

# ELIJAH BARRETT LEAVES RUNNING LEGACY

Monday, August 27, 2007 -- Elijah Barrett, a standout athlete and faithful contributor and friend to the Monadnock Region running community, died Sunday morning at Dartmouth-Hitchcock Medical Center in Hanover after an eight-month battle with cancer. He was 31. Funeral services are pending. His father, Bill, said an outdoor memorial also is being planned.

"He was a phenomenal athlete ... and person," Bill Barrett said this morning. "It's sad that his life had to end so soon."



Barrett, who owned Endurance Multisport of Keene, was a standout runner and later coach and teacher in the Monadnock Regional school system. He won the state title in the 800 as a junior, and starred in a Huskies program that won six straight state track titles from 1990-95.

Just last year, Barrett won the Elm City Triathlon at Surry Dam Recreation Area for the second time, and competed in a 50k race at Pisgah Park. He and his wife, Janelle, were married last September.

In 2001, at the age of 25, he sliced more than a minute off the record for the fastest ascent of Mount Monadnock, scaling the 3,165-foot peak in 24 minutes, 44 seconds.

"I didn't think I'd make it," he said at the time. "That vertical rock on the first half of the trail was deadening on my quads. I was maxed."

On Sunday, the third annual Swanzeey Covered Bridges Half Marathon, a race Barrett founded as a fundraiser for the Monadnock sports program, will be held. Proceeds will go to the Barrett family, race official Everett Hosking said. Hosking and Dr. Bob Wyman of Keene took over the organizational duties of the race when Barrett was diagnosed with lymphoma in January. "It shocked everyone," Hosking said.

Hosking said Barrett was pleased two weeks ago when told of the high number of runners who had pre-registered for the half marathon.

Barrett also offered his assistance to the Monadnock cross country ski team and was an inspiration to the Monadnock track team, including Wyman's two sons, Josh and Travis, during his tenure as Monadnock track coach.

"When my older twin sons were there, they had a very good 4x400 relay team," Wyman said this morning. "Elijah coached them, pushed them, to break his own record. They didn't quite do it, but Elijah would have been so pleased to see them do it. He was that kind of person."

David Lanier - Sentinel Staff

From Edward Alibozek -- We were introduced to Elijah Barrett during our 2004 WMAC Snowshoe Season. Although he had participated at Woodford in December, and the Saratoga Biathlon race in early January (which he won), it was at the 5<sup>th</sup> Greylock Glen 5km on January 17<sup>th</sup>, 2004 where I actually "met" Elijah. He and Greg Hammett were the first two people to register that very cold January day, and being curious I asked them why they were there so early. Elijah mentioned missing a turn at Woodford and hoped to not make that mistake again. Then Elijah and Greg asked our permission to preview the course early, asking for directions and flagging. I remember mentioning to Paul Hartwig "It sure was polite of those guys to ask about going out early..." As Elijah (and Greg) continued to show up at our events, being polite was never questioned. We were fortunate to have Elijah racing with us for 12 events from 2004 - 2006. He left us in 44<sup>th</sup> all-time position with 1079.51 total points; wrapping up with two 1<sup>st</sup>, three 3<sup>rd</sup>'s, one 4<sup>th</sup>, two 5<sup>th</sup>'s, one 6<sup>th</sup>, one 9<sup>th</sup>, one 11<sup>th</sup> and that lost 50<sup>th</sup> from Woodford.

Elijah was super-enthused about our snowshoe series, offering us help through his sports store and web page. He always was happy and an enjoyable man to be around during our winter events. His being out there racing with us will be missed, but I am certain we will continue to be blessed with him in the forest of Western Mass each winter.

As for that windy mid-teens degree day in January 2004, Elijah set a course record for the Greylock Glen 3.5 Mile Snowshoe race of 24:51. A time that still stands as fastest on that course.



# W.M.A.C. SNOSHU-NEWS

## “BARNYARD AWARDS 2007”

**The DRAGON Award:** Overall Male Champion for 2007 is **Dave Dunham**, who concluded his dream season with an overall win on our series last day, Greylock Glen. This was Dave's 9<sup>th</sup> season of snowshoeing with us, and his first WMAC Title. Through the years, Dave has won an amazing thirteen WMAC Official Snowshoe Races, with many additional wins at fun-run style events. Congratulations Dave!

**The LAUREL Award:** Breaking the (2004 – 2006) three-year reign of Kelli Lusk, **Chelynn Tetreault** rambled her way to the ladies title. Chelynn picked up one overall win (at Hallockville II) and two 2<sup>nd</sup>'s during her season.

Our list of WMAC Snowshoe Champions is as follows:

<b>1998</b>	Bryan Dragon	Laurel Rollins
<b>1999</b>	Ken Clark	Beth Herder
<b>2000</b>	Ken Clark	Beth Herder
<b>2001</b>	Leigh Schmitt	Carol Kane
<b>2002</b>	Leigh Schmitt	Deb Livingston
<b>2003</b>	Richard Bolt	Sheryl Wheeler
<b>2004</b>	Ben Nephew	Kelli Lusk
<b>2005</b>	Paul Low	Kelli Lusk
<b>2006</b>	Rich Bolt/ Paul Low	Kelli Lusk
<b>2007</b>	Dave Dunham	Chelynn Tetreault

**MEN'S SNOWSHOER OF YEAR:** **Kenny Clark** won our SOY award. A two-time overall WMAC Snowshoe Champion, Ken won his 1st and 2nd WMAC snowshoe races (on snowshoes) during the 2007 season (Saratoga Winterfest and Camp Saratoga). Ken's amazing season kept him in the overall series lead until the season's last day, and it took an overall win by Dave Dunham at the Glen to knock Ken from his lead and possible 3<sup>rd</sup> overall title. The most amazing part of this story is Ken survived thyroid cancer five years ago; and by early winter of '07 the cancer returned and Ken had the rest of his thyroid removed in February. He only missed Covered Bridge on Saturday, returning to action at Hallockville II that Sunday after his mid week surgery.

**WOMEN'S SOY:** **Laura Clark** wins the SOY award, easing past Chelynn Tetreault by a couple votes. Laura won the last two races of the season, Hawley Kiln/ Notch and Greylock Glen, her first two snowshoe wins in the WMAC Series! She was 2<sup>nd</sup> overall for the ladies championship point total, and found time to direct two magnificent events as well as write articles about every race she attended for us. Thank you Laura for all you give to our recreation!

**MEN'S ROY (ROOKIE OF YEAR):** **Jay Curry** finished his 1<sup>st</sup> year of snowshoeing with a 5<sup>th</sup> place in the overall standings, and an age division title. Hawley Kiln was Jay's last event, and his best point performance. We're very glad to have Jay participating with us!

**WOMEN'S ROY:** **Elly Teitsworth** was in 5<sup>th</sup> place for the ladies after the 3.5-mile Hoxie Thunderbolt, and out-sprints Darlene McCarthy in the last 300 meters of the 8-mile Covered Bridge to take the overall win on a brutally cold windy day. Elly is a student at Williams, and we believe Covered Bridge may have been her first time on snowshoes.

**PERFORMANCE BY NEW COMER:** Three made the list and deserve mention; **Dimitri Drozdov**, **Ethen Nedeau** and **Sarah Rowe**. Dimitri won the 5-mile Kiln/ Notch event overall at his first snowshoe race. Ethen finished 6<sup>th</sup> at the difficult Hallockville Pond / Basin Brook event and took a 1<sup>st</sup> at Hallockville II. Sarah came down from Canada to win the Camp Saratoga event in the worst footing of the year.

### **POY (PERFORMANCE OF YEAR, MEN):**

1. **Bob Dion** at Nationals. He battled it out with Jim McDonnell of Minnesota for 5-miles and then made a great move on the last single track with less than a mile to take his 2<sup>nd</sup> consecutive "Gold".
2. **Ken Clark** crushing the field at Camp Saratoga, taking a 6 minute win over the next shoer.
3. **Paul Low** blazing through Hallockville / Basin Brook course, on one of the toughest courses we have had.
4. **Dave Dunham** sticking with it and improving a little each race to end up the overall Champion.

### **POY (PERFORMANCE OF YEAR, WOMEN):**

1. **Laurel Shortell** kicking for the win at Merrimack the day after running Hallockville and two days after Running Camp Saratoga, possibly the most difficult back to back days of racing we have ever held. This is 6-years without missing a WMAC race day for Laurel, 64 straight.
2. **Darlene McCarthy** recovered from knee surgery and won the Hoxie race and brought the crowd to their feet with a sprint finish on the Covered Bridge, coming up just short to an 18 year old.
3. **Kelli Lusk** continues to amaze us, none more so than the 6<sup>th</sup> place overall at Hallockville / Basin Brook where, according to one voter "...she went by me on top of the damn snow!"
4. **Laura Clark** winning two races in two days, Hawley Kiln Notch and Greylock Glen.

## FROM THE BARNYARD 2007

**OVERALL POY:** The wonderful work of Beth and Brad Herder who volunteered throughout the season working the finish line and taking awesome photos for us all to remember each other by.

**K2 Award:** The most improved snowshoer for 2007.

1. **Jim Carlson;** takes the title of most improved again.
2. **Laurel Shortell;** won Merrimack this year.
3. **Walt Kolodzinski;** the big guy closed the gap on many of his rivals.
4. **Martin Glendon** really picked up his pace this season.

**The ERIN WORSHAM Award:** “Most Lost” this season goes to **Paul Fiondella** and **John Pelton** at Smugglers (hey, this wasn't even one of our races!) Honorable mention to **Dave Dunham** who missed a turn while marking the NFM Massachusetts Championship Course and ended up setting up an out and back to the summit instead.

**HANNON Award:** **Laura Clark** practically wrote entire issues of snownews this season, and she ran away with this award.

**BEVERLY Award:** Top 60 - 64 goes to **Paul Fiondella**, who traveled great distance and honored us with a 9<sup>th</sup> place overall finish. Runner ups were **Laura Clark**, who was our Female Snowshoer of the Year, and **Martin Glendon** for not only his performances on the snowshoes but those shorts he broke out to wear at the end of the season.

**WOODFORD Award:** **John Pelton**, edging out **Ed Jr.** They finished 11<sup>th</sup> and 12<sup>th</sup> in the overall point standings with 315.39 to 309.00. John won yet another Gold Medal at the Snowshoe Nationals held in Maple Grove, Minnesota.

**SILVERBACK:** **Richard Busa** is the Silverback. We even had a couple of suggestions to drop him into his own category to give someone else a chance.

**The STREAK:** **Laurel Shortell** has 6-years without missing a WMAC race day, 64 straight WMAC Snowshoe Races!

**CURLY:** **Jay Kolodzinski** is the 2007 volunteer of the year for our snowshoe series. Jay took a day off of racing to time the Hoxie-Covered Bridge Races as well as wander through two feet of fresh snow with a level of ice on top marking Hawley Kiln with ribbon.

The following people have been removed from eligibility, as they have been winners of the Curly award previously and continue to do so much that we have decided to place them into the Curly Top Shelf category.

- **Beth & Brad Herder**
- **Dave Dunham**
- **Bob & Denise Dion / Dion Snowshoe Company**
- **Edward Alibozek, Paul Hartwig and Ed Alibozek Jr**

## FROM THE BARNYARD 2007

### **COMEBACK (S) OF YEAR:**

- **Kenny Clark** had the remainder of his thyroid out in early February when his cancer returned and only missed one race. Kenny battled for the overall title right to the last day of the season – Ted Williams style.
- **Paul Hartwig** has had an ongoing problem with his lungs, having only about 40% normal lung capacity. He went from hardly participating in 2006 to finishing 6<sup>th</sup> overall in 2007!
- **Dave Dunham** has made it all the way back to the point of winning the snowshoe title that eluded him for 9 years.
- **Darlene McCarthy** continued her upswing, finally saying farewell to the knee injury and winning one race and being just seconds from winning a second.
- **Art Gulliver** had a stroke earlier in the year and came back to shoe Hawley Kiln, and he didn't finish last! Unless he's placed in the 'box', nothing is going to keep him from breakfast at Southface Farm!.



*Darlene McCarthy had a fantastic 2007 Season – Hallockville by Beth Herder.*

**BEST LOCATION:** We utilized **the SCA Americorps Lodge at Hallockville Pond** in Hawley-Dubuque twice, and this was an overwhelming favorite for location. Greylock Glen continued it's tradition of making the top two, and Northfield Mountain always has a strong showing.

## FROM THE BARNYARD 2007

**RACE OF THE YEAR:** Camp Saratoga had a near perfect day for snowshoeing, a strong field of snowshoers, and acted as a USSSA National Qualifier to help it gain the votes needed for Race of the Year. The Hawley Races, Hallockville Pond I and Hawley Kiln / Notch ended up tied for 2<sup>nd</sup>, again just a vote out of 1<sup>st</sup>!

1996	Moby Dick
1997	Spruce Hill Climb
1998	South Pond Shuffle
1999	Hawley Kiln
2000	Saratoga Spa Winterfest
2001	Greylock Glen
2002	Mt Prospect at Woodford
2003	Curly's Record Run
2004	Covered Bridge
2005	Northfield Mountain
2006	I Love Woodford
2007	Camp Saratoga

**FASTEST:** Hallockville Pond II was pretty far away from any other race receiving votes for fastest. Not only was this a nice rolling fast course on almost all groomed trail – it was a free entry for everyone who showed!

**SLOWEST:** Tie, and funny enough the events were a mere day apart. Camp Saratoga and Hallockville Pond I / Basin Brook Version were voted the slowest going for entire races.

**TOUGHEST MILE:** There were a bundle of entries, and deservedly so, for this category. Leading the way was the climb along the single track on the Hawley Pass Trail, up from Basin Brook, during the end of Hallockville Pond I. Next up was the frozen field section at Sidehiller. The ice-field section between mile two and three at Greylock Glen gathered votes. The climb up Hoxie Brook along the Thunderbolt, and then down to the Glen (mile 2 to mile 3) during the Covered Bridge / Hoxie Race also stuck in our memories as one tough mile.

**TOUGHEST RACE:** Camp Saratoga edged out Hallockville Pond I for toughest race of the season. I was surprised that Covered Bridge didn't have a better showing, due to the deep unbroken single track snow conditions of the entire first half combined with the severe cold and blaring winds. But... in the end it was that incredible weekend in February that remained in everyone's mind. Much deserved I have to admit.

**COOKOUT OF THE YEAR:** South Face Farm Sugar House has been moved to the Hall of Fame Section. Our favorite "cookout" for the 2007 season was that windy day at the Greylock Glen, aka Covered Bridge / Hoxie Thunderbolt.

**SCENIC WONDERS:** In no particular order:

- Snow falling at woodford
- Ice melting off trees (landing on our heads) at HKK.
- The short little add on Kiln loop at Hawley.
- The summit view & the Reservoir at Northfield.
- Northfield reservoir
- Peter Lipka's tanned legs
- View from top of Covered Bridge (Cheshire Harbor)

## FROM THE BARNYARD 2007

### **FAVORITE SECTION:**

- Descent at Northfield, the Mass State Championship.
- Down the Gould Trail at Covered Bridge.
- Absolutely anything in the Greylock Glen.
- Lovely woods at Basin Brook along single track.
- Whenever the Finish line is in sight.
- Single track at Woodford.
- The last trail at Hawley Kiln.
- Anything that climbs.
- The rolling groomed trail of Hallockville II.

### **WHAT SHOULD WE DROP:**

- Windy days at the Glen.
- More snow from the sky.
- Average Temperatures during season.

### **IMPROVEMENTS TO MAKE:**

- Stop global warming.
- More triple-header weekends (a Friday NIGHT race?)
- Figure out most improved by results.



*It took ten-years, but the "Old Goat", Karl Molitoris went over 1000 points lifetime in WMAC Snowshoe races at Hallockville Pond II.*

*Beth Herder photo.*

## FROM THE BARNYARD 2007

### OUT OF CATEGORY WRITE-IN VOTES:

- **Paul Hartwig**... let's hope he's around for a long time because he'd be tough to replace.
- A special thanks to **Ed Jr.** for putting up that tarp to keep the wind out at Covered Bridge. His hands were so cold that he could have banged his finger with the hammer and never have felt it.
- **Most miles driven in a snowshoe season?** - Laurel Shortell, Rich Busa or Dave Dunham?
- **Scariest ride to an event:** Going through thick fog and avoiding many accidents on way to Northfield Mountain.
- **Best surprise appearance:** Michele Tetreault
- And how about a **Statistician of the Year Award?** Edzu and Rob Higley.
- Thanks for another great season that most of us thought was going to be a washout!
- Bill Glendon - Konrad Karolczuk: **Fathful Sweeps.**
- **Biggest bonk.** Greg Hammett at Covered bridges, the younsta's from William's just sat on him until he ran out of gas.
- **Get a life** - Shortell, Busa, L. Clark, Lipka, Dunham, Karolczuk, Morse for their combined 67 finishes in the series (not counting Northfield).
- **Most Tan snowshoer** - Peter Lipka
- **Most Unselfish and encouraging person** - Ed Alibozek, the younger.
- **Best carpool** (Ed, Konrad, Richard, Ken)
- **Question of Year** - What is a Hoxie?
- **St Bernard award - most helpful** – Jay Kolodzinski.
- **Grandfather of Snowshoeing** – Old Farmer Ed.
- **Dion** - Pieced together tired snowshoes.
- **Best Dressed** – Rich Busa, and anyone wearing Dion vest, hats, shoes etc.



Cemetery Man, Bruce Marvonek, finishing his 18<sup>th</sup> WMAC Snowshoe!

## FROM THE BARNYARD 2007

### WHAT WE REALLY DO WELL:

- Fires, to keep us warm!
- Email updates.
- Low entry fees.
- Photos, and quick results posted online.
- Last minute changes that allow events to be put on where the snow is. Teamwork between race directors is fantastic.
- Great race courses, refreshments, camaraderie, friendliness, a welcoming and inclusive spirit.
- Great food at the finish, courses marked well, good people.
- Great flexibility moving race locations around.
- Low-key, friendly events with good competition.
- Quick results and notification of cancelled races.
- Course design, venue, organization, and a sense of community. It makes going to races fun.
- Communicate about snow conditions and race status.
- Follow the snow wherever it may go...

### SUGGESTIONS, THINGS WE SHOULD ADD ETC

- A snowshoe message board, for all things snowshoe.
- A snowshoe race up Mt. Washington or another big mountain with a lodge or facilities at the top.
- Helpful if we had nominees in each category for the Barnyard Awards. That would help us refresh our memories.
- Some unofficial fun events, if time and conditions are favorable.
- Some type of marker on course with about 1/2 mile to go.
- Fire at all races without fire (Northfield excepted).
- Medals at Massachusetts State Championship.
- Revive Moby Dick, Farmer Eds Farm Run, and the 9-Mile Mody Spring race.
- Lets Race through March if weather allows!

### FUNNIEST MOMENT (s):

- USSSA Nationals when Laurel forgot to pin on her number.
- Almost running over Brad Herder as he was shooting the start of Greylock Glen on 3-4-07.
- Ed trying to Keep Paul's pants up with safety pins.
- Snot flying out of Chelyn Tetreault's nose at the Woodford finish.
- Pat McGrath putting on his snowshoes, 5 minutes before race time, after not looking at them in a year.
- Dave Dunham getting into the Porto Pot at Hallockville with his Snowshoes on.
- Funnier yet, Dave Dunham trying to get out of the Porto Pot at Hallockville with his Snowshoes still on.
- The look on people's faces when they were told the entry to Hallockville Pond II was FREE.
- There is still nothing funny about snowshoeing.

Photos by Beth & Brad Herder – [www.berkshiresports.org](http://www.berkshiresports.org)

## WMAC SCHEDULE 2008 “Not Yet Carved in Stone”

Sunday, December 30, 2007 <b>I LOVE WOODFORD</b>	Woodford, VT 3.5 Miles
Sunday, January 06, 2008 <b>BRAVE THE BLIZZARD</b>	Guilderland, NY 5 KM
Saturday, January 12, 2008 <b>NORTH/ SOUTH POND</b>	Florida, MA 5 Miles
Saturday, January 19, 2008 <b>GREYLOCK GLEN</b>	Adams, MA 3.5 Mile
Monday, January 21, 2008 <b>MERRIMACK RIVER TRAIL</b>	Andover, MA 5 KM
Sunday, January 27, 2008 <b>CURLY’S RECORD RUN</b>	Pittsfield, MA 4 Miles
Saturday,, February 02, 2008 <b>NORTHFIELD MTN</b>	Northfield, MA 9.3 KM
Sunday, February 03, 2008 <b>SARATOGA WINTERFEST</b>	Saratoga, NY 5 KM
Saturday, February 09, 2008 <b>*****SIDE-HILLER</b>	C. Sandwich, NH 4 Mile
Sunday, February 10, 2008 <b>FROSTY’S</b>	Auburn, NH 5 KM
Saturday, February 16, 2008 <b>*****CAMP SARATOGA</b>	Wilton, NY 8.25 KM
Sunday, February 17, 2008 <b>HALLOCKVILLE – BASIN BROOK</b>	West Hawley, MA 8 KM
Saturday, February 23, 2008 <b>COVERED BRIDGE</b>	Adams, MA 8.0 Miles
Saturday, February 23, 2008 <b>HOXIE THUNDERBOLT</b>	Adams, MA 3.5 Miles
Sunday, February 24, 2008 <b>HALLOCKVILLE POND II</b>	West Hawley, MA 5KM
Saturday, March 01, 2008 <b>HAWLEY KILN + NOTCH</b>	Hawley, MA 4.0 & 7.0 Miles
Sunday, March 02, 2008 <b>GREYLOCK GLEN II</b>	Adams, MA 5KM
Saturday, March 15, 2008 <b>2<sup>nd</sup> ANNUAL MASS CHAMPIONSHIP</b>	Northfield, MA 5KM

**\*\*\*\*\*USSSA Northeast Qualifier Event**

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### USSSA NATIONAL CHAMPIONSHIP WILL BE HELD THE WEEKEND OF

**MARCH 8 & 9, 2008**

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## WMAC SCORING 2008 “Same as Usual, No Changes”

The 2008 WMAC Snowshoe Series will utilize the same system of scoring as last season. The scoring will be decided by points as follows:

Points will be awarded to all finishers, based on number of participants in each individual race, with 1<sup>st</sup> place always receiving 100 points, regardless of number of finishers. Each subsequent position will be awarded points on a sliding scale from 100.

Example; if 40 people complete Woodford, the overall winner will receive 100 points. The person in second will receive 97.5 points, third will get 95 points, on and on until the last finisher gets awarded the factor point. This will weight the scoring by number of participants.

If at the next event there are 20 finishers, first place again gets 100 points, second 95, third 90 etc.

If there isn't snow at an event, a foot race may be held instead. The points awarded for a "non-snowshoe" race will be halved. So, if there is no snow at Race X, and 50 people participate, first place gets 50 points, second receives 49 points, etc. This way, the event (and the directors efforts) can be salvaged towards being part of the series, with lesser weight than a traditional snowshoe race.

The overall male / female WMAC Snowshoe Champions will be decided by total number of points for their best six out of ??? possible scores at the WMAC events.

Also, the top point producers in five year age categories, both men and women, will be declared age group champions. You must complete at least four of the events to be eligible for an age group title, with your best six scores counting.

[WWW.RUNWMAC.COM](http://WWW.RUNWMAC.COM)

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### USSSA CONTACTS

Director	Mark Elmore	<a href="mailto:snowshoeguy@yahoo.com">snowshoeguy@yahoo.com</a>
Northeast Rep	Kelli Lusk	<a href="mailto:luskelli@charter.net">luskelli@charter.net</a>
Northeast Rep	Bill Morse	<a href="mailto:bmorseruns@yahoo.com">bmorseruns@yahoo.com</a>
Northeast Rep	Jim Tucker	<a href="mailto:tuckerj@paulsmiths.edu">tuckerj@paulsmiths.edu</a>