

W. M. A. C. S N O S H U – N E W S

TENTH ANNIVERSARY BY JESSICA HAGEMAN

January 27, 2011 marks the 10th anniversary of my first snowshoe race. I was fairly new to NY, and decided I needed an outdoor winter sport. I didn't know how to ski. I didn't know how to snowshoe either, but it seemed a lot safer! I got some snowshoes and thought I'd be able to walk on top the snow; that wasn't the case, and I was a bit disappointed. However, I quickly found that it was great exercise, so when I heard about a race at the Saratoga Battlefield (FrostFare 4 miler), I arrived in hiking boots with giant Tubb snowshoes in hand. I had a running background, but I hadn't been running. I figured people couldn't really run in those things anyway so I could fake it by speed hiking the race. Wrong—people do run! As I started running to avoid getting lost, I quickly found out how out of shape I was. I also found out how big blisters can get when running in hiking boots.

I don't remember exactly when I did my next race, but I know I ran some Saratoga Winterfest races and Camp Saratoga races when my schedule allowed. I often played volleyball tournaments on weekends, so it was hit and miss with the snowshoe races. In 2005, I hit more than I missed. I was becoming more regular but still didn't really know anyone, and I usually showed up, ran, and left without saying a word! This changed, however, with a big snowstorm in March of that year. I desperately wanted to do the last race of the season at North/South Pond, but I was afraid to drive there by myself in the snow. I e-mailed the race director to see if he knew of anyone else in the Albany area coming to run. Ed Alibozek connected me with Christophe Lanaud from Duaneburg. After a few e-mail exchanges, we agreed to meet and drive to the event. (For those of you who know Christophe, you can only imagine our trip!) Hanging with Christophe after the race, I met some more people, but it was the end of the season so I wasn't going to see them for a while. In the 2005 Barnyard Awards, I was recognized as a K2 Award winner, a most improved participant. I was thrilled to see my name in the SnoNews as I had no idea these folks even knew who I was. The next winter couldn't come soon enough!

The 2006 season kicked off with the December 2005 Woodford Race. I noticed the Albany Running Exchange was planning a group trip to the race so I quickly joined the club for a carpool opportunity. Carpooling was my main motivation for joining the club—can you believe it?!?! There have been so many other benefits & opportunities from membership, but it all started with my wanting a ride to a snowshoe race! I rode with John Kinnicutt (vaguely familiar from having played volleyball in the area) and Brennan Tarrier and met many other folks that day. My racing continued that season beyond the WMAC series. I did the Hoffman Notch Wilderness Race near Schroon Lake. It was there, during a long wait for awards, that I met my good friend Pam DelSignore. 2006 USSSA Nationals were being held at Bolton Valley Resort in VT, so Pam & I decided to do as many races as we could to train and qualify. Mother Nature was not on our side and several races were postponed, relocated, and/or cancelled. We managed to qualify nonetheless, and as the day approached, I traded my RedFeathers for Dions in hoping I'd be faster. I got to wear Dion apparel at nationals and that made me feel famous ☺ Pam & I both brought home silver age group medals!



The next few years continued the pattern: race whenever there was no volleyball tournament. Often there were two races a weekend, and I could go to at least one of them as we rarely played back to back volleyball. In 2008 & 2009, some ARE members became adventurous and decided to do 3 races in just 2 days. We started with a WMAC race on Saturday morning and drove to NH for a moonlit Granite Series race in the evening. Then we drove back to MA for a race on Sunday (thanks to Walt Kolodzinski and Beth & Brad Herder for accommodations). Both times it was an exhausting, yet exhilarating, experience that created a lot of laundry! Beyond the WMAC series (now DION series) and Granite State Series, I've found few other races. I've done a couple of the Empire State Games Qualifying races, one in Cooperstown and a few at the Saratoga Biathlon club. Conflicts kept me from competing in the ESG most years, but I did manage to race one year and won a silver age group award.

In 2010 I started playing less volleyball and had time for more running & snowshoeing. The Northeast had earned hosting rights for nationals again so I set that as a goal. I qualified and went to Highlands Forest, NY, for the 10k event. It was tough to establish solid footing in the spring snow, and the race finished with the most brutal hill I've ever seen, but I placed 3rd in my age category and got the coolest medal ever! In snowshoeing it's hard to compare PR's from year to year or course to course because of the different distances, terrains, and most importantly snow conditions. You can only judge your performance by the number of times you find yourself wanting to walk or the number of times your heart beats out of your chest. I suppose this is where the Target comes into play. Instead of comparing PR's, you can try comparing yourself to other runners and select a Target you want to beat for the day. Laura Clark gave me the Target to wear for Brave the Blizzard, and when someone wears the Target, motivation is two-fold. The Target doesn't want to be passed, but others want to pass him/her. Competing with others and having arch rivals is a fun, healthy way to get better, and isn't getting better the target? It's my target, and I thank everyone in the WMAC and the ARE for making that possible.

PLAY BALL! DOUBLEHEADERS AT GREYLOCK GLEN AND GUILDERLAND

The 2011 season's first doubleheader played out Saturday in the highlands of Greylock Glen and Sunday at Brave the Blizzard's more urban Pine Bush Preserve. The two events could not have been more different and ended up complementing each other nicely...

For **Game #1** we pilgrimaged once more to the Glen, a staple on the WMAC calendar since 1999. The beavers have now iced over and blockaded the original course. Protected by state law, they are clinging tenaciously to their prima donna status, so we avoid confrontation by sticking to the terrain on the opposite side of the pond. Along the way, we paid homage to the Boys of Winter who made Thunderbolt a household word, went on to fight in World War II with the 10th Mountain Division and returned home to establish nearly every major ski area in the United States.

Less known is this historical tidbit, appropriate for the Martin Luther King weekend: In the mid-1800's the northeastern slopes of Mt. Greylock functioned as a stop on the Underground Railroad with a number of runaway slaves building cabins along its less accessible reaches. They were in a serious race for freedom and we can only hope that most of them were winners.

After several weeks of make-do snow, we were treated to three feet of fluffy powder. Edward and his loyal sidekick Tippi joyfully set the playing field, tromping down the knee-deep snow, or in Tippi's case, snorkeling on through. After a laying North/South Pond route through minimal cover, Edward definitely deserved this bounty.

As we stomped around the dugout trying to keep warm in the two degree weather, I spotted Brad Herder with a peculiar glint in his eye. Then I looked down at his hands. After two weeks of trying to finish ahead of me, he decided to accessorize with trekking poles. I admire anyone who can wield poles decisively on the uphill and can plummet downslope with these lethal weapons firmly in control and not wrapped around an innocent tree. Since Brad's wife Beth is the undisputed expert, I figured she had given him lessons. Was I worried? You bet!

After a bit of good-natured jostling, Brad settled down behind me. He was gracious enough to share his gameplan: to remain annoyingly one step behind me until the final descent. The trail was hilly and twisty so a competitor just seconds behind you has a tendency to disappear. Not wanting to show weakness by glancing over my shoulder, I concentrated on reeling in Kathleen Furlani. While I did catch up to her train, I never managed to overcome my caboose position. Still, that is the closest I've gotten to her lately and I owe it all to Brad, who finally touched home plate a full ten minutes later after a prodigious battle with his uncooperative poles.

The morning of **Game #2**, I woke up feeling like I was facing a marathon and everyone around me was bouncing up and down eager for the marathon relay to begin. In truth, though, there were seventeen of us who felt the same way. Except for Jim Johnson who beat us all around the ballpark two days in a row and Amy Lane who claimed overall female position for the same two days. So basically I had no excuse.

Brave the Blizzard is a big deal ARE race with a large playing field, a heated gym, bullhorns and a Frosty the Snowman cheerleader. At Greylock you could wear a bib number if you had remembered to save it from the previous week. Or not. Edward absolutely knows everyone so it didn't really matter. At BTB 63 newbies had reserved loaners and your race number, not your name, was called when you crossed the line.

For the persistent seventeen, knowing what to wear was a challenge as we had moved from yesterday's 2 degree high to a balmy 25 degrees. Some, of course, had their uniform already laid out. Ken Clark (#5) and Chelynne Tetreault (3rd woman) handily slid to home plate at Greylock wearing Target vests which were then batoned to Jessica Hageman and Michael Dellarocco at BTB.

While the Targets have apparently settled on a male/female persona, they have also acquired a Babe Ruth mystique. We are all fully aware now that while wearing the Target may in fact make you faster, it also also causes you to become, well, "a Target." Both Maureen Roberts and Tom Ryan refused the honor, saying they didn't feel fast enough to hold off the hoards (your time will come). Since BTB attracts a larger non-WMAC contingent, many players had no clue. Still, in a race featuring Frosty the Snowman, improvisation seemed normal. Jessica reported that one runner who slid in mere inches ahead of her commented, "I don't know why you were wearing a vest, but it looked like a target, so I thought I should try my best to pass you."

With the Herders taking a recovery day, I tried to stay with as many Stryders as I could. Maureen Roberts substituted for Kathleen Furlani, remaining tantalizing ahead, almost within reach. Eventually, I formed my own pace group, leading five others through the last mile. I knew they would probably pass me on the final straightaway, and although I tried to stave off the inevitable the instant replay says it all: a string of one-second separations. Still, even without the Target, they kept me going much faster than I would have on my own.

After pancakes, Jeff, Jen Ferriss and I headed to Fleet Feet Sports to redeem our Hood to Coast 10% off shoe discount coupons, only to discover once we arrived that after two snowshoe races in two days we were mentally unprepared to take on the responsibilities of new shoe ownership. We backed out of the store as fast as we could, not even pausing to justify our trip with the purchase of some Cliff bars. Charlie always displays the latest seasonal limited-time-only flavors and we just didn't feel up to the task of deciding between cranberry nut, pumpkin pie or gingerbread. We were into comfort food and could only cope with oatmeal raisin or crunchy peanut butter.

Once back home, I was ecstatic to discover that I had won the shower lottery. We are nursing a senior hot water heater that may or may not at any given time actually produce hot water, lukewarm being its compromise of choice. Usually I seem to be the loser, but this time I was rewarded by a deliciously hot massaging shower. Ice baths are definitely overrated, at least after doubleheader snowshoe races.

By Laura Clark

WMAC

2011 DION SNOWSHOE RACING SERIES

WMAC

12th ANNUAL GREYLOCK GLEN SNOWSHOE RACE**January 15, 2011****GREYLOCK GLEN****ADAMS, MA**

PL	NAME	AGE	TIME	PTS
01.	Jim Johnson	33	0:35:07	100.00
02.	Ross Krause	31	0:36:13	98.70
03.	Chris Taft	30	0:36:21	97.40
04.	Tim Mahoney	31	0:38:32	96.10
05.	Ken Clark	48	0:38:38	94.81
06.	Erik Wight	51	0:40:54	93.51
07.	Richard Teal	32	0:40:55	92.21
08.	Jeff Dengate	33	0:40:56	90.91
09.	Paul Bazanchuk	56	0:40:57	89.61
10.	Eddie Habeck	33	0:41:13	88.31
11.	Brian Northan	35	0:41:45	87.01
12.	Peter Malinkowski	56	0:42:04	85.71
13.	Alan Bates	62	0:42:19	84.42
14.	Mike Lahey	59	0:43:00	83.12
15.	Amy Lane	31	0:43:01	81.82
16.	Ashley Krause	33	0:43:14	80.52
17.	Paul Wachur	22	0:44:45	79.22
18.	Dan French	39	0:45:14	77.92
19.	Jack Casey	57	0:46:01	76.62
20.	Chelynne Tetreault	35	0:46:43	75.32
21.	Joseph Bator	40	0:48:10	74.03
22.	John Kline	44	0:48:11	72.73
23.	Eric Kimmelman	46	0:48:26	71.43
24.	Jeff Andritz	29	0:49:19	70.13
25.	Gareth Buckley	34	0:49:20	68.83
26.	Nick Tooker	31	0:49:26	67.53
27.	Nic Scibelli	48	0:49:30	66.23
28.	Jessica Hageman	35	0:49:40	64.94
29.	Jan Rancatti	50	0:50:53	63.64
30.	Randy Zucco	40	0:51:06	62.34
31.	Scott Halligan	30	0:51:08	61.04
32.	Bob Dion	55	0:51:10	59.74
33.	Scott Bradley	56	0:51:11	58.44
34.	Theresa Apple	49	0:51:20	57.14
35.	Sweep Voll	49	0:51:25	55.84
36.	Jim Hartwig	30	0:51:30	54.55
37.	David Cameron	40	0:51:33	53.25
38.	Sara Praguski	31	0:52:51	51.95
39.	Pete Cole	41	0:53:23	50.65
40.	Laurel Shortell	44	0:54:41	49.35
41.	Will Danecki	60	0:54:59	48.05
42.	London Niles	13	0:55:24	46.75
43.	Denise Dion	52	0:56:10	45.45
44.	Stanley Tiska	53	0:56:15	44.16
45.	Patty Duffy	42	0:56:28	42.86
46.	Ed Alibozek	71	0:57:15	41.56
47.	John Aldrich	52	0:57:35	40.26
48.	Pat Rosier	52	0:57:51	38.96

PL	NAME	AGE	TIME	PTS
49.	Stan Serafin	57	0:57:52	37.66
<u>50.</u>	<u>Kathleen Furlani</u>	<u>62</u>	<u>0:58:57</u>	<u>36.36</u>
<u>51.</u>	<u>Laura Clark</u>	<u>63</u>	<u>0:59:19</u>	<u>35.06</u>
<u>52.</u>	<u>Jody Lahey</u>	<u>32</u>	<u>0:59:21</u>	<u>33.77</u>
<u>53.</u>	<u>Deb Wechter</u>	<u>35</u>	<u>0:59:26</u>	<u>32.47</u>
<u>54.</u>	<u>Jamie Coyne</u>	<u>52</u>	<u>0:59:59</u>	<u>31.17</u>
55.	Jamie Howard	45	1:00:41	29.87
56.	George Whaling	49	1:00:42	28.57
57.	Tom Wright	63	1:01:14	27.27
58.	Ed Buckley	52	1:01:36	25.97
59.	Bob Massaro	67	1:01:51	24.68
<u>60.</u>	<u>Jackie Lemieux</u>	<u>44</u>	<u>1:02:32</u>	<u>23.38</u>
61.	Karl Molitoris	55	1:02:48	22.08
<u>62.</u>	<u>Joanne Lynch</u>	<u>45</u>	<u>1:02:54</u>	<u>20.78</u>
<u>63.</u>	<u>Meghan Foley</u>	<u>24</u>	<u>1:03:11</u>	<u>19.48</u>
64.	Vince Kirby	54	1:06:36	18.18
65.	Martin Glendon	64	1:07:08	16.88
66.	Walter Kolodzinski	68	1:09:49	15.58
67.	Brad Herder	53	1:09:50	14.29
<u>68.</u>	<u>Mary Kennedy</u>	<u>52</u>	<u>1:11:06</u>	<u>12.99</u>
<u>69.</u>	<u>Karen Bradley</u>	<u>52</u>	<u>1:11:07</u>	<u>11.69</u>
<u>70.</u>	<u>Sue Snyder</u>	<u>56</u>	<u>1:12:57</u>	<u>10.39</u>
71.	George Boudreau	41	1:13:10	9.09
<u>72.</u>	<u>Julie Gardner</u>	<u>39</u>	<u>1:13:15</u>	<u>7.79</u>
73.	Rich Busa	81	1:14:13	6.49
74.	Bill Glendon	64	1:15:11	5.19
<u>75.</u>	<u>Marylou White</u>	<u>55</u>	<u>1:20:29</u>	<u>3.90</u>
<u>76.</u>	<u>Rebecca Armstrong</u>	<u>42</u>	<u>1:36:40</u>	<u>2.60</u>
77.	Jeff Clark	64	1:36:41	1.30
78.	Edward Alibozek	48	1:48:40	0.50 marking

We had our first Greylock Glen Snowshoe Race in '99. It was unofficial, as many of them were back then. We have held snowshoe races in the Glen each year since.

This one was special for me, because Paul Hartwig came out to visit us for a while. Paul, my dad and I have spent hundreds of hours in the Glen and on Greylock together through the years. Paul isn't able to get out as he once did, but there wouldn't be Greylock Snowshoe Races if it weren't for him. He directed all the early events here, and the current course is what he had come up with a few years back after the beaver had taken over the north side.

I want to thank everyone for participating; I am honored to have shared this day with all of you, your spirit made it worthy! Thanks to our fantastic helpers today, also.

Farmer Ed

7th ANNUAL BRAVE THE BLIZZARD SNOWSHOE RACE

January 16, 2011

Guilderland Elementary School

Guilderland, NY

PL	NAME	AGE	TIME	PTS
01.	Jim Johnson	33	29:42:00	100.00
02.	Tim Vanorden	42	31:08:00	99.52
03.	Connor Devine	17	32:51:00	99.03
04.	Josh Merlis	29	32:51:00	98.55
05.	Gary Fancher	49	33:47:00	98.07
06.	Thomas O'Grady	25	34:19:00	97.58
07.	Jeff Dengate	33	34:21:00	97.10
08.	Ahmed Elasser	48	34:42:00	96.62
09.	Ken Clark	48	35:02:00	96.14
10.	Brian Northan	35	35:37:00	95.65
11.	Eddie Haback	33	36:30:00	95.17
12.	Richard Teal	32	36:51:00	94.69
13.	John Agosto	46	37:09:00	94.20
14.	Amy Lane	31	37:47:00	93.72
15.	Clinton Morse	48	37:49:00	93.24
16.	Charles Petraske	33	38:10:00	92.75
17.	Zach Russo	27	38:21:00	92.27
18.	David Almand	36	39:10:00	91.79
19.	Dave Merkt	27	39:13:00	91.30
20.	James Devine	50	39:37:00	90.82
21.	Joshua Katzman	34	39:52:00	90.34
22.	Elliott Megquier	22	40:10:00	89.86
23.	Mike Lahey	59	40:21:00	89.37
24.	Jon Rocco	44	40:40:00	88.89
25.	Russ Hoyer	50	40:58:00	88.41
26.	Dennis Vanvlack	38	41:22:00	87.92
27.	Richard Chipman	50	41:47:00	87.44
28.	Jeffrey Andritz	29	41:49:00	86.96
29.	Steven Sweeney	55	41:59:00	86.47
30.	Patrick Sorsby	35	42:18:00	85.99
31.	Chris Nowak	36	42:29:00	85.51
32.	Kyle Johnson	37	43:16:00	85.02
<u>33.</u>	<u>Cory Reid</u>	<u>42</u>	<u>43:23:00</u>	<u>84.54</u>
34.	Edward Myers	59	43:29:00	84.06
35.	Jason Roberts	35	43:44:00	83.57
36.	Todd Rowe	42	43:55:00	83.09
<u>37.</u>	<u>Jacque Schiffer</u>	<u>46</u>	<u>44:01:00</u>	<u>82.61</u>
38.	Richard Hamlin	38	44:06:00	82.13
39.	Johnathon Bright	40	44:24:00	81.64
40.	Kevin Reedy	35	44:35:00	81.16
41.	Mark Stephenson	46	44:38:00	80.68
42.	Peter Katapski	51	44:42:00	80.19
43.	Thomas Ryan	50	44:50:00	79.71
44.	Glen Tryson	57	44:57:00	79.23
45.	David Spore	39	45:11:00	78.74
46.	Brian Teague	52	45:12:00	78.26
<u>47.</u>	<u>Jessica Hageman</u>	<u>35</u>	<u>45:17:00</u>	<u>77.78</u>
48.	John Pelton	71	45:19:00	77.29
49.	Tom Tift	53	45:41:00	76.81
50.	Jeff Clark	53	46:03:00	76.33
51.	John Paduano	50	46:05:00	75.85
52.	Duane Knutson	58	46:20:00	75.36
53.	Drew Anderson	42	46:31:00	74.88

PL	NAME	AGE	TIME	PTS
54.	Paul Cox	17	46:31:00	74.40
55.	Jonathan Golden	37	46:42:00	73.91
56.	Ross Montfort	26	47:08:00	73.43
57.	Jim David	39	47:21:00	72.95
58.	Chris Terzian	49	47:24:00	72.46
<u>59.</u>	<u>Meghan Davey</u>	<u>25</u>	<u>47:25:00</u>	<u>71.98</u>
60.	Steve Vnuk	55	48:11:00	71.50
<u>61.</u>	<u>Angela Squadere</u>	<u>39</u>	<u>48:15:00</u>	<u>71.01</u>
<u>62.</u>	<u>Lisa D'Aniello</u>	<u>24</u>	<u>48:23:00</u>	<u>70.53</u>
63.	Frank Rees	51	48:24:00	70.05
64.	Anthony Gibson	26	48:52:00	69.57
<u>65.</u>	<u>Di Tobon Knobloc</u>	<u>29</u>	<u>48:53:00</u>	<u>69.08</u>
66.	Frank Paone	53	48:54:00	68.60
67.	Joseph Sullivan	48	49:00:00	68.12
68.	Joe Bouck	48	49:02:00	67.63
69.	Mark Mortensen	30	49:03:00	67.15
70.	Tom Mack	46	49:08:00	66.67
<u>71.</u>	<u>Jen Kuzmich</u>	<u>52</u>	<u>49:38:00</u>	<u>66.18</u>
72.	Jim McMorris	42	49:45:00	65.70
73.	Jan Rancatti	50	50:01:00	65.22
74.	John Butler	44	50:04:00	64.73
<u>75.</u>	<u>Stephanie Wille</u>	<u>35</u>	<u>50:15:00</u>	<u>64.25</u>
76.	Michael Dellarocco	59	50:19:00	63.77
77.	Steve Clapper	42	50:47:00	63.29
<u>78.</u>	<u>Laurel Shortell</u>	<u>44</u>	<u>50:57:00</u>	<u>62.80</u>
<u>79.</u>	<u>Sarah Dzikowicz</u>	<u>40</u>	<u>51:02:00</u>	<u>62.32</u>
80.	William Milak	58	51:05:00	61.84
<u>81.</u>	<u>Diane Hanson</u>	<u>46</u>	<u>51:06:00</u>	<u>61.35</u>
<u>82.</u>	<u>Kim Scott</u>	<u>42</u>	<u>51:07:00</u>	<u>60.87</u>
83.	Rich Tanchyk	59	51:09:00	60.39
<u>84.</u>	<u>Katie Vitello</u>	<u>27</u>	<u>51:14:00</u>	<u>59.90</u>
85.	Lee Hilt	54	51:15:00	59.42
86.	Charles Brockett	65	51:37:00	58.94
87.	Doug Moudy	37	52:09:00	58.45
88.	Ed Alibozek Jr	71	52:17:00	57.97
<u>89.</u>	<u>Kelly Virkler</u>	<u>27</u>	<u>52:37:00</u>	<u>57.49</u>
90.	Chuck Trimarchi	64	53:14:00	57.00
91.	Joe Yavonditte	61	53:41:00	56.52
92.	Daniel Pollay	41	53:44:00	56.04
93.	Vincent Kirby	54	54:05:00	55.56
94.	Alex Chlopecki	39	54:33:00	55.07
<u>95.</u>	<u>Denise Gonder</u>	<u>46</u>	<u>55:06:00</u>	<u>54.59</u>
96.	James Ebersold	50	55:18:00	54.11
<u>97.</u>	<u>Peggy McKeown</u>	<u>53</u>	<u>55:23:00</u>	<u>53.62</u>
<u>98.</u>	<u>Katie Melsert</u>	<u>24</u>	<u>55:51:00</u>	<u>53.14</u>
<u>99.</u>	<u>Maureen Roberts</u>	<u>53</u>	<u>56:11:00</u>	<u>52.66</u>
100.	Matthew Melsert	56	56:18:00	52.17
101.	Darrell Everts	41	56:40:00	51.69
102.	Jim Carlson	63	56:40:00	51.21
103.	Brian Houch	26	56:41:00	50.72
<u>104.</u>	<u>Cecilia Karutis</u>	<u>19</u>	<u>56:42:00</u>	<u>50.24</u>
<u>105.</u>	<u>Michelle Pendergast</u>	<u>37</u>	<u>56:46:00</u>	<u>49.76</u>
<u>106.</u>	<u>Jessica Bonfey</u>	<u>28</u>	<u>56:47:00</u>	<u>49.28</u>

7th ANNUAL BRAVE THE BLIZZARD SNOWSHOE RACE

January 16, 2011

Guilderland Elementary School

Guilderland, NY

PL	NAME	AGE	TIME	PTS
107.	Laura Clark	63	56:51	48.79
108.	Paula Boughtwood	49	56:54	48.31
109.	Jennifer Ferriss	39	57:02	47.83
110.	Leigh Ann Gilson	37	57:11	47.34
111.	Ginny Patsun	42	57:37	46.86
112.	Robert Norman	35	57:44	46.38
113.	Jessica Tucker	24	58:15	45.89
114.	Douglas Tucker	56	58:15	45.41
115.	Nicolette Pohl	49	58:48	44.93
116.	Bill Orr	48	58:49	44.44
117.	John Bateman	45	58:51	43.96
118.	Ruth Grisham	39	59:35	43.48
119.	Chuck Batcher	63	59:48	43.00
120.	Pam Fitzgerald	50	59:49	42.51
121.	Jean Karutis	50	59:50	42.03
122.	Dora Anderson	40	1:00:32	41.55
123.	Donna Charlebois	52	1:00:42	41.06
124.	Dave Boles	64	1:01:10	40.58
125.	Anthony Ostrander	43	1:01:12	40.10
126.	Susan Motler	48	1:01:20	39.61
127.	William Dixon	51	1:01:39	39.13
128.	Susan Johnson	50	1:02:22	38.65
129.	Amanda Wing	26	1:02:22	38.16
130.	Laurie Sturgis	47	1:02:34	37.68
131.	Dawn Grock	42	1:02:48	37.20
132.	Kimiko Warlaumont	24	1:03:00	36.71
133.	Eric Gee	32	1:03:11	36.23
134.	Dan Kelly	41	1:03:25	35.75
135.	Colleen Murray	37	1:03:26	35.27
136.	Brian Murray	42	1:03:27	34.78
137.	Allison Bandos	25	1:03:29	34.30
138.	Rita Verga	34	1:03:30	33.82
139.	Timothy Williams	56	1:04:01	33.33
140.	Andrea Rodriguez	37	1:04:09	32.85
141.	Becky Phillips	43	1:04:22	32.37
142.	Kathleen Ryan	46	1:04:24	31.88
143.	Callee Carpenter	37	1:04:24	31.40
144.	Ashley Peacock	34	1:04:25	30.92
145.	Jen Hebner	36	1:04:28	30.43
146.	Linda Cure	50	1:04:30	29.95
147.	Dave Cole	53	1:04:31	29.47
148.	Gail Hein	59	1:04:33	28.99
149.	Angela Vasilakos	34	1:04:50	28.50
150.	Nicole Robilotto	40	1:04:55	28.02
151.	Melody York	34	1:04:56	27.54
152.	Donna Lustenhouwer	57	1:06:00	27.05
153.	Megan Fulwiler	40	1:06:02	26.57
154.	Erin Lasky	35	1:06:05	26.09
155.	George Boudrean	41	1:06:52	25.60
156.	Patty Paduano	53	1:06:54	25.12
157.	Andrea Devlin	30	1:07:53	24.64
158.	Sarah Iaccabacci	38	1:07:58	24.15
159.	Vicki Quagliaroli	57	1:08:34	23.67

PL	NAME	AGE	TIME	PTS
160.	John Christopher	42	1:08:58	23.19
161.	Shannon Donova	23	1:09:18	22.71
162.	Anne Roberts	25	1:09:19	22.22
163.	Michael Maguire	55	1:09:40	21.74
164.	Ray Lee	68	1:09:52	21.26
165.	Janet Tryson	57	1:10:19	20.77
166.	Unknown		1:10:20	20.29
167.	Joann Lyons	54	1:10:27	19.81
168.	Jim Sheehan	58	1:10:33	19.32
169.	Kathleen Tersigni	40	1:10:41	18.84
170.	Uzma Qureshi	49	1:11:02	18.36
171.	Allison Behan	36	1:11:38	17.87
172.	John Warlaumont	62	1:12:47	17.39
173.	Pia Sanda	56	1:13:05	16.91
174.	Ryan Walsh	31	1:13:14	16.43
175.	Sarah Loveland	29	1:13:15	15.94
176.	Steve Obermayer	49	1:13:18	15.46
177.	Charlotte Melsert	54	1:13:33	14.98
178.	Phyllis Fox	58	1:13:49	14.49
179.	Rebecca Cope	21	1:13:50	14.01
180.	Jenn Marlow	35	1:13:59	13.53
181.	Kate Thies	34	1:14:00	13.04
182.	Tammy Colman	41	1:14:04	12.56
183.	Amelia Gee	31	1:14:05	12.08
184.	Arlon Sturgis	50	1:14:22	11.59
185.	Caroline Flynn	32	1:15:08	11.11
186.	Cody Rogers	17	1:16:20	10.63
187.	Alan Schultz	65	1:16:27	10.14
188.	Robin Nagengast	44	1:16:39	9.66
189.	Jeff Clark	64	1:16:50	9.18
190.	Maureen O'Brien	40	1:17:09	8.70
191.	Diane Fisher	40	1:17:11	8.21
192.	Alissa Caton	42	1:17:30	7.73
193.	Cathy Sheehan	50	1:17:47	7.25
194.	Leslie Bennett	31	1:17:49	6.76
195.	Andrea Apollo	38	1:17:51	6.28
196.	James Thomas	64	1:19:40	5.80
197.	John Christopher	11	1:20:28	5.31
198.	Ronnie Senez	57	1:20:58	4.83
199.	Jenika Conboy	38	1:22:47	4.35
200.	Chloe Rodriguez	16		3.86
201.	Kristen Majkut	36		3.38
202.	Heather Hamell	33		2.90
203.	Katherine Karlson	58		2.42
204.	Lee Schaller	57		1.93
205.	Linda Keeley	65		1.45
206.	Ashley Pollock	33		0.97
207.	Kate Kenney	33		0.48

A new record for snowshoers at a WMAC Dion Series Race! The previous high was Saratoga Spa Winterfest with 196 to the finish line in 2009.

DAVE DUNHAM'S 2011 MILESTONES

MILESTONES FROM GREYLOCK GLEN:

Finishes:

Bob Massaro 90 finishes.
Jackie Lemieux 30 finishes.
Richard Teal 25 finishes.
Ed Buckley 25 finishes.
Paul Bazanchuk 25 finishes.
Gareth Buckley 20 finishes.

Points:

Jessica Hageman passes 2,500 with 2523.73.
Chelynn Tetreault passes 2,000 with 2051.85.
Nico Scibelli passes 1,000 with 1053.26.
Jackie Lemieux passes 1,000 with 1014.40.

MILESTONES FROM BRAVE THE BLIZZARD:

Finishes:

Mike Lahey 70 finishes.
Jacque Schiffer 25 finishes.

Points

John Pelton passes 4,000 with 4009.36.
Tim Van Orden passes 3,000 with 3018.19.

JAN 15TH & 16TH SNOWSHOER OF WEEK:

Ken Clark - moved into the lead for all-time WMAC points with 8,398.71, passing Bob Dion who held the lead since the end of the 2004 season.

All-time point leaders at the end of each season (this was pretty interesting), listed below. Note: Only three people have EVER had the most points lead at the end of any season... Bob Dion, Bryan Dragon, and Ken Clark.

1998	Bob Dion
1999	Bryan Dragon
2000 - 2003	Ken Clark
2004 - 2010	Bob Dion

HERE ARE THE FINISH LEADERS BY YEAR:

1998 - Bryan Dragon, Larry Dragon, and Karl Molitoris	2
1999 - Curt Pandiscio, Molitoris, Worsham, and Konrad K	4
2000 - Molitoris, Worsham, & KK	9
2001 - KK	15
2002 - KK	20
2003 - KK	29
2004 - KK & Richard Busa	40
2005 - Bob Dion	53
2006 - Dion	61
2007 - KK	70
2008 - KK	84
2009 - KK	99
2010 - KK and Laurel Shortell	112

ALL TIME POINTS LEADERS 01/16/2011:

1	Ken Clark	8398.71	Hartford Track
2	Bob Dion	8346.87	WMAC DION
3	Dave Dunham	6550.17	CMS
4	Edward Alibozek	6292.31	WMAC DION
5	Ed Alibozek Jr	4790.88	WMAC DION
6	Mike Lahey	4714.71	WMAC DION
7	Jay Kolodzinski	4263.54	EORC
8	John Pelton	4009.36	Battenkill
9	Laura Clark	3936.51	Saratoga Stryders
10	Laurel Shortell	3694.31	WMAC DION
11	Leigh Schmitt	3439.53	SMAC
12	Ben Nephew	3245.22	CMS
13	David Boles	3204.92	
14	Bob Worsham	3127.51	WMAC DION
15	Bill Morse	3079.03	Dungeon Rock
16	Bob Massaro	3037.57	WMAC DION
17	Tim Van Orden	3018.19	CMS
18	Peter Lipka	2884.51	WMAC DION
19	Larry Dragon	2834.56	WMAC DION
20	Paul Hartwig	2745.17	WMAC DION
21	Jack Casey	2642.21	
22	Scott Bradley	2625.15	WMAC DION
23	Jessica Hageman	2601.51	ARE
24	Alan Bates	2598.17	WMAC DION
25	Richard Busa	2525.59	WMAC DION
26	Richard Bolt	2454.67	CMS
27	Dave Hannon	2434.19	NETT
28	Martin Glendon	2407.52	WMAC DION
29	Wayne Stocker	2399.36	GSH
30	Peter Malinowski	2326.59	
31	Denise Dion	2299.44	WMAC DION
32	Paul Low	2283.77	CMS
33	Richard Teal	2242.22	ARE
34	Vincent Kirby	2184.33	
35	Darlene McCarthy	2170.88	WMAC DION
36	Paul Bazanchuk	2129.12	WMM
37	Tim Mahoney	2096.44	CMS
38	Kelly Herrington	2071.45	
39	Chelynn Tetreault	2051.85	WMAC DION
40	Nick Jubok	2002.30	
41	Jim Carlson	1982.36	Saratoga Stryders
42	Carol Kane	1972.68	WMAC DION
43	Jan Rancatti	1909.25	WMAC DION
44	Shaun Sutcliffe	1899.57	WMAC DION
45	Jacque Schiffer	1756.68	
46	Mathew Cartier	1717.74	
47	Kelli Lusk	1686.91	CMS
48	Rob Smith	1614.30	CMS
49	Josh Merlis	1596.21	ARE
50	Jim Johnson	1588.19	CMS

Dave Dunham has been updating these figures for the last 3 or 4 years, and keeps us current with all our facts. If you have an idea or question for Dave, he can be reached at:

dave.dunham@comcast.net

WMAC

2011 DION SNOWSHOE RACING SERIES

WMAC

3rd ANNUAL HOOT TOOT & WHISTLE 5KM SNOWSHOE RACE**January 22, 2011****Catamount Ski Trail****Readsboro, VT**

#	NAME	AGE	TIME	POINTS	#	NAME	AGE	TIME	POINTS
01.	Ken Clark	48	32:04	100.00	54.	Shari Hymes	46	43:06	44.79
02.	Tim VanOrden	42	32:05	98.96	55.	Doug Wright	50	43:14	43.75
03.	Tim Mahoney	31	32:08	97.92	56.	Martin Glendon	64	43:46	42.71
04.	Conner Devine	17	32:12	96.88	57.	Peter Madden	71	43:49	41.67
05.	Rich Teal	32	32:29	95.83	58.	Vincent Kirby	54	43:53	40.62
06.	David Merkt	27	32:44	94.79	59.	Bob Massaro	67	44:06	39.58
07.	Erik Wight	51	33:09	93.75	<u>60.</u>	<u>Mary Kennedy</u>	<u>52</u>	<u>44:08</u>	<u>38.54</u>
08.	Glenn Hammett	33	33:11	92.71	<u>61.</u>	<u>Susan Johnson</u>	<u>50</u>	<u>46:08</u>	<u>37.50</u>
09.	John Agosto	46	33:12	91.67	62.	Henry LaBarba	57	46:09	36.46
10.	Amy Lane	31	33:14	90.63	<u>63.</u>	<u>Nancy Caldwell</u>	<u>46</u>	<u>47:19</u>	<u>35.42</u>
11.	Chelynn Tetreault	35	33:21	89.58	<u>64.</u>	<u>Sara Bonthuis</u>	<u>50</u>	<u>47:31</u>	<u>34.37</u>
12.	Dominic Wilson	40	33:21	88.54	<u>65.</u>	<u>Maura Hawkins</u>	<u>52</u>	<u>47:34</u>	<u>33.33</u>
13.	Mike Lahey	59	33:21	87.50	<u>66.</u>	<u>Ginny Patsun</u>	<u>42</u>	<u>47:55</u>	<u>32.29</u>
14.	Jack Casey	57	33:21	86.46	67.	Joseph Murphy	31	48:09	31.25
15.	Ned James	56	33:25	85.42	68.	Richard Busa	81	50:06	30.21
16.	Richard Chipman	50	33:27	84.37	69.	Bill Glendon	64	50:22	29.17
17.	Jim Devine	50	33:29	83.33	<u>70.</u>	<u>Francine Germaine</u>	<u>54</u>	<u>51:08</u>	<u>28.12</u>
18.	Todd Holland	47	33:32	82.29	<u>71.</u>	<u>Jennifer McNary</u>	<u>43</u>	<u>52:31</u>	<u>27.08</u>
19.	Clinton Morse	48	33:34	81.25	<u>72.</u>	<u>Rebecca Armstrong</u>	<u>42</u>	<u>53:26</u>	<u>26.04</u>
20.	Duane Knutson	58	33:41	80.21	<u>73.</u>	<u>Mary Vasquez-Slack</u>	<u>47</u>	<u>54:28</u>	<u>25.00</u>
<u>21.</u>	<u>Jessica Hageman</u>	<u>35</u>	<u>34:46</u>	<u>79.17</u>	74.	Jeff Clark	64	54:42	23.96
22.	Brian Northan	35	34:47	78.12	<u>75.</u>	<u>Annette Santiago</u>	<u>46</u>	<u>54:47</u>	<u>22.92</u>
23.	Scott Halligan	30	34:49	77.08	<u>76.</u>	<u>Maggie Quinn</u>	<u>51</u>	<u>55:19</u>	<u>21.87</u>
24.	Bill Morse	59	34:51	76.04	<u>77.</u>	<u>Sue Holland</u>	<u>47</u>	<u>55:21</u>	<u>20.83</u>
<u>25.</u>	<u>Theresa Apple</u>	<u>49</u>	<u>35:40</u>	<u>75.00</u>	<u>78.</u>	<u>Sibyl Jacobson</u>	<u>68</u>	<u>56:16</u>	<u>19.79</u>
26.	Josh Kateman	34	35:43	73.96	79.	Anne Wehry	53	1:00:14	18.75
27.	Jan Rancatti	50	35:52	72.92	<u>80.</u>	<u>Tiger Waterman</u>	<u>64</u>	<u>1:02:14</u>	<u>17.71</u>
<u>28.</u>	<u>Laurel Shortell</u>	<u>44</u>	<u>36:01</u>	<u>71.87</u>	<u>81.</u>	<u>Elaine Tryjan</u>	<u>63</u>	<u>1:09:24</u>	<u>16.67</u>
29.	London Niles	13	36:27	70.83	<u>82.</u>	<u>Waltraud Brown</u>	<u>70</u>	<u>1:09:32</u>	<u>15.62</u>
30.	John Pelton	71	36:58	69.79	<u>83.</u>	<u>Frances Hlavacek</u>	<u>43</u>	<u>1:10:03</u>	<u>14.58</u>
<u>31.</u>	<u>Denise Dion</u>	<u>52</u>	<u>37:49</u>	<u>68.75</u>	84.	Glen Hlavacek	46	1:10:05	13.54
32.	Richard Godin	55	38:25	67.71	<u>85.</u>	<u>Judy Jones</u>	<u>49</u>	<u>1:16:58</u>	<u>12.50</u>
<u>33.</u>	<u>Laura Clark</u>	<u>63</u>	<u>38:48</u>	<u>66.67</u>	<u>86.</u>	<u>Katie Jones</u>	<u>17</u>	<u>1:17:00</u>	<u>11.46</u>
<u>34.</u>	<u>Cara Morano</u>	<u>45</u>	<u>38:50</u>	<u>65.62</u>	<u>87.</u>	<u>Cindy Jones</u>	<u>14</u>	<u>1:17:00</u>	<u>10.42</u>
<u>35.</u>	<u>Kim Scott</u>	<u>42</u>	<u>39:00</u>	<u>64.58</u>	<u>88.</u>	<u>Rachael Poirier</u>	<u>14</u>	<u>1:17:00</u>	<u>9.37</u>
36.	David Sutherland	48	39:25	63.54	<u>89.</u>	<u>Trish Poirier</u>	<u>49</u>	<u>1:17:04</u>	<u>8.33</u>
37.	George Ross	50	39:31	62.50	<u>90.</u>	<u>Jane Jones</u>		<u>1:23:53</u>	<u>7.29</u>
38.	Kathleen Furlani	62	39:44	61.46	91.	Don Jones		1:23:57	6.25
<u>39.</u>	<u>Sweep Voll</u>	<u>49</u>	<u>39:51</u>	<u>60.42</u>	<u>92.</u>	<u>Wendy Girard</u>	<u>56</u>	<u>1:24:05</u>	<u>5.21</u>
<u>40.</u>	<u>Jamie Coyne</u>	<u>52</u>	<u>39:58</u>	<u>59.37</u>	<u>93.</u>	<u>Elaine Schofield</u>	<u>62</u>	<u>1:24:18</u>	<u>4.17</u>
<u>41.</u>	<u>Jodie Lahey</u>	<u>32</u>	<u>40:08</u>	<u>58.33</u>	<u>94.</u>	<u>Debra Coombs</u>	<u>54</u>	<u>1:25:12</u>	<u>3.12</u>
<u>42.</u>	<u>Adam Wright</u>	<u>21</u>	<u>40:09</u>	<u>57.29</u>	<u>95.</u>	<u>Susan Edgerton</u>	<u>55</u>	<u>1:25:14</u>	<u>2.08</u>
<u>43.</u>	<u>Andy Moskovite</u>	<u>47</u>	<u>40:10</u>	<u>56.25</u>	96.	Sam Kissel	70	1:26:56	1.04
<u>44.</u>	<u>Scott MacKenzie</u>	<u>45</u>	<u>40:17</u>	<u>55.21</u>					
<u>45.</u>	<u>Stan Serafin</u>	<u>57</u>	<u>40:31</u>	<u>54.17</u>					
<u>46.</u>	<u>Jennifer Ferriss</u>	<u>39</u>	<u>41:17</u>	<u>53.12</u>					
<u>47.</u>	<u>Michael DellaRocca</u>	<u>59</u>	<u>41:49</u>	<u>52.08</u>					
<u>48.</u>	<u>Meghan Foley</u>	<u>24</u>	<u>42:18</u>	<u>51.04</u>					
<u>49.</u>	<u>Mary Scheerer</u>	<u>52</u>	<u>42:38</u>	<u>50.00</u>					
<u>50.</u>	<u>Jamie Howard</u>	<u>45</u>	<u>42:43</u>	<u>48.96</u>					
<u>51.</u>	<u>Jackie Lemieux</u>	<u>44</u>	<u>42:46</u>	<u>47.92</u>					
<u>52.</u>	<u>Claudine Preite</u>	<u>44</u>	<u>42:53</u>	<u>46.87</u>					
<u>53.</u>	<u>Maureen Roberts</u>	<u>53</u>	<u>42:56</u>	<u>45.83</u>					

All the photos used in this and most all SnoNews are brought to us from www.Berkshiresports.org / which is Beth and Brad Herder, as well as Bob Birkby.

Please visit their site regularly; combined with our snowshoe site on www.runwmac.com you have a couple of really good resources for snowshoeing.

Farmer Ed

DOUBLEHEADER WEEKEND #2A: NEW ENGLAND BECOMES COLORADO

We thought last week's doubleheader, featuring Greylock Glen and Brave the Blizzard was special, but this week's Hoot, Toot & Whistle and Constitution Hill were a tantalizing taste of what snowshoers at altitude experience—feet of unbroken powdery bluish-white snow glinting under an ice-cold sun. Not that I would want to move to Colorado, but it truly is an old-fashioned treat when Colorado comes to us.



Speaking of old-fashioned, the term doubleheader when applied to snowshoeing is more than just a fanciful moniker. Years ago, before the internet and video games, more grown-up folks than us actually went outdoors and played in the snow. And they thought of themselves as normal. In Corinth, NY, snowshoe softball was a big deal and a good excuse for miscalculating catchers to make snow angels. Now, it seems the idea has been reinvented. On February 26 the small town of Indian Lake in the Adirondacks (pop 1471) will hold its second annual snowshoe softball tournament. How's that for progress!

Hoot, Toot & Whistle marks the beginning of the 300 mile Catamount Trail system connecting Readsboro with the Canadian border. This year we were treated to a point-to-point version of Hoot, Toot & Whistle that eliminated the *Incoming!* nature of our usual out-and-back run. While I normally enjoy the hail and farewell aspect of this design, HT&B's relentlessly narrow trail made staying upright take precedence over friendly greetings.

With Hoot's increasing popularity, we also graduated from the Readsboro Inn to the school's multipurpose room and blessedly larger parking lot. We still took the shuttle bus to the start, but this time it was a longer ride, making us wonder if perhaps we were in for a ten miler. Apparently the bus drivers were on Tourist Bureau time, treating us to a twenty minute discovery tour. Meanwhile, back at the start, Race Director Bob Dion experienced an intense moment of panic when he realized he was the only participant. Eventually, we reunited and the race began.

After our initiation on a steep slide where Maureen Roberts decided discretion was the better part of valor and attacked the problem butt first, we were truly on our way. It took a while to get our sea legs in the deep powder. Except for Ken Clark, who

ran in his big-claw giant shoes and was able to skim the surface for a truly inspired win. It takes a lot of guts and leg strength to successfully wield his out-of-category footwear.

The rest of us stuck inside the narrowly defined pathway, stumbling this time not on exposed rocks but on ice chunks dislodged, probably by Kenny, from the crusty surface. At first I passengered in a train pulled by Jen Ferriss thinking to myself, "Hey this isn't so bad...I could probably pass her." So I did, only to realize that it was much easier stepping in her footsteps. The runner a few hundred yards ahead didn't match my stride as readily and I was forced to bulldoze my way through his inconveniently placed clawed impressions. Still, I thrive during this kind of race which demands toughness as well as speed, mostly because while my speed is a thing of the past, tenacity is not.

Eventually, I arrived at a Tree that looked vaguely familiar. We exchanged greetings and there I was back on the "old" trail and almost home free. In reality I was closer to first base. I tried to take my mind off that fact by aiming for the next person ahead. Unfortunately, when I approached Kim Scott, that is pretty much what I did. She fell and instantly got up and sprinted, not losing a beat. I was impressed. But as she inevitably slowed, I caught up and almost bowled her down again since we were both reluctant to step out of the friendly trail into the deep snow. Turns our instincts were correct. When Maureen Roberts fell outside of the box, she became so mired in the snow that a stronger competitor had to haul her up by her armpits!

Once past Kim I could see Denise way ahead, but didn't realize it was Denise. In her orange Team Dion jacket, I thought she was maybe an orange marshal flagging tired runners or perhaps a finish line banner. Even as I finally stumbled into the warm bus I knew I was still only halfway there with another game on Sunday.

Laura Clark



*Top - John Agosto & Women's Champion Amy Lane.
Bottom - Ken Clark recovered from this start to win!*

DOUBLEHEADER WEEKEND #2AB: NEW ENGLAND BECOMES COLORADO

While this was the second year for the **Constitution Hill** Snowshoe Race, this was the first year for many of us as it was recently added to the Dion Series. Jeff was busy in Saratoga godfathering for the Downtown Business Association so Annie and I were on our own.

Sort of, any way. Jeff had decided the car needed a Christmas present, so we partnered with Nuvi, of the Garmin heritage. Nuvi got us there in fine shape but she neglected to adequately describe the left hand turn from Route 7 onto Bridge Street. The turnoff, with no preliminary curves, dipped abruptly into a roller coaster dive worthy of the Cyclone. Annie braked, I gasped for breath and then we both hastily checked the rearview mirror and back pedaled for a more sedate approach. Once Annie carved out a parking space on the narrow road, I opened the door and promptly fell into a snowbank. This would have been funny if it hadn't been so cold. I could die with wet clothes!

From the race description I knew we were in for an initial swing around a field, much like the dreaded Winterfest stretch designed to break up the competition before heading into the singletracked woods. But with two feet of fresh powder the pristine field was broken by little more than a narrow ribbon of trampled snow.

At first I slogged behind the endless train, feeling as if I were crossing the Siberian plains in an endless passenger coach of bobbing heads. But as we descended I began to grow impatient, wanting to pass but wary of the futility plowing my way through two feet of powder. At some point, reason fled and I noticed that my Dions were edging into the untrampled snow. But Lo! And Behold! I did not sink! Apparently the slightly frozen topmost layer was enough to hold me up. I felt as if I were St. Peter walking on water and floated past at least ten astounded passengers. Together with the frigid day we hopped the icebergs at Greylock Glen, this will be one of my most enduring snowshoe memories. Something to tell the grandkids.

Again, on day two, Denise loomed tantalizing ahead. But after she fell for the third time, I took unfair advantage and assumed the lead. I knew this was foolish. Denise recovered with a vengeance and forged onwards.

Although the race was advertised as 5.5K, it felt much longer. Perhaps it was or possibly it was just that we were still Colorado rookies, not sure how to proceed with no rocks or roots to jump. Ken Clark, with a mad scientist glint in his eye, again gambled on his bigfoots. However, sailing on tired legs and up against the combined strength of Tivo, Tim Mahoney and Dave Dunham, Ken tucked into fourth position.

Both Hoot & Toot and Constitution Hill again featured Targets: Jen Ferriss and Jan Rancatti (Chloe's Dad) at Readsboro and Sweep Voll and Dave Dunham at Laneshoro. While Jen and Jan felt that the Target turned them into prey rather than predators, Sweep exclaimed that she did run faster with her magic vest. While Dave insisted wearing the Target didn't make him any faster, he did have the lead for at least twenty minutes at the start, which basically translates to breaking trail for all of that time—pretty gutsy!

Some of us who have already had our turn at the Target have advanced beyond GO! and are now outfitting in various team colors. There is the Dion orange, of course, which clearly sends the frontrunner message "hard at work." Used to be Ken Clark had what appeared to be his own private club with his Shenipsit Strider singlet. But now that Ken has shifted allegiance, at least as far as clean clothes go, more yellow singlets are turning up. And then there is the fanciful Team Yellow Jacket, so far with three members, Laurel Shortell in the lead, me in the middle and Brad Herder not far behind. Not to be outdone the girly pink Cyclonauts took the game one step further with the addition of the wintery aliases: Icy Cheiks, Snooky Snochews and Shuga Plumferry. I admire their boldness and their long-term memory. I know I would lose out on points as I would forget from race to race which name I had selected. Heck, with all these doubleheaders, it's difficult to remember where I need to drive to next and where I was the week before.

laura

D.D.'S MILESTONES FROM HT & W:

Finishes:

Jan Rancatti 30 finishes.
Kathy Furlani 20 finishes.

Points:

Laura Clark passed 4,000 with 4003.18

D.D.'S MILESTONES CONSTITUTION HILL:

Finishes:

Edward Alibozek 90 finishes.
Denise Dion 75 finishes.
John Pelton 60 finishes.
Nick Jubok 60 finishes.

Points:

Ed Myers passes 1,000 with 1046.77.

JAN 22^{NE} & 23RD SNOWSHOER OF WEEK:

Jessica Hageman - Third at Hoot, toot, and whistle and First at Constitution hill.

CAR POOL TO NATIONALS

I plan to drive to Lakewoods resort and I am looking for fellow racers to travel with and share the cost. I plan to leave early Thursday morning and get to Lakewoods early Friday. I think if we had 4 drivers we could go straight thru without getting all tuckered out. I live in Utica right near the thruway gate so it's an easy pickup and go. I figured the cost of trip alone at about \$600.00 with the room so 4 would cut that to only \$150.00 -- I had looked at flying and its \$550 just for the plane and then you have to rent a car also.

Thanks,
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WMAC

2011 DION SNOWSHOE RACING SERIES

WMAC

Berkshire Natural Resources Council Presents

2nd ANNUAL CONSTITUTION HILL 5.8 KM SNOWSHOE RACE

JANUARY 23, 2011

CONSTITUTION HILL

LANESBOROUGH, MA

#	NAME	AGE	TIME	POINTS
01.	Tim Van Orden	43	00:41:44	100.00
02.	Tim Mahoney	31	00:42:02	98.41
03.	Dave Dunham	46	00:42:04	96.83
04.	Ken Clark	48	00:42:29	95.24
05.	Rich Teal	32	00:46:19	93.65
06.	John Pajer	48	00:47:19	92.06
07.	Mike Lahey	59	00:48:17	90.48
08.	Jack Casey	57	00:48:32	88.89
09.	Allan Bates	62	00:48:33	87.30
10.	Edward Alibozek	48	00:49:38	85.71
11.	Wayne Stocker	56	00:50:00	84.13
12.	Edward Myers	60	00:50:30	82.54
13.	Richard Chipman	50	00:50:45	80.95
14.	Nick Jubok	54	00:51:08	79.37
15.	Jessica Hageman	35	00:51:43	77.78
16.	Randy Zucco	40	00:51:45	76.19
17.	Jacque Schiffer	46	00:52:40	74.60
18.	Theresa Apple	49	00:53:12	73.02
19.	Sweep Voll	49	00:53:16	71.43
20.	Icy Cheiks	28	00:54:36	69.84
21.	Scott Bradley	56	00:54:41	68.25
22.	Laurel Shortell	44	00:55:16	66.67
23.	Bruce Shenker	58	00:56:09	65.08
24.	John Pelton	71	00:57:10	63.49
25.	Cynthia Gardner		00:57:17	61.90
26.	London Niles	13	00:57:22	60.32
27.	Bob Dion	55	00:57:52	58.73
28.	Denise Dion	52	00:58:01	57.14
29.	Carolyn Stocker	18	00:58:05	55.56
30.	Darryn Kozak	48	00:58:06	53.97
31.	Jamie Coyne	52	00:58:22	52.38
32.	Laura Clark	63	00:59:17	50.79
33.	Bob Worsham	65	00:59:25	49.21
34.	Pat Rosier	52	00:59:50	47.62
35.	Pete Cole	41	01:00:03	46.03
36.	Stan Tiska	53	01:00:08	44.44
37.	Fred Pilon	65	01:00:20	42.86
38.	Debra Wechter	35	01:01:17	41.27
39.	Ed Alibozek, Jr.	71	01:01:53	39.68
40.	Joann Lynch	45	01:02:00	38.10
41.	Chris Rondeau		01:03:14	36.51
42.	Joshua Hasty	36	01:03:21	34.92
43.	Andrea Dufresne	30	01:03:44	33.33
44.	Laura Raybould	30	01:03:45	31.75
45.	Coralynn Sack	27	01:04:06	30.16
46.	Jeff Kellogg	41	01:06:05	28.57
47.	Meghan Foley	24	01:06:15	26.98
48.	Lynne Lemanski	46	01:06:16	25.40
49.	John Aldridge	52	01:06:17	23.81
50.	Jamie Howard	45	01:06:27	22.22
51.	Brad Herder	53	01:06:34	20.63

#	NAME	AGE	TIME	POINTS
52.	Jodie Lahey	32	01:07:13	19.05
53.	Jason Powers	36	01:07:14	17.46
54.	David Boles	64	01:11:03	15.87
55.	Daryl Ryan		01:12:12	14.29
56.	Daniel Sack	30	01:12:20	12.70
57.	Vicki Quagliaroli	57	01:13:14	11.11
58.	Konrad Karolczuk	58	01:15:15	9.52
59.	Linda Garner	51	01:17:51	7.94
60.	Julie Gardner	39	01:17:51	6.35
61.	Emily Fortin	29	01:35:12	4.76
62.	Dorothy Karlin	28	01:35:12	3.17
63.	Jessica Powers		dnf	1.59



Meghan Foley and Lynne Lemanski at the finish!

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.

63 dedicated outdoors-enthusiasts braved the forecasted temps with good humor (team "To Build a Fire"!!!). The top finisher blazed through the 5.8km course in 41:44 - VERY respectable considering the fluffy, un-packed snow. BerkshireSports.org posted hundreds of photos of the day. Kudos to all finishers. We're doing it again next year.

Tad Ames & Doug Bruce

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

CONSTITUTION HILL SNOWSHOE RACE 2011

This was the second year of the Constitution Hill Snowshoe Race in Lanesboro, MA, and my first time doing it. Given that parking is a bit of a problem, I carpooled with an elite group of snowshoers, Farmer Ed, Konrad Karolczuk, and Kenny Clark. Kenny had won the Dion Hoot, Toot, and Whistle the day before and was primed for a good race. We met at our special spot near the Holyoke Mall. I got there first, and when the Snowshoe Express (a white Nissan mini-van driven by the Farmer) pulled up, they saw that a woman had just parked next to me. When I got in and we were on our way they asked who this woman was. I told them that she had pulled up and asked me if this was the parking lot where you catch the bus to Mohegan Sun. I had responded that, "Yes, this was the lot. I have never been there, but I have seen the bus here before." She was definitely flirting with me, but I didn't take the bait.

Kenny was in the third seat, and Ed and K2 were in the front. I had the middle seat all to myself. Ed's van is great for four people carpooling to a snowshoe race. If you got six it sucks for those in the third seat. I discovered once that Ed routinely covers up his rear heat vents with crap like first aid kits and race mile markers. Since I know where the vents are I immediately fixed them so that they would function as designed.

When we arrived at the race we were the second arrivals. Laurel Shortell was the first. We went to the top of the hill and parked near the porto potty, which was a good thing for this race. There was no place to pee in the woods. Laurel took care of getting the seat warm for the rest of us.

It's really great to have the space of a van to get all your stuff on for a race. After I got all my stuff on and left the van Sweep Voll showed up and gave me a big hug for the loss of my dog in December. I am still tingling from that hug.

When I went down to the starting line the first thing I noticed was about four or five young women dressed in a "team uniform" that was black Lycra with black raspberry markings. Okay, they got my attention! Everybody else thought the color was pink, but I know it was black raspberry like the ice cream.

I lined up way back because I'm not competitive anymore. The first half-mile was around the edge of a field. Some people didn't like this, but basically all you do is watch the person in front of you and make sure you stay in the track, so it wasn't so bad. I passed a couple of people in this section of the race, one of them being a black raspberry girl.

Once we got out of the field I really appreciated the beauty of this race, as we got into a single-track trail in the woods. I'm a "mudder" so I loved the conditions for the race, which were deep snow and lots of sliding around. I had to concentrate on keeping my balance with each step in the track by not stepping on either slanted side of the track. This section was really beautiful; the trail meandered around the other side of the mountain with some open snowmobile downhill followed by a long snaking back-and-forth uphill. Remember to be a polite snowshoer under these conditions and ask if someone wants to pass. If they do, then step off the trail if they can't get by on the single-track. One person passed me up this hill and I passed one.

It seemed like this uphill was going to end on about three different occasions, but each time you got to the "crest" you could see more uphill ahead. Once I finally got to the downhill it was downhill all the way to the finish. I got two more people on the downhill and had a third in my sights, as Sean Connery would say. It was Laura Clark, but she had too much distance on me and I couldn't get her before the finish line. I came in at my standard position of 33 and am happy with that.

One racer that surprised me today was Laurel Shortell who beat me by about 4 or 5 minutes. She has a new sleek outlook on life and it shows in her snowshoeing. After crossing the finish line I did my standard dry heaving to the point of almost throwing up. Several people looked at me with curiosity, but Farmer Ed just laughed knowingly and reminded me of the time that another guy and I finished a race and engaged in tandem puking. I did not see black Lycra and raspberry after finishing. They all must have thumped me pretty good.

So the bottom line is that I liked this race a lot. If you do it in the future keep in mind that you can't just go off into the woods and pee because the woods are very open and the part of the race close to the start is in an open field. It does have a porto-potty though, but with the cold you have to time it so you get to it after several buxom-bottomed Robert-Crumb-type-women have just used it.

WorShamer



Theresa Apple and Sweep Voll at the finish...

I hope someone does a write-up about the Hoot Toot and Whistle. Actually, not even about the race, but about the bus ride to get to the race. Bus #1 was captained by a character from a Steven King novel who seemed to have his own agenda that nowhere near matched Bob Dion's. The only thing missing was a maniacal laugh as the bus careened down a steep, ice covered road at NASCAR speeds. At the end of the race I ran back to my car rather than risk getting on the bus again!

Theresa

SLOW, JUST WHAT I LIKE

"...This was a very cool race, it reminded me of the old days of racing at WMAC when you were lucky if ANY of the course was tracked. I'm looking forward to more slogs like this!"

this course was going to be the absolute opposite of the race on Saturday (the first annual Whitaker Woods 4 mile race in New Hampshire, not Hoot Toot & Whistle in Readsboro, VT offered a good chunk of packed/groomed conditions). Most of the Constitution Hill course had not been broken and some that had been broken had drifting. This was going to be SLOW, just what I like.

I met up with Tim Mahoney who had been in the train that broke trail the day before at Hoot, Toot, and Whistle. We warmed up on the road doing an easy (not that easy) three miles. I got on my race gear which included a bib with a "target" on it. Laura Clark hands out a couple of targets at every race and everyone tries to run down the marked runner. I thought that sounded pretty cool. I headed out for another mile or so on snowshoes checking out a little of the course and breaking out some of the opening loop on the field.

London Niles, a very experienced racer despite his age (12), took off like a shot at the start. He hammered the first 200m then stepped off the course. I led the chase pack at that point and moved into the lead. I felt pretty good despite the very deep powder and just kept it going at a decent clip. The entire field was right behind me, getting better footing as each person packed it down.

I stayed out in front for 20 minutes then Tim Van Orden took over for a bit. We hit the snowmobile trail and he took off. I reeled him back in on the climb up Constitution hill as he slowed breaking trail in the deep untracked snow. I took the lead again on top of the ridge as Tim Mahoney and Ken Clark closed in on us. We were barely moving in the knee deep untracked snow. Tim M and Ken went to the front as TiVo and I stepped aside. They only lead for a short stretch as we hit the downhill and TiVo plowed by into the lead. I went around Ken near the bottom of the hill but couldn't get around Tim M over the last ¼ mile of the race, there was nowhere to pass and when I finally hit a spot Tim was moving way too fast for me to get around. TiVo blew doors in the last ½ mile and put 20 seconds on us for the win. There was a big gap to the next group after Ken came through. This was a very cool race, it reminded me of the old days of racing at WMAC when you were lucky if ANY of the course was tracked. I'm looking forward to more slogs like this! Total driving for the weekend over 500 miles.

Dave Dunham

WMAC DION SERIES WIN LEADERS

RANK	NAME	WINS
1	Dave Dunham	19
2	Leigh Schmitt	15
3	Richard Bolt	14
4	Paul Low	12
5	Jim Johnson	11
6t	Tim VanOrden	7
6t	Josh Merlis	7
6t	Ben Nephew	7
9	Ken Clark	5
10t	Josh Ferenc	4
10t	Kevin Tilton	4
12	Justin Fyffe	3



RANK	NAME	WINS
1	Kelli Lusk	18
2	Abby (Woods) Mahoney	15
3	Amy Lane	11
4t	Chelynn Tetrault	7
4t	Sheryl Wheeler	7
6	Beth Herder	6
7t	Jessica Hageman	4
7t	Michelle Tetrault	4
7t	Nikki Kimball	4
7t	Tracey Van Dyke	4
11T	Laurel Shortell	3
11T	Jacque Schiffer	3

