

W.M.A.C. SNOSHU-NEWS

Who Counts These Beans Anyway?

As I completed my **quest to complete 100 WMAC snowshoe races**, I couldn't help but notice that even though I finish at the back of the pack, I am surrounded by individuals of great accomplishments. I asked Bill Glendon, a finisher of 30 consecutive Dalton 10k's, what he attributed his record to. He said, "...luck". How lucky can a person be not to be sick or have any family emergencies (weddings, funerals and such) for 30 consecutive years?

Of course there's Jeff (and Laura) Clark who directed last year's Saratoga Winterfest snowshoe race which turned out to be the all time record largest attendance. But sometimes when you break a record, there are consequences you don't count on. If I understood Jeff correctly, there was a problem at the finish line that made his record bittersweet, I'll let him tell his own story but I think it involved a couple of knuckleheads at the finish

I think one of the greatest accomplishments of any of my back of the pack friends is Jamie Howard's earned doctorate in astronomy from Yale. I don't know how good he is, because every time I asked him what the stars are telling him about my future, he just rolls his eyes and walks away. I need to ask him if he knows Dionne Warwick.

Our races basically reward the individual who comes in first. What would happen if we rewarded the person who could endure the longest, a sort of last man standing. My money would be on Greg Taylor, I think he could outlast everyone. He's like the antagonist in a horror story, no matter how much distance you put between you and him, he just keeps coming at that steady pace.

So then I have to wonder why we celebrate certain accomplishments, and not others? Here are a few barnyard type records that might be of interest.

Who directed the most snowshoe races? Ed Alibozek, Paul Hartwig, Jeff and Laura Clark, Dave Dunham?

Who marked and cleared the most trails? Brad Herder, Tom McCrum?

Who maintains the most informative web site? Rob Higley?

Which volunteers froze the most? Early days had no warming huts. I remember the Judy's (Judy Alibozek and Judy Hartwig) serving up some of that great food.

Who designed the most T-shirts?

Who made the most pancakes at Brave the Blizzard?

Who accused K2 of padding results by inviting slower relatives to the races? Ed Alibozek Jr.

There is one record I always wonder who would "win". Who is the friendliest person? I know there are many qualified

candidates, but one I have to nominate is Gotha Swan. He always met everyone with a smile and a handshake.

So what's the point of completing 100 races? For the answer I returned to my basic carpool **ABC's**...

Alibozek (Ed most likely has the record for snowshoeing the most consecutive days each year, like every day there is snow on the ground).

Busa (name me a record Rich doesn't hold).

Clark (Ken probably has the record for biking to work, 20 miles each way all year round).

After a few seconds of pondering, Ed told me "...don't you know, you'll have the satisfaction of knowing that you've Dunham, you've Dunham all."

Konrad Karolczuk



photo by Kristin Johnson

MILESTONES AT WOODFORD

Konrad Karolczuk finished his 100th WMAC SS race!

Bob Massaro finished his 75th!

Howard Bassett finished his 25th.

Chelynn Tetreault and Barbara Sorrell finished their 20th.

Tim Mahoney finished his 15th.

Erik Wight and Bruce Shenker finished their 10th.

Tim Van Orden passed the 1,500 point mark with 1536.72!

Richard Chipman and Richard Teal passed 1,000 points with 1043.70 and 1017.03 points respectively!

WOODFORD 2009 – LAURA CLARK

“...You had to be a believer” Barbara Sorrell

Woodford 2009 Snowshoe Event was one of those times where you simply had to ignore the weather, gather the troops and take the journey on faith. The Vermont Kingdom of Woodford (pop. 414) is a mountainous realm enclosing some 14,000 acres of the Green Mountain National Forest and as such operates completely independently of any known climate patterns. All WMACers accept this “take it on faith” condition as part of the total Woodford experience. But this year, even experienced veterans balked at the level of commitment required.

It began raining the evening before Woodford and continued straight on through reveille. A quick wake-up call to the computer revealed that (a) It was raining in Bennington too, (b) Edward Alibozek was sick and not up to posting on the WMAC site and (c) Jack Quinn was doing outdoor race director stuff and not posting on the Battenkill site. Presumably, if something were truly amiss we would sense the vibes. What we should have done, though, was what one resourceful contestant did: dial the Woodford XC Ski Center to see if they were in business. Instead, Jeff and I were busy fielding calls from our own Saratoga hotline. We had hopes of vying for the Best Carpool Award, with four stuffed Saratoga cars skidding in convoy formation. What we got were three drivers, who with the exception of Jeff and I, were soloing.

I must admit that even I had my doubts, but Jeff, with many air transport meteorology courses to his credit, exuded an aura of confidence so I conceded to his superior wisdom and took a nap in the car. Plus, our weekend Mass ritual had so far eluded us and all that excess faith had to go somewhere...I woke up at a Stewarts rest stop where Jeff was urging me to buy a ginger ale for the ride back. This puzzled me as we had never before visited our favorite Grafton Lakes Stewarts on the way to Woodford. Being female, I was not afraid to check the directions and discovered that we were on autopilot to Adams and not to Woodford. Even faith has its limits, I guess.

Back on track, we counted raindrops until we stalled halfway up the rock ice formation that was the Woodford parking lot. This was fairly interesting as cars began to queue up behind us, not sure if we were trying to signal that the race had been cancelled or if we were in fact laying out a rappelling rescue line. A few reexamined their options and chose the less exciting walk from the flatlander lot. We, of course, had no choice other than to pray for studded tires. What we got was a tow truck filled with either sand or kitty litter and that worked fine.

As soon as we crested the ice sheet, the rain ceased, robins began to harmonize and the sun even peeked through to take a look. We had arrived in the Magic Kingdom once again. Many of the usual characters were there, some in red hat Santa mode, one individual who apparently couldn't yet locate his winter tights and, of course, Konrad Karolczuk. K2 was about to embark on his 100th career snowshoe race and take possession of the Keys to the Kingdom. It was time once again to believe in Santa Claus, Brigadoon and revel in the moment.

My favorite part of the race is actually the warmup cross-country over the hill and through the woods to the road, which

we naturally crossed to get to the start line on the other side. A few years ago, when we had that rope slide down the embankment it was even better.

The course itself presents a tactical dilemma. Against all trail-runner protocol, do you race that in-your-face steep hill to gain future leverage in the inevitable single track train lines to follow? Or do you husband your energy only to get stuck in a nail-biting ride on the local stops-at-every station subway car? I took an indecisive stance, alternating running and hiking, which actually worked pretty well. Then, stalled on the single track, I recalled Jim Carlson's warning not to pass too early as it would eat up too much energy. Impatiently, I waited for attrition to take its toll, especially since I was convinced I could go much faster on the downhills. It nearly killed me. But eventually Denise Dion took the lead and I knew I had no business passing her early in the race, so I settled down.

Eventually, though, she flagged and I was able to take The Lead. Not the lead of the entire race, mind you, but I could pretend. At any rate, the lead in my particular segment of the race. Thank you, Jim. Faith was once again rewarded. Finally I recognized the pond to the right and resisted the urge to sprint off towards it, as so many ill-fated leaders had done in the past. I knew that just about everyone behind me had a much better sprint than I had, so I tried to keep the distance growing.

Shortly before the finish, I learned that I really need to concentrate on flatlander sprinting this year as Denise and two others whooshed by me. Remembering Jeff's lecture about final season points, I rallied and managed to catch one of the two. After Jeff crossed the line, we both headed for the Vermont Bread Company Magic Kingdom outlet to consider our selection. Despite the array of tempting flavors, we both chose pumpernickel, the perfect accompaniment to Jeff's Mom's Famous Welsh Rarebit Supper, a warmly satisfying end to the ultimate Woodford experience.

Jeff's Mom's Famous Welsh Rarebit Supper

The perfect accompaniment to après snowshoe

2 normal size cans tomato soup
Bottle of dark beer
3 tbsp Lee & Perrins Worstershire
1 block of sharp cheddar cheese
Spices you like (i.e. oregano)
Pumpernickel bread

Spray inside of pot with Pam, shake tomato soup into pot & start on low heat. Fill empty soup cans 1/3 each with the beer to get out the pesky remnants, dump into pot, stir and increase heat. Continue stirring while toasting bread and slicing cheese into small squares. While stirring, flavor with Worstershire and your choice of seasoning. Cut bread into croutons & put into soup bowls. Sprinkle some cheese over the croutons, saving most for the pot. As soup simmers down (about ten minutes) put remaining cheese into soup to melt, stir in, then take pot off stove. Pour and enjoy. And don't let the rest of the beer go to waste!

WMAC

2010 DION SNOWSHOE RACING SERIES

WMAC

8TH ANNUAL "I LOVE WOODFORD" aka "THE RUN FOR THE DOUGH" 3.3 MILE SNOWSHOE RACE

December 27, 2009

Woodford State Park

Woodford, VT

#	NAME	AGE	TIME	PTS
01.	Jim Johnson	32M	24:00	100.00
02.	Tim VanOrden	41M	24:01	98.70
03.	Brian Rusiecki	31M	24:07	97.40
04.	Dave Dunham	45M	24:36	96.10
05.	Ben Nephew	34M	24:55	94.81
06.	Matt Westerlund	37M	25:41	93.51
07.	Josh Ferenc	28M	25:42	92.21
08.	Tim Mahoney	30M	25:43	90.91
09.	Steve Wolfe	45M	26:50	89.61
10.	Jeremy Drowne	32M	27:28	88.31
11.	Abby Mahoney	31F	27:44	87.01
12.	Rich Teal	31M	27:46	85.71
13.	Ken Clark	47M	27:54	84.42
14.	Amy Lane	30F	28:02	83.12
15.	Eddie HabackIII	32M	29:00	81.82
16.	Carolyn Stocker	17F	29:29	80.52
17.	Lauren Stocker	20F	29:35	79.22
18.	Allan Bates	61M	29:37	77.92
19.	Richard Chipman	49M	29:39	76.62
20.	Wayne Stocker	55M	29:48	75.32
21.	Elias Domingo	36M	30:03	74.03
22.	<u>Chelynn Tetreault</u>	34F	<u>30:35</u>	<u>72.73</u>
23.	Tim Stocker	14M	31:00	71.43
24.	Mike Lahey	58M	31:20	70.13
25.	Steve Dowson	21M	31:43	68.83
26.	Erik Wight	50M	31:47	67.53
27.	Bill Morse	58M	31:52	66.23
28.	Howard Bassett	49M	31:57	64.94
29.	David Durfee	45M	32:24	63.64
30.	Scott Bradley	54M	33:27	62.34
31.	Bob Woodworth	60M	33:28	61.04
32.	Bruce Shenker	57M	33:31	59.74
33.	Hiroshi Kitada	44M	33:57	58.44
34.	Seth Roberts	58M	34:15	57.14
35.	Steve Shattuck	57M	34:22	55.84
36.	Ian Hutchinson	45M	34:58	54.55
37.	Martin Glendon	63M	36:10	53.25
38.	Tracey Jeffreys	39F	36:14	51.95
39.	Sarah Glendon	31F	36:20	50.65
40.	Stan Tiska	52M	36:21	49.35
41.	Andrew Rome	55M	36:25	48.05
42.	Richard Clark	55M	36:28	46.75
43.	John Perry	47M	36:54	45.45
44.	Joe Bouck	47M	36:58	44.16
45.	<u>Becky Shattuck</u>	57F	<u>36:59</u>	<u>42.86</u>
46.	Wally Lempart	64M	37:01	41.56
47.	Erin Clark	21F	37:39	40.26
48.	Sarah Dzikowicz	39F	37:57	38.96
49.	Denise Dion	51F	38:01	37.66
50.	Laura Clark	62F	38:04	36.36
51.	Michael DellaRocco	58M	38:05	35.06
52.	Stacey Head	30F	38:11	33.77

#	NAME	AGE	TIME	PTS
53.	Bob Massaro	66M	38:34	32.47
54.	Dave Shumpert	39M	38:43	31.17
55.	Akif Zaman	30M	39:33	29.87
56.	Jen Schermerhorn	28F	39:40	28.57
57.	Mary Glendon	32F	39:49	27.27
58.	Chris Johnson	52M	39:57	25.97
59.	Jodie Lahey	31F	40:11	24.68
60.	<u>Maureen Roberts</u>	51F	<u>40:33</u>	<u>23.38</u>
61.	Michael Amarello	46M	40:45	22.08
62.	Tim Rothfuss	40M	40:55	20.78
63.	Darlene McCarthy	47F	41:47	19.48
64.	Steven Mitchell	68M	42:10	18.18
65.	Laurel Shortell	43F	42:14	16.88
66.	Barbara Sorrell	52F	42:22	15.58
67.	Dave Head	40M	42:23	14.29
68.	Erin McCarthy	29F	43:09	12.99
69.	Bill Glendon	63M	43:22	11.69
70.	Dan Sullivan	42M	43:31	10.39
71.	Konrad Karolczuk	57M	44:25	9.09
72.	Jamie Howard	44M	45:22	7.79
73.	Walter Kolodzinski	66M	46:12	6.49
74.	Miles London	12M	53:44	5.19
75.	Jeff Clark	63M	56:16	3.90
76.	Greg Taylor	63M	56:16	2.60
77.	Tony Lucia	72M	57:49	1.30



The King of Woodford, Jack Quinn, back in the day...
Racing at 2004 Greylock Glen!

ENJOYING THE SCENERY, PART 1: I LOVE WOODFORD SNOWSHOE RACE

Woodford always summons up memories of my first snowshoe race back in December 2005. I had purchased a pair of 25" Dions about three weeks before and Albany spent the whole time with at most of couple of inches of ice-crusting snow. In other words I had no idea what I was getting myself into at Woodford, with 12-18" of relatively fresh powder. By the end of roughly an hour of stumbling and gasping my way through three miles of torture, I had learned what snowshoeing is *really* like - cold melting snow all over you and the hardest work you'll ever do to "run" at a 20 min/mile pace. But it's also a heck of a lot of fun, which is why I'm looking forward my 5th season of snowshoe racing.

After waking up periodically throughout the night and listening to the rain falling, I was really glad Woodford RD Jack Quinn had sent word earlier in the week that there was plenty of snow at the park. I think I lost track of how many times Ann asked me if I really thought the race would still be on, especially as we drove from Albany to Bennington surrounded by lots of brown and grey and very little white... but then, as has happened on several occasions since I started snowshoeing back in December 2005, we started climbing up into the mountains and there was snow!

After watching a car getting set to be towed up into the parking lot we were thankfully re-routed to the one-way exit road - I'm really not sure my Civic would have made it up that slushy icy hill, even with snow tires. The parking lot was a little bit better than last year - I didn't see Jack gliding around on his skates! Checked in and said hi to a few friends that I didn't see nearly often enough this fall, with my injuries and all, then geared up and we made the trek down to the starting line. Third time at Woodford and I've learned - hike down the road, not the trail, and avoid that drop just before the road crossing!

Chatted with more friends while we waited for things to get started and Ann took some photos. It was definitely looking to be a good day, if a bit slushy - not too cold, and the snow wouldn't be too loose after the rain. All that remained to be seen was how my knee would hold up... Jack said a few words about the race and the course, and then - off we went!

The train starts pretty quickly on snowed over road into the park - it's a lot easier to tuck into a comfortable spot in the lineup and stay on the packed track then plow through the unpacked snow to the sides, though there's plenty of room to pass if you want to. I ended up at the back with the usual suspects - Konrad, Bill, Walter, and Jeff. The road also runs uphill and I always find it surprisingly tough so early on... this year I knew I'd be slow enough that it didn't seem worth jockeying for a better position before the start of the singletrack.

The woods were beautiful as always... one of the neat things about snowshoeing is the various ways the surroundings can be just wonderful. Sometimes it's that bright gleaming white that everything gets in the sunshine, but today it was a grey, misty kind of beauty, with the evergreens standing out just a little more colorfully against the muted background. I especially like it when we approach the shore of the reservoir and can see the water through the trees, and crossing the streams and cascades bubbling away under the ice and snow. I found the running

similar to last year - not terribly difficult going, other than trying to keep the snowshoes from getting too wet in a few spots (ice buildup - bleah!) and of course the fact that injuries and laziness have me in much worse shape than I was a year ago.

Eventually the winding path through the woods gave way to the open field just before coming back out on the entrance road. I sensed clear sailing, picked up the pace a bit, and very quickly tripped and slammed myself into the ground... nothing that unusual for a klutz like me, but the knee I injured back in June and November took the worst of the impact. Picked myself up, determined that everything still worked more or less, and headed off down the road to the finish - a bit more carefully than a few moments ago.

With only two prior Woodford races under my belt it still surprises me how quickly the finish comes up once we're back on the road. Ran it in as fast as I could (translation - not very fast!) and was happy to finish in only slightly more time than last year... not bad considering my knee and general lack of conditioning. Collected my finisher's "trophy" (mmm... Vermont Bread Company!), chatted briefly with a few folks hanging around the finish, and then Ann and I made the hike back up to the car so I could change into some dry clothes and grab a quick bite to eat before we got back on the road.



Ken and Erin Clark's banner for K2, Konrad Karolczuk. 100 Race Finishes is something to celebrate. We are lucky to have had Konrad with us since we started in 1996.

All in all, another successful I Love Woodford and a milestone for K2 as well - his 100th snowshoe race! Best of all another fun time out in the woods with my crazy snowshoeing friends. A huge thank you to Jack Quinn and his wonderful crew of volunteers for a great morning - where else but at one of our snowshoe races would you find a RD stopping by someone's car as they're getting ready to leave to make sure they've gotten something to eat and are going away feeling welcomed and happy? Today was a great start to the 2010 snowshoeing season and the WMAC Dion Racing series - bring on the next couple of months of stomping around in the snow!

Jamie H.

On Target at Turner Trail

Some of you may have wondered why I was wearing an orange safety vest at the Turner Trail Snowshoe Race. Was this vest, donated by Most Lost WMACer Rich Busa, a plea for special consideration should I fail to return before dusk? Was I a fanatical vegetarian attempting to lure hunters away from Bambi and his pal Thumper? Or was I bullseyed by the Target chain to display their logo of choice at the finish line?

The answer is: neither of these. I blame it all on Jim Carlson, the ultimate race statistics junkie. After pouring over decades of Dion Snowshoe Series results, he has reached the inevitable conclusion that there is not one race, but a scattering of mini-events. Rather than focusing on time or place, you know you are having a good day when you surpass everyone in your tight companion grouping. So just to make things a mite more interesting, he fashioned a target on the back of a safety vest to get passed forward to the winner in our group. At Turner Trail, there were no less than five runners who crossed the line in the 1:21 minute range, with yours truly in the lead. Which is why I got to wear the reflective vest with the bull's-eye on the back, a challenge to all in line-of-sight formation.

Technically, our group stretched from London Niles' 1:18:54 to Laurel Shortell's 1:42:15. You are welcome to join us any time. Especially if you would like to wear that darn orange Target.

Officially, London should be so honored next time, but then again, perhaps not. Suffering from lingering flu symptoms, he was still an honest three minutes ahead. Just last year I could handily beat him in a longer event, but apparently not anymore.



Claudine Preite passed the 500 point mark at Turner (512.07).

Throw in a bout of good health and he will be out of range completely. The only thing that separated Martin Glendon and me was a one second purchase on the final downhill. At Curly's Half Marathon in the fall, we reversed roles. So I'd say we were fairly evenly matched. Plus, wearing the Target is a lot like wearing Race Bib #1. I need a break from all the pressure.

Interest groups aside, the real marvel this time around was the snow. Seldom in the East do we have the opportunity to revel in genuine powder conditions. As we were working our way up the four teasingly false summits we could have just as well have been touring Colorado's aspened heights. At the top of one of the pretend peaks, my group encountered a troop of hikers who obligingly stepped aside as we barreled downwards right into their dinosaur prints. No kidding.! These prints were huge and sunk a good eight inches. Extracting an unassuming Dion from these was rather like climbing out of a crater. But I guess that's what happens in real powder.

Even from our mid-pack perspective, the powder was awesome. Initially, I was a bit bummed that reversing directions would eliminate the tricky zig-zag downhill, but I discovered that holding speed for every bit of the even faster straight downhill took just as much effort. Ahead of me, I could only see Rick Freidrich from the waist up. His legs were totally engulfed in sparkly white spray. No wonder eventual winner Jim Johnson had such a great lead—he was probably invisible to those behind him!

Adding occasional substance to this Fantasyland, where the temperature was a constant 10 degrees from start to finish both years running, were occasional glimpses of Beth Herder's Forest Creature Collection. If you ran Curly's Trail this past fall you were doubtless entertained by bunnies, snakes, bears and cougars. Some apparently, have waited for Santa and are still resisting hibernation. Kermit was stuck somewhere in a tree and a hungry crocodile was spotted searching for Captain Hook. Reining over all was the Snow Queen herself, Kristyn Mead who powdered her eyelashes with glittery white crystals and streaked her hair with spun silver threads.

If anyone is able to locate Captain Hook between now and next week, please give him the Target. He will be highly motivated to outstrip us all.

Laura Clark

MILESTONES AT TURNER TRAIL

Wayne Stocker passed 2,000 points!

Tim Mahoney and Chelynn Tetreault passed 1,500 points!

Claudine Preite passed the 500 point mark (512.07).

Jessica Hageman finished her 35th WMAC race.

Alan Bates finished his 25th WMAC race.

Andy Keefe and Richard Chipman finished their 15th race.

Amy Lane finished her 10th race.

WMAC

2010 DION SNOWSHOE RACING SERIES

WMAC

2nd ANNUAL TURNER TRAIL 5.0 MILE SNOWSHOE RACE

January 9, 2010

Pittsfield State Forest

Pittsfield, MA

#	NAME	AGE	TIME	PTS
1.	Jim Johnson	32	0:45:10	100.00
2.	Corey Watts	21	0:46:42	98.70
3.	Dave Dunham	45	0:46:59	97.40
4.	Tim Vanorden	41	0:48:20	96.10
5.	Matt Westerlund	37	0:48:50	94.81
6.	Tim Mahoney	30	0:49:20	93.51
7.	Steve Wolfe	45	0:50:58	92.21
8.	Ken Clark	47	0:52:15	90.91
9.	Jon Levinsohn	21	0:53:28	89.61
10.	Steve Mendoza	18	0:54:34	88.31
11.	Abby Mahoney	31	0:54:48	87.01
12.	Alan Bates	61	0:58:20	85.71
13.	Brian Northan	39	0:58:57	84.42
14.	Amy Lane	30	0:59:08	83.12
15.	Wayne Stocker	55	0:59:33	81.82
16.	James McCrea	41	1:00:51	80.52
17.	Rich Chipman	49	1:01:01	79.22
18.	Stephen Dowsett	21	1:01:36	77.92
19.	Richard Teal	31	1:03:18	76.62
20.	Todd Holland	46	1:03:34	75.32
21.	Robert McCarthy	42	1:03:36	74.03
22.	Domingo Elias	37	1:03:57	72.73
23.	Mike Coyne	51	1:04:08	71.43
24.	Nick Jubok	53	1:04:38	70.13
25.	Chelynn Tetreault	34	1:04:39	68.83
26.	Mike Lahey	58	1:05:10	67.53
27.	Eric Kimmelman	45	1:05:47	66.23
28.	James Hartwig	24	1:06:12	64.94
29.	Dan Buttrick	29	1:06:31	63.64
30.	Tom Parent	33	1:09:15	62.34
31.	Brian Smith	31	1:09:35	61.04
32.	Gareth Buckley	33	1:09:41	59.74
33.	Steve Legnard	33	1:09:43	58.44
34.	Nick Tooker	30	1:10:19	57.14
35.	Randy Zucco	39	1:10:56	55.84
36.	Scott Bradley	55	1:11:33	54.55
37.	Jessica Hageman	34	1:12:49	53.25
38.	Steve Shattuck	57	1:16:21	51.95
39.	Becky Shattuck	57	1:17:15	50.65
40.	Ed Buckley	51	1:18:00	49.35
41.	London Niles	12	1:18:54	48.05
42.	Bob Worsham	64	1:19:13	46.75
43.	Rick Friedrich	36	1:20:45	45.45
44.	Laura Clark	62	1:21:25	44.16
45.	Martin Glendon	63	1:21:31	42.86
46.	Kristyn Mead	24	1:21:34	41.56
47.	David Shumpert	39	1:21:35	40.26
48.	Wally Lempart	64	1:21:36	38.96
49.	Kathleen Furlani	61	1:23:31	37.66
50.	Bob Massero	66	1:23:32	36.36
51.	Joe Bouck	47	1:24:53	35.06
52.	Ernie Alleva	58	1:26:01	33.77
53.	Vincent Kirby	53	1:26:17	32.47
54.	Claudine Preite	43	1:26:23	31.17

#	NAME	AGE	TIME	PTS
55.	Charles Brockett	63	1:26:24	29.87
56.	Louis Rosado	32	1:28:14	28.57
57.	Jim Carlson	61	1:28:59	27.27
58.	Pat Rosier	51	1:29:27	25.97
59.	Colleen Quinn	53	1:29:39	24.68
60.	Mary Kennedy	51	1:29:40	23.38
61.	Jodie Lahey	31	1:29:41	22.08
62.	Darlene McCarthy	47	1:29:55	20.78
63.	Chris Hinch	??	1:31:09	19.48
64.	Dave Boles	63	1:32:02	18.18
65.	Joseph Murphy	30	1:33:31	16.88
66.	Jenn Schermerhorn	20	1:35:55	15.58
67.	Doug Mcbournie	51	1:36:20	14.29
68.	Chris Johnson	52	1:37:12	12.99
69.	Bill Glendon	63	1:37:19	11.69
70.	Konrad Karolczuk	57	1:37:24	10.39
71.	Jamie Howard	44	1:38:52	9.09
72.	Laurell Shortell	43	1:42:15	7.79
73.	Walt Kolodzinski	67	1:45:57	6.49
74.	Brian Wetherell	40	1:51:08	5.19
75.	Allison Kerr	25	1:56:16	3.90
76.	Jeff Clark	63	1:57:56	2.60
77.	Andy Keefe	79	2:23:21	1.30



Jim Johnson winning Turner 2010 – Brad Herder Photo

ENJOYING THE SCENERY, Part 2: TURNER TRAIL 5+ MILE SNOWSHOE RACE

Last year we were lucky enough to have several new races added to the schedule, including the Turner Trail race in Pittsfield State Forest, which ended up fast-tracked to replace a race at Savoy that had to be cancelled due to all the damage caused by the December 2008 ice storms. RDs Brad and Beth Herder developed the race in part to showcase the newly re-routed Turner Trail - thanks to the efforts of the local mountain biking club, the badly eroded and relatively straight trail down Berry Mountain was replaced by one featuring 40+ switchbacks. After years of sending on a screaming descent down the nearby Shadow Trail (an old ski racing trail) during Curly's Record Run at the end of January, it was only natural that Brad and Beth would have us winding our way down 2 miles of switchbacks during their new race. And some of us liked it so much that we even came back for more as part of the trail race series...

This year's early information indicated that the course would be different and we would actually be climbing the Turner Trail to the top of the mountain and eventually taking the much more straightforward Honwee Trail back to the finish, with about a mile added to the length of the course. A bit grueling for those of us who are still pretty out of shape this early in the season, but how could I pass up a chance to run in the beautiful Pittsfield State Forest, despite the fact that I was still coughing crud up out of my lungs as a remnant of the cold that knocked me off my feet the weekend before.

And after a lot of clouds during the preceding week, what a beautiful day it turned out to be - bright and sunny, with ample snow covering the eastern slopes of the mountains. Listening to the weather reports I expected it to be colder, but it really didn't seem that bad (at least for those of us trekking around on a trails - I suspect it felt a lot colder to the folks who were there to help the race run smoothly.)

As usual, geared up and caught up with everyone while we waited for the fun to start. Eventually Beth called us over to the start and we discovered that instead of running up the snow covered road for a bit we'd be taking the Telephone Trail over to begin the climb up the mountain - that turned out to be a nice warmup for the long hike that followed. Beth said a few words about how the trail was marked and then off we went. Nice wide rolling trail to start, which after about a quarter mile turned off onto the Turner Trail... and then the fun began. Maybe the folks who are really good at this stuff ran up that trail, but for those of

us at the back it was a long, slow, sweaty slog, winding our way up the mountain, with everyone packed in pretty tightly at first and then the line gradually spreading out as we climbed and climbed. Along the way I found myself thinking that an aerial photo would probably have been pretty cool - a string of brightly-clothed racers twisting its way along the side of the mountain like holiday lights against the white of the snow.

Despite the hard work to get to the top, it was a gorgeous day to be out in the woods, and once the trail leveled off up near the summit we were treated to a true winter wonderland, with white snow coating every available surface and gleaming in the sunshine. The snow-covered branches against the clear blue sky were simply fantastic... it's at times like that I'm glad I'm slow

and can afford a few moments to take in the beauty of the surroundings.

Of course, all too quickly the course started descending and I had to pay attention so that maybe I could avoid taking out one of my knees. There were a couple of steep drops early on that had me wondering if I'd end up going head-over-heels to the bottom, and then some nicely rolling terrain to get us to the top of the Honwee Trail. I had hiked up that trail last year, so I had some idea of just how long and unrelenting that hill would be... what I hadn't counted on was how much fun it would be to run down it! For the most part of the slope was fairly gradual, so I was able to let gravity be my friend and pick up the pace a bit without worrying too much about my knees. It definitely felt good to let loose a bit - I can only imagine how the top runners hammered down that trail. Of course, even running downhill is work on snowshoes, and I spent a lot more time gasping for air than I did taking in the sights. And as much as I enjoyed that mile and a half of downhill running, I was mighty glad when I saw the trail drop down to the road, since that meant it was only a little bit further to the finish.

After crossing the finish, I spent a moment or two doing my best to cough up a lung and then headed back to the car to change into dry clothes. As always, the chance to spend a few minutes visiting with our happy crew of snowshoers was a real treat. My only real regret is that I didn't have enough juice left in my legs to go back out and hike along the Lulu Cascade trail - Honwee's narrow winding cousin that follows closer to the Lulu Cascade and provides a great view of the many waterfalls along that brook. Maybe after Curly's Record Run later this month or one of the other races over this way...

As always, major kudos and thanks to Beth and Brad and their intrepid volunteers who put on a top-notch event and not only made sure we were all well taken care of but that we'd have lots of pictures to look at to remember a fun day. The places we run are by and large absolutely wonderful... but it's the people who really make our snowshoe series as special as it is.



Jamie H.

CROSS COUNTRY STAR DETERMINED TO WIN

Bill Wells, The Republican

WESTFIELD - One race helped turn Carolyn Stocker from a good runner to a great runner. And at that one race, Stocker didn't even compete.

After failing to qualify for last year's state cross country championship, Stocker went to the meet as a spectator. She took everything in, especially the quality of the runners from the eastern part of the state.

Soon after, Stocker went from liking cross country to loving it. Motivated to be a great runner, and with a newfound passion for running, the Westfield High School junior established herself as one of the best cross country runners in the school's history.

After an undefeated regular season, Stocker won the region's two biggest races before placing second at the state meet.

"She is a phenomenally driven athlete," Westfield coach Kelly Jones said. "She's humble. She's kind and inspiring to everyone on the team."

Stocker's running career changed in mid-November of 2008. Following a 29th-place performance at the Western Massachusetts Division I Cross Country Championship, she elected to attend the state meet even though she didn't meet the qualifying standard.

"She was outside the bubble of qualifying last year for states, and she asked me immediately after Western Mass. if she could still go to states and watch the two boys from Westfield who did qualify," Jones recalled.

"Right there, I knew it was something she wanted to be a part of. I knew she was a talented runner, but she came back with her head set on a goal that she was going to accomplish."

Actually, Stocker had two goals for 2009: Win Western Mass., and make the top five at the state meet.

She got both.

A week after winning the Pioneer Valley Interscholastic Athletic Conference Championship, Stocker broke from the front pack with a mile to go to win the Western Massachusetts Division I Cross Country Championship at the Northfield Mountain Recreation Center. She finished in 19:33, winning by 28 seconds.

"I wasn't sure where anyone was, but I knew there were some girls behind me," said Stocker, of taking the lead late in the race. I didn't look behind me.

"I felt great. It was exciting."

And her exciting season wasn't over. She ran stride for stride with Lincoln-Sudbury's Andrea Keklak at the state meet on Nov. 14 at Northfield before Keklak pulled away in the final 100 meters. Stocker finished five seconds out of first place with a runner-up performance of 19:05.

"The girl that won pushed me," said Stocker, whose sister, Lauren, won Western Mass. in 2006 for Cathedral. "We were together and she outkicked me at the end. But she's a really elite runner, I've heard, so if I was going to lose I'm glad it was to her. She was so good.

"But I wasn't expecting second at all. I was hoping for top five."

Stocker credits her dad, Wayne, with much of her success, saying, "I thank him for my season. He kept me going."

However, it was her decision to attend the 2008 state meet, and it was she who fell in love with the sport.

"I love running now," the 17 year old said. "I liked running, but now I love it."

Bill Wells
wellsb6@charter.net



For the story about Carolyn's sister Lauren Stocker's 2006 Western Mass Championship, see SnoNews 5.2.

http://www.runwmac.com/snowshoes/SnoNews/2007/snonews_5.2.pdf

US SNOWSHOE NATIONAL CHAMPIONSHIPS

The US Snowshoe Association is in the midst of preparing for our grandest and largest US Snowshoe National Championships event ever! It is our 10th Anniversary of this event. So, it is going to be very special and a snowshoe event you will not want to miss. Mark your calendars for March 5th-7th, 2010 to be at the Highland Forest Park just southeast of Syracuse NY in Fabius NY! We have some special events planned. Friday night there will be a free Athletes' Reception and Meet the Media/Panel Discussion at the Park. Saturday night will be our Championship Banquet in Tully NY hosted by our friends the Tully High School Track and Field Team! There will be a live band for your entertainment, with special announcements made throughout the evening; i.e. "Snowshoer of the Decade" Awards, The first-ever Snowshoe Hall of Fame Inductions and other special recognitions. This event is FREE to all registered athletes and only \$10/guest. Check out the website for more event details. Chary Griffin, the local event organizer, is doing an awesome job of putting together a National Championship experience that everyone will long remember. She knows! She has competed in 8 of the past 9 Nationals presented! Towards that end.....

"QUEST 2010!" is our attempt to offer the largest snowshoe race ever conducted east of the Mississippi River! Our snowshoe friends from NYS and New England are critical in making this happen! The USSSA is aiming for 350-400 participants in the National Snowshoe Championship events; i.e. Junior Boys and Girls 5km, Senior Women's 10km and Senior Men's 10km. In order to compete in the National Snowshoe Championship events, one must be a current USSSA member (\$30/yr.) and have participated in and qualified through a USSSA regional qualifier event. Please see the attached flyer for information on the 5 Northeastern US regional qualifying events offered this season. We'd like to see a record field of 50 athletes in the Junior Boys and Girls event! We feel confident we can attract 300 Senior Men and Women to compete in their respective 10km events. We are also hoping for 100 Citizen's 5km Snowshoe Run/Walk participants, 50 youth in the Kids Kilo event and 30 teams of four in the 4 x 2.5km Snowshoe Team Relay event on Sunday. These three events are "OPEN" events that require no pre-qualifying and no USSSA membership. Your assistance is critical in making "QUEST 2010!" a success! Please assist us in any way you can to distribute and promote these events to outdoor winter sports enthusiasts you know.

The 2010 season also sees the USSSA holding its' Board of Regional Athletic Delegates (BORAD) elections. The BORAD is the 21 person group that oversees the USSSA's National Snowshoe Championships Program. Members serve a two-year term. Each of the 5 USSSA regions (Northeast, North Central, Rocky Mtn., Western and Alaska) elect three representatives to sit on this Board. There are also 3 members elected to represent the "Technical" and "Athletes" panels. Any USSSA member is welcome to nominate individuals to be placed on the election ballot. Please make certain your nominee is willing to serve if elected before nominating them. Presently, the three members on the BORAD who represent the Northeastern region are; Bill Morse** (MA), Laurel Shortell (MA) and Jim Tucker (NY). Please send your nominations to Mark Elmore, the USSSA Sports Director, at ussasnowshoeguy@gmail.com as he will be compiling the ballot for elections later in the season.

The USSSA is also seeking nominations for "Snowshoer of the Decade Awards." The USSSA will recognize a male and female snowshoe enthusiast as "Snowshoers of the Decade" at the Championship Banquet at the 2010 Nationals in NYS. These nominees need not be athletes. You may nominate anyone you feel has had a significant positive impact in some way on the Sport over the past decade, 2000-2010. They may be an athlete, a media person, an event director, etc. Please submit your nominations to the USSSA webmaster, Steve Cobb, at webmaster@snowshoeracing.com.

Thank you again for your assistance in making this a truly special 10th Anniversary of the U.S. National Snowshoe Championships It is the first time the Nationals have returned to NYS since their inception in 2001 in Plattsburgh, NY. Lets make it an event long remembered! Should you have any questions, or need any additional assistance, please do not hesitate to contact the USSSA Sports Director. Thank you again. Happy Holidays and I sincerely hope our snowshoe paths cross at Highland Forest Park in March!

Good 'Shoeing! Mark Elmore - USSSA Sports Director
www.snowshoeracing.com Cell - 518-420-6961 ussasnowshoeguy@gmail.com

**With the decision to not run for re-election, the loss of Bill Morse (MA) on the US Snowshoe Association's Board of Regional Athletic Delegates (BORAD) opens a seat that needs to be filled for the upcoming 2010-2012 term. Bill has been an active voice for the Sport and has served the northeastern US interests well. The BORAD oversees the USSSA's National Snowshoe Championship Program. They vote to determine the site of each year's National Snowshoe Championships. They discuss, recommend and vote on rule changes. They serve as a liaison between the snowshoe racing community in their region of the Country and the USSSA. Jim Tucker (NY) and Laurel Shortell (MA) have both indicated they would like to run again for a seat on the 210-2012 BORAD. I am in need of nominations. Anyone who is interested is welcome to run. The members of the BORAD are given complimentary USSSA membership (a savings of \$30) each year they serve on the board. I have contacted you few because you are the folks with your fingers on the pulse of the sport throughout the northeastern part of the US. Please give it some thought and send me some nominations asap. You may nominate yourself, if you are interested. Please be sure your nominee is willing to serve if elected, before nominating them to me. I'd like to put a ballot together before the end of January, so our elections are over in time for our 2010 Nationals in NYS. Thank you for your assistance and let me know if anyone has any further questions.

From Farmer Ed.... "We owe thanks to Bill Morse for his service as a Rep with USSSA over the last several years. I am certain Bill served more than one term, and he was a fantastic representative for each of us. Bill's enthusiasm and dedication will be missed.

The United States Snowshoe association, Inc.

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Pre-Season Memorandum

To: ALL Snowshoe Event Directors in the Northeastern USA

FROM: Mark Elmore, USSSA Sports Director

RE: Upcoming 2010 PowerSox National Snowshoe Championships

Knightdale, NC: The US Snowshoe Association is pleased to announce that the 10th Annual U.S. National Snowshoe Championships, presented by PowerSox, will take place March 5th-7th, 2010 at Highland Forest Park just outside of Syracuse, NY. The event was recently awarded to the Syracuse Convention & Visitor's Bureau and Chary Griffin, long time USSSA member athlete, who is serving as the director of the Local Organizing Committee. The last time the Championships were conducted in the northeast was 2006 at the Bolton Valley Resort in Vermont. That event saw well over 200 athletes take part in the National Championships events, by far the biggest turn-out ever! The National Snowshoe Championships weekend includes the following events;

National Junior Boys & Girls 5km Snowshoe Championship
National Senior Women's 10km Snowshoe Championship
National Senior Men's 10km Snowshoe Championship

Citizen's 5km Snowshoe Run/Walk
Kid's Kilo Snowshoe Run/Walk
4 x 2.5km Snowshoe Team Relay

The Citizen's 5km, Kid's Kilo and Snowshoe Relay are all "**OPEN**" events, meaning anyone is eligible to participate – i.e. no qualifying is necessary. The National Snowshoe Championship events **DO REQUIRE** that participants qualify at one of twenty-one regional qualifying events held across the U.S. during the 2009-2010 season. There will be five regional qualifying events conducted in the northeastern US in Mendon, NY, Wilton, NY, Sandwich, NH, Jeffersonville, VT and Drums PA. Qualifying standards may be seen by visiting the USSSA website at www.snowshoeracing.com. Because well over 300 athletes are expected to participate in the 10th Anniversary National Snowshoe Championship events, it is strongly recommended that athletes wishing to qualify to participate in the Nationals chose their regional qualifying event wisely understanding they may have to compete in more than one regional event in order to secure a berth in the Championships. As a snowshoe event director, please assist the USSSA in spreading the word about this exciting event. Whether one comes to participate against the very best winter endurance athletes America has to offer, or to simply join in the fun, it will be an amazing weekend you won't want to miss.

Any questions regarding the 2010 PowerSox US National Snowshoe Championships or the USSSA may be directed to Mark Elmore, the USSSA Sports Director, at cell number 518-420-6961 or by email to snowshoeguy@yahoo.com. Thank you for your assistance in spreading the word about this special 10th Anniversary event!