

## WMAC SNOSHU-NEWS

*I was fortunate to be at the Western Massachusetts High School X-Country Championships at Northfield Mt this November. I witnessed Lauren Stocker and Zach Gordon win the Division I individual titles, and I realized both of these young adults have participated at some snowshoe events of ours. Enjoy - Ed*

Not really sure what you want me to say about Zach Gordon... other than he is a great kid, all-around not just as an athlete but as a person. At the end of his freshmen year on XC team, Brad named him and another freshmen, Ben Krol, co-captains of the XC team. People were peeved that Brad did that. It was unheard of that a "senior" wasn't captain. Brad just thought that these two kids were so much more focused, disciplined, mature, etc. that they could lead the PHS team better than anyone else. Zach (and Ben) were captains for the rest of their career.

Recently, Zach was named MVP of Berkshire County High School X-Country for the 2nd year in a row. Both Brad and I coached Zach since he was a freshmen at Pittsfield HS. I coached him in Track and Brad in X-Country. He is a hard working, disciplined, motivated, dedicated young man. He ran all his races from the heart. He never wanted to get beat.



Brad and I had him running Greylock every weekend during our seasons. It was something he always looked forward to.

**Tuesday, January 23rd Berkshire Eagle:** Gordon was masterful in his final high school campaign. He ran the table in county meets and his Western Mass. championship added to the family legacy. His father and PHS co-coach, Brad, and Joe, his uncle, both had won Western Mass. titles at Amherst High.

Gordon won some impressive regional invitational meets this year and leaves as one of the county's all-time best in what is an impressive local history in the sport. He proved he could run wire to wire or come from behind. His junior season was dominant, but he wasn't satisfied and upgraded his training over the summer.

The work paid off, and the new Gordon was a clean running and efficient machine. There was sacrifice for sure, although maybe only Gordon knew what he gave up to reach his own expectations. One thing for sure, he gave what he had and worked hard to bleed out all the genetic ability he was blessed with.

Lauren Stocker placed 4<sup>th</sup> last season at the Western Massachusetts High School Division I Championship Cross Country Meet at Northfield Mountain. Such a high finish usually secures a certain feeling – a certain sense – that one might have a chance to win the next season.

But Stocker didn't get that feeling. The 17- year old from Westfield needed more proof before she considered herself a legitimate contender to place 1<sup>st</sup> at the season's biggest meet.

Lauren's season started to fall into place in mid-October. "We had an invitational at Wickham Park (in Manchester, CT). I was the first person to finish on my team, and I beat the other girls from Western Mass from other teams," she said. "I was happy with that."

Next on the schedule were duel meets against Longmeadow and Amherst Regional, which both had top-flight runners.

"The Longmeadow duel meet, I won that at Forest Park," she said. "I tied my PR on that course that day. Amherst was a week later. I thought I could win, and I did, and I ran a PR by 27 seconds."

"Once I won that meet, I knew I had just beaten every single girl on last season's state championship team. That's the day I knew I could win Western Mass."

For the Championship at Northfield, Lauren reflected on the race, "I had a plan. I was going to stay with whoever had the lead at the first mile, make a move, and make it big enough so no one could catch me the rest of the race."



"I wasn't nervous because I knew I had beaten every single girl on that starting line."

Lauren won by 18 seconds, finishing the 3.1-mile course in 20:41. Her coach said "she ran great, she ran smart, she had a plan. I think she was confident. She knew it was going to be hard, but being a senior, you have to believe you can win. She gave it her best, and it worked out."

*Material provided by Beth Herder, Wayne Stocker, Berkshire Eagle and Bill Wells from the Springfield Republican. Lauren has snowshoed at Woodford, Moody Spring and Greylock; Zach has snowshoed at Greylock Glen.*

## 3rd BRAVE THE BLIZZARD 3.5M TRAIL RUN January 07, 2007

### Pine Bush Preserve

01	Josh Merlis	25 M	22:02	50.00
02	Kevin Sheehan	17 M	22:11	49.36
03	Justin Velshvis	16 M	22:45	48.72
04	Jacob King	16 M	23:03	48.08
05	Chris Cure	15 M	23:05	47.44
06	Chris Nowak	32 M	24:22	46.79
07	Tony Martini	18 M	25:32	46.15
08	Todd McAuley	38 M	25:41	45.51
09	John Kinnicut	44 M	25:43	44.87
10	Pete Cure	48 M	26:07	44.23
11	Kari Gathen	38 F	26:20	43.59
12	Joe Benny	28 M	26:24	42.95
13	Patrick Sorsby	31 M	26:38	42.31
14	Tom Mack	42 M	26:42	41.67
15	Brooks Walsh	39 M	26:47	41.03
16	Penny Tisko	38 F	26:58	40.38
17	Nancy Taormina	47 F	26:58	39.74
18	Jay Shelgren	53 M	26:59	39.10
19	Drew Anderson	38 M	27:02	38.46
20	Jeff Clark	49 M	27:13	37.82
21	Paul Forbes	56 M	27:35	37.18
22	Brendan Dunfee	32 M	28:33	36.54
23	Paul Hartwig	50 M	28:34	35.90
24	Andrey Belostotsky	17 M	28:40	35.26
25	John Paduano	46 M	28:41	34.62
26	Parker Race	48 M	29:16	33.97
27	Joe Murphy	39 M	29:23	33.33
28	Colleen Hayden	24 F	29:34	32.69
29	Jessica Hageman	31 F	29:43	32.05
30	Aubrey Fleszar	28 F	29:58	31.41
31	Pete Lipka	55 M	30:15	30.77
32	Thomas Constantine	56 M	30:24	30.13
33	Bruce Gaynor	39 M	30:29	29.49
34	Erin Rightmyer	22 F	30:34	28.85
35	Brian Dongelewic	57 M	30:56	28.21
36	Carolyn Litynski	41 F	31:26	27.56
37	Ronald Boutin	56 M	32:11	26.92
38	Luke Caton	11 M	32:20	26.28
39	Billy Caton	36 M	32:25	25.64
40	Lauren Tobias	26 F	32:26	25.00
41	Peter Gordon	51 M	32:27	24.36
42	Jennifer Lutz	32 F	32:33	23.72
43	Rich Chipman	46 M	32:57	23.08
44	Jim Carlson	58 M	33:12	22.44
45	Michelle Pendergast	33 F	33:13	21.79
46	Christopher Rush	70 M	33:28	21.15
47	Mike Langevin	42 M	33:35	20.51
48	Bob Knouse	67 M	33:36	19.87
49	Ray Lee	64 M	34:04	19.23
50	Hilary Briskie	20 F	34:17	18.59
51	Nancy Briskie	49 F	34:17	17.95
52	Laura Clark	59 F	34:40	17.31
53	Jo-Ann Spinelli	53 F	36:16	16.67
54	David Nealon	56 M	36:21	16.03
55	Alyssa Nagengast	33 F	36:30	15.38
56	Armand Langevin	69 M	36:34	14.74
57	Laurel Shortell	40 F	36:44	14.10
58	Dave Cole	49 M	36:45	13.46
59	Debbie Robinson	47 F	36:50	12.82

60	Gail Hein	54 F	37:30	12.18
61	Sharon Fellner	45 F	37:49	11.54
62	John Parisella	49 M	37:51	10.90
63	Daniel Smirlock	55 M	38:02	10.26
64	Angela Vasilakos	30 F	38:12	9.62
65	Larry Peleggi	49 M	38:37	8.97
66	Darcie Adams	38 F	39:38	8.33
67	Tom Adams	62 M	39:44	7.69
68	Sue Nealon	56 F	41:35	7.05
69	Marc Caprara	39 M	42:02	6.41
70	Julie Reuther	33 F	42:11	5.77
71	Kristin Murphy	35 F	42:11	5.13
72	Joe Cavazos	35 M	42:38	4.49
73	Justin Caron	7 M	45:34	3.85
74	Mona Caron	37 F	45:42	3.21
75	Betty Langevin	66 F	46:01	2.56
76	Rosanna Rappazzo	38 F	46:41	1.92
77	Meghana Caron	5 F	65:05	1.28
78	Darryl Caron	43 M	65:07	0.64

## SMUGGLERS' NOTCH NORDIC CENTER FAMILY SNOWSHOE FESTIVAL

**Sunday February 11th, 2007**

### Northern Vermont Challenge 8K Snowshoe Race

01.	Jimmy Gobeil	37:34	CANADA
02.	Ryan Grant	37:59	CANADA
03.	Jean-Nicolas Deval	39:15	CANADA
04.	Brent McMillan	41:23	CANADA
05.	Tom Bechum	41:47	Caribou, ME
06.	Graydon Almstedt	41:58	CANADA
07.	John Daley	43:54	Burlington , VT
08.	Mike Abraham	44:39	CANADA
09.	Ron Osborn	50:32	Johnson , VT
10.	David Agar	52:44	Orleans , VT
11.	Jocelyn Coolican	52:51	CANADA
12.	David Polow	52:54	Morrisville , VT
13.	Mike Caldwell	53:42	CANADA
14.	Jean-Luc Girard	53:45	CANADA
15.	Eric Smith	54:17	S Londondery, NH
16.	Michael Gordon	1:01:23	Essex Jct., VT
17.	Michael Lacharite	1:06:41	Winooski , VT
18.	James Spanier	1:08:29	Jeffersonville , VT
19.	Gerald Barney	1:13:56	Swanton , VT
20.	Richard Gamache	1:15:49	Goffstown , NH
21.	Debbie Burritt	1:17:40	Hyde Park , VT
22.	Mike Besette	1:24:50	St. Albans , VT
23.	Diana Osborn	1:29:16	Johnson , VT

We had a gorgeous day, temp in low 20's with sunshine and little wind. The snow was crisp and firm underfoot. Folks loved the new course which includes some really fun single track sections. 15 additional in the 3.5KM. Thanks, Zeke

## BRAVE THE BLIZZARD X3

Whatever happened to “Third time is the charm?” Apparently the Snow Gods, lulled by the odd spring-like January weather, were thinking more in terms of “Strike three and you’re out!” Or was the Albany Running Exchange simply tempting fate with a name like *Brave the Blizzard*? Despite their zany, brave new world approach to running and life in general, perhaps the folks at ARE were pushing their luck with such an audaciously boastful attitude. An impromptu post race renaming contest drew such gems as Muddy Snowshoe, Winter Trail Series #1 and Global Warming Gallop. Not as catchy, perhaps, but more to the point.

It seems that the Curse of Three extended even to the course itself. For as race director Josh Merlis pointed out, not once in its three year history did we ever get to experience the original wheeled and GPS’d route. The first year, treacherous ice shortened the trail to a two mile slip and slide; the second was readjusted to avoid lingering ice patches; the third featured a redesigned course due to off-limits areas within the park itself. This means, of course, that if you ran all three years, you would have been granted three PRs. That doesn’t happen too often. And next year, if we finally get snow, you will be guaranteed a snowshoe PR even in the unlikely event that the course is an exact duplicate of a previous route. So we are all winners!

Despite torrential rainfall the day before, seventy-eight of us showed up for what we anticipated would be a muddy tour. Were we ever surprised! The Pine Bush is so sandy that the mud found permanent foothold in only a few easily avoided depressions. Jim Carlson, who still insists that his bad knees can withstand only the softest of snow or gunkiest of mud, did not let his pre-race disclaimers hinder him, as he jumpstarted ahead of me and into the middle of the fray. For this round, instead of wearing last year’s combat boots, he had done his homework. After a surreptitious consultation with Chief Snowshoer, Edward Alibozek, he had purchased high-tech Stealth Salomons, with a sleek zigzag lacing system and all the latest bells and whistles. I was astonished that I didn’t hear him jingling ahead of me all the way to the finish line. Foiled again!

They say that running in the woods, even on snowless paths, is therapeutic because it releases the inner child. So...one would think that after a 3.5 mile romp, we might have shed, on the outside, two years per mile. If this theory seems somehow beyond belief, ample documentation can be found by scanning the articles on any ultrarunning website. Note how many ultrarunners require a support crew just to keep them focused and on track and observe how many finish in a near-nascent state, barely able to stumble to the beer tent and definitely not able to tackle the long drive home.

It was no coincidence that a fantasy Snowperson started our journey towards adolescence, waving us toward the second star to the right and straight on till morning. Those of us who followed Snowperson’s directions found ourselves shedding, not the normal two years per mile, but much, much, more. To be sure, we were all surprised at how many ten and eleven year-olds completed the race with first-sheet results status. I, personally, at the respectable age of 59 (59-6.5=52.5) was thrashed soundly by two eleven year-olds and two ten year-olds, with one of them placing in the top ten. In fact, these athletes

were themselves astonished at their transformation from responsible, tax-paying adults to playful, carefree children.

Yes, Virginia, there is a Fountain of Youth and it is located smack dab in the middle of the Pine Bush Preserve. If you are a race director and believe that this Peter Pan effect could enhance your own event, know that the Albany Running Exchange is where miracles happen and the everyday becomes extraordinary. Even without snow!

*laura clark*



*2007 Saratoga Winterfest Champion Jessica Hageman at the February 10th, 2007 Woodford Race; followed by Adams' Peter Lipka.*

## JINGLE BELL 5K SNOWSHOE RACE

Adirondack Park Visitor's Center

Paul Smiths, NY

December 9, 2006

1	Dean Rinehart	Open	20:57
2	Stefan Bibb	Open	21:24
3	Cory Brown	Open	22:40
4	Philip Dybfest - Muha	Open	23:46
5	Kevin Litchfield	30 – 39	23:52
6	Cameron Lewis	Open	24:01
7	Jason Paré	30 – 39	24:06
8	Kyle Halstead	Open	26:30
9	David Agar	40 – 49	26:40
10	Jon Santor	Open	28:11
11	Scott Preston	Open	28:44
12	Jon Wilcox	Open	29:04
13	Ali Kulsar	Open	29:21
14	Miles Appling	Open	30:35
15	Kirk Peterson	50 – 59	32:00
16	Jessica Gardner	Open	32:30
17	G. Ingrid Bashaw	50 – 59	33:32
18	Julia Polasik	Open	33:56
19	Tiffany Drake	Open	34:22
20	Jackie Zehl	Open	40:18
21	Megan Veley	Open	51:21
22	Abigail Fontaine	Open	51:24

WMAC

WMAC

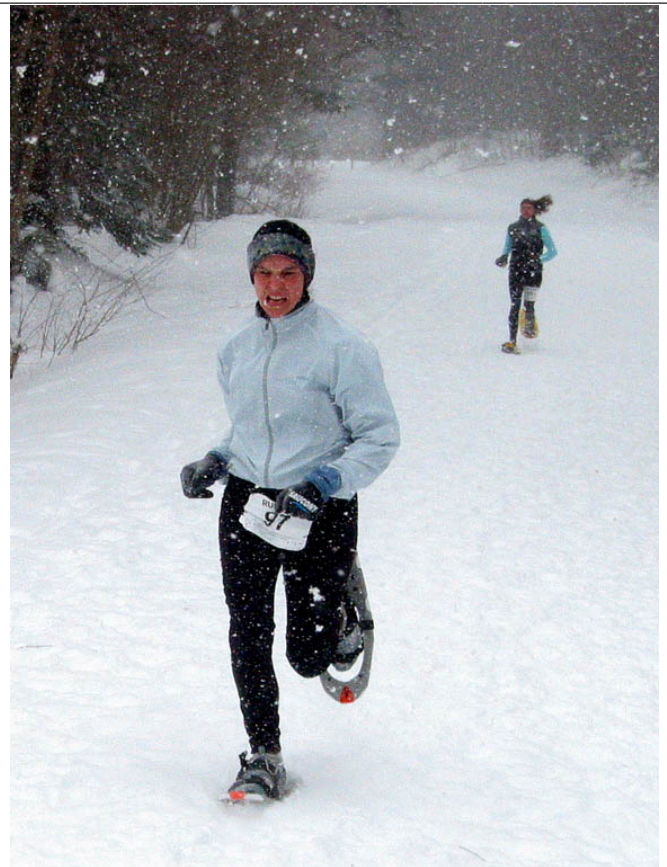
**5<sup>th</sup> Annual WOODFORD 3.5 MILE SNOWSHOE RACE**

February 10, 2007

Woodford State Park

Woodford, VT

#	Name	Age	Time	Points
01.	Paul Low	33	21:20	100.00
02.	Greg Hammett	29	22:35	97.44
03.	George Adams	36	23:17	94.87
04.	Ken Clark	44	24:23	92.31
05.	Kelli Lusk	36	25:43	89.74
06.	Jay Kolodzinski	27	26:16	87.18
07.	Edward Alibozek	44	27:57	84.62
08.	Greg Rems	30	30:00	82.05
09.	ChelynnTetrault	31	30:18	79.49
10.	Sheila Osgood	25	30:27	76.92
11.	Vince Kirby	50	31:09	74.36
12.	Paul Fiondella	60	32:02	71.79
13.	Bruce Shenker	54	32:34	69.23
14.	Paul Hartwig	50	32:37	66.67
15.	Howard Bassett	46	32:52	64.10
16.	Jessica Hageman	31	33:36	61.54
17.	Peter Lipka	55	33:37	58.97
18.	Tom Mack	42	34:04	56.41
19.	Barry Ausken	46	34:13	53.85
20.	Ed Alibozek, Jr	67	34:52	51.28
21.	Chris Johnson	49	36:42	48.72
22.	Brad Herder	49	37:41	46.15
23.	Bob Massaro	63	37:46	43.59
24.	Jim Carlson	58	37:49	41.03
25.	Beth Herder	48	37:50	38.46
26.	Jacquelin Lemieux	40	39:37	35.90
27.	Patty Duffy	38	39:50	33.33
28.	Walter Kolodzinski	64	40:06	30.77
29.	Laura Clark	59	40:47	28.21
30.	Richard Busa	77	41:28	25.64
31.	Juergen Reher	57	41:46	23.08
32.	Laurel Shortell	40	42:42	20.51
33.	Stephan Mitchell	65	43:31	17.95
34.	Jim Sharkey	47	43:52	15.38
35.	Neil Snedeker	24	44:43	12.82
36.	Peter Finley	45	44:52	10.26
37.	Konrad Karolczuk	54	51:26	7.69
38.	Mary Kennedy	48	52:15	5.13
39.	Susan Mitchell	53	58:49	2.56



Photos: Left, Bob Massaro, Jim Carlson and Beth Herder.

Photos Above Top: Chelynn Tetrault and Sheila Osgood.

Photo Above Bottom: Paul Fiondella.

Thanks to Jack Quinn for treating us to so much fun!

**NEW HAMPSHIRE TWO DAY SNOWSHOE CHAMPIONSHIP**

**SIDEHILLER 4 MILE SNOWSHOE RACE + FROSTY'S 5KM DASH FOR A CURE**

**February 10 & 11, 2007**

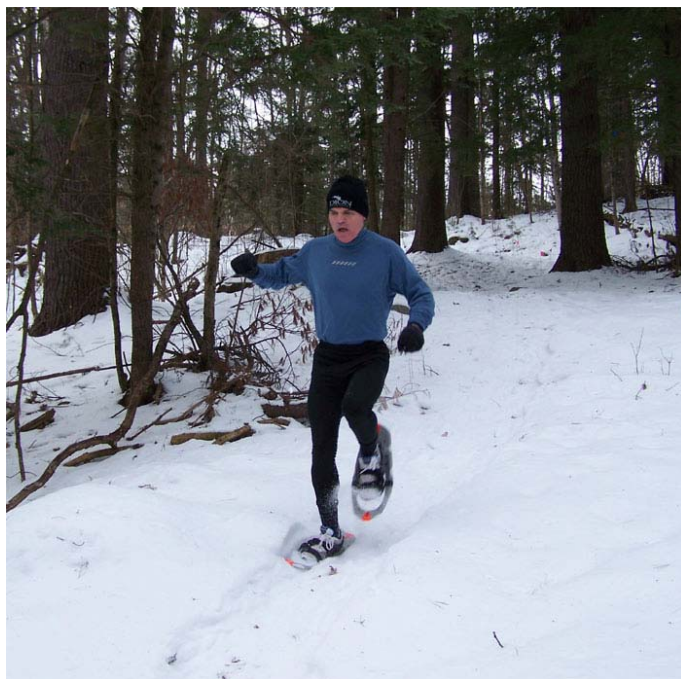
**Center Sandwich, NH + Atkinson, NH**

**SIDE-HILLER 4 MILE SNOWSHOE RACE**

01. Kevin Tilton	25	30:02	100.00
02. Dave Dunham	42	33:07	93.33
03. Chris Dunn	38	34:53	86.67
04. Bob Dion	51	35:57	80.00
05. Sam Wood	20	37:07	73.33
06. Steve Olafsen	49	37:54	66.67
07. Jay Curry	35	39:45	60.00
08. Bill Morse	55	41:10	53.33
09. Tracy Olafsen	51	44:53	46.67
10. Erin Nielsen	25	45:17	40.00
11. Megan Henderson	34	47:09	33.33
12. Virginia Howe	51	48:13	26.67
13. Jeff Hattem	55	53:45	20.00
14. Jack O'Connor	50	54:17	13.33
15. Denise Dion	48	54:39	6.67

**FROSTY'S DASH 5KM TRAIL RUN**

01. Ben Nehpew	31	0:18:39	50.00
02. Dave Hannon	35	0:19:14	49.29
03. Dave Dunham	42	0:19:47	48.36
04. Bill Morse	55	0:23:11	47.43
05. Dave Tyler	48	0:23:57	46.50
06. Alton Eckel	25	0:25:23	45.57
07. Adam Lamond	27	0:25:25	44.64
08. Allen Beebe	57	0:25:45	43.71
09. Marcelle Sickel	40	0:25:55	42.78
10. Gunnar Ericsson	12	0:26:49	41.85
11. JoAnn Balsamo	41	0:28:22	40.92
12. Michael Gilmore	47	0:28:41	39.99
13. Arthur Bradbury	44	0:28:58	39.06
14. Alicia Hammond	29	0:28:59	38.13
15. Doug Ramono	43	0:28:59	37.20
16. Laurie Cyr	40	0:29:14	36.27
17. Jen Samiotes	36	0:29:29	35.34
18. Olivia Ericsson	14	0:29:48	34.41
19. Richard Busa	77	0:31:58	33.48
20. Brian Varga	50	0:32:12	32.55
21. Jeff Fay	41	0:32:26	31.62
22. Laurel Shortell	40	0:32:43	30.69
23. Betty Woodmansee	45	0:32:45	29.76
24. Joseph Stevens	68	0:36:22	28.83
25. John Pomac	50	0:36:26	27.90
26. Kathy Leone	52	0:36:44	26.97
27. Christine Travaglini	42	0:36:58	26.04
28. Hayley Siemering	11	0:43:29	25.11
29. Laura Hannon	38	0:43:29	24.18
30. Oliver Hannon	5	0:44:24	23.25
31. Diane Weidman	42	0:44:27	22.32
32. Hiedi Holmes	44	0:46:17	21.39
33. Melissa Creegan	30	0:46:19	20.46
34. Robin Fisher	34	0:46:27	19.53
35. Paula Hogan	44	0:46:29	18.60
36. Melissa Redman	46	0:47:08	17.67
37. Lisa With	43	0:47:10	16.74
38. Vanessa Underwood	51	0:47:10	15.81
39. Kristina Woodmansee	17	0:50:02	14.88
40. Candice Page	38	0:50:30	13.95
41. Jessica Woodmansee	16	0:50:33	13.02
42. Julia Bidgood	11	0:50:42	12.09
43. Joel Segal	44	0:51:38	11.16
44. Kurt Varga	53	0:51:40	10.23
45. Deb Pearson	51	0:51:48	9.30
46. Richard Romano	68	0:52:44	8.37
47. Judith Romano	68	0:52:44	7.44
48. Libby Johnson	42	0:52:49	6.51
49. Ellen Spear	57	0:52:59	5.58
50. Pamela Paraski	41	0:53:02	4.65
51. Kenora Bickford	11	0:54:13	3.72
52. Claire Toupin	58	0:54:19	2.79
53. Kellie McNary	45	1:00:00	1.86
54. Eileen Segal	43	1:00:04	0.93



*Northeast Regional Rep Bill Morse on the Sidehiller Course.*

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**BRUCE LIKES HIS DION SNOWSHOES**

Available totally new **Tubbs Catalyst Racing snowshoes** (won in a raffle) list at over \$230, will sell for \$140, contact Bruce Shenker by email at:

[bruce.shenker@s1.com](mailto:bruce.shenker@s1.com)

or phone

518 929 8604

Thanks,  
Bruce

## CLARKS RULE WINTERFEST!!!

With the critical no-snow situation, ice-laden fallen trees, closed park trails and upcoming Stryderland elections, President Laura was getting rather testy. Just ask Jeff Clark, the President's husband. The snow situation got so desperate that Jeff wore his favorite dress shoes, minus protective ducks, and I plucked down big bucks at Hoffman's car wash. The next day, just after I had reluctantly sent out the "Come to the Winterfest trail race" message, it began to snow. Immediately, I knew the snow gods had responded. For these were not the occasional flurry flakes where you feel compelled to root for each one as it meanders to the ground. Instead, these were enthusiastic, down-to-business models.

Nevertheless, after spending roughly fifteen hours picking up sticks and moving small trees, all the while risking arrest on closed Stryderland park trails, I had definitely wandered off the campaign trail. Not only that, but I felt my power slowly eroding. Do I tell the prisoners working the wood chip machine to pick up after themselves? And would they even care who President Laura was? Where was Jeff when you really need him? And so, if I didn't have time to do any door-to-door campaigning, I had to use other, more devious methods to insure that the name "Clark" remained in the public eye. Stuffing the ballot box was definitely illegal, but a hasty consultation with Judge Jeff revealed that there was nothing on the books about weighting the race results with multiple Clarks.

Success at last! The first finisher was none other than Ken Clark, easily recognizable by his usual yellow Shenipsit singlet. Don't ask why he wears a singlet to a snowshoe race, but since Shenipsits are Striders with an "i" instead of a "y" I figured there were close cousins and could be counted in the voting tally. In number four position was Saratoga Stryder Jason Clark, who is (eat your heart out here, folks) primarily a biker (think Lance). On his heels in fifth position was Richard Clark, sprinting all the way to the ballot box.

But that was just the beginning. There were other Clarks strategically inserted at key points. You could hear the crowds chanting, "Clark! Clark! Clark!" They couldn't go wrong. Eighth woman was Jason's wife, Cheryl Clark, in serious training for her first Ironman. Ken took his Clark responsibilities seriously by bringing along his daughter, Erin Clark, who crossed the finish line as eleventh woman. I brought up the rear, shepherding along all the other Clarks, and collecting any stray ballots.

The results do not tell the entire story, however, for there was one more Clark out on the course, maintaining a high political profile, offering directions and encouragement, kissing babies and petting dogs. That person was, of course, Judge Jeff, who saw no conflict of interest in the fact that (1) he was campaigning and (2) he was the President's husband. As co-director, he naturally knew all the back trails and hidden haunts and so was able to pop up time and time again as the race progressed. Contrary to rumors circulating after the race, cloning is strictly illegal in Stryderland and there truly was one and only one Jeff out there in multiple locations.

Hopefully, this effort will see its own results on election night. Goodness knows, it didn't help me much during the race itself. After issuing his usual shoulder/back disclaimers, Rich Busa promptly pulled away. By the time I caught up with him, Jeff had caught up with us both and enthusiastically cheered for his wife and running mate. That meant Rich knew exactly where I was at any given moment. I had been counting on overtaking him during the middle section where he typically slows to gather himself for the final push. But this was not to be. Fortunately, Rich is a WMACer and not a Stryder so his vote doesn't count.

*President Laura*

## NEWS FROM MT HOOD, OREGON

We'll I can't believe it, but I got to do a snowshoe race here in Oregon before the first WMAC race. I'm so sad to hear about horrible winter you're having so far. I was hoping by now I'd be able to live the WMAC series vicariously thru seeing results online.

Anywho, I won the first of only 2 snowshoe races in all of Oregon this winter. About 100 people showed up for the 4k / 8k races on an out & back course on a snowmobile trail. Yeah, 4 to 8 feet of snow and a zillion square miles of terrain and we go out and back on a snow-covered forest service road. On the plus side, there was no wind, temps in the mid-20's, some sun and great views of Mt. Hood on the 2nd half of the race.

I'm looking forward to race #2 at Frog Lake in 2 weeks. I've got my fingers crossed for some snow for you all back East.

*Cheers,  
Richard Bolt*

### WHITE RIVER 8K SNOWSHOE January 21, 2007 Mt Hood, Oregon

01. Richard Bolt	36	38:18
02. Kevin Guiberson	37	40:16
03. Nelson Snyder	35	42:32
04. Kevin Cooper	35	43:05
05. Steve Berry	34	45:08
06. Brandon Brown	36	45:17
07. Michael Tyler	40	46:00
08. Jerry Fitzgibbons	50	46:05
09. Myra Klettke	46	46:44
10. Dan Walters	30	49:19
11. Judith Duffy	48	51:07
12. Carrie Strickland	23	51:07

79 total runners

### FROG LAKE 5-MILE SNOWSHOE February 04, 2007 Mt Hood, Oregon

01. Richard Bolt	36	46:11
02. Pat Tate	16	53:11
03. Eli Lane	31	53:51
04. Torrey Lindbo	34	54:45
05. Michael Tyler	40	56:01
06. Kevin Cooper	35	56:43
07. Nelson Snyder	35	57:02
08. Mark Lisowski	17	57:10
09. Scott Wilson	32	58:00
10. Nate Marley	16	58:17
11. Myra Klettke	46	59:10
12. Steve Trautwein	41	1:02:09
13. Judith Duffy	48	1:02:42
14. Zara Lukens	18	1:05:05
15. Maureen Kavanagh	32	1:05:32

88 total runners

# 8<sup>TH</sup> ANNUAL SARATOGA SPA WINTERFEST 5K SNOWSHOE RACE

## Saratoga Spa State Park

## February 4, 2007

01. Ken Clark	44M	21:25	100.00
02. Jeremy Drowne	29M	21:46	98.68
03. Bob Dion	51M	22:48	97.37
04. Jason Clark	35M	23:53	96.05
05. Richard Clark	53M	24:03	94.74
06. Edward Alibozek	44M	24:28	93.42
07. James Germain	18M	24:41	92.11
08. Rich Gargano	24M	24:49	90.79
09. Seth Dunn	35M	24:59	89.47
10. Keith Meyer	49M	25:22	88.16
11. Gregory Rems	30M	25:39	86.84
12. Eric Smith	47M	26:06	85.53
13. Rich Tanchyk	55M	26:39	84.21
14. Charles Petraske	29M	26:41	82.89
15. Jessica Hageman	31F	26:44	81.58
16. John Pelton	67M	26:47	80.26
17. Tom Mack	42M	27:15	78.95
18. Vincent Kirby	50M	27:21	77.63
19. Jeff Coulter	42M	27:38	76.32
20. Terence Watson	35M	27:45	75.00
21. Raymond Chen	21M	27:49	73.68
22. Pamela Del Signore	37F	27:52	72.37
23. Robert Hayes	36M	27:53	71.05
24. Pete Lipka	55M	28:00	69.74
25. Samuel Hurchala	17M	28:08	68.42
26. Anthony DeFranco	33M	28:41	67.11
27. Dave Boles	60M	28:56	65.79
28. Andrew Putney	41M	29:39	64.47
29. Ed Albiozek Jr	67M	29:40	63.16
30. Joshua Murphy	16M	29:42	61.84
31. Eric Sanborn	43M	29:53	60.53
32. Mike Lahey	55M	30:02	59.21
33. Joshua Makler	16M	30:04	57.89
34. Paige Madison	17F	30:07	56.58
35. Natalia Hogan	38F	30:26	55.26
36. Kirk Gendron	31M	30:33	53.95
37. Kim Scott	38F	30:46	52.63
38. Dan Canty	39M	30:59	51.32
39. Jim Carlson	58M	31:03	50.00
40. Robert Trimarchi	37M	31:16	48.68
41. Joe T Geiger	65M	31:26	47.37
42. Maureen Roberts	49F	31:32	46.05
43. Heidi Karkoski	40F	31:44	44.74
44. Cheryl Clark	35F	32:02	43.42
45. Aurora Lamperetta	34F	32:07	42.11
46. Charles Trimarchi	60M	32:12	40.79
47. Bob Massaro	63M	32:36	39.47
48. Sue Johnson	46F	32:14	38.16
49. Erin Clark	18F	33:40	36.84
50. Michael DellaRocca	55M	35:45	35.53
51. Denise Dion	48F	34:25	34.21
52. Joe M Geiger	41M	34:47	32.89
53. Richard Busa	77M	34:53	31.58
54. Laura Clark	59F	35:46	30.26
55. Meg O'Leary	36F	36:19	28.95
56. Laurel Shortell	40F	36:22	27.63
57. Beth Trapasso	45F	36:29	26.32
58. Eileen Battle	50F	36:34	25.00

59. Ellie George	51F	36:34	23.68
60. Kathy Schwartz	43F	36:57	22.37
61. Kimberly Mouser	16F	37:13	21.05
62. Anne Geiger	36F	37:38	19.74
63. Philip Walsh	43M	37:59	18.42
64. Deborah Carbonell	39F	37:59	17.11
65. Jamie Howard	41M	38:33	15.79
66. Samantha Steenburn	16F	38:56	14.47
67. Cecil Mouser	55M	38:57	13.16
68. Julie Sargent	32F	39:23	11.84
69. Brian Murphy	37M	39:42	10.53
70. Christine McKnight	59F	42:55	9.21
71. Konrad Karolczuk	54M	43:13	7.89
72. Dawn Pallor	42F	44:13	6.58
73. Susan Mitchell	53F	47:43	5.26
74. Steve Mitchell	65M	47:44	3.95
75. Linda Plante	58F	49:27	2.63
76. Susan Monica	59F	53:10	1.32



*No, this isn't Saratoga Spa Winterfest; but it is the 2007 Winterfest Champion Kenny Clark at North Pond Dion Demo 2002.  
Photo – Farmer Ed*

## ART GULLIVER UPDATE

### November 28th letter from Art:

On October 28th, I suffered a blood clot of .75 mm in the cerebellum portion of my brain. The portion of the brain that was damaged was responsible for balance and coordination. It also makes you constantly light headed.

Before I go any further, I would like to thank all WMAC'ers and friends for your cards, thoughtfulness and prayers. You are a great group of people!

Physiotherapy is prescribed as soon as possible. The saying, "you get out what you put in" holds true in most stroke cases. Determination is the key.

Lucky for me, I was a trail ultra-runner, who also doesn't sweat. All the therapy is designed to make me feel uncomfortable. It fits right in! How much more uncomfortable can you feel than a runner who is running on a 90 degree day and doing a 50-miler, who is dubbed "the Human Furnace"?

After a night in the ER and of constant vomiting which they claimed was normal, it took another day and a half plus an MRI to find out that I suffered a stroke.

Arriving at Burbank Hospital for therapy on the 4th of November, I walked with the aid of a walker and only going about five steps before getting nauseous. The therapy was 3 1/2 hours each day but I was able to scrounge up a couple more hours each day. I was told all the running and my good physical shape for my age really helped me progress.

In seven days I was home without an aid for walking. Out patient therapy is two days a week. It's hard to believe the things that I have trouble doing are things that I normally took for granted.

As I write this letter it is exactly one month since it happened. I'm not sure how far I will go but I hope to be back soon in some capacity.

On Plavix for life.

*Art Gulliver*

### February 13th Update from Rich Busa:

"Talked to Art the other day and he's doing OK. He said he did 14 miles of run, jog walk and felt fine. His goal is to be ready for either Muddy Moose or Northern Nipmuck."

"Let me know after what snowshoe race the South Face Farm Breakfast is going to be, as Art wants to come and see everyone."

*Rich Busa*

*Top - Art at Moody Spring 9-miler, 2003, Gary Bridgeman photo*

*Bottom - Art finishing Hawley Kiln 7-miler, 2005; Ed Photo*

Send Art a note at

Art Gulliver  
39 Sargent Ave  
Leominster, MA 01453

