

W.M.A.C. SNOSHU-NEWS

Eeny, Meeny, Miney, Mo... Will it Snow? Will We Go?

After our recent non-winter and speculation that this year simply had to be an improvement if only by default, pre-season emotions ran the gamut from wild optimism to cautious hedging and on into Eyore doom and gloom. As December 29th relentlessly approached, the stakes got higher and probability ratios sank to an all-time low.

But wait! Perhaps our start-off event at Pine Ridge wasn't December 29th, but instead December 30th. And just maybe the race would launch at 11AM instead of 10AM, granting us a discretionary hour for prayer, wishful thinking and unashamed snow dancing. The usual websites listed different variations of these possibilities. At first it was merely amusing, but as snow began to fall Wednesday night, into Thursday and beyond, a certain urgency became apparent. What if Pine Ridge held the race and no one showed up? Or worse yet, what if only a few hit the correct slot on the roulette wheel, thereby skewing the WMAC points system? What if we all turned up the day after? Could we hold a spontaneous event? Our Chief Snowshoer, Edward Alibozek did his part to keep the odds in our favor by posting a 10AM starting gate time, figuring with those odds at least we wouldn't be forced to adopt a frantic Mad Hatter attitude rather than the confident approach of the sleek, self-assured Dion Bunny.

Eventually, the facts sorted themselves out and we arrived at the luxurious Pine Ridge accommodations from points east, west, north and south. It was great to catch up with old friends—it seemed like forever since the end of the trail running season. Most were recognizable, but a few sported new winter gear. Jen Ferriss now has a snow-bright jacket to match her old white hat. That is borderline not fair as now she blends in with her surroundings, making her less visible to those in hot pursuit. Give that girl a Target! Maureen Roberts showed off her nifty Salomon XA-3D GTX all-weather shoes, guaranteed to keep her feet toasty dry. Maureen is a trendsetter, the first in our crowd to sport mountain bike booties over trail sneakers. Now in this latest move she has ditched the booties and reports completely dry, Salomon-pampered piggies.

Speaking of Targets, although there were several likely candidates, that will have to wait for Turner Trail as the ski center's eco-friendly cloth bibs would have been obliterated. When I noticed Phyllis Fox, one step ahead of me in the registration line, was awarded #32, I was ready to barter for her husband Doug's #33, only to learn that my favorite number was missing in action. Was that an omen?

It seemed that way. Almost too late I learned that the start was a five minute hike away, not the parking lot send-off I had envisioned. Arriving breathless at the gathering point, I stopped to secure my Dions only to discover that one of my straps was not cooperating. Luckily, my Jeff saved the day with his casual observation that it was strung backward. I had replaced all my straps at the end of the season and had never tested them out. Steve Mitchell also succumbed, having apparently forgotten how to snowshoe efficiently. Jen Ferriss saw him literally interlink the two spaces in the front decking and go down in a heap of twisted metal. Good citizen that she was, she helped him untangle before continuing her journey.

As for me, I was uncharacteristically worried. My friends have dubbed me *The Snow Queen*. I would like to think they are somehow referring to my dubious ability and not to the evil *Lion, Witch & Wardrobe* incarnation who would think nothing of tripping those trying to pass her on single track. Could I, with an extra year of wear and tear, still justify their faith? At first the outcome was very much in doubt. Despite my friends' joking that they were going to hold onto my apron stringed bib, I felt as if I were caught in the typical slow motion dream sequence. It was not fun. Soon, however, I realized I could indeed breathe, got into a rhythm and slowly began to pass folks. Despite the initial agony, this is a much more pleasant scenario than starting out too fast and being passed by falling snowflakes.

Eventually, Brad Herder, Doug Fox and I formed a trio, with one or the other of us sharing the lead. Until the downhill left them behind. Surprisingly, I almost caught up to Maureen Roberts and Peter Canzone and probably would have had the route been slightly longer. Afterwards, others noted that the groomed nature of the course was deceptive, offering the promise of an illusionary firm purchase. There also seemed to be more uphill than downhill. The latter comment rather surprised me as I thought the two were rather interdependent, but truthfully, I was so focused on Maureen and Peter temptingly within reach that I really didn't notice. Perhaps that is how the 3rd place overall finisher feels. Not bad for an out-of-body experience without the levitation. As we left the parking lot, we were treated to some serious snow—what a fantastic harbinger of the season to come!

By *laura clark*

Capital Region Nordic Alliance Presents... "on the Rensselaer Plateau"

1st PLATEAU RUN 5KM SNOWSHOE RACE

December 29, 2012

Pine Ridge X-C Ski Center

East Poestenkill, NY

#	NAME	AGE	TIME	PTS
01.	Conner Devine	19	23:34	100.00
02.	Ned Kennedy	54	24:18	98.11
03.	Ken Clark	50	25:41	96.23
04.	Carolyn Stocker	20	26:00	94.34
05.	Rich Teal	34	26:14	92.45
06.	John Beard	48	26:18	90.57
07.	Andrew Rickert	33	26:38	88.68
08.	Clinton Morse	50	27:40	86.79
09.	Edward Alibozek	50	28:28	84.91
10.	Bruce Giguere	45	28:47	83.02
11.	Wayne Stocker	58	28:56	81.13
12.	Eric Kimmelman	48	29:30	79.25
13.	Gene Primamo	55	29:50	77.36
14.	Jimm Devine	52	30:05	75.47
15.	Patrick Fernald	40	30:09	73.58
16.	Mike Siudy	38	30:12	71.70
17.	Tom Tift	55	31:52	69.81
18.	Jeff Clark <i>younger</i>	54	31:54	67.92
19.	Mendy Taylor	35	32:13	65.09
19.	Hannah Riordan	17	32:13	65.09
21.	Glen Tryson	59	32:57	62.26
22.	Duane Knutson	60	33:14	60.38
23.	Theresa Apple	51	33:42	58.49
24.	Addam Sentz	33	33:49	56.60
25.	Marcy Beard	43	33:58	54.72
26.	Mike Lahey	61	34:20	52.83
27.	Kim Morrison	33	35:20	50.94
28.	Gary Hebert	48	37:04	49.06
29.	Peter Canzone	59	38:07	46.23
29.	Maureen Robert	54	38:07	46.23
31.	Laura Clark	65	38:41	43.40
32.	Brad Herder	55	38:42	41.51
33.	Ed Alibozek Jr.	73	38:52	39.62
34.	Douglas Fox	68	39:16	37.74
35.	James Carlson	64	39:29	35.85
36.	Steve Mitchell	71	39:34	33.96
37.	Vince Kirby	56	39:40	32.08
38.	Jennifer Ferriss	41	39:41	30.19
39.	Stan Serafin	59	39:42	28.30
40.	Laurel Shortell	46	40:17	26.42
41.	Debra Wechter	37	40:40	24.53

#	NAME	AGE	TIME	PTS
42.	Joseph Murphey	33	41:27	22.64
43.	Pete Lipka	61	41:51	20.75
44.	Mike DellaRocco	61	42:56	18.87
45.	Vicki Quagliaroli	59	46:55	16.98
46.	Jamie Howard	33	47:06	15.09
47.	Janet Tryson	59	48:22	13.21
48.	Julie Gardner	41	51:04	11.32
49.	Phyllis Fox	60	51:05	9.43
50.	Steve Obermayer	52	51:08	7.55
51.	Kathleen Tersigni	42	51:09	5.66
52.	Jeff Clark <i>elder</i>	66	55:51	3.77
53.	Jules Seltzer	77	58:59	1.89

On Dec 29, 2012, CRNA (Capital Region Nordic Alliance) finally held its first snowshoe event, setting off 53 competitors in a mass start format at Pineridge XC ski area. CRNA members Tom Wright and his daughter Rachel, Stephen Wilson, and Russ and Becky Myer collaborated with Western Massachusetts Athletic Club and Dion Snowshoe Company to start 2012-13 on the right foot (sorry!)...or was it the left foot (ouch!)

Future CRNA snowshoe events will be held at Garnet Hill Lodge and XC Ski Center, North Creek and other localities in the capital Region. CRNA is working with several nonprofits such as Stride Adaptive sports on special snowshoe events for youth and military with special needs

CRNA's next race will be on Sunday 1/6/13 at 1 p.m., held at Garnet Hill Lodge & XC Ski Center in North River, NY.

Tom Wright / Race Director

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<http://capitalregionnordicalliance.org/archives/780>

4th TURNER TRAIL SNOWSHOE RACE

January 5, 2013

PITTSFIELD STATE FOREST

PITTSFIELD, MA

PL	NAME	AGE	TIME	PTS
01.	Steve Dowsett	24	0:41:12	100.00
02.	Tim Mahoney	33	0:42:13	98.75
03.	Ken Clark	50	0:45:45	97.50
04.	Edward Alibozek	50	0:48:16	96.25
05.	Mike Siudy	38	0:48:18	95.00
06.	Wayne Stocker	58	0:48:59	93.75
07.	Todd Brown	48	0:49:09	92.50
08.	Peter Malinowski	58	0:49:27	91.25
09.	Joshua Katzman	36	0:49:32	90.00
10.	Eric Hale	35	0:49:38	88.75
11.	Gerrett Vanduyne	34	0:49:54	87.50
12.	Dan Damascas	51	0:50:07	86.25
13.	Jeffrey Andritz	31	0:50:42	85.00
14.	Dominic Wilson	42	0:51:25	83.75
15.	Addam Sentz	33	0:51:38	82.50
16.	Mendy Taylor	35	0:51:40	81.25
17.	Hannah Riordan	17	0:52:31	80.00
18.	Ed Myers	61	0:52:38	78.75
19.	Dylan Quinn	15	0:52:51	77.50
20.	Adam Wright	23	0:52:52	76.25
21.	London Niles	15	0:52:55	75.00
22.	Jeff Clark	55	0:53:00	73.75
23.	Glen Tryson	59	0:54:21	72.50
24.	Isaac Tirrell	30	0:54:33	71.25
25.	Hannah Smith	19	0:54:52	70.00
26.	Jan Rancatti	52	0:55:45	68.75
27.	Cynthia Gardner	61	0:56:59	67.50
28.	Dawn Roberts	41	0:57:09	66.25
29.	Jack Casey	58	0:57:29	65.00
30.	Scott Bradley	57	0:57:36	63.75
31.	Theresa Apple	51	0:59:27	62.50
32.	Phil Bricker	59	0:59:31	61.25
33.	Jessica Northan	36	1:00:25	60.00
34.	Rich Godin	57	1:00:27	58.75
35.	Gary Hebert	48	1:00:30	57.50
36.	Sarah Dzikowicz	42	1:01:12	56.25
37.	Laura Fusari	32	1:02:29	55.00
38.	Steve Roulier	49	1:02:50	53.75
39.	Michael Moran	52	1:03:12	52.50
40.	Mike Hickey	55	1:03:27	51.25
41.	Jennifer Maxwell	43	1:04:41	50.00
42.	Pat Rosier	54	1:04:42	48.75
43.	David Gubala	51	1:04:43	47.50
44.	Hector Morera	45	1:04:48	46.25
45.	Virginia Smith	53	1:04:54	45.00
46.	Deb Wechter	37	1:05:25	43.75
47.	Laura Clark	65	1:06:00	42.50

PL	NAME	AGE	TIME	PTS
48.	Jodi Lahey	34	1:06:05	41.25
49.	Mary Gubala	47	1:06:19	40.00
50.	Kristianna Dinicola	46	1:06:27	38.75
51.	Joshua Hasty	38	1:06:31	37.50
52.	Elizabeth Smith	15	1:07:04	36.25
53.	Sue Lackman	34	1:07:12	35.00
54.	Brad Herder	55	1:07:13	33.75
55.	Ed Alibozek Jr.	73	1:07:38	32.50
56.	Lynne Lemanski	48	1:08:02	31.25
57.	Denise Dion	54	1:08:03	30.00
58.	Stan Serafin	59	1:08:10	28.75
59.	Jim Carlson	64	1:08:35	27.50
60.	Steve Mitchell	71	1:08:40	26.25
61.	Jennifer Ferriss	41	1:08:41	25.00
62.	Laurel Shortell	46	1:09:42	23.75
63.	Pete Lipka	61	1:09:45	22.50
64.	Tim Tierney	26	1:10:19	21.25
65.	Pete Cole	43	1:10:41	20.00
66.	Bob Massaro	69	1:15:18	18.75
67.	Mad Shaw-Moran	51	1:16:12	17.50
68.	Gisela Demant	42	1:17:12	16.25
69.	Jamie Howard	47	1:17:46	15.00
70.	Kim Brown	41	1:20:27	13.75
71.	Francine Germaine	56	1:21:21	12.50
72.	Janet Tryson	59	1:24:45	11.25
73.	Julie Gardner	41	1:25:23	10.00
74.	Becky Armstrong	44	1:26:25	8.75
75.	Konrad Karolczuk	60	1:26:51	7.50
76.	Rich Busa	83	1:27:58	6.25
77.	Bill Glendon	66	1:28:10	5.00
78.	Jeff Clark	66	1:32:29	3.75
79.	Leeanne Zarger	58	1:44:46	2.50
80.	Joe Cavazos	41	1:46:27	1.25

Thanks to all who came out for the Turner Trail Snowshoe Race. It was an amazing turnout.

Next snowshoe race in Pittsfield State Forest is on January 27, 2013 - Curlys Record Run!

Pictures are availableat:

<http://berkshiresports.fotki.com/2013/turner-trail-snowsh/>.

Double Your Pleasure... Double Your Fun 2013 Style

The first doubleheader of the Dion Series WMAC edition got off to a great start with 15 intrepid snowshoers deciding that two is better than one. This is up considerably from other years and I suspect it has less to do with the current trend toward twofer workouts than it does with last year's dismal snow production. We have a lot of time to make up!

But this doubleheader was also noteworthy in that it provided a perfect microcosm of the type of events you can expect. In the Pittsfield State Forest, Beth and Brad Herder's Turner Trail presented us with rugged single track, an open-air venue and a good layering of tradition. The 2nd Prospect Mountain Race, substituting for Woodford, provided luxury accommodations (yes, Virginia, indoor plumbing!) and demonstrated how two dedicated race directors, Bob Dion and Tim Van Orden, can work together on short notice to rescue an ailing event and grant us yet another beautiful day of fun.

While Curly's Race at Pittsfield is pretty much an up and down the mountain affair, the Herders haven't quite finished exploring Turner Trail possibilities and each year they reconfigure it, just to keep us on our cleats. The 2013 Turner was more like Christopher Robin's *Halfway down the Stairs*, taking in half of Curly's height and renewing our respect for the upcoming state championship race.



*I'm not at the bottom,
I'm not at the top;
so this is the stair
where I always stop*

This version of Christopher was snugly nestled about a half mile from the finish. If you were looking down instead of up, you will have another opportunity to connect in a few weeks at Curly's.

Winners Steve Dowsett and Mendy Taylor



As usual, the parking lot was jammed and it was great to see old friends. Dogs, too, under the leadership of the Herder's Official Greeter, Aspen, got reacquainted. Chloe, the Rancatti's Newfi, stood by ready to rescue any of us who stepped off the trail and got buried in the snow. Amidst all the commotion, I gathered my share of laughs wandering in search of Denise Dion to return her pink hairdryer (that's another story) and pretending to look for an outlet. Wrong day, wrong race for electricity. I was nervous, feeling pressure to maintain my reputation as the Snowshoe Queen. Not exactly sure how I got that one as I am by no means the fastest woman out there, but I aim to hang onto it as long as possible. Edward Alibozek and I, as Chief Instigators, are traditionally chosen to set the Target in motion, adding yet another layer of anxiety. But LO! The Target worked its magic once again, leading Edward to a fourth place victory and me to finishing ahead of my regular Stryders snowshoe group. Feeling the burden of the Target I felt obliged to hammer the uphill but was hesitant to ignore Jim Carlson's advice that passing often takes more energy than it's worth. Luckily, I found another traveler, Green Snowshoe Guy, possibly Mike Hickey, to be of similar mind and we took turns leading the advance.

Double Your Pleasure... Double Your Fun 2013 Style



Gisela Demant finishing Turner

When we came to the twisty downhills, my absolute favorite section, I took the lead and hung on just barely. After a valiant try on the rolling section, I stood aside so as not to impede those with younger legs—but what a ride! I have to remember at Curlys to save something for that “easy” stretch as it always seems more difficult and much longer than it should be. But I probably won’t, since the hills are so much fun!



Becky Armstrong finishing Turner

For further confirmation that the world truly is round and that Brad Herder is the true winner having recorded his race in 10 minutes, view his YouTube video at:

www.runwmac.com/snowshoes/default.html

And now the rest of the story...

Going back to Pine Ridge, you might recall how I almost caught Peter Canzone and Maureen Roberts. But what I didn’t know was that Peter took a surreptitious sideways glance, confirming that I was a scant 10 yards behind and

closing fast. He grabbed Maureen and they scooted unreachably ahead. That explains why they had suddenly gotten much faster—and I thought they had merely smelled the barn. That little maneuver earned them Target status at Prospect. Maureen once again remained within sight, but Peter, proving that he was merely being a tourist that first week and encouraged mightily by the Target tradition, finished relatively a good minute ahead.

Of course, neither had doubled, so that could have been my excuse, except that I had a far better one. Saturday evening, our house treated us to a power surge, which is roughly equivalent to a laser light display. Disturbed by the smell of burning wires, Jeff and I spent a sleepless night waking up every hour or so to make sure we were still alive. This was the day after my credit card was hacked and we spent lots of time conversing with the folks at Amex and cancelling various bogus orders. I would like to think that we have now cashed in on a year’s worth of unlucky 2013 experiences.

So I entered this race not at all nervous (what else could possibly happen?) and totally grateful to have a reprieve from household worries. The only memories I had of the 2002 Prospect Mountain race was that it was long, hilly and very cold. So cold, in fact, that the guy at the water stop retreated into the lift operator’s hut, running out every time he spied a runner in need of some non-frozen water. The 5K, which will be the Junior USSSA Championship should The Dion./Van Orden bid succeed, was a great mix of wide trails, deep, unstable single track, and challenging inclines, equally favoring a variety of running styles, preferences and weaknesses. Prospect, like Woodford, is the first area to get snow and the last to acknowledge spring, rendering snowmaking unnecessary. And the area is large enough to offer a multitude of course options, yet not so huge that we are overwhelmed with skiers.

Once more, I placed ahead of most of my friends, but with a smaller margin for error. My legs felt OK, I didn’t feel sore or particularly tired, but was unable to shake the worry that our house might explode while we were gone. I made a last rallying effort, catching Vince Kirby on the downhill. As I approached the finish, I took my cue from Peter and took a sideways glance. Vince seemed far enough back that I could smile at the crowd of admiring onlookers and pause for photos, when all of a sudden he lurched past. This burst of speed was totally uncharacteristic of him and left him lying on the ground panting for an impressive amount of time.

I wonder who will get the Target next weekend?

By Laura Clark

2nd PROSPECT MOUNTAIN 5KM SNOWSHOE RACE (last visit, 2002 season)

January 6, 2013

Prospect Mountain Nordic Ski Center

Woodford, VT

PL	NAME	AGE	TIME	PTS
01.	Dave Dunham	48	22:10	100.00
02.	Jeremy Drowne	35	22:51	98.68
03.	Josh Ferenc	31	23:20	97.37
04.	Steve Dowsett -	22	23:38	96.05
05.	Nick Curelop	24	24:23	94.74
06.	Tim Van Orden	44	25:01	93.42
07.	Dave Merkt	29	25:19	92.11
08.	Ken Clark	50	25:59	90.79
09.	Brian Northan	37	26:21	89.47
10.	Donald Pacher	40	26:46	88.16
11.	Allan Bates	64	28:04	86.84
12.	Mic Medeska	30	28:28	85.53
13.	Edward Alibozek	50	28:57	84.21
14.	London Niles	15	30:29	82.89
15.	Tim Payne	44	30:40	81.58
16.	Mark Nuñez	56	30:45	80.26
17.	Tom Tift	55	30:48	78.95
18.	Michael Buttrick	27	30:57	77.63
19.	Chelynn Tetrault	37	31:01	76.32
20.	Jeff Clark	55	31:02	75.00
21.	Kristen Merlo	25	31:35	73.68
22.	Jan Rancatti	52	32:21	72.37
23.	Rich Chipman	52	32:37	71.05
24.	Jess Northan	37	32:47	69.74
25.	Ben Yurschak	37	33:02	68.42
26.	Richard Clark	58	33:27	67.11
27.	Theresa Apple	51	33:44	65.79
28.	Bob Woodworth	63	33:45	64.47
29.	Scott Bradley	58	33:59	63.16
30.	Joann Lynch	47	36:00	61.84
31.	Ginny Patsun	44	36:24	60.53
32.	Hector Morera	49	36:25	59.21
33.	Pete Canzone	59	36:33	57.89
34.	Mark Bushika	45	37:18	56.58
35.	Maureen Roberts	54	37:26	55.26
36.	Mike DellaRocco	61	37:34	53.95
37.	Vince Kirby	56	38:11	52.63
38.	Laura Clark	65	38:18	51.32
39.	Laurel Shortell	46	38:53	50.00
40.	Jennifer Ferriss	41	39:05	48.68
41.	Stephen Mitchell	71	39:13	47.37
42.	Kathy Furlani	64	39:22	46.05
43.	Jim Carlson	64	39:59	44.74
44.	Jim Sheehan	60	41:01	43.42
45.	Pete Lipka	61	41:21	42.11
46.	Wally Lempart	67	41:24	40.79
47.	Darlene McCarthy	50	42:06	39.47

PL	NAME	AGE	TIME	PTS
48.	Jackie Lemieux	46	42:18	38.16
49.	Vicky Quagliaroli	59	43:11	36.84
50.	Jaime Wilson	40	43:28	35.53
51.	Carol Dunsdon	42	46:05	34.21
52.	Peter Finley	51	46:10	32.89
53.	Chuck Tremarchi	66	46:12	31.58
54.	Jamie Howard	47	46:36	30.26
55.	Mary Hannon	54	47:05	28.95
56.	Katie Roberts	24	47:05	27.63
57.	Ray Lee	70	47:10	26.32
58.	Konrad Karolczuk	60	47:48	25.00
59.	Karin Bradley	56	47:58	23.68
60.	Dominick Demeo	16	49:40	22.37
61.	Brian McCarthy	51	50:18	21.05
62.	Steve Obermayer	51	50:27	19.74
63.	Alexandria Wood	16	50:34	18.42
64.	Melissa Senecal	42	50:39	17.11
65.	Kathleen Tersigni	42	50:42	15.79
66.	David Lemieux	48	52:27	14.47
67.	Cathy Sheehan	52	53:48	13.16
68.	Jamie Williams	49	54:34	11.84
69.	Susan Mitchell	59	57:26	10.53
70.	Jeff Clark	66	57:28	9.21
71.	Young Miss Mack		61:56	7.89
72.	Tom Mack	48	61:57	6.58
73.	Gail Harwood	61	66:13	5.26
74.	Rhonda Wood	46	69:21	3.95
75.	Liz Wood	13	69:58	2.63
76.	Rich Jorgensen	57	79:47	1.32



Tim Van Orden and Bob Dion / Directors

APOLOGIZING FOR THE REVOLUTIONARY WAR

Flu hung on like a disappointment, and I needed some cheering up. Luckily, I knew the best thing for it. Yes, get healthy enough and get yourself to a snowshoe race. And I couldn't have gone to a better one to start my season. The snow at the 2nd Prospect Mountain 5K Snowshoe Race was deep and in ideal condition, but, more importantly, we had the use of the indoor facilities at the Nordic Ski Center.

The usual suspects from WMAC and the Saratoga contingent were there, plus two new people. Moe Roberts brought her daughter, Katie, and Mark Nunez also came. As a whole, these snowshoers could be best described as the eternal optimist club. If this club had an elected leader, Moe Roberts would be the best choice for president. Listening to everyone talk in the Ski Center, it was as if each of us found our own pot of gold and couldn't keep it a secret.

Besides the great snow, I experienced a random act of kindness that I will never forget. Near the end of the race, I ran into Chuck, using his GPS, and he indiscriminately shared a reading with me. It sounded like we didn't have far to go, and I pulled up beside him to see for myself another use of technology gone amuck.

Before long, we heard a woman trying to get our attention from behind us. She told us that we had just gone by a turn, and she was standing by the entrance of that turn. If we had continued going the way we were going, there was a very good chance we'd still be out there. We found out later that the woman's name was Carol and she was from Great Britain. Both Chuck and I were so grateful to Carol that we apologized for the Revolutionary War.

The Stryders finished almost in a pack with Mark Nunez being the most obvious exception. Mark had a stellar performance, finishing in 16th place, but he didn't run into Chuck, either. But neither did he experience a random act of kindness. But, after all, he wasn't the one who needed cheering up.

Peter Finley

Stay up to date with all WMAC DION Snowshoe events by getting on our email list... just send edtrnews@yahoo.com a note asking to be added to the list. Emails tend to go out twice a week.

PROSPECT MOUNTAIN FINISHERS 2002 SEASON & 2013 SEASON

Thought you might find this interesting. There were 12 people who ran Prospect both times a WMAC races has been held there (in both December 2001 and January 2013). Not much changed except we all got 11 years older!

2002 Season Event:

Pl	Name	Age	Time	Dist	Year
03.	Dave Dunham	37	53:02	10k	2001
05.	Ken Clark	39	54:50	10k	2001
14.	Ed Alibozek	39	66:10	10k	2001
22.	Richard Clark	47	72:43	10k	2001
24.	Scott Bradley	46	73:28	10k	2001
27.	Darlene McCarthy	39	81:23	10k	2001
31.	Laura Clark	54	89:00	10k	2001
40.	Laura Shortell	35	106:04	10k	2001
05.	Brian McCarthy	40	54:51	5k	2001
09.	Jeff Clark	55	65:03	5k	2001
10.	Konrad Karolczuk	49	65:23	5k	2001

2013 Season Event:

Pl	Name	Age	Time	Dist	Year
01.	Dave Dunham	48	22:10	2.6m	2013
08.	Ken Clark	50	26:00	2.6m	2013
13.	Ed Alibozek	50	28:58	2.6m	2013
26.	Richard Clark	58	33:27	2.6m	2013
29.	Scott Bradley	58	34:00	2.6m	2013
38.	Laura Clark	65	38:19	2.6m	2013
39.	Laurel Shortell	46	38:53	2.6m	2013
47.	Darlene McCarthy	50	42:06	2.6m	2013
58.	Konrad Karolczuk	60	47:48	2.6m	2013
61.	Brian McCarthy	51	50:19	2.6m	2013
70.	Jeff Clark	66	57:29	2.6m	2013

Milestones Recorded at 2013 Prospect Mountain / Woodford

Dave Dunham – 80 Finishes.

Jamie Howard – 60 Finishes.

Darlene McCarthy – 50 Finishes.

Edward Alibozek passes 7,000 points (with 7,026.51).

Peter Lipka passes 3,000 points (with 3,005.87).

WOODFORD AT PROSPECT

A SNOSHU TURTLE ENJOYING THE SCENERY: WHAT A GREAT START TO '13!



What a great start to a new season of snowshoeing, especially after last season's "winter-that-wasn't"! In the space of a little over a week we've had ideal conditions for three races – the Plateau Run, which gave us the opportunity to check out some new trails at Pine Ridge XC Ski Center; the Turner Trail race, which featured sunshine and a new combination of half killer climbing/descending and half "flat" (ie. rolling) terrain; and Woodford at Prospect Mountain XC Ski Center, which gave us a chance to preview one of the proposed venues for the 2014 Nationals and the torture of a Tim VanOrden-designed course. The latter was even more remarkable just by happening, since the Dion's, TiVO, and their smiling crew of volunteers pulled the race together literally in a matter of days after the scheduled race on the at Woodford State Park was cancelled mid-week by the original RD. Let's extend a huge thank you to the RD's and volunteers for all three races for enabling our 2013 season to start off with a bang rather than a whimper (other than the whimpering of my legs...)

All that said, I went into our second weekend of races both excited to be snowshoeing and a bit disappointed. I started snowshoeing seven years ago, as a way to keep running trails in the winter, and Woodford was the first race I did. I had purchased a new pair of Dion 166's and managed to get in one or two short runs in the 6-8 inches of crusty snow that we had in Albany that December. Then right before the race Woodford picked up 18 inches of fresh snow – I really had no idea what I was getting myself into. I'm pretty sure that was the hardest I'd ever worked to "run" 20+ min miles! But for some crazy reason I followed that up with another tough run at North Pond a couple of weeks later – and that was pretty much it that season for snowshoe races around here, most of the others were either cancelled or changed to trail races. And here I am, 72 snowshoe races later (including a snowshoe duathlon, a snowshoe triathlon, and more than a few races outside of our series... though honestly, ours are the best!) At least now I know why I keep hauling my backside out of bed on the weekends to drive to the middle of nowhere and stagger around in the snow – partially the challenge and the workout, partially a love of the outdoors, and mostly the people I get to spend time with.

In any case, Woodford holds a special place in my heart, so I drove to Vermont Sunday morning with a secret mission – to walk/run the usual Woodford course after doing the race at Prospect Mountain. Post-race I took a few minutes to chat with friends I haven't seen nearly enough of this fall, then hopped



SNOSHU TURTLE (continued)

in the car and made the short drive east to Woodford State Park. I found a parking lot filled with trucks and snowmobile trailers instead of chattering snowshoers – but I also found the best snow conditions I’ve seen at Woodford for the last 4-5 years. Deep snow, a well-packed trail through the woods and along the shore of Adams Reservoir – absolutely beautiful and one of the things I really enjoy about snowshoeing. Running at Pine Ridge and Prospect Mountain was fun, but for me groomed XC ski trails just don’t compare to singletrack through the woods.



I mentioned my legs whimpering earlier... after being laid up for much of November with an injury and 8 miles of races (including a steep climb or three, thanks to the Herders and TiVO) my legs were definitely fried by the time I made the final climb away from the reservoir, and the “run” back to the park entrance had a more-than-passing resemblance to walking. But it was definitely worth it, both in the time spent running with our crazy but happy crew in Pittsfield and at Prospect Mountain and my trek afterwards along memory lane and the rolling trails of Woodford State Park.

Let’s keep our fingers crossed that we have a long, tough, fun season of races like these first three ahead of us – I look forward to seeing many of you disappearing down the trail ahead of me!

Snoshu_turtle aka Jamie H.
<http://jedi-turtle.blogspot.com/>

MILESTONES 2013 TURNER TRAIL RACE

Ken Clark – 110 Finishes.

Jim Carlson – 60 Finishes.

Brad Herder – 30 Finishes.

Jodie Lahey – 20 Finishes.

Pat Rosier – 20 Finishes.

Jessica Northan passes 3,000 points (with 3,033.92).

Jack Casey passes 3,000 points (with 3,018.67).

MILESTONES 2013 PINE RIDGE PLATEAU RUN

Steve Mitchell – 25 Finishes.

Glen Tryson – 25 Finishes.

Jennifer Ferriss – 20 Finishes.

