neared the end. I slowly pulled away and then just tried to hang on. It seemed like a very long last mile. I kept hoping that the finish was coming up soon and it seemed to take forever to get there. I ended up holding on for a win.”

Bob Worsham said “...race instructions by Laura reminded me of Saturday Night Live’s “news for the hard of hearing.” Laura would squeak out a sentence of instructions, then her husband Jeff would holler them out so people could actually hear them.”

Up next on February 19th was the 3rd Hawley Kiln Klassic 7 miler. A blizzard dumped about 16” of fresh snow on the course from late Thursday to Saturday morning. The temperature stuck between 26 – 29 degrees above zero the entire day, and it was very windy. 45 finishers struggled through even after Konrad Karolczuk, Maria and Phil Capella, Andy Illidge and Bryan Dragon all left early to help break trail.

Leigh Schmitt won the race with a 15 second win over Kenny Clark, 1:17:49 to 1:18:04. Dave Dunham missed this event due to participating at the USATF cross country nationals in North Carolina. Ken has these recollections of the 2000 HKK event; “...Perhaps in my mind my best ever snowshoe race. Although I have to give Leigh much of the credit because with all the new snow he basically broke trail for the first 2 miles until we came out on the road. After the hike up the road and a sharp left turn I actually took my turn up front, that lasted until the long downhill before the killer hill, from there on in it was me hanging onto Leigh’s coat tail. When we returned to the hard pack section of the single track over the last 2 miles my legs still felt fresh so I stayed right behind Leigh. When we came out on the last 3/4 mile Leigh cranked it in and I hung on for dear life. After finishing I remember the feeling of satisfaction of working hard and enjoying the results.”

THE WMAC 2000 SNOWSHOE SEASON

It was for many a first race in deep snow. Laura Clark recalled the sounds of silence; "...The trail, under all that newly fallen snow, promised to be a special treat. Still, something seemed different about our send-off over the snowbanks. After a while,



I figured it out. You could hold an actual conversation (once you caught your breath) with the person nearest you. Our snowshoes weren't making any noise! The snow was so fluffy that it muffled all but the loudest sounds, those made by out-of-control humans crashing into nature."

Carol Kane had these thoughts "...we took off in clouds of newly fallen snow... it became apparent real quick how difficult it is to snowshoe in snow...." and "...there is no "right" way to dress.... it doesn't matter...you are going to sweat to death and freeze to death no matter what you do...."

First time snowshoer Steve Atwell was awestruck upon the sight of the Hawley Kiln "...What seemed like only seconds into the race when there I saw it. The revelation, the geometrical arch of stone that stood before me beautiful in its simplicity of mathematical form. The regular tessellations were alluring to my condition. I drifted to the back of the race pack and when the last race member had overtook me I stealthily doubled-back and headed towards stone structure."

The big wrap up was the 1st ever Moody Spring 15km on March 4th. It was a brisk 27 degrees with the day warming up to the low 40's. The course varied from frozen mud and ice on the roads to foot deep solid snow on the trails. 44 finishers raced and enjoyed pancakes after at Tom McCrumm's Sugar House.

Dave Dunham ran the current course record of 1:10:30, despite missing the final turn onto single-track and coming down the rocky bare road – actually longer than the marked alternate route. Leigh was in second in 1:14:40 and Ken 3rd at 1:17:14.

Recalls Dave "...I took the lead on the big hill at about ½ way, just after downing a gel. I somehow went off course in the last half mile and ended up parallel to the finish and sprinted across a frozen pond to the finish."

Carol Kane summed up the snowshoe race season that year as follows "...Besides the beauty of the courses this season which has been so good for the soul and the challenge of the sport which has been good for the body, what has amazed me the most and brought me back to each snowshoe race this season was the people and the people's spirit. No matter what else may be going on in these people's lives, there they were, always with smiles on their faces.... like being with your best friend... or going home when you are tired... so comfortable, so accepting and supporting, so easy to be with.... not one complaint, no gossip (well, almost none).. tough, hearty, strong, funny, beautiful, real people. Makes you want to come back again and again.... they were there, so I had to be there, again and again.... they never let me down and I wouldn't let them down."

During that 2000 season we had grown up from simple club races that were very low key to something a little different. It was during this time period when I knew snowshoeing would appeal to more than just those searching for "oddities".

Kenny Clark sums it all up pretty well "...That whole season was special for me because I had a confidence and feeling like I could actually win each of the races I entered. Even though I didn't win I was close enough where I kept convincing myself I could get one. Dave and Leigh both are stronger, faster runners so the mere fact that I could actually race against them competitively really had me excited. I may be a little fuzzy on some of the exact race details of the races, but I will never forget the deep down, happy feeling one gets from competing at their highest level. I will carry that feeling forever."



Photos by Gary Bridgeman, 2003.
Dave Dunham at South Pond Shuffle.
Leigh Schmitt at Curly's Record Run.
Ken Clark at Moody Spring – all 2003.

A BEHIND THE SCENES LOOK...

Directing the Brave the Blizzard / Bummer, No Blizzard! 1.89 Trail Run

02/21/05 - Yesterday we put on the "Brave the Blizzard" race... except one thing was missing. Forget the blizzard, there was no snow! In the 2 weeks leading up to the event, I'd gone through an emotional roller-coaster of watching the weather conditions to see what would happen. I had numerous people tell me to cancel the event, that I was only looking to get sued up the wazoo, yet others say, "You can NOT cancel it. No event should ever get canceled."

Wednesday, Feb 16 was my first time at the intended course in over a month. I could not believe how bad its condition was. It was literally a 3 mile ice rink - death march. There was no way anyone could run it. As I was heading past the 2.5 mile mark, I cut off the course knowing that there was no way I could continue with it, and ran a different trail that I only discovered the middle of last summer. It was tremendously better, although still dangerous. I decided that we would use that.

Friday, I went to bed a little after 1am, and woke up at 6:20 on Saturday out of sheer excitement/nervousness/whatever.

Saturday morning, 10 of us descended upon the course to make it as 'runable' as possible. We spent 4.5 hours walking the new course, shoveling, hacking away at ice, working our butts off, only to return to my car with a note on it.

The note was from Bob Oates, who was serving as event mentor and also assisting with permit/facility usage. He is also known as the race director for the Tawasentha Summer Series that spanned 25 years and took people through much mud and muck... he had the experience to know what was a good decision and what was not.

The note said that the course was in terrible condition and that besides the injuries that could result, it could also function to turn people away from trail running.

This was after 4.5 hours of cleaning it up.

When I read the note, I figured that he had NOT gone on the section that we were working on. It in NO WAY was involved with the original course (for which a map is online) and our entry into the trails was a 'hole in the wall' that he probably didn't find. Anyway, he didn't have a cell phone... so at 1:30pm, with the race barely 20 hours away, I was still waiting to hear back from him to get this all figured out.

When we got back to my apartment, I left everyone, simply saying, "I'll be back in 2 hours after I get this figured out." I had to clear my head. Everyone was looking at me for what to do... ultimately all the pressure falls on the RD... and I was really uncertain of what the heck to do.

I wanted the event to go on, and knew that ultimately it had to. Especially this late in the game, to cancel an event the day prior is just wrong, as we had people traveling from all over. Not to mention I had emailed all registered runners on Thursday explaining the event as now a dangerous trail race, and posted information on the website too.

After calling him a half dozen times, I finally returned to my apartment around 4pm, still without any word. 8 guys were waiting for me, all saying, "Well, what are we doing?"

About 4:30, I called his house again, and spoke with him. Turns out he had NOT walked on any part of the new course... he had used the old one, which, as I agreed with him, was an ice rink and wholly unrunable. I explained the new course, all the work we had put into that morning, and my devout explanation to runners that this is NOT a competitive event, that their safety is paramount, and the numerous signs we posted on the course at the rough spots. His response, "Then I will see you at 6:15 tomorrow morning."

As I spoke on the phone, everyone was eagerly reading my facial expressions, which didn't show very much. It was my thumbs up that was cheered, and shortly after that, we headed out to Sam's Club to do our thing.

Around 6:30pm, we returned to the apartment, and everyone got to work. We had people cooking, making packets, making signs, working on the registrant database, and being... busy.

I made about 40 signs for the course to put up at all the bad spots, as well as a few motivational ones like, "You Have Heart." Should've made more of those.

Call it OCD or whatever... I wanted Sunday to be perfect. While I probably could have gone to bed earlier, it was not until close to 3:30 that I finally laid down. Sunday had to be perfect - the seriousness of how bad certain parts of the course were (icy spots that required great effort in "not falling" or just walking/using trees) - and I wanted to make sure that at least everything else that we could control would fall into place. At 5am I was up, with the rest of my apartment getting another 30 minutes to rest.

There is something special about the morning of a race. Each time I've directed a race, I've woken up well before sunrise to a quiet apartment, and no time to waste... but no rush either. I brought my car over near my window, and started organizing all of the boxes as I loaded up my car. It's days like this why I own a Jeep. It was filled to the top with race materials, and at 5:59, a minute before my intended departure, I left with Brandon covered with things in the passenger seat.

That morning I was to run the course at 6:15 and finalize course marking and post all of the caution-esque signs. I arrived at the school at 6:12 with Bob waiting for me. The sun was yet to rise, and we both looked at each other with a tacit, "Let's do this!"

We unloaded my car into the building, and shortly thereafter, Matt and Neil showed up. They were to setup the finish area.

At 6:24, two other cars of early people showed up, and by 6:30, David Newman, Andy Rickert, and myself were running the course, each of us with our own 'duty.' I carried the staple gun, Rickert had the signs I was to post, and Newman had the tape to section off parts of the course. We worked effectively and (cont)

A BEHIND-THE-SCENES LOOK...

efficiently, getting back by 7:30, just as another group of volunteers were showing up. The 3 of us finished the main starting area, which was a giant field that we had people zig-zag through. After that, we entered the school gymnasium and assisted with its setup.

We had an entire gym at our disposal, and the custodian on duty, Melody, was nice enough to give us several tables from the cafeteria that came with little stools attached for people to sit. We had a whole dining area setup, not to mention signs everywhere regarding what the course was like, ARE information, registration table, hot drink table, cookies, real food, etc. It looked great.

When running the course in the morning, we were struck by its brevity. On Saturday, when doing the new course in its entirety for the first time, I had no real idea how long it was because it took us 4.5 HOURS to get through it. I only had a rough estimate from running it this summer.

The night before we had decided that to increase participant fun without encouraging competition, we created the "Guess how far exactly I just ran award". When people finished, they signed a sheet writing how far they thought the race was. Interestingly enough, most people overestimated by at least a quarter mile. It came out to only 1.89 miles, which is definitely on the short-end, but at least we were able to put together a course for people to run.

I started the race, then jumped in it. It was always my intention, but especially in light of the conditions, I figured it best that I participate, so at least I would get a feel for how it was. It was a blast! I was running with about 4 other guys, including Chris Chromczak who has two ultramarathons under his belt, Andy Rickert, who helped tremendously in creating this event, Brad Lewis, who runs XC for Rickert at St. Rose, and Mr. Trail/Snowshoe, Bob Dion. The course resembled a roller-coaster with its rolling nature; some sections we went flying down, while a few of the uphill we came to a crawl. On some of the icy spots, we went from running all out to holding onto trees, but eventually we hit the final turn, heading back to the field where we zig-zagged our way home.

The best part of the event was after the run! There was plenty of food to go around for everyone, and even some of the participants brought along a dish or treat to share.

By 11:30am, it was pretty much wrapped up, and by noon, we were loading up the ARE vehicles with all of the memories of what had been earlier that day, only to return to Empire Commons with word of a snow storm just hours away.

I needed a nap. Yet I did not take one. I ended up going out to dinner, getting back around 6:30pm. We had some of the AREs coming over to help finish off the food and watch a movie, and I really wanted to hang out with them. At 7pm, though, I laid down in my bed. I woke up 14 hours later in the same position.

Life is great!
Josh Merlis

'05 WMAC SERIES RACES/ WINNERS

Merrimack River 5 KM <u>Rich Bolt</u>	Andover, MA Laurel Shortell	01/02/05
Greylock Glen 3.5 Mile <u>Paul Low</u>	Adams, MA Kelli Lusk	01/15/05
Curly's Record Run 4 Miles <u>Shaun Sutliff</u>	Pittsfield, MA Annie Schultz	01/23/05
Messabesic 5KM <u>Paul Low</u>	Auburn, NH Kelli Lusk	01/29/05
Sidehiller 4 Miles <u>Rich Bolt</u>	C. Sandwich, NH Tracey Olafsen	01/30/05
Northfield Mtn 7.25KM <u>Paul Low</u>	Northfield, MA Kelli Lusk	02/05/05
Saratoga Spa Winterfest 5KM <u>Matt Wood</u>	Saratoga, NY Michele Tetreault	02/06/05
Camp Saratoga 8.25KM <u>Aaron Robertston</u>	Saratoga, NY Kelli Lusk	02/12/05
Hawley Notch 4 Miles <u>Rich Bolt</u>	Hawley, MA Kelli Lusk	02/19/05
Brave the Blizzard 5KM <u>Josh Merlis</u>	Guilderland, NY Elizabeth Paddock	02/20/05
Hoxie Thunderbolt 3.5 Miles <u>Leigh Schmitt</u>	Adams, MA Michele Tetreault	02/19/05
Covered Bridge 8 Miles <u>Stephen Wills</u>	Adams, MA Michele Tetreault	02/19/05
Hawley Kiln Klassic 7 Miles <u>Rich Bolt</u>	Hawley, MA Kelli Lusk	03/05/05
Woodford 3.5 Miles <u>Mike Cohen</u>	Woodford, VT Larina Riley	03/06/05
North / South Pond 5 Miles <u>Jim Schultz</u>	Florida, MA Annie Schultz	03/12/05

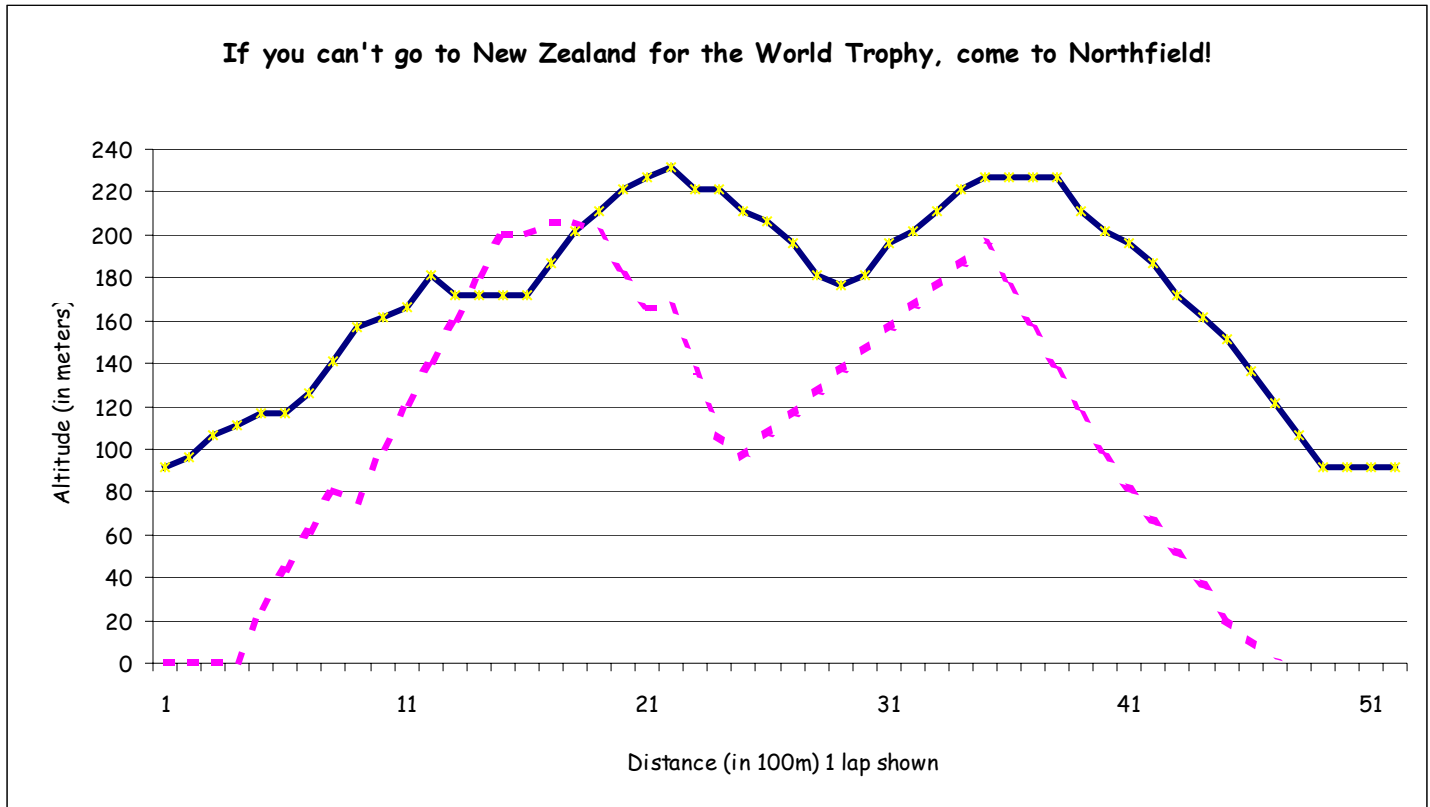
And look for the possibility of at least a couple of these to turn up as races in our snowshoe series during the 2006 season:

- Weir Hill
- Kearsarge
- Wachusett Mountain
- Saratoga 3rd Event
- Moby Dick / CHT
- Moody Spring

La Sportiva Presents:

The Northfield Mountain

USATF NE Mountain Running Championship-15.3K with 2100' of elevation change!
 June 25, 2005 9:00AM Northfield Mountain Visitors Center



USATF NE Mountain championship & part of the USATF NE mountain running circuit.

Directions: From Rt. 2 proceed North on Rt 63. The park entrance is 2 miles on your right.

Pre-entry:\$10 New this year: Take **\$2 off** if you are a **WMAC** member or if you **ran the February Northfield snowshoe race**.(pre-reg only). Make out checks payable to Dave Dunham.

Race day: \$15 Registration 7 AM – 8:30 AM.

Questions: dave.dunham@comcast.net

Send to 108 Ferry RD, Bradford MA 01835 (sorry no refunds).

-----Cut Here and Mail with entry fee to: Dave Dunham 108 Ferry RD Bradford MA 01835-----

Waiver: I understand that running a race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in the event including, but not limited to: falls, contact with other participants, the effects of weather, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of acceptance of my entry: I hereby, myself, my heirs, executors, administrators, waive and release any and all rights and claims for damages I may have against Northfield Mountain, USA track and Field, Dave Dunham, race sponsors, their agents, representatives, successors, and assign for any and all injuries suffered by me on the way to take part in the race, during the race, and leaving the scene of the race. I ASSUME ALL RISKS ASSOCIATED WITH THIS EVENT. The use of Headphones and/or baby strollers are strictly forbidden.

Signature: _____ Email: _____ Team (if any) _____

Name _____ Age _____ Sex _____

Address _____ City _____ State _____ Zip _____

I have to give props to Richard Bolt for sowing the seeds for this run. We were running down Kearsarge last week and Rich mentioned it would be cool to do a snowshoe run up and down



all of the New England Mountain circuit courses (Kearsarge, Wachusett, Pack Monadnock, Northfield, Ascutney, Cranmore). I was on board immediately, and with winter over and the snow soon to depart I suggested Wachusett as a viable run. Wachusett ski area makes snow and conditions on the hiking trails looked to be snowshoe-able so it looked

like a possibility. The next consideration was when to run it. With the ski area open for night skiing the only real possibility was for a sunrise run. I came up with March 27.

I got up at 3:30 AM and picked up Dan Verrington, then headed to Westford to pick up Steve Peterson and Rich. Not much was open at 4:15 AM as we headed out to Route 2. The skies were clear, the just-past-full Moon was out and by the time we got to Princeton, MA there was enough light from the Moon, snow, and brightening skies to read the trail map. We suited up quickly and were off by just after 5:00 AM.

Rich pointed out that the grooming vehicles were just finishing with the trails as we stomped by the base lodge and started the climb. Rich and Petey chatted away and Dan settled in. I hung off the back trying to keep contact as we ascended “Ralph’s Run”. At some point the discussion turned to how cool a race would be that went up/down Wachusett on the trails. I had come up with a route to the top that would be almost exactly 2m and would climb just under 1,000 feet. I gave us about 30 minutes to get to the summit and that would bring us in ten minutes before sunset. We got to the “Mass Pike”, which in the non-ski months is a paved road to the summit, and enjoyed the flat and downhill stretch. We then started climbing again, this time on what is the “down summit” road. The well-groomed trail made snowshoe running pretty easy. I had hoped to make a quick side trip to the old growth forest; a small patch of pristine forest, but the consensus was that it was probably too dark to get a good look. We turned up “Roper’s Road” for the final climb to the top.



We hit the top in just over 25 minutes and there were already a couple of people on the summit. One woman told us that she comes up with a group every year on Easter to take in the

sunrise. She also noted that she “cheated, by taking a snowmobile”.

We ran down the south side of the mountain out the long spur on the “Jack Frost Trail”. There was a decent amount of snow and the running was good. I had some trouble on the steeper downhill sections with my hip being a bit sore. Rich and Petey would fly ahead of Dan and me and then wait at the next trail junction as I had the map. We ran down “Administration road” which is normally a dirt road, but was at this time a very runnable snow covered trail. This was a nice flat to down part that we could run four-abreast. We saw a few hikers and the prints from some large old-fashioned snowshoes.

We turned up “Stage coach road” which was a gentle 200’ climb that took us to the Windmill Farm. There were some nice views of the surrounding valley and through breaks in the trees we could see the summit that we had been up on a half hour earlier.

After a couple of pictures we headed off down “West Side road” and at “West Princeton road” we had to bushwhack as it was a paved and plowed road. We only went about a half-mile before we turned up the “West Side Trail”. This would be the steepest pitch we climbed, with some ice, rocks, and slow running. I was not very comfortable with my snowshoe choice as the Atlas Dual-trac’s front claw is minimal and mine were broken in half. Rich and Dan went with Dion’s and Petey had on Crescent Moon’s. I felt bad that I was holding everyone back but I DID have the map.



The last section of the run had us taking the groomed “Up summit road” down towards our starting point, then veering off on the “Semuhenna Trail”. This trail looked like a toboggan run with very smooth packed snow and some nice downhill stretches interspersed with some steep pitches. I worked my way down slowly as my hip was pretty sore and I had a couple of blisters from the toe straps that were killing me. We made our final stop at “Balance Rock”, a glacial remnant, where we took a couple of pictures then finished off the run on “Balance Rock trail”.

We finished up at 6:40 AM, about 1:35 after starting and had run about one hour from the summit to the car. The grand total was just over 7-miles and just under 2,000’ of climb and descent. It was definitely a lot of fun, especially with the conditions so good, the temperatures just about perfect, and the company most excellent.



Dave Dunham

Western Mass Athletic Club Presents



The Mount Greylock Trail Races Half Marathon and 5K

**Sunday June 19, 2005 10 a.m. start
Greylock Glen, Gould Rd, Adams, MA**

Courses: The 5K is a rolling romp through the fields, meadows, and around the ponds, with a short trek in the woods, all surrounding the Glen. The Half Marathon is a counterclockwise loop climbing to the summit of Mt. Greylock (el. 3491 ft) via trails -- Thunderbolt and Bellows Pipe to the summit, the Overlook, Hopper, Dynamite, Jones's Nose, Adams (jeep) Road, and single track back to the Glen. The sights and scenery are **awesome** - do enjoy.

Directions:

From Boston-Worcester: Rte. 2 West to North Adams: from center take Rte. 8 south to Adams. On entering Adams, look for posted trail race signs – or continue to the center to find a statue of McKinley. From here, take Maple St. to the end, 1/4 mile. Turn left onto Notch Rd., go another 1/4 mile to Gould Rd. on right. Gould Rd. is a dead end. Find Greylock Glen very alive.
From Connecticut: Take 91 North to Greenfield, MA. Take Rte. 2 west, then follow the directions above.

Post Race Activities: Great Food - Music - Results – Awards

Results will be posted on <http://www.runwmac.com>

Restroom available at the Glen.

Pre-Entry: Before 6/04/05: \$10.00 1/2-marathon, \$8.00 5K.

Family discount: no charge in excess of that for 3 people if pre-registered.

Shirts sold separately at \$5.00 each, please include with your entry fee.

Day of race: \$15.00 half-marathon, \$10.00 5K.

For more info: Contact Fran Mach (413) 743-5124, Bob Dion (802) 423-7537, or visit <http://www.runwmac.com>

Send entry form with check for fee made out to:

WMAC, P.O. Box 356, Adams, MA 01220

(Day of race: \$15.00 half-marathon, \$10.00 5K)

Please circle which Mt. Greylock Trail Race you are entering:

5 km or Half-Marathon

Name (Please print) _____

Age _____ Sex _____

Street _____

City _____ State _____ Zip _____

Phone _____ Email _____

Entry fee \$ _____

Shirt (optional) \$ _____

Total \$ _____

Shirt size S M L XL **WMAC member** Yes No



Please enter me in the indicated Mt. Greylock Trail Race. I agree to assume all responsibility for any and all risk of damage or injury that may occur to me as a participant of this event. In consideration of being accepted as an entrant in this event, I hereby, for myself, my heirs, executors and administrators, release and discharge any and all sponsors of the Mt. Greylock Trail Race from all claims, damages, rights of action, present or future whether the arising of, or incident to my participation in this event. I hereby certify that I am physically fit and have successfully trained for competition in this event. I also grant permission for the use of my name and/or picture in any broadcast, photograph or other account of this event.

Signature _____ Parent/Guardian (if under 18) _____

Date _____ Date _____