

WMAC SNOSHU-NEWS

RICHARD BOLT LEAVES WMAC SNOWSHOE COUNTRY FOR OREGON

2007 will be the 10th season of an official WMAC racing series, and it looks like it will be the first season since 2000 that Richard Bolt will not be participating at the top of our pack. Rich and his wife Kelly recently moved from Nashua, NH to Beaverton, Oregon to pursue a unique business opportunity. We wish them well on their journey.

Rich is an excellent athlete who has excelled at every sport he has attempted. He has a deep love of the “great outdoors” and has been known to disappear for hours on end. I’ve had the great pleasure of being Rich’s teammate (CMS) and friend since 1995. We’ve had some great adventures such as:

- A run up, over, and around Mt Monadnock.
- A 50+ mile bike ride on various rail trails in NH.
- The 22 mile end-to-end run on the Wapack trail.
- A sunrise snowshoe run up Mt Wachusett.
- A sunset snowshoe run up and down Mt Kearsarge.

Rich also got in the water with me during my many injuries and we’d aqua-jog. We’ve traveled around the World together to various Mountain Races. If nothing else, Rich was willing to go anywhere and try anything.

Farmer Ed adds “...In 2000 I remember Dave Dunham showing up at races, and he always had this friendly guy with him, taking pictures. This was Rich, recovering from Lyme Disease, just keeping Dave company. I thought at the time that this must be some unique friend, traveling all that way just to snap a couple photos...”



Rich Bolt and Dave Dunham at the top of Mt Wachusett, March 2005.



Rich Bolt at USSSA Snowshoe Nationals, 2004.

Rich’s many accomplishments over the years include:

- Four top ten finishes at the U.S.S.S.A. Snowshoe Championships.
- In 2006 he finished fourth at the 2006 Snowshoe championships and tied with Paul Low for the WMAC Snowshoe Series Title.
- He finished tenth at the 2005 Mt Washington Road race.
- In 2003 he was the eighth place finisher at the U.S. National Snowshoe Championships in Salt Lake City, UT and the WMAC Snowshoe Series overall winner.
- Richard ran in the 2002 World Mountain Running Championships in Innsbruck, Austria placing 91st.
- Rich was also a member of the 1999 and 2002 Teva U.S. Mountain running team. He has been the Team leader for the Teva U.S. Mountain Running Team from 2003 – present.
- Rich also serves as the USATF NE mountain chair.

His personal bests include:

- 1 mile – 4:19 5k – 14:49 10k – 31:06

Some of his other accomplishments include:

- 1992, 1994 & 1998 U.S. Olympic Trials in Cross Country Skiing.
- 1997 World Duathlon Championship Team.
- 1987 New York State High School Cross Country State Champion.

RICHARD BOLT LEAVES WMAC SNOWSHOE COUNTRY FOR OREGON

Rich leaves us (hopefully temporarily) as WMAC's 8th all time points leader, with 2454 total points acquired at 26 WMAC Snowshoe Race Series Events. Rich won a total of 13 WMAC Events during the 2003 – 2006 seasons, as well as many additional Non-WMAC Snowshoe events. He is the current course record holder at the following WMAC events:

RACE	YEAR	TIME
• Camp Saraotoga	2003	30:50
• Curly's Record Run	2004	28:17
• Sidehiller	2005	31:44
• Hawley Notch	2005	25:59
• Hallockville Pond	2006	36:43
• Frosty's Dash	2006	20:10

Rich has been in some very intense snowshoe battles during his time with us. Rich has won a tremendous amount of races, but he also has the most memorable 2nd place finishes ever recorded during our history.

2002 Saratoga Winterfest (perhaps fastest snowshoe race ever)
Leigh Schmitt 18:48 - Rich Bolt 18:51

2003 Curly's (one day after winning Lake Placid 10Km)
Leigh Schmitt 30:06 – Rich Bolt 30:08

2003 Woodford Race (sprint to the finish with Dave Dunham)
Dave Dunham 25:18 – Rich Bolt 25:22

2003 Moody Spring 9-miler (together almost the entire way)
Leigh Schmitt 1:18:06 – Rich Bolt 1:18:20

Rich's wins tended to come in succession. During the 2003 season he dominated the month of February with big wins at:

Saratoga Spa Camp Saratoga Hawley Kiln

Through the 2004 season, it was again the late January into February dominance:

Curlys Northfield Mtn Camp Saratoga

2005 had Rich winning his most (4) WMAC events in a season:

Merrimack Sidehiller Hawley Notch Hawley Kiln

During our last year, he won three more times:

Woodford Hallockville Pond Frosty's

Rich was helpful with our race series, organizing his own event "Massebesic" in 2005 as well as helping out at the Sidehiller event that year also. Rich has been a helping hand to Dave Dunham at Merrimack River and Northfield Mountain, and he has been a really good ambassador to the sport. I know that our loss will be a huge benefit to the state of Oregon, whether it's mountain running, trail running or snowshoeing. Good Luck!

Written material by Dave Dunham.

*Photos on previous page provided by Dave Dunham.
Photo on this page by Gary Bridgman.*



At the Start of 2003 South Pond Shuffle

'06 WMAC SERIES RACES/ WINNERS

Woodford 3.5 Miles Rich Bolt	Woodford, VT 12/18/05 Janelle Harris
North Pond 3.3 Miles Paul Low	Savoy/ Florida, MA 01/07/06 Kelli Lusk
Greylock Glen 3.5 Mile Paul Low	Adams, MA 01/28/06 Kelli Lusk
Hallockville Pond 4.5 Miles Rich Bolt	Hawley, MA 02/04/06 Kelli Lusk
Saratoga Spa Winterfest 5KM Ken Clark	Saratoga, NY 02/05/06 Jennifer Bower
Brave the Blizzard 3.5 Miles Josh Merlis	Guilderland, NY 02/11/06 Kara-Lynn Kerr
Frosty's Dash 5Km Rich Bolt	Atkinson, NH 02/12/06 Denise Dion
Hawley Kiln 5Km Paul Low	Hawley, MA 03/04/06 Kelli Lusk
Curly's / T-Bolt 3 Miles Bob Dion	Adams, MA 03/05/06 Mary Parkman

Locations were moved, dates were moved, yet we made it! One nice thing, Hallockville, T-Bolt and Frosty's may be keepers!!

MORE W.M.A.C. SNOSHU-NEWS

“FROM THE BARNYARD 2006”

The DRAGON Award: Overall Male Champion for 2006 is a tie between **Rich Bolt** and **Paul Low**, with perfect 300-points each. Rich won at Woodford, Hallockville Pond and Frosty's; Paul won at North Pond, Greylock Glen and Hawley Kiln. Head to head, Rich finished ahead at Hallockville and Paul was ahead at the Bolton Valley National Championship. Rich had been a previous champion for the 2003 season, and Paul had been our 2005 champion.

The LAUREL Award: Repeating for the third consecutive season (2004 – 2006) is **Kelli Lusk**. Kelli finished the season undefeated (again), with her finishes being 11th, 11th and 11th overall. At Bolton Valley Nationals, she was 2nd overall woman.

Our list of WMAC Snowshoe Champions is as follows:

1998	Bryan Dragon	Laurel Rollins
1999	Ken Clark	Beth Herder
2000	Ken Clark	Beth Herder
2001	Leigh Schmitt	Carol Kane
2002	Leigh Schmitt	Deb Livingston
2003	Richard Bolt	Sheryl Wheeler
2004	Ben Nephew	Kelli Lusk
2005	Paul Low	Kelli Lusk
2006	Rich Bolt/ Paul Low	Kelli Lusk

MEN'S SOY (SNOWSHOER OF YEAR): **Paul Low** won our SOY award for the second year in a row. This was also the second time he has been 2nd at the US National Championship. I thought all was aligned for him to win Nationals next year in his home state of Michigan, but it looks as if the Nationals may be in Minnesota instead.

WOMEN'S SOY: **Kelli Lusk** wins the SOY award again. Not only is she a fantastic snowshoer, but also serves the USSSA BORAD. Kelli is a big help to the sport of snowshoeing.

MEN'S ROY (ROOKIE OF YEAR): **Dan French** came away with the votes for ROY. Dan was consistently around the top ten all season, and is a welcome addition to the series.

WOMEN'S ROY: **Sheila Osgood** makes the biggest impression with a 2nd overall in the WMAC Series and Gold Medal at Nationals. Runners up are **Chelynn Tetreault** and **Maya Siri Wardara**, who won Gold and Silver at Nationals in their divisions!

PERFORMANCE BY NEW COMER: Mark Churchill runs 2nd or 3rd at just about all the WMAC races he enters this season, and finishes Bolton Valley in 5th, making the National Team!

POY (PERFORMANCE OF YEAR, MEN):

1. **Bob Dion** wins Curly's on Thunderbolt outright, his 1st snowshoe win in 8-years (1998's South Pond Shuffle), and somehow tops that by winning a Gold Medal at Bolton Valley USSSA Nationals.
2. All the people at Nationals wearing DION Snowshoe Gear, especially all those people who got to visit the Victory Stand. Thanks to the **Dion's, Bill Morse** and **Carol Kane** for providing many of us with the clothing!
3. **Rich Busa** at Frosty's Dash, finishing 9th out of 49 in a Blizzard. Of course, no one knows how long we searched for Rich's snowshoes afterward, tearing the van apart in the process... only to find out he had them draped over his shoulder the entire time.

POY (PERFORMANCE OF YEAR, WOMEN):

1. **Laurel Shortell** continuing to attend each event, braving weather and illness. This is 5-years without missing a WMAC event for Laurel, 52 straight.
2. **Sheila Osgood's** rookie season was pretty impressive. Winning a Gold was just incredible.
3. The **Race Director at Frosty's** gathered some votes, for making the first year race happen in a true blizzard!

OVERALL POY (PERFORM OF YEAR): The **Volunteer Crew at Northfield / Hallockville**, for allowing a race to happen so people could qualify for Nationals (when it seemed impossible).

K2 Award: The most improved snowshoer for 2005.

1. **Jim Carlson;** continues to get better year to year.
2. **Denise Dion;** won Frosty's this year.
3. **Jay Kolodzinski;** near the top ten all year and had a fantastic Nationals.
4. **Jessica Hageman;** had a couple 2nd place WMAC finishes for the ladies. Won WMAC Series Division and a Silver at Nationals.

The ERIN WORSHAM Award: “Most Lost” this season goes to the pack at Northfield/ Hallockville and Rich Busa's snowshoes at Frosty's. We also had a suggestion to label this “Most Found” instead of “Most Lost”.

FROM THE BARNYARD 2006

HANNON Award: **Laura Clark** practically wrote entire issues of snonews this season, and she ran away with this award.

BEVERLY Award: Top snowshoer over age 60, named after Leon Beverly, is **Carol Kane**, who won her second Gold Medal at Nationals as well as winning yet another WMAC Snowshoe Age Division Title. Runners up were **Bob Worsham** and **Bob Massaro**, both of whom won individual race age-group titles.

WOODFORD Award: Given to an over 65 year old in respect to the tag team of Pelton/ Quinn directing Woodford goes to **John Pelton**. John was at the top of the pack all season at our WMAC races, and won another Gold Medal at the USSSA National Championship.

SILVERBACK: **Richard Busa** is the Silverback. We even had a couple of suggestions to drop him into his own category to give someone else a chance.

The STREAK: **Laurel Shortell** has finished five consecutive seasons worth of events; 52 straight is the current record STREAK.

CURLY: **Dave Dunham** is the 2006 volunteer of the year for our snowshoe series. Dave puts a lot of work into the events in many ways, and his dedication over the last five or six years has been rewarded!

The following people have been removed from eligibility, as they have been winners of the Curly award previously and continue to do so much that we have decided to place them into the Curly Top Shelf category.

- **Beth & Brad Herder**
- **Bob & Denise Dion / Dion Snowshoe Company**
- **Edward Alibozek, Paul Hartwig and Ed Alibozek Jr**

COMEBACK OF YEAR:

- **Kenny Clark** missed time with us but returned to have a fine season in 2006. As Rich Busa says "...There should be some type of category that awards something to Ken Clark. He silently appears consistently in the top 5 or 10 at almost every race in which he competes.
- **Dave Dunham** had a rough injury riddled year in 2005, he came back with a vengeance in '06.
- **Walt Kolodzinski** continued to perform at every event, and continues to improve with the rebuilt knee.
- **Darlene McCarthy** took a little longer to recover from knee surgery than any of us expected, but she had a fantastic return to form this season.
- The Lead Gang at Greylock Glen who took a left turn instead of going straight across the road at ½ mile. They were called back and had to "come-back".

FROM THE BARNYARD 2006

BEST LOCATION: **Hallockville Pond** in Hawley-Dubuque, filling in for **Northfield Mountain**. This was an overwhelming favorite for location, with Greylock Glen again making the top two for another year.

RACE OF THE YEAR: **I Love Woodford** finishes at the top of the voting list for 2006 WMAC race of the year. This is the second time Jack and John have been honored; their previous time was 2002 when the race was held at Mt Prospect in Woodford. Northfield at Halockville Pond and Greylock Glen both finished tied for second, just one vote out of first! Our history of "Race of the Year" is as follows:

1996	Moby Dick
1997	Spruce Hill Climb
1998	South Pond Shuffle
1999	Hawley Kiln
2000	Saratoga Spa Winterfest
2001	Greylock Glen
2002	Mt Prospect at Woodford
2003	Curly's Record Run
2004	Covered Bridge
2005	Northfield Mountain
2006	I Love Woodford

FASTEST: The "two races without snow... **Brave the Blizzard** and **Saratoga Spa Winterfest**

SLOWEST: The Two earliest events, **Woodford** and **North Pond** were voted the slowest going for entire races.

TOUGHEST MILE: The entire first half of **Curly's Thunderbolt**, which climbed about 1200' in a mile and a half.

TOUGHEST RACE: **Northfield at Hallockville Pond** was voted the toughest overall race, due to competitiveness of the field, the quick climb at the start followed by a mile of "groomed downhill" that forced most to go all out, the tricky footing on the single track due to loss of snow with the 4" of rain the day before, and then the final ¾-mile climb up the road at the finish.

WHAT SHOULD WE DROP:

- WMAC Series Point Races on weekend of nationals, if we haven't already.
- More snow from the sky.
- Trou'

IMPROVEMENTS TO MAKE:

- It helps me if I know I've passed the halfway mark. Maybe a sign or multi colored ribbon to signify the halfway.
- If we could squeeze it in, make Curly's at the Glen (Thunderbolt) part of the series.
- Keep the 2 day NE challenge.
- Clone Ed about a dozen times.
- Get Moody Springs 9 miler back next year.
- If weather allows, more races at the 10km distance.

FROM THE BARNYARD 2006

COOKOUT OF THE YEAR: **South Face Farm Sugar House** was the favorite. Hopefully next season the winter cooperates a better and more of you get to enjoy this feature.

SCENIC WONDERS: In no particular order:

- South Pond in Fresh Powder.
- Shirtless Snow Angels.
- Frosted Trees at Greylock.
- Her Majesty Greylock, from the Glen.
- The Hawley Kiln and the Moody Spring, both of which helped me recover from injury.
- Bruce Kurtz' orange one-piece outfit.
- Curly smiling and helping at his race.
- Brad Herder's photos.

FAVORITE SECTION:

- The steep stuff just past Moody Spring at Northfield / Hawley.
- After Climbing at North Pond, the long steep downhill followed by the really long gradual downhill almost to the finish.
- The new finish at Greylock Glen, along the packed groomed road, where we were under the mountain's protection and able to run fast despite it being the end of a race!
- After getting through the gate toward the end of Woodford.
- Downhill on the Thunderbolt.
- After the climbing on the first half of Greylock Glen is over, the long wide downhill sections once we return headed south.
- The last ¾ mile on the Hawley Kiln finish, past the Beaver Pond, past the Kiln, and all downhill.

FUNNIEST MOMENT (s):

- Inadvertently teaching Tippi to tear up the surveyor flags I put out at Hallockville. *D Dunham*
- Rich Busa knocking Kristen Buckley over during the sprint to the finish at North Pond.
- It wasn't funny to me but running almost the entire race at Curly's with a broken right shoe and then having it come completely apart on the descent, finishing with the shoe in my hand. If Andy had stuck it out he would have beaten me on this one. *R Busa*
- Me locking myself out of my truck at Holyoke Mall on the way up to Winterfest. Then, after Kenny called Triple A I told Kenny to head home thinking I'd sit in the truck and wait. Fortunately, Kenny pointed out that my keys were still locked in the truck! *R Busa*
- Konrad saying after Frosty's, "Holy %^#\$, I've already finished and changed clothes and there are still people coming in behind me!"
- Trying to use the Porta-Pot at Woodford, with the floor consisting of frozen ice. It was ok until you tried to get up from sitting.
- Paul Wood qualifying for Nationals at Hallockville.
- There is still nothing funny about snowshoeing.

FROM THE BARNYARD 2006

OUT OF CATEGORY WRITE-IN VOTES:

- There should be some type of category that awards something to **Ken Clark**. He silently still appears consistently in the top 5 or 10 at almost every race in which he competes.
- **Bob and Denise Dion**. Always there, always helping with problems. Doesn't matter how cold it is, Bob's there in freezing cold with gloves off adjusting shoers gear. They are special and we are the fortunate recipients.
- The **volunteers**. Hey, we are toasty warm after the race but the volunteers have been out in the cold setting up and awaiting our arrival. I'd be all for chipping in a few bucks to give them their special night out.
- An award for **Rob Higley** for the great job he does with results and all that other computer stuff.
- Lastly, sainthood for **Paul and Edzu!**

WHAT WE REALLY DO WELL:

- Provide lots of fun for a good price.
- Bring it all together even when the weather says "no racing". Amazing ability to get a race "somewhere" no matter what. Great "Can do" attitude.
- Pictures & results are posted very promptly; plus, you're just friendly.
- People are kept informed and up to date on what is happening.
- This group really does a nice job making people feel accepted regardless of finish position.
- Here's my advice for next year - More snow! Other than that, I think you guys do a fabulous job with everything. I can't wait til next year. I went from 1 race two years ago, to 2 races last year, to five this year... I must be getting hooked. Keep up the great work and thank all the volunteers who make it possible!

**Don't "Not" Get Left Out In the Cold
OFF-SEASON SNOWSHOE MEETING!**

Saturday June 10th, 2006

Northfield Mountain Visitor Center

For everyone interested in any aspect of snowshoeing

**Directions: From Rt. 2 proceed North on Route 63.
The park entrance is 2 miles on your right.**

This meeting will take place after The Northfield Mountain
USATF New England Mountain Running Championship.
The Race starts at 9:00 A.M. It is 10KM distance.

'06 – '07 USSSA NORTHEAST REGION

Board of Regional Representatives

(NY, NJ, PA, MA, ME, CT, VT, RI, NH, DE, VA, WV, MD)

Kelli Lusk

Jim Tucker

Bill Morse

We would like to thank **Britt Brewer** for serving on the USSSA Board of Regional Representatives over the past year. Britt has participated at a couple National Championship Events, as well as supplying us at WMAC Series with Marathon Videos and Tee-Shirts over the past several years. If you were one of the luck ones to grab a “Marathon Survivor in Training” shirt at Greylock Glen or Hawley Kiln, you have Britt to thank.

Britt enjoyed his stay on the board, but a lingering injury made him think about how much time he could actually devote to training and snowshoeing. In the end, he felt that someone else who could stay more involved would better fit the organization. This was a very unselfish attitude to display.

Britt is currently in 62nd place for all-time WMAC points, with 769.12 total over 10 races. He is currently the 40 – 44 age group course record holder at the 8-Mile Covered Bridge Snowshoe Race, and always a top energy performer regardless of the event or distance. Thanks again, Britt, for serving our needs. We appreciate it!



Britt Brewer on the North Pond Snowshoe Course.

USSSA Nationals are tentatively scheduled for either March 3rd & 4th or March 11th & 12th, 2007. We will adjust our schedule accordingly if any changes occur.

2007 WMAC SNOWSHOE SCHEDULE
(1ST Draft Only)

Sunday, December 17, 2006 I Love Woodford	Woodford, VT 3.5 Miles
Saturday, January 6, 2007 Merrimack River Trail	Andover, MA 5KM
Saturday, January 13, 2007 North-South Pond	Florida, MA 5Km or 5 Miles
Saturday, January 20, 2007 Greylock Glen	Adams, MA 3.5 Miles
Sunday, January 21, 2007 Saratoga Mudslinger	Saratoga Sp, NY 5 Miles
Sunday, January 28, 2007 Curly's Record Run	Pittsfield, MA 4 Miles
Saturday, February 3, 2007 Northfield Mountain	Northfield, MA 9.25KM
Sunday, February 4, 2007 Saratoga SPA Winterfest	Saratoga Sp, NY 5KM
Saturday, February 10, 2007 Sidehiller	Center Sandwich, NH 4.5 Miles
Sunday, February 11, 2006 Frosty's Dash for the Cure	Atkinson, NH 5KM
Saturday, February 17, 2007 Camp Saratoga	Wilton, NY 8.25KM
Saturday, February 24, 2007 Hoxie-Thunderbolt Covered Bridge	Adams, MA 3.5 Miles 8.0 Miles
Saturday, March 3, 2007 Hawley Kiln	Hawley, MA 4 & 7 Miles

No Dates Yet

Brave the Blizzard Moody Spring/ Hallockville T-Bolt

QUESTIONS, LETTERS, etc

I would like to see that in the future, Nationals is a separate race for women and men. In past years it may not have been an issue since the number of runners was much less, but this year it was needed. Especially since the number of pre-registered runners were high.

Talking to a few other participants they said that would be essential for future events. This should be included in the application for future race locations that ONLY if needed, due to small field size, the races will be combined between the men and womens. Otherwise they should be separate.

Second, the placing of a person in their respective age category based on their age at the end of that year is a little odd. Why isn't it like a road race where the age category is based on the age of the day of the race?

Kellie Gregoire, NY