

# WMAC SNO-NEWS

## Brad Herder... "NOTHING SUCCEEDS LIKE EXCESS?"

I've made New Years resolutions before - stop drinking Coke, stop eating Ice Cream, Loose Weight, etc... and they never work. So this year, I decided to make a resolution I might be able to keep. Why not climb to the top of a mountain every day this year (or at least 365 times this year since I'm sure I'll miss some days, but can double-up occasionally to keep on schedule)?

So far (February 9<sup>th</sup>), I'm one summit ahead of the game. Almost all my trips have been to the top of the Pittsfield State Forest but I was getting a little bored with that, so on the eve of the Moody Spring Snowshoe race, I decided to XC Ski to the top of Mt. Greylock, the highest mountain in Massachusetts. On Saturday, Todd Howell, Beth and I made the 16 mile round trip in something over 4 hours. It was a very long and tiring day.

On Sunday, I woke up and just felt exhausted. I really didn't want to go to the race at all, but Beth told Ed she'd help out so we had to. I made Beth drive so I could close my eyes and rest on the way. Then I made her detour through Adams so we could stop at Cumberland Farms where I got a 32 oz. Coke, egg salad sandwich, York Peppermint Patty and some Peanut Butter M&M's. I drank/ate all of that except the M&M's (even though I'd already eaten breakfast). I was thinking this was a bad move, but I had an hour before I had to go "swimming" so... maybe I'll be okay.

After registering, I went out for a warm up and was so tired and bloated, I couldn't run, even WITHOUT snowshoes on. So, I just went for a walk and started visualizing how the race would go. I'll start at the back of the pack and just try to keep up with Konrad and Bill Glendon. I'll bring the M&M's if I need a little boost. I've run with Konrad before and it's always a good time.

So, here comes Ed to start the race. Oh boy. What fun this is going to be. I lined up at the back. Surprisingly, my brother-in-law, Steve Petke, who beat me by 4 minutes at Northfield, lined up with me. The race started and I was running along with Jackie Lemieux for awhile and Steve wasn't passing me. I know he's just going to toy with me till some point later in the race, but what can I do, he's in far better shape than me.

A young woman in a yellow windbreaker passed me (maybe Darlene Buttrick?) and I decided to follow her. She was setting a nice even pace. I was pretty much able to run everything I couldn't run in warmup which was weird. I hung on to the yellow windbreaker for awhile. We passed Martin Glendon, then Laurel Shortell (who beat me by 3 min at Northfield, but who did run a race in NH the day before) and caught up to a pack that included Old Farmer Ed Alibozek, Bob Worsham, Scott Bradley and John Aldrich. These guys are all formidable competition for me and I rarely (if ever) beat any of them. So I just wanted to hang out behind them and not let them know I was there.

I was fairly comfortable cruising along with the pack until a young woman with pig tails passed our whole group as we headed down a long downhill. Of course, Bob Worsham

couldn't let her get away. Next thing I know, everyone's sprinting to keep up with each other. I normally hate downhills, but the snow was perfect, it absorbed the impact yet was still firm enough to have good traction.

At the bottom of the hill, little Miss Pig Tails had burned us all out and disappeared off the front as the big climb of the day began. I was hot. John Aldrich and Scott Bradley started pulling away. I took off my jacket. Frank Gaval passed me. I took off my gloves and passed Frank back. But Frank passed me back. Rolled up my sleeves and Frank got away, but I started to get a gap on Worshamer and Farmer Ed. YES! Put my gloves in the jacket pockets.

As we hopped over some logs and stumbled through some mud at the turn-around, I was horrified to hear Farmer Ed say something to me. I thought I had a gap on him! Ugh! Laura Clark was awful close too, but I was pleased to see my brother-in-law was well behind. YES!

On the long downhill, I let loose and caught up to John Aldrich. While freewheeling past him, the snow was hitting my bare arms and cooling me off quite well! I could actually catch snow in my hands and hold it till it melted, which felt great. I put in a big surge to bridge the gap to Scott Bradley. I hate running alone and wanted to catch him before the bottom of the hill so I could follow him up, but my moment took me past him.

As soon as the terrain started back up, I had to walk. Up ahead, I could see Holly Atkinson for the first time.... and she was walking!!! And not very fast at that! I tried to run, but just couldn't keep it going. Karl Molitoris passed me. He was wearing shorts, big snowshoes and was walking very FAST. I went stride for stride with him the whole way up. I was breathing wicked hard, but we were making up ground on Holly, who I've never beaten. She was 4+ minutes in front of me at Northfield.

As we reached the crest of the hill, Holly and Frank were just in front of us. I passed Karl and put in a little sprint to bridge the gap. As soon as I got to Holly, she stepped over to the side, as if to say, go ahead. Ugh! I just wanted to follow her and recover, but passed her anyway. Now I was on Frank's back. After a few ups and downs, I was kind of feeling better, but passed Frank and put an end to that. The rest of the race was a struggle. Run a little, walk till I hear Frank coming too close, then run again... repeated that the whole way to the end.

At the finish, I was absolutely elated. **This was my best snowshoe race ever!**

How can this possibly happen? Why wasn't I tired? How come I didn't blow chow?

Maybe a combination of excessive training, excessive tiredness and excessive food before the race? YES!

P.S. You can follow Brad's "Summit" quest on FaceBook or at: <http://berkshiresports.fotki.com/archive/2009/climb-to-the-top/>

WMAC

2009 DION Snowshoe Racing Series

WMAC

7<sup>th</sup> ANNUAL NORTHFIELD MOUNTAIN 3.8-MILE SNOWSHOE RACE

January 31, 2009

Northfield Mountain Visitor Center

Northfield, MA

Pl	Name	Age	Time	PTS
<b>01.</b>	<b>Josh Ferenc</b>	<b>27</b>	<b>0:31:31</b>	<b>100.00</b>
02.	Justin Fyffe	28	0:32:42	98.70
03.	Leigh Schmitt	36	0:32:54	97.40
04.	Dave Dunham	44	0:33:36	96.10
05.	Ben Nephew	33	0:33:47	94.81
06.	Greg Hammett	31	0:33:59	93.51
07.	Tim Mahoney	29	0:34:35	92.21
08.	Tim Van Orden	40	0:34:57	90.91
09.	Paul Bazanchuk	54	0:37:03	89.61
10.	Brian Nelson	28	0:37:42	88.31
11.	John Kinnee	30	0:37:57	87.01
12.	Peter Lagoy	49	0:38:09	85.71
13.	Ken Clark	46	0:38:28	84.42
14.	Rob Smith	41	0:38:56	83.12
<b>15.</b>	<b>Abby Woods</b>	<b>30</b>	<b>0:39:26</b>	<b>81.82</b>
16.	Jay Kolodzinski	29	0:39:38	80.52
17.	Christopher Taft	28	0:39:39	79.22
18.	Ross Krause	29	0:39:52	77.92
19.	Donald Pacher	36	0:40:50	76.62
20.	Rick Pacheco	48	0:40:57	75.32
21.	Stephen Peterson	42	0:41:10	74.03
22.	Raymond Hanley	44	0:41:17	72.73
23.	Michael Townsley	40	0:41:30	71.43
24.	Erik Wight	49	0:41:33	70.13
25.	Edward Alibozek	46	0:41:57	68.83
26.	Scott Brew	43	0:42:17	67.53
27.	Peter Malinowski	54	0:44:02	66.23
28.	Amy Lane	29	0:44:24	64.94
29.	Jed Borken	30	0:45:34	63.64
30.	Mike Lahey	57	0:46:46	62.34
31.	Beth Herder	50	0:46:49	61.04
32.	Norm Sheppard	51	0:48:04	59.74
33.	Michael Buttrick	23	0:48:15	58.44
34.	Howard Bassett	48	0:48:45	57.14
35.	Thomas Denny	49	0:49:17	55.84
36.	Dan Buttrick	28	0:49:34	54.55
37.	Richard Clark	55	0:49:39	53.25
38.	Sheila Kolodzinski	27	0:51:01	51.95
39.	Mike Kent	45	0:51:14	50.65
40.	Phil Bricker	55	0:51:22	49.35
41.	Mike Lacharite	51	0:51:29	48.05
42.	Holly Atkinson	39	0:52:32	46.75
43.	Richard White	28	0:53:11	45.45
44.	Nick Tooker	29	0:53:25	44.16
45.	Stephen Petke	54	0:53:26	42.86
46.	Ed Buckley	50	0:53:34	41.56
47.	Laura Monti	38	0:53:54	40.26
48.	Cynthia Tingle	44	0:54:02	38.96
49.	Jeff Hattem	57	0:54:44	37.66
50.	Adam Caplan-Bricker	15	0:54:49	36.36
51.	Laurel Shortell	42	0:55:00	35.06
52.	Gareth Buckley	32	0:55:03	33.77
53.	Denise Dion	50	0:55:28	32.47

Pl	Name	Age	Time	PTS
54.	Laura Nelson	27	0:55:29	31.17
55.	Peter Seterdahl	46	0:55:37	29.87
56.	Rick Friedrich	35	0:56:01	28.57
57.	Tim Rothfuss	39	0:56:41	27.27
58.	Ernie Alleva	57	0:57:16	25.97
59.	Brad Herder	51	0:57:41	24.68
60.	Bob Massaro	65	0:57:54	23.38
61.	Martin Glendon	62	0:58:34	22.08
62.	Kathy Furlani	60	0:58:39	20.78
63.	John Pelton	69	0:59:26	19.48
64.	Jodie Lahey	30	0:59:34	18.18
65.	Darlene Buttrick	29	1:00:15	16.88
66.	Chris Johnson	51	1:03:24	15.58
67.	Jamie Howard	43	1:04:38	14.29
68.	Doug McBournie	50	1:05:51	12.99
69.	Ann Vaughn	53	1:08:24	11.69
70.	Taidgh Buckley	27	1:09:44	10.39
71.	Mary Lou White	53	1:11:51	9.09
72.	Bill Glendon	62	1:13:50	7.79
73.	Konrad Karolczuk	56	1:13:51	6.49
74.	Richard Davis	38	1:13:52	5.19
75.	Kris Kozuch	51	1:21:57	3.90
76.	Betty Lacharite	73	1:28:31	2.60
77.	Don Lacharite	77	1:28:33	1.30



Josh Ferenc winning his 2<sup>nd</sup> Series Event of 2009. DD Photo.

## 7TH ANNUAL NORTHFIELD MOUNTAIN SNOWSHOE RACE

Over 70 runners took advantage of beautiful weather (20's and sunny) and excellent snow conditions in the 7th tour of the scenic trails around and over Northfield Mountain. Most of the race took place on the "snowshoe only" trails which also happen to be some of the more scenic trails on the Mountain.

I set out nearly 300 surveyor flags on Friday afternoon and found the conditions to be very slow going. There was between 6-24" of snow on the ground and there was a thick icy crust on top of that. I was the first snowshoer, since the 6" of snow that fell earlier in the week, to make my way over the loop. The going was quite slow and I took about a dozen headers on the 800' of descent.

Thanks to the crack DRC timing and scoring crew I was able to head out for a "normal" warm-up prior to the race. After some brief instruction, including a reminder that everyone needed to really pay attention to the flagging in order to stay on course, we were off in a flurry of snow.

Ben Nephew (CMS) took it out hard and lead the way as we hit the single-track snowshoe trail after the initial groomed 200 meters where the pack could sort out positions. Josh Ferenc (BAA) and Justin Fyffe (CMS) had both won WMAC races earlier this year and by 400m into the race they both went around Nephew. Ferenc then accelerated and strung out the chase pack behind him. The trail was much firmer than Friday and the going seemed quite fast (under 10 minutes for Ferenc for the first mile which climbed about 400').

I made a move and went around Greg Hammett (CMS) just before the mile mark (10:02) then went past Ben soon after. I found a good rhythm on the climb and closed on the tall guy who I didn't recognize who was in third place. On the long climb up the outflow pipe trail I could see Josh way out in front and Justin about halfway between. It was around this time that I thought "This guy looks like Leigh Schmitt" but I dismissed that as Leigh hadn't run a WMAC race in a few years. He does a bunch of Ultra races now including taking 2nd place (to Paul Low) at last year's Snowshoe marathon in Pittsfield VT.

I tried to accelerate on the groomed road section near the top of the climb but couldn't seem to cut into the "tall guys" lead. I was hoping that we were pulling away from Ben, Greg, and Tim Mahoney (CMS) who were not far behind. The out and back section to the viewing platform gave everyone an opportunity to scope out the competition. It was there that I realized it actually was Leigh Schmitt. Dang! We first raced each other 10 years ago in my first snowshoe race back at the '99 Hawley Kiln. The years have been much kinder to Leigh than to me.

I could see that Ben, Tim, and Greg were in a tight bunch and not too far behind us at the turn. We started the descent and immediately Leigh was gone. Now I started listening for Ben to catch up. I hit the 2m mark in 20:45 (for a split of 10:43) and tried to concentrate on staying on my feet. The snow was great for running and I figured I was rolling along pretty well. I also figured Ben was chewing away at my lead in leaps and bounds. I hit three miles in 29:13 (8:27 split). The final .8 would be almost all on groomed trail and at the turn off the single-track I looked back. Ben was close behind. I pushed as hard as I dared

and must have looked back a dozen times in that last section. I ended up holding off Ben by 10 seconds to take fourth place overall. The last .8 was covered in 4:24 for a total time of 33:36.

Josh extended his lead to about 30 seconds by the viewing platform near the summit. He extended his lead over Justin to over a minute with a very strong descent, despite taking a couple of spills. Ferenc's time was a new course record by over three minutes. The top seven all finished under the record from 2008. Justin had a solid run, and Leigh showed his descending speed really cutting into Justin's lead.

Abby Woods (CMS) continued her dominance of the WMAC/Dion snowshoe series with her 10th win in her last 10 races from this season and last season. She has yet to lose a snowshoe race and today won by nearly 5 minutes breaking the course record by over 5 minutes and finishing 15th overall in a very competitive field.

The entire top 10, plus a couple of others (including Abby) went out for a warm-down doing the loop again. It was great to have a huge group going out to pick up the flagging. That is the most difficult post-race task for the RD. We had a lot of fun and the snow was great! The warm-down loop only took us 45 minutes!

All in all it was a great day at Northfield. I'm looking forward to going back in March for the Mass. State Championships.

*Dave Dunham*

## REMAINING WMAC-DION RACES

Saturday, February 14, 2009 <b>CAMP SARATOGA</b>	Wilton, NY 8.25 KM
Saturday, February 21, 2009 <b>COVERED BRIDGE</b>	Adams, MA 4 & 13 Miles
Sunday, February 22, 2009 <b>HALLOCKVILLE POND</b>	W. Hawley, MA 3.8 Miles
Saturday, February 28, 2009 <b>HAWLEY KILN NOTCH</b>	Hawley, MA 5.0 Miles
Saturday, March 14, 2009 <b>MASSACHUSETTS STATE CHAMPS</b>	Northfield, MA 3 to 5 Miles
Saturday, March 21, 2009 <b>CATAMOUNT SUNSET SNOWSHOE</b>	Hillsdale, NY 3.0 Miles

Please remember to check the web ( [www.runwmac.com](http://www.runwmac.com) ) prior to each event to verify that the event is "on" and that it is being held where you think it is, at the time you last heard. We usually stick to our schedule carefully, but we have been known to change locations and dates to go with the snow.

We try to put out an email on Tuesday or Wednesday, and on Thursday Evening late we place a final verdict regarding the weekend race status. If you wish to be added to the email list, send along a request. Thanks!

*Ed*  
[edtrnews@yahoo.com](mailto:edtrnews@yahoo.com)

WMAC

2009 DION Snowshoe Racing Series

WMAC

10<sup>TH</sup> ANNUAL SARATOGA SPA WINTERFEST 5KM SNOWSHOE RACE

February 1, 2009

Saratoga SPA Park

Saratoga Springs, NY

PI	Name	Age	Time	PTS	PI	Name	Age	Time	PTS
<b>01.</b>	<b>Josh Merlis</b>	<b>27</b>	<b>0:22:54</b>	<b>100.00</b>	54.	John Butler	42	0:36:27	72.96
02.	Matt Westerlund	36	0:23:39	99.49	55.	Michael St. Hiladre	37	0:36:36	72.45
03.	Ken Clark	46	0:24:25	98.98	56.	London Niles	11	0:36:45	71.94
04.	Jeremy Drowne	31	0:24:27	98.47	56.	Jon Weilbaker	XX	0:36:45	71.68
05.	Ahmed Elasser	46	0:24:39	97.96	57.	Bill Harper	61	0:36:45	71.43
06.	Russ Hoyer	48	0:25:59	97.45	58.	Marc Scarchilli	52	0:36:47	70.92
07.	Larry Dragon	48	0:26:16	96.94	59.	Frank Paone	51	0:36:56	70.41
08.	Edward Alibozek	46	0:27:31	96.43	<u>60.</u>	<u>Laurel Shortell</u>	<u>42</u>	<u>0:37:05</u>	<u>69.90</u>
09.	Daniel French	37	0:27:51	95.92	61.	Eric Sanborn	45	0:37:21	69.39
10.	David Newman	28	0:27:56	95.41	62.	David Boles	62	0:37:39	68.88
11.	Andrew Wahila	24	0:28:37	94.90	63.	Rob Trimarchi	39	0:38:03	68.37
12.	Rick DeCarr	24	0:29:00	94.39	64.	Chuck Trimarchi	62	0:38:06	67.86
13.	Timothy Bardin	47	0:29:23	93.88	<u>65.</u>	<u>Kaitlyn Skelley</u>	<u>25</u>	<u>0:38:36</u>	<u>67.35</u>
14.	Richard Chipman	48	0:29:28	93.37	66.	Ed (Sr.) Decker	54	0:38:39	66.84
15.	Richard Teal	30	0:30:15	92.86	67.	Frank Gaval	62	0:38:49	66.33
16.	Sean Curtis	16	0:30:25	92.35	68.	James Hicks	46	0:38:54	65.82
<b>17.</b>	<b>Chelynn Tetreault</b>	<b>33</b>	<b>0:30:30</b>	<b>91.84</b>	69.	Michael Della Rocco	57	0:38:56	65.31
<u>18.</u>	<u>Rachel Clattenburg</u>	<u>24</u>	<u>0:30:31</u>	<u>91.33</u>	70.	Daniel Morgan	43	0:39:02	64.80
19.	Matthew Fryer	28	0:30:34	90.82	<u>71.</u>	<u>Denise Dion</u>	<u>50</u>	<u>0:39:05</u>	<u>64.29</u>
20.	Mike Lahey	57	0:31:10	90.31	72.	Juergen Reher	59	0:39:07	63.78
21.	Glen Tryson	55	0:31:19	89.80	<u>73.</u>	<u>Jeanine Mackiewicz</u>	<u>36</u>	<u>0:39:12</u>	<u>63.27</u>
22.	Jeffrey Lutzker	57	0:31:31	89.29	<u>74.</u>	<u>Laney Lutzker</u>	<u>58</u>	<u>0:39:21</u>	<u>62.76</u>
<u>23.</u>	<u>Jessica Hageman</u>	<u>33</u>	<u>0:31:54</u>	<u>88.78</u>	<u>75.</u>	<u>Sarah Dzikowicz</u>	<u>38</u>	<u>0:39:24</u>	<u>62.24</u>
<u>24.</u>	<u>Jacque Schiffer</u>	<u>44</u>	<u>0:31:58</u>	<u>88.27</u>	<u>76.</u>	<u>Laura Clark</u>	<u>61</u>	<u>0:39:32</u>	<u>61.73</u>
25.	John Pelton	69	0:32:07	87.76	<u>77.</u>	<u>Jennifer Senez</u>	<u>24</u>	<u>0:39:49</u>	<u>61.22</u>
26.	Andy Esperti	45	0:32:11	87.24	<u>78.</u>	<u>Kim E. Scott</u>	<u>40</u>	<u>0:39:51</u>	<u>60.71</u>
27.	Daniel Berheide	30	0:32:24	86.73	79.	Dave Wilber	49	0:40:02	60.20
28.	Eric Kimmelman	44	0:32:25	86.22	80.	Charles Brockett	63	0:40:03	59.69
<u>29.</u>	<u>Madeleine Bonneville</u>	<u>27</u>	<u>0:32:29</u>	<u>85.71</u>	81.	William Meeker	38	0:40:07	59.18
30.	Dave Shumpert	38	0:32:36	85.20	82.	Joe Bouck	46	0:40:07	58.67
31.	Eric Recene	38	0:32:45	84.69	83.	Jim Carlson	61	0:40:09	58.16
32.	John Paduero	48	0:32:52	84.18	<u>84.</u>	<u>Andrea Gerardi</u>	<u>51</u>	<u>0:40:16</u>	<u>57.65</u>
33.	Douglas Gerhardt	41	0:32:56	83.67	<u>85.</u>	<u>Stephanie Landy</u>	<u>49</u>	<u>0:40:18</u>	<u>57.14</u>
<u>34.</u>	<u>Erin McGarry</u>	<u>27</u>	<u>0:33:23</u>	<u>83.16</u>	86.	Matt Johnson	37	0:40:21	56.63
35.	Jeff Clark	51	0:33:31	82.65	87.	Scott Fitchett	41	0:40:24	56.12
36.	Thomas Ryan	48	0:33:37	82.14	88.	Bob Massaro	65	0:40:28	55.61
<u>37.</u>	<u>Kelly Holzworth</u>	<u>30</u>	<u>0:34:07</u>	<u>81.63</u>	<u>89.</u>	<u>Peggy McKeown</u>	<u>51</u>	<u>0:40:41</u>	<u>55.10</u>
38.	Martin Glendon	62	0:34:11	81.12	90.	Peter Thomas	61	0:40:56	54.59
<u>39.</u>	<u>Tracey Robertson</u>	<u>40</u>	<u>0:34:12</u>	<u>80.61</u>	91.	Timothy Lesar	54	0:41:06	54.08
40.	Dennis Fillmore	56	0:34:19	80.10	<u>92.</u>	<u>Angela Squadere</u>	<u>37</u>	<u>0:41:18</u>	<u>53.57</u>
41.	Brendan Dunfee	34	0:34:32	79.59	<u>93.</u>	<u>Laura Milak</u>	<u>52</u>	<u>0:41:19</u>	<u>53.06</u>
42.	Russell Clark	57	0:34:39	79.08	94.	Jamie Howard	43	0:41:32	52.55
43.	Todd Rowe	40	0:34:47	78.57	<u>95.</u>	<u>Kayleigh Karutis</u>	<u>22</u>	<u>0:41:34</u>	<u>52.04</u>
44.	Chris Imperial	28	0:35:02	78.06	96.	Matt Nielsen	38	0:41:35	51.53
45.	Jared Asmus	23	0:35:06	77.55	97.	Josh O'Neil	34	0:41:42	51.02
46.	Tyronne Culpepper	45	0:35:12	77.04	98.	Chuck Batcher	61	0:41:59	50.51
47.	Tom Mack	44	0:35:32	76.53	99.	Robert Norman	33	0:42:09	50.00
48.	Steven Legnard	32	0:35:40	76.02	100.	Gerry Fogerty	55	0:42:16	49.49
49.	Jeff Coulter	44	0:35:54	75.51	101.	Scott Hulseapple	38	0:42:19	48.98
<u>50.</u>	<u>Holly Atkinson</u>	<u>39</u>	<u>0:35:57</u>	<u>75.00</u>	102.	Jason Nipper	34	0:42:20	48.47
51.	Rich Tanchyk	57	0:36:00	74.49	<u>103.</u>	<u>Alex Riccio</u>	<u>38</u>	<u>0:42:24</u>	<u>47.96</u>
52.	William E Milak	56	0:36:11	73.98	<u>104.</u>	<u>Beth Trapasso</u>	<u>47</u>	<u>0:42:46</u>	<u>47.45</u>
<u>53.</u>	<u>Pamela DelSignore</u>	<u>39</u>	<u>0:36:23</u>	<u>73.47</u>	105.	Tom Wright	61	0:42:47	46.94

**WMAC****2009 DION Snowshoe Racing Series****WMAC****10<sup>TH</sup> ANNUAL SARATOGA SPA WINTERFEST 5KM SNOWSHOE RACE****February 1, 2009****Saratoga SPA Park****Saratoga Springs, NY**

<u>PI</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>PTS</u>	<u>PI</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>PTS</u>
106.	Gary Ferguson	51	0:42:49	46.43	159.	Jordi Eiteradeordal	46	0:54:48	19.39
107.	Denise Terzian	45	0:42:50	45.92	160.	Jennifer Ferriss	37	0:54:49	18.88
108.	Jeanne Karutis	48	0:42:52	45.41	161.	Mona Caron	39	0:55:06	18.37
109.	Robert Armagno	62	0:42:54	44.90	162.	H. Behrens-Angelo	34	0:55:07	17.86
110.	Ann Marie Moskal	28	0:43:01	44.39	163.	Jennifer Behrens	62	0:55:28	17.35
111.	D. Lustenhouwer	55	0:43:14	43.88	164.	Sue Nealon	58	0:55:45	16.84
112.	Michael Bucek	60	0:43:28	43.37	165.	Kristie Asaro	29	0:55:50	16.33
113.	Elizabeth Lukowski	31	0:43:34	42.86	166.	Kelly Meilstrup	29	0:56:29	15.82
114.	Kathleen Goldberg	50	0:43:42	42.35	167.	Lowell Lingo	31	0:56:32	15.31
115.	Alex Chlopecki II	XX	0:44:01	41.84	168.	Ekin Senlet	27	0:56:33	14.80
116.	Mary Rappazzo	47	0:44:02	41.33	169.	Ray, Jr. Lee	66	0:56:37	14.29
117.	Maureen Roberts	51	0:44:04	40.82	170.	Sibyl Jacobson	66	0:56:50	13.78
118.	Samantha Steenburn	12	0:44:32	40.31	171.	Sue Seppa	67	0:57:26	13.27
119.	Mark Brill	61	0:44:58	39.80	172.	Linda Plante	60	0:57:30	12.76
120.	Lisa Richters	40	0:45:10	39.29	173.	Theresa Marshall	43	0:57:54	12.24
121.	Randy Goldberg	49	0:45:15	38.78	174.	Michael Meslar	46	0:59:26	11.73
122.	Phillip Walsh	45	0:45:22	38.27	175.	Noreen Buff	60	0:59:29	11.22
123.	Donna Charlebois	50	0:45:38	37.76	176.	Pat Fitzgerald	60	1:01:37	10.71
124.	Ken Roll	56	0:45:49	37.24	177.	Al Schultz	63	1:01:57	10.20
125.	Jodie Lahey	30	0:45:50	36.73	178.	Elizabeth Pastecki	32	1:01:59	9.69
126.	Amara Steenburn	18	0:46:03	36.22	179.	Scott Seguire	33	1:02:02	9.18
127.	Joanna Ezinga	57	0:46:24	35.71	180.	Brenda Fernandez	45	1:03:43	8.67
128.	Lindsey Sabatka	28	0:46:28	35.20	181.	Joey Trinchitella	59	1:03:44	8.16
129.	April Costelli	45	0:46:34	34.69	182.	Rip Horan	54	1:05:26	7.65
130.	Simone Bonneville	30	0:46:45	34.18	183.	Wendy Lossi	44	1:07:24	7.14
131.	Susan Johnson	48	0:46:48	33.67	184.	Katherine Karlson	56	1:07:26	6.63
132.	Hank Ladarba	54	0:46:49	33.16	185.	Susan Kilinski	34	1:08:07	6.12
133.	Steve Mitchell	67	0:46:50	32.65	186.	Kathy Raymond	44	1:10:11	5.61
134.	John Della Rocco	47	0:46:51	32.14	187.	Abi Raymond	12	1:10:15	5.10
135.	Ann Miller	45	0:46:52	31.63	188.	Mark Raymond	46	1:10:17	4.59
136.	Patty Paduero	51	0:47:02	31.12	189.	Rosie Connelly	46	1:10:18	4.08
137.	Stacey Kelley	32	0:47:40	30.61	190.	Maggie Quinn	49	1:11:10	3.57
138.	Timothy Umbaugh	32	0:48:18	30.10	191.	Carol Haugaard	46	1:11:53	3.06
139.	Heather Murphy	30	0:49:08	29.59	192.	Robert Buff	64	1:11:59	2.55
140.	Bruce Saddler	47	0:49:23	29.08	193.	Lori Longdon	33	1:12:07	2.04
141.	Lisa Gorton	37	0:49:33	28.57	194.	Lisa Peters	38	1:14:35	1.53
142.	Gail Hein	57	0:49:45	28.06	195.	James Razza	32	1:14:38	1.02
143.	Janet Tryson	55	0:49:59	27.55	196.	Rachel Razza	32	1:14:39	0.51
144.	Deborah Tierney	49	0:50:37	27.04					
145.	Richard Busa	79	0:50:50	26.53					
146.	Larry Peleggi	51	0:50:57	26.02					
147.	Christine McKnight	61	0:51:14	25.51					
148.	Bill Glendon	62	0:52:15	25.00					
149.	Konrad Karolczuk	56	0:52:16	24.49					
150.	Justin Caron	09	0:52:37	23.98					
151.	Darryl Caron	45	0:52:41	23.47					
152.	Linda Grace	45	0:52:55	22.96					
153.	Cecilia Harris	23	0:53:16	22.45					
154.	Chris Johnson	51	0:53:18	21.94					
155.	David Zunker	55	0:53:20	21.43					
156.	Vanessa Etherington	39	0:54:03	20.92					
157.	Jeff DiStefano	52	0:54:17	20.41					
158.	Meg O'Leary	38	0:54:19	19.90					

\*\* Somewhere along the way it looks like the timing ended up "off"; maybe one place. There was a collision at the finish line between the 50<sup>th</sup> and 60<sup>th</sup> places. One of the Race Timers was knocked off her feet during this confusion. Jon Weillbaker reported that he was behind the 11 year old (London Niles) but no one recorded his race number in the original results. To compound the difficulties, there were a few people running without numbers at all. This also happened at Curly's this year with people not registering but participating in the event anyhow (actual race bandits at Curly's Record Run). I started to try to clean these results up but the more information I was given the more confusing it became. This will be the final result sheet, sorry if there are any additional discrepancies.



## WINTERFEST: THE BATTLE ON SNOWSHOES

While snowshoe racers in the Dion Snowshoe Series have been busily accumulating points in our endless string of doubleheader weekends, a different sort of competition has been shaping up behind the scenes. While some race directors vie for the Barnyard Awards "toughest course" category and others concentrate on "best cookout," some obsess over "largest snowshoe race in the Northeast."

Traditionally Winterfest, smack in the center of the Saratoga County tourism hotspot and following the wildly popular Chowderfest the previous day, is a shoo-in for the title. One year, Curly's, with its enthusiastic local contingent came close. But now that Blizzard, Brave the Blizzard's mascot snowman, has fully embraced all things snow, competition has heated up. It is tough to match the enthusiasm and dedication of the young and young-at-heart Albany Running Exchange members with their colored spread sheets, pancake griddles and Disneyland characters. But Winterfest, smack dab in horse racing country, knows how to play the odds, trailing the others in the lineup and thereby knowing exactly how many finishers are required for a decisive victory. This year it was down to the wire, with Winterfest edging out BTB 197 to 173.

Oddly, both races had roughly one-quarter of the field request loaner snowshoes, not counting those who showed up day-of-race expecting a pair of loaners to miraculously tumble out of a passing snow cloud. And thanks to the generosity of more experienced racers who lent their extra snowshoes to the cause, nobody went away empty handed. We had thought that everyone who was interested pretty much had their own Dions by now, but I guess we are just having too much fun to slip by unnoticed.

Jim Carlson, Pete Finley, Peggy Mangano and I headed out to mark the Winterfest course the Thursday before race day, the morning after our big snowstorm. It was such a relief not to have to reroute or pick up stray branches and small trees that we gladly chugged through the drifted snow. Saturday afternoon Jeff and I headed out for the semi-final inspection and were amused to discover that several of the flags that our initial group had carefully placed to the side were now located directly in the center of the widened path!

After the scarce snow conditions of previous years, we had pretty much run through our list of friends who were willing to wheelbarrow snow onto Ferndell Hill. This long upward climb is bordered closely by a fairy glade stream bed which creates a moist microclimate that promptly turns snow into ice. But not this year. Still, we chose the Ferndell-bypass route because its wooded single-track lent more variety to our normally wide trails.

Ironically, this time around we were faced with the problem of too much snow. Yes, Virginia, there really can be too much snow when it is plowed up in huge drifts that block access to the trail. So instead of shoveling snow onto the road, Jeff gladly removed the excess snow banks. All snowshoe race directors should have such problems.

On race day I lined up with my usual group despite being tired from late night race details. I soon learned that was a mistake. I

had placed myself right behind Jim Carlson who boasted that his injured hamstring barely hurt after Edward Alibozek squeezed an entire tube of Ben Gay over the affected area. I felt as if I were running behind a mobile pharmacy unit and felt slightly light-headed. As far as I was concerned, Jim was flirting with a banned substance and I was only too happy to scoot past him.

I felt that I did better than I usually do at Winterfest, but then again I am in no hurry to check last year's time. And what would that matter? The snow conditions are always different anyway. That is what is so great about the snowshoe series: each year you participate, you are one year older, but so are the folks who show up week after week. You tend to judge the quality of your race not in minutes per mile but rather in friends per mile.

And very hungry friends at that. Despite a fully laden table which could rival any Thanksgiving feast, there was not a single morsel of food left over. It was as if some of us had licked the cooking pots clean. Perhaps some of us did. And to think this was just a prelude to the Super Bowl feasting to come.

But for me, the best thing about the 2009 Winterfest was the fact that we had four 10-12 year-olds out there enjoying the snow. Most prominent among them was London Niles who started the season out behind me. Now he lines up with Bob Massaro who talks him through the course if it is a longer one like Curly's. But for Winterfest, he simply let loose. It is amazing to witness his week-to-week improvement. London lives in Shaftsbury, VT and his parents drive him to every single event, no matter how far away. No one in his family snowshoes, but London's Dad figured snowshoeing would be a good winter sport for his son who enjoys running on his school's cross-country team. So next time you see a kid with glasses and an excited smile, stop by and introduce yourself. It may be the last time you see him again until the refreshment line!

*Laura Clark*



*Is this the Brenner's or Merlis' at Saratoga Winterfest?*

## SIDEHILLER 4-MILE SNOWSHOE RACE

February 7<sup>th</sup> 2009 Sandwich Fair Grounds Center Sandwich, NH

PL	NAME	AGE	TIME	PTS
01.	Kevin Tilton	27	31:40	100.00
02.	Jim Johnson	31	31:54	98.36
03.	Dave Dunham	44	33:53	96.72
04.	Robert Jackman	26	36:07	95.08
05.	Tim VanOrden	40	37:08	93.44
06.	James Pawlicki	34	37:35	91.80
07.	Al Bernier	34	38:09	90.16
08.	Danny Ferreira	26	39:15	88.52
09.	Steve Wolfe	44	39:39	86.88
10.	Gabriel Flanders	33	41:00	85.24
11.	Chris Dunn	40	41:05	83.60
12.	Russ Hoyer	48	42:06	81.97
13.	Patrick Smith	46	42:13	80.33
14.	<b>Kim Webster</b>	<b>32</b>	<b>41:18</b>	<b>78.69</b>
15.	Chris Smith	42	42:54	77.05
16.	Bob Dion	53	43:34	75.41
17.	Jay Myers	38	44:19	73.77
18.	Scott Graham	50	44:48	72.13
19.	Max Thomas	17	44:51	70.49
20.	John Skewes	51	45:07	68.85
21.	Jay Kolodzinski	29	45:48	67.21
22.	Reeder Fahnestock	29	46:08	65.57
23.	Ted Hall	35	46:26	63.93
24.	Jay Curry	37	47:04	62.29
25.	Leslie Dillon	25	47:13	60.65
26.	Richard Miller	58	47:38	59.01
27.	Dave Drach	52	47:51	57.38
28.	Amber Cullen	26	48:03	55.74
29.	Bill Morse	57	48:14	54.10
30.	Erin Nielsen	27	48:18	52.46
31.	Laurel Valley	46	48:22	50.82
32.	Luke Fernandez	22	50:16	49.18
33.	Joe Merriam	49	50:19	47.54
34.	Liz Hall	35	50:25	45.90
35.	Tracy Olafsen	53	51:32	44.26
36.	Sal Genovese	43	51:40	42.62
37.	Steve Sprague	39	51:53	40.98
38.	Peter Beauregard	33	52:08	39.34
39.	Dan Cooper	36	52:58	37.70
40.	Diana Davis	23	53:32	36.06
41.	Ellen Ward	26	54:31	34.43
42.	Richard Blacklow	64	55:17	32.79
43.	Tony Federer	70	55:21	31.15
44.	Tracey Robertson	40	55:51	29.51
45.	Laurel Shortell	42	57:17	27.87
46.	Adam Morton	37	57:47	26.23
47.	Jim Arsenaault	50	58:14	24.59
48.	Scott Mason	51	58:51	22.95
49.	Denise Dion	50	59:29	21.31
50.	Brian Gallagher	59	59:35	19.67
51.	Jeff Hattem	57	60:18	18.03
52.	Gary Renter	69	60:40	16.39
53.	Diane Levesque	55	61:22	14.75
54.	Kaitlyn DiRenzo	22	62:01	13.11

PL	NAME	AGE	TIME	PTS
55.	Stephanie Cooper	41	62:22	11.48
56.	Michael Amarello	45	67:19	9.84
57.	Jim Olden	31	69:00	8.20
58.	Chris Singleton	30	75:10	6.56
59.	Rosemarie de Mars	52	76:38	4.92
60.	Ted Adrianace	66	78:35	3.28
61.	Richard Busa	79	78:59	1.64



Sidehiller Photos from Kristin &amp; Jim Johnson:

Top - Kevin Tilton / Center - Bill Morse / Bottom - Tilton &amp; Johnson.



## SIDEHILLER RACE DIRECTOR REPORT

The Sidehiller Snowshoe Race brings me back to my first winter activities when I moved to NH with my wife in 1992. We both helped out with the Sandwich Notch 60 Sleddog Race for 10 years, when we lived in Holderness. We got to know a good number of people in Sandwich through the race, and also many members of the Sandwich Sidehiller Winter Trails Club- the club that grooms the snowmobile and skiing trails in the area. So when I wanted to start a snowshoe race it was only logical to approach the Sidehillers, even though I don't live one town away anymore (ok, it's only 3 towns away but Sandwich always seems like it's in the middle of nowhere, in its own little universe, especially to those of us living in the bustling metropolis of Madison, NH).

This year marked the 5th Annual Sidehiller Race, and we had our best turnout yet. The turnout is due to four reasons- it's the only race that's part of both the Granite State Snowshoe Series and the Dion/WMAC Series, it's a US Snowshoe Association Qualifying Race, and because of the support of Bob and Denise Dion, who provide free loaner snowshoes to anyone who wants them for the race (The Dions do this for all of the WMAC races).

Working on a race with the Sidehillers is always funny because they are the most dedicated bunch of volunteers you could imagine. Other than a few emails and phone conversations with members, I never met with any of them before the race to go over volunteer logistics. But, come race morning, after I said hi to Jim Johnson, Kristin, Dave Dunham and Jim Pawlicki on Bean Road, up comes this guy who I didn't know, driving a tractor towards where I was parked. The first words out of his mouth were "So, where exactly is the crossing so I know where to break through the snowbanks?" It was one of the Sidehillers, there to help put snow on the road for the one road crossing in the race. The Sidehillers always are great about shoveling snow on the road there. Heck, it seems like half the town gets involved in some way or another with the race.

So after I chatted with this guy, I went out and finished the markings on the woods side of the course while Dave, Jim and Jim marked the Fairgrounds side. The snow seemed really packed, like it was earlier in the week when I had done some marking on some of the woods section. Unfortunately, that was wrong as I think the very cold winter we have had led to a course that seemed packed but offered pretty dry, sandy snow just beneath the surface, making for a slow grind for most of the day.

After getting back to the fairgrounds, more volunteers showed up along with Chris Dunn from Acidotic Racing, who came early to help setup registration and mix the all important Heed Sports drink. I got to say hi to a lot of people I knew, either from other snowshoe races or from the mountain circuit.

The race went off at 11 AM and it seemed the field went out pretty fast. I later heard from several runners that the whole pack went out pretty aggressively. The battle for first place was between Kevin Tilton and Jim Johnson, with Kevin chasing down Jim for about the first 3 miles of the race, fittingly enough catching him on the last "Sidehill" before the final downhill back out of the woods. I have run a lot with Kevin and seen him

finish a lot of races and this was one you could tell that he was pretty spent afterwards. Jim gave him a great fight, finishing 13 seconds back, never letting up even at the end.

Of course, both being in great shape, Jim went on to race at another snowshoe race on Sunday and Kevin went out for a long run on snowmobile trails on Sunday as well.

Dave Dunham rounded out the top 3 for the men, the first half to a double racing weekend for him too.

On the women's side, Kim Webster of Framingham, MA, took the win, with Leslie Dillon of Troy, NY second and Amber Cullen of Concord, NH 3rd.

The youngest finisher of the race was 17 and the oldest was WMAC Silverback Richard Busa, age 79. Richard finished with a smile, out there enjoying the day as he always seems to. I hope I'm still able to drive to races when I'm 79, let alone run them!

A special thanks to Kevin O'Hara, the Sidehillers, Mocha Rizing for providing food, the CMS trio for helping mark the course, Chris Dunn and all of the racers from Dungeon Rock and Acidotic who have helped to completely energize the new Granite Staet Snowshoe Series.

So ends another Sidehiller, right in the middle of a really great snowy winter. It's February 8th and if you wonder how much snow we've had this winter, I've had to run on roads only twice this winter- once down in Philly over the Xmas holidays and once when the snowmobile trail Kevin Tilton and I wanted to take was closed. The rest of the time has been all on snowmobile trails. Thanks to the Sidehillers and all of the other clubs that keep them groomed for us. It makes for great rail running.

*Paul Kirsch*



*Ashley Krause at Greylock Glen; Beth Herder Photo*



## DAVE DUNHAM'S FEB 7<sup>th</sup> & 8<sup>th</sup> WEEKEND – SIDEHILLER & HALLOCKVILLE

Driving through Center Harbor the temperature display showed 1 degree. There was a huge contingent of ice fishermen out on Lake W. despite the temperatures. We arrived a bit early in Sandwich as I'd promised Paul Kirsch that I'd mark the first ¾ mile loop around the fairground. Jim Johnson, Jim Pawlicki and I made quick work of the loop although there were a few spots where I wasn't 100% sure of where we'd gone in the past. We put out about 200 flags in the firmly packed and groomed snow. We actually were able to do the loop without snowshoes and did very little post-holing.

At 9:10 we were off again, this time it was for real. We were joined by Kevin Tilton for a nice 3 mile out & back run on one of the side roads in town. Sandwich is quite scenic, including a yard with a gigantic table and chair set on it. One of the guys wondered aloud how big the beer would be that would be served on that table. Scott Mason and fellow TNT runner (Tuesday Night Turtles) Robert Jackman joined us for part of the warm-up. Then it was back to the car to get into race gear. The temperature was probably in the upper 20's by now but was nowhere near the predicted 40 degree high for the day. I got on my snowshoes and headed out for another mile and some strides before the start. I felt pretty lousy and my stomach didn't feel right.

Paul gave us some final instructions and off we went. I had hoped that the start would be a little more relaxed than usual as we had groomed road wide trail to run on for nearly a mile. It did not play out that way! Double-J took it out hard, really hard. That was probably a wise move as he is the first to admit that he has not fared well on hills this year. Kevin Tilton, who'd one the race (at least) the last two years, moved into second but Double-J had a huge lead right away. I was running faster than I wanted too early on, but wanted to be competitive. I got around Al Bernier just before the steep little downhill on the field and could see that Double-J was already about 20 seconds ahead and Kevin was about 10 seconds up.

We hit the road crossing in that order. The local police and DPW were at the road crossing and it had been covered with snow for us, which was pretty cool. The course would now be single-track until we hit the fairgrounds again with ¼ mile to go. I snuck a look back on the 200' climb up the only real hill in the course. I was surprised that I'd dropped Al and I wasn't sure who was behind me but they had already fallen back a good 20 seconds. I tried to concentrate on reeling in Kevin as he worked his way toward Jim. As we hit the first field I timed Kevin as 38 seconds ahead and couldn't see Jim at all.

The footing was a bit tough in the field. It seemed like it was packed well right up until you post-holed up to mid-calf. That would bring me to a stop then I'd pull my shoe out and start up again. Each time I did this I could picture the chasers catching me. I kept pushing hard even though I could no longer see Kevin and knew that barring a missed turn I'd end up third. I didn't want anyone catching me so I kept the pace as fast as I could muster. It is definitely easier when you know the course and have a good idea of exactly how much running you have left.

I didn't look back until I crossed the road, which was also the first time since the first mile that I'd seen Jim. He was pretty far ahead and I couldn't see Kevin who had taken the final turn. I rolled in past some kind folk on skis who cheered me on and hit the finish over 2 minutes behind Kevin and 1:59 after Double-J. I was a bit disappointed to be so far back but after look where I was relative to the chase pack I was pleased with the performance. Heck, you've gotta be pleased if you give your all. You can't control what the competition does (or if they even show), you just have to give your best.

We did the same out & back as a warm-down, with a big group that included pretty much the entire top 10 finishers plus others. It is always nice to chat and enjoy a nice run with the pressure of the race over with. We hit the post-race soup store for a bit (not long enough for Double-J who would spend the entire day), but had to split as I was headed for my in-laws 50<sup>th</sup> anniversary and Jim P was headed to watch the Reebok games.

*Dave Dunham*



*Richard Teal has been improving steadily as the season has worn on. Photo by Brad Herder.*

[WWW.BERKSHIRESPORTS.ORG](http://WWW.BERKSHIRESPORTS.ORG)

## DAVE DUNHAM'S WEEKEND – SIDEHILLER & HALLOCKVILLE PART II

The next morning I was out the door at 6 AM headed for Hawley. I had no intention of any mountain bagging as I figured I'd be tired from racing and wanted something in the tank for the longest snowshoe race (5.6 miles) of the season so far. I got to the Americorp site early enough to re-organize my gear. I brought a few changes of clothes and racing gear for a myriad of conditions. Temps were expected to top around 50 degrees in some parts of Massachusetts. It turned out to be raining, sleeting, snowing, lightly at Hawley.

I headed out for my normal 3 mile road run to warm-up. Matt Cartier rolled up just as I was finishing my run and he suggested that I should save some energy before the race. I was a bit surprised at how late he was arriving (25 minutes before the start). Heck, it takes me that long to get my race gear on! I changed into my snowshoes and headed up the hill for another mile on snowshoes. I also did a couple of strides but was feeling a little tired so I kept them short.

Ed gave us some instructions and directions and I wish I'd visualized the course a bit better. I was glad to hear that we would have ½ mile markers along the course. I love getting some feedback and a feeling that I'm getting somewhere. I also really enjoy out & back courses, something about heading back in over familiar territory seems easier.

We took off in a blur of snow and I found myself behind Ben on the first tough little climb. I surprised myself taking the lead about 200m into the race. Tim Mahoney then went by me about 400m in. He was motoring along and I tried to keep contact. I could hear Ben a few strides behind me as we boogied through the ½ in 3:34. Ed had predicted a fast course and I figured about 7 minute pace on the flatter stuff, so we were pretty close to that prediction.

Tim continued to lead by a few seconds as we passed the mile in 7:13 (3:39) and the 1.5 in 11:16 (4:03). We took the turn and seemed to fly down the hill. Tim was looking very strong as we hit 2 miles in 14:19 (3:03). I enjoyed the downhill into 2 miles, thinking that would be where I would want to push on the return trip. The next half mile was a grind and Tim seemed to come back a little (I never quite caught him, but he never got more than about 5 seconds up). We hit 2.5 miles in 18:57, which was our slowest ½ mile so far at 4:38. I knew we'd be on the way back soon and kept my eyes open for the turn.

We hit some well signed single track and at the bottom there was a "Y". It looked like the right hit a stream and the left avoided the stream. As Tim went right I yelled "Left" and Tim yelled back "Left?". I went the same way he did, plunging one foot into the muck and nearly losing a shoe. That was where I made the big mistake of the day. I stopped quickly to fix my shoe and never looked for trail markings on the snowmobile trail. Tim had shot left, Ben was passing me as I adjusted my shoe and I was in the heat of the race. I took off after Tim. Maybe 200m later Ben said "I think this is wrong". I looked around, didn't see any markers and stopped. We both yelled at Tim who was a good 5 seconds ahead and beat feet back to the single-track. We caught Matt soon after and he turned with us. By the time we were back at the single-track Chris Taft and Ken Clark were just about to turn (correctly) right onto the

snowmobile trail. Ken told me afterward he was surprised to see us at that point. Our half-mile split including going the wrong way was 5:47. I estimate we lost 1:30-2:00, which seems reasonable as we put a bit over 2 minutes on Chris and Ken on the way back. I felt bad for Tim as he was leading and lost more than Ben and I had.

The race was on and I still thought I might have a shot at winning. Ben gapped me by a few steps as we ran the next half mile in 3:08. We hit the climb and I just couldn't seem to reel him in, despite the encouragement from the people heading out. We hit 4 miles in 31:57 (4:04) and turned for home. The rolling final 1.5 were tough, especially with Ben just a few seconds in front. We did the next ½ mile in 4:09 and then hit 5 miles in 39:36 (3:30). Ben seemed to have pulled even further ahead and I was hurting. I still had visions of catching Ben but he was definitely looking strong over the second half of the course. For most of the last 1.5 he would check to see where I was every couple of minutes. He finished strong to take his second win of the season in 43:06 and I pulled in 7 seconds later. Tim barreled down the final hill 43 seconds later and Matt came in 38 seconds later to close the book on the (slightly) lost gang.

I was sore and tired so I hit the road for an easy 1.5 miles then headed home. This will be my last double of the snowshoe season as I'm now hitting the roads for a few weekends and working VITA (volunteer income tax preparation) until April. It looks like Laurel Shortell and I were the only ones who did the WMAC double, although there were a few who did the Sidehiller/Frosty's dash double as both were in the New Hampshire snowshoe series.

*Dave Dunham*



*Ben Nephew has been on a winning streak, Brad Herder Photo.*



WMAC

2009 DION SNOWSHOE SERIES

WMAC

## HALLOCKVILLE POND I / 5.6 MILE SNOWSHOE RACE

February 8, 2009

Dubuque State Forest

Hawley, Massachusetts

PL	NAME		TIME	POINTS
01.	Ben Nephew	33	0:43:06	100.00
02.	Dave Dunham	44	0:43:13	98.72
03.	Tim Mahoney	29	0:43:56	97.44
04.	Matt Cartier	33	0:44:34	96.15
05.	Chris Taft	28	0:45:24	94.87
06.	Ken Clark	46	0:45:54	93.59
07.	Abby Woods	30	0:46:40	92.31
08.	Rick Pacheco	48	0:47:59	91.03
09.	Larry Dragon	48	0:48:15	89.74
10.	Eric Wight	49	0:48:32	88.46
11.	Donald Pacher	36	0:48:35	87.18
12.	Ross Krause	29	0:48:40	85.90
13.	Alan Bates	60	0:48:42	84.62
14.	Richard Teal	30	0:49:35	83.33
15.	Amy Lane	29	0:50:58	82.05
16.	Nico Scibelli	46	0:51:10	80.77
17.	Adam Caplan-Bricker	15	0:53:02	79.49
18.	Phil Bricker	55	0:53:43	78.21
19.	Tom Parent	32	0:53:52	76.92
20.	Richard Chipman	48	0:53:59	75.64
21.	Chelynn Tetreault	33	0:54:43	74.36
22.	Mike Lahey	57	0:55:02	73.08
23.	Paul Hartwig	52	0:55:43	71.79
24.	Glenn Tryson	55	0:55:53	70.51
25.	Jacque Shiffer	44	0:56:06	69.23
26.	Ashley Krause	31	0:57:02	67.95
27.	Dan Buttrick	28	0:57:07	66.67
28.	Michael McCusker	59	0:58:11	65.38
29.	Katherine Best	24	0:58:15	64.10
30.	Heather Arsenault	31	0:58:24	62.82
31.	Pete Lipka	57	0:59:02	61.54
32.	Rick Friedrich	35	1:00:20	60.26
33.	Peg Piwonka	38	1:00:40	58.97
34.	Jan Rancatti	48	1:00:56	57.69
35.	Pat McGrath	43	1:01:03	56.41
36.	Brad Herder	51	1:01:47	55.13
37.	Frank Gaval	62	1:01:58	53.85
38.	Holly Atkinson	39	1:02:29	52.56
39.	John Aldridge	50	1:02:53	51.28
40.	Scott Bradley	54	1:03:03	50.00
41.	Wally Lempart	63	1:03:09	48.72
42.	Karl Molitoris	53	1:03:29	47.44
43.	Ed Alibozek, Jr	69	1:03:55	46.15
44.	Bob Worsham	63	1:04:07	44.87
45.	Martin Glendon	62	1:04:35	43.59
46.	Dave Boles	62	1:04:56	42.31
47.	Sarah Edson	32	1:05:06	41.03
48.	Laurell Shortell	42	1:05:11	39.74
49.	Darlene Buttrick	29	1:05:52	38.46
50.	Gary Bendetti	63	1:06:13	37.18
51.	Ernie Alleva	57	1:06:51	35.90
52.	Laura Clark	61	1:07:10	34.62
53.	Jaime Nieves	32	1:08:24	33.33

PL	NAME		TIME	POINTS
54.	Bob Massero	65	1:08:28	32.05
55.	Jackie Lemieux	42	1:08:48	30.77
56.	Kathy Furlani	60	1:08:52	29.49
57.	Christin Desilets	25	1:08:53	28.21
58.	Steve Petke	54	1:08:58	26.92
59.	Bill Moor	26	1:10:59	25.64
60.	Tom McCrumm	63	1:11:00	24.36
61.	Jim Carlson	61	1:11:20	23.08
62.	Ed Steele	43	1:12:32	21.79
63.	Doug McBourne	50	1:15:11	20.51
64.	Chris Johnson	51	1:15:44	19.23
65.	Jamie Howard	43	1:17:37	17.95
66.	Marylou White	53	1:17:50	16.67
67.	Ken Fairman	65	1:20:59	15.38
68.	Walt Kolodzinski	66	1:32:11	14.10
69.	Art Gulliver	70	1:33:11	12.82
70.	Hannah Esrick	22	1:34:08	11.54
71.	Bill Glendon	62	1:34:09	10.26
72.	Konrad Karolchuck	56	1:34:10	8.97
73.	Jeff Clark	62	1:41:00	7.69
74.	Al Schultz	63	1:50:26	6.41
75.	Edward Alibozek	46	1:55:00	5.13
76.	Bill Milkiewicz	54	2:00:00	3.85
77.	Kate Parsons	18	2:00:00	2.56
78.	Karin Bradley	52	2:00:00	1.28



Art Gulliver enjoying his 1<sup>st</sup> snowshoe race of 2009!

## AND THE WINNER IS...ALL OF US!

We all know that Moody Springs can be temperamental and uncooperative. But this year she outdid herself, eluding even Edward Alibozek who is more at home on the Western Mass trails than the local moose population. Somewhere underneath the toothpick-damaged trees Moody still flows, but she is running scared, flowing cautiously, lest a few more felled trees hide her completely. Edward spent three futile hours searching for her and eventually admitted defeat and substituted Hallockville Pond #1 for our scheduled pilgrimage to Moody.

Bereft of the magical properties of Moody's watery blessing, there was some speculation as to how Bob Worsham and other true believers would handle their loss. However, Pete Lipka spoke for all when he stuck his IPOD on Gloria Gaynor's *I Will Survive* and preempted Edward's "Ready, Set, Go!" with his own enthusiastic shout.

This time, though, the Weather Gods sympathized with the hidden stream and granted us the unstable March weather that Moody is known for. Basically, there was no way you could dress appropriately for the journey. Those who arrived early were greeted by tempting spring weather and later arrivals were buffeted by high winds and bouncy hail. Both weather choices were bookmarked by cheerful sunbursts.

Karl Moltoris arrived in his signature shorts, while others, like Matt Cartier desperately grabbed for warmer gear and ended up with a nice-looking black Polar Tec jacket, sized woman's small! At first I thought that perhaps Under Armour had branched out into eco-friendly fleece, but apparently that was not the case. Most popular were the light-weight day-glo yellow windbreakers. I had planned to don mine, but a sudden squall convinced me that a heavier weight material would offer better protection.

Was I wrong! But so was everyone else too. Except, of course for Ken Clark who sported his customary Shenipsit yellow. I finally figured out why he does this. He is sponsored by the Shenipsit Striders who give him all their logoed shirts. Because he is fast, he is always in the front lineup for newspaper start line photos and as such is a wonderful advertisement. With the weather changing from minute-to-minute, we all experienced our own private moments of clothing inadequacy. The one true loser was my Jeff who started out early and found himself the repository for everyone's unwanted gear. By the time I encountered him, he was already hauling two pairs of earmuffs and one very heavy parka.

Although yellow was the preferred color option, Green again ruled the day as repeaters groped in their cars and pockets for crumpled, yet serviceable, race numbers. The main requirement being that you needed to produce a unique number not yet claimed by anyone else. While I managed to locate my Greylock Glen #25, Jeff discovered three separate bibs, none of which were his faithful Greylock #26. I was impressed that in his stash was #1948. When had he last run a race with 2,000 people?

The course was a combination of familiar routes, mostly on wide snowmobile trails, perfect for passing. Those who ambitiously researched the course profile online were relieved

to discover that the bunched up Pike's Peaks were, when stretched out to accommodate 5.6 miles, challenging but not life-threatening. I knew ahead of time that this was not going to be my best effort, having left that behind on the Hoot Toot & Whistle Railroad. As Martin Glendon observed, I tend to go on autopilot when the going is relatively smooth, drifting easily into a trivial pursuit of the mind. Even on the downhills, I had to keep reminding myself I was in a race. I seemed to be suspended in no man's land holding onto the gap-toothed space between clumps of competitors, narrowing the gap slightly but never actually getting there.

The true hero of the day, however, was Edward who made this event happen despite the uncooperative Moody and who on race day celebrated his 31<sup>st</sup> consecutive day of snowshoe running. 'Way to go, Edward!

*laura clark*



*Matt Cartier has been having one fantastic season in 2009! Here he is wrapping around a tree descending on the Turner Trail Race Course in January.*

*Photo of Matt and the preceding photo of Art Gulliver courtesy of Brad and Beth Herder – [www.berkshiresports.org](http://www.berkshiresports.org)*