Mid March 2007 Vol. 05 Issue 06.



1st MASSACHUSETTS 3.90-MILE SNOWSHOE STATE CHAMPIONSHIP

March 11, 2007

Northfield Mountain

Northfield, MA

PL NAME		TIME	WMAC PTS*	TOWN/ ST	CLUB
01. Paul Low	33M	0:32:40	100.00	Belchertown, MA	CMS
02. Dave Dunham	42M	0:35:14	95.83	Bradford, MA	CMS/WMAC
03. Ethan Nedeau	34M	0:36:45	91.67	Amherst, MA	
04. Rob Smith	39M	0:38:02	87.50	Charlestown, MA	CMS
05. Ken Clark	44M	0:39:59	83.33	Somers, CT	Shenipsit Striders
06. Jay Kolodzinski	27M	0:40:18	79.17	Florence, MA	EORC
07. Kelli Lusk	37F	0:40:20	75.00	Belchertown, MA	CMS
08. Norm Sheppard	49M	0:43:45	70.83	Bedford, MA	
09. Peter Malinowski	52M	0:45:18	66.67	Beverly, MA	
10. Sheila Osgood	25F	0:45:33	62.50	Agawam, MA	EORC
11. Howard Bassett	46M	0:47:57	58.33	Keene, NH	WMAC
12. Richard Clark	53M	0:48:58	54.17	Feeding Hills, MA	GSH
13. Mike Lahey	55M	0:49:02	50.00	Adams, MA	WMAC
14. Ed Alibozek Jr	67M	0:50:50	45.83	Adams, MA	WMAC
15. Jeff Hattem	55M	0:55:13	41.67	Natick, MA	Crank Racing
16. Martin Glendon	60M	0:55:19	37.50	Windsor, MA	WMAC
17. Bob Massaro	63M	0:56:26	33.33	Chicopee, MA	EORC
18. Chris Johnson	49M	0:57:00	29.17	Pittsfield, MA	WMAC
19. Ken Deary	54M	0:59:40	25.00	Dudley, MA	CMS
20. Walt Kolodzinski	64M	1:02:41	20.83	Florence, MA	EORC
21. Richard Hunt	67M	1:02:52	16.67	Auburn, MA	CMS
22. Sherisa Sterling	54F	1:09:22	12.50	Ashburnham, MA	NMC/SQRR/WMAC
23. Konrad Karolczak	54M	1:12:46	8.33	Windsor Lks, CT	WMAC
24. Paul Hartwig	50M	1:12:46+	4.17	Adams, MA	WMAC late start

Overall Massachusetts State Champions for 2007 are *Paul Low* and *Kelli Lusk*, who were both undefeated on snowshoes in New England this season.

Age Group Champions are as follows:

20 - 29	Jay Kolodzinski	Sheila Osgood
30 - 39	Paul Low	Kelli Lusk
40 - 49	Dave Dunham	Vacant
50 - 59	Peter Malinowski	Sharisa Sterling
60 - 69	Ed Alibozek Jr	Vacant

Notes from Dave Dunham, Race Director -

"...It went pretty smoothly and we had a decent turn-out. Conditions were good and we did and out/back to the summit all on single-track snowshoe dedicated trails. We climbed 850' to the viewing platform and back in 1.95 miles (or a total of 3.9 miles). Fun stuff!"

*WMAC Points were added to all-time totals, but not included for the 2007 racing season.

Notes from Konrad Karolczuk -

".. A nightmare category for the Barnyard Awards should be the scariest combination of race directors. My nomination would have to be Northfield Dave and Breakneck Karl. Dave would have us register ourselves, time ourselves, complete the results board ourselves, and then (he)would go on to win the race. Karl would offer us no aid, wouldn't mark the course, and would turn a deaf ear if we got lost. On the bright side, I have to admit that if you managed to finish such a course, there would be plenty of great Northfield Dave prizes and an abundance of Breakneck Karl's excellent food."

Added Note from Farmer Ed -

"...This one was important; not having it would mean no Northfield Mountain for the 2nd year in a row for the WMAC Racers... and we just couldn't have that. So "Thank You" to Dave for keeping it going! Paul Hartwig and I always say we hope for a dozen and if we get twenty racers, fantastic. Late in the year, this exceeded expectations!!"

Thanks everybody! Barnyard Awards coming next issue...

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The 2007 USSSA National Championships

MAPLE GROVE, MINNESOTA

The springtime weather gods decided to make an appearance at the 7th annual USSSA National Snowshoe Championships in Maple Grove, Minnesota. For the entire three days that Rich Busa and I visited Minnesota we did not see a single cloud. The locals in the Minneapolis area seemed to be relieved to be finally freed from about 8 straight weeks of sub-zero temperatures. Despite the warm temperatures for race weekend, (40s), the substantially colder nights ensured that the tightly packed trails at Elm Creek Preserve, (the race site), would hopefully not go *soft* for race day.

On Friday morning, Rich and I headed to the race site to check out the course but were told that the course was open only to cross country skiers until 4:00 PM at which time the snowshoers would then be allowed on the course. So, *the living legend* and I traveled to the other side of the Preserve and snow shoed on some groomed trails and even found some single track. The snow at that time of day was turning very soft especially in the areas exposed to the bright Minnesota sun. If race conditions were going to be the same as Friday, this race was going to be a real *workout*!

Elm Creek Preserve had miles of mainly groomed trails. When Rich, myself, and the Dions checked out the course at 4:00 PM, we found the single-track portions to simply be improvised diversions off of the main groomed trails. The three single-track portions in the race were considerably easier than anything that Hallockville or Greylock normally offer. It was during our 4:00 PM inspection of the course that we got *the word* from the *Dion* – deep cleats were the way to go for race day. Oh yes, and sunglasses!

Race day arrived like everyday that weekend – with a cobalt blue sky, no wind, and a nice freeze to the top surface of the snow. The snow would soften a bit by the time the men's 10K race started at 11:30 AM, but would still allow for some very fast times.

Before the men's race, the juniors and women had separate races. In the junior race, it was good to see the field heavily sprinkled with the now world famous orange scrape plates of the Dion "Sprints". Dion snowshoes seemed to be everywhere that weekend. A highlight in this regard was Nikki Kimball's easy victory in the women's race on a borrowed pair of Dion's. Thank you, Nikki, for cheering on the men's race at the far end of the last single track about a mile from the finish.

This was the first year that the Nationals held a separate event for the women. Opinions about this seemed to range from "it's about time the women had their own race" to "both men and women find it helpful to race together so that they can gauge how they're doing with more competitors in the race." I think, however, that the separate women's race is here to stay for now!

WMAC icon Laurel Shortell participated in her 4th National Championship in Minnesota and was obviously *pumped* and *primed* to be part of the first separate women's race. In fact, she apparently was so excited to be on the starting line for this inaugural event, she completely forgot to attach her race number. When it was brought to her attention by a very observant race official on the starting line, it was too late for her to retrieve #118. I'm sure that the sound of the gun struck the *panic* mode for Laurel. As the gun sent the ladies off, I expected to see Laurel smiling as she went under the span of the footbridge about 100 yards from the starting line. The distraught look on her face was accompanied by a shout, "Bill, I forgot my number, -- it's in my black bag; can you get it?" I bolted into the nearby pavilion to find Laurel's bag and was promptly met by two race officials who I guess decided that my Dion apparel meant that I must know Laurel. I located a black bag at our table that I thought was Laurel's. I lucked out and found #118 in the first side pocket that I opened and handed it to the officials. Laurel retrieved her number as she came through the first 2k loop. Now she could enjoy the rest of the race! Laurel would eventually come very close to winning the Bronze medal in her age group and Denise Dion took home a Silver medal in her age group.

As usual, the men's race started with the lead runners taking off like they were shot out of a cannon. The wide-open expanse of the first 2 K loop allowed all competitors to see the race develop early on. The second 3K loop was a bit more challenging, but was primarily in the trees. I had my work "cut out" for me as my age group had the largest number of competitors. I guess my wave of *baby boomers* just wants to fight that aging process, or at least think that we are slowing that dreaded process. Like Laurel, this was my 4th Nationals and I think this course was the easiest and the fastest of the championship races I've done. It seems that the times support this. I managed to finish sixth in my age group. Congratulations to the Northeast/WMAC medal winners in the men's race: Britt Brewer – Bronze, 45-49; Bob Dion – Gold, 50-54; Ed Myers – Bronze, 55-59; John Pelton – Gold, 65-69; and, of course, Rich Busa – Gold, 75+.

Without snow in our region until February, I had doubts about attending the Nationals this year, but now I'm glad that I had the opportunity to participate in this event. The weather was spectacular; the camaraderie of the Northeast/WMAC group was comforting; and spending the weekend with the *living legend*, Rich Busa, never got boring. Rich's only complaint was that he was disappointed that his room at the upscale Northland Inn only had two huge TVs, but not a third TV next to the Jacuzzi.

The Rocky Mountain region is on tap for the 2008 USSSA Nationals!

7th ANNUAL U.S.S.S.A. NATIONAL SNOWSHOE 10KM CHAMPIONSHIP

Midwest Region Minner		Minneapo	olis, MN	March 10, 2007			
1. Greg Hexum	36	MN	39:29	60. Curt Krieger	55	IA	52:57
2. Jeffrey Beck	25	NY	40:11	61. Cindy Brochman	42	MN	53:02
3. Kelly Mortenson	36	MN	40:25	62. Michelle Marie Paul	26	FL	53:31
4. Bill Raitter	37	CA	41:01	63. Catherine Lee	33	MN	54:06
5. Scott Gall	33	IA	41:18	64. Jason Pare	35	NY	54:12
6. Bernie Boettcher	45	CO	41:48	65. Kevin Demster	30	NH	54:16
7. Dewey Peacock	27	MT	42:02	66. Matthew Soroka	29	MN	54:44
8. Mark Churchill	32	VT	42:40	67. Tim Ratowski	35	NY	55:02
9. Brent Kann	21	WI	42:49	68. Cecilia Walker	45	FL	55:09
10. Wynn Davis	25	WI	43:32	69. Tim S. Johnson	49	MN	55:11
11. Kevin Haas	49	MN	43:37	70. Lynann Lorenz	28	NY	55:23
12. Chad Carroll	36	AK	43:45	71. Casey Shea	22	CO	55:31
13. Jesse Haynes	35	CA	44:04	72. Molly Cohran	32	MN	<u>55:54</u>
14. Nathan Huckle	32	NY	44:15	73. Andrea Mueller	29	WI	<u>56:16</u>
15. Thomas Beckum	31	ME	44:49	74. Mark Dixon	49	NY	56:19
16. Chad Millner	31	MN	44:57	75. Bill Morse	56	MA	56:24
17. Charles Nowacki	29	CO	45:23	76. Doug Hubred 77. Thomas Burr	39	MN	56:33
18. Kevin Brinegar19. Victor Vilar	38 28	AK WI	45:30 45:35		61 60	MN WI	57:32 58:14
20. Byron Johnson	28 37	MN	45:33	78. Dave Sykora 79. Sara Montgomery	36	W1 ONT	58:39
21. Kevin Guiberson	38	WA	46:15	80. John Pelton	68	VT	<u>58:39</u> 58:44
22. Jim Reed	48	MN	47:00	81. Roger De Groot	63	IA	58:55
23. Cory W. Anderson	37	WI	47:38	82. Lisa Trainor	48	MN	58:59
24. Sylvester Coons	34	NV	47:47	83. Mike Most	57	WI	59:04
25. Rick Cleary	45	WI	47:48	84. Casey Toops	26	MN	59:28
26. Brian Gunnarson	41	CO	47:56	85. Mort Nace	41	NY	59:37
27. Darren Brungardt	25	CO	48:01	86. Rich Lachowski	57	WI	59:50
28. Nathaniel Wilson	32	WI	48:13	87. John Kimberly	58	MN	1:00:15
29. Nikki Kimball	36	MT	48:20	88. Jeanne Blatter	50	CO	1:00:23
30. Bob Dion	52	VT	48:30	89. Joel Braatz	51	WI	1:01:44
31. Eric Vandenberg	47	MN	48:32	90. Brian Pins	26	IA	1:02:05
32. Scott Purrington	43	MN	48:38	91. Mike Soderburg	33	MN	1:04:17
33. Britt Brewer	44	MA	48:46	92. Melissa Behr	53	NY	1: <u>04:46</u>
34. Gregory Luna	42	PA	48:51	93. Kimberleigh Field	34	NV	1: <u>06:21</u>
35. David Pipho	36	MN	48:52	94. Wayne Ratowski	65	NY	1:06:24
36. Jack Schneider	42	CO	48:53	95. Ron Dockery	58	MN	1:07:58
37. Wayne Cottrell	45	UT	49:01	96. Kelly Wonder	31	WI	1:08:13
38. Keri Nelson	26	CO	49:03	97. Rachel Van Hale	26	MN	_1: <u>08:46</u>
39. Jim McDonnell	54	MN	49:18	98. Edward A Rousseau	68	MN	1:09:43
40. Sarah Raitter	35	CA	49:32	99. Molly Moilanen	32	MN	_1: <u>10:11</u>
41. Jamie Boese	48	CO	49:34	100. John Stauffer	56	CA	1:10:14
42. Erin Ward	33	MN	49:43	101. Diane Gray	<u>44</u> 59	NY	1:10:49
43. Brian Klink44. Bill Wonder	42 31	CO WI	49:44 49:50	102. Phillip Smith 103. Chary Griffin	59 59	MN NY	1:11:43
45. John Kann	55	WI	50:02	104. Alicia Gordon	<u>39</u> 41	MN	1: <u>11:54</u> 1: <u>12:22</u>
46. Laurie Lambert	46	TX	50:33	105. Georgi Northdurft	58	MN	1:12:41
47. Justin Bakken	27	MN	50:42	106. Brad Canham	43	MN	1:15:31
48. Kevin Brochman	48	MN	50:46	107. Laurel Shortell	41	MA	1:15:50
49. Judd Johnson	56	MN	51:06	108. Roxanne Thomas	53	WI	1: <u>15:54</u>
50. Steven Rivers	46	NY	51:12	109. Denise Dion	49	VT	1:20:23
51. Edward Myers	56	PA	51:30	110. Ed Jeannett	58	WI	1:20:28
52. John Del Toro	43	MN	51:43	111. Carol Klitzke	60	MN	1:22:46
53. Sarah Gall	28	IA	51:50	112. Richard Busa	78	MA	1:25:43
54. Jason Reed	28	CA	52:12	113. Roddie Larsen	70	WI	1:30:29
55. Denny Jordan	56	MN	52:13	114. Daniel Joseph Paul	55	MI	1:35:05
56. Mark Rickman	46	CO	52:26	115. Bradley Ayers	72	WI	1:41:13
57. Steve Heil	42	WI	52:35	116. Bob Durband	64	MN	1:45:18
58. Jim Graupner	63	MN	52:36	117. Daniel Aaron Paul	29	MI	2:13:29
59. Bruce Hiebl	33	WI	52:41				

ALL TIME WMAC SNOWSHOE POINTS LEADERS 1998 - 2007

PL	NAME	RACES	TOT PTS	PL	NAME	RACES	TOT PTS
1.	Bob Dion	68	5572.88	60.	Walter Kolodzinski	34	849.60
2.	Ken Clark	47	4253.22	61.	Matt Cartier	9	841.77
3.	Edward Alibozek	48	3877.21	62.	Tom Mack	16	829.47
4.	Dave Dunham	41	3725.54	<u>63.</u>	Maureen Roberts	18	827.77
5.	Ed Alibozek Jr	60	3398.35	64.	Annie Schultz	13	822.63
6.	Leigh Schmitt	33	3242.14	65	Larina Riley	16	813.87
7.	Bob Worsham	39	2514.15	66.	Bill Ross	14	800.91
8.	John Pelton	34	2484.50	<u>67.</u>	Denise Dion	34 8	785.47
9.	Richard Bolt	26	2454.67	68.	John Noonan		764.24
10. 11.	Peter Lipka David Boles	44 37	2371.32 2312.94	69. 70.	Bryan Dragon	9 12	758.59 746.99
11. 12.	Laura Clark	61	2312.94 2282.47	70.	Stephanie Nephew Alan Bates	10	738.05
13.	Jay Kolodzinski	30	2245.33	71.	Michele Tetreault	10	736.55
13. 14.	Paul Low	22	2183.78	73.	Mark Syrett	26	735.33
15.	Dave Hannon	26	2163.76	74.	Norm Sheppard	13	727.15
16.	Paul Hartwig	44	2156.85	75.	Beth Herder	10	721.59
17.	Ben Nephew	23	2118.86	76.	Kennith Deary	18	716.77
18.	Kelly Herrington	26	2071.45	77.	Mark Guilliaume	8	715.94
19.	Richard Busa	69	1931.55	78.	Will Danecki	15	685.23
20.	Shaun Sutliffe	23	1899.58	79.	Rob Higley	8	676.15
21.	Bill Morse	35	1891.61	80.	Jason Clark	7	656.54
22.	Carol Kane	35	1890.53	81.	Norm Hecker	8	656.34
23.	Scott Bradley	31	1879.42	82.	Sheryl Wheeler	8	651.69
24.	Lawrence Dragon	36	1802.54	83.	Tracey Delaney	8	643.58
25.	Mike Lahey	27	1648.62	84.	Gregory Rems	8	636.61
26.	Darlene McCarthy	32	1619.83	85.	Lisa Schmitt	14	634.93
27.	Wayne Stocker	23	1613.23	86.	Peter Malinowski	9	628.89
28.	Kelli Lusk	19	1611.96	87.	Stephen Peterson	8	624.51
<u>29.</u>	Laurel Shortell	64	1573.09	88.	Nico Scibelli	8	618.87
30.	Jack Casey	20	1535.40	89.	James Ruddock	9	607.04
31.	Bob Massaro	47	1532.87	90.	Michael Robertson	7	588.27
32.	Ed Saharczewski	26	1364.02	91.	Tom Parent	8	586.40
33.	Jim Preite	17	1290.06	92.	Richard Clark	9	585.47
34.	Rob Smith	17	1258.41	93.	Paul Bazanchuck	8	582.00
35.	Jim Schultz	14	1244.41	94.	Mike Cohen	6	574.55
<u>36.</u>	Deborah Livingston	<u>17</u>	1233.32	95.	Keith Schmitt	6	564.96
37.	Jim Carlson	35	1215.33	96.	Ed Myers	7	554.43
38.	James Pawlicki	14 19	1199.19	97. 98.	Gareth Buckley	15	553.84
39. 40.	Ed Buckley Bruce Marvonek	18	1193.37 1175.29	98. 99.	Steve Mitchell Bob Irving	15 8	549.03 546.85
40.	Nick Jubok	17	1173.29	100.	Sheila Osgood	8	529.0 <u>2</u>
42.	Patrick Riley	17	1133.72	101.	Alan Bernier	6	525.91
43.	Christophe Lanaud	13	1105.85	101.	Barbara Sorrell	14	523.67
44.	Elijah Barrett	12	1079.51	103.	Scott Livingston	6	522.27
45.	Gregory Hammett	12	1076.14	104.	Jeff Hattem	19	522.08
46.	Karl Molitoris	17	1028.07	105.	Jonathan Howes	16	515.63
47.	Martin Glendon	32	1024.41	106.	Peter Keeney	7	506.79
48.	Dave Wallace	12	1016.70	107.	Dan French, Jr.	7	502.84
49.	Jack Quinn	17	1014.53	108.	Ken Fairman	12	500.13
50.	Dan Verrington	12	1009.19	109.	Brian McCarthy	17	498.66
51.	Jacque Schiffer	15	985.67	110.	Jacqueline Lemieux	14	494.86
52.	Jan Rancatti	13	958.61	111.	Tracy Van Dyke	6	493.91
<u>53.</u>	Jessica Hageman	19	957.66	112.	Marcia Whitney	8	490.52
54.	John Onderdonk	11	935.68	113.	Thomas Skrocki	6	488.45
55.	Vincent Kirby	15	922.93	114.	Howard Bassett	8	487.47
56.	Marc Lombard	15	907.22	115.	Eric Sanborn	10	482.29
57.	Konrad Karolczuk	70	878.71	<u>116.</u>	Sally Goade	17	478.41
58.	Seth Roberts	12	860.01	117.	Thomas Denny	6	477.09
59.	Britt Brewer	11	850.15	<u>118.</u>	Eva VanStratum	9	475.15