

SNOSHU-NEWS

AND WE'RE OFF...FINALLY!

After enduring a green Christmas and a February thaw in January, the WMAC fleet of Dion Snowbunnies were chomping in frustration at their velcro bindings. No longer able to be reined in, they probably would have run Greylock on bare dirt. Fortunately, they didn't have to. While the puddly ice created less than ideal conditions, the deciding factor was SNOW. At long last!

Driving to Greylock Glen, however, took a big bunny leap of faith, since many of us had to travel for at least an hour before brown fields surrendered to winter. For race director Paul Hartwig, the faith factor was even more crucial. Despite the fact that only thirteen pre-registrants felt confident enough to place their bets on snow, Paul carried on like there were at least fifty Snowbunnies waiting to toe the line. He bought the hot dogs, ordered the Tshirts and proceeded to survey the usual course. He soon discovered that the Beaver Family and their extended relations, all sworn enemies of the Snowbunny Clan, had sabotaged his efforts. Over-industrious as always, they held a dam building contest which flooded the trails, creating a slick surface that defeated even 2005 hinged crampons. After Stephen Hartwig's vehicle sank into one of Beaver's many traps, he decided that discretion is the better part of valor and proceeded to design a new, possibly 3.5 mile course. He cinched the deal by paying proper respect to wedding white folklore: "something old" (selected portions of the original trail), "something new" (previously undiscovered trail), "something borrowed" (parts of the Covered Bridge course), and "something blue" (guaranteed blue snowflake Tshirts for the faithful thirteen).

With the Beaver Wars now firmly settled in the Snowbunnies' favor, sixty-five participants decided that January 15th was a good day to run. Some South Florida bunnies, attracted by the unusually balmy temperatures at the Glen, attempted the course for the first time. Habitual Greylockians soon shed their customary boots and long underwear for sneakers and sunglasses. While first-timers had no trouble following the well-marked course, Greylockians who investigated too much were in trouble. Were they on the old course, the new course or the Covered Bridge course? Should they run through the Covered Bridge or skirt around the periphery? Lured by the opportunity to nibble those tempting plastic flowers on the bridge, my two bunnies refused to listen to reason and dashed off to investigate. Fortunately, Bob Massaro reeled me in. I repaid him by passing him near the finish line.

Among the newcomers to this race were Stephen and Kathleen Judice and their almost four children. Stephen ingeniously mounted triple stroller seats on a toboggan so he could include his three little ones. Kathleen, eight months pregnant, trailed along behind, transporting child number four in a much more personal way. Stephen struggled with renegade bands of Beavers the entire way. For every step uphill, Beavers sent his team sprawling backwards. On several occasions the three passengers had to abandon ship and help push. While Kathleen lagged behind, she wasn't concerned. With Saratoga Stryder Dr. Maureen Roberts out on the course, she could count on full OB coverage. And Stryders are used to such blessed running events, having recently accompanied Aurora Lamperetta to the hospital in the middle of our Turkey Raffle Run.

Meanwhile, at the Greylockians' Gazebo headquarters, Paul Low and his wife Kelli Lusk clocked in as first man and first woman overall, respectively. Jim Carlson was voted "most improved" after having wisely switched his Bigfoots for a pair of sleek Dion bunnies. The final tally was Beavers 0, Bunnies 65, and hot dogs, all gone.

By Laura Clark

WMAC SCHEDULE 2005 "What's Left?"

Saturday, 02/05/05 3rd NORTHFIELD MTN	Northfield, MA 7.25 KM
Sunday, 02/06/05 6th SARATOGA WINTERFEST	Saratoga, NY 5 KM
Saturday, 02/12/05 3rd CAMP SARATOGA	Saratoga, NY 8 KM
Saturday, 02/19/05 8th HAWLEY KILN	Hawley, MA 7 / 4.5 Miles
Sunday, 02/20/05 BRAVE THE BLIZZARD	Guilderland, NY 5 KM
Saturday, 02/26/05 3rd COVERED BRIDGE	Adams, MA 3.5 / 8.0 Miles
Saturday, 03/05/05 5th MOODY SPRINGS	West Hawley, MA 5 or 6 or 9.0 Miles?
Sunday, 03/06/05 4th WOODFORD	Woodford, VT 3.5 Mile
Undetermined 8th NORTH / SOUTH POND	Florida, MA 3 or 4 Miles

We didn't get the early start we had hoped for, but lately it has seemed like winter, hasn't it?

As has been the case the last two years, our hopes are to bring you a dozen or so races



Laura Clark is actually smiling coming down the Shadow Trail at Curly's Record Run, 2005. Photo by Brad Herder.

MERRIMACK RIVER (NO)SNOW RACE

For the 2nd year in a row the fickle New England weather God's gave us snow (over 6") but took it away with temperatures in the 50's leading up to the race. Unlike last year, the course was left slick with icy spots and even some crusty snow on the gas line. Over 20 runners showed up to take the challenge and get a look at the latest version of the Dion snowshoes.

Times were slightly slower than last year due to the icy spots, including a treacherous crossing of the beaver dam which was coated with a thin layer of ice.

Richard Bolt took the overall victory (the day after winning the Sterling "Freezer Five" by over 3 minutes) with a strong sub 18 effort on the 3.3 mile mostly out and back course. 4th Place finisher Wesley Lassen ran in shorts and singlet!

Laurel Shortell won the women's race and continues her streak of consecutive WMAC races. Cathy Dunham picked up course markers as she ran and was the third finisher for the victorious CMS team.

CMS narrowly won the team competition beating the Merrimack Valley Striders and the Western MA Athletic Club by two and seven points respectively.

Thank you to the helpers at the race without whom I could not have held the race, Cathy Dunham, Dan Verrington, Alan Beebe and James Pawlicki. And everyone else who pitched in!

Dave Dunham

MERRIMACK RIVER 3.3 MILES Andover, MA January 02, 2005

<u>PL</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Points</u>
01	Richard Bolt	34	17:53	50.00
02	Mark Wimmer	33	18:32	47.62
03	Bob Kearns	34	19:44	45.24
04	Wesley Lassen	26	19:56	42.86
05	Paul Kirsch	38	21:27	40.48
06	Glen Swanbon	40	22:09	38.10
07	Jim Wilkinson	35	22:14	35.71
08	Bob Dion	49	22:24	33.33
09	Bill Morse	53	23:44	30.95
10	Rob Smith	37	23:13	28.57
11	Dave Geary	39	23:52	26.19
12	Gerry Caruso	45	24:00	23.81
13	Norm Sheppard	47	24:33	21.43
14	Ed Alibozek	42	25:33	19.05
15	Alan Beebe	55	26:35	16.67
16	John Loring	57	27:06	14.29
17	Richard Busa	75	32:00	11.90
18	Laurel Shortell	38	35:32	9.52
19	K. Karolczuk	52	38:50	7.14
20	Jack Kelleher	60	40:33	4.76
21	Cathy Dunham	39	46:37	2.38

A NEW KIND OF HURT

Getting tired of dodging black ice on the roads every winter? Have you memorized every pothole on the State Office loop yet? Then take your running off-road this winter and try the fastest growing winter sport: Snowshoeing! Although the mode of travel dates back 6,000 years or more, it wasn't recognized as a sport until 1998. Since then the sport has grown exponentially, capturing the devotion of runners looking for a way to hit the trail. Canadians, in particular, have taken to the sport at a frenzied pace. So much that they are lobbying to make the Snowshoe race an exhibition event at the 2010 Winter Olympics in Vancouver, British Columbia.

Last winter I tried snowshoeing for the first time, in search of a way to break up the monotony. I soon found out that the snowshoeing community was alive and well in the Western Massachusetts Athletic Club. The United States Snowshoe Association itself calls Corinth, NY home. So why haven't you tried it yet?

Probably because your clunky old pair aren't fit for recreational use. Snowshoes made for running are constructed quite differently from the traditional "tennis racket-style" you're likely familiar with. Racing snowshoes are made of aluminum alloy tubes, joined with a nylon/polyurethane decking, and attached by bindings that allow for greater flexibility. They are usually about 25" in length and weigh between 2 - 5 lbs. Manufacturers run the gamut of price and flashy options like titanium talons and sporty colors. Local favorite, Dion Snowshoes, can be borrowed at most local snowshoe events for free and feature one of the narrowest decks available, which promotes a more natural gait.

So how does running in snowshoes differ from the roads? They are surprisingly similar and I made the transition with little or no trouble. The most noticeable difference is the extra weight your hip flexors are forced to lift and the wider foot plant you must learn to adjust to. You learn the hard way to plant your feet further apart. After your first few sessions, you'll likely find dime-sized scabs appear on the insides of your ankles, or as I call them "stingers." Stingers are the result of the aluminum tube accidentally scragging your ankle. It stings. Thus the name I gave them. Besides the occasional stinger, I found it immediately gratifying to hit the trails of the Pine Bush amidst fresh powder or packed ski trail.

This may not be the best advertisement for snowshoeing, but I'll say it anyway. The hurt one feels from running is intensified on snowshoes. I have never felt a hurt like the hurt of a snowshoe workout. I feel it's a great way to give your knees a break during the winter months and cross train your leg muscles. It is also an absolute joy to witness the wonder of the wilderness in winter.

This February, the Albany area will get its first taste of snowshoe racing with the Brave The Blizzard 5k hosted by the Albany Running Exchange. Bob Dion will have free trial snowshoes available for use during the race. The course will enter the Pine Bush Preserve from Guilderland Elementary School's field and traverse mostly flat terrain for beginners. What more reason do you need? Okay, every first-time snowshoer will receive a complimentary goodie and chili and hot beverages will be available to everyone inside the gym after the race. Come and experience it for yourself. Take to the woods this winter on snowshoes!

Andrew Rickert

TOUGHING IT OUT AT GORE

The snowshoe course at Gore Mountain is always well marked. This is a good thing, since it is a work-in-progress, designed to keep competitors on their toes. The first year, billed as a 5K, it came up short. The following year, it acquired the necessary mile to make it a legal 5K. Several years and many new trails later, it has morphed into a 4.5 mile course taking 4.75 miles to actually complete. But who cares? This way there are surprises around every bend.

The first surprise comes as you turn your car into the Gore Mountain thoroughfare. On this road, even Bob Dion's van containing twenty pairs of loaner snowshoes plus assorted screwdrivers, would seem under equipped without all manner of skis and snowboards creatively draped around sturdy car scaffolding. A strategically placed army of parking attendants is on hand to siphon vehicles into multiple parking lots. And here is where Hansel and Gretel's cookie crumbs would have come in handy. While it was fairly easy to make your way to the main lodge, a castle-like formation perching on top of a slight hill, tracing your way back to your personal refuge/changing room could almost require a GPS.

While I had no trouble with the race itself (besides not being able to catch my breath), once in the lodge, I missed all those "runners are basically stupid" directional arrows. I spent a lot of time wandering around the multi-level structure dodging airborne skis and searching for the registration area and bathrooms. I decided that downhillers are much better at indoor mazes. (Bonus question: If it took me two tries to exit the building, how long do you think it would have taken Rich?)

Once at the start, I greeted the usual cast of characters: Dave Boles, Debbie Briggs, Norm Hecker, Sally Goade, Jeff and Elaine Lutzker, Phil Borgese and Jo-Ann Spinelli, Rick Morse, Robert and Chuck Tirmarchi....These people have stuck with the race over the years because whatever length it assumes it always presents a worthy challenge. Plus, the prizes are truly outstanding, and as my Mom would say, "something you can actually use." This time around, the course reminded me of Curley's Record Run (Pittsfield, MA), but a Curley's without as much downhill. After an initial honeymoon on a wide ski trail, we were funneled onto some winding single track and then UP. When I reached the top, three red-uniformed ski patrollers were there to congratulate me. They failed to mention, however, there was more than one huge hill. Inevitably, you'd conquer one summit, only to be faced with more red suits, a brief respite and then another long up. The children's song, "I climbed another mountain...to see what I could see...I saw another mountain..." replayed through my mind. And at every juncture where you could possibly make a wrong turn there were more red suits. There must have been at least twenty red rescue elves along the course. The only markers that I actually spotted were some orange poles erected to protect us from the skiers as we enjoyed a well-earned slide to the finish.

It always amazes me to discover this wilderness area in the heart of a big ski resort. There were twenty-six of us on the trail that day, along with the red rescue elves and a few cross-country skiers. Awards of gloves, scarves and fleece shirts as well as maple syrup raffle prizes lent a nice down-home touch. As we stood on the porch chatting and thinking about pancakes, I

glanced up at the long lift lines and couldn't help but think that we had just experienced the best of both worlds.

Laura Clark

Winterdance: The Fine Madness of Running the Iditarod, by Gary Paulsen. Harcourt, 1994. Reviewed by L. Clark.

Competitors at the USSSA Nationals in Anchorage, Alaska will also witness the pretend start of the Iditarod, the granddaddy of adventure races. But while these snowshoers will cheer for a full contingent of dog teams, the Anchorage start is a ceremonial, made-for-TV launch, covering only nine miles. Then the mushers unhitch their teams and transport them to the real start ninety miles away.

To get into the spirit of this ultimate adventure, read Gary Paulsen's *Winterdance*, a compelling account of his experiences training for and racing in his first Iditarod. His concise narrative, with nary an extraneous word, echoes the sparse beauty of this unique wilderness and is a fitting tribute to the men, women and dogs who focus their existence on this brief moment in time, as well as to the long-ago miners and settlers who depended on the Iditarod supply route. This route stretches 1,150 miles from Anchorage, in South Central Alaska to Nome, on the Western Bering Sea coast, a 10-17 day journey for the mushers and their teams.

While not many of us have driven a dog team, we can all identify with the Iditarod mindset. Gary Paulsen progresses from a lover of the outdoors to someone who spends all of his waking and many of his sleeping moments with his team. Like any novice, what he doesn't know could fill a book. His attempt to build a cohesive dog team, fashion a homemade sled and make the pilgrimage to Alaska hauling team and equipment in a barely functional truck, are often comic, always heroic. Once the actual race begins, he single-handedly leads an entourage of dog teams onto the wrong trail (sound familiar?), witnesses buffalo holding ice sliding contests, gets trampled by a moose and goes from being a vegetarian to ravenously sharing his dogs' meat patties.

Paulsen writes of the bond formed between the musher and his team, a bond which temporarily supplants all the other family ties of "normal" living. At one point, after being dragged down steep, rocky Dalzell Gorge, he was tempted to scratch his team. But he glanced at his lead dog, Cookie, alert and eager to run, and realized, "It was their race as much as it was mine, more so. They would run. I didn't have the right to quit." And at the end, after 1,150 miles, 17 days and 14 hours, he didn't want to come in, didn't want the beauty, the adventure and the team effort to end. But there was a crowd at the finish line. And his wife was there waiting for him. And so, like all trail racers, he came to the end of one journey, but the beginning of another.

Note: Gary Paulsen is known for his adventure stories, most especially for his "Brian" series. All of his adventures are based upon outdoor survival skills that he himself has practiced. While many of his writings are directed to a teen audience, don't let that keep you from sampling his books. They speak from the heart to all of us who have dared to follow their dreams.

6th ANNUAL GREYLOCK GLEN 3.5 MILE SNOWSHOE RACE

JANUARY 15, 2005

GREYLOCK GLEN

ADAMS, MA

01. Paul Low	31	0:27:14	100.0000
02. Rich Bolt	34	0:28:50	98.4615
03. Ben Nephew	29	0:29:18	96.9231
04. Elijah Barrett	28	0:29:32	95.3846
05. Greg Hammett	27	0:29:39	93.8462
06. Matt Cartier	29	0:31:07	92.3077
07. Josh Merlis	23	0:32:10	90.7692
08. George Adams	34	0:32:46	89.2308
09. Andrew Rickert	25	0:33:08	87.6923
10. Shaun Sutcliffe	47	0:33:15	86.1538
11. Jim Schultz	41	0:34:01	84.6154
12. Kelli Lusk	34	0:34:10	83.0769
13. Christophe Lanaud	37	0:34:22	81.5385
14. Dave Hannon	33	0:34:34	80.0000
15. Glenn Hammett	27	0:36:15	78.4615
16. Bob Dion	49	0:37:17	76.9231
17. Edward Alibozek	42	0:38:03	75.3846
18. Kelly Herrington	30	0:38:21	73.8462
19. Craig Brumwell	47	0:38:35	72.3077
20. Michele Tetreault	29	0:38:59	70.7692
21. Jan Rancatti	44	0:39:05	69.2308
22. Patrick Riley	26	0:39:07	67.6923
23. Mike Lahey	53	0:39:35	66.1538
24. Barry Braun	46	0:39:47	64.6154
25. Jay Kolodzinski	25	0:40:01	63.0769
26. Annie Schultz	41	0:40:41	61.5385
27. Todd Hagobian	35	0:40:53	60.0000
28. David Rice	42	0:41:10	58.4615
29. Tom Mack	40	0:43:19	56.9231
30. Ed Alibozek Jr	65	0:43:30	55.3846
31. Will Danecki	54	0:43:37	53.8462
32. Eddie Saharczewski	51	0:44:00	52.3077
33. John Kline	38	0:44:25	50.7692
34. Bill Morse	53	0:44:48	49.2308
35. Scott Bradley	50	0:45:22	47.6923
36. Carol Kane	59	0:45:26	46.1538
37. Eva Van Stratum	45	0:45:57	44.6154
38. Liz Schmitt	26	0:47:20	43.0769
39. Maureen Roberts	47	0:48:02	41.5385
40. Laura Clark	57	0:51:38	40.0000
41. Bob Massaro	61	0:51:47	38.4615
42. Brian Simon	34	0:51:53	36.9231
43. John Aldrich	46	0:52:26	35.3846
44. Jim Carlson	56	0:52:53	33.8462
45. Julia Magnusson	33	0:53:00	32.3077
46. Laura Morgenthaler	27	0:53:00	30.7692
47. Richard Busa	75	0:54:19	29.2308
48. Jacqueline Lemieux	38	0:55:05	27.6923
49. Sally Goade	46	0:55:38	26.1538
50. Mark Syrett	56	0:56:03	24.6154
51. Walt Kolodzinski	62	1:00:42	23.0769
52. Martin Glendon	58	1:01:51	21.5385
53. Dan Collins	50	1:01:52	20.0000
54. Denise Dion	47	1:01:53	18.4615
55. Ann Fisher	40	1:02:46	16.9231
56. Laurel Shortell	38	1:03:25	15.3846
57. Jeff Clark	58	1:17:09	13.8462

58. Konrad Karolczuk	52	1:17:10	12.3077
59. Gerry Beale	57	1:26:29	10.7692
60. Stephen Judice	33	1:29:56	9.2308
61. Kathleen Judice	34	1:44:34	7.6923
62. Julie Ryan	39	1:45:27	6.1538
63. Larry Dragon	44	1:45:28	4.6154
64. Ellen Mach	62	1:50:00	3.0769
65. Ann Dobrowolski	53	1:50:01	1.5385

2005 GLEN AGE GROUP CHAMPIONS

20 - 24		Josh Merlis	32:10
25 - 29	Michele Tetreault 38:59	Ben Nephew	29:18
30 - 34	Kelli Lusk 34:10	Paul Low	27:14
35 - 39	Jacq. Lemieux 55:05	Christophe Lanaud	34:22
40 - 44	Annie Shultz 40:41	Jim Shultz	34:01
45 - 49	Eva Van Stratum 45:57	Shaun Sutcliffe	33:15
50 - 54	A. Dobrowolski 1:50:01	Mike Lahey	39:35
55 - 59	Carol Kane 45:26	Jim Carlson	52:53
60 - 64	Ellen Mach 1:50:00	Bob Massaro	51:47
65 - 69		Ed Alibozek Jr	43:30
70 - 75		Richard Busa	54:19

TEAM RESULTS

01. CMS	06	(Low, Bolt, Nephew)
02. ENDURANCE	24	(Barrett, Hammett, Hammett)
03. ARE	29	(Merlis, Rickert, Lanaud)
04. TEAM PITTSFIELD	43	(Cartier, Schultz, Shultz)
05. WMAC / DIONS	54	(Dion, Alibozek, Rancatti)
06. WMAC / ADAMS	63	(Sutcliffe, Lahey, Alibozek Jr)
07. CMS MIXED	68	(Lusk, Brumwell, Van Stratum)
08. WMAC LADIES	96	(Tetreault, Kane, Clark)
08. EORC	117	(Kolodzinski, Massaro, Kolod.)
09. WMAC OUT / TOWN	128	(Danecki, Busa, Syrett)
09. WMAC SOUTH	130	(Bradley, Aldrich, Glendon)
10. SAR. STRIDERS	140	(Roberts, Carlson, Clark)
11. TEAM PANCAKE	146	(Magnusson, Morgenthaler, Fisher)
12. WMAC ADAMS II	191	(Ryan, Mach, Dobrowolski)

WOMEN

WMAC LADIES	96 pts	(Tetreault, Kane, Clark)
TEAM PANCAKE	146 pts	(Magnusson, Morgenthaler, Fisher)
WMAC ADAMS II	191 pts	(Ryan, Mach, Dobrowolski)

40+

WMAC DIONS	54 pts	(Dion, Alibozek, Rancattie)
WMAC SOUTH	130 pts	(Bradley, Aldrich, Glendon)

50+

WMAC ADAMS	85 pts	(Lahey, Alibozek Jr, Saharczewski)
WMAC OUT OF TOWN	128 pts	(Danecki, Busa, Syrett)

INCOMPLETE TEAMS: EMS BASE TEAM (G. Adams),
NETT (D. Hannon), TUBBS (S. Judice, K. Judice)

GREYLOCK GLEN 3.5 PLUS SNOWSHOE RACE: THOSE DAM BEAVERS!

Greylock Glen, January 15, 2005....well we FINALLY got our first snowshoe event off the ground. It wasn't easy. It seemed like we'd never get enough snow this season. North Pond got postponed. Merrimack became a shoeless race. South Pond became North Pond and eventually got postponed altogether. Greylock had too many ponds thanks to a group of industrious beavers that dammed up the whole original course. Paul Hartwig was thinking that all he had to worry about was having enough snow. He didn't count on those dam beavers. Seeing as the beavers and their work are protected, Paul reluctantly stowed the shotgun and the dynamite sticks and set about plotting a new course.

Busy beavers Paul and son Stephen crossed the road and proceeded to lay out a new course that was absolutely outstanding...if you have lungs of steel. The course started at the Gazebo, clackity clacked across the road, ran the Gould trail up to Cheshire Harbor trail and down behind the Mt Greylock greenhouses, across that great big beautiful meadow, clackity clacked back across the road and down to the Gazebo to finish. The ups were hard and the downs were fast. There was plenty of snow...just a bit of ice, a bit of slush and a bit of water crossings, but no big deal. If you stayed away because you thought the conditions would probably suck, you really lost out on this fantastic bright sunny, plenty-of-snow-on-the-course snowshoe kinda day. Ok, ok...so it was probably more than 3.5...that was a good thing!

Observations of the day:

Some of you people are still missing in action....COME ON!!...what's the matter with you! You all make it work!

It is totally astounding the amount of time and work and worry that Paul and son Stephen put in on this course...not to mention a snowmobile that ended up in one of the beaver ponds....just so we could have a wonderful romp in the woods.

First five overall got awards. For the women...Lusk in 34:10, then Tetreault, Schultz, Kane, Van Stratum and Schmitt. For the men...Low in 27:14, then Bolt, Nephew, Barrett and Hammett. No trophies, just nice little yummy cakes. CMS was the winning men's team while WMAC took the women's title.

This course must have been at least a half mile longer than the old course....most people were 2 minutes to 12+ minutes slower on this course.

Beth Herder worked the finish line while Brad took fantastic photos. Then Summer and Sierra took Brad for a walk. It is definitely easier to run these races than to work them.

Hot chocolate! Hot dogs and hot tofu pups...woof woof! Slugger Chow-DA! Judy Hartwig's yummy cookies!

Frozen snowshoers gathered around a half-barrel of fire. Richard got warned numerous times to be careful. Since he wasn't wearing mittens or snowshoes, we all wondered what else he could burn the tip off of.

If you think this race was tough, consider the Judice family...Steve was the dad who ran the course pushing 3 toddlers in a triple stroller sled....and mom Kathleen ran the course 8 mos pregnant ...they both ran the WHOLE course!

Gosh, Annie Schultz is back and she is extra fast! Maybe I should go and break my ankle!

Pete Lipka showed up fashionably late in his tweed overcoat. Very chic, Mr. Lipka.

If Mr. Alibozek Jr (Old Farmer Ed) starts whining and complaining to you on the start line that he can't breathe anymore and has become sooooo slow, just nod your head, give him a pat on the back and an empathetic look, then go check how far ahead of you he is in the results. Do you realize how old this man is?

Best sight of the day....Swanee running up the road to his car.....

Kaniac - January 2005

WMAC SNOWSHOE SERIES IS AGAIN POWERED BY



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Most improved snowshoer (wearing new Dion Snowshoes!) for the early going is Jim Carlson. Photo by Brad Herder.

3rd ANNUAL CURLYS RECORD RUN 4.0 MILE SNOWSHOE RACE

JANUARY 23, 2005

PITTSFIELD STATE FOREST

PITTSFIELD, MA

01. Shaun Sutliff	47	0:45:10	100.0000
02. Jim Schultz	42	0:45:14	97.8261
03. Bob Dion	49	0:48:07	95.6522
04. Jay Kolodzinski	25	0:49:30	93.4783
05. Alan Bates	56	0:51:10	91.3043
06. Annie Schultz	41	0:51:25	89.1304
07. Jan Rancotti	44	0:51:52	86.9565
08. Blaine Freadman	41	0:52:35	84.7826
09. Vi-Anne Barnes	29	0:52:57	82.6087
10. Bill Morse	53	0:52:59	80.4348
11. Mike Hickey	47	0:53:10	78.2609
12. Ed Alibozek Jr.	65	0:53:28	76.0870
13. Ed Saharczewski	51	0:53:31	73.9130
14. Paul Hartwig	48	0:55:10	71.7391
15. Rob Apple	14	0:56:25	69.5652
16. Skip Greb	61	0:57:15	67.3913
17. Chris Brown	30	1:00:35	65.2174
18. Laura Clark	57	1:01:15	63.0435
19. Theresa Apple	43	1:02:23	60.8696
20. Javier Dominguez	37	1:02:26	58.6957
21. Dave Gigliotti	44	1:02:40	56.5217
22. Butch Brennan	40	1:03:35	54.3478
23. Pete Lopez	40	1:04:21	52.1739
24. Cynthia Gardner	53	1:04:42	50.0000
25. Colleen Quinn	48	1:05:07	47.8261
26. Walter Kolodzinski	62	1:05:16	45.6522
27. Holly Brouker	50	1:05:32	43.4783
28. Jim Carlson	57	1:05:39	41.3043
29. Steve Scott	41	1:06:28	39.1304
30. Martin Glendon	58	1:06:40	36.9565
31. Jacqueline Lemieux	38	1:06:47	34.7826
32. Marilyn Hickey	46	1:11:09	32.6087
33. Chris Tobin	52	1:12:58	30.4348
34. Pat Rosier	46	1:12:59	28.2609
35. Jen Slonski	26	1:15:19	26.0870
36. Chris Reis-Fiegel	48	1:17:02	23.9130
37. Laurell Shortell	38	1:17:21	21.7391
38. Danielle Brennan	33	1:17:37	19.5652
39. Mark Syrett	56	1:17:48	17.3913
40. Jeff Clark	58	1:19:00	15.2174
41. Bill Glendon	58	1:21:18	13.0435
42. Lucimar Araujo	48	1:22:14	10.8696
43. Mary Kennedy	46	1:22:57	8.6957
44. Larry Bravo	53	1:28:28	6.5217
45. Dave Gafney	55	1:28:29	4.3478
46. June Roy-Martin	42	1:40:07	2.1739

2005 Curly's Record Run Ladies Champion Annie Schultz appears recovered from last seasons broken ankle!



Photo by Brad Herder.

2005 CRR AGE GROUP CHAMPIONS

13 - 15		Rob Apple	56:25
20 - 24			
25 - 29	Vi-Anne Barnes	52:57	Jay Kolodzinski 49:30
30 - 34	Danielle Brennan	1:17:37	Chris Brown 1:00:35
35 - 39	Jacq. Lemieux	1:06:47	Jav Dominguez 1:02:26
40 - 44	Annie Shultz	51:25	Jim Shultz 45:14
45 - 49	Colleen Quinn	1:05:07	Shaun Sutliffe 45:10
50 - 54	Cynthia Gardner	1:04:42	Bill Morse 52:59
55 - 59	Laura Clark	1:01:15	Alan Bates 51:10
60 - 64		Skip Greg	57:15
65 - 69		Ed Alibozek Jr	53:28

One of the young guys, Jay Kolodzinski, hurtles down the Shadow Trail for a 4th place overall!



Photo by Brad Herder.

TEAM RESULTS

01. WMAC Dion Shoes	22	(Dion, Rancatti, AlibozekJr)
02. Team Pittsfield	23	(Schultz, Schultz, Apple)
03. WMAC Adams	28	(Sutliffe, Saharczewski, Hartwig)
04. EORC + B. Morse	40	(Kolodzinski, Morse, Kolodzinski)
05. LegCramper	60	(Hickey, Dominguez, Scott)
06. Saratoga Striders	86	(Clark, Carlson, Clark)
07. WMAC Ladies	86	(Apple, Lemieux, Shortell)
08. WMAC South	110	(Glendon, Syrett, Glendon)
09. FLAC + Roy Girls	111	(Hickey, Tobin, Roy-Martin)

NEITHER RAIN, NOR SLEET NOR SNOW... (OR POSSIBLY ALL THREE)

On the fourth weekend of January, the Northeast was finally socked in with the first major snowstorm of the season. It didn't matter where you were -- Massachusetts, Connecticut, Vermont or New York -- everyone had plenty of snow. And what were the majority of the residents doing? Raiding the grocery stores for emergency beer and chips and, in one particular Albany Blockbuster, checking out over 8,000 videos. Thanks to Alarmist News, with scary weather updates every few minutes, citizens were now fully prepared for the "worst" Mother Nature had to offer. And what were fellow WMACers doing? Those who could get out of their driveways were packing their Dions, defying emergency road restrictions and heading out to Curley's Record Run.

Unless you have trekked over to the Pittsfield State Forest, you may well wonder why we didn't just open our doors and head outside. Wasn't there an abundance of white powder in our own neighborhoods? Couldn't we save our gas money and rent a video like the rest of the Northeast? But Curley's is different. Unlike most WMAC races where you go into the woods, wander around a bit and come out again, Curley's is more purposeful, with a clearly defined turn around at the top of the mountain. Perfect for people like Rich Busa and I who have a tendency to stray from the snowshoe tracks. At Curley's, if you're not headed up or down, you're heading the wrong way.* Like Northfield, Curley's also appeals to our Puritan work ethic, requiring a strenuous climb before the downhill reward. And even the reward part is tempered by a sobering, twisty crossover through the woods and back to the finish.

Beth Herder launched this race as a tribute to her Dad, Curley Voll, who holds the record for the downhill ski run on this black diamond trail. Today, Curley is the master of ceremonies, starting us off and greeting us at the finish. That takes some of the pressure off, since we know not even the top runners can hope to duplicate his time. And...since the uphill takes more stamina than speed and the downhill requires the courage to let gravity dictate speed, pre-race chatter centers mostly around equipment. Big or small cleats? Poles or empty hands for hugging trees? Winter survival gear or minimal wicking? While big cleats were pretty much a no-brainer, the remainder of the equation was more problematic. Poles can push you uphill, but are in the way going down. Clothing that feels too cozy at the start can turn sauna-like after two miles of steady uphill, while perfect uphill accessorizing can backfire into a bone-chilling descent. Basically, whichever way you choose, you can't win.

This year I took the less-is-more approach, only to discover that in ten-degree temperatures and accompanying wind chill, it turned out to be much less. But on the way up I felt great. Or as terrific as anyone can feel while walking vertically. To give us something to do besides pant, Brad and Beth placed many encouraging signs along the way. I remember one said something like, "Way to go, Jeff and K2!" But mostly I was working too hard to either read or comprehend the messages. Still, the sympathy helped a lot.

This year, too, I remembered how Edward is always grinning whenever he is captured on film, no matter if he is laboring

uphill or flying down. So for my 2006 resolution, I tried to look as if I were out for a walk in the park whenever I spotted Brad or one of his stealth cameramen. I may have missed out on renting one of those 8,000 Albany videos, but I got an even better deal -- powdery snow, fun, great company and the anticipation of reliving all those moments while viewing Brad's soon-too-be-released 2006 Curley's DVD.

* Correction: In a late-breaking news flash, I learned from Edward Alibozek that he, his Dad, Rich Busa and K2 tried for substitute Curley's points this past Thursday since they were snowed in for the actual race. (Don't you just love a club where if you are sick, snowed in or earning a living, you can still do the race later on and be credited race points?) Anyway, according to Edward, Rich managed to get lost, not once but three times. Going damn the torpedoes and full speed ahead like Rich likes to do, he missed the left turn into the woods from the downhill road section, ignored Tippi's and The Two Eds' footprints (OK—they did have the advantage--two 'eds are better than one) and headed straight down the road. Realizing his mistake, he headed back only to meet up with Konrad, who also ignored the footprints and proceeded to head downhill. Luckily, one of the Eds rescued them

Laura Clark

SIDE-HILLER 4.5 MILE AGE GROUP CHAMPIONS

20 - 24		Kevin Tilton	35:52	
25 - 29		Ben Nephew	33:23	
30 - 34		Rich Bolt	31:44	
35 - 39	Lily Cennamo	54:43	Jim Rollins	39:51
40 - 44	Jane Chauvin	62:30	Chris Misavage	45:43
45 - 49	Tracey Olafsen	53:03	Bob Dion	40:00
50 - 54		Jack Casey	40:39	
55 - 59	Linda Eldridge	80:26	John Loring	58:46
60 - 64		Bob Massaro	58:27	
70 - 75		Wayne Nicoll	61:55	

SIDE-HILLER 4.5 MILE TEAM RESULTS

CMS	7	(Bolt, Nephew, Tilton)
WHITE MTN MILERS	22	(Livingston, Kirsch, Misavage)
WMAC DION's	40	(Dion, Morse, Dion)
EORC	46	(Busa, Dion, Shortell)

Incomplete Teams: Club Northeast, Crank Racing

SIDEHILLER 4 MILER REPORT

When I did my very first snowshoe race at Northfield last year, I never imagined that I'd have the opportunity to direct a race a little less than a year later. Wow, am I totally hooked. What a great group of people I have had the pleasure of meeting as part of this snowshoe circuit. Now that Sunday night of this first NH Snowshoe weekend is here, marking the Sandwich course on Friday morning, marking Massebesic Friday night and racing on Saturday at Massebesic all seem part of a happy, tired blur.

I started out the day doing final markings on the course with Kevin Tilton and Jay Kolodzinski and thinking it would be a fast course as it froze up pretty solidly overnight. I was excited to come back from marking and see how many WMAC series regulars had made the trek up for the race- Rich Bolt, Ben Nephew, Jay and Walt Kolodzinski, Bob Massaro, Kevin Tilton, Jack Casey, Jeff Hattem, Dave Dunham, Laurel Shortell, Bill Morse and of course, Bob & Denise Dion. I was also excited to see so many first time racers from the local area who were curious about this sport.

When the race started, White Mountain Miler Tim Livingston showed up at the starting line in a racing singlet and shorts for his first snowshoe race. I thought he might get cold but it didn't seem to effect his time, demonstrated by his third place overall finish.

When the gun went off a little after 11 with the sun high in the sky, that really fast course got kind of greasy and made for some slow uphill climbs and slogging across some of the groomed ski trail. Ben Nephew and Rich Bolt immediately took off, followed closely by Kevin Tilton and Tim Livingston. Local runner Jim Rollins and Bob Dion dueled it out for 5th place, with Jim overtaking Bob on the last homestretch to the finish. Bob had looked pretty strong as he passed me like I was standing still at around the 2 mile mark in the woods.

Rich Bolt ended up winning the race in 31:44, coming in about a minute and a half ahead of second place finisher Ben Nephew. The top woman finisher was local and first time racer Tracey Olafsen who finished in 53:03. For the first ever NH Snowshoe weekend, Rich Bolt and Denise Dion took the honors for fastest overall cumulative times for the Massebesic and Sidehiller races.

The course was definitely longer than 4 miles, closer to 4.5 by Dave Dunham's walking estimate. I'm not sure of the exact distance but the hills certainly seemed a lot steeper than when I was out on the course on Friday. It was really good to see Dave out walking the course, slowly healing from his injuries.

Favorite memories of mine from the race:

1. Fred and Ruth Roselle, landowners of one section of the trail, who were sitting in beach chairs along the course watching the race as we passed by.
2. Local runner Jane Chauvin who said to me as she left "I get to go home and tell my husband I beat Dave Dunham."

Thanks to everyone who helped with the race- especially Bernie & Eileen Livingston, Mike Davis and Cat Kirsch for doing timing and registration; Kevin Tilton & Jay Kolodzinski for marking the course; Dave Dunham & Rich Bolt for the flags and the spray paint and general support of NH Snowshoe weekend; Bob & Denise Dion for making the trip up with the loaner snowshoes, the Sidehillers

SIDEHILLER 4 MILER REPORT (CONT)

Winter Trails Club for grooming the course, cutting all of the stray branches and covering up all of the stone walls and the WMAC for giving us the opportunity to add 2 NH races to the snowshoe series.

See you all at Northfield!
-Paul Kirsch -- pkirsch@echoman.com

MASSEBESIC 3 MILE REPORT

Thank you to everyone who made it to the first annual Massebesic Snowshoe Race. We were fortunate to have super snow conditions and the unexpected benefit of indoor facilities. 47 finishers was a great turnout for a first year race. My only disappointment is that WMUR Channel 9 (Manchester) promised to show up and cover the race - that would have been great exposure for snowshoe racing. We did get 2 nice stories in the Manchester Union Leader in the weeks leading up to the race. The singletrack seemed to be really popular - I may add more and go 10k next year. We'll see - suggestion are welcome.

Congrats to power-couple Paul Low and Kelli Lusk, winners of the overall men's and women's races.

Special thanks to Dave Dunham for the timing, scoring and pictures. Kelly Northrop for the registration and finish help. Co-Race Director Paul Kirsch for the joint promotion and motivation to organize a snowshoe race. Kevin Tilton, Dave Dunham and Paul Kirsch for help setting the course. Ethan Hemphill, Ben Nephew, Dan Verrington and others for taking down the course. Thanks also to the Manchester Water Works for permission to use their land for the race. Thanks to the White Mountain Milers, WMAC, Dion Snowshoes and RedBull.

Richard Bolt

MASSEBESIC AGE GROUP CHAMPIONS

20 - 24		Kevin Tilton	23:13	
25 - 29	Steph Nephew	30:59	Ben Nephew	21:51
30 - 34	Kelli Lusk	25:09	Paul Low	21:18
35 - 39	Laurel Shortell	44:28	Paul Kirsch	24:38
40 - 44	Leland Fischer	44:11	Dan Verrington	23:03
45 - 49	Eva Van Stratum	33:13	Bob Dion	27:08
50 - 54		Jack Casey	27:48	
55 - 59		Alan Beebe	32:20	
60 - 64		W Kolodzinski	43:13	
70 - 75		Richard Busa	40:14	

TEAM RESULTS

CMS EAST	21	(Nephew, Verrington, Smith)
CMS NH	21	(Bolt, Tilton, Bernier)
CMS WEST	21	(Low, Maksimow, Lusk)
WMAC DION's	52	(Dion, Alibozek, Kolodzinski)
WMAC	115	(Busa, Dion, Shortell)

Incomplete Teams: Atlas, Colonial RR, Crank Racing, GBTC, Hartford TC, MVS - Tri Fury, Pancake, Tubbs, White Mtn Milers, Winners Circle

1st NEW HAMPSHIRE SUPERBOWL OF SNOWSHOEING WEEKEND

MASSEBESIC 5KM

Auburn, NH January 29, 2005

Place	Name	Age	Time	Points
01.	Paul Low	31	0:21:18	100.0000
02.	Ethan Hemphill	32	0:21:46	97.8723
03.	Ben Nephew	29	0:21:51	95.7447
04.	Richard Bolt	34	0:22:50	93.6170
05.	Dan Verrington	42	0:23:03	91.4894
06.	Peter Maksimow	26	0:23:07	89.3617
07.	Kevin Tilton	23	0:23:13	87.2340
08.	Stephen Judice	30	0:23:17	85.1064
09.	Chad Denning	29	0:23:59	82.9787
10.	Alan Bernier	30	0:24:07	80.8511
11.	Greg Colburn	27	0:24:22	78.7234
12.	Paul Kirsch	38	0:24:38	76.5957
13.	Rob Smith	37	0:25:01	74.4681
14.	Kelli Lusk	34	0:25:09	72.3404
15.	Chris Shatter	28	0:26:24	70.2128
16.	Bob Dion	49	0:27:08	68.0851
17.	Edward Alibozek	42	0:27:27	65.9574
18.	Jack Casey	51	0:27:48	63.8298
19.	Jay Kolodzinski	25	0:28:29	61.7021
20.	Matt Flanders	35	0:28:32	59.5745
21.	Erick Heckman	37	0:28:52	57.4468
22.	Craig Brumwell	47	0:29:05	55.3191
23.	Norm Sheppard	47	0:30:42	53.1915
24.	Stephanie Nephew	28	0:30:59	51.0638
25.	Kiyoshi Imai	47	0:31:25	48.9362
26.	Bill Morse	53	0:31:53	46.8085
27.	Steve Grande	50	0:31:55	44.6808
28.	Alan Beebe	55	0:32:20	42.5532
29.	Eva Van Strtum	45	0:33:13	40.4255
30.	Julia Magnusson	33	0:34:27	38.2979
31.	John Loring	57	0:35:17	36.1702
32.	Sharon Johnson	47	0:37:21	34.0425
33.	Walt Milne	41	0:37:51	31.9149
34.	Jeff Hattem	53	0:38:34	29.7872
35.	John Goldrosen	54	0:38:59	27.6596
36.	Richard Busa	75	0:40:14	25.5319
37.	Denise Dion	46	0:40:56	23.4042
38.	Shannon Flaugh	25	0:42:42	21.2766
39.	Bart Thol	28	0:42:43	19.1489
40.	Walt Kolodzinski	62	0:43:13	17.0213
41.	Leland Fischer	40	0:44:11	14.8936
42.	Laurel Shortell	38	0:44:28	12.7659
43.	Donna Allen	45	0:46:21	10.6383
44.	Marybeth Guiney	36	0:47:11	8.5106
45.	Konrad Karolczuk	52	0:47:25	6.3830
46.	Michele Peterson	41	0:53:03	4.2553
47.	Christine Dubois	48	0:53:07	2.1276

Beautiful directing from Rich Bolt and Paul Kirsh on this first weekend of snowshoeing in New Hampshire! Let's hope we can participate at these two locations again next season!

SIDEHILLER 4.5 MILER

Center Sandwich, NH January 30, 2005

Place	Name	Age	Time	Points
01.	Richard Bolt	34	31:44:00	100.0000
02.	Ben Nephew	29	33:23:00	96.4286
03.	Tim Livingston	31	35:23:00	92.8571
04.	Kevin Tilton	22	35:52:00	89.2857
05.	Jim Rollins	36	39:51:00	85.7143
06.	Bob Dion	49	40:00:00	82.1429
07.	Jack Casey	51	40:39:00	78.5714
08.	Paul Kirsch	38	42:21:00	75.0000
09.	Steve Olafsen	48	43:16:00	71.4286
10.	Jay Kolodzinski	25	44:22:00	67.8571
11.	Chris Misavage	40	45:43:00	64.2857
12.	Bill Morse	53	48:17:00	60.7143
13.	Tracey Olafsen	49	53:03:00	57.1429
14.	Lily Cennamo	38	54:43:00	53.5714
15.	Andrea Masters	39	56:51:00	50.0000
16.	Bob Massaro	61	58:27:00	46.4286
17.	John Loring	57	58:46:00	42.8571
18.	Erik Cardel	32	61:16:00	39.2857
19.	Wayne Nicoll	72	61:55:00	35.7143
20.	Walt Kolodzinski	62	62:22:00	32.1429
21.	Jane Chauvin	44	62:30:00	28.5714
22.	Denise Dion	46	62:54:00	25.0000
23.	Jeff Hattam	53	63:23:00	21.4286
24.	Pam Urda	36	64:18:00	17.8571
25.	Nancy Frederickson	42	66:30:00	14.2857
26.	Dave Dunham	40	68:37:00	10.7143
27.	Laurel Shortell	38	72:32:00	7.1429
28.	Linda Eldridge	59	80:26:00	3.5714

Bob Dion leads Paul Kirsch early on at the Massebesic 3-mile



snowshoe race in Auburn, NH.. Bob provided loaner snowshoes for both New Hampshire events during the New Hampshire Superbowl of Snowshoeing weekend January 29th & 30th. Paul was involved in Massebesic and directed the following day's Sidehiller 4-miler in Center Sandwich.

Combined winners for the two events were Richard Bolt and Denise Dion, with lowest combined times over the two days.

PANTRY DOOR WISDOM

It must be the post holiday season. Every year after the holidays I run into more people who are in a funk. The funk seems to be getting worse each year. The media have been dramatizing tension and conflict where it exists and fabricating it where it doesn't exist. A lot of us have been disappointed in the holidays and have been left with a sense of emptiness and unfulfillment. Our energy has gone into expectations, either real or perceived. Memories of our childhood and simpler times when one simple present given or received meant so much is now replaced by so much materialism. The weather has sucked lately and everyone seems to be teetering on the edge of that proverbial cliff. Take a few steps back from the brink of the abyss. Repel those who have a death grip on your emotional sleeve as they commandeer your company on the long way down. And listen to my pantry door wisdom.

My pantry door wisdom is simply a gathering of quotes and sayings that have appealed to me over the years. Some are profound and some are dumb and some are profoundly dumb. Some have helped and some I don't know what the hell they mean. But they seemed to have come into my life at various times and found a place on my pantry door. At the risk of making a funk better or worse, these are a sampling of my pantry door wisdoms and how they might apply in the trail running world. I assume no responsibility for the correctness of the sources of these quotes and if I have been found to have plagiarized, too bad. Whatcha gonna do about it?

"Keep going, whatever, always"....Katherine Hepburn.
Nipmuck Marathon.

"Run like hell and get the agony over with"....Clarence DeMar, winner of the 1930 Boston Marathon.
All 5k snowshoe races.

"What doesn't kill me will make me stronger"....Albert Camus.
The Escarpment Trail Race.

"Mean People Suck"....unknown.
Those people who stomp on the backs of your snowshoes and then go around you.

"Don't ever settle"....Brian Foley.
Taking the bridge over, rather than through, Dunbar Brook.

"Work like you don't need the money"....unknown.
Refers to all our great volunteers.

"Rage against the dying of the light"....unknown.
A long trail race in which Richard Busa takes a wrong turn.

"I shut my eyes in order to see"....Gauguin.
The descents on the Soapstone Assault.

"If you look at someone long enough, you see the humanity in them"....unknown.
Karl Molotoris, RD of the unaided Breakneck Trail Race.

"All of us struggle with living"....Warren Anderson.
And getting up Bear Mountain at the start of 7 Sisters.

"Do or Do Not....there is no Try"....Yoda.
Savoy Trail Race.

"Don't let the bastards get you"....unknown.
All the people behind you in a race.

And lastly, don't ever forget to run:

Like gangbusters
Like nobody's business
Like it's going out of style
Like there's no tomorrow
Like it's your job
Like all get out
Like your pants are on fire

Zippity Doo -- Kaniac-Jan/2005

WMAC POINTS SERIES UPDATE BEST TWO OUT OF FIVE TOTAL

{Merrimack, Greylock, Curlys, Massebesic & Sidehiller}

NAME	AGE	POINTS	AVG
01. Paul Low	31	200.0000	100.00
02. Rich Bolt	34	198.4615	99.23
03. Ben Nephew	29	193.3517	96.68
04. Shaun Sutcliffe	47	186.1538	93.08
05. Jim Schultz	41	182.4415	91.22
06. Bob Dion	49	177.7951	88.90
07. Kevin Tilton	23	176.5197	88.26
08. Jay Kolodzinski	25	161.3354	80.67
09. Jan Rancatti	44	156.1873	78.09
10. Kelli Lusk	34	155.4173	77.71
11. Paul Kirsch	38	151.5957	75.80
12. Annie Schultz	41	150.6689	75.34
13. Jack Casey	51	142.4012	71.20
14. Edward Alibozek	42	141.3420	70.67
15. Bill Morse	53	141.1491	70.58
16. Ed Alibozek Jr	65	131.4716	65.74
17. Craig Brumwell	47	127.6268	63.81
18. Ed Saharczewski	51	126.2207	63.11
19. Laura Clark	57	103.0435	51.52
20. Rob Smith	37	103.0396	51.52
21. Stephen Judice	33	94.3372	47.17
22. Eva Van Stratum	45	85.0409	42.52
23. Bob Massaro	61	84.8901	42.45
24. John Loring	57	79.0273	39.51
25. Walt Kolodzinski	62	77.7951	38.90
26. Jim Carlson	56	75.1505	37.58
27. Norm Sheppard	47	74.6201	37.31
28. Julia Magnusson	33	70.6056	35.30
29. Jacqueline Lemieux	38	62.4749	31.24
30. Alan Beebe	55	59.2199	29.61
31. Martin Glendon	58	58.4950	29.25
32. Richard Busa	75	54.7627	27.38
33. Jeff Hattem	53	51.2158	25.61
34. Denise Dion	47	48.4042	24.20
35. Mark Syrett	56	42.0067	21.00
36. Laurel Shortell	38	37.1237	18.56
37. Jeff Clark	58	29.0636	14.53
38. Konrad Karolczuk	52	19.4506	9.73