

# SNOSHU-NEWS

## MORE PEOPLE YOU SHOULD KNOW

Beth Herder, race director of Curly's Record Run in Pittsfield State Forest, began snowshoeing with WMAC in 1999. Beth won three South Pond Shuffle events in a row ('99-'01), two Greylock Glen events successively ('00-'01) and a Hawley Kiln event in '99. She was the WMAC Snowshoe Ladies Champion in 1999 and 2000. Her fastest times on these courses are very close to the current course records, and all this was done after she had turned forty years old.



In 2003 Beth decided to organize Curly's Record Run, in honor of her dad Curly Voll. The event has been the highlight of the WMAC Series for the last two seasons.

Working behind the scenes at Curly's is Brad Herder, Beth's husband. Brad coaches the Pittsfield Boys X-Country Team and the proceeds from the event benefit the team. Brad has been participating regularly on the snowshoe circuit lately, sometimes with the dogs (Summit and Sierra), and sometimes more seriously when he takes on Old Farmer Ed and the Worshamer head to head.



Laura Clark began snowshoeing with us in 1999 also. I can still recall the phone call I received from her one December morning where she described a lack of confidence to participate, due to having not snowshoed before. We talked a while, and she has been one of the pillars of our series since. Laura has won many age group titles while snowshoeing and most importantly to the

rest of us has directed Saratoga Winterfest, Saratoga Battlefield, and Camp Saratoga. She writes non-stop about

each of our events and is an important ambassador to the sport.



Laura's other half, Jeff, starting participating with us a little later, and is a fixture on the circuit. He is a recognizable at most races with his good friend K2 matching him step for step. Jeff and Laura beautifully piece together the Saratoga Winterfest event, the largest snowshoe event in our parts.

Dave Dunham also started snowshoeing with us in '99, and has won 12 of the 22 events he has participated at. Dave has directed snowshoe events at Windblown ('01), Beaver Brook ('02), Merrimack River ('03, '04) and the Northeast Regional Qualifier at Northfield Mtn ('03, '04). He is the course record holder at Woodford and Moody Spring.



Curly Voll has been our volunteer of the year so often the end of season volunteer award is called the "Curly". It is really fantastic that we can have a race named for him, and let Curly know how much we appreciate him.



These are people we should all know, if we do the snowshoe races. Remember to say hello to them!

Photos from top left counter clockwise: Beth Herder directing CRR, 2003, Brad Herder with Sierra and Summit at Covered Bridge, 2003, Laura Clark at Moody Spring, 2003, Jeff Clark w/ Tippi - HKK, 2002, Dave Dunham winning South Pond, 2003, Curly Voll watching his race start, 2003.

## 6TH ANNUAL UPHILL CHALLENGE

|    |                   |                 |         |
|----|-------------------|-----------------|---------|
| 01 | Richard Bolt      | Manchester, NH  | 0:33:16 |
| 02 | Keith Woodward    | Stowe, VT       | 0:36:27 |
| 03 | Mark Churchill    | Morrisville, VT | 0:36:35 |
| 04 | Dan Verrington    | Bradford, MA    | 0:40:28 |
| 05 | Austin Whitman    | Brighton, MA    | 0:42:21 |
| 06 | Angie Defillipi   | Colchester, VT  | 0:43:48 |
| 07 | David Rath        | Williston, VT   | 0:44:09 |
| 08 | Kent Murdick      | Randolph, VT    | 0:44:25 |
| 09 | Rowly Bruken      | Barre, VT       | 0:44:33 |
| 10 | Peter Dufault     | Williston, VT   | 0:45:41 |
| 11 | Rich Marquardt    | Henniker, NH    | 0:47:33 |
| 12 | Matt Murawski     | Winooski, VT    | 0:48:14 |
| 13 | Tim Kruger        | Hardwick, VT    | 0:50:34 |
| 14 | Ben Katz          | Burlington, VT  | 0:51:20 |
| 15 | Maria Cimonetti   | Shelburne, VT   | 0:52:09 |
| 16 | Katrina Philllips | Montpelier, VT  | 0:52:27 |
| 17 | Chess Brownell    | Stowe, VT       | 0:55:05 |
| 18 | Angela Iaria      | Boston, MA      | 0:56:23 |
| 19 | Patricia Driscoll | Stowe, VT       | 1:00:47 |
| 20 | Trisha Fong       | Stowe, VT       | 1:05:24 |
| 21 | Heather Shand     | Stowe, VT       | 1:08:03 |
| 22 | Michael Benson    | Waitsfield, VT  | 1:17:15 |
|    | Richard Denno     | Corinth, NY     | 1:17:15 |
| 24 | Nicholas Denno    | Corinth, NY     | 1:26:13 |
| 25 | David Clift       | Jericho, VT     | 1:33:57 |
| 26 | Jessica Tompkins  | Waitsfield, VT  | 1:58:53 |
|    | Freddie Mahlmann  | Waitsfield, VT  | 1:58:53 |
| 28 | Jessica Bradley   | Charlotte, VT   | 2 hrs + |
|    | Jeffrey Bradley   | Charolotte, VT  | 2 hrs + |
|    | Dick Reid         |                 | 2 hrs + |

Mad River Glen, Waitsfield, VT -- This has got to be one of the hardest snowshoe races in New England. The 3 mile race was an out and back (or up and down) on a black diamond alpine ski slope. The first 1.5 miles climbs over 2000' up a well groomed ski trail. Half-way up this trail the course went over a very, very steep mogul field made difficult because the moguls were solid ice with "sandy" dry powder blown into the troughs between the moguls. I laughed when I saw racers on the start line with ski poles - in hindsight they would have been real nice on the mogul field. It took me 23 minutes to reach the top of the course.

Going back down was a cardiovascular relief but hell on the legs. The mogul field was just as tricky on the way down with more than a few racers choosing to just fall down the hill. I made it down the hill in about 9 minutes.

As much as I enjoy the WMAC races and their rustic appeal, The Mad River Glen Snowshoe Race was a real nice change of pace and a great challenge. Mad River is tucked up into a steep Vermont mountain valley, the parking lot is small and close to the ski lodge and lodge buildings are very "old-school". The race directors were very friendly and well organized. They even had a guy shooting video, which was to appear later on local access cable TV. Prizes were generous for a race that attracted only 30 people and included a pair of new Tubbs snowshoes, fleece vest, and ski passes to Mad River.

Rich Bolt

## MERRIMACK RIVER 3.3M XC RACE

The race had been advertised as a snowshoe run; however, the December snow disappeared because of the unseasonably warm weather. As this race is part of the 14-race WMAC snowshoe circuit, there was no question about holding it as a foot race instead. Points from this race would be halved due to the non-snowshoe nature of the run.

I went out on Saturday and ran the course, marking it with surveyor flags as I went. I hadn't realized how hard this would be. The ground was frozen and it was very difficult to get the flags to stay up. Not a problem in snow! After marking the course, I went back out again and ran the course as if I had never been on it before. I put a few more markers out. After the second marking of the course, whenever I was at a surveyor flag, I could already see the next one up ahead. It would be very difficult to go off course.

The course itself was somewhat unusual. The start was located in the back parking lot of the Wyndham Hotel and narrowed down to single track in the first 20 yards. The muddiest section of the course was in the first 100 yards. The "signature" feature of the course is the run under Route 93 in the first ¼ mile. There were five stream crossings spread out along the course and a short section of bushwhacking at the turnaround. The course was in very good shape despite recent rain and sleet.

My wife Cath and I set up the registration at 6:30 AM and I was pleasantly surprised when a couple of hardcore WMAC guys showed up from Adams. They left home at 4:00 AM to make the race! A large contingent from Gloucester arrived to get in some trail running. As we witnessed a beautiful sunrise, it became apparent that the field would be quite small. Thanks to my helpers, Leslie, MJ, and Petey, at the last minute I decided to do a mile warm-up and jump into the race.

With the traditional shout of "Cayuga," the group sprinted for position on the muddy single-track course. James Pawlicki took it out very hard and was never challenged. "It was really neat coming back through the field with the sunrise over the river," noted Pawlicki. Dan Verrington was the first master in 2<sup>nd</sup> place overall. After the race, Verrington jogged the course to retrieve the flags and the mile marker and noted, "This was one of the best marked trail races I've ever run." Local runner William Morse topped the 50+ age group. Richard Busa won the 60+ age group, fresh off his snowshoe run in Saratoga Saturday.

On the women's side, Jennifer Lassen set a quick early pace in the first mile and was closely followed by Kara Haas. Kara pulled ahead just after the mile but went off course slightly at the split at 1.25 miles. "Dave (Dunham) yelled to me right after I went off course, so I was able to correct my mistake without losing any ground," said Haas. She went on to run a sub-6-minute last mile, taking the victory by one minute.

CMS won the team competition followed by Team Gloucester and WMAC. All runners received a T-shirt, refreshments and a prize, all for a \$5 pre-entry fee. **A snowshoe race will be run on a weekend to be determined later this year.** Please check the WMAC website ([www.runwmac.com](http://www.runwmac.com)) for updates or send an email to: [dave.dunham@verizon.net](mailto:dave.dunham@verizon.net).

## GREYLOCK... THE REST OF THE STORY...

On January 10<sup>th</sup>, a hardy handful of WMACers braved sub-zero temperatures to challenge Lady Greylock on a day when it would have made more sense to hibernate in a snuggly cave of blankets. Although South Pond had been postponed due to icy conditions, we set the car on autopilot, still in the "...if it's Saturday, it must be Adams" mentality. After an hour's drive, the car finally began to warm up.

But it was definitely worth it. The Lady had fashioned a gown of icy crystal branches and angled the sunshine for a glittering party effect. The view and the wind chill were both breathtaking. In imitation of the National Weather Service's forecast, we tentatively stuck our hands out of the car window and submitted our guesstimate, "Actual temperature, -10...feels like -20+++." Tippi was the only one who was totally enthusiastic about the outing and desperately banged her paws against the windows when her person, Edward Alibozek, swung the car back down the mountain in a full throttle attempt to locate Paul Hartwig, the race director. At this point, the only one not in his/her/their vehicle was Snowperson Bob. Bob was out to enjoy as much cold as he could before his afternoon flight to Florida for a snowshoe manufacturer's convention. Wonder just how many Florida residents are walking along the beach wearing their new snowshoes?

Meanwhile, back to Tippi...once released from her confinement, she pranced around on two feet, while keeping the other two warm and in reserve. The rest of us did a similar back and forth hop while Paul described the slightly altered course. Paul proved to be a most responsible tour guide, speeding up and then slowing down to make sure everyone stayed on the correct trail. He became a one-man St. Bernard, toting along three emergency water bottles. This worked fine for about twenty minutes until the cold had its way and Paul ended up lugging three solid blocks of ice. Or maybe not. Aren't St. Bernards noted for carrying antifreeze liquids with a little more punch?

I made an unplanned switch to the special athlete division when my glasses frosted over on the inside. Without them, I could focus either on the trail or on the markers, but not on both at the same time. Paul then graciously became my guide person. It was fun to be able to take the time to enjoy the scenery along the way (what I could see of it). Paul pointed out the huge series of beaver dams by the icy dirt road section. Incredibly, I had never noticed their mammoth engineering project during previous races. I was always too busy "speeding" along. If you are scratching your head saying, "What dams?" go to <http://www.geocities.com/bobarnbeck/pond.html>. If you're not as industrious as a beaver, go to google, type in beavers + dam and select the first site. I imagine that in the summer, the series of dams would be nearly identical to the ones pictured.

Paul, who is something of an amateur naturalist as well as an aspiring St. Bernard and guide person, pointed out the partially chewed trees ready to collapse on us. (Thanks, Paul). He then motioned towards the pond and indicated how previous trees had been gnawed into suitable five-foot lengths and stockpiled by the water for future construction projects. These were all big trees, not spindly birches. The mystery is how the beavers managed to roll the logs once they had arrived at the flat road

section. I could picture hundreds of beavers doing the old heave-ho routine. And all without a modern pulley and lever system. Truly amazing.

We were having such fun that we opted for one more round, hoping to catch a glimpse of a sleepy beaver. But no such luck. Still, sometimes it is just as much fun to speculate and wonder.

*Laura Clark*

## DEMO DAY RECAP

Jim Pawlicki and I met at the Wyndham hotel for the 2+ hour drive out to Savoy for the chance to test out our new Dion Snowshoes in some good snow. We turned up at North Pond on the Savoy/Florida line about 1/2 hour before the fun run was scheduled to start. We immediately met up with Bob Dion and got the 10 pair of shoes that I ordered and we worked out which of the many different strapping sizes would work for us. We rushed to get suited up and to the line by 10:00. and were a bit surprised that no one was milling about waiting to run. We checked in with Farmer Ed who said it would be "a while" before everyone was sized up and heading out. He suggested that we hit the course on our own. Ed had hiked it the day before with his dog and marked the course with blue ribbons. He noted that it was about 3m and it took him 52 minutes to hike it. "you should be able to do it in half that time" noted Ed.

Jim and I decided to head out and do the loop once forward then reverse for 6m on snowshoes. I took it out and kept my head down following Ed's footsteps. The going was pretty tough as the modified South Pond Shuffle loop (4m) is quite hilly and the snow was a bit crusty. You would punch through then work to keep forward motion. After the first 10 minutes I began to pull away from Jim. Later I'd find out that he had to stop and adjust his straps a couple of times. I had the middle strap come loose, but didn't stop to re-strap. The 2nd half of the course featured a lot of downhill which was kind of fun to go flying down. Snowshoe running is mentally tough, you never know exactly how far you have to go so it is hard to figure out how hard you should push it at any time. I reached the finish line in about 29:40 and Jim came in at a little over 32 minutes. We immediately regrouped to do the course backwards.

I thought we were going to jog it but after about 5 minutes of going relatively easy, Jim began to pull away. The course was a bit faster now, as we had made a decent trail. We also began coming up on people who were doing the course. There must have been about 20 people who came by, most seemed to be having a good time. I couldn't quite keep contact with Jim, although I closed the gap a few times. He pulled away for good in the last 1/2 mile and ran about 33 minutes. I pulled in at about 34 flat. Not a bad first snowshoe workout, over an hour hard! We did a 2m road warmdown to get 10m for the day then hit the small hut with changing rooms. Bob and Ed had the woodstove going, hot chocolate and homemade cookies. Definitely a good experience!

*Dave Dunham*

WMAC

WMAC

**5<sup>th</sup> ANNUAL GREYLOCK GLEN 3.5 MILE SNOWSHOE RACE****JANUARY 17, 2004****GREYLOCK GLEN****ADAMS, MA**

|                        |    |         |        |
|------------------------|----|---------|--------|
| 01 Elijah Barrett      | 27 | 0:24:51 | 100.00 |
| 02 Paul Low            | 30 | 0:25:15 | 98.95  |
| 03 Ben Nephew          | 28 | 0:25:32 | 97.89  |
| 04 Greg Hammett        | 26 | 0:25:42 | 96.84  |
| 05 Leigh Schmitt       | 31 | 0:25:50 | 95.79  |
| 06 Jim Pawlicki        | 29 | 0:26:21 | 94.74  |
| 07 Dave Dunham         | 39 | 0:27:28 | 93.68  |
| 08 Matt Carter         | 28 | 0:27:46 | 92.63  |
| 09 Marc Guillaume      | 31 | 0:28:58 | 91.58  |
| 10 Todd Walker         | 37 | 0:29:15 | 90.53  |
| 11 Shaun Sutcliffe     | 46 | 0:29:19 | 89.47  |
| 12 Kelli Lusk          | 33 | 0:29:38 | 88.42  |
| 13 Steve Marsalese     | 38 | 0:30:56 | 87.37  |
| 14 Christophe Lanaud   | 36 | 0:30:58 | 86.32  |
| 15 Bob Dion            | 47 | 0:31:07 | 85.26  |
| 16 Jim Shultz          | 41 | 0:31:09 | 84.21  |
| 17 Scott Deslongchamps | 34 | 0:31:14 | 83.16  |
| 18 Jack Casy           | 50 | 0:31:18 | 82.11  |
| 19 Jack Miller         | 31 | 0:31:51 | 81.05  |
| 20 Norm Heckler        | 43 | 0:32:08 | 80.00  |
| 21 John Pelton         | 64 | 0:32:19 | 78.95  |
| 22 Nico Scibelli       | 41 | 0:32:20 | 77.89  |
| 23 Tom Denny           | 44 | 0:33:05 | 76.84  |
| 24 Jan Rancatti        | 43 | 0:33:34 | 75.79  |
| 25 Kristin Cisowski    | 23 | 0:33:41 | 74.74  |
| 26 Mike Lahey          | 52 | 0:34:15 | 73.68  |
| 27 Norm Sheppard       | 46 | 0:34:45 | 72.63  |
| 28 Stephanie Nephew    | 28 | 0:35:12 | 71.58  |
| 29 Dale Yarasavage     | 52 | 0:35:20 | 70.53  |
| 30 Bruce Groth         | 47 | 0:35:29 | 69.47  |
| 31 Brad Herder         | 46 | 0:35:48 | 68.42  |
| 32 Ed Alibozek Jr      | 64 | 0:35:55 | 67.37  |
| 33 Bob Worsham         | 58 | 0:36:05 | 66.32  |
| 34 Larry Dragon        | 43 | 0:36:37 | 65.26  |
| 35 Dave Boles          | 57 | 0:36:49 | 64.21  |
| 36 Pete Lipka          | 52 | 0:36:55 | 63.16  |
| 37 Sam Arons           | 22 | 0:37:17 | 62.11  |
| 38 Steve Banatoski     | 40 | 0:37:18 | 61.05  |
| 39 Bill Morse          | 52 | 0:37:26 | 60.00  |
| 40 Annie Shultz        | 40 | 0:37:37 | 58.95  |
| 41 Lisa Mentzer        | 35 | 0:37:46 | 57.89  |
| 42 Bill Thibault       | 46 | 0:37:56 | 56.84  |
| 43 Ken Deary           | 51 | 0:38:12 | 55.79  |
| 44 Scott Bradley       | 49 | 0:38:22 | 54.74  |
| 45 Eddie Saharczewski  | 50 | 0:38:24 | 53.68  |
| 46 Richard Hunt        | 64 | 0:38:35 | 52.63  |
| 47 Eric Bennett        | 35 | 0:38:39 | 51.58  |
| 48 Carol Kane          | 58 | 0:38:39 | 50.53  |
| 49 Darlene McCarthy    | 41 | 0:39:21 | 49.47  |
| 50 Bill Ross           | 39 | 0:39:22 | 48.42  |
| 51 Will Danecki        | 53 | 0:39:27 | 47.37  |
| 52 Patrick Riley       | 25 | 0:39:30 | 46.32  |
| 53 Larina Riley        | 25 | 0:39:31 | 45.26  |
| 54 Mike Hickey         | 46 | 0:39:55 | 44.21  |
| 55 Jon Howes           | 47 | 0:40:21 | 43.16  |
| 56 Justin McCarthy     | 14 | 0:40:50 | 42.11  |

|                     |    |         |       |
|---------------------|----|---------|-------|
| 57 Tricia Grenier   | 27 | 0:41:40 | 41.05 |
| 58 Laura Clark      | 56 | 0:41:48 | 40.00 |
| 59 Wayne Nicoll     | 71 | 0:41:59 | 38.95 |
| 60 Paul Serafina    | 36 | 0:42:07 | 37.89 |
| 61 Brian Plouffe    | 40 | 0:42:09 | 36.84 |
| 62 Sarah Edson      | 27 | 0:42:57 | 35.79 |
| 63 Lauren Stocker   | 14 | 0:43:36 | 34.74 |
| 64 Wayne Stocker    | 49 | 0:43:37 | 33.68 |
| 65 Tom Mack         | 39 | 0:43:44 | 32.63 |
| 66 Bob Massaro      | 60 | 0:44:32 | 31.58 |
| 67 Mark Syrett      | 55 | 0:44:40 | 30.53 |
| 68 Jack Quinn       | 65 | 0:44:41 | 29.47 |
| 69 Bonnie Fachini   | 39 | 0:44:44 | 28.42 |
| 70 Richard Busa     | 74 | 0:45:22 | 27.37 |
| 71 Sue Joyner       | 45 | 0:46:07 | 26.32 |
| 72 Jim Carlson      | 56 | 0:46:20 | 25.26 |
| 73 Laurel Shortell  | 37 | 0:47:57 | 24.21 |
| 74 Dylan Sutcliffe  | 13 | 0:48:35 | 23.16 |
| 75 Sally Goade      | 45 | 0:49:34 | 22.11 |
| 76 Dan Collins      | 49 | 0:49:48 | 21.05 |
| 77 Thomas Heffernan | 60 | 0:51:00 | 20.00 |
| 78 Martin Glendon   | 57 | 0:51:01 | 18.95 |
| 79 Julie Ryan       | 38 | 0:52:11 | 17.89 |
| 80 Becca Murdock    | 16 | 0:53:31 | 16.84 |
| 81 Theresa Apple    | 42 | 0:53:33 | 15.79 |
| 82 Peter Finely     | 42 | 0:53:50 | 14.74 |
| 83 Donna Yarasavage | 52 | 0:55:50 | 13.68 |
| 84 Bill Glendon     | 57 | 0:55:53 | 12.63 |
| 85 Jules Seltzer    | 68 | 0:56:03 | 11.58 |
| 86 Jeff Clark       | 57 | 0:57:01 | 10.53 |
| 87 Konrad Karolczuk | 51 | 0:57:06 | 9.47  |
| 88 Denise Dion      | 44 | 0:57:19 | 8.42  |
| 89 Miren Hodgson    | 44 | 0:59:13 | 7.37  |
| 90 Allyssa Ingagni  | 16 | 1:01:02 | 6.32  |
| 91 Zack Gordon      | 15 | 1:01:02 | 5.26  |
| 92 Laura Groth      | 45 | 1:01:25 | 4.21  |
| 93 Doris Chow       | 31 | 1:02:59 | 3.16  |
| 94 Dave Hannon      | 32 | 1:03:00 | 2.11  |
| 95 Ellen Mach       | 60 | 1:20:55 | 1.05  |

**2004 GLEN CHAMPIONS**

|                |                  |         |                 |       |
|----------------|------------------|---------|-----------------|-------|
| <b>01 - 15</b> | Lauren Stocker   | 43:36   | Justin McCarthy | 40:50 |
| <b>16 - 19</b> | Becca Murdock    | 53:31   |                 |       |
| <b>20 - 24</b> | Kristin Cisowski | 33:41   | Sam Arons       | 37:17 |
| <b>25 - 29</b> | Stephanie Nephew | 35:12   | Elijah Barrett  | 24:51 |
| <b>30 - 34</b> | Kelli Lusk       | 29:38   | Paul Low        | 25:15 |
| <b>35 - 39</b> | Lisa Mentzer     | 37:46   | Dave Dunham     | 27:28 |
| <b>40 - 44</b> | Annie Shultz     | 37:37   | Jim Shultz      | 31:09 |
| <b>45 - 49</b> | Sue Joyner       | 46:07   | Shaun Sutcliffe | 29:19 |
| <b>50 - 54</b> | Donna Yarasavage | 55:50   | Jack Casy       | 31:18 |
| <b>55 - 59</b> | Carol Kane       | 38:39   | Bob Worsham     | 36:05 |
| <b>60 - 64</b> | Ellen Mach       | 1:20:55 | John Pelton     | 32:19 |
| <b>65 - 69</b> |                  |         | Jack Quinn      | 44:41 |
| <b>70 - 72</b> |                  |         | Wayne Nicoll    | 41:59 |
| <b>73 - 75</b> |                  |         | Richard Busa    | 45:22 |

# GREYLOCK GLEN 2004

It just wouldn't be Greylock in the winter if it wasn't -40 degrees with 50mph winds, right??

WRONG.... this year's Greylock Glen Snowshoe Race saw temps in the balmy teens, with 20mph winds... barely a breeze... the sun was so warm, if you closed your eyes, it could have been Sanibel Island... and with all the gale force wind barriers attached to the Gazebo, well, it made it darn right pleasant... yes sir, at Greylock, they aim to please....

At Greylock you can always count on something happening that is out of the ordinary... the start of the race was a bit different this year... Drill Sergeant Paul Hartwig made sure everyone was warmed up, instructing us to walk circles at the start, to determine just where the start was and in just what direction we were to run... by the time he said, "ok, go", everyone sprinted the 30 feet to the bridge, stopped, then funneled onto the foot and a half wide bridge, then ran like hell again...so much for momentum.... we were avoiding a particularly icy section that went around the pond... uh, isn't that why we have snowshoes on, to run on the snow and ice??

The fastest people that ran like hell were Elijah Barrett... he was first across the line... and Kelli Lusk, first female.... Elijah beat Kelli only because he is 6 years her junior...

Observations of the Day.... in no particular order...

Swanee was greeting people with his usual big wide grin... his "you just got to smile" smile...

Big (as in size, otherwise it would be young as opposed to old) Farmer Ed was doing registrations... didn't race... looking out after everyone... did a double on the course after, with Tippi the Wonder Dog... Eddie will prob wup some serious butt at Curly's... just savin' it up... savin' it up...

This particular group was not big on trail etiquette... stomping on the backs of people's snowshoes in an attempt to make them fall so you can pass them is not proper trail etiquette... neither is jostling and pushing to get by without a warning... this just won't do... they should all go to the Peter Lipka School of Trail Etiquette, right Peter??....

Infamous Dave Hannon was there... good to see you again, Troll... fast troll...

Larry Dragon is not dragon his butt these days.... he's gone and got fast...

Justin McCarthy is catching up to his mom... won't be long... see, I told him he'd be faster...

Mark brought "his" famous corn chow-da... mmmmmmmmm...

The Red Bull people were there... they are great, passing out the best energy drink in the world....

Dion was busy as usual, filling orders for those Dions... you know how "Kleenex" is the standard in tissue?.... well, you won't be calling snowshoes "snowshoes" anymore... they'll just be "Dions"...

We had one walker, one heckler, two nephews, one sheppard, two herders, one dragon, one hickey, 2 stockers, one apple, and one chow...

A 35 year old male went flat out to overtake a 58 year old female in the last 10 yards...

No one is going to catch Laurel Shortell in total points!!... she is a woman on a mission!!

Saucony Man Richard Busa was so warm, he ran in shorts and a singlet... weren't they orange??... move over Karl Molitoris!!

Great day... great food.... great volunteers.... great weather... Thank ya... thank ya... Great Scott!... I'm done....

*Kaniac, January 2004*

## SERIES PTS UPDATE/ BEST 3 OF 5

|     | NAME               | AGE | POINTS | AVG   |
|-----|--------------------|-----|--------|-------|
| 01. | Elijah Barrett     | 27  | 296.30 | 98.77 |
| 02. | Dave Dunham        | 39  | 282.57 | 94.19 |
| 03. | Shaun Sutcliffe    | 46  | 268.17 | 89.39 |
| 04. | Christopher Lanaud | 36  | 268.03 | 89.34 |
| 05. | Bob Dion           | 49  | 260.59 | 86.86 |
| 06. | Thomas Denny       | 44  | 258.97 | 86.32 |
| 07. | Edward Alibozek    | 41  | 254.56 | 84.85 |
| 08. | Norm Hecker        | 43  | 245.26 | 81.75 |
| 09. | James Pawlicki     | 29  | 239.18 | 79.73 |
| 10. | John Pelton        | 64  | 237.28 | 79.09 |
| 11. | Ben Nephew         | 28  | 233.37 | 77.79 |
| 12. | Gregory Hammett    | 26  | 226.99 | 75.66 |
| 13. | Mike Lahey         | 52  | 222.01 | 74.00 |
| 14. | Ed Alibozek, Jr.   | 64  | 217.56 | 72.52 |
| 15. | Jacque Schiffer    | 39  | 199.15 | 66.38 |
| 16. | David Boles        | 57  | 198.88 | 66.29 |
| 17. | Peter Lipka        | 52  | 190.72 | 63.57 |
| 18. | Paul Hartwig       | 47  | 189.37 | 63.12 |
| 19. | Eric Bennett       | 35  | 188.62 | 62.87 |
| 20. | Scott Bradley      | 49  | 184.67 | 61.56 |
| 21. | Bill Morse         | 52  | 180.97 | 60.32 |
| 22. | Ed Saharczewski    | 50  | 169.94 | 56.65 |
| 23. | Larry Dragon       | 43  | 165.18 | 55.06 |
| 24. | Darlene McCarthy   | 41  | 163.99 | 54.66 |
| 25. | Ken Deary          | 51  | 160.23 | 53.41 |
| 26. | Richard Hunt       | 64  | 154.59 | 51.53 |
| 27. | Steve Banatoski    | 40  | 147.50 | 49.17 |
| 28. | Laura Clark        | 56  | 136.74 | 45.58 |
| 29. | Jon Howes          | 47  | 134.87 | 44.96 |
| 30. | Bonnie Fachini     | 39  | 108.83 | 36.28 |
| 31. | Richard Busa       | 74  | 88.49  | 29.50 |
| 32. | Laurel Shortell    | 37  | 87.76  | 29.25 |
| 33. | Sue Joyner         | 45  | 76.03  | 25.34 |
| 34. | Bob Massaro        | 60  | 75.77  | 25.26 |
| 35. | Jim Carlson        | 55  | 58.97  | 19.66 |
| 36. | Julie Ryan         | 38  | 43.37  | 14.46 |
| 37. | Jeff Clark         | 57  | 29.97  | 9.99  |
| 38. | Konrad Karolczuk   | 51  | 26.14  | 8.71  |
| 39. | Miren Hodgson      | 44  | 13.86  | 4.62  |

## THE TWO HOOTS AND A HOLLAR RUN

Curly's Run... January 25, 2004... Pittsfield State Forest... sunny, crisp, minus 7 degrees of insanity...

So you think that Greylock Glen was packed with energy and excitement, huh??

Well, get over it, cause this race went and outdid Greylock in the hoot and hollar department... it outdid it in cold, it outdid it in toughness of the course, outdid it in course length, outdid it in # of runners, outdid it in giveaways... don't get me wrong, Greylock is Greylock and will always be #1 with a lot of folks including this runner... but Curly's is one tough sweet runner up... and Curly's RD is a lot better looking than the Greylock RD... and she can run faster too...

The course is just about perfect... really hard uphill, really steep downhill and some really fine rolling sections and scooting little berms through the woods... it's simply got a great feel to it... you just naturally love it the first time you run it... bet it would be awesome to run it on a nice hot sunny summer day...

Observations of the Day....

The only thing better than a training run on Curly's course is a race on Curly's course...

It was:

so cold that the volunteers were doing the stomp while setting up...

so cold that all the volunteers had heat packs in their gloves and mittens...

the best marked course I have ever run...

good to be in the pack that didn't run up the uphill...

great to see so many young people in the race...

The winners were young and strong and fast... that's why they won...

But some of the real winners were...

\*Old Farmer Ed... may as well put a bullseye on his back.... he has become a target for some of the faster, younger runners...

\*Lorrell Shortell... just can't keep a girl down... have you noticed how radiant she looks lately?

\*Richard Busa.... when he begs you to take a picture of him crossing the line without a shirt on, it's love of life he's exhibiting...

\*Curly himself... no wonder the whole family is full of energy and excitement... it's in the genes... and in the twinkle in his eyes...

Real winners never complain... about the weather, their aches and pains, bad course markings, conditions... it's never someone else's fault if they get lost... they'll reflect on getting lost till you

want to strangle them, but they never blame anyone else... they are so full of having a good time, they don't waste energy whining or complaining...

But I digress... "Real Winners" will be a title for a future article for sure...

Anyway... I had a darn fine time at this race... sorry I missed the first one... it's def one of my favorites... don't change a thing... thank you Beth and Brad and Curly and gang... you sure know how to put on a show...

Yes Indeedy....

*Kaniac, January 2004*

## HOW TO QUALIFY FOR THE USSSA SNOWSHOE CHAMPIONSHIPS

Each winter the US Snowshoe Association coordinates a series of Regional Snowshoe Qualifier events across the United States that culminates in the U.S. National Snowshoe Championships. The 2004 snowshoe season will mark the fourth year the USSSA has conducted a National Championship event. Athletes interested in participating in the Nike ACG US National Snowshoe Championships are required to 'qualify' by competing in a regional qualifier event in the region of their residence. The USSSA breaks up the U.S. into the following 'regions:'

- 1) Northeast: NY, NJ, PA, MA, ME, CT, VT, RI, NH, DE, VA
- 2) North Central Region: MN, MI, WI, IL, OH, IO
- 3) Rocky Mountain Region: CO, WY, MT, NM, UT
- 4) Western Region: CA, WA, OR, AZ, ID, NV
- 5) Alaskan Region: AK

Other States are eligible to do so in the region closest to them.

Athletes must be a USSSA member BEFORE they compete at their regional qualifier event(s). Athletes may join the USSSA via the USSSA website, [www.snowshoeracing.com](http://www.snowshoeracing.com).

At the regional snowshoe qualifier events, the top 10 finishers, WHO ARE USSSA MEMBERS, in each USSSA age group then qualify to participate in the National Championships.

- |    |                       |                   |
|----|-----------------------|-------------------|
| 1) | Junior Boys and Girls | 19 and younger    |
| 2) | Open Men and Women    | 20-39 yrs. of age |
| 3) | Master Men and Women  | 40-49 yrs. of age |
| 4) | Senior Men and Women  | 50-59 yrs. of age |
| 5) | Veteran Men and Women | 60+ yrs. of age.  |

So, to become eligible to participate in the Nike ACG US National Snowshoe Championships;

- 1) Become a USSSA member.
- 2) Attend one, or both, of your regional qualifier events.
- 3) Finish in the 10 top in your age group.
- 4) Make your travel plans to join us in beautiful Squaw Valley California in early March 2004!

*Mark Elmore*

## 2nd ANNUAL CURLY'S RECORD RUN 4.0 MILE SNOWSHOE RACE

| JANUARY 25, 2004               |           |                |              | PITTSFIELD STATE FOREST      | PITTSFIELD, MA |                |              |
|--------------------------------|-----------|----------------|--------------|------------------------------|----------------|----------------|--------------|
| 001. Richard Bolt              | 33        | 0:28:17        | 100.00       | 057. Bruce Groth             | 47             | 0:49:05        | 48.15        |
| 002. Paul Low                  | 30        | 0:28:51        | 99.07        | 058. Bruce Duquette          | 55             | 0:49:06        | 47.22        |
| 003. Ben Nephew                | 28        | 0:30:00        | 98.15        | 059. Bill Morse              | 52             | 0:49:09        | 46.30        |
| 004. Leigh Schmidt             | 31        | 0:30:37        | 97.22        | <u>060. Lisa Mentzer</u>     | <u>35</u>      | <u>0:49:10</u> | <u>45.37</u> |
| 005. Elijah Barrett            | 27        | 0:30:50        | 96.30        | 061. Ken Deary               | 51             | 0:49:12        | 44.44        |
| 006. Matt Cartier              | 28        | 0:30:56        | 95.37        | 062. Bob Lee                 | 54             | 0:49:31        | 43.52        |
| 007. James Pawlicki            | 29        | 0:32:35        | 94.44        | 063. Larry Dragon            | 43             | 0:49:39        | 42.59        |
| 008. Marc Guillaume            | 31        | 0:33:17        | 93.52        | 064. Will Danecki            | 53             | 0:49:55        | 41.67        |
| 009. Todd Walker               | 37        | 0:35:37        | 92.59        | 065. Mike Hickey             | 46             | 0:50:24        | 40.74        |
| 010. Rob Higley                | 50        | 0:35:47        | 91.67        | <u>066. Larina Riley</u>     | <u>25</u>      | <u>0:50:54</u> | <u>39.81</u> |
| <u>011. Kelli Lusk</u>         | <u>33</u> | <u>0:36:38</u> | <u>90.74</u> | 067. Jack Quinn              | 65             | 0:51:24        | 38.89        |
| 012. Jim Schultz               | 41        | 0:36:48        | 89.81        | 068. Richard Hunt            | 64             | 0:52:34        | 37.96        |
| 013. Dave Dunham               | 39        | 0:37:18        | 88.89        | 069. Jonathan Howes          | 47             | 0:53:45        | 37.04        |
| 014. Sean Nealy                | 29        | 0:37:27        | 87.96        | <u>070. Sarah Edson</u>      | <u>27</u>      | <u>0:53:54</u> | <u>36.11</u> |
| 015. Christopher Lanaud        | 36        | 0:37:30        | 87.04        | <u>071. Laura Clark</u>      | <u>56</u>      | <u>0:54:14</u> | <u>35.19</u> |
| 016. Edward Alibozek           | 41        | 0:37:37        | 86.11        | 072. Butch Brennan           | 39             | 0:54:20        | 34.26        |
| 017. Scott Livingston          | 31        | 0:38:06        | 85.19        | 073. Skip Greb               | 60             | 0:54:26        | 33.33        |
| 018. Shaun Sutliff             | 46        | 0:38:10        | 84.26        | <u>074. Bonnie Fachini</u>   | <u>39</u>      | <u>0:54:44</u> | <u>32.41</u> |
| 019. John Krol                 | 25        | 0:38:20        | 83.33        | 075. Brian McCarthy          | 42             | 0:55:06        | 31.48        |
| 020. Tom Parent                | 27        | 0:38:25        | 82.41        | 076. Bob Irving              | 49             | 0:55:12        | 30.56        |
| 021. Bob Dion                  | 48        | 0:38:52        | 81.48        | 077. Ian Schwartz            | 15             | 0:55:34        | 29.63        |
| 022. Scott Deslongchamps       | 34        | 0:39:07        | 80.56        | <u>078. Jackie Hodgson</u>   | <u>17</u>      | <u>0:55:59</u> | <u>28.70</u> |
| 023. Jack Casey                | 50        | 0:39:48        | 79.63        | 079. Walt Kolodzinski        | 61             | 0:56:20        | 27.78        |
| 024. John Pelton               | 64        | 0:40:03        | 78.70        | 080. Robert Massaro          | 60             | 0:56:39        | 26.85        |
| 025. Thomas Denny              | 44        | 0:40:10        | 77.78        | 081. Craig MacHaffie         | 16             | 0:56:57        | 25.93        |
| 026. Nic Scibelli              | 41        | 0:40:19        | 76.85        | <u>082. Cynthia Gardner</u>  | <u>52</u>      | <u>0:57:55</u> | <u>25.00</u> |
| <u>027. Debbie Livingston</u>  | <u>29</u> | <u>0:40:32</u> | <u>75.93</u> | <u>083. Holly Brouker</u>    | <u>49</u>      | <u>0:58:08</u> | <u>24.07</u> |
| 028. Mike Lahey                | 52        | 0:42:14        | 75.00        | 084. Martin Glendon          | 57             | 0:58:27        | 23.15        |
| 029. Norm Hecker               | 43        | 0:43:34        | 74.07        | <u>085. Allison Schei</u>    | <u>23</u>      | <u>0:58:54</u> | <u>22.22</u> |
| 030. Shawn Robbins             | 18        | 0:43:53        | 73.15        | 086. Richard Busa            | 74             | 0:59:13        | 21.30        |
| 031. Jay Kolodzinski           | 24        | 0:44:06        | 72.22        | <u>087. Sue Joyner</u>       | <u>45</u>      | <u>0:59:45</u> | <u>20.37</u> |
| <u>032. Barb McManus</u>       | <u>35</u> | <u>0:44:42</u> | <u>71.30</u> | 088. Paul Belanger           | 14             | 0:59:49        | 19.44        |
| 033. Ed Alibozek Jr            | 64        | 0:44:57        | 70.37        | 089. Chet Wotkowicz          | 54             | 1:00:00        | 18.52        |
| 034. Bob Worsham               | 58        | 0:45:16        | 69.44        | 090. Dillon Sutliff          | 13             | 1:02:40        | 17.59        |
| <u>035. Michelle Tetreault</u> | <u>28</u> | <u>0:45:36</u> | <u>68.52</u> | <u>091. Laurel Shortell</u>  | <u>37</u>      | <u>1:03:33</u> | <u>16.67</u> |
| <u>036. Jacque Schiffer</u>    | <u>39</u> | <u>0:45:41</u> | <u>67.59</u> | 092. A BroderickForrester    | 15             | 1:04:04        | 15.74        |
| <u>037. Annie Schultz</u>      | <u>40</u> | <u>0:46:08</u> | <u>66.67</u> | <u>093. Julie Ryan</u>       | <u>38</u>      | <u>1:04:48</u> | <u>14.81</u> |
| 038. Gordy Soules              | 59        | 0:46:17        | 65.74        | <u>094. Rebecca Murdock</u>  | <u>16</u>      | <u>1:05:34</u> | <u>13.89</u> |
| 039. John Walsh                | 36        | 0:46:33        | 64.81        | <u>095. Itziar Garcia</u>    | <u>41</u>      | <u>1:05:38</u> | <u>12.96</u> |
| <u>040. Sweep Voll</u>         | <u>42</u> | <u>0:46:41</u> | <u>63.89</u> | <u>096. Nancy Plouffe</u>    | <u>56</u>      | <u>1:06:18</u> | <u>12.04</u> |
| 041. Kenny Rogers              | 49        | 0:46:43        | 62.96        | 097. Bill Glendon            | 57             | 1:08:30        | 11.11        |
| 042. Andy Kelly                | 46        | 0:46:46        | 62.04        | <u>098. Kathy Korte</u>      | <u>48</u>      | <u>1:09:04</u> | <u>10.19</u> |
| 043. Stephen Banatoski         | 40        | 0:46:49        | 61.11        | 099. Gary Quadrozzi          | 48             | 1:09:04        | 9.26         |
| 044. Patrick Riley             | 25        | 0:46:59        | 60.19        | 100. Jeff Clark              | 57             | 1:10:15        | 8.33         |
| 045. Scott Bradley             | 49        | 0:47:18        | 59.26        | 101. Konrad Karolczuk        | 51             | 1:10:16        | 7.41         |
| <u>046. Annie Gorski</u>       | <u>29</u> | <u>0:47:20</u> | <u>58.33</u> | 102. Clark Cianfarini        | 16             | 1:10:41        | 6.48         |
| <u>047. Carol Kane</u>         | <u>58</u> | <u>0:47:25</u> | <u>57.41</u> | <u>103. Marilyn Hickey</u>   | <u>45</u>      | <u>1:11:43</u> | <u>5.56</u>  |
| 048. Tim Coe                   | 32        | 0:47:39        | 56.48        | 104. Jules Seltzer           | 68             | 1:11:52        | 4.63         |
| 049. Pete Lipka                | 52        | 0:47:49        | 55.56        | <u>105. Danielle Britain</u> | <u>32</u>      | <u>1:12:30</u> | <u>3.70</u>  |
| 050. Robbie Apple              | 13        | 0:47:55        | 54.63        | <u>106. Jan Marcotte</u>     | <u>60</u>      | <u>1:15:02</u> | <u>2.78</u>  |
| <u>051. Theresa Apple</u>      | <u>42</u> | <u>0:47:58</u> | <u>53.70</u> | <u>107. Ruth Wheeler</u>     | <u>52</u>      | <u>1:15:03</u> | <u>1.85</u>  |
| 052. Paul Hartwig              | 47        | 0:48:08        | 52.78        | <u>108. Miren Hodgson</u>    | <u>44</u>      | <u>1:21:33</u> | <u>0.93</u>  |
| <u>053. Darlene McCarthy</u>   | <u>41</u> | <u>0:48:10</u> | <u>51.85</u> |                              |                |                |              |
| 054. Ed Saharczewski           | 50        | 0:48:14        | 50.93        |                              |                |                |              |
| 055. Dave Boles                | 57        | 0:48:25        | 50.00        |                              |                |                |              |
| 056. Joe Williams              | 50        | 0:48:53        | 49.07        |                              |                |                |              |

## CURLY'S RECORD RUN SNOWSHOE RACE – 2004

Curly's Record Run is a four-mile snowshoe race in the Pittsfield State Forest put on by Brad and Beth Herder. However, it is really put on by the whole extended "Voll family." Curly, after whom the race is named because of his record run down the Shadow Trail that we had to navigate, is the daddy Voll. He has four daughters named Dede (dishing chili), Beth (of Greylock Marathon fame), Sweep (all-everything athlete and perennial fiancé), and Bobbie (the baby and valet parking attendant). Curly used to torture them by making them lean their back into the wall while keeping their legs at a 90 degree angle; this was to strengthen them for downhill racing. He also used to make them cut wood with him. So even though these gals are as sweet as can be, they are tough as nails when the going gets tough, just like Curly.

The best thing about Curly's Race is that Curly was there! He was the one in the brown one-piece suit with the big grin on his face while he was drowning hot dogs. They certainly had a lot of help from many others from WMAC and many sponsors who contributed stuff to give away. It was a cold, cold day, resulting in lots of people staying in their cars until race time. Putting on one's snowshoes in this cold was a brutal exercise for the hands.

To me this was a very difficult course. The first part of the race goes up and up and up in one of the steepest snowshoe climbs I have ever done. Just before reaching the top I took a few fast steps around Michele Tetreault and gave her a big hug before she could protest. Once at the top you meander a little on a single track trail, then you hit the Shadow Trail where the bottom drops out. Can you believe that Curly used to fly down this hill on skis before there were safety bindings? Can you believe he didn't hit trees? Then again, maybe he did. If you get going fast here you literally can't stop until you get to the bottom.

Shortly after bottoming out there is a sharp left turn to go over a bridge. At this point some people continued straight a short distance even though the turn was well marked with ribbons. I guess they were still "running that downhill." Right after this I got passed by the elder Farmer Ed, who is really doing well this year. I paced with him until about 200 yards to the finish, then he took off on me. I was worn out by following him through the low trail with all the switchbacks. It must have been designed as a mountain-bike trail.

You think you are finished when you hit the open area at the bottom of the ski jump, but then you have to run through the starting area again and cut back to the finish line. After finishing this race I do what I always do in a snowshoe race; I dry heave for several minutes. Sometimes it makes me puke, but this day I kept it under control. After the race there was plenty of food, some good barrels with fires going in them, and boxes of free Twinkies given out by another perennial fiancé, Bob Birk (Birky Birk). Birk is known for his sense of humor. Once when I showed up to go mountain biking with him and Sweep, he asked me if my grandmother knew I had borrowed her bike. She didn't.

Anyway, Richard Bolt won the race, followed by Paul Low, Ben Nephew, Leigh Schmit, and Elijah Barrett. I always wonder if the Sherpa Bolt Racers are named after Richard Bolt. First five

women were Kelli Lusk, Deb Livingston, Barb McManus, Bob Worsham, Michele Tetreault, and Jacque Schiffer (the one who ignored me as I tried to show her Moody Spring last year). In the infamous Worsham-Voll competition Sweep Voll finished a distant second to Bob Worsham's fast-paced 34<sup>th</sup> place performance; she managed to complete the race without flashing anyone (that I know of). Konrad Karolczuk allowed Jeff Clark to beat him out by one second, as Jeff put on a spurt to get through at 1:10:15. Oh, and I want to know where Barbarella Sorrell was. She likes the ups, and she would have had them here!

As usual, the Dion clan provided loaner Dion Snowshoes to those who needed them, and their hands must have frozen in the cold getting all those people fitted to perfection.

Thanks to Beth and Brad Herder for organizing this race, which benefits the Pittsfield High School Cross Country team, all the Voll extended family, and other helpers, and to Curly for having a record run so that the race could be named after him.

*Bob Worsham (WorShamer)*  
[Bobworsham@charter.net](mailto:Bobworsham@charter.net)

## CURLY'S A FUNDRAISER FOR PITTSFIELD BOYS X-COUNTRY

The Pittsfield High School boys team had an outstanding 2003. The squad grew from 10 kids in 2002 to 18 kids in 2003 and became one of the top teams in the county. They had 11 wins and 1 loss in Berkshire County competition. They won the Southern Berkshire Division Title for the second year in a row. At the Western Mass championships, the team finished 4th, which was a big improvement over their results during the past 4 years where they had finished 8th, 9th, 10th and 11th.

Adam Schwartz, a senior, was the top male runner in Berkshire County. Adam won 11 races and lost 1. His only loss came in a race he ran with a 102 degree temperature. Adam won Individuals, finished 10th at Western Mass while still recovering from illness and finished 35th at States. Adam was voted the League MVP.

Zach Gordon, a freshman, Pittsfield's #2 runner, was the 3rd fastest runner in Berkshire County at Individuals. He finished 15th at Western Mass. His time was the second fastest in the State for a Freshman on the Northfield Course (where States were also held). I suspect Zach will be one of the top runners in the State during his Junior and Senior years.

Dustin Burdette, a senior, was Pittsfield's #3 runner. Dustin finished 19th at Western Mass. Adam, Zach and Dustin were all voted to the All Berkshire Team by the coaches.

The money raised from Curly's Record Run and other sources, will be used primarily to go to Invitational meets, buy team uniforms (the school no longer provides these), pay for transportation, fund things like team T-shirts and possibly offset end of year banquet costs.

*Brad Herder*



## SNOWSHOE RACING ACCORDING TO DAVE, CMS STYLE

Dave Dunham started snowshoeing with us (WMAC) way back in 1999 at Hawley Kiln. He promised me that day that he would be back, and he has kept that promise (and then some) since that February day.

Initially, it was just Dave, but over the years he has managed to bring the Central Mass Striders Racing Team to many of our events. While this has knocked many of us down a few places in the standings, the additional high level of competition at the front of the pack has made most of us improve and become more fit also. This has made our series not only fun, but serious athletic events that hold up well to anything happening anywhere else.

So, this is a public announcement for Dave, just to let him know that we appreciate his help in building these individual events into something collectively bigger. Like Bill Belichick is fond of saying, "the pack is stronger than the lone wolf" (or something like that).

Conditions in **Woodford** looked good, with temperatures in the 40's, sunny skies, and a couple of feet of snow on the ground. The snow was fairly deep with about 3" of powder on top of a tough crust. The 3-mile course featured ½ mile of packed snow then single-track rolling hills until competitors finished on the same ½ mile of packed snow. The course looped around a small lake and was marked with yellow cones and blue markers on the trees. These would play into the results.

Rich Bolt and Ben Nephew sprinted out to the early lead with Dan Verrington close behind. The first (and biggest) climb of the race spread the field out prior to entering the single track. Jim Pawlicki cruised along in 4th and Dave Dunham completed the CMS sweep of the top 5 in the early going of the race. Unfortunately, that hold did not last. At a little after a mile, Pawlicki pulled aside to let Dunham pass (proper trail etiquette). "I could see Verrington up ahead on the uphill and long straight stretches," noted Dunham. At about 2 miles the course came to a junction where a left or right could be taken; course markers went right and snowshoe footprints went left. Bolt and Nephew had their heads down and continued to follow the snowshoe prints. Verrington could see Bolt and Nephew and he followed them at the turn. Dunham reached the intersection and found his way onto the correct route. "I was a little worried because I didn't see any footprints, but I saw the course markers so I continued on," said Dunham.

Most of the top 10 runners along with a large percentage of the field followed the footprints heading in the wrong direction. Dunham ended up placing first by virtue of his navigational abilities (and a little luck), while the remainder of the CMS crew finished a full 30 minutes behind, well back in the pack. On many courses including this one, the ability to stay on the trail while traveling at a high speed is an integral part of snowshoe racing. Lesson learned for the speedy CMS runners.

The ultimate aim for the CMS men is to prepare for the Snowshoe National Championships which will be held in Squaw Creek CA on March 7th.

At 5:00 AM it was -10 degrees in Pittsfield, the site of **Curly's Record Run**, the 5th race in the popular WMAC Snowshoe series. The course is a scenic 4 mile loop on a mix of snowmobile and single track trails in the Pittsfield state forest. The course climbed and descended over 1000' including a brutal plunge down an old ski run. The men's field looked to be one of the stronger ones to show up to a WMAC event this year. The course record holder, Leigh Schmitt, and last weeks Mt Greylock champion, Elijah Barrett, looked to give the CMS boys a serious run.

Jim Pawlicki and Dave Dunham arrived early and surveyed the scene. They did a warm up on about 2 miles of the course and declared it "fast". Rich Bolt was next to arrive along with Paul Low and Kelli Lusk. Bolt has been running quite well this winter and Low placed second at Mt Greylock. Lusk is one of the top snowshoers in the country, she broke the course record the previous week by 2 minutes. She was running with the Curly's record to aim for. Ben Nephew was the final CMS member to arrive. He seemed unfazed by the -3 degree temperatures choosing to warm up in only a few layers. He was seen in his car after the race attempting to thaw out a toe that had turned a bright white.

As seems to be the norm at WMAC races, the field sprinted out. Bolt went right to the front on the early gradual climb. Bolt said "I was worried about Paul being fresh so I took it out hard to see who would go". Low, the 2002 and 2003 USA Mountain runner of the year, followed closely in Bolt's tracks. Bolt noted he was "beat at the top of the climb, I figured Paul would go by on the downhill". Bolt stayed steady on the downhill and the final twisting mile of the course to break the course record by over 2 minutes. Bolt said "...knowing the course and the downhill helped, I really wanted to break the record".

Jim Pawlicki took it out pretty hard and early on in a flat section was passed by Ben Nephew and Paul Low on either side. Low attempted to hang on Bolt and Nephew settled into third. On the long climb Jim was passed by Elijah Barrett and Leigh Schmitt. He stated that he "had a tough time on the climb". Dave Dunham planned on running the early part with Kelli Lusk and seeing how he felt. Lusk and Dunham went from 20th to the top ten during the climb. Dunham got into 7th place at the summit, close behind Schmitt. On the long twisting drop he lost sight of Schmitt, who would move ahead into 4th, and also gapped Pawlicki. At the bottom of the hill the main trail continues straight and the racecourse takes a sharp left. "I never saw the arrow on the tree and kept going until I hit the road" stated Dunham. After losing 6 minutes he got back on course and continued to pick off runners over the last mile. He said "I was pretty mad at myself, I have never gotten lost in a race before this, I should have spotted the turn".

Pawlicki moved up to 7th and wondered what happened to Dunham at the finish. Lusk put in a great effort finishing 11th overall and destroying the course record by about 5 minutes. CMS put four runners in the top 7 and six in the top 13. Pawlicki summed up the weekend when he said that racing twice in less than 24 hours and driving 14 hours to do it was "no big deal".

## MYSTERY RUNNER FOR A DAY {OR BEING THE WORSHAM FOR A DAY, PART II}

Race morning.... I awake to my Precise Time Ceiling Alarm Clock, which receives a signal from the US Atomic Clock in Boulder Colorado, the most accurate clock in the United States.... of course I ordered my clock with the outdoor temperature option... so the exact time and temperature is illuminated on my ceiling...

My car is already prepacked and I arrive at the race 2 hours ahead of the start of the race... just to secure my special parking spot... I obsess during the whole drive, hoping nobody parks in MY spot... it's been known to happen and boy does that tick me off.... just throws off the whole morning...

I time it just right so I don't have to stop at any convenient restrooms along the way... make it to my race parking spot, sprint past the porto-johns into the forest to the perfect spot to make the dump... ahhh!!!... that may be the most important ritual...

Of course I have already stuffed 1-2 bagels (depending on the length of the race) down my throat 3 hours before the race start...

I have packed my perfect little blue contact lens kit and set it up just so on the hood of my car in preparation to delicately insert my lenses...

I set up my special camp chair just off the back of the trunk and faced in just the right direction...

I bury my head in the trunk of my car and root through my bag with great intensity .. things are laid out just so... and I'll check them and then recheck them.... going through my mental list...

I'll be aloof and hope no one comes over to chit chat with me.... if they do, I'll just make nice short comments and sigh a lot, look absorbed, bury my nose deeper into the trunk and hope they go away.... even if it's a woman... esp if it's a woman...

Let's see... shall I wear my special orange cap or my black and white stripe convict hat??... is hunting season over??.... if it's warm enough, I can wear my really short short black Race Ready shorts... they are really short...

Shall I carry water?... I can always ditch the pack the last mile or so if I have to sprint to overtake or outrun an opponent...

Just before I go, I'll down one of those 50 cans of Red Bull I took at the last race...

Then if it were sunny, I would adjust, just so, my handy collapsible cardboard windshield sunblocker...

I'll disappear into the forest, finishing up some business and run the course backwards for a mile, then run through the finish, visualizing me finishing strong... or at least overtaking a woman...

Then I'll check my atomically correct watch...

On the start line, I'll sneak into the fringes of the runners, hoping not to be noticed, and stealthily check out my competition... and all the other women...

When the gun goes off, I'll go out much too fast and die somewhere in the middle, sigh a lot on the uphill, and try to hang on and hold off as many women as I can...

I may or may not puke at the end...

After the race, I'll eat all the tofu dogs and corn chowder I can stuff into my face, and load up on Red Bull... I'll skulk around, listening in on conversations and grabbing bits and pieces of embarrassing material for my next article...

Then I'll check my atomically correct watch...time to go...

I'll try to avoid hugs...

I'll refold my windshield sunblocker, tuck it in it's spot and drive home to either mow the grass or shovel the snow...

*Mystery Runner for a Day  
January 2004*

### 2004 C.R.R. CHAMPIONS

|                |                 |                       |       |
|----------------|-----------------|-----------------------|-------|
| <b>01 - 15</b> |                 | Robbie Apple          | 47:55 |
| <b>16 - 19</b> | Jackie Hodgson  | 55:59 Shawn Robbins   | 43:53 |
| <b>20 - 24</b> | Allison Schei   | 58:54 Jay Kolodzinski | 44:06 |
| <b>25- 29</b>  | Deb Livingston  | 40:32 Ben Nephew      | 30:00 |
| <b>30 - 34</b> | Kelli Lusk      | 36:38 Richard Bolt    | 28:17 |
| <b>35- 39</b>  | Barb McManus    | 44:42 Todd Walker     | 35:37 |
| <b>40 - 44</b> | Annie Schultz   | 46:08 Jim Schultz     | 36:48 |
| <b>45 - 49</b> | Holly Brouker   | 58:08 Shaun Sutliff   | 38:10 |
| <b>50 - 54</b> | Cynthia Gardner | 57:55 Rob Higley      | 35:47 |
| <b>55 - 59</b> | Carol Kane      | 47:25 Bob Worsham     | 45:16 |
| <b>60 - 64</b> | Jan Marcotte    | 1:15:02 John Pelton   | 40:03 |
| <b>65 - 69</b> |                 | Jack Quinn            | 51:24 |
| <b>70 - 75</b> |                 | Richard Busa          | 59:13 |

Members of this year's Pittsfield Boys X – Country Team are: Dave Leydet, A.J. Piper, Adam Schwarz, Ian Schwartz, Zach Gordon, Dustin Burdette, Shawn Robbins, John Wiechecki, Rich Dombkowski, Steve Uliasz, Clark Cianfarini, Adam Rose, Andy Toth, Eric Jester, Paul Belanger, Dan Light, Ben Krol and Tim Harrison.

# UNITED STATES SNOWSHOE ASSOCIATION

## *The Tubbs Vermont State Snowshoe Championships Presented by NEOS & the Nike ACG Northeastern Regional Qualifier*

Saturday January 24<sup>th</sup>, 2004 Champlain Valley Exposition & Fairgrounds Essex Junction, VT

### 10km (5.8 miles) Results

|                         |       |     |                   |
|-------------------------|-------|-----|-------------------|
| 1. Rich Bolt            | 32:16 | NH  | 1st Open Male     |
| 2. Eric Morse           | 33:57 | VT  | 2nd Open Male     |
| 3. Mark Churchill       | 34:04 | VT  | 3rd Open Male     |
| 4. Kevin Tilton         | 34:10 | NH  | 4th Open Male     |
| 5. Dan Verrington       | 34:58 | MA  | 1st Master Male   |
| 6. James Pawlicki       | 35:12 | MA  | 5th Open Male     |
| 7. Keith Woodward       | 36:19 | VT  | 1st Senior Male   |
| 8. Dave Dunham          | 36:31 | MA  | 6th Open Male     |
| 9. Joel St. Louis       | 36:37 | CAN | 2nd Master Male   |
| 10. JF Lindsay          | 37:00 | CAN | 7th Open Male     |
| 11. Matt Dougherty      | 38:20 | NY  | 8th open Male     |
| 12. Jennifer Rapaport   | 38:24 | MA  | 1st Open Female   |
| 13. Britt Brewer        | 38:40 | MA  | 3rd Master Male   |
| 14. Nikki Kimball       | 38:44 | NY  | 2nd Open Female   |
| 15. David Loutzenheiser | 39:59 | VT  | 9th Open Male     |
| 16. Sebastien Trombley  | 40:01 | CAN | 1st Junior Male   |
| 17. Kara Haas           | 40:24 | VT  | 3rd Open Female   |
| 18. Ed Myers            | 41:40 | PA  | 2nd Senior Male   |
| 19. Angie DeFilippi     | 42:02 | VT  | 4th Open Female   |
| 20. Andy Bishop         | 42:25 | VT  | 10th Open Male    |
| 21. Kent Murdick        | 43:06 | VT  | 11th Open Male    |
| 22. Phil Borgese        | 43:19 | NY  | 4th Master Male   |
| 23. John Pelton         | 43:20 | VT  | 1st Veteran Male  |
| 24. Matt Murawski       | 44:21 | VT  | 12th Open Male    |
| 25. Zeke Zucker         | 44:31 | VT  | 3rd Senior Male   |
| 26. Jules Pelerine      | 45:06 | NY  | 13th Open Male    |
| 27. Derek Hammel        | 46:40 | VT  | 14th Open Male    |
| 28. Stu Douglas         | 47:12 | NY  | 15th Open Male    |
| 29. Sandy Rasco         | 48:34 | NY  | 1st Master Female |
| 30. Dave Delano         | 48:37 | NY  | 4th Senior Male   |
| 31. Hal Needham         | 48:54 | NY  | 16th Open Male    |
| 32. Linda Hallinger     | 50:16 | VT  | 1st Senior Female |
| 33. Charles Dupuy       | 51:32 | CAN | 17th Open Male    |
| 34. Patricia Driscoll   | 54:00 | VT  | 2nd Master Female |
| 35. Chary Griffin       | 56:16 | NY  | 2nd Senior Female |
| 36. Jo-Ann Spinelli     | 56:52 | NY  | 3rd Senior Female |
| 37. Ingrid Bashaw       | 59:16 | NY  | 4th senior Female |
| 38. Wayne Nicoll        | 60:43 | VT  | 2nd Veteran Male  |

### **CENTRAL MASS STRIDERS RACE REPORT**

At 6 AM Weather.com listed the temperature in Essex Junction Vermont at -13 degrees, a bit chilly for the Northeast Qualifier for the USSSA National championships. CMS sent a mix of veterans and first timers to test themselves on the 2 loop 10k course. Three hours at 80+ mph got some of the "southerners" to the Fairgrounds with plenty of time to view the course prior to the race.

The course was a very fast loop with a number of sharp turns which were excellent for checking out the competition.

Unfortunately snow has been sparse this winter and the course could easily be run in training flats. Despite the few icy patches and a little bit of bare ground, the solid packed snow pointed to very fast times. At the 1:00 start time the temperature had climbed to a mild zero degrees with a light breeze. During the final preparations I cornered Rich Bolt and asked him what his plan was. "... I hope to take it out hard and get a lead early". He did just that clearly out in front by the first turn 200m into the race. Bolt was never challenged as he ran even times for both loops and cruised to a victory by nearly 2 minutes.

Eric Morse went out cautiously, testing the waters and passed Mark Churchill early in the second lap. Morse said "I hoped he was running the 5k, but when he didn't drop after the first lap I went after him". He took the silver by seven seconds and swore that this would be "my first and last snowshoe race". After a bit of cajoling he committed to going to Squaw Creek for Nationals.

Dan Verrington commented that his main goal was to "stay ahead of Woodward". Keith Woodward is one of the top 50+ runners in the country, a former Mt Washington champion, and past National Snowshoe competitor. Jim Pawlicki tried to "stay on Dan for as long as I could, I knew he'd finish strong". He felt he was "fortunate that five of the guys from the WMAC series didn't show up". Verrington slowly edged ahead of Pawlicki taking 5th overall and first Master. Pawlicki came in 14 seconds later to take 6th.

Dave Dunham began the race behind a pack of fast starters and slowly moved through the pack. "I felt awful out there. Woodward surprised me when he went flying by" stated Dunham. Dunham ran the second lap in Woodward's wake taking 8th place, 12 seconds behind the top senior. "I think the best thing about today was getting a hug from Angie AND Nikki". smiled Dunham. "It was great to see my friends and teammates do so well" he added.

On the ladies side, Jennifer Rapaport held back until the second loop. Passing CMS's Nikki Kimball on one of the slight downhill sections. Rapaport noted that "Nikki and Kara went out really hard, but it's a 10K". She also stated that "Nikki is a very strong runner, but a speed course like this is to my liking". Kimball is a veteran of Snowshoe racing and one of the top Ultra runners and Mountain runners in the country. She finished strong placing 14th overall, 20 seconds behind Rapaport. Kara Haas took the bronze medal finishing 17th overall. Each of the ladies is planning to attend the Nationals on March 7th. The second (and final) Eastern qualifier will take place on February 7th at Northfield Mountain (Northfield MA).

*Dave Dunham*

# UPCOMING RACE APPLICATIONS

SEND WITH FEE MADE OUT TO: Dave Dunham 108 Ferry RD, Bradford MA 01835

## PLEASE ENTER ME IN THE NORTHFIELD MTN SNOWSHOE RACE / Feb 7, 2004

### USSSA East Regional Qualifier

NAME \_\_\_\_\_ AGE \_\_\_\_\_

GENDER \_\_\_\_\_ NEED SHOES? \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

EMAIL \_\_\_\_\_

PHONE \_\_\_\_\_

ENTRY \$ \_\_\_\_\_ \$10 PRE-ENTRY

DAY OF \$ \_\_\_\_\_ \$15

TEAM \_\_\_\_\_



Waiver: I understand that running a race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in the event including, but not limited to: falls, contact with other participants, the effects of weather, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of acceptance of my entry: I hereby, myself, my heirs, executors, administrators, waive and release any and all rights and claims for damages I may have against Northfield Mountain, USA track and Field, Dave Dunham, race sponsors, their agents, representatives, successors, and assign for any and all injuries suffered by me on the way to take part in the race, during the race, and leaving the scene of the race. I ASSUME ALL RISKS ASSOCIATED WITH THIS EVENT. The use of Headphones and/or baby strollers are strictly forbidden.

Signature (parent if under 18) \_\_\_\_\_ Date \_\_\_\_\_  
 \*\*\*\*\*

SEND WITH FEE TO: LAURA CLARK 91 LOUDEN RD SARATOGA SPRINGS, NY 12866

## PLEASE ENTER ME IN CAMP SARATOGA SNOWSHOE RACE / FEB 14, 2004

NAME \_\_\_\_\_ AGE \_\_\_\_\_ DOB \_\_\_\_/\_\_\_\_/\_\_\_\_

GENDER \_\_\_\_\_ NEED SHOES? \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

EMAIL \_\_\_\_\_ PHONE \_\_\_\_\_

ENTRY FEE ..... \$ \_\_\_\_\_ \$17 w/shirt  
 \$ \_\_\_\_\_ \$20 Day Of  
 \$ \_\_\_\_\_ \$24 for Winterfest and Camp Sar  
 w/ 1 Shirt

TOTAL AMOUNT ENCLOSED..... \$ \_\_\_\_\_

In consideration of this entry being accepted, I hereby for my heirs, executors and assigns waive and release any and all claims for damages I may have against the director, sponsors, their representatives, property owners, successors, or assigns for any and all injuries suffered in said event.



Signature (parent if under 18) \_\_\_\_\_ Date \_\_\_\_\_