

W.M.A.C. SNOSHU-NEWS

HEAVY IS THE BACK THAT WEARS THE TARGET

When Farmer Ed first mentioned “the target” to me in an e-mail exchange recently, I thought the idea was funny, creative and really hit the spirit of snowshoeing “on the mark.”

“There is a pretty large group that has a bullseye vest made up,” he told me. “And each race they hand it off to someone new and they try to run that person down. Bob Dion had to wear it one race and he said he loved it!”

I’m a sucker for silly traditions and side-bets and no one knows this better than Farmer Ed (side-bets are a separate story, trust me). So I was honored and humbled when I came into the parking lot at the Hawley Kiln on Sunday morning and there was the Farmer with a big, homegrown beef-eating grin on his face shouting out “Hey Dave, you gotta wear the target this week!”

I immediately accepted no questions asked, and put the orange vest on right then and there. But in truth, I didn’t really understand the *gravity* of what I was undertaking.

In the time between my putting the target on and the start of the race, I got even more background on this growing tradition and some of the legends that have donned the vest. Clearly I was among elite company in this endeavor. Will Danecki, a trail running and snowshoeing stalwart all these years, had been “targeted” this season and clued me in a bit more to the tradition. Dave Boles, snowshoeing icon, laughed when he saw me with it and said I needed to report into Laura Clark.

Admittedly I’ve been a bit out of the WMAC snowshoeing loop of late (this was my first race this year after none last year—I know, I know) and am a bit behind on my Snowshu News reading (it’s hard to read about how much fun everyone’s having when I’m not out there) so getting the background on the target from legends like Ed, Will, Dave, the Worsham, K2, the Furnace and Laura was comforting. These are the faces I think of when I think of snowshoeing. These are fun-loving, trustworthy folks.

Basically, from what I gathered, the goal of the target is to not get passed. You put the thing on and basically challenge everyone around you in the race—c’mon, just try to pass me. Now this was a hefty challenge for me for a couple reasons. One, I haven’t spent much time on snowshoes this year and my fitness was seriously suspect. But also, even in my most fit state, I almost always struggle in the later stages of a snowshoe race. So I was concerned that I would not uphold the spirit of the target and somehow I’d wind up naked in the woods of Connecticut again (again, long story). After all, I knew the idea, but I didn’t know the repercussions of non-compliance.

The repercussions of non-compliance. That’s the thought that came into my head as the race went off. As such, I went conservative knowing how much I struggle at the end of these things. When we got onto the single-track was going well—the guys in front me were pulling away as I expected they might,

but there was no one immediately behind me. That was good news.

But gradually that target started to weigh me down. I could feel it—it was getting a tiny bit heavier each step. It was getting harder to pick up my feet. When I bent down under that downed tree, I almost couldn’t get up again. Around mile three I went to check my wat---bang! Face plant in the snow. This is not good. I’m getting warmer too. What is this target made of? Lead? Zinc? Some kind of magnet? Is this all some kind of inside joke? I’m going to find out it’s really not a tradition, but a cruel punishment for my lack of attendance this year? Farmer Ed would be at the finish operating some control panel that increases the weight of this thing? I’d put nothing past this group of jokesters!

Surely in this state of physical and emotional distress someone was about to pass me, I thought. “Must keep (huff huff) running.... can’t let anyone pass.... must uphold tradition.” There were even people on the side of the trail taunting me as I passed in my half-dazed state. “Ah you got the target this week” I swore I heard someone say, taunting me while he carried his snowshoes on the side of the trail.

When I hit the snowmobile trail that I knew led to the finish I took a look over my shoulder. No one in sight, but this target just felt like a Buick on my back. Oh my dear Lord, what have I done? Panic setting in now. Where AM I? How long is this race? I think this target is... in my brain!!!!

When I could see the Kiln off in the distance I felt a tiny glimmer of hope—and when I turned the corner to that all too familiar finish, a quick glance over my shoulder confirmed it. I had successfully run the race without anyone passing me. I had, in my own mind at least, upheld the tradition of the target.

Farmer Ed greeted me at the finish with the big smile. He wasn’t a maniacal prankster after all. Just the same old Ed, getting so much joy out of other people’s fun.

After some post-race chat about my wearing the target, I headed out on my usual post-Kiln jog down the dirt road across from the fire station. It’s a road I know well and I found myself getting a bit reflective about snowshoeing and the characters involved in it all. Had it really been 11 years since I first ran this race? In those early days, it was primarily the trail running regulars looking for something to keep them busy in the winter. It was a grassroots thing. It wasn’t about national championships and federations and rankings. At least that’s how it *felt* to me back then. It was more... familiar. More informal.

So I guess it’s comforting to me that there are still folks like the “target gang” that will be around to come up with traditions like this and keep things “light,” so to speak.

Dave Hannon – Target Wearing Trail Troll

WMAC

2010 DION SNOWSHOE SERIES

WMAC

MOODY SPRING 5.7 MILE SNOWSHOE RACE

February 27, 2010

Dubuque State Forest

Hawley, Massachusetts

PL	NAME	AGE	TIME	POINTS
01.	Tim Van Orden	41	1:03:52	100.00
02.	Ross Krause	30	1:03:56	98.15
03.	Brian Rusiecki	31	1:04:30	96.30
04.	Peter Keeney	43	1:05:09	94.44
05.	Jeff Dengate	32	1:05:37	92.59
06.	Kurt Gustafson	25	1:06:07	90.74
07.	Amy Lane	30	1:06:12	88.89
08.	Rob McCarthy	42	1:06:18	87.04
09.	Richard Teal	32	1:06:30	85.19
10.	David Loutzenheiser	43	1:06:34	83.33
11.	John Agosto	45	1:06:38	81.48
12.	Eric Wight	50	1:06:50	79.63
13.	Peter Malinowski	55	1:07:08	77.78
14.	Todd Holland	46	1:07:28	75.93
15.	Ken Clark	47	1:07:48	74.07
16.	Jack Casey	56	1:07:54	72.22
17.	Chelynn Tetreault	34	1:08:08	70.37
18.	Ashley Krause	32	1:08:59	68.52
19.	Nick Tooker	30	1:09:16	66.67
20.	Lindsey Doermann	28	1:11:13	64.81
21.	Glen Tryson	56	1:11:24	62.96
22.	Richard Chipman	49	1:11:34	61.11
23.	Bob Woodworth	60	1:12:02	59.26
24.	John Pelton	70	1:12:35	57.41
25.	Jeff Clark	55	1:13:13	55.56
26.	Ian Hutchinson	45	1:13:54	53.70
27.	Elizabeth Bianchi	43	1:14:46	51.85
28.	Phil Bricker	56	1:14:52	50.00
29.	Bill Morse	58	1:14:58	48.15
30.	London Niles	12	1:15:42	46.30
31.	Bob Dion	54	1:15:43	44.44
32.	Rich Godin	54	1:16:00	42.59
33.	Holly Atkinson	40	1:16:15	40.74
34.	Denise Dion	51	1:19:11	38.89
35.	Kathy Furlani	61	1:19:34	37.04
36.	Maxine Stent	46	1:22:27	35.19
37.	Martin Glendon	63	1:22:46	33.33
38.	Laura Clark	62	1:23:58	31.48
39.	Andy Rome	55	1:26:26	29.63
40.	Bob Massaro	66	1:26:30	27.78
41.	Laurel Shortell	43	1:27:32	25.93
42.	Jacqueline Lemieux	43	1:27:57	24.07
43.	Bill Glendon	64	1:33:46	22.22
44.	Walt Kolodzinski	67	1:34:18	20.37
45.	Dave Boles	63	1:37:52	18.52
46.	Meghan Foley	23	1:42:26	16.67
47.	Mary Lou White	54	1:43:16	14.81
48.	Richard Busa	80	1:45:04	12.96
49.	Jamie Howard	44	1:45:05	11.11
50.	Brucie Jacobs	55	1:45:45	9.26
51.	Rebecca Armstrong	41	1:52:22	7.41
52.	Judy McCarthy	65	2:06:53	5.56
53.	Konrad Karolczuk	57	2:25:00	3.70

PL	NAME	AGE	TIME	POINTS
54.	Ed Alibozek Jr	70	2:25:01	1.85
55.	Edward Alibozek	47	3:30:00	Marking



It was great to see Peter Keeney (above), visiting us from Maine at Moody Spring. For those of you not familiar with Peter, he was very instrumental in our snowshoe beginnings during the mid 1990's. For the first three of four years we snowshoe'd, he was a constant companion to me exploring these paths, not allowing me to give up on our hopes of growing a snowshoe series. And you may have guessed by Peter's performance at Moody Spring that he never would allow us to give up finding a hidden trail due to the incredible snow-depth in Hawley-Dubuque.

Additionally, I can't even begin to thank everyone that helped in so many ways today. It means a great deal to me that so many are invested so heavily in this activity we enjoy, and you are all willing to pitch in at the drop of a hat to make these events work. Thank You, you really make me happy.

Farmer Ed

THE WAY WE WERE: RETURN TO MOODY BY LAURA CLARK

Memories... Like the corners of my mind...

The parking lot may have been upgraded from the exposed Town Garage Lot to the Hallockville AmeriCorps Headquarters, but the Moody Springs Snowshoe Race was the same, reminiscent of days of old. As before, we all had to set our alarms extra early to shovel out our driveways before we could even attempt the journey. Only now most of us have gotten that much older and have upgraded to snow blowers. How did we ever do it back in the day?

The trek to Moody was every bit as exhausting as the race itself. Some of us got stuck in a queue behind lumbering snowplows. And those were the lucky ones. Others, like Tim Van Orden had to wade through four or more expressway inches before the icy drive up Hawley's roads even began. Early on, Jeff and I had decided to invite our backup car, my Annie, tires accessorized with sparkling studs and bumper stickered with can-do running decals. Workhorse George, Jeff's vehicle, was left behind to enjoy some well-deserved R&R. Except, I must admit, Annie's gloating made it difficult. Normally Annie ferries back and forth from home to work, so she let loose an extra spray of powder as she passed George, recumbent in the driveway.

To her credit, Annie learned not to duck when trees pelted her with multiple snowballs and not to cringe when we crumbed her fastidious interior with a Cliff Bar breakfast. But while most Olympic competitors are concerned with how fast they can descend the mountain, Annie came into her own on the ascent. Upon our arrival at the AmeriCorps camp we were greeted by early arrivals, shovels in hand, squeezed into the preferred parking by the portapottie. Not only was this handy for pre-race preparations, it meant these early birds did not have to climb the mountain to upper level parking.

Normally, this is not a big deal. But after a foot of overnight snow and no friendly plow in sight, summiting required a stunning display of bravado. Annie proved herself equal to the occasion. She gunned straight to the top, pausing only briefly to allow a few hapless pedestrians to dive into a nearby snowbank. As Annie rested from her gold medal effort, Jeff grabbed our shovel and joined the crew rescuing jackknifed cars. Years ago, this was normal procedure for our races, but with the recent iffy snow conditions we had gotten out of the habit.

But that was just the warmup. Then we had to race a 5.7 mile course located somewhere underneath a five foot layer of snow! Twice our start line was interrupted by snowmobilers. Normally this would have been an annoyance, but on this day we cheered. Any help breaking trail was much appreciated. And while it seemed as if the enter snowmobile population of Massachusetts was as eager to enjoy the snow as we were, both groups were courteous and cognizant of the other, helped along, no doubt by the state's Environmental Police. Everyone was so happy to enjoy such an old fashioned snow day that I was reminded of the horses and runners sharing the trails at the Vermont 100.

As in days of old, we also were fortunate to have K2 volunteer to start early and trample down the foot of snow that had fallen

since Tippi and Edward had marked the course the previous day. Old Farmer Ed Jr. joined K2, substituting for my Jeff who was on two kinds of antibiotics and not up to long distance efforts. While they obviously were not running, their heart rates were up as high as any of the frontrunners as they plowed their way through the deep snow. The anxiety level was also a factor in their raised heart rates. Since the snowfall had hidden many of the markers it was up to them to reconstruct the course based on faint paw prints and Dion outlines. A few wrong steps in this wilderness of snow and they would be leading entire generations of WMACers off course, never to be heard or seen again.

For all but K2 and Ed, the ribbons were just decorations; the real course was defined by snowshoe imprint. One step off the trail and you would be buried waist deep or head deep depending on if you were Dave Boles or London Niles. While Martin Glendon reported seeing someone's head circle around the line of runners, I regard this as highly suspect. But one step off the beaten path and your future was questionable. Occasionally, where the trail curved abruptly, you could define where errant snowshoe tracks lost their grip and plowed ominously downward.

While my own 38th place finish was not spectacular by any means, the going was so difficult for the frontrunners that I crossed the line a mere 20 minutes behind the winner, Tim Van Orden. Where else but in Hawley, where the entire town enters a snow-depth contest spearheaded by the local fire department, could that happen?

The gathering afterwards was bittersweet despite the absolutely delicious food. Jeff and I asked Edward for his potato soup recipe only to learn that it was a Costco creation. With the nearest Costco about two hours away, that will be a special snowshoe only treat. Next week we would scatter, some to Nationals, some to a new event in Lanesboro and some to the Peak snowshoe marathon near Killington, VT. For so long we have all been at the same place at the same time every weekend. It seemed somehow out of sorts to be so scattered. Those not too far afield would return for our traditional Hawley Kiln event and pancake breakfast at Tom McCrumm's Sugarhouse.

But one good thing about tradition is that there are always new ones to be made. In the earlier days, the pancake breakfast marked our final event. Now we still have a few others to look forward to and can put off the goodbyes for a few more weeks...

*Scattered pictures
Of the smiles we left behind
Smiles we gave to one another
For the way we were*

Girlicious

BERKSHIRE NATURAL RESOURCES COUNCIL PRESENTS



CONSTITUTION HILL 5.5-KM SNOWSHOE RACE

March 6, 2010

Constitution Hill

Lanesborough, MA

01.	Ken Clark	32:23
02.	Rich Teal	34:35
03.	Edward Alibozek	36:55
04.	Doug Bruce	39:47
05.	Bruce Shenker	41:43
06.	Vince Kirby	43:56
07.	Tim Mckenna	44:10
08.	Ed Alibozek, Jr	44:20
09.	Cynthia Gardner	46:35
10.	Bob Toth	47:55
11.	Daryl Ryan	48:42
12.	Darlene McCarthy	51:06
13.	John Tsamis	55:14
14.	Jay Hale	55:15
15.	Meghan Foley	57:42
16.	Konrad Karolczuk	57:48
17.	Laura Fulton	1:14:15
18.	Joan Salatino	1:29:42
19.	Sue Garrity	1:29:42
20.	Silas Davison	fun run
21.	Tommy Flynn	fun run
22.	Mia Flynn	fun run
23.	Dan Davison	fun run
24.	Susan Lockwood	fun run
25.	Caroline Maloney	fun run
26.	Cooper Maloney	fun run
27.	Jessica Maloney	fun run
28.	Robert Maloney	fun run

Named for the fire set at the top in 1789 to notify neighboring towns that the Constitution had been ratified, Constitution Hill is the centerpiece of 251 acres that BNRC manages as recreational land and demonstration forest. This property has actively farmed fields, and actively managed forests as well as an old wood road loop that takes visitors to the top of the hill.

Sponsored by Berkshire Natural Resources Council, with essential support from Dion Snowshoe Company, Western Mass Athletic Club, The Old Forge Restaurant, Blue Q, Berkshire County League of Sportsmen, Berkshire Environmental Action Team, Mass Wildlife and Williams College.

<http://www.bnrc.net/>

Our inaugural snowshoe race was by all accounts a smashing success! Between the 5.5 km race and the fun run we had 28 participants on a beautiful Saturday morning. The weather, abundant snow, and a beautiful and challenging course laid out by Doug Bruce all combined to let Constitution Hill show itself at its very best. Everyone left in a cheerful mood with full stomachs after the post-race chili, toting BNRC maps and t-shirts (or for the kids, high-fashion water bottles donated by our pals at Blue Q) and it's looking like a terrific new partnership with the high-spirited, can-do folks at the Western Massachusetts Athletic Club will grow out of this event – they've invited BNRC to be part of the Dion Snowshoe Race Series next winter, and a couple of the runners were already asking whether we'd considering trail running events.

Doug Bruce and our SCA intern Emily Johnson did a spectacular job getting the event ready. Special thanks to BNRC member and volunteer Sarah Flynn, who catalyzed the whole event and then put her shoulder to the wheel; Bob Dion of Dion Snowshoe Company who generously lent us a crate of racing snowshoes; and Ed Alibozek of WMAC, who gave us the guidance and encouragement early on that prevented a train-wreck on race day! Thanks and a round of applause to all!

Tad Ames



Doug and Sarah, with a buddy on Constitution Hill.

1X6.55, 2X6.55, 4X6.55, 15X6.55 MILES = 1 PEAK EXPERIENCE

On the first weekend in March, a group of Stryders and WMACers topped off our winter snowshoe season with a truly Peak experience at Pittsfield, Vt. Located at the outermost edge of Killington, the Peak Race complex features a bunkhouse, kitchen area and one heck of a mountain with enough distance options and mathematical calculations to satisfy everyone.



A simple equation, however, does not even begin to tell the entire story. The 6.55 mile “fun run” features a 1,650 foot elevation change. And it gets worse, especially if you are mathematically inclined. Rounding off, the half marathon involves a 4,000 foot differential, while the full peaks at 8,000 foot of climb.

The new 100 miler, added after last year’s impromptu 50, validated a pent-up desire for this sort of insanity, and features almost 29,000 feet of elevation change, credibly nudging the exponentially more expensive climb up the face of Mt. Everest at 29,002 feet. Our own little Mt. Everest right here in Vermont, same attitude, but less altitude! Factoring racing snowshoes into the equation, however, tends to balance the seesaw somewhat.

But for those still on the edge, not sure if any of these options would offer sufficient challenge, 3 days before the event, race director Andy Wienberg shot out an email headed “YOUR CHANCE TO BE ON TV!” Apparently a TV crew making a Death Race pilot thought Peak would fit the bill. The crew was interested in “people who fail and fail bad.” Naturally, with this



enticement, the required 10 participants eagerly stepped forward, with no idea how much potential elevation change they would be forced to endure. With a 10PM start time, however, the only sure bet was that no one would get any sleep.

Before heading out to dinner the evening before our race, we visited the staging area where at 6PM the eight 100 mile hopefuls were taking team photos. They mostly consisted of a Norwich University instructor and some students who were hoping for a home free pass to all future gym courses. They were young and foolish. While Coach Ray Zirblis was smartly outfitted, sleek Stone Cat 50 red jacket and all, the rest of his crew could have used some sponsorship.

Especially the young man sporting a grey long-sleeved cotton Tee, no gloves and no headlamp. But was he concerned? Not a bit. His plan was simple: stick with his buddies until his girlfriend returned with the missing items. He didn’t mention if she was going to trek up the mountain to find him. To his credit, he lasted until 4PM when the icy snow proved too much for his ankles. After a three hour nap, he resumed his adventure believing he could not possibly make up the lost time, but gamely trying. Not only did Kevin Durgin earn a passing grade, he placed third overall. So much for the Boy Scout motto, “Be Prepared.” Two other students achieved a 100K B grade and Ray bagged 50+ for an average C. But he did all the worrying so that bumped up his score a bit.

To his credit, Andy juggled these multiple events like the ringmaster he most certainly had been in another lifetime – distributing race goodies, remembering the names of everyone who had Peaked in previous years, handling the media and a thousand other tasks.

All the peripheral race day activity was a welcome distraction and made me think a marathon was a pretty wimpy event after all. We cheered for a few of the 100 milers as they circled, but mostly were entertained by the Deathaholics as they approached eight hours of exertion with the clock still ticking merrily away. Some were chopping wood, some were stacking theirs into a log cabin tower, some were enjoying a refreshing dunk in a neighboring ice pond, others were challenging the US Wrestling Team Coach and still others were assembling Home Depot wheelbarrows in preparation for hauling their wood to the aid station on the top of the world. This last activity struck me as a clever race director ploy to ensure that there were enough volunteers to keep the home fires burning. During the course of my 9:25 hour journey, I overtook abandoned gear: a mitten here, a wheelbarrow there, a small stack of wet wood. Rather like wagon train debris strewn over Donner Pass. Amazingly, three entrants, including the only two women (!) prevailed.

Still, no matter what your event, it was impossible to avoid the adventure aspect. Heck, just taking care of primal needs as the day unfolded was an adventure unto itself. Even the portapottie delivery person got into the proper spirit. After carefully assessing the nature of the situation, he planted his two offerings 100 meters or so off the road onto a slab of muddy permafrost. Given the expected temperatures in the high forties, these sturdy structures tilted perilously and threatened to bog any innocent pair of snowshoes seeking relief.

LANE & RUSIECKI WIN MARATHON (1 PEAK EXPERIENCE CONTINUED)

2010 PEAK SNOWSHOE CHALLENGE

March 6, 2010

Pittsfield, Vt



Winter finally arrived a nerve-wracking week before, generously distributing 4 feet of snow over the course. Cover was deep but not slippery, ranging between snow-cone ice granules and fluffy powder. Midway it warmed up and I fantasized about tapping a maple tree and pouring some syrup over crystal white snow for a *Little House in the Big Woods* treat. I knew I had truly lost it when I took off my gloves to retie a sneaker and spent minutes searching for the missing mate only to discover it was back on my hand where it belonged!

There were plenty of folks on the first loop, but I became frustrated when I tried to make conversation and realized that roughly half were wearing ear buds. I figured they must have been the fun runners. Anyone else would have welcomed human contact. For the second and third loops I hooked up, unbelievably enough, with a pair of college men. They were stronger on the uphill, but I had them beat on the downs. So we more or less stayed together until the end of the third loop when I passed them for good. While I was thrilled that, as the oldest female, I had prevailed, it would have been more fun to have had some company for the fourth go-around. As it was, I slacked off, but picked it up somewhat when I spotted some fresh moose tracks. A moose on the prowl for dinner might not always stick to a vegetarian diet.

While it was tempting to consider a flat snowshoe marathon, especially on the fourth loop, I think I'll pass. In true Deathaholic spirit, I have discovered that I prefer challenging to commonplace, exciting to boring. Besides somewhere around 5,000 feet, if I had calculated correctly, I rationalized that a mountain marathon is mentally equal to a flat half. All you had to do was persevere through the ascent and then look forward to a free ride on the descent.

For all of us, the experience was grueling, one to savor, with tall tales undoubtedly expanding like stories told by fishermen. Except that this mountain, challenging as it was, did not "get away," but was conquered by a determined few.

laura clark

FUN RUN WOMEN

40 – 49 Age Group	3 rd In Division	96 th Overall
Karen McWhirt	49	2:18:37
70 – 79 Age Group	1 st Division	116 th Overall
Betty Lacharite	75	2:54:14

FUN RUN MEN

50 – 59 Age Group	1 st Division	84 th Overall
Robert Scott	56	1:38:57
60 – 69 Age Division	1 st Division	94 th Overall
Greg Taylor	64	2:17:08
60 – 69 Age Division	2 nd Division	100 th Overall
Jeff Clark	63	2:31:19
70 – 79 Age Division	1 st Division	115 th Overall
Donald Lacharite	79	2:54:04

1/2 MARATHON WOMEN

30-39 Age Division	2 nd Division	40 th Overall
Elizabeth Soloka	33	3:04:03

1/2 MARATHON MEN

30-39 Age Division	2 nd Division	39 th Overall
Dan French	39	3:02:12
30-39 Age Division	3 rd Division	42 nd Overall
Matt Soroka	33	3:09:45
30-39 Age Division	5 th Division	47 th Overall
Tom Parent	34	3:34:02
50-59 Age Division	3 rd Division	54 th Overall
Michael LaCharite	53	3:49:20

FULL MARATHON WOMEN

30 – 39 Age Division	1 ST Division	3 rd Overall
Amy Lane	31	5:18:42
40 – 49 Age Division	1 st Division	10 th Overall
Jennifer Shultis	41	6:31:28
40 – 49 Age Division	2 nd Division	11 th Overall
Sheryl Wheeler	47	6:32:31
50 – 59 Age Division	1 st Division	26 th Overall
Barbara Sorrell	53	9:27:10
60 – 69 Age Division	1 st Division	25 th Overall
Laura Clark	63	9:25:24

FULL MARATHON MEN

30 – 39 Age Division	1 ST Division	1st Overall
Brian Rusiecki	32	4:35:32
30 – 39 Age Division	3 rd Division	9th Overall
Steven Legnard	34	6:29:48

10TH ANNUAL POWERSOX U.S.S.S.A. NATIONAL SNOWSHOE CHAMPIONSHIPS**March 6, 2010****Highland Forest****Fabius, NY**

<u>PL</u>	<u>NAME</u>		<u>STATE</u>	<u>AGE</u>	<u>TIME</u>
01.	Amber Ferreira	*	NH	27	0:54:46
02.	Cheryl Paulson	*	CO	46	0:54:54
03.	Erin Ward	*	MN	35	0:56:21
04.	Michelle Weiler	*	NY	43	0:56:34
05.	Kellie Gregoire	*	NY	42	0:57:43
06.	Kristin Miller	G	MN	48	0:58:21
07.	Ann Rasmussen	S	NH	46	0:58:28
08.	Janice Morra	G	NJ	52	0:58:42
09.	Christy Runde	G	WA	41	0:59:08
10.	Lynann Lorenz	G	NY	31	1:01:00
11.	Marie Strouse	G	ME	25	1:01:25
12.	Chelynn Tetrault	G	MA	35	1:02:00
13.	Ashley Krause	S	MA	33	1:02:02
14.	Myra Klettke	S	OR	50	1:02:12
15.	Nancy Kleinrock	B	NY	50	1:02:44
16.	Tina-Marie Poulin	S	NY	38	1:02:48
17.	Laurie Lambert	B	TX	49	1:03:24
18.	Lisa Ransom		NH	47	1:04:08
19.	Cecilia Walker		FL	48	1:05:06
20.	Carissa Stephien	B	NY	30	1:05:13
21.	Samantha Hawn	G	NY	22	1:05:53
22.	Erika Gates	S	NY	20	1:06:36
23.	Jessica Hageman	B	NY	35	1:06:58
24.	Kristi Speer	S	WI	29	1:07:05
25.	Julie Staub		NY	30	1:08:36
26.	Michele Fanton		NY	36	1:09:51
27.	Karla Eisch		NY	54	1:10:10
28.	Sharry Hecker		NY	38	1:10:55
29.	Cindy Cain		CO	53	1:11:01
30.	Mary Lucas		WI	51	1:11:18
31.	Marcy Schwam	G	MA	57	1:11:38
32.	Bonnie Stoeckl		PA	54	1:13:22
33.	Elizabeth Bianchi	S	NH	44	1:13:50
34.	Sandy Rasco		NY	49	1:14:20
35.	Mary RossMortenson	B	MN	44	1:15:13
36.	Carol Dodge		NY	54	1:16:20
37.	Susan Light		NY	45	1:16:57
38.	Andrea Kinzey-Wheeler		CO	50	1:17:22
39.	Erika Kikuchi		CA	32	1:17:29
40.	Maxin Stent		VT	47	1:17:34
41.	Marcia Geary		NY	50	1:17:48
42.	Kathy Furlani	G	CT	62	1:18:52
43.	Denise Dion		VT	52	1:19:31
44.	Donna Barnard		NY	47	1:20:06
45.	Wendy Lubell-Snyder		DC	38	1:20:30
46.	Jeanne Herrick	S	NY	59	1:20:49
47.	Sarah Dzikowicz		NY	40	1:21:04
48.	Christine Glass		NY	41	1:21:11
49.	Sharon Barbano	B	MA	57	1:21:20
50.	Eileen Weinpress		NY	56	1:23:01
51.	Sarah Phillips	B	MA	27	1:23:29
52.	Diane Levesque		NH	56	1:24:16
53.	Amelia Forney	B	CA	20	1:25:22
54.	Mary Rivers		NY	49	1:27:03
55.	Denise Pangborn		PA	42	1:27:06

<u>PL</u>	<u>NAME</u>		<u>STATE</u>	<u>AGE</u>	<u>TIME</u>
56.	Maureen Roberts		NY	52	1:27:11
57.	Rebecca Ryan		VT	54	1:29:36
58.	Wendy Mastropolitto		PA	45	1:30:21
59.	Diane Gray		NY	46	1:30:53
60.	Janet Ohlsen		NY	53	1:31:19
61.	Laurel Shortell		MA	44	1:32:27
62.	Ethel Cook		PA	45	1:32:42
63.	Colette Madison		NY	41	1:33:36
64.	Phyllis Fox		NY	58	1:36:39
65.	Maria Gonchoroff		WA	24	1:37:10
66.	Lauren Johnson		MI	27	1:40:59
67.	Tina Oberheide	S	CO	64	1:41:25
68.	Penny Noll		NY	58	1:45:45
69.	Carolyn Kriesen	B	NY	67	1:51:44
70.	Channa Snyder		ID	22	1:53:57
71.	Beth Tarduno		NY	54	1:59:34

* - National Team Member

G – 1st Place Age Division, GoldS – 2nd Place Age Division, SilverB – 3rd Place Age Division, Bronze*Chelynn Tetrault and Ashley Krause postrace!*

10TH ANNUAL POWERSOX U.S.S.S.A. NATIONAL SNOWSHOE CHAMPIONSHIPS**March 6, 2010****Highland Forest****Fabius, NY**

<u>PL</u>	<u>NAME</u>		<u>STATE</u>	<u>AGE</u>	<u>TIME</u>	<u>PL</u>	<u>NAME</u>		<u>STATE</u>	<u>AGE</u>	<u>TIME</u>
01.	Josiah Middaugh	*	CO	32	0:42:51	56.	Jason Pare		NY	38	1:05:10
02.	Scott Gall	*	IA	36	0:43:13	57.	Matthew Aldridge		NY	38	1:05:28
03.	Zachary Rivers	*	NY	20	0:45:17	58.	Jim McDonell	B	MN	57	1:05:33
04.	Greg Hexum	*	MN	XX	0:45:29	59.	Mark Rickman		CO	49	1:05:46
05.	C. Fred Joslyn	*	NY	26	0:45:45	60.	Daniel Miller		TN	32	1:06:51
06.	Jared Scott	G	AZ	27	0:46:25	61.	Eddie Habeck		VT	32	1:07:19
07.	Kevin Tilton	S	NH	28	0:46:43	62.	Mike Cozza		IL	23	1:08:33
08.	Daniel Craighead	G	NY	.20	0:47:03	63.	Travis Cain		PA	22	1:08:48
09.	Kelly Mortenson	G	MN	39	0:47:46	64.	Todd Holland		MA	47	1:09:06
10.	Matthew Russell	B	NY	26	0:48:03	65.	Brent Weigner	G	WY	61	1:09:53
11.	Logan Wealing		CO	28	0:48:53	66.	Brian Dodge		NY	57	1:10:07
12.	Ryan Pauling	G	NY	33	0:50:11	67.	Ed Myers		PA	59	1:10:09
13.	Earl Steinbrecher	G	NY	46	0:50:28	68.	Jim Graupner	G	MN	65	1:10:35
14.	Jim Johnson	S	NH	32	0:50:36	69.	Joshua Egertom		NY	33	1:10:36
15.	Richard Bolt	S	OR	39	0:50:46	70.	Steve Heil		WI	45	1:10:45
16.	Jeremy Drowne	B	NY	32	0:51:00	71.	Brian Thomas		PA	40	1:11:03
17.	Geoff Cunningham		NH	32	0:51:27	72.	Thomas Scott		NY	28	1:11:39
18.	Eric Sambolec	S	NY	33	0:51:43	73.	Miguel Contreras		NY	26	1:11:40
19.	DJ Snyder		ID	23	0:52:03	74.	Charlie Reller		NY	55	1:12:08
20.	Yaro Middaugh		MI	34	0:53:07	75.	Jason Reed		CA	31	1:12:23
21.	Sean Snow	G	NH	44	0:53:21	76.	Dave Sykora	S	WI	63	1:12:32
22.	Matthew Medeiros		NY	25	0:53:27	77.	Wayne Crandall		NY	47	1:12:39
23.	Daniel Seigers		NY	27	0:53:33	78.	David Peterson	S	NY	52	1:13:02
24.	Michael Daigeaun		PA	31	0:53:45	79.	James Miner	B	NY	62	1:13:14
25.	Darren Brungardt		CO	28	0:54:38	80.	Adam Chase		CO	44	1:13:29
26.	Ross Krause		MA	31	0:55:18	81.	Ted Mcknight	S	VT	65	1:13:49
27.	Matt Westerlund	B	NY	37	0:55:34	82.	Bob Dion		VT	55	1:14:02
28.	Garrett Wagner		NY	28	0:55:48	83.	Mike Lahey		MA	58	1:14:13
29.	Dave Bischoff	S	NY	47	0:55:57	84.	Rand Snyder		NY	21	1:14:29
30.	Robert Jackman		RI	28	0:56:16	85.	Ken Schaible		NY	46	1:14:51
31.	Tim Van Orden	S	VT	41	0:56:42	86.	Clayton Baker		NY	44	1:14:52
32.	David Principe	B	RI	43	0:57:17	87.	Robert Woodworth		VT	61	1:14:53
33.	Gary Rosenberg		NJ	40	0:57:54	88.	Allan Powers		NY	21	1:14:54
34.	Travis Earley		NY	28	0:58:03	89.	Steve Shaun		NY	45	1:15:05
35.	Peter Mallett		NH	26	0:58:09	90.	Tim Ratowski		NY	38	1:15:11
36.	Danny Ferreira		NH	27	0:58:32	91.	Rick Mazzeo		NY	58	1:15:34
37.	Kurt Gustafson		MA	25	0:58:39	92.	Mort Nace		NY	43	1:15:38
38.	Chris Dunn		NH	41	0:58:58	93.	Tom Tift	B	NY	53	1:15:44
39.	Jeff Dengate		NY	32	0:59:07	94.	Floyd Lampart		NY	64	1:16:05
40.	Andrew Kless	B	NY	23	0:59:41	95.	Scott Sperling		NY	26	1:16:12
41.	Jason Urckfitz		NY	41	0:59:50	96.	Chikara Omine		RI	27	1:16:36
42.	Daven Oskvig		NY	33	1:00:15	97.	Steven Rivers		NY	49	1:16:40
43.	Kris Borchartd		WI	30	1:00:34	98.	John Pelton	G	VT	71	1:17:37
44.	Douglas Hazelden	G	NY	51	1:00:42	99.	Jonathan Schaller		NY	48	1:18:47
45.	Jason Bond		CO	35	1:01:23	100.	Bill Morse		MA	59	1:19:47
46.	Tyler Murray		NY	20	1:01:44	101.	Mike Houck		PA	55	1:19:51
47.	Geordie Edmiston	B	PA	47	1:02:07	102.	John Tarduno		NY	49	1:20:13
48.	Sylvester Coons		NV	37	1:02:21	103.	Eric Kimmelman		NY	45	1:20:13
49.	Jonathan Delf		WI	33	1:02:59	104.	Thomas Ryan		NY	50	1:20:15
50.	Gregory Luna		PA	45	1:03:13	105.	Michael McCullough		NY	54	1:21:13
51.	Mike Bessette		VT	40	1:03:29	106.	Josh Zappola		NY	34	1:22:34
52.	John Kann	G	WI	58	1:03:44	107.	Adam Niziol		NY	27	1:22:42
53.	Robert Olsen		NY	26	1:04:04	108.	Michael Reif		NY	62	1:23:04
54.	Charles Petkaske		NY	32	1:04:29	109.	Kermit Cadrette	S	NY	72	1:23:09
55.	Jack Casey	S	MA	56	1:04:57	110.	Terry Ryan		VT	53	1:23:17

10TH ANNUAL POWERSOX U.S.S.S.A. NATIONAL SNOWSHOE CHAMPIONSHIPS

PL	NAME	STATE	AGE	TIME
111.	Dennis Flynn	NY	53	1:23:24
112.	Daniel Bellinger	OH	63	1:23:48
113.	John Stanford	NY	50	1:23:53
114.	Wally Lempart	B MA	65	1:25:05
115.	Michael Dellarocco	NY	59	1:25:29
116.	Michael Weinpress	NY	55	1:27:10
117.	Brian Gallagher	NH	61	1:27:23
118.	Jeff Hattem	MA	58	1:27:41
119.	Frank Gaval	PA	64	1:28:23
120.	Charles Brockett	NY	64	1:28:54
121.	Gerald Barney	G VT	78	1:29:00
122.	Jerry Bonfiglio	PA	66	1:31:49
123.	Phillip Gary Smith	MN	62	1:32:05
124.	Bruce Lavner	NY	56	1:38:22
125.	Steve Mazza	NY	65	1:39:40
126.	Mike Murphy	MD	64	1:41:00
127.	Walter Kolodzinski	MA	68	1:42:49
128.	Bob Durband	MN	67	1:42:57
129.	Jamie Howard	NY	45	1:43:42
130.	Charles Sabatine	S NY	77	1:46:29
131.	Ray Lee	NY	68	1:59:28
132.	Richard Busa	G MA	81	2:01:14
133.	Andy Keefe	S NY	80	2:22:31

* - National Team Member
 G – 1st Place Age Division, Gold
 S – 2nd Place Age Division, Silver
 B – 3rd Place Age Division, Bronze



Many familiar faces participated and performed extremely well at the 2010 USSSA National Championship. Just running through the names, I counted 16 ladies and 35 men who have participated at WMAC DION Series Events over the years.

I noticed that some old friends, Rich Bolt and Maria Gonchoroff, came back from Oregon and Washington State. We haven't seen either of them in a while.

The young guys who finished 1st, 2nd, 3rd and 6th at Camp Saratoga, finished Nationals pretty well too; Joslyn 5th, Russell 10th, Medeiros 22nd and Kless 40th. C Fred Joslyn made the USSSA National Team for 2010. Our regular top performers did wonderful also, just scroll through to see how well.

Overall Ladies Champion Amber Ferreira raced at Northfield Mtn this year as Amber Cullen, I believe. You can see that she dug deep at the finish by the photo above!



Photos -
 Tim Van Orden; Amber (Cullen) Ferreira & Cheryl Paulson;
 Bob Dion & Mike Lahey.

TOGETHER ONCE MORE

For some of us who had scattered to either Nationals, Constitution Hill or Peak, the Hawley Kiln Snowshoe Race brought yet another doubleheader weekend. For those who chose to finally catch up on Saturday errands and household chores, Hawley brought a welcome opportunity to get out and play on fresh legs. For all, it brought our not-to-be-missed pancake reunion at Tom McCrumm's South Face Farm.

Ironically, Tom was present to welcome us and explain the maple sugaring process from the 1700's to the present, but he is always too busy as this time of year to participate in "his" race. For Tom, the Hawley Forest is his backyard, training ground and livelihood. The fact that we were even able to have a race at Hawley is due to Tom's efforts. Not only did he clear the first trails, but he painfully retraced his efforts after last year's ice storm reduced the forest to an impassable tangle. Progressing a few feet per hour, Tom, his neighbors and fellow WMACers painfully reconstructed our playground, hauling off thousands of trees toothpicked by last year's devastation.

As we assembled at the Hawley Fire House parking lot, Spring was in the air. Normally this parking lot is one of the coldest places on earth, featuring whipping Arctic winds, skating rink parking and huge mounds of snow to climb just to get to the start. This year though, we emerged from our cars and began stripping our usual layers of clothing.

Nationals participants were looking forward to an "easy" course after the tough going in Highland Forest, while **Amy Lane, female winner of the Peak Marathon (!)** and I were eager to round off our weekend with a full 50K of snowshoeing fun. We both insisted we would be just cruising the course. Amy's definition of taking it easy, however, veers toward the Olympic standard: she finished 11th overall, first woman competitor. In contrast, I started out slow, pick it up on the single track and then finished even slower, walking much of the last mile. This effort was much appreciated by Konrad K2 who was thrilled that he finally got a chance to pass me this season!

Ernie Alleva scored the Target vest, but only for his warmup. He was quickly singled out by Dave Hannon, who honored us with a surprise guest appearance. Dave used to be a regular but life had apparently gotten somewhat in the way. After hearing of our new Dion Series and the Target, he decided to become a born-again WMACer. So he scouted the route for Ernie, made him an offer he couldn't refuse, and triumphantly donned the Target like a medieval knight assembling his armor. The Target worked its magic, procuring Dave a 7th place victory.

We had plenty of time to swap weekend warrior stories as we lounged in the warm sunshine outside the Sugar House waiting for our turn at the menu. Apparently, the unusually fine weather and our switch from Saturday errand day to Sunday leisure day produced a backload of folks eager to partake of this spring maple ritual. As we waited, we discussed possible options ranging from delegating the overall winners to repair to the Sugar House early and sign everyone's name on the list, to returning for one more loop around the Kiln. But really, we were fully satisfied with the opportunity to exercise and then relax with friends, storing up memories to last until next snowshoe season.

Laura Clark

SNOWSHOERS OF THE DECADE

After our traditional "last" race of the season at Hawley Kiln, snowshoers convened at Tom McCrumm's South Face Farm Maple House for the anticipated pancakes. There, prior to our maple reward for the season, I explained to the assembled group (minus those recovering from Nationals) that a couple of months earlier, the USSSA had requested nominations for Snowshoer of the Decade – male and female. Several had nominated our own Edward Alibozek for that well deserved title. However, after the deadline had passed, a couple from out West who were not nominated complained that they'd "won a few races" and deserved it more (but had not been nominated). So the whole thing was cancelled.

The opportunity was too good to pass up and since others had nominated Edward, I got a mug printed with his name as the Snowshoer of the Decade, Dion Race Series. The mug is white with forest green lettering, symbolizing the snow and forest we tromp through. It's hard to mention all that Ed has done for us – not only does he direct races, he's out there marking the course prior to races, waiting patiently at the finish line with his famous grin, cooking up some good chow, and selling Konrad and Ken on the joys of helping clean up.

As Dave Dunham knows all too well, prepping a race for others takes energy from your own race effort. But, Ed seems to always go out hard, finishing in the top spots with regularity. Mid-season, I asked him how many races he'd run and how many he'd directed. "Hard to say, but over 70 for each question." And we certainly would have had a less memorable season if Ed didn't faithfully get out the "Snews". Of course, he'll always be known as the "Father of Snowshoe Racing" in the Northeast, starting 15 years ago with a half dozen runners. And now our races average well over 60, with some far more. Of special note, Ed's spouse, Donna does not snowshoe, but patiently puts up with Ed being gone for every snow-covered weekend. So Donna got a mug too, as "Snowshoe Supporter of the Decade".

While I admit to a bit of bias, since Barb Sorrell nominated Laura as Female Snowshoer of the Decade, she was surprised with a mug as well. Laura has competed in over 100 snowshoe races (nearly all in the WMAC series) and two snowshoe marathons (see her article on Peak), and directed over two dozen races, most with well over 100 participants. And, it's been fun to see Laura's writing style evolve over the years with her friendly, folksy reporting of the races, faithfully getting the articles out on each weekend's events. So, congratulations to the Snowshoers of the Decade, and may we all enjoy many more races in the decade ahead.

By Jeff Clark

Just wanted to say "Thank You", from both Donnalee and I, and certainly from Laura as well. While I am certain that we don't chase "awards", it does feel pretty great to be awarded a "mug" from a friend or group of friends. Thanks Again!

Ed

WMAC

2010 DION SNOWSHOE SERIES

WMAC

13th ANNUAL HAWLEY KILN "NOTCH" 4.6 MILE SNOWSHOE RACE**March 7, 2010****Dubuque State Forest****Hawley, Massachusetts**

PL	NAME	AGE	TIME	POINTS
01.	Tim Van Orden	41	0:38:58	100.00
02.	Dave Dunham	45	0:41:45	98.33
03.	Tim Mahoney	30	0:42:13	96.67
04.	Ken Clark	47	0:44:07	95.00
05.	John Agosto	45	0:44:43	93.33
06.	Bob McCarthy	43	0:44:56	91.67
07.	Dave Hannon	39	0:45:47	90.00
08.	Ned James	55	0:46:42	88.33
09.	Alan Bates	61	0:46:44	86.67
10.	Rich Teal	32	0:47:14	85.00
11.	Amy Lane	30	0:48:48	83.33
12.	Peter Malinowski	55	0:49:10	81.67
13.	Nick Tooker	30	0:50:12	80.00
14.	Michael Buttrick	24	0:50:24	78.33
15.	Randy Zucco	39	0:50:38	76.67
16.	Dan Buttrick	29	0:51:10	75.00
17.	Glen Tryson	56	0:52:15	73.33
18.	Jeff Clark	52	0:53:15	71.67
19.	Jacque Schiffer	45	0:54:00	70.00
20.	Mike Lahey	58	0:54:40	68.33
21.	Phil Bricker	56	0:56:05	66.67
22.	Will Danecki	59	0:56:08	65.00
23.	Nick Jubok	53	0:56:32	63.33
24.	Scott Bradley	55	0:56:46	61.67
25.	Chris Sammartino	53	0:57:17	60.00
26.	Dan Danecki	50	0:58:22	58.33
27.	Vince Kirby	53	0:58:47	56.67
28.	Rich Godin	54	0:58:57	55.00
29.	Holly Atkinson	40	0:58:59	53.33
30.	Jessica Harwood	30	1:01:04	51.67
31.	Bob Worsham	64	1:01:25	50.00
32.	Ed Alibozek Jr	70	1:02:15	48.33
33.	Gary Freedman	49	1:02:29	46.67
34.	Dave Wilbur	50	1:02:52	45.00
35.	Darlene McCarthy	47	1:03:52	43.33
36.	Ernie Alleva	58	1:04:10	41.67
37.	Bob Massaro	66	1:06:42	40.00
38.	Bree Carlson	30	1:08:31	38.33
39.	Jamie Howard	44	1:10:14	36.67
40.	Dave Boles	63	1:10:41	35.00
41.	Jackie Lemieux	43	1:10:55	33.33
42.	Meghan Foley	23	1:12:37	31.67
43.	Laurel Shortell	43	1:12:50	30.00
44.	Stephen Obermayer	41	1:14:43	28.33
45.	Brian McCarthy	49	1:15:33	26.67
46.	Kathleen Tersigni	39	1:16:30	25.00
47.	Janet Tryson	56	1:16:42	23.33
48.	Bill Glendon	64	1:16:43	21.67
49.	Konrad Karolczuk	57	1:16:56	20.00
50.	Laura Clark	62	1:19:03	18.33
51.	Karin Bradley	53	1:24:04	16.67
52.	Knox Chingachgouk	17	1:27:00	15.00
53.	Ryan Allan	16	1:27:01	13.33

PL	NAME	AGE	TIME	POINTS
54.	Deborah Parker	54	1:31:16	10.83
55.	Chris Gregory	44	1:31:16	10.83
56.	Art Gulliver	71	1:32:22	8.33
57.	Al Schultz	65	1:35:47	6.67
58.	Mike McGuire	54	1:36:14	5.00
59.	Chelsey McGuire	24	1:36:22	3.33
60.	Jeff Clark	63	1:44:15	1.67
61.	Edward Alibozek	47	2:30:00	Markings



Just want to say thanks for supporting our series of races so well again this year. It is easy to organize events for people who are so appreciative. With a little luck, and a bend in the weather, we will have a few more opportunities to snowshoe this season.

Tim Van Orden and Amy Lane, who are getting used to being in the winners circle, dominated today's race. It was also very nice to see Dave Dunham and Abby Mahoney out on the course getting back from some injuries. Fantastic snowshoeing from the rest of the gang too, everyone smiles at Hawley!

Farmer ed

BACK IN THE SADDLE AT THE KILN

I headed out to help out at the Hawley Kiln snowshoe race and wanted to get in few hikes first. I reached Windsor MA by 8:00 AM and hiked up the 53rd highest peak in MA (Forbes Hill – 2,110'). The hike was nice, out in the open and afforded some great views of Mt Greylock during the 130' climb. I hiked up and jogged down and was back in the car heading for my second “triple divide” of the weekend.

The Hudson-Connecticut-Housatanic Triple Divide is located on a 2,100' hill in Windsor, MA. The tricky part was locating a way to the top. The area seemed to be mostly posted and the top appears to be privately owned. I approached from the west and was able to quickly bag this without seeing any trespassing signs or signs of life. Sometimes the early morning hours are the best time to bag. I was able to get this done and make it to Hawley by 9:00.

I checked in with Ed, but they really didn't need any help. Ken Clark (who won the race at Constitution hill the day before) suggested that I run the race. I figured I could handle 4.6 miles if I didn't do a warm-up (other than walking). I walked over to the kiln to take in the mystical healing powers, I drank the last of my Moody Spring water that Ed had sent me (double dose of healing) and headed back to get ready. I didn't bring any light gear or any racing flats as I hadn't planned on racing so I ended up being way overdressed for this.

Tim Mahoney and Tim Van Orden took off like they were shot out of a canon. I settled into 5th place and tried to stay relaxed. Just before the single-track I moved up into fourth and started to feel pretty good (maybe it took the first .7 to warm-up?). I moved into third just after the mile mark but could not see the Tim's ahead. TiMA was coming off of a DNF at DH Jones with a ligament problem and TiVO was a day removed from racing in tough conditions at the Nationals.

At about 2.5 miles I saw Tim, but I wasn't sure which one it was. I caught TiMA just before we exited the single-track and got back on the snowmobile trail. I began to regret going ahead of him as I was running out of gas. I looked back at 3.5 miles and he seemed to be closing. The last long climb was brutal, I felt like I was barely moving, I was definitely happy to hit the top and exit onto the final .7 miles. Most of the last downhill into the finish I spent looking back to see if Tim was going to kick and catch me. I hit the line pretty tired but pretty happy to make it through. My foot felt pretty decent (no worse at least) and it was fun to be back out in the woods competing. Despite being the day after Nationals (and the snowshoe marathon in Vermont) the race got over 60 finishers. I decided to skip the final peaks of the day and quit while I was ahead.

½ mile splits from Hawley kiln:

1 ST Mile	443/430(9:13)
2 nd Mile	456/334 (8:30)
3 rd Mile	457/414 (9:11)
4 th Mile	501/528 (10:29)
Finish	422 (.6 downhill)

Dave Dunham

NATS PICS – BY SARAH DZIKOWICZ



Kevin Tilton, Ross Krause and Matt Westerlund

ENJOYING THE SCENERY, Part 6:

Northfield Mountain Snowshoe Race



If there's one thing I've learned from 5 seasons of snowshoeing it's to have faith in the race directors... if there's a way to hold a race (either with a modified course, at another site, or as a trail race) they'll do what needs to be done. Northfield was an excellent example of that. Ed was checking out possible backup sites if the race needed to move, but word came down late in the week that Northfield would definitely be a snowshoe race at Northfield Mountain. Good thing too, because during most of the ride there I saw nothing but brown and grey... the TomTom Ann gave me for Christmas more than proved its worth, plotting out a route that took me over roads I've never been on before and knocking 10 minutes off the driving time to boot!

It was colder at Northfield than in Albany, which left me wondering how to dress... in the end I threw on a windbreaker over my shirts, which may have been a mistake - I probably would have been plenty warm with all the climbing we did for the first two miles or so. We found out before the race that we'd be running primarily on the wide ski trails, since the snow was fairly thin in the woods (and even in a few spots on the trails) and that the course would end up being a little over 5 miles long.

As I've already mentioned, the first part of the course involved a lot of climbing to reach the top of the mountain... and gave me a few clues that it wasn't going to be a strong day for me. My legs felt sluggish all the way and something I'd eaten over the last day or so definitely wasn't sitting quite right. With the Vermont qualifier still to come tomorrow, I just took it easy, both on the hike to the top and the long, long descent back down to the bottom.

Often when we run at Northfield the course includes a short side-trip down to the observation platform above the reservoir. Northfield is a pumped storage hydroelectric facility, which means that when there's surplus electricity it's used to pump water into the reservoir on top of the mountain, and when more electricity is needed that water is released to power the generators. I don't know anything about FirstLight Power Resources as a power company, but they have definitely created some beautiful areas for outdoor recreation in conjunction with their power plants. (More info can be found at www.firstlightpower.com/stewardship/default.asp)

This year's course skipped the trip to the platform and simply took us down the road that we would usually find ourselves climbing... easy going for most folks, I suspect, but hard pounding on my legs and especially my knees. I was glad when we finally had a bit of singletrack, even with the sparse snow cover, though all too quickly we were back on the packed ski trails and heading down, down, down. No fault of RD Dave Dunham, that's simply what nature offered us this year.

One plus to not feeling at that great and taking it easy - I had a lot more time to look around and take in the sights on the descents (usually I'm trying to make up lost time from being a slow climber.) And Northfield has a lot of scenery to appreciate. Huge boulders and rocky outcroppings, evergreen forests with chickadees sounding like their laughing off in the trees, masses of icicles crawling down the rocks alongside the trails... on a sunny day it would have been breathtakingly gorgeous, with today's clouds it was merely an awesome place for a run.

One plus to the modified course - that one last hill before the final dash didn't make the cut this year, though there was a bare/icy patch that called for some caution on the long final downhill stretch. And at the very end I managed to find enough juice in my legs to make a convincing run for the finish... at least in my own mind.

After that we had the rare luxury of a heated building to stand around and visit in, before it was time to head back out on the road and begin my trek to northwestern VT in pursuit of the possibility of qualifying for Nationals. As always, it was great to spend time with my crazy friends, and this time around we owe a big thank you to Dave Dunham and his crew of volunteers who helped with everything from marking the course to registration to timing to making sure we had food to munch after the race. The weather has been uncooperative enough that I was convinced we'd be canceling some events around now, but as always Dave and his helpers pulled out all the stops to show us a good (albeit for me a slow and knee-jarringly torturous) time.

Jamie Howard

Up Next....



ENJOYING THE SCENERY, Part 7: Camp Saratoga Snowshoe Race

Another opportunity to exercise a lot of faith in our RDs, in this case Jeff & Laura Clark, who sent word mid-week that there was actually a decent amount of snow at the Wilton Wildlife Preserve and we would indeed have a snowshoe race. Between what I heard were extremely poor conditions at Saratoga Winterfest last week and the utter lack of snow all around the Albany area it was a bit hard to believe, but I showed up at the Camp Saratoga parking lot and lo and behold - there was snow. Not a lot, and it was pretty crunchy, but still more snow than I've seen anywhere else around here in the last week. Pretty darn cool, really.

Since this was a USSSA Nationals qualifier and Nationals are in Syracuse this year, I expected a larger turnout than we actually had, but it was still a good sized group running the trails in Wilton, and one where I would not have made the list if I were still trying to qualify - good thing I made to trek to Vermont last weekend! Race HQ was once again inside one of the old cabins from back when Camp Saratoga was a Boy Scout camp (from 1930 to 2001, I believe.) It was pretty crowded and warm in there, and I was happy to get back outside. I went through several combinations of gear trying to decide how best to deal with the chilly breeze that was blowing, before finally settling on a double layer of shirts and the possibility of being cold - not that that's happened very often during a snowshoe race, I'm much more likely to overdress and end up cooking...

We started in a different spot this year, in part because of the anticipated larger group and I suspect in part because the path we usually start on was very icy. Jeff had a few words about the course and welcomed not only the usual suspects from NY and New England but also some folks from Virginia (someone quipped that they were up here to get away from the snow) and a group from the Army's 10th Mountain Division out of Fort Drum who were running with us. And then, without much ado, it was time to run.

Maybe I'm getting used to this course, because other years it seemed like it went on forever and this year it didn't seem as bad... of course, the relatively easy running conditions probably helped. The first time I ran this race the snow was deep and loose, making for some of the toughest racing conditions I'd ever faced, and about 2 miles in I found myself wondering if I'd be able to finish. This year I cruised through the first couple of miles without too much trouble, walking the hills and running the downhills and flats. The course wasn't as pretty as it has been sometimes - one year all the trees in one section were coated with ice crystals and the sunlight made it look like we were surrounded by thousands of sparkling diamonds - but this is a really nice place to run, with lots of evergreens and a few stretches through fields to help you appreciate being in the woods. No really long hills, just a lot of rolling terrain. A cool old barn along one edge of the preserve serves as a reminder that part of the preserve was farmland at one point - more specifically, from 1936 to 1972. Thanks to to Opdahl family donating the land in 1997, these days we're fortunate to have it as part of nature preserve.

You can't tell when we run it in the winter, but the much of the soil is very sandy, a reminder that roughly 10000 years ago the area was under the waters of Glacial Lake Albany, with the sand

deposited on the bottom of the lake. Now it's an important area in the attempt to restore the population of the endangered Karner Blue butterfly, because the butterfly larvae feed on the leaves of blue lupine plants, which only grow in areas like the sandy open fields of the preserve (the Albany Pine Bush, home to the annual Brave the Blizzard snowshoe race, is another local area vital to the restoration of Karner Blues.) Some scientists believe that Wilton has the most viable population of Karner Blues in the northeast.

More woods after the water stop by the church, and a lot more hills. My knees were starting to grumble about all the pounding, and having to go down hills with little snow cover didn't help. I'm always glad when I reach the ridge above the pond, since that means the end is near... but also always a little apprehensive, because the toughest part of the course is still to come. Some bare patches made for slow going as I came out by the pond, but it was still nice to see the finish - even if I did have to run past it to get to the final mile or on the hills overlooking the finish.

That last mile is easily the toughest part of the whole course, with seemingly non-stop hills to climb and descend... and climb and descend. Going down them can be fun when the snow is deep, but today it was tricky, and I was very glad to finally hit the relatively flat loop around the field. Of course, that left one more steep descent, which this year was pretty much devoid of snow - not a good place to take a tumble, so I inched down it and did my best to turn on the speed (or what passes for speed for me) with a final sprint to the finish, crossing the line in 59 min 10 sec - and very happy to beat an hour! I pushed hard today but in the end it was worth it, though I suspect my knees and legs will be letting me know about it tomorrow.

After that I waited to watch a few friends cross the finish line, including Konrad and Rich, who had apparently stayed together for most of the course. Changed into dry clothes, grabbed some food and waited around for the raffle (no luck there) then got ready to head out for a few more miles at the Bog Meadow Brook Nature Trail, where I went XC skiing last year after the Winterfest race. While I was getting things ready at the car, I heard a hawk call and looked up to see one circling high overhead... managed to get a few photos of him, though I don't know that any of them will be all that spectacular. All in all, a good day up in Wilton, on a course that was in much better shape for snowshoeing than I anticipated. Jeff and Laura and their small army of volunteers all deserve a big round of applause for putting on a pretty darn good race in the midst of one of the most snow-free winters we've had in a few years. We're pretty darn lucky we have folks who work as hard as they do so that the rest of us can just show up and have a good time... thanks, guys!

Jamie Howard

You can follow Jamie Howard's adventures on his daily blog --

<http://jedi-turtle.blogspot.com/search?updated-max=2008-12-28T22%3A02%3A00-05%3A00&max-results=12>

ENJOYING THE SCENERY, Part 8: Moby Dick Snowshoe Race



Ordinarily we'd be running out of Greylock Glen this weekend, typically a double-header consisting of a short but at times steep Hoxie-Thunderbolt course and then a longer Covered Bridge loop (which last year brought the total distance to just under a half marathon.) This year we were displaced by the 75th anniversary Thunderbolt Ski Race, and the decision was made to revive an old tradition - the Moby Dick run out of the Greylock Visitors Center in Lanesboro. While the original Moby Dick's were run on the snow-covered road all the way to the top of the mountain (and in some cases, down the other side and then back up and down to the Visitors Center) we would be treated to a shorter course on some of the trails that parallel the road in the area.

Why Moby Dick? Apparently Herman Melville could see Greylock from his home in Pittsfield, MA, and the profile of the snow-covered mountain reminded him of the back of a white sperm whale breaking through the ocean's surface, inspiring him write what is probably his most famous novel.

I eagerly looked forward to this week's snowshoe race for several reasons. First, it was being held at a section of Greylock where I've only been once or twice before (the visitors center in Lanesboro), so I'd get to explore some new trails. Second, the



longer distance meant it would be a challenge. And third, Ed assured us that there would be plenty of snow on the southern slopes of Greylock, a welcome change from the races over the last few weeks.

The trip to the Visitors Center took me over roads I've never been on before, so I was able to see some new sights during my drive through eastern NY's hills and valleys. Best of all, it turned out to be half an hour closer to Albany than Greylock Glen - I'm going to have to come back during the summer and check out the trails in warmer weather. The parking lot was filling up when I got there, but I had no trouble finding a place to park, after which I checked in and tried to figure out what to wear. In the end, I decided to err on the side of caution, given the length of the race and the fact that we'd be heading up the mountain for the first half of the run. I dropped off some homemade soup and salt potatoes for after the race, then waited for the fun to begin. Ed had a few words for us regarding the course, in particular warnings about a narrow bridge early on and a steep descent off the Rounds Rock trail, and then - off we went.

The first 3 miles or so climbed pretty consistently along the southeastern slope of the mountain. Nothing too steep for the



ENJOYING THE SCENERY, Part 8: Moby Dick Continued



most part, but still unrelenting up. The snow was a welcome change - the trail was packed but we were clearly snowshoeing and my knees were grateful for the cushioning.

I think the thing that impressed me the most was how wooded the area was. From the mid 1700's to mid-1800's, Greylock was a farming area, as hard as that is to imagine, and much of the land we ran through was cleared. Many of the trail and place names come from those farming families - Northrup (trail), Rounds (Rock) and Jones (Nose) are three that are easily identifiable. While most of the spots we snowshoed today were wooded, there were many subtle clues to the past use - occasional stone walls, the general lack of any really large trees, and old orchards were a few. As we struggled up the mountain I wondered about how difficult it must have been for those long-ago farmers. We drove up in warm vehicles on a paved road; they would have been pretty much cut off from the valley during the winter and would have had to be self-sufficient, relying on their neighbors on the mountain for help if they needed it. We struggled to run/hike the climb up the Woodason Spring trail to snow-covered Rockwell Road, so we could cross over Rounds Rock and head back down toward the finish; this time of year they would have been struggling to survive the winter.

After a nifty climb up and over a rocky outcropping, we crossed the road and headed across Rounds Rock. After hearing about how Brad Herder got turned around up there a few days before while scouting out the route, I was glad we had well-defined tracks to follow. The clearing we ran through must be gorgeous in the summer, and it looked like there were short side-trails to overlooks, but I didn't think adding extra mileage to today's trek was a good idea.

The drop off of Rounds Rock was just as Ed described, and enough snow had been worn away that I didn't see any point in trying to walk down it, so I sat down and scooted down the trail on my backside. That would have been a lot of fun except for the fellow who did the same thing right behind me; I found having someone's pointy snowshoe cleats aimed at my head to be more than a bit distracting. Brad was at the bottom taking photos the entire time (and it turns out shooting video as well!) My knees made getting back to my feet a bit of a challenge, but I finally managed it and - hurrah - launched into a gently

downward sloping trail where I could actually run! I even managed to catch up with Bill and Konrad, who had pulled ahead while I was sliding downhill on my backside.

I think I enjoyed that section of the Northrup trail the most - the snow was deep but not too deep, and it was mostly downhill but not particularly steep. We ran through some beautiful evergreen groves and even another old orchard, before finally coming out on Rockwell Road for the 1.5 mile run to the finish. The road was snow-covered but pretty well packed by snowmobiles, so I pushed and made decent time while simultaneously trying not to overextend and blow out a knee. Those were pretty sore by the time I reached the turnoff through the woods to the finish - I like packed trails because I can run them faster, but my knees really like the cushioning deeper snow provides. Finally crossed the finish in a little over 2 hr 13 min... slow going for a little over 7 miles, but not bad considering all the climbing in the first half.

As always, the views from Greylock were incredible, from the mountains and valleys to the south from the visitors center to the glimpses through the trees over toward Cheshire and Adams as we were climbing the Woodason Spring trail. I definitely want to visit this part of Greylock again in warmer weather! As always we owe Ed a huge thank you for all the work he put into our morning of fun in the snow - from marking the trails during the week and then checking them out in the wee hours of Saturday morning to keeping food warm for us to cleaning up after us and keeping the staff of the visitors center happy, plus who knows what else behind the scenes. Brad and Beth Herder also did their usual stellar job of both making us look good through photos and video and handling the long task of timing the finishers - almost 90 minutes elapsed between the first and last runners to cross the finish, but Beth greeted everyone with a smile and tons of encouragement. Thanks, guys - we couldn't do it without you!

Jamie Howard



ENJOYING THE SCENERY, Part 9: Hallockville Orchard Snowshoe Race

Today's race was a welcome break in two ways - the course was short and relatively easy, consisting of mostly packed snowmobile trails, and we actually had a building to hang out in before and after the race, an old CCC camp which is now the headquarters for the MA Student Conservation Association - Americorps. After mainly grey skies over Greylock yesterday, today we were greeted by blue skies and sunshine - another welcome break!



Surprisingly, after yesterday's trek I was feeling pretty good - I suspect the beautiful weather and the company of 80+ like-minded crazy people helped that a lot. Or maybe I was just glad today would go a lot quicker than yesterday... in any case, early on I decided to push this one fairly hard (for me, at least) since the course played to my strengths - rolling terrain with no long, steep hills, and well-packed snow.

The run out to the orchard was tough mainly because there's a lot of uphill along the way, but that meant I could look forward to running downhill on the way back. The loop around the orchard was tough because the snow was a bit deeper - not something I've really had much of a chance to get used to this winter! But once I was back on the snowmobile trail I cruised in, running as best I could and walking where I had to. I have to admit, it felt good to finish a snowshoe race in well under an hour.

It was a gorgeous day to be outside, between the bright blue skies and the sunshine sparkling off the snow. I especially enjoyed the contrast between all the white birch trees and the hemlocks, but I think my favorite section is the hemlock grove just before the lowest point on the course - shady downhill on the way out and shady uphill on the way back, a bit of a break going both ways!

Jamie Howard

DAVE DUNHAM'S MILESTONES

Milestones from Moody Spring:

Finishes:

Laurel Shortell & Konrad Karoczluk 110 finishes.

Denise Dion 70 finishes.

Holly Atkinson 20 finishes.

Peter Keeney 10 finishes.

Points:

Bill Morse 3000 (3,011.50).

Jack Casey 2500 (2,565.59).

Snowshoer of the week:

My vote goes to **Tim Van Orden** for another win. Tim becomes the first person to break 1,000 points this year. It took him 62 days (I think this ranks #2 on the all time fastest to 1,000 in a season).

Milestones from Hawley Kiln:

Finishes:

Peter Malinowski - 30 finishes.

Will Danecki - 25 finishes.

Points

Nick Jubok 2,000 (2,002.30).

Tim Mahoney 2,000 (2,000.34).

Glen Tryson 1,000 (1,060.49).

Dave Wilbur 500 (539.15).

Art Gulliver 500 (500.40).

Snowshoer of the week:

Ken Clark - Win on Saturday at Constitution Hill and 4th place on Sunday at Hawley Kiln. He also became the second person this year to accumulate 1,000 points in the season. (1,058.40).



An Acidotic Racing Snowshoe Race**Race #10 of the Granite State Snowshoe Series****2010 GRANITE STATE SNOWSHOE CHAMPIONSHIP****March 14, 2010****Great Glen Trails Outdoors Center****Gorham, NH**

Place	Time	Name	Team	Age	Sex	Bib	City	St
1	46:14	Kevin Tilton	CMS POLAR BEARS	28	M	12	North Conway	NH
2	46:14	Jim Johnson	CMS POLAR BEARS	32	M	1	Salem	NH
3	50:49	Geoff Cunningham	ACIDOTIC RACING	32	M	41	Greenland	NH
4	51:38	Dave Dunham	CMS POLAR BEARS	45	M	26	Bradford	MA
5	52:12	David Principe	TUESDAY NIGHT TURTLES	43	M	38	Cranston	RI
6	52:17	Kurt Gustafson	NORDICA TC	25	M	35	Shrewsbury	MA
7	52:53	Steve Wolfe	ACIDOTIC RACING	45	M	13	Merrimack	NH
8	53:06	Danny Ferriera	ACIDOTIC RACING	27	M	8	Concord	NH
9	53:56	Chris Dunn	ACIDOTIC RACING	41	M	22	Strafford	NH
10	55:23	Brendan Sullivan		46	M	36	North Conway	NH
11	56:44	Rich Lavers	ACIDOTIC RACING	33	M	25	Concord	NH
12	57:37	Amber Ferreira	ACIDOTIC RACING	27	F	7	Concord	NH
13	58:11	Ryan Triffitt	TRAIL MONSTER RUNNING	35	M	19	Topsham	ME
14	58:47	Mike Bessette	GREEN MOUNTAIN AR	39	M	42	St Albans	VT
15	59:19	William Newton		54	M	28	Portland	ME
16	59:40	Ann Rasmussen	ACIDOTIC RACING	45	F	21	Plymouth	NH
17	1:02:57	Richie Blake	ACIDOTIC RACING	41	M	29	Tyngsborough	MA
18	1:03:14	Ed Mulvey	GILLIES AC	50	M	16	Boxford	MA
19	1:03:16	Jay Curry	DUNGEON ROCK RACING	38	M	4	Lynn	MA
20	1:03:17	Jay Myers	ACIDOTIC RACING	39	M	23	Dover	NH
21	1:06:03	Daniel Cooper	DUNGEON ROCK RACING	37	M	32	Salem	MA
22	1:06:07	Steve Sprague	ACIDOTIC RACING	40	M	20	Brooks	ME
23	1:06:45	John Peabody	TUESDAY NIGHT TURTLES	55	M	30	Wakefield	RI
24	1:06:54	Lisa Ransom	GRANITE STATE RT	47	F	40	Concord	NH
25	1:08:21	Bill Morse	DUNGEON ROCK RACING	58	M	31	Dracut	MA
26	1:09:03	David Principe Jr	TUESDAY NIGHT TURTLES	11	M	37	Cranston	RI
27	1:09:56	Jim Barry	GILLIES AC	65	M	6	Ipswich	MA
28	1:11:02	Keith Bourassa		26	M	2	Keene	NH
29	1:12:02	Joe Merriam	ACIDOTIC RACING	50	M	27	Franklin	NH
30	1:13:11	Robin Cucinotta	ROCHESTER RUNNERS	38	F	24	N Berwick	ME
31	1:13:54	Brian Gallagher	ROCHESTER RUNNERS	60	M	5	Rochester	NH
32	1:23:23	Cheryl Mulvey	GILLIES AC	49	F	15	Boxford	MA
33	1:27:32	Diane Levesque	ROCHESTER RUNNERS	56	F	17	Rochester	NH
34	1:30:06	Hillary Peabody	TUESDAY NIGHT TURTLES	23	F	33	Washington	DC

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GRANITE STATE SNOWSHOE SERIES