# WMAC SNO-NEWS

## SNOWSHOE RACING ON THE FLANKS OF ELUSIVE MT. HOOD

A strong contingent of intrepid snowshoe racers from the Northeast made the long journey to Mt. Hood, Oregon to participate in the USSSA National Championships. Everyone was looking forward to racing in the shadows of this volcano that remains "active. However, the 11,249 ft. Mt. Hood would remain "unseen" for the entire weekend. I couldn't help but wonder if Oregon's "active volcano most likely to erupt" was scheming to put on a Mt. St. Helen's type show while hiding under the ever present snow and clouds.

The anticipation of seeing Mt. Hood led me to do a little research about "the mountain" before leaving home. I guess you could stand about 3 1/2 Mt. Greylocks on top of each other to sort of equal this massive mountains's height. Mt. Hood is a "stratovolcano", which is the classic volcano that we all thought about making for science fair projects many year's ago. It is also part of the Cascade Volcanic Arc of northern Oregon. The mountain is the home of 12 glaciers. There's about a ten percent chance that Mt. Hood could have the "big" eruption in the next 30 years. Pretty good odds, but I'll stick with living in New England with our older and benign Berkshires, Greens, and Whites.

Our band of travelers included myself, Jay Curry, Dan and Steph Cooper, Patrick Smith and honored guests--Vermont's running icon, John Pelton and the world famous WMAC Silverback, Rich Busa. For the weekend we shared a spacious and comfortable condo in the tiny ski town of Government Camp, which was about 20 minutes from the race site. Bob and Denise Dion had lodging further back down the mountain road.

Oregon is apparently a very ecology conscious state so traveling near Mt. Hood tested our combined years of driving through New England winters. Snow bankings on the roads were easily twice the height of most vehicles. They don't use salt, sparingly spread sand, and plowing roads seems to be an afterthought. To ensure that both vehicles rented by our condo group made it safely to the race site we decided to invest in chains. Essentially it snowed on and off for the entire weekend.

On Saturday we set out to the race site at White River Park to register and preview the course. Upon arrival at this remote site we quickly noticed stronger winds and colder temperatures. Race organizers were busy setting up a large tent for race day's activities. We all registered and headed out to do one loop on the two loop course. The course was initially tough going, with a long gradual uphill followed by a very steep climb that left all of us walking. A strong wind was blowing for the entire first half of this loop and although we all knew that Mt. Hood was directly to our right it remained hidden behind clouds plotting the "big one".

Eventually the course headed to the left and back toward the start area. This single track section was mostly downhill with deep snow through huge snow covered pines. Although the pine trees were the tallest I've ever seen the snow depth and type of single track reminded me of some of the earlier years at the South Pond races in the WMAC series--hard work but lots of fun at the same time! This portion of the course would prove to be much faster for the Men's 10K on race day as the Juniors, Citizens, and Women's 10K helped pack down the deep snow. All of this snowshoeing was being done on at least a 5-8 ft. base, so passing was not easy. Stepping of the track would get you easily above the knees or deeper. Later the sights of so much snow everywhere were commented on by all in our group as we settled in back at our condo. We had a great "family" pasta dinner at our kitchen table, being entertained by Rich's tales of his paratrooper days in Korea.

Surprise! Surprise! On race day we woke up to an additional 6" of snow and it was snowing heavily. A quick breakfast was followed by Dan Cooper supervising Patrick, Jay and I putting chains on the vehicles. That's actually incorrect--Dan did most of the work. Having Dan's expertise with chains (he grew up in the Northwest) and a two car garage made this task relatively easy. We were soon on our way through the blizzard to Mt. Hood. When we pulled into the parking lot we were again thankful for the chains. It was snowing so hard that the lot was

# SNOWSHOE RACING ON THE FLANKS OF ELUSIVE MT. HOOD (continued)

only partially plowed. The gigantic tent set up by the race organizers the day before had completely collapsed under the weight of the snow. Due to the poor driving conditions the junior and citizen's race started a bit later and were combined. The snow began to taper and we even saw glimpses of the sun, but still no views of Mt. Hood. We all cheered on Steph Cooper and Denise Dion as the Women's Race started. They were both helped along as they enjoyed sporting their brand new blue Dion hats.

Warming up for the Men's Race consisted of laps in the large parking lot. Present were multiple WMAC Champs Dave Dunham and Rich Bolt and a few boys from Wyoming, Minnesota, and Colorado who I've become friendly with as I attend more of the Nationals. It was good seeing familiar folks all looking excited about racing together again at a very snowy venue.

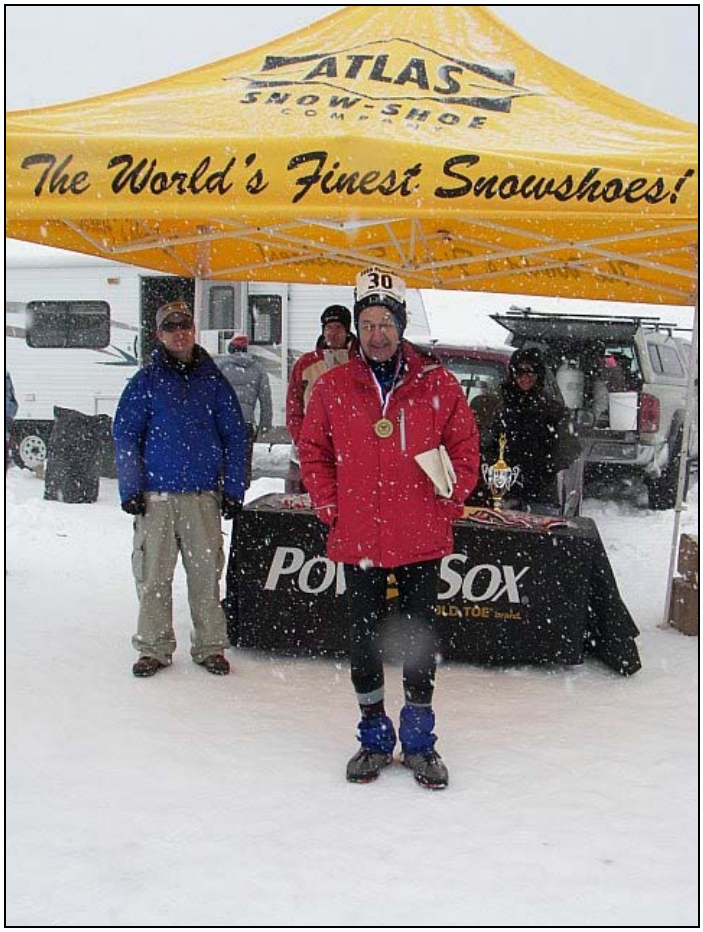
As the Men's Race started it was clear that getting a good position before the course quickly narrowed to the single track was critical. I was comfortable with where I ended up in the "line" as we headed up the hills. I did keep glancing to the right looking for Mt. Hood. Nope! Nothing! Oh well, maybe a sneak peek on the second lap! The single track was indeed faster than the day before despite all of the snow overnight, thanks to the earlier races. The turn into the downhill and pines was again one of the nicest stretches of snowhoeing I've ever raced on when you combine the views with the relief of some downhill. All we needed now was Mt. Hood to offer itself up for viewing on the second lap. As I came through the finish area for the first loop I headed back up the hills again and light snow started falling again. I quickly gave up seeing the "mountain" on the second lap and started concentrating on finishing. The back downhill section was again awesome and I finshed up with the snow beginning to come down heavily. Ahead of me, Jay and Patrick finished well and just behind me Dan and then John both came in strong. The snow picked up intensely and then Rich came across the finish line looking like he had been out for a walk to his mailbox.

As the awards began, the snow subsided but guess what--still no glimpses of Mt. Hood. However something far more grand than any view of Mt. Hood was about to happen. The crowning of some incredible senior athletes who WMAC can proudly call their own. John Pelton is a runner/snowshoer who has more wins and age group records than I could ever calculate. He epitomizes all that is good about the sports we love, and he defines what it is to be a gentleman and great person. Watching John proudly receive his Gold Medal in the 70-74 age group was at once inspiring, but moreover a moment in snowshoeing that I will never forget. Thank you John for letting all of us be part of this milestone for you.

Mark Elmore of the USSSA let everyone know at the awards ceremony that we were all in the presence of "royalty" by introducing the last Gold Medal winner as the first octogenarian to "podium" at the USSSA Nationals. To say that Rich is an amazing athlete is wholly inadequate. Rich has a love of life, spirit, and sense of humor that is infectious. Although he is sometimes directionally challenged he was all set at Mt. Hood with no opportunities to get lost unless he wanted to be in snow up to his waist.

No we never saw beautiful Mt. Hood! But we were privileged to see John and Rich do their thing and make their mark on the snowshoe world--a memory forever--and the shy Mt. Hood NEVER saw what our heroes accomplished.

Bill Morse




Photos submitted by Bill Morse & Dungeon Rock Racing Team.

***WMAC*** **2009 DION Snowshoe Racing Series** ***WMAC***

# 2RD ANNUAL SUNSET 5KM SNOWSHOE RACE

## March 21, 2009 Catamount Hillsdale, NY

| Pl | Name | Age | Time | PTS |
|---|---|---|---|---|
| **01.** | **Dave Dunham** | **44** | **0:22:44** | **100.00** |
| 02. | Tim Van Orden | 40 | 0:23:16 | 96.77 |
| 03. | James Boeding | 16 | 0:25:36 | 93.55 |
| 04. | Richard Tea l | 31 | 0:28:32 | 90.32 |
| 05. | Bob Dion | 53 | 0:28:55 | 87.10 |
| 06. | Edward Alibozek | 46 | 0:29:04 | 83.87 |
| 07. | Richard Chipman | 48 | 0:29:48 | 80.65 |
| 08. | Ian Rasweiler | 15 | 0:30:19 | 77.42 |
| 09. | Paul Hartwig | 52 | 0:30:27 | 74.19 |
| 10. | Peter Lipka | 57 | 0:31:39 | 70.97 |
| 11. | Mike Lahey | 57 | 0:32:44 | 67.74 |
| 12. | Patrick McGrath | 43 | 0:33:06 | 64.52 |
| 13. | Ed Alibozek Jr | 69 | 0:34:10 | 61.29 |
| **14.** | **Holly Atkinson** | **39** | **0:34:15** | **58.06** |
| 15. | London Niles | 11 | 0:37:18 | 54.84 |
| 16. | David Boles | 62 | 0:37:45 | 51.61 |
| 17. | Laura Clark | 61 | 0:37:49 | 48.39 |
| 18. | Barbara Sorrell | 51 | 0:38:06 | 45.16 |
| 19. | Denise Dion | 50 | 0:39:27 | 41.94 |
| 20. | Laurel Shortell | 43 | 0:40:07 | 38.71 |
| 21. | Jamie Howard | 43 | 0:43:49 | 35.48 |
| 22. | David Sposito | 35 | 0:45:07 | 32.26 |
| 23. | Paul Sullivan | 35 | 0:45:08 | 29.03 |
| 24. | Mary Kennedy | 50 | 0:47:10 | 25.81 |
| 25. | Jacqueline Lemieux | 42 | 0:47:12 | 22.58 |
| 26. | Barbara Postel | 55 | 0:47:59 | 19.35 |
| 27. | Larry Peleggi | 51 | 0:49:05 | 16.13 |
| 28. | Richard Busa | 79 | 0:49:18 | 12.90 |
| 29. | Konrad Karolczuk | 56 | 0:49:38 | 9.68 |
| 30. | Gregg Taylor | 62 | 0:55:00 | 6.45 |
| 31. | Jeff Clark | 62 | 0:55:01 | 3.23 |
| | Dakota | | 0:45:06 | |

The Catamount Trail System - We climbed to the far right and across the top (Ridge Trail) before descending to finish

Proceeds from the race will benefit the Volunteers In Medicine in Great Barrington. All Photos Beth & Brad Herder.

# TWILIGHT AT CATAMOUNT

How appropriate that the final hurrah in the record-breaking!! 17 event Dion Snowshoe Race series was also our initial entry into the Twilight Zone, that neither-here-nor-there dusky time frame when magic and miracles coexist. We began near sunset and raced the approaching twilight to a bittersweet finish.

Our entry into the Twilight Zone of race directing was nothing short of a series of mistakes that magically cancelled themselves out. Apparently, everyone except Bob Dion thought he was directing the race. Bob thought he was just dispensing loaners. Early arrivals were greeted by: no bib numbers, no pins, a registration area in the process of closing down, no finish line and NO Bob!

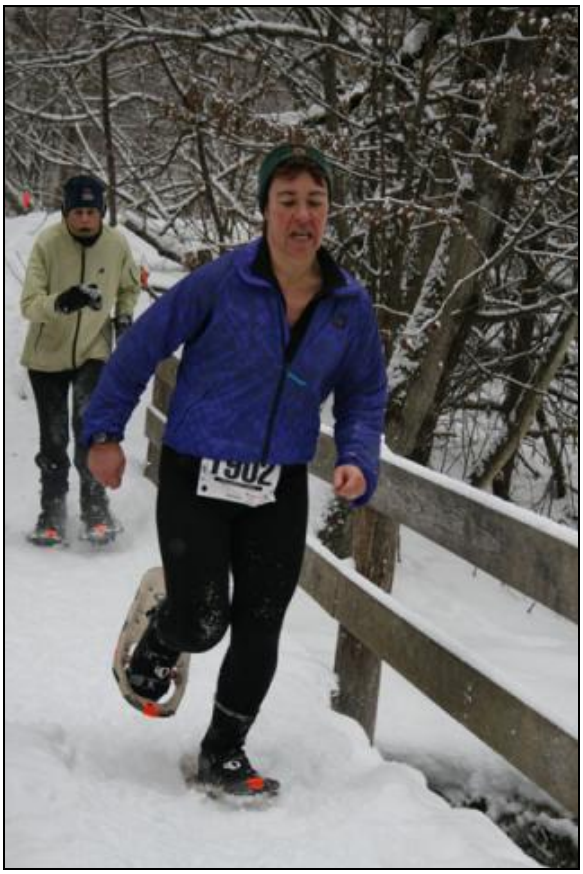
When Bob "finally" appeared, on time for a snowshoe expert but distressingly late for a race director, he promptly set up his Dion tent and stocked it with loaners, snacks and water. Looked exactly like his Hoot 'n Toot setup. Fortunately, we still had snow and a course. After 16 races, we all knew what had to be done and we raided cars for numbers and rusty pins. Bob's snowshoe tent ambled a few hundred meters uphill to mark the finish line and we were ready to go!

If you have kids or grandkids, you have surely heard of the Magic Tree House Series by Mary Pope Osborne, where Jack and Annie discover a magic tree house filled with books. These books instantly transport them to another time and place where their adventures lead to discoveries about other eras and most importantly, about themselves. The titles, like *Buffalos before Breakfast* and *Afternoon on the Amazon*, usually combine a time and a place. Currently, there are 42 volumes as well as accompanying research guides, with the promise of still more to come.

Although not earning the big bucks, we are similarly successful, boasting fourteen series years with many races also focusing on a piece of local history. Unlike the Magic Tree House, however, each and every participant has a unique story to relate. It is fun to read the bi-weekly SnoNews editions and observe how one person's race can be so totally different from your own.

Realizing, then, that I will never be able to pen the definitive Catamount experience, certain elements are common to all. We are accustomed to getting up, getting dressed, driving and then racing. This sunset/twilight combo was a totally new experience. Do you take the opportunity to sleep in? Do you wear your running clothes all day or waste time by changing later on? Do you spend the morning lazing around, reluctant to exert yourself too much? Do you fuel with an early lunch or simply go whole hog with an all-out brunch? Is your customary pre-race power bar really necessary after a full day of discretionary fueling?

I decided to dress the part early in the day, if just to stimulate the appropriate mindset. This did not save any real time however, since as the temperature rose, I shed clothes, making final adjustments in the Catamount parking lot. And despite having eaten more than enough, I superstitiously consumed my good luck Cliff Bar whether I was hungry or not. This may be one of the few races where I actually put on a few anticipatory pounds!



# TWILIGHT AT CATAMOUNT (CONTINUED)

As Jeff and I motored to Catamount, concern mounted. We know enough to trust in Edward and his pronouncements, especially after the normally snowless December drive through Bennington to Woodford. But this journey called for unshakeable faith. Our limo's outside temperature gauge hovered between 44 and 46 degrees which was indeed cause for concern. While Saratoga still boasted impressive snow piles and 3-10 inches in the DeepWoods, Hillsdale was brown and bare. Even more worrisome was the fact that the surrounding mountains were drab brown. It wasn't until we were in sight of Catamount that we spotted narrow ribbons of strip-mined snow snaking tentatively down the slope. Whew!!

I figured that the late March twilight would wreck havoc with the schedules of the more obsessive-compulsive among us. And I was correct. Jan Rancatti (Chloe's Dad) clocked 31 finishers plus one special category entrant, Dakota, a nine-month old (or 5 year-old in people time) Vistula who finished a nose ahead of her person, Paul Sullivan.

Our route took us a mile up, as in straight up, then across the Ridge Trail with a plunge to the finish. Still recovering from my Pittsfield Marathon adventure and nursing a twisted knee, I had made the tough but correct decision to forego Northfield and focus instead on recovery. We all knew that with a smaller field, our final opportunity to influence the points standings would not come easily. While most were suitably impressed by the climb, after the Pittsfield trail it seemed like standard fare. I passed Laurel, then Denise and was wondering if they were feeling OK. I ended up just behind Dave Boles, grateful that I was shadowing him so I could anchor into his size large post holes. His technique reminded me of my Chi running training and we both zigzagged the steepest parts.

Once we summitted, I flew by Barb Sorrell and rather scared myself at how out-of-control I was during the initial descent. It just felt so good not to be plodding along. I did check off the fabulous view but was too preoccupied with not falling to give it more than a passing salute. The sugar snow was so squishy and the side pitches so steep that I wondered how skiers kept from launching into the abyss.

While Dave doesn't exactly take it easy, he doesn't exactly speed up either unless he knows that someone is on his tail. So for the final run I tucked in behind London Niles who suddenly appeared out of nowhere. My strategy almost worked. I knew Dave would regard London as an impossible target so I managed to catch him by surprise as I tucked into London's wake. But for my every stride, Dave negotiated two giant steps and it was only a matter of time…

From the results it looks as if parallel contests played out with many others crossing within seconds of each other. Who says running isn't a good spectator sport? Must have been pretty darned exciting down by the finish line. I'm just glad I wasn't Jan trying to stopwatch the race. And his partner Chloe the Newf was absolutely no help whatsoever, preferring to lie in the last snow of the season and soak up the dying rays.

Afterwards, folks seemed to hang around the finish line longer than usual, reluctant to call it quits. Twilight found us still in the parking lot, hesitant to hear the final definitive door slam. But as with all good series adventures, this one is just taking a breather, building suspense until the release of next year's latest installment.

My personal Twilight at Catamount was a bit edgier. As a child I was fortunate to have a true best friend. We lived just half a block away and spent so much time at each other's houses that we both felt as if we had an extra set of parents. After high school graduation, Betty's parents moved to Sharon, Connecticut where they had a summer home. During winter breaks, Betty and I would ski at nearby Catamount.

I imagine the ski area has undergone several renovations since then but I was dismayed to discover that there was absolutely nothing to trigger any long-dormant memories. In a way, this was a relief. My best friend has been missing from my life for many years now, having been diagnosed with schizophrenia as a young adult. At the summit, I sent a silent prayer in Betty's direction and then raced a bittersweet Twilight down Catamount Mountain straight into the arms of my new best friends.

*laura clark*

Photos accompanying Laura's article courtesy of:

Dave Boles by Beth Herder – www.berkshiresports.org

Barbara Sorrell / Laura Clark and Larry Peleggi by ARE

www.albanyrunningexchange.org

# 2009 WMAC DION SNOWSHOE RACING SERIES
# FINAL STANDINGS BEST SIX PAGE 1

**Woodford Turner Trail Greylock Glen Brave the Blizzard**
**Hoot Toot & Whistle Curly's Record Run Northfield Mtn**
**SPA Winterfest Sidehiller Hallockville Pond Camp Saratoga**
**Hoxie Thunderbolt Covered Bridge Hallockville Orchard**
**Hawley Kiln Northfield MASS State Championship Catamount**

| PL | NAME | AGE | CNT | POINTS |
|---|---|---|---|---|
| **01.** | **Ben Nephew** | **33** | **6** | **591.94** |
| 02. | Dave Dunham | 44 | 6 | 591.66 |
| 03. | Tim Van Orden | 40 | 6 | 587.56 |
| 04. | Matt Cartier | 33 | 6 | 587.27 |
| 05. | Tim Mahoney | 29 | 6 | 577.51 |
| 06. | Ken Clark | 46 | 6 | 575.41 |
| 07. | Edward Alibozek | 46 | 6 | 556.53 |
| 08. | Paul Bazanchuck | 54 | 6 | 551.05 |
| 09. | Larry Dragon | 48 | 6 | 547.30 |
| 10. | Brian Northan | 33 | 6 | 543.75 |
| 11. | Jay Kolodzinski | 29 | 6 | 538.10 |
| **12.** | **Abby Woods** | **30** | **6** | **538.05** |
| 13. | Richard Teal | 30 | 6 | 536.89 |
| 14. | Bob Dion | 53 | 6 | 519.67 |
| 15. | Richard Chipman | 48 | 6 | 512.31 |
| 16. | Erik Wight | 49 | 6 | 504.30 |
| 17. | Amy Lane | 29 | 6 | 488.39 |
| 18. | Chelynn Tetreault | 33 | 6 | 484.89 |
| 19. | Alan Bates | 60 | 6 | 482.45 |
| 20. | Matt Westerlund | 36 | 5 | 478.69 |
| 21. | Glen Tryson | 55 | 6 | 478.67 |
| 22. | Mike Lahey | 57 | 6 | 471.58 |
| 23. | Peter Malinowski | 54 | 6 | 460.68 |
| 24. | John Pelton | 69 | 6 | 443.00 |
| 25. | Jessica Hageman | 33 | 6 | 440.88 |
| 26. | Paul Hartwig | 52 | 6 | 434.19 |
| 27. | Russ Hoyer | 48 | 5 | 433.91 |
| 28. | Patrick McGrath | 43 | 6 | 415.18 |
| 29. | Steven Legnard | 32 | 6 | 405.81 |
| 30. | Jim Johnson | 31 | 4 | 394.50 |
| 31. | Holly Atkinson | 39 | 6 | 391.94 |
| 32. | Bill Morse | 57 | 6 | 390.39 |
| 33. | Josh Merlis | 27 | 4 | 389.05 |
| 34. | Peter Lipka | 57 | 6 | 371.11 |
| 35. | Martin Glendon | 62 | 6 | 368.69 |
| 36. | Jan Rancatti | 48 | 6 | 364.85 |
| 37. | Ed Alibozek Jr | 69 | 6 | 364.25 |
| 38. | Laurel Shortell | 42 | 6 | 354.98 |
| 39. | Eddie Habeck III | 31 | 4 | 330.81 |
| 40. | Rick Pacheco | 48 | 4 | 329.81 |
| 41. | David Boles | 62 | 6 | 324.06 |
| 42. | London Niles | 11 | 6 | 318.00 |
| 43. | Dan Buttrick | 28 | 5 | 316.88 |
| 44. | Laura Clark | 61 | 6 | 316.66 |
| 45. | Denise Dion | 50 | 6 | 314.89 |
| 46. | Scott Brew | 43 | 4 | 314.49 |
| 47. | Jacque Schiffer | 44 | 4 | 312.25 |
| 48. | Justin Fyffe | 28 | 3 | 298.70 |
| 49. | Nico Scibelli | 46 | 4 | 297.68 |
| 50. | Bob Worsham | 63 | 6 | 295.55 |
| 51. | Brian Rusiecki | 30 | 3 | 292.68 |
| 52. | Ethan Nedeau | 36 | 3 | 291.01 |
| 53. | Ahmed Elasser | 46 | 3 | 288.50 |
| 54. | Tim Rudin | 38 | 4 | 282.36 |
| 55. | Tom Parent | 32 | 4 | 279.57 |
| 56. | Tom Mack | 44 | 4 | 275.33 |
| 57. | Bob Massaro | 65 | 6 | 274.86 |
| 58. | Steve Wolfe | 44 | 3 | 270.73 |
| 59. | Brad Herder | 51 | 6 | 270.22 |
| 60. | Jodie Lahey | 30 | 6 | 255.61 |
| 61. | Chris Taft | 28 | 3 | 255.17 |
| 62. | Rick Friedrich | 35 | 5 | 253.04 |
| 63. | Rich Tanchyk | 57 | 4 | 252.83 |
| 64. | Leslie Dillon | 25 | 3 | 249.60 |
| 65. | Jeff Hattem | 57 | 6 | 247.20 |
| 66. | Ross Krause | 29 | 3 | 243.55 |
| 67. | Jeff Clark | 51 | 3 | 241.45 |
| 68. | Joe Bouck | 46 | 5 | 235.12 |
| 69. | David Shumpert | 38 | 3 | 231.84 |
| 70. | Howard Bassett | 48 | 4 | 230.63 |
| 71. | Brendan Dunfee | 34 | 3 | 225.81 |
| 72. | Will Danecki | 58 | 5 | 219.45 |
| 73. | Jamie Howard | 43 | 6 | 215.01 |
| 74. | Dennis Fillmore | 56 | 3 | 213.34 |
| 75. | Tom Ryan | 48 | 3 | 212.94 |
| 76. | Scott Bradley | 54 | 4 | 205.31 |
| 77. | Madeleine Bonneville | 27 | 3 | 205.11 |
| 78. | Darleen Buttrick | 29 | 6 | 202.33 |
| 79. | Josh Ferenc | 27 | 2 | 200.00 |
| 80. | Ernie Alleva | 57 | 6 | 198.23 |
| 81. | Leigh Schmitt | 36 | 2 | 197.40 |
| 82. | Jeremy Drowne | 31 | 2 | 196.64 |
| 83. | Frank Paone | 51 | 3 | 194.37 |
| 84. | Frank Gaval | 62 | 4 | 193.38 |
| 85. | Kathy Furlani | 60 | 6 | 193.34 |
| 86. | Greg Hammett | 31 | 2 | 192.02 |
| 87. | Phil Bricker | 55 | 3 | 190.60 |
| 88. | Wally Lempart | 63 | 4 | 190.58 |
| 89. | Jacqueline Lemieux | 42 | 6 | 189.50 |
| 90. | Chris Johnson | 51 | 6 | 188.33 |
| 91. | Peter Keeney | 43 | 2 | 186.48 |
| 92. | James Pawlicki | 34 | 2 | 185.99 |
| 93. | Chuck Trimarchi | 62 | 4 | 185.24 |
| 94. | David Newman | 28 | 2 | 185.00 |
| 95. | Daniel French | 37 | 2 | 181.24 |
| 96. | Peter Lagoy | 49 | 2 | 180.23 |
| 97. | Rick DeCarr | 24 | 2 | 174.21 |
| 98. | Matthew Fryer | 28 | 2 | 172.90 |

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**SPA Winterfest Sidehiller Hallockville Pond Camp Saratoga**
**Hoxie Thunderbolt Covered Bridge Hallockville Orchard**
**Hawley Kiln Northfield MASS State Championship Catamount**

| PL | NAME | AGE | CNT | POINTS |
|---|---|---|---|---|
| 99. | Andrew Wahila | 24 | 2 | 172.88 |
| 100. | Timothy Bardin | 47 | 2 | 170.94 |
| 101. | Eric Recene | 37 | 2 | 170.23 |
| 102. | Darlene McCarthy | 46 | 5 | 170.15 |
| 103. | John Kinnicott | 46 | 2 | 168.72 |
| 104. | Eric Kimmelman | 44 | 2 | 167.14 |
| 105. | Andy Esperti | 45 | 2 | 166.14 |
| 106. | Tracey Robertson | 40 | 3 | 166.08 |
| 107. | Donald Pacher | 36 | 2 | 163.80 |
| 108. | Clinton Morse | 46 | 2 | 162.79 |
| 109. | John Paduano | 48 | 2 | 162.79 |
| 110. | Mike Kent | 45 | 3 | 162.74 |
| 111. | Charles Brockett | 63 | 3 | 161.91 |
| 112. | Sean Curtis | 16 | 2 | 160.24 |
| 113. | Norm Sheppard | 51 | 3 | 159.26 |
| 114. | Ri Fahnestock | 29 | 2 | 159.21 |
| 115. | Ed Meyers | 57 | 2 | 157.34 |
| 116. | Michael Della Rocco | 57 | 3 | 157.02 |
| 117. | Daniel Berheide | 30 | 2 | 155.33 |
| 118. | Todd Rowe | 40 | 2 | 154.87 |
| 119. | Jim Carlson | 60 | 4 | 154.32 |
| 120. | Jared Asmus | 23 | 2 | 151.86 |
| 121. | Scott Graham | 50 | 2 | 151.20 |
| 122. | Jeffrey Lutzker | 57 | 2 | 149.84 |
| 123. | Russell Clark | 57 | 2 | 148.80 |
| 124. | Sheila Kolodzinski | 26 | 3 | 147.05 |
| 125. | Dan Valdo | 19 | 2 | 146.57 |
| 126. | Maureen Roberts | 50 | 4 | 146.27 |
| 127. | Dave Wilber | 49 | 3 | 145.78 |
| 128. | Doug McBournie | 50 | 6 | 145.12 |
| 129. | John Butler | 42 | 2 | 144.11 |
| 130. | Peggy McKeown | 51 | 3 | 143.57 |
| 131. | Barbara Sorrell | 51 | 4 | 143.14 |
| 132. | Beth Herder | 50 | 3 | 142.77 |
| 133. | Bob Woodworth | 59 | 2 | 142.12 |
| 134. | Denise Terzian | 44 | 3 | 141.81 |
| 135. | Jay Curry | 37 | 2 | 141.74 |
| 136. | Bruce Shenker | 56 | 2 | 141.39 |
| 137. | Kevin Durgin | 20 | 2 | 139.10 |
| 138. | Ed Decker | 55 | 2 | 137.93 |
| 139. | Gary Bendetti | 63 | 3 | 137.31 |
| 140. | Bill Glendon | 62 | 6 | 135.48 |
| 141. | Sara Brenner | 28 | 2 | 135.34 |
| 142. | Mike Lacharite | 51 | 3 | 134.82 |
| 143. | David Durfee | 47 | 2 | 132.50 |
| 144. | Larry Peleggi | 51 | 6 | 131.14 |
| 145. | Michael Buttrick | 23 | 2 | 129.73 |
| 146. | Konrad Karolczuk | 56 | 6 | 128.83 |
| 147. | Jeanine Mackiewicz | 36 | 2 | 128.58 |
| 148. | Ashley Krause | 31 | 2 | 127.41 |
| 149. | Pamela DelSignore | 39 | 2 | 126.68 |
| 150. | Elizabeth Bianchi | 41 | 2 | 125.10 |
| 151. | William Milak | 56 | 2 | 124.27 |
| 152. | Jaime Nieves | 32 | 3 | 123.03 |
| 153. | Tom Tift | 51 | 2 | 122.88 |
| 154. | Peter Thomas | 61 | 3 | 121.79 |
| 155. | Mark Raymond | 46 | 3 | 121.69 |
| 156. | Kaitlyn Skelley | 25 | 2 | 121.48 |
| 157. | Walter Kolodzinski | 66 | 6 | 121.20 |
| 158. | Sarah Dzikowicz | 38 | 2 | 121.20 |
| 159. | Robert Norman | 33 | 2 | 117.05 |
| 160. | Peg Piwonka | 37 | 2 | 116.66 |
| 161. | Katherine Best | 24 | 2 | 116.02 |
| 162. | A. Caplan-Bricker | 15 | 2 | 115.85 |
| 163. | Steve Petke | 54 | 3 | 112.80 |
| 164. | Patty Duffy | 40 | 3 | 112.46 |
| 165. | Sweep Voll | 48 | 2 | 112.19 |
| 166. | Matthew Soroka | 31 | 2 | 111.18 |
| 167. | Erin Clark | 20 | 2 | 110.69 |
| 168. | Michael Bates | 16 | 2 | 109.86 |
| 169. | Renate Fatkulin | 20 | 2 | 108.51 |
| 170. | Sheryl Wheeler | 46 | 2 | 107.98 |
| 171. | Mary Lou White | 53 | 6 | 107.27 |
| 172. | John Aldrich | 50 | 2 | 106.69 |
| 173. | Richard Busa | 79 | 6 | 106.19 |
| 174. | Douglas Gerhardt | 41 | 2 | 105.69 |
| 175. | Kim Scott | 40 | 2 | 102.91 |
| 176. | Laura Milak | 52 | 2 | 101.61 |
| 177. | Angela Squadere | 37 | 2 | 99.81 |
| 178. | Daniel Morgan | 43 | 2 | 98.74 |
| 179. | Ed Buckley | 50 | 2 | 98.54 |
| 180. | Karl Molitoris | 53 | 2 | 95.39 |
| 181. | Brian McCarthy | 47 | 3 | 93.77 |
| 182. | Kathleen Goldberg | 50 | 2 | 91.48 |
| 183. | Sarah Edson | 32 | 2 | 91.03 |
| 184. | Thomas Hathaway | 19 | 2 | 89.54 |
| 185. | Edward Steele | 43 | 3 | 89.23 |
| 186. | Janet Tryson | 55 | 4 | 88.19 |
| 187. | Donna Charlebois | 50 | 2 | 85.16 |
| 188. | Randy Goldberg | 49 | 2 | 83.86 |
| 189. | Lindsey Sabatka | 28 | 2 | 83.82 |
| 190. | Sibyl Jacobson | 66 | 5 | 82.74 |
| 191. | Christie Desilets | 26 | 2 | 82.06 |
| 192. | Jason Nipper | 34 | 2 | 81.50 |
| 193. | Erinn McCarthy | 26 | 2 | 78.22 |
| 194. | Mark Brill | 61 | 2 | 76.79 |
| 195. | Alex Chlopecki II | 37 | 2 | 76.70 |
| 196. | Tim Rothfuss | 39 | 2 | 74.94 |

# 2009 WMAC DION SNOWSHOE RACING SERIES
# FINAL STANDINGS BEST SIX PAGE 3

**Woodford Turner Trail Greylock Glen Brave the Blizzard**
**Hoot Toot & Whistle Curly's Record Run Northfield Mtn**
**SPA Winterfest Sidehiller Hallockville Pond Camp Saratoga**
**Hoxie Thunderbolt Covered Bridge Hallockville Orchard**
**Hawley Kiln Northfield MASS State Championship Catamount**

| PL | NAME | AGE | CNT | POINTS |
|---|---|---|---|---|
| 197. | Mona Funiciello | 34 | 2 | 70.61 |
| 198. | Theresa Apple | 47 | 2 | 68.82 |
| 199. | Ann Vaughn | 53 | 3 | 67.17 |
| 200. | Gail Hein | 57 | 2 | 66.21 |
| 201. | Robert Armagno | 62 | 2 | 66.00 |
| 202. | Kathleen Tersigni | 37 | 3 | 65.16 |
| 203. | John DellaRocco | 47 | 2 | 63.35 |
| 204. | Sue Nealon | 58 | 4 | 63.22 |
| 205. | Mary Rappazzo | 47 | 2 | 60.60 |
| 206. | Pat Rosier | 50 | 2 | 57.95 |
| 207. | Patricia Paduano | 51 | 2 | 56.55 |
| 208. | Steve Mitchell | 67 | 2 | 55.91 |
| 209. | Tom Mccrumm | 63 | 2 | 55.13 |
| 210. | Colleen Quinn | 52 | 2 | 53.42 |
| 211. | Ken Fairman | 65 | 3 | 52.16 |
| 212. | Ray Lee | 66 | 5 | 51.95 |
| 213. | Jeff Clark | 62 | 6 | 50.75 |
| 214. | Bruce Saddler | 47 | 2 | 50.47 |
| 215. | Richard Davis | 38 | 4 | 49.96 |
| 216. | Michael Maguire | 48 | 2 | 49.45 |
| 217. | Jennifer Ferriss | 37 | 2 | 47.24 |
| 218. | Art Gullive r | 70 | 4 | 45.71 |
| 219. | Debbie Tierney | 49 | 2 | 44.96 |
| 220. | Greg Taylor | 62 | 4 | 44.53 |
| 221. | Sue Seppa | 67 | 3 | 42.74 |
| 222. | Steve Obermeyer | 47 | 2 | 39.80 |
| 223. | Juicebox Cox | 16 | 2 | 38.50 |
| 224. | Christine McKnight | 61 | 2 | 38.30 |
| 225. | Ann Miller | 45 | 2 | 38.05 |
| 226. | Darryl Caron | 45 | 2 | 36.76 |
| 227. | Jennifer Jennings | 48 | 3 | 36.73 |
| 228. | Cecilia Harris | 23 | 2 | 36.40 |
| 229. | Jamie Lahey | 32 | 2 | 34.40 |
| 230. | Al Schultz | 63 | 4 | 34.32 |
| 231. | Meirak Werbel | 37 | 2 | 33.21 |
| 232. | Mona Caron | 39 | 2 | 32.82 |
| 233. | Holly Alexandre | 37 | 2 | 31.34 |
| 234. | Bill Milkiewicz | 53 | 6 | 29.72 |
| 235. | Karen Michalski | 53 | 2 | 28.60 |
| 236. | Anne Wehry | 51 | 2 | 22.78 |
| 237. | Karin Bradley | 52 | 2 | 10.19 |
| 238. | Betty Lacharite | 73 | 2 | 9.53 |
| 239. | Don Lacharite | 77 | 2 | 9.22 |

2009 WMAC DION Snowshoe Racing Series Champions are Ben Nephew and Abby Woods Mahoney!

Photos courtesy of Beth and Brad Herder –
www.berkshiresports.org

# 2009 WMAC DION SNOWSHOE SERIES
# AGE DIVISION CHAMPS

**11 – 15**

| | | | |
|---|---|---|---|
| | | London Niles | 318.00 |
| | | Adam Bricker | 115.85 |

**16- 19**

| | | | |
|---|---|---|---|
| | | Sean Curtis | 160.24 |
| | | Dan Valdo | 146.57 |
| | | Michael Bates | 109.86 |

**20 – 24**

| | | | |
|---|---|---|---|
| Katherine Best | 116.02 | Rick DeCarr | 174.21 |
| Erin Clark | 110.69 | Andrew Wahila | 172.88 |
| Cecilia Harris | 36.40 | Jared Asmus | 151.86 |

**25 – 29**

| | | | |
|---|---|---|---|
| Amy Lane | 488.39 | Tim Mahoney | 577.51 |
| Leslie Dillon | 249.60 | Jay Kolodzinski | 538.10 |
| Madeleine Bonneville | 205.11 | Josh Merlis | 389.05 |
| Darleen Buttrick | 202.33 | Dan Buttrick | 316.88 |
| Sheila Kolodzinski | 147.05 | Justin Fyffe | 298.70 |

**30 – 34**

| | | | |
|---|---|---|---|
| Abby Woods | 538.05 | Ben Nephew | 591.94 |
| Chelynn Tetreault | 484.89 | Matt Cartier | 587.27 |
| Jessica Hageman | 440.88 | Brian Northan | 543.75 |
| Jodie Lahey | 255.61 | RichardTeal | 536.89 |
| Ashley Krause | 127.41 | Steven Legnard | 405.81 |

**35 – 39**

| | | | |
|---|---|---|---|
| Holly Atkinson | 391.94 | Matt Westerlund | 478.69 |
| Jeanine Mackiewicz | 128.58 | Ethan Nedeau | 291.01 |
| Pamela DelSignore | 126.68 | Tim Rudin | 282.36 |
| Sarah Dzikowicz | 121.20 | Rick Friedrich | 253.04 |
| Peg Piwonka | 116.66 | David Shumpert | 231.84 |

**40 – 44**

| | | | |
|---|---|---|---|
| Laurel Shortell | 354.98 | Dave Dunham | 591.66 |
| Jacque Schiffer | 312.25 | Tim Van Orden | 587.56 |
| Jacqueline Lemieux | 189.50 | Patrick McGrath | 415.18 |
| Tracey Robertson | 166.08 | Scott Brew | 314.49 |
| Denise Terzian | 141.81 | Tom Mack | 275.33 |

**45 – 49**

| | | | |
|---|---|---|---|
| Darlene McCarthy | 170.15 | Ken Clark | 575.41 |
| Sweep Voll | 112.19 | Edward Alibozek | 556.53 |
| Sheryl Wheeler | 107.98 | Larry Dragon | 547.30 |
| Theresa Apple | 68.82 | Richard Chipman | 512.31 |
| Mary Rappazzo | 60.60 | Erik Wight | 504.30 |

**50 – 54**

| | | | |
|---|---|---|---|
| Denise Dion | 314.89 | Paul Bazanchuck | 551.05 |
| Maureen Roberts | 146.27 | Bob Dion | 519.67 |
| Peggy McKeown | 143.57 | Peter Malinowski | 460.68 |
| Barbara Sorrell | 143.14 | Paul Hartwig | 434.19 |
| Beth Herder | 142.77 | Brad Herder | 270.22 |

**55 – 59**

| | | | |
|---|---|---|---|
| Janet Tryson | 88.19 | Glen Tryson | 478.67 |
| Gail Hein | 66.21 | Mike Lahey | 471.58 |
| Sue Nealon | 63.22 | Bill Morse | 390.39 |
| | | Peter Lipka | 371.11 |
| | | Rich Tanchyk | 252.83 |

**60 – 64**

| | | | |
|---|---|---|---|
| Laura Clark | 316.66 | Alan Bates | 482.45 |
| Kathy Furlani | 193.34 | Martin Glendon | 368.69 |
| Christine McKnight | 38.30 | David Boles | 324.06 |
| | | Bob Worsham | 295.55 |
| | | Frank Gaval | 193.38 |

**65 – 69**

| | | | |
|---|---|---|---|
| Sibyl Jacobson | 82.74 | John Pelton | 443.00 |
| Sue Seppa | 42.74 | Ed Alibozek Jr | 364.25 |
| | | Bob Massaro | 274.86 |
| | | Walter Kolodzinski | 121.20 |
| | | Steve Mitchell | 55.91 |
| | | Ken Fairman | 52.16 |
| | | Ray Lee | 51.95 |

**70 – 74**

| | | | |
|---|---|---|---|
| Betty Lacharite | 9.53 | Art Gulliver | 45.71 |
| | | Don Lacharite | 9.22 |

**70 – 74**

| | | | |
|---|---|---|---|
| | | Richard Busa | 106.19 |

Best 6 Scores Count. We used everyone with at least two finishes, which didn't change any of the Age Group Champions – it only lengthened the number in each division.

Overall, it was Ben Nephew and Abby Woods Mahoney winning the WMAC DION Snowshoe Series Title in 2009. Ben had also won during the 2004 season, and Abby was the 2008 Women's Champion.

It was close for the Overall top spot this season, as Ben took the title by a margin of only 0.28 over Dave Dunham. This was the lowest margin since 2007 when Dave came out ahead of Ken Clark by only 0.10. When Ben won in 2004, he beat Leigh Schmitt by a total of 0.47 over six races! We have had some really close finishes in our history!

# 2009 WMAC DION SNOWSHOE RACING SERIES
# FINAL TOTAL POINTS STANDINGS PAGE 1

**Woodford Turner Trail Greylock Glen Brave the Blizzard**
**Hoot Toot & Whistle Curly's Record Run Northfield Mtn**
**SPA Winterfest Sidehiller Hallockville Pond Camp Saratoga**
**Hoxie Thunderbolt Covered Bridge Hallockville Orchard**
**Hawley Kiln Northfield MASS State Championship Catamount**

| PL | NAME | SEX | AGE | PTS |
|---|---|---|---|---|
| **01.** | **Ken Clark** | **M** | **46** | **1351.99** |
| 02. | Mike Lahey | M | 57 | 1102.85 |
| 03. | Dave Dunham | M | 44 | 1069.52 |
| 04. | Edward Alibozek | M | 46 | 1061.79 |
| 05. | Tim Van Orden | M | 40 | 1052.63 |
| 06. | Bob Dion | M | 53 | 1022.15 |
| 07. | Richard Chipman | M | 48 | 944.00 |
| 08. | Richard Teal | M | 30 | 931.32 |
| 09. | Larry Dragon | M | 48 | 866.65 |
| 10. | Jay Kolodzinski | M | 29 | 848.32 |
| 11. | Mathew Cartier | M | 33 | 777.51 |
| 12. | Tim Mahoney | M | 29 | 762.14 |
| **13.** | **Laurel Shortell** | **F** | **42** | **740.23** |
| 14. | Erik Wight | M | 49 | 709.04 |
| 15. | Holly Atkinson | F | 39 | 644.31 |
| 16. | Paul Bazanchuk | M | 54 | 634.38 |
| 17. | Glen Tryson | M | 55 | 621.66 |
| 18. | Abby Woods | F | 30 | 619.87 |
| 19. | Chelynn Tetreault | F | 33 | 617.38 |
| 20. | Amy Lane | F | 29 | 609.85 |
| 21. | Jessica Hageman | F | 33 | 596.45 |
| 22. | Denise Dion | F | 50 | 592.01 |
| 23. | Ben Nephew | M | 33 | 591.94 |
| 24. | Paul Hartwig | M | 52 | 584.17 |
| 25. | Patrick McGrath | M | 43 | 573.76 |
| 26. | Martin Glendon | M | 62 | 567.37 |
| 27. | Laura Clark | F | 61 | 564.53 |
| 28. | Ed Alibozek Jr | M | 69 | 550.75 |
| 29. | Brian Northan | M | 33 | 543.75 |
| 30. | John Pelton | M | 69 | 541.05 |
| 31. | Peter Malinowski | M | 54 | 526.91 |
| 32. | David Boles | M | 62 | 502.26 |
| 33. | Bob Massaro | M | 65 | 491.12 |
| 34. | Alan Bates | M | 60 | 482.45 |
| 35. | Mathew Westerlund | M | 36 | 478.69 |
| 36. | Peter Lipka | M | 57 | 468.74 |
| 37. | Jan Rancatti | M | 48 | 462.29 |
| 38. | London Niles | M | 11 | 442.79 |
| 39. | Russ Hoyer | M | 48 | 433.91 |
| 40. | Steven Legnard | M | 32 | 405.81 |
| 41. | Jim Johnson | M | 31 | 394.50 |
| 42. | Jodie Lahey | F | 30 | 393.22 |
| 43. | Bill Morse | M | 57 | 390.39 |
| 44. | Josh Merlis | M | 27 | 389.05 |
| 45. | Eddie Habeck III | M | 31 | 330.81 |
| 46. | Rick Pacheco | M | 48 | 329.81 |
| 47. | Bob Worsham | M | 63 | 324.12 |
| 48. | Dan Buttrick | M | 28 | 316.88 |
| 49. | Scott Brew | M | 43 | 314.49 |
| 50. | Jacques Schiffer | F | 44 | 312.25 |
| 51. | Justin Fyffe | M | 28 | 298.70 |
| 52. | Nico Scibelli | M | 46 | 297.68 |
| 53. | Brian Rusiecki | M | 30 | 292.68 |
| 54. | Jamie Howard | M | 43 | 292.39 |
| 55. | Ethan Nedeau | M | 36 | 291.01 |
| 56. | Ahmed Elasser | M | 46 | 288.50 |
| 57. | Tim Rudin | M | 38 | 282.36 |
| 58. | Tom Parent | M | 32 | 279.57 |
| 59. | Tom Mack | M | 44 | 275.33 |
| 60. | Steve Wolfe | M | 44 | 270.73 |
| 61. | Brad Herder | M | 51 | 270.22 |
| 62. | Jeff Hattem | M | 57 | 268.23 |
| 63. | Chris Johnson | M | 51 | 260.20 |
| 64. | Chris Taft | M | 28 | 255.17 |
| 65. | Rich Friedrich | M | 35 | 253.04 |
| 66. | Rich Tanchgk | M | 57 | 252.83 |
| 67. | Leslie Dillon | F | 25 | 249.60 |
| 68. | Jeff Clark | M | 51 | 244.68 |
| 69. | Ross Krause | M | 29 | 243.55 |
| 70. | Joe Bouck | M | 46 | 235.12 |
| 71. | David Shumpert | M | 38 | 231.84 |
| 72. | Howard Bassett | M | 48 | 230.63 |
| 73. | Brendan Dunfee | M | 34 | 225.81 |
| 74. | Will Danecki | M | 58 | 219.45 |
| 75. | Kathy Furlani | M | 60 | 214.12 |
| 76. | Denny Fillmore | M | 56 | 213.34 |
| 77. | Thomas Ryan | M | 48 | 212.97 |
| 78. | Jacqueline Lemieux | F | 42 | 212.08 |
| 79. | Maddy Bonneville | F | 27 | 205.11 |
| 80. | Scott Bradley | M | 54 | 205.31 |
| 81. | Konrad Karolczuk | M | 56 | 202.73 |
| 82. | Darlene Buttrick | F | 29 | 202.33 |
| 83. | Josh Ferenc | M | 27 | 200.00 |
| 84. | Ernie Alleva | M | 57 | 198.23 |
| 85. | Leigh Schmitt | M | 36 | 197.40 |
| 86. | Jeremy Drowne | M | 31 | 196.64 |
| 87. | Frank Paone | M | 51 | 194.37 |
| 88. | Bill Glendon | M | 62 | 193.88 |
| 89. | Frank Gaval | M | 62 | 193.38 |
| 90. | Greg Hammett | M | 31 | 192.02 |
| 91. | Phil Bricker | M | 55 | 190.60 |
| 92. | Wally Lempart | M | 63 | 190.58 |
| 93. | Peter Keeney | M | 43 | 186.48 |
| 94. | James Pawlicki | M | 34 | 185.99 |
| 95. | Chuck Trimarchi | M | 62 | 185.24 |
| 96. | David Newman | M | 28 | 185.00 |
| 97. | Daniel French | M | 37 | 181.24 |
| 98. | Peter Lagoy | M | 49 | 180.23 |

# 2009 WMAC DION SNOWSHOE RACING SERIES
# FINAL TOTAL POINTS STANDING PAGE 2

**Woodford Turner Trail Greylock Glen Brave the Blizzard**
**Hoot Toot & Whistle Curly's Record Run Northfield Mtn**
**SPA Winterfest Sidehiller Hallockville Pond Camp Saratoga**
**Hoxie Thunderbolt Covered Bridge Hallockville Orchard**
**Hawley Kiln Northfield MASS State Championship Catamount**

| PL | NAME | SEX | AGE | PTS |
|---|---|---|---|---|
| 99. | Rick DeCarr | M | 24 | 174.21 |
| 100. | Matthew Fryer | M | 28 | 172.90 |
| 101. | Andrew Wahila | M | 24 | 172.88 |
| 102. | Timothy Bardin | M | 47 | 170.94 |
| 103. | Eric Recene | M | 37 | 170.23 |
| 104. | Darlene McCarthy | F | 46 | 170.15 |
| 105. | Doug McBournie | M | 50 | 169.73 |
| 106. | John Kinnicott | M | 46 | 168.72 |
| 107. | Eric Kimmelman | M | 44 | 167.14 |
| 108. | Andy Esperti | M | 45 | 166.14 |
| 109. | Tracey Robertson | F | 40 | 166.08 |
| 110. | Donald Pacher | M | 36 | 163.80 |
| 111. | Clinton Morse | M | 46 | 163.02 |
| 112. | John Paduano | M | 48 | 162.79 |
| 113. | Mike Kent | M | 45 | 162.74 |
| 114. | Charles Brockett | M | 63 | 161.91 |
| 115. | Sean Curtis | M | 16 | 160.24 |
| 116. | Norm Sheppard | M | 51 | 159.26 |
| 117. | Ri Fahnestock | M | 29 | 159.21 |
| 118. | Ed Meyers | M | 57 | 157.34 |
| 119. | M. Della Rocco | M | 57 | 157.02 |
| 120. | Daniel Berheide | M | 30 | 155.33 |
| 121. | Todd Rowe | M | 30 | 154.87 |
| 122. | Jim Carlson | M | 60 | 154.32 |
| 123. | Jared Asmus | M | 23 | 151.86 |
| 124. | Scott Graham | M | 50 | 151.20 |
| 125. | Jeffrey Lutzker | M | 57 | 149.84 |
| 126. | Russell Clark | M | 57 | 148.80 |
| 127. | Sheila Kolodzinski | F | 26 | 147.05 |
| 128. | Dan Valdo | M | 19 | 146.57 |
| 129. | Maureen Roberts | F | 50 | 146.27 |
| 130. | Dave Wilber | M | 49 | 145.78 |
| 131. | Walter Kolodzinski | M | 66 | 144.13 |
| 132. | John Butler | M | 42 | 144.11 |
| 133. | Peggy McKeown | F | 51 | 143.57 |
| 134. | Barbara Sorrell | F | 51 | 143.14 |
| 135. | Beth Herder | F | 50 | 142.77 |
| 136. | Bob Woodworth | M | 59 | 142.12 |
| 137. | Denise Terzian | F | 44 | 141.81 |
| 138. | Jay Curry | M | 37 | 141.74 |
| 139. | Bruce Shenker | M | 56 | 141.39 |
| 140. | Kevin Durgin | M | 20 | 139.10 |
| 141. | Ed Decker | M | 55 | 137.93 |
| 142. | Gary Bendetti | M | 63 | 137.31 |
| 143. | Sara Brenner | F | 28 | 135.34 |
| 144. | Mike Lacharite | M | 51 | 134.82 |
| 145. | David Durfee | M | 47 | 132.50 |
| 146. | Larry Peleggi | M | 51 | 131.14 |
| 147. | Michael Buttrick | M | 23 | 129.73 |
| 148. | Jeanine Mackiewicz | F | 36 | 128.58 |
| 149. | Ashley Krause | F | 31 | 127.41 |
| 150. | Pamela DelSignore | F | 39 | 126.68 |
| 151. | Elizabeth Bianchi | F | 41 | 125.10 |
| 152. | William Milak | M | 56 | 124.27 |
| 153. | Jaime Nieves | M | 32 | 123.03 |
| 154. | Tom Tift | M | 51 | 122.88 |
| 155. | Peter Thomas | M | 61 | 121.79 |
| 156. | Mark Raymond | M | 46 | 121.69 |
| 157. | Kaitlyn Skelley | F | 25 | 121.48 |
| 158. | Sarah Dzikowicz | F | 38 | 121.20 |
| 159. | Mary Lou White | F | 53 | 119.85 |
| 160. | Richard Busa | M | 79 | 117.92 |
| 161. | Robert Norman | M | 33 | 117.05 |
| 162. | Peg Piwonka | F | 37 | 116.66 |
| 163. | Katherine Best | F | 24 | 116.02 |
| 164. | A. Caplan-Bricker | M | 15 | 115.85 |
| 165. | Steve Petke | M | 54 | 112.80 |
| 166. | Patty Duffy | F | 40 | 112.46 |
| 167. | Sweep Voll | F | 48 | 112.19 |
| 168. | Matthew Soroka | M | 31 | 111.18 |
| 169. | Erin Clark | F | 20 | 110.69 |
| 170. | Michael Bates | M | 16 | 109.86 |
| 171. | Renate Fatkulin | M | 20 | 108.51 |
| 172. | Sheryl Wheeler | F | 46 | 107.98 |
| 173. | John Aldrich | M | 50 | 106.69 |
| 174. | Douglas Gerhardt | M | 41 | 105.69 |
| 175. | Kim Scott | F | 40 | 102.91 |
| 176. | Laura Milak | F | 52 | 101.61 |
| 177. | Angela Squadere | F | 37 | 99.81 |
| 178. | Daniel Morgan | M | 43 | 98.74 |
| 179. | Ed Buckley | M | 50 | 98.54 |
| 180. | Karl Molitoris | M | 53 | 95.39 |
| 181. | Brian McCarthy | M | 47 | 93.77 |
| 182. | Kathleen Goldberg | F | 50 | 91.48 |
| 183. | Sarah Edson | F | 32 | 91.03 |
| 184. | Thomas Hathaway | M | 19 | 89.54 |
| 185. | Edward Steele | M | 43 | 89.23 |
| 186. | Janet Tryson | F | 55 | 88.19 |
| 187. | Donna Charlebois | F | 50 | 85.16 |
| 188. | Randy Goldberg | M | 49 | 83.86 |
| 189. | Lindsey Sabatka | F | 28 | 83.82 |
| 190. | Sibyl Jacobson | F | 66 | 82.74 |
| 191. | Christie Desilets | F | 26 | 82.06 |
| 192. | Jason Nipper | M | 34 | 81.50 |
| 193. | Erinn McCarthy | F | 26 | 78.22 |
| 194. | Mark Brill | M | 61 | 76.79 |
| 195. | Alex Chlopecki | M | 37 | 76.70 |
| 196. | Tim Rothfuss | M | 39 | 74.94 |

# 2009 WMAC DION SNOWSHOE RACING SERIES TOTAL POINTS PAGE 3

**Woodford Turner Trail Greylock Glen Brave the Blizzard**
**Hoot Toot & Whistle Curly's Record Run Northfield Mtn**
**SPA Winterfest Sidehiller Hallockville Pond Camp Saratoga**
**Hoxie Thunderbolt Covered Bridge Hallockville Orchard**
**Hawley Kiln Northfield MASS State Championship Catamount**

| PL | NAME | SEX | AGE | PTS |
|---|---|---|---|---|
| 197. | Mona Funiciello | F | 34 | 70.61 |
| 198. | Theresa Apple | F | 47 | 68.82 |
| 199. | Ann Vaughn | F | 53 | 67.17 |
| 200. | Gail Hein | F | 57 | 66.21 |
| 201. | Robert Armagno | M | 62 | 66.00 |
| 202. | Kathleen Tersigni | F | 37 | 65.16 |
| 203. | John DellaRocco | M | 47 | 63.35 |
| 204. | Sue Nealon | F | 58 | 63.22 |
| 205. | Jeff Clark | M | 62 | 62.44 |
| 206. | Mary Rappazzo | F | 47 | 60.60 |
| 207. | Pat Rosier | F | 50 | 57.95 |
| 208. | Patricia Paduano | F | 51 | 56.55 |
| 209. | Steve Mitchell | M | 67 | 55.91 |
| 210. | Tom McCrumm | M | 63 | 55.13 |
| 211. | Colleen Quinn | F | 52 | 53.42 |
| 212. | Ken Fairman | M | 65 | 52.16 |
| 213. | Ray Lee | M | 66 | 51.95 |
| 214. | Bruce Saddler | M | 47 | 50.47 |
| 215. | Richard Davis | M | 38 | 49.96 |
| 216. | Michael Maguire | M | 48 | 49.45 |
| 217. | Jennifer Ferriss | F | 37 | 47.24 |
| 218. | Art Gulliver | M | 70 | 45.71 |
| 219. | Debbie Tierney | F | 49 | 44.96 |
| 220. | Greg Taylor | M | 62 | 44.53 |
| 221. | Sue Seppa | F | 67 | 42.74 |
| 222. | Steve Obermeyer | M | 47 | 39.80 |
| 223. | Juicebox Cox | M | 16 | 38.50 |
| 224. | Christine McKnight | F | 61 | 38.30 |
| 225. | Ann Miller | F | 45 | 38.05 |
| 226. | Darryl Caron | M | 45 | 36.76 |
| 227. | Jennifer Jennings | F | 48 | 36.73 |
| 228. | Cecilia Harris | F | 23 | 36.40 |
| 229. | Jamie Lahey | F | 32 | 34.40 |
| 230. | Al Schultz | M | 63 | 34.32 |
| 231. | Meirak Werbel | F | 37 | 33.21 |
| 232. | Mona Caron | F | 39 | 32.82 |
| 233. | Holly Alexandre | F | 37 | 31.34 |
| 234. | Bill Milkiewicz | M | 53 | 29.72 |
| 235. | Karen Michalski | F | 53 | 28.60 |
| 236. | Anne Wehry | F | 51 | 22.78 |
| 237. | Karin Bradley | F | 52 | 10.19 |
| 238. | Betty Lacharite | F | 73 | 9.53 |
| 239. | Don Lacharite | M | 77 | 9.22 |

Thanks to Denise and Bob Dion, whose snowshoes power our series – www.dionsnowshoes.com

Thanks to Beth and Brad Herder, whose photos help us remember so many great days – www.berkshiresports.org

**Results Show all participants with at least Two Finishes!**

Ken Clark and Laurel Shortell – Top Point Producers in 2009

# ALBANY TIMES UNION "I DID IT"

# RICHARD CHIPMAN – THE FORREST GUMP CHALLENGE

**Tom Keyser Staff Writer -- Saturday, March 7, 2009**

Rich Chipman likes to run. He's been a runner since 1978, but that didn't keep him from gaining weight and becoming dangerously unhealthy.

Precisely four years ago -- March 7, 2005 -- Chipman, 48, a wildlife biologist for the U.S. Department of Agriculture who lives in Schodack, New York, embarked on a plan to get fit. He devised what he calls the Forrest Gump challenge, named for the character played by Tom Hanks in the 1994 film. His initial goal was to run as many days in a row as Forrest Gump did (3 years, 2 months and 14 days). And when Chipman did that, he kept on running.

Q: What prompted you to get healthy?

A: I had heart flutters. I had higher-than-normal blood pressure and cholesterol that was over 260. I had read somewhere that the heavyweight-division entry level for sumo wrestlers was somewhere around 250, 260. I was thinking, "Oh my Lord, I've reached the point where I could qualify to be a sumo wrestler."

Q: What'd you weigh?

A: Around 260 then, but the maximum that I remember was 278. ... I'm 6-1 and 1/2.

Q: How'd you get that heavy?

A: It was 1988, and I was going to grad school in Vermont, and my wife, Liz, was pregnant with our older son. We lived across the street from a convenience store that sold discounted pints of Ben and Jerry's ice cream. We each had a pint a night. I gained more weight than she did. And she gave birth, and I didn't. I stayed 60 to 70 pounds overweight for about 20 years.

My doctor tried desperately to get me on cholesterol medicines. But they always made me feel a little wonky.

Q: What'd you do instead?

A: I needed something that involved running, because that's the thing I like to do. I help coach the Maple Hill Middle School cross-country team, and with two other runners, I started a local running club for kids. I felt that I needed to be a better role model. On top of that, we all have our midlife crisis, and I didn't want to do the standard and get hair plugs and a red convertible and have a torrid affair. So I decided to learn how to play the banjo and start the Forrest Gump challenge.

Q: How'd it work?

A: I'd run at least two continuous miles every day -- outside. The treadmill didn't count. And some days it was more like 20 miles. By the time this comes out, I'll be running my 1,462nd day in a row. That's more than 4,400 miles.

Q: You haven't missed a day?

A: Not one. The closest I came was, I had gone to my father's wedding in Vermont, and we were driving back, and our minivan broke down in the mountains between Bennington and Brattleboro. We eventually got towed to a service center in Bennington. We asked the tow-truck driver to drop us off at the local Subway, so we could get something to eat while we waited for friends back in New York to pick us up.

It was getting late, about 11:15 p.m. And I needed to get my run in before midnight. I told my family that while we were waiting I'd better go. I was in my suit coat and khakis and Bean boots, and I took off running down the streets of Bennington. A car full of high school kids came by and saw me, and they yelled out: (An insult) But I got my two miles in, and I kept the streak alive.

Q: What's the neatest thing that's happened?

A: That's hard to say, because I've run in 26 states, in D.C., and in five different countries. ... The day I tied Forrest, that was kind of a cool day. I was in Estes Park, Colorado, at about 7,500 feet elevation. It was May 22, 2008. I was at a large meeting of wildlife biologists. ... The day that I tied it, I was running on a mountain trail, and I ran among an elk herd. That was actually sort of spiritual.

Then the next day, because I had to catch a plane, I got up at 3 a.m. so I could break Forrest's streak. So there I'm running -- and thinking about mountain lions. That's the thing about being a wildlife biologist. I'm thinking, "This is really good mountain-lion habitat. ... And let's see, lions weigh 150 to 300 pounds, can run a lot faster than I can, and they can leap more than 20 feet from a standstill. And I'm running in the mountains near brushy

# RICHARD CHIPMAN – THE FORREST GUMP CHALLENGE (continued)

ledges acting like easy prey so I can break a fictional-movie character's record and still make my flight back home."

Q: Haven't you gotten sick, or hurt, or snowed out?

A: When the snow's on the roads, you're tiptoeing through and thinking that with the next slip, your streak's going to be broken. I've sprained my ankle, but not to the point I couldn't run. And everybody gets the stomach flu and your basic colds. But knowing that it's only two miles, I can make myself do that. Frankly, being outside and getting in better shape, I've been the least sick I've ever been. I'm in the best shape of my life, I know that.

Q: How's your weight?

A: It's 190, down 70 pounds from when I started the Forrest Gump challenge. Most of that came off the past year and a half. Before, my job was very high-pressure, and I was working very long hours, getting up at 2 and 3 in the morning to go to work. So it was stress and lack of sleep, and I was still eating some of my favorite stuff -- fast food, bagels with cream cheese, cinnamon rolls and drinking Coke.

Q: What changed?

A: I'd been in my job long enough that I was less stressed. And my wife gave me a gift certificate for a personal trainer at the Top Form fitness center in East Greenbush. I've been going there twice a week, lifting weights and working out my non-running muscles. And I started working with a running mentor, this amazing guy who's run 20 marathons, Chuck Trimarchi. He helped me train for my first marathon, the Cape Cod marathon in October 2008.

And this year, the new thing that I'm doing and have become obsessed with is snowshoe running. I've run 11 snowshoe races, which typically are four to five miles. ... By the way, I don't count that in my streak. I still go out for a two-mile run.

Q: How about your diet?

A: It's nothing magical -- smaller portions, mainly. I gave up red meat for the most part, and I quit eating bread. I gave up fast food -- french fries, Big Macs. And I gave up doughnuts and the cinnamon rolls at Dunkin' Donuts. I didn't give up good beer, though, because I like beer. I'm not monk-like. ... But ultimately, it's not that much fun. You miss a lot of things. You can tell yourself you don't really miss them, but you do.

Q: How's your health?

A: My cholesterol's down to 172. My blood pressure's normal to below normal. My heart flutter's gone. I feel better than I ever have. I don't have to buy clothes from Ivan the tent maker anymore. I'm back down to a 36 waist -- from 44, 46.

I'm happier -- more open and relaxed, certainly less stressed. ... I'm trying very hard not to become like a reformed smoker or born-again skinny person. You don't want to play that moral-superiority card. But I'm pretty proud of what I've done. As Forrest would say: "That's all I have to say about that."

I think you need to set very specific goals, and make them goofy and say them out loud so you can't back out. At least that worked for me.

Get your support team around you, whether it's your family or friends. In my case, I have all that plus my colleagues at work. When I switched jobs, I got up in front of 60 or 70 folks I knew I'd be working with and told them about myself, and one of the things included the Forrest Gump challenge. They were all really psyched for me.

Get some people to work with you who know their stuff. For me that was Chuck Trimarchi and the guys at Top Form and the Albany Running Exchange and the Hudson Mohawk Road Runners Club. You meet people who are going through what you're going through or have gone through it. My thing is running. But that doesn't mean it has to be your thing. It could be biking, anything.

"I Did It" is a monthly feature about local people who have achieved fitness success, whether it's a first marathon or the decision to cut butter out of their diet entirely. Article was used by permission from the Times Union. To contact the auther, Tom Keyser, email him at:

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Photo of Rich Chipman at Hawley Kiln by Beth Herder www.berkshiresports.org

Jan Rancatti spent Catamount working the finish line, with his dog *Chloe*. While racing the 2009 WMAC DION Snowshoe Series, Jan gathered 462 total points! Here he is at Hawley Kiln – Photo by Beth Herder / www.Berkshiresports.org