

WMAC SNO-NEWS

WHEN IS A MARATHON MORE THAN A MARATHON?: OR, THE IF I HAD A HAMMER PITTSFIELD MOUNTAIN TOUR

- (a) *When it is a snowshoe marathon.*
- (b) *When you double Curley's climb and still are not there yet.*
- (c) *When you are contemplating four such climbs.*
- (d) *When the race director thinks so highly of your chances that you are issued a personalized Husky climbing hammer with a lifetime warranty.*
- (e) *When Maine Lobsters replace the usual Hot Dogs.*

Even to those who did not journey to Pittsfield, VT to participate in the Peak Adventures Snowshoe Race, the obvious answer would be the unlisted F-graded *All of the above and even more so*. Andy Weinberg, a wanna-be Vermonter who currently teaches in Illinois, directed last year's inaugural marathon/half/and six-mile snowshoe race and was pleased to have a total of eighty-six finishers. This year, he was astonished when 171 reserved their lobster.

Since the 2008 version was serendipitously scheduled for the second weekend in March, I naturally thought this would be the perfect way to celebrate my landmark birthday. OK, so I was not heading into a new age group, but in the over-the-hill category every year is an achievement. So I asked Jeff if he'd like to treat me to a lobster dinner for my birthday and when he agreed, I casually mentioned that my particular Maine lobster only travels as far as Pittsfield, Vermont where it ledges on top of an extremely high mountain. Not only that, I convinced some of my friends to come along: Karen McWhirt from Connecticut, Barb Sorrell from Albany, Courtenay Guertin from Queensbury and Charles Petraske from Saratoga.

We were a mixed group. Karen was training for Vermont 100 pacer duties, Barb Sorrell has done just about every ultra known to man, Charles signed up for the full despite the fact that he had never, ever run a half or a full, and Courtenay was at the head of the pack, having placed seventh last year. We relied on Barb and Courtenay for long distance advice, while Jeff and I shared snowshoe gear preferences. Barb and I decided to pack light and came armed with four complete changes of clothes, one for each loop should the weather live up to its predicted saturation level. I researched accommodations and selected the Swiss Farm Inn, owned by Bill and Joyce Stevens, conveniently located minutes from the race site. This is a comfortable bed/breakfast/dinner family enterprise where you are made to feel right at home but are not required to pick up after yourself. What a concept! Joyce went out of her way to find us rides to and from the site (race day parking was buried under seven feet of snow) and cooked such huge farmer's breakfasts that you felt immediately obligated to up your mileage.

And this was one of the really neat or really annoying features of this event depending upon your outlook. You could register for either the 6.55, half or full but opt for more or less as the day progressed or deteriorated. Race morning Barb and I waffled, saying we would keep our options open but definitely settle for the half if the predicted rain became a factor. Charles decided

he would rather run a competitive half than a questionable full. And then I latched onto Courtenay who confided that, "The marathon is truly a 50 mile effort." Naturally, I was thrilled that Courtenay had saved this final piece of advice for race morning, but at the same time was relieved to have a ready-made excuse dropped into my lap from a race veteran.

And if truth be told, Barb and Courtenay were the only ones who deserved marathon status. Barb had been running ultras throughout the winter and Courtenay had been religiously logging fifteen mile snowshoe training runs. Our pre-birthday celebration dinner brought with it some serious snow, which unfortunately shifted to a determined downpour as night wore on. Still, race morning dawned dry, if ominously cloudy. But after the wintery mix of previous days, even that was deemed a good omen.

Imagine that you are about to tackle 7,200 feet of elevation gain. In deep snow. On snowshoes. Now imagine that you are going to do that not once, not twice, not three but four times and you will have a minimal idea of what lay before us. For those of you who have run up and down Curly's or Northfield Mountain, picture doing it A LOT MORE. After a spectator-perfect tour around the farmer's fields and barns, we headed into the Deepwoods (fans of *The Edge Chronicles* will nod knowingly) This is where Jeff's strong hiking ability shined. He completed his first loop only twenty minutes behind me and actually would have been about ten minutes closer if he hadn't spent time at the way station trying to persuade frozen noodles to achieve at least a semi-pliable state. All the same, he placed in the top third of single-loopers. After the deceptive downhill to the halfway aid station we were treated to yet another climb involving 32 (count 'em) switchbacks and an awe-inspiring tour of the still Deeperwoods, a Schwartz Wald affair where light penetrated only feebly.

Next, picture howling triumphantly on you final descent, completely out of control, navigating some kid's borrowed flying saucer. Although this cheap thrill was totally optional, there were some who were simply too tired to stand up any more and shrugged, "Why not?" Karen did pick up her saucer but then thought better of it once she surveyed the hill. Others took off their bigfeet and used them as improvised paddles and brakes. While I personally did not experience any flying saucers aimed in my direction, I did notice that one traveler took advantage of a loose(?) yellow plate trail marker to keep his butt dry. So on my last run, I searched for the abandoned plate and, unable to locate it, was not too proud to engage in some unaided butt sliding. It was fun!

But not that much fun in a soaking downpour. Barb and I decided that if we intended to soldier on we would have to completely change every stitch of clothing in order to avoid hyperthermia. Which we would get anyway by the time it

WHEN IS A MARATHON MORE...

would take to peel off all the sopping layers. So we threw in the hammer. Quite literally. The finisher's award was a genuine Huffy two-pound Peak Finsher hammer, hot off the assembly line courtesy of the crew from Snow White.

Later that night, as we feasted on lobster which we mercifully did not have to catch, we tallied the score. We all had a good time except for Courtenay. Ironically, he was the only one of us who actually trained for this event but got felled by a tiny virus bug that could not be squashed by even the sturdiest hammer. I completed my first snowshoe half in a marathon time of 4:21 and was quite pleased. Charles completed his first ever half placing 17th overall. Karen finished an ambitious first snowshoe race. Most improved was my Jeff whose strong hiking stride will make him a natural for next year's half.

And so, as we popped the cork on the birthday champagne we asked ourselves "Would we do it again?" Most definitely! And watch out, because we hope to recruit some more of our friends to join in the fun.

And yes, there is still more... go to www.peakraces.com to see what Andy has dreamed up for us, from an ultra challenge to a 10-mile obstacle Death Division run, to a mountain bike race and finally a 100/200 miler. I can't imagine being able to say, "I dropped down to the 100 miler!"

Laura Clark



PITTSFIELD PEAKS - 6.55 MILES

1	Jolyene Berabe	1:21	F	QB
2	Leslie Dillon	1:35	F	NH
4	William Wallace	1:40	M	NY
5	PJ Long	1:49	F	VT
6	Jen Held	1:49	F	VT
7	Andrea Herlti	1:51	F	MA
8	April Hayden	1:54	F	VT
9	Jason Hayden	1:54	M	VT
10	Dorinda Hamilton	1:59	F	
11	Kate Pallardy	2:00	F	NY
12	David Darby	2:00	M	MA
14	Jonathan Fitzi	2:04	M	NY
15	Todd Fryatt	2:05	M	CT
16	Chris Bradford	2:09	M	MA
17	Heather Durkel	2:12	F	VT
18	Max Dougherty	2:12	M	VT
19	Chris Hinch	2:09	M	MA
20	Mike Iadonisi	2:13	M	MA
21	Kiersten Seif	2:15	F	MA
22	Eric Sherman	2:16	M	NH
23	Kellem Emanuele	2:17	F	MA
24	Karen McWhirt	2:19	F	CT
25	Angeline Stuma	2:21	F	NY
26	Clare Reed	2:22	F	MA
27	Makda Habtegabir	2:34	F	NY
28	Jeff Clark	2:37	M	NY
30	Jamie Howard	2:43	M	NY
31	Meg Charlebois	2:42	F	VT
32	Sandi McGowan	2:48	F	VT
33	Linda Edleman	2:50	F	VT
34	Bob Charlebois	2:58	M	VT
35	Pete Thompson	2:59	M	NY
36	Colin Kwak	2:59	M	NY
37	Mariam Barsalou	3:00	F	NH
38	Pat Singh	3:01	M	ON
39	Ashley Farrington	3:02	F	MA
40	Laura Roche	3:02	F	
41	John Bilunas	3:04	M	VT
42	Audrey Huang	3:04	M	MA
43	Lisa Leonard	3:04	F	MA
44	Josiane Delepine	3:04	F	VT
45	Liz Cotter	3:05	F	VT
46	Anthony Cotter	3:05	M	VT
47	Will Gaziano	3:07	M	NJ
48	Sloan Weinberg	3:07	F	IL
49	Joe Gaziano	3:07	M	NJ
50	Tim Gaziano	3:07	M	NJ
51	Paul Padian	3:07	M	NJ
52	Cristy Danz	3:11	F	IL
53	Betty Lacharite	3:21	F	VT
54	Don Lacharite	3:21	M	VT
55	Rosa Mora	3:23	F	NY
56	David Alzarado	3:24	M	NJ
57	Kristen Beedy	3:31	F	VT
58	Kelly Ziegler	3:31	F	VT
59	Courtney Desena	3:31	F	VT
60	Alan Coombe	3:35	M	NY
61	Lauren Lawrence	3:36	F	NY
62	Chris Lawrence	3:36	M	NY
63	Misty Godo	3:36	F	NY
64	Anthony Danio	3:37	M	NY
65	Mary Anne Dougherty	3:40	F	VT
66	Andrew Dunning	3:40	M	NY
67	Sylvia Ng	3 plus volunteer	F	NY
68	Christina Morgan	3 plus volunteer	F	NY
69	Nancy Campos	3 plus volunteer	F	NY

PITTSFIELD VERMONT SNOWSHOE MARATHON, 1/2 MARATHON AND 6 MILE

March 8, 2008

Pittsfield, Vermont

MARATHON FINISHERS

1	Paul Low	4:38:08	M	MA
2	Leigh Schmitt	5:26:11	M	MA
3	Thierry Asselin	5:36:59	M	ON
4	James Galipeau	5:53:42	M	ON
5	Charles Dona	5:56:07	M	NH
6	Aliza Lapierre	6:20:21	F	VT
7	Paul Kearney	6:35:41	M	VT
8	Melanie Brown	6:41:07	F	NH
9	Reeder Fahnestock	6:59:06	M	NH
10	David Harkless	7:04:41	M	NH
11	Lisa Madden	7:09:10	F	NY
12	Don Forbes	7:21:00	M	ON
13	Sherpa John Lacroix	7:24:50	M	NH
14	Ray Zirblis	7:25:10	M	VT
15	Natasha Barton	7:27:00	F	NH
16	Cory DeValle	7:32:33	M	NY
17	Dan Myers	7:58:05	M	VT
18	Teresa Sukinnicki	8:39:00	F	NY

19.65 MILES - 1/2 MAR. FINISHERS

1	Derrick Spafford	4:42:33	M	ON
2	DJ Lis	5:31:10	M	VT
3	Steve Crossley	5:44:41	M	MA
4	David Delibac	6:34:37	M	VT
5	Christina Ashley	6:53:01	F	VT
6	Dan Horsford	6:55:10	M	VT
7	Stuart Ashley	6:59:49	M	VT

HALF MARATHON FINISHERS

1	Jimmy Gobeil	2:23:19	M	QB
2	Ben Nephew	2:37:48	M	MA
3	David Loutzenheiser	2:45:20	M	MA
4	Geoff Riggs	2:45:20	M	ON
5	Mike Kagey	2:45:35	M	MA
6	Richard Crate	3:00:33	M	NH
7	Courtenay Guertin	3:06:00	M	NY
8	Ed Warren	3:07:00	M	
9	Rob Scott	3:08:02	M	CT
10	Joe Desena	3:10:10	M	VT
11	Charlie Gadol	3:10:40	M	NY
12	Mike Lahey	3:12:01	M	MA
13	Mike Halovatch	3:12:04	M	NY
14	Chris Edmunson	3:12:10	M	NY
15	Jay Avis	3:12:11	M	NY
16	Laura Shuford	3:14:00	F	MA
17	Eddie Habeck	3:14:39	M	
18	Charles Petraske	3:15:16	M	NY
19	Sophia Tsouros	3:15:39	F	ON
20	Steve Donley	3:20:00	M	VT
21	Sara Montgomery	3:21:06	F	ON
22	Izzy Marshall	3:21:14	F	VT
23	Elissa Denton	3:22:29	F	VT
24	Sean McCabe	3:24:14	M	VT
25	Bill Graf	3:26:00	M	VA
26	Omar Abdellaoui	3:39:00	M	NY
27	Stephanie Malherbe	3:39:28	F	ON
28	Stephan Normandin	3:41:40	M	MA
29	Jeff Longcor	3:41:40	M	MA
30	Sebastian Herlti	3:42:15	M	MA
31	Mike Emanuele	3:47:05	M	MA
32	Mike Morris	3:50:00	M	MA
33	Shonda Smith	3:50:00	F	MA
34	Stuart Dutfield	3:50:38	M	NY
35	Sara Percy	3:57:35	F	NY
36	Kyle Kerschner	3:59:06	M	VT
37	John Sautter	3:59:30	M	VT
38	Wayne Kurtz	4:06:00	M	PA
39	Jim Konopack	4:09:35	M	NJ
40	Tom O'Grady	4:11:26	M	
41	Lea Morgan	4:16:33	F	NH
42	Josh Robert	4:17:00	M	NH
43	Alex Harrington	4:17:04	M	IL
44	Barbara Sorrell	4:18:36	F	NY
45	Matt Quinlan	4:19:54	M	VT
46	Laura Clark	4:21:28	F	NY
47	Dot Helling	4:22:28	F	VT
48	Chris Cozzi	4:23:20	M	CT
49	Evan Levine	4:24:22	M	NY
50	Nuno Antunes	4:24:23	M	NY
51	Mike LaCharite	4:26:46	M	VT
52	Greg Hartwell	4:50:15	M	MA
53	Wendy Mastripolito	5:21:44	F	PA
54	Alana Zerillo	5:28:52	F	NY
55	Joe Zerillo	5:28:53	M	NY
56	Zach Cuttler	5:40:00	M	NJ
57	Kevin Slemp	5:43:36	M	MA
58	Brad Riedl	5:44:44	M	MA
59	Jake Cuttler	5:45:13	M	CT
60	Charlotte Pratt	5:58:58	F	VT
61	Joe Cleary	6:12:32	M	ON
62	Mark Callahan	6:16:29	M	MA
63	Andy Hawley	6:50:58	M	VT
64	Virginia Iadonisi	6:50:59	F	MA



PITTSFIELD SNOWSHOE MARATHON- MARCH 8TH, 2008

Having spent most of my life in some of the more 'weather challenged' parts of the world (central Michigan and Western New England), I am often asked (by people who do not know me very well) on 'bad' weather days, "are you going to run in this?" My response to this question, which I developed only recently, is that if I only ran in good weather, I would probably only run a couple of times per year. Really, with the exception of maybe one perfect day in the spring and one perfect day in the fall, it is invariably too cold, hot, cool, warm, windy, rainy, dark, gloomy, sunny, snowy, icy, muddy, wet, dry to go running outside. Having said that, I am almost never in a situation where the weather actually changes my plans for a daily run. Sure, a foot of snow or icy roads/trails/tracks can result in a rescheduling of the occasional speed workout, but you still get out there and run nonetheless. Sometimes, however, the weather is so bad that, although, you went out and did that run/workout/race that you were going to do regardless of the conditions, most of what you remember about the day was the weather.

If you were present at the 2008 Pittsfield Snowshoe Marathon or remember what it was like in Central Vermont on March 8th, 2008, it will be obvious why I choose to begin my discussion of this race with a comment about the generalities of weather from the perspective of an endurance athlete living in the north. It is difficult to describe the conditions on this day without using the words 'Noah' and 'ark.' Allow me to start from the beginning. I met 24-hr specialist, Ray Z. at the park and ride in Northfield at six for the ride down to Pittsfield; it was overcast and had rained a little bit but the roads were clear and the drive went smoothly. Registration went smoothly and we got setup for the race with time to spare. Due to the logistics of the race site, runners had to be shuttled the short distance between the main parking area and the start/finish area. Getting everyone to the starting line took a little bit more time than expected and the race started a few minutes late as a result. This was not a big deal- it was announced well in advance, and it was warm and dry so standing around and waiting was not really a problem. Before the race, I saw fellow INOV-8 runner, Ben N. who had registered that morning. Ben is a fantastically versatile athlete who has won the national trail marathon championship (2006, I think), run the fastest 50km in the country (in 2003, I think) and turned in one of the few sub 58-minute performances at the Merrimac River 10-mile trail race. I figured that he would be someone to run with but he said, in no uncertain terms that, "if it starts raining, I am dropping at the half." A few minutes later, I saw Leigh S. and I instantly knew that I would have my hands full for the day. Leigh has developed an outstanding C.V. since making the switch to ultrarunning a few years ago- earning a reputation as a 'beast of the east' for his seeming inability to lose races near his specialty distance of 50 miles east of the Mississippi. Bull Run Run, Pittsfield Peaks, VT-100, VT-50, he has won them all. He also ran strongly at this race last year finishing second in 4:15.

So, the gun went off and I tried to settle in for 4+ hours of running. This was not easy at first because it was really easy to post-hole on the frozen snowmobile trail at the start and there seemed to be a number of inexperienced snowshoers (I'm giving them the benefit of the doubt here) in the field that failed to realize that if you run right behind someone in snowshoes, they are going to trip. I went down twice in the first 200m and Leigh

went down at least once. A Canadian half-marathoner bolted into the lead and Leigh and I had moved into second and third by the time we hit the single track. The course for 2008 was quite different from the 2007 race- it was run entirely on Joe D.'s land and it was almost all singletrack. There was about one km of snowmobile trail at the beginning of each lap (marathoners ran four laps of 6.55 miles) and then there was another 800 m (maybe) of snowmobile trails heading down to the aid station- other than that, there was just a few short bits of snowmobile trail that would link up the single track. There was also more elevation gain (and loss)- 1,700' worth per lap. After the warm-up loop through the field, the climbing begins. I tucked in behind Leigh and just chilled out trying to expend the least amount of energy possible for the early portion of the race. The two of us immediately started to pull away from the pack before taking a wrong turn, quickly correcting ourselves, and rejoining the field- still in the lead (of the marathon) but without the gap. We continued to climb with a few short flat and downhill spots, on winding singletrack with small stream crossings, and low-hanging, ice-burdened branches. It was a very challenging climb but I was concentrating on foot placement the entire time so I did not really notice how steep it was on the first lap. We finally hit the aid station just before one hour into the race and I was starting to get worried about the length of the race. If we were going to run anywhere close to two-hour laps, I was going to be in trouble! After the aid station, the course climbed up a big hill but did so on an aggressively switch-backing trail so the grade was actually pretty mellow. The big problem here was that we were post-holing pretty often (a few times per minute) and this can be a huge energy suck and a great way to produce lactic acid very quickly. Leigh and I had also picked up an additional competitor. A man that neither of us recognized had pulled up right behind and began running with us. I had already told Leigh that the runner in front of us was (according to the RD) running in the half (although I said that at his pace, we need not worry because if he was running the full he would be coming back anyway). Leigh asked if he was (hopefully) running the half and he said with a very thick accent that he was running the full. I had no idea what to expect from this guy because I do not really know anything about the endurance scene north of the border- and he did not appear to be working very hard to keep up with us.

We finally hit the top of the climb and got to see the downhill. It was nice and fast with plenty of sliding and a few obstacles. Leigh up and stopped at a fallen tree (he is pretty tall) and I moved into the lead and led us down into the start/finish area. I ran to my bag, downed an espresso-flavored PowerGel and some water, ditched my stocking cap, and took off. I thought that I had been really fast at the aid station but I looked up and was 100m behind the mystery Canadian and 50m behind Leigh! I figured that I would try to catch them before the climb but without expending too much energy.

When racing a guy like Leigh, I feel that I have a definite advantage up to about three hours; above five hours, the advantage is definitely his. In between, it probably comes down to 1. who has a better day and 2. how much time we are out on the course. Our first lap had been 1:19 and so I was really hoping that the footfalls of almost 200 snowshoers had beaten the course into something significantly faster for the remaining

PITTSFIELD SNOWSHOE MARATHON- MARCH 8TH, 2008 (CONTINUED)

three laps. I was not disappointed. The trail conditions were much faster for the second lap. I would have preferred to run with some company at this point but I was pulling away without working very hard so I decided to just run my own race from there on in and hope for the best. The second lap was really fun. The course that Jason H. designed was fantastic - steep but runnable ups with steep but safe downhills. After the aid station, I started lapping a lot of runners and probably ran a little bit too fast during this section. Almost everyone moved over to let me by and it is difficult not to speed up when this happens since I want to get them back on the trail and moving as soon as possible after stopping to let me move as fast as I can through traffic. Somewhere near the top of the second lap, I noticed that it was raining (there was dripping water on the first lap but this was from melting ice in the trees). At least it was not a hard rain...

The downhill end to the second lap went well and I hit the halfway mark in 2:26 after a 1:07 second lap. I quickly grabbed another espresso PowerGel and water, put on my stocking cap, and headed out for the second half of the race. I was happy about running a faster second lap and felt confident that I would be going under five hours but then I remembered that 2:26 is my exact marathon PR and that was the half-way split for today's race- I tried not to think about that any more. The third lap was pretty uneventful. The trail conditions were very similar to those that I had encountered on the second lap and there were far fewer runners out there so there was less "comin' thru" and such. The big differences were that I was starting to feel the rain and I was starting to feel slightly fatigued. I certainly had fun on the third lap but I remember thinking on that final climb that I would have liked to have felt like that on the fourth lap instead of on the third (if that makes any sense).

I hit the end of my third lap in 3:29. Once again, I grabbed an espresso PowerGel and headed out for the final lap this time. I was pleased with my 1:02 third lap but 3:29 represented another ominous milestone- 3.5 hours is the longest that I really ever run in training- so, everything from here on in would be 'extra.' When I started up the hill for the fourth time, I immediately started to feel bad. I had very low power coming from my legs, my calves were beginning to tighten up, I was starting to lose the feeling in my feet and hands, and I was getting light headed and nauseous. To add to my exertion-related discomfort, this is when the rain really started to come down.

The initial climb on the fourth loop seemed to take an eternity. I was worried about a repeat of my race here last year when I blew up really badly toward the end. Last year, my melt down was timed really well. I went from feeling great at the bottom of the final (and very steep but very short) climb that day to being rendered almost incapable of running within a space of about a minute. It was so bad that my vision was going grey! Fortunately, this happened with only a little bit of climbing left and then I could sail down the hill and onto the finish. My big worry this year was that something like this would happen earlier in the race and I would have to walk it in from much farther out. I was also worried because I know the kind of athlete that Leigh is and if I fell back too much, he would be there to come in and take the win.

I told myself that if I could get to the top of the hill leading to the aid station that I would be able to finish well. I hit the long (800m?) downhill and cruised into the station and grabbed some water and drink before heading up the final climb. The switchbacks were not too bad (nor were they all that much fun). I was just waiting for the dark section of spruce forest that would signal that I was close to the end of the climb. By this point, I was looking at my watch every few minutes. I saw 4:30 go by so I knew that I was slowing down on the final lap- I had no idea by how much and I also had no idea what was going on behind me. I came out of the spruce forest and knew that I only had a few minutes before the final descent. I also knew that if I was in the lead at the top of the hill that I would be able to win the race. I have been running straight down the face of Paine Mountain (an old ski hill) several times this winter and I have a lot of confidence in my ability to manage treacherous downhills rather quickly on snowshoes. I hit the top of the hill and headed down toward the finish to find a lot more water. It was not too bad but it had certainly changed since my third trip. The water bars were huge, there were extended portions of ankle-deep slush, and the muddy sections were much longer. I was happy that it was my final trip down and I enjoyed it nonetheless; in fact, it was the only part of the final lap that I enjoyed at all.

I finished in 4:38 meaning that my final lap was 1:09- my second slowest but much, much faster than I thought it would be. Someone took my bib tag, another handed me my finisher's award (a very nice personalized framing hammer) and I headed inside with all of my wet gear. I changed into the driest clothes that I could find and then proceeded to stand about six feet from a propane jet heater for the next 30-40 minutes getting warm and drying my clothes. Seriously, it took me 30 minutes in front of a propane heater to warm up!

Aftermath: Race staff and volunteers, of course, deserve a hearty thank for their service at any event- without them these events would not function (or exist). The staff and volunteers at the Pittsfield Snowshoe Marathon, however, require additional comment. The weather conditions out there on Saturday were perfect- for curling up by the fire and reading a book. They were awful for running outside and much, much worse for being outside while not running. My sincere thanks to everyone who was out there at the aid station, the start/finish area and out on the course- I hope that they all have access to some combination of fire, sauna, hot tub, hard liquor to warm them following their awesome service to the snowshoers today. I also hope that they take comfort in the fact that, it was really only raining hard for the final eight hours of the event :) Special thanks to Andy W. for directing, Jason H. for designing a fun and challenging course, and Joe D. for allowing us to use Riverside Farms and for his work related to transforming Pittsfield into an endurance racing destination.

Paul Low

Photos throughout this edition of SnoNews are as follows:

Page 2 – Laura Clark at Hawley Kiln Notch by Rob Higley

Page 3 – Charles Petraske at Covered Bridge by Beth Herder

Page 6 – Rich Busa at Hawley Kiln Notch by Rob Higley

8th ANNUAL U.S.S.A. NATIONAL 10KM SNOWSHOE CHAMPIONSHIP

Snowbasin Resort **Ogden, Utah** **March 9th, 2008**

01. Josiah Middaugh	25-29	CO	0:45:55
02. Jeffrey Beck	25-29	NY	0:47:17
03. Scott Gall	30-34	IA	0:47:32
04. Greg Krause	30-34	CO	0:47:48
05. Logan Wealing	??????	CO	0:47:58
06. Bernie Boettcher	45-49	CO	0:49:06
07. Aaron Robertson	30-34	NY	0:49:53
08. Greg Hexum	35-39	MN	0:50:02
09. Bill Raitter	35-39	NV	0:50:33
10. Daniel Snyder	20-24	ID	0:51:10
11. Seth Wealing	30-34	CO	0:51:38
12. Thomas Borschel	50-54	ID	0:53:54
13. Antonio Holguin	??????	Mex	0:54:36
14. Sylvester Coons	35-39	NV	0:55:44
15. Ross McMahan	35-39	NV	0:56:04
16. Nathan Huckle	30-34	NY	0:56:23
17. Robert Bolton	45-49	NY	0:56:55
18. John-Paul Henry	25-29	CO	0:57:01
19. Keri Nelson	25-29	CO	0:57:05
20. Darren Brungardt	25-29	CO	0:58:25
21. Lindsay Krause	??????	CO	0:58:35
22. Kasey Schmitt	25-29	IA	0:58:47
23. Sarah Raitter	35-39	NV	0:59:13
24. Steve Pye	45-49	CO	0:59:52
25. Sarah Gall	25-29	IA	1:00:02
26. Sonja Wieck	??????	CO	1:00:49
27. Karen Melliari-Smith	30-34	CO	1:02:58
28. Laurie Lambert	45-49	TX	1:03:12
29. Wayne Cottrell	45-49	CA	1:03:30
30. John Brylski	45-49	WI	1:03:48
31. John Kann	55-59	WI	1:04:40
32. Mark Rickman	45-49	CO	1:04:43
33. Myra Klettke	45-49	OR	1:05:39
34. Bob Dion	50-54	VT	1:05:40
35. Jason Reed	25-29	CA	1:06:01
36. Edward Myers	55-59	PA	1:06:06
37. Jim Graupner	60-64	MN	1:06:19
38. Peter Wood	40-44	UT	1:06:34
39. Jack Casey	50-54	MA	1:07:11
40. Adam Chase	40-44	CO	1:07:24
41. Scott Hull	35-39	OR	1:07:41
42. Steve Heil	40-44	WI	1:07:48
43. Brent Weigner	55-59	WY	1:07:54
44. Chris Miller	35-39	MI	1:07:55
45. Cynthia Brochman	40-44	MN	1:08:17
46. Sarah McMahan	35-39	NV	1:08:37
47. Rachel Cieslewicz	25-29	UT	1:09:01
48. Patty Sturdevant	40-44	OR	1:09:37
49. Scott Sunderman	35-39	UT	1:09:57
50. Robert Courtright	55-59	MI	1:10:01
51. Toby Nishikawa	35-39	UT	1:11:32
52. C. Muldoon-Walker	45-49	FL	1:11:57
53. Dave Sykora	60-64	WI	1:13:34
54. Steven Rivers	45-49	NY	1:15:05
55. Jeanne Blatter	50-54	CO	1:15:29
56. John Pelton	65-69	VT	1:15:39
57. Kate Chapman	20-24	CO	1:16:17
58. Carissa Stepien	25-29	MD	1:17:05
59. Stephanie King	25-29	UT	1:18:29
60. Kimberleigh Field	35-39	NV	1:19:41
61. Richard Lovett	55-59	OR	1:20:05
62. John Elliott	70-74	MD	1:20:50
63. Mort Nace	40-44	NY	1:21:32
64. John Guldner	50-54	UT	1:22:11
65. Sherry Hecker	35-39	NY	1:22:41
66. John Del Toro	40-44	MN	1:23:22

67. Cindy Cain	50-54	CO	1:23:26
68. A. Kinzey-Wheeler	45-49	CO	1:23:29
69. Patty Struve	50-54	CA	1:24:13
70. Vicky Johnson	45-49	CA	1:24:45
71. Christopher Kinner	25-29	MN	1:26:00
72. Laurel Shortell	40-44	MA	1:26:15
73. Julie Tisue-Turner	50-54	CA	1:27:37
74. Jim Meskimen	65-69	CA	1:27:42
75. Marty Smith	50-54	UT	1:30:51
76. Denise Dion	50-54	VT	1:31:23
77. Page Johnson	25-29	MN	1:32:47
78. Sarah Mussard	25-29	CO	1:34:20
79. Bob Durband	65-69	MN	1:34:38
80. Chary Griffin	60-64	NY	1:35:14
81. Nicole Kinner	25-29	MN	1:42:09
82. Bridgit Stone	25-29	MI	1:43:00
83. Richard Busa	75-79	MA	1:52:09
84. Tina Oberheide	60-64	CO	1:56:00
85. John Stauffer	55-59	CA	2:00:19
86. Edward Jeannette	60-64	WI	2:00:50

2008 USSSA NATIONAL CHAMPIONSHIP JUNIOR 5K RESULTS

1. Zachary Rivers	NY	0:30:21
2. Joshua Courtright	MI	0:36:29
3. Alyssa Smith	NY	0:39:32
4. Gretchen Nace	NY	0:43:15
5. Michayla Heil	WI	0:43:43



2nd ANNUAL MASSACHUSETTS STATE CHAMPIONSHIP NORTHFIELD MOUNTAIN 4.70 - MILE SNOWSHOE RACE

March 15th, 2008

Northfield Mt Visitors Center

Northfield, MA

I started off the weekend early getting out of work at 10:00 AM (which is a half-day for me) and heading out to western Mass. I made a brief stop in Athol to town-bag and run up & down the "second highest point" in the town. Round top in Bearsden park was a pleasant run, but the lack of snow had me worried about how bad the conditions at Northfield would be. I knew there would be some washouts and icy sections but hoped for the best. I was pleasantly surprised to see that it wasn't bad at all.

With 300 flags in my back pack and the trail map I headed out to try and find the best possible snow for the race. The problem was I'd only find out if the trail was bad after I'd already marked up to that point. So I had an idea of where I wanted to go which included staying as much on the sheltered parts of the mountain and trying to avoid anywhere that steep down-hills might have washed out the trail.

It was kind of neat exploring some of the trails I'd never been on before. I was very happy with some sections of the course but a little sad that we'd not be going to the summit viewing platform. I think the best snow out there was on Reservoir road, which seemed funny to me. It was also a great stretch where the racers would be able to really hammer the downhill without worrying about turns or trees or anything. Of course, if you really aired it out on that section you might pay for it when you hit the final mile which still had some uphill sections.

Race day dawned and it was snowing! I zipped over to a couple of towns for a pre-dawn run then made my way to the race site. Laurel's was the first car I saw in the lot, I'm guessing she parked there overnight so that she wouldn't miss the race. ☺ Registration was pretty easy as I used my "self-serve" method where everyone filled out the results board except for their time. This made it easy for one person to run the show.

Twenty-six runners took off at 9:00 AM and the 27th headed out 12 minutes late. Ben Nephew had cut it a bit close timing the drive and hit some unexpected bad weather on route 2. Meanwhile Ethan Nedeau was out working on his second win of the season. He started conservatively, perhaps remembering how tough the climb was a month ago. Steve Peterson led for the first mile or so before Ethan took over for good, eventually extending his lead to 1:44. Peterson and CMS teammate Rob Smith battled for the master's title with Petey taking the victory by 27 seconds. Chelynn Tetreault took the women's title with a nearly four minute win over Ashley Krause. Old Farmer Ed was the only returning age-group winner, taking the 60-69 age category for the second straight year.

Thank you to everyone who came out and made this successful. Special thanks to Ben Nephew, Ethen Nedeau, Steve Peterson, and Rob Smith for helping clear the course.

Dave Dunham

Overall Massachusetts State Champions for 2008 are *Ethan Nedeau* and *Chelynn Tetreault*! Congratulations to both on impressive finishes to our 2008 Snowshoe Season!

#	Name	Age	Time	Points
1.	Ethan Nedeau	35	0:38:04	100.00
2.	Steve Peterson	41	0:39:44	96.30
3.	Rob Smith	40	0:40:11	92.59
4.	Ross Krause	28	0:40:57	88.89
5.	Ken Clark	45	0:41:50	85.19
6.	Bob Dion	52	0:42:32	81.48
7.	Peter Malinowski	53	0:44:29	77.78
8.	Edward Alibozek	45	0:44:47	74.07
9.	Allan Bates	59	0:46:09	70.37
10.	Wayne Stocker	53	0:47:41	66.67
11.	Chelynn Tetreault	32	0:48:16	62.96
12.	Eric Kimmelman	43	0:48:28	59.26
13.	Mike Lahey	56	0:49:45	55.56
14.	Ben Nephew	32	0:51:37	51.85
15.	Ashley Krause	30	0:52:14	48.15
16.	Richard Godin	52	0:52:22	44.44
17.	Howard Bassett	47	0:53:41	40.74
18.	Laurel Shortell	42	0:58:55	37.04
19.	Ed Alibozek Jr	68	0:59:37	33.33
20.	Tom Wright	60	0:59:59	29.63
21.	Denise Dion	49	1:01:27	25.93
22.	Bob Massaro	64	1:01:31	22.22
23.	Chloe McGrath	16	1:02:28	18.52
24.	Pat McGrath	42	1:02:28	14.81
25.	Richard Busa	78	1:10:08	11.11
26.	Ernie Alleva	56	1:11:49	7.41
27.	Konrad Karolczuk	55	1:14:42	3.70

Massachusetts Age Group Champions are as follows:

15 - 19	Vacant	Chloe McGrath
20 - 29	Ross Krause	Vacant
30 - 39	Ethan Nedeau	Chelynn Tetreault
40 - 49	Steve Peterson	Laurel Shortell
50 - 59	Bob Dion	Vacant
60 - 69	Ed Alibozek Jr	Vacant
70 - 79	Rich Busa	Vacant



2008 WMAC SNOWSHOE SERIES FINAL STANDINGS

Woodford
South Pond

Northfield Mountain

Frosty's Dash

Greylock Covered Bridge

Northfield Mountain Massachusetts State Championship

Brave the Blizzard

Cobble Mountain

Saratoga SPA

Camp Saratoga

Moody Spring

North Pond

Curly's Record Run

Sidehiller

Hallockville Orchard

Hawley Kiln Notch

Based on Best 6 Scores – Showing Finishers of 3 races after the Official 4 (or more) Finishers

PLACE	NAME	AGE	RACES	TOTAL
01.	Dave Dunham	43	6	598.09
02.	Josh Merlis	26	6	593.40
03.	Ken Clark	45	6	581.54
04.	Jay Kolodzinski	28	6	576.72
05.	Tim Mahoney	28	6	574.50
06.	Bob Dion	52	6	557.49
07.	Edward Alibozek	45	6	528.35
08.	Jack Casey	54	6	509.62
09.	Peter Malinowski	53	6	494.71
10.	Alan Bates	59	6	478.40
11.	Bill Morse	56	6	463.09
12.	Abby Woods	29	5	455.43
13.	Mike Lahey	56	6	452.22
14.	Jessica Hageman	32	6	450.25
15.	John Pelton	68	7	447.49
16.	Nick Jubok	51	6	446.31
17.	Paul Bazanchuk	53	5	440.32
18.	Vince Kirby	51	6	418.71
19.	Charles Petraske	30	5	407.87
20.	Chelynn Tetreault	32	6	407.52
21.	Tim Van Orden	39	4	385.39
22.	Britt Brewer	44	4	377.02
23.	Howard Bassett	47	6	363.60
24.	Rich Godin	52	6	358.29
25.	Laurel Shortell	41	6	356.87
26.	Ben Nephew	32	4	345.10
27.	Ed Alibozek Jr	68	6	338.20
28.	Dan Cooper	35	5	334.19
29.	Martin Glendon	61	6	329.47
30.	Jim Carlson	60	6	316.23
31.	Pat McGrath	42	6	314.39
32.	Sheila Osgood	25	4	305.34
33.	Jan Rancatti	47	5	304.94
34.	Denise Dion	46	6	279.10
35.	Eric Kimmelman	43	4	267.84
36.	Bob Massaro	64	6	258.79
37.	Laura Clark	60	6	254.32
38.	Dave Wilber	48	5	252.72
39.	Phil Bricker	54	4	237.31
40.	Wally Lempart	62	4	223.94
41.	Juergen Reher	58	4	216.80
42.	Chloe McGrath	16	5	205.09
43.	Chris Sammartano	51	4	200.58
44.	Walter Kolodzinski	65	6	184.40
45.	Jeff Hattam	56	5	179.95
46.	Richard Busa	78	6	177.12
47.	Maureen Roberts	50	4	169.12

PLACE	NAME	AGE	RACES	TOTAL
48.	Konrad Karolczuk	55	6	147.80
49.	Jamie Howard	42	6	144.57
50.	Dave Boles	61	4	136.09
51.	Stephanie Cooper	39	4	125.32
52.	Peter Finley	46	5	113.81
53.	Kate Hayes	59	6	103.34
54.	Jan Roth	58	4	86.06
55.	Bill Glendon	61	6	82.45
56.	Bill Milkiewicz	52	5	68.42
57.	Ernie Alleva	56	4	59.17
58.	Jeff Clark	61	5	45.80

***** 3 finishes from here ***** 3 finishes from here *****

59.	Ethan Nedeau	34	3	294.23
60.	Rich Gargano	30	3	278.44
61.	Mike Townsley	39	3	264.16
62.	Eric Recene	37	3	257.43
63.	Greg Rems	31	3	252.96
64.	Andy Illidge	40	3	249.76
65.	Jay Curry	36	3	247.62
66.	Scott Graham	49	3	241.71
67.	David Shumpert	37	3	235.86
68.	Patrick Smith	45	3	231.18
69.	Tom Mack	43	3	227.59
70.	Eddie Habeck	30	3	226.63
71.	Wayne Stocker	53	3	222.44
72.	Ed Decker	53	3	215.36
73.	Frank Paone	50	3	206.23
74.	Kim E. Scott	39	3	172.53
75.	Larry Dragon	47	3	165.37
76.	Erin Clark	19	3	161.36
77.	Ginny Patson	39	3	140.19
78.	Tom Wright	60	3	139.08
79.	Darlene McCarthy	45	3	128.48
80.	Holly Atkinson	38	3	126.17
81.	Tony Manjano	61	3	124.65
82.	Susan Johnson	47	3	112.18
83.	Steve Mitchell	66	3	110.18
84.	Tom McCrumm	62	3	88.89
85.	Ray Lee	65	3	72.29
86.	Phyllis Fox	55	3	69.03
87.	Sibyl Jacobson	65	3	37.48

Thanks to everyone who enjoyed our 11th season of snowshoe racing in any capacity! Check back next issue as we will award age group winners and print Total Points!

HAMSTRING HISTORY AT GREYLOCK

Injuries are not uncommon in the life of an athlete. Extreme effort increases the odds of a breakdown in the physiological system. But what are the odds of having two hamstring injuries at Mt. Greylock within a five year window? Thereby hangs a tale.

The rapture of snowshoe racing is hard to describe and it seems that I was swept up by the Sirens of Greylock Glen as I sprinted toward the finish on February 23. With the finish line in sight, I knew the full force of the Siren's fury as my left hamstring failed with an almost audible snap. It was not the physical pain, but the almost instant cloud of melancholy that descends, when one realizes that all physical activity has to be suspended for weeks. It was my eighth race of the season and with the excellent snow cover it promised to be our best year ever.

The snow is falling as I write (March 12) and I now have too much time to reflect. On St. Patrick's Day in 2003, I climbed the Thunderbolt Trail on snowshoes with skis in my pack. It was a mild, spring-like day and I reached the summit in 3 hours and 45 minutes. I had read in some trail guide that the thunderbolt was skiable by idiots / intermediates if; 1) There was 2-feet of fresh powder, or 2) Spring conditions created a soft / heavy snow-pack. I anticipated #2 conditions but somebody forgot to tell the Sirens of the Thunderbolt. Despite warm weather (I saw snowboarders with no shirts on), the snow was firm and way too fast.

I thought that I would try the section at the top that runs down the Appalachian Trail before it turns sharp right at the top of the Thunderbolt. I promptly fell twice and the third time I plowed into a snow bank and lurched forward, rendering the right hamstring useless. It is no doubt a wonderful thing that this all happened before I reached the Thunderbolt. It was a glorious sunny day, so the 4-hour and 30-minute descent on snowshoes via the Bellows Pipe wasn't all that bad.

What have I learned from these memorable episodes at Greylock? The mountain can be stern, but more often, it has a soft side. It does not suffer fools well. I am still planning to ski the Thunderbolt, but will be a bit more prudent, next time. But most important, I will strive to show more humility when I encounter the Sirens of Greylock.

Marty Glendon

Sunset Snowshoe Results Catamount Ski Area Hillsdale, NY

Top Ten (will publish additional when results arrive)

01.	Bob Dion	28:49
02.	Mike Howard	31:35
03.	Mike Lahey	32:24
04.	Dave Boles	40:23
05.	Denise Dion	40:35
06.	Susan Buckwalter	42:22
07.	Rob Woodrow	45:27
08.	Barbara Postel	52:27
09.	Bill Hoeglin	1:01:40
10.	Pat Hoeglin	1:05:53

SUNSET SNOWSHOE

The first annual Sunset Snowshoe was a great way to end a busy and fun snowshoe season. The event has been discussed for a couple of years. After a final "push" from Gary Steenburn, the decision was made to go ahead even though it was only a couple weeks before the race date.

Despite the short notice and virtually no idea what to expect, I was pretty sure it would be a good event. After all, they had plenty of snow, they had a great course and they had a pub with music and the Jagermeister Girls!

We got there plenty early and set up our loaners and demos along with Berkshire Bike and Board, one of our retailers located nearby. Denise and I weren't planning on racing, but we brought or gear "just in case".

Shortly after we set up, skiers started gathering around and asking to try the snowshoes. Rich Edwards, the guy in charge of putting on the race, said a few people had signed up for the race and needed loaners too. As the racers started showing up, I saw familiar faces heading up the slope. Dave Boles said he heard about the race and just couldn't resist a race in his backyard. Then I saw Mike Lahey coming up. He had raced Northfield earlier in the day too.

The turnout was still low (about 10) so I thought we should race to get a couple more entrants and to get a first hand look at the course to see if it is a fun course even though it's up and down a ski slope. Stefen, from Bike and Board said he'd watch the stuff and Denise and I went to change.

A few more people signed up last minute and we were set to go! The course starts with a moderate climb up a groomed ski slope. It was a bit steep, but not much worse than Northfield, and only a mile or so. The climb was worth it! The views were awesome! Unlike being in the woods on a single track, you could see for miles. Once I hit the top, I had a good lead but was worried about having some Speedster reel me in. The Ski Patrol guy said turn left and follow the groomer tracks. It went along the ridge with a slight down grade for over a mile! Wahoo!! I love downhill!

After that, another Ski Patrol Guy said to keep going and called in that I was going by. A few minutes later I hit the final downhill, passed a trail sign on the right and went about 200 yards down the steep hill before thinking that maybe I went the wrong way. I still had a good lead so I ran back up. The sign said Sunrise Trail and wasn't groomed so it wasn't the way. I turned and went back down full tilt and won my third snowshoe race in 10 years! It pays to "hang in there"!

All in all it was a very fun and unique event. There was also music, Jagermeister Girls, Torchlight Parade, and a bunch of other things going on afterwards. Hopefully this will be on the schedule next season. It will be the 3rd Sat. in March at 4:30 again.

Bob the Dion

RD Report –

March 16, 2008 -- Our 1st Annual Sunset Snowshoe was a hit and all proceeds from the race went to Volunteers In Medicine of the Berkshires. Our hats off to those who participated and a hearty congratulations to Bob Dion who won in 28:49!

AN ANNUAL THANK YOU! FROM THE SILVERBACK

As the 2008 WMAC Snowshoe Series comes to an end I'd like to reflect upon those who make this series possible. Unless you've been a race director it's not possible to understand what it takes to run a snowshoe race. Unlike road racing or summer trail racing the weather plays a big part in whether a race comes off as scheduled. I'd like to recognize those who are so instrumental in making the series possible.

First would be Farmer Ed, who puts the schedule together, also has to get the permits and the insurance for each race, get the applications up on the website and line up volunteers. If the weather doesn't cooperate he has to email everyone and advise them on rescheduling. If the race does go off, he and a few volunteers go out and mark the course. Even before that he has to go out and check conditions on the course, sometimes more than once. And remember he lives in Connecticut and has to travel to Greylock, Savoy and Hawley! There are races where he checks the course, marks the course and then runs the course to take down the ribbons. Once this year I heard him ask someone if they'd take the ribbons down as he was bushed!

It doesn't end there, there's the timing and then getting the results in order along with each person's points and percentage points. I'm sure there are other things involved and yet, as long as I have known Ed, I have never seen him without that smile on his face and have never heard him speak anything but words of encouragement to anyone. Ed, you're at the top of the list!

And there's Dave Dunham, the whirling dervish. Is there anyone more organized? Let me give you a current incident. The last race of the season at Northfield Mt. was up in the air until the week of the race and the distance had yet to be determined. All we were officially told was that there would be a race. I don't know how many times he was out there checking for a suitable course but he finally came up with one. The course was marked with numerous flags so that even I had no difficulty.

The lodge didn't open until 8:00; I was there when Dave just entered the building. He unloaded all of his gear, including drinks and refreshments, awards for various achievements and then had to get everyone signed up as there was no pre-race registration. He held many conversations while performing all of these tasks yet never broke his stride; his conversations were on the go so you had to follow him to hear the end of his remarks. Finally he gave the briefing and then we were off.

After the race, Dave called up the overall winners and then the age group winners and presented each with an award, then, before you could blink an eye, he was already loading up his vehicle ready to head for the road.

How about Paul Hartwig? The guy has been injured the whole year, not a running injury but a series of medical problems that require him to go into Boston for treatment. Unless asked how he's doing you'd never hear him moan and groan. And just like Ed he has that perpetual, childlike smile that just makes you feel good. And there he is in that chilling cold setting up the "kitchen", boiling the water for hot chocolate and hot dogs, putting out all of the condiments and snacks. Then there is the chili, one pot for the meat eaters and one for the vegetarians. And, he also goes out of his way to have a few veggie burgers for me. To me, a volunteer is a person that perhaps stands at a crossing to direct runners on the course. What people like Paul

do is beyond the term volunteer and we all should be thankful that he chooses to do this. A big thank you Paul!

Then there's the guy who is way in the background, K2 or Konrad. He's out there with Ed and always ready to do what's needed. When you run on those single tracks, it's pretty certain that they were made by Ed and Konrad either in their search for a runnable course or in marking the course. What an asset when traveling. When we head out in Ed's van to go to a race, Konrad is a human GPS! The whole trip it's, "take the next left", "go to the left at the fork", "the right turn should be coming up soon", etc. etc. etc.

I don't want to take up the entire newsletter but I do want to acknowledge the rest of the race directors. Mark Kelsey and Jack Quinn at Woodford, the effervescent Josh Merlis at Brave the Blizzard, Brad and Beth Herder and of course Curly at Pittsfield, Laura and Jeff Clark at Saratoga and Wilton, Paul Kirsch at Sidhillier, a race that is a bit out of the way but worth the trip. To the credit of all of these race directors, these races went off without a hitch. And, how about all of the volunteers at these races? Especially those pancake flippers at Brave the Blizzard.

Thanks also to Rob Higley who is the web master, I don't know what that involves but I do know he puts in a lot of time. At Hawley Kiln this year as I was bringing up the rear I spot this guy on snowshoes kneeling down, taking photos of the runners. As I got closer, it was none other than Rob. I can attest that when you email Rob with a question, you'll always get a speedy response.

Now for a totally different category, Bob and Denise Dion. They're at every race, lugging those containers of snowshoes to every race. Then there's the task of giving out the loaners, instructing first timers, adjusting or repairing racers shoes and then still have time to get themselves ready to race. And remember, there's no charge for the loaners. After the race they do an accounting to make sure all the shoes have been accounted for and then it's loading them back in the truck and driving back to Vermont. That's the end of the story for the rest of us but Bob and Denise have to go through the process of checking each pair and doing any cleaning or maintenance. Bob has been great to me, cinching my straps when my hands are too numb to do it. A big thank you to this duo.

Let's hope that we can continue to run our series as we do now and not be talked in to letting some national organization take over.

Hopefully, I'll be able to continue to enjoy the races and the wonderful post race activities. I hope I'll be able to do this for a few more years. See you at Woodford 2009!

Rich "the Silverback" Busa

Coming in the next issue of SnoNews (Volume 6 Issue 9) –

WMAC Snowshoe Series Age Division Champs!
Stonehead Division (or... Total Points)! Barnyard Awards!
Laurel Shortell.... 'Dragon Slayer...?'
Trail Troll on the Horsehill Snowshoe Race and Shaker Snowshoe Race!
WMAC Snowshoe Hall of Fame...