

WMAC SNO-NEWS

SNOWSHOE RACING ON THE FLANKS OF ELUSIVE MT. HOOD

A strong contingent of intrepid snowshoe racers from the Northeast made the long journey to Mt. Hood, Oregon to participate in the USSSA National Championships. Everyone was looking forward to racing in the shadows of this volcano that remains "active. However, the 11,249 ft. Mt. Hood would remain "unseen" for the entire weekend. I couldn't help but wonder if Oregon's "active volcano most likely to erupt" was scheming to put on a Mt. St. Helen's type show while hiding under the ever present snow and clouds.

The anticipation of seeing Mt. Hood led me to do a little research about "the mountain" before leaving home. I guess you could stand about 3 1/2 Mt. Greylocks on top of each other to sort of equal this massive mountain's height. Mt. Hood is a "stratovolcano", which is the classic volcano that we all thought about making for science fair projects many year's ago. It is also part of the Cascade Volcanic Arc of northern Oregon. The mountain is the home of 12 glaciers. There's about a ten percent chance that Mt. Hood could have the "big" eruption in the next 30 years. Pretty good odds, but I'll stick with living in New England with our older and benign Berkshires, Greens, and Whites.

Our band of travelers included myself, Jay Curry, Dan and Steph Cooper, Patrick Smith and honored guests--Vermont's running icon, John Pelton and the world famous WMAC Silverback, Rich Busa. For the weekend we shared a spacious and comfortable condo in the tiny ski town of Government Camp, which was about 20 minutes from the race site. Bob and Denise Dion had lodging further back down the mountain road.

Oregon is apparently a very ecology conscious state so traveling near Mt. Hood tested our combined years of driving through New England winters. Snow bankings on the roads were easily twice the height of most vehicles. They don't use salt, sparingly spread sand, and plowing roads seems to be an afterthought. To ensure that both vehicles rented by our condo group made it safely to the race site we decided to invest in chains. Essentially it snowed on and off for the entire weekend.



On Saturday we set out to the race site at White River Park to register and preview the course. Upon arrival at this remote site we quickly noticed stronger winds and colder temperatures. Race organizers were busy setting up a large tent for race day's activities. We all registered and headed out to do one loop on the two loop course. The course was initially tough going, with a long gradual uphill followed by a very steep climb that left all of us walking. A strong wind was blowing for the entire first half of this loop and although we all knew that Mt. Hood was directly to our right it remained hidden behind clouds plotting the "big one".

Eventually the course headed to the left and back toward the start area. This single track section was mostly downhill with deep snow through huge snow covered pines. Although the pine trees were the tallest I've ever seen the snow depth and type of single track reminded me of some of the earlier years at the South Pond races in the WMAC series--hard work but lots of fun at the same time! This portion of the course would prove to be much faster for the Men's 10K on race day as the Juniors, Citizens, and Women's 10K helped pack down the deep snow. All of this snowshoeing was being done on at least a 5-8 ft. base, so passing was not easy. Stepping of the track would get you easily above the knees or deeper. Later the sights of so much snow everywhere were commented on by all in our group as we settled in back at our condo. We had a great "family" pasta dinner at our kitchen table, being entertained by Rich's tales of his paratrooper days in Korea.

Surprise! Surprise! On race day we woke up to an additional 6" of snow and it was snowing heavily. A quick breakfast was followed by Dan Cooper supervising Patrick, Jay and I putting chains on the vehicles. That's actually incorrect--Dan did most of the work. Having Dan's expertise with chains (he grew up in the Northwest) and a two car garage made this task relatively easy. We were soon on our way through the blizzard to Mt. Hood. When we pulled into the parking lot we were again thankful for the chains. It was snowing so hard that the lot was



SNOWSHOE RACING ON THE FLANKS OF ELUSIVE MT. HOOD (continued)

only partially plowed. The gigantic tent set up by the race organizers the day before had completely collapsed under the weight of the snow. Due to the poor driving conditions the junior and citizen's race started a bit later and were combined. The snow began to taper and we even saw glimpses of the sun, but still no views of Mt. Hood. We all cheered on Steph Cooper and Denise Dion as the Women's Race started. They were both helped along as they enjoyed sporting their brand new blue Dion hats.



Warming up for the Men's Race consisted of laps in the large parking lot. Present were multiple WMAC Champs Dave Dunham and Rich Bolt and a few boys from Wyoming, Minnesota, and Colorado who I've become friendly with as I attend more of the Nationals. It was good seeing familiar folks all looking excited about racing together again at a very snowy venue.

As the Men's Race started it was clear that getting a good position before the course quickly narrowed to the single track was critical. I was comfortable with where I ended up in the "line" as we headed up the hills. I did keep glancing to the right looking for Mt. Hood. Nope! Nothing! Oh well, maybe a sneak peek on the second lap! The single track was indeed faster than the day before despite all of the snow overnight, thanks to the earlier races. The turn into the downhill and pines was again one of the nicest stretches of snowshoeing I've ever raced on when you combine the views with the relief of some downhill. All we needed now was Mt. Hood to offer itself up for viewing on the second lap. As I came through the finish area for the first loop I headed back up the hills again and light snow started falling again. I quickly gave up seeing the "mountain" on the second lap and started concentrating on finishing. The back downhill section was again awesome and I finished up with the snow beginning to come down heavily. Ahead of me, Jay and Patrick finished well and just behind me Dan and then John both came in strong. The snow picked up intensely and then Rich came across the finish line looking like he had been out for a walk to his mailbox.

As the awards began, the snow subsided but guess what--still no glimpses of Mt. Hood. However something far more grand than any view of Mt. Hood was about to happen. The crowning of

some incredible senior athletes who WMAC can proudly call their own. John Pelton is a runner/snowshoer who has more wins and age group records than I could ever calculate. He epitomizes all that is good about the sports we love, and he defines what it is to be a gentleman and great person. Watching John proudly receive his Gold Medal in the 70-74 age group was at once inspiring, but moreover a moment in snowshoeing that I will never forget. Thank you John for letting all of us be part of this milestone for you.

Mark Elmore of the USSSA let everyone know at the awards ceremony that we were all in the presence of "royalty" by introducing the last Gold Medal winner as the first octogenarian to "podium" at the USSSA Nationals. To say that Rich is an amazing athlete is wholly inadequate. Rich has a love of life, spirit, and sense of humor that is infectious. Although he is sometimes directionally challenged he was all set at Mt. Hood with no opportunities to get lost unless he wanted to be in snow up to his waist.

No we never saw beautiful Mt. Hood! But we were privileged to see John and Rich do their thing and make their mark on the snowshoe world--a memory forever--and the shy Mt. Hood NEVER saw what our heroes accomplished.

Bill Morse



Photos submitted by Bill Morse & Dungeon Rock Racing Team.

2RD ANNUAL SUNSET 5KM SNOWSHOE RACE

March 21, 2009

Catamount

Hillsdale, NY

PI	Name	Age	Time	PTS
01.	Dave Dunham	44	0:22:44	100.00
02.	Tim Van Orden	40	0:23:16	96.77
03.	James Boeding	16	0:25:36	93.55
04.	Richard Tea I	31	0:28:32	90.32
05.	Bob Dion	53	0:28:55	87.10
06.	Edward Alibozek	46	0:29:04	83.87
07.	Richard Chipman	48	0:29:48	80.65
08.	Ian Rasweiler	15	0:30:19	77.42
09.	Paul Hartwig	52	0:30:27	74.19
10.	Peter Lipka	57	0:31:39	70.97
11.	Mike Lahey	57	0:32:44	67.74
12.	Patrick McGrath	43	0:33:06	64.52
13.	Ed Alibozek Jr	69	0:34:10	61.29
14.	Holly Atkinson	39	0:34:15	58.06
15.	London Niles	11	0:37:18	54.84
16.	David Boles	62	0:37:45	51.61
17.	Laura Clark	61	0:37:49	48.39
18.	Barbara Sorrell	51	0:38:06	45.16
19.	Denise Dion	50	0:39:27	41.94
20.	Laurel Shortell	43	0:40:07	38.71
21.	Jamie Howard	43	0:43:49	35.48
22.	David Sposito	35	0:45:07	32.26
23.	Paul Sullivan	35	0:45:08	29.03
24.	Mary Kennedy	50	0:47:10	25.81
25.	Jacqueline Lemieux	42	0:47:12	22.58
26.	Barbara Postel	55	0:47:59	19.35
27.	Larry Peleggi	51	0:49:05	16.13
28.	Richard Busa	79	0:49:18	12.90
29.	Konrad Karolczuk	56	0:49:38	9.68
30.	Gregg Taylor	62	0:55:00	6.45
31.	Jeff Clark	62	0:55:01	3.23
Dakota			0:45:06	



The Catamount Trail System - We climbed to the far right and across the top (Ridge Trail) before descending to finish

Proceeds from the race will benefit the Volunteers In Medicine in Great Barrington. All Photos Beth & Brad Herder.

TWILIGHT AT CATAMOUNT



How appropriate that the final hurrah in the record-breaking!! 17 event Dion Snowshoe Race series was also our initial entry into the Twilight Zone, that neither-here-nor-there dusky time frame when magic and miracles coexist. We began near sunset and raced the approaching twilight to a bittersweet finish.

Our entry into the Twilight Zone of race directing was nothing short of a series of mistakes that magically cancelled themselves out. Apparently, everyone except Bob Dion thought he was directing the race. Bob thought he was just dispensing loaners. Early arrivals were greeted by: no bib numbers, no pins, a registration area in the process of closing down, no finish line and NO Bob!

When Bob “finally” appeared, on time for a snowshoe expert but distressingly late for a race director, he promptly set up his Dion tent and stocked it with loaners, snacks and water. Looked exactly like his Hoot ’n Toot setup. Fortunately, we still had snow and a course. After 16 races, we all knew what had to be done and we raided cars for numbers and rusty pins. Bob’s snowshoe tent ambled a few hundred meters uphill to mark the finish line and we were ready to go!

If you have kids or grandkids, you have surely heard of the Magic Tree House Series by Mary Pope Osborne, where Jack and Annie discover a magic tree house filled with books. These books instantly transport them to another time and place where their adventures lead to discoveries about other eras and most importantly, about themselves. The titles, like *Buffalos before Breakfast* and *Afternoon on the Amazon*, usually combine a time and a place. Currently, there are 42 volumes as well as

accompanying research guides, with the promise of still more to come.

Although not earning the big bucks, we are similarly successful, boasting fourteen series years with many races also focusing on a piece of local history. Unlike the Magic Tree House, however, each and every participant has a unique story to relate. It is fun to read the bi-weekly SnoNews editions and observe how one person’s race can be so totally different from your own.

Realizing, then, that I will never be able to pen the definitive Catamount experience, certain elements are common to all. We are accustomed to getting up, getting dressed, driving and then racing. This sunset/twilight combo was a totally new experience. Do you take the opportunity to sleep in? Do you wear your running clothes all day or waste time by changing later on? Do you spend the morning lazing around, reluctant to exert yourself too much? Do you fuel with an early lunch or simply go whole hog with an all-out brunch? Is your customary pre-race power bar really necessary after a full day of discretionary fueling?

I decided to dress the part early in the day, if just to stimulate the appropriate mindset. This did not save any real time however, since as the temperature rose, I shed clothes, making final adjustments in the Catamount parking lot. And despite having eaten more than enough, I superstitiously consumed my good luck Cliff Bar whether I was hungry or not. This may be one of the few races where I actually put on a few anticipatory pounds!



TWILIGHT AT CATAMOUNT (CONTINUED)

As Jeff and I motored to Catamount, concern mounted. We know enough to trust in Edward and his pronouncements, especially after the normally snowless December drive through Bennington to Woodford. But this journey called for unshakeable faith. Our limo's outside temperature gauge hovered between 44 and 46 degrees which was indeed cause for concern. While Saratoga still boasted impressive snow piles and 3-10 inches in the DeepWoods, Hillsdale was brown and bare. Even more worrisome was the fact that the surrounding mountains were drab brown. It wasn't until we were in sight of Catamount that we spotted narrow ribbons of strip-mined snow snaking tentatively down the slope. Whew!!

I figured that the late March twilight would wreck havoc with the schedules of the more obsessive-compulsive among us. And I was correct. Jan Rancatti (Chloe's Dad) clocked 31 finishers plus one special category entrant, Dakota, a nine-month old (or 5 year-old in people time) Vistula who finished a nose ahead of her person, Paul Sullivan.

Our route took us a mile up, as in straight up, then across the Ridge Trail with a plunge to the finish. Still recovering from my Pittsfield Marathon adventure and nursing a twisted knee, I had made the tough but correct decision to forego Northfield and focus instead on recovery. We all knew that with a smaller field, our final opportunity to influence the points standings would not come easily. While most were suitably impressed by the climb, after the Pittsfield trail it seemed like standard fare. I passed Laurel, then Denise and was wondering if they were feeling OK. I ended up just behind Dave Boles, grateful that I was shadowing him so I could anchor into his size large post holes. His technique reminded me of my Chi running training and we both zigzagged the steepest parts.

Once we summited, I flew by Barb Sorrell and rather scared myself at how out-of-control I was during the initial descent. It just felt so good not to be plodding along. I did check off the fabulous view but was too preoccupied with not falling to give it more than a passing salute. The sugar snow was so squishy and the side pitches so steep that I wondered how skiers kept from launching into the abyss.

While Dave doesn't exactly take it easy, he doesn't exactly speed up either unless he knows that someone is on his tail. So for the final run I tucked in behind London Niles who suddenly appeared out of nowhere. My strategy almost worked. I knew Dave would regard London as an impossible target so I managed to catch him by surprise as I tucked into London's wake. But for my every stride, Dave negotiated two giant steps and it was only a matter of time...

From the results it looks as if parallel contests played out with many others crossing within seconds of each other. Who says running isn't a good spectator sport? Must have been pretty darned exciting down by the finish line. I'm just glad I wasn't Jan trying to stopwatch the race. And his partner Chloe the Newf was absolutely no help whatsoever, preferring to lie in the last snow of the season and soak up the dying rays.

Afterwards, folks seemed to hang around the finish line longer than usual, reluctant to call it quits. Twilight found us still in the

parking lot, hesitant to hear the final definitive door slam. But as with all good series adventures, this one is just taking a breather, building suspense until the release of next year's latest installment.

My personal Twilight at Catamount was a bit edgier. As a child I was fortunate to have a true best friend. We lived just half a block away and spent so much time at each other's houses that we both felt as if we had an extra set of parents. After high school graduation, Betty's parents moved to Sharon, Connecticut where they had a summer home. During winter breaks, Betty and I would ski at nearby Catamount.

I imagine the ski area has undergone several renovations since then but I was dismayed to discover that there was absolutely nothing to trigger any long-dormant memories. In a way, this was a relief. My best friend has been missing from my life for many years now, having been diagnosed with schizophrenia as a young adult. At the summit, I sent a silent prayer in Betty's direction and then raced a bittersweet Twilight down Catamount Mountain straight into the arms of my new best friends.

laura clark



Photos accompanying Laura's article courtesy of:

Dave Boles by Beth Herder – www.berkshiresports.org

Barbara Sorrell / Laura Clark and Larry Peleggi by ARE

www.albanyrunningexchange.org

2009 WMAC DION SNOWSHOE RACING SERIES FINAL STANDINGS BEST SIX PAGE 1

Woodford **Turner Trail** **Greylock Glen** **Brave the Blizzard**
Hoot Toot & Whistle **Curly's Record Run** **Northfield Mtn**
SPA Winterfest **Sidehiller** **Hallockville Pond** **Camp Saratoga**
Hoxie Thunderbolt **Covered Bridge** **Hallockville Orchard**
Hawley Kiln **Northfield MASS State Championship** **Catamount**

PL	NAME	AGE	CNT	POINTS	PL	NAME	AGE	CNT	POINTS
01.	Ben Nephew	33	6	591.94	50.	Bob Worsham	63	6	295.55
02.	Dave Dunham	44	6	591.66	51.	Brian Rusiecki	30	3	292.68
03.	Tim Van Orden	40	6	587.56	52.	Ethan Nedeau	36	3	291.01
04.	Matt Cartier	33	6	587.27	53.	Ahmed Elasser	46	3	288.50
05.	Tim Mahoney	29	6	577.51	54.	Tim Rudin	38	4	282.36
06.	Ken Clark	46	6	575.41	55.	Tom Parent	32	4	279.57
07.	Edward Alibozek	46	6	556.53	56.	Tom Mack	44	4	275.33
08.	Paul Bazanchuck	54	6	551.05	57.	Bob Massaro	65	6	274.86
09.	Larry Dragon	48	6	547.30	58.	Steve Wolfe	44	3	270.73
10.	Brian Northan	33	6	543.75	59.	Brad Herder	51	6	270.22
11.	Jay Kolodzinski	29	6	538.10	<u>60.</u>	<u>Jodie Lahey</u>	<u>30</u>	<u>6</u>	<u>255.61</u>
12.	Abby Woods	30	6	538.05	61.	Chris Taft	28	3	255.17
13.	Richard Teal	30	6	536.89	62.	Rick Friedrich	35	5	253.04
14.	Bob Dion	53	6	519.67	63.	Rich Tanchyk	57	4	252.83
15.	Richard Chipman	48	6	512.31	<u>64.</u>	<u>Leslie Dillon</u>	<u>25</u>	<u>3</u>	<u>249.60</u>
16.	Erik Wight	49	6	504.30	65.	Jeff Hattem	57	6	247.20
<u>17.</u>	<u>Amy Lane</u>	<u>29</u>	<u>6</u>	<u>488.39</u>	66.	Ross Krause	29	3	243.55
18.	Chelynn Tetreault	33	6	484.89	67.	Jeff Clark	51	3	241.45
19.	Alan Bates	60	6	482.45	68.	Joe Bouck	46	5	235.12
20.	Matt Westerlund	36	5	478.69	69.	David Shumpert	38	3	231.84
21.	Glen Tryson	55	6	478.67	70.	Howard Bassett	48	4	230.63
22.	Mike Lahey	57	6	471.58	71.	Brendan Dunfee	34	3	225.81
23.	Peter Malinowski	54	6	460.68	72.	Will Danecki	58	5	219.45
24.	John Pelton	69	6	443.00	73.	Jamie Howard	43	6	215.01
<u>25.</u>	<u>Jessica Hageman</u>	<u>33</u>	<u>6</u>	<u>440.88</u>	74.	Dennis Fillmore	56	3	213.34
26.	Paul Hartwig	52	6	434.19	75.	Tom Ryan	48	3	212.94
27.	Russ Hoyer	48	5	433.91	76.	Scott Bradley	54	4	205.31
28.	Patrick McGrath	43	6	415.18	<u>77.</u>	<u>Madeleine Bonneville</u>	<u>27</u>	<u>3</u>	<u>205.11</u>
29.	Steven Legnard	32	6	405.81	<u>78.</u>	<u>Darleen Buttrick</u>	<u>29</u>	<u>6</u>	<u>202.33</u>
30.	Jim Johnson	31	4	394.50	79.	Josh Ferenc	27	2	200.00
31.	Holly Atkinson	39	6	391.94	80.	Ernie Alleva	57	6	198.23
32.	Bill Morse	57	6	390.39	81.	Leigh Schmitt	36	2	197.40
33.	Josh Merlis	27	4	389.05	82.	Jeremy Drowne	31	2	196.64
34.	Peter Lipka	57	6	371.11	83.	Frank Paone	51	3	194.37
35.	Martin Glendon	62	6	368.69	84.	Frank Gaval	62	4	193.38
36.	Jan Rancatti	48	6	364.85	<u>85.</u>	<u>Kathy Furlani</u>	<u>60</u>	<u>6</u>	<u>193.34</u>
37.	Ed Alibozek Jr	69	6	364.25	86.	Greg Hammett	31	2	192.02
<u>38.</u>	<u>Laurel Shortell</u>	<u>42</u>	<u>6</u>	<u>354.98</u>	87.	Phil Bricker	55	3	190.60
39.	Eddie Habeck III	31	4	330.81	88.	Wally Lempart	63	4	190.58
40.	Rick Pacheco	48	4	329.81	<u>89.</u>	<u>Jacqueline Lemieux</u>	<u>42</u>	<u>6</u>	<u>189.50</u>
41.	David Boles	62	6	324.06	90.	Chris Johnson	51	6	188.33
42.	London Niles	11	6	318.00	91.	Peter Keeney	43	2	186.48
43.	Dan Buttrick	28	5	316.88	92.	James Pawlicki	34	2	185.99
<u>44.</u>	<u>Laura Clark</u>	<u>61</u>	<u>6</u>	<u>316.66</u>	93.	Chuck Trimarchi	62	4	185.24
45.	Denise Dion	50	6	314.89	94.	David Newman	28	2	185.00
46.	Scott Brew	43	4	314.49	95.	Daniel French	37	2	181.24
47.	Jacque Schiffer	44	4	312.25	96.	Peter Lagoy	49	2	180.23
48.	Justin Fyffe	28	3	298.70	97.	Rick DeCarr	24	2	174.21
49.	Nico Scibelli	46	4	297.68	98.	Matthew Fryer	28	2	172.90

2009 WMAC DION SNOWSHOE RACING SERIES FINAL STANDINGS BEST SIX PAGE 2

Woodford	Turner Trail	Greylock Glen	Brave the Blizzard
Hoot Toot & Whistle	Curly's Record Run		Northfield Mtn
SPA Winterfest	Sidehiller	Hallockville Pond	Camp Saratoga
Hoxie Thunderbolt	Covered Bridge	Hallockville Orchard	
Hawley Kiln	Northfield MASS State Championship	Catamount	

PL	NAME	AGE	CNT	POINTS
99.	Andrew Wahila	24	2	172.88
100.	Timothy Bardin	47	2	170.94
101.	Eric Recene	37	2	170.23
102.	Darlene McCarthy	46	5	170.15
103.	John Kinnicott	46	2	168.72
104.	Eric Kimmelman	44	2	167.14
105.	Andy Esperti	45	2	166.14
106.	Tracey Robertson	40	3	166.08
107.	Donald Pacher	36	2	163.80
108.	Clinton Morse	46	2	162.79
109.	John Paduano	48	2	162.79
110.	Mike Kent	45	3	162.74
111.	Charles Brockett	63	3	161.91
112.	Sean Curtis	16	2	160.24
113.	Norm Sheppard	51	3	159.26
114.	Ri Fahnestock	29	2	159.21
115.	Ed Meyers	57	2	157.34
116.	Michael Della Rocco	57	3	157.02
117.	Daniel Berheide	30	2	155.33
118.	Todd Rowe	40	2	154.87
119.	Jim Carlson	60	4	154.32
120.	Jared Asmus	23	2	151.86
121.	Scott Graham	50	2	151.20
122.	Jeffrey Lutzker	57	2	149.84
123.	Russell Clark	57	2	148.80
124.	Sheila Kolodzinski	26	3	147.05
125.	Dan Valdo	19	2	146.57
126.	Maureen Roberts	50	4	146.27
127.	Dave Wilber	49	3	145.78
128.	Doug McBournie	50	6	145.12
129.	John Butler	42	2	144.11
130.	Peggy McKeown	51	3	143.57
131.	Barbara Sorrell	51	4	143.14
132.	Beth Herder	50	3	142.77
133.	Bob Woodworth	59	2	142.12
134.	Denise Terzian	44	3	141.81
135.	Jay Curry	37	2	141.74
136.	Bruce Shenker	56	2	141.39
137.	Kevin Durgin	20	2	139.10
138.	Ed Decker	55	2	137.93
139.	Gary Bendetti	63	3	137.31
140.	Bill Glendon	62	6	135.48
141.	Sara Brenner	28	2	135.34
142.	Mike Lacharite	51	3	134.82
143.	David Durfee	47	2	132.50
144.	Larry Peleggi	51	6	131.14
145.	Michael Buttrick	23	2	129.73
146.	Konrad Karolczuk	56	6	128.83
147.	Jeanine Mackiewicz	36	2	128.58

PL	NAME	AGE	CNT	POINTS
148.	Ashley Krause	31	2	127.41
149.	Pamela DelSignore	39	2	126.68
150.	Elizabeth Bianchi	41	2	125.10
151.	William Milak	56	2	124.27
152.	Jaime Nieves	32	3	123.03
153.	Tom Tift	51	2	122.88
154.	Peter Thomas	61	3	121.79
155.	Mark Raymond	46	3	121.69
156.	Kaitlyn Skelley	25	2	121.48
157.	Walter Kolodzinski	66	6	121.20
158.	Sarah Dzikowicz	38	2	121.20
159.	Robert Norman	33	2	117.05
160.	Peg Piwonka	37	2	116.66
161.	Katherine Best	24	2	116.02
162.	A. Caplan-Bricker	15	2	115.85
163.	Steve Petke	54	3	112.80
164.	Patty Duffy	40	3	112.46
165.	Sweep Voll	48	2	112.19
166.	Matthew Soroka	31	2	111.18
167.	Erin Clark	20	2	110.69
168.	Michael Bates	16	2	109.86
169.	Renate Fatkulin	20	2	108.51
170.	Sheryl Wheeler	46	2	107.98
171.	Mary Lou White	53	6	107.27
172.	John Aldrich	50	2	106.69
173.	Richard Busa	79	6	106.19
174.	Douglas Gerhardt	41	2	105.69
175.	Kim Scott	40	2	102.91
176.	Laura Milak	52	2	101.61
177.	Angela Squadere	37	2	99.81
178.	Daniel Morgan	43	2	98.74
179.	Ed Buckley	50	2	98.54
180.	Karl Molitoris	53	2	95.39
181.	Brian McCarthy	47	3	93.77
182.	Kathleen Goldberg	50	2	91.48
183.	Sarah Edson	32	2	91.03
184.	Thomas Hathaway	19	2	89.54
185.	Edward Steele	43	3	89.23
186.	Janet Tryson	55	4	88.19
187.	Donna Charlebois	50	2	85.16
188.	Randy Goldberg	49	2	83.86
189.	Lindsey Sabatka	28	2	83.82
190.	Sibyl Jacobson	66	5	82.74
191.	Christie Desilets	26	2	82.06
192.	Jason Nipper	34	2	81.50
193.	Erinn McCarthy	26	2	78.22
194.	Mark Brill	61	2	76.79
195.	Alex Chlopecki II	37	2	76.70
196.	Tim Rothfuss	39	2	74.94

2009 WMAC DION SNOWSHOE RACING SERIES FINAL STANDINGS BEST SIX PAGE 3

Woodford	Turner Trail	Greylock Glen	Brave the Blizzard
Hoot Toot & Whistle	Curly's Record Run		Northfield Mtn
SPA Winterfest	Sidehiller	Hallockville Pond	Camp Saratoga
Hoxie Thunderbolt	Covered Bridge	Hallockville Orchard	
Hawley Kiln	Northfield MASS State Championship	Catamount	

PL	NAME	AGE	CNT	POINTS
197.	Mona Funicello	34	2	70.61
198.	Theresa Apple	47	2	68.82
199.	Ann Vaughn	53	3	67.17
200.	Gail Hein	57	2	66.21
201.	Robert Armagno	62	2	66.00
202.	Kathleen Tersigni	37	3	65.16
203.	John DellaRocco	47	2	63.35
204.	Sue Nealon	58	4	63.22
205.	Mary Rappazzo	47	2	60.60
206.	Pat Rosier	50	2	57.95
207.	Patricia Paduano	51	2	56.55
208.	Steve Mitchell	67	2	55.91
209.	Tom Mccrumm	63	2	55.13
210.	Colleen Quinn	52	2	53.42
211.	Ken Fairman	65	3	52.16
212.	Ray Lee	66	5	51.95
213.	Jeff Clark	62	6	50.75
214.	Bruce Saddler	47	2	50.47
215.	Richard Davis	38	4	49.96
216.	Michael Maguire	48	2	49.45
217.	Jennifer Ferriss	37	2	47.24
218.	Art Gulliver	70	4	45.71
219.	Debbie Tierney	49	2	44.96
220.	Greg Taylor	62	4	44.53
221.	Sue Seppa	67	3	42.74
222.	Steve Obermeyer	47	2	39.80
223.	Juicebox Cox	16	2	38.50
224.	Christine McKnight	61	2	38.30
225.	Ann Miller	45	2	38.05
226.	Darryl Caron	45	2	36.76
227.	Jennifer Jennings	48	3	36.73
228.	Cecilia Harris	23	2	36.40
229.	Jamie Lahey	32	2	34.40
230.	Al Schultz	63	4	34.32
231.	Meirak Werbel	37	2	33.21
232.	Mona Caron	39	2	32.82
233.	Holly Alexandre	37	2	31.34
234.	Bill Milkiewicz	53	6	29.72
235.	Karen Michalski	53	2	28.60
236.	Anne Wehry	51	2	22.78
237.	Karin Bradley	52	2	10.19
238.	Betty Lacharite	73	2	9.53
239.	Don Lacharite	77	2	9.22



2009 WMAC DION Snowshoe Racing Series Champions are Ben Nephew and Abby Woods Mahoney!

Photos courtesy of Beth and Brad Herder –
www.berkshiresports.org

2009 WMAC DION SNOWSHOE SERIES AGE DIVISION CHAMPS

11 – 15

London Niles	318.00
Adam Bricker	115.85

16- 19

Sean Curtis	160.24
Dan Valdo	146.57
Michael Bates	109.86

20 – 24

Katherine Best	116.02	Rick DeCarr	174.21
Erin Clark	110.69	Andrew Wahila	172.88
Cecilia Harris	36.40	Jared Asmus	151.86

25 – 29

Amy Lane	488.39	Tim Mahoney	577.51
Leslie Dillon	249.60	Jay Kolodzinski	538.10
Madeleine Bonneville	205.11	Josh Merlis	389.05
Darleen Buttrick	202.33	Dan Buttrick	316.88
Sheila Kolodzinski	147.05	Justin Fyffe	298.70

30 – 34

Abby Woods	538.05	Ben Nephew	591.94
Chelynn Tetreault	484.89	Matt Cartier	587.27
Jessica Hageman	440.88	Brian Northan	543.75
Jodie Lahey	255.61	RichardTeal	536.89
Ashley Krause	127.41	Steven Legnard	405.81

35 – 39

Holly Atkinson	391.94	Matt Westerlund	478.69
Jeanine Mackiewicz	128.58	Ethan Nedeau	291.01
Pamela DelSignore	126.68	Tim Rudin	282.36
Sarah Dzikowicz	121.20	Rick Friedrich	253.04
Peg Piwonka	116.66	David Shumpert	231.84

40 – 44

Laurel Shortell	354.98	Dave Dunham	591.66
Jacque Schiffer	312.25	Tim Van Orden	587.56
Jacqueline Lemieux	189.50	Patrick McGrath	415.18
Tracey Robertson	166.08	Scott Brew	314.49
Denise Terzian	141.81	Tom Mack	275.33

45 – 49

Darlene McCarthy	170.15	Ken Clark	575.41
Sweep Voll	112.19	Edward Alibozek	556.53
Sheryl Wheeler	107.98	Larry Dragon	547.30
Theresa Apple	68.82	Richard Chipman	512.31
Mary Rappazzo	60.60	Erik Wight	504.30

50 – 54

Denise Dion	314.89	Paul Bazanchuck	551.05
Maureen Roberts	146.27	Bob Dion	519.67
Peggy McKeown	143.57	Peter Malinowski	460.68
Barbara Sorrell	143.14	Paul Hartwig	434.19
Beth Herder	142.77	Brad Herder	270.22

55 – 59

Janet Tryson	88.19	Glen Tryson	478.67
Gail Hein	66.21	Mike Lahey	471.58
Sue Nealon	63.22	Bill Morse	390.39
		Peter Lipka	371.11
		Rich Tanchyk	252.83

60 – 64

Laura Clark	316.66	Alan Bates	482.45
Kathy Furlani	193.34	Martin Glendon	368.69
Christine McKnight	38.30	David Boles	324.06
		Bob Worsham	295.55
		Frank Gaval	193.38

65 – 69

Sibyl Jacobson	82.74	John Pelton	443.00
Sue Seppa	42.74	Ed Alibozek Jr	364.25
		Bob Massaro	274.86
		Walter Kolodzinski	121.20
		Steve Mitchell	55.91
		Ken Fairman	52.16
		Ray Lee	51.95

70 – 74

Betty Lacharite	9.53	Art Gulliver	45.71
		Don Lacharite	9.22

70 – 74

Richard Busa 106.19

Best 6 Scores Count. We used everyone with at least two finishes, which didn't change any of the Age Group Champions – it only lengthened the number in each division.

Overall, it was Ben Nephew and Abby Woods Mahoney winning the WMAC DION Snowshoe Series Title in 2009. Ben had also won during the 2004 season, and Abby was the 2008 Women's Champion.

It was close for the Overall top spot this season, as Ben took the title by a margin of only 0.28 over Dave Dunham. This was the lowest margin since 2007 when Dave came out ahead of Ken Clark by only 0.10. When Ben won in 2004, he beat Leigh Schmitt by a total of 0.47 over six races! We have had some really close finishes in our history!

2009 WMAC DION SNOWSHOE RACING SERIES FINAL TOTAL POINTS STANDINGS PAGE 1

Woodford **Turner Trail** **Greylock Glen** **Brave the Blizzard**
Hoot Toot & Whistle **Curly's Record Run** **Northfield Mtn**
SPA Winterfest **Sidehiller** **Hallockville Pond** **Camp Saratoga**
Hoxie Thunderbolt **Covered Bridge** **Hallockville Orchard**
Hawley Kiln **Northfield MASS State Championship** **Catamount**

PL	NAME	SEX	AGE	PTS	PL	NAME	SEX	AGE	PTS
01.	Ken Clark	M	46	1351.99	<u>50.</u>	Jacques Schiffer	F	44	312.25
02.	Mike Lahey	M	57	1102.85	51.	Justin Fyffe	M	28	298.70
03.	Dave Dunham	M	44	1069.52	52.	Nico Scibelli	M	46	297.68
04.	Edward Alibozek	M	46	1061.79	53.	Brian Rusiecki	M	30	292.68
05.	Tim Van Orden	M	40	1052.63	54.	Jamie Howard	M	43	292.39
06.	Bob Dion	M	53	1022.15	55.	Ethan Nedeau	M	36	291.01
07.	Richard Chipman	M	48	944.00	56.	Ahmed Elasser	M	46	288.50
08.	Richard Teal	M	30	931.32	57.	Tim Rudin	M	38	282.36
09.	Larry Dragon	M	48	866.65	58.	Tom Parent	M	32	279.57
10.	Jay Kolodzinski	M	29	848.32	59.	Tom Mack	M	44	275.33
11.	Mathew Cartier	M	33	777.51	60.	Steve Wolfe	M	44	270.73
12.	Tim Mahoney	M	29	762.14	61.	Brad Herder	M	51	270.22
13.	Laurel Shortell	F	42	740.23	62.	Jeff Hattem	M	57	268.23
14.	Erik Wight	M	49	709.04	63.	Chris Johnson	M	51	260.20
<u>15.</u>	<u>Holly Atkinson</u>	F	39	<u>644.31</u>	64.	Chris Taft	M	28	255.17
16.	Paul Bazanchuk	M	54	634.38	65.	Rich Friedrich	M	35	253.04
17.	Glen Tryson	M	55	621.66	66.	Rich Tanchgk	M	57	252.83
18.	Abby Woods	F	30	619.87	<u>67.</u>	<u>Leslie Dillon</u>	F	25	<u>249.60</u>
19.	Chelynn Tetreault	F	33	617.38	68.	Jeff Clark	M	51	244.68
20.	Amy Lane	F	29	609.85	69.	Ross Krause	M	29	243.55
21.	Jessica Hageman	F	33	596.45	70.	Joe Bouck	M	46	235.12
22.	Denise Dion	F	50	592.01	71.	David Shumpert	M	38	231.84
23.	Ben Nephew	M	33	591.94	72.	Howard Bassett	M	48	230.63
24.	Paul Hartwig	M	52	584.17	73.	Brendan Dunfee	M	34	225.81
25.	Patrick McGrath	M	43	573.76	74.	Will Danecki	M	58	219.45
26.	Martin Glendon	M	62	567.37	75.	Kathy Furlani	M	60	214.12
<u>27.</u>	<u>Laura Clark</u>	F	61	<u>564.53</u>	76.	Denny Fillmore	M	56	213.34
28.	Ed Alibozek Jr	M	69	550.75	77.	Thomas Ryan	M	48	212.97
29.	Brian Northan	M	33	543.75	<u>78.</u>	<u>Jacqueline Lemieux</u>	F	42	<u>212.08</u>
30.	John Pelton	M	69	541.05	<u>79.</u>	<u>Maddy Bonneville</u>	F	27	<u>205.11</u>
31.	Peter Malinowski	M	54	526.91	80.	Scott Bradley	M	54	205.31
32.	David Boles	M	62	502.26	81.	Konrad Karolczuk	M	56	202.73
33.	Bob Massaro	M	65	491.12	<u>82.</u>	<u>Darlene Buttrick</u>	F	29	<u>202.33</u>
34.	Alan Bates	M	60	482.45	83.	Josh Ferenc	M	27	200.00
35.	Mathew Westerlund	M	36	478.69	84.	Ernie Alleva	M	57	198.23
36.	Peter Lipka	M	57	468.74	85.	Leigh Schmitt	M	36	197.40
37.	Jan Rancatti	M	48	462.29	86.	Jeremy Drowne	M	31	196.64
38.	London Niles	M	11	442.79	87.	Frank Paone	M	51	194.37
39.	Russ Hoyer	M	48	433.91	88.	Bill Glendon	M	62	193.88
40.	Steven Legnard	M	32	405.81	89.	Frank Gaval	M	62	193.38
41.	Jim Johnson	M	31	394.50	90.	Greg Hammett	M	31	192.02
<u>42.</u>	<u>Jodie Lahey</u>	F	30	<u>393.22</u>	91.	Phil Bricker	M	55	190.60
43.	Bill Morse	M	57	390.39	92.	Wally Lempart	M	63	190.58
44.	Josh Merlis	M	27	389.05	93.	Peter Keeney	M	43	186.48
45.	Eddie Habeck III	M	31	330.81	94.	James Pawlicki	M	34	185.99
46.	Rick Pacheco	M	48	329.81	95.	Chuck Trimarchi	M	62	185.24
47.	Bob Worsham	M	63	324.12	96.	David Newman	M	28	185.00
48.	Dan Buttrick	M	28	316.88	97.	Daniel French	M	37	181.24
49.	Scott Brew	M	43	314.49	98.	Peter Lagoy	M	49	180.23

2009 WMAC DION SNOWSHOE RACING SERIES FINAL TOTAL POINTS STANDING PAGE 2

Woodford Hoot Toot & Whistle SPA Winterfest Hoxie Thunderbolt Hawley Kiln	Turner Trail Curly's Record Run Sidehiller Covered Bridge Northfield MASS State Championship	Greylock Glen Hallockville Pond Hallockville Orchard Hallockville Orchard	Brave the Blizzard Northfield Mtn Camp Saratoga Catamount
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PL	NAME	SEX	AGE	PTS	PL	NAME	SEX	AGE	PTS
99.	Rick DeCarr	M	24	174.21	148.	Jeanine Mackiewicz	F	36	128.58
100.	Matthew Fryer	M	28	172.90	149.	Ashley Krause	F	31	127.41
101.	Andrew Wahila	M	24	172.88	150.	Pamela DelSignore	F	39	126.68
102.	Timothy Bardin	M	47	170.94	151.	Elizabeth Bianchi	F	41	125.10
103.	Eric Recene	M	37	170.23	152.	William Milak	M	56	124.27
104.	Darlene McCarthy	F	46	170.15	153.	Jaime Nieves	M	32	123.03
105.	Doug McBournie	M	50	169.73	154.	Tom Tift	M	51	122.88
106.	John Kinnicott	M	46	168.72	155.	Peter Thomas	M	61	121.79
107.	Eric Kimmelman	M	44	167.14	156.	Mark Raymond	M	46	121.69
108.	Andy Esperti	M	45	166.14	157.	Kaitlyn Skelley	F	25	121.48
109.	Tracey Robertson	F	40	166.08	158.	Sarah Dzikowicz	F	38	121.20
110.	Donald Pacher	M	36	163.80	159.	Mary Lou White	F	53	119.85
111.	Clinton Morse	M	46	163.02	160.	Richard Busa	M	79	117.92
112.	John Paduano	M	48	162.79	161.	Robert Norman	M	33	117.05
113.	Mike Kent	M	45	162.74	162.	Peg Piwonka	F	37	116.66
114.	Charles Brockett	M	63	161.91	163.	Katherine Best	F	24	116.02
115.	Sean Curtis	M	16	160.24	164.	A. Caplan-Bricker	M	15	115.85
116.	Norm Sheppard	M	51	159.26	165.	Steve Petke	M	54	112.80
117.	Ri Fahnestock	M	29	159.21	166.	Patty Duffy	F	40	112.46
118.	Ed Meyers	M	57	157.34	167.	Sweep Voll	F	48	112.19
119.	M. Della Rocco	M	57	157.02	168.	Matthew Soroka	M	31	111.18
120.	Daniel Berheide	M	30	155.33	169.	Erin Clark	F	20	110.69
121.	Todd Rowe	M	30	154.87	170.	Michael Bates	M	16	109.86
122.	Jim Carlson	M	60	154.32	171.	Renate Fatkulin	M	20	108.51
123.	Jared Asmus	M	23	151.86	172.	Sheryl Wheeler	F	46	107.98
124.	Scott Graham	M	50	151.20	173.	John Aldrich	M	50	106.69
125.	Jeffrey Lutzker	M	57	149.84	174.	Douglas Gerhardt	M	41	105.69
126.	Russell Clark	M	57	148.80	175.	Kim Scott	F	40	102.91
127.	Sheila Kolodzinski	F	26	147.05	176.	Laura Milak	F	52	101.61
128.	Dan Valdo	M	19	146.57	177.	Angela Squadere	F	37	99.81
129.	Maureen Roberts	F	50	146.27	178.	Daniel Morgan	M	43	98.74
130.	Dave Wilber	M	49	145.78	179.	Ed Buckley	M	50	98.54
131.	Walter Kolodzinski	M	66	144.13	180.	Karl Molitoris	M	53	95.39
132.	John Butler	M	42	144.11	181.	Brian McCarthy	M	47	93.77
133.	Peggy McKeown	F	51	143.57	182.	Kathleen Goldberg	F	50	91.48
134.	Barbara Sorrell	F	51	143.14	183.	Sarah Edson	F	32	91.03
135.	Beth Herder	F	50	142.77	184.	Thomas Hathaway	M	19	89.54
136.	Bob Woodworth	M	59	142.12	185.	Edward Steele	M	43	89.23
137.	Denise Terzian	F	44	141.81	186.	Janet Tryson	F	55	88.19
138.	Jay Curry	M	37	141.74	187.	Donna Charlebois	F	50	85.16
139.	Bruce Shenker	M	56	141.39	188.	Randy Goldberg	M	49	83.86
140.	Kevin Durgin	M	20	139.10	189.	Lindsey Sabatka	F	28	83.82
141.	Ed Decker	M	55	137.93	190.	Sibyl Jacobson	F	66	82.74
142.	Gary Bendetti	M	63	137.31	191.	Christie Desilets	F	26	82.06
143.	Sara Brenner	F	28	135.34	192.	Jason Nipper	M	34	81.50
144.	Mike Lacharite	M	51	134.82	193.	Erinn McCarthy	F	26	78.22
145.	David Durfee	M	47	132.50	194.	Mark Brill	M	61	76.79
146.	Larry Peleggi	M	51	131.14	195.	Alex Chlopecki	M	37	76.70
147.	Michael Buttrick	M	23	129.73	196.	Tim Rothfuss	M	39	74.94

2009 WMAC DION SNOWSHOE RACING SERIES TOTAL POINTS PAGE 3

Woodford	Turner Trail	Greylock Glen	Brave the Blizzard
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203.	John DellaRocco	M	47	63.35
204.	Sue Nealon	F	58	63.22
205.	Jeff Clark	M	62	62.44
206.	Mary Rappazzo	F	47	60.60
207.	Pat Rosier	F	50	57.95
208.	Patricia Paduano	F	51	56.55
209.	Steve Mitchell	M	67	55.91
210.	Tom McCrumm	M	63	55.13
211.	Colleen Quinn	F	52	53.42
212.	Ken Fairman	M	65	52.16
213.	Ray Lee	M	66	51.95
214.	Bruce Saddler	M	47	50.47
215.	Richard Davis	M	38	49.96
216.	Michael Maguire	M	48	49.45
217.	Jennifer Ferriss	F	37	47.24
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235.	Karen Michalski	F	53	28.60
236.	Anne Wehry	F	51	22.78
237.	Karin Bradley	F	52	10.19
238.	Betty Lacharite	F	73	9.53
239.	Don Lacharite	M	77	9.22



Thanks to Denise and Bob Dion, whose snowshoes power our series – www.dionsnowshoes.com

Thanks to Beth and Brad Herder, whose photos help us remember so many great days – www.berkshiresports.org

Results Show all participants with at least Two Finishes!

Ken Clark and Laurel Shortell – Top Point Producers in 2009

ALBANY TIMES UNION "I DID IT"

RICHARD CHIPMAN – THE FORREST GUMP CHALLENGE

Tom Kevser Staff Writer -- Saturday, March 7, 2009

Rich Chipman likes to run. He's been a runner since 1978, but that didn't keep him from gaining weight and becoming dangerously unhealthy.

Precisely four years ago -- March 7, 2005 -- Chipman, 48, a wildlife biologist for the U.S. Department of Agriculture who lives in Schodack, New York, embarked on a plan to get fit. He devised what he calls the Forrest Gump challenge, named for the character played by Tom Hanks in the 1994 film. His initial goal was to run as many days in a row as Forrest Gump did (3 years, 2 months and 14 days). And when Chipman did that, he kept on running.



Q: What prompted you to get healthy?

A: I had heart flutters. I had higher-than-normal blood pressure and cholesterol that was over 260. I had read somewhere that the heavyweight-division entry level for sumo wrestlers was somewhere around 250, 260. I was thinking, "Oh my Lord, I've reached the point where I could qualify to be a sumo wrestler."

Q: What'd you weigh?

A: Around 260 then, but the maximum that I remember was 278. ... I'm 6-1 and 1/2.

Q: How'd you get that heavy?

A: It was 1988, and I was going to grad school in Vermont, and my wife, Liz, was pregnant with our older son. We lived across the street from a convenience store that sold discounted pints of

Ben and Jerry's ice cream. We each had a pint a night. I gained more weight than she did. And she gave birth, and I didn't. I stayed 60 to 70 pounds overweight for about 20 years.

My doctor tried desperately to get me on cholesterol medicines. But they always made me feel a little wonky.

Q: What'd you do instead?

A: I needed something that involved running, because that's the thing I like to do. I help coach the Maple Hill Middle School cross-country team, and with two other runners, I started a local running club for kids. I felt that I needed to be a better role model. On top of that, we all have our midlife crisis, and I didn't want to do the standard and get hair plugs and a red convertible and have a torrid affair. So I decided to learn how to play the banjo and start the Forrest Gump challenge.

Q: How'd it work?

A: I'd run at least two continuous miles every day -- outside. The treadmill didn't count. And some days it was more like 20 miles. By the time this comes out, I'll be running my 1,462nd day in a row. That's more than 4,400 miles.

Q: You haven't missed a day?

A: Not one. The closest I came was, I had gone to my father's wedding in Vermont, and we were driving back, and our minivan broke down in the mountains between Bennington and Brattleboro. We eventually got towed to a service center in Bennington. We asked the tow-truck driver to drop us off at the local Subway, so we could get something to eat while we waited for friends back in New York to pick us up.

It was getting late, about 11:15 p.m. And I needed to get my run in before midnight. I told my family that while we were waiting I'd better go. I was in my suit coat and khakis and Bean boots, and I took off running down the streets of Bennington. A car full of high school kids came by and saw me, and they yelled out: (An insult) But I got my two miles in, and I kept the streak alive.

Q: What's the neatest thing that's happened?

A: That's hard to say, because I've run in 26 states, in D.C., and in five different countries. ... The day I tied Forrest, that was kind of a cool day. I was in Estes Park, Colorado, at about 7,500 feet elevation. It was May 22, 2008. I was at a large meeting of wildlife biologists. ... The day that I tied it, I was running on a mountain trail, and I ran among an elk herd. That was actually sort of spiritual.

Then the next day, because I had to catch a plane, I got up at 3 a.m. so I could break Forrest's streak. So there I'm running -- and thinking about mountain lions. That's the thing about being a wildlife biologist. I'm thinking, "This is really good mountain-lion habitat. ... And let's see, lions weigh 150 to 300 pounds, can run a lot faster than I can, and they can leap more than 20 feet from a standstill. And I'm running in the mountains near brushy

RICHARD CHIPMAN – THE FORREST GUMP CHALLENGE (continued)

ledges acting like easy prey so I can break a fictional-movie character's record and still make my flight back home."

Q: Haven't you gotten sick, or hurt, or snowed out?

A: When the snow's on the roads, you're tiptoeing through and thinking that with the next slip, your streak's going to be broken. I've sprained my ankle, but not to the point I couldn't run. And everybody gets the stomach flu and your basic colds. But knowing that it's only two miles, I can make myself do that. Frankly, being outside and getting in better shape, I've been the least sick I've ever been. I'm in the best shape of my life, I know that.

Q: How's your weight?

A: It's 190, down 70 pounds from when I started the Forrest Gump challenge. Most of that came off the past year and a half. Before, my job was very high-pressure, and I was working very long hours, getting up at 2 and 3 in the morning to go to work. So it was stress and lack of sleep, and I was still eating some of my favorite stuff -- fast food, bagels with cream cheese, cinnamon rolls and drinking Coke.

Q: What changed?

A: I'd been in my job long enough that I was less stressed. And my wife gave me a gift certificate for a personal trainer at the Top Form fitness center in East Greenbush. I've been going there twice a week, lifting weights and working out my non-running muscles. And I started working with a running mentor, this amazing guy who's run 20 marathons, Chuck Trimarchi. He helped me train for my first marathon, the Cape Cod marathon in October 2008.

And this year, the new thing that I'm doing and have become obsessed with is snowshoe running. I've run 11 snowshoe races, which typically are four to five miles. ... By the way, I don't count that in my streak. I still go out for a two-mile run.

Q: How about your diet?

A: It's nothing magical -- smaller portions, mainly. I gave up red meat for the most part, and I quit eating bread. I gave up fast food -- french fries, Big Macs. And I gave up doughnuts and the cinnamon rolls at Dunkin' Donuts. I didn't give up good beer, though, because I like beer. I'm not monk-like. ... But ultimately, it's not that much fun. You miss a lot of things. You can tell yourself you don't really miss them, but you do.

Q: How's your health?

A: My cholesterol's down to 172. My blood pressure's normal to below normal. My heart flutter's gone. I feel better than I ever have. I don't have to buy clothes from Ivan the tent maker anymore. I'm back down to a 36 waist -- from 44, 46.

I'm happier -- more open and relaxed, certainly less stressed. ... I'm trying very hard not to become like a reformed smoker or born-again skinny person. You don't want to play that moral-superiority card. But I'm pretty proud of what I've done. As Forrest would say: "That's all I have to say about that."

I think you need to set very specific goals, and make them goofy and say them out loud so you can't back out. At least that worked for me.

Get your support team around you, whether it's your family or friends. In my case, I have all that plus my colleagues at work. When I switched jobs, I got up in front of 60 or 70 folks I knew I'd be working with and told them about myself, and one of the things included the Forrest Gump challenge. They were all really psyched for me.

Get some people to work with you who know their stuff. For me that was Chuck Trimarchi and the guys at Top Form and the Albany Running Exchange and the Hudson Mohawk Road Runners Club. You meet people who are going through what you're going through or have gone through it. My thing is running. But that doesn't mean it has to be your thing. It could be biking, anything.

"I Did It" is a monthly feature about local people who have achieved fitness success, whether it's a first marathon or the decision to cut butter out of their diet entirely. Article was used by permission from the Times Union. To contact the author, Tom Keyser, email him at:

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Photo of Rich Chipman at Hawley Kiln by Beth Herder
www.berkshiresports.org



Jan Rancatti spent Catamount working the finish line, with his dog *Chloe*. While racing the 2009 WMAC DION Snowshoe Series, Jan gathered 462 total points! Here he is at Hawley Kiln -- Photo by Beth Herder / www.Berkshiresports.org