

# SNOSHU-NEWS

## WOODFORD SNOWSHOE... JUST ABOUT PERFECT!

Woodford, Vermont, Dec 29, 2002...

It's that time again! Time to strap em on.... that's what a whole herd of masochists did to kick off the 2003 WMAC Snowshoe season. And what a season it's going to be... tons of snow already!! Perfect!!

Forgot how outstandingly beautiful Vermont is after a big dump. Vast fields of frozen tundra and quiet.... real real quiet... perfect.

There was so much snow, it kind of threw everyone into a drift for a while... but once people found where to park, where to hike to registration and once the RD and crew got it together, it was all good and we were standing on the line with Jack Quinn eloquently barking out course description, markings, etc.... we were ready.... perfectly ready.

But not perfectly ready for a totally oxygen-deprived, thigh-burning, blinding whiteout charge-up-the-road start. The snow was so deep and cold. As we entered the single track trail, it felt like this is what this sport is all about... the forest so deep and quiet... this is real wilderness at it's best... just about perfect...

Single track was single track in this race... no one wanted to step out of the track to blast by someone... no way, too deep... most people stepped off to the side to let faster runners by... the perfectly gracious thing to do. If they didn't step aside, it was the perfectly rude thing to do.

Although it was hard to get a rhythm going in such deep snow, it didn't really matter all that much, because the end came sooner than expected... just when you were startin to get it all together, the finish was in sight... perfect!

Of course the most perfect people showed up.... Dave Dunham and Nikki Kimball were just about perfect with their first places.... and the rest of us were as perfect as we could be and that is almost perfect!!

Observations of this perfect day.....

Bob Dion set up his Snowshoes-on-the-Run Mobile.... he was busy fitting everyone with straps.... no women were seen anywhere near that area...

All the fast people were wearing Dion Snowshoes....

Richard thought Farmer Ed's snowshoes would make him faster, so he stole them....

David Boles should run the Grand Tree in his snowshoes...

Darlene had her snowshoes on backwards....

I got to start my car from the finish line.... Christmas present....

Laura had a pair of yella snowshoes that must have had wings on them.... plus they were cool lookin...

People who were wearing 10K's and Catalysts all fell in the same spots... foommph!

When you wear heat packs in your mittens and they get wet, they turn to cement... cold cement...

Good idea having the registration and start/finish so far from the parking.... great workout before the race... good warmup and cooldown...

Going off into the woods was difficult...when the snow is knee deep and beyond, it's hard to squat...

Three and one half hours drive up... kill myself for forty minutes.... three and one half hours drive home.... but worth every perfect second.

Thanks Jack and John and crew... Doesn't get any more perfect than this.....

*Kaniac, 2002, on the verge of 2003...*

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### REMAINING WMAC SERIES

Sunday January 26, 2003	Pittsfield, MA
<b>1<sup>ST</sup> CURLY's RECORD RUN</b>	4 Miles

Saturday, February 1, 2003	Northfield, MA
<b>1st NORTHFIELD MTN (Reg. Qualifier)</b>	7.25 km

Sunday, February 2, 2003	Saratoga, NY
<b>4th Annual SARATOGA WINTERFEST</b>	5km

Saturday, February 8, 2003	Saratoga, NY
<b>1<sup>st</sup> Annual WILTON WILDLIFE</b>	8km

Saturday, February 15, 2003	Hawley, MA
<b>6th Annual HAWLEY KILN KLASSIC</b>	7 & 4.5 Miles

Saturday, March 1, 2003	Hawley, MA
<b>3rd sort of Annual MOODY SPRINGS</b>	15km & 10km

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### REMAINING DION DEMO DAYS

Sunday, February 23, 2003	Florida, MA
<b>Dion Demo Day #2</b>	5 Miles <i>Spruce Hill</i>

Saturday, March 15, 2003	Florida, MA
<b>Dion Demo Day #3</b>	5 Miles <i>Blackstone Farm</i>

WMAC

**1<sup>st</sup> WOODFORD 4 MILE SNOWSHOE RACE**

WMAC

**December 29, 2002****Woodford State Park****Woodford, VT**

01 Dave Dunham	38 M	25:18:00	100.0000
02 Richard Bolt	32 M	25:22:00	98.7013
03 Brian Dragon	19 M	28:08:00	97.4026
04 Dan Verrington	40 M	28:30:00	96.1039
05 Dave Hannon	31 M	29:10:00	94.8052
06 Alan Bernier	28 M	30:07:00	93.5065
07 Rod Viens	35 M	30:07:00	92.2078
08 Ken Clark	40 M	30:48:00	90.9091
09 Rob Higley	49 M	31:17:00	89.6104
10 Tom Barnes	40 M	31:27:00	88.3117
11 Gene Katapski	45 M	31:55:00	87.0130
12 Paul Young	37 M	31:58:00	85.7143
<u>13 Nikki Kimball</u>	<u>31 F</u>	<u>32:10:00</u>	<u>84.4156</u>
14 Mike Hampton	32 M	32:11:00	83.1169
15 Britt Brewer	39 M	32:33:00	81.8182
16 Edward Alibozek	40 M	33:19:00	80.5195
17 Tim Kruger	37 M	34:03:00	79.2208
18 Bob Dion	47 M	34:31:00	77.9221
19 Scott Livingston	30 M	35:33:00	76.6234
20 Wayne Stocker	48 M	35:39:00	75.3247
21 Kelly Herrington	28 M	35:40:00	74.0260
22 Jim Preite	38 M	35:40:00	72.7273
<u>23 Angie DeFelippi</u>	<u>26 F</u>	<u>36:00:00</u>	<u>71.4286</u>
24 Ted MacMahon	36 M	36:22:00	70.1299
25 Eric Iannacone	30 M	36:48:00	68.8312
26 Bill Harper	55 M	37:08:00	67.5325
27 Bruce Piispanen	44 M	37:20:00	66.2338
<u>28 Deb Livingston</u>	<u>27 F</u>	<u>37:51:00</u>	<u>64.9351</u>
29 John Pelton	63 M	38:36:00	63.6364
30 Seth Roberts	51 M	38:50:00	62.3377
31 Jan Rancatti	42 M	38:54:00	61.0390
32 Scott Bradley	47 M	38:56:00	59.7403
33 David Boles	56 M	38:58:00	58.4416
34 Bob Worsham	57 M	38:59:00	57.1429
35 William Ross	38 M	39:12:00	55.8442
36 Ed Alibozek, Jr.	63 M	39:34:00	54.5455
37 Neil Burke	47 M	40:00:00	53.2468
<u>38 Carol Kane</u>	<u>57 F</u>	<u>40:04:00</u>	<u>51.9481</u>
39 Larry Dragon	42 M	40:18:00	50.6494
40 Steve Banatoski	39 M	40:27:00	49.3507
41 Paul Hartwig	46 M	40:47:00	48.0520
<u>42 Jacque Schiffer</u>	<u>38 F</u>	<u>40:49:00</u>	<u>46.7533</u>
<u>43 Darlene McCarthy</u>	<u>40 F</u>	<u>41:00:00</u>	<u>45.4546</u>
<u>44 Laura Clark</u>	<u>55 F</u>	<u>41:02:00</u>	<u>44.1559</u>
45 Richard Clark	48 M	41:20:00	42.8572
46 Bruce Grisafe	49 M	42:03:00	41.5585
<u>47 Eva Van Stratum</u>	<u>43 F</u>	<u>42:20:00</u>	<u>40.2598</u>
48 Peter Lipka	51 M	42:27:00	38.9611
49 Bruce Marvonek	49 M	43:40:00	37.6624
50 Tom McCrumm	57 M	43:54:00	36.3637
51 Ed Saharczewski	49 M	44:09:00	35.0650
52 Mike Albrecht	31 M	44:30:00	33.7663
53 Nick Popiak	46 M	44:32:00	32.4676
54 Ken Deary	50 M	44:46:00	31.1689
55 Richard Hunt	63 M	44:51:00	29.8702
56 Brian McCarthy	41 M	44:59:00	28.5715

<u>57 Laurel Shortell</u>	<u>36 F</u>	<u>46:24:00</u>	<u>27.2728</u>
58 Bob Massaro	59 M	46:29:00	25.9741
59 Jon Howes	46 M	47:33:00	24.6754
60 Bill Herrington	54 M	47:55:00	23.3767
61 Richard Busa	73 M	48:04:00	22.0780
<u>62 Donna Ruppel</u>	<u>38 F</u>	<u>48:10:00</u>	<u>20.7793</u>
<u>63 Kerriann Catlaw</u>	<u>32 F</u>	<u>48:22:00</u>	<u>19.4806</u>
64 Dave Lindberg	44 M	48:33:00	18.1819
<u>65 Julie Ryan</u>	<u>37 F</u>	<u>50:23:00</u>	<u>16.8832</u>
66 Jon Winslow	33 M	50:28:00	15.5845
67 Phil Dimond	55 M	53:47:00	14.2858
68 Darryl Caron	39 M	55:24:00	12.9871
69 Jeff Clark	56 M	55:36:00	11.6884
70 Scott Hunter	57 M	55:48:00	10.3897
71 Konrad Karolczuk	50 M	55:58:00	9.0910
72 David Krasner	48 M	56:13:00	7.7923
73 Kapil Kulkarni	27 M	56:18:00	6.4936
<u>74 Kate Hayes</u>	<u>54 F</u>	<u>57:12:00</u>	<u>5.1949</u>
75 Jules Seltzer	67 M	57:26:00	3.8962
<u>76 Ann Snoeyenbos</u>	<u>38 F</u>	<u>64:09:00</u>	<u>2.5975</u>
77 Gary Montgomery	53 M	64:15:00	1.2988
Michael Caslin	36 M	DNF	0.0000
Michael Cruise, Jr	55 M	DNF	0.0000
Kristen Zens	41F	DNF	0.0000
Richard Zens	56 M	DNF	0.0000
Judson Cake	25 M	DNF	0.0000

**EVENT #01 OF WMAC SNOWSHOE SERIES 2003****WOODFORD AGE GROUP WINNERS**

<b>01 – 19</b>		Brian Dragon	28:08
<b>20 – 29</b>	Angie DeFelippi 36:00	Alan Bernier	30:07
<b>30 – 34</b>	Nikki Kimball <b>32:10</b>	Richard Bolt	25:22
<b>35 – 39</b>	Jacque Schiffer 40:49	Dave Dunham	<b>25:18</b>
<b>40 – 44</b>	Dar McCarthy 41:00	Dan Verrington	28:30
<b>45 – 49</b>		Rob Higley	31:17
<b>50 – 54</b>	Kate Hayes 57:12	Seth Roberts	38:50
<b>55 – 59</b>	Carol Kane 40:04	Bill Harper	37:08
<b>60 – 64</b>		John Pelton	38:36
<b>65 – 69</b>		Jules Seltzer	57:26
<b>73 – 75</b>		Richard Busa	48:04



## SNOWSHOE RACE CANCELLED BECAUSE OF SNOW....

Last year we would have laughed at this headline, but this year, ironically, it almost came true. Fourteen intrepid snowshoers, however, defied snow advisories and road closings in their determination to rack up a few more grand prix points, proving once again that the journey itself is at least as exciting as the actual event. Luckily for those individuals, the snowstorm coincided with the Saratoga Biathlon event, the only race in the series where the person in charge actually lives in his own log “cabin” on the property itself. So at least we knew there would be someone to welcome us if and when we made it through the snow banks and onto the main course.

We arrived to find the access road freshly plowed (and at the rate the snow was falling, that meant it was plowed about every ten minutes!), the parking lot cleared, the trail freshly groomed and the outhouse fully functional. Although the big white rock that signals the turnoff was by this time fully camouflaged, Jim had decorated the resulting snow pile with four huge signs, thoughtfully written in large print letters that even baby boomers could decipher.

Fortunately, this is the only groomed trail race on the WMAC circuit. Otherwise, with the seventeen inches of newly fallen powder, we would have been slogging instead of jogging. And since there were only a handful of competitors, that would mean that everyone, including those bringing up the rear, would be slogging. Still, groomed trails can be intimidating, especially to those accustomed to roughing it. The course was a neatly combed affair, ringed by precise, equidistant lines. At first, I was afraid to trespass, worried that I'd be chastised for spoiling the painstakingly laid pattern. So on my visit to the outhouse, which was perched conspicuously above the parking lot, rather like Greylock's lighthouse beacon, I hesitantly skirted around the edges, afraid to assert myself as a real runner who belonged there. Soon other friends, less hesitant to plant their footprints, arrived, and I was put at ease.

After sending out a St. Bernard or two to rescue those lost in the storm, Race Director Jim Schreiner led us to the start with his bullhorn, rather like the Pied Piper leading his troops to battle. Jim owns one of the few race bullhorns that actually works, so all fourteen of us heard him loud and clear. We then proceeded to sort ourselves out: the frontrunners, the middle-of-the-packers, and those who would actually enjoy the scenery. There were three rows. The frontrunners were followed by the middle-packers, giddy at finding themselves, for the first time ever, in the second row. The back of the packers were similarly delighted to place themselves third in line. And here began a true test of mental stamina, which many of us failed miserably. Those in the second and third rows gamely followed the snowshoe hares ahead. For many, this was the first time we had ever, even momentarily, kept the frontrunners in view. But the hares soon leaped over the horizon, leaving the rest of us to deal with the realities of our aching quads. Nevertheless, that brief glimpse of glory made it all worthwhile.

Even the hares shared our second mental obstacle: the gap between perception and reality. While the precisely groomed course resembled a wide, paved country road, where passing

was a distinct possibility, appearances were deceptive. Instead of slapping against an apparently unyielding surface, our shoes immediately sank downwards, just like they would in normal snow. So with each step, we jerked forward as we caught ourselves sinking instead of gliding.

I gradually acquired my sea legs, which left my mind free to wander. I found myself missing Rich Busa. He would have excelled here. Because of the difficulties of keeping ahead of the persistently falling snow, the course was changed to the same 2.5K loop run twice. No other trails were discernible beneath the deep snow cover. This meant that there was no possibility that anyone, meaning Rich, could get lost. One step off course and you'd disappear into a snow bank, not to be heard from again until spring. If he had been here, for once we would have been able to calculate his true race time without deducting for his usual side trips!

While some of us brought emergency snow shovels, no one thought to bring extra skis. So a few of us did a third cool down loop, but were soon lured back by the enticing smells wafting from Betty Schreiner's chuck wagon.

Impromptu awards for showing up and beyond:

Most Determined—Laurel Shortell, who drove seven hours in the snowstorm. When interviewed shortly after the race, she commented, “Sometimes grand prix points can be won by just showing up.”

Fastest Plow in the West—Jim Schreiner, who made sure no one would get stuck in his driveway.

Famous Last Words—Jeff Clark, while taking a shortcut through the woods to the chuck wagon, “We have snowshoes on. We won't sink down too far in the snow.”

Up and Coming—Sean Halligan, coach of the local Bill Koch ski league.

Most Snowshoes—Bob Dion. Runner Up—John Noonan, who liked Bob's shoes so much that he immediately purchased a pair for himself and his girlfriend, Stephanie Landy.

Best soup—Betty Schreiner's famous taco soup

*laura clark*

January 4, 2003 SARATOGA BI-ATHLON 5KM Day, NY				
01.	John Noonan	43	21:50	100.0000
02.	Bob Dion	47	25:19	92.8571
03.	Sean Halligan	37	25:50	85.7143
04.	John Pelton	63	25:55	78.5714
05.	Mike Pickering	33	27:48	71.4286
06.	Jason Kaffenberger	39	27:50	64.2857
07.	Dave Boles	56	29:41	57.1429
08.	Stephanie Landry	43	29:56	50.0000
09.	Maureen Roberts	44	31:01	42.8571
10.	Laurel Shortell	36	32:13	35.7143
11.	Laura Clark	55	33:17	28.5714
12.	Nik Steg	43	38:01	21.4286
13.	Joe Geiger	61	38:46	14.2857
14.	Jeff Clark	56	47:21	7.1429

# WMAC SNOWSHOE SERIES 2003

This season's first day of winter also ended up being the first ever Dion Snowshoe Demo Day. Where we would find snow after the previous week's hard driving rain and warm temperatures wasn't really a factor, as we had planned for Florida/ Savoy and kept the event there.

The planned route to Tannery Falls was changed to a North Pond loop so that we could use the wood stove heated CCC Shed located at North Pond. This served two purposes; first it allowed Bob and Craig Dion to display and explain and fit snowshoes indoors rather than outdoors. Secondly, it put us right on the shore of North Pond so anyone wishing to get a little ice-fishing in while heading out on the four mile snowshoe course could.

Our purpose for holding "Demo Days" this year include introducing Bob Dion's line of snowshoes to people before the snowshoe series starts, and also to give folks an opportunity to get out and snowshoe at least once before the actual racing season starts. It helps to have some time in on the snowshoes before the first event. This is especially true for learning about how much clothing is really necessary while snowshoeing on a cold day. I watched thirty people shuffle through the four mile loop Sunday and at least half of them were carrying jackets, shirts, mittens, hats etc. Overdressing is much more of a problem than underdressing, as long as you have warm dry clothing to change into after you are finished.

Karl Molitoris wrote a fantastic helpful guide to dressing for winter that we sent out last issue of Sno-News – try to dig that out to read if you haven't already.



{Rob Higley letting it rip on a pair of Dion snowshoes}

And in case your wondering, "Sure... Molitoris talks a good talk, but does he walk the walk?"

Well, yes he does, as you would have noticed him as the only person wearing shorts and a polypro top at the Demo Day. "Dress the same for 20 as you would 70", he says...

The Demo appeared to go well from my vantage point, and many of the participants left with their arms around a brand new pair of Dion Snowshoes and a smile on their face.

# WMAC SNOWSHOE SERIES 2003

One of the last to purchase a pair of shoes was Bruce "Cemetery Man" Marvonek, who was holding his Sherpa Bolt Racers in his hands after the event only to be shown that one of the frames was broken at the bend. I mentioned to him that the same thing had happened to my dad's Bolts, and suggested that he head into the shed to talk to him about it. When he re-appeared he was ready to try a pair of Dion Snowshoes!



{2002 WMAC Champ Deb Livingston}

The four miles were covered by the serious and the fun seeking, with the fastest time being turned in by Ken Clark (about 37 minutes). Bryan Dragon turned in a great performance also, as did newcomers Marc Guillaume, Chris Petrella and Rob Higley. Britt Brewer finished quickly and then set out for another loop before settling down to purchase a pair of snowshoes.

F.Ed

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## WMAC DION DEMO DAY #1 WMAC

12/22/02 4 Miles Savoy/ Florida

- |                      |                     |
|----------------------|---------------------|
| 01. Ken Clark        | 17. Jacque Schiffer |
| 02. Bryan Dragon     | 18. Bill Morse      |
| 03. Marc Guillaume   | 19. Laura Clark     |
| 04. Britt Brewer     | 20. Bob Massaro     |
| 05. Chris Petrella   | 21. Julie Ryan      |
| 06. Rob Higley       | 22. Laurel Shortell |
| 07. Jim Preite       | 23. Jeff Clark      |
| 08. Craig Wilson     | 24. Larry Dragon    |
| 09. Tom McCrumm      | 25. Martin Glendon  |
| 10. Deb Livingston   | 26. Judy McCrumm    |
| 11. Scott Livingston | 27. Karl Molitoris  |
| 12. Ed Alibozek Jr   | 28. Bruce Marvonek  |
| 13. David Boles      | 29. Cheng Hua Lee   |
| 14. Scott Bradley    | 30. Brian Swartz    |
| 15. Bill Ross        | 31. Edward Alibozek |
| 16. Debbie Briggs    | 32. Ed's dog Tippi  |

Thank you to Bob and Craig Dion, who spent a full three hours explaining and fitting people with:

**"DION SNOWSHOES"**



## SOUTH POND SHUFFLE 03... THAT'S WHAT I'M TALKING ABOUT!

Savoy State Forest, January 11, 2003...

Savoy serves up it's magic again. In fact the only thing you can count on at Savoy is change... on the surface that is... what lies beneath lies in wait... enter at your own risk...

So you wanted snow, yes? Well, we got it. Probably three feet of it. So much of it, that it scared the snowpants off us... made us lose our minds... made us put on those mousetraps and go for a run in the forest.

We all gathered near the warming hut as if clinging to something warm and secure, our last vestige of shelter, indeed sanity, contemplating with trepidation what the hell were we thinking.

Gazing out at the unbroken tundra that was the start line, we were filled with an inner peace and a raging desire to turn tail and go home. It was going to be hard, indeed.

But all the fear and anxiety melts away when you, for yet another year, open that door to that warming hut and see those familiar funny bright smiles, feel those warm handshakes and hugs and you know it's all good and you know why you're there. You did read the fine print on the registration form... under your signature... where it mentioned the word "Certifiable"...

Observations of the day...

There were no cars in the parking lot... only snow... in fact the biggest challenge of the day was finding a place to park...

Kenny Clark announced that the snow wasn't as deep in the woods...

John and Debra were mixing it up in the hut...

Bob Dion hung out his shingle in the hut... he was busy fitting and adjusting... he does all that and then goes and runs like a deer...

It was hard to find snowshoers without hares...

People were so courteous today... I overheard "After you" a lot...

Some folks got better workouts than others with softball size ice balls on their cleats... they are def gonna beat most of us at Greylock...

It was hard to step aside and let faster people go by... if you stepped off the track, you disappeared...

Times were anywhere from 10 minutes to 30 minutes slower over 2002... c'mon people, you gonna let a little snow bother you?...

There was talk of letting us start from the hut, but noooooo..... RD Farmer Ed made us all trudge back to the start line... but it was ok... we got to pack down the first 30 yards of the dash to the woods...

Thank goodness the forest service allowed the food to be cooked inside the hut this year... otherwise, we'd all be eating our soup, chili and corn chowda while standing in thigh high snow...

Best looking snowshoe shirt ever!!...

I also want to thank all those people in the front for packing down the trail and making such a neat little deep track...

It was impossible to go off course in this race...

Let me tell you, you expect the men to do well in these kinds of conditions, and they did, but you have to give it to the first three women, Sheryl, Nikki, and Deb... their times were just awesome... strength is a beautiful thing...

Overheard pre-race...

What kind of shoes should I wear?... my Storm Pegasus or my racing flats?...

Karl showed up wearing Paul Bunyan's snowshoes...

Stan Tiska showed up last with a backpack full of ribbon and a broom... and a beard full of ice which he told me it might look disgusting, but it's not...

We wouldn't get to do this... if not for all those people who do for us... bring for us... time for us... mark for us... cook for us... clean up for us... cheer for us... cheers to you...

And cheers to the people who kick our butts and make us run faster...

South Pond 2003... cold, wintery, 3 ft deep snow conditions... yup yup, as Farmer Ed says... that's what I'm talking about!!

*Kaniac...  
January 2003*

Postscript... a friend of mine says.."A hundred years from now, a galloping horseman will never know"... put it to paper...

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*Dave Dunham on his way to 1<sup>st</sup> place, 2003 South Pond Shuffle.*



*Photo courtesy of Tim Zelazo, Savoy State Forest Supervisor.*

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### VOW OF CHASTITY UPDATE!

It looks like both Woodford and South Pond were very close to meeting all the criteria for the Snowshoe Vow of Chastity. I believe as we go through the schedule, all the events will meet a majority of the criteria. That isn't too bad, for something that started out as an ideal. The purpose of the Vow is to allow more places to potentially host snowshoe events. Don't let what's available limit you! If you are thinking about having an event, just go ahead and organize with what you have. Lots of room for nighttime romps, rail to trail areas, etc.

WMAC

**6<sup>th</sup> SOUTH POND SHUFFLE 4 MILE SNOWSHOE RACE**

WMAC

**JANUARY 11, 2003****SAVOY STATE FOREST FLORIDA/ SAVOY, MA**

01 Dave Dunham	38	38:49	100.0000
02 Leigh Schmitt	30	39:22	98.8889
03 Paul Low	29	40:49	97.7778
04 Richard Bolt	32	41:49	96.6667
05 Ken Clark	40	43:33	95.5556
06 Judson Cake	25	46:37	94.4444
07 Keith Schmitt	33	47:30	93.3333
08 Rob Higley	49	48:15	92.2222
09 Peter Keeney	36	48:46	91.1111
10 Mark Guillaume	30	49:54	90.0000
11 Paul Young	37	50:44	88.8889
12 Sheryl Wheeler	39	51:12	87.7778
13 Alan Bernier	28	51:55	86.6667
14 Nikki Kimball	30	52:20	85.5556
15 Ed Myers	52	53:01	84.4444
16 Bob Dion	47	53:21	83.3333
17 Deb Livingston	28	53:54	82.2222
18 Ted McMahan	36	54:03	81.1111
19 Wayne Stocker	48	54:12	80.0000
20 Bill Harper	55	54:40	78.8889
21 John Pelton	63	54:51	77.7778
22 Kelly Herrington	28	55:47	76.6667
23 Craig Wilson	52	56:20	75.5556
24 Michele Tetreault	27	57:30	74.4444
25 Bob Worsham	57	57:36	73.3333
26 Craig Brumwell	45	57:55	72.2222
27 William Ross	38	59:04	71.1111
28 Scott Bradley	48	59:30	70.0000
29 Curt Pandiscio	41	59:42	68.8889
30 Ed Buckley	44	59:46	67.7778
31 Jan Rancatti	42	59:57	66.6667
32 Shaun Sutcliffe	45	1:00:09	65.5556
33 Ed Alibozek Jr	63	1:00:59	64.4444
34 Jacque Schiffer	38	1:01:27	63.3333
35 Paul Hartwig	46	1:01:39	62.2222
36 Eva Van Stratum	43	1:01:54	61.1111
37 Bruce Marvonek	49	1:02:02	60.0000
38 Darlene McCarthy	40	1:02:18	58.8889
39 Carol Kane	57	1:02:34	57.7778
40 Seth Roberts	50	1:03:30	56.6667
41 Laura Clark	55	1:03:54	55.5556
42 Larry Dragon	42	1:04:10	54.4444
43 Stephen Banatoski	39	1:04:35	53.3333
44 Jack Quinn	64	1:04:43	52.2222
45 Fred Thompson	62	1:05:09	51.1111
46 Lisa Schmitt	28	1:05:20	50.0000
47 Dave Boles	56	1:05:28	48.8889
48 Jason Kaffenberger	39	1:05:29	47.7778
49 Barbara McManus	34	1:05:43	46.6667
50 Bill Morse	51	1:05:48	45.5556
51 Eddie Saharczewski	49	1:05:50	44.4444
52 Gareth Buckley	26	1:05:51	43.3333
53 Bruce Grisafe	49	1:06:46	42.2222
54 John Walsh	35	1:06:48	41.1111
55 Peter Lipka	51	1:07:41	40.0000
56 Lisa Mentzer	34	1:08:25	38.8889
57 Will Danecki	51	1:08:26	37.7778
58 Brian McCarthy	41	1:10:44	36.6667

59 John Delorey	55	1:10:46	35.5556
60 Larry McAndrew	44	1:10:49	34.4444
61 Ken Deary	50	1:10:52	33.3333
62 Richard Hunt	63	1:10:55	32.2222
63 Jeff Hattem	51	1:10:58	31.1111
64 Kathleen Rioux	47	1:11:02	30.0000
65 Mark Syrett	54	1:11:42	28.8889
66 Karl Molitoris	47	1:12:06	27.7778
67 Jonathan Howes	46	1:12:25	26.6667
68 Lisa Swan	31	1:12:50	25.5556
69 Tom Fraser	39	1:12:56	24.4444
70 Bonnie Fachini	38	1:13:15	23.3333
71 Bob Massaro	59	1:13:16	22.2222
72 Helge Zimmett	33	1:13:47	21.1111
73 Karen Claire-Zimmet	33	1:13:48	20.0000
74 Ben Dowds	26	1:13:58	18.8889
75 Laurel Shortell	36	1:14:45	17.7778
76 Mike Baker	32	1:15:00	16.6667
77 Rich Busa	73	1:15:33	15.5556
78 Julie Ryan	37	1:17:15	14.4444
79 Martin Glendon	56	1:17:16	13.3333
80 Jeff Washburn	53	1:18:05	12.2222
81 Scott Hunter	57	1:19:21	11.1111
82 Sue Joyner	44	1:20:48	10.0000
83 Kate Hayes	54	1:24:40	8.8889
84 Jules Seltzer	67	1:33:40	7.7778
85 Ann Snoeyenbos	38	1:37:32	6.6667
86 Leigh Druckenmiller	35	1:40:13	5.5556
87 Cristina Dos Santos	22	1:40:30	4.4444
88 Jeff Clark	56	1:50:39	3.3333
89 Konrad Karolczuk	50	1:50:40	2.2222
90 Stan Tiska	42	1:52:30	1.1111
Scott Livingston	30	DNF	0.0000
Sarah Pandiscio	12	DNF	0.0000

**S.P.S. AGE GROUP CHAMPIONS**

<b>20 – 24</b>	C. Dos Santos	1:40:30	
<b>25 – 29</b>	Deb Livingston	53:54	Paul Low 40:49
<b>30 – 34</b>	Nikki Kimball	52:20	Leigh Schmitt 39:22
<b>35 – 39</b>	Sheryl Wheeler	<b>51:12</b>	Dave Dunham <b>38:49</b>
<b>40 – 44</b>	Eva Van Stratum	1:01:54	Ken Clark 43:33
<b>45 – 49</b>	Kathleen Rioux	1:11:02	Rob Higley 48:15
<b>50 – 54</b>	Kate Hayes	1:24:40	Ed Myers 53:01
<b>55 – 59</b>	Carol Kane	1:02:34	Bill Harper 54:40
<b>60 – 64</b>			John Pelton 54:51
<b>65 – 69</b>			Jules Seltzer 1:33:40
<b>73 – 75</b>			Rich Busa 1:15:33

## SOUTHPOND SHUFFLE 2003: HOW I LEARNED TO HUG

I had heard it was going to be cold the Saturday morning of January 11<sup>th</sup>, 2003, but I didn't know it was going to be that cold. Driving up in my new Toyota Highlander the sun was out and it was beating through my windows. It didn't seem so cold. Then I started the ascent of the mountain on Rt. 2. As I got higher it got more overcast, ominous, and it started snowing. The plowed snow on the side of the road got higher and higher. When I finally turned into the parking lot for the race I couldn't believe the amount of snow there. There was so much snow that cars couldn't park head-in, and had to park in parallel fashion.

I could see right away that it would be a challenge to find a place to pee I wonder how everyone else managed. I ran south on the road for a couple of minutes, then saw some footprints go up and over the snow. I followed the tracks to a little spot with yellow stains on the snow and knew my problem was solved.

The new Highlander was great. I moved the front seats forward as far as they would go and sat in the back seat to get ready. Outside the car was a driving wind that made your hands cold after a minute. So I had to go through my pre-race rituals as an SUV yuppie, because I wasn't going to brave that wind to stretch and jog. I'm sure Kenny Clark did though, since his rituals are similar to mine. While sitting in the car I drank a lot of water because I knew I was going to sweat a lot. However, this was going to make me have to pee again. This time I solved the problem by standing on the passenger side of the car and opening the front and back door. I don't think anyone knew what I was doing, but I didn't care in that cold. Next time I have to remember to bring an old empty Gatorade quart bottle, and that way I won't even have to leave the Highlander.

After reporting to the registration building for shrinkage checks I took my place in the starting group as it walked through unbroken snow down the little hill to the starting line. Off went the race, and by the time I had run to the entrance to the trail about 100 yards I wanted to stop and rest. However, I could not do this with snow stompers beating down on me from behind.

I found these conditions to be the hardest encountered yet at South Pond. However, snowshoers aren't into "easy;" if it was easy, who'd want to do it? The snow was deep, but it had a broken track wide enough for easy going. The problem was that it was soft, which resulted in a lot of sliding. I let people pass who were breathing down my neck, then tried to hang on, traversing all the uphill. Since there was a lot of water under the snow in some areas of those trails we had to wind back and forth, up and down the banks of the trail and jump across running water. I resisted the urge to look behind me to catch a glimpse of my nemesis, Dave Boles. He sneaked by me at Woodford, and this day I was determined to keep my head down and go as hard as I could to stay in front of him.

Ice was building up on my shoes, as it was on everybody's. I stopped briefly and tried to kick a tree to get rid of some of it. When I hit a stretch of downhill a good ways around the pond I began to catch some people who were polite and let me pass. Getting around South Pond seemed like it took forever. I imagine most people were not even aware that we were running around a pond. Everyone was too busy fighting off cardiac arrest and watching that next footfall to look to the right at the pond. This pond is why the race is called the "South Pond Shuffle." The parking lot is next to North Pond, but we run around South Pond.

After completing the pond loop and heading back in, who did I come up behind but Michele Tetreault. I could tell from a distance because of the long braid hanging out of the back of her hat. I followed her in exerting all my energy to keep her in sight, and didn't have anything left to challenge her to the finish. It was fun trying though. After finishing I discovered that there was a baseball size ice ball on my rear cleat that I had been hauling through the course. Many people had

suffered from this phenomenon. I watched some people come in behind me. Bruce Marvonek's head was so frozen that he looked like the frozen Jack Nicholson in the movie *The Shining*.

After changing in yuppiedom I went back to the little building to get some food. Who was that back there dipping out food? Was that John Scalise, the bandit? Yes it was. And there was a foxy woman there helping him. Apparently there is bandit activity going on here.

Dion was set up with his snowshoes, and straps of all sizes were flashing here and there. My own Dion shoes have been performing perfectly. I can pretty much put them on and forget about them, and if I have accidentally put them on backwards just before a race, I can quickly change them. I no longer have skinned ankles, and in two races and an eight-mile fun run on Curly's course I have not fallen down once in my Dions. I even dreamed that I went to the ball in my Dions. I think the next thing that Dion should invent is the perfect pair of gaiters with a famous Dion strap at the top and bottom, and if Richard Buba buys a pair they will have to be labeled "front" on their front side.

On my way out of the building to leave I encountered Farmer Ed the race director. He's the one with the big smile on his face all the time. He was so happy that everything had worked out so well that he gave me a big hug. Michele Tetreault was coming out the door then, and my good friend Ed managed to wangle a hug for me from Michele. The only problem is that I had to hug Michele's friend Marc too. All I have to say is that if I have to hug a guy that I hardly know in order to get a hug from Michele, it is well worth it.

This got me thinking all about the whole hug-protocol thing. When it comes to social greetings I think I have Asperger's Disorder. I mean, when is it appropriate to greet with a hug? Once you have greeted someone with a hug, do you always greet them with a hug? If you greet someone with a hug, do you then hug the person standing with them if you are introduced for the first time? If one person is hug-greetable and another isn't, what if you encounter them both in the same group? How long do you have to know someone to greet them with a hug? Do you only greet members of the opposite sex with a hug? If you've greeted several times with a hug, then greet once without one, will they think you are mad at them? If a guy greets a woman with a hug, does she think he's making a pass at her? Will a hug eventually lead to something else? Do I trust myself to stop at just a hug? This could make a good *Seinfeld* episode or a good *Curb Your Enthusiasm* episode. I think all this thinking is what makes me avoid groups. This is why I go off jogging by myself before a race. Maybe I can clear this all up with several years of therapy.

The first five men were Dave Dunham, Leigh Schmitt, Paul Low, Richard Bolt, and Kenny Clark. The first six women finishers were Sheryl Wheeler, Nikki Kimball, Deb Livingston, Michele Tetreault, Bob Worsham, and Jacque Schiffer. I was wondering if the snowshoes called Sherpa Bolt Racers were named after Richard Bolt.

Thanks to Ed, John, and all those who helped so that the rest of us could have a perfect snowshoe race day. The company was good, the food was good, and the hugs were good. Can't wait till next year!

WorShamer  
[Bobworsham@earthlink.net](mailto:Bobworsham@earthlink.net)

## SCORING SYSTEM AND CURRENT POINTS LEADERS BASED ON 2 FINISHES

The 2003 WMAC Snowshoe Series will utilize the same system of scoring as last season. The scoring will be decided by points as follows:

Points will be awarded to all finishers, based on number of participants in each individual race, with 1<sup>st</sup> place always receiving 100 points, regardless of number of finishers. Each subsequent position will be awarded points on a sliding scale from 100.

Example; if 40 people complete Woodford, the overall winner will receive 100 points. The person in second will receive 97.5 points, third will get 95 points, on and on until the last finisher gets awarded the factor point. This will weight the scoring by number of participants.

If at the next event, Saratoga Biathlon 5km, there are 20 finishers, first place again gets 100 points, second 95, third 90 etc.

If there isn't snow at an event, a foot race may be held instead. The points awarded for a "non-snowshoe" race will be halved. So, if there is no snow at Race X, and 50 people participate, first place gets 50 points, second receives 49 points, etc. This way, the event (and the directors efforts) can be salvaged towards being part of the series, with lesser weight than a traditional snowshoe race.

The overall male / female WMAC Snowshoe Champions will be decided by total number of points for their best six out of ten possible scores at the WMAC events.

Also, the top point producers in five year age categories, both men and women, will be declared age group champions. You must complete at least four out of the ten events to be eligible for an age group title, with your best six scores counting.

01.	Dave Dunham	38	100.0000
02.	Richard Bolt	32	97.6840
03.	Ken Clark	40	93.2324
04.	Rob Higley	49	90.9163
05.	Alan Bernier	28	90.0866
06.	Bob Dion	47	88.0952
07.	Paul Young	37	87.3016
08.	John Pelton	63	78.1746
09.	Wayne Stocker	48	77.6624
10.	Ted MacMahon	36	75.6205
11.	Kelly Herrington	28	75.3464
12.	Bill Harper	55	73.2107
13.	Bob Worsham	57	65.2381
14.	Scott Bradley	47	64.8702
15.	Jan Rancatti	42	63.8529
16.	William Ross	38	63.4777
17.	Seth Roberts	51	59.5022
18.	Ed Alibozek, Jr.	63	59.4950
19.	David Boles	56	57.7923
20.	Jason Kaffenberger	39	56.0318
21.	Paul Hartwig	46	55.1371
22.	Larry Dragon	42	52.5469
01.	Nikki Kimball	31	84.9856
02.	Deborah Livingston	27	73.5787
03.	Jacque Schiffer	38	55.0433
04.	Carol Kane	57	54.8630
05.	Darlene McCarthy	40	52.1718
06.	Eva VanStratum	43	50.6855
07.	Laura Clark	55	49.8558
08.	Laurel Shortell	36	31.4936
09.	Julie Ryan	37	15.6638
10.	Kate Hayes	54	7.0419
11.	Ann Snoeyenbos	38	4.6321

**WMAC SNOWSHOE SERIES 2003  
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