

WMAC SNOWSHOE SERIES 2001

EDITORIAL SPRINGFIELD SUNDAY REPUBLICAN

"Mount Greylock project dumb idea from the start"

Sunday, January 14, 2001

Mount Greylock, the highest point in Massachusetts, is only a gray smudge on the far northwestern horizon when viewed from afar. A closer view reveals one of the most pristine areas of the commonwealth, an area that invites romantics, artists, poets and — we're sorry to say — private developers.

For now, the developers have been halted in their bulldozer tracks.

The decision by the state inspector general's office to halt a \$150 million project to build a resort village and golf course at the foot of Greylock was welcome news.

Incredibly, the state is a partner in this project to convert the rolling meadows and blueberry fields at the base of Greylock into expensive vacation homes. Sure, the Adams region is desperate for the jobs that such a major development would bring. But the state is a partner in a scheme akin to selling a priceless jewel to a pawnbroker for a few bucks. There has to be some way to manufacture jobs without permanently scarring an unspoiled landscape.

The project has rightly been under attack from the Massachusetts Audubon Society, the Berkshire Natural Resources Council and a local group called Save the Glen. Inspector General Robert A. Cerasoli halted the project to review a report by the three organizations that alleges the project is "plainly illegal and represents the worst kind of sweetheart deal."

The agreement calls for public funding to build, in phases, infrastructure and recreational features, including an 18-hole golf course and cross-country ski trails. Private funds would be used to build a 180-room conference center, a 40-room inn and 300 vacation homes.

The report charges that developer Christopher B. Fleming received special treatment because he is politically connected. In addition, it charges that the state failed to properly examine Fleming's credit history.

The state was unaware that Fleming had defaulted on debts. State officials involved with the project and Fleming say the inspector general's office will give them a clean bill of health.

Whatever the outcome of the inspector general's review, the state has no business messing with one of its greatest natural wonders.

Following a series of privately financed development failures, the state has been working since the mid-1980s to create a public-private venture that would create a "green" resort — one that would be profitable for a private partner yet environmentally sound.

Even if the deal is fair and square, no one in or out of state government should feel good that \$300,000 vacation homes could spring up at the base of Mount Greylock.

Supporters of the project such as Lt. Gov. Jane Swift and Department of Environmental Management Commissioner Peter C. Webber care about the region and its people, but this was a bad idea from the start.

POINTS LEADERS WMAC SNOWSHOE SERIES 2001

Baker's dozen, after two events (South Pond Shuffle & Greylock Glen).

NAME	AGE	SPS	GG	TOTAL
Dave Dunham	36	82	50	132
Ken Clark	38	80	49	129
Robert Molnar	25	79	48	127
Bob Dion	45	78	47	125
Dave Hannon	29	76	46	122
Bob Worsham	55	73	41	114
Kelly Harrington	26	68	42	110
Thomas Skrocki	40	67	38	105
David Boles	54	64	39	103
Jack Quinn	62	65	36	101
Marc Lombard	36	63	33	96
Ed Alibozek Jr.	61	58	37	95
James Ruddock	33	55	34	89
Beth Herder	42	69	43	112
Carol Kane	55	51	31	82
Lisa Deggendorf	26	47	29	76
Darlene McCarthy	38	43	27	70
Laura Clark	53	40	19	59
Claudine Preite	34	36	23	59
Lisa Mentzer	32	49		49
Kathleen Rioux	45	44		44
Barbara Sorrell	43	32		32
Martha Hojnowski	36	15	11	26
Sarah Glendon	22		25	25
Mary McNamara	43	19		19
Lori Christina	40	16		16

REMAINING 2001 WMAC SNOWSHOE SCHEDULE

Sunday, February 4, 2001	11:00 A.M.
2nd Annual SARATOGA WINTERFEST	5km
Saratoga SPA State Park, Laura Clark sar_clark@sals.edu	Saratoga Springs, NY 518-581-1278
Saturday, February 17, 2001	10:00 A.M.
4th Annual HAWLEY KILN KLASSIC	7 & 4.5 Miles
Dubuque State Forest Edward Alibozek edtrnews@yahoo.com	Hawley, MA 860-668-7484
Saturday, March 3, 2001	9:30 A.M.
2nd Annual MOODY SPRINGS	15km & 10km
Dubuque State Forest Edward Alibozek edtrnews@yahoo.com	West Hawley, MA 860-668-7484

NON WMAC SNOWSHOE EVENTS OF INTEREST

Saturday, February 3, 2001	12:00 P.M.
Snowshoe FUN RUN	Rhinebeck, NY 2 & 4 Miles
Debbie Briggs d.m.briggs@gte.net	914-876-6214
Sunday, February 11, 2001	9:00 A.M.
WINDBLOWN	N.Ipswich, NH 5km
Dave Dunham mtnman@greenet.net	978-373-9118

4th Annual SOUTH POND SHUFFLE 4 Mile SNOWSHOE RACE**WMAC****January 13, 2001****Savoy State Forest****Florida/Savoy, MA****WMAC**

01. Dave Dunham	36	Bradford, MA	32:49	82 pts
02. Leigh Schmitt	28	S. Deerfield, MA	33:08	81 pts
03. Ken Clark	38	Enfield, CT	34:45	80 pts
04. Robert Molnar	25	Bradford, MA	38:51	79 pts
05. Bob Dion	45	Readsboro, VT	39:02	78 pts
06. Tim Austin	30	Albany, NY	40:22	77 pts
07. Dave Hannon	29	Waltham, MA	40:39	76 pts
08. Gene Katapski	44	Jermyn, PA	42:46	75 pts
09. Jason Reed	21	Amherst, MA	42:54	74 pts
10. Bob Worsham	55	Woodstock, CT	43:20	73 pts
11. John Carey	39	Millbury, MA	44:49	72 pts
12. Seth Roberts	49	Longmeadow, MA	45:02	71 pts
13. Gene Primomo	43	Delmar, NY	45:07	70 pts
14. Beth Herder	42	Pittsfield, MA	45:15	69 pts
15. Kelly Harrington	26	Schenectedy, NY	45:58	68 pts
16. Tom Skrocki	40	Amesbury, MA	46:59	67 pts
17. Ed Buckley	42	Southampton, MA	47:09	66 pts
18. Jack Quinn	62	Sandgate, VT	47:15	65 pts
19. David Boles	54	New Paultz, NY	47:33	64 pts
20. Marc Lombard	36	Greenfield, MA	48:06	63 pts
21. Scott Bradley	46	Pittsfield, MA	48:17	62 pts
22. Bruce Piispanen	42	Arlington, VT	48:19	61 pts
23. Sean Tobin	29	Sunderland, MA	48:23	60 pts
24. Peter Moore	43	Dorset, VT	48:34	59 pts
25. Ed Alibozek Jr.	61	Adams, MA	48:45	58 pts
26. Bob Wurtele	56	Manchester, NH	49:57	57 pts
27. Gareth Buckley	24	Southampton, MA	50:40	56 pts
28. James Ruddock	33	S. Deerfield, MA	51:09	55 pts
29. Andy Illidge	32	Shelton, CT	51:35	54 pts
30. John Frey	32	Northampton, MA	51:57	53 pts
31. Paul Hartwig	44	Adams, MA	52:20	52 pts
32. Carol Kane	55	Weston, CT	52:46	51 pts
33. Geoff Matter	44	Hopkinton, MA	52:48	50 pts
34. Lisa Mentzer	32	Millbury, MA	53:04	49 pts
35. Karl Molitoris	45	Stafford, CT	53:22	48 pts
36. Lisa Degendorf	26	S. Deerfield, MA	54:40	47 pts
37. Brad Herder	40	Pittsfield, MA	54:48	46 pts
38. Kenneth Deary	48	Dudley, MA	54:52	45 pts
39. Kathleen Rioux	45	Manchester, NH	54:57	44 pts
40. Darlene McCarthy	38	N. Adams, MA	55:14	43 pts
41. Garrett Piispanen	14	Arlington, VT	55:45	42 pts
42. Ron Moon	62	Pittsfield, MA	56:20	41 pts
43. Laura Clark	53	Saratoga, NY	57:05	40 pts
44. Pete Katapski	41	Lake Ariel, PA	57:32	39 pts
45. Bill Primomo	45	Glenmont, NY	58:39	38 pts
46. Ken Fairman	57	Granby, MA	59:30	37 pts
47. Claudine Preite	34	N. Adams, MA	1:00:32	36 pts
48. Richard Busa	71	Marlboro, MA	1:01:58	35 pts
49. Bill Ross	36	Maynard, MA	1:02:05	34 pts
50. Dale Hasset	44	Delmar, NY	1:02:36	33 pts
51. Barbara Sorrell	43	Delmar, NY	1:02:57	32 pts
52. Brian McCarthy	40	North Adams, MA	1:03:09	31 pts
53. Leigh Druckenmiller	35	Scarsdale, NY	1:04:30	30 pts
54. Martin Glendon	54	Windsor, MA	1:04:53	29 pts
55. Jim Carlson	53	Gansevoort, NY	1:04:58	28 pts
56. Augie Ortiz	40	Dix Hills, NY	1:05:27	27 pts
57. Peter Johnson	45	Huntington St, NY	1:05:40	26 pts
58. Stan Tiska	43	Hinsdale, MA	1:06:06	25 pts
59. Mark Syrett	52	Hampden, MA	1:08:47	24 pts
60. George Katsav	56	Deerfield, MA	1:11:22	23 pts
61. Art Gulliver	62	Leominster, MA	1:11:23	22 pts
62. Gotha Swann	51	Pittsfield, MA	1:12:35	21 pts
63. Jesse Bentley	14	Arlington, VT	1:14:40	20 pts
64. Mary Ann McNamara	43	Clifton Park, NY	1:15:02	19 pts
65. Ron DiNicola	50	Salem, NH	1:18:34	18 pts
66. Greg Taylor	54	Delmar, NY	1:18:38	17 pts
67. Lori Christina	40	Clifton Park, NY	1:21:48	16 pts

68. Martha Hojnowski	36	Pownal, VT	1:22:18	15 pts
69. Konrad Karolczuk	48	Windsor Locks, CT	1:31:35	14 pts
70. Eric Perez	24	Windsor, CT	1:31:36	13 pts
71. Larry Dragon	40	Cheshire, MA	1:31:50	12 pts
72. Michelle Filiault	33	Adams, MA	1:31:51	11 pts
73. Emily Rippe	22	Boston, MA	1:35:37	10 pts
74. Chuck Jordan	32	Boston, MA	1:35:38	9 pts
75. Chris Dunne	41	Rosendale, NY	1:36:32	8 pts
76. Meg Dunne	40	Rosendale, NY	1:36:33	7 pts
77. Jeff Clark	54	Saratoga, NY	1:37:45	6 pts
78. Ellen Mach	58	Adams, MA	2:00:00	5 pts
79. Karin Bradley	44	Pittsfield, MA	2:00:00	4 pts
80. Phillip Capella	39	Suffield, CT		3 pts
81. Maria Capella	39	Suffield, CT		2 pts
82. Jim Preite	36	N. Adams, MA		1 pt

SOUTH POND R.D. REPORT

Thanks everyone who helped make the South Pond Shuffle such a huge success.

First, there would be no South Pond if not for all the hard work over the years that Farmer Ed has done. He has spent countless hours doing all the background work necessary to make it possible.

We had wonderful food for the post race gathering, specific thanks to Donnalee for making the chili, Marc Lombard for picking up the sodas donated by Coca-cola Greenfield and for bringing his famous pasta and meat dish, Mark (Slug) Syrett for the corn chowder, Carol Kane for the cookies and bread, Judy Alibozek for cookies, and of course anyone else who brought along something for everyone to snack on.

The snowshoe series wouldn't exist without the WMAC; thanks for all the support, especially:

The president, Gotha Swan.

Poncho and Ellen Mach.

Paul Hartwig for helping mark the trail.

Old Farmer Ed for taking down the ribbons.

We are more than fortunate regarding the wide spread of landscape we are allowed to play on. Thanks to Savoy State Forest and the forest rangers, Tim, Kenny and Ann.

Eric Perez for the 4th straight t-shirt design!

Redfeathers and Baldass snowshoe companies.

Laura and Jeff Clark for bringing all those snowshoes.

And thanks to all the runners for showing up. It was great to see everyone have a good time and I hope to see you all there next year.

John Scalise

HELP!!

Thanks for all the help so far this winter season, all of you who have somehow volunteered to do something. The events have gone extremely well and the helpers have been numerous!

SOUTH POND SHUFFLE: 2001

What an absolutely perfect day for the running of the South Pond Shuffle, a four-mile snowshoe race held in the Savoy State Forest on January 13th, 2001. Previous years have seen frigid temperatures at the South Pond picnic area, sometimes with winds, which made standing around a chilling experience. Today it was cold, but sunny and very still.

Race Director, John Scalise, alias "*Bandit*", and his helper/conspirator Ed "*The Farmer*" Alibozek, gave us a perfectly hosted race with all the creature comforts anyone could ask for in the middle of the wilderness on a January day. The registration area consisted of an old building built by the CCC, with a fire going in a wood stove. They had opened up another room attached to that, which gave people ample space to change and be out of the cold. We did miss the presence of the mysterious "*Kim*" and her nimble pasta-rolling fingers; I had been looking forward to her tying a knot in a piece of ziti with her tongue.

If you show up at South Pond serious about racing you usually have to be careful where you start yourself in the pack of people. It is a single track trail almost all the way and is difficult to pass once you get onto trail. Start too early and you hold up faster people; start too late and you can't pass people to run your preferred pace. The dynamic duo solved this problem as best as possible by placing the start line way back further by the pond's beach area where many runners got burrs stuck to their pants. Thus, it was a completely open run for what seemed like almost a quarter mile. This allowed for people to get strung out based on their own pace; when we hit the trail I think people were pretty much in the position they should be in. I ran my own pace unimpeded for about a mile, and I don't think I was holding up any faster runners behind me.

Coming up to about the mile mark I found myself behind Tom "*Sky Rocket*" Skrocki and another guy I didn't know. They were running a good pace. Then all of a sudden it seemed like Tom cut to half speed. He must have gotten a whiff of me from behind, or was having a 60s flashback. I decided I better pass before others caught us from behind. I stepped off the trail into the deep powder and put on a burst. Once I got ahead of them I discovered that this burst almost put me into tachycardia. As I went by Tom he asked me who had let the dogs out. I asked him, "What dogs?" Then I broke wind, he turned green (another whole story), and I went on, leaving him mumbling about a raven-haired beauty and pharmaceuticals.

I didn't come to anyone else for a long time. I just enjoyed great powder conditions, which seemed like running on a cloud, and concentrated on keeping a decent pace up those hills and down. The water on the course was frozen for the most part, in comparison to one year when we had to cross a stream by going into a road.

Finally I saw two people in the distance and concentrated on catching them. I think one was Gene Katapski from Pennsylvania, and the other was Jason Reed. I gradually caught up to Jason and ran about 20 or 30 yards behind him for a good ways. When we hit the junction of the Savoy race trail he and his 21 year-old legs took off on me, and I didn't have any reserve to go with him. Luckily no one was on my tail at that point.

I couldn't believe it when I crossed the line and John or Ed told me I was 10th. I had to attribute this to Ed making me work so hard following him around the hills of Hawley in December, both on snowshoes and running. During these training runs he shamed me for walking hills and made fun of my skinny little calves. I guess it paid off. Now the pressure is on to keep it up.

Post-race grunts were really good. There was *Slug* corn chowder, hot dogs (Skrocki let them out), a pasta dish (from Marc Lombard), nipple cookies, bread, and Donnalee Vanier's five-alarm chili. Farmer Ed dropped the ball though because he didn't have this chili in a double boiler like he should have. I think we can blame Kaniac for this, as she had absolutely promised to bring a double boiler, then blew it off at the last minute totally letting Ed down.

Donnalee, this chili was great. I ate two big bowls and wanted more, but it was all eaten up. You know chili is good when it has that "special effect" on you. I have been farting like a mule in a pasture eating juicy spring grass for two days now. No one can come near me. That means it was good.

The top five male finishers were Dave Dunham, Leigh Schmitt, Ken Clark, Robert Molnar, and Bob Dion. The top five women were Beth Herder, Carol Kane, Lisa Mentzer, Lisa Degendorf, and Kathleen Rioux.

Some miscellaneous facts about the event are as follows. This was the biggest field since the event was started; 82 people ran a race in which the cutoff was supposed to be 60 people. But how can you turn people away for showing up? Eighteen people from New York raced. Ken Deary came all the way from the little town of Dudley, MA. Brad Herder, a former top runner in Berkshire County, may be on his way to a comeback. Darlene McCarthy did not wear her famous toilet-paper Torso pack; I guess this race was too short to pack TP. The question is did she manage to finish the race without locking the rear tips of her snowshoes together?

Laura (Lorraine Bracco) Clark, director of the Saratoga Winterfest snowshoe race held February 4th at 11:00 AM, had a good race. Rich Busa at 71 years old is still beating a lot of people half his age. The three Musketeers, Mark (SlugRunner) Syrett, Ron (Raging Bull) DiNicola, and Art (Avon) Gulliver were there; Art confided that he is considering a major life change, but I'll leave that story for him to tell. SlugRunner was sporting a limp antenna. The Dunnes were there, and Meg seems to be making a good recovery from her serious ankle injury. Geoff Matter crossed the finish line with his pants around his ankles in hot pursuit of Carol Kane. Too much "other gendered training" going on Geoff? And lastly, I predict that if Lisa continues improving at this pace, she will overtake John Carey by Nipmuck Marathon time, and totally vanquish him on the Greylock Thunderbolt.

The Mephitic WorShamer

SOUTH POND AGE GROUP WINNERS

01 - 19	Garret Piispanen	Arlington, VT	55:45
20 - 24	Jason Reed	Amherst, MA	42:54
	Emily Rippe	Boston, MA	1:35:37
25 - 29	Leigh Schmitt	S. Deerfield, MA	33:08
	Lisa Degendorf	S. Deerfield, MA	54:40
30 - 34	Tim Austin	Albany, NY	40:22
	Lisa Mentzer	Millbury, MA	53:04
35 - 39	Dave Dunham	Bradford, MA	32:49
	Darlene McCarthy	North Adams, MA	55:14
40 - 44	Gene Katapski	Jermyn, PA	42:46
	Beth Herder	Pittsfield, MA	45:15
45 - 49	Bob Dion	Readsboro, VT	39:02
	Kathleen Rioux	Manchester, NH	54:57
50 - 54	David Boles	New Paltz, NY	47:33
	Laura Clark	Saratoga Sps, NY	57:05
55 - 59	Bob Worsham	Woodstock, CT	43:20
	Carol Kane	Weston, CT	52:46
60 - 69	Jack Quinn	Sandgate, VT	47:15
70 - 79	Richard Busa	Marlboro, MA	1:01:58

SOUTH POND PUZZLERS

Why do we seem to think that Florida is a normal place to hold a snowshoe race? No wonder we all worry if there will be enough snow for the first competition of the season. Florida is supposed to be hot, humid and rainy, not cold and snowy. More like a swamp. And speaking of swamps, those of us who mucked our way through Savoy this summer, truly believing that we were, in fact, in Florida, were astounded that knee-deep, shoe-sucking muck could simply vanish under so much fluffy white stuff.

Despite the transformation, some features were vaguely familiar. Instead of wading through muck, we got to plow through different stuff, but this time it was on purpose. Our feet still got wet, but not all at once. And they got cold, too. Some of us still lost shoes, but this time they were considerably bigger. A few of us lost other more significant things, like pants. This is fairly hard to do, but not impossible, especially when your fingers are too cold to knot a drawstring properly. But at least we all kept clean. Which was a good thing since the nearby pond was, naturally, easier to walk upon than wade into.

But South Pond still managed to be sneaky. Cleverly disguised under all that innocent white stuff were some honest-to-goodness Florida hot springs, complete with alligators ready to grab unsuspecting snowshoers down into unfrozen water. Having succumbed to the alligators last year, I was properly respectful. Armed with the knowledge that alligators never hibernate, I hurdled each water crossing.* Others, who thought wading slowly through the water would give them a few seconds to catch their breath, were not so lucky. They discovered that instead of sucking you down, the alligators hung on like bulldogs and came along for the ride. That's why Lori Christina noticed that halfway through the race, her snowshoes weighed about ten pounds each. It was because of abnormally tenacious alligators.

And what about all those hills? In the summer they were underwater, with the tops forming small volcanic islands, waiting to suck in your shoes and anything else they could grab. But by the time winter came along, they were visible once again, and even taller, thanks to all those sneakers and assorted body parts. That explains why nearly everyone's South Pond snowshoe time was significantly slower than last year's. It's not that we're growing older, it's just that those hills had a major elevation experience. And there were more of them, too. The excess mud that sloughed off the volcanoes reformed into baby bumps, lying in wait to snare an unsuspecting snowshoe tip.

The best joke, however, was saved for the almost-end. Just when things were beginning to look familiar again and I could almost smell those hot dogs, there was an official park sign pointing the way to North Pond. This wasn't one of those homemade jobs either; it was a professional, no-nonsense pronouncement that spoke with sober authority. What to do? Retrace my steps and hope against hope to discover a similar South Pond sign, or trust in my nose and my sense of direction rather than the North Pond indicator? Apparently this wasn't much of a dilemma for anyone else since no one I questioned afterward had even seen the sign. Which leaves me with a final point to ponder – do mirages occur in swamps as well as in deserts? Or had I simply been out there too long and thinking too much?

*There are actual snowshoe hurdling races farther North, towards Maine and Canada.

Laura Clark

GREYLOCK GLEN SNOWSHOE RACE 2001

Paul Hartwig and WMAC crew hosted the 2001 Greylock Glen 5K snowshow race on January 20th, 2001. The great thing about it is that it was not nearly as cold as the first year when we had windchill conditions of about -40 degrees. Today's weather conditions were perfect for standing around to talk, and snow conditions were perfect for spending a little time on the powdery trails making your lungs burn with exertion.

The Glen is such a great place to put on any WMAC event, and I cannot think of the glen without all the WMAC faces popping into my head who put on these events for us year after year.

I love this course because it is a mixture of trail types. The wide open start in the field by the Gazebo followed by the road around the pond lets the runners get properly spread out before getting onto single track trail. The snow was soft, powdery, and cushioned, yet was not so deep that all your energy was taken up by breaking trail. Of course that's how it was from my vantage point; I don't know what it was like for the frontrunners actually breaking the trail.

My favorite part of the race was when I passed Tom (who let the dogs out) Skrocki. Tom is an ebullient, expressive, relatively new addition to the trail and snowshoe circuit. He is at home giving a treatise on macroeconomics, discussing the similarities and contrasts of DSM-III vs. DSM-IV, or quoting poetry. On the other hand he looks like he would be perfectly comfortable in the saddle of a stripped down Harley Davidson riding alongside Peter Fonda and Dennis Hopper in Easy Rider with his ponytail blowing in the breeze. You will see him around an event leading the chant. "Who Let the Dogs Out? Whoooo, whooo, whoooo!" Tom gets so excited about communing with nature in the deep woods that he is like a kid who has discovered a slinky or a pogo stick. He jumps over logs like a deer on speed, and does pushups while submerged in cold streams.

When I passed Tom today we were going up a hill and he wasn't mentioning anything about dogs being out at the time. He was breathing kind of hard, and his ponytail was all limp. I said, "Come on SkyRocket, pick up the pace." He said he wasn't going to do it until I was out of smell range.

A little later I discovered that Dave Boles was up ahead of me a little ways. He must have sneaked by me when I was dodging Beth Herder's spiked poles that almost stabbed me in the foot. I had to gain on him because he's in my age category. I was lucky enough this week to hang on and pass him, then hold on.

I was so tired when I finished I almost puked. These races totally wipe me out, and when I get home I have to be careful I don't close my eyes too soon or I fall asleep.

Brad Herder was on the course taking pictures with his camera, and they are all on the RunWmac webpage. Sweep Voll made a celebrity appearance and gave me a big hug.

Poncho had set up the propane grill to boil the hotdogs, Jim Priete was out on the course with one of his kids (I assume), and the kid had an electronic drum thing. It was a weird noise to hear in the woods, but it spurred us on. Miss Ellen and Karin Bradley were out on the course rooting for us and smiling at us.

There is one big mystery of the Greylock Glen snowshoe race. I have been trying to figure out who left that big pile of poop by the road. Farmer Ed was trying to blame it on me, but anyone who knows me would realize that I would never be so crass. There is one clue though that makes me suspect who it was. It had a little spiral of steam coming off of it.

Some other observations are that Mark Syrett is looking quite svelte these days. Konrad Karolzuk might think no one can see him when he changes in the back seat of a car, but he's wrong. Carol Kane needs to get some gaitors that don't make her look like a cartoon character; she was in the pink that day. Ed Alibozek can actually run pretty fast on snowshoes, and he smiles the whole way. Meg Dunne has recovered nicely from ankle surgery and is getting back into snowshoeing and running. Bob Dion is getting another year out of his "neons." Neon Dion. Missy Heeb is missing in action.

Can't wait until the next races. On to New York!

WorShamer

2nd Annual GREYLOCK GLEN 5km SNOWSHOE RACE**WMAC****January 20, 2001****Greylock Glen****Adams, MA****WMAC**

01. Dave Dunham	36	Bradford, MA	26:14	50 pts
02. Ken Clark	38	Enfield, CT	27:28	49 pts
03. Robert Molnar	25	Bradford, MA	29:12	48 pts
04. Bob Dion	45	Readsboro, VT	30:18	46.5 pt
05. Dave Hannon	29	Waltham, MA.	30:18	46.5 pt
06. Dave Wallace	40	Dalton, MA	32:38	45 pts
07. Edward Alibozek	38	Suffield, CT	32:39	44 pts
08. Beth Herder	42	Pittsfield, MA	33:37	43 pts
09. Kelly Harrington	26	Schenectedy, NY	33:42	42 pts
10. Bob Worsham	55	Woodstock, CT	33:55	41 pts
11. Norm Hecker	40	Glens Falls, NY	34:08	40 pts
12. David Boles	54	New Paultz, NY	34:15	39 pts
13. Thomas Skrocki	40	Amesbury, MA	34:24	38 pts
14. Ed Alibozek Jr.	61	Adams, MA	35:08	37 pts
15. Jack Quinn	62	Sandgate, VT	35:11	36 pts
16. Larry Dragon	40	Cheshire, MA	35:57	35 pts
17. James Ruddock	33	S. Deerfield, MA	36:27	34 pts
18. Marc Lombard	36	Greenfield, MA	37:54	33 pts
19. Karl Molitoris	45	Stafford, CT	38:26	32 pts
20. Carol Kane	55	Weston, CT	39:01	31 pts
21. Peter Lipka	49	Adams, MA	40:07	30 pts
22. Lisa Deggendorf	26	S. Deerfield, MA	41:01	29 pts
23. Nick Jubock	44	Yorktown Hts, NY	41:05	28 pts
24. Darlene McCarthy	38	North Adams, MA	41:19	27 pts
25. Martin Glendon	54	Windsor, MA	42:00	26 pts
26. Sarah Glendon	22	Windsor, MA	42:01	25 pts
27. Ken Fairman	57	Granby, MA	42:07	24 pts
28. Claudine Preite	34	N. Adams, MA	42:12	23 pts
29. Bill Ross	36	Maynard, MA	42:24	22 pts
30. Ted Greve	60	Gansevort, NY	43:50	21 pts
31. Richard Busa	71	Marlboro, MA	44:04	20 pts
32. Laura Clark	53	Saratoga, NY	44:14	19 pts
33. Mark Syrett	52	Hampden, MA	45:56	18 pts
34. Jim Carlson	53	Gansevoort, NY	48:29	17 pts
35. Ron DiNicola	50	Salem, NH	50:15	16 pts
36. Lisa Swan	29	Albany, NY	51:32	15 pts
37. Ben Dowds	24	Acton, MA	51:43	14 pts
38. Mike Baker	40	S. Deerfield, MA	52:43	13 pts
39. Konrad Karolczuk	48	Windsor Lks, CT	55:35	12 pts
40. Martha Hojnowski	36	Pownal, VT	55:56	11 pts
41. Brian McCarthy	40	N. Adams, MA	56:07	10 pts
42. Peter Finley	39	Saratoga, NY	58:17	9 pts
43. Gerry Beale	53	Saratoga, NY	59:11	8 pts
44. Jules Seelzer	65	Tyringham, MA	1:00:04	7 pts
45. Gary Emery	53	Scotia, NY	1:01:17	6 pts
46. Justin McCarthy	11	N. Adams, MA	1:05:45	5 pts
47. Jeff Clark	54	Saratoga, NY	1:05:49	4 pts
48. Meg Dunne	40	Rosendale, NY	1:09:42	3 pts
49. Chris Dunne	41	Rosendale, NY	1:09:44	2 pts
50. Ellen Mach	58	Adams, MA	1:12:20	1 pts

Race director Paul Hartwig made sure of some changes to the Greylock Glen snowshoe race from the inaugural one, all positive. The weather was thirty or forty degrees warmer, there was no gusting skin freezing wind, and we would actually be snowshoeing on a fine base of snow instead of frozen earth. Add in an enthusiastic crowd, Mt Greylock rising like an iceberg to watch each of us compete, and hot food waiting at the finish, and I think we had a real winner.

The extra snow depth certainly presented no problem for Dave Dunham and Beth Herder, who repeated as champions on this rolling 3.2 mile course. Dave insist that he is in "better condition" than last year, so his slightly slower time (18 seconds) has much to do with the course being tougher this time around. Beth is performing extremely well and is in the same tip-top shape we have all come to expect out of her at the WMAC running events. Both Beth and Dave have taken the first two events of the 2001 WMAC

Snowshoe Series, congratulations both of you! Keep up the pace, the rest of us are following close!

Interestingly, of the dozen age group winners who also finished this event last year, half improved their times. Overall, of the twenty-two people who competed both years, thirteen slowed down some and nine got faster.

Having said this, is there a badder man on the planet right now than Bob Dion? Not only was he the only person to set an age group course record at South Pond this season, he improved at the Glen by over two and a half minutes!

Other notable improvements were by Bob Worsham and David Boles, who really are hammering the 50+ division on snowshoes.

Ed Alibozek Jr lost 1:36 from last year and edged out Jack Quinn at the finish for the 60+ title.

In the second best finish of the day, Martin Glendon worked off 2:45 and nipped his 22 year old daughter Sarah at the wire. In a decade of performing at WMAC events we have never been able to get Martin to rise to this level. It shows what a little family rivalry can do!

Claudine Preite really ran strong, improving by almost six minutes!

Konrad "K2" Karolczuk improved almost ten minutes; he must have enjoyed the warmer weather!

Finally, Richard Busa got up for the race and managed to finish two and a half minutes faster than last season, all at the age of 71.

Thanks everyone, for making this day memorable!

GLEN AGE GROUP WINNERS

01 - 19	Justin McCarthy	N. Adams, MA	1:05:45
20 - 24	Ben Dowds	Acton, MA	51:43
	Sarah Glendon	Windsor, MA	42:01
25 - 29	Robert Molnar	Bradford, MA	29:12
	Lisa Deggendorf	S. Deerfield, MA	41:01
30 - 34	James Ruddock	S. Deerfield, MA	36:27
	Claudine Preite	N. Adams, MA	42:12
35 - 39	Dave Dunham	Bradford, MA	26:14
	Darlene McCarthy	North Adams, MA	41:19
40 - 44	Dave Wallace	Dalton, MA	32:38
	Beth Herder	Pittsfield, MA	33:37
45 - 49	Bob Dion	Readsboro, VT	30:18
50 - 54	David Boles	New Paultz, NY	34:15
	Laura Clark	Saratoga, NY	44:14
55 - 59	Bob Worsham	Woodstock, CT	33:55
	Carol Kane	Weston, CT	39:01
60 - 64	Ed Alibozek Jr.	Adams, MA	35:08
65 - 69	Jules Seelzer	Tyringham, MA	1:00:04
70 - 79	Richard Busa	Marlboro, MA	44:04

**WMAC SNOWSHOE SERIES
93 BRANDYWINE LANE
SUFFIELD, CT 06078**

THANK YOU ALL FOR PARTICIPATING AND SUPPORTING THE SNOWSHOE SERIES!!

WWW.RUNWMAC.COM

HILLBILLIDGE

It was with a little trepidation that I headed up to the South Pond snowshoe race. True, it is only 4 miles, but four miles can seem like a very long way when you are tired and freezing as I had been last year. One mile into the race, I had chosen the worst possible moment to clumsily put my right snowshoe on top of my left one, trip up and put my hands down in a small stream. Within seconds my gloves had turned to ice and I didn't know whether it was wisest to leave them on or take them off. I decided on the latter option, but that meant carrying my gloves, which was like carrying a block of ice, and within 5 minutes my fingers were so cold they had started sticking together and I was still barely half way round the course. I was feeling very under-prepared and slightly stupid for having underestimated the course and conditions. Even wrapping my hat and T-shirt round my hands didn't seem to do any good. I was forced to beg 2 runners, Karl Molitoris and Paul Hartwig, to borrow gloves as they ran past me. It is a testament to how friendly, helpful and selfless trail runners are that they both gave me their gloves without questions, despite the cold. I managed to make it to the finish without frostbite thanks to them and made a note to be better prepared next time.

There were no worries about the snow coverage for this year's race. The conditions were perfect, around 20F with little wind and clear blue skies. It was a pleasure just to be there and it was good to see all the familiar faces that I hadn't seen since the end of last season.

I had no idea how to approach the race, as I had been out of training for most of 2000, but had just invested in a treadmill and had been getting a lot of mileage in on that over the last few months. It was hardly the same as snowshoeing though. When John Scalise started us off, I found out straight away how unlike snowshoeing it was as the whole pack sprinted to get into position for the single track trails. The first and last 100 meters were probably the hardest of the race, like running through a ploughed field. I found myself moving backwards through the field. After half a mile my heart was pumping, I was gasping for breath and my legs felt like lead. This was tough. I walked a little and got my breath back before attempting to run again. I negotiated the stream crossing without mishap

and immediately felt better. I got into a rhythm and started to enjoy the beautiful surroundings. There were a few small climbs, which I found impossible to run, but at least that meant there were some downhill coming and they were great, not having to worry about foot placement in the soft snow, you could really stride out.

I reached the end of the loop and started the mile back to the finish. Paul Hartwig caught me up and we exchanged a few words. The snow was well packed on this section which made it easier and I was soon in the home straight. It was difficult to keep running right up to the line in the deep snow, but with everyone watching I managed to make it. And the sight of a runner sprinting for the finish with his pants round his knees a few minutes later made me forget my tiredness. I was amazed to hear that the winner had finished in 32 minutes, 8 minute miles in snowshoes is incredible. The food after the race was fantastic as usual. Can't wait till the next one.

AndyHill-Bill-idge

SLUG'S FROZEN VIEW

The ride to the Greylock Glenn was a winter wonderland... but the view of the Grey Lady coming down RT 116 was of a grand frost covered mountain... hoary white, cold and forbidding.

What a nice well marked course, thanks to Paul. I was tempted to just stop and gaze along the way as there were many glorious views at each turn... like a Japanese walking garden.

I wanted to do it again when the "race" was done, but opted for some socializing around the barrel fire instead... to hear outrageous Dion stories and of Paul's Glen runs from the past. The history is rich in this place... whirlwinds, fog and snowdrifts to consume a man alive... and the lucky few do the Iditapub tomorrow!

slug