

This issue we asked our readers:

**If you could be a "super athlete" for your next race, who would you be (who is your hero)?**



**Derrick Spafford,**  
Ontario

“If I could be any athlete for my next race, I would choose trail and ultra running legend Matt Carpenter. Carpenter has competed at the very highest level in every type of race he has entered. Throughout his career, he has not been afraid to take risks in the hopes of attaining something very extraordinary on race day. He's made mistakes, but has learned from them and then come back to go beyond what was thought possible. This was the case with a disappointing 'crash and burn' at the 2004 Leadville 100miler, which he then followed up by setting a seemingly untouchable course record in 2005.

Carpenter is a student of whatever form of running he attempts and looks to find ways, both big and small, to maximize his potential, often regardless of whether the so called experts agree with his methods or not. I try to execute my races with that same sort of attention to detail, and finding what works best for me. It's this type of thinking, combined with Matt Carpenter's V02 max (the highest ever recorded) that I would like to take into my next race at the Pittsfield Snowshoe Marathon.

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**Sara Montgomery,**  
Ontario

“While snowshoe running, I dream of being able to negotiate snowy trails like the best in the world - sled dogs. My Siberian husky, Meela, makes running fast through snow look remarkably effortless. She thrives in the snow and cold, it's simply her most natural habitat. When she is hooked up as a lead dog, her intelligence and leadership come into focus to complement her pure athleticism. Though it is when running free that I most admire her free styling moves and agility.

If I could borrow even a little of this, I could fly over this rather challenging environment much more efficiently. But even without her sled dog powers, I can at least have as much fun as her playing in the snow, and do the best I can with my own two feet and snowshoes.

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