

WMAC

SNOSHU-NEWS

WMAC

NORTH SOUTH POND 2006 ...COUNT ON IT!

Florida MA, January 7, 2006... North AND South Pond....

Leave it to Savoy... not a flake on the ground on the earth and Savoy has snow... lots of it... more than enough to race on... count on Savoy... leave it to 94 snowshoers to show up in faith that Savoy would have snow... count on it... leave it to Ed and John to be there in that frozen shelter to meet and greet and check everyone in... and the course would be well marked... and there would be food to consume after... and others would come out and help them... and the day would happily and safely unfold to the delight of all that came... you can count on it all...

It's all about counting on people, isn't it? Faith and trust in the order and trueness of people. There was a lot of counting on others going around this day at Savoy...

Observations of the day... Bruce Marvonek was going from car to car begging for kindling for the shelter potbelly stove... wanted some warmth for John and Ed... (like people would carry kindling in their car...)

Mike Lahey was there with his son Chris and friends... it was clear that Mike was thrilled and proud to have his son there with him...

Darlene made her snowshoe debut after knee surgery... gosh, it was good to see her... she should be there... we count on her...

Pete Lipka couldn't make the race, but came late anyway just to say hello to people and hang out...

Paul Hartwig had just been through a series of surgeries and yet, there he was, stitches not even healed, helping out, along with his son and glad to do it...

Finish line people FREEZING in the cold, helping out with timing and pulling numbers... it was COLD and windy that day and there they were... working for us...

We are getting a lot of new faces at these events... maybe there are some big guns looking to train to qualify for Nationals in Vermont this year... maybe others who are not quite big guns, but have heard what a great group this is. This IS a great group... always looking out for the other person... counting on each other... always welcoming, always with a smile... no matter if you are running, volunteering, cheering or just hanging out... people traveling great distances to be with this group... gotta be something, right?...

It's called love of the people and love of the sport...

Count me in...
Kaniac - January 2006

SOUTH / NORTH POND... OR... NORTH / SOUTH POND

Edward Alibozek boasts that the WMAC Snowshoe Series is as "flexible as Gumby." And no wonder: he is the race director of the South/North Pond Snowshoe race or, possibly, the North/South Pond Snowshoe Race. It all depends. Well might first-timers question Edward's sanity. After all, shouldn't he, as Esteemed Founder of the WMAC Snowshoe Series, at least know where his race is coming from, or going to? But not to worry. This all has to do with being a Disciple of Gumby...

...Once upon a time, when winters were colder and more predictable, South Pond was always South Pond. But then I entered upon the scene and, surprisingly, did not get lost. Instead, I plunked when I should have leapt and landed up to my thighs in an ice-cold brook disguised as a snow bank. It was hovering near zero degrees and, as a fan of Gary Paulsen's outdoor survival adventures, I knew what I had to do. I had to stop in my tracks, build a fire, and strip off my wet clothes before I got frostbite. Needless to say, this didn't happen... where is Worsham when you really need him? So I soldiered on, more afraid of frostbite than of last place. Once back, a simple blow torch application to my frozen bindings, and I was free...

And that simple Cautionary Tale illustrates why we now have the North Pond Option. The North Pond route, besides being farther away from South Pond and the muggy climate of South Florida, avoids the South's Tyler Swamp tributaries. These enthusiastically flowing brooklets are working diligently to turn this swampy area into a small Everglades. With our recent erratic weather pattern, these babbling brooks were happily going about their business underneath a one-foot cover of the white stuff. Beware the careless snowshoe!

So, race day found Bob with his snowshoes and Edward with his registration forms ensconced in the summer bathhouse. As I was waiting for my turn to enter, the lady ahead of me halted abruptly and turned around, a look of puzzlement on her face. "The door says MEN!" she gasped. "Where do the women register?" In all my years of coming to this race, I had never, ever noticed that the door favored MEN. I wonder how many others knew? Did Edward know... and more importantly, does that mean women don't have to pay?

Thanks to the trail marking crew the day before and to Jeff, who went out early in Bigfoot snowshoes to trample down some passing lanes, we never clumped enough runners together to rival last year's Polar Express train ride. The snow was delightful—a deep, fluffy powder just ready for big Dion cleats and a few exuberant snow angels. But what else could you expect? Having two excellent North and South Pole options conveniently located near one all-purpose MEN's launching pad, virtually guarantees a good time.

laura clark

BLACK DAY AT NORTH/SOUTH POND: 2006

I don't understand the naming of this race. First it was the South Pond Shuffle, then it was North Pond, and now it's North/South Pond. And where did the "shuffle" go? Are we all so experienced that none of us shuffle anymore? Do we stride rather than shuffle? How do I compare my previous times to now if the course is not the same from year to year? Actually I like variety, and I especially like the fact that Farmer Ed has put that hill climb, with the subsequent long down hill, into the race.

It was perfect for a race; it can get very cold and windy at that location. However, that was not the case this day. The sun was out, and you could actually stand around your car before and after the race.

Some good things about the day were these. We didn't have to wear gaiters (gators, gaitors), especially baby blue ones with white polka dots that somebody forgot. There was a very convenient place to go to pee across the street on a snowmobile trail that was very packed down. All the little yellow spots were funny. Some of them had the footprints about two feet away from them; others had the footprints on either side of them. Wonder why?

I managed to get my little shoe covers on right side-up this time as opposed to upside-down as usual. The course was fantastic. Ed and his crew had been out there during the week making a good track for us, so runners didn't get all bunched up at the front like last year taking turns breaking trail. I started at just the right speed to get placed where I should be before getting into the woods. A single-track snowshoe trail is not good for someone with claustrophobia.

I see that the Cemetery Man, Bruce Marvonek, is back in good form after a hiatus with his knee. He looked strong on the uphill as he shot past me and didn't look back once. By the way, where was that good-looking woman of his today? He's holding out on us. The finish was hard for me after coming out of the woods by the road and having to negotiate that uphill through the gate and to the finish line. I had expended it all trying to catch a couple of guys, and had nothing left.

After snowshoe races I usually get the dry heaves and sound like a hound dog with a bone stuck in his throat. However, today I was blessed with actually being able to throw up not too long after coming across the finish. Luckily for the other finishers I did it out of the way where no one would walk, because I felt a good cleansing coming on. No chunks, just liquid. You know when you do your best at a snowshoe race when you throw up after.

It was good to see some of the people around who are back into snowshoe racing like Larina Bobbitt Riley (with bobbing ponytail), Darlene McCarthy (who managed to keep her shoes from getting tangled together), and Dave Hannon who managed to run the race without taking his clothes off. He didn't finish in the top three because he stopped to make a snow angel.

Jay Kolodzinski let himself get beat by a girl. I finally beat Peter Keeney in a race. Okay, so he started an hour late. And I

want to know where Peter's blond bombshell from Escarpment was today. Did anybody other than me notice that Bob Dion ran the race in Sherpa Bolt Racers? And how about that 76 year old Richard Busa? What a man! He may be 76, but he has the legs of a 60 year old, and he likes his coffee too.

I keep asking myself, where is Stan Tiska these days? Has he totally dropped out of anything having to do with exercise? Where has Meg Dunne gone? Richard misses those electric hugs. Where was Annie Mega-Wedgie Shultz? Where was Barbara Sorrel? Where was Laura Clark's new competitive age-group nemesis?

When I asked Johnny Scalise where the tofu dogs were he told me nobody had time to fly to Seattle to buy any. I didn't understand what he meant by that, so I ate all the cookies instead, especially those little chocolate nipple cookies. And Johnny looks like he's about 30 years old now; he shaved off his gray beard and got a bunch of cosmetic surgery and a year's supply of Botox, so he's all set.

I was lucky enough to be near the finish line when Kelly Short came across. She had stripped down to just her black shortsleeves. Now I'm wondering what she would have stripped down to if this 5K race had been another mile. Ed, make sure this woman enters the 9-mile Moody Springs race!

Did everybody see the WMAC website with all the pictures that Brad Herder put on there? Brad, are you sure you got enough pictures? Well, I have one race under my belt now with my new Dion Lightweight Racers, which were great, and I'm looking forward to the next ones. No more shuffling for me; I'm a runner now.

Bob Worsham -- bobworsham@charter.net

NORTH POND AGE GROUP CHAMPS

12 – 15	Kath Holland	1:11:32		
16 - 19	Emily Gravelle	50:57	Justin McCarthy	51:02
20 – 24	Sheila Osgood	38:47	Josh Merlis	34:53
25 – 29	Kara-Lynn Kerr	41:41	Jay Kolodzinski	36:28
30 – 34	Kelly McKeown	47:28	Paul Low	29:46
35 – 39	Kelli Lusk	36:27	Thom Reid	44:12
40 – 44	Dar McCarthy	51:47	Ken Clark	30:52
45 – 49	Cindy Fisher	47:43	Nick Jubok	38:49
50 – 54	Jill Toler	1:01:29	Dave Wallace	34:44
55 – 59	Laura Clark	51:03	Jim Carlson	49:49
60 – 64	Carol Kane	46:35	Bob Worsham	43:32
65 – 69	M. Rajezewski	1:04:19	Ed Alibozek, Jr.	45:20
70 – 79			Richard Busa	1:01:27

3.3 MILE SNOWSHOE RACE

JANUARY 7, 2006 SAVOY MTN STATE FOREST FLORIDA/ SAVOY, MA

01. Paul Low	32M	0:29:46	100.00
02. Matt Cartier	30M	0:30:14	98.94
03. Ken Clark	43M	0:30:52	97.87
04. Dave Dunham	41M	0:31:16	96.81
05. Dave Hannon	34M	0:33:54	95.74
06. Dave Wallace	51M	0:34:44	94.68
07. Mike Fraysse	33M	0:34:48	93.62
08. Josh Merlis	24M	0:34:53	92.55
09. Bob Dion	50M	0:35:46	91.49
10. Dan French	34M	0:35:53	90.43
11. Kelli Lusk	35F	0:36:27	89.36
12. Jay Kolodzinski	26M	0:36:28	88.30
13. Jack Casey	51M	0:36:42	87.23
14. Patrick Riley	27M	0:37:36	86.17
15. Greg Rems	29M	0:37:48	85.11
16. Nic Scibelli	43M	0:38:35	84.04
17. Shiela Osgood	23F	0:38:47	82.98
18. Nick Jubok	49M	0:38:49	81.91
19. Todd Holland	42M	0:40:17	80.85
20. Chris Chromzak	21M	0:40:27	79.79
21. Art Roti	33M	0:40:45	78.72
22. Mike Lahey	54M	0:41:14	77.66
23. David Rice	43M	0:41:20	76.60
24. Ed Buckley	47M	0:41:37	75.53
25. Kara-Lynn Kerr	27F	0:41:41	74.47
26. Tom Hancock	42M	0:42:05	73.40
27. Bruce Marvonek	52M	0:42:07	72.34
28. Pat Sorsby	30M	0:42:11	71.28
29. Bruce Shenker	53M	0:42:28	70.21
30. Barry Auskern	45M	0:43:10	69.15
31. Howard Bassett	45M	0:43:19	68.09
32. Bob Worsham	60M	0:43:32	67.02
33. Jan Rancatti	45M	0:43:38	65.96
34. Bill Morse	54M	0:44:01	64.89
35. Thom Reid	37M	0:44:12	63.83
36. Kelly Short	25F	0:44:15	62.77
37. Larina Riley	27F	0:45:18	61.70
38. Ed Alibozek Jr	66M	0:45:20	60.64
39. Carol Kane	60F	0:46:35	59.57
40. Andrew Anselmo	40M	0:46:49	58.51
41. Liz Schmitt	27F	0:46:57	57.45
42. Kelly Anne McKeown	30F	0:47:28	56.38
43. Cindy Fisher	47F	0:47:43	55.32
44. Vince Kirby	49M	0:47:47	54.26
45. Bess McKinney	26F	0:47:53	53.19
46. Jim Carlson	57M	0:49:49	52.13
47. Jeff Agli	34M	0:50:14	51.06
48. Gareth Buckley	29M	0:50:39	50.00
49. Walt Kolodzinski	63M	0:50:51	48.94
50. Emily Gravelle	19F	0:50:57	47.87
51. Justin McCarthy	16M	0:51:02	46.81
52. Laura Clark	58F	0:51:03	45.74
53. Julia Magnussen	33F	0:51:23	44.68
54. Bob Massaro	62M	0:51:26	43.62
55. Maya Siri Wardara	28F	0:51:35	42.55
56. Jon Howes	49M	0:51:44	41.49

57. Darlene McCarthy	43F	0:51:47	40.43
58. Jeff Hattem	54M	0:51:49	39.36
59. Denise Dion	47F	0:51:52	38.30
60. Debbie Lunn	49F	0:51:56	37.23
61. Laurel Shortell	39F	0:51:58	36.17
62. Chris Corsac	39F	0:52:01	35.11
63. Juergen Reher	56M	0:52:21	34.04
64. Paige Madison	16F	0:52:28	32.98
65. Kim Sernacki	36F	0:52:37	31.91
66. Michael Sernacki	40M	0:52:37	30.85
67. Heidi West	39F	0:52:52	29.79
68. Ryan Lahey	18M	0:53:01	28.72
69. Taidgh Buckley	24M	0:54:08	27.66
70. Chris Johnson	48M	0:55:08	26.60
71. Martin Glendon	59M	0:56:04	25.53
72. Karen Hirshfeld	34F	0:57:55	24.47
73. Jason Koperniak	18M	0:58:12	23.40
74. Kyle Delmolino	18M	0:58:18	22.34
75. Jamie Howard	40M	0:59:32	21.28
76. Richard Busa	76M	1:01:27	20.21
77. Jill Toler	54F	1:01:29	19.15
78. Kristen Buckley	31F	1:01:45	18.09
79. Jean Alden-St.Pierre	36F	1:02:13	17.02
80. Kate Hayes	57F	1:04:03	15.96
81. Marge Rajczewski	65F	1:04:19	14.89
82. Jack Rajczewski	66M	1:04:22	13.83
83. Bill Glendon	59M	1:04:27	12.77
84. Konrad Karolczuk	53M	1:04:28	11.70
85. Tom Heffernan	61M	1:08:45	10.64
86. Katheryn Holland	12F	1:11:32	9.57
87. Charles Hudson	68M	1:14:15	8.51
88. Anthony Sarcas	37M	1:25:19	7.45
89. Jeff Clark	59M	1:28:00	6.38
90. Anne Dobrowolski	54F	1:30:00	5.32
91. Ellen Mach	63F	1:30:00	4.26
92. Peter Keeney	39M	1:35:14	3.19
93. Katie O'Flaherty	29F	DNF	2.13
94. -----	28F	DNF	1.06



Mike Lahey leading Nick Jubok early during North Pond. Brad Herder photo.

A WEEKEND (PLUS) OF SNOWSHOEING

What a great weekend for running in the woods! I started off by heading up to Atkinson, NH on Friday (Jan. 6) to help out with the planning for a new race. The folks in Atkinson have a great set-up and are looking to put on a quality event for racers and their families. They already have thirty pre-registered for a Feb. 12 race.

Check out the race site at - http://www.allaroundfitnessandtraining.com/frosty_dash_cure/

I then drove a little over one hour to Windblown XC ski area to test my skills at snowshoe orienteering. I highly recommend checking it out if you are good at reading a map you'll have a blast. There was a soft 4+ inches of fresh snow over the groomed trails and a couple of inches of base under that. The running was fast, if a bit mushy in spots. This was my third week going out to Windblown. Each week's course offers the chance to quickly decide on the optimum route. This was the first time that bushwhacking was a valid option (other times the snow was too slow off trail to justify the distance saved). I had a blast running around and seeing a lot of animal prints when I went off trail. Now the animals will have fun seeing a lot of "Dave prints". I completed the course in about 45 minutes, going at a fast clip but not all-out. I wanted to save something for the next couple of days.

On Saturday I headed to North Pond with a car full of apps, and assorted gear for the weekend (five pair of running shoes and three pair of snowshoes). It is always tough to figure out what clothes and shoes will work best, so I err to the side of caution. I gave myself three hours to get to North Pond and easily made it in a little over two hours. The sound of the Dropkick Murphy's, Leveller's, Green Day, and the Cure made the drive go by quickly. It was amazing to see the difference in snow as I headed up along the Cold River. The sun was shining on the top of the mountain and the trees were full of fresh powder. I was really looking forward to the run.

It was great to see Ken Clark right after I pulled up, it has been a while since both Ken and I were healthy and I looked forward to racing him. I went out on the road and warmed up and was pleasantly surprised to count over fifty cars in the parking lot. It looked like a big group would be stomping off into the woods.



A group winding through the woods

Ed sent us off with a resounding "Go" and go we did. There was a huge cloud of snow flying as everyone took off for the first 200m before it narrowed down to single-track. I laughed at Paul Low and jokingly "thanked" him for coating me with snow. Ken shot out with a strong start and Matt Cartier tucked in behind him. Paul was next and I settled in behind him. I figured Paul was taking it out slowly as this was his first race of the year, but it still felt good to be in the lead pack. After about a mile Paul zipped around Ken as he called "on your left". Ken yielded the trail as Matt said something like "me too". Boom! They were off leaving us in a swirl of snow. We could see them on the straights, but they put 30 seconds on us in the second mile. Ken also pulled away from me.

I kept thinking, "It's going to take thirty minutes, at twenty push hard and pass Ken". At twenty minutes Ken was a good 20-30 seconds ahead and he **was not** coming back. I pushed and closed a little, but then took a spill that lost me a few seconds. From that point to the finish Ken pulled away. Paul gradually increased his lead to take his first victory of the year in 29:46, with Matt 28 seconds back. Ken took third overall and top 40+ with a 30:52 and I finished fourth (second 40+) twenty-four seconds behind. I ran back and grabbed my camera to take some shots of the rest of the field. There was an amazing mix of the number of layers worn, from short sleeves to parkas in the field of nearly 100 finishers.

I grabbed some grub before heading off. Where else will you have a \$5 entry fee and such a great variety of food? I was in a bit of a sugar low, but some cookies and a cup full of M & M's cleared that up. Ed really knows how to show people a fun time.

I got in the car and headed for Vermont. One of my teammates (and one-time Snowshoe racer, Eric Morse) lives in Montpelier, a mere 20 minutes from the Bolton Valley Ski area where the USSSA would be hosting a national qualifier on Sunday. It was a couple of hours drive, but I enjoyed it by blasting out discs by the Waterboy's, World Party, Dave Sharp, John Wesley Harding, and more Dropkick Murphy's. Eric and I only made it through a couple of plays by the New England Patriots and I called it a night. Eric had run and done a bunch of chores before I woke up, he gave me a lot of grief for sleeping 12 hours. Seemed refreshing to me!

We drove up Bolton valley and noted that there was more snow as we went up the valley from nearly sea level to 1500'. The first fellow CMS runner that I bumped into was Dan Verrington. It was a bit of a surprise as we are training partners (not life partners!) and he had told me he didn't think he'd be going. We had a solid team present; Kevin Tilton had been on Snowshoes since October thanks to his home base in North Conway. Rich Bolt had already won a race this year, taking the season opener in Woodford, VT two weeks previously. Ben Nephew (Bronze medal at the 2001 Snowshoe national championships) and Jim Pawlicki completed the team. Dan and I were hoping to be part of the CMS 40+ team at Nationals in March. The USSSA qualifying standards are pretty loose and my only goal was to qualify.

A WEEKEND (PLUS) OF SNOWSHOEING CONTINUED

A few of us hit the road for a warm-up, while Ben and Kevin chose to go out on the course. Jen Rappaport joined us and grilled us on what we would be wearing for the race. Layering is always a tricky thing in Snowshoe racing, you want to be warm but don't want to overheat. You also have to anticipate that your back will get covered by snow. In addition, you may want to fly the colors of your team and/or your sponsor. There certainly can be a strange mélange of colors and layers at the start line. We all gave Jen our differing views and left her to fret about what to wear.

The race was poorly organized, as seems to be typical at a ski area where the turnover for workers is pretty high. No one from USSSA was present to sign up members. I was laughed at when I asked if mile markers would be present, and



when I asked "How about Kilometer marks" I got a blank stare in return. At that point I figured I'd be a pain in the butt so I asked about the Kahtoola competition. They are an associate sponsor for USSSA, and I figured it would be interesting to see if they had anyone present. The RD had no idea what I was talking about. He did mention that "six percent of the race is on groomed trail", I tried to do the math in my head and figured that would be about .37 miles of groomed. That seemed weird as it looked like the entire first mile would be on groomed trail.

The starting line was set up on a narrow section of trail that only allowed for about four people to get on the front line. Dan and I got in about eight rows back. We got a good chuckle when we saw a guy next to us with a pair of KIDS Northern Lites snowshoes on. His running shoe was actually resting on the back of the snowshoe! We also saw some interesting shoes that the Canadians were wearing. They had very lightweight tapered shoes that had a system that allowed you to clip your running shoe in. There was a wide array of shoes being used by the 50+ people on the line.

After some discussion about what color flagging to follow we were sent off. Rich Bolt was first off the line forging a lead before I had even started racing. The field quickly spread out as we climbed for the first mile on groomed trail. I could see Rich with Kevin and Ben in second and third. I could also count my place and came up with twentieth. That was fine with me, top ten qualify and ten in each age group. I figured I'd definitely qualify if I stayed in the top twenty.

We hit single-track trail at about a mile in and almost immediately some of the guys in front of me slowed down. I made a few moves to the side and slowly moved up in place. The course was excellent! From the beginning of the single-track we had a mix of ups and downs, but it was all very run-

able. I had studied the map and was waiting for the big 1,000' drop from three to 4.5 miles. Unfortunately the copy of the map I had looked at had a smudge and the drop was actually more like 500'. I looked at my watch at 30 minutes and figured I "must be at three by now", but never hit the big drop. I also got my first glimpse of Dan up ahead. When I saw him on a long straightaway he was 40 seconds up on me. The next time I saw him was 40 minutes into the race and he was now a full minute up. I was running hard, but not all out. Seeing Dan that close fired me up for the last section.

Just after 40 minutes I passed Greg Hammet who had stopped with a broken shoe. He had a direct mounted shoe (his running shoe was bolted to the snowshoe) and he was trying to run in one snowshoe and one **SOCK**. He asked me "How far do we have to go?" and I told him that I thought we had about two miles left. He did not sound happy. The last 1.5 miles was all groomed trail and all climb. I think the National champion will win the race on that stretch. A good strong climber (read: mountain runner) should do well on this course.

Rich got passed by Kevin and a Canadian and held on for third place. The Canadian winner is also a National class steeplechaser. Kevin ran very well, despite the fact that he ran up/down Mt Washington the day before. Ben showed that he will be in the running at the Nationals with his fourth place finish. I didn't close at all on Dan in the last 1.5 and he took ninth about a minute up on me. I was pleased to take tenth, especially this early in the year. Jim rounded out the CMS team as we put six runners in the top fourteen.

Bolton Valley will be an excellent location for the Nationals if they can smooth out some of the small glitches. The course was well marked, although the last couple of miles had scant markings (it's nice to have a flag now-and-again just to let you know that you are on course). They have nice indoor facilities, but it may become crowded if they have more than fifty runners show up. The \$12 entry fee was decent, but they advertised "post race refreshments". They only had water and some granola bars after the race, pretty lame when you compare to the feast at North Pond the day before.



January 8, 2006

Bolton Valley, VT

1	Gobeil Jimmey	Canada	0:47:49
2	Kevin Tilton	NH	0:47:59
3	Richard Bolt	NH	0:49:28
4	Ben Nephew	MA	0:51:46
5	Elijah Barrett	NH	0:52:50
6	Joel St. Louis	Canada	0:53:11
7	Christian Vachon	Canada	0:53:16
8	JF Lindsay	Canada	0:53:31
9	Dan Verrington	MA	0:55:00
10	Dave Dunham	MA	0:55:57
11	Greg Hammet	NH	0:56:23
12	George Adams	MA	0:56:30
13	Thomas Beckum	ME	0:56:57
14	James Pawlicki	MA	0:58:11
15	Allen Mead	VT	0:58:27
16	Adam Robertson	NY	0:59:12
17	John Couillard	MA	0:59:15
18	Jad Daley	VT	0:59:16
19	Peter Default	USA	1:01:32
20	Kasie Enman	VT	1:01:48
21	Jean-Nicolas Duval	Canada	1:02:37
22	Ross Saxten	USA	1:02:46
23	Todd Peterson	USA	1:03:17
24	Kelolie Carpenter	USA	1:06:37
25	Jennifer Rapaport	MA	1:07:48
26	Dina Alborano	USA	1:08:09
27	Matt Marawski	USA	1:08:44
28	Janelle Lang	NH	1:08:55
29	Peter Malinowski	MA	1:08:57
30	John Doty	VT	1:09:24
31	Moira Durnin	USA	1:11:32
32	Ted McKnight	VT	1:12:25
33	John Pelton	VT	1:13:13
34	Zeke Zucker	VT	1:15:27
35	Sandy Rasco	NY	1:16:29
36	Jessica Cover	USA	1:21:17
37	Jessica Coll	USA	1:21:59
38	Olivier Proulx	Canada	1:22:00
39	Erin Lyman	USA	1:23:55
40	Paul Cooke	Canada	1:26:21
41	Gerald Barney	VT	1:26:26
42	Ingrid Bashaw	NY	1:32:58
43	Wayne Nicoll	NH	1:33:30
44	Patricia Driscell	VT	1:36:10
45	Jesse Richardson	USA	1:37:39
46	George Taylor	USA	1:38:20
47	Bryan Johnsten	USA	1:58:00
48	Anniel Bierle		2:06:41
49	Andrew Keefe	NY	2:21:22
50	Ronald Murray		DNF
51	Chad Denning		DSQ

It is incredible to think that I have now been on the 10K course that will be used for the USSSA National 10K!

It is an awesome race-course. Here are a few recollections from the back of the pack.

It is staged on a mountainside and follows a good mix of groomed and un-groomed wide trails and un-groomed single track trails up and down through beautiful mixed conifers and hardwoods.

You start on a wide groomed trail, run uphill about a mile before you go off on single file un-groomed trails. The wide uphill start gives the leaders plenty of room to get sorted out. There are lots of up and down small hills. Occasionally you will come onto groomed and un-groomed wide trails, and then back to single paths again. About a mile from the finish you have a long gradual uphill on a wide groomed trail, which takes you all the way up to the finish. Several of the final turns were not well marked but that is easily resolved.

The building we assembled in seemed a little cramped if most competitors had remained for the awards. Not many stayed for the awards since there was not much to see. A lady did show up to make signing up for the USSSA possible.

I had a little trouble finding my way to the resort. Competitors should be advised that there is no I-89 exit to Bolton Valley. You must exit east or west of Bolton, take route 2 to Bolton, then cross under I-89 and up the long hill to the resort.

Again, it was a great experience, and if I qualify, I will be back for the big one.

Wayne Nicoll

Bolton Valley will be a nice place for the nationals March 25th, 2006. I would rate the 10K course as very demanding, but fair. The first mile plus is groomed, very wide and gradually up. There is plenty of time to adjust to the race before the tough stuff. Soon you get onto the single track, which is mostly much steeper with some short downs. This is the hard section.

Before mile three the course starts down, some very steep, "backside" downs. This is through some very beautiful, but rough terrain. So, for the first half, think, "Climbing!"

The second half is very gradually down on nicely groomed trails to a point lower than the finish. You know what this means! The last 1.75 miles are all groomed, but uphill, some fairly steep, and how you are feeling after the first part will determine how you will handle it. The last 100 meters is gradually up, so save some for a fast finish.

No water on the course. Maybe because of the difficulty of the single track, there seemed to be a high percentage of single-track. There was a clock at the finish line and they seemed to be doing a good job with the timing.

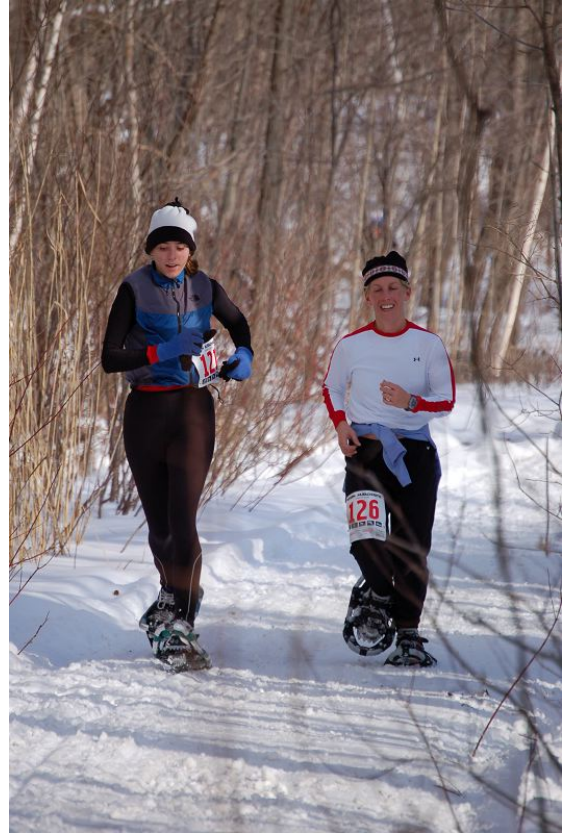
This was early for a 10K; I think a lot of the runners were doing their first race of the season, as was I. For a race as difficult as this you appreciate some good nourishment afterwards. Here you got a cup of water and a skimpy granola bar for your \$12 entry fee and the promise of "Post Race Refreshments". Oh for the great food after a WMAC event!

John Pelton

**7th ANNUAL GREYLOCK GLEN SNOWSHOE RACE
3.2-MILE NORTHERN "BEAVER POND" LOOP
JANUARY 28, 2006 GREYLOCK GLEN ADAMS, MASS**

01. Paul Low	32	0:24:30	100.0000
02. Mark Churchill	30	0:25:01	98.3333
03. Kevin Tilton	24	0:25:32	96.6667
04. Matt Cartier	30	0:25:36	95.0000
05. Ben Nephew	30	0:26:43	93.3333
06. Peter Maksimow	27	0:27:26	91.6667
07. Dave Dunham	41	0:27:45	90.0000
08. Kenny Clark	43	0:28:09	88.3333
09. Rob Smith	38	0:28:24	86.6667
10. Britt Brewer	42	0:28:46	85.0000
11. Kelli Lusk	35	0:29:01	83.3333
12. John Onderdonk	38	0:29:18	81.6667
13. Paul Bazanchuk	51	0:29:52	80.0000
14. Patrick Riley	27	0:30:06	78.3333
15. Edward Alibozek	43	0:30:11	76.6667
16. Jay Kolodzinski	26	0:30:48	75.0000
17. Dan French	34	0:30:49	73.3333
<u>18. Sheila Osgood</u>	<u>24</u>	<u>0:31:16</u>	<u>71.6667</u>
19. Jack Casey	52	0:31:42	70.0000
20. Wayne Stocker	51	0:32:28	68.3333
21. Nick Jubok	49	0:33:47	66.6667
22. John Pelton	66	0:33:53	65.0000
23. Mike Lahey	54	0:34:05	63.3333
24. Larina Riley	27	0:36:12	61.6667
25. Peter Lipka	54	0:36:31	60.0000
26. Ed Alibozek Jr	66	0:36:45	58.3333
27. Chelynn Tetreault	30	0:37:09	56.6667
28. Justin McCarthy	16	0:38:52	55.0000
29. Scott Bradley	51	0:38:53	53.3333
<u>30. Maya Siri Wardana</u>	<u>28</u>	<u>0:39:08</u>	<u>51.6667</u>
31. Patrick McGrath	40	0:39:18	50.0000
32. Ed Saharczewski	52	0:39:25	48.3333
33. Chris Johnson	48	0:39:59	46.6667
34. Kelli Short	25	0:40:09	45.0000
35. Jim Carlson	58	0:40:28	43.3333
36. Darlene McCarthy	43	0:40:56	41.6667
37. Bob Massaro	62	0:41:06	40.0000
38. Jeff Hattem	54	0:41:19	38.3333
39. John Aldrich	47	0:41:29	36.6667
40. Juergen Reher	56	0:41:48	35.0000
41. Maria Gonchoroff	20	0:42:22	33.3333
42. Jacquelin Lemieux	39	0:42:29	31.6667
43. Darlene Bryan	26	0:43:07	30.0000
44. Rich Busa	76	0:43:26	28.3333
45. Cara Morano	40	0:43:31	26.6667
46. Walt Kolodzinski	63	0:44:53	25.0000
47. Miranda Osgood	25	0:45:24	23.3333
48. Sally Goade	47	0:47:04	21.6667
49. Peter Finley	44	0:47:14	20.0000
50. Laurel Shortell	39	0:47:54	18.3333
51. Bree Carlson	26	0:50:00	16.6667
52. Kate Hayes	57	0:52:16	15.0000
53. Scott Hunter	60	0:52:56	13.3333
54. Jules Seltzer	70	0:54:30	11.6666
<u>55. Jennifer Droesch</u>	<u>18</u>	<u>0:55:25</u>	<u>10.0000</u>
56. Bill Glendon	59	0:56:11	8.3333
57. Konrad Karolczuk	53	0:56:12	6.6666

58. Andy Keefe	75	1:02:07	5.0000
<u>59. Ann Dobrowolski</u>	<u>54</u>	<u>1:15:00</u>	<u>3.3333</u>
60. Ellen Mach	63	1:15:01	1.6666



Maria Gonchoroff and Jacqueline Lemieux return to the Glen.

16 – 19	Jennifer Droesch	0:55:25
	Justin McCarthy	0:38:52
20 – 24	Sheila Osgood	0:31:16
	Kevin Tilton	0:25:32
25 – 29	Larina Riley	0:36:12
	Peter Maksimow	0:27:26
30 – 34	Chelynn Tetreault	0:37:09
	Paul Low	0:24:30
35 – 39	Kelli Lusk	0:29:01
	Rob Smith	0:28:24
40 – 44	Darlene McCarthy	0:40:56
	Dave Dunham	0:27:45
45 – 49	Sally Goade	0:47:04
	Nick Jubok	0:33:47
50 – 54	Ann Dobrowolski	1:15:00
	Paul Bazanchuk	0:29:52
55 – 59	Kate Hayes	0:52:16
	Jim Carlson	0:40:28
60 – 64	Ellen Mach	1:15:01
	Bob Massaro	0:41:06
65 – 69	John Pelton	0:33:53
70 – 74	Jules Seltzer	0:54:30
75 – 79	Rich Busa	0:43:26

1st HOFFMAN NOTCH WILDERNESS 10 KM SNOWSHOE CHALLENGE

USSSA

JANUARY 21, 2006

SCHROON LAKE, NY

USSSA

01. Mark Churchill	31	VT	0:57:29
02. Martin Ladouceur	35	Canada	1:00.05
03. Aaron Robertson	27	NY	1:00.08
04. Chad Denning	30	NH	1:02.01
05. John Onderdonk	38	NY	1:04.14
06. Ed Myers	54	PA	1:08.27
07. Courtenay Guertin	30	NY	1:10.10
08. Dan French	34	NY	1:10.44
09. Andy Rickert	26	NY	1:11.33
10. Myron Ferguson	49	NY	1:12.45
11. Erik Hanson	32	NY	1:15.18
12. Derrick Spafford	39	Canada	1:16.32
13. Jules Embry-Pelrine	22	NY	1:20.15
14. Sarah Montgomery	34	Canada	1:20.59
15. Matt Westerlund	33	NY	1:21.13
16. Dave Fiorini	44	CT	1:22.56
17. Cory Brown	19	NY	1:23.15
18. Cameron Lewis	19	NY	1:23.16
19. Philip Dybfest-Muha	19	NY	1:23.17
20. Jessica Tylutki	24	NY	1:23.27
21. Bill Tylutki	59	NY	1:31.34
22. Carissa Stepien	25	NY	1:31.35
23. Dana Frisillo	34	NY	1:31.44
24. Pam DelSignore	36	NY	1:32.08
25. Jessica Hageman	30	NY	1:32.19
26. Tim Murphy	40	CT	1:35.27
27. Kermit Cadrette	67	NY	1:35.27
28. Maureen Roberts	48	NY	1:35.31
29. Melissa Behr	51	NY	1:35.51
30. Deborah Springer	32	NY	1:36.28
31. Ingrid Bashaw	56	NY	1:42.08
32. Steve Von-Schenk	50	NY	1:42.12
33. Jim McKenna	54	NY	1:46.18
34. Laura Clark	58	NY	1:47.17
35. Ellie George	50	NY	1:50.44
36. Jessica Coll	22	Canada	1:53.46
37. Olivier Proulx	21	Canada	1:53.47
38. Kathy Pfohl	46	NY	1:55.42
39. Kim Reilly	37	NY	1:55.46
40. Tiffany Drake	19	NY	2:07.56
41. Steve Mazza	61	NY	2:14.33
42. Kristine Tribou	54	NY	2:57:40
43. Bill Tribou	55	NY	2:57:40
44. Jackie Zehl	20	NY	No Time Available
45. Margaret Marchuk	29	NY	3:08:00
46. Laurie Besanceney	25	NY	3:08:00

When Maureen Roberts and I pulled up to the Fish and Game Club we were greeted by forest rangers, townspeople, and USSSA officials. Since I always leave extra time for getting lost enroute, we arrived Worsham-early, with an abundance of time to observe all our obsessive pre-race rituals. After I donned two layers of socks, plus alligators and mtn bike booties, people with a normal sense of time and place began to arrive.

Most of the pre-race chatter centered on what to wear. As the parking lot ice began to melt, it was tempting to pretend spring had arrived. But the rain/sleet forecast tempered short-sleeved

decisions. Apparently, the Schroon Lake Chamber's influence extends laterally, but not vertically. No one seemed to mind, though, since in this winter of postponed races, snow is a bonus. So despite the confusing round of yes/no/it's a go! emailed messages, forty-two athletes lined up at the start.

The word "notch," as in Hoffman Notch, indicates that it is a pass between large, formidable chunks of Nature. In this case, we are talking about Hoffman Mtn and Big Pond, the largest lake in the area. The scenery is spectacular. And John is right: someday I'd like to hike the trail and actually be able to enjoy more than blurred impressions. The trail itself is definitely challenging in that the many abrupt twists and turns call for split-second reaction time and Dion secure bindings. I'd hate to have to tackle it with wobbly snowshoes. The hills were mostly of the brief up and down roller coaster type, with occasional forays on "dirt" access roads providing a welcome breather. Because of the struggling snow cover, we were treated to protruding branches and partially disguised rocks. Just about everyone got up close and personal with an intruding piece of ground cover. But that was to be expected given the trail conditions. What surprised me, however, was encountering a genuine water crossing with its own personal volunteer assuring us that this was still, in fact, a snowshoe race. In the beginning of the race, everyone had fun hopscotching over the soggy sections onto snow-covered mounds. Further on, after wading through water and ankle-deep mud, it really didn't matter. Thankfully, the majority of the trail did have snow.

I must admit that I entered this event with some trepidation. The term wilderness does not do much to inspire confidence if you happen to be as directionally inept as I am. But then, John is a guide and it would be bad for business if he lost a few participants. There was only one section where most folks took a wrong turn. When confronted with a pink ribbon that said "Follow me onto this fun bushwhack," most folks said "Nah, he doesn't really mean that." Forgetting about the fact that this was a wilderness and not a lazy-boy expedition, I naturally followed all the other shoe prints onto the path of least resistance, all the while assuming someone else up front was doing the thinking for me.

For a first-time race, or for any race for that matter, the organization was flawless. But then that is what runners have come to expect from the Town of Schroon Lake, site of the Adirondack Marathon, where everyone knows one another and all the townspeople pull together. As soon as my group of three had crossed the finish line and removed our snowshoes, there was a Senior Citizens' van waiting to ferry us back to civilization. And by that time, still huffing and puffing, we truly felt like senior citizens! But unlike the typical senior, we tracked in mud, melting snow and sweaty garments. And not one single complaint from the drivers who, after making countless rounds hauling smelly cargo, would have to steam clean the insides and polish the outsides of their vehicles.

Laura Clark

WINTERFEST SNOWSHOE COURSE DESCRIPTION

The Least You Have to Know: It's simple – You go into the woods, run around a bit and then come out again. If you follow the blue ribbons, orange flags and sample the red chalk/sugar arrows, you will come out at the correct spot. If you are color blind, you need to rely upon shape recognition.

To get your bib #, shirts, raffles and eats: You must now report to the Administration Building. This is the building with the spa-style marble portico that is located near the start. You can still expect the usual spa amenities: bottled Saratoga water, heated bathrooms (don't linger), large area to eat in and relax, etc. You can still park in the Victoria Pool parking lot or the Roosevelt Baths Parking lot.

Complete Course Description: Edward asked me(!!!) to give directions. He must be even more stressed out than I am by this point. But if you are obsessive and need to know every little nuance, go to www.saratogastryders.org. In the left-hand column click on places to run and then click Spa Park. Jeffrey Allen has done a complete and accurate description of what the course looks like without snow. Which probably won't be too far from the truth. The only difference is that we start on the top part of the quad and go around before heading into the woods.

Sites to see along the way: The first downhill, Gravel Hill (spring, summer, fall) is now Rich Busa's Slide (winter) to commemorate the spot where he supposedly fell on the ice and slid on his butt all the way to the bottom, passing two age group challengers in the process. This was way back in time before he became Saucony Man (spring, summer, fall) and Saucony Santa (winter). If it is icy, you could do the same.

Old Faithful: As you get to the bottom of the hill and if you are already hopelessly behind your competitors, look to the right and you may see the geyser spout.

Peerless Pool: As you top the next hill, you will be in the Peerless Pool area. If you are especially lucky and if it is a warm day unsuitable for hibernating, you may see Resident Mamma Bear. This is more likely to happen on the Snowslinger course, though.

Ferndale Glen: This is the last hill. It is long and gradual. If you look up and to the left, you will see the spot where the Horse Whisperer horse slid down the ravine. The uphill was also made famous by the Saratogian's award-winning photo of Edward Alibozek climbing up the hill in full smile mode. It was a wide angle lens.

The End: Long straightaway. Look up. Let loose. Smile!!!

To be or not to be, that is the question: Not really. If there is no snow we will have a trail race. I know we all would prefer snow, but there are so many races backed up already, and the weather is so chancy that who can say if things will get any better. And who knows? We may get lucky.

Jeff and Laura Clark

REMAINING W.M.A.C. SNOWSHOE SCHEDULE 2006

Honestly, we had a new schedule ready to paste in this spot, but the way the season has gone has made us flip-flop so much that it almost appears pointless to commit anything to paper. So our recommendation is for all of you to simply keep checking the www.runwmac.com snowshoe pages for schedule updates and news. This will be by far the most accurate means to stay current with what is happening. We have changed locations the last two weekends, pretty much at the last moment (Wednesday for Greylock Glen filling in for Sidehill and Thursday for Moody Spring filling in for Northfield). We appreciate your forgiving nature.

A couple of new items worth pointing out; The Frosty Dash is being helped along by Dave Dunham, who had hoped to fit in the postponed Merrimack 5KM somewhere. Since Dave is involved in Frosty's Dash, it made sense to include it instead of Merrimack this year, especially since Dion Snowshoe Company was already confirmed to help at the event. This is scheduled for February 12th. Check web for details.

Curly's will scoot into the February 19th date previously held by Moody Spring. Curly's is the Massachusetts Senior Games Event!

We hope to fill March with snowshoeing up to the weekend of the National Championship (weather permitting). We have some new courses in mind, as well as a couple of old favorites now on hold.



Carol Kane at North Pond. Photo by Brad Herder.

2006 WMAC SNOWSHOE SERIES COUPLES



Kate Hayes and Scott Hunter, Race Directors of 7 Sisters Trail race and Mt Toby Trail Race. Kate has several age-group wins to her credit on our snowshoe circuit and Scott is an Ultra Marathon Grand Slam Finisher. Photos from Greylock Glen 2006 – Beth Herder.

Larina and Patrick Riley, started snowshoeing with us at Greylock Glen 2004 and have been fixtures since. Larina has won two WMAC snowshoe races, North Pond 2004 and Woodford 2005! Photos from Greylock Glen '06 and North Pond '06 – Beth and Brad Herder.