

W.M.A.C. SNOSHU-NEWS

A FIRST-TIMER'S PERSPECTIVE

The first time I put on a pair of snowshoes was on New Year's Day 2010, and someone had to secure them to my boots for me. I then trudged four miles through Hopkins Memorial Forest in Williamstown trying hard not to stumble over my own two feet, or fall face first into the snow. I was unsuccessful in avoiding both kinds of mishaps. In any case, there was something about walking through the snow in snowshoes I liked, and that made me want to try another trek through the wilderness on them.



Little did I know that day in January was the beginning of a two-month-long endeavor that consumed my weekends and brought me to places including the Greylock Glen in Adams; the Catamount Ski Trail in Readsboro; the Mount Greylock State Reservation in Lanesborough; Hallockville Pond Orchard in Hawley; Moody Spring in Hawley; Constitution Hill in Lanesborough; and the Hawley Kiln. It was at those places I was one of many running – or in my case shuffling – along hilly, snow-packed terrain following snowmobile trails and single tracks on snowshoes. The races taught me about building character, and that quitting is not an option when it is just me and the frigid woods. The later of the two lessons I came to terms with about a mile into the 7.3 miles of the Moby Dick race. I finished that race, but it was not fun getting there.

By the time Hawley Kiln came around in March, I had already clocked between 25 and 30 miles on a pair of loaned, “clunker” snowshoes – about half of that walking; found my winter running gear could double as snowshoe racing gear; flooded two pairs of sneakers multiple times with snow; learned how to tighten the straps on my snowshoes all by myself; and most importantly, I developed a taste for chili washed down with hot chocolate. I also developed enough stamina to run my first snowshoe race without stopping. However, when it came to climbing the Hawley Kiln afterwards, that was a different story and not a triumphant one.

While Hawley Kiln was the first race I ran in its entirety, Hoot, Toot and Whistle was the first one where I won something that wasn't part of a raffle. I credit my coming in first place in my age division to the lack of women in their twenties who participated in the race that day. However, getting that railroad spike with a little tag on it noting my victory was awesome and excellent inspiration to keep going and try harder. By the way, I did win the raffle too, but an orange vest isn't as cool as a railroad spike.

It was at Moody Spring following probably the most significant snowstorm this past winter where I really saw the beauty of nature. The heavy snowfall from the night before had caked the trees and bushes with white making it feel like the race would be more challenging than it was. Once the race strayed from the groomed snowmobile trail, easily three feet of snow lined each side of the single track. Some left over flurries came down during the race, and they made me feel more relaxed and empowered than I had at previous races. Sharing the trail with snowmobilers also helped, and it was fun to see some of them stop and watch the race.

Moody Spring was also the first race where it finally clicked in my brain that snowshoe racing is like cross-country running – which I did my last year in high school – but in sand with big shoes. Once I made the connection, it seemed easier to scale the steep hills in Dubuque State Forest and bounce along the uneven terrain. From then on I knew determination, perseverance, focus, some water and Gatorade, and this stuff called GU were my best allies. Snowshoes designed for running also helped, but that piece came later.

So in my rookie year of snowshoe racing I completed seven races for a total of 30 miles, finished first in my age division once, visited seven places I had not seen since moving out here, met a lot of people, built some confidence, and inspired a friend from college to participate in the races. She came to two of the seven races, and plans to continue with the sport next winter in her home state of New Hampshire. I hope to return to the ones in this area next winter provided I'm still living in Berkshire County. My goal is to do all of the races that are part of the 2010-2011 season.

Well, it is now time to trade in the snowshoes for a pair of sneakers for running season. I will admit I have not run regularly, or in a competitive atmosphere, for years, but I have decided to take it up again this spring. I am sure participating in snowshoe racing had something to do with my willingness to hit the pavement and train for road and trail races again.

Meghan Foley

AN EIGHTY YEAR OLD'S PERSPECTIVE ON NATIONALS

The 10th USSSA National Snowshoe Championships, sponsored in part by Powersox. Highland Forest Park in Fabius, NY, a few miles SW of Syracuse was apparently a perfect venue that included Skyline Lodge, a XC ski lodge large enough to allow the 381 racers and their support groups to register, renew acquaintances, and generally enjoy the weekend which was blessed with 40 degree sunny weather and lots of snow. LOTS of snow! There was a solid base of about 1 foot of old, hard packed snow, with a more recent covering of 1 ½ to 2 ft of wet, slippery, unstable loose snow. Friday was registration and previews the course. Saturday held 5k junior, 10k women, and 10k championship races followed by a 5k citizen's race. Awards ceremony followed the races with a very unusual podium built of packed frozen snow.

The 5k and 10k courses were the same for the 1st and the last miles. The start area was uphill for about a half mile or more and after two previous starts the men's 10k was almost unbelievable. The course was post holed, rutted, loose wet snow that moved sideways with each step so that 132 runners were in a tight packed group, stumbling, pushing, cursing, falling and trying to keep clear when it was impossible to run in a straight line. There actually was a "rooster tail" of snow. Thankfully about 5 minutes into the race we hit a road where it was possible to get some traction. By this time it was apparent that the elite runners were far superior to the pack.

The course quickly got tough again as we entered a very narrow single track with 2 ft sides, a loose, fluid bottom and twists and turns that gave the impression that the lead runners were coming right at you a few times. This was a killer for me and many others. My legs were so tired negotiating the tight turns that they were actually getting numb. Having trained extensively for this race doing 7 to 8 mile runs on groomed, hard packed trails with a few inches of snow and ice, this soft, moving, and deep surface was devastating. There were many hills, up and down, but I've always felt confident on the up hills, but sliding back on every step took that away quick. At last we hit some road again.

As the course crossed or went parallel to the perimeter road, there was a bus that took spectators to various points where the race went by. My own pit crew (my daughter Patricia) was there at 4 different spots to give me water and encouragement. It was also a chance for several men to decide they had had enough and drop out.

After the single track came some beautiful woods trail, with two downed trees across it – one to go over and another to go under. By this time I was like Jackson Browne, *Running on empty*. Another single track appeared, but this one had a hard packed bottom and was less daunting than the first. At one point it came close enough to the finish line that I could hear the announcement as runners crossed the finish line. I thought I must be getting done and livened up. Then the trail turned and the voices were no longer heard. Many minutes and few kilometers later I heard them again and then started down the longest, steepest hill I had ever seen. There was absolutely no footing in the moving wet slop and I skidded, stumbled and wished my way down, falling only a few times. At the bottom I turned left and looked up the longest, steepest hill I had ever

seen. And now I had to climb it. It required lifting the knees to the chest to step up the steep slope. And still the back slip in the loose mess. At the finish line I was finished and did a face plant. I bounced up unaided and felt the deep euphoria of having just finished by far the most difficult, grueling race that I had ever run.

Soon after the race, the raffle started. There were more items than I could imagine. Bob Dion donated several pair of his world class snowshoes. There were items from other snowshoe companies, as well as bags, poles, gift certificates, quarts of maple syrup and many other items.

Then the awards were presented on the ice and snow podium. The U.S. men, women and juniors were named being the first 5 finishers in each category, then the first three finishers who received the gold, silver and bronze medals, then the age category gold silver and bronze. Finally Mark Elmore called Rich Busa and me for our category. It seems like sometimes it's harder to get to the start line than it is to continue to the finish line. For those who grumbled about someone getting a medal with such a poor time, I hope they write down that time and then come back in 45 or 50 years and beat it.

To Mark Elmore, Stephen Cobb and all the others who helped put on this great event, I say Thank You and hope to see you next year somewhere in the mid-West.

Andy Keefe



THE POWERSOX 2010 NATIONAL SNOWSHOE CHAMPIONSHIPS



On March 6th, 276 athletes from 30 states and the District of Columbia lined up in Highland Forest in Fabius, N.Y. to compete in the 10th USSSA Championships. Saratoga Stryders were well represented with Dave Peterson, Charles Petraske, Andy Keefe and Maureen Roberts all toeing the line! In addition, some of our WMAC friends were also there, such as John Pelton, Bob and Denise Dion, Tim Van Orden, Rich Busa and Laurel Shortell.

As I looked around at the other 70 women lined up at the starting line next to me, I thought, "Oh no, what have I gotten myself into?" They all looked super-fit, buff, relaxed, and many were in colorful unitard running suits decorated with the name of their sponsoring snowshoe company. My little pink headband and meager black running tights left me feeling like a newbie, which I was. I hadn't ventured to any of the Nationals races before as many were far away, such as in Alaska!

With rock music blaring from the speakers, the starting gun went off! We all churned through thick, quicksand-like snow up a gentle incline to approach the woods. The first part of the race was on fairly wide snowmobile trails, but the snow was so deep and uneven, it was hard to find your footing. My heart rate was still way up there after the uphill start! We crossed the park road twice in the first few miles, allowing family to see us and cheer us on. Next came what I both dreaded and longed for: singletrack. It was so much prettier and scenic, but consisted of narrow (only enough room for your snowshoes), deep, snaky-like climbing for a long way! I do remember a fun downhill after that where a brief recovery was possible! But alas, more

serious climbing followed! At some point, I stopped thinking and just ran, or should I say "survival shuffled?" This was tough going and every step in the soft snow seemed a struggle!

The most fun part of the race occurred in the closing mile and a half. We were back on singletrack, but it was flat (YEAH!) and the snow seemed more packed. For the first time, I felt great and even passed two people, getting an unexpected second wind! Next thing I knew, we were exiting the woods and family and friends were cheering us on! Only about a ½ mile to go! I could hear the music and got excited, but had no idea how far a ½ mile could be. We had to first run down a very steep sledding hill, and really I just slid/skied down it on my snowshoes, because a wipe-out followed by a forward somersault felt imminent! Then we turned left and began approaching "Suicide Hill", which from the bottom looks a lot worse than it had at the start! I looked up at this ridiculously steep, 300 yard incline to the white banner marking the finish and thought, "Why?" Why would someone try to kill us at the end of what was already a crazy hard race? At this point, with legs burning, running was out of the question. "Would I look like a loser if I crawled to the finish?" I thought. The two women around me were having similar thoughts, and one groaned as she started up the hill. I just power hiked it, panting with my heart hammering the entire way! Crossing the finish line, I fell into the arms of my daughter, Katie, and the woman before me fell to the ground just like those exhausted Nordic skiers from the Olympics! I found out later that the finish among the elite women was very suspenseful, with the top two women only 7 seconds apart!

After graciously cheering us on, the men then went off with a bang and due to the sun getting even warmer and the course being already a little churned up from the women, they faced even tougher conditions. Josiah Middaugh, a well known XTERRA triathlete from Colorado won, exclaiming "This was one of the toughest snowshoe races I have ever done." Another well-known man, writer Adam Chase, felt like he was "racing in mashed potatoes." A third fittingly proclaimed of the final climb, "My worst nightmare come true." Dave Peterson and Andy Keefe came home with silver medals!

Now, I can look back on it with fonder memories. Would I do it again? Absolutely! Hopefully there'd be other Stryders there, too, because I truly enjoyed the feeling of "family" I got cheering for and socializing with my running friends!

Maureen Roberts

From the Suggestion Box

It's a little early for next year, but we had a conversation where you mentioned that the early races were run in big shoes. My suggestion is to designate one race as a big shoe option (at least 25s) and as an incentive offer extra points. So if a person earned 50 points and there is a 50% bonus for big shoes then they would get credit for 75 points. Offering the bonus does not exclude anybody from racing. Anyway, just a thought...

Peter Malinowski

SPRING SKIING AT CATAMOUNT

Technically, we didn't *really* ski at Catamount, but with all the skid marks our Dions made in the slushy snow, we were hard pressed to tell the difference. I had always envied downhillers and their cult of spring skiing, but at Catamount I learned that it takes a special mindset, an ability to shed wintertime habits and hop outside of the box.

During the drive to Catamount, I felt as if I were in some sort of alternate universe. Annie registered a 70 degree outside air temperature and when she insisted on some liquid refreshment, everyone else at the local gas station was wearing shorts. Annie was hauling snowshoes and I was sporting tights, two long-sleeved tops and thick socks. The countryside was brittle brown with just a slight coating of green on the Weeping Willows. Not a snowflake in sight.

And since the race didn't even begin until after 4:30 PM when the groomer finished its appointed rounds, there was the whole problem of keeping occupied during the daylight hours. Ken Clark took his revenge on our over-plentiful pinecone population, while Edward and Tippi went for a run. Not feeling fully confident about nudging them for a top ten finish (this is a joke) I made a cherry pie and spent quality time outdoors with our cat Riley, teaching him to hunt mice (this, unfortunately, is not a joke).

There is a lot snowshoers don't know about spring, most of it having to do with how to dress. For all but a few macho types, the thought of ice cold crystals hitting naked lobster legs is enough to give pause. While most of us donned Tees or light-weight long sleeves, a few were more inventive. While I was rather disappointed that my much-loved #33 paper race bib was deemed too unprofessional alongside Catamount's cotton tie-on vests, Ned James, for one, was able to make lemons out of lemonade. He deftly knotted his tee into the ties, producing a definite fashion statement with a cooling bare-midriff effect. His new look must have worked as he crossed the line in 6th place. I can only hope he had better luck than the rest of us keeping his knots firmly secured. After two attempts to subdue my billowing vest, I finally ripped it off and crossed the finish waving the white flag of surrender. Apparently, there's also a lot we don't know about professional racing.

Just for kicks, I googled Spring Skiing and discovered that the correct gear is crucial to performance. This includes the proper application of sunscreen topped off with sunglasses to deflect the glare produced by bright sunlight reflecting off whiter-than-white snow. It seemed unnecessary for a forty minute effort, until the next day at work when folks asked me how my face got so tan. I had tons of gear in my car, but it was all the wrong stuff, more useful for Arctic conditions than spring thaw.

Normally, I do not favor ski venues for snowshoe racing. I feel exposed, out of place, much like I do when I venture into the mall at Christmastime. Everyone bustles about purposefully while I am adrift in a maze of signage. There's a lot to be said for hiking to the top of Thunderbolt for a two minute ride down—at least you will have earned it. But Catamount is a casual uncrowded family resort, where fun is the prime objective, especially this late in the season when folks feel fortunate just to get in one more snow day. Even after the slopes

had closed for our event, some skiers lingered for one more beer and the chance to toast to each and every one of us as we flew down the hill. They appreciated our effort.

From my googling I also learned that for successful spring skiing timing is everything. Too early in the morning and the snow will consist of rigid ruts and iceberg chunks—the remnants of yesterday afternoon's snow cone experience. Mid-morning the snow will soften, the sweaters will come off and lunches will be eaten on the run so as not to miss this brief window of opportunity. By late afternoon, or just about race time, the warm sun will have heated the ice to a slushy consistency on top and a watery mix down below. It took me a while to figure this out because for much of the race I was following in the tall footsteps of Dave Boles. I marveled at how deeply he sank into the snow. Was he wearing snowshoes less than the regimented 120 cubic inches? Had he gained a significant amount of weight since last weekend? When I joyfully reached the long downhill skid, I finally figured it out as my Dions were producing their own slippery troughs and piling up mounds of ice for nighttime death cookies. The only place you could rest assured of a somewhat even reception was on the ridged tracings of the groomer. But if you were towards the rear, the remaining islands were few and far between. Definite end-of-season payback from the front of the pack which normally faces the toughest ungroomed conditions!

While only twenty-five of us were able to Think Snow! on this seventy degree day, Catamount did provide a great segue into the upcoming USATF-New England Mountain Circuit. Those of us who skidded both uphill and downhill can now look forward to pavement that doesn't buckle underfoot and dirt that doesn't change consistency.

laura clark

CAROLYN STOCKER UPDATE

Not snowshoe related but I thought the gang would be interested in what Carolyn has been up to of late. Unfortunately and much to Carolyn's dismay we haven't made a snowshoe race since Northfield Mt.

Carolyn has had quite the run closing out the indoor track season. She started on Feb. 13th winning the Western Mass Championship Meet Mile in 5:15. Then we were off to Reggie Lewis in Roxbury for the next 3 weekends; on Feb. 20 she won the Mass State D1 Meet 2 mile in 11:02, then on Feb. 26 she won the MIAA All State Meet 2 mile in 11:06. Then it was New England's 2-mile on March 5th placing 2nd in 10:52. (Are we feeling slow yet?)

Just to see what she really had Carolyn raced Nike Indoor Nationals, running the 5k in 17:32 placing 5th.

When it was all over what she really missed the most was the snowshoe races. The people and places are the best. See you soon on the trails.

Wayne Stocker

WMAC

2010 DION SNOWSHOE RACING SERIES

WMAC

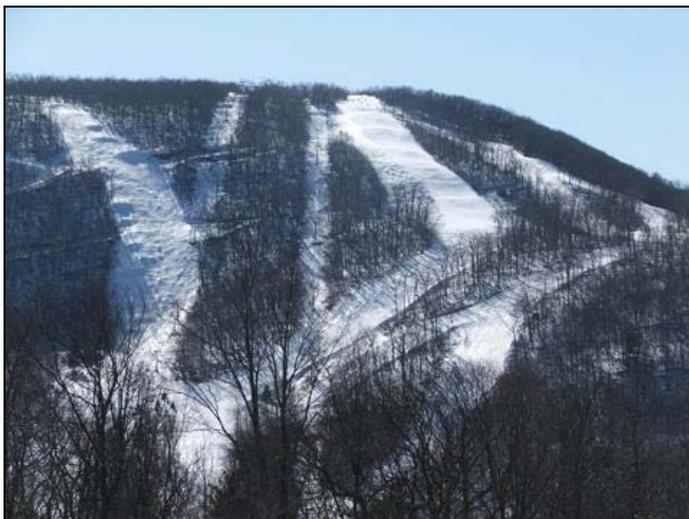
3rd ANNUAL SUNSET 5KM SNOWSHOE RACE

March 20, 2010

Catamount

Hillsdale, NY

Pl	Name	Time	PTS
01.	Ross Krause	0:22:48	100.00
02.	Dave Dunham	0:23:55	96.00
03.	James Boeding	0:25:56	92.00
04.	Kurt Gustafson	0:25:59	88.00
05.	Ken Clark	0:27:29	84.00
06.	Ned James	0:30:00	80.00
07.	Ashley Krause	0:30:31	76.00
08.	Ian Rasweiler	0:30:59	72.00
09.	Edward Alibozek	0:31:55	68.00
10.	Bob Dion	0:32:54	64.00
11.	Mike Howard	0:32:55	60.00
12.	Vince Kirby	0:35:19	56.00
13.	Michael Tiskus	0:38:03	52.00
14.	Denise Dion	0:39:53	48.00
15.	Laura Clark	0:40:25	44.00
16.	Dave Boles	0:40:48	40.00
17.	Barbara Sorrell	0:44:27	36.00
18.	Rob Woodrow	0:45:32	32.00
19.	Laurel Shortell	0:47:24	28.00
20.	Pat Hogelin	0:49:13	24.00
21.	Rich Busa	0:49:38	20.00
22.	Jamie Howard	0:49:49	16.00
23.	Greg Taylor	0:52:36	12.00
24.	Konrad Karolczuk	0:52:37	8.00
25.	William Hogelin	0:53:30	4.00



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

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

LAST OF THE SEASON... DUNHAM'S CATAMOUNT

With a late start (4:30 PM) for the final snowshoe race of the season, I took my time heading out to Western Mass. I started the day with a 30 minute bike and a 10 minute row, and then headed to Georgetown for a massage. I'm still having plantar fascia woes and was hoping to loosen up before the race. With plenty of time in the bank I stopped in Upton to check out the Merrimack-Blackstone-Charles triple divide which turned out to be a big office park on a hill. There wasn't much of a view but it did give me a couple of minutes to stretch my legs before driving another 100 miles on the Mass pike. I rolled into Great Barrington with some time to spare so I headed to the Mt Washington state forest to check out road conditions. Eric Morse and I were planning on doing some hike after the race then bagging a bunch of peaks on Sunday morning. I wanted to see how East Road (dirt) was and where it might be blocked. That would have a big affect on the hiking plans. The road turned out to be muddy but passable and it was blocked right at the state line, which was fine for us.

I headed over to the race site at Catamount ski area and was the fourth person in line to sign up. I had a feeling this would be a small race. Last year it drew 31 finishers and with the warm temps it would be a struggle to get that many people thinking "snowshoe race". I felt lousy doing a two mile warm-up with Eric. My sinuses were still stuffed up from the head-cold I'd had for over a week and the 70 degree temperatures felt way too warm for late March. After running two miles I switched into my singlet and headed over to the start. We had to wait a bit as the groomer was still out going over the course. This would be important as the grooming was the only way the course was marked!

The snow was very mushy, but there was ample coverage for a snowshoe race. This was the first time I'd done a snowshoe race in shorts/singlet but I was not in the minority dressed that way. We started a bit after 4:30 and it seemed like everyone just shot out at the start. I rolled up into second place on the first little down-hill, then the climbing commenced. We'd climb for 950' in the first 1.2 miles then zip down over about 1.4 miles. By two minutes into the race I was in a group of four and Ross Krause was pushing at the front. He began to pull away and I attempted to go but was already wheezing and feeling awful.

I was able to slowly pull away from Kurt Gustafson and James Boeding. Boeding is a high school student who did his first snowshoe race last year at Catamount (and finished in third place). He told me at the start that he had forgotten about the race and had been snowboarding all day. When he heard about the race he signed up immediately. As Ross pulled away I could hear the footfalls behind me also fade away. By about 2/3rds of the way up the mountain I knew my chances of winning were gone. I figured that I'd need to beat Ross to the top to have any chance of beating him (he out descended me at Northfield by a couple of minutes).

I hit the top in 15:14 and was 29 seconds back at that point. For the most part I tried to just stay on my feet and hold second place on the descent. It took me all of 8:41 to cover the 1.4 miles back to the base. I was pleased with the effort (I really

had nothing more to give), but finished 1:11 slower than last year and 1:07 behind Ross. I definitely felt that the lack of training is catching up to me. Not a good indicator for the spring. Ross got his first snowshoe win (just missing my CR from last year) and his wife (Ashley) also scored her first win with an impressive 7th place overall finish.

Eric and I did a two mile warm-down then headed out. Our plan was to do a run/hike up Alander mountain and bag the county high point on the west slope. We reached the trailhead at 6 PM and quickly trotted off. At first we tried to avoid the wet spots in the trail but some sections were all water and eventually we just stomped on through. The trail was in great shape for the first day of Spring, there was a mix of bare ground, wet ground (a lot), and packed snow. We ran it in our regular running shoes and had no problems with traction. A couple of hikers called us "hardcore" as we ran by on a particularly wet and snow section. We passed some guys camping along the way, man they picked an excellent night to be out in the woods. At 6 PM it was still in the upper 60's.

We hit the hut below the summit in 42 minutes then continued on the summit and quickly over to the county high point. We were back on the summit in time to catch the final rays of the day then made our way back down the trail. It was a pretty uneventful run down, but the few uphill were tough as I was running out of gas. We had a quick stop about 1/2 way down to put on our headlamps, but it really wasn't too bad except in some of the darker piney woods. We were back at the car by 7:40 and headed for Great Barrington for food and rest. It was a pretty cool day with a little bit of racing and some fun time on the trails in the woods.

Dave Dunham

BARNYARD NEWS

Jeff and I have once again been assigned the role of Guest Farmers. We come to this post extremely qualified. Having spent my childhood in Queens, New York, I was responsible for exactly one parakeet and several fishes. Jeff, however, is an old farm hand, having spent his summers helping on his Granddad's apple/harness racing farm.

Guest Farmers get to revisit old farm sites and award blue ribbons. Dave Dunham is the keeper of the books, by virtue of the fact that he can add. He calculates points winners and basically keeps us honest about exactly how many races we have completed. For example, while I was certain that Catamount was to be my landmark 100th race, Dave politely informed me that we needed to hold the applause until next year.

Last year, Jeff and I compiled elaborate surveys which were emailed to all participants. We got roughly five back. We had a lot of fun making things up. This was not meant to be a census form; it is supposed to be an opportunity to reflect over the good times we have shared this past winter.

Jeff and Laura Clark

STATE HIGH POINTING – CT

I woke up on Sunday morning a bit sore from Snowshoe racing (up and down Catamount) and running up Alander Mountain the previous day. Eric and I fortified ourselves with some Dunkin' and then re-fortified with some Day's Inn "lobby coffee" and were off to the Mt Washington State forest headquarters. We met up with my High School teammate, and great friend, Jim Sullivan. I hadn't seen Jim since my 100,000 mile run back in 2007 but we keep in touch at least monthly.

Jim rolled in a couple of minutes late after getting turned around and nearly stuck on East road (dirt and mud). We gathered up our gear and piled into Eric's car for the bouncy 3 mile drive south to the CT/MA state line. The road was barricaded at that point, which was fine as that is where we were planning on parking for our hike to the CT state high point (and beyond). Eric and I went with shorts and long sleeve shirts and Jim opted for running pants. We all went with running shoes, although I opted for my END stumptown high topped runners.

The first part of the Mt Frissell trail was wet, VERY wet. It was basically a stream where the trail should be. At one point it was mid-calf deep and with the Mountain laurel all around it would be difficult to avoid. Jim and I bushwhacked, but Eric plowed on through. Soon we began climbing and Eric rued his choice as Jim and I would have dry feet for the entire hike. We hit the top of Round Mountain (2,293') in just over 20 minutes. There wasn't much of a view but we could see our next goal (Frissell right in front of us). A quick dip down into the snowy coll and nice climb up the rocky and dry east side of Frissell had us on top in another 20+ minutes. We signed in at the log took a few pictures then headed down the south and slightly west flank to pick up the Connecticut state line. It was a quick 10 minutes later that we were standing at Jim's first state high point and Eric's 8th. This was my second time standing at the highest point in CT but it had been nearly 10 years and I had very little memory of the trail.

After some picture taking we were off again, now heading pretty much west to the coll between Frissell and Brace. We hit the CT/NY/MA tri-state marker in another 11 minutes (total time 1:06) and again stopped for some pictures. I'll have to check on my tri-state list to see how many of those I've got (I know it is the third one that involves MA that I've been to). Next up we climbed up out of the coll to the top of North Brace and the connection with the Taconic Crest Trail. There was a fair amount of snow in some sections on top, especially where snowmobiles and 4-wheelers had been to pack it down. The view from this 2,200' peak was great we could see the NY farmlands that seemed to be right at our feet. We could also see the peaks we'd climbed earlier and off in the distance Mt Everett that we planned to hit later in the day. We did a little running on the ridge and ascended to the big open summit of Brace which also had a huge cairn on top. This was my 99th county high point. We took a couple of pictures and zoomed south to pick up South Brace.

This is where I messed up...I was planning on heading back part of the way then making our way southeast to the Mt Washington road. I was thinking clearly and we continued south off of South Brace for 5 minutes before I realized we needed to retrace our steps all the way back to the tri-state marker before heading

for the road. So at 2:20:57 we were standing back on the summit of Brace (we only lost a little less than 15 minutes with my boo boo). It took us 20 minutes to drop back down (and climb a bit) to the tri-state marker. There was a trail heading in the direction we wanted to go but it died out about 10 minutes into our descent. I was a bit disappointed but we'd have to back-track and head out the way we'd come in. It took us 10 minutes to get back to the State HP and another 15 and we were on top of Frissell again. The rocky drop to the cull between Round mountain was slow going but we were back on the top of Round in 15 minutes and from there it was an easy 18 minutes back to the car.

The entire trek took us 3:25 and it was a perfect day to spend three hours out in the woods!

We drove back to the Mt W headquarters and Jim headed for home. Eric and I headed over to the base of Mt Everett to get in a run. We climbed a little over 900' (1,700' to 2,608') over 2.5 miles at a reasonable clip. The footing wasn't bad, mostly packed snow and even some bare ground. Temps were in the upper 50's so it was very comfortable for running. We hit the top in 27 minutes then spent just a couple of minutes taking in the view (not much from the summit but there were a couple of rock faces to climb on and check out the scene). Eric noted that the view was probably pretty excellent when the fire tower was there (we stood on the tower footings but couldn't see much). The run down was uneventful except for one good posthole by me (knee deep) on the Appalachian trail section of the run. We were down in 23 minutes for a round trip of a little over 50 minutes. It was a nice way to close out the week and I was pleased to not feel too beat up (I guess I'd feel that on Monday).

Peaks in order:

Round – 2,293'
 Frissell – 2,451'
 Frissell east slope (CT high point/Litchfield COHP) – 2,372'
 North Brace – 2,224'
 Brace (Dutchess County NY High point) – 2,323'
 South Brace – 2,303'
 Brace – 2,323'
 North Brace – 2,224'
 Frissell east slope – 2,372'
 Frissell – 2,451'
 Round – 2,293'
 Mt Everett – 2,608' (#12 on the MA 100 highest)

WMAC – DION SERIES RADIO SPOT

Lindsey Doermann, a graduate student at Boston University's science journalism program, had interviewed many of our snowshoer's prior to the Hallockville race with hopes of submitting her final product to "Only a Game" on Public Radio.

It turned out it was too late in the winter for "Only a Game" to be interested, so Lindsey offered the piece to us for our snowshoe page! <http://www.runwmac.com/snowshoes/default.html>

Lindsey

2010 BARNYARD AWARDS – GUEST FARMER’S LAURA & JEFF CLARK

This 2010 edition of the prestigious Barnyard Awards is brought to you by guest farmers Jeff & Laura Clark. While they own a hobby barn and one barn cat, they boast secondhand barnyard credentials with Daughter #1, Julie Suarez, Publicity Director of NYS Farm Bureau. Statistics are honestly meted out by your favorite IRS representative, Dave Dunham. Farmer Ed Alibozek, Jr. owns the barn. His son, Edward is credited with making it all happen.

The DRAGON Award: Overall Male Champion for 2010 is Jim Johnson (double-j). Jim had a remarkable season, winning six of the seven WMAC races he entered. He took the series title with a perfect 600 points. This is only the third time in the history of the series that the champion scored a perfect total. Jim also became the first man to win six races in one season, topping Dave Dunham’s five wins in 2001. He also tied Richard Bolt’s record of four consecutive wins. Outside of WMAC action Jim finished 14th at the USSSA snowshoe national championships and was the Granite State series champion.

The LAUREL Award: WMAC Snowshoe Series Female Champion is Amy Lane. Amy also had a stellar season, winning six of the eight WMAC races she entered. Her only losses were early season second place finishes to 2009 series champion Abby Mahoney. Amy’s six wins ties Kelli Lusk’s total from 2005 and only trails Abby Mahoney’s seven wins in 2009. Her 527.08 points is the second highest winning total in the history of the WMAC series. Amy capped off her snowshoe season with a win at Pittsfield Peaks Snowshoe Marathon.



1998 – 2010 WMAC Snowshoe Champions

1998	Bryan Dragon	Laurel Rollins
1999	Ken Clark	Beth Herder
2000	Ken Clark	Beth Herder
2001	Leigh Schmitt	Carol Kane
2002	Leigh Schmitt	Deb Livingston
2003	Richard Bolt	Sheryl Wheeler
2004	Ben Nephew	Kelli Lusk
2005	Paul Low	Kelli Lusk
2006	Rich Bolt/ Paul Low	Kelli Lusk
2007	Dave Dunham	Chelynn Tetreault
2008	Dave Dunham	Abby Mahoney
2009	Ben Nephew	Abby Mahoney
2010	Jim Johnson	Amy Lane

Photos on this page courtesy of Brad and Beth Herder, www.berkshiresports.org

Jim Johnson on Turner Trail – Amy Lane at Moby Dick

2010 BARNYARDS

Men's Snowshoer of the Year: Tim Van Orden, who set a new record for Top 10 finishes in a season (12), Top 5 finishes in a season (12) and Top 3 finishes in a season (9).

Runner-Up: Ken Clark, who, along with Tim hit 1,000 points this year.

Women's Snowshoer of the Year: Amy Lane, who won women's overall at the Peak Snowshoe Marathon and followed that up with the same award at Hawley the next day. Not to mention being the WMAC-Dion overall ladies champion.

Performance of the Year: On the Ladies side, we'll go with **Carolyn Stocker** taking the top spot at Northfield. For the men, our choice is the **Top Four at Moody Spring, Tim Van Orden, Ross Krause, Brian Rusiecki and Peter Keeney**. Those guys worked very hard through thigh deep snow only to decide the race on the last 1.4 miles of snowmobile trail.

First Centurion Award: Konrad Karolczuk (K2): Blazed the way to the 100 race milestone and now encourages his fellow cohorts to join in his quest.

Men's Rookie of the Year: John Agosto has a beautiful first season of snowshoeing, as a true "rookie". **Steve Wolfe** is a solid runner up, finishing with top ten placements over WMAC and Granite State Series events. Mention: Domingo Elias.



Steve Wolfe – Rookie Runner Up

Women's Rookie of the Year: Kathleen Furlani. While Kathleen made a few appearances in 2009 and is technically not a rookie, this year she decided to give it a go and has become a serious contender in her age group (meaning she has beaten me as often as not) and has begun to hang out with a much younger crowd. A Gold Medal at Nationals capped her season.

2010 BARNYARDS

Runner-Ups: Sarah Dzikowicz competed admirably all the way to the USSSA Nationals! **Becky Shattuck** finished five events including the hill-climbs of Turner, Curlys and Northfield! **Lindsey Doerman** averaged over 60% at each of the three events she entered! **Amber Cullen** won the Granite State Series as well as the overall USSSA Championship! **Meghan Foley** finished six events including the 7+ miles of Moby Dick!

K2 Award: Most Improved Bill Glendon: Long a fixture at our events, this year Bill has overtaken his race buddies and is edging ever closer towards his "brother", Martin Glendon.

Erin Worsham Award: Most Lost, Brad Herder. Brad got lost in deep snow scouting Moby Dick—a course he has happily skied for years.

Hannon Award: (Writing Award) Jamie Howard, our own John Bingham, who combined his personal touch with historical asides and website references, giving us a better appreciation for each venue. Next year Jamie has to do all the races so we can learn more! **Welcome Back to Bob Worsham:** Once again, despite his belief that "there is nothing about snowshoeing that is at all funny," Bob has once more contributed his classic observations.



Domingo Elias – Honorable Mention Rookie

Beverly Award: (Top 60-64 year-old male) Alan Bates, who doesn't appear to have lost a step at all over the last half decade.

Carol Kane Award: (Top 60-64 female) Laura Clark, who lead her category in points, finished the Peaks Peaks Marathon for the 2nd year in a row, and directed two snowshoe events.

2010 BARNYARDS



Becky Shattuck – Runner Up Rookie

Woodford Award: (Top 65-69 year-old male) **Bob Massaro** finally gets his chance now that John Pelton has turned 70. Still a force to be reckoned with in the shorter events.

Silverback: (Top 70 year-old) **John Pelton**. Sixty year-olds who have waited a seemingly interminable time for John Pelton to turn 70 can at last breathe a sigh of relief. At least until they, too, inevitably cross the line. John scored yet another gold at Nationals!

Platinumback: (Top 80 year-olds) **Rich Busa** – The guy we all want to be when we grow up. Question is, will he now change his email to platinumback? Additionally, **Andy Keefe** who entered this esteemed age group on an honorary basis at Nationals, which assigns rank by year of birth. At 80 years young he traveled with Paul Smith's college kids to a Canadian snowshoe race, proving 80 year-olds can still party all night and show up the next day.

The Streak: **Laurel Shortell**, naturally, who has recently applied for the patent on this award. In order to achieve this distinction, she spends more time in the parking lot than anyone else, leaving her house at o'dark thirty to allow extra time for snow squalls, flat tires or a malfunctioning GPS.

Curly Award: **Jim Carlson** Despite a disappointing injury at the beginning of the season, Jim returned week after week to help out wherever needed and get his carpool buddies to the race on time. He added a new element of fun to our events by creating the TARGET vest.

Ponce de Leon Award: **Alexander Chlopecki** who got two scores at Brave the Blizzard and got younger at Camp Saratoga!

2010 BARNYARDS



Jim Carlson – Volunteer of the Year “Curly Award”

TARGET Award: **Dave Hannon** Original recipient of the Hannon Writing Award, Dave started reading the Sno News again and decided he simply had to give the TARGET a try. Wrestling it away from **Ernie Alleva** at Hawley, he learned that the TARGET not only makes you famous but definitely faster.

Fabulous Freshman: **London Niles:** London has shed his Rookie status and gained momentum this year, becoming cheerleader for his slower race buddies, Bob Massaro and Laura Clark. London gamely tackled the tough Nationals course despite the fact that he was the youngest in an impossibly large age group span, 0-19 years.

Comeback of the Year: Person: **Ed Alibozeck Jr** who finished strong after a worrisome mid-season sick leave.

Comeback of the Year: Event: Welcome back to the Big White Whale (**Moby Dick**) who brought us lots of white stuff and a whale of a ride!

Surprise Appearance: **Peter Keeney** Of Maine, who joined us at Moody. Peter was an instrumental figure during our early 90's snowshoe events and helped Edward scout many of the trails we now enjoy.

Toughest Race: **Moody Springs**, which made us all believe in winter once more, presenting us with 5-6 feet of freshly falling snow.

Largest Race: **Camp Saratoga** with 123 finishers. With Nationals in Syracuse, everyone wanted to qualify.

Runner Up: **Greylock Glen**, also with 123, but the Farmer and Tippi went through very early in the morning....

2010 BARNYARDS

Best Course Improvisation: Due to construction, Edward had to move the **Greylock 5K** to the other side of the road and completely reroute the course. We got to see some really neat “new” trails, or old trails combined in new ways.

Picture Perfect Snow Day: The sparkly powder at **Turner Trail** whose spray made winner Jim Johnson all but invisible to his rivals.

Toughest Section: The downhill off Rounds Rock at **Moby Dick**, with many a butt-slide captured in glorious color by Brad Herder.

Longest Mile: K2 and Old Farmer Ed started out early at Moody to break as much of the three feet powder / singletrack as they could... but they weren't fast enough for all of it. The **1.3 mile section from the Spring back to Hallockville Road** was a beast.

Doubleheader of the Year: **Nationals or Peaks** on Saturday followed by **Hawley Kiln** on Sunday.

Fastest Race: **Winterfest** with snow that ran the gambit from marginal to imaginary. Also now holds the record for most cleats broken during a single race. We'll be mining the Spa Park's trails for Teflon this summer!

Slowest Race: A tie between **Moody** and **Moby Dick** with their challenging deep snow conditions.

Best New Race: **Constitution Hill**. While not a WMAC points race this year, look for this event, in Dion territory, to come to the lineup in 2011.



Lindsey Doermann – Radio Segment

2010 BARNYARDS

Double Dip Award: **Northfield**. Northfield MA Championship race will make it under the wire in December 2010, to be followed by its usual March slot in 2011.

Worst Parking: **Moody Springs** after 5-6 feet of snow the night before.

Worst Driveway: **Woodford** whose solidly iced uphill challenged normal snow tires and caused us to haul out the rappelling lines and sandbags.

Best Raffles: A tie between **Hoot & Toot** where Jessica Hageman again scarffed up the Jessica Hageman Memorial Cake and **Winterfest & Camp Saratoga** where folks showed up out of the blue with really neat prizes to contribute.

Cookouts:

Best Indoor: **Brave the Blizzard's** pancake breakfast, proving that a 5K snowshoe race earns you a pre-dawn snack, a farmers-style breakfast, lunch and then dinner, not to mention dessert!

Best Outdoor: **Moby Dick:** Warming food served against all odds in gale-force icy winds.

Best Soup: **Edward Alibozek & Jamie Howard's** joint-venture potato soup lovingly prepared from an old family recipe

Sweep Voll Award: For snazziest outfit - **Krysten Mead** at Turner Trail who transformed into the Snow Queen with frosted eyelashes and silver-streaked hair.



Dan Buttrick – Moving up the standings

2010 BARNYARDS



Adams... Ed Jr, Mike, Pete and Paul

Statistician Award: **Dave Dunham** who not only figured out race points, but whose meticulous tracking of our progress towards the exclusive 100 Race Club served as a fun motivating factor.

St. Bernard Award: **Tippi** whose doggie GPS saves Edward from getting lost while marking trails in the dark or after a heavy **snowfall** obscures normal landmarks.

Most Missed: **Jay Kolodzinzki** who due to relocation was not able to attend many events. We missed his writing too! **Paul Hartwig** and **Peter Lipka**, Adams Boys, out with illness.

Dunham Award for most miles driven - **Edward Alibozek** who drove endless miles scouting courses, marking courses and in general making sure we would have fun in the best possible conditions.

Best Carpool: The group from Rhode Island who not only drove mega-miles to participate but shared their delicious tailgate repast afterwards.

Miss Ellen Award for most enthusiastic cheerleader: **Solitaire Niles** who follows up her pre-race romp in the snow with an amazing ability to stay warm until she has cheered in the final runner.

Runner Up: Brad Herder's dog (**Summit** or **Sierra**) who tirelessly ran back and forth encouraging us during our precarious descent of Rounds Rock at Moby Dick.

RD of the Year: **Jeff Clark** who routed and re-routed and generally made Winterfest and Camp Saratoga happen despite marginal conditions.

Most Popular Last Name: **Clark:** Jeff Clark, Laura Clark, Jeff Clark*, Ken Clark, Erin Clark.

Snowshoe Duo: **Jeff Clark** and **Jeff Clark*:** When Jeff Clark the Older is not running, he can always count on Jeff Clark The Younger to carry on.

All photos used in this issue (exception of Andy Keefe) were supplied by Beth and Brad Herder, www.berkshiresports.org

2010 BARNYARDS

Woodsman Award: With the wolf banging at the door of our favorite retreat, the Maple Sugar House, **Tom McCrumm** continues to clear our favorite Hawley and Moody trails of ice storm debris.

Photographer: **Brad Herder** with his unflinching knack of catching us struggling in the most embarrassing/difficult sections and then magically disappears to intersect us farther ahead on the course. Now we know what happened to Prof. Dumbledore's time turner!

Snowshoer of the Decade: The Snowshoer Coffee (or Soup) Mug was designed by Jeff Clark as a replacement for the Nationals award that never happened.

Male: Who else but **Edward Alibozek**, who singlehandedly is responsible for bringing us all to the sport and relentlessly coordinating insurance, race permits, scouting courses, publishing the SNO News and greeting everyone with his trademark smile.

Female: **Laura Clark**, the NYS Cheerleader.

Fan of the Decade: **Donnalee Alibozek** who selflessly lends us her husband, Edward, every weekend and quite a few weekdays during January, February and March.

RACE OF THE YEAR: **Moody Spring.** It was tough to get to the race, and tougher to park. But once snowshoeing within Dubuque State Forest, we were transferred back to the late '90's when "groomed" sections were pretty scarce at our events. Every three or four years we have some magic from the sky and the proverbial "train" happens, tightening up the race. Other than that March 12th, 2005 North-South Pond race where 18 finishers came toward the finish in a dead sprint, this was as "bunched" and snowy as it gets.

WMAC RACE OF THE YEAR HISTORY

1996	Moby Dick
1997	Spruce Hill Climb
1998	South Pond Shuffle
1999	Hawley Kiln
2000	Saratoga Spa Winterfest
2001	Greylock Glen
2002	Mt Prospect at Woodford
2003	Curly's Record Run
2004	Covered Bridge
2005	Northfield Mountain
2006	I Love Woodford
2007	Camp Saratoga
2008	North Pond
2009	Greylock Covered Bridge Half Marathon
2010	Moody Spring

CHEERS Award: To all 2010 runners, volunteers and onlookers! We persevered through good snow and iffy snow amassing a total of 15 races with an average field of 85.27 finishers. This tops 2009's average field of 83.06.

Here's to 2011 And the recovery of those .53 body parts that were somehow lost in the snow!

2010 WMAC DION SNOWSHOE RACING SERIES

FINAL STANDINGS BEST SIX / SHOWING ALL WITH 2 OR MORE FINISHES

Woodford Hoot Toot Whistle SPA Winterfest <u>Moody Spring</u>	Turner Trail Curly's Record Run Camp Saratoga	Greylock Glen Sidehiller Moby Dick Hawley Kiln	Brave the Blizzard Northfield Mtn Hallockville Orchard <u>Catamount</u>
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PL	NAME	AGE	CNT	POINTS		PL	NAME	AGE	CNT	POINTS
01.	Jim Johnson	32	7	600.00		52.	Nick Jubok	53	4	287.31
02.	Tim VanOrden	41	12	596.78		53.	Martin Glendon	63	9	284.23
03.	Ross Krause	30	7	586.54		54.	Will Danecki	59	5	281.72
04.	Dave Dunham	45	8	582.31		55.	Phil Bricker	56	5	279.41
05.	Tim Mahoney	30	7	572.79		<u>56.</u>	<u>Laura Clark</u>	<u>62</u>	<u>13</u>	<u>275.61</u>
06.	Matt Westerlund	37	6	570.39		<u>57.</u>	<u>Abby Mahoney</u>	<u>31</u>	<u>3</u>	<u>265.69</u>
07.	Ken Clark	47	13	564.20		58.	Steve Shattuck	57	5	260.88
08.	Steve Wolfe	45	6	552.73		59.	Joe Bouck	47	5	259.02
09.	John Agosto	45	6	545.13		60.	Stephen Dowsett	21	3	254.40
10.	Rich Teal	31	11	542.64		61.	Dereck Jones	47	3	253.73
11.	Amy Lane	30	8	527.08		62.	Dylan Wight	16	3	251.27
12.	Allan Bates	61	6	505.54		<u>63.</u>	<u>Kathleen Furlani</u>	<u>61</u>	<u>8</u>	<u>248.82</u>
13.	Wayne Stocker	55	6	484.62		64.	Bob Massaro	66	12	246.40
14.	Ned James	55	6	481.60		65.	Bob Worsham	64	5	242.43
15.	Ed Alibozek	47	10	474.07		<u>66.</u>	<u>Sarah Dzikowicz</u>	<u>39</u>	<u>5</u>	<u>242.18</u>
16.	Paul Bazanchuk	55	5	461.19		<u>67.</u>	<u>Becky Shattuck</u>	<u>57</u>	<u>5</u>	<u>232.09</u>
<u>17.</u>	<u>Chelynn Tetreault</u>	<u>34</u>	<u>7</u>	<u>459.91</u>		68.	Todd Rowe	41	3	231.84
<u>18.</u>	<u>Ashley Krause</u>	<u>32</u>	<u>7</u>	<u>456.35</u>		69.	Charles Brockett	63	5	229.46
19.	Glen Tryson	56	7	448.79		70.	Art Roti	37	4	229.21
20.	Jack Casey	56	6	445.20		71.	Wally Lempart	64	5	216.76
21.	Dan Buttrick	29	7	434.15		<u>72.</u>	<u>Darlene McCarthy</u>	<u>47</u>	<u>8</u>	<u>216.50</u>
22.	Robert McCarthy	42	7	433.00		73.	John Carey	38	3	214.97
23.	Brian Northan	39	5	431.87		74.	Michael DellaRocco	58	4	211.95
24.	Mike Lahey	58	9	421.91		75.	Bill Morse	58	4	203.00
25.	Randy Zucco	39	7	421.39		76.	Chris Johnson	52	9	198.88
26.	Carolyn Stocker	17	5	418.35		<u>77.</u>	<u>Lisa D'Aniello</u>	<u>23</u>	<u>3</u>	<u>197.39</u>
27.	Ian Hutchinson	45	7	408.33		78.	Greg Hammett	32	2	196.99
28.	Domingo Elias	37	5	407.26		<u>79.</u>	<u>Laurel Shortell</u>	<u>43</u>	<u>15</u>	<u>196.22</u>
29.	Erik Wight	50	5	404.53		80.	Steve Legnard	33	3	195.33
30.	Jeff Clark	52	6	402.19		81.	Dave Boles	63	7	194.88
31.	Michael Buttrick	24	5	382.15		82.	Bruce Shenker	57	3	191.39
32.	Peter Malinowski	55	5	380.53		<u>83.</u>	<u>Lindsey Doerman</u>	<u>27</u>	<u>3</u>	<u>189.60</u>
33.	Dave Shumpert	39	7	374.02		84.	Ben Nephew	34	2	189.32
34.	Nick Tooker	30	5	373.64		85.	Ahmed Elasser	47	2	188.07
35.	Richard Chipman	49	5	372.84		86.	Jeremy Drowne	32	2	187.22
36.	Scott Bradley	54	7	371.59		87.	Ernie Alleva	58	5	187.21
37.	Bob Dion	54	10	368.28		88.	Chris Taft	29	2	184.08
38.	Jacque Schiffer	45	5	363.57		89.	Jeff Dengate	32	2	182.84
39.	Todd Holland	46	5	357.70		90.	Danny Ferriera	27	2	180.25
40.	John Pelton	70	6	353.55		91.	Donald Pacher	37	2	178.93
41.	Kurt Gustafson	25	4	345.53		92.	Alex Chlopecki	38	3	178.05
<u>42.</u>	<u>Jessica Hageman</u>	<u>34</u>	<u>5</u>	<u>336.40</u>		93.	Charles Petraske	32	2	177.22
43.	London Niles	12	11	335.90		94.	Sean Snow	43	2	175.03
44.	Vincent Kirby	53	10	326.61		95.	John Pajer	47	2	174.20
45.	Richard Godin	55	6	321.70		96.	David Peterson	51	2	170.98
<u>46.</u>	<u>Holly Atkinson</u>	<u>40</u>	<u>7</u>	<u>320.29</u>		<u>97.</u>	<u>Jackie Lemieux</u>	<u>43</u>	<u>6</u>	<u>169.74</u>
47.	Tom Tift	52	4	316.96		98.	Edward Myers	58	2	168.40
48.	Bob Woodworth	60	5	295.73		<u>99.</u>	<u>Carissa Stepien</u>	<u>29</u>	<u>2</u>	<u>161.76</u>
49.	Brian Rusiecki	31	3	293.70		100.	Eddie Haback III	32	2	155.45
50.	Josh Ferenc	28	3	291.11		101.	Jim Carlson	61	5	155.15
<u>51.</u>	<u>Denise Dion</u>	<u>51</u>	<u>9</u>	<u>290.39</u>		102.	Ben Keefe	28	2	154.82

2010 WMAC DION SNOWSHOE RACING SERIES / FINAL STANDINGS

PL	NAME	AGE	CNT	POINTS
103.	Josh Keefe	28	2	154.65
104.	Stan Tiska	52	3	154.27
105.	Jeff Hattem	58	4	153.44
106.	Sean Curtis	17	2	153.36
<u>107.</u>	<u>Amber Cullen</u>	<u>27</u>	<u>2</u>	<u>150.88</u>
108.	Tom Mack.	45	2	150.37
109.	Jamie Howard	44	12	146.07
<u>110.</u>	<u>Sara Brenner</u>	<u>29</u>	<u>2</u>	<u>145.31</u>
111.	Brian Smith	31	2	141.04
112.	Nicholas Henderson	25	2	140.91
113.	Dave Wilbur	50	4	140.65
114.	Andrew Rome	55	3	139.72
115.	Bill Glendon	63	10	139.13
116.	Seth Roberts	58	2	138.29
117.	Eric Kimmelman	45	2	136.97
118.	Thomas Ryan	49	2	136.70
119.	James Hartwig	24	2	135.43
120.	Jeff Coulter	45	2	134.09
<u>121.</u>	<u>Jennifer Ferriss</u>	<u>38</u>	<u>3</u>	<u>133.65</u>
122.	Jim Schertzer	34	2	133.47
123.	Konrad Karolczuk	57	13	132.80
<u>124.</u>	<u>Barbara Sorrell</u>	<u>52</u>	<u>5</u>	<u>132.23</u>
125.	Richard Busa	81	11	132.15
126.	Tim Rothfuss	40	3	131.64
127.	Eric Recene	38	2	130.68
128.	Tim Stocker	14	2	127.59
129.	Gareth Buckley	33	2	126.14
130.	John Butler	43	2	124.85
131.	Peter Finley	48	5	122.49
<u>132.</u>	<u>Angela Squadere</u>	<u>38</u>	<u>3</u>	<u>122.36</u>
133.	Chris Kusek	31	2	120.65
<u>134.</u>	<u>Meghan Foley</u>	<u>23</u>	<u>6</u>	<u>120.53</u>
135.	Frank Paone	52	2	119.69
<u>136.</u>	<u>Julie Cambell</u>	<u>19</u>	<u>2</u>	<u>119.25</u>
<u>137.</u>	<u>Elizabeth Bianchi</u>	<u>42</u>	<u>2</u>	<u>118.52</u>
<u>138.</u>	<u>Claudine Preite</u>	<u>43</u>	<u>3</u>	<u>116.74</u>
<u>139.</u>	<u>Maureen Roberts</u>	<u>51</u>	<u>4</u>	<u>115.81</u>
140.	Howard Bassett	49	2	115.62
141.	Danny Huang	19	2	115.49
<u>142.</u>	<u>Lisa Ransom</u>	<u>47</u>	<u>2</u>	<u>111.92</u>
143.	Dan Danecki	50	2	111.61
144.	Ed Alibozeck Jr	70	4	106.85
<u>145.</u>	<u>Jessica Harwood</u>	<u>30</u>	<u>2</u>	<u>106.67</u>
146.	Ed Buckley	51	2	105.09
<u>147.</u>	<u>Tracey Jeffreys</u>	<u>39</u>	<u>2</u>	<u>104.45</u>
<u>148.</u>	<u>Pat Rosier</u>	<u>51</u>	<u>4</u>	<u>103.28</u>
149.	Chris Imperial	29	2	102.32
150.	Brad Herder	52	3	100.85
151.	Sal Genovese	44	2	100.64
158.	Peter Canzone	57	3	98.93
159.	Richard Clark	55	2	98.80
162.	Jon Levenson	21	2	98.04
<u>164.</u>	<u>Audrey Witter</u>	<u>45</u>	<u>2</u>	<u>96.20</u>
176.	Alan Lum	19	2	93.23
<u>178.</u>	<u>Phyllis Fox</u>	<u>57</u>	<u>3</u>	<u>92.60</u>
186.	Douglas Fox	65	2	91.19
189.	Kim E. Scott	41	2	90.39

PL	NAME	AGE	CNT	POINTS
201.	Janet Tryson	56	4	87.47
210.	Juergen Reher	60	2	84.54
211.	Daryl Ryan	33	2	84.26
215.	Steve Obermayer	48	4	82.03
<u>216.</u>	<u>Holly Klein</u>	<u>34</u>	<u>2</u>	<u>81.48</u>
221.	Dave Almande	35	2	81.20
<u>227.</u>	<u>Erin Clark</u>	<u>21</u>	<u>2</u>	<u>78.79</u>
232.	Walter Kolodzinski	66	8	77.57
<u>235.</u>	<u>Jodie Lahey</u>	<u>31</u>	<u>3</u>	<u>77.09</u>
<u>240.</u>	<u>Regina Kavadias</u>	<u>43</u>	<u>2</u>	<u>76.26</u>
<u>243.</u>	<u>Colleen Quinn</u>	<u>53</u>	<u>3</u>	<u>75.16</u>
250.	Richard Kelly	47	2	73.57
<u>258.</u>	<u>Joanne Lynch</u>	<u>44</u>	<u>2</u>	<u>71.89</u>
<u>260.</u>	<u>Rebecca Armstrong</u>	<u>41</u>	<u>5</u>	<u>71.69</u>
267.	Stephen Banatoski	46	3	69.97
<u>270.</u>	<u>Mary Kennedy</u>	<u>51</u>	<u>2</u>	<u>69.68</u>
<u>276.</u>	<u>Maxine Stent</u>	<u>46</u>	<u>2</u>	<u>68.53</u>
<u>280.</u>	<u>Karen Costello</u>	<u>47</u>	<u>2</u>	<u>67.29</u>
<u>286.</u>	<u>Jen Schermerhorn</u>	<u>28</u>	<u>3</u>	<u>66.28</u>
304.	Steve King	62	2	62.23
305.	Ken Fairman	56	3	61.94
<u>310.</u>	<u>Kathleen Tensigni</u>	<u>39</u>	<u>4</u>	<u>61.20</u>
333.	Jim Arsenault	51	2	54.94
<u>334.</u>	<u>Karin Bradley</u>	<u>52</u>	<u>3</u>	<u>54.77</u>
335.	Jeff Clark	63	8	54.72
347.	Bruce Grisafe	56	2	50.69
<u>352.</u>	<u>Kristen Merle</u>	<u>22</u>	<u>2</u>	<u>49.52</u>
<u>353.</u>	<u>Kim Brown</u>	<u>38</u>	<u>2</u>	<u>49.50</u>
356.	Alan Schultz	64	5	48.94
372.	Greg Taylor	63	5	44.44
377.	Michael Maguire	54	2	43.63
390.	Ian Banatoski	14	3	40.85
<u>394.</u>	<u>Mary Lou White</u>	<u>54</u>	<u>3</u>	<u>40.51</u>
<u>397.</u>	<u>Peg Piwonka</u>	<u>38</u>	<u>2</u>	<u>40.20</u>
<u>400.</u>	<u>Rosalee Greer Smith</u>	<u>31</u>	<u>2</u>	<u>39.75</u>
<u>402.</u>	<u>Amy Adams</u>	<u>17</u>	<u>2</u>	<u>39.56</u>
<u>406.</u>	<u>Brucie Jacobs</u>	<u>56</u>	<u>2</u>	<u>38.61</u>
411.	Brian Wetherell	40	2	37.60
413.	Michael Amarello	46	2	37.46
<u>432.</u>	<u>Ginny Kelly</u>	<u>47</u>	<u>2</u>	<u>33.69</u>
<u>441.</u>	<u>Mary Vasquez Slack</u>	<u>46</u>	<u>2</u>	<u>31.67</u>
<u>447.</u>	<u>Cathy Biss</u>	<u>62</u>	<u>2</u>	<u>30.15</u>
<u>451.</u>	<u>Donna Gorson</u>	<u>54</u>	<u>3</u>	<u>29.28</u>
<u>456.</u>	<u>Sibyl Jacobson</u>	<u>67</u>	<u>2</u>	<u>28.34</u>
460.	Doug Mcbournie	51	2	27.41
464.	Andy Keefe	79	5	26.95
468.	James Banatoski	14	3	26.30
498.	Allison Kerr	25	4	20.42
<u>501.</u>	<u>Marey Bailey</u>	<u>58</u>	<u>2</u>	<u>20.10</u>
510.	Art Gulliver	71	2	18.33
<u>511.</u>	<u>Deborah Parker</u>	<u>54</u>	<u>2</u>	<u>18.33</u>
<u>519.</u>	<u>Chris Gregory</u>	<u>44</u>	<u>2</u>	<u>17.08</u>
<u>531.</u>	<u>Judith McCarthy</u>	<u>65</u>	<u>2</u>	<u>13.89</u>
569.	Ray Lee	67	2	6.55
<u>589.</u>	<u>Ellen Mach</u>	<u>XX</u>	<u>2</u>	<u>2.96</u>
<u>603.</u>	<u>Ann Dobrowolski</u>	<u>XX</u>	<u>2</u>	<u>1.00</u>