

# WMAC SNO-NEWS

## DOUBLE D'S 1<sup>ST</sup> DOUBLE OF THE 2010 SEASON

This was the 1<sup>st</sup> double snowshoe of the season and also the longest drive for a WMAC race (that I'll do). JJ and I were among the first to Greylock Saturday. We met up with a bunch of guys (Mark Miller, Greg Hammett, Tim Mahoney, Pavel Bazanchuck) and headed out on the roads and snowmobile trails for a 3 mile warm-up. I then headed out on my own to check out the bridge crossing that I heard would be tricky. I did a couple of test runs across to get a feel for how it would be done at full speed. I wasn't too worried about the missing first plank but was anxious about tripping on the way over.

Ed gave us some final instructions and big congratulations to Laurel Shortell who was running her 100th consecutive WMAC snowshoe race. Ed noted that the side trails were blocked off with yellow tape and noted that people have gone under before and "someone will today". I hoped it wouldn't be me. With that, over 100 including some fast roadrunners, took off for the 3.5 miles of racing. Ed had to re-route the course due to construction in the Glen, but most of the course was the same as last year.

We hit the bridge about 2 minutes into the race with JJ leading and Miller, Hammett, and Tim Van Orden, trailing closely. Miller moved into the lead for part of the climb, with JJ taking over about 1 mile into the race. JJ took over for good and Miller, Hammett, and TiVo had some back and forth (but leg speed prevailed over the steady downhill).

As far as my race went... I felt like I was sprinting all-out to the bridge. I was in 6th as we started the climb but was passed almost immediately by Ross Krause (Wildman race winner). I closed the gap as the climb continued and passed him back along with Tim Mahoney. I could see TiVo close and pass Miller (who was power-walking) and I was able to get within a couple of steps of them as we crested the climb. That was it for me as we began to drop like mad on the fast snowmobile trails. For some reason I thought there was one more climb, but I must have been thinking of another version of the course. I had a brief flashback as I passed the spot where Matt Cartier and JJ had passed me last year, but no one closed on me today.

I did make a brief detour off course with less than 1/2 mile to go. Bombing down the last descent, there was tape blocking the trail and I saw the bridge we had to cross but thought we had at least another 1/2 mile or so before we'd cross it. I scanned left and saw red flags, so I took a sharp left and began climbing. I didn't realize this was the way we'd headed out at the start! Fortunately someone at the bridge yelled for me to come back and I only lost about 15 seconds. I really worked the last climb as Krause had closed on me during my move off course. I didn't want to lose my hard-earned position. I ended up holding on but got schooled by TiVo in the 40+ category. JJ took his third consecutive win (in WMAC races) and Greg had a solid 2010 showing. Mark also had a very strong second half in his first snowshoe race and sounded like he'd give it a go again some time. 120 finishers is a great showing for a race at the very edge of MA. :-)

After much debate about Brave the Blizzard (Guilderland, NY) having snow, JJ and I headed off with assurances from the race director that there would be a race, it wasn't going to be pretty but it was going to happen. We headed to the old Williams College ski area on Berlin road for a run/hike up and down Berlin Mountain. This is the sixth highest peak in MA and it is also the Rensslear, NY county high point. I've also read that there is no higher point on a NY border (go ahead prove me wrong).

We did the 1,200' climb in 31 minutes (including 5 minutes on top and 5 minutes putting on snowshoes), then had a blast coming down in 12 minutes of slidding and running (and taking a couple of massive spills). After that we drove to Guilderland to see if they really had snow. There was nothing on the ground as we drove up so it was a huge surprise to find the field behind the school had snow. We checked out a little bit of the trail, which had enough snow to hold a race, and then headed to our hotel. Satisfied that we'd be racing on Sunday we hit the hot tub for a soak and the 99 for some grub.

On race morn we were among the first to arrive. After checking in and making sure the race was on we hit the road for a 3 mile warm-up. I felt okay, nothing any more sore than normal, although it took almost the whole 3 miles for my foot to loosen up. I got in some strides and bumped into TiVo who mentioned some fast local roadrunner who would be in the mix. I was not worried; my goal was to keep Tim in sight for as long as possible. I went out on snowshoes to check the bushwack section (to avoid some bare ground we'd zip through the woods about 200 meters into the race!).

We got warnings from 4 minutes out, and I got a spot on the inside of the course. JJ got a lousy start and said, "this is my worst start ever" as he blew by me 100m into the race. We hit the woods with Justin Bishop leading with JJ and TiVo right on his tail. I was already off the back and wheezing as I tried to stay on my feet. After 1/2 mile we turned onto the worst part of the course, it had a couple of 50m patches that were bare, which lasted for about 1/2 mile. The rest of the course was fine, if you enjoyed fast flat racing (not me). I'll take a long slow slog over the fast stuff any day.

Justin led for most of the race with JJ and TiVo keeping him moving. With about 3/4 mile to go JJ made his move and took his fourth consecutive WMAC victory and his second win at the Brave the Blizzard. Tivo nearly got Justin as they all came in within 13 seconds. I rolled in later that day to take fourth for the second consecutive year. I ran as hard as I could but all in all, the first double SS weekend of the year was a disappointment. I think everyone who finished in front of me should finish in front of me but in both races I thought I'd be able to maintain a much better percentage behind.

Next weekend will be an even tougher double with back to back tough courses at Pooh Hill (Granite state series) and Curly's (WMAC series). Bring It On!!

*Dave Dunham January 2010*

## THE MAGIC OF THE “TARGET”

True confessions. When Jim Carlson first envisaged the TARGET, I complied more to reward originality than to enhance my running experience. By fashioning a bullseye to the back of a standard orange safety vest, Jim insisted the wearer would be instantly transformed into a nimble deer outrunning a speeding bullet. Before each race, the TARGET is awarded to a different middle-to-back-of-the-packer to add interest and a degree of competition to the journey. But after my fantastic race at Turner Trail, I became a convert. As intended, the target set me up as a lurching body to aim for but it also lent a certain confidence to my demeanor. And if racing is truly 90% mental as all the top advisors suggest, the magic of the target had done its job well.



The fun comes afterwards with the opportunity to relay the target to another competitor. I got to do this twice, first to Brad Herder at Greylock and then to Dave Boles the following day at Brave the Blizzard. Yes, I know, I violated the Code, but Brad had decided not to doubleheader. Brad was honing in on the hot chocolate as I was heading back up the trail and in a hurried interview, declared that the Target had definitely made him faster. I'm not sure if he was entirely comfortable with that concept, since he started to strip it off right then and there and hand it over. One can only hope he digs deep into his 2009 Barnyard Hannon Award credits to favor us with a story of his experiences while ON TARGET.



I had no clear plan for Brave the Blizzard (BTB) since I wasn't sure how many would take Frosty the Snowperson's assurances

that there would still be snow in Albany after a forty degree and sunny Saturday. Jen Ferriss, who drove up with Jeff and I was a logical choice since she was (a) trapped in the back seat with no viable means of escape and (b) a second-year runner who was joyfully experiencing the PRs that accumulate fast and furious with each new venture. But since she was obviously reluctant, we both pounced upon Dave Boles. Modestly hesitant, he accepted with a touching mixture of surprise, humbleness and a dawning sense of pride.

Jen and I proceeded to the BTB registration area feeling all warm and fuzzy inside. Although, for me, this was replaced by a nagging worry. Dave is reluctant to yield the passing lane even in the best of times, so how would I fare when I inevitably tried to scoot around him? The logical option would be, of course, to head him off at the start. But he begins farther ahead than I feel I can handle.

There were some, however, who needed no Target motivation. It goes without saying that Laurel The Streak Shortell, who Greylocked her way to her 100<sup>th</sup> straight WMAC Snowshoe Race, would have shown up, Target or not. Similarly, Dave Dunham and his CMS Team arrived at Greylock enmass. Although we know they are great folks, they looked as intimidating to a bunch middle-of-the-pack of New Yorkers as the Saratoga Streaks Girls' XC Team when they effortlessly prance through their warmup. All sleek, lean, on the hunt and wearing uniformly logoed clothing. Still, we felt sorry for them. They had placed hard cash on a motel in Albany, betting that the lake effect snow would magically filter down to the Southern Pine Barrens.

By now we are all used to holding our breath as we leave Bennington on the road to Woodford but Guilderland is not exactly a renowned ski area. Despite Race Director John Kinnicutt's optimistic thoughts, we all had our private doubts about the extent of the "occasional brown patches." I like to examine real estate ads and this seemed suspiciously like the "seasonal brooks" that sound picturesque but in reality end up in the unsuspecting homeowner's basement. But what to our wondering eyes should appear but an oasis of snow in the midst of urban strip malls and dry desert grass! Apparently the Pine Barrens can be added to our list of enchanted venues, for while the snow wasn't great and tended towards ice, it was serviceable.

As for me, I should have refused to surrender the doubleheader Target. Pretty much everyone whom I had managed to pass at Turner whizzed by me at Greylock. While I had managed to hold off the hordes pretty well at first, the final 5 kilometers proved my undoing. Recognizing sections of Greylock Trail, Covered Bridge and Greylock Half Marathon Snowshoe, I kept thinking I was almost there, only to get sucked in by a quarter mile surge to yet another loop. Not once did I spot any of the thoughtful mile markers, which probably won't have helped anyway since I wasn't certain how long the race was supposed to be. At Greylock I learned that an over-the-hill lifestyle requires at least eight hours of pre-race shut eye. Even if that means sacrificing my late-night ice cream and cookie snack.

## THE MAGIC OF THE "TARGET" (continued)

True weirdness, though, commenced on the other side of the finish line. Turning around, I retraced my steps hoping to accompany 79 year-old Andy Keefe. In doing so, I met my private nemesis, the enchanted Gould Trail. Once again, I traveled a perfectly accessorized route featuring red ribbons, yellow caution tape, pie plate markers and scads of Dion imprints. It was great to relax and enjoy the beautiful scenery I missed during the actual race. Eventually, however, I realized that both the arrows and the footprints were pointing in the wrong direction. I had never strayed off the trail, but here I was, stymied once again by The Gould. By the time I retraced my steps, I barely caught Andy before the sprint to the finish.

The following day, fully armed with possibly ten hours sleep, I was ready to give the Blizzard a run for its money. Feeling frisky I joined a few others bushwacking an alternate route up the first steep incline. I should have known better from one glance at my companions. They were outfitted way out of my league. Sure enough, a random stick unlatched my middle snowshoe strap. Thankfully, Dions are nothing if not resourceful and still managed to propel me past Dave and his Target. YES!

I ran a strong race. Until the end. I took a wrong turn and was thankfully reeled in by a course marshall. Jen Ferriss coming up behind, noticed alert marshalls rolling a fallen log over the offending path. While worriedly monitoring my limping snowshoe, I again missed the trail, dragging the same three people behind me. You think they would have learned by this time. One of the ladies, apparently new to the sport, gushed, "I'm so glad you're in the lead! I wouldn't have known to turn around if I didn't see any tracks." Lucky for me, she didn't grasp the fact that I was the cause of her dilemma. She was just so grateful I found the way out!

With all that frustrated energy, I powered on to the finish, only to lose my snowshoe. Twice. Hopefully, I got all my misadventures out of the way at one race and am ready to move on a bit more competently next time.

*laura clark*

Here are the 13 who did the "double"

NAME	GG#	TIME	BTB #	BTB TIME	TOTAL
Jim Johnson	01	0:25:31	01	0:24:44	0:50:15
Tim VanOrden	04	0:27:02	03	0:24:57	0:51:59
Dave Dunham	05	0:27:48	04	0:26:58	0:54:46
Brian Northan	14	0:32:00	09	0:30:11	1:02:11
Rich Teal	15	0:34:30	10	0:30:13	1:04:43
Glen Tryson	39	0:38:06	19	0:34:30	1:12:36
Jeff Clark	25	0:38:33	43	0:35:07	1:13:40
Ian Hutchinson	44	0:38:43	29	0:35:44	1:14:27
David Shumpert	57	0:42:25	33	0:37:06	1:19:31
Vincent Kirby	75	0:45:06	59	0:42:25	1:27:31
Laura Clark	81	0:47:01	96	0:50:49	1:37:50
Laurel Shortell	98	0:51:26	88	0:48:48	1:40:14
Jeff Clark	114	1:04:30	125	1:06:19	2:10:49



Mary Vasquez-Slack & Rebecca Armstrong in the Glen

### LARGEST FIELDS WMAC DION SERIES

01. Saratoga Winterfest (NY)	02/01/2009	196
02. Brave the Blizzard (NY)	01/18/2009	173
03. Saratoga Winterfest (NY)	02/06/2005	163
04. Saratoga Spa (NY)	02/01/2004	160
05. Saratoga Winterfest (NY)	02/02/2003	144
06. Brave the Blizzard (NY)	01/17/2010	134
07. Greylock Glen (MA)	01/16/2010	122
08. Brave the Blizzard (NY)	01/06/2008	115
09. Frosty's Dash (NH)	02/10/2008	111
10. Woodford (VT)	12/18/2005	111

### LARGEST FIELDS MASSACHUSETTS

01. Greylock Glen	01/16/2010	122
02. Curly's Record Run	01/25/2004	108
03. Hoxie thunderbolt	02/21/2009	101
04. Curly's Record Run	01/26/2003	97
05. Greylock Glen	01/17/2004	95
06. North/South Pond	01/07/2006	94
07. Northfield	02/05/2005	92
08. South Pond Shuffle	01/11/2003	90
09. Curly's Record Run	01/25/2009	86
10. Greylock Glen	01/18/2003	82

WMAC

2010 DION Snowshoe Racing Series

WMAC

11<sup>th</sup> ANNUAL GREYLOCK GLEN 3.7 - MILE SNOWSHOE RACE

January 16, 2010

Greylock Glen

Adams, MA

#	NAME	AGE	TIME	PTS	#	NAME	AGE	TIME	PTS
<b>1.</b>	<b>Jim Johnson</b>	<b>32</b>	<b>0:25:31</b>	<b>100.00</b>	55.	Ed Buckley	51	0:42:11	55.00
2.	Mark Miller	29	0:26:21	99.17	56.	Stan Tiska	52	0:42:23	54.17
3.	Greg Hammett	32	0:26:45	98.33	57.	David Shumpert	39	0:42:25	53.33
4.	Tim Van Orden	41	0:27:02	97.50	58.	Dan Danecki	50	0:42:30	52.50
5.	Dave Dunham	45	0:27:48	96.67	59.	Rich Godin	54	0:42:48	51.67
6.	Ross Krause	30	0:28:09	95.83	60.	London Niles	12	0:42:50	50.83
7.	Tim Mahoney	30	0:28:18	95.00	61.	Becky Shattuck	57	0:42:55	50.00
8.	Paul Bazanchuck	55	0:30:33	94.17	62.	Brad Herder	52	0:43:16	49.17
9.	Chris Taft	29	0:31:18	93.33	63.	Bob Worsham	64	0:43:31	48.33
10.	Don Packer	37	0:31:19	92.50	64.	Theresa Apple	48	0:43:44	47.50
11.	Ken Clark	47	0:31:28	91.67	65.	Bob Dion	54	0:43:48	46.67
12.	Mathew Deady	20	0:31:33	90.83	66.	Ernie Alleva	58	0:43:50	45.83
13.	Domingo Elias	37	0:31:43	90.00	67.	Holly Atkinson	40	0:43:51	45.00
14.	Brian Northan	34	0:32:00	89.17	68.	Alan Lum	19	0:43:55	44.17
15.	Richard Teal	31	0:32:30	88.33	69.	Martin Glendon	63	0:44:25	43.33
<b>16.</b>	<b>Amy Lane</b>	<b>30</b>	<b>0:32:45</b>	<b>87.50</b>	70.	Denise Dion	51	0:44:33	42.50
17.	Mathew Reynolds	39	0:33:10	86.67	71.	Kathleen Furlani	61	0:44:35	41.67
18.	Alan Bates	61	0:33:14	85.83	72.	Marcella McClatchey	23	0:44:38	40.83
19.	Carolyn Stocker	17	0:34:10	85.00	73.	Joanne Lynch	44	0:44:40	40.00
20.	Dereck Jones	47	0:34:20	84.17	74.	Michael Joutras	53	0:44:50	39.17
21.	Wayne Stocker	55	0:34:38	83.33	75.	Vincent Kirby	53	0:45:06	38.33
22.	Nick Tooker	30	0:34:46	82.50	76.	Erin Clark	21	0:45:40	37.50
23.	Chelynn Tetreault	34	0:35:03	81.67	77.	Danny Huang	19	0:45:54	36.67
24.	Seth Roberts	58	0:35:17	80.83	78.	Bob Massero	66	0:46:28	35.83
25.	Peter Malinowski	55	0:35:23	80.00	79.	Zofin Turosz	71	0:46:46	35.00
26.	Ned James	55	0:35:34	79.17	80.	Dave Wilbur	50	0:46:47	34.17
27.	Michael Buttrick	24	0:35:40	78.33	81.	Laura Clark	62	0:47:01	33.33
28.	Jack Casey	56	0:35:50	77.50	82.	Juergen Reher	60	0:47:27	32.50
29.	Ashley Krause	32	0:35:54	76.67	83.	Claudine Preite	43	0:47:37	31.67
30.	Steven Legnard	33	0:36:01	75.83	84.	Bill Ross	45	0:47:43	30.83
31.	Todd Holland	46	0:36:21	75.00	85.	Stephen Banatoski	46	0:48:08	30.00
32.	John Carey	38	0:36:31	74.17	86.	Jodie Lahey	31	0:48:10	29.17
33.	John Kline	43	0:36:38	73.33	87.	Darlene McCarthy	47	0:48:35	28.33
34.	Eric Recene	38	0:36:43	72.50	88.	Jeff Boulanger	24	0:48:43	27.50
35.	Dan Buttrick	29	0:36:50	71.67	89.	Peg Piwonka	38	0:48:44	26.67
36.	Mike Lahey	58	0:37:17	70.83	90.	John Jackson	43	0:48:45	25.83
37.	James Hartwig	29	0:37:37	70.00	91.	Kristen Merle	22	0:48:46	25.00
38.	Jessica Hageman	34	0:37:57	69.17	92.	Chris Johnson	52	0:48:56	24.17
39.	Glen Tryson	56	0:38:06	68.33	93.	Jackie Lemieux	43	0:49:53	23.33
40.	Randy Zucco	39	0:38:17	67.50	94.	Debra Alibozek	41	0:49:57	22.50
41.	Laura Straw	23	0:38:22	66.67	95.	Peter Canzone	57	0:50:08	21.67
42.	Gareth Buckley	33	0:38:25	65.83	96.	Jenn Schermerhorn	28	0:50:40	20.83
43.	Jeff Clark	52	0:38:33	65.00	97.	Colleen Quinn	53	0:50:44	20.00
44.	Ian Hutchinson	45	0:38:43	64.17	98.	Laurel Shortell	43	0:51:26	19.17
45.	Bruce Shenker	57	0:39:15	63.33	99.	David Su	56	0:51:27	18.33
46.	Matt Dall	35	0:39:39	62.50	100.	Bill Glendon	63	0:51:42	17.50
47.	Timothy Joutras	16	0:40:03	61.67	101.	Ian Banatoski	14	0:51:45	16.67
48.	Charles Joyal	40	0:40:36	60.83	102.	Peter Finley	48	0:51:53	15.83
49.	Art Roti	37	0:40:57	60.00	103.	Pat Rosier	51	0:52:49	15.00
50.	Scott Bradley	55	0:41:24	59.17	104.	Jamie Howard	44	0:53:04	14.17
51.	Will Danecki	59	0:41:25	58.33	105.	Konrad Karolczuk	57	0:53:20	13.33
52.	Phil Bricker	56	0:41:39	57.50	106.	Ken Fairman	56	0:53:59	12.50
53.	Steve Shattuck	57	0:41:48	56.67	107.	Doug McBournie	51	0:54:14	11.67
54.	Melanie Smith	32	0:42:06	55.83	108.	Meghan Foley	23	0:56:16	10.83

11<sup>th</sup> ANNUAL GREYLOCK GLEN 3.7 - MILE SNOWSHOE RACE

January 16, 2010

Greylock Glen

Adams, MA

#	NAME	AGE	TIME	PTS
109.	James Banatoski	14	0:57:15	10.00
110.	Walt Kolodzinski	67	0:57:35	9.17
111.	Rich Busa	80	0:58:15	8.33
112.	Bruce Grisafe	56	1:00:10	7.50
113.	Marylou White	54	1:02:21	6.67
114.	Jeff Clark	63	1:04:30	5.83
115.	Rebecca Armstrong	41	1:04:59	5.00
116.	Mary Vasquez Slack	46	1:06:07	4.17
117.	Ray Lee	67	1:09:45	3.33
118.	Andy Keefe	79	1:20:20	2.50
119.	Donna Gorson	54	1:30:03	1.67
120.	Jon Levenson	XX	2:01:01	0.83
121.	Ann Dobrowoski	XX	2:00:00 (no race)	0.50
122.	Ellen Mach	XX	2:00:00 (no race)	0.50
123.	Edward Alibozek	47	3:30:00 (no race)_markings	



Greylock Glen 2010 was a pleasure to organize. Sorry we didn't get to hang out at the Gazebo, but the construction project for the area confused me. Luckily, the weather was nice enough for us to just do it like we started, and just cookout wherever.

As always, Beth and Brad Herder were a huge help. Jim Carlson couldn't race but jumped in and did a bundle of work. As a bonus, Curly came out to visit us and story-tell. If you have the day free January 24<sup>th</sup>, 2010, come out to Curly's Record Run in Pittsfield to tackle CRR Snowshoe Race!

[All Photos courtesy of Beth and Brad Herder.](#)

Doug McBourne and Ray Lee have been Racing with us for several years, and we appreciate it. Laurel Shortell finished her 100<sup>th</sup> WMAC DION snowshoe race at Greylock Glen!

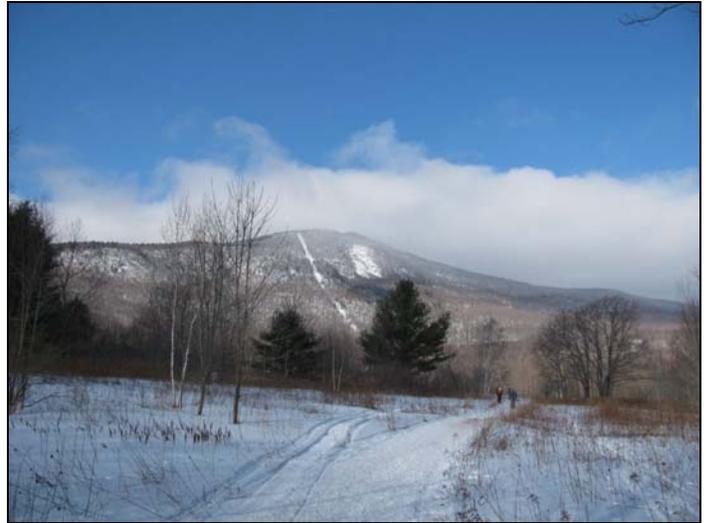
## ENJOYING THE SCENERY, PART 3: GREYLOCK GLEN SNOWSHOE RACE

There's just something about Greylock that always has me excited to be going there to run. I was also looking forward to today's race because, while I've run all the trails we'd be on in a number of other races, I'd never actually run the Greylock Glen snowshoe race before this season. Add in sunny weather and word from Farmer Ed that the conditions should be pretty good, and I came expecting a good morning. And as usual, I went home having had a great one instead.

With construction in the Glen moving race HQ from the gazebo to the hilltop across the road, I actually ended up parking up the road from the start of the race, with a nice view of the mountain. Checked in, geared up, and headed to the start to chat with friends and wait for the fun to begin. It was tough to tell exactly where to start - there were a lot of new faces around. But Ed had said the first bit was pretty wide, so with luck that would all sort itself out before we hit the singletrack. And then, with little fanfare (we are a pretty low-key group after all) off we went.

Having run the trails before I had a pretty good idea of what to expect... some rolling terrain early on and then climb, climb, climb. Not as bad as last week's haul up the endless Turner switchbacks, but still more than enough to keep my heart rate up, especially since I'd decided to try and keep Bill and K2 in sight, and that proved to be a challenge on the long climb up to Old Adams Road / Cheshire Harbor Trail. One of the things I love about that stretch of trail is the brook bubbling away off to the right as we wind through the evergreens - I was tempted a couple of times to slow up and take some photos, but decided to push my pace instead and settle for enjoying my surroundings with quick glances. One of these days I need to hike through there so I can take my time and really enjoy it!

When we finally reached Old Adams Road / Cheshire Harbor Trail, I took advantage of the long downhill and headed down as fast as I could (not that many folks would consider it very fast, but for me I was tearing up the trail.) I even managed to pass a couple of folks, though I think they all returned the favor not long after things leveled out. Ah, snowshoeing, where even tearing downhill can leave you gasping for air at the bottom! No great surprise I slowed up quite a bit as we made our way back through the woods at the base of the mountain, running through some wonderful stands of evergreens and white birch on our way back to the start. But I think my favorite spot along that



stretch is the field just past the West Mountain Rd parking area, where once again Greylock dominates the horizon. I ran through there back in June while sweeping part of the half marathon course and was surprised to see the War Memorial shining away in the dusk - I didn't realize it was lit at night. Today the sight was no less awesome, with the mountain frosted with snow and the clouds just beginning to clear away from the summit. No matter how many times I run through there it always takes my breath away (or maybe that's just the running...)

From there it wasn't long before we were back on the rolling terrain we ran out on... that final climb was tough, and Brad had a camera rolling at the top so I actually had to run the last bit and at least try to make it look good. Crossed the finish in good time (for me) - between the warm weather and the good snow conditions I had a good run, tired but not totally fried, a good sign for the race I was planning to do the next day out in Rochester, NY. I actually packed up pretty quickly and headed out, since I needed to get home and get on the road to western NY (where I was surprised to run into Bob Dion at Sunday morning's race, but that's another story.)

Congratulations are definitely due to Laurel Shortell for finishing not only her 100th WMAC race today but her 100th *consecutive* race - wow! - and doing so with her ever-positive attitude and smile. There's also no doubt we owe a huge thank you to Ed for his work organizing the race at a time when he had a lot on his plate, marking the course, and cooking warm food for us to enjoy, and Beth and Brad Herder for handling timing and taking photos and video, and all the other folks who helped with the myriad tasks needed to make today a fun time for all of us out playing on the trails. What a great way to spend a sunny January morning!

Jamie H.

<http://jedi-turtle.blogspot.com/>

Photo Credits on this page -

John Marran, courtesy of [www.berkshiresports.org](http://www.berkshiresports.org) on left...  
Jamie Howard leading K2 toward the finish.

Jamie Howard above, Mt Greylock from West Mtn Road Trailhead.



## BRAVE THE BLIZZARD RACE REPORT FROM THE FRONT OF THE PACK

As Saturday came to a close, DD and I headed straight over to the course in Guilderland, NY to preview it before going over to the hotel in Albany. The plan was to check it out and make our own determination as to whether it would be worth trying to snowshoe it, before checking into the hotel and staying overnight. The drive over to the course was pretty depressing. There was hardly any snow anywhere. As far as you could see along the highway and in the woods and in the neighborhoods, there was no snow to be seen. As we pulled up to the light off of the main road to the entrance to Guilderland Elementary School, there was nothing around but bare ground. As we took the right into the parking lot and came around the corner, we saw the most snow we had seen since getting into NY. There was a decent amount in the parking lot, but as we came around the side of the building, where the field was, it was clear there wasn't much snow to deal with out on the course. There was just enough snow on the field to be able to call running on it a 'snowshoe race'. It was less than an inch of granular/slushy snow that would reveal bare grass underneath if you just bent down to scoop up a snowball's worth of snow. Not exactly what we were hoping for, but better than actually expected. As we looked up the hill that led into the woods, we noticed nothing but bare ground, leaves, dirt, roots, and rocks. No snow at all. We headed over and up to discover that at the top, and in the woods, there actually was snow on the trail. Not much, but it was there. As we looked down and out over the bushwhack, we determined that it would be no worse tomorrow and that they would surely have the race. We figured they'd just make you go up and over the bare ground on the hill and the rest would hopefully be ok. We headed back to the car and shot over to the hotel. After checking in, it was Jacuzzi time and then off to dinner at the 99s.

In the morning, DD and I shot over to the race and were there just ahead of TiVo who had some pep in his step and was looking forward to the fast, flat course. I knew it was going to be a track meet of sorts and Tim is dangerous on flatter, faster courses for sure. I swapped out my new deep cleats for some extra standard (worn out) cleats that DD had brought, which would prevent me from completely destroying my new deep cleats in 1/2 inches of snow and ice. After DD and I came back from the warmup, Tim came running across the parking lot and informed me that there were some 'really fast guys here'. He proceeded to tell me that Justin Bishop was there and that he was a sub 25 min 5-mile guy, etc. Great I thought...that's all I needed... flat, fast trail race essentially, with Tim and another speed demon all ready to roll. I threw on the Dion's and headed over to the field for some last minute strides.

As we lined up on the line, Tim pointed out Justin Bishop to me and I had my sights set on trying to stay with him if he darted out. As the go command was given, I found myself frozen and unresponsive. I wasn't really paying attention and was spacing out when everyone took off. I ended up in probably 10th place at the start and had to cut over in front of a couple people to get through a clearing and pull up around DD and TiVo around the first corner. Justin, as anticipated, took off and I found myself immediately struggling to keep up. He's a big strong guy and just looks so smooth and fluid out there (even on snowshoes)...it was very deceiving. As we hit the bushwhack that winds up and

into the woods from the field, Justin was in front and I was right behind, with Tim right behind me. After that, I wasn't sure but was only focusing on Justin and Tim. The single track bushwhack was shallow snow (essentially a dusting on top of leaves) that wound up a hill that didn't really even have a trail on it. Hence, you were whipping little saplings and stepping over little downed trees, etc. When we dumped out onto the actual trail, it was solid icy snow that wasn't giving at all. It was like running on rocks. Pretty soon, the trail dumps out onto almost a rail-trail sort of single track that is out in the open and straight ahead with a couple of bridges on it. This section had about 150 meters or so of just exposed dirt/gravel and rocks. No snow or ice at all, so the Dion's were taking a beating. Once off of that, it was back onto some pretty OK trails with enough snow on them to certainly classify as a snowshoe race. It got better the deeper into the woods you went, and there was a decent stretch of dirt road that was completely caked in with snow.

About a mile or so in, I started to lose touch just a bit and fell back a few strides as Justin powered on over the very fast course. It felt like a fast trail race and much faster than the year before (where we couldn't imagine it being any faster of a race). It was about this time, I realized that we had dropped Tim back a ways. I couldn't hear his footfalls any longer and kept him in check constantly, as I tried to stay within striking distance of Justin. Justin wasn't making any noise, wasn't breathing hard, and just appeared to be in complete control with his head down and powerful stride pushing up and over a few of the small climbs in the race. As we circled around and started to head back, we got into some single track along the power lines and I started to notice that Justin was slowing up a bit. As this was happening, TiVo was starting to gain on us. I started to get really nervous and started motivating Justin a bit by letting him know that Tim was starting to pick us up. The trail was single track and I kept giving Justin the heads up that Tim was on his way. I started to think that this was going to become a 3-way sprint when we hit the last field. Justin started to breathe a lot harder and was making a little bit of noise as if the pace was starting to get to him. He had been doing all the work, which is quite hard in snowshoe racing. At around this time, I also started to remember where we were (from last year) and knew it was getting close to go time. Just as I was about to try to think about making a move, we went up and over a small foot bridge and he moved aside, waving me on and indicating that he was in the hurt box. I gave him some words of encouragement and told him to join me in the final push up to the line. As I went by, Tim caught up to Justin but stayed behind him. I put maybe 10 seconds on them in the final push up through a single track trail that went up and over the hill and down to the field. As I hit the field, I knew I just had to keep up the same pace and I'd be fine. In the end, I came across the line for my second straight win at this race (making it only the 2nd race I've ever won more than just once...Savoy being the other). Justin was only 9 seconds back and TiVo only 13 seconds back. It was a good thing I made that move when I did. It is the second time this year that Tim has almost snuck one out from under me!!!

*Jim Johnson*

<http://doublejrunning.blogspot.com/>

ARE / WMAC

2010 DION Snowshoe Racing Series

ARE / WMAC

## ALBANY RUNNING EXCHANGE'S BRAVE THE BLIZZARD SNOWSHOE RACE

January 17, 2010

Pine Bush Preserve

Guilderland, NY

#	NAME	AGE	TIME	PTS
<b>01.</b>	<b>Jim Johnson</b>	<b>32</b>	<b>24:44</b>	<b>100.00</b>
02.	Justin Bishop	28	24:53	99.25
03.	Tim VanOrden	41	24:57	98.51
04.	Dave Dunham	45	26:58	97.76
05.	Ahmed Elasser	47	27:39	97.01
06.	John Agosto	45	27:49	96.27
07.	Josh Tailent	31	29:08	95.52
08.	Edward Hampston	42	29:14	94.78
09.	Brian Northan	34	30:11	94.03
10.	Rich Teal	31	30:13	93.28
11.	Dennis Vanvlack	37	31:21	92.54
12.	Drew Anderson	41	33:38	91.79
13.	Chris Nowak	35	33:45	91.04
14.	Jon Rocco	43	33:46	90.30
15.	Matt Delaney	26	33:52	89.55
16.	Brendan Dunfee	35	34:02	88.81
17.	Nicholas Henderson	25	34:12	88.06
18.	Tom Tift	52	34:28	87.31
19.	Glen Tryson	56	34:30	86.57
20.	Joshua Katzman	33	34:34	85.82
21.	Edward Myers	58	34:41	85.07
<b>22.</b>	<b>Sara Brenner</b>	<b>29</b>	<b>34:42</b>	<b>84.33</b>
23.	Jacque Schiffer	45	34:43	83.58
24.	Todd Rowe	41	34:44	82.84
25.	Jeff Clark	52	35:07	82.09
26.	John Paduano	49	35:12	81.34
27.	Thomas Ryan	49	35:28	80.60
28.	Richard Chipman	49	35:34	79.85
29.	Ian Hutchinson	45	35:44	79.10
30.	Patrick Sorsby	34	35:48	78.36
31.	Stephanie Wille	34	36:05	77.61
32.	Lisa D'Aniello	23	36:43	76.87
33.	David Shumpert	39	37:06	76.12
34.	Tom Mack.	45	37:33	75.37
35.	William Milak	57	37:54	74.63
36.	Adam Munder	26	37:54	73.88
37.	Brandon Willit	25	38:01	73.13
38.	John Butler	43	38:04	72.39
39.	Steve Copper	41	38:21	71.64
40.	Julie Cambell	19	38:23	70.90
41.	Joe Bouck	47	38:52	70.15
42.	Michael Dellarocco	58	38:55	69.40
43.	Alex Chlopecki	38	38:58	68.66
44.	Jeanine Mackiewicz	37	39:03	67.91
45.	Ryan Walsh	29	39:30	67.16
46.	Erin Shreve	29	39:31	66.42
47.	Jeffrey Andritz	28	39:49	65.67
48.	Stephanie Landy	50	40:19	64.93
49.	Kathy Bush	25	40:23	64.18
50.	Sarah Dzikowicz	39	40:37	63.43
51.	Allison Van Dyke	47	41:30	62.69
52.	Cynthia Southard	56	41:43	61.94
53.	Matthew Martin	27	41:45	61.19

#	NAME	AGE	TIME	PTS
54.	Andrea Gerardi	52	42:07	60.45
55.	Kelley Bauer	40	42:20	59.70
56.	John Pelton	70	42:28	58.96
57.	Charles Brockett	64	42:30	58.21
58.	Daniel Pollay	40	42:33	57.46
59.	Vincent Kirby	53	42:45	56.72
60.	Alex Chlopecki	38	43:04	55.97
61.	Susan Burns	54	43:11	55.22
62.	Angela Squadere	38	45:17	54.48
63.	Denise Gonder-Terzi	46	45:28	53.73
64.	Mark Mortensen	29	45:32	52.99
65.	Meghan Davey	24	45:32	52.24
66.	Jason Grossman	36	45:33	51.49
67.	Ania Childress	33	45:35	50.75
68.	Holly Klein	34	45:43	50.00
69.	Donna Lustenhouwer	56	45:49	49.25
70.	Lawrence Seward	65	46:02	48.51
71.	David Boles	63	46:08	47.76
72.	Ginny Pezzula	64	46:15	47.01
73.	Chuck Trimarchi	63	46:25	46.27
74.	Jennifer Ferriss	38	46:29	45.52
75.	Michelle Pendergast	36	46:34	44.78
76.	Kimberly Cardona	35	46:37	44.03
77.	Joe Yavonditte	60	46:38	43.28
78.	Robert Carey	39	46:38	42.54
79.	David Cardona	39	46:40	41.79
80.	Paul Shreeman	34	46:46	41.04
81.	Robert Norman	34	47:00	40.30
82.	Jacqueline Fields	23	47:18	39.55
83.	Roxanne Wunsch	46	47:44	38.81
84.	Barbara Sorrell	52	47:56	38.06
85.	Liz Chipman	49	47:58	37.31
86.	Jennifer Masula	32	48:17	36.57
87.	Angela Sears	33	48:23	35.82
88.	Laurel Shortell	43	48:48	35.07
89.	Lisa Richter	41	49:12	34.33
90.	Donnamarie Gade	39	49:36	33.58
91.	Susan Motler	47	50:02	32.84
92.	Daryl Ryan	33	50:10	32.09
93.	Laura Milak	40	50:17	31.34
94.	Jon Skelly	44	50:22	30.60
95.	Dave Cole	52	50:31	29.85
96.	Laura Clark	62	50:49	29.10
97.	Kevin Reedy	34	50:52	28.36
98.	Steve Obermayer	48	50:53	27.61
99.	Shaina Feldman	21	51:27	26.87
100.	Janet Tryson	56	51:48	26.12
101.	Patricia Kundel	49	51:51	25.37
102.	Cara Martin	26	52:54	24.63
103.	John Dellarocco	48	53:26	23.88
104.	Sibyl Jacobson	67	54:04	23.13
105.	Greg Taylor	63	54:11	22.39
106.	Sharon Fellner	48	54:16	21.64

**ARE / WMAC****2010 DION Snowshoe Racing Series****ARE / WMAC****ALBANY RUNNING EXCHANGE'S BRAVE THE BLIZZARD SNOWSHOE RACE****January 17, 2010****Pine Bush Preserve****Guilderland, NY**

#	NAME	AGE	TIME	PTS
107.	Gail Hein	58	54:20	20.90
108.	Ginny Kelly	47	54:44	20.15
109.	Richard Kelly	47	54:45	19.40
110.	Tammy Mortier	34	56:18	18.66
111.	Patty Paduano	52	56:31	17.91
112.	Ray Lee Jr.	67	56:32	17.16
113.	Junior Obermayer	17	57:05	16.42
114.	Kathleen Tensigni	39	58:00	15.67
115.	Michael Maguire	54	58:08	14.93
116.	Kimberly Hayes	33	58:09	14.18
117.	Angela Vasilakos	33	58:41	13.43
118.	Raelee Grim	28	58:44	12.69
119.	Uzma Qureshi	48	58:49	11.94
120.	Joe Carvazos	38	59:59	11.19
121.	Randie Lamphere	44	61:48	10.45
122.	Alan Schultz	64	61:49	9.70
123.	Donna Mannarino	35	63:32	8.96
124.	Sue Seppa	68	65:56	8.21
125.	Jeff Clark	63	66:19	7.46
126.	Alison Kerr	25	67:23	6.72
127.	Marey Bailey	58	71:03	5.97
128.	Anne Wehry	52	71:49	5.22
129.	Blanca Ramos	51	75:28	4.48
130.	Dustin Ellis	36	85:04	3.73
131.	Marcie Ellis	36	85:59	2.99
132.	Karen Dufour	33	858:22	2.24
133.	Jennifer Delgreco	29	88:23	1.49
134.	Deah Burnham	31	88:23	0.75

**JANUARY 16<sup>TH</sup> / 17<sup>TH</sup> MILESTONES**

**Jim Johnson** tied **Richard Bolt** for the most consecutive wins in a season with four.

**FINISHES**

Laurel Shortell passed 100 finishes.

Laura Clark 90 finishes.

Mike Lahey 60 finishes.

Jeff Clark (age 63) 55 finishes.

Jamie Howard and Wayne Stocker 30 finishes.

Paul Bazanchuk, Ellen Mach, and Claudine Preite 20 finishes.

Holly Atkinson, Jodie Lahey, Bill Ross, and Richard Teal 15 finishes.

Steve Banatoski, Kathy Furlani, Douglas McBournie, Ed Myers, David Shumpert, and Glen Tryson 10 finishes.

**JANUARY 16<sup>TH</sup> / 17<sup>TH</sup> MILESTONES****ALL TIME POINTS**

Ken Clark reached 7,000 points (7,081.56)

Dave Dunham reached 6,000 points (6,072.44)

David Boles reached 3,000 points (3,017.22)

Alan Bates reached 2,000 points (2018.97)

500 Points for London Niles (542.48), Steven Legnard (540.48), Rich Godin (530.28), John Carey (529.32), and Juergen Reher (507.98).

With the explosive growth of snowshoe racing popularity in the northeast I'd like to float an idea that I've been thinking about for a while. The buzz about the US Nationals in the northeast has me wondering why the WMAC, ARE, and GSSS doesn't come together and create a regional snowshoe racing "federation" to promote snowshoe racing throughout the region and hold a "Northeast Championship" every year? My idea would be for each group to retain their autonomy and continue to develop and promote their individuals series and races. The "Federation" would be established with two very specific objectives in mind; 1.) work collaboratively to promote all snowshoe racing throughout the northeast, and 2.) organize a "Northeast Snowshoe Championship" to give snowshoe racers throughout the region an opportunity every year to race in a premier regional championship. I truly believe that snowshoe racing should be promoted as a regional sport and interest here in the northeast is very high thanks to all of your efforts. If this is something you're interested in participating in please let me know. Throughout the winter I'm going to solicit your opinions and work to develop an operating plan. The hope is to roll something out in the fall of 2010 for the winter of 2011. I look forward to hearing from everyone. Best of luck this winter!

Chris J. Dunn, acidotic RACING, LLC  
<http://www.acidoticRACING.com>

**MAINE SNOWSHOE SCHEDULE**

Sunday, Jan. 31, 2010 12:00 Noon East Orland, ME  
**WILDLAND'S 5 Miles**

Saturday, Feb. 6, 2010 12:00 Noon Ellsworth, ME  
**WOODLAWN MUSEUM & BLACK HOUSE 2 Miles**

Happy Trails & Holidays!

Peter Keeney

[pktrldrt@myfairpoint.net](mailto:pktrldrt@myfairpoint.net)

## GREYLOCK AND BRAVE THE BLIZZARD, WITH BERLIN THROWN IN

This was the first double snowshoe race of the weekend and it will also be the longest drive for a WMAC race (that I'll do). JJ and I were among the first ones to get to Greylock on Saturday. We met up with a bunch of guys (Mark Miller, Greg Hammett, Tim Mahoney, Pavel Bazanchuck) and headed out on the roads and snowmobile trails for a 3 mile warm-up. I then headed out on my own to check out the bridge crossing that I heard would be tricky. I did a couple of test runs across to get a feel for how it would be done at full speed. I wasn't too worried about the missing first plank but was anxious about tripping on the way over.

Ed gave us some final instructions and a big congratulations to Laurel Shortell who was running her 100th consecutive WMAC snowshoe race. Ed noted that the side trails were blocked off with yellow tape and noted that people have gone under before and "someone will today". I hoped it wouldn't be me. With that over 100 including some fast road runners, took off for the 3.5 miles of racing. Ed had to re-route the course due to construction in the Glen, but most of the course was the same as last year.

We hit the bridge about 2 minutes into the race with JJ leading and Miller, Hammett, and Tim Van Orden, trailing closely. Miller moved into the lead for part of the climb with JJ taking over about 1 mile into the race. JJ took over for good and Miller, Hammett, and TiVo had some back and forth (but leg speed prevailed over the steady downhill).

As far as my race went.... I felt like I was sprinting all-out to the bridge. I was in 6th as we started the climb but was passed almost immediately by Ross Krause (Wildman race winner). I closed the gap as the climb continued and passed him back along with Tim Mahoney. I could see TiVo close and pass Miller (who was power-walking) and I was able to get within a couple of steps of them as we crested the climb. That was it for me as we began to drop like mad on the fast snowmobile trails. For some reason I thought there was one more climb, but I must have been thinking of another version of the course. I had a brief flashback as I passed the spot where Matt Cartier and JJ had passed me last year, but no one closed on me today.

I did make a brief detour off course with less than 1/2 mile to go. Bombing down the last descent, I was the tape blocking the trail and saw the bridge we had to cross but thought we had at least another 1/2 mile or so before we'd cross it. I scanned left and saw red flags, so I took a sharp left and began climbing. I didn't realize this was the way we'd headed out at the start! Fortunately someone at the bridge yelled for me to come back and I only lost about 15 seconds. I really worked the last climb as Krause had closed on me during my move off course. I didn't want to lose my hard-earned position. I ended up holding on but got schooled by TiVo in the 40+ category. JJ took his third consecutive win (in WMAC races) and Greg had a solid 2010 showing. Mark also had a very strong second half in his first snowshoe race and sounded like he'd give it a go again some time. 120 finishers is a great showing for a race at the very edge of MA. :-)

After much debate about Brave the Blizzard having snow, JJ and I headed off with assurances from the race director that

there would be a race, it wasn't going to be pretty but it was going to happen. We headed to the old Williams College ski area on Berlin road for a run/hike up and down Berlin Mountain. This is the sixth highest peak in MA and it is also the Rensslear NY county high point. I've also read that there is no higher point on a NY border (go ahead prove me wrong).

We did the 1,200' climb in 31 minutes (including 5 minutes on top and 5 minutes putting on snowshoes), then had a blast coming down in 12 minutes of sliding and running (and taking a couple of massive spills). After that we drove to Guilderland to see if they really had snow. There was nothing on the ground as we drove up so it was a huge surprise to find the field behind the school had snow. We checked out a little bit of the trail, which had enough snow to hold a race, and then headed to our hotel.

On race morn we were among the first to arrive. After check-in in and making sure the race was on we hit the road for a 3 mile warm-up. I felt okay, nothing any more sore than normal, although it took almost the whole 3 miles for my foot to loosen up.



We got warnings from 4 minutes out, and I got a spot on the inside of the course. JJ got a lousy start and said "this is my worst start ever" as he blew by me 100m into the race. We hit the woods with Justin Bishop leading with JJ and TiVo right on his tail. I was already off the back and wheezing as I tried to stay on my feet. After 1/2 mile we turned onto the worst part of the course, it had a couple of 50m patches that were bare, which lasted for about 1/2 mile. The rest of the course was fine, if you enjoyed fast flat racing (not me). I'll take a long slow slog over the fast stuff any day.

Justin led for most of the race with JJ and TiVo keeping him moving. With about 3/4 mile to go JJ made his move and took his fourth consecutive WMAC victory and his second win at the Brave the Blizzard. I rolled in later that day to take fourth for the second consecutive year. I ran as hard as I could but all in all the first double SS weekend of the year was a disappointment. I think everyone who finished in front of me should finish in front of me but in both races I though I'd be able to maintain a much better percentage behind.

*Dave Dunham*

<http://ddmountainrunr.blogspot.com/>

WMAC

2010 DION Snowshoe Racing Series

WMAC

## HOOT TOOT &amp; WHISTLE 5KM SNOWSHOE RACE

January 23, 2010

Catamount Ski Trail

Readsboro, VT

#	NAME	AGE	TIME	PTS	#	NAME	AGE	TIME	PTS
<b>01.</b>	<b>Josh Ferenc</b>	<b>28</b>	<b>0:22:40</b>	<b>100.00</b>	54.	Juergen Reher	60	0:42:34	50.93
02.	Tim Van Orden	41	0:23:57	99.07	55.	Bob Massaro	66	0:42:38	50.00
03.	Paul Bazanchuk	55	0:25:57	98.15	56.	Chris Johnson	52	0:42:39	49.07
04.	Jon Levinsohn	21	0:26:18	97.22	57.	Allen Lum	19	0:43:47	48.15
05.	Ken Clark	47	0:26:24	96.30	58.	Jacqueline Lemieux	43	0:43:57	47.22
06.	John Agosto	45	0:26:54	95.37	59.	Mary Kennedy	51	0:43:57	46.30
07.	Dylan Wight	16	0:27:44	94.44	60.	Brad Herder	52	0:45:03	45.37
08.	Erik Wight	50	0:27:45	93.52	61.	Peter Finley	48	0:45:08	44.44
09.	Derek Jones	47	0:28:07	92.59	62.	Laurel Shortell	43	0:45:31	43.52
10.	Jeff Thurber	31	0:28:13	91.67	63.	Jamie Howard	44	0:46:06	42.59
<b>11.</b>	<b>Amy Lane</b>	<b>30</b>	<b>0:28:24</b>	<b>90.74</b>	64.	Bruce Grisafe	56	0:46:40	41.67
12.	Josh Keefe	28	0:28:30	89.81	65.	Phyllis Fox	57	0:46:56	40.74
13.	Ben Keefe	28	0:28:45	88.89	66.	Ken Fairman	66	0:46:59	39.81
14.	Chelynn Tetreault	34	0:29:14	87.96	67.	Bill Glendon	63	0:47:09	38.89
15.	Nick Tooker	30	0:29:17	87.04	68.	Konrad Karolczuk	57	0:49:04	37.96
16.	Edward Alibozek	47	0:29:32	86.11	69.	Jennifer Ferniss	38	0:49:04	37.04
17.	Wayne Stocker	55	0:29:37	85.19	70.	Dawn McCarthy	39	0:49:04	36.11
18.	Caroline Stocker	17	0:29:38	84.26	71.	Richard Busa	80	0:49:42	35.19
19.	Edward Myers	58	0:29:45	83.33	72.	Rosalee Greer Smith	31	0:49:48	34.26
20.	Rob McCarthy	42	0:29:47	82.41	73.	Meghan Foley	23	0:51:09	33.33
21.	John Carey	38	0:30:30	81.48	74.	Brian Wetherell	40	0:52:43	32.41
22.	Bob Bonneau	58	0:32:17	80.56	75.	Judy Klein	48	0:54:19	31.48
23.	Jessica Hageman	35	0:32:37	79.63	76.	Rebecca Armstrong	41	0:55:49	30.56
24.	Brian Northan	34	0:33:13	78.70	77.	Jeff Clark	63	0:56:11	29.63
25.	Donny Huang	19	0:33:38	77.78	78.	Michael Maguire	54	0:56:19	28.70
26.	Jesse Corum	59	0:33:46	76.85	79.	Chelsea DeSalvatore	23	0:56:22	27.78
27.	Robert Woodworth	60	0:33:51	75.93	80.	Karin Bradley	52	0:58:22	26.85
28.	Lynn Mardon	54	0:33:59	75.00	81.	Mary Vasquez-Slack	47	0:58:32	25.93
29.	Chris Kusek	31	0:34:22	74.07	82.	Ann Marg McKillop	50	0:58:32	25.00
30.	Scott Bradley	55	0:34:49	73.15	83.			0:58:51	24.07
31.	Jeff Agli	38	0:34:52	72.22	84.	Ronald Oakes	54	1:00:59	23.15
32.	Tim Rothfuss	40	0:34:59	71.30	85.	Laura Fulton	24	1:01:02	22.22
33.	Ian Hutchinson	45	0:35:07	70.37	86.	Suzy Merin	48	1:01:29	21.30
34.	John Pelton	70	0:35:34	69.44	87.	Lori Manchegiane	50	1:01:40	20.37
35.	Richard Godin	55	0:35:50	68.52	88.	Betty Lacharite	74	1:03:00	19.44
36.	London Niles	12	0:36:20	67.59	89.	Danielle Ortiz	17	1:03:13	18.52
37.	Elizabeth Bianchi	42	0:36:41	66.67	90.	Meryl Ortiz	47	1:04:02	17.59
38.	Martin Glendon	63	0:37:03	65.74	91.	DonaldLacharite	78	1:04:04	16.67
39.	Phil Bricker	56	0:37:07	64.81	92.	Andy Keefe	79	1:04:13	15.74
40.	Holly Atkinson	40	0:37:08	63.89	93.	Susan Rogers	55	1:05:46	14.81
41.	Denise Dion	51	0:38:37	62.96	94.	Douglas Rogers	54	1:06:59	13.89
42.	Andrew Rome	55	0:38:53	62.04	95.	Donna Gorson	55	1:07:01	12.96
43.	Douglas Fox	65	0:38:59	61.11	96.	Susan Birch	45	1:11:40	12.04
44.	Ernie Alleva	58	0:39:16	60.19	97.	Meg Anderson	53	1:14:26	11.11
45.	Laura Clark	62	0:39:27	59.26	98.	Jesse Anderson	50	1:14:51	10.19
46.	David Shumpert	39	0:40:24	58.33	99.	Danielle McCarthy	08	1:14:53	9.26
47.	Mike Lacharite	52	0:40:43	57.41	100.	Judith McCarthy	65	1:21:07	8.33
48.	Vince Kirby	53	0:40:52	56.48	101.	Ron Waterman	67	1:21:30	7.41
49.	Darlene McCarthy	47	0:41:36	55.56	102.	Tiger Waterman	63	1:26:20	6.48
50.	Jeff Hattem	58	0:42:06	54.63	103.	Steve King	62	1:26:37	5.56
51.	AudreyWitter	45	0:42:16	53.70	104.	Mary King	60	1:26:43	4.63
52.	ClaudinePreite	43	0:42:26	52.78	105.	Wendy Pratt	56	1:27:46	3.70
53.	Jim Carlson	62	0:42:31	51.85	106.	Karen Pratt	56	1:34:09	2.78
					107.	Arthur Kaiser	56	1:34:15	1.85
					108.	Winfield Gates	67	1:34:24	0.93

## ENJOYING THE SCENERY, PART 4: HOOT TOOT & WHISTLE SNOWSHOE RACE

The Hoot Toot & Whistle snowshoe race is a relatively new entree in our snowshoeing buffet. Organized by Bob and Denise Dion, assisted by what appears to be a significant portion of the population of Readsboro, VT, it was first introduced last year after several races were indefinitely delayed due to ice storm damage. Bob described the course as a fairly flat run along the Deerfield River, so I suspect most of us showed up expecting a relatively easy run - and were surprised by one of the toughest courses of the season, thanks to loose powdery snow and an abundance of very gentle uphill grades. So the question was - would this be a repeat of last year, or would the HTW treat us a bit more gently this time around?

The drive into Readsboro is gorgeous and I once again I found myself wishing I lived someplace like that... maybe someday. I've driven in from North Adams both times - one of these days I'll have to make the drive over from Bennington instead and check out the scenery through the Green Mountains. Just as last year, the number of folks that were directing traffic and helping get us checked in was impressive; it's great to see so much local support for the race. I changed into my running gear and jogged the 6/10 of a mile from where my car was parked to the race finish at the trailhead where the Catamount Trail meets route 100.

The course is actually pretty cool, since it mostly runs along the Catamount Trail ([www.catamounttrail.org](http://www.catamounttrail.org)) a 300 mile XC ski/snowshoe trail that runs across VT from the MA border all the way to Canada. This particular section also has a lot of history behind it, since it runs along the bed of the old Hoosac Tunnel & Wilmington Railroad, built in the mid 1880's as a connection to the rail line running through the Hoosac Tunnel south in MA. The HT&W ran to Wilmington until 1937, continued running to Readsboro until 1971, and provided an important link between the network of railroads to the south and various local mills, especially for the paper industry. Apparently the locals referred to the railroad as the Hoot Toot & Whistle, which is where our race gets its name. (For more information about the HT&W I recommend both [www.htandw.com](http://www.htandw.com) and a short article found on wikipedia. Marc Howes' excellent [www.hoosactunnel.net](http://www.hoosactunnel.net) also has a section on the current state of many sections of the old railbed as well as some nice historical data.)

We started out all clustered near the start/finish banner just off the road, but then Bob had us walk down to the clearing we started in last year and gave us a quick briefing about the course and what to do once we finished. Shortly after that he gave the word and off we went... only to come to a halt a few moments later when the crowd hit the start of the mostly singletrack course. But we managed to get ourselves in line pretty quickly, and within the first half mile or so things the group had stretched out to the point where none of us at the back were on anybody's heels.

About a mile in we started dodging the front runners on their way back, so I was very happy to see the "turnaround loop" break off to the right another quarter mile or so later. At least, I was until I discovered that the trail along the stretch was the toughest so far - the railbed was somewhat packed, but the side loop through the woods was pretty loose and, for me at least,

difficult going. I was definitely glad when we rejoined the railbed and started heading back!

The run back was an exercise in keeping up my pace as best I could and not blowing up before the finish... for the most part I think I succeeded, though there were a few spots where I had no choice but to stop and walk. As I ran the final stretch through the evergreens along route 100, I'm certain I heard the chickadees having a good laugh at all the crazy people gasping their way below them. All I can say is I was might pleased to finally round that last curve and cross the finish, and in a decent time to boot, with an improvement of over 10 minutes over last year (like I said, I found the course mighty hard last year!)



I have to admit to something of a love-hate relationship with this course. There's a heck of a lot I like about it:

- The link to the history of the area always appeals to me,
- The surroundings are wonderful, from the many views of the rock-strewn Deerfield River to the icicles hanging down the sides of the rock cuts and the sunshine filtering down through the rows of evergreens at the point where we turn around to come back.
- I also think its wonderful how welcome everyone makes us feel.

But at the same time, the course is relentless, with no real opportunities to take a break climbing up or running down a long hill. It's just go, go, go the whole time, much of it on very gentle grades that look like they should be easy to run but are actually deceptively tough, at least for me. Can I really look forward to a course that makes me suffer like HTW does? Well, OK, I can, and I plan to keep coming back as long as I'm able.

Thank you, Bob and Denise and all the fine folks of Readsboro who have worked so hard to make it possible for us to have so much fun suffering on a beautiful sunny January morning!

Jamie H.

<http://jedi-turtle.blogspot.com/>

## MISSING THE TARGET @ HOOT, TOOT & WHISTLE

In deference to injunction not to shoot within 500 feet of an inhabited area, there was no TARGET visible at Hoot, Toot & Whistle (HT&W). While trains might be considered moving residences and thereby exempt, we decided not to put insurance clauses to the test. Sounds vaguely believable, but unfortunately, however, I am making this up. The real reason we had no orange vest at HT&W was that Dave Boles, our most recent target, switched plans and decided to aim for Curly's instead.

And after last year, who could blame him? The inaugural HT&W took everyone by surprise: we were expecting an easy flat course alongside a railroad track. What we got was a tough slog which earned HT&W the Barnyard Award for the slowest race. This year we were prepared.

Jeff chose our backup vehicle, my logoed Annie, for our commute since she is justifiably proud of her pierced studded tires and was eager to give them a workout on the icy pull past Bennington. Naturally, this year there was no ice. But Annie was psyched. Mostly she gets left behind on these events, so she was eager to prove herself. Which she did. She ramped up to warp speed without even a shudder, providing a tempting target for alert traffic cops. Fortunately, there weren't any. We arrived the same time as last year but instead of grabbing the first preferred spot, we barely squeezed into the last available space on the main road. It's funny that we'll run any distance, yet grumble when we have to hike more than a few feet to the registration area.

This time, though, we had a better handle on the course. Curly's is more demanding, but at least you get a guilt-free opportunity to "rest" while hiking up the steeper inclines.



Carolyn and Wayne Stocker – [www.berkshiresports.org](http://www.berkshiresports.org)

For trail runners accustomed to walking when the going gets tough, the relatively flat HT&W is a rude awakening and almost makes preparatory track interval workouts seem like a good idea. While the snow was not nearly as deep as last year, it still proved difficult to get any kind of a rhythm going. Now I'm thinking perhaps this has more to do with the lay of the land than the actual snow cover.

Once again, HT&W featured a cozy gathering spot at the Readsboro Inn and indoor plumbing, always a plus. The raffles contributed by local townspeople were outstanding and it almost seemed as if the items, rather than the winners did the selecting. Rich Busa, who claims he never wins random drawings, had his eye on the wood-crafted paint set for his artistic niece, but figured he would have to be the first one called. He was! He is looking forward to be the favorite uncle. London Niles, our youngest competitor, claimed a bead set for his sister, Solitaire. Solitaire really deserved her prize since she enthusiastically attends every one of London's events. It can't always be a whole lot of fun for a five year-old to be stuck in a forest of grownups. For the second year in a row the strawberry cake claimed a ride home with Jessica Hageman. Doubtful if it made it all the way. Perhaps next year we should just write her name on the cake and get done with it! And Jim Carlson, TARGET Master, was rewarded for his volunteer duty at Greylock with a roomy fanny pack.

This was the second double header weekend with approximately nineteen of us pushing our vehicles to the limit on the way home, hoping to gain as much rest as possible before Sunday's event.

*laura clark*



Robert McCarthy – [www.berkshiresports.org](http://www.berkshiresports.org)

## BACK ON TRACK AT CURLY'S RECORD RUN

Back on track once again, Dave Boles reappeared at Curly's, TARGET in hand, and promptly awarded it to fellow competitor Will Danecki. Will seemed pleased to be so honored and swiftly changed into his running jacket and vest so all would have fair warning. Once again, the vest worked its magic, giving Will a nice push to 59.37 percentage points, the highest yet received while running under the influence of the target.

While Race Directors Beth and Brad Herder threatened to revamp Curly's into a tamer ride, an impromptu survey of perennial competitors favored the traditional descent down the black diamond trail and another shot at breaking Curly's still-standing downhill ski plunge. I am hoping that this is always the case, but there were some whispered complaints of creaky knees and "getting too old." Shame on you! No one is as old as Rich Busa and he came through the experience intact, unbloodied (for once) and sporting his usual grin.

The scariest moment for some of us, however, occurred as we assembled at the playing field and realized Laurel Shortell was nowhere to be seen. Was she hampered by last minute clothing adjustments? Did she break a cleat? Or worst of all, was she sick? Laurel *The Streak* Shortell has not only completed her 100<sup>th</sup> WMAC/Dion Snowshoe race but has also not missed a single event since she began snowshoeing. How could the race begin without her? Fortunately, Edward Alibozek remembered that Laurel had driven a rental car, making her nearly invisible to those of us scouting for her familiar vehicle, now on the injured list.

I am always surprised at how many downhill stretches there are during the initial climb. Lulled into a false sense of complacency, I pulled out faster than was wise, passing perhaps seven shoers before the real uphill and reality asserted itself once again. What was I thinking? Especially after racing yesterday. But amazingly I was feeling pretty good so I decided to seize the day. I had never, ever, beaten Will Danecki, but for some insane reason I felt I stood a chance.

With this thought in the back of my mind, I attacked Curly's downhill, only to discover that my usual strategy of drifting over to the unchurned side snow proved just as scary as the main course. The once upon-a-time powder was crusted over, lightly enough to lend a false sense of security, but thickly enough to snag a tilting snowshoe. By the final downhill I had almost caught Kathy Furlani but then my quads suddenly remembered they had raced the day before.

Still, I managed to hold off Martin Glendon and Charles Brockett until the end when I inexplicably headed off into the sunset and into the parking lot. Jeff greeted me at the finish line, astounded that I didn't hear everyone yelling. I guess I was so focused on beating my rivals that I was in my own private wind tunnel. With Jeff at the finish ahead of me, I thought that Jeff's alter ego, Jeff Clark age 51, had enjoyed BTB so much that he decided to substitute, as he is wont to do in road races. But it turns out that my Jeff Clark age 63, had missed Beth's starting instructions to turn right at the caution tape. So he turned left and happily followed the course markings down the other side of the mountain. Rather like my debacle at Greylock when I hiked back to accompany Andy and found myself

heading into an alternately ribboned universe. Must run in the family!

Afterwards, some folks thought that Marty should have played the gentleman's role and held back for the extra five seconds that it took me to readjust my headings. I must admit that the thought did cross my mind too. Afterwards, I reflected that if it were another woman in the same situation she either would have apologized for beating me or else stood aside feeling that I deserved the "win." But this was, after all, a race and that is what makes Marty a worthy opponent and fun running partner. Which is what it is all about.

*laura clark*

## JANUARY 23<sup>RD</sup> / 24<sup>TH</sup> MILESTONES

Please see the attached milestones. Note that after 6 races only 4 people have finished all:

Tim Van Orden	CMS	588.88
Laura Clark	Saratoga Stryders	247.06
Laurel Shortell	WMAC	148.75
Jeff Clark	Saratoga Stryders	52.01

We've had 368 unique finishers. 65 people have done 3 or more.

### From Hoot, Toot, and Whistle:

Darlene McCarthy passed 2,000 points.

Phil Bricker, Jeff Clark (age 63), and Bill Glendon all passed 500 points.

Ken Clark ran his 80<sup>th</sup> WMAC race.

Bill Glendon got his 40<sup>th</sup>.

Tim Van Orden got his 20<sup>th</sup>.

Chris Johnson got his 15<sup>th</sup>.

### From Curly's:

Bob Worsham passed the 3,000 point mark.

Denise Dion and Tim Van Orden scored their 2,000<sup>th</sup> points.

Will Danecki got his 1,000 point.

Jeff Clark (age 52) passed the 500 point mark.

Richard Busa and Bob Dion both ran their 95<sup>th</sup> WMAC race.

Walter Kolodzinski ran his 55<sup>th</sup>.

Bob Worsham ran his 50<sup>th</sup>.

Scott Bradley finished his 40<sup>th</sup>.

Abby Mahoney and London Niles finished their 15<sup>th</sup>.

Dan Buttrick and Sibyl Jacobson finished their 10<sup>th</sup>.

Jim Johnson won his fifth consecutive WMAC race (in races run) which ties Dave Dunham (2001) for the most consecutive wins in races run.

22 Runners took on the challenge of two WMAC races in one weekend (some did a double that included a Granite State Series, but I haven't listed them here).

*Dave Dunham*

<http://ddmountainrunr.blogspot.com/>

WMAC

2010 DION Snowshoe Racing Series

WMAC

7<sup>th</sup> ANNUAL CURLY'S RECORD RUN 4-MILE SNOWSHOE RACE

January 24, 2010

Pittsfield State Forest

Pittsfield, MA

PL	NAME	AGE	TIME	PTS	PL	NAME	AGE	TIME	PTS
<b>01.</b>	<b>Jim Johnson</b>	<b>32</b>	<b>0:28:54</b>	<b>100.00</b>	54.	Martin Glendon	63	0:52:55	44.79
02.	Tim Vanorden	41	0:29:57	98.96	<u>55.</u>	<u>Laura Clark</u>	62	<u>0:53:00</u>	<u>43.75</u>
03.	Tim Mahoney	30	0:31:08	97.92	56.	Wally Lempart	64	0:53:11	42.71
04.	Ross Krause	30	0:32:13	96.88	<u>57.</u>	<u>Bekki Wright</u>	47	<u>0:53:24</u>	<u>41.67</u>
05.	Mike Quintal	31	0:32:22	95.83	58.	Joseph Poliquin	57	0:53:25	40.62
06.	Matt Westerlund	37	0:32:53	94.79	59.	John Baker	59	0:53:37	39.58
07.	Steve Wolfe	45	0:33:19	93.75	<u>60.</u>	<u>Karen Costello</u>	47	<u>0:53:50</u>	<u>38.54</u>
08.	Paul Bazanchuck	55	0:34:25	92.71	61.	Bob Massaro	66	0:54:38	37.50
<b>09.</b>	<b>Abby Mahoney</b>	<b>31</b>	<b>0:35:00</b>	<b>91.67</b>	<u>62.</u>	<u>Heather Benson</u>	38	<u>0:54:54</u>	<u>36.46</u>
10.	Chris Taft	29	0:35:11	90.63	63.	Frank Gaval	63	0:55:01	35.42
11.	Steve Dowsett	21	0:36:07	89.58	64.	Dave Wilber	50	0:55:27	34.37
12.	Rich Teal	31	0:36:55	88.54	65.	John Marran	37	0:55:44	33.33
<u>13.</u>	<u>Carolyn Stocker</u>	17	<u>0:37:33</u>	<u>87.50</u>	66.	Dave Boles	63	0:55:45	32.29
14.	Ken Clark	47	0:37:38	86.46	67.	Chris Johnson	52	0:56:14	31.25
15.	Alan Bates	61	0:37:46	85.42	68.	John Adrich	51	0:56:42	30.21
16.	Robert McCarthy	42	0:37:59	84.37	<u>69.</u>	<u>Colleen Quinn</u>	53	<u>0:56:54</u>	<u>29.17</u>
17.	Wayne Stocker	55	0:38:07	83.33	<u>70.</u>	<u>Pat Rosier</u>	51	<u>0:57:23</u>	<u>28.12</u>
18.	Ned James	55	0:38:17	82.29	71.	Greg Cybursk	39	0:58:05	27.08
19.	Jay Kolodzinski	30	0:39:08	81.25	<u>72.</u>	<u>Maureen Roberts</u>	52	<u>0:58:46</u>	<u>26.04</u>
20.	Edward Alibozek	47	0:39:10	80.21	<u>73.</u>	<u>Laurel Shortell</u>	43	<u>0:59:04</u>	<u>25.00</u>
<u>21.</u>	<u>Ashley Krause</u>	32	<u>0:39:30</u>	<u>79.17</u>	<u>74.</u>	<u>Justine Repaci</u>	45	<u>1:01:21</u>	<u>23.96</u>
22.	Michael Buttrick	24	0:40:16	78.12	<u>75.</u>	<u>Barb Sorrell</u>	52	<u>1:02:13</u>	<u>22.92</u>
23.	Jack Casey	56	0:41:01	77.08	<u>76.</u>	<u>Mercedes Pacheco</u>	44	<u>1:02:18</u>	<u>21.87</u>
24.	Rich Chipman	49	0:41:52	76.04	77.	Tim Tierney	23	1:02:45	20.83
25.	Dan Buttrick	29	0:42:03	75.00	78.	Jamie Howard	44	1:02:52	19.79
26.	Randy Zucco	39	0:42:07	73.96	79.	Bill Glendon	63	1:03:19	18.75
27.	Glen Tryson	56	0:42:14	72.92	80.	Walt Kolodzinski	67	1:04:00	17.71
28.	Nick Jubok	53	0:42:23	71.87	81.	Konrad Karolczuk	57	1:04:07	16.67
29.	Mike Lahey	58	0:42:48	70.83	82.	Dave Almande	35	1:05:47	15.62
30.	Tom Tift	52	0:43:31	69.79	<u>83.</u>	<u>Hillary Stewart</u>	28	<u>1:05:48</u>	<u>14.58</u>
31.	Jeff Clark	52	0:43:44	68.75	<u>84.</u>	<u>Ginny Kelly</u>	47	<u>1:07:01</u>	<u>13.54</u>
32.	Bruce Shenker	57	0:44:21	67.71	85.	Laurence Seward	65	1:07:06	12.50
<u>33.</u>	<u>Jacque Shiffer</u>	45	<u>0:44:27</u>	<u>66.67</u>	86.	Steve Obermayer	48	1:08:27	11.46
34.	Laurence Witner	36	0:44:34	65.62	87.	Don Grant	67	1:08:42	10.42
35.	Art Roti	37	0:45:08	64.58	88.	Rich Busa	80	1:08:52	9.37
<u>36.</u>	<u>Lindsey Doermann</u>	27	<u>0:45:52</u>	<u>63.54</u>	<u>89.</u>	<u>Kathleen Tersigni</u>	39	<u>1:08:59</u>	<u>8.33</u>
37.	London Niles	12	0:46:25	62.50	90.	Dick Marran	68	1:11:30	7.29
38.	Steve Shattuck	57	0:46:44	61.46	<u>91.</u>	<u>Vicki Quagliaroli</u>	56	<u>1:13:07</u>	<u>6.25</u>
39.	Bob Dion	54	0:46:55	60.42	<u>92.</u>	<u>Sibyl Jacobson</u>	67	<u>1:17:22</u>	<u>5.21</u>
40.	Will Danecki	59	0:47:03	59.37	93.	Greg Taylor	63	1:17:42	4.17
41.	Scott Bradley	55	0:47:26	58.33	94.	Paul Newman	42	1:24:29	3.12
42.	Butch Brennan	45	0:47:37	57.29	95.	Alan Schultz	64	1:25:17	2.08
<u>43.</u>	<u>Becky Shattuck</u>	57	<u>0:47:49</u>	<u>56.25</u>	96.	Jeff Clark	63	1:25:18	1.04
44.	Jim Schertzer	34	0:47:56	55.21					
45.	Richard Kelly	48	0:47:58	54.17					
46.	Rich Godin	54	0:48:16	53.12					
47.	Mark Raymond	47	0:48:28	52.08					
<u>48.</u>	<u>Holly Atkinson</u>	40	<u>0:49:10</u>	<u>51.04</u>					
49.	Stan Tiska	52	0:50:07	50.00					
50.	Bob Worsham	64	0:50:32	48.96					
<u>51.</u>	<u>Denise Dion</u>	51	<u>0:51:32</u>	<u>47.92</u>					
<u>52.</u>	<u>Kathy Furlani</u>	61	<u>0:51:44</u>	<u>46.87</u>					
53.	Charles Brockett	64	0:52:09	45.83					

Thank all participants over the January 23<sup>rd</sup> - 24<sup>th</sup> weekend. Directors Bob & Denise Dion at HT&W and Beth, Brad and Family at Curly's Record Run did an outstanding job bringing these events to us. It is impressive that we are able to attract so many smiling people into the middle of nowhere each weekend. We appreciate the support in this our 15<sup>th</sup> season of providing snowshoe events. Both the Readsboro J.Bullock Building Restoration Fund and the Albert "Curly" Voll Scholarship at Pittsfield High School benefited from your entries. **Farmer Ed**

## ENJOYING THE SCENERY, PART 5 CURLY'S RECORD RUN SNOWSHOE RACE

When I first ran Curly's Record Run back in 2008 I discovered what a beautiful place Pittsfield State Forest is and ever since I've welcomed any opportunity to go there. Brad Herder's question earlier in the week - did people want to try a new, rolling course or would we prefer the "classic" Curly's course - took me a bit by surprise and, I must admit, left me with mixed reactions. On the one hand, I love the tradition behind the race, especially the fact that we run down the Shadow Trail, where in 1944 Beth Herder's father "Curly" Voll set a downhill record of 1 min 12 seconds, and I also really enjoy revisiting trails and courses that I've run before. On the other hand, I also love exploring new trails, and my bad knees wouldn't miss going down the Shadow Trail one bit - I typically end up creeping down to the bottom at a snail's pace to avoid taking out one or both knees along the way. In the end I was happy to run whatever course Brad and Beth set up for us, though I wasn't at all surprised when the majority of responses preferred to keep the original course.

Despite glimpses of sunshine on the drive over, Pittsfield was under grey skies when I arrived - but not too cold, and at least it wasn't raining! Went through my usual pre-race prep and then hung around chatting with the usual suspects while we waited for things to get going. Looked like a bigger turnout than the last few years, which always raises the question of where to start... as a slower runner (a much slower runner) I don't want to end up in front of faster folks, but being behind a crowd of hikers also has its disadvantages. Of course, since the first stretch is uphill I wouldn't be running for long after the start anyway.

I don't know what K2 had for the breakfast but he took off like a shot at the beginning and pulled ahead by a good bit once we turned on to the rolling trail behind the ski jump. Not long after we crossed Berry Pond Road the long climb started and then all of us toward the back slowed down. I have to admit that after yesterday's race and 2 1/2 miles on the trails at Savoy, I really wasn't looking forward to the mile or so climb up the mountain... but after the climb up the Turner Trail two weeks ago, this one didn't seem as bad as it had in the past. Still, I was very happy to make the turn onto the Pine Mountain trail with somewhat more runnable terrain.

Of course, that section is all brief, and before I knew it I was looking down the Shadow Trail, which looks deceptively innocent at first - a bit of downhill which disappears around a curve. Having gone down it twice before I knew what was ahead - down down down down down! I know plenty of runners love this stretch because they can scream down the hill and make up some of the time the hike up took. My bad knees always remind me not to do that, and today was no exception - even as careful as I was, one of them gave me two twinges on some of the steeper sections. I was actually pretty pleased at my pace - slow but not as slow as previous years - and at the fact that I made it a good part of the way down before a group of half a dozen runners came barreling down the hill, led by Walter K, whose knees are even worse than mine! (He told me later that he picked up too much speed and didn't dare slow down because he would have crashed - all I know is he was flying!) I pulled over and watched them go by, and a bit later was really happy to finally see the bottom of the steep parts - while there's still downhill after that it's all runnable for me, and

actually quite nice, since the trail runs through some evergreen groves and allow a brook for a while.

A number of folks have told me that one of the toughest parts of Curly's is what happens after the downhill and I agree - just when you think the race is pretty much over, there's still 1 1/4 miles to run over rolling terrain and on some narrow, winding paths through the woods. It looked like I had a possibility of breaking an hour today, so I pushed the pace as much as I was able for the last stretch - maybe a bit too much, since I ended up having to walk part of the way across the field just before the finish. By then it was clear that I wouldn't beat that elusive hour, but I did manage to cross the finish with a time similar to last year's... not so bad, considering all the miles I haven't been running over the last few months.

Last year after finishing the race I changed into dry clothes and hiked up to Berry Pond via what has become one of my favorite trails, the Lulu Cascade. It's not the easiest hike, there's a lot of climbing and winding singletrack involved, but it's well worth the effort, because the brook is filled with small waterfalls and cascades. I thought about doing the same thing this year but my legs quickly convinced me otherwise. Instead, I watched Brad shooting footage of four of our most esteemed comrades for his Shady Esperanto contest video... it's definitely worth checking out the results on [www.berkshiresports.org](http://www.berkshiresports.org). I know I laughed a lot watching them go through their paces...

So, another fantastic race put on by Brad and Beth and all their amazing volunteers - thanks, guys! We are incredibly fortunate that week after week we have people willing to do all the hard boring work so that we can have our fun. And while the current word is this may have been the last Curly's Record Run, who knows - "fun runs" are always a possibility (though fitting one into our packed weekend schedule might be a challenge) or maybe if we ask nicely and offer assistance pre- and post-race they can be convinced to stage a "double" race like the Hoxie Thunderbolt/Covered Bridge combo at Greylock and include at least part of the Curly's course in the mix. The possibilities boggle the mind - just imagine a Turner Trail/Curly's Record Run combo, for example...

(With luck someday Brad and Beth may forgive me for ever suggesting that...)

Jamie H.



The new home of Dion Snowshoes – [www.dionsnowshoes.com](http://www.dionsnowshoes.com)

## PEOPLE YOU SHOULD KNOW – ERIN CLARK, UCONN SOCCER TEAM



*Erin Shea Clark is the daughter of Ken and Martine Clark of Somers, Connecticut.*

Over the last four snowshoe seasons, I have enjoyed watching Erin Clark participating at many of our events. Erin is a very good snowshoer, but what most of us don't realize is that she is not only a marketing and communications major at the University of Connecticut, but a starter on the Nationally Ranked Girls Soccer Team.

Before beginning her soccer career at UCONN, Erin was named a three-time All-State and All-Conference soccer player at Somers High School as well as a two-time All-State and All-Conference selection in track and field. She was a two year member of the Region I ODP Team; competed at the U-19 ODP interregional event in Jan. 2007 at Ventura College in Ventura, California; played for the Connecticut Wolves club team that won three consecutive State Cup Championships from 2004 – 2007; and started for the WPSL Mutiny team during the summer of 2007.

In 2007, Erin's freshman season, she appeared in 18 games making six starts. She finished the season with five goals and four assists, her fourteen points ranked her fourth on the team as well as being the top freshman scorer. Erin capped her freshman season by being named to NEWISA All-New England first team.

During the 2008 sophomore season, Erin played in 21 games with five starts. She recorded two goals on the season,

including the game winner against Hofstra on August 29<sup>th</sup> at the Penn State Tournament. The highpoint of the season may have been a season high 82 minutes in the Big East Championship game against Notre Dame on November 9<sup>th</sup>.

This past season, 2009, as a junior, Erin played in 18 games starting thirteen. She ended the season with two goals and four assists for a total of eight points. These totals left her ranked 4<sup>th</sup> in points, 4<sup>th</sup> in goals, 3<sup>rd</sup> in assist, 5<sup>th</sup> in shots and 3<sup>rd</sup> for shots on goal. Included in Erin's season was one game winner.

With one season left at UCONN, the future is still unwritten. What I have enjoyed most from my time getting to know Erin is her enjoyment and willingness to participate with her dad Ken, and some of his friends at our snowshoe events. I don't think it is typical for a young twenty something year old woman to take time out of her life to spend weekend time with a parent. It is even more unusual to have a young person get up early in the morning to drive several hours to snowshoe in the cold with a bunch of old timers. It is refreshing to observe, and I am always a happy witness to the Clark's family support.

We are a fortunate bunch, to have so many similarly giving people populate our events. There is much to be thankful for regarding snowshoeing, but the friends we make and relationships we grow and watch grow are the most worthy to me. Here's hoping that Erin has a fantastic senior year at UCONN, and the soccer program achieves whatever goal it sets.



*Erin Clark finishing Woodford, photo by Kristin Wainwright*

## SNOWSHOER OF THE DECADE

The deadline for "Snowshoer of the Decade" nominations is January 31st. Anyone can nominate and be nominated, including people who are not USSSA members. Nominees can be snowshoers, directors, organizers, helpers, etc., so it's wide open. Any contributor to the sport can be nominated.

Nominations should be sent to the USSSA webmaster at [webmaster@snowshoeracing.com](mailto:webmaster@snowshoeracing.com) One male and one female recipient will be announced at Nationals on 3/6/2010.

Laurel  
[laurel@shortell.net](mailto:laurel@shortell.net)

**01/25/10 UPDATE DAVE DUNHAM PRESENTS WMAC DION ALL-TIME NUMBERS****OVER 1,000 POINTS**

#	Name	Total	Pts Tot	Races	Avg
01.	Bob Dion	7,750.42		95	81.58
02.	Ken Clark	7,264.32		81	89.68
03.	Dave Dunham	6,072.44		65	93.42
04.	Edward Alibozek	5,838.28		79	73.90
05.	Ed Alibozek Jr	4,474.49		83	53.91
06.	Jay Kolodzinski	4,263.54		53	80.44
07.	Mike Lahey	3,991.92		61	65.44
08.	John Pelton	3,662.76		52	70.44
09.	Laura Clark	3,500.93		92	38.05
10.	Leigh Schmitt	3,439.53		35	98.27
11.	Laurel Shortell	3,242.41		103	31.48
12.	Ben Nephew	3,150.71		34	92.67
13.	David Boles	3,049.51		56	54.46
14.	Bob Worsham	3,029.97		50	60.60
15.	Peter Lipka	2,884.51		54	53.42
16.	Bill Morse	2,874.73		49	58.67
17.	Larry Dragon	2,834.56		49	57.85
18.	Paul Hartwig	2,745.17		56	49.02
19.	Bob Massaro	2,704.28		79	34.23
20.	Richard Bolt	2,454.67		26	94.41
21.	Richard Busa	2,405.25		95	25.32
22.	Scott Bradley	2,392.95		40	59.82
23.	Dave Hannon	2,344.19		28	83.72
24.	Wayne Stocker	2,324.02		32	72.63
25.	Paul Low	2,283.77		23	99.29
26.	Jack Casey	2,275.35		29	78.46
27.	Martin Glendon	2,273.14		57	39.88
28.	Jessica Hageman	2,206.94		37	59.65
29.	Alan Bates	2,104.39		27	77.94
30.	Kelly Herrington	2,071.45		26	79.67
31.	Darlene McCarthy	2,043.79		44	46.45
32.	Denise Dion	2,033.97		66	30.82
33.	Tim Van Orden	2,026.90		21	96.52
34.	Carol Kane	1,972.68		36	54.80
35.	Peter Malinowski	1,940.68		26	74.64
36.	Shaun Sutcliffe	1,899.57		23	82.59
37.	Paul Bazanchuk	1,863.45		22	84.70
38.	Nick Jubok	1,857.00		27	68.78
39.	Jim Carlson	1,804.99		48	37.60
40.	Vincent Kirby	1,745.03		29	60.17
41.	Jan Rancatti	1,725.84		26	66.38
42.	Mathew Cartier	1,717.74		18	95.43
43.	Tim Mahoney	1,714.07		18	95.23
44.	Kelli Lusk	1,686.91		20	84.35
45.	Chelynn Tetreault	1,683.57		23	73.20
46.	Rob Smith	1,614.30		21	76.87
47.	Greg Hammett	1,464.47		16	91.53
48.	Jacque Schiffer	1,460.75		21	69.56
49.	Ed Buckley	1,459.96		24	60.83
50.	Tom Mack	1,407.75		24	58.66
51.	Josh Merlis	1,405.86		16	87.87
52.	James Pawlicki	1,385.18		16	86.57
53.	Howard Bassett	1,383.50		25	55.34
54.	Konrad Karolczuk	1,369.59		104	13.17
55.	Ed Saharczewski	1,364.02		26	52.46
56.	Richard Teal	1,364.00		16	85.25

**OVER 1,000 POINTS**

#	Name	Total	Pts Tot	Races	Avg
57.	Abby Mahoney	1,340.99		15	89.40
58.	Jim Schultz	1,313.33		15	87.56
59.	Deborah Livingston	1,304.10		18	72.45
60.	Jim Preite	1,290.06		17	75.89
61.	Richard Chipman	1,278.41		17	75.20
62.	Walter Kolodzinski	1,266.92		55	23.03
63.	Britt Brewer	1,227.17		15	81.81
64.	Bruce Marvonek	1,217.76		19	64.09
65.	Maureen Roberts	1,192.58		28	42.59
66.	Dave Wallace	1,160.36		14	82.88
67.	Patrick McGrath	1,148.32		24	47.85
68.	Patrick Riley	1,133.73		17	66.69
69.	Karl Molitoris	1,123.46		19	59.13
70.	Christophe Lanaud	1,105.85		13	85.07
71.	Norm Sheppard	1,080.48		19	56.87
72.	Elijah Barrett	1,079.51		12	89.96
73.	Jeff Hattem	1,066.57		39	27.35
74.	John Onderdonk	1,025.59		12	85.47
75.	Will Danecki	1,023.07		22	46.50
76.	Jack Quinn	1,014.53		17	59.68
77.	Dan Verrington	1,009.19		12	84.10



*Will Danecki grabbed his 1000th career point at Curlys 2010*

## DAVE DUNHAM PRESENTS... continued

### 25 OR MORE FINISHES

#	Name	Run Tot	Pts Tot	Avg
01.	Konrad Karolczuk	104	1,369.59	13.17
02.	Laurel Shortell	103	3,242.41	31.48
03.	Bob Dion	95	7,750.42	81.58
04.	Richard Busa	95	2,405.25	25.32
05.	Laura Clark	92	3,500.93	38.05
06.	Ed Alibozek Jr	83	4,474.49	53.91
07.	Ken Clark	81	7,264.32	89.68
08.	Edward Alibozek	79	5,838.28	73.90
09.	Bob Massaro	79	2,704.28	34.23
10.	Denise Dion	66	2,033.97	30.82
11.	Dave Dunham	65	6,072.44	93.42
12.	Mike Lahey	61	3,991.92	65.44
13.	Martin Glendon	57	2,273.14	39.88
14.	Jeff Clark (age 63)	57	529.61	9.29
15.	David Boles	56	3,049.51	54.46
16.	Paul Hartwig	56	2,745.17	49.02
17.	Walter Kolodzinski	55	1,266.92	23.03
18.	Peter Lipka	54	2,884.51	53.42
19.	Jay Kolodzinski	53	4,263.54	80.44
20.	John Pelton	52	3,662.76	70.44
21.	Bob Worsham	50	3,029.97	60.60
22.	Bill Morse	49	2,874.73	58.67
23.	Larry Dragon	49	2,834.56	57.85
24.	Jim Carlson	48	1,804.99	37.60
25.	Darlene McCarthy	44	2,043.79	46.45
26.	Bill Glendon	41	525.07	12.81
27.	Scott Bradley	40	2,392.95	59.82
28.	Jeff Hattem	39	1,066.57	27.35
29.	Jessica Hageman	37	2,206.94	59.65
30.	Carol Kane	36	1,972.68	54.80
31.	Leigh Schmitt	35	3,439.53	98.27
32.	Ben Nephew	34	3,150.71	92.67
33.	Wayne Stocker	32	2,324.02	72.63
34.	Jamie Howard	32	642.63	20.08
35.	Jack Casey	29	2,275.35	78.46
36.	Vincent Kirby	29	1,745.03	60.17
37.	Dave Hannon	28	2,344.19	83.72
38.	Maureen Roberts	28	1,192.58	42.59
39.	Alan Bates	27	2,104.39	77.94
40.	Nick Jubok	27	1,857.00	68.78
41.	Richard Bolt	26	2,454.67	94.41
42.	Kelly Herrington	26	2,071.45	79.67
43.	Peter Malinowski	26	1,940.68	74.64
44.	Jan Rancatti	26	1,725.84	66.38
45.	Ed Saharczewski	26	1,364.02	52.46
46.	Mark Syrett	26	735.33	28.28
47.	Howard Bassett	25	1,383.50	55.34

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

[edtrnews@yahoo.com](mailto:edtrnews@yahoo.com)

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### TRADE SECRET

Snowshoe racing differs greatly from running road races, like night and day. Since snowshoe races are usually found in places where only mountain goats would call it the norm, dispel any notion that you can accurately predict your finishing time in a snowshoe race. Besides mountainous courses, the snow conditions are another variable that can't be easily factored in.

Still, this doesn't stop anybody from trying to improve, even me. After completing the Hoot-Toot & Whistle Snowshoe Race, I got up enough nerve to ask a very good snowshoer the secrets to her success. I thought she was going to tell me that she runs 60 miles a week or that she biked most of the year. But, what she told me almost shocked me.

With all honesty, she said, "I know I had a good race if I get sick." After she admitted that little trade secret, my desire to get any better waned for at least the time being. If that is what it takes to kick it up a notch, I'm more than happy to be bringing up the rear.

*Peter Finley*

### REMAINING WMAC 2010 DION SERIES

Saturday, January 30, 2010	C. Sandwich, NH
<b>SIDE-HILLER</b>	4 Miles
Saturday, February 6, 2010	Northfield, MA
<b>NORTHFIELD MTN</b>	3.8 Miles
Sunday, February 7, 2010	Saratoga, NY
<b>SARATOGA WINTERFEST</b>	5 KM
Saturday, February 13, 2010	Wilton, NY
<b>CAMP SARATOGA</b>	8.25 KM
Saturday, February 20, 2010	Lanesborough, MA
<b>MOBY DICK</b>	6 Miles
Sunday, February 21, 2010	W. Hawley, MA
<b>HALLOCKVILLE ORCHARD</b>	3.8 Miles
Saturday, February 27, 2010	W. Hawley, MA
<b>MOODY SPRING</b>	6 Miles
Saturday, March 7, 2010	Hawley, MA
<b>HAWLEY KILN NOTCH</b>	5.0 Miles
Saturday, March 13, 2010	Northfield, MA
<b>MASSACHUSETTS STATE CHAMPS</b>	3 to 5 Miles
Saturday, March 20, 2010	Hillsdale, NY
<b>CATAMOUNT SUNSET SNOWSHOE</b>	3.0 Miles

*For use due to bad conditions elsewhere:*

Saturday,	Florida, MA
<b>NORTH POND</b>	3.5 Miles
Sunday	Florida, MA
<b>SOUTH POND SHUFFLE</b>	4.0 Miles