

W.M.A.C. SNOSHU-NEWS

"Girlfrens"

Constitution Hill Snowshoe Race 2013?

With the demise of the snowshoe express, Farmer Ed's old Nissan van that he has used for many years to haul any number of us to snowshoe races, I volunteered to get my wife's Toyota Highlander as a poor substitute. I don't have three seats and I can only haul four people. We met at Holyoke Mall parking lot at 7:45 with one goal in mind. Get to Constitution Hill before Laurel Shortell. Our group represented the whole spectrum of potential finish positions, with Kenny Clark and Ed Alibozek up front, me about in the middle, and Konrad Karolczuk bringing up the rear. We are a very diverse group.

As we made our way up Bridge Street it got more and more slippery. As we were arriving at the staging point we saw that we had failed. Laurel was already there! However, she had paid a price for beating us. She had pulled off the road to park on the snow, and she had gotten stuck between the deep snow and the slippery road. Being the nice person she is though, she was waving us off of pulling onto the snow to park instead of basking in her arrival victory. We continued on up the hill toward the porto potty at the end of the road, all jumped out, then started back down the slippery road to park. We did get a good space, but it was right next to the place the race goes by from the road back into the woods.

When we got back to the starting area to register and proceeded to help Laurel and several others get their cars unstuck. We also ran into a bunch of regulars at snowshoe races along with several newer people like Lee Ann Zarger and Betsy Mainiero. Several years ago at the Greylock trail race Lee Ann had missed the turn from the Cheshire Harbor Trail (a forest road) back into single track, and Ed and Konrad collected her halfway to Lanesboro on their way home and took her back. Four of us on a fun run last fall had run into Betsy, and this was her first snowshoe race.

The race starts out in a huge meadow, circles downhill, and then starts back uphill toward the start before going into the woods. This start is a great idea because it spaces people out and settles them in to where they should be before sending them into the single-track trails of the woods where it is so difficult to pass.

One novelty at the start was Brad Herder who was allowed to get a head start with a video camera on the back of his head. The video shows everybody passing Brad until runners of his speed or slower stopped passing. At that point he switched the camera to the front of his head. The funniest part was when he was about 100 yards from the finish, went around a gentle curve on a flat area, and promptly fell down. At least he laughed. So he caught on camera what each of us has done at some time unseen. This happened to me during the second half of Moby Dick as I was pacing on four women in front of me including Sweep Voll, Runner Girl (Jamie Coyne), the Wechter Factor (Deb Wechter), and one more. At least my fall occurred in deep snow going around a curve on the side of a hill, and catching the

tip of my snowshoe on a high root, unlike Brad's which occurred on a flat surface with four inches of snow and no identifiable cause or impediment.

After leaving the field we first entered the woods where we had a long stretch of forest road, so people could still pass easily here if they had the energy. I had Jessica Northan and the Wechter Factor in front of me and knew they were good snowshoers, so I settled in and tried to stay with them. At some point Betsy Mainiero passed us all. I had passed her on the uphill part of the field and thought she had run out of gas, but it seems like she recovered well and started using her speed. Once we hit a long downhill section I was able to get by Deb but couldn't get Jessica. Betsy was increasing her lead on us downhill, but we closed a little on the long uphill, keeping her within striking distance. Behind us the Wechter Factor hung strong, and we couldn't shake her.

The long uphill sections were brutal, and I figured people would pass me, but actually no one did. In fact, Jessica and I picked up a position passing one guy on the ascent. As the climb became gentler Jessica got about a 40 yard lead on me. When we hit the crest and started downhill I started getting it back, but Betsy had really taken off and was long gone. Then I wondered who is behind me maybe closing in on me? I decided that when I got to the end of a long straightaway I would do a quick look to see who was there. You have to be careful doing this or you might find yourself hitting the ground hard and getting snow down your collar. Yuk! No one was in sight, great!

As we came out of the woods I was about 10 yards behind Jessica. Should I make a run on her? Making a run on somebody in snowshoeing can be risky. Stepping off the worn track to go around will put you in deeper snow and slow you down immediately, requiring much more energy to pass than in a trail race. You can die and get caught from behind by someone else or trip in the deeper snow. Also Jessica was finishing strong and probably had a kick of her own. I looked behind and to my surprise the Wechter Factor was coming off the hill too, maybe 30 yards behind! I decided to just make sure I held my position for a 33rd place finish and make sure I didn't get caught. Yes, you top-10 finishers, we compete in the middle of the pack too, just not as fast as you. I'm happy with my time, 11 minutes better than two years ago, and I owe that to the people I chased and those who chased me.

This is a nice race with excellent layout to prevent clogging, beautiful woods, long hard climbs, and fast descents. Thanks to the race directors, the BNRC, and Brad Herder for the video. Oh, Lee Ann won the raffle getting a quart of maple syrup.

*Bob Worsham
(Rob Runer on FB)*

Berkshire Natural Resources Council Presents

4th ANNUAL CONSTITUTION HILL 5.8 KM SNOWSHOE RACE

January 12, 2013

Constitution Hill

Lanesborough, MA

#	NAME	TIME	POINTS	#	NAME	TIME	POINTS
01.	Tim Mahoney	00:33:47	100.00	47.	Carolina Villarreal	00:53:26	42.50
02.	Tim Van Orden	00:34:14	98.75	48.	Denise Dion	00:54:25	41.25
03.	Ned Kennedy	00:35:22	97.50	49.	Jim Carlson	00:54:40	40.00
04.	Brian Northan	00:35:42	96.25	50.	Wally Lempert	00:54:48	38.75
05.	Rich Teal	00:36:36	95.00	51.	Bob Massaro	00:55:11	37.50
06.	Mic Medeska	00:39:16	93.75	<u>52.</u>	<u>Laurel Shortell</u>	<u>00:55:40</u>	<u>36.25</u>
07.	Edward Alibozek	00:39:27	92.50	53.	Martin Glendon	00:56:18	35.00
08.	Ken Clark	00:39:35	91.25	54.	Jim Sheehan	00:56:35	33.75
09.	Wayne Stocker	00:39:38	90.00	55.	Stan Serafin	00:57:12	32.50
10.	Addam Sentz	00:39:49	88.75	56.	Paul Neri	00:57:31	31.25
11.	Todd Brown	00:40:43	87.50	<u>57.</u>	<u>Makayla Powers</u>	<u>00:57:42</u>	<u>30.00</u>
12.	Jeff Clark	00:42:28	86.25	<u>58.</u>	<u>Mollie Daly</u>	<u>00:57:43</u>	<u>28.75</u>
13.	Garrison Parker	00:42:35	85.00	<u>59.</u>	<u>Mackenzi Powers</u>	<u>00:57:43</u>	<u>27.50</u>
14.	Ted Cowles	00:43:08	83.75	60.	Pete Finley	00:59:14	26.25
15.	Dylan Quinn	00:43:09	82.50	61.	Brad Herder	00:59:17	25.00
16.	Chelynn Tetreault	00:43:10	81.25	<u>62.</u>	<u>Vicki Quagliaroli</u>	<u>01:02:16</u>	<u>23.75</u>
17.	Glenn Tryson	00:44:17	80.00	<u>63.</u>	<u>Julie Gardner</u>	<u>01:02:56</u>	<u>22.50</u>
18.	Jack Casey	00:44:43	78.75	64.	Janet Tryson	01:03:06	21.25
19.	David Cameron	00:44:55	77.50	65.	Jamie Howard	01:04:39	20.00
20.	Tim McKenna	00:45:07	76.25	66.	Bill Glendon	01:05:36	18.75
21.	Phil Bricker	00:45:10	75.00	67.	Konrad Karolczuk	01:05:37	17.50
22.	Laura Fusari	00:45:11	73.75	68.	Joanna Ezinga	01:06:06	16.25
<u>23.</u>	<u>Kim Morrison</u>	<u>00:45:15</u>	<u>72.50</u>	<u>69.</u>	<u>Jamie Williams</u>	<u>01:06:20</u>	<u>15.00</u>
24.	Mike Ribeiro	00:45:20	71.25	<u>70.</u>	<u>Kathy Sheehan</u>	<u>01:07:53</u>	<u>13.75</u>
25.	Scott Bradley	00:46:17	70.00	71.	Richard Busa	01:08:10	12.50
<u>26.</u>	<u>Theresa Apple</u>	<u>00:46:17</u>	<u>68.75</u>	72.	Jeff Clark	01:08:36	11.25
27.	Mark Bushika	00:46:17	67.50	73.	James Williams	01:11:01	10.00
28.	David Gubala	00:46:33	66.25	<u>74.</u>	<u>Olivia Daly</u>	<u>01:11:13</u>	<u>8.75</u>
29.	Shaun Smith	00:46:38	65.00	75.	Don Daly	01:13:25	7.50
<u>30.</u>	<u>Ginny Patsun</u>	<u>00:47:17</u>	<u>63.75</u>	76.	Elliot Daly	01:14:48	6.25
<u>31.</u>	<u>Elizabeth Mainiero</u>	<u>00:48:05</u>	<u>62.50</u>	<u>77.</u>	<u>Lee Anne Zarger</u>	<u>01:15:46</u>	<u>5.00</u>
<u>32.</u>	<u>Jessica Northan</u>	<u>00:48:13</u>	<u>61.25</u>	<u>78.</u>	<u>Sonya Daly</u>	<u>01:16:31</u>	<u>3.75</u>
33.	Bob Worsham	00:48:15	60.00	<u>79.</u>	<u>Stephanie Melito</u>	<u>01:25:24</u>	<u>2.50</u>
<u>34.</u>	<u>Debra Wechter</u>	<u>00:48:41</u>	<u>58.75</u>	80.	Steve Melito	01:25:25	1.25
35.	Pete Canzone	00:49:30	57.50				
36.	Jeff Hattem	00:49:46	56.25				
<u>37.</u>	<u>Kathleen Furlani</u>	<u>00:50:07</u>	<u>55.00</u>				
38.	Joe Murphy	00:50:36	53.75				
<u>39.</u>	<u>Lynn Lemanski</u>	<u>00:51:20</u>	<u>52.50</u>				
<u>40.</u>	<u>Sue Lackman</u>	<u>00:51:21</u>	<u>51.25</u>				
<u>41.</u>	<u>Jennifer Ferriss</u>	<u>00:51:31</u>	<u>50.00</u>				
<u>42.</u>	<u>Mary Gubala</u>	<u>00:51:44</u>	<u>48.75</u>				
43.	Pete Lipka	00:51:45	47.50				
<u>44.</u>	<u>Laura Clark</u>	<u>00:52:10</u>	<u>46.25</u>				
<u>45.</u>	<u>Pat Rosier</u>	<u>00:52:26</u>	<u>45.00</u>				
46.	Stephen Murphy	00:52:52	43.75				

 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.

Tad Ames, Amanda L'Etoile & Doug Bruce

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

2013 DOUBLEHEADER WEEKEND #2

CONSTITUTION HILL AND MELTY THE SNOWMAN

Once more, the second round of double header events, Constitution Hill and Brave the Blizzard, were a study in contrasts. Constitution Hill, last year the only race with excellent snow cover, proved itself more than up for the pounding of 80 pairs of snowshoes. Melty the Snowman, in good years know as Frosty the Snowman, had less than encouraging news for his 9th annual attempt at Brave the Blizzard Snowshoe Race. After hanging out in an accommodating freezer for a good part of the week, he emerged, slightly shaken and stirred in swirling waves of...green grass.

Traveling to Constitution Hill on Saturday was reminiscent of traveling to Woodford in previous years -- you had to have firm faith in the race director. Lanesborough or Lanesboro, the town that doesn't know how to spell itself, had an abundance of snow/sno. I have often thought it would have been enlightening to attend elementary school in Lanesborough/Lanesboro, the town of free-form spelling where intent is more important than structure. And that would have been in the days before spell check.

Jeff, Jen and I thought we were doing pretty good, arriving an hour before race time and were consequently surprised by the number of cars that had won the competition for prime spots. To our surprise, however, we were ushered well ahead of the last cars in line, onto the driveway of the generous landowner who had donated prime plowed parking to a select number of vehicles. YES!

Compensating for that bit of good fortune was the ridiculously long hike to the porta pottie. I know we are in it for the exercise, but over icy roads, this was a trek you only wanted to attempt once. Jen departed immediately for the facilities and after a while I began to grow concerned. Had she gotten lost? Had she fallen in? All too soon, I understood the reason for the delay. Since attaining this landmark was almost equivalent to crossing the finish line, folks were apparently making the most of the opportunity—taking their time as they assuredly knew they would not pass that way twice. Rich Busa lingered to take photos of each of us as we emerged triumphantly and a few others were taking random scenic shots.

Many had come amply prepared for winter white, giving careful thought to something old/something new. The clear winner in the something old category was Peter Canzone who sported multiple layers of plastic grocery bags around his shoes, deftly tied with those thick purple asparagus rubber bands right out of an episode of *Veggie Tales*. Not only must that guy eat a lot of asparagus, it's a wonder he didn't cut off circulation with those smaller, thicker bands. Something new was once more displayed by Brad Herder who wore his nifty headpiece video camera, this time strapped to the back of his head, all the better to record the start. At Turner I was treated to an embarrassing long episode of me, wearing the Target, struggling just ahead of Brad. This time, he still got me -- trudging behind, trying valiantly to pass and get out of range. Targets were assigned to Laurel Shortell and Jeff Clark the Younger. Laurel did exactly as I did when presented with first bib choice, she dithered over

which color would show up to advantage on her jacket. She was convinced that the Target did not make her any faster but instead encouraged everyone to pass her. In the case of Jeff Clark the Younger, the Target served a more functional purpose. The timing folks from BNRC had no idea there were two Jeff Clarks in the race, so the Target guaranteed that the correct Jeff received the correct time, although Jeff Clark the Elder confessed that it would be OK with him if the results were juggled. Turned out though that my Jeff had the most memorable finish, flopping down Rich Busa style across the imaginary finish line with a huge grin on his face. And it was indeed tempting to pretend to be someone else. As there were no bib numbers and no popsicle sticks or snocones, we were instructed to shout our name as we completed our run.

Most memorable comments came from my Jeff who recalled someone shouting to him, "It always inspires me when someone who is walking passes me when I am running." And also from Chief Snowshoer Edward Alibozek who remarked that so many folks exuberantly told him how much they missed getting together during the November and December hunting season months. At least now, Targets are safe!



Tim Mahoney, 2013 Constitution Hill Champion!

MELTY THE SNOWMAN

The day the Albany Running Exchange crew marked the Brave the Blizzard course, there was 95% snow cover. Two days later, we had a perfect spring day with green grass and soaring temperatures. I didn't spot anyone in shorts, but Michael Dellarocco got into the proper spirit wearing his casual Hawaiian-style shirt. Frosty, or in this case, Melty was not impressed.

In nine years Frosty has had one successful term in office, from 2008-2011. He is hoping for another successful four year run beginning in 2014, but is not ruling out the possibility of a change in campaign tactics. Meanwhile his cabinet of hand-picked volunteers were so unflaggingly enthusiastic that it almost seemed that this was the way things were supposed to happen. One special lady, stationed at the top of the steepest hill, had brightened the way with hanging paper snowflakes worthy of Snowflake Bentley's photographic expertise.

Firmly uncommitted, I took my snowshoes but left them in the car. Nevertheless, I still managed to look foolish, or perhaps hopeful, after Maureen Roberts handed me the pair she had borrowed for her college-vacationing daughter. Altogether, I entered the arena with two pairs of snowshoes, one pair of hiking boots, one knock-about pair of trail shoes and one pair fitted with IceSpikes. Although there wasn't any ice, I had ascertained that the mud was pretty slick and the spikes might harken back to cross-country days, if I had had any. But that was way before Title IX and Alas! I didn't.

After we circled the inevitable staging area, I was so grateful I had selected the spikes. The trail was a hash of skid marks, planted by faster and less fortunate individuals who had opted for May weather rather than March reality. Although I had at one time written an article for this company and had received a complimentary spike kit to add authenticity to my experience, this is by no means a blatant product endorsement. You could also capture a matching pair of Yaks but really, they have a tendency to lose interest and flip off your feet at crucial junctures—even on the way to the rest room where one was corralled before the race had actually begun.

I once more found myself in the company of Charles Babcock, my new best friend from the Moreau 15K where we took turns keeping each other from getting lost. As I had suspected even then, he was actually faster than I and with no need to hunt for markers, did eventually push ahead on the second loop. But I was having such a good time! It is amazing how light your feet feel after a month on snowshoes. And there was still enough tricky terrain to lend a snowshoe feel. Once again, we went through the spider web rope maze, but this year it seemed somehow easier. I can't wait to try it on a snow year and see how many flies get caught.

In the interest of recycling I ran as Mike Arpey, a forty-nine year old male who apparently did not claim his bib at the recent ARE FRUN Run. I know he was younger than I and also bigger than I, not claiming his XL tee. I wonder if he would have been pleased with his time?

By laura clark

WHY WE SNOWSHOE

I belong to a running club, but I love to compete in snowshoe races. It's not easy to understand because most snowshoe races are twice as hard as any race on the road, involve lengthy car rides, and snow conditions can vary considerably. In addition, a snowshoe race can be canceled at any time, disappointing even those who don't mind a substitute trail run.

However, if you love to snowshoe, all those inconveniences simply don't matter. True snowshoers take it all in stride, and think of those inconveniences as merely another aspect of the whole snowshoe experience.

Still, people will give you strange looks, for instance, if you tell them that you traveled 150 miles to participate in a 3 mile snowshoe race. They just don't understand and perhaps they never will.

Peter Finley

MILESTONES FROM CONSTITUTION HILL:

Finishes:

Laurel Shortell	140 finishes
Bob Worsham	60 finishes
Scott Bradley	50 finishes
Jack Casey	40 finishes

Points:

Brian Northan passes 2,000 points with 2,034.92

MILESTONES FROM BRAVE THE BLIZZARD:

Finishes:

Rich Teal	40 finishes.
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MILESTONES FROM HOOT TOOT WHISTLE:

Finishes:

Peter Lipka	60 finishes
Maureen Roberts	40 finishes

Points:

Scott Bradley passes 3,000 with 3,050.80

9th ANNUAL BRAVE THE BLIZZARD SNOWSHOE RACE

January 13, 2013

Robert C. Parker School

Wynantskill, NY

PL	NAME	AGE	TIME	PTS
01.	Connor Devine	19	22:48	50.00
02.	Ben Taber	22	24:10	49.14
03.	Rich Teal	34	24:28	48.28
04.	Mike Siudy	38	24:40	47.41
05.	Jeffrey Andritz	31	24:56	46.55
06.	Joshua Katzman	36	26:58	45.69
07.	Zach Russo	29	27:37	44.83
08.	Jonathan Bright	42	27:42	43.97
09.	Addam Sentz	33	28:17	43.10
10.	David Newman	32	28:28	42.24
11.	Jim Devine`	52	28:40	41.38
12.	Brenan TARRIER	34	28:49	40.52
13.	Kim Morrison	33	29:04	39.66
14.	Carson Fiske	42	29:05	38.79
15.	Tom Tift	55	29:58	37.93
16.	Glen Tryson	59	30:02	37.07
17.	Jeff Clark (younger)	55	30:05	36.21
18.	Andrea Briggs	32	32:16	35.34
19.	Joseph Murphy	33	32:51	34.48
20.	Randy Goldberg	53	33:45	33.62
21.	Tom Mack	48	34:10	32.76
22.	Jennifer Ferriss	41	34:13	31.90
23.	Jennifer Kehn	25	36:01	31.03
24.	Rebecca Cleary	23	36:12	30.17
25.	Melissa Steciuk	23	36:12	29.31
26.	Luciano Camuglia	42	36:18	28.45
27.	Kathleen Goldberg	54	36:41	27.59
28.	Jennifer Masula	35	36:43	26.72
29.	Angela Sears	36	36:44	25.86
30.	Maureen Roberts	55	36:44	25.00
31.	C J Imperial	32	36:46	24.14
32.	Pete Lipka	61	36:55	23.28
33.	Andrew Tanzillo	44	37:10	22.41
34.	Carol Dunsdon	42	37:18	21.55
35.	Kyle Schuttenberg	30	37:26	20.69
36.	Nathaniel Beyer	34	37:47	19.83
37.	Paula Boughtwood	51	38:11	18.97
38.	Mike Della Rocco	61	38:12	18.10
39.	Joe Yavonditte	63	38:30	17.24
40.	James Ebersold	52	38:30	16.38
41.	Anne Roberts	27	38:35	15.52
42.	Charles Brockett	66	38:37	14.66
43.	Laura Clark	65	39:58	13.79
44.	Abra Bentley	30	40:13	12.93
45.	Susan Bright	38	40:19	12.07
46.	Will Dixon	53	41:26	11.21
47.	James Carlson	65	42:06	10.34

PL	NAME	AGE	TIME	PTS
48.	Laurel Shortell	46	42:10	9.48
49.	Walt Apple	44	42:29	8.62
50.	Tracy Racicot	44	45:35	7.76
51.	Janet Tryson	59	45:36	6.90
52.	Tammy Colman	43	46:23	6.03
53.	Phyllis Fox	60	47:26	5.17
54.	Prudence Gunsch	40	49:50	4.31
55.	Rachel Kudrle	38	51:54	3.45
56.	Kathleen Tersigni	42	51:58	2.59
57.	Steve Obermayer	51	52:03	1.72
58.	Greg Taylor	66	53:53	0.86



Tom Mach enjoying Brave the Blizzard in 2009, with Tom Ryan closing fast!

AND THEY'RE OFF ! WITH A HOOT, WITH A TOOT & WITH A WHISTLE

This year the Hoot Toot & Whistle Snowshoe Race reverted to the old point-to-point format. In honor of that momentous occasion, during which no busses delivering runners got lost or injured, we were treated to a starting toot by none other than Hoot Toot & Whistle herself. Pleased to discover that there truly was a still-functioning train lending credence to our effort, I was finally able to connect the wooden ties separating the Hoot Toot (Hoosac Tunnel) from the Whistle (Wilmington, VT) and decipher the acronym. HT&W, originally destined to cross the continent in the wake of the wagon trains, ultimately decided locally grown and family-friendly was the way to go. Now it highlights a select section of Vermont, befriending catamounts, moose and snowshoers alike.



Maureen Roberts at Hoot Toot Whistle

We snowshoe here to raise money for the restoration of Readsboro's historic buildings, constructed during the heyday of the Hoot Toot & Whistle. Looks like last year's jaunt was enough to get a fresh coat of paint on the façade of the EJ Bullock Building, a former general store and, appropriately, a sports equipment manufacturing company. One of the things I like about this race is that townspeople are so welcoming. They reciprocate by driving the bus, serving as road marshalls, computing results, donating raffle items. This year we were

even invited to attend the local chili cook-off, held in the same school where we assembled pre-and post-race. For a brief moment in time we were contributing Readsboro citizens, not just another motley group of Vermont tourists.

Our snowshoe series accountability runs the gamut from high tech ARE bib-embedded chips to chronoprinted/computer excel results to old-fashioned popsicle sticks. But HT & Whistle took innovation one step further with race numbers handwritten on what could have been library book spine labels. The trick was that you either had to remember your number or stick it somewhere where it would not become unstuck even with repeated applications of snow and sweat. It wasn't until the bus ride over, while I frantically searching for my sticker ticket that I realized Jeff had drawn #46 and I had followed up with # 47. Jeff was born in 1946, while I was born in 1947. Even more freaky, when I crossed the finish line, I was awarded popsicle stick #46!

As we were waiting for the race to begin, someone who had never run HT & W before inquired about the course, confiding that after Mt. Prospect's "easy rolling hills" they were not too trusting of Bob Dion's course descriptions. I assured whoever it was (I am not trying to shield the innocent—I truly have no idea) that the slightly downhill route would be fairly flat, but that it would not be easy. And this was bafflingly correct. How can something so obviously benign prove so challenging? As Rich Busa once pointed out, there is absolutely no point in time where you can justify a walking break, whereas a steep uphill begs the question. We feel compelled to soldier on no matter how much we would like to pause to catch our breath.

Then too, no matter how deep the snow, the single track footing seems to rock back and forth in an attempt to throw you off kilter. Your journey resembles one of those dreaded dream sequences where you lurch headlong as the ground shifts to trip you. I am guessing that more runners took spills on this level terrain than they would if they had been hurling down Mt. Prospect.

Clearly, for this race you had to have a strategy firmly in place. Alas! I had none but my usual: Start slow, wait for my asthma to clear up, then push. While normally good advice, starting close to caboose position meant that you were caught in relentless single track, forever, forced to deplete your energy passing ultimately slower runners. Maureen Roberts, familiar with the course, devised perhaps the best strategy. She began slowly, even to the point where I passed her in my quest to catch up to my friends. At exactly half-way, she kicked into gear and I watched her effortlessly glide past runner after runner. By this time too, we were spread out a bit and she no longer had to overtake four in one blow like I did earlier.

Used to dealing with safety-vested railroad workers, Train took our two Target vests in stride, failing to cowcatch Jim Devine, but snowplowing Jen Ferriss back at the station. Initially pleased to be honored with the Target, meaning he didn't run in the opposite direction, Jim was ultimately thrilled, having never before placed in the top ten. Behind me I could hear Jen shout, "This race hates me!" I thought she was just being honest but what she really meant was that her snowshoe had detached itself

AND THEY'RE OFF! (CONTINUED)

from her foot. After several attempts to rid her reluctant straps of snow, she settled in for the long haul, listening for whistles, picking up garbage, sightseeing. Both Target recipients are eager for another go at it; one to repeat the performance and the other for revenge.

One of the neat things about driving all across New England in search of the perfect snow is the opportunity to become participating, not merely accidental tourists. On the drive home, we pulled to the side of the road, switched off the car engine and listened to the swoosh of the windmills on the ridge of the Green Mountain Forest. It looked like the giant cyborgs had truly landed. While impressive, these windmills were far removed from Holland's benevolent wooden versions, true and fearsome giants in the sky.



Ed Meyers, all the way from PA!

Many of us also visit local shops that we would not otherwise frequent. Jeff, Jen and I often swing by Fleet Feet Sports when we are not focused on sampling local delicacies. Last trip, it was the Big Moose Deli; this time we rewarded ourselves at the Crazy Russian Girls Bakery. All expenses are, of course, justified by the fact that we will pass that way just once or twice a winter. Besides, we had run a good race—we deserved a bit of indulgence.

laura clark

THE UNEXPECTED HAPPENED

The Hoot-Toot & Whistle 5K wasn't supposed to have any surprises, or so I thought. People we didn't expect to see that day were there. I didn't expect all that snow or for the sun to shine, for that matter.

The snowshoers met in a school and school buses took us over to the start. I felt like I was back in school, but we weren't given any homework and the bus driver didn't yell at us for talking too loud. Hoot-Toot & Whistle had plenty of snow, but it caused my snowshoes to slip from side to side. Not expected, but, if snowshoeing was easy, every cabin-fever fool would be doing it.

I thought I was doing pretty well in the race, until Jackie told me she tore her meniscus in June or July and was being very careful on how she planted her snowshoes. She finished two places ahead of me.

David blew by me near the end and that usually doesn't happen. But, on that particular day, the unexpected ruled.

Jen Ferriss wasn't supposed to finish behind me, but she had equipment failure. She blamed it on the curse of the Hoot-Toot & Whistle. But I don't believe in superstition because my fortune-teller told me there is no such thing.

Kim Scott wasn't supposed to be there. She's a hockey player and I thought she would be practicing that morning. Apparently, her team was without a goalie and she wasn't keen on becoming one, either. She didn't say, but I think she likes her teeth.

The volunteers from Readsboro, VT treated us very well. After the race, we sampled as many as eight different kinds of chili in the school gym. If that wasn't enough, everybody, it seemed, got a raffle prize. This went over well, but especially with the Stryders. The Hoot-Toot & Whistle had plenty of surprises, but nobody will ever convince me that the Hoot-Toot & Whistle has a curse, not even my palm-reader. Unless, of course, my tarot cards say different.

Peter Finley



5th ANNUAL HOOT TOOT & WHISTLE 5KM SNOWSHOE RACE

January 19, 2013

Catamount Ski Trail

Readsboro, VT

#	NAME	AGE	TIME	POINTS	#	NAME	AGE	TIME	POINTS
01.	Greg Hammett	35	20.17	100.00	54.	Stephen Mitchell	71	36.51	45.36
02.	Josh Ferenc	31	20.22	98.97	55.	Denise Dion	54	36.53	44.33
03.	Tim Mahoney	33	20.28	97.94	56.	Timothy Kasulinous	37	36.55	43.30
04.	Rich Teal	34	21.16	96.91	57.	Carolina Villarreal	30	36.59	42.27
05.	Brian Northan	37	22.42	95.88	58.	Stan Serafin	59	37.08	41.24
06.	Steve Power	54	23.56	94.85	59.	Claudine Preite	46	37.30	40.21
07.	Edward Alibozek	50	24.12	93.81	60.	Kathleen Furlani	64	37.40	39.18
08.	Josh Katzman	36	24.55	92.78	61.	Pete Lipka	61	37.52	38.14
09.	Todd Brown	48	25.33	91.75	62.	Jill Merjeski	35	38.09	37.11
10.	Jim Devine	52	25.46	90.72	63.	Jacqueline Lemieux	46	38.41	36.08
11.	Ted Cowles	54	25.49	89.69	64.	David Gubala	51	39.01	35.05
12.	Edward Myers	61	26.30	88.66	65.	Peter Finley	51	39.18	34.02
13.	Dylan Quinn	15	26.37	87.63	66.	Mary Gubala	47	40.19	32.99
14.	Thomas Olendorf	47	26.46	86.60	67.	Bob Massaro	69	41.02	31.96
15.	Jeff Clark (<i>Younger</i>)	55	27.50	85.57	68.	Jamie Howard	47	42.10	30.93
16.	Jack Casey	59	28.11	84.54	69.	Rachel Rodney	37	42.47	29.90
17.	Adam Clancy	25	28.28	83.51	70.	Francine Germaine	56	43.15	28.87
18.	Bill Morse	61	28.46	82.47	71.	Leiah Myers	38	43.41	27.84
19.	London Niles	15	28.55	81.44	72.	Julie Gardner	41	44.01	26.80
20.	David Cameron	42	29.13	80.41	73.	Meghan Foley	26	44.20	25.77
21.	Jessica Northan	37	29.40	79.38	74.	Jennifer Ferris	41	44.24	24.74
22.	Cynthia Gardner	61	29.46	78.35	75.	Rebecca Armstrong	44	46.09	23.71
23.	Jan Rancatti	52	30.12	77.32	76.	Richard Busa	83	46.17	22.68
24.	Laura Fusari	32	30.22	76.29	77.	Walter Kolodzinski	70	46.23	21.65
25.	David Sutherland	50	30.30	75.26	78.	Eileen Quinn	53	47.04	20.62
26.	Mark Bushika	45	31.52	74.23	79.	Vicki Quagliaroli	59	47.08	19.59
27.	Jeff Hattem	61	32.10	73.20	80.	Bill Glendon	66	47.24	18.56
28.	Kim Scott	44	32.17	72.16	81.	Konrad Karolczuk	60	47.26	17.53
29.	Tom Fusari	43	32.27	71.13	82.	Kim Brown	41	47.45	16.49
30.	Peter Canzone	59	32.31	70.10	83.	Dave Lemieux	48	47.56	15.46
31.	Fred Pilon	67	32.32	69.07	84.	Marylou White	57	48.59	14.43
32.	Debra Wechter	37	33.02	68.04	85.	Jeff Clark (<i>the older</i>)	66	49.04	13.40
33.	Sue Williams	55	33.16	67.01	86.	Stephanie Koh	41	49.09	12.37
34.	Kevin Longo	38	33.18	65.98	87.	Annette Santiago	48	51.09	11.34
35.	Richard Godin	57	33.41	64.95	88.	Jules Seltzer	77	52.11	10.31
36.	Alison Cleary	28	34.02	63.92	89.	Tiger Waterman	66	55.37	9.28
37.	Bruce Shenker	60	34.07	62.89	90.	Marilyn Hickey	54	55.39	8.25
38.	Jen Hammett	40	34.08	61.86	91.	Laurie Cole	32	55.40	7.22
39.	Mike Hickey	55	34.09	60.82	92.	Misty Kardasen	38	62.06	6.19
40.	Pete Cole	43	34.20	59.79	93.	Anne Wehry	55	62.51	5.15
41.	Mary Scheferer	54	34.42	58.76	94.	Caitlyn Sanderson	27	62.54	4.12
42.	Michael DellaRocco	61	34.46	57.73	95.	Robert Sanderson	63	62.57	3.09
43.	Edward Alibozek Jr	73	34.58	56.70	96.	Matthew Bailey	10	66.09	2.06
44.	Maureen Roberts	55	35.06	55.67	97.	Christopher Bailey	37	66.10	1.03
45.	Scott Bradley	52	35.48	54.64					
46.	Laura Clark	65	36.10	53.61					
47.	Laurel Shortell	46	36.15	52.58					
48.	Jodie Lahey	34	36.16	51.55					
49.	Brad Herder	55	36.18	50.52					
50.	Ed Saharczewski	59	36.19	49.48					
51.	Shari Hymes	50	36.25	48.45					
52.	Sue Lackman	34	36.45	47.42					
53.	Jim Carlson	65	36.48	46.39					



WHITE MOUNTAIN MILERS PRESENT SIDEHILLER 4-MILE SNOWSHOE RACE**January 26th, 2013 Sandwich Fair Grounds Center Sandwich, NH**

#	NAME	AGE	TIME	POINTS	#	NAME	AGE	TIME	POINTS
01.	Jim Johnson	35	0:26'07.67	100.00	55.	Richard Dinovo	45	0:41'40.21	40.66
02.	Kevin Tilton	31	0:26'11.58	98.90	56.	Rick Delkey	54	0:41'52.86	39.56
03.	Bob Jackman	30	0:28'36.52	97.80	57.	Gary Reuter	73	0:42'05.83	38.46
04.	Ryan Welts	32	0:29'33.36	96.70	58.	Mark Weidman	56	0:42'07.83	37.36
05.	David Cretsinger	41	0:29'52.45	95.60	59.	Meghan High	43	0:42'16.36	36.26
06.	Michael Fraysee	40	0:30'31.83	94.51	60.	Ellen Tidd	44	0:42'34.02	35.16
07.	Patrick Galvin	25	0:30'39.55	93.41	61.	Sinthy Kounlasa	56	0:43'21.30	34.07
08.	Chris Dunn	44	0:30'44.89	92.31	62.	Kathy Nelson	36	0:43'35.33	32.97
09.	Jeff Litchfield	53	0:30'47.67	91.21	63.	Andrea Leonard	48	0:43'46.74	31.87
10.	Peter Keeney	46	0:30'49.39	90.11	64.	Daniel Coons	58	0:43'55.08	30.77
11.	Phil Erwin	45	0:31'09.77	89.01	65.	Bob Dion	57	0:44'01.52	29.67
12.	Kristina Folcik	35	0:31'28.67	87.91	66.	Dolly Courte Mache	49	0:44'43.61	28.57
13.	Scott Mitchell	43	0:31'29.08	86.81	67.	George Brome	51	0:44'45.17	27.47
14.	Clinton Morse	50	0:31'54.67	85.71	68.	Ginny Patsun	44	0:44'49.89	26.37
15.	Paul Bazanchuk	58	0:32'06.58	84.62	69.	Samantha Brann	35	0:44'50.45	25.27
16.	Chuck Hazzard	52	0:32'17.83	83.52	70.	Tony Federer	74	0:44'51.11	24.18
17.	Melissa Donais	29	0:32'23.77	82.42	71.	Timothy Lindsey	41	0:44'59.33	23.08
18.	Jonathan Miller	43	0:32'36.30	81.32	72.	Kathleen Boulter	40	0:45'11.42.	21.98
19.	Abbey Wood	27	0:33'26.70	80.22	73.	Matthew Christian	34	0:45'15.27	20.88
20.	Walter Fortier	63	0:33'28.14	79.12	74.	Nancy Brome	50	0:45'32.52	19.78
21.	Jim Graham	50	0:33'58.42	78.02	75.	Debbie Budway	54	0:45'41.02	18.68
22.	Jackie Jackman	34	0:34'19.36	76.92	76.	Jennifer Lelis	48	0:47'30.52	17.58
23.	Don Frederickson	53	0:34'30.77	75.82	77.	Denise Dion	55	0:49'46.05	16.48
24.	Andrew Corrow	46	0:35'08.58	74.73	78.	Jim Hoburg	66	0:50'37.24	15.38
25.	Tom Hooper	34	0:35'20.77	73.63	79.	William Leonard	46	0:50'41.58	14.29
26.	Ted Cowles	54	0:35'31.39	72.53	80.	Brenda Litchfield	48	0:50'56.86	13.19
27.	Sal Genovese	47	0:35'33.33	71.43	81.	Laurel Shortell	46	0:51'21.45	12.09
28.	David Hippert	30	0:35'41.77	70.33	82.	Jeannie Brome	25	0:52'20.70	10.99
29.	Jim Graham	53	0:35'44.24	69.23	83.	Diane Levesque	59	0:53'19.45	9.89
30.	Mike Tagart	28	0:35'52.86	68.13	84.	John Engle	50	0:54'16.17	8.79
31.	Jonathan Martin	31	0:36'06.27	67.03	85.	Becky White	34	0:55'27.70	7.69
32.	Scott Mason	55	0:36'57.42	65.93	86.	Michelle L Glines	44	0:57'20.89	6.59
33.	Adam Clancy	25	0:37'04.55	64.84	87.	Stephanie Koh	41	0:57'21.36	5.49
34.	Justin Beaudry	31	0:37'33.95	63.74	88.	Liza Genovese	43	0:57'21.52	4.40
35.	J Downey	47	0:37'38.36	62.64	89.	Richard Busa	83	0:57'21.61	3.30
36.	Mariano Santangelo	43	0:37'46.95	61.54	90.	Marylou White	57	1:00'30.14	2.20
37.	Stuart Thorne	53	0:38'03.86	60.44	91.	Ellie Ferguson	52	1:01'14.05	1.10
38.	Bob Dunfey	61	0:38'16.61	59.34					
39.	Lisa Ranson	50	0:38'22.95	58.24					
40.	Ritchie Blake	44	0:38'23.52	57.14					
41.	Jack Casey	59	0:38'27.27	56.04					
42.	Rick Nelson	52	0:38'40.49	54.95					
43.	Aleaha Gray	24	0:39'12.08	53.85					
44.	Richard Leonard	58	0:39'32.55	52.75					
45.	Alyson Koenig	26	0:39'44.05	51.65					
46.	Rebecca Miller	33	0:39'54.58	50.55					
47.	Alison Cleary	28	0:40'06.86	49.45					
48.	Bill Morse	61	0:40'18.49	48.35					
49.	Carolyn Shreck	40	0:40'26.24	47.25					
50.	Gene Fahey	65	0:40'47.39	46.15					
51.	Michael Altieri	62	0:40'58.11	45.05					
52.	Marcy Schwam	59	0:41'07.55	43.96					
53.	Robin Allen Burke	51	0:41'22.24	42.86					
54.	Brian Gallagher	63	0:41'23.11	41.76					



LAURA CLARK'S "REVISITING THE ORIGINAL TURNER TRAIL AT CURLY'S"

Where else but in a Dion/WMAC snowshoe race could you run two races for the price of one? In years past, with the Hoxie Thunderbolt/Covered Bridge options we have run a shorter race (Hoxie) with the option of continuing on to complete the longer event (Covered Bridge). But for this year's Massachusetts and Connecticut championship in Pittsfield, we mentally honored Curly's downhill record run while physically trudging up the original Turner Trail which provided better snow cover.

Curly's Snowshoe Race was established as a tribute to Curly Voll, Beth's Dad, who set the course record for scary downhill skiing on the Shadow Trail. Ridge Trail, the original Turner, was added to our circuit after a serious storm rendered standard trails inoperative. Thanks to the Herders' volunteers and the mountain bikers who did some heavy forestry we now have two mountain races at the Pittsfield State Forest.

I am a big fan of cold weather that seeks to preserve snowpack. It is pretty much wasted, however, when said cold operates merely to raise heating bills. And that is the climate we have been dealing with the past few weeks. Someone at Curly's mentioned that it has just been too cold to snow properly. Well, what about the Norway or Alaska? It is cold there and they are blessed with lots of snow. The truth is that the coldest weather usually produces fairly dry air—think of your chapped hands—and snow needs moisture. It can snow all the way up to absolute zero or -460 degrees Fahrenheit, in which case you, as a snowshoer, wouldn't much care. So it could still snow at our measly -12, but the chances are less likely.

Cold also does other things. It forces you to wear two layers of socks, two pairs of pants, two jackets, a hat and earmuffs...a picture of the proverbial immovable kid stuffed into a snowsuit comes to mind. While you personally would not run in such a getup, consider the long-suffering race directors marking the course, pausing every minute or so to shed their two pairs of gloves in order to decorate trees with pretty colored ribbons. Plus, now you also know what Jeff and I and a few select friends were doing the day after Curly's.

At any rate, cold also has less obvious consequences, at least until they happen to you. On our way out the door to Curly's, Jeff grabbed a few bottles of water from the garage—they were frozen solid! On the trip over I organized my gear, putting my inhaler in the car door crevice where I would see it and remember to use it. I did see it and I did use it and almost choked on the inhale. Apparently some vital medical particles had frozen solid and speared my throat. Jeff had to sit on the inhaler in the fully heated car to warm it up! Then, in a final act of brilliance, I planted my Pepsi outside the car so I would have a nice cool drink post-race. First of all, hot chocolate would have made more sense even if I could have enjoyed my frozen soda.

This version of Turner was indeed challenging and satisfying. The initial snowmobile uphill was mitigated by scenic winding single track which seemingly went on forever until reaching the Ridge Trail which was relatively level and a nice gathering break before the final descent. There was sufficient snow cover, but no more. Overconfident in short cleats, I kept catching my left, and only my left shoe, on hidden obstacles. Or else I had

forgotten how to snowshoe. Reliving race highlights afterwards, I learned that others had had the same experience. I can't wait to run the trail this fall and kick away all those offending rocks. Serves them right!

I spent much of the uphill portion trying to catch up with Denise Dion and Jim Carlson. The rear view was enlightening: Denise was maintaining a strong even pace while Jim was hiking in tandem behind her, never breaking into a run. At one point on the uphill everyone got passed by the first six or so finishers. As he glided by, Tim Van Orden shouted, "It took me a good mile to catch you!" I wish. Except for their impressively lengthy warm-ups and cool-downs, they were in too much of a hurry to enjoy the scenery and also apparently to register the lack of pink ribbons on their divergent path. Basically, the pack mentality took over and no one was really thinking. Jeff Dengate, the *Runner's World* gear guy, strategically positioned in the follow-up group, backtracked, and for an Olympic *One Moment in Time*, found himself solidly in the lead, and you guessed it, missed another turn at the top. By that time, Jeff, Rich Teal and Brian Northan were overtaken once more. Then TiVO picked up his "leisurely" pace and passed all but the top three. Previously, Tim had told me he was taking the winter off. The rest of us would kill for an off-season like that! In that group was Steve Dowsett, flaunting the Target and ultimately placing third overall. Not in that group was Laura Fusari, or the Pink Lady, who also used the Target to advantage, placing third woman overall.

Initially, the downhill was wonderfully liberating. Then, surprisingly, it became just as tough as the uphill as we struggled to maintain effort, momentum and balance. Jim had already taken a few exploratory forays past me, and I knew from previous encounters that slipping by Denise is anything but a sure thing. She can sneak up on you even on snowshoes and fly ahead during the crucial final push. So I didn't dare relax, no matter how much I felt as if were "done." I thought of Dr. Sheenan's "no regrets" policy and maintained my lead. Just barely, but with no regrets.

MILESTONES FROM SIDEHILLER:

Finishes:

Rich Busa	120 finishes
Bill Morse	60 finishes

Points:

Jim Johnson passes 2,000 points with 2,082.74

MILESTONES FROM CURLYS:

Finishes:

Alan Bates	40 finishes
London NileS	40 finishes
Kathy Furlani	30 finishes

Points:

Ken Clark passes 10,000 points with 10.062.78!

11th CURLYS RECORD RUN SNOWSHOE RACE - 5 MILES

JANUARY 27, 2013 PITTSFIELD STATE FOREST PITTSFIELD, MA

PL	NAME	AGE	TIME	PTS
01.	Josh Ferenc	31	0:43:04	100.00
02.	Dave Dunham	48	0:43:45	98.63
03.	Steve Dowsett	24	0:43:50	97.26
04.	Tim Vanorden	44	0:44:26	95.89
05.	Tim Mahoney	33	0:44:32	94.52
06.	Richard Teal	34	0:44:56	93.15
07.	Jeff Dengate	35	0:45:15	91.78
08.	Eddie Habeck	35	0:45:30	90.41
09.	Ken Clark	50	0:45:52	89.04
10.	Brian Northan	37	0:46:17	87.67
11.	Michael Medeska	30	0:47:35	86.30
12.	Wayne Stocker	58	0:48:38	84.93
13.	Edward Alibozek	50	0:48:47	83.56
14.	Alan Bates	64	0:49:01	82.19
15.	Pete Malinowski	58	0:50:01	80.82
16.	Jim Devine	52	0:51:43	79.45
17.	Dawn Roberts	41	0:52:03	78.08
18.	Tom Tift	55	0:52:28	76.71
19.	London Niles	15	0:53:34	75.34
20.	Michael Buttrick	27	0:53:41	73.97
21.	S Vaughan-Thomas	33	0:54:00	72.60
22.	Kristen Merlo	25	0:54:01	71.23
23.	Matt Darcangelo	37	0:54:50	69.86
24.	Glen Tryson	59	0:54:52	68.49
25.	Gary Hebert	48	0:55:54	67.12
26.	Laura Fusari	32	0:56:00	65.75
27.	Cathy Pedtke	23	0:56:17	64.38
28.	Cynthia Gardner	61	0:56:25	63.01
29.	Jessica Northan	37	0:57:21	61.64
30.	Phil Bricker	59	0:57:46	60.27
31.	Theresa Apple	51	0:57:59	58.90
32.	Michael Lahey	61	0:58:15	57.53
33.	Scott Bradley	58	0:58:57	56.16
34.	Fred Pilon	67	0:59:34	54.79
35.	Jim Schertzer	37	0:59:51	53.42
36.	Ginny Patsun	44	1:00:14	52.05
37.	Debra Wechter	37	1:00:29	50.68
38.	Richard Godin	57	1:01:12	49.32
39.	Brian Shaffer	39	1:02:07	47.95
40.	Kathleen Furlani	64	1:02:11	46.58
41.	Bob Worsham	67	1:03:39	45.21
42.	Ed Alibozek Jr.	73	1:04:38	43.84
43.	Liza Smith	15	1:04:40	42.47
44.	Virginia Smith	53	1:05:02	41.10
45.	Vince Kirby	56	1:06:09	39.73
46.	Cindy Scannell	55	1:06:30	38.36
47.	Pat Rosier	54	1:06:59	36.99
48.	Pete Lipka	61	1:08:02	35.62

PL	NAME	AGE	TIME	PTS
49.	Stan Serafin	59	1:08:06	34.25
50.	Wally Lempart	67	1:08:35	32.88
51.	Laura Clark	65	1:10:15	31.51
52.	Denise Dion	54	1:10:22	30.14
53.	Jim Carlson	65	1:10:34	28.77
54.	C. McMahan	16	1:11:19	27.40
55.	Mike Della Rocco	61	1:11:26	26.03
56.	Martin Glendon	66	1:11:42	24.66
57.	Steve Mitchell	71	1:11:51	23.29
58.	Francine Germaine	56	1:15:12	21.92
59.	Peter Finley	51	1:15:29	20.55
60.	Laurel Shortell	46	1:16:21	19.18
61.	Kim Brown	41	1:16:50	17.81
62.	Becca Armstrong	44	1:17:52	16.44
63.	Jamie Howard	47	1:18:19	15.07
64.	Anette Santiago	48	1:19:10	13.70
65.	Konrad Karolczuk	60	1:20:16	12.33
66.	Janet Tryson	59	1:21:03	10.96
67.	Karin Bradley	55	1:21:30	9.59
68.	Julie Gardner	41	1:22:40	8.22
69.	Lee Anne Zarger	58	1:30:23	6.85
70.	Walt Kolodzinski	70	1:33:03	5.48
71.	Jeff Clark	66	1:33:48	4.11
72.	Jules Seltzer	77	1:39:10	2.74
73.	Jenika Conboy	46	1:39:10	1.37

2013 MASSACHUSETTS STATE CHAMPIONS

Gold	Dave Dunham	Dawn Roberts
Silver	Steve Dowsett	Kristen Merlo
Bronze	Tim Mahoney	Laura Fusari

2013 CONNECTICUT STATE CHAMPIONS

Gold	Ken Clark	Ginny Patsun
Silver	Michael Medeska	Kathy Furlani
Bronze	Edward Alibozek	Cindy Scannell

1st WMAC DION Snowshoer to reach 10,000 lifetime points!

Kenny Clark surpassed the 10,000 point barrier on January 27th, 2013 at Curlys Record Run...

