

W.M.A.C. SNOSHU-NEWS

NOT WITH A BANG, BUT PRETTY DARNED CLOSE...

There is a lot to be said for being “as flexible as Gummy.” That mindset enabled Edward to lead his troops through seven series races and two trail races in a winter that, at times, even wiped the big grin from the face of our fearless leader. In fact, this winter was so discouraging that couch potatoes who normally complain about snow were feeling gypped. There’s only so much November grayness a body can take. So that’s one good thing anyway. Perhaps next year it won’t be only us and the school kids who get excited about snow.

And, looking back, while the snowshoe season was frustrating, especially for the race directors, with the November/December snow we did get off to an earlier start than last year. Instead of whining about the lack of perfect conditions, we just went ahead and got out there whenever we could.

Each race we did manage to pull off was special – a moment in time to celebrate with our friends. South Pond became North Pond, Merrimac became Frosty’s, Greylock Glen was momentarily displaced, Northfield migrated to Hallockville, Winterfest and the Blizzard persevered despite a lack of snow, Moody again yielded to Hawley Kiln and the climb up Curley’s became a climb up Thunderbolt. Missing in action were Camp Saratoga, Covered Bridge, Spruce Hill and of course, Moody, which has been in a funk the last few years. Only Woodford remained above it all. My head is spinning just trying to remember all the changes. But through it all we showed up and had a great time.

What got to me finally was not a snowless Winterfest or a cancelled Camp Saratoga but the Gumbiness of it all. Usually our snowshoe series has a beginning, middle and end. But this year despite our great start at Woodford, the middle was muddled and the end uncertain. This year there was no closure, no final race when we could reminisce and make our farewells. My brand new Dions are still sitting in my living room, waiting to make their debut and my loaners are still waiting hopefully in my car...

Missing in action, too, were the longer mega-mile options. No short course / long course decisions: just one size fits all. I imagine most of us were grateful we didn’t have to pull a nine mile Moody Springs effort from a barely 10K season. Thankfully, this year’s Hawley / Moody was a shortened version. Nevertheless, I still had to confront that beginning stretch past the kiln. From the starting point, the trail seems invitingly wide and innocuous—a pleasant warm up for the single track to come. Reality, however, is a different story. The path into the woods conceals a relentless uphill grade. That, combined with everyone’s natural inclination to start out fast and get into a good single track position, literally sucks the air out of you. Every time I enter this vacuum, I am reminded of my Long Island Jones Beach summers and that initial plunge into the icy waves that never failed to take my breath away.

And sure enough, that is exactly what happened. Except that when I eventually looked up, I noticed that I was just one person away from Bob Massaro. No wonder I felt breathless! My pace

was several minutes faster than it should have been and I was hanging on for dear life. Good thing this wasn’t the long course! I truly don’t remember much about the race except that Bob pulled ahead and I surprised myself by keeping the momentum going and finishing better than I have all season. I remembered to smile for the camera and remained smiling even when Tippi threatened to bite my fingers.

The next day of this final grand slam weekend was Curley’s at Thunderbolt. Of all the transferred races we have had this season, substituting one black diamond course for another was a perfect match. Andy Keefe and I carpooled and since we were Jeff-less I drove, allowing my usual cushion for disasters that never happen. Naturally we were among the first to arrive. Things didn’t look promising. The pavilion was swept clear of snow and we worried that we might have missed a crucial email. But then I spotted Curley’s signature yellow coveralls and knew that we were right on track. While we waited, I entertained Andy with exciting tales of the Thunderbolt downhill during the Mt. Greylock Half Marathon, especially the muddy one where Steve Mitchell pulled his quad muscle and I slid down on my shoulder.

By the time we started, I was so nervous about the down portion that I almost enjoyed the uphill, believing it to be the easier of the two options. But by the time I crawled to the woodsman’s hut and smiled for Paul Hartwig I was ready for full speed ahead and damn the torpedoes. I actually began to enjoy myself and was mildly surprised to discover that the slant wasn’t nearly as extreme as I had remembered it from the half marathon. Which all goes to prove the truth of the saying that running long distances makes you stupid. I was completely happy in my belief that somehow the snow evened out the scary parts and made them completely runnable. I slowed only on the precipice section where the drifting snow tilted your snowshoes directly over the bank. Unfortunately, I completely bought into the physics theory which states that a body in momentum tends to remain so, completely missing the clearly marked left-hand turn back to the pavilion. This was easy to do, especially since many other snowshoe prints paved the way. Only much later, when I remarked to someone that the snow made the downhill so much easier than in the summer, did I learn the truth. The more experienced traveler looked at me rather strangely and commented, “You know, of course, that we didn’t go all the way to the top of Greylock.” Duh....

What a great double weekend to end up the season! While the lack of snow denied us many of our tried-and-true favorites, we were fortunate to discover new options. I would love to see the Thunderbolt course become a regular event and sample Edward’s and Tippi’s newly discovered trails where the snow falls long and deep.

Laura Clark

Until next year when.. *“The first fall of snow is not only an event, it is a magical event. You go to bed in one kind of a world and wake up in another quite different, and if this is not enchantment then where is it to be found?”*
B Priestly

STRYDEWRITE CLOSE UP – ANDY KEEFE

Andy Keefe is an interesting man! For those who have not had a chance to chat with Andy and get to know him, I'd encourage you to do so. From years of being out to sea working on oil tankers, to living in France for two years, to guiding snowshoe hikes and canoe camping trips in the Adirondacks, to teaching cross-country skiing, this man has done it all! He is full of surprises and can regale you with interesting stories of past adventures.

I first met Andy about a year ago on the way to a snowshoe race in Woodford, Vermont and was impressed with his energy and enthusiasm while completing a tough, hilly 3.5-mile race. He is 75 years young and truly inspirational! He carries away a medal or trophy at just about every race he does, modestly claiming it's because there's not many in his age group! In his basement one can view an impressive collection of plaques and trophies from many canoe races and running / snowshoe races.

Perhaps what's even more important is the impact he's had on other people's lives. A thirty-plus woman who lives nearby and frequently stops into his store expressed an interest in starting a running program, but was quite hesitant and nervous, unsure if she had the strength and capacity to complete a 5-K run, which was her goal. She didn't just pick any 5-K; she selected the daunting First Night Run. They began training in the fall, patiently building up her mileage and actually practicing on the course itself. Andy claims she was strong on the hills and wouldn't stop, even if tired. Race night arrived and with it the anxiety of seeing a "mob scene" at the start, with 1000 pumped up runners ready to go! They started towards the back and took almost 2 minutes to reach the actual starting line! Maintaining a steady pace throughout, with Andy right by her side, they both kicked it in at the finish, crossing the line in a respectable 38 minutes! Dawn was ecstatic and transformed by the event, smiling from ear to ear and talking about future races and even trying snowshoe running! She had become a runner, thanks to her friend Andy.

In an interesting turn of events, Andy mentioned that his daughter Patricia wants to begin a walking program to get in shape and guess who has stepped forward to help her get started—Dawn!

Andy came to running in a roundabout way. During long canoe races he and his partner found themselves getting passed on the portage segments by teams they were beating handily in the water. He surmised that running these segments would allow them to do much better during the 90-miler. He had always "jogged" for general fitness, but in 2000 began to run in earnest, earning himself a third place finish in his first race, the 2000 First Night Run. There have been many races and medals since, but he claims his favorite race is the 5K Cross-Country Challenge each October.

Snowshoe racing also happened almost by accident. About 5 years ago he was over at the Saratoga Battlefield teaching cross-country skiing during the Frost Faire when he noticed a snowshoe race underway. He was intrigued, and the following year tried the Winterfest race wearing a big, heavy pair of 36-inch Atlas snowshoes! Since then, he's purchased lighter, running snowshoes and enjoys his Dions the most. He claims to

"fall a lot" and even resorted to rolling down the big final downhill at the Camp Saratoga 8K snowshoe race after falling down twice while descending! He's a second year WMAC member and states his favorite snowshoe course is Hawley Kiln, because the snow is always good, the hills aren't too steep, and there's not a lot of open water.

When asked what his favorite sport has been over the years, this Renaissance man didn't hesitate to say "tennis". He has interesting stories of playing with a NYCB ballerina, a horse trainer, and Arthur Vanderbilt during the summer months. He would sometimes play 3 different matches in a day, putting in 4-5 hours on the court! However, due to a loss of vision in one eye, he had to give the game up. That partial blindness in his right eye was due to taking a puck in the eye while playing goalie for his high school hockey team in Albany in the late 1940's. This was a few years before goalies started to wear masks! Hockey was his best sport in his youth, although he also played football and was on the track team.

It's clear, though, that his greatest love for the last 26 years is his lovely wife Peggy. They met while he was picking up his



son in the Saratoga Hospital ER and she was working at the desk. His first impression was that she was "the best looking woman I'd ever seen in my whole life". A date to the ballet soon followed and then within about 3 months, they were married! He also is the father of three: 2 sons and a daughter Patricia, who now lives in Saratoga.

Recent accomplishments include receiving his 1,000 mile pin in 9/05 at his 12th "90-miler", a famous canoe race in the Adirondacks. He also qualified for the US National Snowshoe Championship at a race in Bolton Valley, Vermont in January.

Article by Maureen Roberts

*Photo by Brad Herder; Curly's Record Run on the Thunderbolt
March 5th, 2006*

SHOE SIZE ISSUES?

I ran in the Fondo Valle De Non Chiaspolada in Italy in January. Some of our best runners pointed out that the Europeans were using the TSL and smaller shoes whereas all of our US manufactured shoes which we all used and which conform to the USSSA standard were much bigger and put our best runners at a disadvantage in that race. Whether this will engender a move to smaller shoes amongst our best runners, in order to compete with the Europeans, I don't know.

One thing is clear, whereas the Fondo race was on a powdery course without any single track or mountain running conditions; this is not the case with Bolton Valley. In other words I am wondering what the relationship is between the kind of course and the size of the shoe. If more American runners participate in European races and / or if this sport ever progresses to being considered for the Olympics, we will have to consider this issue.

In the meantime we might as well all understand that the Europeans use a far smaller shoe, not much wider than your running shoe, at least from what we saw in that Fondo race.

A good discussion of the relationship between shoe size and type of racing might be in order. Perhaps if there is ever an Olympic version of snow shoe running there will have to be a flat straight 3K or 5k snowshoe sprint using European shoes and a mountain running type 10K or 15K using American shoes.

Also I think it would be productive if we had some technical discussion at the nationals of the relationship between shoe size, crampon size, bindings and types of course. Everyone seems to be obsessed with weight but from Fondo we learned there appear to be other factors having to do with types of courses that determine the value to the runner of different size shoes.

Check the stats on Fondo. The Europeans are not THAT far ahead of us, but they do use different shoes. Some of our female runners could definitely take a top 15 prize there, but I don't know if they could do that on either an Atlas or a Dion shoe.

Paul Fiondella



Paul Low & Kelli Lusk warming up at Hawley Kiln. Both repeat as WMAC Snowshoe Champions and make the USSSA National Team at Bolton Valley. Photo by Brad Herder.

5TH NORTHERN VERMONT 8KM CHALLENGE

February 12, 2006 **Jeffersonville, VT**

01.	Mark Churchill	30	8Km	36:39
02.	John Daly	35	8Km	41:18
03.	Jacques Gallant	46	8Km	44:50
04.	John Doty	41	8Km	47:00
05.	John Pelton	66	8Km	49:39
06.	Danika Frisbee	14	8Km	49:47
07.	Maira Durnan	55	8Km	51:28
08.	David Polow	52	8Km	51:31
09.	Tim Kruger	40	8Km	51:45
10.	Ted McKnight	61	8Km	52:22
11.	Mike Bessette	35	8Km	53:23
12.	Paul Fiondella	59	8Km	55:01
13.	Sharon King	46	8Km	56:30
14.	Paul Cooke	59	8Km	57:14
15.	Gerry Barney	73	8Km	59:59
16.	Wayne Nicoll	73	8Km	1:10:00

5TH NORTHERN VERMONT 4KM CHALLENGE

February 12, 2006 **Jeffersonville, VT**

01.	Gene Nichols	63	4Km	26:07
02.	Ann Marie Vanucci	32	4Km	27:11
03.	Erin Orser	29	4Km	32:33
04.	Don Lacharite	74	4Km	33:57
05.	Betty Lacharite	70	4Km	33:57
06.	Greg Johnson	49	4Km	35:23
07.	Laura Klitzke	50	4Km	43:15
08.	Theresa Borchette	41	4Km	1:11:10
09.	Kathy Castellon	48	4Km	1:11:00
10.	Sandra Bender	53	4Km	1:11:10

Our friend up North, Zeke Zucker, has been directing this event since the start up. Zeke won a bronze medal at this year's USSSA National Championship!

IN THE NEWS

John Stifler, Daily Hampshire Gazette, 2/7/2006

Perish the thought that too many internal combustion engines on our highways have anything to do with it, but the snowshoe racing circuit has been turned into the mud-racing circuit this winter. Sunday's Northfield Mountain 5-Mile Snowshoe Race actually took place, but it had to be moved to Hawley State Forest, thanks to disgusting conditions at Northfield.

Paul Low of Amherst took second overall in 37 minutes, 21 seconds, which gives you some idea of how much slower people go on snowshoes than on bare ground. Kelli Lusk won the women's division in 52:09.

Jay Kolodzinski of Florence finished in 1:00:10, and his father Walt clocked in at 1:09:32. Laurel Shortell of Northampton snowshoed to the finish in 1:30:37.

BARNYARD AWARDS ARE COMING

One of the things I enjoy most about the WMAC Snowshoe Series, besides the races and the friends, besides the hot dogs, besides the maple sugar house is the Barnyard Awards. These read-only awards were invented by Chief Snowshoer, Edward Alibozek as a way of recognizing people and places that stand out in some way from the rest of the barnyard. While Edward insists that he chose the term “barnyard” to designate a hodgepodge collection of categories, it is pretty difficult to ignore the fact that he comes from a long line of Farmer Eds, whose barns are, apparently, bursting with an amazing collection of stuff.

So sometime after the last snowflake has fallen (hopefully, not now) Farmer Ed will ask to send in your nominations for the Barnyard awards. There are the obvious best-of-the-best categories, except that these categories are invariably followed by a string of Army-style initials. There are male and female SOYs (snowshoers of the year, not how much soy sauce they put on their hot dogs), ROYs (not your friend Roy, but rookie of the year), and POYs (performance of the year, having nothing to do with Rich Busa shedding his shirt). There are other nonstandard categories like the K2 award for most improved, the Erin Worsham award for most lost and the Curley award for volunteer of the year. But NO WHERE in this entire barnyard are there any animal categories. And the barn is, after all, their home. Legal intervention was definitely called for, so I consulted my favorite Legal Beagle, Judge Jeff, who definitively stated that this is a clear example of “bureaucratic overload.” Meaning that the barn can never be too full.

So let’s get those animals back in the running where they belong. Let’s hear it for moose, bears, chickadees and, of course, snowshoe hares. I, for one, would like to take this opportunity to nominate Tippi, who owns Farmer Ed, as Volunteer of the Year. Just look at any picture of her up to her knees in snow and smiling all the while. Now we know where Edward gets that big grin of his. They are a matched pair. The week (2/12-2/19) while we were all whining about the lack of snow neither Tippi nor Edward were complaining. Instead, they were cheerfully logging over 42 miles scouting alternate Curly routes and exploring options for next winter.

A few weeks ago at the substitute Northfield event, Tippi scouted alternate courses, chewed orange flags into interesting individual patterns and then went out early on race day morning to make sure her paw prints were still there. She took a well-deserved nap while her person raced the course, then dutifully patrolled the route once again, pulling out flags and tugging on ribbons. And this was not a one-time only happening – Tippi accompanies Edward before and after nearly every event, making sure we do not get lost, chasing away scary wildlife and generally keeping everyone on task.

For Tippi is a herding dog with a powerful instinct to keep everyone else in line. As Edward explains, “When we run with other dogs, she bites and barks at their feet... She does stop after about 15 minutes when the others either do what she wants or they are just too big or strong. Then she will try again. Herding dogs are not able to quit, they have to be mentally tougher than whatever they are supposed to be herding.” This instinct extends to her human pack as well. I remember Carol

Kane telling me about a pre-7 Sisters run when Tippi dutifully herded them along the trail, keeping them focused and on track. Anyone who dropped behind or paused to look at the view was promptly bullied back into the exact same place on the line. So that’s where Edward gets his mental toughness – he doesn’t dare stop. That’s also how our snowshoe courses get marked so quickly and efficiently – Tippi does not permit any dawdling unless it involves a snack break.

So this year when you cast your vote, be sure to remember our barnyard heroes, especially Tippi. Vote Tippi Volunteer of the Year and while you’re at it, save her some of your hot dog (or should I say frankfurter?). She’s earned every bite!

laura clark

THE MYSTERY... OF “SPLIT-SECOND” DECISIONS

How long does it take you to blink an eye? Or for runners, to do a few quick strides? Not long, but long enough to get the job done. According to Malcolm Gladwell, the author of *Blink: The Power of Thinking Without Thinking*, the most effective decisions are those made instinctively without apparent thought. While there definitely is a place for deliberation, in the midst of action, whether an interview, a battle or a race, the person with the most intuitive approach comes up the winner. Gladwell does not mean to imply that this seemingly split-second process is not backed up by firm data, just that the input is processed by the unconscious mind.

In *Blink*, Gladwell provides us with fascinating examples of blink power in action, from art historians who felt that a newly excavated Greek statue did not look quite right, to soldiers playing military war games, to the election of Warren Harding who looked presidential but ran for office without a shred of positive performance to back up his image. Taking this one step further, your projected race day stragedy may give you confidence, but you must be prepared to alter your plan if weather, bears or a surprise competitor intervenes.

The same with the Camp Saratoga Snowshoe Race. Since the Wilton trails were wall-to-wall ice, it was a no-brainer to bail out. But what if the Spa Park’s Mudslinger course could be substituted? While it would require some extra work, it was potentially doable, especially when John Orsini, the Mudslinger director, offered to help. Dan French ran the entire trail that Sunday and was dubious; John felt it could work; Jeff and I were on the fence. Even though it was my idea, I hesitated. I just didn’t feel “right” about sending people out there. The weather was weird, our backyard birds were emptying the birdfeeders in record time and we just had an uneasy feeling about proceeding. Then on Friday the winds came, the power went out and a DEC worker was killed by a falling pine tree. That could very well have been me or Heidi or John out there marking the course.

Coincidence? Intuition? Common sense? Dumb luck? Or blink power?

laura clark

9th ANNUAL HAWLEY KILN KLASSIC SNOWSHOE RACE

Short Kiln Version

3.5 Miles

Dubuque State Forest

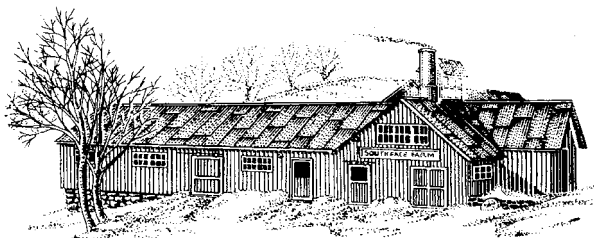
Hawley, MA

March 4th, 2006

01. Paul Low	32	0:24:27	100.00
02. Mark Churchill	30	0:25:23	97.78
03. Jim Pawlicki	31	0:27:27	95.56
04. Dave Dunham	41	0:27:39	93.33
05. Steve Peterson	39	0:27:58	91.11
06. Kenny Clark	43	0:28:16	88.89
07. Rob Smith	38	0:28:39	86.67
08. Bob Dion	50	0:29:20	84.44
09. Dave Hannon	35	0:29:27	82.22
10. Jay Kolodzinski	26	0:30:04	80.00
11. Kelli Lusk	36	0:30:29	77.78
12. Edward Alibozek	43	0:31:55	75.56
13. Sheila Osgood	24	0:32:35	73.33
14. Wayne Stocker	51	0:33:03	71.11
15. Nick Jubok	49	0:34:02	68.89
16. John Pelton	66	0:34:06	66.67
17. Jessica Hageman	30	0:35:15	64.44
18. Mike Lahey	54	0:35:32	62.22
19. Barry Auskern	45	0:36:25	60.00
20. Mary Fagan	30	0:36:29	57.78
21. Bruce Shenker	53	0:36:34	55.56
22. Bob Worsham	60	0:37:37	53.33
23. Peter Lipka	54	0:38:09	51.11
24. John Scalise	52	0:38:28	48.89
25. Ed Alibozek Jr	66	0:38:57	46.67
26. Bill Morse	54	0:39:13	44.44
27. Maureen Roberts	48	0:41:16	42.22
28. Bob Massaro	62	0:41:37	40.00
29. Scott Bradley	50	0:42:42	37.78
30. Chris Johnson	48	0:43:15	35.56
31. Mark Lombard	41	0:44:07	33.33
32. Kristen Kozlosky	31	0:44:56	31.11
33. Laura Clark	58	0:45:02	28.89
34. Denise Dion	47	0:45:06	26.67
35. Walter Kolodzinski	63	0:45:41	24.44
36. Rich Busa	76	0:46:43	22.22
37. Laurel Shortell	39	0:48:00	20.00
38. Mark Syrett	57	0:48:32	17.78
39. Konrad Karolczuk	53	0:51:06	15.56
40. Todd Worsham	25	0:51:56	13.33
41. Art Gulliver	67	0:51:58	11.11
42. George Andrews	56	0:54:48	8.89
43. Joanne Lamanna	49	0:57:49	6.67
44. Andy Keefe	75	1:00:58	4.44
45. Jeff Clark	59	1:02:10	2.22

AGE GROUP CHAMPIONS

20 – 29	Sheila Osgood	32:35
	Jay Kolodzinski	30:04
30 – 34	Jessica Hageman	35:15
	Paul Low	24:27
35 – 39	Kelli Lusk	30:29
	Steve Peterson	27:58
40 – 44	Dave Dunham	27:39
45 – 49	Maureen Roberts	41:16
	Nick Jubok	34:02
50 – 54	Bob Dion	29:20
55 – 59	Laura Clark	45:02
	Mark Syrett	48:32
60 – 64	Bob Worsham	37:37
65 – 69	John Pelton	34:06
70 – 79	Richard Busa	46:43



SOUTH FACE FARM SUGAR HOUSE



*Laurel Shortell on her way to finishing her 50th consecutive WMAC Snowshoe Race.... December 2001 – March 2006!
Brad Herder Photo.*

IT'S A SMALL WORLD

Julie Udchachon has been reader of SnoNews for a few years, as well as a former National Snowshoe Team Member. She is located in Alaska, and directs and organizes snowshoe events regularly. She recently sent me this race update with results, and I knew that it looked familiar. Sure enough, our Wayne Stocker had taken his family to Alaska to live for a few years around 2000, and Wayne had participated at this same race six years ago! First up will be Julie's 2006 report and results, followed by a reprint from SnoNews 2000_03 of Wayne's account. Enjoy, and start believing that it is all one big circle.

SNOWSHOE RACE!!!!

It was a beautiful day at the Eagle River Nature Center as both young and old participated in the annual Run Like a Lynx snowshoe race on Saturday March 4, 2006. Veteran snowshoe racer Eric Skidmore led the 3.3-mile course for a win over the men's field with a blazing time of 23:47, with Mark Hoffmeister close behind in 24:19. Mark's wife, Gail Hoffmeister, easily topped the women's race with an impressive 26:35.

Rookie 8-year old snowshoer Najim Udchachon cruised to an amazing 5th place finish in 29:35!! Way to go!!

Congratulations to everybody!

Julie Udchachon

julie714@hotmail.com

RUN LIKE A LYNX SNOWSHOE RACE EAGLE RIVER NATURE CENTER EAGLE RIVER, ALASKA MARCH 4, 2006 3.3 MILES

Place	Name	Age	Time
01.	Eric Skidmore	58	23:47
02.	Mark Hoffmeister	35	24:19
03.	Jim McKay	24	25:49
04.	Gayle Hoffmeister	38	26:35
05.	Najim Udchachon	8	29:35
06.	Eric Mannon	20	29:48
07.	Maria Grabinski	29	30:02
08.	Shawn McCarriey	29	30:06
09.	Scott Taylor	52	32:52
10.	Brian Richardson	35	33:16
11.	Bob Mcdonald	29	35:31
12.	Jim Yeo	34	36:40
13.	Lance Anderson	27	37:18
14.	Scott Carney	23	37:18
15.	Will Holden	39	39:17
16.	Mat Smith	36	40:08
17.	Dot Helm	58	42:20
18.	Nevhiz Calik	27	46:28
19.	Zion Russell	26	46:29
20.	Melanie Harrop	27	47:20

RUN LIKE A LYNX SNOWSHOE RACE SnoNews 2000_03 March 2003

Well I whooped um! (or They All Stayed Home). The Run Like a Lynx Snowshoe Race was held on February 26, 2000 at the Eagle River Nature Center in Eagle River, Alaska on a beautiful sunny winter day. The temperature was in the mid 20's by the 12 noon start time. Being an early arrival, I showed up about an hour before the start to get a good warmup in on the trails. Much to my surprise there were only a few cars in the lot and not a snowshoe in sight. After checking in at the Nature Center and being assured that this was the right day I headed out on the trails. What a day, bright sun, glistening frost covered snow, an alpine valley with a glacial river, It doesn't get much better than this. But I couldn't help thinking "where are the people?", I know people sleep in around here but its noon time! Anyway after returning to the lodge about 20 minutes before the start I was pleased to see a couple of pairs of snowshoes, but that was it. I ventured down to the start line with the race director who informed me she had 4 registered runners. What! Can this be in the land of snow, a great sunny day with two to three feet of snow base in a gorgeous river valley and only 4 people show up for a snowshoe race, can't be. After talking with my three other race companions I got the scoop, no one had ever done a snowshoe race before, this was sort of a new thing up here. "Most people cross country ski in the winter" I was told. Well I ski too but how can you miss this. Oh well, I still don't get it.

We started about a 100 yards below the lodge on an old fire road. Just before the start our main competition bolted across the trail, a snowshoe hare, just to show us how it was done I suppose. We all decided to postpone the start for a moment to see if there was a lynx in hot pursuit but nothing appeared. The gun went off and after about 50 yards down the road we turned left onto a hard packed single track trail headed down toward the river. The trail was perfect about 3 feet wide and packed well by snow machine. We wound down loosing about 100 feet in elevation for about a mile and then ventured out on the frozen Eagle River, yes on the river. What a place, It was all I could do to keep my eyes on the trail or river as the case may be. Out on an open glacial river with 4000 foot plus mountains on each side, it's a WOW! Well it was sort of tough going though as we were breaking trail at that point though I tried to stay in some snow machine tracks to make the going easy. After about 3/4 of a mile on the river we ventured back in the woods and over a few footbridges. Right before one of the bridges I was informed by a young hiker "Moose up ahead at the bridge" Moose are quite common in the valley this time of year and they get the right of way. Must have heard me coming though because when I rounded the corner at the bridge nothing was there but scat. After the bridge with about 1/2-mile to go we headed home on the Iditarod Trail that runs through the valley. A tough uphill finish brought us back to the nature center to lots on refreshments and goodies. (nothing the likes of a WMAC feast though) Well, that's it from the great white north. Maybe we started something up here.

Wayne Stocker
Peters Creek, AK
1st place / 23:51

4th ANNUAL CURLY'S RECORD RUN "THUNDERBOLT" SNOWSHOE RACE

Greylock Glen

Adams, MA

March 5th, 2006

01. Bob Dion	50	0:34:46	100.0000
02. Kenny Clark	43	0:35:52	96.4286
03. Edward Alibozek	43	0:36:57	92.8571
04. Dave Wallace	51	0:38:26	89.2857
05. Wayne Stocker	51	0:40:56	85.7143
06. John Pelton	66	0:40:56	82.1429
07. Mary Parkman	25	0:41:55	78.5714
08. Jessica Hageman	30	0:43:52	75.0000
09. Howard Bassett	45	0:43:57	71.4286
10. Bob Worsham	60	0:44:13	67.8571
11. Ed Alibozek, Jr.	66	0:44:49	64.2857
12. Peter Lipka	54	0:44:58	60.7143
13. Scott Bradley	51	0:47:55	57.1429
14. Bob Massaro	62	0:48:07	53.5714
15. John Scalise	52	0:49:44	50.0000
16. Jim Carlson	58	0:51:32	46.4286
17. Chris Johnson	48	0:52:44	42.8571
18. Tony Fabrizio	22	0:54:16	39.2857
19. Denise Dion	47	0:54:48	35.7143
20. Laura Clark	58	0:55:24	32.1429
21. Laurel Shortell	39	1:01:37	28.5714
22. Richard Busa	76	1:04:45	25.0000
23. Konrad Karolczuk	53	1:08:50	21.4286
24. Paul Newman	27	1:40:00	17.8571
25. Bruce Kurtz	69	2:22:04	14.2857
26. Dave Bowler	15	short	10.7143
27. Andy Keefe	75	short	7.1429
28. Paul Wood	49	sweep	3.5714

CURLY'S AGE GROUP CHAMPIONS

20 – 29	Mary Parkman	41:55
	Tony Fabrizio	54:16
30 – 34	Jessica Hageman	43:52
35 – 39	Laurel Shortell	1:01:37
40 – 44	Kenny Clark	35:52
45 – 49	Denise Dion	54:48
	Howard Bassett	43:57
50 – 54	Bob Dion	34:46
55 – 59	Laura Clark	55:24
	Jim Carlson	51:32
60 – 64	Bob Worsham	44:13
65 – 69	John Pelton	40:56
70 – 79	Richard Busa	1:04:45



Wayne Stocker leading John Pelton on the Bellows Pipe / Curly's Record Run at Thunderbolt. March 5th, 2006.



Kenny Clark breaks up the CMS gang of Dave Dunham, Steve Peterson and Rob Smith at Hawley Kiln, March 4th, 2006.



Mike Lahey leading Bruce Shenker and Jessica Hageman along Penobscot Road / Hawley Kiln, March 4th, 2006.

All photos by Brad Herder – 2006.

2006 WMAC SNOWSHOE SERIES

We somehow managed 9 races in 2006, seven with snowshoes and two without. There were 587 total finishers at these nine races, with 339 being different finishers. Through the years of our official racing series, we have had a pretty good string of luck, with every 4th year appearing to be an “off weather year” (1998, 2002 and 2006). Below is the history of the official racing events; all the numerous “fun runs” we have managed are not included.

1998	2 events	46 finishers	40 individuals
1999	3 events	124 finishers	77 individuals
2000	5 events	249 finishers	126 individuals
2001	6 events	424 finishers	202 individuals
2002	6 events	330 finishers	181 individuals
2003	10 events	831 finishers	378 individuals
2004	12 events	933 finishers	414 individuals
2005	15 events	910 finishers	451 individuals
2006	9 events	587 finishers	339 individuals

I guess most of you thought it was tough on the directors. Paul Hartwig and I didn't think it was too bad until Beth Herder asked us at Curly's if we were “in” again next year. I didn't even consider “no”, and neither did Paul. Beth said she is “in” again too, which is great for all of us.

As far as the series went, we had Rich Bolt and Paul Low share our men's title this year. Rich was our Snowshoe Champion in 2003 and Paul also won in 2005. Kelli Lusk continued to dominate and won the ladies title for the 3rd straight season!

Both Rich and Paul won 3 WMAC races each, with Rich winning the one WMAC “head to head” competition at Hallockville Pond. Paul evened things up with a win over Rich at the National Championship event at Bolton Valley. Both Rich and Paul made the United States Snowshoe Association's National Team this season, as did our 3rd place WMAC Series shoe'r Mark Churchill! Two Time Champion ('99 & '00) Kenny Clark rounded things up with a 4th overall, and Bob Dion finished 5th narrowly over 2004 WMAC Champion Ben Nephew. As a group we are fortunate to be racing along side many of the top snowshoers in this county.

Kelli Lusk went undefeated in the WMAC Series with four wins this season. This was a record setting 3rd straight WMAC title for Kelli, and she wrapped things up with a 2nd place overall finish at the Bolton Valley Nationals. Sheila Osgood, in her first season of snowshoeing, finished 2nd overall and Jessica Hageman finished 3rd. Both of these young ladies capped off their 2006 seasons with medal winning performances at Nationals. Sheila won Gold and Jessica won a Silver medal. Larina Riley finished a strong 4th, and the constantly improving Denise Dion was 5th overall. All together we had 5 different Men's winners, and 6 different Lady's winners. Thanks for the support! See you next season.

2006 WMAC AGE DIVISION CHAMPS

16- 19

Paige Madison	68.56	Justin McCarthy	171.37
Emily Gravelle	57.69		
Kath Holland	12.47		

20 - 24

Shiela Osgood	237.56	Josh Merlis	232.73
Maria Gonchoroff	65.22	Chris Chromzak	223.28
Maggie Masella	45.29	Neil Snedeker	69.26

25 - 29

Larina Riley	195.69	Jay Kolodzinski	262.05
Kelly Short	157.04	Patrick Riley	249.32
Maya Siri Wardara	146.39	Greg Rems	223.74

30 - 34

Jessica Hageman	209.98	Paul Low	300.00
Chelynn Tetreault	120.43	Mark Churchill	293.21
Mary Fagan	114.30	Ben Nephew	284.05

35 - 39

Kelli Lusk	250.96	Richard Bolt	300.00
Pamela Delsignore	98.43	Rob Smith	260.29
Jacqueline Lemieux	81.67	John Onderdonk	219.46

40 - 44

Laurel Shortell	152.11	Ken Clark	291.62
Darlene McCarthy	109.63	Dave Dunham	280.14
Chris Corsac	69.04	Edw. Alibozek	275.26

45 - 49

Denise Dion	158.96	Nick Jubok	217.47
Maureen Roberts	125.95	Howard Bassett	215.41
Barbara Sorrell	39.92	Barry Auskern	211.37

50 - 54

Ann Dobrowolski	8.65	Bob Dion	284.69
		Wayne Stocker	253.70
		Bill Morse	230.07

55 - 59

Laura Clark	113.60	Pete Lipka	183.21
Kate Hayes	30.96	Jim Carlson	147.66
		Juergen Reher	125.29

60 - 64

Carol Kane	103.05	Bob Worsham	192.85
Ellen Mach	5.92	Bob Massaro	137.19
		Walt Kolodzinski	114.11

65 - 69

John Pelton	221.27
Ed Alibozek Jr	198.14
Bruce Kurtz	15.18

70 - 79

Rich Busa	137.01
Andy Keefe	16.59

There are some divisions where we could have gone much deeper than top three; 50 - 54 year old men had 16 participants!

2006 WMAC SNOWSHOE SERIES FINAL STANDINGS

Woodford Saratoga Winterfest Hawley Kiln	North Pond Winterfest Hawley Kiln	Greylock Glen Brave the Blizzard	Hallockville Pond Frosty's Dash Curly's Thunderbolt
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Based on Best 3 Scores, Showing Everyone with at Least 2 Finishes (Thanks for the Support!)

01. Richard Bolt	35	300.0000	100.00	53. Rich Busa	76	137.0068	45.67
02. Paul Low	32	300.0000	100.00	54. Jan Rancatti	45	135.6003	67.80
03. Mark Churchill	30	293.2125	97.74	55. Thomas Mack	41	126.6924	42.23
04. Ken Clark	43	291.6223	97.21	56. Maureen Roberts	48	125.9548	41.98
05. Bob Dion	50	284.6938	94.90	57. Bruce Shenker	53	125.7684	62.88
06. Ben Nephew	30	284.0461	94.68	58. Juergen Reher	57	125.2926	41.76
07. Dave Dunham	41	280.1418	93.38	59. Chris Johnson	48	125.0794	41.69
08. Edward Alibozek	43	275.2551	91.75	60. Kara-Lynn Kerr	27	123.4477	61.72
09. Jay Kolodzinski	26	262.0479	87.35	61. Chelynn Tetreault	30	120.4348	60.22
10. Rob Smith	38	260.2899	86.76	62. Mary Fagan	30	114.2995	57.15
11. Wayne Stocker	51	253.7009	84.57	63. Walt Kolodzinski	63	114.1148	38.04
12. Kelli Lusk	35	250.9559	83.65	64. Laura Clark	58	113.6019	37.87
13. Dan French	34	249.4731	83.16	65. Darlene McCarthy	43	109.6284	36.54
14. Patrick Riley	27	249.3249	83.11	66. Konrad Karolczuk	53	108.4128	36.14
15. Sheila Osgood	24	237.5620	79.19	67. Jeff Hattem	54	107.1593	35.72
16. Josh Merlis	24	232.7318	77.58	68. Ed Saharczewski	52	103.6904	51.85
17. Bill Morse	54	230.0722	76.69	69. Carol Kane	60	103.0528	51.53
18. Mike Lahey	54	224.6834	74.89	70. John Scalise	52	98.8889	49.44
19. Greg Rems	29	223.7388	74.58	71. Pamela Delsignore	36	98.4320	49.22
20. Chris Chromzak	21	223.2821	74.43	72. Ray Chen	41	86.1063	43.05
21. John Pelton	66	221.2734	73.76	73. Joe Geiger	55	81.9905	41.00
22. John Onderdonk	38	219.4627	73.15	74. Jacqueline Lemieux	39	81.6667	40.83
23. Nick Jubok	49	217.4705	72.49	75. Neil Snedeker	23	69.2602	34.63
24. Howard Bassett	45	215.4066	71.80	76. Christina Corsac	39	69.0350	34.52
25. Barry Auskern	45	211.3719	70.46	77. Paige Madison	16	68.5623	22.85
26. Paul Bazanchuk	51	210.4219	70.14	78. Maria Gonchoroff	20	65.2174	32.61
27. Jessica Hageman	30	209.9801	69.99	79. Tom Adams	62	61.3521	30.68
28. Ed Alibozek Jr	66	198.1383	66.05	80. Emily Gravelle	19	57.6937	28.85
29. Larina Riley	27	195.6902	65.23	81. Jon Howes	49	54.5329	27.27
30. Matt Cartier	30	193.9362	96.97	82. Warren Wallis	47	54.3803	27.19
31. Bob Worsham	60	192.8494	64.28	83. Michael Della Rocco	54	49.7013	24.85
32. James Pawlicki	31	191.4740	95.74	84. Martin Glendon	59	48.7203	24.36
33. Peter Maksimow	27	187.3189	93.66	85. Gary La Bella	52	47.8472	23.92
34. Dave Wallace	51	183.9666	91.98	86. Maggie Masella	22	45.2899	22.65
35. Pete Lipka	55	183.2143	61.07	87. Michelle Restivo	28	44.9806	22.49
36. Steve Peterson	39	180.9662	90.48	88. Michael Albrecht	34	44.5210	22.26
37. Dave Hannon	34	177.9669	88.98	89. Jamie Howard	40	42.1607	14.05
38. Justin McCarthy	16	171.3737	57.12	90. Peter Finley	44	41.0459	13.68
39. Scott Bradley	51	169.4048	56.47	91. Barbara Sorrell	48	39.9235	19.96
40. Britt Brewer	42	166.1594	83.08	92. Jean Alden-St Pierre	36	34.8784	17.44
41. Denise Dion	47	158.9611	52.99	93. Kate Hayes	57	30.9574	15.48
42. Art Roti	33	157.2948	78.65	94. Bill Glendon	59	25.4471	8.48
43. Jack Casey	51	157.2340	78.62	95. George Andrews	56	17.5846	8.79
44. Kelly Short	25	157.0414	52.35	96. Greg Taylor	55	17.3469	8.67
45. Vince Kirby	49	153.3625	51.12	97. Andy Keefe	75	16.5873	5.53
46. Laurel Shortell	39	152.1141	50.70	98. Bruce Kurtz	69	15.1786	7.59
47. Todd Holland	42	151.8656	75.93	99. Katheryn Holland	12	12.4731	6.24
48. Pat Sorsby	30	148.0623	74.03	100. Jeff Clark	59	12.1766	4.06
49. Jim Carlson	58	147.6634	49.22	101. Paul Wood	49	10.8178	5.41
50. Maya Siri Wardara	28	146.3938	48.80	102. Ann Dobrowolski	54	8.6524	4.33
51. Bruce Marvonek	52	137.5190	68.76	103. Debbie Robinson	46	7.3979	3.70
52. Bob Massaro	62	137.1884	45.73	104. Ellen Mach	63	5.9219	2.96

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6th ANNUAL U.S.S.A. NATIONAL SNOWSHOE 10KM CHAMPIONSHIP**Northeast Region****Bolton Valley, VT****March 25th, 2006**

01. Greg Hexum	35-39	MN	42:42	58. Sarah Raitter	30-34	CO	56:08
02. Paul Low	30-34	MA	43:11	59. Courtenay Guertin	30-34	NY	56:23
03. Bill Raitter	35-39	CO	43:52	60. Robert Creer	60-64	UT	56:42
04. Rich Bolt	35-39	NH	44:13	61. Mike Rogers	50-54	NY	56:44
05. Mark Churchill	30-34	VT	45:09	62. Brent Weigner	55-59	WY	56:48
06. Scott Gall	30-34	IA	45:38	63. Jules Embry-Pelrine	20-24	NY	56:53
07. Bernie Boettcher	40-44	CO	46:04	64. Cindy Brochman	40-44	MN	57:10
08. Antonio Holguin	40-44	MEX	46:21	65. Dan French	35-39	NY	57:23
09. Christian Vachon	30-34	CAN	46:28	66. Jim McDonell	50-54	MN	57:30
10. Mike Decker	30-34	MI	46:36	67. Chris Shaffer	30-34	MA	57:32
11. Kevin Tilton	20-24	NH	46:53	68. Timothy Roy	25-29	CO	57:50
12. Jimmy Gobeil	25-29	CAN	47:05	69. Kellie Gregoire	35-39	NY	58:10
13. Gregory Hammett	25-29	NH	47:37	70. Laurie Lambert	45-49	TX	58:31
14. Cory Brown	20-24	NY	47:46	71. Phil Dybfest-Muha	20-24	NY	58:53
15. Thomas Beckum	30-34	ME	47:52	72. Robert Yerex	45-49	OR	58:55
16. Ben Nephew	30-34	MA	48:08	73. Edward Alibozek	40-44	CT	59:02
17. Jesse Haynes	30-34	CA	48:11	74. Cameron Lewis	20-24	NY	59:30
18. Alan Evans	40-44	NY	48:19	75. John Doty	40-44	VT	59:31
19. Aaron Robertson	25-29	NY	48:22	76. Paul Bazanchuk	50-54	MA	59:55
20. Dewey Peacock	25-29	MT	48:33	77. Mark Rickman	45-49	CO	1:00:03
21. Martin Ladouceur	35-39	CAN	48:45	78. Brian Dodge	50-54	NY	1:00:08
22. Gary Fancher	45-49	NY	49:12	79. Rich Lachowski	55-59	WI	1:00:33
23. Dan Verrington	40-44	MA	49:34	80. Steve Heil	40-44	WI	1:00:36
24. David Schuneman	25-29	MN	49:50	81. Peter Malinowski	50-54	MA	1:00:51
25. James Pawlicki	30-34	MA	49:52	82. Steven Rivers	45-49	NY	1:00:53
26. David Dunham	40-44	MA	50:04	83. Matt Westerlund	30-34	NY	1:01:18
27. Jean-Nicolas Duval	30-34	CAN	50:17	84. Sarah Montgomery	30-34	CAN	1:01:28
28. Peter Maksimow	25-29	MA	50:48	85. Sheila Osgood	20-24	MA	1:01:45
29. Allen Mead	40-44	VT	50:58	86. Frank DeWitt IV	30-34	NY	1:02:02
30. Steve Peterson	40-44	MA	51:09	87. Jessica Tylutki	20-24	NY	1:02:34
31. Chad Denning	30-34	NH	51:21	88. Zeke Zucker	60-64	VT	1:03:04
32. J.F. Lindsay	40-44	CAN	51:31	89. Erik Hanson	30-34	NY	1:04:15
33. Stefan Bibb	20-24	VT	51:39	90. Lynann Lorenz	25-29	NY	1:04:19
34. Ty Strange	45-49	CA	51:40	91. Norman Sheppard	45-49	MA	1:04:26
35. Jason Urckfitz	35-39	NY	52:04	92. Ted McKnight	60-64	VT	1:04:31
36. Nate Huckle	30-34	NY	52:08	93. John Pelton	65-69	VT	1:04:48
37. Carl Johnston	40-44	NY	52:18	94. Dennis Stearns	50-54	NY	1:04:58
38. John Daly	35-39	VT	52:27	95. Carissa Stepien	25-29	NY	1:05:55
39. Nathaniel Grabman	20-24	AK	52:36	96. Chelynn Tetreault	30-34	MA	1:06:14
40. Rob Smith	35-39	MA	52:38	97. Mike Lahey	55-59	MA	1:06:25
41. Kasey Schmitt	25-29	IA	52:59	98. Dave Fiorini	45-49	CT	1:06:43
42. Kasie Enman	25-29	VT	53:07	99. Abby Penamonte	20-24	NY	1:06:52
43. Bob Nugent	45-49	NY	53:09	100. Bill Tylutki	55-59	NY	1:07:00
44. Jamie Boese	45-49	CO	53:20	101. Bill Morse	55-59	MA	1:07:10
45. Jay Kolodzinski	25-29	MA	53:38	102. Mike McCullough	50-54	NY	1:07:29
46. Bob Dion	50-54	VT	53:40	103. Patty Flanigan	45-49	NY	1:07:48
47. John Onderdonk	35-39	NY	53:56	104. Cecilia Walker	40-44	FL	1:07:58
48. Paul Lang	25-29	WI	54:00	105. Diane Gray	40-44	NY	1:08:30
49. Curt Krieger	50-54	IA	54:03	106. Sandra Rasco	45-49	NY	1:08:41
50. Kelli Lusk	35-39	MA	54:43	107. Paul Fiondella	60-64	NY	1:08:41
51. Derrick Spafford	40-44	CAN	54:52	108. Olivier Proulx	20-24	CAN	1:08:56
52. Ken Clark	40-44	CT	55:08	109. Erin Lyman	25-29	VT	1:09:03
53. Peter Dufault	30-34	VT	55:15	110. Jessica Hageman	30-34	NY	1:09:11
54. Andrew Rickert	25-29	NY	55:17	111. Brian Geary	45-49	NY	1:09:14
55. Ed Myers	55-59	PA	55:22	112. Barry Auskern	45-49	MA	1:10:26
56. Laura Wheatley	25-29	CO	55:34	113. Melissa Behr	50-54	NY	1:10:31
57. Jim Graupner	60-64	MN	55:41	114. Brian Beach	55-59	NY	1:11:06

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6th ANNUAL U.S.S.A. NATIONAL SNOWSHOE 10KM CHAMPIONSHIP

115. Peter Lipka	55-59	MA	1:11:32
116. Donna Barnard	40-44	NY	1:12:08
117. Sandra Superchi	50-54	MA	1:12:20
118. Carol Kane	60-64	CT	1:12:39
119. Teresa Sukiennicki	40-44	NY	1:13:17
120. Andrea Wheeler	45-49	CO	1:13:48
121. Paul Wood	45-49	MA	1:14:31
122. Maya Siriwardana	25-29	FRA	1:15:02
123. Maria Gonchoroff	20-24	MA	1:16:29
124. Jessica Coll	20-24	CAN	1:16:33
125. Paul Cooke	60-64	CAN	1:17:52
126. Molly Huff	45-49	NY	1:18:14
127. Kermit Cadrette	65-69	NY	1:18:18
128. Frank Gaval	60-64	PA	1:18:37
129. Chary Griffin	55-59	NY	1:18:43
130. Gerald Barney	70-74	VT	1:19:01
131. Pamela DelSignore	35-39	NY	1:19:26
132. Walt Kolodzinski	60-64	MA	1:19:36
133. Maggie Masella	20-24	NY	1:19:45
134. Bob Durband	60-64	MN	1:20:45
135. Bob Massaro	60-64	MA	1:20:57
136. Jeanne Herrick	55-59	NY	1:21:56
137. Ed Alibozek Jr.	65-69	MA	1:22:05
138. Ingrid Bashaw	55-59	NY	1:22:50
139. Philip Smith	55-59	MN	1:25:11
140. John Stauffer	55-59	CA	1:25:41
141. Dennis Wolfe	50-54	PA	1:26:01
142. Tiffany Drake	20-24	NY	1:27:16
143. Ellie George	50-54	NY	1:28:20
144. Elizabeth Bennis	20-24	WI	1:28:36
145. Rich Busa	75-79	MA	1:29:21
146. Tina Oberheide	55-59	CO	1:32:59
147. Laurel Shortell	40-44	MA	1:35:18
148. Steve Mazza	60-64	NY	1:41:04
149. Konrad Karolczuk	50-54	MA	1:42:28
150. Carolyn Kriesen	60-64	NY	1:43:24
151. George Andrews	55-59	CT	1:47:30
152. Jackie Zehl	20-24	NY	1:51:25
153. Howard Lebwith	75-79	NY	1:55:18
154. Andrew Keefe	75-79	NY	2:06:25
Jennifer Rapaport	40-44	MA	DNF
Stephanie Nephew	30-34	MA	DNF

NATIONAL CHAMPIONS (TOP 5)

1. Kasie Enman	53:07	Greg Hexum	42:42
2. Kelli Lusk	54:43	Paul Low	43:11
3. Laura Wheatley	55:34	Bill Raitter	43:52
4. Sarah Raitter	56:08	Rich Bolt	44:13
5. Cindy Brochman	57:10	Mark Churchill	45:09

INTERNATIONAL

1. Sarah Montgomery	61:28	Antonio Holguin	46:21
2. Maya Siriwardana	75:02	Christian Vachon	46:28
3. Jessica Coll	76:33	Jimmy Gobeil	47:05

20 - 24 / AGE DIVISION

1. Sheila Osgood	61:45	Kevin Tilton	46:53
2. Abby Penamonte	66:52	Cory Brown	47:46
3. Maria Gonchoroff	76:29	Stefan Bibb	51:39

25 - 29 / AGE DIVISION

1. Jessica Tylutki	62:34	Greg Hammett	47:37
2. Lynann Lorenz	64:19	Aaron Robertson	48:22
3. Carissa Stepien	65:55	Dewey Peacock	48:23

30 - 34 / AGE DIVISION

1. Chelynn Tetreault	66:14	Scott Gall	45:38
2. Jessica Hageman	69:11	Mike Decker	46:36
3.		Thom Beckum	47:52

35 - 39 / AGE DIVISION

1. Kellie Gregoire	58:10	Jason Urckfitz	52:04
2. Pamela DelSignore	79:26	John Daly	52:27
3.		Rob Smith	52:38

40 - 44 / AGE DIVISION

1. Cecilia Walker	67:58	Bern Boettcher	46:04
2. Diane Gray	68:30	Alan Evans	48:19
3. Donna Barnard	72:08	Dan Verrington	49:34

45 - 49 / AGE DIVISION

1. Laurie Lambert	58:31	Gary Fancher	49:12
2. Patty Flanigan	67:48	Ty Strange	51:40
3. Sandra Rasco	68:41	Bob Nugent	53:09

50 - 54 / AGE DIVISION

1. Melissa Behr	70:31	Bob Dion	53:40
2. Sandra Superchi	72:20	Curt Krieger	54:03
3. Ellie George	88:20	Mike Rogers	56:44

55 - 59 / AGE DIVISION

1. Chary Griffin	78:43	Ed Myers	55:22
2. Jeanne Herrick	81:56	Brent Weigner	56:48
3. Ingrid Bashaw	82:50	Rich Lachowski	60:33

60 - 64 / AGE DIVISION

1. Carol Kane	72:39	Jim Graupner	55:41
2. Tina Oberheide	92:59	Robert Creer	56:42
3. Carolyn Kriesen	103:24	Zeke Zucker	63:04

65 - 69 / AGE DIVISION

1.		John Pelton	64:48
2.		Kermit Cadrette	78:18
3.		Ed Alibozek Jr.	82:05

70 - 74 / AGE DIVISION

1.		Gerald Barney	79:01
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75 - 79 / AGE DIVISION

1.		Rich Busa	89:21
2.		Howard Lebwith	115:18
3.		Andrew Keefe	126:25

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U.S.S.S.A. NATIONAL SNOWSHOE JUNIOR'S 5KM & CITIZEN'S RACE

Northeast Region

Bolton Valley, VT

March 25th, 2006

01. Christian Thompson	Jr	NY	20:16
02. Jason Ayr	Jr	MA	20:24
03. Mike Geary	Jr	NY	20:27
04. Zachary Rivers	Jr	NY	20:58
05. Connor Bibb	<40	VT	22:02
06. Ruben Land	Jr	NY	22:36
07. Jonathon Pinto	Jr	NY	22:36
08. Dave Dunham	40's	MA	23:29
09. Brian Ellsworth	Jr	NY	23:37
10. Anna Lieb	Jr	CO	24:15
11. Kevin Brochman	50's	MN	25:11
12. Tim Nichols	40's	NY	25:24
13. Johanna Ludington	Jr	VT	25:33
14. David Polow	50's	VT	25:34
15. Hollis Keith	Jr	VT	25:39
16. Jim McDonell	50's	MN	25:46
17. David Ellsworth	Jr	NY	26:49
18. Dan Jardin	Jr	NY	27:19
19. Erika Gates	Jr	NY	27:39
20. Ethan Bernstein	Jr	NY	27:46
21. Michayla Heil	Jr	WI	27:53
22. Cory Krieger	<40	MA	29:14
23. Carolyn Campbell	Jr	MI	29:51
24. Debbie Merzbach	Jr	NY	30:02
25. Bridget Polow	40's	VT	30:25
26. John LaCrosse	40's	NH	30:36
27. Kelly Murray	Jr	NY	30:45
28. Ann Bushey	50's	VT	30:53
29. Judy Merzbach	Jr	NY	31:30
30. Colleen Murray	<40	NY	31:42
31. Jen Frantz	<40	VT	32:07
32. Mary Fagan	<40	VT	32:08
33. Noah Lambert	<40	TX	32:53
34. Richard Gamache	50's	NH	33:37
35. Rebecca Myers	50's	MT	34:42
36. Jeff Hattem	50's	MA	34:52
37. Mark Gregoire	40's	NY	35:29
38. Kristen Kozlosky	<40	MA	35:54
39. Ann Marie Vannucci	<40's	VT	36:55
40. Denise Dion	40's	VT	37:17
41. Mariel Musshafen	Jr	NY	37:49
42. Brittany Wildfong	<40	MI	37:56
43. Annie Jardin	<40	NY	38:24
44. Ron Murray	50's	NY	39:44
45. Debbie Burritt	<40	VT	41:18
46. Caroline Powers	<40	VT	41:32
47. Tamera DiNolfo	40's	NY	42:19



Start of the 10Km Event, courtesy of the U.S.S.S.A. -- <http://www.snowshoeracing.com/>



I can spot Chelynn, Jessica and Maya in this photo, from U.S.S.S.A – <http://www.snowshoeracing.com/>



A good chunk of the Northeast Gang after Nationals by Jay Kolodzinski's



2006 USSSA CHAMPIONSHIP 4 X 2.5KM SNOWSHOE TEAM RELAY

01.	CMS 1 Kevin Tilton Ben Nephew	38:47	Open-Men Paul Low Rich Bolt
02.	Team Canada Christian Vachon Martin LaDouceur	39:49	Open Men Jean-Nicolas Duval Jimmy Gobeil
03.	Team IV Carl Johnston Alan Mead	42:23	Master-Men Jason Urckfitz Alan Evans
04.	Team 11 Dan Verrington Rob Smith	43:52	Master-Men Ken Clark Dave Dunham
05.	Cash Money Jonathan Pinto Rubin Land	44:19	Jr.-M Ethan Bernstein Mike Geary
06.	Lucky 13 Peter Maksimow Mike Decker	44:56	Open-Mix Robert Yerex Kelli Lusk
07.	McDuffers Jim Graupner Cindy Bruchman	48:20	Mix-Masters Jim McDonell Curt Krieger
08.	Team 9 Mark Rickman Brent Weigner	48:50	Master-Men Rich Lachowski Jamie Boese
09.	Team 8 Peter Malinowski Brian Geary	52:07	Master-Men Steve Rivers Ralph Merzbad
10.	Team 1 Lynnann Lorenz Erika Gates	54:06	Jr.-F Sarah White Alexis Stanley
11.	Team 3 Bill Morse Brian Dodge	54:50	Mix-Masters Carol Kane Bob Dion
12.	Trip Zee Judy Merzbad Debbie Merzbad	56:10	Mix-Jr. Carolyn Campbell Zach Rivers
13.	Nike Leftovers Ann Vannucci Scott Lamothe	63:13	Open-Mix Chris Ford Todd Lamothe

A very warm Thanks to **Carol Kane** and **Billy Morse**, along with the **Dion Family** for providing so many racers at Bolton Valley with singlets, vest, hats and other outfitting needs! It was a wonderfully generous gesture. Thank you all again!

Complimentary 10 minute post-race massage for runners April 15th at the Northern Nipmuck race. Email at chelynnt@hotmail.com for sign-up, or call for details!



Chelynn Tetreault, LMT, is a great massage therapist for runners because she has been an avid runner for 17 years, trail runner for 5 years, and one season of snowshoe racing under her belt!

Massage Benefits Runners:

- Faster recovery from injury
- Faster post-race recovery
- Pre-race, reduces risk of injury

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617 939 7657 cell

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Regular rate: \$60.00 for one hour



3rd Overall WMAC Series and 5th Overall at the USSSA National Championship at Bolton Valley, Mark Churchill.

Brad Herder Photo, Kiln '06.

USSSA NATIONAL CHAMPIONSHIPS – BOLTON VALLEY, VT

Rich Bolt (CMS/Atlas) and I traveled to Bolton Valley on Friday and the further we drove North the more concerned we were with the lack of snow. Even at the base of the Valley the ground was bare. A snow shower and a reasonable amount of snow on the ground pleasantly surprised us when we arrived at race registration. We checked that the course was the same as the qualifier and headed out the door to check the conditions. Ken Clark joined us as we headed out. I had spray-chalk in hand intent on putting up Kilometer markers that were lacking at the Bolton Qualifier.

We had a fun time checking out the course and spraying a marker at what I estimated to be the Kilometers, based on the map, which was quickly disintegrating in my hands. The course was much as I remembered it from the qualifier, except with a lot less snow. There were some bare spots and some stream crossings that were a bit dicey. We saw a few “punch-through’s” on some of the trail that doubled as a streambed. When we got in, someone had asked Mark Elmore (head honcho at USSSA) about markers they saw, he asked me about it but seemed okay with what I had done. Better to seek forgiveness than to ask for permission.

Race day featured temperatures in the low 40’s for the noon start. It became apparent that the field was going to be the biggest ever as the junior race start time was moved. With 150+ toeing the line, it might have been a good idea to have separate men and women’s starts. Rich Bolt noted “It was great that so many people showed up, it is great for the sport to have such a large diverse field come together to compete”. A large portion of the field were runners who had taken part in the WMAC snowshoe series. Rich continued “Seeing so many WMAC series runners come to the nationals was great. The New England community embraced the Nationals despite it being counter to the vow of chastity.” The ‘vow’ is a loose set of guidelines by which the WMAC series operates to ensure that the events mix fun with competition and give runners the opportunity to enjoy scenic courses throughout New England. Rich’s comment about the USSSA race being counter to the vow of chastity was made with tongue firmly in cheek.

The 154 finishers from seventeen states made for the biggest Nationals by nearly double, and it was much bigger when the Junior and Citizens races are included. The way was lead by New York with 53 finishers, MA and Vermont followed with 30 and 13 respectively. The start area was changed slightly from the qualifier race to allow for a larger number of runners on the line. When the gun sounded, Greg Hexum, Paul Low, Bill Raitter and Rich Bolt forged to the front.

“Hexum, Paul, Bill, and I went out to the front and by one-K Hexum had strung it out. It seemed that after that we each gradually spread further apart” said Bolt. Kelli Lusk (CMS/Atlas) had this to say “My point man from last season (Rob Smith – CMS/Dion) has been ahead of me all this year, so I was trying to keep him in my sights during the race at Bolton. I really liked the start of the race with the wide-open track and gradual climb, which made for easy passing and breaking-up of the field before the single-track in the woods”. I was somewhere between Rich and Kelli, passing the one-KM mark in 4:48. I could see my CMS teammates out ahead in the new

bright blue shirts with a big (Polar) bear paw on the back. My aim was to keep Dan Verrington close. Dan had run a 50K, fast 5K and very fast half-marathon over the last month. He was fit, but admitted “you make up a lot of ground when we are both on snowshoes”.

The single-track section of the course began just after the two-K mark, which I hit in 9:49. The top four continued to gradually pull away from the field and each other. My teammates Kevin Tilton and Ben Nephew were running steady in about tenth and fifteenth respectively. Dan passed fast starting CMS-ers James Pawlicki and Peter Maksimow. Maksimow, who continues to suffer with a nagging illness, noted “It was a great weekend, glad I could hang out and be around everyone, even if I ran and felt like garbage”. Lusk also was hampered with an injury “The race went well for me, especially considering how I felt at the last snowshoe race a couple weeks ago (difficulty breathing as a result of the bad fall I took about a month ago), my scaled-back training the past month, and fewer snowshoe races this season due to lack of snow”.

During the single-track section I began to gap Steve Peterson (CMS/Dion) who had turned 40 that morning. Petey was gunning for me and had talked a lot of trash leading up to the race (good naturedly). At 3K I was 14 seconds up on Petey at 16:01. I ran the three Kilometer stretch from 2-5K hard trying to pass on the single-track and keep Dan close. Kelli was passed by the women’s eventual winner (Kasie Enman) who “...caught and passed me in the woods. I caught her back on the descent, then she took off at the bottom and I remained in second for the remainder of the race”.

I caught Dan just after 3K, passing Peter in the process. Dan related “I never knew you were back there, I assumed it was Peter”. The downhill from 3K to 7K was covered pretty quickly with splits of 5:48, 3:40, 4:35, and 4:48. Unfortunately for me, Dan pulled away during that stretch. Rich noted “the race was settled early. My plan was to go out hard, but not super-hard, and have something left for the climb at the end. I ended up not feeling great in the last 3K and couldn’t move up”. I think most of us felt the same way.

I was passed by a couple of runners in the final three Kilometers. Splits of 4:46, 4:10 and 6:14 brought me no closer to Dan. Jim had a strong finish, going by me with a little less than a Kilometer to go. We could hear the announcer calling out the winners while we still had a long way to go. The top four spread out evenly about 30 seconds between each with Hexum improving over his 7th place finish in 2003. Low tied his best finish ever as he also got a silver medal in 2004. Raitter moved up from his 9th place finish in 2004 to take the bronze. Rich improved on his 12th from 2004 and summed up “I was pleased, would have liked to have run a little faster but have run poorly in the last couple of Nationals that were at altitude. The course was challenging especially for one being held at an XC ski area. The profile was interesting with a climb then a big drop then a long steady climb at the end; it was also a good mix of groomed and un-groomed trail”.

Mark Churchill had a major breakthrough with his fifth place finish, making his first US team. Churchill ran the Bolton

USSSA NATIONAL CHAMPIONSHIPS – BOLTON VALLEY, VT

valley course many times preparing for the race which may have been a big part of his improvement from 24th in 2004. Kevin Tilton was the fourth CMS finisher, taking 11th overall and 9th US finisher. Ben Nephew (CMS/Dion) was 16th overall. Verrington who was 12th overall in 2005 (Alaska) took 23rd and 5th 40+. I was passed by Jim Pawlicki who took 25th twelve seconds up on me. Peter Maksimow held on for 28th with Petey close behind in 30th. Rob Smith was CMS's tenth man in 40th place. Kelli (who was National champion in 2003) kept within 2 minutes of Rob, finishing second for the ladies and 50th overall.

Bolt's final word on the 10K "We had a great team race and we looked good in the new team colors. Also, everywhere you looked you saw someone in a Dion top, vest, hat or shoes. They (the Dion wearers) really support "the sport"; it could be seen in all age groups".

The weekend had only just begun! I had time to go back to our CMS condo and slam down a Pepsi (sorry no Polar cola available) and a gel. I changed into dry clothes and headed back out for the citizens 5K. A little more than fifty runners lined up, with the junior runners given the front for a clean start. They needed it as they sprinted out for what looked like a 100 yard dash. It took me about five minutes to get past the first girl and eventually I worked my way up to the top ten. I was pretty sure it was just juniors ahead of me. The course was nice, similar to the 10K with a long climb, a drop and then a climb at the end. The course crossed the 10K course a few times and the last 1.5K was over the same trail as the 10K. I was feeling pretty tired but encouragement from Jim Pawlicki "Double-D doing the double" kept me going. The youngsters ran pretty fast, Christian Thompson ran 20:16 and I'm sure he wasn't fazed by the hills as he was a member of the TEVA US Mountain running team. I finished a little ahead of the first girl, but was pleased that my last split was almost exactly the same as what I had run in the 10K (6:14 & 6:11).

The CMS crew packed it in and headed to Burlington for a big meal, actually three meals as we really didn't have breakfast or lunch. Petey bailed on us but knocked on the door early Sunday morning as he was heading out for a run; he was nursing a sore hamstring and passed on the relay. Petey related "My Sunday AM run was so fun... I wish you could have done both (relay and morning SS run) Trapp Trail/Raven's Wind trails were so steep in some places!! Relay seemed like a blast but I made right decision". He ran up the trails and onto the Long trail while the rest of us drove to the base of the mountain. We ran on a flat skimobile trail and were able to get a decent cup of coffee afterwards. I was a bit taken aback when a local at the gas station asked "how'd the snowshoe race go". He turned out to be a worker for Bolton Valley, but it was still nice to hear that people knew that there was a big race in the area.

The relay on Sunday attracted a good crowd. Thirteen teams of four runners competed over the 2 (plus) Kilometer loop. As with the other races over the weekend it featured a long down and a tough climb. Kelli Lusk noted "The relay the next day was a blast! I ran 75 minutes in the morning on the Catamount trail, then took a loop on the relay course and decided to see if I could jump into the race with other runners who needed a team.

We pieced together Peter (Maksimow) and a couple other runners and didn't end up too bad! The course was fast and fun. It would be cool if more runners stayed for the team relay, so maybe if it's held earlier on Sunday or on Saturday evening, it would attract more participants". Peter added "I was third person in from the first leg of the relay, behind Kevin (Tilton) and the Canadian runner. Dan (Verrington) was behind me. I clocked my split at 10:29. I really didn't want to run the relay because I was bummed out (not to mention physically bummed out) but I am really glad I did. It was a fun event and short enough to where my dysfunction didn't affect me too much".

The relay had an exciting start with a bunch of teams in contention during the initial leg. Kevin Tilton led the way with an opening split of 9:40, crossing the line dead even with Christian Vachon of Team Canada. Peter Maksimow came through in third (on the leading mixed team) with Carl Johnston of Genesee valley a step behind in fourth (on the leading 40+ team). Dan Verrington followed in 10:41 with the leader of the first junior team eight seconds back. Paul Low opened up a lead on the Canadian team with a fast 9:30 split, putting 49 seconds on our neighbors to the North. The Genesee team increased its lead although Ken Clark moved into fourth place with his 11:22 split. Canada and the mixed open team had very strong third legs. Martin LaDouceur (Canada) and Mike Decker (mixed team) both ran 10:05. This closed CMS's lead to 38 seconds as Ben Nephew ran 10:16, and moved the mixed team into fourth overall, four seconds up on the CMS/Shenipsit 40+ team. Rob Smith's 10:47 was fast, but not fast enough to hold off the charge of Decker (tenth place in the 10K). Kelli Lusk anchored for the mixed team and noted "the roller derby-style shuffling during the relay" made things a little more interesting. I may have had some incidental contact on the line when I passed her. While Kelli held me off for the first half of the loop, Rich Bolt was running the days fastest split to lead CMS to Gold. Rich ran 9:21 to seal the victory, as team Canada finished with a strong final leg (Jimmy Gobeil in 9:45). Genesee Valley took third overall and first 40+ with a 10:24 final split and I anchored with an 11:02 to move us back into fourth and second in the 40+.

Definitely a fun weekend, with plenty of racing opportunities and a chance to see all of the snowshoe groupies one final time before hanging up the shoes for another year.

Dave Dunham

USSSA BORAD – N.E. REGION - PLEASE VOTE!

Mark Elmore 135 Brand Hollow Rd Plattsburgh, NY 12901

snowshoeguy@yahoo.com

Deadline to vote is Friday 04/14/06 at 9pm EST. Thank you.

Northeastern Region:

Vote for Up to Three Total

- 1. Jim Tucker (NY) _____
- 2. Steve Rivers (NY) _____
- 3. Nate Huckle (NY) _____
- 4. Kelli Lusk (MA) _____
- 5. Bill Morse (MA) _____

BERKSHIRE COUNTY TRAILS NEED HELP

Thanks to all who participated in the open forum last week re: ORV/ATV use in our state forests. There is a need for mt bikers and hikers to provide the DCR with feedback regarding our trail concerns. Criteria being considered regarding ORV/ATV usage are years from any enactment. We have trails that need help now. I am sending the following letter to the DCR and I would ask that those who share similar concerns spend a few minutes and do the same. Certainly, the ATV/ORV lobby is powerful and vocal. We have not been. The DCR will be inundated with letters reminding them that ORV/ATV riding on state lands is a God given right. They will hear of many hours of dedicated trail work via ATV/ORV groups, they will be reminded who pays taxes and they will hear how much of this as a non-issue. We should point out actions that can help save our trails. Send to:

Gary M. Briere, Chief, Bureau of Recreation
 MA Dept of Conservation and Recreation
 251 Causeway St.
 Boston, MA 02114
gary.briere@state.ma.us
 PH. (617) 626-1454

Fax (617) 626-1351

After having reviewed the "Draft Criteria for Evaluating DCR or Other Properties for ORV/ATV Use" and having participated in an open public forum on this topic, I would like to provide you with some commentary on this important subject. I am a full time emergency physician yet I look forward to spending my free time hiking, mountain biking, snowshoeing and cross country skiing. I spend many hours on the trails of Berkshire County with friends, boy scouts, and family. I have come to know these trails very well and sadly, I have witnessed their rapid demise. The destruction of these trails parallels the exponential increase in ORV/ATV sales and usage over the last decade. I have tremendous concern about the health and sustainability of these trails, the forests through which they traverse and, the plants and animals that live there. I would like my children and future grandchildren to someday have the same opportunity that I have enjoyed to appreciate these special places. I believe this will not be possible if the status quo of ORV/ATV usage throughout Berkshire County is not addressed in an expeditious, thoughtful and diligent manner. I applaud the DCR for bringing this discussion to the table and involving groups with diverse interests and agendas however, the time frame for action with this process is unacceptable. I would like to speak to both short and long term solutions to this problem.

In the short term, meaning before there is adoption and enforcement of the Usage Criteria, action must be taken to prevent further irreparable damage to the trails within Pittsfield and October Mt. Many of these trails are worse than those in Savoy, which, was closed to ORV/ATV use last year. One open trail within Pittsfield was even depicted as an example of a non-sustainable trail in the DCR public presentation. I would suggest DCR strongly consider the following actions:

1) During the spring of 2006, perform a thorough walking assessment of each trail in these two parks. Determine which trails are currently acceptable for ORV/ATV use, which trails need repair before reconsideration, which trails are unacceptable for use. This should be very straightforward and not require scientific analysis or unnecessary debate. It is under the

jurisdiction of the DCR to utilize common sense and to institute corrective measures as appropriate.

2) Create obvious signage to clarify who should and should not be using various trails. Use gates to block those trails off limit to ORV/ATV use, whenever possible.

3) Develop specific criteria which might allow an ORV/ATV damaged trail to again be utilized by both. The responsibility for repair and bioremediation of these trails should be placed directly upon these user groups, and only when sufficient repair has been performed and documented will these trails re-open for ORV/ATV use. This will hopefully help foster a sense of care and responsibility within ORV/ATV groups. They will have a very concrete incentive to "police their own". As an example, the Skyline trail from Route 20 to Potter Mt contains numerous examples of trail braiding, erosive damage and forest infringement. The trail first became an ATV highway and then it evolved into a waterway and breeding ground for mosquitoes. Motorized riding should not be permitted there until; drainage has been established, bridges built, and the trail grade improved. Real work must be done. Currently the 400 hours per year/ per park of trail work boasted by ORV/ATV groups is easily offset by a few hours of destructive individual riding.

4) Impose hefty fees for ORV/ATV use on approved trails in State Parks. These fees must not be viewed as an entitlement for riders to assume trail ownership rather; the permits should be rewarded as a collaborative contract toward trail stewardship. These should only be issued after an individual signs a waiver implying financial responsibility for the cost of unnecessary or intentional trail damage. Applicants should also acknowledge that they will relinquish their vehicle to the DCR if they are found riding on an unapproved trail. Educational materials should be distributed outlining proper and improper vehicular driving practices as well as safety tips. As an emergency physician, I have treated too many tragic injuries sustained by ORV/ATV riders. Riders should pass written and practical driving tests before gaining licensure. The fee structure should be steeper for out of state riders who may be less inclined to drive responsibly on our trails. Optimally, the fees will permit funding for adequate real time enforcement and routine trail maintenance thus, helping to create truly sustainable trails. I would also suggest that prominent license plates must be displayed on the vehicles and that significant fines be levied if a vehicle is found operating without a plate displayed. We need to make it easy to identify and report those who abuse our trails.

For the distant future I support the draft criteria in its entirety. I have heard arguments recommending the deletion of filters such as "Core Habitat" areas or, those designated as protected under the Berkshires Scenic Mountains Act. I am in disagreement; these are important and sensible inclusions. Additionally, I am in support of the minimum trail network being at least 30 miles. Short corridors and numerous small routes would make enforcement more difficult and damage more rampant. I appreciate being allowed to provide input in this process and I hope that you will act quickly to help save our trails and forests.

Sincerely,
 Michael Coyne, M.D.