

# W.M.A.C. SNOSHU-NEWS

## "AROUND AND AROUND AND AROUND HE GOES"

### A SNOSHU TURTLE AT THE 2013 CAST A SHADOW 6 HR RACE



For well over the last dozen years or so I've spent a significant amount of time each year in the vicinity of Rochester, NY. One advantage to this is I get the opportunity to see some of the fantastic parks and outdoor areas of central and western NY, and another is I end up doing some races that most folks in our neck of the woods have never even heard of. Some of the best are organized by Mort Nace and Tim Ratowski of Goose Adventure Racing ([www.roadsharepoison.com](http://www.roadsharepoison.com)) Mort and Tim were responsible for bringing snowshoe racing to the Rochester area way back in 2002, long before it became as popular as it is now, and currently direct numerous snowshoe events: two 5k races, a 4.5 miler, a 10k, a winter adventure race, and the Cast A Shadow 6hr race. More significantly, they organize events that are similar in spirit to our own snowshoe series, in that there's something for everyone, from the biomechanically blessed fast competitive runners to us slower folks at the back of the pack, and one of their priorities is for everyone to have fun out there (albeit at times sick, torturous fun...)

The Cast A Shadow 6 hr race is held in early February, ideally as a snowshoe event but also as a trail race when snow is lacking. Solo runners and three person teams run a 2-2.5 mile course as many times as they can in 6 hours, with the winner in each division being the person or team that runs the most loops. The name of the race comes from one of the "extras" – if the groundhog didn't see his shadow that year, only loops completed before 6 hours elapse count, but if the groundhog did see his shadow, a loop started before the 6 hour mark (say at 5:59:59) counts toward the total, even though it would be completed after 6 hrs. Another feature of the race is that it starts at 2 PM, so participants are required to use headlamps for roughly the last two hours. So in a nutshell – running around and around and around a loop, possibly on snowshoes, for six hours, the last two hours in the dark, in early February, when the temperature could be anything from 50 degrees to somewhat below zero degrees, and when it could be sunny, snowing, or pouring rain. I convinced myself early on that this was a race I

wasn't likely to ever do – after all, I've been known to get bored running the same route two days in a row!

Except – this year I signed up for a marathon in mid-March and an even longer event in early May, and I knew I needed to work some longer distances than our typical snowshoe races into my schedule. And I sometimes find it easier to complete a long distance as part of a race than just going out for a training run. And I must admit there's a strange part of me that wonders how I'll react to the challenge of something like going around and around a loop for six hours – would my legs give out before my brain shut down howling from boredom? And so I found myself at the starting line of the 2013 race with 17 other solo runners and 13 relay teams, shivering in the frigid wind blowing across the nearby open fields of Black Creek Park, ready to make a trek into the unknown – OK, it wasn't really as dramatic as that, but I really didn't know how things were going to go after the first few loops... at least the lack of snow (Rochester's climate is pretty similar to the Capital District) meant I would have slightly easier going, though the trails at Black Creek get icy enough that traction assist was recommended. Even so, the extra weight of my screw shoes doesn't even begin to compare to the extra effort needed to snowshoe.



I've run at Black Creek Park quite a bit, so I had a pretty good idea of what to expect – wide trails, no major climbs or descents, and pretty good footing. The course wound its way mostly through wooded fields, with a couple of gentle uphill and downhill and two intersections where we were able to see runners at other points of the loop. The only real surprise was a short section of deer track which connected two of the major trails – that was narrow and twisty and I found it difficult enough that I walked pretty much the whole thing. The last quarter mile or so ran along the park's namesake, Black Creek, a section I always enjoy running just because it's so darn scenic, and today was no exception, especially since we had snow flurries drifting down for the first 90 minutes or so. A short section of field and a short climb completed the loop, at which

## CAST A SHADOW (continued)

point we had the option of continuing on or taking a break in the heated park lodge. I chose to keep going for the first three loops and completed each in a little over 30 minutes, with my Garmin reading just under 2.3 miles per loop. Slow going, but I was taking it easy in hopes of both lasting longer and maintaining a fairly consistent pace for as long as possible. The windy stretches were definitely uncomfortable, but when I was out of the wind I didn't feel particularly cold. As time went on I did notice my shirt getting damp, and with up to 4 1/2 hours to go it didn't make sense to risk getting chilled, so at the end of the third loop I headed into the lodge.



After over 90 minutes outside it was uncomfortably warm indoors, especially when I knew I was heading back out into the cold. I changed into a dry shirt and swapped my fleece-lined windbreaker out for a fleece pullover and was back out on the course. Finished loop 4 in a similar time to the first three – nine miles down! I also started contemplating how far I might get. 18 miles? 20 miles? At slightly over an hour for 2 laps, 11 was the most I'd manage to squeeze in. Went into loop 5 without stopping – and noticed that I was definitely starting to feel the effort to keep going – my paced slowed and I found myself walking more. I was also starting to get chilly, which worried me. But I knew one more loop would be slightly more than a half marathon, and after stopping to add a windbreaker I headed back out again for another slow loop. My legs were losing steam rapidly and I found myself revising my earlier estimates of how far I'd go - this time around it was pretty clear I had at most two more loops in me.

Loop 6 was the longest one yet - over 45 minutes, ouch! - and I was still feeling chilly, so I ducked in the lodge to switch to a heavier fleece under my windbreaker and also put on my headlamp since it was getting dark. Didn't really need it for the first part of the lap but so it goes - and by the time I was halfway around, it was definitely helpful, because the sky was overcast and it got dark pretty quick. It felt like I ran even less of this loop, and I really began questioning if I'd do one more, but by the time I got to the last half mile it was clear I was done. My legs were pretty much dead, the foot I injured back in November was throbbing (walking bothers it more than running) and I was just plain tired. When I shuffled into the check-in area, Ann was waiting for me (I'd suggested she wait until at least 4 hours were up before coming down to the park, since by then she wouldn't

## CAST A SHADOW (continued)

have nearly as long to wait for me to finish) which reinforced my decision to call it a day, or a night, or whatever it was. Could I have made it through another lap? Sure, though I probably would have walked pretty much the whole thing. Doing so also would have extended my recovery time by a day or two more and left me even more useless for the rest of the evening. This way I got to warm up a little bit sooner (once I stopped I realized pretty quickly that I was more chilled than I had thought) and we got to eat dinner an hour or so earlier than if I'd kept going.



So, in the end I completed 7 loops, for right around 16 miles (according to my Garmin) in 4 hr 32 min. Not too bad considering that I was barely able to run during November and limited to short distances (under 7-8 miles) in December. My longest day had been the previous Sunday, when I ran a 5 mile snowshoe race and then did a 6.5 mile run later in the afternoon, and my longest run since early November was around 8 miles. So all things considered I'm OK with how this went.

Oh, and for those who wonder about such things: the solo winner was Finger Lakes Running Club's Nancy Kleinrock, who completed 16 laps in 5 hr 54 min. Second was Andy Dessman with 15 laps in 5 hr 48 min. The top relay team finished a whopping 23 laps in 5 hr 48 min. It was pretty incredible to watch these guys go flying by 4+ hours into the race - in fact, some of the relay teams probably lapped me 2-3 times, Zoinks!

Would I consider doing Cast A Shadow again? Oddly enough - yes, I would. I don't think I'd want to do it every year - but I would like to try it as a snowshoe event, and I definitely want to do it again when I'm in better shape and see how much further I can get in under 6 hours. My main concern - that running the same loop again and again would leave me bored out of my skull - never happened this time around, and it was a challenging event where I got to be on the course with some fantastic distance runners but more importantly with a fun, supportive group of people. So I think it's fair to say that I will be back to challenge and be challenged by Cast A Shadow at some point in the future - it is another fine example of some of the excellent trail and snowshoe events that take place in western NY.

- *snohu turtle aka Jamie H.*



**14<sup>TH</sup> ANNUAL SARATOGA SPA WINTERFEST 5 MILE "SNOWSHOE" RACE****February 3, 2013****Saratoga SPA Park****Saratoga Springs, NY**

PL	NAME	AGE	TIME	PTS
01.	Eric Sambolec	35	0:31:38	50.00
02.	Shaun Donegan	27	0:31:51	49.11
03.	Chris Repka	29	0:32:42	48.21
04.	Eric Hulbert	17	0:33:37	47.32
05.	Benjamin Harper	16	0:34:29	46.43
06.	Richard Teal	34	0:35:06	45.54
07.	Mike Sindy	38	0:35:56	44.64
08.	Eric Kowalik	21	0:37:07	43.75
09.	Robert McCarthy	45	0:38:19	42.86
10.	Joshua Katzman	37	0:38:44	41.96
11.	Ezra Hulbert	14	0:39:30	41.07
12.	Dean Harper	41	0:39:32	40.18
13.	<b>Rachael Jones</b>	<b>14</b>	<b>0:40:16</b>	<b>39.29</b>
14.	Matt Darcangelo	37	0:40:36	38.39
15.	Kim Morrison	33	0:40:41	37.50
16.	Jim Devine	52	0:40:56	36.61
17.	Ben Yurschak	37	0:41:25	35.71
18.	Michael Greco	34	0:42:18	34.82
19.	Jeff Clark	55	0:42:51	33.93
20.	William Malone	35	0:44:28	33.04
21.	Jim Schertzer	37	0:44:54	32.14
22.	Bob Dion	57	0:45:39	31.25
23.	Kim E. Scott	44	0:47:58	30.36
24.	Tom Mack	48	0:48:36	29.46
25.	Ty Culpepper	49	0:48:51	28.57
26.	Megan Boyak	28	0:50:50	27.68
27.	Maureen Roberts	55	0:51:00	26.79
28.	Gail Todd	42	0:51:00	25.89
29.	Corrie Desilets	18	0:51:12	25.00
30.	Lea Anthony	20	0:51:16	24.11
31.	Peter Canzone	59	0:51:25	23.21
32.	Kristi Miller	31	0:51:34	22.32
33.	Ashley Peacock	36	0:51:41	21.43
34.	Mike DellaRocco	61	0:51:43	20.54
35.	Jennifer Kuzmich	54	0:52:01	19.64
36.	Michael Obermayer	20	0:53:36	18.75
37.	Ann Marie Hess	33	0:53:55	17.86
38.	Bob Massaro	69	0:54:01	16.96
39.	Chris Imperial	32	0:54:08	16.07
40.	Charles Brockett	67	0:54:22	15.18
41.	Denise Dion	54	0:54:42	14.29
42.	Michael Maguire	57	0:54:58	13.39
43.	Laura Clark	65	0:55:15	12.50
44.	Larry McAndrew	54	0:55:16	11.61
45.	Susan Johnson	52	0:55:21	10.71
46.	Carrie Cabrera	41	0:55:32	9.82
47.	Jim Sheehan	60	0:56:26	8.93
48.	Amanda Repka	29	0:58:57	8.04
49.	Laurel Shortell	46	1:00:54	7.14

PL	NAME	AGE	TIME	PTS
50.	Julie Gardner	41	1:01:49	6.25
51.	Rebecca Armstrong	44	1:02:21	5.36
52.	Kathleen Tersigni	42	1:07:34	4.46
53.	Stephen Obermayer	51	1:07:39	3.57
54.	Ashleigh Brown	29	1:14:23	2.68
55.	Cathy Sheehan	52	1:19:57	1.79
56.	Jeff Clark	65	1:20:57	0.89

**Bob Massaro, with SNOW!**

*(I missed giving Bob credit for his 100th Snowshoe Race at Hawley Kiln 2011. My apologies as I try to remedy this error)!*

## SARATOGA SPA WINTERFEST "PHIL VS. PHIL"

The day before Wintefest, Punxsutawney Phil emerged from his temporary home at Gobbler’s Knob, Pennsylvania and whispered to his Inner Circle of handlers that he did not see his shadow, thus predicting an early spring. Since 1887 he has prognosticated in favor of daffodils and tulips only sixteen times, so one could assume that he mostly wanted to hear another bedtime story and go back to sleep in his cozy library den. But this winter, although frigid, was frustratingly devoid of snow so one could forgive his mistake...

The following day, while surveying the trails one final time (groan) before our Winterfest Snowshoe Race, Jeff and I were willing to concede that Phil had indeed called the correct shot. Where once the trails were icy, causing Jeff to lift and sow 200 pounds of sand over hill and dale, now there were only a few stubborn ice patches. It looked exactly like spring, but without the mud. Until we peeled off our spikes and jumped into our car. Then it started to snow. It began hesitantly at first, as if checking in with Phil, then building to a lake effect snow squall. We all know what happens when snow hits frozen ground and temperatures plummet overnight: Jeff the Sandman was again on call.

Because Winterfest was this year’s New York State Championship, we had lengthened the route from a doable 5K to a tough 5 miles, effectively eliminating all the casual Saratoga residents who normally hiked the course. And because we now had a trail race and not a snowshoe race, we essentially jettisoned those who would cheerfully drive three hours for a snowshoe race but not for a wintertime foot race. Many of these were the same folks who would drive anywhere to sample a new trail during the proper season but who quite understandably would plead a seasonal disconnect.

Be that as it may, we had an awesome 5 mile course, designed and tweaked throughout the summer and fall by Jim Carlson. As Bob Dion commented, it showcased many little known areas of the Spa Park and contained a great mix of single track, open passing areas and challenging hills. Fortunately for conditions, most of these gradients were approached from an uphill stance. Many were manned by a phalanx of course marshals and those without their own personal guardian were staffed by a contingent of yellow WMAC arrows. We were so worried that locals familiar with the cross country course and all the different reincarnations of the Mudslinger/Fall Back routes would become complacent and make a wrong turn, assuming they knew the route.

Race day granted us one of those sparkly, crystal clear, after-the-storm mornings. In fact if you look at the photos, and squint upwards at the pines, it looks as if Phil the Groundhog might have misjudged his call. This would have been the day to take the “don’t look down at your feet” axiom to heart. Joe Murphy, enjoying his first ever non-snowshoe snowshoe race did all these things, but it simply wasn’t his day. Gingerly treading over all the icy spots, he reached the home-free bare asphalt section where he inexplicably stumbled while trying to pass Bob

Dion. Fortunately, this occurred right by the truck water stop and he was able to rest in a warm vehicle while awaiting rescue. Back at the main building, he was expertly attended by

Dr. Maureen Roberts and Fire Chief/EMT Michael Della Rocco and hustled off to the ER. While there his friend, Rich Teal captured his shoulder relocation in YouTube living color for all to see. Many declined. Did he learn anything? According to Joe, “I learned never to pass Bob Dion.” He also learned that real snow was perhaps a safer venue and vowed to visit Camp the following week. Which he did, and along with many others, scored a double, racing at Prospect Mountain the following day.



Some of us like Shaun Doneghan, the Saratoga Stryders’ answer to Karl Molotoris, chose to ignore the Phil vs. Phil weather controversy altogether. He wore the same outfit at the Spring Winterfest and at the Winter Camp Saratoga.

*Laura Clark*

### New York State Snowshoe Champions

**Open:**

Gold	Eric Sambolec	Kim Morrison
Silver	Shaun Doneghan	Kim E. Scott
Bronze	Chris Repka	Meghan Boyak

**Juniors:**

Gold	Eric Hulbert	Rachel Jones
Silver	Ben Harper	Corrie Desilets
Bronze	Ezra Hulbert	



## CAMP SARATOGA " GROUNDHOG VS. CALF"

During the week leading up to the Camp Saratoga Snowshoe Race, Phil's credibility suffered a serious blow. Somewhere before green grass and dandelions became a permanent fixture, Old Farmer Ed Alibozek authoratively issued his own winter storm warning. While Phil the Groundhog was busy searching out his shadow, Farmer Ed's bull, Joy, sired his latest youngster, appropriately named Phil. Born of a snowshoeing household, what else could Phil do but predict a reemergence of winter weather Big Snow?



And snow it did with a vengeance, ushered in by Nor'easter Nemo. While I still believe in snow and prefer to put my money on Phil the Calf, I find it difficult to accept a blizzard named after a cute orange clownfish with a bent fin. A hurricane, perhaps, but since when do fish even care about landlubbing blizzards? Even if the intent was to honor the evil Cpt. Nemo of *Twenty Thousand Leagues under the Sea* fame, the only similarity I can come up with is the relationship of Melville's Moby Dick to Verne's giant squid. One thing for sure, like the cartoonish clown, Nemo threw an unexpected punch worthy of a serious contender, closing down the WMAC home state of Massachusetts and her neighboring partner, Connecticut.

As we theoretically pondered the issue of "too much snow" the main question on everyone's mind was "Did Laurel make it?" Camp Saratoga was to be her 147<sup>th</sup> WMAC/Dion Series snowshoe race in a row and while the odds were not in Laurel Shortell's favor, we who knew her figured she would somehow avoid being trapped in her own state. And sure enough, she cashed in on a vacation day, bailed out early and crossed the border with time to spare before the state police with their \$500 fines and year in jail possibilities sprang into action. As she puts it, she is "still living the streak." Her weekend sojourn in our house, however, was not a typical vacation. Picture having a willing computer expert confined in your house. All our pent-up computer and ipad frustrations could now be addressed! Turns out we had saved up so many of them that she really needs to make a return trip. Soon.

Once more, we were presented with a picture perfect race day, but this time with real snow. We finally got to explore Pieter the Woodsman's new trail that avoided the out-and-back loop and eliminated the need for a Keystone traffic cop. And for

once there was little need to worry about confused stragglers as our route through the woods was the only cleared option. We simply had to follow the snowmobile's path to the barn. All that was missing was Phil the Calf and his friends, still trapped in Massachusetts.

*By laura clark*

### MILESTONES FROM SARATOGA SPA:

**Finishes:** None to Report

**Points:** None to Report

### MILESTONES FROM CAMP SARATOGA:

**Finishes:** Denise Dion 90 finishes

**Points:** None to Report

### MILESTONES FROM PROSPECT MTN II:

**Finishes:**

Laura Clark	130 finishes
Jessica Northan	60 finishes
Tim Mahoney	40 finishes
Steve Mitchell	30 finishes

**Points:** None to Report



**10<sup>th</sup> CAMP SARATOGA 8KM SNOWSHOE RACE**

**February 09, 2013**

**Camp Saratoga**

**Wilton, NY**

PL	NAME	AGE	TIME	POINTS
01.	Shaun Donegan	27	0:40:19	100.00
02.	Richard Teal	35	0:40:39	98.08
03.	Andrew Rickert	33	0:41:43	96.15
04.	Benjamin Harper	16	0:42:03	94.23
05.	Chris Repka	29	0:42:26	92.31
06.	Brian Northan	37	0:42:46	90.38
07.	Jeffrey Andritz	31	0:44:00	88.46
08.	Joshua Katzman	37	0:45:28	86.54
09.	Eric Hulbert	17	0:47:23	84.62
10.	John Onderdonk	45	0:47:34	82.69
11.	Jim Devine	52	0:47:38	80.77
12.	Dean Harper	41	0:50:08	78.85
13.	James Miner	64	0:50:25	76.92
14.	Ezra Hulbert	14	0:51:36	75.00
15.	Tom Tift	55	0:52:28	73.08
16.	C. Tumidajewicz	58	0:52:35	71.15
<b>17.</b>	<b>Jessica Northan</b>	<b>37</b>	<b>0:52:38</b>	<b>69.23</b>
18.	Jan Rancatti	52	0:54:09	67.31
19.	Mary O'Hearn	26	0:54:29	65.38
20.	William Malone	35	0:55:36	63.46
21.	Kim E. Scott	44	0:55:44	61.54
22.	Peter Canzone	59	0:57:02	59.62
23.	Bob Dion	57	0:58:35	57.69
24.	Rick Morse	62	0:58:58	55.77
25.	Mark Regan	57	0:59:11	53.85
26.	Joseph Murphy	33	0:59:29	51.92
27.	Pamela DelSignore	43	1:00:53	50.00
28.	Mike DellaRocco	61	1:01:02	48.08
29.	Jim Buffoni	52	1:02:00	46.15
30.	Maureen Roberts	55	1:02:01	44.23
31.	Jen Kuzmich	54	1:02:46	42.31
32.	Jennifer Ferriss	41	1:02:47	40.38
33.	Chris Imperial	32	1:03:54	38.46
34.	Jim Carlson	65	1:04:16	36.54
35.	Charles Brockett	67	1:04:33	34.62
36.	Steve Mitchell	71	1:05:03	32.69
37.	Matthew Miczek	41	1:05:04	30.77
38.	Denise Dion	54	1:05:23	28.85
39.	Laura Clark	65	1:06:19	26.92
40.	Douglas Fox	68	1:06:22	25.00
41.	Peter Finley	51	1:07:00	23.08
42.	Laurel Shortell	46	1:07:21	21.15
43.	Ashley Peacock	36	1:07:56	19.23
44.	Jennifer Kehn	25	1:09:33	17.31
45.	Vincent Kirby	56	1:10:01	15.38
46.	Rike Rothenstein	35	1:10:19	13.46
47.	Susan Johnson	52	1:12:27	11.54
48.	Ray Lee	70	1:19:00	9.62

PL	NAME	AGE	TIME	POINTS
49.	Michael Maguire	57	1:24:12	7.69
50.	Jamie Howard	47	1:24:42	5.77
51.	Lewis DiCaterino	65	1:27:32	3.85
52.	Frank Lombardo	57	1:27:42	1.92



*Jessica Northan, Ladies Champion at Camp Saratoga!*





# 1st PROSPECT MOUNTAIN 5.4 MILE SNOWSHOE SHUFFLE

{for TIVO's "I Love Woodford" Party Part II}

February 10, 2013

Prospect Mountain Nordic Ski Center

Woodford, VT

PL	NAME	AGE	TIME	PTS
<b>01.</b>	<b>Greg Hammett</b>	<b>35</b>	<b>0:50:35</b>	<b>100.00</b>
02.	Dave Dunham	48	0:51:50	97.73
03.	Tim Mahoney	31	0:55:23	95.45
04.	Jeff Dengate	35	0:55:33	93.18
05.	Rich Teal	35	0:56:14	90.91
06.	Ken Clark	50	0:56:42	88.64
07.	Brian Northan	37	0:56:54	86.36
08.	Dan Dix	33	0:59:24	84.09
09.	Donald Pacher	40	1:01:31	81.82
10.	Allan Bates	64	1:01:35	79.55
11.	Edward Alibozek	50	1:07:29	77.27
12.	Ned James	58	1:10:06	75.00
<b>13.</b>	<b>Jessica Northan</b>	<b>37</b>	<b>1:10:54</b>	<b>72.73</b>
14.	Mike Lahey	61	1:12:54	70.45
15.	David Sutherland	50	1:14:19	68.18
16.	Sarah Dzikowicz	42	1:19:25	65.91
17.	Ginny Pastin	44	1:20:10	63.64
18.	Joann Lynch	47	1:20:15	61.36
19.	Jeff Hattem	61	1:20:24	59.09
20.	Jen Hammett	40	1:20:59	56.82
21.	Ed Alibozek Jr.	73	1:23:40	54.55
22.	Pete Canzone	59	1:23:57	52.27
23.	Denise Dion	54	1:24:59	50.00
24.	Laura Clark	65	1:26:07	47.73
25.	Joseph Murphy	33	1:26:12	45.45
26.	Pat Rosier	54	1:26:16	43.18
27.	Stan Serfin	55	1:27:06	40.91
28.	Nye Corradino	16	1:28:06	38.64
29.	Jen Ferriss	41	1:28:37	36.36
30.	Jim Carlson	65	1:29:56	34.09
31.	Laurel Shortell	46	1:30:04	31.82
32.	Wally Lempart	67	1:30:09	29.55
33.	Marty Glendon	66	1:33:19	27.27
34.	Jim Sheehan	60	1:34:07	25.00
35.	Steve Mitchell	71	1:35:15	22.73
36.	Chris Corradino	40	1:35:19	20.45
37.	Paul Neri	54	1:35:25	18.18
38.	Julie Gardner	41	1:35:31	15.91
39.	Carol Dunsdon	42	1:38:47	13.64
40.	Bob Dion	57	1:43:32	11.36
41.	Cathy Sheeham	52	1:45:59	9.09
42.	Rich Busa	83	1:58:52	6.82
43.	Jeff Clark	66	2:11:13	4.55
44.	Jules Seltzer	77	2:25:36	2.27



Why is Jeff Dengate so happy? 'Cause he snowshoes!



View from the Summit of Prospect

## DAVE DUNHAM'S REPORT...NORTHFIELD, A BLIZZARD AND "GO FIGURE"

**Northfield vs Prospect...** After I cancelled the Northfield race, all of the forecasts suddenly changed and the Blizzard headed our way. Go figure. Teammate Tim Van Orden stepped up and got together a race at Prospect Mountain (Woodford, VT). I had planned on going on Saturday afternoon and helping TiVO with course marking but the driving ban wasn't lifted until 4 PM which was too late to be useful.

I drove out early and gave myself extra time in case the roads were a mess. There were no issues and TiVO arrived just after I pulled into the parking lot. We gathered some flagging and headed out to finish marking (Tim had spent some hours the day before doing a large amount of the course). It was 9 below zero when we started but didn't seem so bad once we got going.

It was fun to have some time to chat while checking things out. The course was terrific, a great mix of groomed wide trail and powdery single-track. There was a ton of snow and we also had a good combination of climbing and breaks (over 800' of climb). After 1:28 we were back at the finish line with time in hand before the race.

I changed into dry gear and headed out for an easy mile on the road, then put on my snowshoes and did another mile on the course. The snow was loose and the running was going to be SLOW. A little less than 50 people lined up and blasted out at the start. The first ½ mile was mostly flat and wide so passing was not an issue. Teammates Greg Hammett and Tim Mahoney took it out. Greg used his sub-2:00 half-mile speed to forge a big lead early. I tucked in behind Tim (actually I just tried to hang on to Tim, I was already tired...maybe from the 1:50 of running I did prior to the race). By about a mile Greg had forged a solid 30-45 second lead and I was starting to get into a rhythm, so with a call-out of "on your left" I went around Tim. Soon after I took a spill, maybe I was pushing too hard?

I could see Greg up ahead and the long steady climb was much to my liking. The snow was powdery and deep and my favorite kind of SLOW racing. It is amazing to be all-out and running over 10 minutes per mile! Having Greg in front was a great motivator, I worked on closing the gap and by the summit I had him only 8 seconds ahead. He gained some ground on the ½ mile of downhill but I closed it up a bit in another deep powder section. It was a big advantage knowing the course and being able to pay out my effort. I gave it my all and closed back to within 12 seconds with a mile to go. Unfortunately for me, that last mile was almost all downhill. Greg immediately disappeared from sight and ended up putting 1:03 on me during that final mile. Behind us Tim stayed tough and held off a hard charge from Jeff Dengate, which gave CMS a sweep of the podium places. Greg and I did another mile out/back on the course cheering people on, and then called it a day. TiVO did a heck of a job putting on another great race at Prospect. Hopefully he'll get the bid and be hosting the snowshoe national championships there in 2014.

**Sidehiller...** Written prior to the 2013 event... So who are the hardcore Sidehiller racers? Of the 340 total finishers, 167 have done it once, 36 twice, 13 three times, 4 four times. Chris Dunn and Laurel Shortell have finished five of the six possible times. Six people have finished all six races! Bob Dion, Denise Dion,

Dave Dunham, Jeff Hattem, Bill Morse, and Kevin Tilton are the only people to have finished in each Sidehiller race. Here is a little history of the race...

The first year (2005) saw 28 finishers with Richard Bolt taking the victory 1:39 ahead of teammate Ben Nephew. Tim Livingston finished in third place, but had the distinction of being the only finisher to race in singlet and shorts! Race director Paul Kirsch took a top ten finish (8th place) and I walked the course taking 26th place. I had only started running a few days before the race after missing 6 weeks with a torn obliquo externus. Tracey Olafsen was the women's winner in 53:03.

The race was not held in 2006 but returned in 2007. There were only 15 finishers in '07. Kevin Tilton picked up his first win and I took second place 3:05 after KT crossed the line. Chris Dunn (who created the Granite State Snowshoe series) took 3rd place, 1:46 behind me. Tracey Olafsen picked up her second win running 44:53.

2008 saw a record field of 37 finishers. Kevin Tilton picked up his 2nd consecutive victory. I finished six seconds behind Kevin but it sounds closer than it was. KT took a peek back with ½ mile to go then sprinted ahead for the win. The top four were exactly the same from 2007. Sarah Hudson was the women's winner with two-time champion Tracey Olafsen finishing second.

The field grew to a record 61 finishers in 2009. Kevin Tilton again fronted the field, this time taking the measure of Jim Johnson and besting him by 14 seconds. I took third place 1:59 behind JJ and 2:14 ahead of Bob Jackman. CMS took six of the top seven places with only Jackman breaking up a CMS sweep. Kim Webster was the top female finisher in 14th place overall (41:18), nearly six minutes ahead of second place.

Another year and it was another record field size (91) in 2010. Kevin Tilton took home his fourth consecutive title this time holding off the Josh Ferenc. The field was unusually deep due to its status as a qualifier for the US snowshoe championships which were held later that season in NY. I had a rough day, struggling on the very flat three loop course over the fairgrounds. There was not enough snow to race over the traditional course so the multi-loop version was used. I ran pretty consistently (a little over 11 minutes per lap) to take 10th place and top 40+, just barely holding off Steve Wolfe in the last 200 meters. Amber Cullen was the ladies champ running 38:39 gapping second place by 1:23. CMS masters took four of the top five spots.

In 2011 Kevin Tilton made it an incredible five wins in a row, burying Jim Johnson with a furious kick for a 6 second win. KT again topped a record field, this time 108 finished. I felt I had a decent race taking 6th place overall and top master. Amber (formerly Cullen) Ferreira picked up her second win, this time 3:23 up on Kristina Folcik. Rich Busa was the oldest finisher at age 81.

**Full Sidehiller Results are available at:**

<http://www.runwmac.com/snowshoes/default.html>





## Western Massachusetts' First Outdoor Adventure Race

[http://www.youtube.com/watch?feature=player\\_embedded&v=FwKXCqojQM#t=0s](http://www.youtube.com/watch?feature=player_embedded&v=FwKXCqojQM#t=0s)

**It's time to register for the March 23rd mud season adventure race and Run, Ride, Paddle, Snowshoe, and Ski to the skirl of the bagpipes** while supporting the Franklin Land Trust. The Berkshire Highlands Pentathlon is sponsored by Steve Lewis Subaru, and other area businesses, and is presented by Zoar Outdoor and Berkshire East.

This second annual five-sport race starts and finishes at Berkshire East Ski Resort in Charlemont, Mass. The Outdoor Adventure Capital of New England!

Early registrants save some bucks! Brave Heart (do all 5 sports yourself) Lads and Lassies are welcomed, as are mixed Tam-O-Shanter Teams of Two, and mixed Tartan Teams of Five. We are almost certainly going to have more snow than last year. (Maybe!) Will you want to snow shoe, ski with skins, or run up in your stocking feet? The 2013 rendition will ask that the 2<sup>nd</sup> runners actually summit the mountain! OMG! Consider too, what some light snow on the roads through Rowe would have you ride for tires!

Maybe you'll want to run the Somewhat-Kilted Snow & Muddied Mile as well!?

Play the short video, get more info, and Register for the March 23 Berkshire Highlands Pentathlon and Muddied Mile at [www.berkshirehighlandsevents.com](http://www.berkshirehighlandsevents.com)

\* RUN \* RIDE \* PADDLE \* SNOWSHOE \* SKI \*

# BERKSHIRE HIGHLANDS PENTATHLON

March 23, 2013  
Charlemont, Massachusetts  
[www.berkshirehighlandsevents.com](http://www.berkshirehighlandsevents.com)