

# SNOSHU-NEWS

Thursday, March 18<sup>th</sup>. Nice day following about 7" of snow the previous day. Decided to go snowshoeing so I hooked up with my friend Dave to head over to Callahan State Park. I got Dave to do Greylock last year and he really enjoyed it, in fact, he bought a pair of Dions.

*Bob Dion at North Pond "Dion Demo Day" December 2002.*



I put on my old Sherpas because I didn't want to take a chance on busting up my Dion's with minor snow cover. Dave has his trusty Jack just as Ed has Tippy. We headed out and after about a half mile I realized I had made a mistake. I thought I had lead weights on my feet. I told Dave that I couldn't believe I raced in those Sherpas for two seasons.

We were out for two hours, the trails are somewhat like what we did at North Pond. I was really dragging my butt the last half hour and to make matters worse the snow was sticking to the shoes. To really appreciate your Dions, take a run in your old shoes, if you still have them and then go home and hug your Dions.

*Thank you Bob! From a very tired Silverback*

In days of old when knights were bold and titles were a plenty, one nobleman was designated as "Keeper of the Horses". The nobleman was of course was ecstatic that the king had recognized him with such a distinguished title, but the ecstasy wore off very quickly once it was realized that it was not a distinguished title, but a job title. The "Keeper of the Horses" had to make sure that all was prepared and loaded up whenever the king went out regardless if it was a ride around the property or a trip around the world. Imagine trying to keep a king happy.

Within the kingdom of WMAC there also exists distinguished job titles. Alas I am happy to say that I am no longer the "Keeper of the Snowshoes", the Dion coat of arms now graces that title. In the past, Sir Ed of Trails and the Clark's of Saratoga would request the loaners but when they were on Western Mass turf, I would have to ensure their storage, safety, and availability.

Craig, Denise, and Bob...many thanks for providing loaners for this particularly long season. We appreciate you showing up early (and being among the last to leave) at every event, lugging in the shoes, performing adjustments and repairs in subzero weather, having to lug the items back, clean them, dry them, stack them, get them ready for the next event. Without your support, many wouldn't have been able to try a new sport without going to considerable expense.

*K2*

Right about here I want to thank all the RD's and RD spouses and volunteers and course makers and markers and all who helped make this a wonderful season. It was a challenge this year for sure with weather and snow conditions the way they were.... they sure had some fancy footwork and mixin it up to do...

Let's hear it also for the cooks and writers and runners and spectators who bring such excitement to the sport. And also a huge thank you to Bob and Denise Dion who have faithfully been out in the cold literally to fit and fix and make sure that those in need got snowshoes indeed... Dions indeed... there were more Dions at this series by far, than any other brand and that says a lot about the product and the people behind them... and on them...

There were many times, and I quote, that Dion was so busy fitting people with shoes, that he'd jump into the race last minute, take off, and remember, "Oh crap, I forgot to take a dump"...

And lest we forget... behind the scenes, doing the math for each and every one of us was Rob Higley... we have to buy this guy a heated suit so he can run with us in the snow... like Rob, there's lots of people involved that we don't see so much of... like Swanee and Poncho and Miss Ellen...

And did you know that Old Farmer Ed (as opposed to Young Farmer Ed, usually known as Big Farmer Ed as opposed to...) anyway, Old Farmer Ed timed the Moody Spring Race so that Young Farmer Ed could run it for once.... now THERE'S a Dad....



*Denise Dion finishing Moby Dick at North Pond, 2004.*

Thanks Eddie... Adios snowshoeros.... See you in the green forest on the brown trails...

*Kaniac  
March 2004*

WMAC

## 7th ANNUAL HAWLEY KILN KLASSIC SNOWSHOE RACES

WMAC

FEBRUARY 21, 2004

DUBUQUE STATE FOREST

HAWLEY, MA

7 MILE KILN KLASSIC

01. Paul Low	30	0:59:03	100.00
02. Ben Nephew	28	1:01:27	98.04
03. Elijah Barrett	27	1:03:23	96.08
04. Dan Verrington	41	1:03:48	94.12
05. Greg Hammett	26	1:07:12	92.16
06. Mike Cohen	25	1:08:51	90.20
07. Jim Pawlicki	29	1:10:33	88.24
08. Kelli Lusk	33	1:11:17	86.27
09. Nikki Kimball	32	1:13:15	84.31
10. Jim Schultz	41	1:16:03	82.35
11. Jerry Campbell	44	1:16:07	80.39
12. Britt Brewer	40	1:17:47	78.43
13. Rob Smith	36	1:17:59	76.47
14. Christophe Launaud	36	1:18:29	74.51
15. Shaun Sutcliffe	46	1:20:18	72.55
16. Kelly Herrington	29	1:22:14	70.59
17. Jack Casey	50	1:22:46	68.63
18. Bob Dion	48	1:23:36	66.67
19. Eric Iannoconne	31	1:24:01	64.71
20. Mike Lahey	52	1:26:08	62.75
21. John Pelton	64	1:26:25	60.78
22. Deborah Livingston	28	1:27:26	58.82
23. Wayne Stocker	49	1:28:25	56.86
24. Jacque Schiffer	39	1:29:20	54.90
25. Bob Worsham	58	1:31:20	52.94
26. Annie Schultz	40	1:32:00	50.98
27. Bill Morse	52	1:32:12	49.02
28. Norm Sheppard	46	1:32:31	47.06
29. Ed Buckley	45	1:32:54	45.10
30. Peter Lipka	52	1:36:29	43.14
31. Ed Alibozek Jr	64	1:37:28	41.18
32. Carol Kane	58	1:38:55	39.22
33. Red McDonough	63	1:42:22	37.25
34. Anna Gorski	29	1:42:39	35.29
35. Paul Hartwig	47	1:42:55	33.33
36. Will Danecki	53	1:44:53	31.37
37. Mike Hickey	46	1:48:22	29.41
38. Laura Clark	56	1:51:27	27.45
39. Larry Dragon	43	1:51:51	25.49
40. Dave Boles	57	1:51:53	23.53
41. Eddie Saharczewski	50	1:54:30	21.57
42. Walt Kolodzinski	61	1:54:59	19.61
43. Justin Hyder	31	2:00:52	17.65
44. Gareth Buckley	27	2:01:15	15.69
45. Kelly Short	23	2:01:25	13.73
46. Laurel Shortell	37	2:03:07	11.76
47. Mark Syrett	55	2:07:15	9.80
48. Rich Busa	74	2:13:28	7.84
49. Art Gulliver	65	2:14:47	5.88
50. Jeff Clark	57	2:46:06	2.94
51. Konrad Karolczuk	51	2:46:06	2.94

Just want to let you know that the race was a great time and I think it's wonderful what you guys are doing. Just to give people like me the opportunity to try snowshoes is great. I just want to say thanks and I'll try to make it back out if I get the chance. Great race, I'm still sore.

*Brian Donoghue*

4.5 MILE "NOTCH" RACE

01. Brian Donoghue	21	0:41:55	50.00
02. Ted MacMahon	38	0:44:11	48.15
03. Ned James	49	0:46:14	46.30
04. Steve Roulier	40	0:48:00	44.44
05. Barry Auskern	44	0:49:36	42.59
06. Scott Bradley	49	0:52:57	40.74
07. Frank Gaval	57	0:54:50	38.89
08. Brett Miller	29	0:56:47	37.04
09. Jon Howes	47	0:57:39	35.19
10. Pat McGrath	38	0:57:45	33.33
11. Bonnie Fachini	39	0:57:59	31.48
12. Laura Monti	33	0:58:28	29.63
13. Ken Fairman	60	0:59:00	27.78
14. Kim Buescher	25	1:02:55	25.93
15. Tom McCrumm	58	1:03:00	24.07
16. Bob Massaro	60	1:04:07	22.22
17. Deb McCauley	35	1:05:01	19.45
18. Cheryl Vaillancourt	31	1:05:01	19.45
19. Rich Buffam	47	1:06:29	16.67
20. Sue Joyner	45	1:06:46	14.81
21. George Katsar	59	1:09:32	12.96
22. Dylan Sutcliffe	13	1:10:11	11.11
23. Julie Ryan	38	1:11:02	9.26
24. Denise Dion	45	1:13:10	7.41
25. Sherrie Buffam	45	1:18:14	5.56
26. George Andrews	54	1:19:20	3.70
27. Elaine Buckley	57	1:41:58	1.85

**THIRTY FOUR AND ONE**

My first snowshoe race was South Pond '99. I had never been on snowshoes prior to about a half hour before the race. I have run every WMAC event since then except last year's Saratoga Biathlon.

Up until this year's Greylock Glen I had an unbeaten streak of 30 wins in my age group but that ended. Unfortunately, I wasn't aware that there was another 70+ runner in the race. I guess when, in most races all I have to do is finish there's a tendency slack off a bit. But to be honest, I don't think that knowing I had competition would have made a difference because my best time in the five years that I've done the race was 44:04 and Wayne Nicoll, this year's winner had a time of 42:07. I'll have to check the entries on future races and draft on Wayne if he shows up.

Well, I've got another streak going of four straight so I'm 34-1. I've been lucky to start when I did with very little competition. When John Pelton, Jack Quinn and Ed Jr. get into the 70+ there will be more than enough runners they will be competing against so that it will be hard for someone to be a consistent winner. Just as the old Celtics back in the late 50's and early 60's won eight straight world titles that's very unlikely to happen again.

So I'm going to get myself ready to head on down to Hawley and kick some butt!

*The Silverback*

## HAWLEY KILN SNOWSHOE RACE 2004

### HAWLEY FIREHOUSE FEBRUARY 21, 2004

It's Hawley-time again!!... one of those races where you feel comfortable about all the things that are to come....

You know you are going to break your butt in the icy parking lot.... wasn't too bad this year...

You know there's going to be a neat little snow staircase to climb to the firehouse door... it wasn't there this year...

You know it is going to be windy as hell.... it wasn't...

You know the dirt road is going to have 20 ft snowbanks on either side.... it didn't....

You know the food is going to be good.... no, it was even better than usual...

What the heck?....

Observations of the day....

No one in the parking lot directed you where to park... I like that...

The wind wasn't too bad, except when it blew....

Who let the dogs in??.... grrrrrr....

Rain, sleet, snow like hell before the race, then nothing on the run... nada... just like Northfield was and Moody to come... (good, aren't I?)...

Some people got their hair done for the occasion...

"How's Donna Lee, Eddie"... just great, thank you, he replied...

Richard Busa did NOT get lost this race... he simply backtracked to "make sure"... and Art Gulliver (being the gentleman he is) did NOT say to him... "wrong way asshole"...

Dave Boles was adjusting his snowshoes in the MIDDLE of the trail. You know he could get away without snowshoes.... his running shoes probably meet the SFA standards...

Paul Hartwig shared his water with me... thank you Paul, as I blew by him and off up the trail...

Dave Dunham pulled a muscle couple days before the race... hurry and heal, Dave, Nationals are comin up...

Thanks to all who brought food to feed us and marked to keep us on course and timed to give us our rightful places and made for 78 of us finishers, a pretty cool day...

Yours in snowshoeing...

*Kaniac  
February 2004*

### BARNYARD RAMBLINGS HAWLEY KILN '04

It was to be an enjoyable seven-mile snowshoe race. Figured on starting off slower like the last couple races. But no; did you ever notice after a few miles you end up running with the same person every time? In my case, it's Kaniac at the three-mile point. So much for an enjoyable run, you can hear her breathing a hundred yards behind you.

When I hit the groomed snowmobile trail, I ran as hard as I could on the big down-hill to demoralize her. "No more breathing". Half way up the steep climb, being thirsty I poked around in my pack, choice of four-ounce bottle of jet fuel Mike Lahey gave me, or Red Bull. No sooner downing the Red Bull when I glanced back down the hill and here she comes again!

Kaniac and I ran together another mile when all of a sudden "A Tarzan Call". Carol just about jumped out of her sports bra. "WHAT was THAT!?! Lipka. The last twelve years of my working career was with cousin Pete, 3<sup>rd</sup> shift. He was good at getting on the intercom system and making farm animal sounds and, yes... Tarzan calls. Remember the saying about picking your friends and something else about relatives?

Well anyway, the single-track mile before the last 7/10 groomed trail to the finish never seemed to end but the Red Bull kicked in and I got some distance on Carol. Otherwise she would have smoked me on the groomed road to the finish.

Oh, just thinking of Carol turning sixty. Now that is going to be embarrassing for me.

*Old Farmer*

PS -- Has there ever been a female trailrunner who refused to give her age?

\*\*\*\*\*

### 13 REASONS I CAN'T BE A SNOWSHOE RACE DIRECTOR

13. I can't snow dance.
12. The Woodford Jacks won't tell me where the elves make that Vermont bread.
11. I can't figure out how to get 10 gallons of maple sap into a one-quart syrup container.
09. I can't let Jeff be in last place.
08. My dad isn't named curly.
07. I'm no Polish Prince.
06. I have less luck than Dave Dunham.
05. I thought Dion was a rock n roll singer.
03. I can't convince my family that chili is supposed to be stirred with frostbitten hands.
02. My guru is "THE" wrong way asshole.
01. I find it more constructive to criticize the lame decisions of the REAL directors.

## 2nd ANNUAL GREYLOCK COVERED BRIDGE SNOWSHOE RACES

**FEBRUARY 28, 2004**

**GREYLOCK GLEN**

**ADAMS, MA**

### 8 MILE "COVERED BRIDGE" RACE

01. Ben Nephew	28	1:00:59	100.00
02. Leigh Schmitt	31	1:02:59	97.22
03. Jim Pawlicki	29	1:03:26	94.44
04. Christophe Lanaud	36	1:12:48	91.67
05. Edward Alibozek	41	1:13:02	88.89
06. Jim Schultz	41	1:13:44	86.11
07. Kelly Herrington	29	1:17:51	83.33
08. Shaun Sutcliffe	46	1:19:59	80.56
09. Janice Morra	45	1:20:28	77.78
10. Erik Hanson	30	1:20:32	75.00
11. Bob Dion	48	1:21:54	72.22
12. Jack Casey	50	1:22:02	69.44
13. Jay Kolodzinski	24	1:22:25	66.67
14. John Pelton	64	1:26:54	63.89
15. Rick Morse	53	1:27:21	61.11
16. Norm Sheppard	46	1:30:05	58.33
17. Mike Lahey	52	1:32:57	55.56
18. Will Danecki	53	1:35:37	52.78
19. Carol Kane	58	1:36:38	50.00
20. Bob Worsham	58	1:36:42	47.22
21. Marc Lombard	39	1:39:31	44.44
22. Mike Hickey	46	1:40:11	41.67
23. Larry Dragon	43	1:40:44	38.89
24. Darlene McCarthy	41	1:45:28	36.11
25. Justin Hyder	31	1:46:38	33.33
26. Laura Monti	33	1:50:51	30.56
27. Mark Syrett	55	1:51:01	27.78
28. Laura Clark	56	1:51:47	25.00
29. Walt Kolodzinski	61	1:52:46	22.22
30. Dave Fiorini	42	1:57:13	19.44
31. Rich Busa	74	2:01:41	16.67
32. Laurel Shortell	36	2:15:18	13.89
33. Cris Druckenmiller	24	2:42:16	11.11
34. Jeff Clark	57	2:47:00	8.33
35. Konrad Karolczuk	51	2:47:01	5.56
36. Leigh Druckenmiller	36	2:52:29	2.78

### MONDAY AFTERNOON GANG

01. Peter Lipka	52	1:59:59	1.0000
02. Paul Hartwig	47	2:00:00	1.0000

Jeff Clark reports: Noted underground Snowshoer, Puxatawny Phil, "Pux" as his friends call him has poked his head out of the tunnel and called for six more weeks of snowshoeing. With a toothy grin, he reassured us that "The WMAC schedule is a Go".

Some of the clan who spotted him gathered round the furry little fellow decked out in miner's helmet and headlamp. Rich Busa told him to "Try it without the suit", Worshamer said he'd had a coat like that once, Kaniac asked if he wanted to race, Dion wanted him to try a new tiny prototype, Laura asked him if he could fix her headlamp, Edward wanted him to hold an underground addition to the points series and K2 and Jeff grinned and said in unison, "we could pass him".

### 3.5 MILE "HOXIE-THUNDERBOLT" RACE

01. Ed Alibozek Jr	64	0:40:40	50.00
02. Don Fallis	38	0:41:32	48.28
03. Scott Bradley	49	0:41:54	46.55
04. Ed Saharewski	50	0:43:49	44.83
05. Dave Boles	57	0:44:39	43.10
06. Mercedes Pour	29	0:44:51	41.38
07. Robbie Apple	13	0:44:57	39.66
08. Theresa Apple	43	0:44:58	37.93
09. Pat McGrath	38	0:46:21	36.21
10. Jon Howes	47	0:46:28	34.48
11. Bonnie Fachini	39	0:47:12	32.76
12. Brian Plouffe	41	0:48:07	31.04
13. Malik Farlow	27	0:49:20	29.31
14. Curt Sutru	46	0:49:32	27.59
15. Sue Joyner	45	0:50:11	25.86
16. Jacqueline Lemieux	37	0:50:29	24.14
17. Bob Massaro	60	0:50:48	22.41
18. Dylan Sutcliffe	14	0:52:28	20.69
19. Brian McCarthy	43	0:54:36	18.97
20. Jim Carlson	56	0:56:01	17.24
21. Julie Ryan	38	0:57:22	15.52
22. Peter Finley	42	0:57:33	13.79
23. Denise Dion	45	0:58:06	12.07
24. Melanie Daniels	29	1:03:20	10.35
25. George Andrews	54	1:08:43	8.62
26. Tracy McGrath	36	1:30:30	6.04
27. Chloe McGrath	12	1:30:30	6.04
28. Ellen Mach	61	2:30:00	2.59
29. Ann Dobrowolski	52	2:30:00	2.59

### **LADIES 8 MILE CHAMP SPEAKS**

As a neophyte to this sport, I just wanted to drop a line to you and the R-WMAC people (and their people) about how fabulous I thought the racing and the organization behind it was.

Sometimes getting caught up in the humdrum world of road racing can be a chore. What a shot in the arm this sport is!! It is obvious you people love what you do, and it really played out with all the organization (especially with course layout and marking) behind these events.

I actually looked forward to getting up at 4 or 5 AM to drive the 3-4 hours to the races I went to. Well worth it!

Again, kudos!

I love this so much I decided to make a fun trip to Tahoe just to race with the creme de la creme!

Janice Morra

*Janice won a Silver Medal at the 2004 USSSA Nationals!*

## GREYLOCK COVERED BRIDGE

Greylock Glen, Saturday, Feb 28, 2004.... This was the 2nd Annual Running of the Covered Bridge... a fun run last year and part of the snowshoe series this year.. 2 races actually... an 8 mile and a shorter 3.5 mile... do a loop on the gazebo side for the 3.5 and quit, or cross the road and add a second loop for the 8 miler... fun, fun... esp since it's Greylock...

If you didn't kick your butt out of bed this morning and get yourself down to the Glen, then you can kick your butt over missing just possibly the best race in the history of snowshoe racing... this was pay-back time for all the cold, windy, cloudy, snowy, chilly, days of snowshoe racing this season.... wearing gloves would have been overdressing today...

Observations of the day...

You shoulda been there for....

The shirt... neat screening of the Gould's Covered Bridge... thanks to Paul...

The raffle... BEFORE the race... different...

The course... running through well marked forest and meadows.... from dense deep forests to open, packed, and sunny meadows.... with hard hard climbs and screaming downhills... 2 road crossings, 6 bridge crossings... the bridges were bare of snow and so were the tar road crossings....

You would have missed Old Farmer Ed winning the short race... and gettin more points than if he had done the long... he looked like the Cheshire Cat, sitting on the bench under the Gazebo, waving everyone on to the next loop... lookin like he just won 50 points, which he did... I wasn't the only one who missed trying to chase him down the rest of the way... the thing is, I did the 8 mile and won exactly 50 points also.... so there, Junie!...

Eddie said to pay attention to the orange ribbon... I didn't... I forgot my rule... "Run your own race and never follow someone off course"... well I did go and run off course a few times, but it was my own fault.... or maybe it was the wind blowing those orange ribbons into the woods...

The company.... everyone hung out... for a long time... the home cooked hot dogs were a treat...

Cakes for the winners... mmmmmm...

Thank you to Denise and Bob Dion who have, through all kinds of weather, been there for us all, fitting and advising and representing the best snowshoe around... and then they go and run the race as well... they are a great team, although I don't know how Denise puts up with him...

Huge thank you to Paul and Judy Hartwig and the volunteers who worked and clapped and hauled and smiled all day...

And a big hug for Tippi the wonder dog... the best doggone runner in the series....

*Gracias mi amigos...  
Kaniac  
February 2004*

## A BEAR WENT OVER THE MOUNTAIN

*To see what he could see. He saw a bunch of snowshoers...* By the time Moody rolls around, spring is on its way. If the snow is still waist deep as it was last year, it's easy to ignore the inevitable. But this year, even diehards like me found it difficult to remain in denial as we crashed though "frozen" steams and negotiated a few ominous bear spots.

Yup, those darn bears were at it again, and in case you didn't realize it, they were showing signs of restlessness the week before at Cov Bridge when the snow cover was at its best. How else can you explain the snowman in the open field at the end of a long downhill, tempting careless humans to shift their gaze and bypass the multitude of orange ribbons and flags indicating a sharp left turn into the woods? These bears were not only hungry; they were tricky as well. Apparently, they raided Dion HQ and lifted a few pairs of custom-fitting loaners---easily adaptable to changes in weight, terrain and snow conditions, with extra-large, adjustable straps -- so they could lay some decoy footprints heading away from the trail and toward the huge snowman hiding a few skinny bears. Those smart creatures knew that a fully propelled, tired body wants nothing more than to follow gravity downhill "full torpedoes ahead and orange flags be dammed." They also knew that being near the top of the food chain, humans tend to be a bit careless, looking down at their feet to see where others have been and not ahead to see where they should be going. Like Hansel and Gretel, we fell for their ruse. Fortunately, the exertion proved too much for the recently awakened bears who crawled back into their caves for a brief nap. The episode ended happily ever after and no one got eaten.

But a week and several hearty meals later, the bears were determined to prove that they had not woken up too early. Determined to turn our thoughts from a winter South Pond to a summer Savoy, they held a midnight rally, turning the Moody parking lot into a credible replica of a Savoy swamp. Then they assiduously followed Tippi's carefully planted orange ribbons and knocked over huge pine trees featuring carefully sharpened spikes designed to prod us in embarrassing places. Being hungry, they poked through Moody's icy tributaries in their quest for choice salmon and trout. After sliding into many such streams, we looked almost as muddy as we do after Savoy.

As usual, WMACers outfitted themselves in distinctive garb, designed to make individualized fashion statements. Bob Worsham and K2 stuck to their normal black stealth apparel. Some, however, showed their support for the bears by adopting spring attire. Jeff Clark favored a long-sleeved shirt topped by his favorite kayak singlet (a forecast of things to come); Laurel Shortell was spotted wearing her red Mt. Washington windshirt; and Pete Lipka, convinced he would never fall down, sported baggy shorts. Most daring of all was Rich Busa, who rolled out of bed and into his car still wearing his flaming red long johns to show his sympathy for the sleepy bears.

But after we had recovered from our run and joined our friends at McCrumm's South Face Farm Sugar House for pancakes & newly tapped maple syrup, we knew we had to face the inevitable: 1 more snowshoe race and then onward to Northern Nipmuck and Muddy Moose. At least we were already muddy.

*Laura Clark*

## 4th "NON" MOODY SPRING SNOWSHOE RACE aka "the BASIN BROOK VERSION"

MARCH 6TH, 2004

DUBUQUE STATE FOREST

WEST HAWLEY, MA

01. Leigh Schmitt	31	0:44:48	100.00
02. Steve Peterson	37	0:47:27	97.92
03. Shaun Sutcliffe	46	0:49:40	95.83
04. Rob Smith	36	0:49:49	93.75
05. Edward Alibozek	41	0:50:18	91.67
06. Kelly Herrington	29	0:51:39	89.58
07. Jack Casey	50	0:53:37	87.50
08. Dave Wallace	49	0:54:24	85.42
09. Nick Jubock	47	0:55:05	83.33
10. Craig Wilson	54	0:56:12	81.25
11. Tim Kruger	38	0:57:02	79.17
12. Bob Dion	48	0:57:29	77.08
13. Mike Lahey	52	0:57:36	75.00
14. Jacque Schiffer	39	0:57:59	72.92
15. Peter Lipka	52	0:59:09	70.83
16. Bob Worsham	58	0:59:47	68.75
17. Carol Kane	58	1:01:06	66.67
18. Scott Bradley	49	1:01:52	64.58
19. Eddie Saharczewski	50	1:02:03	62.50
20. Paul Hartwig	47	1:02:05	60.42
21. Will Danecki	53	1:02:34	58.33
22. Marc Lombard	38	1:03:54	56.25
23. Greg Midland	30	1:04:08	54.17
24. Jack Quinn	65	1:04:24	52.08
25. Darlene McCarthy	41	1:04:35	50.00
26. Larry Dragon	43	1:07:45	47.92
27. Kelly Short	23	1:09:18	45.83
28. Michele Levitte	40	1:09:54	43.75
29. Kenny Fairman	60	1:09:59	41.67
30. Mark Syrett	55	1:10:34	39.58
31. Laura Clark	56	1:11:05	37.50
32. Laurel Shortell	37	1:11:58	35.42
33. Bob Massaro	60	1:13:05	33.33
34. Richard Busa	74	1:14:28	31.25
35. Sally Goade	45	1:15:13	29.17
36. Laura Reedy	41	1:18:09	27.08
37. Martin Glendon	57	1:22:42	25.00
38. Art Gulliver	65	1:22:50	22.92
39. Justin McCarthy	14	1:26:19	20.83
40. Julie Ryan	38	1:26:38	18.75
41. George Andrews	54	1:28:55	16.67
42. Bill Glendon	57	1:29:05	14.58
43. Denise Dion	45	1:30:10	12.50
44. Al Schultz	59	1:31:10	10.42
45. Lauren Stocker	14	1:36:55	8.33
46. Wayne Stocker	49	1:36:56	6.25
47. Jeff Clark	57	1:55:00	4.17
48. Konrad Karolczuk	51	1:55:01	2.08

Ed Alibozek Jr 64 1:23:33 ribbons

### NON MOODY 5 MILE SNOWSHOE RACE

Moody Springs, March 6, 2004...

This race almost didn't happen this year... I guess that's why Eddie Alibozek referred to it as the "Non" Moody race... well, there may have been a few differences this year, but you couldn't tell that to the folks that screamed and shouted and jumped up and down that this race go on...

A "Non" Moody Race?....

Wait a minute... let's just break it down....

Non runners... 48 finishers didn't seem like non runners....

Non 9 miler... didn't matter...

Non harder course... runners didn't think so...

Non snow cover... there was plenty of snow... along with ice and water and slush and mud...

Non snow in the parking lot... it was just as hard to navigate...

Non cold weather... people were happy to compete in short sleeves for once...

Non winners..... don't tell that to Leigh Schmitt and Jacque Schiffer...

So you see?... there was nothing "Non" about this race....

Especially don't tell all those runners sitting at breakfast that this was the "Non Breakfast" breakfast.... tell me, where else would you wait 30 minutes just for some pancakes???

Thanks to Tom McCrumm and all the folks at South Face Farm for the best breakfast at a "Non" run.... your warm hospitality and simply delicious food is very much appreciated...

Thanks to Eddie, Paul and Big Eddie and others who made this non race a reality...

*Kaniac March 2004*

### PASSING ON YOUR LEFT?

What's all this static - About not letting you pass?

To me, it seems a bit trifle - Because I usually come in last

Though I can't quite relate - To your particular predicament  
But there was that one time - When I was more than content

My gap was down to a few feet - And I yelled for all to hear  
"I'm passing on your left" - "And I'm bringing up the rear"

*Peter Finley*

WMAC

**2004 WMAC SNOWSHOE SERIES FINAL STANDINGS**

WMAC

Based on Best Six Scores, Minimum Four Scores Needed for Age Group Title

Showing Everyone with at Least Three Finishes (Thanks for the Support!)

01. Ben Nephew	28	Foxboro, MA	585.64	56. Mike Hickey	46	Pittsfield, MA	206.97
02. Leigh Schmitt	31	Conway, MA	585.17	57. Nico Scibelli	41	Boston, MA	205.37 *
03. James Pawlicki	29	Beverly, MA	568.70	58. Walter Kolodzinski	61	Florence, MA	202.74
04. Shaun Sutcliffe	46	Adams, MA	564.00	<u>59. Kelly Short</u>	23	Hawley, MA	<u>199.99</u>
05. Dave Dunham	39	Bradford, MA	557.50	<u>60. Laurel Shortell</u>	37	NoHo, MA	<u>198.44</u>
06. Edward Alibozek	41	Suffield, CT	546.51	61. Tom Mack	39	Wynantskill, NY	195.29
07. Christophe Lanaud	36	Guilderland, NY	538.52	62. Richard Busa	74	Marlboro, MA	191.20
08. Bob Dion	49	Readsboro, VT	522.64	63. Bob Massaro	60	Chicopee, MA	186.13
09. Elijah Barrett	27	Keene, NH	514.39	64. Gary Cunningham	31	Saratoga, NY	182.60 *
10. Jim Schultz	41	Lanesboro, MA	506.85	65. Jack Quinn	65	Sandgate, VT	178.57
11. Paul Low	30	Amherst, MA	495.70	66. Justin McCarthy	14	N. Adams, MA	166.74
12. Jack Casey	50	Harvard, MA	481.65	67. Jim Carlson	55	Gansevoort, NY	159.57
13. Jay Kolodzinski	24	Florence, MA	464.32	<u>68. Sue Joyner</u>	45	Pittsfield, MA	<u>154.44</u>
14. Mike Lahey	52	Adams, MA	461.92	69. Frank Gaval	57	Sugarloaf, PA	152.02 *
15. John Pelton	64	W. Rupert, VT	450.08	<u>70. Sally Goade</u>	45	Wyantskill, NY	<u>147.58</u>
16. Ed Alibozek, Jr.	64	Adams, MA	439.79	71. Steve Banatoski	40	Maynard, MA	147.50 *
<u>17. Kelli Lusk</u>	33	Amherst, MA	<u>432.74</u>	72. Brian McCarthy	42	N. Adams, MA	142.58
<u>18. Jacque Schiffer</u>	39	Olivebridge, NY	<u>413.58</u>	73. Steve Mitchell	62	Malta, NY	124.30 *
19. Peter Lipka	52	Adams, MA	411.66	74. Mark Syrett	55	Hampden, MA	107.69
20. Paul Hartwig	47	Adams, MA	411.47	<u>75. Theresa Apple</u>	42	Pittsfield, MA	<u>107.42 *</u>
21. Gregory Hammett	26	Chesterfield, NH	410.29	<u>76. Ellie George</u>	48	Charlton, NY	<u>104.70 *</u>
22. Kelly Herrington	29	Schenectady, NY	409.14	77. Martin Glendon	57	Windsor, MA	101.06
23. Norm Hecker	43	Queensbury, NY	405.58	<u>78. Julie Ryan</u>	38	Adams, MA	<u>98.39</u>
24. Bob Worsham	58	Woodstock, CT	385.80	79. Miles Appling	16	Granville, NY	98.36 *
25. David Boles	57	New Paltz, NY	385.63	80. Brian Plouffe	41	Lee, MA	96.20
26. Larry Dragon	43	Cheshire, MA	364.81	81. Dylan Sutcliffe	13	Adams, MA	95.19
27. Ed Saharczewski	50	Adams, MA	362.23	<u>82. Jacqueline Lemieux</u>	37	Wmstown, MA	<u>93.19 *</u>
28. Scott Bradley	49	Pittsfield, MA	360.19	83. Peter Finley	42	Saratoga, NY	82.46
29. Richard Bolt	33	Manchester, NH	338.67	<u>84. Laura Monti</u>	33	Chicopee, MA	<u>79.18 *</u>
<u>30. Carol Kane</u>	58	Weston, CT	<u>337.40</u>	85. Konrad Karolczuk	51	W. Locks, CT	72.81
31. Thomas Denny	44	Florence, MA	335.81	86. Thomas Heffernan	60	Rutland, VT	69.31 *
32. Scott Deslongchamps	34	Grosvordale, CT	315.69	87. Jeff Clark	57	Saratoga, NY	67.91
<u>33. Darlene McCarthy</u>	41	N. Adams, MA	<u>308.85</u>	<u>88. Denise Dion</u>	45	Readsboro, VT	<u>61.80</u>
34. Bill Morse	52	Dracut, MA	305.65	89. Art Gulliver	65	Leominster, MA	53.33 *
35. Jason Clark	32	Saratoga, NY	282.52 *	90. Bill Glendon	57	Dalton, MA	38.32 *
36. Rob Smith	36	Charlstown, MA	281.11	91. George Andrews	54	Seymour, CT	36.53
37. Matt Carter	27	Pittsfield, MA	276.61 *	92. Andy Keefe	73	Saratoga, NY	29.36 *
38. John Ondendonk	36	Saratoga, NY	271.24 *	<u>93. Miren Hodgson</u>	44	Pittsfield, MA	<u>13.86 *</u>
<u>39. Laura Clark</u>	56	Saratoga, NY	<u>268.90</u>				
<u>40. Annie Schultz</u>	40	Lanesboro, MA	<u>268.46</u>				
<u>41. Stephanie Nephew</u>	27	Foxboro, MA	<u>263.46</u>				
42. Jon Howes	47	Wethersfield, CT	261.62				
43. Dan Verrington	41	Bradford, MA	254.37				
44. Bob Irving	49	Gansevoort, NY	254.05				
45. Wayne Stocker	49	Springfield, MA	247.28				
46. Eric Bennett	35	Schenectady, NY	246.51				
47. Patrick Riley	25	Chester, MA	243.94				
48. Tom Parent	27	Providence, RI	243.11 *				
<u>49. Bonnie Fachini</u>	39	Cheshire, MA	<u>238.67</u>				
50. Norm Sheppard	46	Bedford, MA	237.26				
51. Will Danecki	53	New Milford, CT	231.52				
<u>52. Larina Riley</u>	25	Chester, MA	<u>226.71</u>				
53. Ken Deary	51	Dudley, MA	216.83				
<u>54. Janice Morra</u>	45	Piermont, NY	<u>216.42 *</u>				
55. Richard Hunt	64	Auburn, MA	214.97				

\* Denotes Three Finishes

We scheduled 14 Race Events and several Demo Days back in September. We managed to get in 12 of the races. We lost Hyland Orchard and South Pond Shuffle, but South Pond sort of returned as Moby Dick. We are flexible if nothing else.

Last year we had 10 Race Events. Our 2003 Champions Rich Bolt and Sheryl Wheeler pass their titles to 2004 Champions Ben Nephew and Kelli Lusk.

We had 7 different Men's winners, and 8 different Lady's winners. Kelli Lusk won 4 individual events and Jacque Schiffer won 2. For the men, Rich Bolt won 3, and Elijah Barrett, Jim Pawlicki and Leigh Schmitt 2 each. As the years pass, we seem to attract more and more fast shoers to our series. Thanks everyone!

## VIEW FROM THE SIDELINES, USSSA NATIONALS

Bill Raitter (Oregon/La Sportiva) was kicked back in his chair sipping a Natural Light Beer and chatting about siphoning gas as he made his way from Tahoe to Michigan on a road trip that ultimately lead to meeting his wife Sarah. The CMS (Central Mass. Striders) gang had just returned from a 5m run up and down highway 267 to the pass between lake Tahoe and Truckee CA. The post-Nationals wind down had officially begun.

8 ½ hours earlier all had been lined up at the starting line of the Nike ACG USSSA National championships. Ninety of the countries finest snowshoe runners were prepared to take on the 10K cruise around Squaw Creek Ski area. The 6200' start and 7000' summit of the course would seem to favor the altitude trained athletes. The 800' initial climb during the first mile and the ensuing drop from 2-2.5 miles also would seem to favor strong climber/descenders. The CMS / Atlas / Redfeather / Dion / Powerbar / team ran part of the course on the previous afternoon and found the course to be challenging. The last 3m featured a few rolling hills and alternated between fast groomed sections and stretches, of various length, of untracked snow. The 60+ degree temperatures the day before and the 20-degree overnight temps left most of the course solidly packed.

During the previous days course preview I ran the entire course to get a feel for where I could best view the action. After running the course in 62 minutes I declared the course to be beautiful, tough, and (Sorry to RD Peter Fain) definitely short of 10k! Ben Nephew (CMS/Dion), the fastest American at 50k in 2003, noted that the steepest pitch of the course, which was ¾ of a mile into the race, was easier to run "using my hands as well". Rich Bolt (CMS/Atlas) felt that the course conditions in the initial climb would favor Paul Low (CMS/Redfeather). "I know I can't run as fast as Paul in mountain races" Rich confided. Paul, who was the USATF Mountain runner of the year in 2003, called it "a fair course" but wondered, "how much of a disadvantage the altitude is". Kelli Lusk (CMS/Redfeather), the 2003 National champion called it "Colorado style racing".

The start was set for 8:30 am, and the field could be seen completing various warm-up preparations. Many chose to run part of the course as a warm-up and the conditions were such that snowshoes weren't needed. I headed up the hill (without snowshoes) to take pictures and offer encouragement. I picked a spot just before the steepest section, where I could see the start and still make it down the hill to catch the runners on the other side of the valley. Rich, who has been tearing up the racing scene in New England, got off the line quickly to avoid any entanglements (last years start had some people trip at the start). He then eased up to remain "comfortable on the climb". Ben who is known for his lightning fast starts, was amazed at Rich's start proclaiming "that is the first time you beat me off of the line this year". Paul felt "If I can't win I'll be first to the top". In contrast, Kevin Tilton (CMS/in borrowed Atlas) went easy off the line and moved up into the top 10 on the climb. On the previous days preview Kevin had lead to the top, occasionally pushing the pace despite suffering from a chest cold. Jim Pawlicki (CMS/Tubbs) declared the climb "awesome" and continued "it was great to see Paul

leading the field". Anita Ortiz (Colorado) was the women's leader at the top but was closely followed by Nikki Kimball (CMS/Atlas). The top women were closely clustered, with last years champion Kelli Lusk (CMS/Redfeather) in third and Kara Haas (GLRR) in 10th.

As the field heading into the traverse section I made my way back down the mountain, taking pictures and yelling encouragement as I went. I must have yelled "one more steep pitch and your at the top" about fifty times. I made my way over to the one road crossing on the course. This was at the transition point between the mountain and the meadow sections of the race. The couple of hours of sunlight on the meadow had softened up the untracked sections and it looked like the second half of the race would be exciting.

Paul continued to lead on the traverse with Greg Krause (Colorado/Atlas) only seconds behind. Paul noted, "I could hear him the whole time, but I had no idea who he was". Ben summed up how most of the group felt on the single-track traverse when he said "I was waiting to recover... it never happened" Rich said that "the single track was uneven from 'post holes' and was very tough work". Kevin and Ben worked together on this part and most of the top positions remained unchanged.

The extremely steep downhill saw Greg move into the lead briefly. Paul, who called the conditions and course "good for my abilities", re-passed him just before the road crossing. The descent had as many styles of running as there were runners. Kevin fell and lost his glasses and once he reclaimed them he proceeded to "slide as long as I could" and "wish I had worn gloves!" Ben, who is one of the strongest 'rough' descenders around, took an uncharacteristic spill early on. He then jumped off of the slick beaten down track and "hit the powder". Rich fell back and "lost a lot of ground on the downhill". Jim called the downhill "reckless" and Kelli proclaimed it to be "carnage". Dan seemed unfazed by the down, noting that he "ran slow on the climb and even slower on the descent". At the time Dan was right behind Anita who continued to lead with Nikki close behind. "Nikki slid down the hill faster than I ran" according to Dan.

The racers began a short 1.5m section in the meadow, which would bring them back past the start/finish line at 4m. The start/finish area was crowded (well, as crowded as snowshoe races get) with anxious spouses, friends, and the race sponsors. All were waiting for the first glimpse of the unfolding drama. Paul powered through in the lead with Greg scant seconds behind. I juggled my photo opportunities with a desperate search for the car keys to avoid getting towed (despite our "technically" being legally parked). Fortunately we didn't get towed, however Anita ended up not so lucky and came away with a \$450 towing fee. Back in the race, Ben had moved up to 12th despite "wanted to be done at 4m". Kevin came through next and despite "hitting the wall at 4m" vowed to "maintain position in the last 2m". Rich was close behind feeling that he "didn't have it" and that he hoped to "not lose too much in the 2nd half". Dan was next through now in the top twenty having "reached deep down into the pride barrel" and "passed Anita and Nikki and a lot of other people in the



## VIEW FROM THE SIDELINES, USSSA NATIONALS (continued)

Meadow". Jim found it tough to pass through the start/ finish but "got some wind back on the rolling part." Nikki, who had recently been named Ultrarunner of the Year, came through with a 15-second lead over Anita. Kelli came through in fifth. "I wish someone would put me out of my misery" was her take on the second half. The rest of the top ten had 5 runners coming through in the next minute. Kara was looking strong in only her second snowshoe race (the first being the NE regional qualifier) coming through in 10th place.

The sun and rapidly rising temps were now turning the untracked sections into 'slow grinds'. Just before the last, and especially long, untracked part Greg moved back into the lead. Paul felt he "didn't have much left" on this part and got onto the final ¼ mile groomed part of the course where he "hit the wall" and felt "totally dead". Despite that, he kept working hard and finished 2nd only 18 seconds out. The next 8 runners were fairly evenly spread out as they passed me and made their way through the last 1:30 or so of running to go. They all came through in the next 1.5 minutes. Bernie Boettcher (Colorado) was third and top master followed Charlie Wertheim (Colorado) and Max King (Oregon) rounding out the top five. Ben had slowly moved up, passing Rich at 5m and moving up as high as tenth despite the untracked portions being "dirt slow" and the loss of one of his steel crampons. Kevin was next in 12th place finishing strong in only his fourth snowshoe race. He did note that it would be "worth doing again" however "one detriment was that I hadn't spent enough time practicing on powder". Rich, the veteran of the group competing in his third consecutive Nationals came by in 13th. Dan was next in 15th taking fourth in the master's competition. He noted that he felt "comfortable in the second half, probably because I went so slow in the first half". Jim, who recently moved into first place in the WMAC Series, was next in 20th place. He summed up the experience saying "I didn't know what to expect, I was happy to beat some of the guys who beat me in the qualifier".

Nikki came by just as Anita moved into the final uphill part of the untracked section. She looked very strong in the last part but still was worried about how far Anita was behind her. Nikki has incredible range, racing from 10k on snowshoes to 100k in road races, which is backed up by her #1 ranking for 50 miles in 2003. She prepared for Nationals by running a few of the WMAC races where she and Kelli staged some epic battles. Each won a number of the races and both destroyed many course records over this season. Anita came through next scoring the runner-up position and staking claim to the top masters spot. Helen Cospolich (Colorado) was third, followed by Sarah Raitter (Oregon). Kelli took fifth on what was "just one of those days" and although disappointed, felt that it was "a good season so far". Kara came in 10th just 2 minutes behind; she really pushed the last section to hold on to the top 10 spot. When I saw her after the race she was, as always, smiling pleasantly and despite just finishing asked "are you warming down?" I had a short chat with WMAC's Laurel Shortell (MA) and Carol Kane (CT) after the race. The pair had raced the day before in the WMAC series race at Moody Springs. Laurel arrived well after midnight and "slept a couple of hours" prior to the race. She has a streak dating back three years of competing in all of the WMAC snowshoe series races. Carol took first in

the Senior (50+) women's competition, taking the win by 7 seconds! I also had the opportunity to get a unique perspective on the event from Bob Durband (Minnesota) who placed third in the Veterans (60+) category. I bumped into Bob on our flight to Minneapolis and found him quite engaging. He is relatively new to snowshoe racing, but his passion for the sport is obvious when he speaks. He had some interesting things to say about the course including "the downhill was too steep, that's not snowshoe racing that's luge!" He regaled me with tales of his trip to his first Nationals. He spent the night before the race sleeping in the back seat of his car in a Denny's parking lot. He woke up to the sound of coyotes howling and declared "What an incredible country".

The CMS group warmed down in Squaw Valley and before kicking back and relaxing took another easy run from Kings Beach to the 7,200' pass between Tahoe and Truckee. The 60-degree temperatures and the views of the lake and the surrounding mountains made for a great backdrop. The variety of recovery techniques was interesting to say the least. Dan and Rich plunked down on the couch and barely moved the rest of the evening. Dan did get up at one point to polish off a pint of "Cherry Garcia" ice cream. Jim, Kevin, and Ben (the young guys) headed out to "check out some places". Kelli, Paul, and the Raitters (Bill and Sarah) sipped on some Natural light beer and ruminated on topics from the most disgusting websites, to the physics of shower curtains, to "no respect for runners in Bend". The weekend was an excellent opportunity to watch the best snowshoers in the country test themselves against the course and each other. In closing, this was a difficult experience for me being hampered by injury and unable to compete. The urge to strap on the shoes and jump into the fray doesn't easily diminish. However, I feel fortunate to have been able to train/compete/travel and document the weekend as I saw it. I think Bill Raitter summed up the experience succinctly when I asked him point blank if he knew what year this was. He sipped his beer, looked me square in the eye, and replied "Whuh?" Whuh indeed...

Next years Nationals are slated to take place on March 6th in Anchorage AK.

*Dave Dunham*

\*\*\*\*\*

### "RETRO" 1<sup>st</sup> U.S. NATIONAL SNOWSHOE CHAMPS Plattsburgh, NY February 10, 2001

MEN 10KM		WOMEN 5KM	
01. Dave Dunham	50:48	Nikki Kimball	29:13
02. Jeremy Wright	54:31	Danelle Ballangee	30:22
03. Ben Nephew	54:59	Angie Defilippi	32:07
04. Brad Kahrs	55:00	Stephani Nephew	33:20
05. Stephen Judice	57:40	Gia White	34:33
06. Michael Wardian	58:21	Mary Duprey	34:49
07. Elliott Stone	1:02.30	Deb Springer	35:45
08. Derek White	1:02.32	Laura Clark	41:44
09. Paul Young	1:04.08	Chary Griffin	43:32
10. Tim Walczyk	1:04.39	Tricia Lawler	43:54
11. John Pelton	1:06.37		
12. Daniel Pare	1:17.34		
13. Keith Brophy	1:31.31		
14. Bill Lorez	1:35.04		

# Fourth Annual Nike ACG U.S. National 10km Snowshoe Championships

Sunday March 7th, 2004 Resort at Squaw Creek, Olympic Valley, California

01. Greg Krause	20-39	Colorado	40:07
02. Paul Low	20-39	Massachusetts	40:25
03. Bernie Boettcher	40-49	Colorado	40:55
04. Charlie Wertheim	40-49	Colorado	41:27
05. Max King		Oregon	41:49
06. Travis Macy	20-39	Colorado	42:27
07. Dave Mackey	20-39	Colorado	42:34
08. Chris Gilbert	20-39	California	42:40
09. Bill Raitter	20-39	Oregon	42:53
10. Peter Fain	20-39	California	42:56
11. Ben Nephew	20-39	Massachusetts	43:44
12. Rich Bolt	20-39	New Hampshire	43:54
13. Jesse Haynes	20-39	California	43:55
14. Kevin Tilton	20-39	Massachusetts	44:23
15. Tom Borschel	40-49	Idaho	44:41
16. Dan Verrington	40-49	Massachusetts	45:27
17. Eric Houghton	20-39	Michigan	45:37
18. Mike Decker	20-39	Michigan	46:04
19. Joel St. Louis	40-49	Canada	46:22
20. James Pawlicki	20-39	Massachusetts	46:41
21. Mike McManus	20-39	Oregon	47:08
22. Matt Cartier	20-39	Massachusetts	47:17
<u>23. Nikki Kimball</u>	<u>20-39</u>	<u>New York</u>	<u>47:31</u>
24. Mark Churchill	20-39	Vermont	48:37
<u>25. Anita Ortiz</u>	<u>20-39</u>	<u>Colorado</u>	<u>48:47</u>
26. Aaron Robertson	20-39	New York	48:56
27. Mark Burgess	20-39	Colorado	48:59
28. Gerell Elliott	20-39	California	49:23
29. Ross McMahan	20-39	Nevada	49:47
<u>30. Helen Cospolich</u>		<u>Colorado</u>	<u>50:10</u>
31. Adam Chase	20-39	Colorado	50:49
32. Wayne Cottrell	40-49	Utah	50:52
33. Mark Macy	50-59	Colorado	51:15
34. Eric Bohn	20-39	California	51:50
35. Matt Dougherty	20-39	New York	52:59
<u>36. Sarah Raitter</u>		<u>Oregon</u>	<u>53:21</u>
37. Jeff Jewell	20-39	Colorado	53:45
38. Brent Weigner	50-59	Wyoming	53:53
<u>39. Kelli Lusk</u>	<u>20-39</u>	<u>Massachusetts</u>	<u>53:57</u>
40. Andy Crisconi	40-49	Colorado	54:18
<u>41. Julie Udchachon</u>	<u>20-39</u>	<u>Alaska</u>	<u>54:20</u>
42. Timmy Dusick	40-49	Wisconsin	54:47
43. Haley Beann	20-39	Colorado	55:18
<u>44. Laurie Lambert</u>	<u>40-49</u>	<u>Texas</u>	<u>55:24</u>
45. Britt Brewer	40-49	Massachusetts	55:35
46. Mark Rickman	40-49	Colorado	55:39
<u>47. Katie Arnot</u>	<u>20-39</u>	<u>Colorado</u>	<u>55:45</u>
<u>48. Karen Melliar-Smith</u>	<u>20-39</u>	<u>Colorado</u>	<u>55:55</u>
<u>49. Kara Haas</u>	<u>20-39</u>	<u>Massachusetts</u>	<u>56:10</u>
<u>50. Cynthia Brochman</u>	<u>20-39</u>	<u>Minnesota</u>	<u>56:34</u>
51. Robert J. Creer	50-59	Utah	57:01
52. James Boese	40-49	Colorado	57:12
<u>53. Ruby Failing</u>	<u>20-39</u>	<u>California</u>	<u>57:31</u>
54. Jules Embry-Pelrine	20-39	New York	58:00
<u>55. Janice Morra</u>	<u>40-49</u>	<u>New York</u>	<u>58:11</u>
56. Bill Hamlin	50-59	Washington	59:46
<u>57. Cait Boyd-Hilmer</u>	<u>20-39</u>	<u>Colorado</u>	<u>59:57</u>

58. Jeff Jager	20-39	California	01:00.08
<u>59. Sarah Calva</u>	<u>20-39</u>	<u>Nevada</u>	<u>01:00.22</u>
60. Phil Borgese	40-49	New York	01:00.33
61. Grae Van Hooser	40-49	Nevada	01:01.20
62. John Pelton	60-69	Vermont	01:01.54
<u>63. Tere' Stouffer-Drenth</u>	<u>20-39</u>	<u>Michigan</u>	<u>01:01.58</u>
64. Stu Douglas	20-39	New York	01:02.29
65. Hal Needham	20-39	New York	01:05.52
<u>66. Jeanne Blatter</u>	<u>40-49</u>	<u>Colorado</u>	<u>01:06.35</u>
67. Charles Dupuy	20-39	Canada	01:07.16
68. Dave Delano	50-59	New York	01:08.10
69. Rick Bohr	40-49	Oregon	01:08.38
<u>70. Carol Kane</u>	<u>50-59</u>	<u>Connecticut</u>	<u>01:08.40</u>
71. Ken Hoffman	40-49	California	01:08.42
<u>72. Shane Holonitch</u>	<u>50-59</u>	<u>California</u>	<u>01:08.47</u>
73. Dave Van Wicklin	50-59	California	01:08.49
<u>74. Patty Jo Struve</u>	<u>40-49</u>	<u>California</u>	<u>01:08.56</u>
<u>75. Jo-Ann Spinelli</u>	<u>50-59</u>	<u>New York</u>	<u>NT</u>
<u>76. Staci Baker</u>	<u>40-49</u>	<u>Nevada</u>	<u>01:13.38</u>
<u>77. Andrea Wheeler</u>	<u>40-49</u>	<u>Colorado</u>	<u>01:14.51</u>
<u>78. Jona Hattlestad</u>	<u>20-39</u>	<u>Wisconsin</u>	<u>01:17.44</u>
79. Dan Kiely	60-69	California	01:18.23
<u>80. Laurel Shortell</u>	<u>20-39</u>	<u>Massachusetts</u>	<u>01:20.33</u>
<u>81. Chary Griffin</u>	<u>50-59</u>	<u>New York</u>	<u>01:24.33</u>
82. Bob Durband	60-69	Minnesota	01:32.36

### *the Northeast Folks who did some WMAC events*

Rich Bolt	4 WMAC Races
Phil Borgese	2 WMAC Races
Britt Brewer	2 WMAC Races
Matt Cartier	3 WMAC Races
Stu Douglas	1 WMAC Races
Kara Haas	1 WMAC Races
Carol Kane	8 WMAC Races
Nikki Kimball	2 WMAC Races
Paul Low	5 WMAC Races
Kelli Lusk	5 WMAC Races
Janice Morra	3 WMAC Races
Hal Needham	1 WMAC Races
Ben Nephew	7 WMAC Races
James Pawlicki	9 WMAC Races
John Pelton	6 WMAC Races
Aaron Robertson	1 WMAC Races
Laurel Shortell	12 WMAC Races
Jo-Ann Spinelli	2 WMAC Races
Kevin Tilton	1 WMAC Races
Dan Verrington	4 WMAC Races

There has been a lot of discussion via the internet regarding the USSSA and it's future. We are currently compiling all the emails and notes and will send them out as a special edition of SnoNews in a week or so.

We will try to keep everyone informed with whatever happens with the USSSA. We do not believe it will change our events all that much, but on the National Level it may.

## NIKE ACG U.S. NATIONAL SNOWSHOE CHAMPIONSHIPS 2004

Resort at Squaw Creek...  
Olympic Valley, CA...  
March 7, 2004...

It was right after The Moody Springs 5 mile race and the South Face Farm breakfast that Laurel Shortell and I lost our minds.... and flew West to compete in the national snowshoe championship race... Laurel was real cool about it... she had made her reservations weeks in advance, right after qualifying in her division at Northfield, MA regional snowshoe race. She was on a streak and didn't blink at doing Moody and then flying to Lake Tahoe that afternoon and competing at 8:30 am the next morning. Hey Laurel, I'm the Kaniac, remember??

Well, I was feeling like an aging Kaniac at the prospect of racing Moody, then the next day competing in a 10k snowshoe race that started at 6200 feet... not too bad, considering that most of my western skiing is well above that.... it's just that 6200 feet in a snowshoe race is about 6000 feet more than I am used to.

Well, I made reservations 2 weeks in advance and promptly chickened out. What was I thinking?? However, as time grew near, I felt as though I was giving up the chance of a lifetime, esp since the two races and travel would prob kill me and I'd never have a second chance. So I emailed Laurel again that I was (gulp) going. Yay, she emailed back and we were set. Her enthusiasm more than made up for my apprehension. But I was committed (or should have been) and was on a roll. I'd do Moody at a nice steady pace, saving my legs for nationals the next day. Ha! I RACED Moody as hard as I could, up the ice road, through the slush and streams, the only consolation was that I got to ice my achilles and calves on the run. That would def help for the 10k the next day.

Post-Moody was the South Face Farm breakfast, and in retrospect I don't know what the heck was in those blueberry pancakes, but I left fortified and invincible as I headed out the door and headed West. I was overcome by all the good luck and good wishes at breakfast. Laurel was on her itinerary and I was on mine... they would both lead us to the same place. I was quietly petrified.

Two flights later, a limo from Reno (will do slots in the airport on the way home) to the Resort at Squaw Creek, check into my room, open the curtains on the biggest, brightest full moon overlooking the highest, whitest mountains, towering over the most beautiful valley in the whole wide world. This is it! This is worth the whole trip! I was def on a high and knew then that I'd be able to compete... I was flying!

Checked on Laurel in the morning and she was good to go also. Checked out the start/finish area, met with Mark Elmore, registered, and got set to go. It was all like a dream.

This was the 4th annual championships. The best snowshoers from all over the country were there. There were 87 participants, with 27 of those from the Northeast. It was quite an elite field and yet the feeling was quite laid back and relaxed. Nikki Kimball warned me about the downhill.... "Be

careful, Carol, don't get injured on the downhill".... to which I replied..."No problem, I love downhills"... I should have known. I wished Ben Nephew and Nikki good luck and before you knew, it was ready set go.

"Go" meant tear up a mountain, a mile straight up, traverse a ridge and then a plummet down the downhill. They have a different tactic in the West... similar to a toboggan run, but no toboggan... you sit down on your butt, kick your shoes up in front of you, and slide down the trail... really fast... being careful to use your hands and forearms as balance and anchors, trying not to impale the person in front of you with your snowshoe cleats. Honest, that's how it was... that's how the downhill went... I mentioned that we never use this technique in the East and someone replied, this is how it's done in the West, and so, when in Rome.

The balance of the course popped you out into a beautiful valley meadow, wide groomed track, past the start/finish line and up into a short climb and pop back out into the meadow for another loop... all in all it was prob 70/30 groomed to ungroomed and I got to say, except for the altitude, the courses in the Northeast are def harder than this course. The last 800 yards was a total flat out, wide groomed track sprint to the finish.

Awards, medals and photos followed. Northeast's Nikki Kimball took the gold overall for the women and Greg Krause of Colorado took the men's title. For the teams, the Northeast Women were 2nd overall and the Northeast Men took 3rd. Eleven of the 27 Northeast athletes placed in the top five in their divisions.

I was totally high, saturated with the whole thrilling experience. Laurel and I had our best runs and now we weren't going to miss a single second of being there... so the first thing we did was EAT... then shower and shuttle busses to other areas and down to Tahoe City to get a look at Lake Tahoe and take pictures. We had dinner, said our goodbyes, see you at Moby, and called it a fantastic day.

I guess if I hadn't gone, I would never have known... I usually always go for it and I'm so glad I did this time. All the good luck and run well wishes bade me well at nationals. It was an experience I'll never forget. Traded in some miles and flew first class all the way home, but not before playing those slots in the Reno airport.

Laurel was a great sidekick and support on this trip and I am glad we had each other. Thanks Laurel....

Thank you Mark Elmore and Peter Fain and Dave Dunham... and sponsors Nike ACG, Resort at Squaw Creek, Atlas Snowshoes, Red Bull and other contributing sponsors.

*Always go for it...  
Carol (Kaniac) Kane  
March 2004*

WMAC

**MOBY DICK "BUSA" 5KM SNOWSHOE RACE**

WMAC

Or was it the...

**7<sup>th</sup> SOUTH POND SHUFFLE (AT NORTH POND)****MARCH 14, 2004****SAVOY STATE FOREST****FLORIDA/ SAVOY, MA**

1. Leigh Schmitt	31	00:24:23	100.00
2. Mike Cohen	25	00:24:38	98.11
3. Shaun Sutliff	46	00:27:35	96.23
4. Jack Casey	50	00:28:27	94.34
5. Edward Alibozek	41	00:28:41	92.45
6. Bob Dion	48	00:29:06	90.57
7. Scott Deslongchamps	34	00:29:44	88.68
8. Jay Kolodzinski	24	00:32:21	86.79
9. Mike Lahey	52	00:32:54	84.91
10. Nick Jubok	47	00:33:10	83.02
11. Bob Worsham	58	00:33:12	81.13
12. Pete Lipka	52	00:33:33	79.25
13. Ed Alibozek Jr	64	00:33:50	77.36
14. Paul Hartwig	47	00:34:10	75.47
15. Larry Dragon	43	00:34:37	73.59
16. Larina Riley	25	00:34:43	71.70
17. Patrick Riley	25	00:34:44	69.81
18. Kelly Short	23	00:34:45	67.93
19. Ed Saharczewski	50	00:34:46	66.04
20. Dave Fiorini	42	00:34:58	64.15
21. Carol Kane	58	00:35:07	62.26
22. Richard Hunt	64	00:36:11	60.38
23. Dave Boles	57	00:36:45	58.49
24. Ken Derry	51	00:37:31	56.60
25. Jonathan Howes	47	00:37:44	54.72
26. Clark Cianfarini	17	00:37:49	52.83
27. Mike Hickey	46	00:38:30	50.94
28. Walt Kolodzinski	61	00:38:40	49.06
29. Jacqueline Lemieux	37	00:39:57	47.17
30. Laura Clark	57	00:40:30	45.28
31. Bonnie Fachine	39	00:40:57	43.40
32. Laurel Shortell	38	00:41:20	41.51
33. Chet Wotkowicz	54	00:41:35	39.62
34. Sue Joyner	43	00:41:59	37.74
35. Laura Reedy	41	00:42:18	35.85
36. Martin Glendon	57	00:42:35	33.96
37. Richard Busa	74	00:42:38	32.08
38. Jim Carlson	56	00:43:20	30.19
39. Sally Goade	45	00:44:04	28.30
40. Paul Belanger	15	00:45:40	26.42
41. Art Gulliver	65	00:46:09	24.53
42. Dylan Sutliff	14	00:47:22	22.64
43. Julie Ryan	38	00:48:03	20.76
44. Denise Dion	45	00:48:07	18.87
45. Jeff Clark	57	00:48:41	16.98
46. Konrad Karolczuk	51	00:48:42	15.09
47. Tom Mack	39	00:49:16	13.21
48. Mary Kennedy	45	00:52:03	11.32
49. Dan Collins	49	00:52:30	9.43
50. George Andrews	54	00:56:24	7.55
51. Brian Plouffe	41	01:04:28	5.66
52. Kevon Plouffe	14	01:04:28	3.77
53. Maria Andrews	52	01:20:29	1.89

The Moby Dick Busa South Pond All Rolled into One Race...  
March of 2004.

South Pond, Florida MA... March 14, 2004... Well, if it had to end, it couldn't have ended better... Snowshoe Series last race of the season and we got treated to more than we ever expected.... I think the Big Farmer was just saving this one for last... for the big finale....

The course was shortened to a 5k... or a 2.9, or a 3.3, or whatever... my question is, why didn't we have one loop of 5k or 2.9 or 3.3 or whatever for the short course and 2 loops of 10k or 5.8 or 6.6 or whatever for the long course?.... heck, a lot of people went out and did a 2nd loop anyway and some even did 3 loops, which was a 15k or 8.7 or 9.9 or whatever... the conditions were THAT fantastic and people just didn't want to quit...

Leigh Schmitt and Larina Riley took top honors... this was Larina's first win... watch out for her next season... grrrr....

Observations of the Day...

The Clarks held a social in the parking lot pre-race.... wheelin and dealin them Saratoga shirts...

No Eddie and John in the warming hut doing their deal... missed that...

Very cool Moby Dick Richard Busa action shirts... don't give him any ideas, please....

Good hot chocolate from a faucet.... love that little pot....

53 finishers..... not bad for the last of the season when everyone has had it up to here with the snow...

Some division titles were won and lost at this race... some by a snowshoe cleat...

Beth and Brad Herder and the XC team did a wonderful job of putting on this event... good snacks, good raffle prizes... great course markings and the best snow on earth...

Peter Lipka reluctantly gave away his pink pajama bottoms with the sparkles that he won in the raffle... said something about not going with his hair...

Stopped for coffee after... Richard picked up the tab... thank you Richard... think you're something, ridin that whale on that shirt, huh?... well, you are...

*Kaniac  
March 2004*

## SPRINGTIME IN NEW ENGLAND

03-20-04 - The first day of spring had perfect conditions for the Merrimack river snowshoe race. This would most likely be the last chance to snowshoe in Eastern Mass. The event had been originally slated to take place on January 4th. Unfortunately (or fortunately depending on your outlook) back in January the Eastern part of Massachusetts had no snow. The race was held as a cross country race and 20 runners took part with Jim Pawlicki taking top honors in 5:16 pace for the 3.3 mile mostly out and back run. I had hoped to have the race sometime during the winter, however we never had a decent snowfall until this week. Andover got about 8 inches of snow on Tuesday night. Dan (Verrington) and I checked out the course on Thursday and it was in very good shape for a snowshoe race. We were only the second set of prints to hit the trail, which had one set of Dion's and one set of ski tracks when we ran it. We were able to easily "jog" the course in 8:30 pace.

Some sun and upper 40 degree temperatures on Thursday and Friday left about 4 inches on the ground for the Saturday noon start. Dan ran the course in road running shoes and deemed it "runnable". Rich Bolt and I flagged the course and met up with Bill Morse (Dracut, MA) who was also out checking out the course. Bill noted that he had run the course on Wednesday and "it was great, I didn't want to stop". We completed marking the course in 33 minutes. Rich decide to run despite a sore ankle as it looked like Bill and I would be the only entrants. Norm Sheppard pulled up about 15 minutes before the start and that made for a field of four. Norm had also run the race in January finishing 13th in 6:49 pace. I had finished in 7th in 6:18 pace in what was my first test after taking a bad spill on some black ice and hurting my hamstring. The snowshoe version of the race would be my first hard effort since tearing my hamstring back on February 17th.

I had hoped for 6-10 runners to show up, but knowing that this is a busy weekend (New Bedford 1/2 Marathon, Winners circle 30K) and that word only went out on Thursday night, getting 4 of us to run was fine. Dan stuck around to do the timing and with his "ready, go" we were off. Rich yelled "wah hoo" and I yelled "Cayuga" and we took off.

Rich settled in right behind me and I tried to concentrate on working hard while listening to my hamstring. We hit the mile in 6:34. The sun was out, the wind was light and the course was beautiful. We hit the tough section at just after 1.5m when the course turns back. The big field (gas line) was very soft and the going was a bit slower. We completed that 1.3m in 8:50.

I tried to push it a bit during the last mile, knowing full-well that Rich could go by any time he wanted. The gentleman that he is, Rich allowed me to lead and I brought us to the finish with a 6:19 last mile. Rich was pleased as he had hoped to run somewhat hard and "really beat up the Atlas dual-tracs" that he was going to send back for repair. They definitely took a beating as about 200 meters of the course is run under the highway (Rt 93) on rocks.

I was pleased with my time which was only 56 seconds slower than what I raced in the XC version back in January. Norm and Bill both seemed to have a good time although neither accepted any of the Reebok shoes I was giving away as prizes, they did

however take a race t-shirt with January 4, 2004 scratched out and March 20 written in. Bill did state that he will be back next week for the 13th running of the Merrimack river trail race (10m). Rich, Dan and I went out and removed all of the course markers (31 minutes) to get our short 10m for the day.



Dave Dunham on the Merrimack River Trail, 03/20/04

Now we just need a little warm weather and the course will be in fine shape for the "River" next week!

### 2<sup>ND</sup> ANNUAL MERRIMACK RIVER MARCH SNOWSHOE RACE \*\*

01.	Dave Dunham	Bradford, MA	21:43
02.	Richard Bolt	Manchester, NH	21:44
03.	Norm Sheppard	Bedford, MA	27:24
04.	Bill Morse	Dracut, MA	29:29

\*\* This was the second consecutive year that Dave managed to have a Merrimack River Snowshoe Race in March! Last year it was on March 15<sup>th</sup>.

\*\*\*\*\*



Who says we don't attract many young people to our events? Ladies winner Larina Riley, Patrick Riley and runner up woman Kelly Short finish Moby Dick / North Pond 2004.

## HAWLEY KILN / CENTRAL MASS STRIDER REPORT FROM DAVE DUNHAM

Another weekend another snowshoe race, this time is scenic Hawley MA. CMS again dominated the top 10 with six in the top 9 including the top 2 women. Conditions were excellent for snowshoe racing with temperatures just above freezing and a slight drizzle, which was replaced by a fairly thick fog.

The 7-mile course featured 1600' of climb and descent and had a 2m "out" section followed by a 3m loop and a return on the 2m section. The first .7m of the race was on wide groomed snowmobile trails and the next 1.3 was twisting single track. The 3m loop had a mix of single track and snowmobile trails and had most of the climb/drop.

Hawley Kiln holds some good memories for me, as it was my first snowshoe race. I decided to attend despite pulling my hamstring on Tuesday. Rich Bolt also chose not to run after experiencing some soreness in his hip after the Camp Saratoga race. I lead the CMS carpool, which had some difficulty making it to the race. We got stuck on the big hill leading to Hawley due to the couple of inches of fresh snow on the ground and the 30,000 miles on the cars tires. Unfortunately the 5 guys in the car did little to add weight and improve traction. We took 15 minutes to travel 1/2 mile while many four-wheel drivers went flying by. Fortunately the delay did not affect our arriving on time. Nikki Kimball was not quite so lucky arriving only moments before the start.

The field of 80+ runners lined up for instruction and I jogged out 1/4 mile to get a view of the race. As is typical, Ben Nephew took it out early. Paul Low tucked in behind, and by the first 1/4 mile there was already a gap to the chase pack of Elijah Barrett, Greg Hammett, Dan Verrington and WMAC points leader Jim Pawlicki. Nikki Kimball and Kelli Lusk were already poised to take a top ten finish. The next 45 minutes would be a nerve wracking wait for the first short course runners to return while discussing many topics with RD Ed Alibozek.

We had fun spotting runners coming out of the woods for the last 200m to the finish line. It was interesting picking out who was in the short race and who was in the long race. Paul Low had an excellent race, taking the lead just before the single track and never looking back. He had a grimace/smile when crossing the line and when asked what was up he replied "I thought I had a shot at the course record until I hit the single track on the way back". He continued, "It was really chewed up and slow going". Low finished just over a minute shy of the CR. Ben Nephew crossed the line soon after and once he caught his breath immediately stated "that single track was brutal!" He noted, "I flew on that section on the way out and could barely move on the way back". Elijah Barrett, who will be opening up a running store in Keene, crossed in third. Prior to the race he mentioned that "I trained pretty hard early and may have peaked too soon". Dan Verrington was top master finishing 4th overall. He finished just 20 seconds shy of the CR. Kelli Lusk smashed the women's CR by just under three minutes. Nikki Kimball took 2nd also breaking the CR by 45 seconds. During our warm down we took a moment to check out the Kiln for which the race is named. It was somewhat awe-inspiring. I highly recommend the trip to view this almost 200-year-old structure. Ed Alibozek mentioned that the Kiln has "mysterious healing powers". I can only hope!

The final chance for Easterners to tune up prior to the Nationals will be the WMAC Covered Bridges 8m next weekend. This has been an incredible winter for snowshoe racing in the East with only one race cancelled and one run as Cross-Country. Global warming? Bah!

\*\*\*\*\*  
**Words from '04 HKK overall winner Paul Low -**

Well, I finally won a snowshoe race in 2004; all that it took was for Rich Bolt to injure himself. In the absence of the Thunder Bolt, Ben Nephew took off from the gun and moved easily into the lead. I fell in behind and the two of us had a large lead on third place before hitting the singletrack at ~.7miles.

Just before the singletrack, I pulled ahead of Ben and then led with Ben closely following through the ~1.5 miles of one-lane single track that had seen only about 6 sets of showshoes in '04 (the RD and friends). I began to pull away from Ben after we hit the second groomed (snowmobile) trail and started to hit the rolling portion of the course.

With Ben and the rest of the field in arrears, I tried to work hard and run a technically sound race. This was difficult since the trails (the singletrack, at least) were rough enough that they required constant attention but the course is so beautiful that you are tempted to look around and take it all in.

I was feeling great and thinking about how I was going to smash the course record by several minutes when I reached the portion of the course that doubles back to the start. Usually, 80 snowshoers passing through an area makes a track much faster; with the conditions today, however, the field had chewed up the trail and coming back, it was like running in sand. After what seemed like an eternity, I hit the snowmobile track and hammered in toward the finish managing a 59:03. Despite threats of rain and sleet, the weather was a cloudy and very comfortable 33 - a beautiful day and a beautiful "tough but fair" course.

\*\*\*\*\*

**OK, so I thought it was a good idea... Tom McCrumm, 1998**

Having been mountain biking in Hawley a lot this winter, I went up to the Hawley Kiln Klassic snowshoe race with both snowshoes and my bicycle. I was hoping the snowmobile trails would be firm enough to ride on, and that the unpacked trails would not be so deep in snow that I could jog and push my bike. I figured the time I lost on the unbroken snow I could make up on the snow packed forest roads. At 9 AM I rode in a half mile or so and checked out the conditions, and deemed them firm enough to give the race a try on my bike. The first mile or so was fine, conditions as expected, but as soon as I tried to ride up a south facing hillside, I realized how much the snow had softened up in the morning sunshine. From there it got worse, as I had to traverse the north side of the hill in crusty unbroken snow, sometimes breaking through the crust up to my knee. I figured once I got back to the downhill section of snowmobile trail I could cruise again, but it too had softened up to much, and even riding on the level was almost impossible. At that point I just gave in to the fact that I should have left the bike at home and run on snowshoes. Of course the snowshoers were long past me by that point. Eventually I made it back to the forest road, only to find 2 more miles of snow too soft to ride on.