

# W.M.A.C SNOSHU-NEWS

Volume 22 .... February .... 2016

## SARATOGA SNOWSHOE...sort of Winterfest and Camp

This has been a difficult winter, with series race directors struggling to locate adequate snow. Hilltop Orchard has now been delayed twice, Woodford opted for the relay course instead of the treacherous mountain climb and Curly's relocated to Woodford State Park. Now it was my turn to lose sleep—not once, but twice. On consecutive weekends. I could only take comfort in the fact that this was not a vendetta against my particular corner of the world but against the entire Northeast region. Kind of levels the playing field.

With the lurching, drunken attitude displayed by Mother Nature, there were major changes to be made every time I explored the courses. After record rainfall and Jen Ferriss' photo of a raging Geyser Creek, I briefly considered billing Winterfest as a run/swim biathlon. The following day's deep freeze caused me to jettison Ferndell Hill as you would have needed an ice pick to make it to the top. Come race day, however, it was totally clear. One day I was advising spikes; the next just a sturdy pair of trail shoes.



Winterfest sans snow

The following week at Camp I outlined an ice free-route, only to revise when we (finally!) got a few inches of snow. There was a silver lining to all this, however. Still plagued by some lingering ice patches, I finally had the motivation to do something I have wanted to do for many years – reroute the course to take a turn around the Cornell Hill Fire Tower. Erected in 1924 in Luther Forest, it had fallen into disrepair and was recently refurbished and reassembled at Camp, the premise being now you could ascend a Fire Tower without having to actually climb a mountain. In our case, however, our view was contingent upon having completed over four miles of snowshoeing to get there. The founder of our snowshoe series, Edward Alibozek, always liked it when our courses included a history lesson, so score one for Eddie!

While the erratic winter has been blamed on Global Warming, I would prefer the term Climate Change. Each day our local *Saratogian* newspaper spotlights notable happenings from 100 years ago. On February 14, 1916 the local reporter wrote, “After unseasonably mild weather for most of December and January, frigid temperatures arrived in Saratoga County...” Lows of – 40 were reported. And I’m pretty certain they hadn’t invented wind chill yet! So nothing that has happened this winter hasn’t happened before. I would call that reassuring... lending hope for the 2017 series.

Still, combined subzero temperatures and insane wind chill at Camp on the day before Valentine’s Day caused multiple worries. I fretted that the chronoprinters would fail, that the drinks would freeze before the woodstove kicked in, that the volunteers would succumb to frostbite. As Jen

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and I completed what would be the first of many Camp tours, I found myself wishing that Jeff were still with us to lend his advice. Jen pointed at her hand-me-down snowshoes, still marked with the initials JC, and said, "But he is right here with us."

Thankfully, none of this happened, although Jim Griffith reported for course marshal duties wearing sneakers and no gloves. It's not like he didn't know better. He had all the gear, having spent a tour at McMurdo Station in Antarctica. Ultimate volunteers, Alice and Don Zeiger, who have served as road crossing guards for all thirteen snowshoe races as well as for our Summer Trail Series, set the standard, braving that wind-swept road waiting for the last runner to cross. They are in their eighties. That fact alone made me feel somewhat guilty, but they were able to take turns warming up in their friendly, heated car.



Camp Saratoga, snow underfoot

Finally, sweeps Jen Ferriss and Pamela DelSignore emerged from the woods led by

Chloe, our WMAC Newfoundland mascot. At ten years old, and a veteran of two leg surgeries, she handily negotiated the tricky 4.5 mile route, turning back multiple times, concerned that the sweeps weren't keeping up. Some of us were hoping for a rescue keg, but camp is an alcohol-free zone.



Cloe, WMAC mascot

Unfortunately, one loyal sidekick will no longer be among us. Fierce Annie was minding her own business in a downtown parking lot when a truck rammed into her backside. So I arrived at both races incognito, escorted by New Car, minus stickers and merit badges. Concerned friends, inquired not as to New Car's pedigree, but instead wanted to make more direct contact, asking, "What's his name?" I was touched. Initially, there were many suggestions. I rejected Annie II as sequels can be unreliable. LAnnie was considered as well as Trixie, a variant on Matrix and a heroine of my oldest daughter's favorite Trixie Belden series.

But the color black suggests a certain dignity and impenetrable nature, so I ultimately

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went with my daughter Jacky's suggestion. She had been doing research on Jeff's family history and had discovered a 12<sup>th</sup> century Sir Thomas from Kent, England. Coincidentally, Jeff's middle name is Thomas. I thought it was time for another man in my life. Sir Thomas and I are still getting acquainted, but he seems to be adapting to his new role. Like Hudson, the dignified, stiff upper lipped butler in *Upstairs, Downstairs*, Sir Thomas keeps me reined in, on track and on time.

So when you next see me at a race, come on over and make the acquaintance of Sir Thomas. His manners are impeccable.

*By Laura Clark*



*photo by Bill O'Donnell*

Karen Provencher, Maureen Roberts, and Laura Clark at Camp Saratoga



### MILESTONES REACHED AT CAMP SARATOGA

**All-time WMAC finishes**

**Michael Della Rocco** - 40 finishes

**Tom Tift** - 30 finishes

**All-time WMAC Points**

**Tom Tift** passed 2,000 points (2011.05)

**Kathy Furlani** passed 1,500 points (1517.48)

*By dave dunham*

### CAMP SARATOGA 8K February 13th, Wilton NY

Place	Name	Age	Time	Points
1	Shaun Donegan	30	29:40	100.00
2	Tim Van Orden	47	30:28	96.55
3	Jason Pare	43	32:56	93.10
4	Ezra Hulbert	18	35:29	89.66
5	Mike Owens	42	36:09	86.21
6	Joshua Katzman	40	36:24	82.76
7	Jake Stookey	39	40:44	79.31
8	Jeffrey Andritz	34	41:20	75.86
9	Ben Etzler	28	41:50	72.41
10	Jeff Clark	58	43:27	68.97
11	Lance Decker	45	43:28	65.52
12	Tom Tift	58	45:13	62.07
13	Jan Rancatti	55	45:37	58.62
14	James Kavanagh	35	46:09	55.17
15	<b>Karen Provencher</b>	61	47:15	51.72
16	Nick Laplaca	46	47:38	48.28
17	Vincent Kirby	59	47:56	44.83
18	Zak Hill	41	52:31	41.38
19	<b>Kathleen Furlani</b>	67	52:48	37.93
20	Michael Della Rocco	64	55:12	34.48
21	Steve Mitchell	74	55:23	31.03
22	<b>Maureen Roberts</b>	58	55:34	27.59
23	<b>Laurel Shortell</b>	49	56:13	24.14
24	Matthew Miczek	44	56:16	20.69
25	Steve Obermayer	54	1:01:53	17.24
26	<b>Laura Clark</b>	68	1:03:47	13.79
27	<b>Kathleen Tersigni</b>	45	1:15:20	10.34
28	Ray Lee	73	1:17:52	6.90
29	<b>Terri Cozzaglio</b>	53	1:21:12	3.45

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### SARATOGA WINTERFEST 5K February 7th, Saratoga Spa NY

Place	Name	Age	Time	Points
1	Shaun Donegan	30	16:38	50.00
2	Tim Van Orden	47	16:59	49.15
3	Mike Owens	42	20:14	48.31
4	Michael Obermayer	23	20:32	47.46
5	Nick Lamando	57	20:48	46.61
6	Sam Mercado	53	20:55	45.76
7	Zephyr Cady	26	21:17	44.92
8	John Hendricks	46	21:32	44.07
9	<b>Virginia Larner</b>	44	23:29	43.22
10	<b>Elizabeth Collins</b>	38	23:29	42.37
11	Frank Lombardo	60	23:49	41.53
12	James Kavanagh	35	23:52	40.68
13	Ben Etzler	28	23:56	39.83
14	Jeff Clark	58	23:56	38.98
15	<b>Cady Kuzmich</b>	22	23:57	38.14
16	<b>Connie Smith</b>	48	23:58	37.29
17	Tyronne Culpepper	52	24:16	36.44
18	<b>Karen Provencher</b>	61	24:23	35.59
19	<b>Jennyfer Gleason</b>	43	24:58	34.75
20	<b>Kim Baker</b>	54	25:05	33.90
21	Vincent Kirby	59	25:11	33.05
22	William Banks	27	25:21	32.20
23	<b>Hilary Claggett</b>	51	25:57	31.36
24	<b>Kathy Meitl</b>	33	25:57	30.51
25	Timothy Stewart	36	25:58	29.66
26	<b>Moria Quackenbush</b>	34	26:01	28.81
27	<b>Jennifer Ferriss</b>	44	26:06	27.97
28	<b>Joann Lynch</b>	50	26:14	27.12
29	<b>Kristin Zielinski</b>	23	26:26	26.27
30	<b>Maureen Walsh</b>	49	28:18	25.42
31	Matthew Miczek	43	28:27	24.58
32	Mike Seaman	41	28:51	23.73
33	Stephen Obermayer	54	28:58	22.88
34	<b>Ronni Travers</b>	58	29:07	22.03
35	<b>Katie Roberts</b>	27	29:11	21.19
36	<b>Maureen Roberts</b>	58	29:11	20.34
37	<b>Pamela DelSignore</b>	46	29:12	19.49
38	<b>Jennifer Kuzmich</b>	57	29:42	18.64
39	Douglas Fox	71	29:44	17.80

Place	Name	Age	Time	Points
39	Douglas Fox	71	29:44	17.80
40	<b>Alyssa Lefebvre</b>	23	29:52	16.95
41	<b>Laurel Shortell</b>	49	29:57	16.10
42	Peter Davis	22	30:00	15.25
43	Michael Della Rocco	64	30:42	14.41
44	<b>Laura Clark</b>	68	31:28	13.56
45	Jim Sheehan	63	31:29	12.71
46	<b>Kathleen Tersigni</b>	45	32:26	11.86
47	<b>Victoria Daley</b>	57	33:50	11.02
48	<b>Ann Miller</b>	52	33:51	10.17
49	<b>Vicki Quagliaroli</b>	62	33:54	9.32
50	<b>Phyllis Fox</b>	63	35:33	8.47
51	<b>Emma Cady</b>	24	36:15	7.63
52	Jamie Howard	50	38:51	6.78
53	John Gay	53	39:39	5.93
54	<b>MJ Gay</b>	48	39:40	5.08
55	<b>Heather Coton</b>	46	40:08	4.24
56	Ryan Perry-LaPoint	28	40:08	3.39
57	<b>Cathy Sheehan</b>	55	40:21	2.54
58	Jr. Ray Lee	73	40:48	1.69
59	<b>Laura Cary</b>	49	40:59	0.85



*photo by Jim Carlson*

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## FROSTY BRAVES THE BLIZZARD... or... not

*Frosty the snowman knew the sun was hot that day  
So he said, "Let's run and have some fun before I melt away."  
Down to the village with a broomstick in his hand  
Running here and there all around the square  
Saying "Catch me if you can."*

Frosty was the only thing remotely snowy at this year's Brave the Blizzard. Even so, he put his game face on and managed to make the best of a less than ideal situation. Before he melted away, he discovered the joys of constructing sand castles in the playground, emerging from his new experience satisfied, but slightly discolored. Then, trying to enhance an awkward, snowless start, he culled lingering patches of snow to toss into the air over the snowshoe-less participants...

Sir Thomas escorted Shaun Donegan and me to Tawasentha Park, the new venue. Turned out he was the lucky car to be in as Shaun and I both placed first overall in the 5.5 miler. Which definitely bodes well for future trips. In fact, I may have hopeful candidates clamoring for his services!

Brave the Blizzard has traveled all over the Capital Region in a mostly unsuccessful search for snow. First Pinebush, Then Guilderland Elementary and now Tawasentha Park. I was excited to revisit Tawasentha, the site of Bob Oates' August Monday Night Trail Series where my cross country daughter, Jill, prepped for the fall season, trying to pretend that she had been training throughout the entire summer. Each week the course of indeterminate distance varied slightly but always featured the infamous roped water crossing, a vengeful swarm of ground bees and panicked deer or two. Might as well have been August all over again, with trampled fields and slick mud. This suspicion was confirmed when one participant arrived on his bike exclaiming, "This is the first time I ever rode my

bike to a snowshoe race!"

Not only were we showcased a new venue, but we had a new race director, Claire Watts, and a new distance—a 5K or a 5.5 mile option. Before, BTB ranged from 5K to about 4 miles, but only those equipped with a GPS had any real clue. As with most other ARE productions, we were officially timed for participating in an event we weren't actually running--in this case, the Fort Bragg 10 Miler. Some of us even had other names, but I was just plain old Bib #7, leftover from some highly ranked person who never showed. I wasn't sure if this was lucky, with #7 having all sorts of rabbit's foot connotations, but I was a willing believer.

Again, typical of ARE, both options begin together and then branch off, with the first few miles being a rather tame version of what was in store for the longer distance folks. In the beginning, we mostly traveled across a golf course setting, which should have been easy except that Alice-like we were traversing on a slant over grass anchored to unstable muddy ground. The real fun began as the 5.5 milers took the fork less traveled. It was as if we had crossed some invisible boundary and the terrain transformed into a steep, muddy challenge. Luckily, Sir Thomas got us to the park in record time so Shaun, with energy to spare, had a chance to survey the route. We had both brought multiple pairs of options, except that Shaun, being a guy, fit all of his into his backpack, while mine sprawled all over the back seat of the car. Shaun recommended spikes and we turned out to be

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among the few entrants not wearing naked trail shoes. This was one of the best moves we could have made as the mud was as slippery as ice and well-suited to icespikes. But what made it so much fun was the fact that you could skate along the surface with no danger of shoe-sucking mud. In fact, this was as close as we could get to a snowshoe feel without actual snow.

Heading back over the bridge and into the barn I was feeling strong. Josh was there to greet the returning runners and he shouted, "Laura, if you've never won a race before, this is your day. Naturally, I sped up even though I was pretty sure there were no other women behind me. In fact, I was fairly positive I was the only woman, but after an hour or so of running, what did I know? It was a thrill to cross the finish, although, with the concurrent start of the 5K and 5.5 miler no one really knew I was the winner. At the awards, I whispered to Claire not to mention that I was the only woman. She agreed, but in a later email said she would have commented that "I was the only woman BRAVE enough to take on the 5.5 mile course." I liked her perspective a lot better than mine!

And now the rest of the story... This was a victory despite two rookie mistakes. Not only did I neglect to pack a sorely needed pair of dry socks, but I failed to look at my shoes before I put them on my feet. My toe plates were scuffed into oblivion, my soles resembled a peeling onion and the side panel was literally hanging on by a thread. I had been wondering why my feet seemed to be so cold whenever I wore my spikes but credited it to the fact that I could not wear thick socks with these smaller-sized shoes. Not so. They were in fact more like Born to Run sandals. I was just grateful Coach Couch wasn't there to critique my gear choice!

*By laura clark*

## BRAVE THE BLIZZARD 5K and 5.5 mile

February 21st, Guilderland NY

### 5K

Place	Name	Age	Time	Pts
1	Peter Flynn	39	20:34	50.00
2	Richard Hamlin	43	23:09	47.83
3	Paul Gasper	34	24:16	45.65
4	<b>Connie Smith</b>	48	26:05	43.48
5	Ruediger Rivkin Haag	48	26:54	41.30
6	Dave Cole	58	27:16	39.13
7	Tom Mack	51	27:52	36.96
8	<b>Regina McGarvey</b>	46	27:55	34.78
9	Chris Lalone	50	31:17	32.61
10	<b>Karen Cutler</b>	34	31:39	30.43
11	<b>Jen Kuzmich</b>	57	31:52	28.26
12	<b>Laurel Shortell</b>	49	32:08	26.09
13	David Spina	66	32:12	23.91
14	<b>Paula Boughtwood</b>	54	33:07	21.74
15	Michael Della Rocco	64	33:49	19.57
16	<b>Renata Rivkin Haag</b>	43	33:51	17.39
17	Dave Heyward	62	36:14	15.22
18	Lawrence Seward	71	36:32	13.04
19	<b>Gail Hein</b>	64	43:18	10.87
20	Greg Taylor	69	44:50	8.70
21	<b>Kristen Majkut</b>	41	49:50	6.52
22	<b>Ashley Pollock</b>	38	58:22	4.35
23	<b>Kate Kenney</b>	38	58:24	2.17

### 5.5 Mile

Place	Name	Age	Time	Pts
1	Shaun Donegan	30	33:31	50.00
2	Tim Van Orden	47	33:32	47.22
3	Joshua Merlis	34	37:46	44.44
4	Ray Webster	41	38:35	41.67
5	Kyle McCormack	21	39:06	38.89
6	Joshua Katzman	40	41:46	36.11
7	Jeffrey Andritz	34	46:31	33.33
8	Steven Sweeney	61	48:59	30.56
9	Jeff Clark	58	49:16	27.78
10	Drew Anderson	47	50:10	25.00
11	John Butler	49	50:49	22.22
12	Vincent Kirby	59	51:07	19.44
13	Tom Tift	58	52:22	16.67
14	Nicholas Tomizawa	47	52:22	13.89
15	James Kavanagh	35	52:34	11.11
16	Matthew Miczek	44	58:35	8.33
17	<b>Laura Clark</b>	68	1:05:55	5.56
18	Jamie Howard	50	1:14:24	2.78

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## MID-FEBRUARY SEASON STANDINGS

Name	Age	N	Total Pts	Name	Age	N	Total Pts
Mike Owens	42	4	314.99	Steve Obermayer	54	3	69.75
Jeff Clark	58	4	249.37	<b>Meghan Paugh</b>	30	1	69.70
Tim Van Orden	47	3	245.70	Greg Eckhardt	52	1	68.52
James Kavanagh	35	4	214.20	Lance Decker	45	1	65.52
Tim Mahoney	36	2	198.15	Matthew Miczek	43	3	60.42
Jan Rancatti	55	3	184.21	Bob Dion	60	1	57.58
Brian Northan	40	2	181.15	<b>Sara Bonthuis</b>	55	1	53.70
Josh Katzman	39	2	173.67	Nick Laplaca	46	1	48.28
Sam Harding	17	2	172.56	<b>Kathleen Tersigni</b>	45	3	48.13
Josh Dillingham	30	2	165.86	Michael Obermayer	23	1	47.46
Shaun Donegan	30	2	150.00	Nick Lamando	57	1	46.61
Jim Devine	55	2	150.00	Sam Mercado	53	1	45.76
<b>Jess Northan</b>	40	2	145.80	Todd Howell	37	1	45.45
Tom Tift	58	2	141.70	Zephyr Cady	26	1	44.92
<b>Jennifer Ferriss</b>	44	3	132.17	John Hendricks	46	1	44.07
<b>Mary Scheerer</b>	57	2	121.22	<b>Virginia Larner</b>	44	1	43.22
<b>Karen Provencher</b>	61	2	120.70	Jim Carlson	68	1	42.59
<b>Kathleen Furlani</b>	67	3	117.05	<b>Elizabeth Collins</b>	38	1	42.37
Ben Etzler	28	2	112.24	Frank Lombardo	60	1	41.53
<b>Maureen Roberts</b>	58	3	105.34	Zak Hill	41	1	41.38
<b>Laurel Shortell</b>	49	4	99.83	<b>Pat Rosier</b>	57	1	40.74
Conner Devine	22	1	96.97	<b>Gabriela Zasada</b>	12	1	38.89
<b>Kim Baker</b>	54	2	96.86	<b>Cady Kuzmich</b>	22	1	38.14
Joe Carter	26	1	96.30	Dave Heyward	62	2	37.54
<b>Shari Hymes</b>	53	2	95.62	<b>Connie Smith</b>	48	1	37.29
Michael DellaRocco	64	3	95.19	<b>Bridget Spann</b>	46	1	37.04
Carson Thurber	32	1	93.94	Tyronne Culpepper	52	1	36.44
Jason Pare	43	1	93.10	Richard Godin	60	1	35.19
Ezra Hulbert	18	1	89.66	<b>Jennyfer Gleason</b>	43	1	34.75
Ted Cowles	57	1	88.89	<b>Jennifer Gatz</b>	44	1	33.33
<b>Joann Lynch</b>	50	2	88.23	William Banks	27	1	32.20
<b>Karen Provencher</b>	61	2	87.31	<b>Hilary Claggett</b>	51	1	31.36
<b>Theresa Apple</b>	54	2	85.86	<b>Kathy Meitl</b>	33	1	30.51
<b>Molly Frost</b>	35	1	81.48	Timothy Stewart	36	1	29.66
Jake Stookey	39	1	79.31	<b>Moria Quackenbush</b>	34	1	28.81
Stephen Mitchell	74	2	79.18	Ric Villarreal	58	1	27.78
Vincent Kirby	59	2	77.88	<b>Kristin Zielinski</b>	23	1	26.27
Jeffrey Andritz	34	1	75.86	<b>Maureen Walsh</b>	49	1	25.42
London Niles	18	1	75.76	<b>Pat Rosier</b>	57	1	24.24
<b>Laura Clark</b>	68	4	72.80	<b>Julia Holmgren</b>	12	1	24.07
Ben Kimball	44	1	72.73	Mike Seaman	41	1	23.73
<b>Denise Dion</b>	57	2	71.21	Sepp Zammuto	9	1	22.22
<b>Kimberly Eckhardt</b>	39	1	70.37	<b>Ronni Travers</b>	58	1	22.03

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## MID-FEBRUARY SEASON STANDINGS

(continued)

Name	Age	N	Total Pts
<b>Katie Roberts</b>	27	1	21.19
Jules Seltzer	80	1	20.37
<b>Pamela DelSignore</b>	46	1	19.49
<b>Jennifer Kuzmich</b>	57	1	18.64
<b>Shirley Iselin</b>	72	1	18.52
Douglas Fox	71	1	17.80
<b>Alyssa Lefebvre</b>	23	1	16.95
<b>Sophia Holmgren</b>	10	1	16.67
Peter Davis	22	1	15.25
Eric Holmgren	43	1	14.81
Richard Busa	86	1	12.96
Jim Sheehan	63	1	12.71
<b>Vicki Quagliaroli</b>	62	2	12.35
Marty Glendon	69	1	11.11
<b>Victoria Daley</b>	57	1	11.02
<b>Ann Miller</b>	52	1	10.17
<b>Cherie Giddings</b>	65	1	9.26
<b>Julie Kegresse</b>	44	1	9.09
Ray Lee	73	2	8.59
<b>Phyllis Fox</b>	63	1	8.47
<b>Emma Cady</b>	24	1	7.63
<b>Tiger Waterman</b>	69	1	7.41
Jamie Howard	50	1	6.78
John Gay	53	1	5.93
Bill Glendon	69	1	5.56
<b>MJ Gay</b>	48	1	5.08
<b>Heather Coton</b>	46	1	4.24
<b>Mia Holmgren</b>	6	1	3.70
<b>Terri Cozzaglio</b>	53	1	3.45
Ryan Perry-LaPoint	28	1	3.39
<b>Cathy Sheehan</b>	55	1	2.54
<b>Janet Holmgren</b>	47	1	1.85
<b>Laura Cary</b>	49	1	0.85

## BRAVE THE BLIZZARD MILESTONES

All-Time finishes

**Jamie Howard - 80**

All-Time points

**Jeff Clark passed 3,000 with 3,002.56 points***By dave dunham*

## BOOK REVIEW

*Fast into the Night: A Woman, Her Dogs, and Their Journey North on the Iditarod Trail*

by Debbie Clarke Moderow  
Houghton Mifflin, 2016

For runners, braving the elements comes as part of the territory. Training and adequate preparation are a given. With the exception of relay races or team competitions, we accept the loneliness of the long distance runner. But even within team boundaries, much of the training is a solo event. Ultra athletes often have meticulous planning charts to include crews and pacers, but still the onus is primarily on them to pull through.

Dogsled competition takes this to an entirely different level. After reading Debbie Moderow's account of procuring an uncountable number of dog booties, lead ropes, batteries, etc. I will no longer grumble about packing my gym bag with gear to accommodate several possible weather scenarios. Ultra runners who send their nutrition and clothes ahead to several way stations will think that planning trivial compared to the sledder who must feed not only herself but fourteen other dogs. It almost seems a relief to get to the start line!

I am fascinated by the Iditarod and have read many different accounts and even attended talks by those who have actually succeeded in the ultimate adventure. Always, there is a telling picture of the musher and his champion lead dog. What is missing is more of a sense of the entire team, of what it takes to care for, motivate and enjoy the doggie moments. And this is where Moderow's account shines. While her husband and children are also Iditarod racers, it is Moderow who is the kennel master.

In sharing her journey we not only experience the expected tricky terrain, but we gain another perspective on the "Last Great Race on



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Earth,” one where the musher’s primary focus is on the dogs and the experience and on each member of the team. We learn that line positions are fluid, according to skill, energy and group dynamics. While it is a given that each and every musher care for their dogs physical needs first, Moderow also takes emotional needs into account, amusing checkpoint personnel when she ceremoniously unfurls Juliet’s private sleeping bag. Imagine—a sled dog who gets cold at night!

Her experience lends fuel to the adage, “It is the journey, not the destination.”

*Reviewed by laura clark*

## 2016 GRAND TREE TRAIL RACE SERIES

Only GT distances shown. Details at

<http://runwmac.com/gt2016/gt16-races.html>

1. Merrimack River, 10 mi, April 9th
2. Muddy Moose, Half marathon, April 24th
3. TARC Wapack and Back, 21.5 mi, May 7th
4. 7 Sisters, 12 mi, Sunday May 8th
5. Soapstone Mountain, 22.5K, May 15th
6. Goodwin Forest, 30K, June 5th
7. Nipmuck South, 14.1 mi, June 12th
8. Mount Greylock, 13.5, June 19th
- 9a Cranmore Hill Climb, July 10th
- 9b TARC Blue Hills Skyline, 12K, July 10th
- 10 People's Forest, 7 mi, TBD
- 11 Hodges Hoedown, 21 K, August 21st
- 12 Wapack, ‘18 miles & 8 mts’, September 4th
- 13 Pisgah Mountain, 23K or 50K, September 18th
- 14 Nipmuck Trail Marathon, 26.4 mi, October 2nd
- 15 Monroe Dunbar Brook, 10.5, October 9th
- 16 Groton Town Forest, 9.5 mi, October 16th
- 17 Mt. Toby, 14 mi, TBD
- 18a Hairy Gorilla Half Marathon, October 30th
- 18b Busa Bushwhack, 10.0 mi, October 30th
- 19 Stone Cat, 50 mi or 26.2 mi, November 5th
- 20 Upton State Forest, 21K, November 13<sup>th</sup>

## Dick Hoch passed away November 15, 2015

*Dick Hoch at Monroe 2008*



*Photo by Alicia Gwozdz*

I began my 2-mile trek following all th others. Out to ellen I’d overtaken wun. Trailed another thru th woods to slip by down th road crossing, racing th funnest part for me ( despite an overjoyed-Busa encounter years ago ) by all th trees to th finish. Big pots of rice & chili, tended by Mrs. D. , large box of donuts, smiles of satisfaction with th whole atmosphere, we had it all - - xcept me. Something, making my day incomplete, was missing, or .... perhaps somebody .... a particular non-presence. Hmmmmmmmmmmmmmmmmm.

*by Dick Hoch*

*“If you don’t follow your dreams, you might as well be a turnip.”*

*- Dick Hoch*

**First Race of the GRAND TREE Trail Series**  
**MERRIMACK RIVER** Saturday April 9th