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No. VII

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Photo by Matt Lillard.

On the Cover: Peter Kling, 21, grew up in Starksboro, VT, graduated from Champlain Valley Union High School, and attended Green Mountain Valley School for two years. He's now at Alaska Pacific University in Anchorage, AK, where he skis for the Nordic team. Kate Carter shot this photo at the TD Banknorth Super Tour, Eastern Cup, UVM College Carnival at the Trapp Family Lodge on February 8, where Kling placed 29th in the 15K classic race.

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**EDITOR
COMMENTARY**
BY
KATE CARTER

RUT BUSTER

To paraphrase Merriam-Webster, a rut is a track worn by habitual passage of anything, a groove in which anything runs. Metaphorically, when you're in a rut, you're caught in an established habit or course of action, especially a boring one, and you can't seem to get out.

I used to find the stuck-in-a-rut cliché especially appropriate when I spent a lot of time skiing groomed tracks. Those parallel grooves makes skiing much easier; you don't have to work so hard to keep your skis going straight down the trail. If you have to step out of the grooves it usually means something challenging is in your path, and you're forced to break out of the kick-and-glide repetition to negotiate the change. Suddenly, life is a little more exciting!

I am the type of person who functions most efficiently when I have a daily routine. In that way I'm a lot like my dogs, who feel most secure, happy, and balanced when their days are predictable. Eventually, though, doing the same thing day in and day out becomes boring, even for the pups. They like to explore new places, have new experiences, and put all their senses to work. Later, they sleep deeply and peacefully, paws twitching in the air.

Getting stuck in a rut is easy to do, and from time to time I am guilty of getting myself trapped in a variety of allegorical ruts, from trenches to deep holes. Getting unstuck can seem daunting, even scary, but it's really not that hard. Writer Molly Ivins has some good advice: "The first rule of holes: when you're in one, stop digging." Simply put, stop doing whatever it is that's consuming you and go try something else.

And so I did, one day in early February, when I was feeling a little rut-stuck. I got up extra early, loaded the dogs and my skis into the car, and headed north. Not very far north, only an hour and a half, but far enough to make me feel like I was in another world. My destination was the south end of Lake Willoughby and the base of Mount Hor, where I'd heard there was a small network of trails groomed for cross-country skiing in Willoughby State Forest. In past summers I've spent some time in the Lake Willoughby area, hiking, biking, and paddling, and I've always thought it was a magical place. But I'd never gone in the winter. It always seemed too distant. And too cold. And too, I don't know... lonely.

It was none of those. In fact, it was lovely. I met up with friends, and we skied in set tracks through sun-dappled hardwood forests on gently rolling terrain.

There were some sections of climbing, but we never had to herringbone. We saw no one else. The Mount Hor groomed trails are one of those "secret places" that nobody knows about and everybody wants to keep that way. But I like to share, so you can read all about them in a story by Sky Barsch on pages 12 and 13 in this issue. Lake Willoughby and Mount Hor are so far off the beaten path, I feel confident they won't become a major destination for the Nordic skiing population. But if you decide to make the trip, bring some cash and leave it in the box at the trailhead. Someone has to pay the groomer!

If you feel like you're stuck in any kind of rut this winter, I recommend a trip to Lake Willoughby. In addition to the cross-country skiing on groomed trails, there's a backcountry ski route up Mount Hor, excellent snowshoeing on many nearby hiking trails, and ice climbing for the truly adventurous. Or you can just sit in your car, sit a cup of coffee, and watch the ram-shackle ice fishing huts that dot the frozen lake. It's a reality-free zone, this Lake Willoughby area, and the only ruts you'll find are the ones that hint of mud season, now just a short month away. ¶

—Kate Carter



**OUT &
ABOUT**
BY
JOHN MORTON

WINTER OLYMPIC CONTROVERSY, PART TWO

Not to be outdone by the female ski jumpers who are generating headlines by refusing to take their exclusion from the 2010 Vancouver Olympics sitting down, some international cross-country skiers created headlines of their own recently. Every quadrennial, a year prior to the Winter Olympic Games, the organizing committee hosts competitions on the Olympic venues. This serves two purposes. First of all, the events, usually designated as World Cup competitions, provide a final dress rehearsal for the hundreds of officials and volunteers who, 12 months later, will conduct the Olympic events. In spite of how carefully every minute detail has been planned, these pre-Olympic competitions always reveal glitches, which, if left undetected, might have serious consequences in the Olympic Games.

The second and equally important purpose of the pre-games is to provide the world's athletes the opportunity to experience the competition site under conditions as close as possible to what they will experience a year hence, during the actual Games. Unlike swimming or ice hockey, where the competitive environment is nearly identical around the world, every Nordic ski course is different. Although all trails used for international races must comply with

FIS (International Ski Federation) guidelines, referred to as homologation, there remains enough flexibility in the rules for significant individuality depending upon terrain, vegetation, proximity to spectators, and the like.

The latest controversy erupted following the recent Cross-Country World Cup events on the Vancouver Olympic courses in the Callaghan Valley. In televised news conferences, several top competitors criticized the Olympic courses as "too technical." Considering the millions spent on the new facilities, the displeasure of some top athletes definitely generates headlines.

At this point, a little history might be helpful. Cross-country skiing has existed for hundreds of years. For most of that time Nordic skiers kicked and glided their way through the powder or over the crust, the variable conditions of the snow an accepted aspect of the sport. Until about 60 years ago, race course preparation consisted of hanging ribbons on tree branches and perhaps packing the trail by snowshoe. Often, the key to victory was poise and finesse on skis, agility in the turns, and a subtle instinct for making the wax work.

By the 1960s more and more race courses were being groomed by

machine, at first by small Ski Doos, but later by larger Sno Cats. The larger machines required wider and generally less convoluted trails. It was grooming with these big machines that permitted Vermont's Bill Koch and others to develop the skating technique in the early 1980s, which was faster than the traditional classic style, since skaters could dispense with kick wax and prepare their skis strictly for speed.

Skating shifted the emphasis in cross-country skiing from finesse and poise to upper body strength and power. It also provided a much-needed boost to the public appeal of the sport. Historically, cross-country skiers were farmers, loggers, or border guards, perfectly content to train and race in obscurity. As a result, cross-country skiing didn't make great television. Concurrent with the advent of the skating technique, the movers and shakers of Nordic skiing began reconfiguring events to improve spectator, and especially television, appeal. The traditional interval starting format was replaced with mass start and pursuit events, generating excitement from the gun. Also included in the program was a sprint competition, pitting four athletes on the course together, with the winner of each heat advancing.

Most of these innovations were good for the sport, but there were a few unintended consequences. The broad, wide, open trails stimulated a drafting strategy similar to that found in cycling, in which athletes tuck in behind the leader, coasting for much of the race, saving their energy for a burst of speed at the finish. Few who saw it will forget the anchorman of the Norwegian relay team at the Salt Lake Olympics pull over and STOP, encouraging his Italian rival to take the lead into the finish. When the Italian refused, the Norwegian smiled, stepped back in the track, and set a blistering pace to the line for the gold medal.

The Vancouver Olympic trails are designed specifically to eliminate that type of drafting. An added bonus is that the technical twists and turns, all within one square kilometer of hillside, will make for tremendous on-site spectator access, as well as spectacular television coverage. Thankfully the era of simple brute strength in Nordic skiing is giving way to a return to finesse and technical skill on skis. I couldn't be happier. ¶

John Morton is a former Olympic biathlete and Nordic ski coach. He lives in Thetford Center, VT, where he designs Nordic ski trails. You can reach him through his website, www.mortontrails.com.

SIX DEGREES OF ED SULLIVAN

**RETAIL JUNKIE
SUPERSTAR**
BY
RYAN JAMES LECLERC



I haven't always been a retail junkie. I was once a paperboy. In fifth grade, I decided that I wanted to play the saxophone, so my parents, in an effort to instill an appreciation of expensive things, as well as enlighten me to the fact that life wasn't the delusional joyride I had thought it was, decided that I would have to pay for the saxophone myself. The allowance I was receiving for mowing the lawn in the summer, shoveling the driveway in the winter, and doing the dishes and babysitting my little sister year round wasn't nearly enough to cover the monthly payments for the instrument, so if I truly want to be a saxophonist who owned a saxophone, I would have to get a real job. So I did.

Not having much of a resume, the only real job that I was qualified for was as a real paperboy, with a real paper route. For four very long and formative years, I delivered newspapers early in the morning, seven days a week, 365 days a year, with my loyal dog Gonzo at my side. Somewhere during that stretch of time, I hit a homerun in Little League, kissed a girl for the first time, and paid my saxophone off. I remember sending in the last payment as vividly as I remember knocking that ball out of the park and that magical electric feeling from that first kiss.



Illustration by Shawn Braley www.shawnbraley.com

Although my paper route taught me the value of a strong work ethic, it was a miserable experience. Even now, 25 years later, I sometimes wake up in the middle of the night, thinking that in only a few short hours, I will have to crawl out of bed, get dressed, and head out into the freezing cold darkness, with a heavy sack full of newspapers hanging from my shoulder. It was also an extremely lonely experience. With the exception of Mrs.

Seaf, an elderly lady who lived alone and was the last stop on my route, and who was a high school classmate of Ed Sullivan, and had the yearbook to prove it, I had no one to talk to. But Mrs. Seaf, or "Seafy," as she preferred to be called, loved to talk to me. She also loved to talk to her parakeet, "Kitty," but I didn't mind, because she fed me all the Oreo cookies I could eat. Each morning, while I delivered the world to the doorstep of the people, I looked forward to those Oreo cookies, every step of the way. Mrs. Seaf became a great pal of mine, but as far as developing a working relationship with a fellow coworker who wasn't a dog, that was something I would have to wait years to do.

These days, those lonely days of slinging newspapers are over. I now work at a bike shop, and I sling everything from bicycles to spoke nipples. Instead of trudging from door to door one hour each day, I bounce from customer to customer eight hours each day. And instead of looking forward to a plate of cookies served up by Mrs. Seaf, I look forward to a cold pint of beer served up by a guy named Brutus.

And contrary to those lonely days as a paperboy, I now know all about relationships with fellow coworkers. Fortunately, I like the people I work with.

In fact, many of my fellow coworkers are among my best friends. We get along well, and we have a lot more in common than the inherent need for a paycheck. We're all active folks, we're all English majors, or might as well be, and we're all broke. But above all, the most common characteristic that truly binds us is a profound and unwavering love of beer. In fact, the entire outdoor industry shares this affection.

Nowhere is this love of malt and hops more apparent than at a trade show, where vendors use free beer to draw dealers to their booths. Throngs of dealers come from all directions towards the keg, like zombies caught in a tractor beam. It is impossible to resist, and without fail, a few beers later, you're stuck listening to a sales rep, pretending to act interested in a product that you will never sell. Speaking of trade shows, next week I am going to a trade show in Providence, RI. We'll see if I can resist those seductive kegs while I'm there. Maybe I should bring some Oreo cookies. ☐

Ryan James Leclerc is a happy employee of Onion River Sports in Montpelier. For more up-to-date stories about life on the retail front lines, check out his blog at retailjunkieburnout.blogspot.com.

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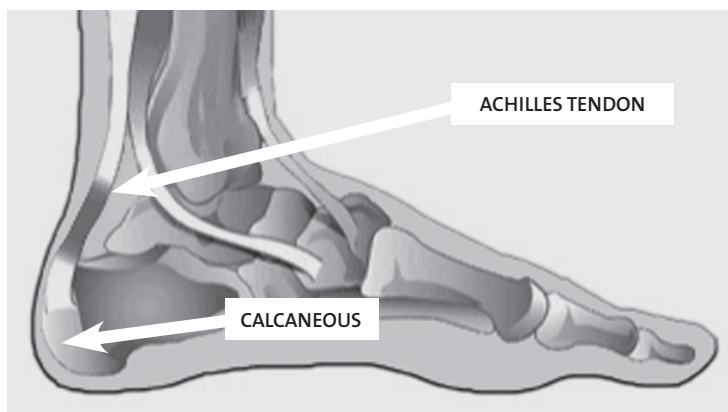
BY
ROBERT RINALDI, DPM

HAGLUND'S HEEL AND ACHILLES TENDONITIS

Most everyone has heard of the mythical Greek athlete and warrior, Achilles, and his problem heel, but not many know about the bane of the running athlete: Haglund's Heel. Dr. Haglund was a friend of Dr. Roentgen, the inventor of the x-ray. Haglund began researching the boney anatomy of humans for his dear friend, and came up with a fairly common deviation of the calcaneus, which became known as Haglund's Heel. I am pretty sure that Haglund never guessed that his discovery would be associated with Achilles tendonitis and athletic disability.

CALCANEAL DEFORMITY

Haglund noted that there are times when the most posterior/superior aspect of the heel bone forms into a "beak." This beaking can put undo pressure on the structures behind it, especially the Achilles tendon, which attaches to the calcaneus about midline along the posterior vertical wall of the bone. The soft fibers of tendon are separated and cushioned from the hard boney substances by a bursa, known as the retero-calcaneal bursa. The "beaking" that bears Dr. Haglund's name is a deformity that can



put increased pressure on the bursa, causing it to inflame. In turn, this will create restriction on the function of the Achilles tendon, causing injury to its vertical fibers.

HYPERPRONATION

Often, biomechanics of the foot plays a very important role in the mechanism and production of foot injuries. Pronation is a normal motion and is the primary shock absorber within the foot. During the gait, when a typical foot approaches the ground, the forefoot tilts inward. Just before heel strikes

ground, the foot's sole faces inward on a slight angle. This position is known as forefoot varus. As your foot continues to make contact, the varus position alters until the foot is in full contact with the horizontal surface beneath it. When the forefoot varus tilt is too great, the foot must travel excessively. This excess motion is called hyperpronation.

HOW DOES HYPERPRONATION CAUSE ACHILLES INJURY

When a foot hyperpronates, the forefoot travels an increased distance and the rear part of the foot follows. The posterior surface of the calcaneus will move and finish its motion slightly tilted inward. A shearing force is created against the retero-calcaneal bursa and also against the Achilles tendon. When Haglund's deformity is concurrently present, pressures are ramped up in each gait cycle. When this complex set of circumstances is associated within the runner, the factors are multiplied greatly by gravitational forces. The pounding and shearing action against the bursa and the Achilles tendon will cause inflammation, stiffness, pain, and dysfunction.

TREATMENT PLANS

A conservative approach is to insert heel lifts in the running shoes. They will change the angle of the posterior aspect of the calcaneus. A quarter-inch resilient heel lift is best. Spenco makes my favorite, and they are inexpensive, durable, and easy to find in most running stores. Often they will solve the problem. Try them if you are

suffering from posterior heel pain and morning Achilles stiffness. The result should be almost miraculous.

If heel lifts don't work, you should schedule a visit to a sports medicine provider. X-rays are important and should be taken at the outset of your exam. Your biomechanics should be evaluated. If hyperpronation is present, it should be controlled with a combination of athletic shoes and orthotics. My personal favorite shoe for control of mild hyperpronation is still the Asics GT 2140, but now I have added the Saucony Progrid Guide to my list, which has become a favorite of women runners.

I have been using intrinsically posted polypropylene orthotics for more than 30 years. They require no so-called "break-in," and take no room in the shoe, so size and fit are not altered. They will never wear out, and I mean *never*! A regimen of non-steroidal anti-inflammatory drugs is routine in my treatment plan. Steroid drugs are contra-indicated for Achilles injuries, so please refuse any attempt or suggestion that they be used. More than 85 percent of the time, patients will respond to conservative treatments, but if failure continues, surgery becomes the treatment of choice.

SURGICAL RESHAPING OF THE CALCANEUS

When all else fails, including altering your exercise and workout routines, surgery becomes the option. The procedure involves reshaping the posterior, superior portion of the heel bone. This is often called a Haglund's Repair. Post-operatively, the procedure will necessitate using a cast or cam-walker for several weeks. The risk of surgery includes injury and even rupture of the Achilles tendon. The surgical procedure is performed in an area that sits just in front of the Achilles tendon, and there are times that a portion of the Achilles must be detached from the calcaneus. These factors increase the risks for complication. Under most circumstances the procedure and post-op course proceed without incident, and the athlete is able to return to all activities free from pain. Overall, surgical outcomes are excellent. 7



From left: Chiropractor Dr. Hank Glass, sports medicine provider Dr. Peter Loescher and podiatrist Dr. Robert Rinaldi

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Robert Rinaldi is a board-certified podiatrist and podiatric surgeon at the Gifford Medical Center in Randolph, VT. He is a fellow and a founding member of the American Academy of Podiatric Sports Medicine, and a podiatric consultant to the Dartmouth College track and cross-country teams. He is a former nationally ranked long-distance runner, having competed in 25 world-class marathons. You can reach him at Gifford Sports Medicine and Surgery Clinics in Randolph, VT, or at the Sharon Health Clinic in Sharon, VT, 802-728-2490 or 802-763-8000 or at rrinaldi@giffordmed.org.



When it comes to skiing downhill in Vermont, there are two major populations of skiers: those who ride the lifts to reach the top of their chosen descent, and those who earn their turns by skinning uphill before starting the gravity-enabled schuss. Most often, those two populations set their respective sights on divergent terrain—the lift-served skier at the resort, and the earn-your-turns skier in the backcountry.

At Magic Mountain, just outside of Londonderry, VT, the lift-served skier and the earn-your-turns skier come face to face with one another, thanks to Magic's proactive and positive stance embracing uphill traffic at the ski area. That policy was officially announced last season, for the 2007/2008 winter, but it's really this winter season—2008/2009—that the uphill policy has gained some traction.

In many ways, that policy may in part enable Magic Mountain's current management to regain some of the ski area's former glory, which was lost through nearly two decades of first closures, then ski area mismanagement.

Magic Mountain first opened in 1961, the brainchild of Swiss film-star-turned-ski-area-developer Hans Thörner. He called Magic "a slice of Switzerland in Vermont," and indeed, today, the architecture of the modest development along the mountain access road is evocative of a Swiss chalet. Magic enjoyed reasonable success through the early 1980s, but then a "carousel of ownership" eventually led to the area's demise, and it closed in 1992.

Magic gained new life when it reopened for the 1998/1999 season and, despite a few rough years between then and now, has operated continuously since. The mountain's 135 skiable acres and 1,700 feet of vertical are roughly divided into two halves: the East Side, which is home to the green and blue groomers, and the West Side, which is home to some of the steepest skiing in southern Vermont. There on the West Side, the glades are superb and some sections even offer ledges you can drop, if the snow pack permits it.

Part of the challenge with making a place like Magic successful is the no-frills atmosphere and a heavy reliance on natural snowfall. In that regard, it's much more like a Mad River Glen than a Stratton. On paper, Magic has the theoretical possibility of conducting snowmaking on 70 percent of the mountain. In practice, an outdated snowmaking system and budget constraints mean that only about 45 percent of the mountain gets snowmaking coverage, and all of that is on the East Side. The West Side, which is what people really come to ski, needs natural snow, and lots of it.

As luck (or my lack of it) would have it, I had the misfortune of flying in from Colorado and showing up to skin and ski Magic Mountain on one of only two days in the entire 2008/2009 season when the ski area remained closed. A week of unseasonably warm weather combined with rain had wreaked havoc on the snowpack, and I had the mountain completely to myself as I climbed to the 2,850-foot summit of Glebe Mountain, on which Magic is located.

Despite the less than ideal conditions,

WHITE MAGIC

BY PETER BRONSKI

PHOTOS BY MATT LILLARD



I could easily see Magic's appeal as I chugged uphill on the East Side trails, thoroughly enjoying the mountain's pro-uphill policy. The narrow, twisting, New England-style groomers, the steep glades, and the challenging ledges offered a surprisingly engaging suite of ski terrain. Combine that with photos I've seen of Magic in prime powder conditions, and it seemed a recipe ripe for a ski area revival.

Which is exactly what president James Sullivan and marketing director Matt Lillard are hoping the uphill policy will do. Together, they comprise Magic's management team, which took the helm in late 2006. The uphill policy was Lillard's idea, which he soft-promoted in 2007/2008 with what he called Touring Tuesdays. On those days, he'd offer a guided intro to skinning and skiing the mountain. The only problem was that skiers mistook Touring Tuesdays for "you can only skin on Tuesdays," when in fact skiers were welcome to skin anytime.

This season, the Touring Tuesdays are gone, and Magic's pro-uphill policy is in full swing, making it one of the

only ski areas in New England, and the only in southern Vermont, to have an official pro stance on the issue. Already, the policy is paying off. On a good day, Magic might see 20 uphill skiers, and on any given day, Lillard says he sees at least one, and usually a handful, of earn-your-turns skiers making their way to the top of the mountain. Those skiers are invited to ski the area's front-side trails, but are also welcome to drop off the backside of the mountain into out-of-bounds, sidecountry terrain, some of which includes the old ski runs of the former Timber Ridge ski area.

In addition to simply wanting to build an inclusive and welcoming community of skiers at the mountain, Lillard and Sullivan are also hopeful that the policy will introduce new skiers to the mountain (who will also hopefully return another day to buy a lift ticket). It's still a little early to say for sure, but the gambit appears to be working. In addition to drawing a loyal following among local backcountry skiers, Magic has begun to attract skiers from northern Vermont, the Albany/Capital district area, and Massachusetts and

Connecticut (and at least one skier from Colorado).

"This place is a gem," says Sullivan, who left a Connecticut job as a lawyer to return to his native Vermont and focus on resurrecting Magic. That gem sparkles brightest when the snow has fallen prodigiously, as it did leading up to Magic's opening day on December 22, and the mountain welcomed skiers with 35 inches of untracked powder. But that gem also sparkles brightly when uphill skiers can come and find a mountain that welcomes them with open arms. I was one of them, and as I ripped my skins and began my descent at Magic, I couldn't help but smile through the cold wind and light rain. On that day, conditions were far from what skiers found on opening day, but what I found instead was just as valuable—a Magic in the remaking. ▮

Peter Bronski (www.peterbronski.com) is an award-winning writer from Boulder, CO, a New England native, and a passionate skier who earns his turns more often than he rides the lifts.

VS: Who introduced you to the outdoors?

WO: My father had plenty of outdoor work to do around the house, my mother had me out in the garden a lot as a child. My parents, grandmother Millie, and uncle Todd would bring me out on the trails through this small oak forest that my parents' and grandparents' houses were nestled in. I have clear early childhood memories of sunny day walks through the woods, having to jump over coiled up garter snakes in the middle of the path like I was in the old-school Atari game Pit-fall.

VS: What do you like about being in the woods?

WO: It might be easier to say what I don't like: biting bugs. Among the many things I do like are that you can get a real sense of self; there are no advertisements or influences. There is also the unpredictability—the opportunity to sneak up on a deer, that the weather could change in minutes, you could stumble upon animal tracks acting as semi-permanent glimpses at a moment in time. There are no strict dimensions to the environment, no mundane straight lines.

VS: Where are some of your favorite places to hike?

WO: I like to hike right behind my house; it's just so convenient. I'm also a sucker for fire tower trails; a good quick sweat, straight up the good old-fashioned New England way, with a guaranteed view. I find myself thinking about the Bigelow Range in Maine a lot, too.

VS: What are some of the factors that go into deciding where a trail should be?

WO: It all depends. Trails should be situated in a place that is in balance with the ability to shed surface run-off from events like snow melt and heavy rains, and the stability of the soil, rock,

READER ATHLETE



**Walter
OPUSZYNSKI**

Age: 31

Residence: Calais

Family: Wife, Christy Edgren-Opuszynski; Scout, a beagle, and Chloe, a collie

Occupation: Trail director for the Northern Forest Canoe Trail and owner-manager of True to the Land Trails, LLC, a comprehensive land management company

Primary sport: Dodgeball, Canoe fishing

or aggregate used as a tread surface. Many times the defining features that dictate where a trail is going to be are the contact points. These are locations that are more times than not, attractive to the human senses—beautiful vistas, geological features, gigantic glacial erratics, the edge of a bog or body of water, or needs, such as a parking area or access point. The next step is to scout the in-betweens, the areas that connect the contact points to find the best routes.

Sometimes you are faced with areas that are not ideal for trails, such as river crossings, seepages that are constantly muddy, or very steep grades. These are the challenging sections you need to overcome to create a sustainable, user-friendly, and ecologically supportive trail. This is where structures need to be designed. Sometimes you can bring in materials, other times you may be so far in the middle of nowhere that you need to look around and see if there are resources available in the area, such as cedar or hemlock trees you can mill and use for bridging, and rock that can be used to build stone staircases.

VS: How would you rate the overall condition of Vermont's hiking trails?

WO: This is a tough question. I feel that Vermont's trails are over-all in good shape, given the existing resources that are dedicated to them. There has been much awareness raised in what a sustainable trail is. Vermont is rich in forested space and a recreating population. Vermont has, towards the middle of the last century, made the adjustment from using trails to get to a point as quick as possible, like a typical fire tower trail, to laying out trails with the comprehensive land picture in mind. Vermont has seen many dedicated individuals devote time to trail design, construction, and maintenance utilizing a comprehensive view that has grown to include philosophy, psychology, sociology, the public's health, and the state's economy.

Vermont has a few challenges that do not make this easy. We still do not have a structured statewide support group or voice dedicated to all aspects of trails. There are many that are fighting the battles that they can to improve the statewide situation. Some challenges we face: the predominant funding source for all trail types is directly associated with a federal formula to calculate the recreational gas tax, with no direct tie to the non-motorized user-groups. We need to diversify and expand funding, which is very difficult for these times, and especially in an area not universally deemed a necessity. In Vermont and most of the East Coast, people look at trails like a public service that should just happen.

This has proved both good and bad at the same time. Grass roots groups have formed and the highly sought-after trails have seen good oversight. On the other hand, many opportunities out there have

been overlooked due to lack of resources. These potential opportunities include the further linking of communities through trails, the creation of more long lasting trail structures where needed, and an increased support for trail maintenance and development at the local level.

VS: If you could make a case for one improvement to a trail or trail system in Vermont, what would it be?

WO: The best improvement I would make is for everyone who uses trails to work on them. Volunteer every once and a while as a way to get exercise, meet people, or one of the other many side-effects. This is the paradigm that our culture has developed to address our trail infrastructure. Contact your local conservation commission, trail group, non-profit, state, or federal corridor/land manager. They would love it. I suggest learning how to do it by shadowing a mentor or getting your hands on a good book like "Lightly on the Land" written by the Student Conservation Association.

VS: What is so unique about the Northern Forest Canoe Trail system?

WO: This trail is so unique because of how big it is in every aspect of its existence. The idea itself of being able to travel through a cross section of New England and the Great North Woods predominantly on water, for 740 miles, with as low an impact as it gets, is amazing, enticing, and adventurous. Its ecological history is big; hop scotching watershed after watershed, gliding past so many predominant New England ridge lines and mountain top scenes. Its connection to the people in the area is historic, following the routes that Native Americans used for travel and hunting, that settlers used to trap, and loggers used to transport logs. It is these waters that have generated the communities that we find dotted along the way in these modern times. The existence of this trail, along this route, is without a doubt, one way to preserve this historic integrity and to communicate the many unique stories. Then there is the diversity. The options are many; you could paddle a section for a few hours, have a three-day trip staying in a tent one night and a bed and breakfast the other, you could piece together sections over time to do all 740 miles, or spend 50-plus days working your way from Old Forge to Fort Kent. The future of this corridor is full of potential. [7]

— Sky Barsch

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VS: Growing up in the Northeast Kingdom you were outdoorsy. What sports did you play as a kid?

JJ: Through school I did a lot of basketball, but also soccer, and I dabbled in softball until I became the designated runner. I can't remember a time when I didn't mountain bike. Running was more of a battle for me when I was younger, but now it seems to come easier.

VS: Were you naturally athletic as a kid?

JJ: I was. But I don't think I'm nearly as athletic as one of my older sisters, Rose. I ended up being a Jane of all trades, master of none. I never seemed to be stellar at one thing, so I did a lot of different things.

VS: Was there a level of competition over athletics between you and your sisters?

JJ: At first there was; all three played basketball before me, and ran, but in high school I began to pursue other sports, like mountain biking. I still remember the day I tried to share my love of mountain biking with one of them. I barely made it out alive. In college I caught the backcountry skiing bug, and I have excelled past them in that category.

VS: Where do you mountain bike?

JJ: There are a couple spots we can hit right outside of Winooski. There are absolutely beautiful trails in Waterbury, the Perry Hill Trails, and I love the Kingdom Trails.

VS: You began backcountry skiing a few years ago. Do you remember your first outing?

JJ: I think the first time we went out it was with Peter. He had been telemark skiing a few times, but not backcountry. So we went to Cardigan Mountain in Massachusetts, which looking back, has less of a slope than hills I used to sled on. There were interesting conditions with crust over a bunch of powder. I ended up with bloody bruised shins, but a smile on my face. Peter might have a different recollection of that day.

READER ATHLETE



Jessie JANOWSKI

Age: 28

Residence: Winooski

Family: Fiancé, Peter, and dog, Carter

Occupation: Medical student

Primary sport: Skiing

VS: Why do you prefer backcountry to riding a chairlift?

JJ: In the beginning it just seemed a little easier to get better snow. I was looking for a break from a lot of ice and a lot of people skiing around you that you're not quite sure how in control they are. Now it's the silence. It's just me, my friends, and my dog.

VS: What do you like about trail running?

JJ: I think it's getting closer to the skiing. A lot of trail running has been in an effort to find new places to ski. It's also being outdoors, that quiet, that zone. And having to interact with the terrain as it comes up to you.

VS: Mountain biking, backcountry skiing... It sounds like you are pretty fearless. Is that the case?

JJ: Fearless and taking calculated risks are different things, though to the observer I am sure they can seem quite similar. It is important to take yourself to your limits of control, otherwise you would never know how far you can go. One of my limits right now in skiing is mountaineering skills, so I have begun rock climbing to expand my skill set.

VS: Do you still play basketball, soccer, or row? Or is it hard to participate in team sports?

JJ: I wish I could still row, but have not had the time recently. I was able to play in the intramural basketball league my

first year of medical school. My team mentality is now fulfilled through my work and the backcountry activities I do; both places require smoothly working teams to achieve your goals. The team environment is part of what I need to be fulfilled in my work and play.

VS: Your fiancé, Peter, is very athletic, too. Did you meet doing something outside?

JJ: We actually met at Tufts during undergrad, and I think from the beginning we were active together. But our activities have changed from running and going to the gym to being more in the outdoors.

VS: Are you planning an active-themed wedding?

JJ: We certainly are. We have a lot of ideas, but we still haven't planned a date. We often joke if it's in the summer, we'll have a game of "touch the bride," where I would ride with a five- to 10-minute start, and if Peter and his gentlemen don't catch me the wedding would be off.

VS: You're in medical school at UVM. Has that impacted your fitness interests at all?

JJ: You would think it would decrease my fitness and training, but for many reasons it's much better now that I'm here. Part of it is being back in Vermont. Being a student, you have a nice flexible schedule. You're able to get out when the weather is good.

VS: What type of doctor do you want to be?

JJ: It's a toss up between orthopedics and obstetrics and gynecology. They seem very different, but they are similar in the closeness you achieve with your patients, and I would get to use my hands both in the clinic and in the operating room.

VS: It sounds like you want to practice in Vermont?

JJ: Peter and I weren't certain how much we would love Vermont, but each year we're falling deeper and deeper in love and having a hard time figuring how we would fit in anywhere else.

VS: What is your favorite thing about living in Vermont?

JJ: I think it would come down to proximity. Everything is so close. I can't imagine another place where you could run to a ski mountain and then bike home. Everything's right outside your door. The seasons changing are also a great part, and the weather's always different. ¶

—Sky Barsch

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RACE RESULTS

CRAFTSBURY MARATHON

January 31, 2009

Craftsbury Outdoor Center
Craftsbury Common, Vermont

25K RACE

Overall Women

1	JoAnn Hanowski	Underhill Ctr VT	1:35:07
2	Dorcas Wonsavage	Hanover NH	1:35:33
3	Heather Mooney	Saxtons River VT	1:40:09
4	Lea Davison	Jericho VT	1:40:42
5	Lillian Van Dyke	Stowe VT	1:43:58
6	Elise Seyferth	Bennington VT	1:44:23
7	Margie Prevot	East Burke VT	1:45:24
8	Andrea Vogl	Shelburne VT	1:47:55
9	Rosalie Lipfert	Cornish NH	1:50:28
10	Anna Hogg	Hanover NH	1:50:36
11	Dia Jenks	Shoreham VT	1:50:38
12	Ann Burnham	Carlisle MA	1:51:08
13	Heidi Halvorsen	Stowe VT	1:52:16
14	Tiffany Teaford	Holderness NH	1:52:29
15	Debra Vogl	Raleigh NC	1:53:34
16	Nancy Dietman	St Paul MN	1:53:51
17	Chelsea Evans	No Middlesex VT	1:54:00
18	Tricia Barstow	Portland ME	2:01:17
19	Jane Banks	Underhill VT	2:01:39
20	Jody Newton	Wayland MA	2:02:25
21	Mary Woodruff	Waterbury VT	2:04:32
22	Laura Sisco	Canton NY	2:06:39
23	Laury Saligman	Montpelier VT	2:07:57
24	Phoebe Weisenfeld	St Johnsbury VT	2:08:24
25	Susan Emmons	So Duxbury VT	2:08:37
26	Maja Smith	Shelburne VT	2:08:47
27	Nancy Davis	Underhill VT	2:10:52
28	Ingrid Jonas	Underhill VT	2:15:25
29	Sally Howe	So Burlington VT	2:15:36
30	Sara Reynolds	Bennington VT	2:15:54
31	Anna Rehm	Canton NY	2:16:58
32	Margaret Rodgers	Westford VT	2:17:50
33	Sandra Enman	Huntington VT	2:17:59
34	Ginny Richburg	Randolph Ctr VT	2:19:22
35	Christine Massey	Burlington VT	2:24:42
36	Jennifer Kravitz	Whiting VT	2:25:10
37	Nancy Brennan	Duxbury VT	2:25:15
38	Sue Brown	Albany NY	2:26:04
39	Kim Callahan	New Haven VT	2:26:04
40	Karen Alence	So Burlington VT	2:28:50
41	Sarah Gates	Concord MA	2:30:09
42	Nancy Crocker	Poughkeepsie NY	2:30:46
43	Marielle Yost	Lexington MA	2:31:49
44	Michelle Bociek	Concord MA	2:31:59
45	Candice Raines	Rutland VT	2:34:53
46	Sylvia Plumb	Montpelier VT	2:36:05
47	Irene Melnikova	Foxborough MA	2:40:55
48	Andrea Letorney	Westford VT	2:40:58
49	Annavitte Rand	Richmond VT	2:41:54
50	T Mattox-Larson	Eaton NH	2:43:53
51	Jennifer Woltjen	Endwell NY	2:45:59
52	Suzanne Birchard	Amherst NH	2:46:30
53	Lori Innes	Twin Mountain NH	2:46:58
54	Suzi Donovan	Bennington VT	2:47:16
55	Rose Buckingham	Norwich CT	2:49:44
56	Jennifer Green	Burlington VT	2:52:11
57	L D Spaulding	Albany VT	3:01:46
58	Gisela Estes	Plymouth NH	3:08:02
59	Martha Jurchak	Chestnut Hill MA	3:19:52
60	Sofia Piel	Jamaica Plain MA	3:27:06
61	Patricia Auer	Saratog Spgs NY	4:01:10
62	Judy Byron-Barone	Duxbury VT	4:12:55

Overall Men

1	David Sinclair	Waitsfield VT	1:18:29
2	Thomas Thurston	Waterbury VT	1:23:51
3	Sacha Desfosses	Ste Adele QC	1:25:29
4	Tucker Murphy	Stowe VT	1:27:10
5	Alec McGovern	Peterborough NH	1:27:24
6	Keith Woodward	Stowe VT	1:29:41
7	Joseph Bouscaren	Cambridge MA	1:30:12
8	Brent Ehrlich	Montpelier VT	1:30:39
9	John Belk	Hanover NH	1:33:13
10	Peter Davis	Underhill VT	1:33:51
11	Jim Fredericks	Underhill Ctr VT	1:36:49
12	Aaron Blazar	Brookline MA	1:39:55
13	David Loney	Meriden NH	1:40:10
14	Tom Strasser	Waterbury Ctr VT	1:41:08
15	Hamish McEwen	Weston MA	1:41:24
16	Bob Maswick	Lake Placid NY	1:42:11
17	John Lazenby	Montpelier VT	1:42:16
18	Rick Kelley	Hinesburg VT	1:42:46
19	Morgan Holland	Putney VT	1:44:39
20	Duncan Ruber	Lyndonville VT	1:45:03
21	Dale Rodgers	Westford VT	1:45:28
22	Matthew Porat	Amherst NH	1:46:12
23	Robert Labonte	Colchester CT	1:48:19
24	Joe Miles	Manchester VT	1:50:05
25	Mark De Nitto	Wolfeboro NH	1:50:20
26	Ford Von Reyn	Fairlee VT	1:51:28
27	Marty Hall	Gatineau QC	1:52:27

28	Tom Gardner	Waitsfield VT	1:53:45
29	Josh Gleiner	Orleans VT	1:54:00
30	Andre Bolduc	St Albans VT	1:54:51
31	John Madigan	Craftsbury Com VT	1:55:51
32	Daniel Kuzio	Moretown VT	1:55:54
33	Devlin Shea	Waitsfield VT	1:55:55
34	Jay Dege	Kirby VT	1:55:58
35	James Drew	Sugar Hill NH	1:57:08
36	Jeff Munroe	Middlebury VT	1:59:06
37	Samuel Belk	Hanover NH	2:00:27
38	Peter Farr	Johnson VT	2:00:39
39	Robert Searles	Wolcott VT	2:02:05
40	Pavel Cenkl	Craftsbury Com VT	2:02:06
41	Jonathan Herland	Orono ME	2:03:14
42	James Devol	Swanee MA	2:03:28
43	Sanjay Arwade	Amherst MA	2:04:10
44	Michael Rubin	Charlotte VT	2:04:27
45	Jeremy Phillips	Jamaica Plain MA	2:05:17
46	Henry Hamilton	Craftsbury Com VT	2:05:57
47	David Boucher	Essex Jct VT	2:06:14
48	Steve Feldman	Avon CT	2:06:36
49	Alexander Ostberg	Darien CT	2:09:04
50	Rob Williams	Waitsfield VT	2:10:16
51	John Griesemer	Lyme NH	2:11:28
52	Paul Peters	Storrs CT	2:11:33
53	John McGlenn	Starksboro VT	2:13:24
54	Daniel Moore	Waitsfield VT	2:13:25
55	Stan Kolpa	Vernon VT	2:13:49
56	Mark Silva	Rosindale MA	2:14:01
57	Keith Brown	Burlington VT	2:14:49
58	Daniel Douglass	Somerville MA	2:15:16
59	Paul Cillo	Hardwick VT	2:15:27
60	Keith Kunugi	Madison WI	2:16:01
61	Nicola Ostberg	Darien CT	2:18:07
62	Greg MacDonald	E Montpelier VT	2:19:07
63	Jay Stewart	Montpelier VT	2:19:38
64	Christian Ostberg	Darien CT	2:20:28
65	Petter Ostberg	Darien CT	2:20:29
66	Joe Kynoch	Framingham MA	2:21:42
67	Anthony Bouscaren	New Canaan CT	2:24:25
68	Jeff Morrison	No Haven CT	2:25:09
69	A MacDonald	East Montpelier VT	2:25:51
70	Dennis Whitche	Gilford NH	2:27:30
71	Mark Catlin	Montpelier VT	2:27:47
72	Andy Steele	Hanover NH	2:27:49
73	Alan Weisenfeld	St Johnsbury VT	2:28:02
74	Sean Luitjens	Jericho VT	2:29:56
75	George FitzGerald	Brewster MA	2:30:22
76	Larry Crocker	Poughkeepsie NY	2:32:20
77	Andy Eastman	Grantham NH	2:36:17
78	Jeffrey Tingle	Harvard MA	2:37:42
79	Gregory Petrov	Avon CT	2:41:53
80	Matthew Rand	Richmond VT	2:41:58
81	Thomas Peacock	Cambridge MA	2:43:34
82	George Osborn	Craftsbury Com VT	2:49:27
83	Jon Vara	Marshfield VT	2:50:40
84	Keith Kesner	Danbury CT	2:57:55
85	Frank Punderson	Cornwall VT	2:58:24
86	Lawrence Lepak	Endwell NY	3:00:57
87	Bradford Howe	Vergennes VT	3:08:07
88	Will Wootton	Craftsbury Com VT	3:09:43
89	Thomas Auer	Saratoga Spgs NY	3:12:56
90	Steve Sobel	Middlesex VT	3:16:30
91	Pim Goodbody	Williamstown MA	3:25:16
92	David Queeley	Jamaica Plain MA	3:27:11
93	Ed Read	Fayston VT	3:35:07
94	Joe Hallett	W Townsend VT	3:36:46
95	Dylan Grald	East Randolph VT	4:39:10

50K RACE

Overall Women

1	Jessica Snyder	Rochester NY	3:20:45
2	Courtney Robinson	Hanover NH	3:23:46
3	Alice Bradley	Hanover NH	3:25:01
4	Julie Carson	Hanover NH	3:25:50
5	Trina Hosmer	Stowe VT	3:27:19
6	Jessie Donovan	Burlington VT	3:32:02
7	Abigail Harris	Derby Line VT	3:39:39
8	Jennifer Mygatt	New Haven CT	3:40:34
9	Meredit Piotrow	Jackson NH	3:43:44
10	M Heller Osgood	Putney VT	3:44:07
11	Suzie Carrier	No Conway NH	3:47:40
12	Cheryl Carlson	Lebanon NH	3:50:18
13	Gina Campoli	Craftsbury Com VT	3:52:27
14	Sandy Schreyer	Danbury CT	3:52:34
15	Donna Smyers	Adamant VT	3:54:32
16	Jessica Bolduc	So Burlington VT	3:55:12
17	Diane Halvorsen	Stowe VT	3:56:20
18	P McEdward-Rand	Richmond VT	4:00:56
19	Moir Durnin	Stowe VT	4:02:00
20	Katherine Linton	Coventry VT	4:02:54
21	Carol Van Dyke	Stowe VT	4:07:00
22	Carrie Nourjian	Stowe VT	4:09:43
23	Carlie Geer	Hinesburg VT	4:13:31
24	Sally Swenson	No Conway NH	4:14:33
25	Linda Ramsdell	Craftsbury Com VT	4:21:08
26	Amanda Harris	Derby Line VT	4:22:03
27	Sari Juutinen	So Hadley MA	4:22:05
28	Priscilla Carr	Montpelier VT	4:26:43
29	Pinney Sargent	Orleans VT	4:26:50
30	Jocelyn Woodward	Somerville MA	4:30:27
31	Natalia Leuchanka	Durham NH	4:34:29
32	Barbara Knauff	East Thetford VT	4:36:18
33	Kate Williams	Waitsfield VT	4:39:45
34	Maria Cimonetti	Shelburne VT	4:41:39
35	Arla Casselman	Canton NY	4:47:04
36	Mary Stone	Montpelier VT	4:47:42
37	Jill Madden	Weybridge VT	4:49:49

38	Ellyn Tighe	Campton NH	4:51:33
39	Nancy Ritger	Bartlett NH	4:55:49
40	Gevie Stone	Newtown MA	4:56:11
41	Anne Steele	Hanover NH	4:56:50
42	Jean Kissner	Williston VT	4:59:23
43	Christina Petersen	Northampton MA	4:59:29
44	Linda Prescott	Middlesex VT	5:26:09
45	Ellen Kennelly	Lincoln MA	5:35:23

Overall Men

1	Kris Freeman	Thornton VT	2:30:32
2	Justin Freeman	New Hampton NH	2:33:31
3	Eli Enman	Huntington VT	2:40:42
4	Brayton Osgood	Bend OR	2:42:46
5	Robert Douglas	Honeoye Falls NY	2:45:12
6	Brett Palm	Hanover NH	2:45:47
7	Eric Tremble	Jericho VT	2:48:44
8	Tophor Sabot	Williamstown MA	2:49:03
9	Eric Eley	Stowe VT	2:49:15
10	Stefan Desfosses	Ste Adele QC	2:52:49
11	Chris Nice	Hanover NH	2:53:39
12	David Herr	Canaan VT	2:53:55
13	Jason Hettenbaugh	Lima NY	2:57:17
14	Anson Moxness	Hanover NH	2:58:13
15	Frank Feist	Concord MA	2:58:28
16	Tyler Magnan	St Albans VT	2:58:50
17	Chris Bean	Montpelier VT	2:59:04
18	Gregory Harkay	White River Jct VT	2:59:19
19	Andrew Milne	Medford MA	2:59:24
20	Rob Bradley	Reading MA	3:02:15
21	Reid Greenberg	Perkinsville VT	3:02:33
22	Damian Bolduc	So Burlington VT	3:04:15
23	Carl Johnston	Ontario NY	3:04:18
24	Nat Lucy	Intervale NH	3:04:46
25	Greg Werner	Quincy MA	3:06:19
26	Rick Powell	Hanover NH	3:08:10
27	Paul Salipante	Hanover NH	3:08:29
28	Thomas Longstreth	W Bolton VT	3:09:01
29	Scott Magnan	So Burlington VT	3:09:31
30	Stephen Plotrow	Jackson NH	3:11:33
31	Ed Hamilton	Shelburne VT	3:12:45
32	Ronald Newbury	Freedom NH	3:13:38
33	Daniel Lindahl	Thetford Ctr VT	3:13:58
34	Kenneth Remsen	Bolton VT	3:14:01
35	Daniel Voisin	Montpelier VT	3:14:54
36	Peter Harris	Derby Line VT	3:15:05
37	Chris Osgood	Putney VT	3:15:16
38	N Pettersen	Plainfield VT	3:16:17
39	Chris Varsevich	Saratoga Spgs NY	3:16:34
40	Greg Veltkamp	Winooski VT	3:16:55
41	David Roberts	Freeport ME	3:18:11
42	Roger Prevot	Chicago IL	3:18:22
43	James Doucet	Andover MA	3:18:22
44	Ray Webster	Burlington VT	3:18:36
45	Joe Holland	Concord NH	3:19:09
46	Victor Golovkin	Newtown MA	3:19:23
47	Jason Urckfitz	Mendon NY	3:19:38
48	Robert Burnham	Carlisle MA	3:19:50
49	W Perry Blaud	Westford VT	3:20:52
50	John Mathieu	Bath ME	3:21:30
51	Sean Jones	Billings MT	3:21:42
52	Hans Estrin	Putney VT	3:23:48
53	Donovan Freeman	Andover NH	3:23:54
54	Andrew Whelan	Portland ME	3:24:40
55	JP Hartnett	Fairfield VT	3:24:59
56	Eric Bakeman	Middlesex VT	3:25:25
57	Craig Pepin	Burlington VT	3:25:31
58	Tristan Baldwin	Amherst NH	3:26:07
59	Bryce Wing	Hanover NH	3:26:13
60	Malcolm Purinton	Burlington VT	3:26:19
61	Robert Primeau	Newport VT	3:26:32
62	John McGill	Montpelier VT	3:27:18
63	Jonathan Chaffee	W Lebanon NH	3:27:23
64	Jim Kobak	Peru NY	3:27:31
65	Don Hangen	Stow MA	3:28:00
66	Dhyan Nirmegh	Huntington VT	3:29:21
67	Allan Mead	Hinesburg VT	3:30:01
68	Lary Martell	Georgia VT	3:30:47
69	Bill McKibben	Ripton VT	3:31:34
70	Wesley DeNering	Ashland MA	3:31:47
71	Kristopher Denna	Bondville VT	3:32:02
72	Bret Vicary	Old Town ME	3:32:11
73	Greg Allen	Andover NH	3:32:56
74	Andrew Wojton	Port Chester NY	3:33:00
75	Karl Goetze	Richmond VT	3:33:13
76	Mark Arienti	Portland ME	3:33:59
77	Paul King	Tamworth NH	3:34:25
78	Shabir Kamal	Brattleboro VT	3:35:16
79	Phil Mahoney	Stevens Point WI	3:35:18
80	Leigh Mallory	Colchester VT	3:36:13
81	Kevin Higgins	Stillwater NY	3:36:29

82	Mark Lena	Orono ME	3:36:30
83	Ted Lystig	Danbury CT	3:36:56
84	Frederic Licht	Gray ME	3:38:12
85	Mark Danyla	Auburn ME	3:38:22
86	Peter Rayton	Northampton MA	3:39:39
87	Don Harmeyer	Underhill VT	3:40:28
88	Chris Thibaulteau	Lyndonville VT	3:40:42
89	Rick Gordon	Saxtons River VT	3:43:00
90	Ernst Linder	Durham NH	3:43:23
91	Luke Strauss	Rochester NY	3:45:21
92	Jason MacArthur	Marlboro VT	3:46:05
93	Todd MacKenzie	Underhill Ctr VT	3:48:32
94	Jacob Birchard	Amherst NH	3:48:42
95	Timothy Whitney	Brattleboro VT	3:48:57
96	David Hosmer	Stowe VT	3:49:18
97	Dykstra Duden	So Paris ME	3:49:31
98	Buddy Majernick	Greensboro Bd VT	3:49:37
99	Chris Black	Durham NH	3:50:56
100	Joshua Carlson	Wolcott VT	3:51:41
101	Scott McGovern	Peterborough NH	3:52:13
102	Pat McFalls	Pennellville NY	3:53:55
103	Jud Hartmann	Grafton VT	3:54:10
104	Michael Melnikov	Plainville MA	3:54:53
105	Alan McEwen	Weston MA	3:54:57
106	Amos Woodward	Auburn ME	3:55:15
107	Larry Nie	Manchester NH	3:56:17
108	Win Goodbody	Portland OR	3:56:51
109	Paul Ketzer	Orchard Park NY	3:57:56
110	Joseph Claus	West Falls NY	3:59:52
111	Dave Blumenthal	Montpelier VT	4:00:18
112	Richard Larsen	Shelburne MA	4:01:10
113	Janie Shanley	Montpelier VT	4:01:38
114	Mark Clough	Peacoth VT	4:02:12
115	Linton Kurt	Washington DC	4:02:54
116	Peter Kermont	Hanover NH	4:03:13
117	Paul Bierman	Burlington VT	4:05:37
118	Paul Gross	E ast Thetford VT	4:07:18
119	Ernie Lange	Bow NH	4:08:25
120	John Bakewell	Carlisle MA	4:09:34
121	Tim Flynn	Montpelier VT	4:11:17
122	Erik Remsen	Rutland VT	4:12:37
123	Bill Holland	Montpelier VT	4:12:54
124	Arthur LeBlanc	Pembroke NH	4:13:13
125	Mark Chmielewicz	Clinton NY	4:13:25
126	Loring Danforth	Lewiston ME	4:13:43
127	Russ Cone	Watertown MA	4:14:47
128	Eben Punderson	Weybridge VT	4:17:38
129	Nat Goodhue	Stowe VT	4:22:47
130	George Hall	Craftsbury Com VT	4:23:55
131	George Linton	Coventry VT	4:28:18
132	Daniel Goldblatt	Edina MN	4:31:10
133	Benj Deppman	Cornwall VT	4:31:16
134	Mika Latva-Kokko	Andover MA	4:31:48
135	Tom Hayward	Chamlermont MA	4:34:18
136	Daniel Baumert	Levant ME	4:36:03
137	Gregg Stone	Newton MA	4:36:11
138	Dwight Holmes	Brattleboro VT	4:36:31
139	Bjorn Lange	Concord NH	4:37:03
140	John Dalton	Carlisle MA	4:39:10
141	Bruce Katz	Colebrook NH	4:40:58
142	Ross Thurber	Brattleboro VT	4:43:17
143	Bill Birchard	Amherst NH	4:45:35
144	Carl Cignoni	Haydenville MA	4:45:59
145	Edward Olender	Syracuse NY	4:46:36
146	Wesley Norton	Peaks Island ME	4:47:04
147	David Miller	Mendota Heights MN	4:49:07
148	Mike Duffy	Shelburne MA	4:49:16
149	Andres Toranzo	No Fayston VT	4:49:24
150	David Meizis	Burlington VT	4:49:58
151	Eivind Rynning	Peaks Island ME	4:50:44
152	George Weber	Williston VT	4:50:48
153	Ray Owen	Orono ME	4:52:20
154	David Cassidy	Hanover NH	4:52:54
155	Ken Jobba	Ancester ON	5:00:20
156	Jim Adams	Altona NY	5:02:51
157	Dick Spaulding	Albany VT	5:08:34
158	Blair Hines	Chestnut Hill MA	5:10:14
159	Ben Burke	Woodlands TX	5:10:15
160	Stuart Stevens	Exeter NH	5:12:04
161	George Bates	Conton MA	5:12:31
162	David Keller	Concord NH	5:13:56
163	Lee Burnett	Springvale ME	5:25:50
164	Ed Grace	Coventry CT	5:26:19
165	Richard McAllister	Chittenango NY	5:31:07
166	Andrew Butler	Durham NH	5:35:47
167	Andrew Harvey	Waltham MA	5:38:41
168	Bruce Jacobson	St Paul MN	5:52:00
169	Dave Nadeau	Topsam ME	5:53:58
170	Leon Dixon	Montville NJ	6:27:36



MUSCLES NOT MOTORS

gear review

BY RYAN JAMES LECLERC

Whether you're a snowboarder or snowshoer, mountain hiker or mountain biker, Nordic skier or Nordic walker, you need gear. Each month, I review, right here, three items that I personally feel are especially cool. Here are my picks for this month.



KINETIC ROCK AND ROLL TRAINER

Riding a bicycle on a trainer in your living room may be a great way to maintain your fitness during the long winter months, but it is a tremendous bore. Aiming a fan at yourself, watching a Tour de France video, and having your loved ones stand beside you and cheer can help, but that, too, can grow tiresome. There really is no good way to make riding a trainer fun, but if you want to be able to drop your friends on those early spring rides, you need to do the time. For a trainer that strives to deliver as much of a realistic experience as possible, check out the Kintetic Rock and Roll trainer. It is the only trainer on the market that offers a natural side-to-side motion. This unique feature, which can be locked out, engages core muscles and improves your technique. Best of all, when you jump out of the saddle to sprint, your bike will "rock" just like on the road, and unlike rollers, when you beat Mark Cavendish to the line, you can throw your arms in the air and not worry about crashing into your coffee table. \$559. kurtkinetic.com.



AHNU FIRETRAIL XTR RUNNING SHOE

Running is another great way to work off the rust and "insulation" that accumulates over the course of the winter, and its get you out of the living room and away from that blasted trainer. But you can't just slap on your Chuck Taylors and head out on a 5K jog. To reduce the risk of injury, it is imperative that you have appropriate footwear. Talk to someone who knows the mechanics of the foot and can recommend the type of shoe that offers the proper support for your flat, pronated, or supinated feet, and then check out Ahnu. The 14.11-ounce Firetrail XTR, with its Neutral Positioning system, works to stabilize and center the heel upon impact, keeping the foot as neutral as possible during the roll and toe-off phases. Slip resistant lugs will keep you from crashing into a snowbank. \$115. ahnufootwear.com.



ORIGO PASO PEDOMETER WATCH

Whether you walk or run, it's nice to know how far you've gone. The Origo Paso Pedometer Watch will tell you your distance traveled and will also count your calories burned, steps taken, and even monitor your current speed. "Wow! I'm walking at three miles per hour!" Unlike conventional pedometers that need to be clipped to your hip, the Paso is worn on the wrist, so all those vital stats are easily accessible. But only glance at those stats. You wouldn't want to crash into a street lamp. \$40. origowatch.com. [7]



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Huge Spring SALE

25-50% off all
telemark, AT, backcountry,
cross-country, and skate
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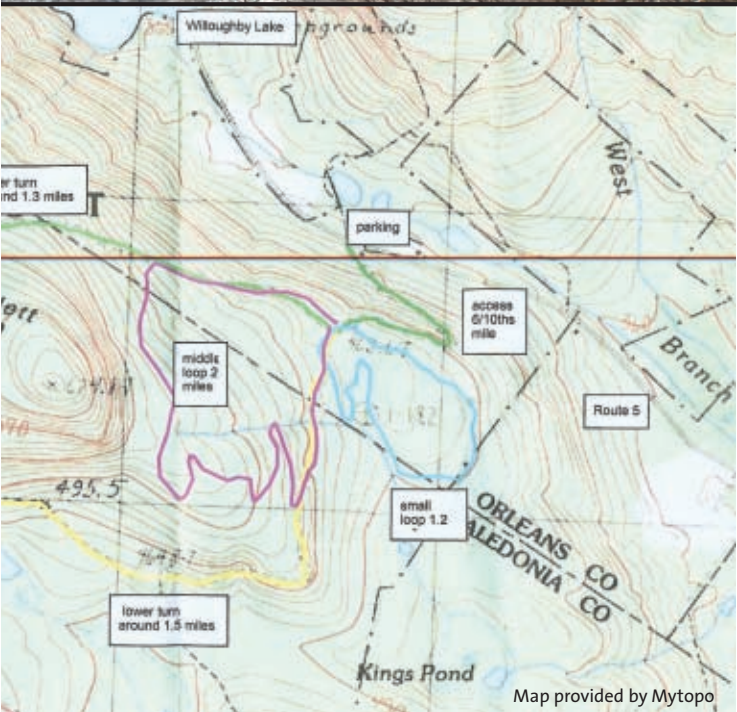


Skiing in Solitude

The Mount HOR Trails

BY SKY BARSCH, PHOTOS BY KATE CARTER





There's no rental shack, no waxing stations, not even a vending machine at the Mount Hor ski trails.

But if you just want to *ski*, then this is the place to be. The Mount Hor trails in the Willoughby State Forest in Westmore have awesome groomed tracks, a variety of rolling loops, some get-your-heart-rate-up hills, and the kind of solitude you can't find many places outside of the Northeast Kingdom. The trails are ready to ski early in the season and stay covered in snow well into April, thanks to the snow blowing off Lake Willoughby and the higher points of Mount Hor. With its minimal use, animal tracks remain untouched, and are clear and identifiable. The views are impressive, too, including a vista of Lake Willoughby, Mount Pisgah, and Vermont Route 5A, which bisects the two.

The buttery trails cut through a middle-aged hardwood forest at the south end of Lake Willoughby. They are maintained by the Memphremagog Ski Touring Foundation, which also maintains the trails near Lake Memphremagog in Newport. Specifically, it's groomer Stan Swaim who combs the trails and sets the tracks, making it a nice option for skating or classic, and even some backcountry skiing. Swaim has been grooming there for about three years and is the latest person to contribute to the maintenance of the trail system.

"It's not a large area; it's quite small, only about 15 kilometers," Swaim says. "But it's in a particular place that gets an awful lot of snow." Last season, people could ski until April 14, he said. "It just gets a lot of snow."

Dr. Peter Harris, who is the president of the Memphremagog Ski Touring Foundation, said he and Mike Kiser, the North Country Union High School Nordic coach, came across the spot almost 20 years ago, when they were cruising in a no-snow December, looking for a place to ski. "There was great snow up there covering the entire trail system," Harris says, "and we have used it as our early season and low-snow ski site ever since."

The network of trails is accessible by a road that the Civilian Conservation Corps built. Rick Eliot of Lyndonville

designed and advocated for the trails, Harris says. They are multi-use, with skiers, snowshoers, dogs, and even walkers getting to Mount Hor each winter.

The regulars are very loyal, and some have been coming for decades, Swaim says. "It's not a crowded place, it's a quiet place," he says. "People go there just to be quiet and see the Vermont woods."

Starting out, the access route, which is actually the CCC Road, takes you up a fairly steep climb. In six-tenths of a mile, you meet up with Small Loop and Middle Loop. Small Loop is about 1.2-miles and basically flat. Middle Loop is 2 miles, and when skied clockwise, is a winding and steady uphill, followed by an exhilarating downhill (not for a novice skier). As you head downhill, watch for a look-out spot on your left. It affords the stunning sight of Mount Hor's sister, Mount Pisgah, and her surreal-looking ice (and ice climbers). Shortly after starting into Middle Loop you can pick up Lower Turn Around, a 1.5-mile out-and-back easy trail. Middle Loop also connects you to Upper Turn Around, the continuation of the CCC Road. It's a 1.3-mile climb that cuts between Mount Hor and Bartlett Mountain. At the western end is the parking lot for the trailhead to Herbert Hawkes Trail, a backcountry ski and hiking trail that takes you up Mount Hor. Just beyond the trailhead is an ungroomed, but obvious, north-south path that has been packed out by snowshoers. It connects the western ends of Upper Turn Around and Lower Turn Around. The ungroomed portion is about six-tenths of a mile. You could also take a snowmobile trail to connect the two. It runs roughly parallel to the ungroomed connector, but is longer and might have snowmobile traffic.

Once you're familiar with the trails, you may want to enter the Mount Hor Hop, a New England Nordic Ski Association-sanctioned race held at the end of December. That may be the one "crowded" (and that's a relative term) day on the trails. Every other day, you may have them to yourself. As long as the word doesn't get out. ☐

Sky Barsch is a freelance writer who enjoys cross-country skiing in the Northeast Kingdom at half the pace of her fiancé, and eighth the pace of her dog.

■ **MORE INFO:** Visit the Memphremagog Ski Touring Foundation, www.mstf.net.

■ **GETTING THERE:** Heading south on Vermont 5A, look for the CCC Road about a half mile south of Lake Willoughby (on the right). Heading North on Vermont 5A, look for the CCC Road on the left about a mile after the turn for Nygrens Road. You can park in the plowed areas along Route 5A or at the bottom of the CCC Road.

■ **COST:** Trail use is free to Memphremagog Ski Touring Foundation members, or leave a few dollars at the donation box.

■ **DIVERSIONS:** Make sure you try the carrot soup—or whatever soup is on—plus

the one-pound brownie at **Northern Exposure Country Store**, 1266 Route 5A. You've earned it!

The ice on **Mount Pisgah** is well-known for climbing.

The **Evansville Trading Post**, on Vermont Route 58, is one of those Vermont general stores that has *everything*.

■ **Maps:** Special thanks to **Mytopo** for permission to reprint the ski trail map. You can view fully detailed USGS topo maps for the U.S. and Canada at www.mytopo.com. Aerial photos of the U.S. are also available for viewing, as well as historical maps of New England.

Clockwise from top left: Author Sky Barsch and Josh Gleiner discuss the view of Mount Pisgah and Lake Willoughby with Mesa; Sky Barsch and Lauren Stagnitti in the hardwoods of Small Loop, with Brewster chasing; Stan Swaim and Spring drive a Yamaha Big Bear four wheeler to groom the trails; It's called Bartlett Mountain Road in the summer, Small Loop in the winter.

2009

Summer Sports CAMP GUIDE

The *Vermont Sports* 2009 Summer Camp Guide lists over 30 camps in Vermont that focus on outdoor sports-related activities. Most are the same sports we traditionally cover in our editorial content, such as running, mountain biking, canoeing, kayaking, hiking, climbing, adventure, and outdoor skills. This guide includes a basic description of each camp's offerings. The section at the beginning on how to choose a camp will help you find the most appropriate one for you or your children. Whatever type of experience you are seeking, you're sure to find mountains and streams of summer fun at any of the camps described here. If specific camp dates are not included in the descriptions that follow, you can find them at each camp's web site.

CHOOSING A CAMP

The American Camping Association recommends every parent ask camp directors or themselves the following questions when choosing a camp for their child:

- What is the camp's philosophy and program emphasis? Does the camp match your own parenting philosophy? Have you taken into consideration your child's personality and learning style?
- What is the camp director's background? ACA minimum accreditation standards recommend directors possess a bachelor's degree, have completed in-service training within the past three years, and have at least 16 weeks of camp administration experience.
- What training do counselors receive? At a minimum, camp staff should be trained in safety regulations, emergency response, behavior management, child abuse prevention, appropriate staff and camper behavior, and supervisory procedures.
- What is the counselor-to-camper ratio? ACA accreditation standards require: for resident camps, one staff member to six campers (ages 7-8); one to eight (ages 9-14); and one to 10 (ages 15-17). For day camps, one staff member to eight campers (ages 6-8); one to 10 (ages 9-14) and one to 12 (ages 15-17).
- What percentage of the counselors returned from last year? Look for a 40- to 60-percent return rate. If it's lower, ask why.
- How are behavioral and disciplinary problems handled? Find out, and decide if you approve of the methods.
- How does the camp accommodate campers with special needs? If your child requires daily medication, make sure the directors understand the situation. Are special foods available for children with dietary requirements?
- How does the camp deal with homesickness and other adjustment issues? Be sure you and your child are comfortable with the camp's guidelines on parent/child contact.
- What about references? Ask for some and follow up on them.

ABBREVIATIONS

ACA=American Canoe Association; CPR=Cardiac Pulmonary Resuscitation; WFR=Wilderness First Responder; WEMT=Wilderness Emergency Medical Technician; WEA=Wilderness Education Association.



ADVENTURE, WILDERNESS, & OUTDOOR SKILLS

CATAMOUNT ECOLOGY CONSERVATION CAMP

This weeklong half-day program is for students, ages 9-12, who have a genuine interest in the natural world. This exploratory camp covers topics such as Leave No Trace ethics, nature journaling, active conservation and trail building, wildlife management, and nature education.

Year founded: 2007. **Staff/camper ratio:** 2:15. **Directors:** Eric Bowker and Ian Sullivan. **Tuition range:** \$120. **Contact info:** Catamount Family Center, 592 Governor Chittenden Rd., Williston, VT, 05495, 802-879-6001, 802-879-6066 (fax), camps@catamountoutdoor.com, www.catamountoutdoor.com.

EXTREME ADVENTURES OF VERMONT VERMONT ADVENTURE CAMPS

VAC is dedicated to helping teens enjoy, respect, and live in harmony with nature. Throughout the summer there are eight 6-day adventure day camps for ages 11-14. There are also four 14-day overnight adventure camps for ages 14-17, where campers embark on daily adventures and return to camp each night, where they sleep in lean-tos or at the Adventure Lodge.

Year founded: 2004. **Staff/camper ratio:** 1:5. **Director:** Willie Williams. **Tuition range:** \$800-\$1,100/week. **Contact info:** PO Box 1035, Chester, VT, 05143, 802-875-5626, campinfo@vermontadventurecamps.com, www.vermontadventurecamps.com.

FARM & WILDERNESS SUMMER CAMPS

Farm & Wilderness operates six nurturing and creative camps for boys and girls ages 4-17. Programs emphasize teamwork, community building, individual challenge and responsibility. Campers work on the organic farm, hike, backpack, canoe, swim, create art and music. Visit the website for pictures, videos, and testimonials!

Year founded: 1939. **Staff certifications:** WFA, WFR, CPR, LGT. **Staff/camper ratio:** 1:3. **Director:** Pieter Bohen. **Tuition range:** \$500-\$6,800. **Contact info:** 263 Farm and Wilderness Road, Plymouth, VT, 05056, 802-422-3761, Linda@farmandwilderness.org; www.farmandwilderness.org.

GREEN MOUNTAIN ADVENTURES

Sponsored by Middlebury Mountaineer, Green Mountain Adventures offers a wide variety of challenging, safe, and supportive day and overnight adventure programs for young people ages 9-15. Participants take part in multi-activity wilderness adventures, including kayaking, fly fishing, mountain biking, geocaching, climbing, and adventure racing. All camps venture into the backcountry in and around the Green Mountains.

Year founded: 1998. **Staff certifications:** ACA-certified paddle instructors, CPR, First Aid, WFR, WEMT, Firefighter I. **Staff/camper ratio:** 1:5. **Directors:** Steven Atocha and Caroline Damon. **Tuition range:** \$150-\$600. **Contact info:** Middlebury Mountaineer, 2 Park St., Middlebury, VT, 05753, 802-388-7245, info@mmvt.com, www.mmvt.com.

HULBERT OUTDOOR CENTER VOYAGEURS YOUTH TRIPS

One- and two-week co-educational adventures for children ages 10-16. Canoeing, rock climbing, whitewater kayaking, and more. June 24 through August 18.

Info: 802-333-3405, or visit www.HulbertVoyageurs.org.

MAD RIVER GLEN NATURALIST ADVENTURE CAMP

Children challenge themselves with exciting adventures, skill-building lessons, and an awareness of the natural world. Camp activities include rock climbing, kayaking, biking, canoeing, hiking, and swimming, combined with naturalist skills, such as observation, wildlife tracking, birding, and ecology.

Staff certification: AHA/Red Cross First-Aid and CPR, WFA and Responder.

Staff/camper ratio: 1:7. **Director:** Sean T. Lawson. **Tuition range:** \$47-\$55/day. **Contact info:** Mad River Glen Cooperative, 62 Mad River Resort Rd., PO Box 1089, Waitsfield, VT, 05673, 802-496-3551 ext. 117, sean@madriverglen.com, www.madriverglen.com/naturalist.

NIGHT EAGLE WILDERNESS ADVENTURES

Located in the Green Mountains, Night Eagle is a primitive summer camp for boys ages 10-14. Campers develop an authentic sense of personal accomplishment and learn to rely on their own ingenuity while they live in tipis, go canoeing, hiking, and backpacking, and learn and practice wilderness skills. The summer camp community fosters cooperation, rather than competition. Two-week, three-week, and six-week sessions available.

Year founded: 2000. **Staff certification:** Red Cross Lifeguard, Professional Rescue, WFR, RN. **Special accreditation:** ACA. **Staff/camper ratio:** 1:4. **Director:** Bruce Moreton. **Tuition range:** \$625-\$800 per week. **Contact info:** PO Box 374, Cuttingsville, VT, 05738, 802-773-7866, nightegl@sover.net, www.nighteaglewilderness.com.

PETRA CLIFFS SUMMAT DAY CAMP & EXPEDITIONS (SUMMER MOUNTAIN ADVENTURE TRAINING)

During Day Camp, children ages 6-14 discover adventure and challenge through climbing, kayaking or sailing, caving, hiking, ropes courses, swimming, and games. On Overnight Expeditions, for ages 12-16, kids explore nature and learn skills through climbing, hiking, and sea kayaking or whitewater rafting. Trips go to Maine, Adirondacks, New England, and beyond.

Year founded: 2000. **Staff certifications:** WFR, CPR, Basic Water Safety, Van Safety. **Staff/camper ratio:** Day Camp, 1:5; Expeditions, 1:4. **Director:** Andrea Charest. **Tuition range:** Day Camps, \$315 (discounts available); Expeditions, check web site. **Contact info:** Petra Cliffs Climbing Center & Mountaineering School, 105 Briggs St., Burlington, VT, 05401, 802-657-3872, 866-65-PETRA, info@petracliffs.com, www.petracliffs.com.



Vermont
Adventure
Camps

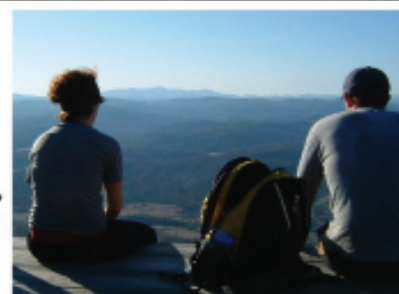


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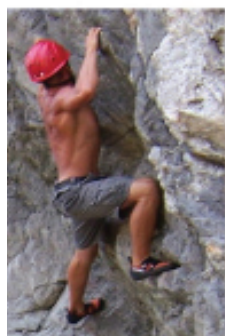


Wilderness Adventures dedicated to helping people enjoy, respect
and create a sense of harmony with nature, while challenging their
mind and body.

www.ExtremeAdventuresVT.com

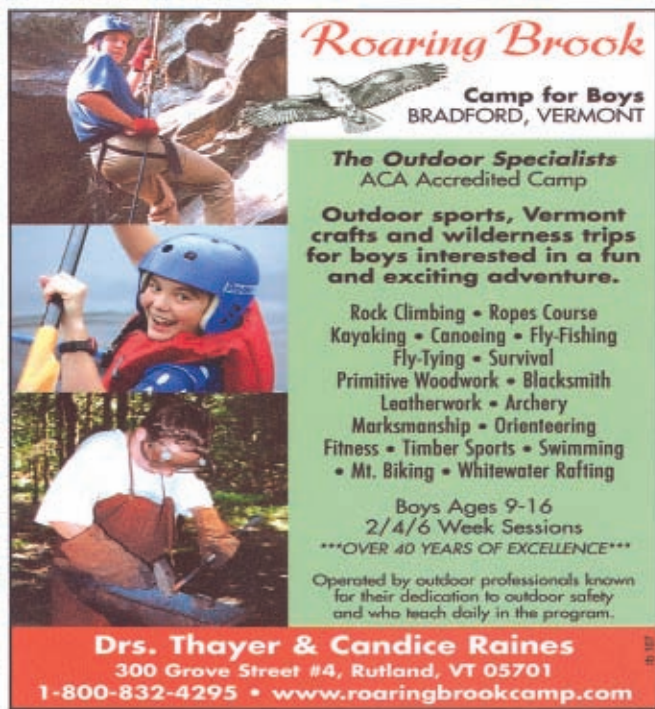
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EXTREME
ADVENTURES
OF
VERMONT



ROARING BROOK CAMP FOR BOYS

For over 45 years, Roaring Brook Camp, for boys ages 9-16, has specialized in providing outdoor skills and sports instruction, and backpack/canoe trips. Located on a 650-acre forest preserve with a 15-acre private lake, the camp provides an ideal setting for a fun and exciting adventure. Activities include rock climbing, rappelling, ropes course, Tyrolean traverse, survival, orienteering, swimming, kayaking, canoeing, fishing, and more. Special event days include Woodsman's Weekend, Survival Solo, Orienteering Day, and Triathlon. Canoe trips are held in Maine, and backpack trips are in the White Mountains.



Roaring Brook
Camp for Boys
BRADFORD, VERMONT

The Outdoor Specialists
ACA Accredited Camp

Outdoor sports, Vermont crafts and wilderness trips for boys interested in a fun and exciting adventure.

Rock Climbing • Ropes Course
Kayaking • Canoeing • Fly-Fishing
Fly-Tying • Survival
Primitive Woodwork • Blacksmith
Leatherwork • Archery
Marksmanship • Orienteering
Fitness • Timber Sports • Swimming
• Mt. Biking • Whitewater Rafting

Boys Ages 9-16
2/4/6 Week Sessions
OVER 40 YEARS OF EXCELLENCE

Operated by outdoor professionals known for their dedication to outdoor safety and who teach daily in the program.

Drs. Thayer & Candice Raines
300 Grove Street #4, Rutland, VT 05701
1-800-832-4295 • www.roaringbrookcamp.com

Year founded: 1965. **Staff certification:** ACA. **Staff/camper ratio:** 1:3. **Directors:** Drs. J. Thayer and Candice L. Raines. **Tuition range:** 2 weeks, \$2050; 4 weeks, \$3,850; 6 weeks, \$5,350. **Contact info:** (Winter) 300 Grove St., #4, Rutland, VT, 05701, 800-832-4295; (Summer) 480 Roaring Brook Rd., Bradford, VT, 05033, 802-222-5702; (all year) rainest@sover.net, www.roaringbrookcamp.com.

YMCA CAMP ABNAKI

Camp Abnaki is located at the southern tip of North Hero Island, along the shores of Lake Champlain. The camp accommodates 150 campers, ages 6-16. Activities include swimming, canoeing, kayaking, sailing, windsurfing, archery, crafts, and hiking, as well as wilderness adventure and leadership programs for teens. Labor Day and Memorial Day Family Camp Weekends are also available.

Year founded: 1901. **Staff certifications:** CPR, First Aid, lifeguard, full-time R.N. on site. **Special accreditation:** American Camp Association. **Staff/camper ratio:** 2:5. **Director:** Jon Kuypers. **Tuition range:** one-week session \$530; two-week session \$935. **Contact info:** 266 College St., Burlington, VT, 05401, 802-862-9622 ext. 8993, 802-862-9984 (fax), jkuypers@gbymca.org, www.campabnaki.org.

ALPINE SKIING/SNOWBOARDING

THE STOWE SUMMER SPORTS FESTIVAL


Instructional Dryland Alpine Ski Racing Camp is July 26-31 (Session I) and August 2-7 (Session II) for boys and girls entering grades 3-10. Campers may attend one or both camps. Technical balance and gate training on inline skates and various forms of dryland training, including mountain biking, are featured.

Year founded: 1986. **Staff certifications:** All camp coaches are college or prep-level coaches or equivalent. **Staff/camper ratio:** 1:5. **Director:** Grady Vigneau. **Tuition:** \$745 for one session; \$1,450 for both sessions. **Contact info:** Round Hearth Lodge at Stowe, 39 Edson Hill Rd., Stowe, VT, 05672, 802-253-7223, 800-344-1546, info@roundhearth.com, www.VTsportsamps.com.

CANOEING, KAYAKING, SCULLING

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Clearwater Sports offers a variety of fun and educational kayak instructional camps for kids ages 7-16, in one-day, three-day and five-day programs. Kids learn boat-handling skills in flatwater, then progress to moving-water skills and reading the river, eventually progressing to whitewater paddling on a safe stretch of river. Multi-



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Session Three July 5-July 10 Ages 10-13 BOYS
Session Four July 12-July 17 Ages 8-13 BOYS
Session Five July 19-July 24 Ages 8-16 GIRLS

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DARTMOUTH COLLEGE, HANOVER, NH
Boarding Sessions

Session One July 26-July 31 Ages 13-17 GIRLS
Session Two August 2-August 7 Ages 14-17 GIRLS
Session Three August 2-August 14 Ages 13-17 GIRLS
Session Four August 9-August 14 Ages 14-17 GIRLS

ADULT WOMEN'S CLINIC
July 17-19 Ages 22 and up WOMEN

DAY CAMP
July 20-July 24 Ages 5-13 COED

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day camps allow campers to refine and perfect all skills, and the opportunity to explore many New England waterways.

Year founded: 1975. **Staff certifications:** CPR, SOLO. **Staff/camper ratio:** Whitewater 1:3, Flatwater 1:6. **Director:** Guy W. Dedell. Rates: \$55-\$700, depending on program. **Contact info:** Clearwater Sports, 4147 Main St., Waitsfield, VT, 05673, 802-496-2708, clearwatersport@madrivier.com, www.clearwatersports.com.

CRAFTSBURY SCULLING CENTER

The oldest sculling camp in the U.S., the Craftsbury Sculling Center is one of the definitive training locations and experiences for scullers worldwide. Campers learn all aspects of the sport, from basics to elite racing. The Center was recently purchased and reorganized as a non-profit organization. Check the web site for additions to the traditional summer programs.

Year founded: 1976. **Staff/camper ratio:** 1:5. **Director:** Norm Graf. **Tuition range:** \$585 (low-season weekend) to \$1,130 (high-season week). **Contact info:** Craftsbury Outdoor Center, 535 Lost Nation Rd., Craftsbury Common, VT, 05827, 802-586-7767, 802-586-7768 (fax), stay@craftsbury.com, www.craftsbury.com.

HORSEMANSHIP

DARTMOUTH RIDING CENTER HORSEMANSHIP CLINICS

Dartmouth Riding Center offers a series of horsemanship clinics for children throughout the summer in weekly sessions, mornings, 9 a.m. to noon. All clinics have stable management lectures daily, with an emphasis on safety and correct technique. Lectures vary with each session according to level, with the younger children and beginners learning the basics of grooming, grooming tools, parts of the horse, tack parts, tack cleaning, and tacking up. Advanced students have practical experience with bandaging, braiding, and trimming, as well as grooming and tack cleaning.

Year founded: 1980. **Staff certifications:** ARICP. **Staff/camper ratio:** 1:3. **Director:** Sally Batton, Director of Riding, ARICP Level III. **Tuition range:** \$350/week. **Contact info:** PO Box 351, Etna, NH, 03750, 603-643-1808, www.dartmouth.edu/~drc/

MOUNTAIN BIKING

CATAMOUNT MOUNTAIN CAMPS FOR KIDS

Catamount offers a variety of co-ed mountain bike camps for kids who want to improve their off-road riding skills. Cubs 5-Day Mountain Bike and Activities Camp (ages 8-9) is a half-day camp; Cadets 5-Day Camp (ages 9-10) is a full day camp; Catamount Kids 5-Day Camp (ages 11-13) is a full-day camp; Juniors 5-Day Camp (ages 13-16) is a full-day camp or overnight week option; Junior Intermediate/Advanced Camp (ages 13-16) is a full-day or overnight week option; Freeride Camp (ages 13-17) is a full-day camp. All camps include bike handling skills, safety, and mechanics. Extra options include Wednesday night races, overnights, and strategies/tactics, all in a non-intimidating environment.

Year founded: 1994. **Staff/camper ratio:** 3:20 or 2:15, depending on program. **Directors:** Eric Bowker and Ian Sullivan. **Tuition range:** \$120-\$430, depending on program. **Contact info:** Catamount Family Center, 592 Governor Chittenden Rd., Williston, VT, 05495, 802-879-6001, 802-879-6066 (fax), camps@catamountoutdoor.com, www.catamountoutdoor.com.

CATAMOUNT LITTLE BELLAS CAMPS

Catamount offers two all-girls camps: Little Bellas 5-Day Camp (ages 8-10) is a half-day camp; Little Bellas 5-Day Camp (ages 11-14) is a full-day camp. Both continue the programming of Catamount's Little Bellaship and focus on adventure, challenge, and off-road riding.

Year founded: 1994. **Staff/camper ratio:** 3:20-25. **Directors:** Eric Bowker and Ian Sullivan.


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Tuition range: \$120. **Contact info:** Catamount Family Center, 592 Governor Chittenden Rd., Williston, VT, 05495, 802-879-6001, 802-879-6066 (fax), camps@catamountoutdoor.com, www.catamountoutdoor.com.

CATAMOUNT WOMEN-ONLY SKILLS CAMP

This one-day camp for women only is for beginners and intermediates and is taught by women who focus on building confidence and skill.

Year founded: 1994. **Staff/camper ratio:** 2:15. **Directors:** Eric Bowker and Ian Sullivan. **Tuition range:** \$80. **Contact info:** Catamount Family Center, 592 Governor Chittenden Rd., Williston, VT, 05495, 802-879-6001, 802-879-6066 (fax), camps@catamountoutdoor.com, www.catamountoutdoor.com.

CATAMOUNT CO-ED ADULT SKILLS CAMP

This one-day camp for men and women is divided into beginner/intermediate and intermediate/advanced.

Year founded: 1994. **Staff/camper ratio:** 2:15. **Directors:** Eric Bowker and Ian Sullivan. **Tuition range:** \$80. **Contact info:** Catamount Family Center, 592 Governor Chittenden Rd., Williston, VT, 05495, 802-879-6001, 802-879-6066 (fax), camps@catamountoutdoor.com, www.catamountoutdoor.com.

COYOTE HILL MOUNTAIN BIKE CAMP

Coyote Hill Mountain Bike Camp offers a wide variety of overnight camps and day programs for juniors and adults of all ages and abilities. Skills and mechanics clinics are taught by former professional mountain bike racer Tom Masterson, his wife Gabriela Formankova, and other experienced staff. Coyote Hill has a trail network that includes miles of singletrack, doubletrack, dirt roads, a challenging freeride park, dirt jumps, lots of exciting downhill, a pump track, and a traveling downhill camp. Lodging includes rooms in the farmhouse, cabins, and a bunkhouse, with hearty homemade meals. Overnight camps include all meals, snacks and lodging.

Year founded: 1996. **Staff certifications:** WFA, CPR, licensed NORBA coaches. **Special accreditation:** Vermont Camping Association. **Staff/camper ratio:** 1:4. **Director:** Tom Masterson. **Tuition range:** \$225-\$695. **Contact info:** PO Box 312, Fairlee, VT, 05045, 802-222-5133, coyotehill@valley.net, www.coyotehillcamp.com.

GRAFTON PONDS OUTDOOR CENTER

Campers are introduced to the surrounding outdoor world, while participating in mountain biking, canoeing, and hiking, and learning to be responsible stewards of the environment.

Year founded: 1998. **Staff/camper ratio:** 1:6. **Director:** Bill Salmon. **Tuition range:** \$250. **Contact info:** Grafton Ponds Outdoor Center, PO Box 9, Grafton, VT, 05146, 802-843-2400, info@grafftonponds.com, www.grafftonponds.com.

RUNNING

CATAMOUNT CROSS-COUNTRY RUNNING CAMP

Catamount offers two camps: Trail Running for Fun (12-17 years old), which provides an opportunity to those who are interested in improving their physical fitness; and Trail Running for Competition (13-17 years old), for those wishing to hone their skills



Photo courtesy Middlebury Mountaineer.

and gain a competitive edge. Both are weeklong, half-day programs.

Year founded: 2006. **Staff/camper ratio:** 2:15. **Directors:** Eric Bowker and Ian Sullivan. **Tuition range:** \$120. **Contact info:** Catamount Family Center, 592 Governor Chittenden Rd., Williston, VT, 05495, 802-879-6001, 802-879-6066 (fax), camps@catamountoutdoor.com, www.catamountoutdoor.com.

CRAFTSBURY RUNNING CAMPS

For nearly 30 years, runners and triathletes of every level and all ages have come to Craftsbury for expert coaching, camaraderie, healthy food, and an unmatched natural environment. Runners learn technique, training schedules, racing tips, nutrition, biomechanics. Hiking, swimming, canoeing, and kayaking also available. The Center was recently purchased and reorganized as a non-profit organization. Check the web site for additions to the traditional summer programs.

Year founded: 1976. **Staff/camper ratio:** 1:7. **Director:** Greg Wenneborg. **Tuition range:** \$785 for 5-day camps; \$419 for weekends. **Contact info:** Craftsbury Outdoor Center, 535 Lost Nation Rd., Craftsbury Common, VT, 05827, 802-586-7767, 802-586-7768 (fax), stay@craftsbury.com, www.craftsbury.com.

GOLD MEDAL CAMP AT DARTMOUTH COLLEGE


This running camp is designed to help high school runners prepare for the fall cross-country season. Campers train twice daily and attend two meetings a day to learn more about their sport. Campers stay in Dartmouth dorms and their training runs take place on and around the Dartmouth campus in Hanover, NH. This year's camp dates are August 2-6.

Year founded: 1969 (in Pennsylvania, at Dartmouth since 1993). **Staff certification:** Director is collegiate coach. **Staff/camper ratio:** 1:9. **Director:** Barry Harwick. **Tuition range:** \$480 for individuals; \$460 for teams of 5 or more. **Contact info:** 12 Reservoir Rd., Hanover, NH, 03755, 603-646-2540, 603-643-3348 (fax), barry.harwick@Dartmouth.edu.

GREEN MOUNTAIN RUNNING CAMP

Green Mountain Running Camps are endorsed by Nike and held between semesters at Lyndon State College. High school athletes are instructed, coached, and entertained on backcountry dirt roads and nearby cross-country ski trails. Past guest coaches

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and runners have included Vinny Lananna (Oregon), Maribel Souther (Dartmouth), Marcus O'Sullivan (Villanova) and Barry Harwick (Dartmouth). Each day features 30 running-related topics from which to choose. Three one-week sessions are August 2-8, 9-15, and 16-22.

Year founded: 1974. **Staff/camper ratio:** 1:6. **Director:** John Holland. **Tuition:** \$675. **Contact info:** 1720 Baptist Church Rd., Yorktown Heights, NY, 10598, 914-962-5238, jhhgmrc@aol.com, www.greenmountainrunningcamp.net.

GREEN MOUNTAIN RUNNING COACHES WORKSHOP

The Nike Support Program for coaches is held concurrently with the Green Mountain Running Camp, August 2-8. The program is designed to help strengthen coaching at the grassroots level in both cross-country running and track. It is geared to both veteran and new coaches who lack extensive background in physical education or exercise science. The curriculum is based on Coach Roy Benson's book "The Runner's Coach, A Workout Book."

Year founded: 1992. **Director:** John Holland. **Tuition range:** \$325-\$1,750, depending on duration and accreditation. **Contact info:** 1720 Baptist Church Rd., Yorktown Heights, NY, 10598, 914-962-5238, jhhgmrc@aol.com, www.greenmountainrunningcamp.net.

LAKE CHAMPLAIN WOMEN'S RUNNING CAMP

Created specifically for women, this running camp, located at Basin Harbor Club in Vergennes, offers participants a unique vacation of activity, education, relaxation, and camaraderie. Under the guidance and support of an expert, all-female staff, women of all abilities train on flat backcountry roads and soft trails. Daily workshops include principles of training, form drills, stretching, core strengthening, water-running, track workouts, nutrition information, sports psychology, and injury prevention. This year's camp is June 7-13.

Year founded: 2004. **Staff/camper ratio:** 1:4, maximum 20 campers. **Director:** RunVermont camp director Andréa Sisino. **Tuition range:** \$125/day; \$1,300/week. **Contact info:** RunVermont, 1 Main St., Suite 305, Burlington, VT, 05401, 802-863-8412, 800-880-8149, info@runvermont.org, www.runvermont.org.

THE STOWE SUMMER SPORTS FESTIVAL

The Cross-Country Running Camp is a weeklong residential and commuter instructional sports camps. It will be held August 9-14 in Stowe at dedicated youth group

lodges. Camp offers technical instruction for boys and girls entering grades 7-12.

Year founded: 1986. **Staff certifications:** All camp coaches are college or prep-level coaches or equivalent. **Staff/camper ratio:** 1:5. **Director:** Grady Vigneau. **Tuition range:** \$475. **Contact info:** Round Hearth Lodge at Stowe, 39 Edson Hill Rd., Stowe, VT, 05672, 802-253-7223, 800-344-1546, info@roundhearth.com, www.VTsportsamps.com.

TEAM SPORTS

CRV HOCKEY ACADEMY

CRV Hockey Academy offers a 3-on-3 league Skills Camp, including a variety of sports and adventure activities, off-ice as well as on-ice. New this year is Therapeutic Adventure consultation for summer adventure activities.

Director: Joe Perron. **Tuition range and Contact info:** see www.cvrhockeyacademy.com.

ELITE HOCKEY TRAINING CENTERS

Offering both boarding and day programs at Norwich University and Dartmouth College, several sessions for boys and girls, ranging in age from 5-17, are held throughout the summer. Women's Clinic is offered at Dartmouth College July 17-19 for ages 21 and up.

Year founded: 1986. **Staff/camper ratio:** 1:5. **Director:** Patti Crowe. **Tuition range:** \$350-\$750/week. **Contact info:** PO Box 169, Hanover, NH, 03755, 603-643-2078, elite.hockey@valley.net, www.elitehockeycamps.com.

WATERSPORTS

STORMBOARDING ADRENALIN WATERSPORTS CAMP & LEARN TO SAIL WITH LCCSC

Explore, swim, windsurf, kayak, and learn to sail—this camp runs entirely on Lake Champlain. Leave from the Community Sailing Center and explore shipwrecks with an ROV (underwater robotic camera), swim in waterfalls, explore islands, and learn to windsurf and sail. Great for active kids ages 11-15 who love the water. This is a partnership camp between Stormboarding and the Lake Champlain Community Sailing Center.

Year founded: 2004/1996. **Staff certifications:** U.S. Coast Guard Licensed Captains, windsurfing instructor, sailing instructor trainer. **Staff/camper ratio:** 1:6 max. **Directors:** Rachael Miller and Kate Neubauer. **Tuition range:** \$350/week full-day sessions. **Contact info:** 802-864-2499 (LCCSC), www.stormboarding.com or www.communitysailingcenter.org

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ZUTTERMEISTER CHRONICLES

BY
TOM ZUTTERMEISTER

TRAINING FOR A BACK-TO-BACK CENTURY RIDE

There is nothing like seeing your mileage in print and realizing that you have to pick it up a notch (or two!). In 15 days, over 11 hours and 53 minutes, I averaged 18.6 miles per hour to bike a total of 222.3 miles for the month of January. This brings my total to 584 miles since October 8, 2008. Ten of the sessions were 40 minutes in length, while the other five were an hour in length.

Of course, it helps to have good equipment. My bike is a Specialized Allez with a triple chainring up front (I know—a granny gear) and an eight speed cassette in back. I also use an inside tire, which has better contact with the trainer and is a whole lot quieter than an outside tire. About two years ago, I put on an aero bar. At first, the bike was very twitchy (I would think about going left and I was on the double yellow line a second later), but you get used to it. For both indoor and outdoor riding, the aero bar gives you a whole new position and the ride is much easier on your back.

My trainer is the Cyclops Fluid Trainer 2. The fluid generates more resistance the faster you go, which better simulates conditions on the road. The trainer also has a fly wheel which helps smooth out the ride. I was lucky—I got a good deal from one of my indoor soccer teammates. He also threw in the wheel block (which helps keep the bike level) and the rubber mat (which keeps the oil and sweat off the carpet). Thanks John. You can back me up in goal whenever you want.

For shoes and pedals, I wear Specialized Tahoes. The sole is very stiff, yet has tread so I can walk normally. They have held up very well



in the time that I have used them. I use the old fashioned cages and toe clips on my pedals instead of clipless. The shop owners tell me I could get 20 percent more power and efficiency if I switched to cleats and clipless, but I stick with the toe clips for two reasons. The first is that I have no ACL in my knee, and the twisting motion to get out is painful and potentially harmful. The second is that I don't want to tip over like the Tower of Pisa at an intersection. I'm OK sacrificing efficiency for safety and peace of mind.

If you are going to bike any distance (say 50 miles or more), you've got to wear bike shorts. I have three pairs of

Specialized shorts. I also have two pairs of Trek, one of which is a pair of baggy men's shorts. Basically, they have a nylon shell with pockets, and if you're self conscious, this, umm... covers you up.

I have three pairs of gloves, and I use the Treks all the time for indoor riding. Not only are they comfortable, but they have terry cloth on the back to wipe off sweat. The shirts that I use indoors are just normal T-shirts that absorb the sweat and allow me to wipe more sweat.

Speaking of sweat, one of the best tips I got from Claremont Cycle Sports' web site was to run a fan during my

workouts. It is set to rotate and not blow directly on me for the entire time. It makes a huge difference for the comfort level of the ride.

So, to review, I have 416 miles to complete over the next 12 weeks. I plan to bike between 150 to 200 miles in February. ▮

Editor's note: Tom will report on his training progress every month in this space, and ultimately let us know how he fared in *The Prouty Ultimate* on July 10-11, 2009. This is his second installment. For more info about *The Prouty* and the *Prouty Ultimate*, go to www.theprouthy.org.

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CALENDAR OF EVENTS

ADVENTURE RACING

MARCH

- 7 MVP Health Care Frigid Infliction Winter Adventure Race, Bolton, VT, Tim Curtin, tim@gmara.org, www.gmara.org/frigid

ALPINE SKIING

MARCH

- 7 George Syrovatka Downhill Race, Jay Peak Resort, Jay, VT, Brian Keet, bkeet@jaypeakresort.com, www.jaypeakresort.com
21 IFSA Extreme Competition, Jay Peak Resort, Jay, VT, Brian Keet, bkeet@jaypeakresort.com, www.jaypeakresort.com
29 CHAD Ski & Ride Festival for Children's Hospital at Dartmouth, Dartmouth Skiway, Lyme, NH, www.chadskifest.org

APRIL

- 4 Jay Peak Mogul Competition, Jay, VT, Brian Keet, bkeet@jaypeakresort.com, www.jaypeakresort.com

BACKCOUNTRY SKIING

MARCH

- 1 2nd Annual Catamount Trail Backcountry Challenge Race, Trapp Family Lodge, Stowe, to Bolton Valley Resort, Bolton, VT, Jim Fredericks, jfredericks@catamounttrail.org, www.catamounttrail.org
14 USSMA Magic Mountain Spring Rando Race, Magic Mountain, So. Londonderry, VT, www.ussma.org

APRIL

- 11 USSMA Sugarloaf Reggae Randonee Race, Sugarloaf, ME, www.sugarloaf.com/events/calendar

CANOE/KAYAK

MARCH

- 7,21,28 Vermont Paddlers Club Pool Sessions, 6-8PM, UVM, Burlington, VT, Chris Weed, www.vtpaddlers.net/paddle/pool/index.php?one=60&session60, ccw@pkc.com

CROSS-COUNTRY SKIING

MARCH

- 7 Craftsbury Spring Fling, Craftsbury Outdoor Center, Craftsbury Common, VT, John Brodhead, johnbrod@craftsbury.com, www.craftsbury.com
7-8 Relay For Life NordicStyle 2009, Trapp Family Lodge, Stowe, VT, Jessica Blais, jessica.blais@cancer.org, www.relayforlife.org/nordicstyle
8 Maxiglide Ski to the Clouds, Great Glen Outdoors Center, Gorham, NH, Amy Kuzma, amy@greatglenentrails.com, www.skitothecLOUDS.com
14 Carl Johnson Memorial 5K, Great Glen Trails, Gorham, NH, Amy Kuzma, amy@greatglenentrails.com, www.greatglenentrails.com

- 15 Hit the Trails for Free, 1-3PM, the Log Cabin behind Hazen Union, Hardwick, VT, Ron or Norma, 802-472-6517, chamber@heartoftvt.com, <http://hardwicksoftware.com/calendar/index.php>

ONGOING

- Tuesdays (through March 3), Great Glen Nordic Meisters, Gorham, NH, Amy Kuzma, amy@greatglenentrails.com, www.greatglenentrails.com/Winter-Page-106.html
Thursdays (through March 12), 10AM, Highland Lodge Thursday Ski Inns, free group ski, lunch available, Highland Lodge, Greensboro, VT, reservations, 802-533-2647.
Sundays (through closing), Viking Nordic weekly individual time trial series, Viking Nordic Center, Londonderry, VT, www.vikingnordic.com/pages/viking_time_trials.php
Sundays, 8AM, Women-only Ski Tours, Catamount Outdoor Center, 802-879-6001, www.catamountoutdoor.com

CYCLING

MAY

- 17 Dust Off, for the Community Food Cupboard, all distances and ability levels, Dana Thompson Recreation Area, Manchester, VT, Robin Verner, Rob@BattenkillSports.com, www.BattenkillSports.com

JUNE

- 6 & 7 Tour de Kingdom one- or two-day competitive and recreational cycling tour, 15-100 miles each day, Derby, VT, info@irocvt.org, www.tourdekingdom.com
13 Champ Ride for HIV/AIDS-Vermont CARES, Ferrisburgh, VT, Peter Jacobsen, peter@vtcares.org, www.vtcares.org

- 21 15th Annual Great Rivers Century, Ludlow, VT, Rick Trainer, cyclo@tds.net

ONGOING

- Tuesdays, 5:30PM (May 5, 19; June 2, 16; July 14, 28), GNCB/ Sports&Fitness Edge USCF-sanctioned Practice Criterium Series Races, Essex Junction, VT, Claude Raineault, 802-899-1250, amaclimber20@aol.com, www.thegmbc.com

FIRST AID, FIRST RESPONDER

MARCH

- 7-8 Wilderness First Aid, Wilderness Medicine Institute of NOLS, Charlestown, NH, Douglas Caum, dcaum@thesca.org, www.nols.edu/wmi/

MISCELLANEOUS

ONGOING

- Monday through Friday, 2:45-5PM, Team Vermont Weightlifting (Olympic Lifts), Essex Middle School, Essex, VT, Chris Polakowski, 802-879-7252 (eves.), 802-879-7173 (days)
Wednesdays, 6-9PM, Dodge Ball League, Racquet's Edge 2, Essex Jct., VT, Jen, 802-879-7736 ext. 134
Thursdays, Greater Burlington Fencing Club & Open Fencing, Youth & Adults, 6:30-9PM, Burlington, VT, Ann Miller, 802-865-1763 or Dale Rodgers, 802-878-2902
Sundays, 10AM-2PM, The Shelburne Athletic Fencing Club, Instruction and Open Fencing, Shelburne Athletic Club, 802-985-2229 or Dale Rodgers, 802-878-2902

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Local events listed in this month's Vermont Sports calendar

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CALENDAR OF EVENTS

Weekends, Nature Photography Workshops with Carl Heilman, Brant Lake, NY, Digital and Photosop Weekend Workshops and more, 518-494-3072, www.carlheilman.com

MOUNTAIN BIKING

MARCH

14-15 March Madness at Millstone Hill, two-day snowshoe/mountain bike event, (26.2K or 13.1K snowshoe race Saturday, 10:30; 26.2K or 13.1K mountain bike race Sunday, 10:30), Websterville, VT, Dan Mahoney, vtmtbnike@verizon.net, or register online at www.Active.com

APRIL

19 Gravel Grinder Spring Classic Dirt Road Ride, 9AM, Pilgrim Park, Waterbury, VT, Mandy or George Wisell, Five Hills Bikes, mandy@bike29.com, or register online at www.active.com/page/Event_Details.htm?eventid=1692401&assetid=86d6825e-dfda-4595-a913-3595fb694191

PILATES

ONGOING

Mondays & Thursdays, 6-7PM, Pilates Group Mat Classes, Timberlane Physical Therapy North, Winooski, VT, Nancy, 802-864-3785

Tuesdays, 9:30-10:30AM, Pilates Group Mat Classes, Timberlane Physical Therapy, So. Burlington, VT, Nancy, 802-864-3785

RUNNING

MARCH

14 Shamrock Shuffle 5K, Lebanon, NH, Paul Coats, paul.coats@lebcity.com, www.shamrock5k.com

APRIL

11 RunVermont 2009 Half Marathon Unplugged, 9AM, Airport Park, Colchester to Flynn Ave., Burlington, VT, youth@runvermont.org, www.runvermont.org
25 Vermont Sports Medicine Center 5K Run/Walk for Kids on the Move, 10AM, VSMC, Rutland, VT, Susan MacLennan, 802-775-1300

MAY

3 19th Annual Champlain Classic 15K/5K, Shelburne, VT, Betsy Cieplicki at Town of Shelburne Parks & Rec., bciplicki@shelburnevt.org, www.champlainclassic.com
9 Road to the Pogue 6.1-mile trail race, 9AM, Mount Tom, Woodstock, VT, Charlie Kimbell, charlie@kimbellenterprises.com, www.roadtothepogue.com
9 Green Mountain Hill Climb, Ripton, VT, Mia Allen, nbranch@ripton-coop.net, www.greenmountainhillclimb.com
22-23 RunVermont Sports & Fitness Expo, Friday 4-8PM, Saturday 9AM-7PM, Sheraton Hotel & Conference Center, Burlington, VT, www.runvermont.org
23 Dandelion Run, Derby, VT, Pete Kellaway, pkellaway@orleansrecreation.org, www.irocv.org
23 Y.A.M. Scram, 9AM, Waterfront Park, Burlington, VT, Sherry Carlson, youth@runvermont.org, www.runvermont.org
24 Vermont City Marathon, Half Marathon, Team Relay, 8AM, Burlington, VT, www.runvermont.org

JUNE

7-13 Lake Champlain Women's Running Camp, Vergennes, VT, info@runvermont.org, www.runvermont.org
13 Western New Hampshire Trail Running Series, Six in the Stix, Newport, NH, Brian Currier, brian@team-pinnacle.org, www.wnhts.com
14 33rd Annual Crowley Brothers Memorial 10K/5K Road Races and RRCA Vermont State 10K Masters Championship, Rutland, VT, Michael J. Lannon, schinoski@aol.com, www.crowleyroadrace.com

20-21 Green Mountain Relay, 200-mile running relay, Jeffersonville to Bennington, VT, Paul Vanderheiden, paul@timberlineevents.com, www.greenmountainrelay.com

ONGOING

Tuesdays, 5PM, On Track Striders Track Workouts/Group Runs, Union Station, Burlington, VT, Kim Loeffler, 802-865-2226

Tuesdays and Thursdays, 5-6PM, Running Unlimited, for runners preparing to race any distance, First in Fitness, Berlin, VT, Linda Freeman, 802-233-6161, lfreeman@firstinfitness.com, www.firstinfitness.com

Sunday Morning Training Runs, Small City Road Runners Club, 1-4 miles on a loop course, Vergennes City Park, Vergennes, VT, Ramey Armell, 802-377-9906, rameyj2001@yahoo.com
Sundays, Team in Training group runs, Burlington area, for meeting locations contact Jan Leja, www.runwithjan.com

Sundays, 8AM, Vermont City Marathon/Green Mountain Athletic Association Social Runs, Twin Oaks, Farrell St., So. Burlington, VT, Mike Desanto, 802-893-0547, mike.desanto@gmail.com

Sundays, BKVR Training Runs, Southwestern Vermont Area, Jim Sullivan, 802-375-2813, www.bkvr.org

SKATING—NORDIC AND SPEEDSKATING

ONGOING

Sundays, 11AM-noon (through March 15, except January 25), Speedskating Practice, Jackson Arena, Stowe, VT, Brian Kaplan, bkaplan@townofstowe.vermont.org

SNOWBOARDING

MARCH

14 Slopestyle, Jay Peak Resort, Jay, VT, Brian Keet, bkeet@jaypeakresort.com, www.jaypeakresort.com

14 U.S. Snowboard Grand Prix Finals, Killington Resort, Killington, VT, Matt Porter, info@killington.com, www.usnsnowboarding.com/grandprix/

14 Rail Jam at Burke Mountain, East Burke, VT, info@skiburke.com, www.skiburke.com

15 Hit the Trails for Free, 1-3PM, the Log Cabin behind Hazen Union, Hardwick, VT, Ron or Norma, 802-472-6517, <http://hardwicksoftware.com/calendar/index.php>

21 Big Air at Burke Mountain, East Burke, VT, info@skiburke.com, www.skiburke.com

28 Joey Jam, Okemo Mountain Resort, Ludlow, VT, Tom Kupfer, info@okemo.com

29 Spring Loaded, Killington Resort, Killington, VT, Matt Porter, info@killington.com, www.killington.com/winter/the_mountain/calendar/

29 CHAD Ski & Ride Festival for Children's Hospital at Dartmouth, Dartmouth Skiway, Lyme, NH, www.chadskifest.org

APRIL

4 Bear Mountain Mogul Challenge, Killington, VT, Matt Porter, info@killington.com, www.killington.com

SNOWSHOEING

MARCH

7 Pittsfield Peaks Snowshoe Marathon, Half Marathon, and 6-Miler Fun Run, 8AM, Pittsfield, VT, Andy Weinberg, 309-642-2230, www.peakraces.com

9 Full Moon Snowshoe Walk, 8PM, Highland Lodge, Greensboro, VT, reservations, 802-533-2647.

11 Full Moon Snowshoes Trek, 6PM, Northwoods Center, East Charleston, VT, events@northwoodscenter.org, www.northwoodscenter.org

14-15 March Madness at Millstone Hill, two-day snowshoe/mountain bike event, (26.2K or 13.1K snowshoe race Saturday, 10:30; 26.2K or 13.1K mountain bike race Sunday, 10:30), Websterville, VT, Dan Mahoney, vtmtbnike@verizon.net, or register online at www.Active.com

ONGOING

Dion Snowshoe Series, most weekends through March 21, in various locations in the Berkshires and Taconics, Bob Dion, dion@bcn.net, www.dionsnowshoes.com

Fridays and Saturdays (through March 14), 2PM, Guided Snowshoe Nature Walks, Highland Lodge, Greensboro, VT, reservations, 802-533-2647

SWIMMING

ONGOING

Mon., Wed., Fri., 5:30-7AM, VT Masters Swim, Twin Oaks, Farrell Street, So. Burlington, VT, Debbie Alsofrom, 802-865-2512

Mon., Wed., Fri., 4-5:30PM, Edge Swim Club practice, Age Group Teams, Sports & Fitness Edge of Williston, VT, Melinda Antonucci, 802-860-3343 ext. 21

Mon., Wed., Fri., 6-7AM, Masters Swimming at The Swimming Hole, coached from the water, Stowe, VT, Charlotte Brynn, 802-253-9669, cbrynn@theswimmingholestowe.com

Mon. through Fri., Edge Swim Club practice, Age Group Teams, 6-7AM, Racquet's Edge in Essex Jct., VT, Melinda Antonucci, 802-860-3343 ext. 21

Tues. & Thurs., 6:30-7:30AM, CCBA Masters Swim Practice, CCBA, Lebanon, NH, Barbara Hummel, 802-457-5086, www.goswim.com

Tues. 6:30-7:30PM, Thurs. 7-8PM, CCBA Masters Swim Practice, CCBA, Lebanon, NH, Barbara Hummel, 802-457-5086, www.goswim.com

Tues. & Thurs., Edge Swim Club practice, Age Group Teams, 6-7:30PM, Sports & Fitness Edge of Williston, VT, Melinda Antonucci, 802-860-3343 ext. 21

Tues. & Thurs., 8:30-9:30AM, Masters Swimming at The Swimming Hole, coached from the deck, Stowe, VT, Charlotte Brynn, 802-253-9669, cbrynn@theswimmingholestowe.com

Thurs., 5:45-6:30AM, Deep-water Running Class, CCBA, Lebanon, NH, Barbara Hummel, 802-457-5086, www.goswim.com

Thursdays, 6PM, First in Fitness Masters Swim Practices, Berlin, VT, John Spinney, spinney21@hotmail.com, First in Fitness in Berlin, 802-223-6161

TELEMARK

MARCH

7-8 34th Annual NATO Telemark Festival, Mad River Glen, Fayston, VT, Dickie Hall, www.telemarknato.com

14-15 NATO Telemark Workshop, Wildcat, Tuckerman Ravine, Mt. Washington, NH, Dickie Hall, www.telemarknato.com

20-22 NATO Telemark Camp, Gulf of Slides, Mt. Washington, NH, Dickie Hall, www.telemarknato.com

21-22 NATO Adventure Tour, Mt. Mansfield & Camels Hump, Stowe & Fayston, VT, Dickie Hall, www.telemarknato.com

28-29 NATO Telemark Workshop, Jay Peak, VT, Dickie Hall, www.telemarknato.com

TRIATHLON

APRIL

5 Sugarbush Triathlon (run 5 mi., whitewater paddle 6 mi., bike 8 mi., x-c ski 3 mi.), Warren, VT, events@sugarbush.com, www.sugarbush.com

MAY

22-24 Burlington T3 Three-Day Triathlon, Ironman and Olympic distances (Friday swim 1.2 or 2.4 miles; Saturday bike 56 or 112 miles; Sunday run 13.1 or 26.2 miles) Burlington, VT, Declan Connolly@uvm.edu, www.vermonttft.com, or register online at www.active.com

JUNE

27 Xterra Kids' Race at the Rez (50-yard swim, 2-mile bike, 1-mile run), Indian Brook Reservoir, Essex, VT, www.racethere.com

28 Xterra Race at the Rez (.75-mile swim, 10-mile bike, 4-mile run), Indian Brook Reservoir, Essex, VT, www.racethere.com

28 Vermont Sun Triathlon (600-yard swim, 14-mile bike, 3.1-mile run), Lake Dunmore, Salisbury, VT, Jerrod Rushton, jerrod@rushtonsports.com, www.rushtonsports.com

ONGOING

Mondays, Thursdays, Weekends (Jan. 26 - May 16) Triathlon Unlimited 16-week triathlon training program, Monday lectures, 5-6:30PM, Thursday night swims, weekend group runs, First in Fitness, Berlin, VT, John Spinney, spinney21@hotmail.com



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Bike Commuting Primer

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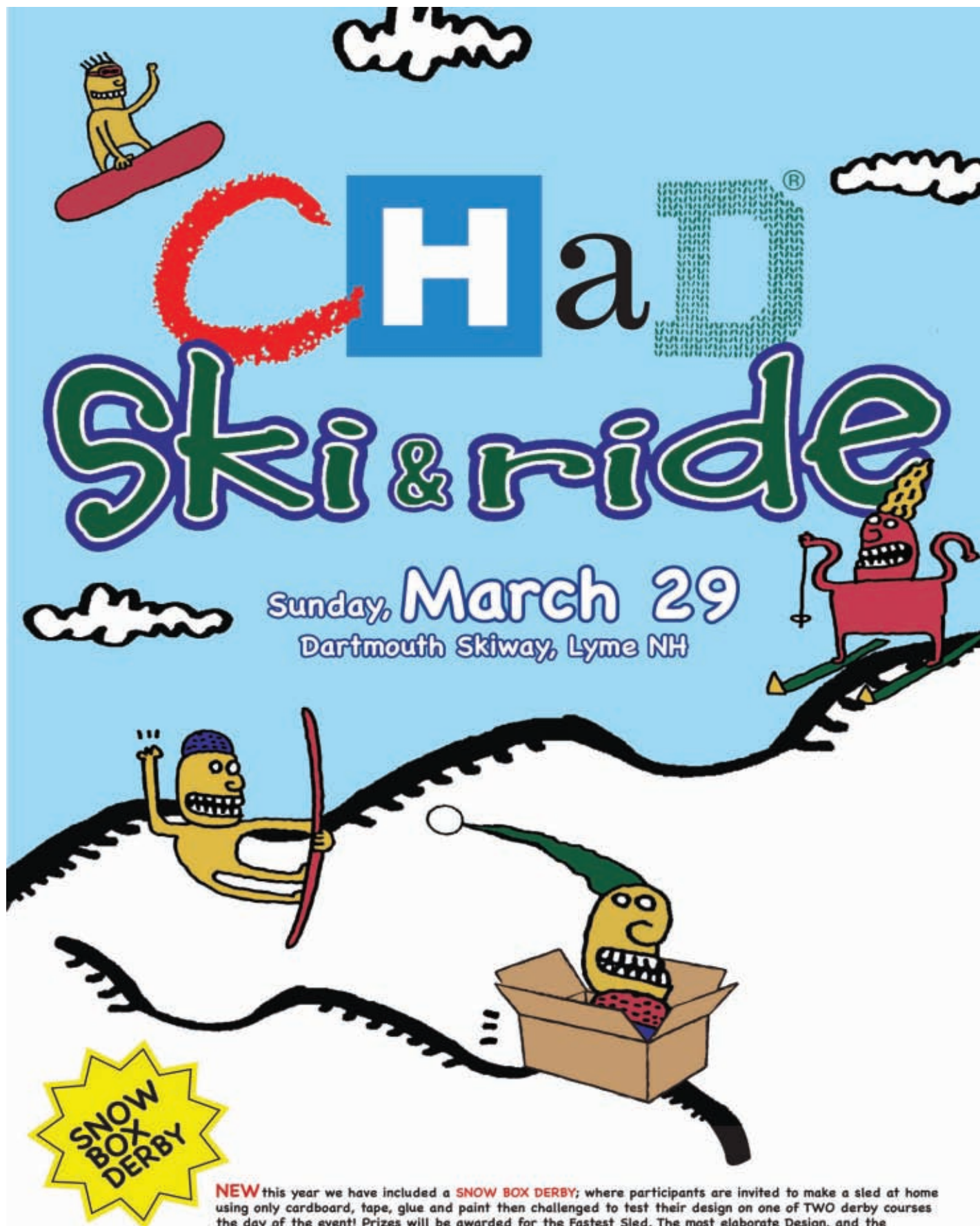
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