

W.M.A.C. SNOSHU-NEWS

REALLY OVER THE HILL --- 100 AND COUNTING...

When I turned the big 6-0, I was really excited about my newly earned age group and wrote a series of Over the Hill stories. Eventually though, reality punched through and while I was running with the same amount of effort, I became stuck in a frustrating slow motion dream sequence. Except I wasn't going to wake up. With the glamour no longer there, I shelved the series. Until now...

Age-related memory loss might explain why Woodford took me by surprise. No sooner had I alighted from Annie than Dave Dunham, camera at the ready, said "Congratulations!" and took one of those candidly posed celeb shots. I recovered enough to query, "Why are you taking my picture? I haven't won the race yet!" Was there an age-adjusted start? Or more likely, perhaps Dave was collecting before and after comparisons. But no. The reason was that our Chief Snowshoe Statistician remembered that Woodford 2010 was to be my Centennial Event. Not even Jeff, my biggest fan, had remembered. But of course, he has been over the hill for a year longer than I.

Needless to say I was touched by Dave's gesture and even more grateful that I did not have to agonize over preparations any more than is normal for the first snowshoe race of the season. The previous week Saratoga had happily acquired a possible four inches of snow, if you glanced at it sideways and without a ruler. Determined Jeff, Jen Ferriss and I tested equipment and stamina. Jeff promptly decided on a Fleet Feet excursion for new pants, while I waited until after my unsuccessful attempt to mend multiple holes in my old tights. There are some things that require more than duck tape. Jen discovered that it is probably not a good idea to wear thin Christmas socks, no matter how seasonally festive. I was the hands-down winner in the gloves department, inheriting a pair of too-small, too-warm mittens from Jeff. Fortunately, Santa later rewarded Jeff's generosity. I also learned that storing a filled water bottle in the car for an after-work jaunt works fine if you like to chomp away on ice. Santa once again pulled through with one of those high-tech hot/cold models. When all is said and done, testing equipment options before the final Christmas shopping day worked out well for us.

Woodford, a seasonal WMAC holiday, falls on the first Sunday after Christmas. So this year it was dutifully scheduled for the Day After Christmas, a day which most sane people reserve for hibernating, playing with toys and attending after-Christmas sales. As a race director, it is not easy organizing an event the day after a worldwide celebration. But luckily, Santa's elves concluded that Jack Quinn was an especially good snowshoer this year and had commissioned a youth work crew to hack away at the trail as well as to construct an impressive series of plank bridges. While the parking lot was slightly less crowded, that was mainly due to the absence of the entourage of snowmobilers and their personal trailers that greedily suck up several slots per rider. Guess they chose the hibernating option that day.

For some reason, I had trouble getting into the swing of things, obsessing whether or not I had enough energy in my rebuilt engine to pull through. By the time I figured out that I was still fairly functional, several key players had passed me despite the fact that I was wearing one of the send-off Targets. In case you haven't yet picked up the December *Adirondack Sports & Fitness*, it is helpful to know that this year, in the interests of political correctness, there are two Targets, one for the faster group and one for the transitional group. The transitional group is solidly comprised of the slower folks and fleetingly visited by newbies who will soon gain their snow legs and outpace their mentors. Oh well. Still, I took comfort in the fact that I did manage to hold off some of those behind me. Edward Alibozek, as honorary wearer of the faster Target, also felt that it did not help him so much as give those behind something to shoot for. Which they did, hanging behind and then overtaking him on the final straightaway. At the end of each event, either Jim or I get the Targets, or possibly Laurel Shortell if neither of us is around. We figure Laurel, having never missed a race, is fairly reliable. At the next race previous Target wearers get to hand off to a runner several places ahead or behind.

After warning Jen, a first-time Woodforder about the dangers of heading into the lake on the return trip, I almost made the same mistake. Not quite at race pace, I actually noticed the spot where the path diverged into two trails. The trouble was that while only one claimed "road less traveled" status, both confidently sported jaunty Dion bunny footprints. Eeny, meeny, miney, moe later and I had actually made the right choice for once! Maybe there's something to be said for this Centenarian stuff after all.

Waiting for each of us at the end of the journey was not only Jack Quinn but half the Sunday inventory of the Vermont Bread Company. As we clomped across the highway on our way to the parking lot, the speeding cars actually paused in their headlong rush to the mall. I would like to think that the orange cones and Race in Progress postings finally got some respect. I suspect, however that it was the sight of runners carrying packaged loaves of bread. Was this a breakfast run or were we product testing to see how far we could get on a single loaf? In my case at least, the answer was obvious: I was Hansel and Gretting it into the woods, bread crumbs at the ready.

laura clark
100 and counting

WMAC

2011 DION SNOWSHOE RACING SERIES

WMAC

9TH ANNUAL "I LOVE WOODFORD" aka "THE RUN FOR THE DOUGH" 3.3 MILE SNOWSHOE RACE

December 26, 2010

Woodford State Park

Woodford, VT

#	NAME	AGE	TIME	PTS
01.	Jim Johnson	33	0:20:28	100.00
02.	Tim Van Orden	42	0:21:01	98.70
03.	Dave Dunham	46	0:22:13	97.40
04.	Stephen Dowsett	22	0:23:17	96.10
05.	Connor Devine	17	0:23:18	94.81
06.	Steve Wolfe	46	0:24:10	93.51
07.	Chris Dunn	42	0:24:57	92.21
08.	John Agosto	46	0:25:03	90.91
09.	Erik Wight	51	0:25:17	89.61
10.	Richard Teal	32	0:25:21	88.31
11.	Caleb Strong	54	0:25:32	87.01
12.	Ken Clark	48	0:25:37	85.71
13.	Lucas Roods	20	0:26:57	84.42
14.	John Beard	46	0:27:03	83.12
15.	Clinton Morse	48	0:27:05	81.82
16.	Dan French	39	0:27:12	80.52
17.	Allen Bates	62	0:27:21	79.22
18.	Edward Alibozek	48	0:27:24	77.92
19.	Dave Almond	36	0:28:26	76.62
20.	Mike Lahey	59	0:28:41	75.32
21.	Thomas Devine	50	0:28:58	74.03
22.	Jim Devine	50	0:29:33	72.73
23.	Randy Zucco	40	0:29:47	71.43
24.	Richard Chipman	50	0:29:52	70.13
25.	Ellen Dobbin	23	0:30:36	68.83
26.	Bill Morse	59	0:30:39	67.53
27.	Jeff Clark	52	0:31:38	66.23
28.	David Durfee	49	0:31:53	64.94
29.	Michelle Lombardo	42	0:32:13	63.64
30.	Richard Kelly	49	0:32:37	62.34
31.	Marcy Beard	41	0:33:11	61.04
32.	Dave Florini	47	0:33:17	59.74
33.	<u>Erin Clark</u>	22	0:33:56	58.44
34.	Joe Bouck	48	0:34:01	57.14
35.	Scott Bradley	55	0:34:02	55.84
36.	Jan Rancatti	50	0:34:03	54.55
37.	Bob Dion	52	0:34:50	53.25
38.	London Niles	13	0:34:52	51.95
39.	Jeff Gallese	41	0:35:38	50.65
40.	Jen Kuzmich	52	0:35:40	49.35
41.	Edward Alibozek, Jr	71	0:35:41	48.05
42.	Jeff Hattem	59	0:35:51	46.75
43.	Craig Roods	61	0:36:00	45.45
44.	John Pelton	71	0:36:07	44.16
45.	<u>Sara Praguski</u>	31	0:36:08	42.86
46.	<u>Patty Duffy</u>	42	0:36:19	41.56
47.	Stan Serafin	57	0:36:31	40.26
48.	Kitty Jerome	50	0:36:34	38.96
49.	Pete Canzone	57	0:36:39	37.66
50.	Jackie Thomson	43	0:36:44	36.36
51.	Jennifer Ferriss	39	0:36:44	35.06
52.	Laurel Shortell	44	0:36:56	33.77

#	NAME	AGE	TIME	PTS
53.	Denise Dion	52	0:37:12	32.47
54.	Laura Clark	63	0:38:18	31.17
55.	Vince Kirby	54	0:38:32	29.87
56.	Brad Herder	53	0:38:49	28.57
57.	Bob Massaro	65	0:39:22	27.27
58.	Ginny Patsun	42	0:40:03	25.97
59.	Jamie Coyne	52	0:40:39	24.68
60.	Sweep Voll	49	0:40:35	23.38
61.	Claudine Preite	44	0:41:04	22.08
62.	<u>Kristin Kelly</u>	21	0:41:05	20.78
63.	Jim Carlsen	62	0:41:40	19.48
64.	<u>Alison Malmborg</u>	44	0:43:48	18.18
65.	Konrad Karolczuk	58	0:44:00	16.88
66.	Pete Finley	49	0:45:17	15.58
67.	Jamie Howard	45	0:45:49	14.29
68.	Karin Bradley	53	0:46:14	12.99
69.	Ray Lee	68	0:47:55	11.69
70.	Ginny Kelly	48	0:49:04	10.39
71.	Vicki Quagliaroli	57	0:49:44	9.09
72.	George Boudreau	41	0:52:14	7.79
73.	<u>Rebecca Armstrong</u>	42	0:53:31	6.49
74.	Jeff Clark	64	0:57:46	5.19
75.	Bianco Methan	26	1:11:09	3.90
76.	Debbie Sylvin	55	1:11:12	2.60
77.	Owen Dobbin	60	1:11:14	1.30



The King Of Woodford, Jack Quinn, Back In The Day Racing At 2004 Greylock Glen!

JIM TUCKER & PAUL SMITH'S COLLEGE

JIM TUCKER & PAUL SMITH'S COLLEGE

December 12, 2010

JINGLE BELL 5KM SNOWSHOE RACE

Adirondack Park Visitor's Interpretive Center

Paul Smiths, NY



#	NAME	AGE	GENDER	TIME
01.	Caleb Strong	50-59	M	24:47
02.	Jacob Dillon	Open	M	24:57
03.	Kyle Dash	Open	M	25:00
04.	Matt Westerlund	30-39	M	25:48
05.	Jordan Peters	Open	M	26:32
06.	Doug Hazeldon	50 - 59	M	27:13
06.	Justin Andrews	Open	M	27:13
08.	Tim Grossman	Open	M	28:18
09.	Josh Buchanan	Open	M	28:21
10.	Benjamin Harper	Scholastic	M	29:06
11.	Eric Hulbert	Scholastic	M	29:08
12.	Brett Delola	Scholastic	M	29:12
13.	Stefan Bibb	Open	M	30:10
14.	Rand Snyder	Open	M	30:31
15.	Jesse Hrycik	Open	M	30:50
16.	Eric Kowalik	Open	M	31:14
17.	Robert McNamara	50-59	M	33:11
18.	Alexa Cosgro	Open	F	34:32
19.	Floyd Lampart	60-69	M	34:47
20.	Christine Lennon	20-29	F	35:26
21.	Ezra Hulbert	Scholastic	M	36:04
22.	Linnea Shumway	Open	F	37:04
23.	Tracey Jefferys	40-49	F	38:46
24.	Annie Jardin	Open	F	42:55
25.	Diane Olivo	40-49	F	43:35
26.	Ryan Delola	Scholastic	M	44:09
27.	Diane Covell	50-59	F	44:39
28.	Mark Bouquin	Open	M	50:11
29.	Caitlin Sparks	Open	F	51:08
30.	Megan Long	Open	F	59:39



Caleb Strong and Alexa Cosgro turned in the fastest times in the Jingle Bell 5K Snowshoe Race hosted by Paul Smith's College. Alexa Cosgro, a freshman at Paul Smith's College, was the fastest of the women, with a time of 34:32, good enough for 18th place, overall.

THE DAY THAT WAS LIKE LAST YEAR BUT WASN'T...

CHOOSE YOUR OWN ADVENTURE AT NORTH/SOUTH POND

This year's first North/South Pond snowshoe race was a study in contradictions. If you weren't sure of the location, event designation, race director, or even wondering if you had enough loose change in your pocket for the entry fee, all you had to do was stick around long enough for another option to present itself.

Here is how the story unravels: the Massachusetts State Snowshoe Championship, originally scheduled for March 2010 in Northfield was postponed to December because of lack of snow cover. December fared no better, with December 25 being the only day that showed promise. Needless to say, Santa holds exclusive rights, so the 2010 date stealthily tiptoed across the border to January 2, 2011, hoping no one would notice. Hardly anyone did.

A fireworks meltdown over the New Year's holiday left race director Edward Alibozek (incidentally from CT and standing in for official MA representative Dave Dunham) hunkered down with his email list. "Here is what I suggest," he cautiously typed, "- stay home and skip the race if you have any doubts or want to avoid potentially poor snowshoe conditions. Truthfully, most of you should avoid our race tomorrow. Do something else..."

For some, Edward's email offered an excuse to catch up on some post-New Year's napping, for others, it did little more than present a challenge, and for Streaker Laurel Shortell or others diligently working their way toward their hundredth race, it was a moot point entirely. So despite Edward's warnings, twenty-five intrepid snowshoers arrived at North/South Pond, not certain if the course would head North or South, unclear as to the exact mileage and up in the air as to whether they would be running a WMAC Dion Snowshoe event, a Federation event or a Massachusetts State Championship. Turned out we got all three and then some.

The lucky twenty-five who chose to go along with the adventure discovered that they were also participating in Dion Appreciation Day, and as such would receive FREE entry. Bob, however, was down below in Adams, getting his Fat Ass 50K underway. As soon as he shouted GO! he raced to his car and sped up the mountain, confident that all police offers were tucked snugly in bed after New Year's duty. There he graciously received our applause and then joined in the snowshoe race.

If you weren't quite geared up yet for snowshoe season, no worries. The balmy 38 degree day was a match for a not-yet-retired fall wardrobe, and trail runners who were loath to part with mud and water crossings got to experience the best of both worlds—snow *and* mud! But after all, Savoy Mountain State Forest is located in the town of Florida and as such holds promise of a balmy winter break Florida vacation. Although accounts differ as to how Florida got its name, folks speculate that it was either an act of defiance or typical Yankee humor since the town is typically the coldest spot in Massachusetts during the winter months. Obviously, this was an off day.

I heeded Edward's advice and when the path became at all slushy, I veered off to the side and luxuriated in six inches of unsquished snow. For those following the beaten path, frost heaves as well as uncovered twigs and rocks provide their own brand of excitement. A recent *Runner's World* article touted the "intimate feel" of the Big Sur Marathon—with *only* 4,000 runners. We took intimate back to its real meaning with a field of twenty-five experiencing the early days of trail racing where bib numbers are frivolous and a plate of homemade chocolate chip cookies serves as a post race snack for folks relaxing around a wood burning stove.

Still, greeting us at the very entrance was evidence that we have grown soft. Smack dab in the middle of the parking lot pathway was a teetering handicapped portapottie, worthy of a Nipmuck Dave event. Used to be we were grateful for his and her snowbanks, but now only a double-wide pottie would do to luxuriously accommodate our bigfoots.

Once again, the TARGET worked its magic, propelling Laurel Shortell to a 4th place women's finish and Mike Lahey to 5th overall. And as for the Massachusetts State Championship, only eleven out of the twenty-five entrants were actually from Massachusetts and the overall winner, Tim Van Orden, proudly claims Vermont as his home turf. However, Sweep Voll, the overall female, does possess bona fide Massachusetts residency. Incidentally, Sweep offered us an impressive demonstration of how to use hiking poles to great effectiveness. This is one of those "try this first at home" lessons requiring coordination, fancy footwork and a lengthy acquaintance with an elliptical machine in the off-season.

If we actually manage the 2011 State Championship in March, this would leave us with the possibility of Tim and Sweep becoming state champions twice in the same year. Only in America, the land of equal opportunity, could this be possible.

Moving right along, despite the currently posted snowshoe schedule, I suspect the presence of such a formidable pottie hints of at least one more event to be held at Savoy. While we only occasionally hand out special treats at individual races, I am hoping South/North Pond could be the exception. Being that Florida is the only place in the world where the Florida Turnip, a sweet rutabaga, is grown, I'm hoping that a few of these might grace our post-race hot chocolate and cookie table someday. All we need is some more snow and a dedicated shopper to produce the Run for the Florida Turnips!

By Laura Clark

WHAT'S NEXT 2010 DION SERIES

Saturday, January 15, 2011
GREYLOCK GLEN

Adams, MA
~4 Miles

Sunday, January 16, 2011
BRAVE THE BLIZZARD

Guilderland, NY
3.8 Miles

WMAC**2011 DION SNOWSHOE RACING SERIES****WMAC****4th ANNUAL MASSACHUSETTS STATE CHAMPIONSHIP****2010 MASS STATE CHAMPIONSHIP**

(make up from March 2010 & December 2010)

NORTH-SOUTH POND 3.0-MILE SNOWSHOE RACE**January 2, 2011****SAVOY MOUNTAIN STATE FOREST****Florida, MA**

PL	NAME	AGE	TIME	PTS
01.	Tim Van Orden	42	0:22:55	100.00
02.	Jim Johnson	33	0:23:54	96.00
03.	Steve Dowsett	22	0:25:41	92.00
04.	Ken Clark	48	0:29:20	88.00
05.	Mike Lahey	59	0:30:46	84.00
06.	Allan Bates	62	0:30:52	80.00
07.	James Hartwig	30	0:35:12	76.00
08.	Sweep Voll	49	0:36:23	72.00
09.	Jessica Hageman	35	0:38:14	68.00
10.	Brian Northan	35	0:38:22	64.00
11.	Ed Alibozek Jr	71	0:38:40	60.00
12.	Kathy Furlani	62	0:39:06	56.00
13.	Laurel Shortell	44	0:39:36	52.00
14.	Jamie Coyne	52	0:40:36	48.00
15.	Mike DellaRocco	59	0:40:37	44.00
16.	London Niles	13	0:41:07	40.00
17.	Bob Dion	55	0:42:37	36.00
18.	Laura Clark	63	0:43:00	32.00
19.	Brad Herder	53	0:45:48	28.00
20.	Bob Massaro	67	0:46:08	24.00
21.	Jamie Howard	45	0:46:12	20.00
22.	Konrad Karolczuk	58	0:47:00	16.00
23.	Rebecca Armstrong	42	0:57:14	12.00
24.	Jeff Clark	64	1:06:20	8.00
25.	Edward Alibozek	48	1:25:30	4.00

AGE DIVISION MASS CHAMPS

30 – 39 Female	Jessica Hageman
40 – 44 Female	Laurel Shortell
45 – 49 Female	Sweep Voll
50 – 59 Female	Jamie Coyne
60 – 69 Female	Kathy Furlani
18 and under	London Niles
20 – 24 Male	Steve Dowsett
25 – 34 Male	Jim Johnson
35 – 39 Male	Brian Northan
40 – 44 Male	Tim Van Orden
45 – 49 Male	Ken Clark
50 – 54 Male	Brad Herder
55 – 59 Male	Mike Lahey
60 – 64 Male	Allan Bates
65 – 69 Male	Bob Massaro
70 – 79 Male	Ed Alibozek Jr

It took a while to crown our 2010 Massachusetts State Snowshoe Champions at an event, as we lost our usual Northfield event last March as well as the December make up event scheduled for North Pond due to poor conditions. We crept a bit over the year barrier but here we finally have it. Sweep Voll and Tim Van Orden take the honors for overall champions. Congratulations Sweep and Tim! You both had convincing victories under less than ideal conditions.

The rest of our age division champions can be found in the next column, many familiar names but some new ones to add to our growing number of friends.

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Tim Van Orden, 2010 Massachusetts State Champion

***The Snowshoe Book*, by William Osgood and Leslie Hurley. Stephen Greene Press, 1971.**

*If the strength and glory
Of youth you would recall,
Then exercise your lungs and limbs
On snow shoes with our call.*

W.G. Beers, 1874 for Montreal S.S. Club

William Osgood and Leslie Hurley, veterans of World War II's famed 10th Mountain Division, are undisputed masters at winter survival. In this "first comprehensive book on showshoeing," they enthusiastically share their hard-earned knowledge.

While few of us today do more than hobby or reenactment trekking on the traditional wooden snowshoes depicted here, it is fascinating to learn how such originals were framed and laced. Craftsmanship reigned supreme, with as much care taken to construct a snowshoe as to fashion a violin. If, like me, you enjoy going retro occasionally the practical hints on how to handle these bigfoots will eliminate much trial and error.

But the true fascination of this brief manual lies in its glimpse into bygone days. A glance at the back cover depicts the authors clad in lumber jackets, boots and woolies, carrying axes and poles and smoking pipes! While we aim for the lightest models, it is amazing to view the old black and white photos of athletes competing in huge racquettes that seem to preclude more than a shuffling gait. The races described are in the typical Canadian Track format with necessarily strict rules about crossing into an opponent's lane only when a good 12' ahead.

Even more impressive were the action photos of snowshoe hurdlers. Those must have been some strong athletes! Dodge Ball, Fox and Geese, field hockey and potato races were also popular. After reading the directions for the Compass Game, a circular affair with spokes representing various directional points, I was astonished to discover that this resembled a favorite winter pastime my mother taught the neighborhood kids—except that we wore boots rather than racquettes. I can only assume it was somehow part of her Midwestern heritage.

Closer to our own events, however, were the community snowshoe hikes which were apparently popular social fixtures in New England villages until the 1930's. Typical outings attracted 50 participants—young, old, entire families. Each event would have a different leader who would design the course, locate a halfway inn or farmhouse for supper and then make sure no one got lost on the way back. No mention was made of lighting devices, but a typical party would not return until around 11 PM. More family-friendly was the weekend breakfast hike where a family would set a fire in the evening and then hike back in the morning with a toboggan full of breakfast items.

It amazes me that apparently no one remembers hearing grandparents recollect these good times. I guess it's human nature to take simple things like that for granted. Still, here we are, thanks to Edward Alibozek and Bob Dion, hosting New England-style snowshoe races with good fellowship afterwards.



Our Laura Clark, at North Pond 2011

GEARHEADS SHARING CORNER

If you have discovered some really cool gear that practically begs you to go for a run, how about dashing off a few lines so the rest of us can flash our credit cards at the appropriate vendor?

My winter finds include **Saucony Arm and Calf Sleeves**, available at Fleet Feet Sports. When I won the Age-graded Iron Person award at Camp this year, I decided to spend my Fleet Feet bucks on some arm sleeves. My November Stone Cat marathon begins at o'dark thirty and keeps trudging through early lunch. I expected the arm sleeves would ward off the morning chill and then could be quickly tucked away once competition heated up. What I didn't anticipate was the springy, uplifting swing it brought to my tired arms. And of course, now during snowshoe season they allow my extremities to remain warm without having to add extra bulky layers. You guys will enjoy removing them in front of a mirror. For a brief moment in time they clearly define bunched arm muscles!

Bolstered by this success, I eventually sprung for the calf sleeves, hoping for a bit of extra warmth during the winter season. I got all that and more, garnering extra ankle support and firmer calf muscles.

In the Not Sold in Stores category I am extremely pleased with Sahalie's reversible Polar Buff (read neck gaiter). Doubly fleeced and stacked like an accordion, it conforms to whatever shirt and jacket you happen to be wearing. Most importantly, when pulled over your mouth on those really cold days, it stays put and does not sag down into your shirt. Sahalie also offers other winter and summer weights, with the polar being the choice for the coldest temperatures.

laura

2010 WMAC DION SNOWSHOE SERIES AGE DIVISION CHAMPS

11 – 15

London Niles	335.90
Tim Stocker	127.59
Ian Banatoski	40.85
James Banatoski	26.30

16- 19

Carolyn Stocker	418.35	Dylan Wight	251.27
Julie Cambell	119.25	Sean Curtis	153.36
Amy Adams	39.56	Danny Huang	115.49

20 – 24

Lisa D'Aniello	197.39	Michael Buttrick	382.15
Meghan Foley	120.53	Stephen Dowsett	254.40
Erin Clark	78.79	James Hartwig	135.42
Kristen Merle	49.52	Jon Levenson	98.04

25 – 29

Lindsey Doerman	189.6	Dan Buttrick	434.15
Carissa Stepien	161.76	Kurt Gustafson	345.53
Amber Cullen	150.88	Josh Ferenc	291.11
Sara Brenner	145.31	Chris Taft	184.08

30 – 34

Amy Lane	527.08	Jim Johnson	600.00
Chelynn Tetreault	459.91	Ross Krause	586.54
Ashley Krause	456.35	Tim Mahoney	572.79
Jessica Hageman	336.40	Rich Teal	542.64

35 – 39

Sarah Dzikowicz	242.18	Matt Westerlund	570.39
Jennifer Ferriss	133.65	Brian Northan	431.87
Angela Squadere	122.36	Randy Zucco	421.39
Tracey Jeffreys	104.45	Domingo Elias	407.26

40 – 44

Holly Atkinson	320.29	Tim VanOrden	596.78
Laurel Shortell	196.22	Robert McCarthy	433.00
Jackie Lemieux	169.74	Todd Rowe	231.84
Elizabeth Bianchi	118.52	Sean Snow	175.03

45 – 49

Jacque Schiffer	363.57	Dave Dunham	582.31
Darlene McCarthy	216.50	Ken Clark	564.20
Lisa Ransom	111.92	Steve Wolfe	552.73
Audrey Witter	96.20	John Agosto	545.13

50 – 54

Denise Dion	290.39	Erik Wight	404.53
Barbara Sorrell	132.23	Jeff Clark	402.19
Maureen Roberts	115.81	Scott Bradley	371.59
Pat Rosier	103.28	Bob Dion	368.28

55 – 59

Becky Shattuck	232.09	Wayne Stocker	484.62
Phyllis Fox	92.60	Ned James	481.60
Janet Tryson	87.47	Paul Bazanchuk	461.19
Brucie Jacobs	38.61	Glen Tryson	448.79

60 – 64

Laura Clark	474.01	Allan Bates	505.54
Kathleen Furlani	307.78	Bob Woodworth	295.73
Ginny Pezzula	47.01	Martin Glendon	355.50
Cathy Biss	30.15	Bob Worsham	242.43

65 – 69

Sibyl Jacobson	28.34	Bob Massaro	407.15
Judith McCarthy	13.89	Douglas Fox	91.19
Sue Seppa	8.21	Walt Kolodzinski	89.75
Ellen Mach	2.96	Ray Lee	6.55

70 – 74

Zofin Turosz	36.07	John Pelton	353.55
Betty Lacharite	19.44	Ed Alibozek Jr	106.85
		Art Gulliver	18.33

75 – 79

Andy Keefe	26.95
Donald Lacharite	16.67

80 - 84

Richard Busa	167.26
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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 Jim Johnson and Amy Lane winning the WMAC DION Snowshoe Series Title in 2010. First time Championship for these two!

DAVE DUNHAM PRESENTS ALL TIME LEADING SCORERS / END OF 2010

WMAC DION TOTAL POINTS UPDATE

01.	Bob Dion	8,180.11	52.	James Pawlicki	1,471.99
02.	Ken Clark	7,956.82	53.	Konrad Karolczuk	1,467.06
03.	Dave Dunham	6,452.77	54.	Ed Buckley	1,459.96
04.	Edward Alibozek	6,146.03	55.	Howard Bassett	1,434.18
05.	Ed Alibozek Jr	4,581.34	56.	<u>Deborah Livingston</u>	<u>1,374.10</u>
06.	Mike Lahey	4,313.38	57.	Ed Saharczewski	1,364.02
07.	Jay Kolodzinski	4,263.54	58.	<u>Abby Mahoney</u>	<u>1,340.99</u>
08.	John Pelton	3,887.91	59.	Richard Chipman	1,339.92
09.	Laura Clark	3,727.88	60.	Walter Kolodzinski	1,315.32
10.	Leigh Schmitt	3,439.53	61.	Jim Schultz	1,313.33
11.	<u>Laurel Shortell</u>	<u>3,438.91</u>	62.	<u>Amy Lane</u>	<u>1,303.17</u>
12.	Ben Nephew	3,245.22	63.	Jim Preite	1,290.06
13.	David Boles	3,164.34	64.	<u>Maureen Roberts</u>	<u>1,258.97</u>
14.	Bob Worsham	3,127.51	65.	Britt Brewer	1,227.17
15.	Bill Morse	3,011.50	66.	Bruce Marvonek	1,217.76
16.	Bob Massaro	2,918.21	67.	Will Danecki	1,186.39
17.	Peter Lipka	2,884.51	68.	Karl Molitoris	1,166.08
18.	Larry Dragon	2,834.56	69.	Jeff Hattem	1,165.38
19.	Paul Hartwig	2,745.17	70.	Dave Wallace	1,160.36
20.	Tim Van Orden	2,621.62	71.	Patrick McGrath	1,148.32
21.	Jack Casey	2,565.59	72.	Mathew Westerlund	1,143.70
22.	Richard Busa	2,518.10	73.	Patrick Riley	1,133.73
23.	Scott Bradley	2,510.87	74.	Glen Tryson	1,133.41
24.	Richard Bolt	2,454.67	75.	<u>Holly Atkinson</u>	<u>1,131.51</u>
25.	Dave Hannon	2,434.19	76.	John Onderdonk	1,121.24
26.	Wayne Stocker	2,399.36	77.	Erik Wight	1,113.57
27.	Martin Glendon	2,377.74	78.	Ross Krause	1,106.37
28.	Paul Low	2,283.77	79.	Christophe Lanaud	1,105.85
29.	Alan Bates	2,274.81	80.	Jim Johnson	1,092.30
30.	Peter Malinowski	2,240.88	81.	Norm Sheppard	1,080.48
31.	<u>Denise Dion</u>	<u>2,221.52</u>	82.	Elijah Barrett	1,079.51
32.	<u>Darlene McCarthy</u>	<u>2,170.88</u>	83.	Jack Quinn	1,014.53
33.	<u>Jessica Hageman</u>	<u>2,071.67</u>	84.	Dan Verrington	1,009.19
34.	Kelly Herrington	2,071.45	85.	Seth Roberts	998.30
35.	Paul Bazanchuk	2,039.51	86.	Nico Scibelli	987.03
36.	Vincent Kirby	2,038.78	87.	Brian Northan	975.62
37.	Nick Jubok	2,002.30	88.	<u>Jacqueline Lemieux</u>	<u>970.05</u>
38.	Tim Mahoney	2,000.34	89.	Ethan Nedeau	959.96
39.	<u>Carol Kane</u>	<u>1,972.68</u>	90.	Richard Clark	948.63
40.	Shaun Sutcliffe	1,899.57	91.	Dan Buttrick	929.45
41.	<u>Chelynn Tetreault</u>	<u>1,899.11</u>	92.	Tom Parent	928.32
42.	Jim Carlson	1,881.02	93.	London Niles	921.08
43.	Richard Teal	1,878.30	94.	Steve Wolfe	912.35
44.	<u>Jacque Schiffer</u>	<u>1,740.74</u>	95.	Marc Lombard	907.22
45.	Jan Rancatti	1,725.84	96.	Chris Johnson	901.78
46.	Mathew Cartier	1,717.74	97.	<u>Sheila Osgood</u>	<u>896.86</u>
47.	<u>Kelli Lusk</u>	<u>1,686.91</u>	98.	Gregory Rems	889.58
48.	Rob Smith	1,614.30	99.	Stephen Peterson	885.09
49.	Greg Hammett	1,563.10	100.	Ed Myers	880.17
50.	Josh Merlis	1,497.66	101.	David Shumpert	872.89
51.	Tom Mack	1,482.75	102.	<u>Beth Herder</u>	<u>870.63</u>

DAVE DUNHAM PRESENTS ALL TIME LEADING SCORERS / END OF 2010**WMAC DION TOTAL POINTS UPDATE**

103.	Barbara Sorrell	858.17	154.	Michael Robertson	588.27
104.	Sheryl Wheeler	836.72	155.	Brian Rusiecki	586.38
105.	Bill Ross	832.88	156.	Andy Illidge	586.16
106.	Annie Schultz	822.63	157.	Mike Cohen	574.55
107.	Larina Riley	813.87	158.	Tom McCrumm	573.76
108.	Bruce Shenker	809.92	159.	Eric Kimmelman	571.95
109.	Rich Godin	799.52	160.	Jeremy Drowne	571.73
110.	Michele Tetreault	797.03	161.	Kathy Furlani	567.99
111.	Brad Herder	796.14	162.	Keith Schmitt	564.96
112.	Charles Petraske	794.03	163.	Juergen Reher	558.91
113.	Peter Keeney	787.68	164.	Denny Fillmore	558.81
114.	Jeffrey Lutzker	769.14	165.	Michael DellaRocco	558.76
115.	John Noonan	764.24	166.	Andrew Rickert	558.07
116.	Jay Curry	763.16	167.	Bob Irving	546.85
117.	Jamie Howard	762.98	168.	John Agosto	545.13
118.	Wally Lempart	761.98	169.	Pamela DelSignore	541.09
119.	Gareth Buckley	761.91	170.	Elaine Lutzker	539.74
120.	Bryan Dragon	758.59	171.	Dave Wilber	539.15
121.	Kevin Tilton	755.47	172.	Jeff Clark - age 63	535.03
122.	Stephanie Nephew	747.00	173.	Steve Banatoski	534.98
123.	Jason Clark	745.53	174.	Ned James	527.90
124.	Kennith Deary	741.77	175.	Paul Fiondella	521.86
125.	Ashley Krause	740.50	176.	Frank Paone	520.29
126.	Mark Syrett	735.33	177.	Aurora Lamperetta	517.10
127.	Steve Mitchell	733.29	178.	Jason Pare	516.16
128.	Mark Guillaume	715.94	179.	Jonathan Howes	515.63
129.	Eddie Habeck III	712.89	180.	Michael Buttrick	511.88
130.	Phil Bricker	707.32	181.	Todd Holland	509.57
131.	Eric Recene	695.68	182.	Barry Auskern	502.99
132.	Jeff Clark - age 52	687.25	183.	Art Gulliver	500.40
133.	Daniel French	684.09	184.	Dave Loutzenheiser	500.35
134.	Rob Higley	678.28	185.	Joe Bouck	494.14
135.	Robert McCarthy	675.75	186.	Tracy Van Dyke	493.91
136.	John Carey	669.70	187.	Peter Finley	493.67
137.	Norm Hecker	656.34	188.	Marcia Whitney	490.51
138.	Tracey Delaney	643.58	189.	Thomas Skrocki	488.45
139.	Jeff Coulter	643.23	190.	Kelly Short	488.19
140.	Lisa Schmitt	634.93	191.	Bruce Grisafe	480.85
141.	Chuck Trimarchi	625.10	192.	Sally Goade	478.41
142.	Brian McCarthy	619.00	193.	Randy Zucco	477.23
143.	Alan Bernier	616.07	194.	Ahmed Elasser	476.57
144.	Ken Fairman	614.23	195.	Ed Decker	475.19
145.	Eric Sanborn	612.55	196.	Eva Van Stratum	475.15
146.	Scott Livingston	609.96	197.	Jodie Lahey	470.31
147.	James Ruddock	607.04	198.	Peter Lagoy	469.89
148.	Bill Glendon	604.93	199.	Pete Katapski	468.86
149.	Steven Legnard	601.14	200.	Stephanie Landy	468.57
150.	Claudine Preite	597.64	201.	Sean Curtis	468.27
151.	Rich Tanchgk	593.19	202.	Jason Kaffenberger	464.06
152.	Josh Ferenc	591.11	203.	Stan Tiska	463.22
153.	Thomas Denny	590.38	204.	Ian Hutchinson	462.03

THE TRAIL THAT WAS LIKE TURNER TRAIL BUT WASN'T...

Assured that some version of the Turner Trail Snowshoe Race would visit Pittsfield State Forest, WMACers slept well that evening with visions of snowshoes dancing in their heads. The anticipated storm, however, arrived well past the trail marking deadline, so we were greeted by the newly minted NEMBA MTB Snowshoe Race instead. It was wonderful to have our weekend's pleasures entrusted to Beth and Brad Herder who know every inch of their turf and can handily reconnect trail synapses while engaged in a myriad of other race director tasks.

What they came up with was a brief nod to Mr. Turner and a combination of NEMBA and Curly's Half Marathon Trail Race routes. You would think that veterans of the Curly's Half would have a certain advantage. But Alas! For me, at least, that was not the case. Not only do snow-covered trails present entirely different vistas than their fall versions, but many of them were run backward. Brad Herder reminded everyone, especially the leaders, to keep a "heads-up" for trail markers and threatened to win the race outright if he alone followed the one true course.

Was I worried? Not in the least. I figured I could always rely on my Disneyland sense of direction, going straight past the pig and making a sharp left at the bunny. And no, I was not hallucinating. Pittsfield residents would be shocked and dismayed at the tear-jerking *Toy Story 3*. Fully committed to the humane no-kill policy, they have been giving their used toys another life along the trails of the Pittsfield State Forest. Do not be surprised to find an alligator sunbathing on a rock or a parrot nestled firmly in a tree. I would like to think, too, that sometimes a passing child might occasionally discover a new best friend among the greenery.

But on this snowy morning, with gobs of snow still clinging determinedly to trees and burying small crevices, all the animals were, if not in actual hibernation, in a state of blissful torpor, enjoying a guilt-free long winter's nap. Without stuffed friends pointing the way, we were on our own. Fortunately, this story does have a happy ending, with no one, including me, straying from the beaten path laid out by the trail markers and trail stompers.

I admire Brad Herder in that besides directing a snowshoe race and worrying about snow, he also had time to develop his own personal race strategy. Brad had decided to stick behind me this time and overtake me at the end. In the previous races he had gone out too fast, allowing me to squeeze by him. Gentleman that he is, he even warned me of his plan beforehand. So advised, I scooted ahead, careful to pass downhill and around the curves so as not to expend too much energy.

This was working well for me until I caught up to Peter Canzon, a member of Jim Carlson's carpool, who had beaten me handily at Woodford. With less than two miles to go, Peter was taking a combo run/walk approach and motioned for me to pass him. Except that this was right at the base of the only significant hill on the course (besides the initial warmup incline, which doesn't count). I hated to refuse since Peter had stood aside, so I trudged gamely on. I almost wondered if this were part of Peter's attempt to wear out the competition as I made a mental note to myself to NEVER, ever, do anything so foolish again.

Conceding defeat, I mumbled, "Let's both just hike up this hill together." And so we did.

Meanwhile, with the loss of Edward Alibozek's Target to the flu, Jim Carlson proved equal to the task, producing a spare emergency Target. Naturally, we all forgot to bring the North/South Pond race results so London, standing nearby was unanimously chosen, Jim and I each having one vote. We should have realized, however, that 5.4 miles is a bit of a stretch for a thirteen year-old, no matter how talented. Kathleen Furlani, who accepted the Target from Laurel Shortell fared better. Whenever I saw her she was always the locomotive pulling her personal train behind her. At one point I almost overtook her but ran out of downhill. The way Target distribution has been working so far, we either have a matching male/female vest set or a front/mid- to back-of -the-pack arrangement. It will be interesting to see how future allocations unfold.

Whatever individual, unseen battles played out along this course, everyone agreed that for all its relative flatness, it was every bit as twisty and challenging as Turner. Like the first Hoot, Toot and Whistle Race, we were surprised that we were humbled not by mountains but by mere rises. How many times will it take to remember that a course without big climbs equates to a race without an excuse for a walking break? Here we were, running at a 5K pace for 5.4 miles in newly fallen snow. Peter Canzon summed it up nicely afterwards when he glanced down at his steaming tights and commented, "I was really smoking!"

Getting back once more to the contest between me and Brad, he persevered, getting ever closer, figuring to use his trail knowledge to pass me on the final downhill. But downhill endings are my favorite storybook fare and I managed to hold the lead. Truthfully, though, I had no idea he was that close and I was simply enjoying the final page of an excellent snowy day story.

By Laura Clark



Chris Taft working through the winter wonderland of Pittsfield State Forest toward 6th place.

WMAC

2011 DION SNOWSHOE RACING SERIES

WMAC

3rd ANNUAL TURNER TRAIL SNOWSHOE RACE

January 8, 2011

PITTSFIELD STATE FOREST

PITTSFIELD, MA

PL	NAME	AGE	TIME	PTS
01.	Jim Johnson	33	0:42:31	100.00
02.	Tim Van Orden	42	0:44:51	98.39
03.	Ross Krause	31	0:46:33	96.77
04.	Connor Devine	17	0:48:08	95.16
05.	Steve Wolfe	46	0:48:35	93.55
06.	Chris Taft	30	0:50:39	91.94
07.	John Pager	48	0:50:45	90.32
08.	Richard Teal	32	0:51:27	88.71
09.	Ken Clark	48	0:51:50	87.10
10.	Alan Bates	62	0:53:57	85.48
11.	Brian Northan	35	0:54:15	83.87
12.	Jim Priete	46	0:54:16	82.26
13.	Ashley Krause	33	0:56:35	80.65
14.	Mike Lahey	59	0:56:45	79.03
<u>15.</u>	<u>Chelynne Tetreault</u>	<u>35</u>	<u>0:57:58</u>	<u>77.42</u>
16.	Jim Devine	50	0:58:02	75.81
17.	Rich Chipman	50	0:59:35	74.19
18.	Dan Damasca	49	0:59:36	72.58
19.	Paul Wachur	22	0:59:37	70.97
20.	Steve O'neil	59	0:59:53	69.35
21.	Randy Zucco	40	1:00:51	67.74
22.	Glen Tyson	57	1:02:42	66.13
23.	Jeff Clark	53	1:04:57	64.52
24.	Marshall Donnelly	40	1:06:32	62.90
<u>25.</u>	<u>Sweep Voll</u>	<u>49</u>	<u>1:06:58</u>	<u>61.29</u>
26.	Theresa Apple	49	1:06:59	59.68
27.	Jessica Hageman	35	1:09:15	58.06
28.	Timothy Mckenna	34	1:11:05	56.45
29.	John Aldrich	52	1:11:14	54.84
30.	George Whaling	49	1:11:44	53.23
31.	Laurel Shortell	44	1:12:00	51.61
32.	Pat Rosier	52	1:12:27	50.00
33.	Kathleen Furlani	62	1:14:18	48.39
34.	Frank Gaval	64	1:14:23	46.77
35.	Stan Serafin	57	1:14:47	45.16
36.	Jim Jenkins	56	1:15:09	43.55
37.	Vince Kirby	54	1:15:26	41.94
38.	Laura Clark	63	1:16:06	40.32
39.	Brad Herder	52	1:16:50	38.71
40.	Jamie Coyne	52	1:17:03	37.10
41.	London Niles	13	1:17:18	35.48
42.	Peter Canzon	57	1:18:41	33.87
43.	Jodie Lahey	32	1:20:28	32.26
44.	Jim Carlson	62	1:20:29	30.65
45.	Debra Wechter	35	1:20:30	29.03
46.	Shiobbean Archey	44	1:20:31	27.42
47.	Steve Mitchell	69	1:22:09	25.81

PL	NAME	AGE	TIME	PTS
48.	Laurie Schwartz	52	1:22:12	24.19
49.	Meghan Foley	24	1:23:10	22.58
50.	Jackie Lemieux	44	1:25:27	20.97
51.	Claudine Priete	43	1:25:29	19.35
52.	Bob Massaro	67	1:27:29	17.74
53.	Jamie Howard	45	1:29:13	16.13
54.	Walter Kolodzinski	68	1:34:08	14.52
55.	Martin Glendon	64	1:35:10	12.90
56.	Julie Garndner	39	1:35:36	11.29
57.	Janet Tryson	57	1:38:13	9.68
58.	Stacey Hebb	45	1:38:27	8.06
59.	Bill Glendon	64	1:42:35	6.45
60.	Becky Armstrong	42	1:56:37	4.84
61.	Shauna Holm	39	1:57:56	3.23
62.	Jeff Clark	64	1:57:57	1.61



Becky Armstrong Gives "Two Thumbs Up" To Turner!



It must have been just too nice a day not to stop in the middle of the race for a photo?

DAVE DUNHAM'S MILESTONES

AT WOODFORD

Laura Clark finished her 100th WMAC race!

Ken Clark finished his 90th... *top photo*

Dave Dunham finished his 70th...

Jeff Clark finished his 60th...

Alan Bates finished his 30th... *bottom photo*

Ken Clark passes 8,000 career points with 8,042.53!

WMAC Snowshoer of the week is Laura Clark! Laura hit the 100 finishes level...



AT NORTH POND

Jamie Howard finished his 40th WMAC race!

Brad Herder finished his 20th...

Laurel Shortell passes 3,500 career points with 3,530.55!

Konrad Karolczuk passes 1,500 career points with 1,532.70...

Brian Northan passes 1,000 career points with 1,035.35... *third photo*

London Niles passes 1,000 career points with 1,023.58...

WMAC Snowshoer of the week is London Niles! Youngest ever to 1000 points....



AT TURNER TRAIL

Walter Kolodzinski finished his 60th WMAC race!

Jessica Hageman finished her 40th...

Tim Van Orden finished his 30th...

Richard Chipman finished his 20th...

Mike Lahey passes 4,500 career points with 4,542.22!

Bob Massaro passes 3,000 career points with 3,012.89...

Alan Bates passes 2,500 career points with 2513.75...

Richard Teal passes 2,000 career points with 2055.32...

WMAC Snowshoer of the week is Laurel Shortell! Takes over as All-Time Leader for Total Races Finished.... *second photo*

All photos www.berkshiresports.org please visit them!

