

WMAC

# SNOSHU-NEWS

WMAC

## NORTHFIELD/ HALLOCKVILLE 2006 THE SHORT AND THE LONG OF BEING SHORT-CIRCUITED

Dunham was in a bind and beginning to stress out. Where was the snow? How was he going to put on a snowshoe race with no snow? You have to understand that for an obsessive person who wants everything to be in order, an approaching snowshoe race that you are responsible for without any snow in sight can bring on full decompensation. Not even running four times a day could alleviate this stress.

Then what happens? The big doofus with the goofy smile, Farmer Ed, says, "What, me worry? Nooooo problema, Jose!" Then in his best Dog Whisperer voice says to Dunham, "I got 'er." Ed, who knows everybody having to do with anything in any forest in Western Massachusetts, makes his contacts to Americorps, then works his magic to get some sort of permits to hold the Northfield race in the only place in New England with snow, the Hawley State Forest. (It's really the Kenneth Dubuque State Forest, but that rhymes with puke, so I call it Hawley.) So Dunham and his crew get all their race stuff down to Hallockville Pond and into the Americorps building, and simply put on Northfield Mountain at Hawley. With Paul Hartwig helping, this crew made putting on a race with short planning look as easy as Sasha Cohen doing a sit-spin.

The interesting thing is that Ed mapped out a 5-mile course that probably had about the same amount of smooth open packed-snow running as Northfield Mountain does. It didn't have the hill as long as Northfield, but there was a challenging climb after passing the big-butted woman tree trunk, wading the brook, and crossing the dirt road.

So a whole bunch of people were treated to a great race in great conditions, and were hosted by the nice people of Americorps. Americorps is not a mega-corporation like Enron was. It is a camp where people volunteer to spend time to take care of the forest.

Early in the race there was a long downhill on open forest road with packed snow. While running fast (fast for a 60-year old) my Gatorade bottle bounced out without me knowing it and no one even said, "Hey Bob, you lost your bottle!" They just let me run down that hill without my bottle. After the race I spent about 45 minutes going back looking for it. Pete Lipka told me he had seen it, so I went back out for it. I didn't find it, and when I got back to the finish line it was laying in a chair. It was nice of someone to bring it in. Wish someone had told me it had fallen out. Before going into single-track I reached for it and discovered it missing. So, okay, I'll just have to run the race like Ben Nephew and not drink anything.

Getting into the single-track I found myself a short distance behind Pete Lipka, and up ahead of him were three young women in tight winter attire. I settled in for a little cruisin'. Before long, up ahead of me, I saw one of those young ladies step off the trail, and I was transfixed. As I got closer she was

starting to fiddle with her hair, trying to re-do it in a ponytail. All that hair was here and there and all over, while those hands were behind her head working feverishly to gather all that hair into one small strand to get a scrunchy around it. Now I was mesmerized. I passed by her, resisting the temptation to stop and turn and stare. After I had smacked myself to come out of this trance I noticed that Pete Lipka was looking at me the same way I was looking at the girl. Puzzling.

So I said to Pete, "Let's catch those two women up there aheada us. Pete thought it was a plan. We paced awhile, slowly gaining on them. Then we hit a spot where Pete slowed down and I said I gotta go a little faster. He let me go. With a long downhill and my uncanny ability to navigate slushy deep tracked snow, I caught and passed both. They were giggling like schoolgirls; maybe because they were. I had planned to stop and drink from Moody Spring, but Ed had tracked the race path too far around it to make it worthwhile. I wasn't gonna let those four I just passed catch me because I had to take a swig from the spring. Short-circuited again!

The uphill road was hard for me on the way back in. People passed me on it. I had originally thought I could catch Chelynn Tetreault on it; I saw her about 50 yards ahead of me, but she was strong on it and I was not. She pulled away. I found myself in a sprint to the finish with a woman I had caught coming down the last hill to the finish. We had a good go of it, running shoulder to shoulder to the finish, and then she eased up and let me finish ahead.

After the race Fabio made an appearance at the Americorps building for the ceremony, and I ate little cookies and drank hot chocolate. Kenny Clark got another pair of Sherpa snowshoes while everyone else is using Dions. Kaniac forgot her polka dot gaitors, and also left yellow ice behind in her parking place. Laura Clark didn't pass out any Adirondacks. Jeff Clark took four laps around Hallockville Pond in his kayak without even realizing it was frozen. Chelynn kept saying that she was the prettier sister, not Michele (missing in action). Stephanie Nephew is viciously deceptive, telling me she wasn't in shape. Americorps rules! Ed Alibozek had the biggest smile because he knew they pulled it off just great, he had run the course before the race, and then ran the race and still beat me. Dunham let out a sigh of relief and left early to go home and run. On to Covered Bridge if there is snow, with Camp Saratoga cancelled and Curly's postponed yet again this past weekend. We need snow to have the races.

Bob Worsham

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## PUTTING A NATIONAL QUALIFIER RACE TOGETHER ON A TWO DAY DEADLINE

The Northfield Mountain snowshoe race was moved to Hallockville Pond in Hawley, MA due to a lack of snow. This race was organized on Thursday before the race, and details included scouting a new course, finding the little remaining snow in New England, getting permits, changing our insurance coverage to a new site, convincing Americorps to allow us to use one of their buildings, securing a porta-john, and organizing a crew to mark the course.



I joined Ed Alibozek, Peter Lipka and Paul Hartwig on Friday afternoon to mark the course. We had a great time tromping through the woods. The pouring rain from earlier in the day let up just before we started and we were able to mark the course in sunlight (at least until the sun set!). The only sour note from the experience was my teaching Tippy, Ed's dog, a new trick. By playing with her while waving a handful of surveyor flags, I inadvertently taught her that surveyor flags are fun to rip up and chew. She had a great time "killing" a few of our markers.

We had an excellent morning for racing in the woods with temperatures in the 40's. Some runners chose to race in shorts. The turnout was very good given our change of location and the weather, which may have left many thinking that there was no snow. It wasn't the greatest snow, but the course was challenging and fairly fast.



A small lead pack formed early on with Mark Churchill (Morrisville, VT) in the lead and Paul Low (Belchertown, MA) and Rich Bolt (Nashua NH) tucked in behind. Bolt made his move just after the three-mile mark on the 5.2 mile course. Low and Churchill followed closely, but Bolt forged ahead on the 300' of climb up Hallockville road. He took the victory in 36:43, 38 seconds ahead of Low and 1:44 ahead of Churchill.

Kelli Lusk (Belchertown, MA) continues to dominate WMAC snowshoe races with a 16th place overall finish in 52:09. Lusk beat teammate Stephanie Nephew (Mansfield, MA) by 2:51. A few folks went the wrong way at Moody Springs. Even seasoned trail / snowshoe runners sometimes forget that you have to constantly scan the trail for markers at turns. This was the second race in a row that some top runners came out to a road and continued on the road rather than exiting onto singletrack, it won't be the last. :)



Thanks to all who helped out, especially my long-suffering wife Cathy who helped with registration and timing. Ed Alibozek helped with everything that needed doing including going out the morning of and running the course, then RACING it 10 minutes after he returned. Peter, Paul, and Tippy helped with course marking and Paul also helped out by directing runners onto the first singletrack section. Paul Kirsch helped with setup, registration, and timing. Mark Elmore signed up new USSSA members and helped with timing. Bob and Denise showed up lugging all those snowshoes, Old Farmer Ed brought fire wood for the fireplace, Will Kirkpatrick along with Jonah, Jill and Molly at Americorps actually seemed happy we were there using their facilities. Ben Nephew, Rich Bolt, Paul Low, Peter Maksimow, and Kelli Lusk helped with picking up course markings. Thank you to Rich Bolt for getting me a bottle of water from the Moody Spring, I'm hoping that the curative properties will have me out running again soon.

Thanks to anyone else that I may not have named who saw something that needed doing and jumped in and did it. These races are by runners for runners, if you didn't have fun you weren't trying hard enough.

DD

*Photos from top left – Group at 2KM; Leaders at 2KM, Mike and Michelle from Baltimore!*

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## 4<sup>th</sup> ANNUAL NORTHFIELD MOUNTAIN 5 MILE SNOWSHOE RACE HALLOCKVILLE POND / MOODY SPRING VERSION

**DUBUQUE STATE FOREST****HAWLEY, MA****FEBRUARY 4, 2006**

01. Richard Bolt	35	0:36:43	100.00
02. Paul Low	32	0:37:21	98.55
03. Mark Churchill	30	0:38:27	97.10
04. Peter Maksimow	27	0:40:02	95.65
05. Dan Verrington	43	0:40:47	94.20
06. Ben Nephew	30	0:41:30	92.76
07. John Daly	35	0:42:10	91.31
08. Steve Peterson	39	0:42:49	89.86
09. John Onderdonk	38	0:42:58	88.41
10. Rob Smith	38	0:44:56	86.96
11. Ken Clark	43	0:46:01	85.51
12. Wayne Stocker	51	0:50:41	84.06
13. Chris Estrella	15	0:50:57	82.61
14. Britt Brewer	42	0:51:39	81.16
15. Peter Malinowski	51	0:51:43	79.71
16. Kelli Lusk	35	0:52:09	78.26
17. Chris Shaffer	29	0:52:10	76.81
18. Norman Sheppard	48	0:53:22	75.36
19. Edward Alibozek	43	0:53:49	73.91
20. John Pelton	66	0:53:56	72.47
21. Todd Holland	43	0:54:32	71.02
22. Justin McCarthy	16	0:54:38	69.57
23. Barry Ausken	45	0:54:45	68.12
24. Mike Lahey	54	0:54:51	66.67
25. Stephanie Nephew	29	0:55:00	65.22
26. Chelynn Tetrault	30	0:56:04	63.77
27. Howard Bassett	45	0:56:36	62.32
28. Jessica Hageman	30	0:56:40	60.87
29. Bill Morse	54	0:56:53	59.42
30. Bob Worsham	60	0:57:40	57.97
31. Mary Fagan	30	0:57:40	56.52
32. Hollis Keith	14	0:58:44	55.07
33. Peter Lipka	54	0:58:51	53.63
34. Maya Siriwardana	28	0:59:24	52.17
35. Dennis Estrella	44	0:59:32	50.73
36. Kelly Short	25	0:59:48	49.28
37. Bob Dion	50	0:59:52	47.83
38. Jay Kolodzinski	26	1:00:10	46.38
39. Johannah Ludington	17	1:00:45	44.93
40. Carol Kane	60	1:00:53	43.48
41. Paul Bazanchuk	51	1:00:59	42.03
42. James Fog	26	1:01:17	40.58
43. Jesse Richardson	27	1:01:20	39.13
44. Sheila Osgood	24	1:01:36	37.68
45. Sandra Superchi	49	1:01:51	36.23
46. Dan French	34	1:01:59	34.78
47. Ed Alibozek Jr.	66	1:02:13	33.33
48. Maria Gonchoroff	20	1:02:42	31.88
49. Bob Massaro	62	1:04:37	30.44
50. Jim Carlson	58	1:05:46	28.99
51. Darlene McCarthy	43	1:06:07	27.54
52. Jeff Hattem	54	1:08:34	26.09
53. Christopher Johnson	48	1:08:54	24.64
54. Martin Glendon	59	1:09:06	23.19
55. Walter Kolodzinski	63	1:09:32	21.74

56. Maggie Masella	22	1:09:41	20.29
57. Denise Dion	47	1:12:30	18.84
58. Richard Busa	76	1:12:37	17.39
59. Laura Clark	58	1:12:49	15.94
60. Michelle Restivo	28	1:18:56	14.49
61. Jon Howes	49	1:21:17	13.04
62. Michael Albrecht	34	1:22:53	11.59
63. Laurel Shortell	39	1:30:37	10.15
64. George Andrews	56	1:34:01	8.70
65. Paul Wood	49	1:52:40	7.25
66. Konrad Karolczuk	53	1:52:40	5.80
67. Bill Glendon	59	1:52:40	4.35
68. Kay Holland	12	2:31:00	2.90
69. Serena April	13	2:32:00	1.45

### 2006 NORTHFIELD CHAMPS

**12 – 15**

Kay Holland	2:31:00
Chris Estrella	0:50:57

**16 – 19**

Johannah Ludington	1:00:45
Justin McCarthy	0:54:38

**20 – 24**

Sheila Osgood	1:01:36
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**25 – 29**

Stephanie Nephew	0:55:00
Peter Maksimow	0:40:02

**30 – 34**

Chelynn Tetreault	0:56:04
Paul Low	0:37:21

**35 – 39**

Kelli Lusk	0:52:09
Rich Bolt	0:36:43

**40 – 44**

Darlene McCarthy	1:06:07
Dan Verrington	0:40:47

**45 – 49**

Sandra Superchi	1:01:51
Norman Sheppard	0:53:22

**50 – 54**

Wayne Stocker	0:50:41
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**55 – 59**

Laura Clark	1:12:49
Jim Carlson	1:05:46

**60 – 64**

Carol Kane	1:00:53
Bob Worsham	0:57:40

**65 – 69**

John Pelton	0:53:56
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**70 – 79**

Rich Busa	1:12:37
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# WINTERFEST PRETEND SNOWSHOE RACE...

## ...Or where are those Kahtoolas when you really need them?

After this “Winterfest” Jeff and I have discovered new-found appreciation for the folks who mark the Iditarod, the Marathon des Sables, or any other race where constantly changing weather patterns continuously erode the course. A bare week before, Dave Dunham and I had penned enticing course descriptions of the Northfield/Winterfest double header. Barely had we refined our optimistic *Think Snow* bulletins than Northfield moved to Hawley/Moody and Winterfest dug in to wait out the drought.

Jeff and I marked the Winterfest course twice on Thursday, three times on Friday, once on Saturday and yet again the morning of the race.

And each time the melting snow, freezing rain, warm and cold temperatures and determined rain showers created a different course. On Thursday I posted a major detour around a culvert, only to look at it the next day and decide it was now safe. While removing the caution tape, I slipped and fell in the brook...I decided instead to expand the bypass route. At one point, I had ribbon directing runners off the ice and onto a bushwhack through a series of frozen deer beds, which was, perhaps, even more hazardous to ankles and other body parts. The only positive was that the rerouting gave runners a taste of the Mudslinger route with an up close and personal view of Old Faithful. Jeff even removed spears and brambles from the downed trees so folks wouldn't impale themselves as they glanced up.



With the mutating weather conditions I became reluctant to remove any ribbons, reasoning I would have to put them all back the next day anyway. That led to the multiple choice options which inspired a desperate Jeff to impart this gem of wisdom at his pre-race briefing: “When in doubt, ignore the blue ribbon and follow the orange flags.” Our cat Nicholas also took center stage as a VIP sponsor, having donated 150 pounds of his personal kitty litter to the cause. Thanks to Nicholas, no one took a bad fall, or at least no one has sued us yet.

What did amaze me was the fact that we had eighty-one people preregistered.\* Did they know something that we didn't know? We were still receiving online applications the day before from folks living in the area who had to know the ground was bare. Or did they? Perhaps not, since some of them were still phoning about loaners. Go figure.

And speaking of loaners, this was as relaxed as I've ever seen Bob and Denise during snow season. They got to warm up and test clothing options before the race instead of just making a mad dash to the start and hoping for the best. Afterwards, Bob

mentioned that this was the first time he'd been able to down a hot dog and win a raffle prize at a snowshoe race.

I guess the bottom line was that everyone who showed up had a good time and at least got a taste of snow when they donned their brand new snowman Tshirt.

Laura Clark

\*Another odd fact that I couldn't figure out how to work into this story: There were also exactly eighty-one finishers and not all the preregistered entrants showed up. Sounds like one of those dreaded math word problems.

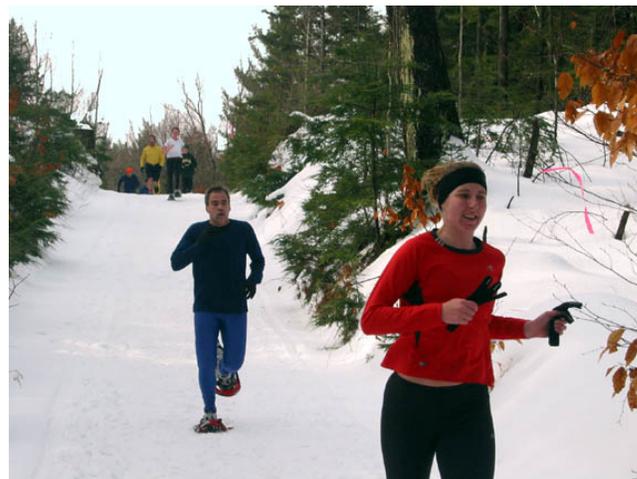
### ...the Great Northeast 2-Day Challenge

## THE GREAT NORTHEAST TWO-DAY SNOWSHOE CHALLENGE FEBRUARY 4<sup>TH</sup> & 5<sup>TH</sup>, 2006

The first ever two day snowshoe event on two classic New England courses, Northfield and Saratoga .

<u>PL</u>	<u>NAME</u>	<u>AGE</u>	<u>HP/NFM</u>	<u>SPA</u>	<u>TOTAL</u>
01.	John Onderdonk	38	0:42:58	0:19:00	1:01:58
02.	Ken Clark	43	0:46:01	0:18:55	1:04:56
03.	John Pelton	66	0:53:56	0:25:16	1:19:12
04.	Bob Dion	50	0:59:52	0:19:44	1:19:36
05.	Jess Hageman	30	0:56:40	0:25:17	1:21:57
06.	Dan French	34	1:01:59	0:20:18	1:22:17
07.	Pete Lipka	54	0:58:51	0:24:52	1:23:43
08.	Bob Massaro	62	1:04:37	0:25:35	1:30:12
09.	Jim Carlson	58	1:05:46	0:26:53	1:32:39
10.	Maggie Masella	22	1:09:41	0:27:14	1:36:55
11.	Rich Busa	76	1:12:37	0:29:36	1:42:13
12.	Laura Clark	58	1:12:49	0:29:40	1:42:29
13.	Denise Dion	47	1:12:30	0:30:50	1:43:20
14.	Michelle Restivo	28	1:18:56	0:25:41	1:44:37
15.	Michael Albrecht	34	1:22:53	0:25:32	1:48:25
16.	Laurel Shortell	39	1:30:37	0:30:55	2:01:32

Photos/ John Onderdonk & Jessica Hageman, 2-Day Champs



# 7<sup>TH</sup> ANNUAL WINTERFEST 5K PRETEND SNOWSHOE RACE

## SARATOGA SPA STATE PARK FEBRUARY 5, 2006

1. Ken Clark	M43	18:55	50.0000
2. John Onderdonk	M38	19:00	49.3902
3. Bob Dion	M50	19:44	48.7805
4. Courtenay Guertin	M30	19:46	48.1707
5. Gregory Rems	M29	20:11	47.5610
6. Dan French	M34	20:18	46.9512
7. Tyronne Culpepper	M42	20:36	46.3415
8. Joseph Sawyer	M45	21:29	45.7317
9. Anthony DeFranco	M32	21:50	45.1220
10. Christopher Ferguson	M15	22:07	44.5122
11. Seth Dunn	M34	22:20	43.9024
12. Cole Hickland	M50	22:31	43.2927
13. Tyson McKechnie	M20	22:32	42.6829
14. Myron Ferguson	M48	22:35	42.0732
15. Raymond Chen	M41	22:39	41.4634
16. Jeff Coulter	M41	23:56	40.8537
17. Michael Grudzinski	M44	24:30	40.2439
18. Greg Rodilezzo	M20	24:31	39.6341
19. Robert Hayes	M35	24:34	39.0244
20. Peter Lipka	M54	24:52	38.4146
21. Jennifer Bower	F33	25:03	37.8049
22. Daniel Skelliz	M22	25:13	37.1951
23. John Pelton	M66	25:16	36.5854
24. Jessica Hageman	F30	25:17	35.9756
25. Tom Mack	M41	25:24	35.3659
26. Vincent Kirby	M49	25:24	34.7561
27. Pamela DelSignore	F36	25:29	34.1463
28. Jack Martin	M20	25:30	33.5366
29. Michael Albrecht	M34	25:32	32.9268
30. Kiera Moore	F21	25:34	32.3171
31. Bob Massaro	M62	25:35	31.7073
32. Joe Geiger	M55	25:37	31.0976
33. Michelle Restivo	F28	25:41	30.4878
34. Clover Schwartz	F40	25:42	29.8780
35. Maureen Roberts	F48	25:43	29.2683
36. Kirk Gendron	M31	25:56	28.6585
37. Eric Sanborn	M42	25:59	28.0488
38. Gary La Bella	M52	26:18	27.4390
39. Warren Wallis	M46	26:20	26.8293
40. Nicholas Arciero	M12	26:28	26.2195
41. Jim Carlson	M58	26:53	25.6098
42. Maggie Marsella	F22	27:14	25.0000
43. Beth Dennett	F38	27:34	24.3902
44. Timothy Lesar	M51	27:40	23.7805
45. Michael DellaRocco	M54	27:47	23.1707
46. Katherine Best	F27	28:05	22.5610
47. Debbie Allen	F34	28:12	21.9512
48. Wendie Plante	F27	28:15	21.3415
49. Noah Arciero	M10	28:23	20.7317
50. Paul Arciero	M43	28:24	20.1220
51. Paige Madison	F16	28:30	19.5122
52. Anne Geiger	F35	28:45	18.9024
53. Richard Busa	M76	29:36	18.2927
54. Beth Trapasso	F44	29:39	17.6829
55. Laura Clark	F58	29:40	17.0732
56. Brian Murphy	M36	29:50	16.4634
57. Meg O'Leary	F35	30:07	15.8537
58. Ellie George	F50	30:16	15.2439
59. John Howard	M40	30:17	14.6341

60. Brian Jay	M29	30:28	14.0244
61. Denise Dion	F47	30:50	13.4146
62. Laurel Shortell	F39	30:55	12.8049
63. Joe Geiger Jr	M40	31:40	12.1951
64. Darryl Caron	M42	33:13	11.5854
65. Walter Sanford	M37	33:14	10.9756
66. Daniel Smatko	M55	33:27	10.3659
67. Eileen Battle	F48	33:31	9.7561
68. Seth Leech	M35	33:32	9.1463
69. Linda Plante	F57	33:38	8.5366
70. Julie Sargent	F32	33:52	7.9268
71. Maura McNamara	F33	35:16	7.3171
72. Dorothy Grover	F39	36:52	6.7073
73. Lauren Christrano	F24	38:00	6.0976
74. Beth Brucker-Kane	F24	38:18	5.4878
75. Joanne Conley	F47	38:18	4.8780
76. Thomas MacJarrett	M48	39:20	4.2683
77. Andy Keefe	M75	39:54	3.6585
78. Dawn Pallor	F41	39:55	3.0488
79. Christine Graves	F46	40:09	2.4390
80. Kana Sargent Lapine	F11	40:09	1.8293
81. Alice Conroy	F54	41:14	1.2195
82. Dave Boles	M59	48:21	0.6098

### 2006 SPA WINTERFEST CHAMPIONS

<b>10 – 15</b>	Kana Sargent Lapine	40:09
	Noah Arciero	28:23
<b>12 – 15</b>	Christopher Ferguson	22:07
<b>16 – 19</b>	Paige Madison	28:30
<b>20 – 24</b>	Kiera Moore	25:34
	Tyson McKechnie	22:32
<b>25 – 29</b>	Michelle Restivo	25:41
	Gregory Rems	20:11
<b>30 – 34</b>	Jennifer Bower	25:03
	Courtenay Guertin	19:46
<b>35 – 39</b>	Pamela DelSignore	25:29
	John Onderdonk	19:00
<b>40 – 44</b>	Clover Schwartz	25:42
	Ken Clark	18:55
<b>45 – 49</b>	Maureen Roberts	25:43
	Joseph Sawyer	21:29
<b>50 – 54</b>	Ellie George	30:16
	Bob Dion	19:44
<b>55 – 59</b>	Laura Clark	29:40
	Joe Geiger	25:37
<b>60 – 64</b>	Bob Massaro	25:35
<b>65 – 69</b>	John Pelton	25:16
<b>70 – 79</b>	Richard Busa	29:36

**2<sup>nd</sup> BRAVE THE BLIZZARD 5KM SNOWSHOE RACE BECOMES THE 2<sup>ND</sup> ANNUAL "BUMMER NO BLIZZARD" 3.5 MILE NON SNOWSHOE RACE**

01. Josh Merlis	24	20:54	50.00
02. Kara-Lynne Kerr	27	20:58	48.98
03. Chris Chromczak	21	21:10	47.96
04. Andy Campbell	48	21:43	46.94
05. Andrew Rickert	26	22:13	45.92
06. Jay Kolodzinski	26	22:35	44.90
07. Bob Dion	50	22:43	43.88
08. Sheila Osgood	24	23:40	42.86
09. Nick Jubok	49	24:32	41.84
10. David Quesnell	19	24:44	40.82
11. James Grawdy	46	24:52	39.80
12. Paul Forbes	55	25:54	38.78
13. Tom Mack	41	26:09	37.76
14. Parker Race	47	26:14	36.73
15. Vincent Kirby	49	26:26	35.71
16. Jessica Hageman	30	26:31	34.69
17. John Dickson	48	26:33	33.67
18. Neil Snedeker	23	26:40	32.65
19. Tom McGrath	45	26:48	31.63
20. Kyle Millington	20	26:55	30.61
21. Juergen Reher	57	27:25	29.59
22. Pete Lipka	55	28:37	28.57
23. Warren Wellis	47	29:10	27.55
24. Michael Della Rocco	54	29:13	26.53
25. Bob Massaro	62	29:19	25.51
26. Jim Carlson	58	29:35	24.49
27. Kaitlyn Malloy	18	29:40	23.47
28. Luke Caton	10	30:15	22.45
29. Walter Kolodzinski	63	31:06	21.43
30. Gary LaBella	52	31:21	20.41
31. Tom Adams	62	31:24	19.39
32. Ronald Boutin	55	32:14	18.37
33. Jennifer Lutz	31	32:15	17.35
34. Laura Clark	58	32:51	16.33
35. Denise Dion	47	32:58	15.31
36. Joanne Nolette	45	33:01	14.29
37. Barbara Sorrell	48	33:13	13.27
38. Billy Caton	35	33:50	12.24
39. Jill Frankoski	37	34:06	11.22
40. Dan Smirlock	54	34:10	10.20
41. Tina Hayden	43	34:23	9.18
42. John Moore	36	32:27	8.16
43. Jim Moore	66	34:44	7.14
44. Dave Cole	38	34:49	6.12
45. Laurel Shortell	39	35:29	5.10
46. Peter Finley	44	35:44	4.08
47. Greg Taylor	55	36:49	3.06
48. Debbie Robinson	46	37:38	2.04
49. Maryann Nestor	54	49:50	1.02



Photos from top, with ARE Captions: Peter Lipka leading Tom Mack. It must have been early because by the end Tom had two and a half minutes on Peter.

Nick Jubok unfortunately made the trip up for the race. He's also the nut job behind the Mudders and Grunters race, an ARE favorite.

Sheila Osgood runs in an overjoyed fashion, overwhelmed by the snow cover of the trail.

## THE MAKING OF BUMMER, NO BLIZZARD! PART 2

The main purpose of what follows is to serve as an historical account of the event. It is not styled for a particular audience.

### Background

I first came to Albany in the late summer of 2000. It was my first winter north of Long Island, and quite the difference it was! It seemed the snow never left after Thanksgiving, and even in April I was still stomping on the white stuff during my runs in Pine Bush. The winter of '01-'02 was even worse, as we received two snowstorms in excess of twenty inches, not to mention a deep freeze the kept it around for quite some time. The first Dodge the Deer, held on April 13, 2003, required parts of the course to be shoveled the day prior.

In mid-February 2005, a few weeks after a deep-freeze hit the area, the thermometer hit 60 degrees. The first Brave the Blizzard race, which was scheduled for February 20th of that year, was in great jeopardy, and as the date approached, there was no relief. The trails were not clear, however, rather they were covered in a thick ice, and even walking on them was a scary adventure. The day before our first BTB, we re-routed the course, spending 5 hours chopping ice and doing what we could to make it runnable. That would be the only year this would be necessary; this is the Northeast for crying out loud!

The Western Massachusetts Athletic Club has truly put snowshoeing on the map in the Northeast. Between the combined efforts of various WMAC members who direct the events, in combination with Bob Dion's relatively new snowshoe company, the sport has exploded in the region, although a bit to the east of the Capital District. With our desire to introduce local runners to the sport, we need loaners to provide to them, which Dion has been doing for all WMAC races. In late 2004, Ed Alibozek, the WMAC snowshoe series guru, added the ARE's event to their calendar and we got Dion on board to provide loaners. We very much hoped they would get used in 2006.

### BTB Part 2 - When?

In the last few years, the WMAC snowshoe schedule has grown tremendously, with events on nearly every Saturday and Sunday from early December through the beginning of March. Every fall, Ed sends out an email to race directors in an attempt to compile the schedule. As a club who finds much of its volunteer base in the form of college students, this knocks out a huge amount of time we could hold the race. Winter break isn't an option, which extends practically to the end of January, nor is President's week - knocking out another two weekends. With the HMRRRC Winter Series held every other Sunday, we didn't have options so much as one possible date. That tends to be the modus operandi with us: the events' date picks itself.

After speaking with Ed about the schedule as it already was, which corresponds to the availability of also providing the loaners for participants, a date of Saturday, February 11, 2006 was chosen. The ARE's first Saturday race ever. Nine days earlier than the 2005 edition. How could there not be snow!?

### An Unexpected Hurdle

After deciding on the date, our next step was to reserve Guilderland Elementary School gym, which is where the 2005 event was staged. The gym provides quite the refuge compared with most other winter events, as they are typically staged at trailheads - even bathrooms aren't always present. In addition to the heated building, with the gym directly adjacent to the starting line, was the existence of bathrooms, showers, and ample parking - none of which should be taken for granted. All of this was advertised on our race applications and was a perk we are proud of.

About two and a half weeks before the 2006 event, I received a phone call from Bob Oates, who has been the event mentor from its inception. He is the Guilderland XC coach and directed a 26-year summer trail run series. The message he left was brief and blunt, "I have bad news. We don't have the gym. Apparently there was a mix-up and it was already reserved. Call me." This call came about 3 months after a call that said, "We're all set with the gym! Get those flyers made, we're good to go!"

When I checked my messages on that day, which was sometime in the mid-afternoon on a relatively warm and sunny late January day, I couldn't help but laughing. And I continued to laugh. While I knew he wasn't joking, there was some humor to be had. On September 29, 2005, one month and one day before the first annual Hairy Gorilla Half Marathon and Squirrelly Six Mile, I received a phone call from Joel Hecht, the Albany Pine Bush Preserve Stewardship director, reneging on his word regarding our event being held there. He had emailed me on April 7, 2005 okaying the event, and in late August, added about ten hoops I had to jump through which apparently were nothing more than a test of our dedication to the event. After jumping through each one of them, ranging from tracking down the power company whose lines traverse the preserve to reworking the course seven times, it came down to a phone call, which if you want to hear something funny, here it is: I answered my cell phone while in the bathroom at work. At least I took it sitting down.

*Perhaps now you know why I laughed.*

### What to do next

It is extremely rare that an event develops and is executed perfectly. Fortunately, our events have generally had good luck on the actual day, but this behind-the-scenes mess was getting to be enough. Perhaps the worst part was there wasn't even any snow as February rolled around! I spoke with Oates, as well as some others in the club, about what to do. The school didn't want us on the property due to possible overcrowding with the other event, and if we didn't have the building, what was the point anyway? If there's one thing one must be true to, it is thine own word! Our word was that we had a heated building, if nothing else. The last thing I was going to do was fall through on that. So we got to thinking... and thinking... and thinking... and there wasn't much coming up. Once again, the biggest problem was the snow itself, of which there was none!

## **THE MAKING OF BUMMER, NO BLIZZARD! PART 2 (CONTINUED)**

We tossed around the idea of holding the event at the University at Albany, which is where the HMRRC winter series races are held - and also the birthplace of ARE. While there is a dearth of trails on the campus ever since they decided to pave it over about five years ago, there is still plenty of grass for the road-phobic. That definitely wasn't what we wanted to do, but there were no other schools nearby with the amount of land necessary to hold the event.

### **Meanwhile...**

With the race less than two weeks out, many individuals approached me about helping out in whatever capacity needed. If there's one thing a race director appreciates, it is just that: volunteers! So many ideas never come to fruition due to a lack of team support, and if there is one great thing the ARE has experienced in its barely three year existence, it is the generosity of its members' time. The only trouble was, I didn't know what to tell the people who were asking me, as I didn't even know where the race was going to be, let alone the course!

Only about a dozen in the club were privy to what was going on, namely because we did expect to remedy it (although we were darned in figuring out how) and the last thing we needed was a panic. With that, I merely told people to check the website as the date got closer as I would post on our members page.

### **Better days**

On Friday, February 3, I called Guilderland High School and asked to speak with Oates. He had mentioned to me a few days prior that he was going to contact a local golf course (complete with a clubhouse) that borders Tawasentha Park and see if we could use it. It turned out the golf course was reserved for a local XC skiing event, although he was going to see if we could merge the two events together. When I called him that morning, I was definitely not expecting what I found out.

I reached another woman that he works with, who was the one that actually handled the reserving of the Elementary school gym. I asked to speak with Oates, and when she said he was unavailable, I said who I was at which time she asked, "Did you receive my message?" I'm not sure why she would have left me one in the first place, considering the last time I spoke with her was when I found out there was nothing we could do to get the gym. She then said we had the small gym at the school, and that everything was fine. I was in a bit of shell-shock, as I had called merely to discuss our options; being told we were back on and everything was fine was not what I was expecting. I profusely expressed my thanks, as it truly solved what was unquestionably quite the problem, and let out quite the, "Woohoo!" as my homeroom students entered the room. They already find me to be a bit "different", so it was nothing new for them to see me, as many refer to it, as having another "ADHD episode."

### **Getting back in touch with Oates**

One of the ironic parts about all this was that Oates wasn't contacted for a few days until after I was about this. About four days later, upon getting home from work one day, I had two messages. The first one was from him, saying that we were

okayed by the golf course, the XC ski event, and Tawasentha Park, itself, to hold our event. And who says things don't work out in the end? Had that been necessary, it would have been great, as that facility is literally barely a mile down the street from the school, making it easy to send people over. I felt badly, though, because we didn't need it! Fortunately, his next message simply said, "Disregard that last message, we have the school, we have the school, we're good!" Here we were, about 9 days out from the event, and things looked good... except for that whole snowshoe part.

### **Global Warming**

In 2005, we had snow up until shortly before the event. In 2006, it was the "winter that never was", and it was with great sadness that so many events in the WMAC snowshoe series had to cancel / postpone / or simply be held as trail events. With our event just over a week away, temperatures were still unseasonably warm, with many days in the 50s! Even as we entered the final week, the forecast of more 'normal' temperatures was joined with nothing but clear skies. At the same time, however, my weather.com addiction only grew stronger. When I wasn't happy with what they were forecasting, I would jump over to accuweather.com, and occasionally the National Weather Service. I figured since meteorologists are rarely correct in the Northeast, at least one of them had to be forecasting something that would make me happy! Friday's 30% chance of snow never grew, and even though I woke up to a coating on a race morning, it was just enough to cover up some of the ice on the course, but nothing else.

### **Déjà vu**

The day after the first Brave the Blizzard "snowshoe" race, I snowshoed the Brave the Blizzard on its intended course. Yes, that night, we received about 6 inches of snow, which I gladly stomped through, cursing the air as I made fresh prints that Monday evening. With BTB 2.0 just a few days away, a storm was developing that had weather dorks around the area howling with excitement. A giant Nor'easter was coming! The original prediction was it would have more of an impact to the north, at least according to my "favorite" weather website, while the others said, "We'll have a better idea as it gets closer," which pretty much amounts to we'll know when you know which is when you're shoveling out of the amount of snow we had no exact idea would fall. And they have PHD's.

On Thursday, February 9, we organized a 4:45pm group run for the BTB course, at which time 13 of us grouped up for some fun - and to see if any changes were needed. Most of the course was absolutely naked trail, although we did hit about a half-mile section that was all ice. After we all nearly met our ends getting through that section, we re-routed our intended course and decided upon a much safer adaptation for Saturday, which would increase the race distance to about 3.5 miles. Safety first! That night, Tom Adams and myself rejoiced to the latest forecasting threatening for 4-8 inches Saturday evening, at which time we declared, "At 10pm, we return to Guilderland Elementary School for the first ever Brave the Blizzard SNOWSHOE race! It was an enjoyable dream - and remains one to this day..."

## **THE MAKING OF BUMMER, NO BLIZZARD! PART 2 (CONTINUED AGAIN)**

### **The Day Before**

On Friday, February 10, 2006, I awoke, excited and anxious. I hadn't shaved in several days, and I didn't even comb my hair as I walked out the door and got in my unusually cold Jeep. While I was dressed in my usual shirt / tie combo, it wouldn't have hurt to have been a bit more kempt. Going along with the theme of ironies, I don't see my principal every day, but this was the second time I was ever in her office, and it was the second time I was in and could've benefited from having used a razor at some in the previous few days. A 2007 resolution it will be.

I've always been against directing a Saturday race, namely from a practical standpoint of needing at least an entire day before to make sure everything is in order. Fortunately, this was not a first-time event and it was also short enough that we could take care of the course the morning of - all Friday required was the grunt work of running errands. My classes went well during the day; I began the day with my Java 2 class, which is mainly composed of energized high school underclassman, many of whom I could see having futures in that field. I ended the day with my algebra and web design course, the latter of which is a relaxed setting with only 10 students. As the final bell rang, I did something I rarely do - leave when the students do. This was not one of those days I wouldn't see the sun - I escaped out the door with my last student, realizing that I only had 19 hours before the start of the race.

### **It's a team effort**

As I made the 25-minute commute back to my house, I called some people in the club, looking for a helping hand for the next few hours. The club had two group runs scheduled for within the next hour, so I knew my chances were slim. Shortly before I left, I IM'ed Becky Rahmanian, who said she'd love to help. She has truly emerged in the club over the course of the past year as someone who is always willing to lend a hand, for which I am forever grateful! A little while later I picked her up, and off we went, first to Capital Costumes, where we picked up Frosty, the snowman costume. Capital Costumes is a terrific place, one that the ARE has been working with since starting Dodge the Deer back in 2003. Knowing my time crunch, and how busy she was, Lisa, the owner, handed me the costume upon arriving and said, "We'll take care of things when you return it." It's nice to work with people like that.

While we had a ton to do, we were also starving, so we stopped at Subway for what we thought would be a fast early dinner. Well, needless to say we spent about 15 minutes waiting while the two high school kids dilly-dallied, as the woman behind us only grew more enraged. I always get a kick out of seeing people get very angry about things like that; Becky and I were more just hungry and very grateful when we finally stuffed our faces, both downing foot long subs in about 6 and a half minutes. After an exciting stop to pick up printer ink at Best Buy, we were then on our way to Sam's Club, before I realized the produce store was closing soon and I had to pick up the order. Becky suggested I drop her off at Sam's, so she could take care of that (we had a list made) while I picked up the produce. That thought had never entered my mind; nothing like having

words of wisdom sitting next to you while you frantically drive around an overcrowded mall.

By the time I returned to Sam's club, she was already done, and by 6:30pm, we were back at my house, with enough pancake batter to feed Fenway Park. (Slight embellishment.) After 20 minutes of purposefully doing nothing, I dropped Becky off at her dorm and headed to the residence of ARE Prez and treasurer, respectfully: Mary Bovenzi and Amanda Thornton. I gave Amanda the cookie and brownie mix, and then headed back to the house where Neil Snedeker and Benny Salo were waiting to organize and load the cars. Amanda and Mary led the Hairy Gorilla brigade of cookie making on Saturday, October 29, which was definitely one of the most "fun" days for the club. About 15 of us spent over 8 hours walking the thirteen plus miles of the course, raking, cleaning, marking, etc. while Amanda and Mary had a baking party attended by a good half dozen plus, with the simple instructions of making as many cookies as is humanly possible. A day earlier, I had about 10 guys over my house with the instructions: make as many gravestones as you possibly can. Much like the late Prefontaine, we don't like to set limits. (Possibly a corny joke right there.) :

While we were loading the cars with cones, tables, and a myriad of other necessities, Peter Rossi showed up. He joined the ARE in its first year and has been our computer guru from day one. We do all the race results in-house, and even though he hasn't run a mile with us in probably 2.5 years, he's still one of the most reliable guys around. After loading the cars, we headed up to my room where we transferred the race results database / program to his computer, as well as discussed the general timing issues. In short, BTB is on the "easier" side of things due to its small size, but we don't want to sacrifice quality in light of a low quantity.

### **Organization**

This is my first year teaching. I teach in a middle-class, predominantly rural area twenty-three miles from where I live. Above all else, I preach organization as paramount to success. I constantly repeat the words that those who do well in my classes will be those who are prepared and can access resources when they need to, knowing full well where they are. With a great sigh of relief, I pulled out a binder from the 2005 BTB race that included two folders inside. These folders had every sign we used last year, as well as a checklist of general event needs. Peter and I shared a laugh reading the signs we made the previous year for the extremely dangerous course, while Benny watched on, a fall 2005 addition to the club. Benny, himself, has been one of many unsung heroes these last few months in the club, always offering to help, and never waiting to be asked. It is because of people like him that these events can and do happen.

A little earlier in the day I had contacted ARE veteran Chris Chromczak, asking if he'd like to come over later and help us get ready for the next day. He inquired if I meant play him in scrabble, to which I responded, "Sure, come over and we'll play scrabble." At 9pm, 13 hours before the start of the race, Chris and I sat down for a friendly (well, acquiescent) game of scrabble. Truth be told, there really wasn't much more to do, although I kept telling myself that couldn't be - all the other

## **THE MAKING OF BUMMER, NO BLIZZARD! PART 2 (CONTINUED YET AGAIN)**

events we've directed have usually kept me up well past 2am, if not later, and it's not like I ever fell asleep anyway. So it was, a few after hours getting off the phone with Ryan Cowper, telling her how much I had to do, I was sitting down, thinking of where to put my "B". It was with quite the look of shock when she stopped by the house around 9:30pm, only to enter to see Chris and myself playing while Peter, Neil, and Benny watched on. If you've ever been around us the night before any other race, you would bet your career that we wouldn't be playing a board game. We all shared a good laugh and then she watched on as Chris and I started discussing our race strategy for the next day. Chris was hoping to win, I was hoping to win. By win, we mean finish before the other person - the race itself didn't count. When I asked her who she hoped would win, all she could muster was a feeble, "I hope you both win."

A little while later, she and Peter left, and after another 30 minutes of scrabble, we called it on account of apathy. Our minds had drifted from the game, so he went home and I went back upstairs to make some signs for BTB. By 11:30pm, I was ready for bed, so in a most relaxed fashion, I said good night to Neil and Benny, did a Sudoku, and went to sleep. The nearly 5-hours of sleep I got were a record for the night before an ARE event.

### **Race Day**

At 5:20, I woke up and quickly changed into my running clothes. I headed downstairs, thought about eating, but elected to move everything else that had to be loaded up into one spot. As I've written before in other recaps, race morning is very special, as it always pitch-black out and reminds me of fun ski vacations with my dad back in the late 80s / early 90s. Our October 30th Hairy Gorilla race was so much a major production for us, that I felt a new sense of security going into this day. The course was only 3 miles, not 13, we only had 25 people pre-registered, not 180, and I also didn't have to worry about transporting 50 volunteers 15 miles. Life was good. I should've eaten something.

I had asked Chris and Andy Rickert to meet me at 6:20am. By 6:14am, everything was piled and ready to go, so I stood outside, waiting beneath the bright light coming from above my detached garage. I stared inside my garage, which is where we keep all the ARE race equipment. On a shelf sits the Dodge the Deer deer cutouts, made it April 2003. We have countless boxes of race supplies, as well as about 45 posters we use at our events. I smiled to myself thinking how once I put away the BTB posters, I won't see them again for another year - a year of them just sitting in my garage, waiting to be used again. Three hours of use every year. It's worth it.

As 6:20 passed on my watch, I turned into my usual paranoid self, fearing they'd never come and the world was over. At 6:21, Chris showed up, and about 30 seconds later, Andy was there. Looks like the earth was still turning. In a very quick fashion, we loaded up Chris's pickup and Andy's SUV, and hit our 6:30am departure time right on schedule. By 6:40am, we were at the Elementary School, unloading the vehicles. I had told Oates 7am, so at 6:45, with everything sitting by the doors to the building, we got back into the cars in an attempt to warm up. It

was around 11 degrees outside that morning, and fingers are important. I felt badly about getting us there so early, but fortunately Oates showed up at 6:50, and a few minutes later, everything was in the building.

### **Splitting the Tasks**

Once we got everything inside, I headed out to the course with Andy, Chris, and Paul Mueller, while Benny, Neil, John Kinnicutt and his daughter, Jordan, got to setting up inside. With our course being a loop, Paul and myself took off in one direction, while Chris and Andy took the other. We had plenty of time - a beautiful day was underway - it was fun! Upon returning to the starting / finishing area, Paul and I got to setting up the pennants. About two years ago, I worked at a race directed by the Freihofer's Run for Women RD, George Regan. After the race, he emphasized, to an extent I found (at the time) to be anal and repetitive, that we roll the penants by first folding them flag on flag, then rolling that up, before tying it with the end pieces of string. The pennants I was using on this day had not been rolled up that way, and man, what a pain it was! The entire thing was a giant knot, that literally required the annoying kind of looping things around and through at each flag. It was at that very moment I wish I could have had whoever last "rolled" that length of penants responsible for putting it up. He was guilty of treason.

At about 8:20am, I entered the school with the rest of the outside crew, to a fully prepared room with all the tables setup, registration and refreshments ready to go, and our DJ, Brian DeBraccio, setting up. Everything was perfect. Some of the volunteers sat down for pancakes. I played with the idea before coming up with something to do to stay occupied. It's all part of the disease that nearly all race directors suffer from: fear of completion. There always has to be something more to do, or else its over. At the first Dodge the Deer, the first race I directed, I literally felt emptiness the day after. I didn't know what to do with myself. Not to mention I was in college only taking 12 credits, so I really had nothing to do. Fortunately that didn't last long as the very next day I spoke with a few others about coming up with an idea for another race to direct. It is my food.

### **The event "begins"**

Around 8:40am, runners started to arrive, fortunately ones who hadn't pre-registered. We'd gone all out on the catering aspect, and especially with all of the volunteers like Nancy Briskie bringing her family - and lots of bacon and sausage, as well as the Adams family bringing their giant tub of soup - I didn't want it to go to waste! As the 10am hour drew near, about 50 people (including a snowman) were on-hand for the run, as well as about another 40 in the form of volunteers, family, and friends. At 9:54am, Brian made the announcement that all runners were to go to the snowman and banana, the two of whom would lead us to the start. At 9:58am, we were all lined up, and at 10am, Jordan started the race from 50 yards out by dropping her hand. With that, the snowman took off, getting an early lead.

## THE MAKING OF BUMMER, NO BLIZZARD! PART 2 (THE FINISH)

### **Low-key love**

The WMAC has perfected the art of quality "low-key" events. While I'm not sure if there's an agreed upon definition of the word, it is generally believed to mean no shirts, few if any awards, bib numbers optional, even a clock may not always be present. Low-key also tends to bring along a feeling of camaraderie, whereby competition is not as important as the general brother / sisterhood of us "all being in this together." As the runners came across the line, rather than escape to the warmth of the gym, they gathered about, cheering on their brethren. Less than fifty minutes after the race began, everyone had finished and was chatting away. Dion setup his snowshoes in the back of the gym, Brian played music, and people ate pancakes and sipped soup. About six hours after waking up, I grabbed a plate, and made my way to the pancakes. Just as I thought I was about to finally taste heaven, someone asked me a question. Then another person came up. Two at once... and all I could dream about was flour, water, and eggs. I felt overwhelmed, with my heart tugging between speaking with them or listening to my stomach. I said softly, "Let's chat in a few, I need some food," then grabbed 3 pancakes and scuffled off to an empty table. I bathed my still-warm friends in artificial cheap syrup from Sam's Club that I had bought a day earlier, and swallowed my food before chewing it fully.

### **Two sides of the coin**

My high school cross-country coach is a race director, mainly triathlons. His name is Jose Lopez, he is a several-time Ironman finisher, coaches many triathletes on Long Island, and is highly respected by all. He truly is a great guy, who gives back anytime he can. It was my junior year of HS that I first volunteered at one of his events.

I had volunteered at events in the past; in '95 and '96 I was one of several thousand working water stops at the NYC marathon - but I'd never actually been part of an event from the inside out. In July of '99, I accompanied Lopez and his "Racing Unlimited" race production company to Montauk Point for the Montauk Point Triathlon. He was the director, and I, along with about a dozen other people, headed out the day before with him to help in whatever capacity we could. The day of the race, I first helped with parking, then was the lead bike for the run portion. I was equipped with a walkie-talkie. It was amazing to hear all that was going on behind the scenes as the event unfolded. A car parked in a spot it shouldn't, a volunteer missing from a key location - all things that those simply participating rarely know about. The trick of the race director is to fix these problems before they actually affect the race. Even once the race starts, there are countless issues that may arise, from someone going off course to a medical emergency, or perhaps a timing (results) issue. It was quite the experience to watch all of this unfold; I was so new to it and had never prior thought about it.

Shortly before I sat down to eat, John told me that we had blown several fuses and that we were having a power problem. I spoke with him about what was working and what wasn't; just to at least make sure we could provide the breakfast we guaranteed. Another volunteer came up to me to say that they started taking markings down from the course too soon, as there was still one

person behind him. It wasn't until he heard someone yell, "Please don't take those down or I'll get lost!" that he realized. Fortunately, none of these hurdles altered the outcome of the event. When I ate that first pancake, I did so with a feeling a race director doesn't always have: being a participant at my own event. Those pancakes tasted damn good.

*Josh Merlis*

## THE WINTER THAT ALMOST WASN'T

My snowshoe season began with a bang at the Woodford 3.5 on Dec. 18th. There was so much snow in Vermont that it even slowed the big guns to a "crawl." With such a good start, snowshoe fanatics just assumed that the rest of the season would be as good or better than the race that gave us a free loaf of Vermont baked bread.

Things looked so good, and then Mother Nature started discouraging even the most optimistic snowshoe enthusiast. Some races like the 7th Annual Greylock Glen had to be run at an earlier time for fear that the warm breezes would turn what little snow that was left into a puddle. Other races had to be cancelled or postponed because of poor snow conditions. However, some worthy substitutes were found to replace the cancelled ones.

But Mother Nature was most cruel to its New York hosts. Saratoga Winterfest 5K was turned into a trail run when the white stuff failed to make an appearance. A race in Guilderland, NY didn't come close to living up to its name the second year in a row. Yes, the 2nd Annual Brave the Blizzard had to host a trail run again this year. Maybe next year will be the charm. If things couldn't get any worse, Camp Saratoga 8K was even too icy to hold a trail run. But taking everything in consideration, things worked out for the best in Wilton. If you remember, a lot of people in the North Country didn't even know if their power was going to get turned back on that day.

Even if you aren't a snowshoe participant, you have to admit that this winter was rough on them. Or should I say the winter that almost wasn't?

*Peter Finley*



# 1<sup>st</sup> FROSTY'S DASH FOR THE CURE 5KM SNOWSHOE RACE

## ATKINSON COUNTRY CLUB      ATKINSON, NH      FEBRUARY 12, 2006

01. Richard Bolt	35M	0:20:10	100.00
02. Ben Nephew	30M	0:20:35	97.96
03. James Pawlicki	31M	0:20:55	95.92
04. Ken Clark	43M	0:22:15	93.88
05. Bob Dion	50M	0:23:38	91.84
06. Dave Dunham	41M	0:24:10	89.80
07. Edward Alibozek	43M	0:24:48	87.76
08. Bill Morse	54M	0:27:47	85.71
09. Richard Busa	76M	0:36:00	83.67
10. David Kirsch	41M	0:36:27	81.63
11. Denise Dion	47F	0:37:37	79.59
12. Laurel Shortell	39F	0:37:53	77.55
13. Henry Lech	53M	0:40:30	75.51
14. Mary Beth Torosian	47F	0:43:24	73.47
15. Konrad Karolczak	53M	0:43:27	71.43
16. James Holland	42M	0:43:55	69.39
17. Megan Jowett	13F	0:44:22	67.35
18. Linda Jowett	42F	0:44:24	65.31
19. Christer Ericsson	42M	0:44:25	63.27
20. Gunner Ericsson	11M	0:45:11	61.23
21. Stephen Shields	41M	0:45:12	59.18
22. Brian Varga	49M	0:47:59	57.15
23. Rick Hatton	52M	0:49:23	55.10
24. Jim Davis	43M	0:51:30	53.06
25. Katie Creegan	31F	0:53:05	51.02
26. Kristina Woodmansee	15F	0:53:05	48.98
27. Betty Woodmansee	46F	0:53:06	46.94
28. Laurie Cyr	39F	0:53:06	44.90
29. Arthur Bradbury	43M	0:53:48	42.86
30. Diane Weidman	41F	0:53:49	40.82
31. Chris Travaglini	41F	0:56:41	38.78
32. Wayne Pronzati	53M	0:57:48	36.73
33. Linda Creegan	58M	0:57:52	34.69
34. Tim Creegan	28M	1:00:13	32.65
35. Ali Varga	14F	1:00:13	30.61
36. Julia Redman	15F	1:00:38	28.57
37. Kathy Wooff	17F	1:00:38	26.53
38. Malcolm Wooff	47M	1:02:25	24.49
39. Barbara Rose	51F	1:06:23	22.45
40. Jake Siemering	13M	1:06:25	20.41
41. Hayley Siemering	10F	1:06:26	18.37
42. Julia Biggood	10F	1:10:15	16.33
43. Melissa Redman	45F	1:10:26	14.29
44. Vanessa Underwood	50F	1:10:26	12.24
45. Annie Shields	12F	1:14:59	10.20
46. Jane Shields	40F	1:15:00	8.16
47. Marsha Bassi	46F	1:15:58	6.12
48. Victoria Bass i	12F	1:15:59	4.08
49. Jonathan Morse	11M	1:16:02	2.04



*The mad dash at the start, wind driven and all.*

*Rich Bolt on his way to the overall victory.*

*Race Directing helper Dave Dunham, exiting the Covered Bridge.*

*Ladies Champion Denise Dion nearing the finish.*

*Laurel Shortell, finishing second with a huge smile to prove it!*

# The United States Snowshoe Association, Inc.

**Sports Director:** Mark Elmore; 135 Brand Hollow Road, Plattsburgh, NY 12901

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Wednesday February 22nd, 2006

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**ATTENTION** - All USSSA members who have qualified to participate in the 2006 U.S. National Snowshoe Championships...

It has been an 'odd' winter. Some places that normally receive plenty of snow, have received very little or none! While other places that have been struggling to get snow the past few seasons, got plenty! Some of our USSSA regional qualifying events had to be cancelled. While others were changed to footraces. All due to the lack of sustained cold weather and snow.

## WORRY NOT!!!!!!

If you have qualified to participate in the 2006 U.S. National Snowshoe Championships at the Bolton Valley Resort in Bolton Valley Vermont next month, **DO NOT** for one second consider not coming because of a worry about lack of snow! There will be plenty of snow! The Bolton Valley Resort is situated in just a way that they get snow earlier, keep it longer and get more of it than most anywhere in the Northeast/New England! It is going to be a great Championship weekend!

The Bolton Valley Resort is situated a short and easy 30 minute drive from Burlington Vermont. Vermont's 'Queen City' features the nearest major airport. Thrifty Rental Cars has provided discounted rates for rental cars to our members coming in for the Nationals. Call them to make your arrangements. The Resort is offering reasonably priced rooms right there so you can rise in the morning and hit the trails, or the ski slopes (if you're so inclined), with no delay or worries! Call the Resort to reserve your room today! After an invigorating day in the beautiful Vermont outdoors, enjoy a refreshing swim in their Sports Centers' indoor pool. Or, perhaps you'd prefer to soak in the hot tub or relax in the sauna. It's all right there.

**Friday March 24th** will kick off the Championship Weekend with Athlete Registration/Check-In and Course Preview from 2-5pm that afternoon. The Junior National 5km, Senior National 10km and Citizen's 5km racecourses will be marked and open for inspection. As of 2/22/06, there are 33 pre-registered athletes who have made sure they won't miss out on all the snowshoe fun!

**Saturday March 25th** will feature the Junior National 5km, Senior National 10km, Atlas Snowshoes Citizen's 5km and Kahtoola Kid's Kilo events. The Citizen's and Kid's Kilo event are open to athletes of all ages and abilities. Only the Junior 5km and Senior 10km National Championship events require that athletes have 'qualified' through a regional event. All other Championship Weekend events are 'open' to the public! There will be a professional photographer on hand taking photos all day. Also, Insight Media will be on site video recording the action to air later on a cable sports show entitled Rad X Sports. Saturday evening will feature the first USSSA Athletes' Banquet. This buffet style meal is free to all registered athletes. Guests may purchase meal tickets also. But, we are hoping to have an accurate 'head count' prior to that weekend so the Resort can be sure to have enough food on hand. We are asking all participants to register early so we can get that head count. If you anticipate driving in just for the day and registering on site, please drop the Sports Director an email to let him know you will be attending and how many in your party expect to eat (email [snowshoeguy@yahoo.com](mailto:snowshoeguy@yahoo.com)). This would assist us greatly. Later Saturday evening, the USSSA will host it's annual Members Meeting. It will certainly have been a busy day! But, we're not quite done yet!

**Sunday March 26th** will provide another exciting day of snowshoe fun. The Eastern Mountain Sports 4 x 2.5km Snowshoe Team Relay will start things off. This exciting event features 4 person teams with each athlete running 2.5km. Teams will be broken down into three age groups based on the average age of the four team members, i.e. Junior Boys and Girls (average age of 19 and under), Open Men and Women (average age of 20-39 yrs.) and Master Men and Women (average age of 40+ yrs.). This is an 'open' event, so bring your running buddies! Maybe running on snowshoes isn't for you. That's fine! Exel Sports USA will be there to conduct a Nordic Snowshoe Walking Clinic. This activity is sweeping the World as the latest winter fitness activity, walking on snowshoes using trekking poles. After a 45 minute to one hour **free** clinic, participate in our first-ever Exel Sports 5km Nordic Snowshoe Trek over the beautiful trails of the Bolton Valley Nordic Center. What a great way to polish off an incredible weekend!

So, don't wait! Pre-register today! You may not have snow where you live, but Bolton Valley will have plenty when it counts! That's March 24th-26th, 2006 at the US Snowshoe Association's Sixth Annual United States National Snowshoe Championships! Check out all the event information, access entry forms, see who else has qualified from twenty different U.S. States, so far, all at [www.snowshoeracing.com](http://www.snowshoeracing.com). Or call 518-643-8806 with your questions or email them to [snowshoeguy@yahoo.com](mailto:snowshoeguy@yahoo.com). You don't want to miss this one! The 2007 Nationals will once again resume their regional rotation across the Country by moving onto the North Central region.

### See you in Vermont!!!

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**WMAC SNOWSHOE SERIES STANDINGS AFTER 7 EVENTS – BEST THREE**

	<b>WOODFORD SPA WINTERFEST</b>	<b>NORTH POND</b>	<b>GREYLOCK BRAVE THE BLIZZARD</b>	<b>NORTHFIELD/ HALLOCKVILLE FROSTY'S DASH</b>	
	<i>NAME</i>		<i>AGE</i>	<i>BEST THREE</i>	<i>AVG</i>
01.	Richard Bolt		35	300.0000	100.0000
02.	Paul Low		32	298.5507	99.5169
03.	Ken Clark		43	289.0713	96.3571
04.	Ben Nephew		30	284.0461	94.6820
05.	Dave Dunham		41	276.6044	92.2015
06.	Bob Dion		50	276.1832	92.0611
07.	Edward Alibozek		43	259.0647	86.3549
08.	Jay Kolodzinski		26	257.0479	85.6826
09.	Kelli Lusk		35	250.9559	83.6520
10.	Dan French		34	249.4731	83.1577
11.	Patrick Riley		27	249.3249	83.1083
12.	Wayne Stocker		51	236.3199	78.7733
13.	Shiela Osgood		24	235.8954	78.6318
14.	Josh Merlis		24	232.7318	77.5773
15.	Bill Morse		54	230.0722	76.6907
16.	Mike Lahey		54	224.6834	74.8945
17.	Greg Rems		29	223.7388	74.5796
18.	Chris Chromzak		21	223.2821	74.4274
19.	John Onderdonk		38	219.4627	73.1542
20.	Barry Auskern		45	211.3719	70.4573
21.	Paul Bazanchuk		51	210.4219	70.1406
22.	Howard Bassett		45	206.2968	68.7656
23.	Larina Riley		27	195.6902	65.2301
24.	Ed Alibozek Jr		66	192.1859	64.0620
25.	Nick Jubok		49	190.4183	63.4728
26.	Pete Lipka		55	176.1232	58.7077
27.	John Pelton		66	174.0492	58.0164
28.	Justin McCarthy		16	171.3737	57.1246
29.	Jessica Hageman		30	167.3809	55.7936
30.	Denise Dion		47	158.9611	52.9870
31.	Kelly Short		25	157.0414	52.3471
32.	Vince Kirby		49	153.3625	51.1208
33.	Laurel Shortell		39	152.1141	50.7047
34.	Maya Siri Wardara		28	146.3938	48.7979
35.	Jim Carlson		58	144.5681	48.1894
36.	Rich Busa		76	136.1139	45.3713
37.	Thomas Mack		41	126.6924	42.2308
38.	Juergen Reher		57	125.2926	41.7642
39.	Bob Massaro		62	122.9027	40.9676
40.	Walt Kolodzinski		63	114.1148	38.0383
41.	Darlene McCarthy		43	109.6284	36.5428
42.	Jeff Hattem		54	107.1593	35.7198
43.	Laura Clark		58	98.5322	32.8441
44.	Konrad Karolczuk		53	98.3093	32.7698
45.	Chris Johnson		48	97.9001	32.6334
46.	Paige Madison		16	68.5623	22.8541
47.	Jamie Howard		40	42.1607	14.0536
48.	Peter Finley		44	41.0459	13.6820
49.	Bill Glendon		59	25.4471	8.4824
50.	Andy Keefe		75	10.4442	3.4814