

SNOSHU-NEWS

We have had 21 official races, with Konrad (K2) Karolczuk the only person who has managed to finish all 21. Here are the ladies leaders for total events finished (men next time); there are several changes in the leaders from total point producers; can you spot them?

Ed

FINISHED RACES / 21 POSSIBLE

01.	Claudine Preite	16
02.	Darlene McCarthy	14
03.	Laura Clark	14
04.	Carol Kane	13
05.	Ellen Mach	13
06.	Meg Dunne	11
07.	Lisa Schmitt	10
08.	Beth Herder	9
09.	Deborah Livingston	7
09.	Barbara Sorrell	7
09.	Martha Hojnowski	7
09.	Maria Capella	7

Four young ladies from four different states have finished seven of the WMAC Snowshoe Races over the last five years. **Maria Capella** is a Connecticut native who has participated during the '00 and '01 seasons. We are hoping to have Maria and husband Phil rejoining us for the upcoming season after sitting out last year. They both tend to enjoy the day from the back of the pack, and always make it a priority to have fun.

Best Finish: Saratoga Spa 2000.

Martha Hojnowski is a Vermont resident who began snowshoeing at our events in '01 and continued with a wonderful season in '02. She brings along a great attitude to the day, and it is always a pleasure to see her out on the course.

Best Finish: Greylock Glen 2001.

Barbara Sorrell is a New Yorker, and shows up at our events with her husband Greg Taylor. Barbara started toward the back of the pack in '01 but strong training and a dedication to ultra distance running has moved her up past the middle of the pack during the '02 season. Barbara is now at the point where she contends for age group wins at the snowshoe events.

Best Finish: Saratoga Spa 2000

Debbie (Schieffer) Livingston has a ton of speed on the trail racing circuit and has been steadily improving on the snow. She has participated at our events for the last three years (2000 – 2002) and won the overall woman's title in '02. Like the other ladies already mentioned, there is never a lack of smiling from Debbie.

Best Finish: Saratoga Spa 2002



Ladies leader Claudine Preite at 2002 Greylock Glen

At nine overall finishes, we have **Beth Herder**. Beth has six victories, including a one time streak of three straight at South Pond ('99 – '01) and two straight at Greylock Glen ('00 – '01). She has also figured heavily in getting the snowshoe series off the ground, by volunteering as a finish line scorer and taking care of the entire raffle during two seasons. We missed seeing Beth and her trademark ski-poles in 2002, I hope she makes a comeback in the upcoming year.

Best Finish: Hawley Kiln 1999.

At ten total finishes we have **Lisa (Deggendorf) Schmitt**. Lisa started out attending the races to watch her husband Leigh, but soon started putting on the shoes as well. Lisa is a great addition to the circuit and is developing into a really good snowshoer. She has the correct attitude to maintain a long career on our circuit, she places fun first.

Best Finish: Saratoga Spa 2001

Meg Dunne has finished eleven events over her four years of participating. There are races where Meg is among the final finishers, but the placement doesn't have anything to do with drive or determination. Meg has a huge heart, and is a very enjoyable person to have around at these events. It is always a nice thing to see Meg heading in toward the finish.

Best Finish: Moody Spring 2001.

TOTAL FINISHES CONTINUED

Two young ladies have finished a lucky thirteen snowshoe events over the years. That these two youngsters are close to sixty years old should make anyone smile. Both put everyone else ahead of themselves at these events, and are models of how to conduct oneself at sporting events. **Ellen Mach** is the Godmother of WMAC, whether that be trails or snow. No person has handled the duties she has over two decades of involvement. I have been known to say that I organize the snowshoe events I do only for Ellen Mach, so that she can participate in an event without having to do tons of work also. Thirteen races finished over five years, no one makes me happier by participating.

Best Finish: Moody Spring 2000.

Also with thirteen finishes is 2001 Ladies Champion **Carol Kane**. Very possibly the toughest participant in the entire circuit of races, the Kaniac is just plain incredible when it comes to competing in a race of any type. Big hearted, whether you want to measure that by giving to others or by driving her body toward the finish as fast as possible. Carol has contributed a great deal to the series by not only participating, but by writing up and sharing these thoughts about each race she has participated at.

Best Finish: Saratoga Spa 2001.

Fourteen finishes over the five seasons has been met by **Darlene McCarthy** and **Laura Clark**. Darlene won the 2001 Moody Spring 15km event, and has been an age group winner several times in her snowshoe career. She is a bundle of energy and a constant buzz of positive talk at each event she participates at.

Best Finish: Saratoga Spa 2000.

Laura Clark has done as much for the sport of snowshoeing as anyone in the northeast. She has been a wonderful cheerleader spouting it's benefits and positives; she has directed four snowshoe events; she has participated at nearly every event in the area and followed it up with a written article to gain further interest in the activity. Lastly, Laura has acquired our loaner snowshoes for the last two years, which for those who have never done so is one of the more stressful things imaginable.

Best Finish: Greylock Glen 2002.

Our top woman for total events is **Claudine Preite**, with sixteen finishes. Claudine was talked into the 1998 South Pond event and found enough to like about it to continue. She is a solid middle group runner and can always be counted on to finish well, hardly ever missing an event. Claudine had her best season in 2001, with South Pond, Greylock Glen and Saratoga Spa all being right close to the middle finish spot. It is always great to see Claudine participating at one of the snowshoe events.

Best Finish: Saratoga Spa 2001.

DION SNOWSHOE UPDATE

I'm making the first 250 pair now and I've ordered some parts for 1000 pair. Here's what I'm working on:

Choice of Frames:

7.5" x 21.5"	Light (5/8" dia, 2lbs-9oz)
	Regular (3/4" dia, 2lbs-11oz)
8" x 25"	Light (5/8" dia, 2lbs-15oz)
	Regular (3/4" dia, 3lbs-1oz)
9" x 30"	Back Country

Choice of Bindings:

Small, Med., Large, X-Large, and XXL
(for Snowboarders Boots).

Frames, Bindings and cleats are all interchangeable in a few seconds without tools. Cleats are Teflon coated to shed snow.

Bob Dion
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TENTATIVE 2002 - 2003 SCHEDULE

Sunday, December 22, 2002 Dion Snowshoe Demo Day #1	Savoy, MA <i>tentative</i> Tannery Falls
Sunday, December 29, 2002 2nd Annual PROSPECT MTN	Woodford, VT 5km & 10km
Saturday January 4, 2003 SARATOGA BIATHLON CLUB	Day, NY 5KM
Saturday January 11, 2003 6th Annual SOUTH POND SHUFFLE	Florida, MA 4 Mile
Saturday January 18, 2003 4th Annual GREYLOCK GLEN	Adams, MA 3.5 Mile
Saturday January 25, 2003 GLOBAL CHALLENGE	Lake Placid, NY 5km
Saturday, February 1, 2003 1st NORTHFIELD MTN (Reg. Qualifier)	Northfield, MA 5km
Sunday, February 2, 2003 4th Annual SARATOGA WINTERFEST	Saratoga Springs, NY 5km
Saturday, February 8, 2003 1st Annual Wilton Wildlife	Saratoga Springs, NY 4 or 5 Miles
Saturday, February 15, 2003 6th Annual HAWLEY KILN KLASSIC	Hawley, MA 7 & 4.5 Miles
Sunday, February 23, 2003 Dion Snowshoe Demo Day #2	Florida, MA <i>tentative</i> Spruce Hill Climb
Saturday, March 1, 2003 3rd sort of Annual MOODY SPRINGS	West Hawley, MA 15km & 10km
Saturday, March 15, 2003 Dion Snowshoe Demo Day #3	Florida, MA <i>tentative</i> Blackstone Farm

Farmer Ed
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SNOWSHOE SIZE FEEDBACK

Snowshoe size issue is a toughie. I hate to get away from the 8 x 25, but it would be tough for newcomers if one type of shoe is accepted in one race and not in another. With ESG (empire stat insurance) I will have to allow the new regs.

And in the long run it is a good thing since people will know what is acceptable whatever race or wherever in the country they go. Smaller shoes are not necessarily better, either; it depends on snow conditions.

I hate to hold you over a barrel, but it would be difficult to have different standards for NY and MA

And I didn't know Bob Dion had a smaller shoe. Will he have a larger one eventually too (Yes! He will have several sizes.) Seems like we should support him, too.

I really think more depends on the skill of the user -- and they will all have roughly the same surface area. Shoes now are getting around the issue anyway, with the lighter 8 x 25 models, like Northern Lites.

*Laura Clark, Director
Saratoga SPA 5km*

A couple of comments: Regarding snowshoe sizing, this is a real bone of contention for me and I feel like I'm just spitting in the win but, anyway. I have never been able to understand where the arbitrary 8 x 25 minimum came from. It was obviously not from a woman or from someone who stands all of 5' 5", such as I. I'll be willing to bet that it was some gent who's about 6 feet tall. They're the ones I have to race against and while they're loping along on gazelle length legs, we dusty-butts are tripping all over the same length snowshoes.

Is there a minimum length limit on snowboards, or cross country Skis or alpine skis or on snowshoes when they're used for walking or hiking? Next they'll be making me wear size 10 running shoes, because mine are too small and light, giving me an unfair advantage.

What I suggest is that the snowshoe size should be determined by the size of the runner, period! We have 100 pair of snowshoes in our rental fleet at Smugglers' and they range in size from 17" to 36" because different people are different heights and different weights. Hello! We're talking about moving along on the snow, whether it be walking or running, and sizes vary with the size of the user. I haven't seen Bob's new production shoes, but he's only a shade taller than I am, and I'll bet he's developed a somewhat smaller shoe for somewhat smaller people. For that I applaud him.

*Zeke Zucker, Director
Northern Vermont Snowshoe Challenge (5K)*

Concerning the letters on snowshoe size and flotation standards; It was the first time I had seen this. I immediately dug out five pair of racing snowshoes and did some length and width measurements. I'm not sure I could come up with accurate info on the number of square inches on each shoe. I think the Sherpa Bolts I have would have the smallest flotation area and would be close to the Tubbs Piranha. I take a very strong interest in racing shoes and I am delighted to see a move toward some standardization. I have long been irritated by Atlas and their 8x22 model they advertised for racing for several years.

Here are some dimensions.

Redfeather (circa 1994)	25 5/8 x 8 1/4
Sherpa Bobcat	25 1/8 x 8 1/4
Sherpa Bolt	25 1/4 x 7 7/8
Sherpa Yatra Trainer	26 x 8 1/8
Salomon X Adventure	23 1/2 x 8 1/4

The Salomon is all plastic, quite heavy, and has a heavy binding with a large claw assembly no typical flotation deck. Makes a great training shoe.

So, what happens when you get to a USSSA race and your shoe meets the 8 x 25 standard but does not have 120 square inches of flotation? More likely, the shoe will not meet the 8x25 standard but will still have sufficient flotation area. It appears to me the 8 x 25 standard is not needed. Just come up with a good way of measuring the area of the flotation deck. 120 square inches seems awfully small to me.

What bothers me a little is that there is no standard for the race course surface. You must have given this some thought since you created those deep snow detours on the Killington course. If you run a race on one of Alibozek's courses, you need flotation and crampons on your snowshoes. If USSSA courses are groomed, you can reduce snowshoe weight by eliminating or reducing the size and number of teeth. Will my Sherpa Bolts be legal since I have running shoes bolted to the toe plate, eliminating the bindings and more weight? I suppose the snowshoe runner will end up having several snowshoes to meet varying conditions, or will have accessories that can be added or removed.

Finally, I will scout around for possible race locations for the future. We have a superb venue right here in Andover, NH. Proctor Academy has wonderful cross country ski trails and works closely with the Andover Outing Club, which had 3 kids from their youth program make it to Salt Lake this year as x-country skiers and Nordic Combined.

Wayne Nicoll

SNOWSHOE SIZE FEEDBACK CONTINUED

I love Dion's logo... it's gonna fly for sure... smaller shoes meeting the standard is def the way to go.... can't wait to try them....

As for the rest of the info, on the surface area study I know for myself that I chose my snowshoes based on weight, because I am such a lightweight... and they do vary in weight quite a bit. For a woman, lighter is better, but also width of stance is important and I see that snowshoes do vary in that department also. The width of stance is important for woman because I think the wider the stance, the more chance for hip injury.

There are women's snowshoes, but they are recreational and the racing models are basically unisex, with no thought given to women's needs in terms of weight or width stance. And I'll bet they were all designed and tested by male runners. Once the sport starts recognizing women who snowshoe race, this will be a whole new market, as in so many other sports; i.e., women's racing bike frames.

Anyway, I've gotten away from the subject. I think that establishing a minimum surface area is probably a good idea and will solve any problems that may come up re overall size of shoes. My only suggestion would be to lower the minimum surface area parameters for women, but which is going to come first, lowering the standards for women, or designing and mfg and marketing smaller, lighter shoes?

As for how it will impact our sport, I can just hear it now; Bob Worsham conversing with David Boles...

"Gee, David, those snowshoes look awfully small."

"Well, Bob, I could say that the shoes 'look' small because I am so tall, but they actually DO meet the minimum surface area requirement of 120"."

And I can imagine our snowshoers standing around discussing the auto-cad method of measuring surface area...

And so technology and competition once again make life more complicated and we comply... when all we wanted was a romp in the snow.

I would definitely be interested in a qualifier in our area, whether I choose to compete nationally or not. It would be great to know if one were to actually qualify for such an event, although it may substantially change the ambiance of one or two of our races.

*Carol Kane, 2001 Champion
WMAC Snowshoe Series*

After reading the intriguing letter about snowshoe size, it dawned on me that it makes no sense to have a standard area for all size people.

The more weight, the more surface area is needed to prevent sinking in the snow. The surface area should be based on weight and not some international standard or sex. Since the current standard is 120 sq in, and for mathematical ease we will assume that this will be for a 180 lb person. Thus the surface area requirement would be 2/3 of your weight in square inches. Thus a person who weighs 120 lbs could have snowshoes that

have only 80 sq inches. A Clydesdale of 250 lbs would need a square in area of 168. Thus we would theoretically push down about the same depth of snow.

The biggest problem is that the snowshoe makers would need to make a very wide range of sizes to fit the many weights. But it would be more fair.

Bob (not the Dion) Mathes

VOW OF CHASTITY

As the sport of snowshoeing grows and gains popularity, more events will pop up at resort areas and other more comfortable surroundings. Big time "championship" events will become more prevalent and will need to have lodges and other amenities available for the comfort of the large number of participants. We just want to make sure that the root we started our events from maintains a following, and perhaps allows others to add similar events to their schedule. **We do not feel that this type of snowshoe event is "better"**, but we do feel that attention must be drawn to the more Spartan events as to not lose them entirely with the popularity of snowshoeing taking off as it has.

So, with that I give you our Vow of Chastity, which I hope each potential snowshoe race director will at least consider adopting for an occasional event.

VOW OF CHASTITY

Event must be held in State Forest or on Private Land. Event can also be held in a State Park if the area has not been overdeveloped to the point of being commercialized. Event cannot be held at ski resorts or golf courses.

At least 25% of the course must be on single-track trail, winding through the woods if at all possible. This section must be left un-groomed by snowmobile or other motorized grooming mechanism if at all possible (mistakes happen).

Course must average a minimum of 50' of climb and descent per mile.

If course is over 6 miles, a shorter distance option must also be held for those participants who do not wish to attempt 6 miles or more.

Event must be named after a natural or historic landmark in the area, and the course must travel within sight of it.

No professional timing allowed.

No trophies or awards ceremony. The day belongs to all participants. Overall and age group winners will be recognized in the results, which will be sent to each participant.

Free entry for participants 65 years old (and over), and also for those 12 years of age (and under).

*Edward Alibozek, Laura Clark, Paul Hartwig,
Peter Keeney, Marc Lombard, John Scalise*

If you agree with our mission to promote Spartan events, please contact edtrnews@yahoo.com. If you think we are way off base, contact the same address. It would be great to hear either way.