

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 2nd 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) for updates or send an email to: dave.dunham@verizon.net.

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

On January 10th, a hardy handful of WMAcCers 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

5th 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

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

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 34th 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

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 anyplace 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

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