

W.M.A.C. SNOSHU-NEWS

TEN THINGS AN “OLDER PERSON” SHOULD THINK ABOUT... BEFORE THE SNOWSHOE SEASON: 2009

1. Find your snowshoes NOW. You won't be able to the day before.
2. Line up somebody now to take you to races because you can't find your way there and back. Corollary: they should also be available to put your snowshoes on for you and tie your shoes, and get you out of your wet clothes after a race.
3. If you don't have anyone to take you to races, buy a TomTom. However, it won't be able to get you out of your wet clothes. Farmer Ed should also provide the latitude and longitude of race locations to the nearest 5 decimal places. Most car GPS systems have not correctly cataloged the back road system of northwestern Massachusetts.
4. Stock up on support hose so you have a pair to race in and a pair to put on after the race.
5. Buy an avalanche location transmitter so you can be found after you take a trail that no one else has made snowshoe tracks on, and you end up, for example, over near the turnaround point for the Savoy trail race.
6. The day before a race always print out an application from the internet, fill it out, and write a check for the entry fee. If you have to stand in a cold place filling out the application before the race you will be too cold and stiff to participate. Corollary: Farmer Ed should arrange for race directors to jump older people to the front of the line so they don't get chilled.
7. Make hot oatmeal and put it in a thermos to eat after the race. You can't tolerate that spicy post-race food anymore. Put a sticky note on your dashboard reminding you that you brought it.
8. Have a woman sew a secure pocket on the inside of your running shirts to hold your dentures so you don't blow them into the snow when you fall down.
9. Buy two cross-country ski poles because your legs aren't strong enough to do snowshoe races by themselves. You can push yourself up hills.
10. Arrive to races early to get the handicapped parking place. If its markings are covered with a foot of snow, then never mind.
11. Get one of those sideline heaters that you see at NFL football games to set up behind your car.
12. Put a sticky note on your dashboard reminding you of where you are, what your name is, what your home phone number is, and what day it is. You may be winded and dizzy when you finish the race and not be able to think straight. This is assuming that you can make your way back to your car.
13. Lastly, have fun over the season, and definitely do not miss the race where you get to eat breakfast afterward at Tom McCrumm's South Face Farm Sugar House. The record holder for the amount of food eaten after a race is still held by Erin Worsham; this record will never be broken.



WorShamer -- An “Older Person”

WINTER CHERRY PICKING SEASON

February brought a weekend for Cherry Picking for the NETT Snowshoe squad and they picked well! For the uninitiated, here's a few simple rules to follow for successful winter cherry picking. First find a very small minimally promoted race, preferably fewer than 15 people. Next, confirm they are giving prizes out in various divisions. Feel free to invite friends, but be sure they are friends you can outrun (say, for example, they've been busy traveling for work non-stop in the weeks before their very pregnant wife gives birth). And running most of a "walkers" race helps too.

The cherry harvest began on Saturday, Feb. 16, when the trio of Big Ben Winther, Crazy Dave Hannon and Sherpa Doris Chow all hit the first annual Shaker 3K Snowshoe Race in Canterbury, NH and put the cherry picking strategy to the test. Yes, I said 3K snowshoe race—so what? With Cindy Winther (and Baby Jenkins) cheering them on and snapping pics, the cherry picking was, well, fruitful. Crazy Dave and Big Ben finished 1-2 and Sherpa Doris snagged a win in the open women's category. Okay, there were 15 people in the race and only one person besides our trio had "running" snowshoes, but that's the point of cherry picking, right? For their trouble, Dave got a brand new pair of Crescent Moon snowshoes, and Ben and Doris both won gift certificates to visit the Shaker Village. Crazy Dave was even interviewed by a local radio station about his stupendous victory (hereby giving new meaning to the term "slow news day").

All joking aside, this was a very nice, small-town event. The folks organizing it were very nice, the scenery was gorgeous and the course well-marked (two loops around a small pond). The organizers had prizes and finisher certificates for all participants. And the foursome (okay, fivesome with Jenkins in utero) enjoyed a great lunch at the Shaker Table restaurant at the Shaker village--fantastic food and service with a sense of humor (Our wisecracking waiter told Ben that "Berries are like fruit, but smaller"). What more could you ask for?

And on Sunday, Feb. 17, the winter cherry picking continued, as Crazy Dave and Sherpa Doris headed up to the Horse Hill Snowshoe Race in Merrimack, NH. And this time it was Doris that came away with the biggest cherries (or so to speak), as she cleanly trounced the competition in the 4K race (okay, fitness walk), winning it outright. Not the women's division of the 4K, not her age group, but won the 4K outright. Can I get a hell yeah? HELL YEAH!

Crazy Dave struggled to a second place finish in the 6K race, but seriously, who cares about that? It was clearly Doris' day, wowing the crowd at the award ceremony with her one liners like "Is there any more coffee left?" and "Oooohhh... donuts." Again, kidding aside, Mike Amarello put on a very nice, low-key race here which was superbly marked by using discarded political campaign signs (Ron Paul would be horrified to know how many people he "sent left"!). He was a great host and made sure to include as many participants as possible in the awards. All in all, I think these winter cherry pickers are in no rush to see spring come!

Originally published on "Go Mini Ponies" the official blog of New England Track & Trail. <http://miniponies.blogspot.com>

WMAC'S 2009 DION RACING SERIES

Sunday, December 28, 2008 I LOVE WOODFORD	Woodford, VT 3.5 Miles
Saturday, January 3, 2009 NORTH POND	Florida, MA 3.5 Miles
Saturday, January 10, 2009 SOUTH POND SHUFFLE	Florida, MA 4.0 Miles
Saturday, January 17, 2009 GREYLOCK GLEN	Adams, MA 3.5 Miles
Sunday, January 18, 2009 BRAVE THE BLIZZARD	Guilderland, NY 5 KM
Sunday, January 25, 2009 CURLY's RECORD RUN	Pittsfield, MA 4 Miles
Saturday, January 31, 2009 NORTHFIELD MTN	Northfield, MA 10.3 KM
Sunday, February 1, 2009 SARATOGA WINTERFEST	Saratoga, NY 5 KM
Saturday, February 7, 2009 SIDE-HILLER	C. Sandwich, NH 4 Miles
Sunday, February 8, 2009 MOODY SPRING	W. Hawley, MA 5 Miles
Saturday, February 14, 2009 CAMP SARATOGA	Wilton, NY 8.25 KM
Saturday, February 21, 2009 COVERED BRIDGE	Adams, MA 4 & 13 Miles
Sunday, February 22, 2009 HALLOCKVILLE POND	W. Hawley, MA 3.8 Miles
Saturday, February 28, 2009 HAWLEY KILN NOTCH	Hawley, MA 5.0 Miles
Saturday, March 14, 2009 MASSACHUSETTS STATE CHAMPS	Northfield, MA 3 to 5 Miles
Saturday, March 21, 2009 CATAMOUNT SUNSET SNOWSHOE	Hillsdale, NY 3.0 Miles

For use due to bad conditions elsewhere:

TILDA HILL Florida Mtn, MA

Please remember to check the web (www.runwmac.com) prior to each event to verify that the event is "on" and that it is being held where you think it is, at the time you last heard. We usually stick to our schedule carefully, but we have been known to change locations and dates to go with the snow. Thanks!

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2008 WMAC AGE DIVISION CHAMPS**16- 19**

Chloe McGrath	205.09	Sam Hurchala	118.35
Erin Clark	161.36	Sean Curtis	154.67

20 - 24

Katherine Best	109.86	A. McCarthy	190.73
Lisa D'Aniello	86.96	Patrick Ard	100.00
Rachel Clattenburg	80.87	Gabe Roxby	85.19

25 - 29

Abby Woods	455.43	Josh Merlis	593.40
Sheila Osgood	305.34	Jay Kolodzinski	576.72
Sara Brenner	158.03	Tim Mahoney	574.50

30 - 34

Jessica Hageman	450.25	Charles Petraske	407.87
Chelynn Tetreault	407.52	Ben Nephew	345.10
Sarah Hudson	153.07	Ethan Nedeau	294.23

35 - 39

Kim E. Scott	172.53	Tim Van Orden	385.39
Ginny Patson	140.19	Dan Cooper	334.19
Holly Atkinson	126.17	Mike Townsley	264.16

40 - 44

Laurel Shortell	356.87	Dave Dunham	598.09
Donna Ruppel	122.50	Britt Brewer	430.21
Linda Jowett	85.45	Pat McGrath	314.39

45 - 49

Denise Dion	279.10	Ken Clark	581.54
Darlene McCarthy	128.48	Edward Alibozek	528.35
Susan Johnson	112.18	Howard Bassett	363.60

50 - 54

Maureen Roberts	169.12	Bob Dion	557.49
Barbara Sorrell	59.13	Jack Casey	509.62
Diane Gagnon	51.11	Peter Malinowski	494.71

55 - 59

Kate Hayes	103.34	Alan Bates	478.40
Phyllis Fox	69.03	Bill Morse	463.09
		Mike Lahey	452.22

60 - 64

Laura Clark	254.32	Martin Glendon	329.47
Cathy Biss	38.07	Jim Carlson	316.23
		Bob Massaro	258.79

65 - 69

Sibyl Jacobson	37.48	John Pelton	447.49
Betty Langevin	14.78	Ed Alibozek Jr	338.20
		W. Kolodzinski	184.40

70 - 79

		Richard Busa	177.12
		A. Langevin	13.91
		Jules Seltzer	11.11

Best 6 Scores Count.

Under Four Races used only if spots were vacant.

2008 "STONEHEAD" TOTAL POINTS

01. Ken Clark	45	1125.87
02. Bob Dion	52	1047.44
03. Jay Kolodzinski	28	1009.49
04. Mike Lahey	56	910.69
05. Dave Dunham	43	793.57
06. Laurel Shortell	41	780.33
07. Edward Alibozek	45	731.32
08. Peter Malinowski	53	637.88
09. Vince Kirby	51	637.04
10. Josh Merlis	26	593.40
11. Jack Casey	54	585.00
12. Tim Mahoney	28	574.50
13. Nick Jubok	51	566.30
14. Alan Bates	59	548.77
15. Howard Bassett	47	542.13
16. Bill Morse	56	526.50
17. John Pelton	68	508.81
18. Ed Alibozek Jr	68	479.57
19. Denise Dion	46	464.51
20. Abby Woods	29	455.43
21. Bob Massaro	64	453.74
22. Jessica Hageman	32	450.25
23. Paul Bazanchuk	53	440.32
24. Rich Godin	52	439.32
25. Charles Petraske	30	407.87
26. Chelynn Tetreault	32	407.52
27. Laura Clark	60	406.87
28. Martin Glendon	61	392.97
29. Tim Van Orden	39	385.39
30. Britt Brewer	44	377.02
31. Jim Carlson	60	356.23
32. Ben Nephew	32	345.10
33. Dan Cooper	35	334.19
34. Pat McGrath	42	314.39
35. Sheila Osgood	25	305.34
36. Jan Rancatti	47	304.94
37. Richard Busa	78	301.38
38. Ethan Nedeau	34	294.23
39. Rich Gargano	30	278.44
40. Eric Kimmelman	43	267.84
41. Mike Townsley	39	264.16
42. Eric Recene	37	257.43
43. Greg Rems	31	252.96
44. Dave Wilber	48	252.72
45. Andy Illidge	40	249.76
46. Jay Curry	36	247.62
47. Scott Graham	49	241.71
48. Phil Bricker	54	237.31
49. David Shumpert	37	235.86
50. Patrick Smith	45	231.18
51. Tom Mack	43	227.59
52. Eddie Habeck	30	226.63
53. Wally Lempart	62	223.94
54. Wayne Stocker	53	222.44
55. Juergen Reher	58	216.80
56. Ed Decker	53	215.36
57. Walter Kolodzinski	65	211.04
58. Frank Paone	50	206.23
59. Chloe McGrath	16	205.09
60. Chris Sammartano	51	200.58
61. Konrad Karolczuk	55	191.00
62. Andrew McCarthy	24	190.73

ALL TIME WMAC SNOWSHOE POINTS LEADERS 1998 - 2008

PLACE	NAME	START	RACES	TOT PTS
01.	Bob Dion	1998	80	6620.32
02.	Ken Clark	1999	60	5379.09
03.	Edward Alibozek	1996	61	4608.53
04.	Dave Dunham	1999	49	4519.11
05.	Ed Alibozek Jr	1998	70	3877.92
06.	Jay Kolodzinski	2004	41	3254.82
07.	Leigh Schmitt	1999	33	3242.14
08.	John Pelton	2000	41	2993.31
09.	Laura Clark	1999	72	2689.34
10.	Bob Worsham	1998	40	2560.96
11.	Mike Lahey	2003	40	2559.31
12.	Ben Nephew	2002	27	2463.96
13.	Richard Bolt	2000	26	2454.67
14.	David Boles	1998	41	2449.03
15.	Bill Morse	2002	42	2418.11
16.	Peter Lipka	2000	45	2415.76
17.	Laurel Shortell	2002	80	2353.42
18.	Dave Hannon	1999	28	2344.17
19.	Richard Busa	1999	83	2232.93
20.	Paul Low	2003	22	2183.78
21.	Paul Hartwig	1997	44	2156.85
22.	Jack Casey	2003	27	2120.40
23.	Kelly Herrington	2000	26	2071.45
24.	Bob Massaro	2002	60	1986.61
25.	Lawrence Dragon	1998	39	1967.91
26.	Shaun Sutcliffe	2003	23	1899.58
27.	Carol Kane	2000	35	1890.53
28.	Scott Bradley	2000	31	1879.42
29.	Wayne Stocker	1999	26	1835.67
30.	Darlene McCarthy	2000	35	1748.31
31.	Nick Jubok	2001	25	1714.99
32.	Kelli Lusk	2003	19	1611.96
33.	Jim Carlson	2000	42	1571.56
34.	Vincent Kirby	2004	25	1559.97
35.	Rob Smith	2003	19	1443.68
36.	Martin Glendon	2000	40	1417.38
37.	Jessica Hageman	2001	25	1407.91
38.	Ed Saharczewski	2002	26	1364.02
39.	Deborah Livingston	2000	18	1304.09
40.	Jim Preite	1998	17	1290.06
41.	Alan Bates	2005	17	1286.82
42.	Peter Malinowski	2005	17	1266.77
43.	Jan Rancatti	2002	18	1263.55
44.	Ed Buckley	2000	20	1256.33
45.	Denise Dion	2000	47	1249.98
46.	Jim Schultz	2004	14	1244.41
47.	Britt Brewer	2002	15	1227.17
48.	James Pawlicki	2004	14	1199.19
49.	Bruce Marvonek	1999	18	1175.29
50.	Gregory Hammett	2004	13	1174.06
51.	Patrick Riley	2004	17	1133.72
52.	Christophe Lanaud	2004	13	1105.85
53.	Dave Wallace	2001	13	1098.24
54.	Elijah Barrett	2004	12	1079.51
55.	Konrad Karolczuk	1998	84	1069.71
56.	Jacque Schiffer	2003	16	1064.92
57.	Walter Kolodzinski	2004	42	1060.64
58.	Tom Mack	2003	19	1057.06
59.	Howard Bassett	2006	19	1029.60
60.	Karl Molitoris	1997	17	1028.07
61.	Josh Merlis	2005	12	1016.81
62.	Jack Quinn	2000	17	1014.53
63.	Dan Verrington	2002	12	1009.19
64.	Maureen Roberts	2001	22	996.89
65.	Paul Bazanchuck	2005	12	943.94

PLACE	NAME	RACES	TOT PTS	
66.	Matt Cartier	2003	10	940.23
67.	John Onderdonk	2003	11	935.68
68.	Marc Lombard	2000	15	907.22
69.	Gregory Rems	2004	11	889.57
70.	Seth Roberts	2001	12	860.01
71.	Norm Sheppard	2004	15	850.40
72.	Sheila Osgood	2006	12	834.36
73.	Annie Schultz	2003	13	822.63
74.	Larina Riley	2004	16	813.87
75.	Stephen Peterson	2002	10	811.05
76.	Bill Ross	2001	14	800.91
77.	John Noonan	2002	08	764.24
78.	Bryan Dragon	1998	09	758.59
79.	Chelynn Tetreault	2006	11	754.70
80.	Stephanie Nephew	2002	12	746.99
81.	Richard Clark	2002	11	742.41
82.	Michele Tetreault	2003	10	736.55
83.	Mark Syrett	1999	26	735.33
84.	Norm Hecker	2001	09	733.76
85.	Beth Herder	1999	11	727.84
86.	Kennith Deary	2001	18	716.77
87.	Mark Guillaume	2003	08	715.94
88.	Jeff Hattem	2003	24	702.03
89.	Will Danecki	2003	15	685.23
90.	Rob Higley	2003	09	678.28
91.	Steve Mitchell	1999	18	659.21
92.	Jason Clark	2003	07	656.54
93.	Sheryl Wheeler	2002	08	651.69
94.	Tracey Delaney	2000	08	643.58
95.	Lisa Schmitt	2000	14	634.93
96.	Jay Curry	2007	09	621.42
97.	Nico Scibelli	2003	08	618.87
98.	Scott Livingston	2001	07	609.96
99.	James Ruddock	2000	09	607.04
100.	Gareth Buckley	2000	16	601.99
101.	Michael Robertson	2001	07	588.27
102.	Tom Parent	2004	08	586.40
103.	Barbara Sorrell	2001	15	582.80
104.	Ethan Nedeau	2007	06	577.28
105.	Patrick McGrath	1998	15	574.56
106.	Mike Cohen	2004	06	574.55
107.	Tim Mahoney	2008	06	574.50
108.	Keith Schmitt	1999	06	564.96
109.	Kevin Tilton	2004	06	555.47
110.	Ed Myers	2003	07	554.43
111.	Bob Irving	2003	08	546.85
112.	Charles Petraske	2007	07	546.17
113.	Jeffrey Lutzker	2003	07	543.21
114.	Eric Sanborn	2001	11	543.16
115.	Elaine Lutzker	2000	10	539.74
116.	Andy Illidge	1999	08	538.24
117.	Thomas Denny	2003	07	534.54
118.	Alan Bernier	2002	06	525.91
119.	Paul Fiondella	2005	08	521.86
120.	Aurora Lamperetta	2000	12	517.10
121.	Jonathan Howes	2002	16	515.63
122.	Peter Keeney	1998	07	506.79
123.	Jacqueline Lemieux	2004	15	504.23
124.	Barry Auskern	2004	10	502.99
125.	Dan French, Jr.	2005	07	502.84
126.	Ken Fairman	1999	12	500.13
127.	Brian McCarthy	2001	17	498.66
128.	Marcia Whitney	2000	08	490.52
129.	Thomas Skrocki	2001	06	488.45
130.	Kelly Short	2004	11	488.19

WMAC SNOWSHOE HALL OF FAME

At the start of the 2008 WMAC Snowshoe Racing Series, we began inducting participants into our WMAC Snowshoe Hall of Fame. Criteria is somewhat simple to start with; to gain admittance the following must be met:

- 1) At least 1000 Points earned during WMAC Snowshoe races.
- 2) Ten Years must have passed from first appearance at a WMAC Snowshoe race.

We believe we would like to have spots for those who have helped out in non-racing capacity (Race Directors, Photographers, etc) or for those who may wind up a little short of the 1000 points. Last year saw three men score 1000 points in one season, but for the first five-years of our series we only had two to six events a year. Points were much harder to come by in those early days. As time passes, we should re-evaluate some of the early participants.

The initial nine members of the WMAC Snowshoeing Hall of Fame are as follows:

WMAC SNOWSHOE HALL OF FAME 1998 CLASS

Bob Dion, Readsboro, Vt **6620 pts**
Owner DION Snowshoe Company; 2-Time Gold Medal winner USSSA Nationals; Multiple WMAC Age Division Champion.

Edward Alibozek, Suffield, CT **4608 pts**
Established WMAC Snowshoe Series; WMAC Age Division Champion; Race Director of over 40 WMAC Snowshoe Races.

Ed Alibozek Jr, Adams, MA **3877 pts**
Multiple WMAC Age Division Champion; Bronze Medal USSSA Nationals; Trail Marker / Fire tender extraordinaire.

Bob Worsham, Woodstock, CT **2560 pts**
Multiple WMAC Age Division Champion; Contributing Writer of SnoNews; Top Observer on the Planet Earth.

Dave Boles, New Paultz, NY **2449 pts**
WMAC Age Division Champion; Co-Director of Shaupaneck Trail Races; Worlds Tallest Snowshoer.

Paul Hartwig, Adams, MA **2156 pts**
Race Director / Co-Director of over 20 WMAC Snowshoe Events; Champion of 2003's Moby Dick and Covered Bridge.

Larry Dragon, Cheshire, MA **1967 pts**
Appalachian Trail Thru-Hiker in 2005 - Hard to top that. One of the top Father / Son teams with son Bryan, in snowshoeing.

Jim Preite, North Adams, MA **1290 pts**
WMAC Web Master, the early years; several top ten finishes in WMAC Snowshoe Races; Owner Preite Oil Company.

Karl Molitoris, Stafford Springs, CT **1028 pts**
Director of 12 Breakneck Trail Races and the Figure Eight Snowshoe race in Bigelow Hollow; Karl's input and inspiration led to WMAC snowshoeing.

We are happy to report that the class of 1999 adds an additional eight snowshoers to our WMAC Snowshoe Hall of Fame. Additionally, Konrad Karolczuk went over the 1000-point barrier during the 2008 season and gained admittance also! Konrad started in the 1998 season, and is our current record holder with 84 total races.

WMAC SNOWSHOE HALL OF FAME 1999 CLASS

Ken Clark, Somers, CT **5379 pts**
2-Time WMAC Snowshoe Champion; Multiple Age Division Champion; Second person ever to 5000 career points.

Dave Dunham, Bradford, MA **4519 pts**
2-Time WMAC Snowshoe Champion; Multiple Age Division Champ; Gold Medal USSSA Nationals; Series Race Director.

Leigh Schmitt, Conway, MA **3242 pts**
2-Time WMAC Snowshoe Champion; Multiple Age Division Champ; 100 mile ultra trail race monster.

Laura Clark, Saratoga Springs, NY **2689 pts**
1st women included in WMAC Snowshoe HoF; Multiple Age Division Champion; SnoNews writer, 15 time Snowshoe RD.

Dave Hannon, Newton, MA **2344 pts**
Trail Troll from New England Runner Magazine; Writer Trailrunner Magazine; Race Director Chamberas Trail Races.

Rich Busa, Marlboro, MA **2232 pts**
The Silverback; 4-Time Gold Medal Winner USSSA Nationals; Multiple Age Division Champion WMAC Series.

Wayne Stocker, West Springfield, MA **1835 pts**
Overall Winner of the Inaugural Run Like a Linx Snowshoe Race in Alaska; Twice top 3 at a WMAC Snowshoe Race.

Bruce Marvonek, Stafford Springs, CT **1175 pts**
Cemetery Man; Trail Maintenance Guru; Organizer Multiple years of the Northern Nipmuck after Thanksgiving Fun Run.

Konrad Karolczuk, Windsor Locks, CT **1069 pts**
K2; Tremendous Help to the Snowshoe Series; All Time Leader in Total Races with 84; Former record holder of Consecutive Race Streak with 22 straight races (1998 – 2003).



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

Laurel Shortell.... ‘Dragon Slayer...?’

2008 Barnyard Awards (I know, I’ve said this before...)

A BORROWED TUNE FROM THE GURU OF WOMEN'S TRAILRUNNING...

TEN ESSENTIAL THINGS TO THINK ABOUT BEFORE A SNOWSHOE RACE

1. Eat something for breakfast. Bread and Luna Bars are my personal favorites. You are going to need a lot of energy. One year my daughter had no breakfast before the 9-mile Moody Springs race. She totally bonked and finished last.

2. Pack dry clothes and a towel. You will be soaked with sweat after the race. You will learn to dispense with modesty as you strip off wet clothes to put on dry warm ones. You don't want to be cold while you're pigging out on the food.

3. If you have two cars in the family, bring the biggest one. You will need the space to go through your clothes changing maneuvers and your putting on of snowshoes (vans and SUVs with big back seats). Practice putting on snowshoes in your car for at least the seven days leading up to your first race. Or practice putting them on really fast outside with no gloves on.

4. Have on your boots and warm clothes when you go to the registration table, and not the shoes you are going to run in. It can be windy and cold in the mountains of Savoy or Greylock, or actually anywhere there is snow.

5. Decide what you are running in before there are only five minutes left to the start. Light weight gloves (not leather), outer pants with pockets to put those gloves in if your hands get hot, a second pair of heavier gloves in case your hands get colder, a hat that can both cover your ears or not cover ears. Don't forget those gaiters if you use them. Fleece vest? Windbreaker? Don't overdress; after two minutes of running you heat up. If you are wearing a long-sleeve fleece pullover you will die of heat stroke. I recommend a long-sleeve wicking shirt and a short-sleeve fleece vest with a zipper. Get hot? Unzip it. Get cold? Zip it up. Experiment with your running attire before race day.

6. Carrying fluids? Carrying energy gel? You don't need it for 5K, but for the 7-mile Kiln or 9-mile Moody I'd suggest it.

7. Spray your snowshoe cleats with de-icer or silicone spray. Some wet snow conditions will cause ice balls on the bottom of your snowshoes (as opposed to the ones inside your clothes).

8. Decide where you are going to put your car key during the race. I don't suggest hiding it in the snow next to an oak tree, and I recommend not risking losing it on the course.

9. If you do warm-up jogging have one shirt for warm-up and another for racing. Your warm-up shirt will get wet with sweat and you'll be cold at the starting line waiting to start.

10. Get your snowshoes on and adjusted just right at least 10 or 15 minutes before the start and jog around in them. You don't want to discover they are too loose or too tight after racing the first 200 yards. You also don't want to discover that they are on the wrong feet, like I did at the startline at Woodford last year.

11. (So I lied about 10 things) Figure out where and how you are going to pee before the race. You have to be well-hydrated, and that means you are also going to have to pee. A number of

events have no indoor porcelain. Some have outhouses (don't laugh or sing in them), and some have the woods (my personal favorite). You better perfect this technique before race day, as you do not want to pee on your fleece pants, your gloves, or your snowshoes. Why would you be wearing your snowshoes when you go pee you ask? To tamp down that 18 to 30 inches of snow so you won't have to stick your butt into it when you squat. Bring some of your own toilet paper to be safe.

Bob Worsham (WorShamer)

ENTRY FEE DILEMMA

A few months ago, K2 asked me if I wanted to attend a 10km road race with him in a nearby (CT) town. Since I haven't run on a paved road in over a decade, it was an easy decision (No). Out of curiosity I asked what the entry fee was, just to see where the "going rate" was headed. For this 10km, it was \$40.

Now, I realize many of these events are fund-raisers, and if the idea is to make money to support a cause then so be it, the more the better. But, \$40? I started thinking "how many people would actually show up and pay something like that to run a 10km on the road?"

Later on, the answer came and the number was more than several hundred. I actually still can't believe this. It made me start to think that we've been doing things all wrong with the snowshoe series. Let me explain....

For several of our events, we charge \$5, and that includes a cookout of some sort after. Lately we are lucky to get 50 people. That ends up being around a \$250 budget for that event. I began to think, if we charged \$40 per person entry, we would only have to get 6 people to sign up and I would be operating with the same funds, but I wouldn't have to have as much food available and we could most likely do without a port-a-pot.

But, our entire reason for the snowshoe series is to promote winter activities, let friends get together and have some fun, explore new places and keep it affordable or better yet, low cost. So we couldn't really justify ramping up the entry fees.

So I got another idea... Don't state any entry fee on the applications. Just tell people that they can pay what they think the event is worth / fair after they finish the race and eat. I was pretty happy with this idea until I ran it by Worsham and he got a really troubled look on his face. He started rambling about how much difficulty this would cause for "people like him", who have trouble making decisions. If he gave too little, would he be thought of as cheap? And what if he deposited too much, would he feel ripped off? So, we ended up going with the inexpensive numbers we always have.

At least to start with....

Farmer Ed