

# WMAC SNO-NEWS

## 1st MASSACHUSETTS 3.90-MILE SNOWSHOE STATE CHAMPIONSHIP

March 11, 2007

Northfield Mountain

Northfield, MA

PL	NAME	TIME	WMAC PTS*	TOWN/ ST	CLUB	
01.	<b>Paul Low</b>	<b>33M</b>	<b>0:32:40</b>	<b>100.00</b>	<b>Belchertown, MA</b>	<b>CMS</b>
02.	Dave Dunham	42M	0:35:14	95.83	Bradford, MA	CMS/WMAC
03.	Ethan Nedean	34M	0:36:45	91.67	Amherst, MA	
04.	Rob Smith	39M	0:38:02	87.50	Charlestown, MA	CMS
05.	Ken Clark	44M	0:39:59	83.33	Somers, CT	Shenipsit Striders
06.	Jay Kolodzinski	27M	0:40:18	79.17	Florence, MA	EORC
07.	<b>Kelli Lusk</b>	<b>37F</b>	<b>0:40:20</b>	<b>75.00</b>	<b>Belchertown, MA</b>	<b>CMS</b>
08.	Norm Sheppard	49M	0:43:45	70.83	Bedford, MA	
09.	Peter Malinowski	52M	0:45:18	66.67	Beverly, MA	
10.	Sheila Osgood	25F	0:45:33	62.50	Agawam, MA	EORC
11.	Howard Bassett	46M	0:47:57	58.33	Keene, NH	WMAC
12.	Richard Clark	53M	0:48:58	54.17	Feeding Hills, MA	GSH
13.	Mike Lahey	55M	0:49:02	50.00	Adams, MA	WMAC
14.	Ed Alibozek Jr	67M	0:50:50	45.83	Adams, MA	WMAC
15.	Jeff Hatten	55M	0:55:13	41.67	Natick, MA	Crank Racing
16.	Martin Glendon	60M	0:55:19	37.50	Windsor, MA	WMAC
17.	Bob Massaro	63M	0:56:26	33.33	Chicopee, MA	EORC
18.	Chris Johnson	49M	0:57:00	29.17	Pittsfield, MA	WMAC
19.	Ken Deary	54M	0:59:40	25.00	Dudley, MA	CMS
20.	Walt Kolodzinski	64M	1:02:41	20.83	Florence, MA	EORC
21.	Richard Hunt	67M	1:02:52	16.67	Auburn, MA	CMS
22.	Sherisa Sterling	54F	1:09:22	12.50	Ashburnham, MA	NMC/SQRR/WMAC
23.	Konrad Karolczak	54M	1:12:46	8.33	Windsor Lks, CT	WMAC
24.	Paul Hartwig	50M	1:12:46+	4.17	Adams, MA	WMAC <i>late start</i>

Overall Massachusetts State Champions for 2007 are **Paul Low** and **Kelli Lusk**, who were both undefeated on snowshoes in New England this season.

### Age Group Champions are as follows:

20 - 29	Jay Kolodzinski	Sheila Osgood
30 - 39	Paul Low	Kelli Lusk
40 - 49	Dave Dunham	Vacant
50 - 59	Peter Malinowski	Sharisa Sterling
60 - 69	Ed Alibozek Jr	Vacant

### Notes from Dave Dunham, Race Director –

“...It went pretty smoothly and we had a decent turn-out. Conditions were good and we did and out/back to the summit all on single-track snowshoe dedicated trails. We climbed 850' to the viewing platform and back in 1.95 miles (or a total of 3.9 miles). Fun stuff!”

**\*WMAC Points were added to all-time totals, but not included for the 2007 racing season.**

### Notes from Konrad Karolczak –

“...A nightmare category for the Barnyard Awards should be the scariest combination of race directors. My nomination would have to be Northfield Dave and Breakneck Karl. Dave would have us register ourselves, time ourselves, complete the results board ourselves, and then (he) would go on to win the race. Karl would offer us no aid, wouldn't mark the course, and would turn a deaf ear if we got lost. On the bright side, I have to admit that if you managed to finish such a course, there would be plenty of great Northfield Dave prizes and an abundance of Breakneck Karl's excellent food.”

### Added Note from Farmer Ed –

“...This one was important; not having it would mean no Northfield Mountain for the 2nd year in a row for the WMAC Racers... and we just couldn't have that. So "Thank You" to Dave for keeping it going! Paul Hartwig and I always say we hope for a dozen and if we get twenty racers, fantastic. Late in the year, this exceeded expectations!!”

Thanks everybody! Barnyard Awards coming next issue...

# The 2007 USSSA National Championships

## MAPLE GROVE, MINNESOTA

The springtime weather gods decided to make an appearance at the 7<sup>th</sup> annual USSSA National Snowshoe Championships in Maple Grove, Minnesota. For the entire three days that Rich Busa and I visited Minnesota we did not see a single cloud. The locals in the Minneapolis area seemed to be relieved to be finally freed from about 8 straight weeks of sub-zero temperatures. Despite the warm temperatures for race weekend, (40s), the substantially colder nights ensured that the tightly packed trails at Elm Creek Preserve, (the race site), would hopefully not go *soft* for race day.

On Friday morning, Rich and I headed to the race site to check out the course but were told that the course was open only to cross country skiers until 4:00 PM at which time the snowshoers would then be allowed on the course. So, *the living legend* and I traveled to the other side of the Preserve and snow shod on some groomed trails and even found some single track. The snow at that time of day was turning very soft especially in the areas exposed to the bright Minnesota sun. If race conditions were going to be the same as Friday, this race was going to be a real *workout*!

Elm Creek Preserve had miles of mainly groomed trails. When Rich, myself, and the Dions checked out the course at 4:00 PM, we found the single-track portions to simply be improvised diversions off of the main groomed trails. The three single-track portions in the race were considerably easier than anything that Hallockville or Greylock normally offer. It was during our 4:00 PM inspection of the course that we got *the word* from the *Dion* – deep cleats were the way to go for race day. Oh yes, and sunglasses!

Race day arrived like everyday that weekend – with a cobalt blue sky, no wind, and a nice freeze to the top surface of the snow. The snow would soften a bit by the time the men's 10K race started at 11:30 AM, but would still allow for some very fast times.

Before the men's race, the juniors and women had separate races. In the junior race, it was good to see the field heavily sprinkled with the now world famous orange scrape plates of the *Dion* "Sprints". *Dion* snowshoes seemed to be everywhere that weekend. A highlight in this regard was Nikki Kimball's easy victory in the women's race on a borrowed pair of *Dion*'s. Thank you, Nikki, for cheering on the men's race at the far end of the last single track about a mile from the finish.

This was the first year that the Nationals held a separate event for the women. Opinions about this seemed to range from "it's about time the women had their own race" to "both men and women find it helpful to race together so that they can gauge how they're doing with more competitors in the race." I think, however, that the separate women's race is here to stay for now!

WMAC icon Laurel Shortell participated in her 4<sup>th</sup> National Championship in Minnesota and was obviously *pumped* and *primed* to be part of the first separate women's race. In fact, she apparently was so excited to be on the starting line for this inaugural event, she completely forgot to attach her race number. When it was brought to her attention by a very observant race official on the starting line, it was too late for her to retrieve #118. I'm sure that the sound of the gun struck the *panic* mode for Laurel. As the gun sent the ladies off, I expected to see Laurel smiling as she went under the span of the footbridge about 100 yards from the starting line. The distraught look on her face was accompanied by a shout, "Bill, I forgot my number, -- it's in my black bag; can you get it?" I bolted into the nearby pavilion to find Laurel's bag and was promptly met by two race officials who I guess decided that my *Dion* apparel meant that I must know Laurel. I located a black bag at our table that I thought was Laurel's. I lucked out and found #118 in the first side pocket that I opened and handed it to the officials. Laurel retrieved her number as she came through the first 2k loop. Now she could enjoy the rest of the race! Laurel would eventually come very close to winning the Bronze medal in her age group and Denise *Dion* took home a Silver medal in her age group.

As usual, the men's race started with the lead runners taking off like they were shot out of a cannon. The wide-open expanse of the first 2 K loop allowed all competitors to see the race develop early on. The second 3K loop was a bit more challenging, but was primarily in the trees. I had my work "cut out" for me as my age group had the largest number of competitors. I guess my wave of *baby boomers* just wants to fight that aging process, or at least think that we are slowing that dreaded process. Like Laurel, this was my 4<sup>th</sup> Nationals and I think this course was the easiest and the fastest of the championship races I've done. It seems that the times support this. I managed to finish sixth in my age group. Congratulations to the Northeast/WMAC medal winners in the men's race: Britt Brewer – Bronze, 45-49; Bob *Dion* – Gold, 50-54; Ed Myers – Bronze, 55-59; John Pelton – Gold, 65-69; and, of course, Rich Busa – Gold, 75+.

Without snow in our region until February, I had doubts about attending the Nationals this year, but now I'm glad that I had the opportunity to participate in this event. The weather was spectacular; the camaraderie of the Northeast/WMAC group was comforting; and spending the weekend with the *living legend*, Rich Busa, never got boring. Rich's only complaint was that he was disappointed that his room at the upscale Northland Inn only had two huge TVs, but not a third TV next to the Jacuzzi.

The Rocky Mountain region is on tap for the 2008 USSSA Nationals!



**ALL TIME WMAC SNOWSHOE POINTS LEADERS 1998 - 2007**

<b>PL</b>	<b>NAME</b>	<b>RACES</b>	<b>TOT PTS</b>
1.	Bob Dion	68	5572.88
2.	Ken Clark	47	4253.22
3.	Edward Alibozek	48	3877.21
4.	Dave Dunham	41	3725.54
5.	Ed Alibozek Jr	60	3398.35
6.	Leigh Schmitt	33	3242.14
7.	Bob Worsham	39	2514.15
8.	John Pelton	34	2484.50
9.	Richard Bolt	26	2454.67
10.	Peter Lipka	44	2371.32
11.	David Boles	37	2312.94
12.	Laura Clark	61	2282.47
13.	Jay Kolodzinski	30	2245.33
14.	Paul Low	22	2183.78
15.	Dave Hannon	26	2163.97
16.	Paul Hartwig	44	2156.85
17.	Ben Nephew	23	2118.86
18.	Kelly Herrington	26	2071.45
19.	Richard Busa	69	1931.55
20.	Shaun Sutcliffe	23	1899.58
21.	Bill Morse	35	1891.61
22.	Carol Kane	35	1890.53
23.	Scott Bradley	31	1879.42
24.	Lawrence Dragon	36	1802.54
25.	Mike Lahey	27	1648.62
26.	Darlene McCarthy	32	1619.83
27.	Wayne Stocker	23	1613.23
28.	Kelli Lusk	19	1611.96
29.	Laurel Shortell	64	1573.09
30.	Jack Casey	20	1535.40
31.	Bob Massaro	47	1532.87
32.	Ed Saharczewski	26	1364.02
33.	Jim Preite	17	1290.06
34.	Rob Smith	17	1258.41
35.	Jim Schultz	14	1244.41
36.	Deborah Livingston	17	1233.32
37.	Jim Carlson	35	1215.33
38.	James Pawlicki	14	1199.19
39.	Ed Buckley	19	1193.37
40.	Bruce Marvonek	18	1175.29
41.	Nick Jubok	17	1148.69
42.	Patrick Riley	17	1133.72
43.	Christophe Lanaud	13	1105.85
44.	Elijah Barrett	12	1079.51
45.	Gregory Hammett	12	1076.14
46.	Karl Molitoris	17	1028.07
47.	Martin Glendon	32	1024.41
48.	Dave Wallace	12	1016.70
49.	Jack Quinn	17	1014.53
50.	Dan Verrington	12	1009.19
51.	Jacque Schiffer	15	985.67
52.	Jan Rancatti	13	958.61
53.	Jessica Hageman	19	957.66
54.	John Onderdonk	11	935.68
55.	Vincent Kirby	15	922.93
56.	Marc Lombard	15	907.22
57.	Konrad Karolczuk	70	878.71
58.	Seth Roberts	12	860.01
59.	Britt Brewer	11	850.15

<b>PL</b>	<b>NAME</b>	<b>RACES</b>	<b>TOT PTS</b>
60.	Walter Kolodzinski	34	849.60
61.	Matt Cartier	9	841.77
62.	Tom Mack	16	829.47
63.	Maureen Roberts	18	827.77
64.	Annie Schultz	13	822.63
65.	Larina Riley	16	813.87
66.	Bill Ross	14	800.91
67.	Denise Dion	34	785.47
68.	John Noonan	8	764.24
69.	Bryan Dragon	9	758.59
70.	Stephanie Nephew	12	746.99
71.	Alan Bates	10	738.05
72.	Michele Tetreault	10	736.55
73.	Mark Syrett	26	735.33
74.	Norm Sheppard	13	727.15
75.	Beth Herder	10	721.59
76.	Kennith Deary	18	716.77
77.	Mark Guillaume	8	715.94
78.	Will Danecki	15	685.23
79.	Rob Higley	8	676.15
80.	Jason Clark	7	656.54
81.	Norm Hecker	8	656.34
82.	Sheryl Wheeler	8	651.69
83.	Tracey Delaney	8	643.58
84.	Gregory Rems	8	636.61
85.	Lisa Schmitt	14	634.93
86.	Peter Malinowski	9	628.89
87.	Stephen Peterson	8	624.51
88.	Nico Scibelli	8	618.87
89.	James Ruddock	9	607.04
90.	Michael Robertson	7	588.27
91.	Tom Parent	8	586.40
92.	Richard Clark	9	585.47
93.	Paul Bazanchuck	8	582.00
94.	Mike Cohen	6	574.55
95.	Keith Schmitt	6	564.96
96.	Ed Myers	7	554.43
97.	Gareth Buckley	15	553.84
98.	Steve Mitchell	15	549.03
99.	Bob Irving	8	546.85
100.	Sheila Osgood	8	529.02
101.	Alan Bernier	6	525.91
102.	Barbara Sorrell	14	523.67
103.	Scott Livingston	6	522.27
104.	Jeff Hattem	19	522.08
105.	Jonathan Howes	16	515.63
106.	Peter Keeney	7	506.79
107.	Dan French, Jr.	7	502.84
108.	Ken Fairman	12	500.13
109.	Brian McCarthy	17	498.66
110.	Jacqueline Lemieux	14	494.86
111.	Tracy Van Dyke	6	493.91
112.	Marcia Whitney	8	490.52
113.	Thomas Skrocki	6	488.45
114.	Howard Bassett	8	487.47
115.	Eric Sanborn	10	482.29
116.	Sally Goade	17	478.41
117.	Thomas Denny	6	477.09
118.	Eva VanStratum	9	475.15