

# VERMONT SPORTS

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Vermont's Authority on Outdoor Fitness and Adventure



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## WOOF! OUR ANNUAL DOG ISSUE

-  **Photo Contest Winners**
-  **Leaf's Amazing Adventure**
-  **Wagger Athletes**



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**On the Cover:** Jessie-Willow Janowski and Carter the dog take advantage of a warm day to enjoy a run on the Long Trail over Vermont's highest peak, Mt. Mansfield. Photo by Peter Janowski.



**EDITOR  
COMMENTARY**  
BY  
KATE CARTER

## WALK ON BY

Living with dogs has made me more observant of humans. One thing I've noticed is that most people, when meeting a dog, have an irresistible urge to pet it. They can't seem to help themselves. It's an automatic reaction to reach out and connect, especially when they're about to touch something warm and soft, with adoring big brown eyes. Only problem is, not all dogs like to be petted. Some dogs have an adverse reaction when people extend hands toward their heads.

My two dogs are a perfect example of one who loves human contact, and one who fears it. After watching the nearly opposite behavior they exhibit when meeting people, I began to wonder what was going on. Both dogs act like they're thrilled to greet people—lots of jumping up and down, tail wagging, body wiggling, and general over-the-top excitement. But as soon as the people reach out to pet them, my white dog, Phoebe, jumps up and gives hugs and kisses, while my black dog, Brewster, flinches, barks, and basically freaks out. He is obviously afraid, and his fear turns into unpredictable behavior. I have learned that the best thing to do when we meet others is to call my dogs to me, lavishly deliver treats directly to their mouths, and encourage the humans to walk on by.

I've also noticed that about one out of every hundred people ignore my dogs, avoid eye contact, remain quiet, and keep their hands to themselves. Phoebe and Brewster behave differently around these people, and with no feedback the dogs quickly lose interest. I love these self-contained people because my dogs

remain calm and my job of controlling them is much easier.

Many humans believe that when they meet a dog they should extend a hand to the dog and let the dog smell it, so the dog can tell if they are friendly or not. I once conducted my own personal survey on a busy hiking trail in Stowe, asking all the hikers I met what they thought they should do when they encountered a dog on the trail. Most said let it smell their hand. Some children who were startled to be quizzed by a strange woman while hiking said to ask permission to pet the dog. Everyone thought I was the weird woman on the trail.

I'm not sure how the "let the dog smell your hand" myth got started, but that's exactly what it is—a myth. To get a better understanding of why people think they should let a dog smell their hands, I asked dog trainer Jamie Shaw if she knew where the idea came from. Jamie owns The Dog School in Williston and is the author of *Dog to Dog Communication, The Right Way to Socialize Your Dog*. "I do not recommend sticking your hand out for a dog to sniff," Jamie says. "I suppose the idea came from letting the dog pick up your scent, which was somehow supposed to let the dog know you are a safe person. It never made sense to me," she adds.

Reality is, your hands are probably the part of your body that smells the least like you. Think about it. How many things have your hands touched in the past hour? How often do you wash your hands, and what does that soap smell like? What about the lotion you put on, and the gloves you wear? Your hands can tell a dog a lot about what you've been doing, but if a dog wants to get your essence, he's going to smell your



crotch, because as far as he's concerned, that's where all the information is. That's exactly how dogs greet other dogs. They start with the hind end and move on from there. Most people are far from thrilled to have a dog stick its nose between their legs and start sniffing around. It would be a lot less embarrassing if the dog just sniffed a hand, and that's my call on why people extend their hands when meeting dogs.

So, what should a person do when meeting a dog? Here's what Jamie suggests: "The best way to have a human and dog greet is for the human to stand still and let the dog approach, when and how it wants to. Avoiding eye contact helps. If the dog approaches, making eye contact at this point will let you know how friendly the dog is. If the dog wags its tail, jumps up, nudges your hand, or wiggles, it's a pretty safe bet you can reach down and pet the dog. If the dog backs away or gets very stiff, it's best to ignore the dog and leave it alone. If there is no dog owner present, I would back away from a dog like that."

By now, some of you are probably wondering why I haven't trained my dogs to not run up to strangers, and especially to not jump up on them. All I can say is it's an ongoing process and a very sharp thorn in my side. I work hard at keeping my dogs calm and focused on me when someone is coming, especially when we are hiking, cross-country skiing, or snowshoeing, because I don't want to scare or offend

anyone or give dogs a bad reputation in the backcountry. This takes a tremendous amount of diligence on my part, and occasionally I'm caught off guard. Fortunately, both Phoebe and Brewster will turn on a dime when I call, and come right back for a nice juicy treat. Their fantastic recall is why I will hike with them off leash. But given the chance, they will run up to check a person out. And why not? Nearly everyone they meet is happy to see them, and encourages their advancing behavior by talking to them in high-pitched voices, petting them, and allowing them to jump up like a couple of jack-in-the-boxes. In the world of psychology, this is called random reinforcement, and it's a very powerful tool. My dogs have been positively reinforced at intermittent intervals by well-meaning strangers and friends alike so many times for their greeting behavior that it's become a habit that seems impossible to break.

Now when we meet people on the trail, in addition to moving aside and calling my dogs to me, I give a warning: "You may pet the white dog, but please don't pet the black dog." People are surprised, but I always get the perfect reaction—they pull their hands back and look at me instead of the dogs. Usually they want to know if the black dog will bite. "I don't think so," I say, "but you never know."

Taking my dogs in public places has been good for them, and it's been especially helpful for Brewster. He is slowly learning that people are not always a threat. Since I can't train everyone in the world to keep their hands to themselves and walk on by, I'll try to keep my dogs calm and at my side, and be thankful that people don't greet me the same way they greet my dogs, for that would surely provoke some unusual behavior! ☐

— Kate Carter



**OUT &  
ABOUT**  
BY  
JOHN MORTON

## THE DOG DILEMMA

I love dogs! As a kid, I had a beagle named Buddy who spent endless hours exploring the nearby woods and fields with me. During my high school years, our family was challenged by the antics of Rusty and Dusty, sibling golden retrievers who proudly displayed trophy woodchuck carcasses on the back step, and frequently returned from adventures, their shaggy coats encrusted with burdocks and cow manure.

Within a week of my release from active duty in the army, I was riding my bike home from classes at the University in Anchorage when I passed the city's animal shelter. Out of curiosity, I pulled in for a look. It was pitiful seeing the rows of cages, filled with dogs of all sizes, yipping and jumping for attention. The lone exception was an enclosure labeled "Pure Lab, female." It contained a small mound of black fur in the far corner of the cage.

"Is this one really a pure lab?" I asked the attendant.

"Yup, she's the last one of a litter left by a military family that had to ship out on short notice."

"What's wrong with her?" She was

the only dog in the shelter not barking or jumping enthusiastically.

"She's exhausted. The staff has been playing with her all morning, out back on the lawn."

"Could I talk it over with my wife and pick up the dog tomorrow?"

"Nope, she's scheduled to be put down this afternoon. If you want this dog, you've got to take her with you right now."

I knew that one of the unfortunate realities for many animal shelters was euthanizing unwanted, stray dogs and cats, but confronting that reality first hand really had a profound impact. I filled out the paperwork, paid the fees, put the bundle of fur in my backpack, and peddled home. It turned out to be one of the best spontaneous decisions I have ever made. Rode became a constant running and hiking companion, an alert watch dog, and a valued member of the family. When she died, there was a considerable void in our household, which eventually was filled by Klister, another black lab.

Klister picked up where Rode left off, eagerly hiking for hours with the family in the White Mountains or launching herself

full speed off the dock into the pond. Klister was with us for more than a decade, and when she died, I was afraid I had used up my quota of really great dogs. Then my wife, Kay, spotted an ad for a "short-haired retriever," a breed I'd never heard of. We went to see the puppy at our local veterinarian, a sensitive, but no-nonsense woman, who had cared for both Rode and Klister. The short-haired retriever turned out to be a yellow lab, and again, we took her on the spot. Rosie has lived up to the high standards set by her two predecessors, and then some. Not only does Rosie love running and hiking with the family and chasing squirrels on her own, but Rosie is especially enthusiastic about cross-country skiing.

Ah ha, finally, the dilemma! Few activities give me more satisfaction than kicking and striding along freshly groomed classic tracks in cold, powder snow. I've been spoiled, thanks to my participation (in various capacities) in dozens of major competitive events, for which teams of grooming experts spent every night creating absolutely flawless, classic ski tracks.

During the past few winters, I have joined a couple of friends in an attempt to provide better skiing in our community by grooming three local trails. While it is satisfying to set beautiful classic tracks in fresh snow, it is equally frustrating to see skiers with their dogs obliterate those tracks before they've had a chance to firm up.

So, as a devoted dog lover and a Nordic skier, I offer the following suggestions to promote harmony on the trails. If you ski with your dog, seek out a trail that welcomes pets. Some Nordic centers have a designated pet loop, others permit dogs on certain days of the week. Carry a supply of plastic bags, and clean up after your dog. Use small treats to train your dog to behave when you encounter other dogs or skiers. Finally, use discretion when taking your dog on a groomed trail. If the snow is fresh and soft, paw prints can ruin the tracks, while firm snow conditions can be nearly impervious to dog prints. Celebrate winter! ☐

*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](http://www.mortontrails.com).*

# SPRING TRAINING REFRAINING

RETAIL JUNKIE  
SUPERSTAR  
BY  
RYAN JAMES LECLERC



If you work at a bike shop then you're probably like me: a seriously die hard, hard-core cyclist to the core. And there's no time of year where this is more apparent than in the late winter/early spring, weeks before your first ride. You're bursting with optimism, impetus, and enthusiasm, and in preparation for the riding season ahead, while the snow is still on the ground, without missing a single day, not a single day, rain or shine, hell or high water, dusk or dawn, you elaborate in great detail on how much, unlike last year, you are going to ride.

You resolutely declare that this year is going to be different, and you mean it. You're not going to miss a single group mountain bike ride or group road bike ride. You're going to ride a century—no, two centuries—every month. You're going to compete in the race of truth every week in the Stowe Bike Club's time trial. You're going to race your mountain bike each week at Catamount. You're going to race your mountain bike each week at Morse Farm. You're going to commute, rain or shine, hell or high water, five days a week. And to really show 'em, you're only going to drink beer on special occasions. And on weekends, of course. And on Wednesdays. But that is it, because

this is the year when you come back.

And before you know it, and before you are even remotely ready, you're all geared up for the first group ride, and everyone is there. You've got the leg warmers on, the bottom edge adjusted ever so carefully above your three-quarter length socks so as to reveal your freshly shaved legs. You've got the arm warmers on, logos facing outward. You've stretched a balaclava underneath a ridiculously expensive helmet that you got on pro deal. You're rocking the Peter Heater and you're sporting a fresh pair of booties. A meticulously rolled up shell, a spare tube and a CO2 inflator, three Gu shots and a Powerbar bulge out of your rear jersey pocket, and you've tastefully finished off the ensemble with a pair of lobster mitt gloves. You cast a smug glance at the new guy, whose leg hair and toe clips stand in great contrast to your contemporary roadie style like an '80s hair band at a yacht club. When the pack rolls out of the parking lot, you're already thinking about that first town line sprint. During those first few miles, while you're spinning your legs and boasting about how many hours you've spent on a trainer, you feel great, and at that very moment, you know that this is going to be the year when you come back.

A few miles out of town, the pace picks up. Social time is over. A pace line forms. Your heart rate starts to climb, but you'll soon get into a rhythm and surely, any minute now, your pounding chest will settle down, so you're not concerned. You've just got some rust to shake off, that's all. You may be, perhaps, a tad overdressed—the lobster mitts might have been overkill—but otherwise, you're all there. Toe-clip-leg-hair guy is taking rather hard pulls, driving the pace a bit out of your comfort zone, but that's okay, because you know that any minute now, he'll be off the back. He doesn't know how to ride in a group. You do. He's not a hard-core cyclist. You are. A few miles later, as expected, he gets blown off. As he fades away, sucking pond water, you cast a glance over your shoulder and give him your own version of "The Look," and even though you missed your chance to win the town line sprint, it was worth it. You've reached the high point of the ride. Now it is time to come crashing down to earth.

Halfway into the ride, you're close to the red zone, but you're still there, and you fight to not get dropped on the climb before the turnaround, and you succeed. You recover on the descent, but at the bottom the pace line reforms

and becomes a lot more spirited, and within three rotations you're pedaling squares and hanging by a thread. After your next pull, you peel away and fall off the train and are left for dead. You gave it everything you've got, and there's nothing left, and you're way out on Route 12.

Disheartened, dispirited, you press on, alone. The first ride of the season has resulted in a resounding bonk. Twelve miles from town, your optimism, impetus, and enthusiasm have been replaced with anguish, desolation, and disgrace. And it is at that moment, when you've hit your lowest point, when aside from a flat, things couldn't get any worse, when you notice a lonely figure in the distance: Toe clip-leg hair guy. And at that moment, to really show 'em, you resolutely declare that as far as drinking beer is concerned, Wednesdays are now out. ☞

*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](http://retailjunkieburnout.blogspot.com).*

## A NEW TREATMENT FOR CHRONIC KNEE PAIN

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## SPORTS MEDICINE

BY  
ROBERT RINALDI, DPM

# THE KINETIC CHAIN GANG

The human kinetic chain consists of a group of body parts that are linked together in a way that allows them to function. Like any chain, if the links are separated, rusty, or damaged, it will not function properly, and other parts of the chain might become damaged. The human kinetic chain's activities may be open or closed. Open chain activities are those that involve the distal end of the chain to be free and not fixed in any manner. As examples let's use the dog trainer, who is directing the activity of an animal with arm and hand motions. The hand is the distal end of the chain and it is entirely free to move in any direction. Similarly, a basketball player swinging his arms to block an opponent's pass is free to move his arms and hands without impediment.

Closed chain activity involving these same athletes would be in the lower extremity. The dog trainer and basketball player are freely moving their arms and hands; however their feet, the distal end of the lower kinetic chain, are firmly connected to the ground, making the entire lower extremity a closed chain activity. You can easily envision how all these motions become intertwined.

"Dem Dry Bones," by James Johnson, says it all: "The foot bone is connected to the leg bone, the leg bone is



connected to the knee bone, the knee bone is connected to the thigh bone, the thigh bone is connected to the hip bone, and the hip bone is connected to the backbone." Johnson understood rhythm when he wrote this classic. Perhaps he knew kinesiology as well.

### HOW KINETIC CHAIN INJURIES OCCUR

Usually kinetic chain injuries are the result of overuse. We have often tagged foot hyperpronation as the epicenter of lower extremity injuries. The runner with hyperpronation will have increased stresses on the plantar fascia, Achilles tendon, knee, thigh, hip, and lower back. When the foot is attached to the ground, every link in the kinetic

chain above it is affected. A closed chain kinetic injury can be predicted. Further complicating the injury process is the constant alternating from closed chain to open chain activity. When the foot strikes the ground, closed chain function begins with a vengeance as increased gravitational forces are applied to the athlete's body weight. Once the foot leaves the ground and is flying forward, it is in an open chain activity and compensating motion must take place to realign the foot and leg for another attack on the hard surface about to be underfoot. The processes of open and closed chain activity is complicated by constant motion, and position and surface changes.

### ENTER THE CHAIN GANG

There is a lot of evidence that athletes should be treated by a team of specialists. Calculating the mechanism of injury becomes the team's first order of business. Without knowing how kinetic chain overuse and malfunction created an injury will sentence the athlete to re-injury and/or failure of a treatment plan to be successful. As a podiatrist who has been treating athletes for four decades, I know that working alone is not in the best interest of the injured patient. Examining gait patterns, foot and leg alignment, and imaging studies may simply not be enough. The patient may be presenting to me with foot pain, but the rusty link in the chain may be above the feet. A team that is composed of several medical disciplines can look at any overuse athletic injury and attribute the cause of injury to a malfunction in the kinetic chain.

My article Recognizing Iliotibial Band Syndrome (*Vermont Sports*, January, 2009) is a classic example of an overuse open and closed kinetic chain athletic injury. The person suffering from ITB syndrome will create compensating movement patterns that will

affect motion from head to toe, so it is best diagnosed with good clinical exams, diagnostic imaging, gait analysis, range-of-motion studies, and team consultations. A treatment plan that can bring the athlete back to training and competition may include biomechanical control of the foot and leg with orthotics, trigger-point injection therapy, the attention of a certified athletic trainer, specialized physical therapy, and chiropractic realignment of structures that have attained mal-position for compensation.

### OUR GANG

Athletes should look for groups of clinicians with varying backgrounds to treat overuse kinetic chain injuries. Vermont has an active population that loves the outdoors. Throughout the state there are groups of providers who have come together to treat athletes. You should be looking for these groups for all your health care needs.

Gifford Medical Center is an example of a medical group that practices thoughtful and progressive philosophy in regards to sports medicine, and over a few short years we have put together a team of specialist providers who are also athletes. Hank Glass, DC, has been practicing chiropractic sports medicine for 20 years. He was a member of the 2008 Olympic medical team that provided services to athletes at the Olympic trials in Eugene, OR. Peter Loescher, MD, completed a fellowship in sports medicine at the Eastern Oklahoma Orthopedic Center. The three of us work together at the Sharon Health and Sports Medicine Clinic and are backed up by a team that includes physical therapists who have special training in athletic injury rehabilitation, an in-house radiology department that includes MRI, a certified athletic trainer, a primary care provider, and appropriate nursing staff, and we are dedicated to preventing and treating athletic injuries. Every day our provider chain gang makes time to discuss cases, view diagnostic images, and discuss lab reports. This is an atmosphere that can help with treatment and prevention of athletic injury. We are using the gang's different backgrounds and experiences to benefit the patient.

Which brings me to the gist of this article: In the future, our kinetic chain gang will share this column. You may see articles or opinions from Dr. Glass, Dr. Loescher, as well as myself and members of our entire staff. □



## Body heal thyself with the Sharon Health Center

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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](mailto:rrinaldi@giffordmed.org).*



# 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.



### RUFFWEAR SUN SHOWER WATERPROOF RAIN JACKET

Even though dogs seem as happy being drenched to the bone as when they're chewing on a bone, humans are not always thrilled with a soggy doggy jumping into the front seat or on the loveseat. Chasing Nellie or Baxter around with a towel is one way to save your upholstery, but then you're left with a towel that needs to be burned and then buried. A better way is to avoid a wet Weimaraner, a sodden Saluki, or a dripping Dandy Dinmont altogether. If you think it's going to rain, outfit your best friend with the Ruffwear Sun Shower. Made of waterproof and breathable rip stop nylon, it will keep Rudy or Lily Wiggles warm and dry when it's raining cats and dogs. It even has a removable hood and to ensure a perfect fit for your Shih Tzu, your Schnauzer, or your Sheep Dog, it is available in sizes XXS to XL. **\$74.95.** [www.ruffwear.com](http://www.ruffwear.com).



### LIGHT UP DOG TOYS: FLASHLIGHT DOG BISCUIT AND METEORLIGHT

When I was in college, I had a glow-in-the dark Frisbee. By simply blasting the thing with light from a super high-powered light source, you could play Frisbee in the dark, without needing to recharge the glow, for a solid three-and-a-half minutes. Then it would start to fade and become harder to see and harder to judge, and would invariably end up smacking you in the nose or forehead. I can't afford any more blows to the skull, so these days, I use a Flashflight light-up flying disc. With LED technology that provides 25+ hours of light and fiber optic strands that push the light to the rim, I can play with a disc that is as visible in the night sky as the (broken) nose on my face. For folks whose favorite disc partner has four legs, they make the Dog Biscuit, a durable, chomper-proof disc for playing fetch. In my opinion, this is the greatest dog toy ever made, and for dogs who prefer playing ball, check out the awesome Meteorlight, which has all the features of the Dog Biscuit, only in a spherical form. **Dog Biscuit, \$13. Meteorlight, \$10.** [www.flashflight.com](http://www.flashflight.com).



### RUFFWEAR APPROACH PACK

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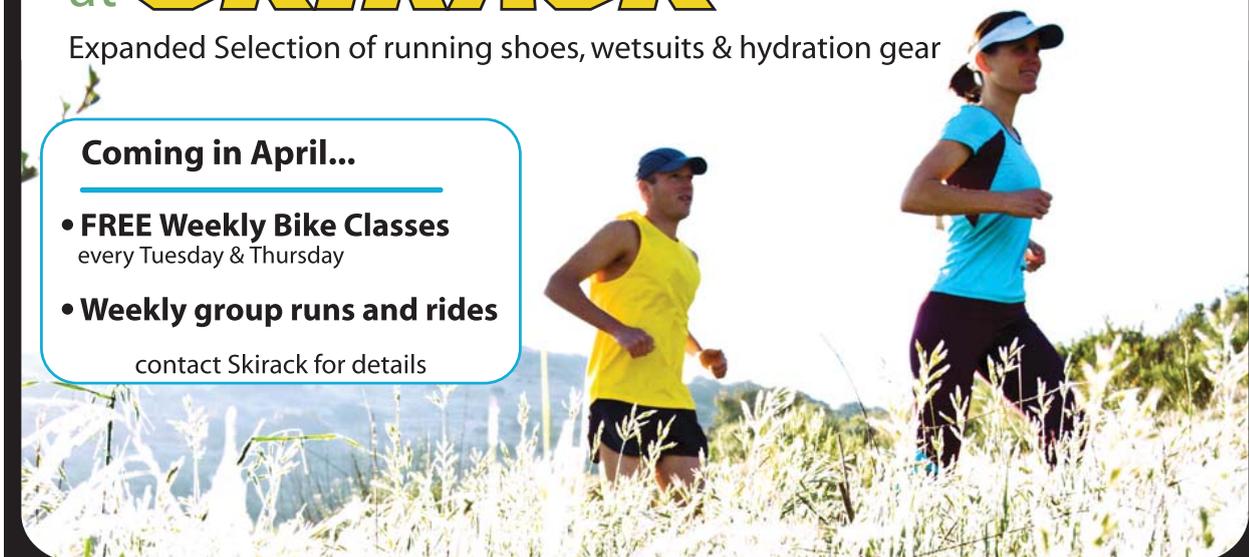
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**ZUTTERMEISTER CHRONICLES**  
 BY TOM ZUTTERMEISTER

**TRAINING FOR A BACK-TO-BACK CENTURY RIDE**

This month started out great. I biked nearly 128 miles over 9 days. My total time was 6 hours and 48 minutes, so my average speed was almost 19 miles per hour. Six of the sessions were interval training and three of the sessions were "pyramids." During the intervals, I consistently downshift to 20th gear. In the pyramid, my workout involves stepping up each gear to the top and then back down again gear by gear. For two of the pyramid workouts, I increased the speed by two mph the first step, and one mph for each step after. Once I stepped it up two mph for each step from 18 to 20, 22, 24 mph, holding at each speed for one minute. That was exhausting.

This really helps break up the monotony and, I believe, increases my endurance. My theory stems from the recent purchase of a heart rate monitor. I have noticed that my resting pulse rate has dropped from 64 to an average of 58. My weight has also dropped from 252 lbs. to 248 lbs. in a month's time. I am sure it is just the workouts that have led to my weight loss and not overcoming my addiction to peppermint patties.

So what about the rest of the month, you ask? After that first 128 miles, what happened? My back happened. One morning we got 4 to 5 inches of snow. Wet

snow. Heavy snow. I ended up throwing my back out. The doctor assures me it is muscle and not spinal, which means Naproxen plus a muscle relaxant that I cannot spell, much less pronounce. But lots of rest and no biking for at least two and half weeks. And lots of Mineral Ice.

The second of those two weeks I will be spending in Las Vegas, Nevada for a business trip (at least that's what I told my wife and daughters). What happens in Vegas, stay in Vegas. A solid four days absorbing information for work. I plan to use the stairs as much as possible and walking between sessions is a given. Unfortunately, the gym is not an option. The hotel charges forty dollars a day to workout in their 60,000 square foot gym. Obviously they have never heard of New England frugality. I am hoping the outdoor pool will be open.

I am itching to start biking again, but I don't want to rush my recovery and have to take another extended break. I recently asked myself, "Why am I doing this?" All the training, that is, not throwing my back out. The next day, however, I read an article in *Forbes* that stated 566,000 Americans die each year from cancer. That made it very clear why I need to start training again.

I will keep you posted. ☑

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# Bike Commuting Can Save the World

BY BRIAN MOHR

Throughout the 10 years I lived in the Rockies, I rode my bike everywhere—to work, to the grocery store, to meet with friends, to the trailhead, and for hours and hours, just for the fun of it. Neither the rain and snow, nor freezing fog, would stop me. I felt like I could go anywhere, anytime, for little or no cost. Often, cycling was more practical than driving. It was always more of an adventure. And it kept me in great shape.

Now, like many Vermonters, I live in a rural area, where town is miles away and friends are even farther. Hopping on my bike to grab a few groceries before dinner is not a convenient option. And because I work out of my home, commuting by bicycle doesn't work too well, either. Still, beyond recreation, I regularly find a way to put the bicycle to good use. Be it weekly errand runs to town, a springtime ride to the ski hill, or berry-collecting missions closer to home, there is no limit to the utility of the bicycle.

After many years of all-season bicycle commuting, many months spent bicycle-touring and countless two-wheeled adventures close to home, I've assembled the following thoughts for those interested in bike commuting, or simply maximizing the utility of your existing bicycle.

## THE BICYCLE

Nearly any type of bike can work well for commuting. For short to medium distance commutes (10 miles or fewer), I would recommend a comfortable cross, hybrid, or mountain bicycle that is professionally fit by your local bike shop. These bikes are generally more durable than road bikes, and can more easily accommodate fenders, racks and wider tires. **Trek's FX** series bikes, especially the **Trek Allant** bike (which comes equipped with fenders and a rack), are especially well suited to bike commuting.

Vermont's got plenty of hills, so be sure your bike's got plenty of gears. Equip it with a small front chain ring and a large rear sprocket for easy climbing, especially when loaded with extra luggage/groceries. Bicycle tires with a good tread pattern or knobs for extra traction are a good choice for Vermont's mixed road surfaces. Keeping your bike well tuned, learning to perform basic repairs, and equipping your bike with a basic repair kit (especially for fixing the occasional flat) is essential for keeping it fun.

## ALL-WEATHER RIDING

Without fail, equip your bike with full-coverage front and rear fenders. Any good bike shop can get you set up in no time. Full-coverage fenders allow you to brave wet, slushy, and muddy roads with ease, and they keep excess mud and grease from building up on your bike frame and components. Even if you plan to ride only on fair-weather days, fenders are indispensable when you encounter that unexpected wet spot or afternoon rain shower.

If you ride regularly, you are bound to get caught in the rain, sleet, or snow. However, the right clothing can make riding in these conditions easy and often, fun. **Pearl Izumi** and **Specialized** both offer full lines of foul weather gear for cyclists, with **Pearl Izumi's Octane Jacket** being a popular choice for wet conditions. If it's warm enough, I prefer to let my legs get wet, pack a towel, and change into dry clothes after my ride. For heavy, soaking rains, nothing beats a good, old-fashioned rain cape. Oregon-based **J & G Cyclewear** offers a **Rain Cape** that you can easily pack and can slip over your clothes in seconds, and when combined with their helmet cover and rain pants, will keep you relatively dry all around. Also, consider the variety of foul-weather shoe covers on the market that will keep your feet warm and dry, too.

## CARGO

Concerns about being able to carry items like groceries, materials for work and school, or flowers for a friend keep too many of us from putting our bicycles to greater use. However, with a good cargo rack, panniers or rack bags, or a bicycle trailer, you can comfortably carry just about anything you'll need in your day-to-day life. The **BOB Yak Trailer** is a one-wheeled utility trailer that easily attaches to the rear axle of most bicycles. It is unsurpassed in its ability to carry up to 70 pounds of groceries or gear. My wife and I have traveled for months at a time with **BOB** trailers, and continue to use them regularly on trips to town, bike-supported skiing adventures, and more.

**Ortlieb**, **Jandd Mountaineering**, **Pacific Outdoor Equipment**, and **Trek** offer a great variety of panniers and rack bags that are well suited for carrying

the things you commonly need to carry. Simple, grocery-bag carriers, like the **Trek Grocery Bag Pannier**, and quick-release, waterproof panniers that convert to comfortable shoulder bags are especially popular with commuters. For a quick cargo solution, securely strap a common milk crate to the top of your rear bike rack, throw in what you need, and go.

## SAFETY

Every cyclist needs a simple bike bell. I've found that bike bells not only make people on the street smile, but I believe they are the most effective tool for increasing bicycle awareness.

Front and rear bike lights are also essential for keeping you visible to other motorists, cyclists, and pedestrians, and of course, for illuminating the path in front of you. **Cateye's Single Shot Plus** is a reliable, rechargeable handlebar light with a flashing mode that makes it easier for motorists to see you during the daytime or in urban settings. **Cateye** also makes a variety of taillight flashers which can be clipped to your jacket or bag, or mounted to your bike. Wearing bright, reflective layers and making sure your bike is well equipped with reflectors or reflective tape is also a very good idea.

The English writer H.G. Wells once stated, "When I see an adult on a bicycle, I do not despair for the future of the human race." I feel the same way. Cheap oil and modern, car-oriented development have left us with few incentives to ride our bikes. However, in these changing times, more of us are discovering that cycling, instead of driving, if only once a week, offers great benefits to our personal health, social fabric, and our wallets. Indeed, if there is one thing that can get our world onto a better path, the growing use of the bicycle might be it.

*Writer and photographer Brian Mohr lives in Moretown, VT. He works closely with his wife, Emily Johnson, and regularly contributes to publications such as the New York Times, Vermont Life, National Geographic Adventure, Backcountry, Skiing, Patagonia Catalog, and Vermont Sports. He can be reached through his website, [www.EmberPhoto.com](http://www.EmberPhoto.com).*

## BICYCLE COMMUTING RESOURCES

League of American Cyclists—[www.BikeLeague.org](http://www.BikeLeague.org)  
Vermont Bike and Ped Coalition—[www.vtbikeped.com](http://www.vtbikeped.com)  
Burlington Local Motion—[www.LocalMotion.org](http://www.LocalMotion.org)  
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Bike Commuters Blog—[www.bikecommuters.com](http://www.bikecommuters.com)

Photo by Brian Mohr, [EmberPhoto.com](http://EmberPhoto.com).





## BEYOND THE BLAZES

BY BEN ROSE

# BEHIND CLOSED DOORS

We call this column “Beyond the Blazes” because of the nice alliteration, but also to call attention to the activities which happen out of public view to keep Vermont’s hiking trails alive and well. This month, let’s look at two particular Green Mountain Club programs that happen off the trail: Stewardship and Publications.

Stewardship: Fancy word, intoned somberly by land trusts everywhere. What is it? And why should hikers care? Well, “steward” is from Old English, and it basically means “to take care of a place.” The word is popular among land trusts because when they acquire properties or easements, they also take on the perpetual obligation to

look after them. Organizations which conserve places for public purposes, such as pedestrian recreation and wildlife habitat, do not make money on stewardship, they spend money. That is why it is good practice to set money aside in an endowment to cover future stewardship costs associated with public lands.

The Green Mountain Club’s Stewardship Program was created in 1992 to care for the more than 30,000 acres of Long Trail and Appalachian Trail lands and conservation easements in Vermont, in partnership with public landowners—the State of Vermont Department of Forests, Parks and Recreation, U.S. Forest Service, and National Park Service—and the Appalachian Trail Conservancy. The program includes responding to easement violations and dealing with timber trespasses (rare but they have happened, and timber theft does get prosecuted); maintaining boundary lines; paying property taxes; and reviewing development proposals that might affect the trail.

The lion’s share of GMC’s stewardship work happens through our Corridor Monitoring Program. There are more than 50 corridor monitoring volunteers, and they are the heroic folks who volunteer not on the trail where hikers can see them, but off on the property boundaries, bushwhacking over rough terrain with compass in hand, from one orange boundary blaze to the next. Corridor monitors are the “eyes and ears” for their assigned parcels, walking the surveyed boundaries, inspecting survey monuments, noting boundary line

conditions, and maintaining friendly communication with neighboring landowners. Over the years, observant volunteers have discovered incidents of ATV damage, timber trespass, and illegal cutting.

Each year, the work of Long Trail and Appalachian Trail (A.T.) Corridor Monitors ensures the continued protection of some of the most beautiful natural areas of Vermont for generations to come. Whether you are a trail maintainer, hiker, or just enjoy getting off trail with a map and compass, corridor monitoring is a great way to give back to the nation’s oldest long-distance hiking path. To learn more about the Stewardship Program or if interested in becoming a Green Mountain Club Corridor Monitor volunteer, contact Pete Antos-Ketcham, GMC Stewardship director: pantosketcham@greenmountainclub.org; 802-244-7037, ext. 17.

Then there is Publications. Most Vermont hikers know about the *Long Trail Guide* and the *Day Hiker’s Guide to Vermont*, which are like the Old and New Testaments of Vermont hiking trails. In recent years, however, the Green Mountain Club’s list of published titles has blossomed to include a waterproof map of the Long Trail, regional hiking maps of Mount Mansfield and the Worcester Range, a guide to Vermont’s fire tower hikes, and recently a map of hiking trails in the Northeast Kingdom. They all draw on the knowledge and dedication of GMC volunteers, and all can be ordered via [www.greenmountainclub.org](http://www.greenmountainclub.org).

This spring GMC is publishing three brand-new books. Just released:

*So Clear, So Cool, So Grand—A 1931 Hike on Vermont’s Long Trail*, by James Gordon Hindes, and edited by longtime GMC volunteer Reidun Nuquist. This remarkable journal is the first hiking memoir ever published by GMC. The year 1931 has interesting echoes for our own times; much has changed, and much has not.

The next new publication doesn’t have a final title yet, even as it nears completion. It will be called *Walker’s Guide to Vermont—Paths and Trails for Shorter Getaways*, or *Green Mountain Club Guide to Walks and Rambles in Vermont—Shorter Outings in the Green Mountain State*, or maybe *Walks in Vermont—For Half an Hour or Half an Afternoon...* something like that... anyhow, it will be a handy book, and everybody should buy it and check out some of the wonderful rambles to be found in various corners of the state!

Last but not least, in July, 2009, GMC will release *A Century in the Mountains—Celebrating Vermont’s Long Trail*, a gorgeous full-color coffee table book of beautiful photos and essays to commemorate the Long Trail’s upcoming 100th birthday (March 11, 2010). My guess is that nobody will carry this big book with them on the trail, but hopefully it will become a cherished addition to the libraries of many Vermont hikers’ homes, to be gazed at lovingly during the Mud Seasons yet to come. ☞

Ben Rose is the executive director of the Green Mountain Club. For more about the GMC go to [www.greenmountainclub.org](http://www.greenmountainclub.org).

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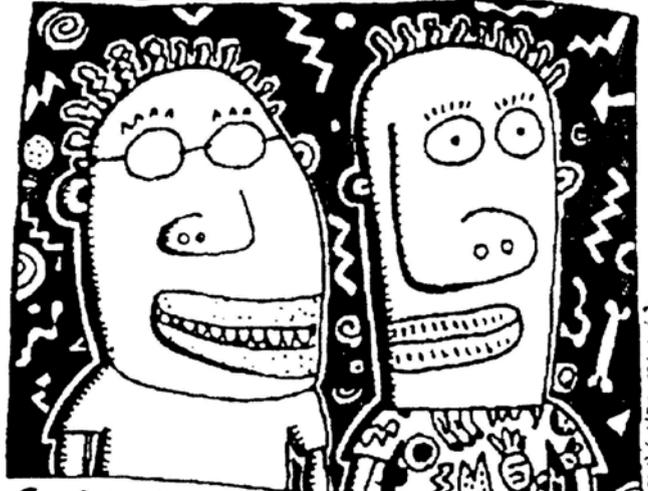
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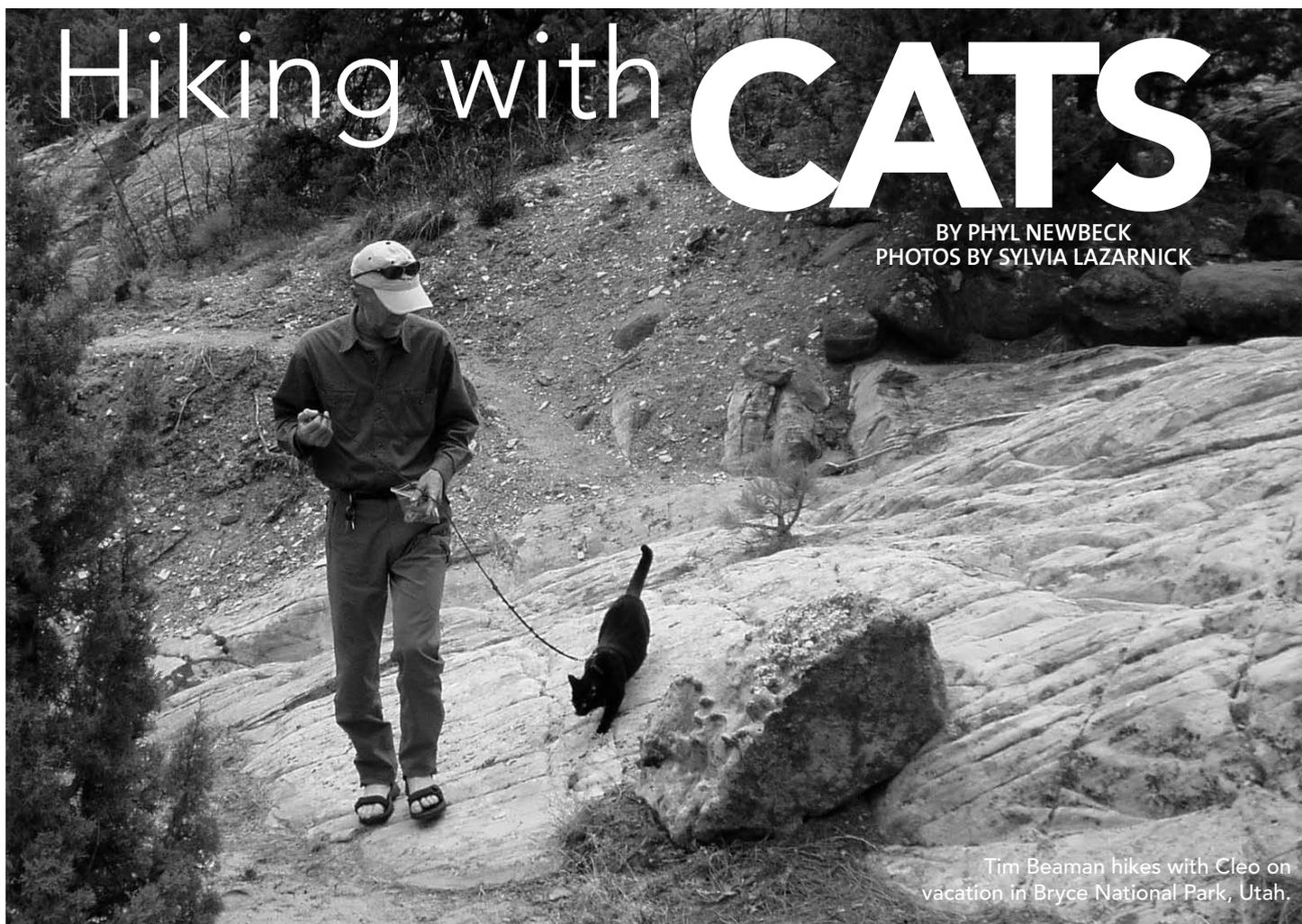
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# Hiking with CATS

BY PHYL NEWBECK  
PHOTOS BY SYLVIA LAZARNICK



Tim Beaman hikes with Cleo on vacation in Bryce National Park, Utah.

**T**im Beaman of Fairfield, VT, admits there aren't very many things he likes about his cat Cleo. "She's not friendly. She's not affectionate. She's got nothing I normally look for in a cat." But Cleo does have one thing going for her. She hikes with Beaman and his wife, Sylvia Lazarnick.

When Cleo, now seven, was adopted by the couple, they knew they were going to be doing a lot of traveling. Lazarnick was set to retire from teaching and the duo planned to spend the winter in Utah. Visiting unfamiliar places meant Cleo could no longer wander freely. Initially, she objected to being placed in a harness, but eventually she acquiesced. Five years later, Cleo is a veteran hiker, having joined Beaman and Lazarnick on treks in Utah, Tennessee, and Canada.

James and Darlene Mossman of Northfield, VT, also hike with their cat Toonces. They recall that when Toonces was an indoor/outdoor cat, he refused to accept a leash. After they moved to a home where Toonces must stay indoors, his attitude changed and now he happily submits to a harness. The Mossmans have taken Toonces, now ten, in the woods behind their house and up Northfield's Mount Paine, which is 1,900 feet in elevation. Toonces generally takes the lead and usually makes the right decisions at trail intersections. The first time the Mossmans took Toonces into the woods, he led them right to the beaver pond, their intended destination. James Mossman suspects this is based on his sense of smell.

That may also explain why Cleo is unwilling to accept any deviation from an out-and-back trail. If her humans try to take a different fork on a return trip, Cleo objects and refuses to follow. Cleo is partial to singletrack trails and does not like wide open areas. She doesn't mind ridges and stayed hap-

pily on leash on a narrow trail with steep drop-offs at Dinosaur National Monument. Her longest hike was five miles roundtrip. Generally, one hour on the trail is enough for her, but she has hiked for close to two. Lazarnick always leads with Beaman following and Cleo in between on her leash. When she gets overheated or tired, Beaman picks her up and carries her in his arms. The couple has learned not to take her out when the ground is too warm, but Cleo is willing to hike on packed snow in the winter. Although uphill can be a problem, Cleo has hiked up to 600 vertical feet on a volcanic cinder cone in southern Utah.

Toonces' longest hike was also five miles roundtrip, but he has accompanied the Mossmans on excursions of six to eight hours, spending time in a doggie backpack or lounging while the Mossmans eat and admire the view. To prevent heat exhaustion, the couple hikes with Toonces in the early morning or on cool days. Toonces dislikes snow, although he allows Mossman to carry him in the backpack in winter and will sit with him on pine needles in a sunny area.

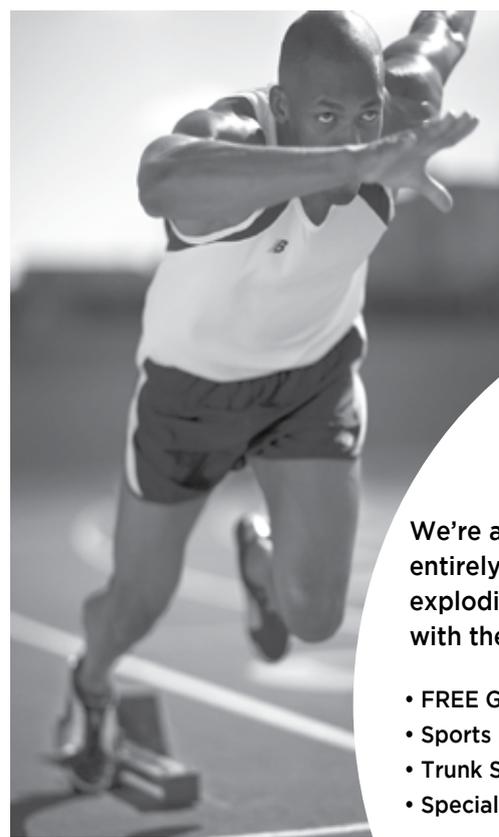
When Beaman hears a dog coming, he picks Cleo up, and the dogs don't seem to notice she is there. Although initially Cleo was bothered by other humans on the trail, she is no longer spooked by footsteps. The Mossmans, however, had to abort an attempt to hike a heavily populated trail with Toonces because of his discomfort. They have not had to deal with dogs, but they noticed that Toonces is aware of canine scent. In the woods, Toonces avoids certain areas where they have later seen evidence of dogs and/or foxes. At home in Vermont, where she is allowed free range, Cleo is a serious hunter, but she does not allow herself to be distracted by chipmunks on the trail. Toonces,

however, is easily distracted. The difference is that he has apparently developed a taste for venison and wants to chase deer.

Mossman recommends hiking with feline companions. "It's a lot of fun," he said. "People should try it if their cats are willing." Dr. Stephen Barningham of Mount Mansfield Animal Hospital agrees. He has gone cross-country skiing in the woods with two dogs and one unharnessed cat, but wouldn't consider taking an unleashed cat to a more populated area. Barningham stressed that cats should be kept on leash on public trails because of the presence of dogs. "There is nothing," he said, "that suggests that a cat can't go for a nice long walk if you keep the cat safe from predators or from running away." Barningham added that a lot depends on the physical condition of the cat, noting that adult cats can probably handle snow and steep terrain better than humans. "It's a rarity," he said, "but if you're willing to get your cat in shape and protect him on the trail, there's no reason why you can't do it." □

*Phyl Newbeck lives in Jericho with her partner Bryan and two cats, Benji and Elway, who have shown no interest in hiking. When she feels the need to take four-legged friends into the woods, she borrows her neighbors' canine companions. Phyl is a skier, skater, cyclist, kayaker, and lover of virtually any sport which does not involve motors. She is the author of Virginia Hasn't Always Been for Lovers: Interracial Marriage Bans and the Case of Richard and Mildred Loving.*

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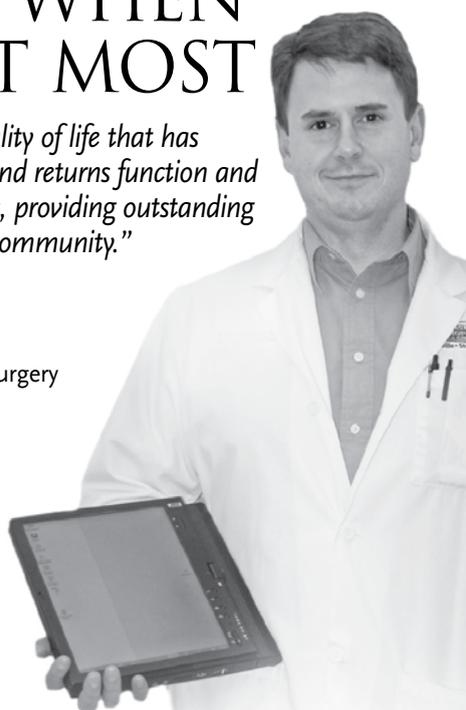
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- John-Erik Bell, MD**  
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Cyclist, skier, runner
- Michael Sparks, MD**  
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Photo by Kate Carter

# 2009

VERMONT SPORTS

# DOG ISSUE

This is our 6th annual dog issue, and in the following pages you will find an assortment of dog-related topics: interviews with people, interviews with dogs, a calendar of sports-related dog events, humor, and great feature stories by our contributing writers.

The highlight of the dog issue is the Adventure Dogs Photo Contest on the following two pages, where you will see how important dogs are to so many of us. We received over 100 submissions to the contest and we thank everyone who sent photos. A variety of dog-loving "judges" rated the photos on how well they represented the contest theme (Adventure Dogs), the contest categories (most athletic, best looking, most humorous), composition, clarity, and whether or not the photo evoked an emotional response. It was inspiring as well as gratifying to see all the great things *Vermont Sports* readers do with their dogs.

We hope you enjoy reading this issue as much as we enjoyed putting it together. ¶

— Kate Carter, Editor



VERMONT  
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ADVENTUROUS

# DOG

*Photo Contest*



## CONTEST CATEGORIES

- Best Looking Dog
- Most Athletic Dog
- Most Humorous Dog

We would like to thank the following businesses who provided prizes for the photo contest:



3 First Place Prizes—\$100 Gift Certificate to Pet Food Warehouse in South Burlington.



3 Second Place Prizes—\$50 Gift Certificate to Onion River Sports in Montpelier.

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3 Third Place Prizes—*Vermont Sports* swag and a one-year subscription to the magazine.

3 Honorable Mentions—One-year subscription to *Vermont Sports*.

**THE WINNERS!**



## BEST LOOKING

### FIRST PLACE

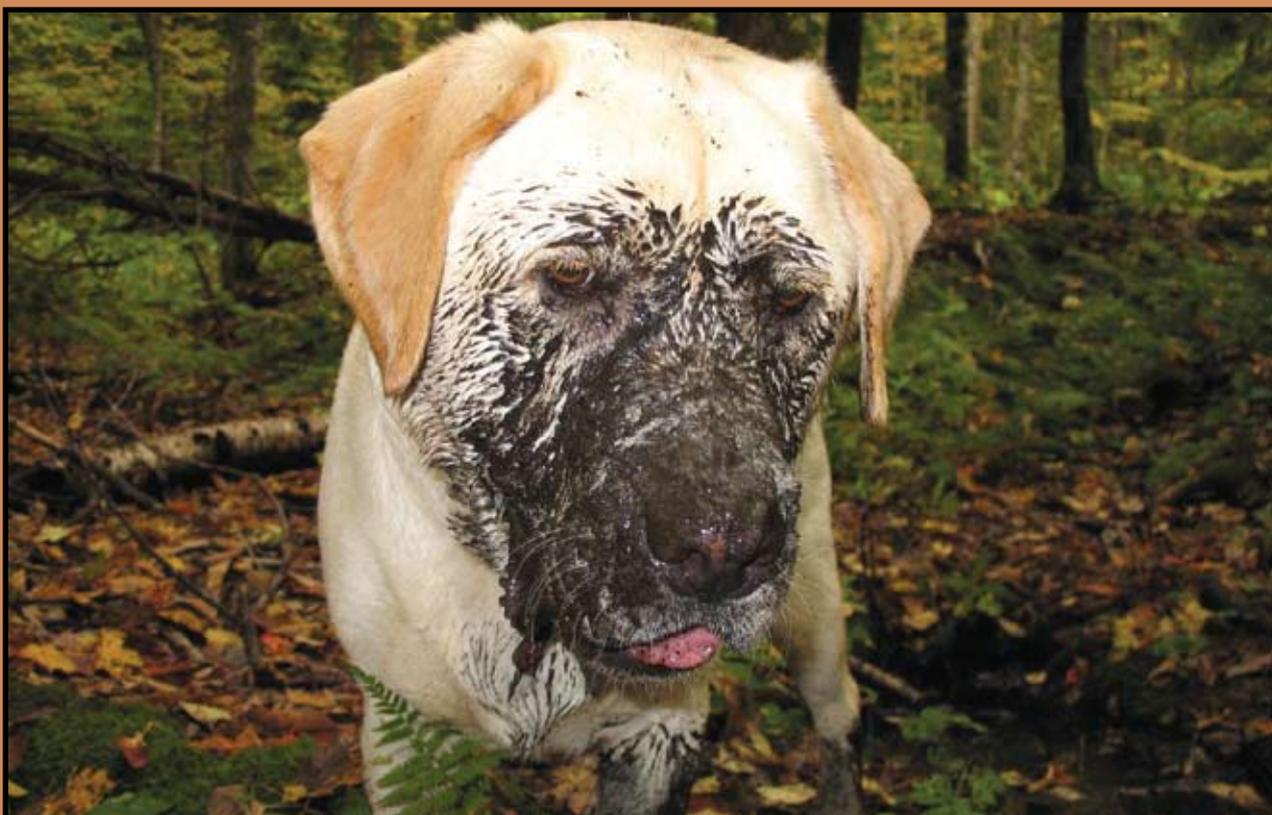
**A Kodak Moment, or Photoshop?** Film or digital, who cares? Piper, Beetle, and Wells are clearly mesmerized by the camera. The gang of black Labs lives with Abigail Littlefield, the photographer, and Martha Wilmot in Westminster West, VT, where they get to play at all the sports Labs love.



## MOST ATHLETIC

### FIRST PLACE

**Winter in Vermont!** Digby the dog, skijoring with Tiaan van der Linde, the mother, and Lindley, the baby, in tow. Neal Frei of Plymouth, NH, captured the photo as the trio from Burke Hollow, VT, slid by while skiing at Kingdom Trails in East Burke.



## MOST HUMOROUS

### FIRST PLACE

**Here's Mud in Your Eye!** Cutter, an English Lab, was abandoned last fall. He found his new people, Patti Murray and Kevin Merrill, when they rescued him from the pound. The three happily reside with Molly, an American Lab, in Killington. Jody Chudzik, also of Killington, took this photo of Cutter clowning around on the Appalachian Trail nearby.



**SECOND PLACE**

**GQ Guy at Work**

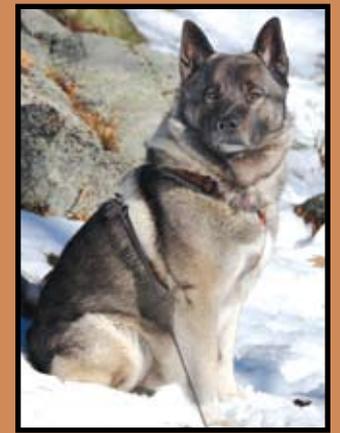
Two-year-old Cody, a Chocolate Lab, lives for the pool. Here he is, taking a break after a hard day swimming with the kids. The leader of the pack, Valerie Wilson, shot this photo at their home in Springfield, VT.



**THIRD PLACE**

**There's No Business Like Snow Business**

Juno is a Silver Labrador Retriever, a rare and relatively unknown breed. Caitlin Welter of Waitsfield, VT, took this photo of Juno while they were snowshoeing together in Fayston on Valentines Day.



**HONORABLE MENTION**

**Friend-me@balto.com**

Handsome Balto, a Norwegian Elkhound, is a regular at Harriman State Park, 30 miles north of New York City, where his owner, Michael Margulis, took this photo. Although Balto is a hunting breed, like his namesake, he also enjoys pulling, especially if Michael is on skis. The team lives in Port Washington, NY.



**SECOND PLACE**

**Walkin' on Water**

Poncho Bing Bat is a two-year-old Black Lab who needs no reason to go in the water. In fact, he loves it so much it's hard to keep him out. Poncho lives in Warren, VT, with Jesse and Whitney Phillips.



**THIRD PLACE**

**Two Labs Are Better Than One**

Zoe and Zia get to ski, sled, and walk almost every day with their sister Stitch, and their humans, Sandra Chicoine and Heather LaDuke. Heather shot this photo of Zoe and Zia skijoring with Sandra on a forest road in Ripton, VT, this past winter.



**HONORABLE MENTION**

**You Go, I'll Guard the Gear**

Nick Korda shot this photo of his Alaskan Husky, Ace, taking a snooze, while their buddy, Jed Palmer, tackles the ice in Franconia Notch. Nick and Ace live at Castleton State College during the school year, and are based out of Boulder, CO, in the summer, where they adventure together in the Rocky Mountains.



**SECOND PLACE**

**Look At Me, I'm Sandra Dee**

Stephen Dybas of Brattleboro, VT, took this photo of Taber while hiking in Great Sand Dunes National Park near Mosca, CO. Taber is a mix of German Shorthair Pointer and Brittany Spaniel. He and his human, Jessica Denison, live in Durango, CO.



**THIRD PLACE**

**Where's the Cabana Boy?**

Viktor, a Yellow Lab, relaxes after a long day of retrieving balls from the pool. He lives with Susan Weber, who shot the photo at their home in Little Ferry, NJ.



**HONORABLE MENTION**

**Back Off Papparazzi!**

Denali, Nicole, and Hans Dyhrman of Burlington, VT, were on an overnight camping trip at Green River Reservoir, when Nicole shot this photo from the bow of the kayak. Denali is a Boxer mix rescue dog who gets to go everywhere with her humans, even if it means riding in a heavily laden kayak, towing supplies in an inflatable raft.

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**Saturday, April 25, 2009**  
**Vermont Sports Medicine Center**  
**5 Albert Cree Drive, Rutland, VT**

8-9:30am Registration  
10am - Kids Fun Run  
5K Run/Walk Immediately after Fun Run  
*Free T-shirts to First 100 Pre-registered Participants*

To pre-register or for more info, contact VSMC's Susan MacLennan at **802.775.1300**

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#### APRIL 26

**The CVR Mutt Strutt** is a chance for runners to race with their dogs (on leashes). This is the 12<sup>th</sup> year for the Mutt Strutt, which benefits the Central Vermont Humane Society and is put on by Central Vermont Runners. Held on paved roads in Little River State Park, Waterbury, on a 3-mile out-and-back course. 10 a.m. \$1 per paw and foot. More info—Donna Smyers, 802-229-4393, dosmyers@cs.com.

#### MAY 16

The 17th annual Walk/Run for Animals is a 4-mile run that starts at 10 a.m., followed by a 4-mile walk at 11. It all begins at the Knights of Columbus in Barre, VT, with proceeds to benefit the Central Vermont Humane Society. More info—Liz Walsh, [www.cvhumane.com](http://www.cvhumane.com), [info@cvhumane.com](mailto:info@cvhumane.com).

#### MAY 30

The third annual **GMDC Spring Fling Disc Dogathon** is hosted by the Green Mountain Disc Dog Club at Maple Street Park in Essex Junction, VT. Games will include Novice and Pro divisions of Distance and Accuracy, Time Trial, Freestyle, Bullseye, and Extreme Distance. Games begin at 10 a.m. More info—Angelo Marinakis, 802-922-7100, [www.greenmountaindiscdogs.com](http://www.greenmountaindiscdogs.com), [chiroangelo@yahoo.com](mailto:chiroangelo@yahoo.com).

#### JUNE 13-14

**USDAA Dog Agility.** The United States Dog Agility Association sanctions this annual dog agility trial in Stowe, at the Trapp Family Lodge. The public is invited to come watch dogs and handlers compete for titles in the sport of dog agility, where handlers must lead their dogs through a course consisting of tunnels and chutes, jumps, weave poles, dog walks, A-frames, and teeters. Trials run outdoors all day, Saturday and Sunday. The hosting club for the trial is the Vermont-based Northern Magic Agility Dogs (NOMAD), [www.nomadagility.com](http://www.nomadagility.com).

#### AUGUST 8

**Kingdom Run 2009**, for the Northeast Kingdom Spay-Neuter Program. Runners can do 5K, 10K, or 20K. All are out-and-back routes on dirt roads, beginning and ending on the Village Green in Irasburg. Walkers have the option of 5K or 10K. Dogs are welcome on leashes, and runners are asked to use judgement if “going the distance.” Races start at 8:30. More info—802-766-5310, [rboulanger@surfglobal.net](mailto:rboulanger@surfglobal.net).

# CALENDAR OF SPORTY CANINE EVENTS



#### AUGUST 14-15

**NADAC Dog Agility.** If you missed the agility trial on June 13-14, you have a second chance to see amazing dogs perform the sport of agility. The North American Dog Agility Council (NADAC) sanctions this trial, held at the Topnotch fields in Stowe and hosted by NOMAD. Great for spectators! Two rings, outside, both days. More info—[www.nomadagility.com](http://www.nomadagility.com).

#### AUGUST 22

**Pedal for Paws**, North Country Animal League's Ride for the Animals. Cyclists can ride a century (100 miles), a metric century (60 miles) or a fun ride (25 miles) to raise money for NCAL. Start and finish at the Commodores Inn, Stowe, VT. Post-ride barbecue. More info—802-888-5065, [www.ncal.com/pedal.html](http://www.ncal.com/pedal.html).

#### SEPTEMBER 13

The **GMDD Vermont State Disc Dog Championships** will be held at the Shelburne Museum during the “Shelburne Museum Goes to the Dogs” event. Games will include Novice and Pro divisions of Distance and Accuracy, Time Trial, Freestyle, Spot Landing, and Bullseye. Competitions begin at 11 a.m. More info—Angelo Marinakis, 802-999-7832, [www.greenmountaindiscdogs.com](http://www.greenmountaindiscdogs.com), [chiroangelo@yahoo.com](mailto:chiroangelo@yahoo.com).

#### SEPTEMBER 20

**Dog Run Dog** is a national 5K/10K Dog and Partner Team Run for fun and friendly competition to help support national and local organizations committed to helping animals. Dog and Partner Teams may run or walk. If you don't have a dog or can't borrow one, you can run with the dogs in the People's Race. This is the 4th year for Dog Run Dog. More info—802-356-4444, <http://dogrundog.com>, [info@dogrundog.com](mailto:info@dogrundog.com).

#### SEPTEMBER 26

**Green Mountain Iron Dog** is a fun event open to the public and hosted by the Vermont Police Canine Association. Iron Dog tests dog and handler skills on a 1.5-mile cross-country course with numerous obstacles along the way. Held at Camp Kiniya, Colchester, VT. More info—Officer David Dewey, 802-655-3054, [www.vtPCA.com](http://www.vtPCA.com), [ddewey@dps.state.vt.us](mailto:ddewey@dps.state.vt.us).



## WAGGER ATHLETE



# MARABOU

**Breed:** Black Lab

**Age:** 1

**Residence:** Waterbury

**Family:** Becca and Dave Washburn

**Primary sport:** Fly fishing

**VS: Hi Marabou! How are you doing today?**

M: Super. The sun is shining, ice is melting, and I will be swimming and fishing soon.

**VS: How did you get your name?**

M: I must have looked like a wooly buggler when I was little. Marabou is a fuzzy, sometimes black, fly-tying material.

**VS: Were you born in Vermont?**

M: Yes. I was born in a dairy barn at Heather Hollow Farm in Hardwick.

**VS: What are your people like? Are they good about getting you out?**

M: We spend a lot of time outside. We fish, hike, swim, garden, ski, and mountain bike. I am not really sure about canoeing. I don't understand why I should have to stay in the canoe when it is so much more fun to be in the water. Same with the drift boat, but at least we are fishing. I have been camping a few times, and I think I could really get into it—everyone sleeps on the ground!

**VS: Do you have to share your digs with any other animals?**

M: No, but my friend Mojo stays over sometimes.

**VS: You're a young guy with a lot of energy. What do you do to keep yourself busy?**

M: After breakfast every morning I get a little exercise, hiking or swimming, and usually I mountain bike in the afternoon. A few days a week I go to the office, but mostly I chew sticks, dig for apples in the yard, and watch the neighborhood from the front porch. The weekends are much more exciting—that's when we get to go on big hikes, help out with trail work on the Perry Hill trails, and have barbecues.

**VS: Your person works at a place where dogs can come? Where is that? And who are the other dogs in the office?**

M: I go in and help out at Stowe Land Trust. Sometimes I am stuck in the office, but I do report on trail conditions and visit owners of conserved lands. I also supervise volunteer work days at Mill Trail. My friend Angus comes to the office from time to time, but mostly he works at Mammut. Apparently, when we are at the office together, not a lot of work gets done.

**VS: What do you like about fishing?**

M: I love being on the water, especially the Winooski River. I can spend hours standing in the river chasing bugs and sniffing the trout that my dad reels in.

**VS: How do you fight the urge to chase the flies?**

M: Sometimes I chew sticks on the bank, but mostly I like to stand next to my dad and coach him on his casting. I stay close so I don't miss my chance to check out his catch. I am waiting to see one as big as the stuffed trout I got for Christmas.

**VS: You like to hike, too. Are you one of those dogs who has to be first in line?**

M: I hike in front because I am always carrying big sticks, and I get them caught between people's knees if I am anywhere else on the trail.

**VS: Where do you like to hike?**

M: I have done a lot of hiking in the Worcestersters. My first big hike was Hunger Mountain. Since then I have hiked on the Long Trail, Stowe Pinnacle, Wiessner Woods (on my lunch breaks), and a few cool spots on the coast of Maine.

**VS: Do you find humans are on the slow side, or just the right pace?**

M: Usually they are on the slow side, though they do well with only two legs. Besides, they carry my biscuits.

**VS: What's the best (or as those humans put it, "worst") smell you've ever gotten into on an outing?**

M: Wild turkey (no, not the whiskey). I found part of a turkey carcass, mostly feathers, and carried it all the way back to the car so I could bring it home with me. I had to leave it in the parking lot.

**VS: This was your first full winter. What did you think?**

M: It's been great playing outside a lot. I love the snow! It makes the yard so much more interesting. If it weren't for swimming and fishing, I would want it to be winter year round.

**VS: Did you ski at all?**

M: Yes. I have a few local stashes like Blush Hill Country Club and Wiessner Woods.

**VS: What is it about snow banks that makes you want to scale them?**

M: I really look at it as cross-training when I am not in the mountains.

**VS: Where's the farthest you've traveled?**

M: Maine. It's a long ride, but it's fun chasing seagulls at the beach.

**VS: Do you like going in the car?**

M: Sometimes I play hard to get when mom tries to put me in the car—it's so fun to watch her try and trick me into getting in. Once I am in, I'm good, especially if the windows are down. Riding in the truck is best because I get the front seat, and let's face it, that's where every dog wants to sit.

**VS: Are you allowed on the couch?**

M: No. I have a sweet L. L. Bean bed right next to the woodstove and my parents spend more time on it with me than on their couch.

**VS: What is your opinion of dog parks?**

M: I've never been to a dog park. Would my parent's be able to come?

**VS: What are your plans for spring and summer?**

M: When the snow melts I will be sure to eat all of the interesting things I missed last fall. I am going swimming as soon as the ice goes out on the reservoir! I will definitely encourage the whole camping thing again—I can steal their pillows because they sleep on the ground, too. It's brilliant!

— Sky Barsch (with the help of Mesa Gleiner)

### Adirondack North Country Race Weekend 2009

Wilmington-Whiteface Road Race,  
Saturday, June 13  
Saranac Lake Downtown Criterium,  
Sunday, June 14

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**VS: Hi Mitzy! Did you get out for a run today?**

M: Hmm, yes, I went for two runs today. One was two hours long and the other was one hour.

**VS: Wow, that's a double workout! Is that pretty typical for you?**

M: Yeah, I'm a working dog so I really love running.

**VS: What's the farthest you've ever run?**

M: My owner, Big Dawg, tells me my longest contiguous run was 37 miles, but more if we count the cool down game of fetch with the tennis ball.

**VS: Has your dad ever clocked your speed?**

M: Big Dawg tells me I am wicked fast for a middle-aged girl. As a dog with alpha tendencies, I insist on running in the front. Just yesterday, I missed a turn and had to sprint to regain the lead. Just as I achieved top speed, the crust on the snow gave way, and I lost my footing. After two complete flips, I landed on my paws and regained the lead. That's fast.

**VS: Do you run on or off leash? If off, how did you learn to stay close?**

M: I usually run off the leash. I come from a family of sheep herders, so we know where borders are. My dad told me that the white line (against traffic) is the border, so I always stay to the left of the border and close to Big Dawg. I also understand cross walks and waiting at intersections.

**VS: Where are your favorite places to go?**

M: I like to go in the truck, and I like to go anywhere I can chase kitties and chippies. I also love to run the Appalachian Trail with Big Dawg and his girlfriend, Hoop Dawg. Should they stray apart on the trail, I get very

## WAGGER ATHLETE



concerned and attempt to keep them together.

**VS: Have you ever been in a race?**

M: Yes, I ran the Dog Run Dog race in Norwich and was given the yellow jersey for the 10K.

**VS: Sounds like you lucked out when you picked your human, since he likes to run. Are you pretty happy?**

M: Yes, I'm happy all the time. I am happiest when I am out running in the deep snow. I'm really just a human in a dog suit.

**VS: Do you enjoy skiing?**

M: Yup, I like skate skiing and backcountry skiing.

**VS: What's your favorite kind of snow?**

M: Overhead blower snow. That's when the snow is so deep it blows over my head. A double-overhead blower is heaven.

**VS: Where were you born? What pack are you from?**

M: I was a stray dog in Utah, and

## MITZY nickname Schmitty or Schmitt Dawg

**Breed:** Border Collie

**Age:** 9, maybe 8

**Residence:** Norwich

**Family:** I split my time between my Joe Holland and his mom, Barb.

**Primary sport:** Running long distances and tennis ball. That's a sport, right?

someone who is passionate about my breed paid for me to fly to Glen Highland Farm, a border collie rescue farm in upstate New York. Big Dawg's mother, Barb, and Big Dawg drove to the farm and interviewed many other dogs. I had a little alpha attitude, and I herded the other herding dogs. I was a very confident and focused dog, and it became apparent to Big Dawg that I would be a good match for him.

**VS: Do you know any tricks?**

M: I can pitch a ball with my left paw, and they say my fast ball is difficult to hit. I have one long sock on my left foot—that's my pitching foot. Big Dawg

stands at home plate and I can pitch the ball up to 20 feet. He then smacks the ball with a golf club, and I field it. I have a pitching mound and everything. You wanna come over and play with me?

**VS: Thanks for the offer! I don't know if I'm fast enough, though. Who are your best dog friends?**

M: I like Schmaggie, she's a Golden Retriever who comes over to visit sometimes.

**VS: What are your favorite treats?**

M: I like prosciutto and the doggie treats that the ladies give me at the office, but I'll take ball play over food.

**VS: You seem like such a good dog! But come on, you've done something naughty... What is it?**

M: I like chasing kitties. Another thing that gets me in trouble is if I see a soccer game or baseball game, I run on the field and want to play.

**VS: What's your advice to aspiring running dogs?**

M: Humans are slow learners, but with repetition they will eventually get it, and they mean well. Give them a chance. ☐

— Sky Barsch (with the help of Mesa Gleiner)

## VERMONT SPORTS

### COMING NEXT MONTH

VERMONT CITY MARATHON NEWS

TRAINING FOR A VACATION MARATHON

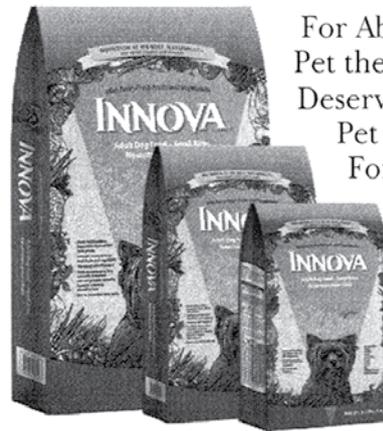
RUNNER PROFILE – BOB MATTESON

SUMMER GREEN GEAR GUIDE

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# LEAF'S AMAZING ADVENTURE

BY KATE CARTER

On July 31, 2008, Leaf was swimming and playing in Brewster Gorge in Jeffersonville. Suddenly, he ran off, hot on the scent of a woodland critter, and he didn't come back. Ten days later, Stowe Mountain Rescue plucked him from a ledge in the middle of the Gorge. Here is the story of Leaf's amazing adventure, as told by his human companion, Stacey Naused. Stacey lives in Morrisville and is a student in Human Development at UVM.

**VS: HOW OLD IS LEAF AND WHERE IS HE FROM?**

Stacey: He's now about two-and-a-half years old. I got him from Random Rescue in Williamstown.

**VS: WHAT WERE YOU DOING WHEN LEAF TOOK OFF?**

Stacey: I wasn't there. I was moving into a new apartment, and I had to go to work at the Kitchen Table in Richmond. I left Leaf with my boyfriend, Simon. That night, Simon called me at work to tell me Leaf was missing. They had gone to a swimming hole at Brewster Gorge and Simon was throwing sticks for Leaf to fetch. Leaf ran by a stick and caught the scent of something and kept going. Simon searched and searched for him until dark and finally called me. I left work and went to help look for him. It was very dark and hard to see anything. I was just hoping he would hear us and come.

**VS: WHAT WERE YOU THINKING WHEN HE DIDN'T COME?**

Stacey: I had positive thoughts for the first 24 hours. The next day we made posters and put them up in the immediate area. I went back to the area for the next four or five days, walking and calling for him and putting up more posters. Leaf is very friendly, and there were a lot of homes and farms nearby. I kept hoping he'd show up at one of them. Then, after a few days, I started getting scared that he was dead in the woods or had drowned in the river. He's a good swimmer, but there were a lot of thunder storms and rain, and the water was very high and rushing really fast.

**VS: DID ANYONE SEE THE POSTERS AND CALL?**

Stacey: I got some calls but they were very frustrating. A lot of good-hearted people called saying they had seen him, and I would go charging around, looking for him. I had four false calls; usually it was a neighbor dog that often runs loose. Apparently there are a lot of those. False alarms were the worst. I'd drop everything and go looking.

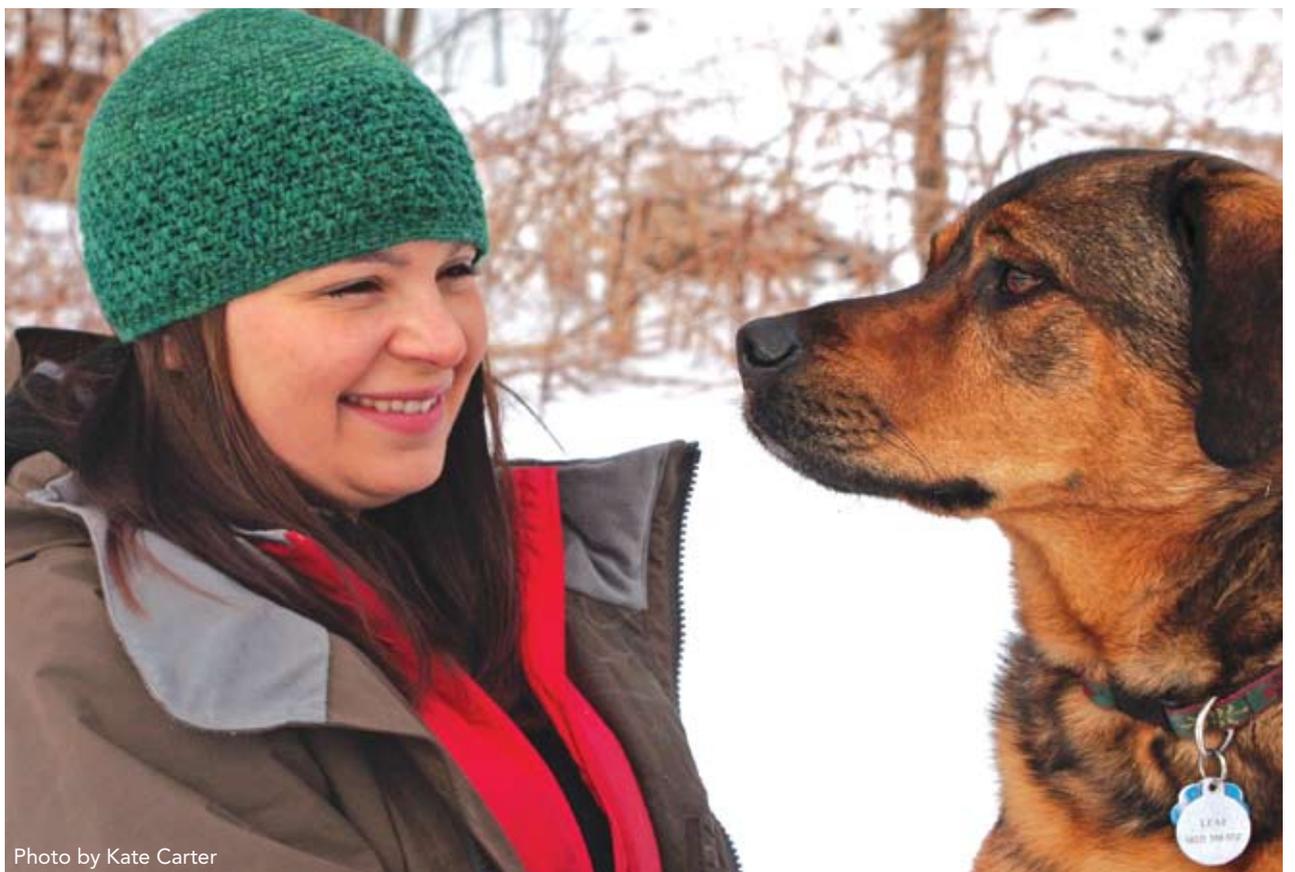


Photo by Kate Carter



Photo by Kate Carter



Photo by Tim Burdick, Stowe Mountain Rescue

**VS: DID YOU EVER START TO LOSE HOPE?**

Stacey: Yes, definitely. After about a week, it just didn't make sense to keep walking the area where we lost him. It was really disheartening because we got a lot of thunderstorms that week. A storm would come and that's when I'd start to cry. Leaf is a strong, healthy dog and so friendly, I thought for sure he'd go to people. One woman was very encouraging. She found her dog after 10 weeks. I thought, "Oh my God, I can't make it for 10 weeks of searching and hoping."

**VS: WHO FINALLY FOUND HIM?**

Stacey: A family that was visiting Smugglers' Notch Resort. They walked out to the Gorge and when they were leaning over to look at it they could hear him whining. I had been to the same place before, but the water was raging and really loud, and I was sure we couldn't hear each other. On the way out to get help, they saw the poster and went to the fire department. Someone there called the constable, who called Stowe Mountain Rescue. Meanwhile, Simon had convinced me that we needed to relax and not think about it, so we were out kayaking on Waterbury Reservoir. From there I went to work and discovered I had six messages on my phone. The first person was the mother of the family. I left work and when I got to the Gorge it looked like a crime scene. I waited and waited, and people came out and told me he was coming soon. That's when I started crying, because I really did believe it was him.

**VS: HOW DID STOWE MOUNTAIN RESCUE GET LEAF OUT?**

Stacey: I didn't actually watch. I don't know why. I just stayed back and out of the way. They said a team member rappelled to the ledge where Leaf was waiting, and determined that he was friendly and not going to bite.

Then they used ropes to lower another team member to Leaf. He put a PDF on Leaf and the rest of the team pulled them both out. Everyone was so moved by the experience. I was so grateful, but I just wanted to get him home. I didn't know what to do because I also really needed to get back to work. I ended up dropping him off with Simon and he just chilled out. He'd been 70 pounds and was down to 59. His stomach was shrunk so we didn't feed him a lot. We gave him a half cup of food several times a day. He was a ravenous eater for the next few weeks.

I think he was on that rock the entire 10 days. He was about 30 feet down in the Gorge, and about 10 feet up on the rock. It looks really ominous, and he was right in the middle of it. I think he got washed onto the rock. He had no scratches or broken bones. He was just skinny. When they pulled him out, he was real disoriented and didn't respond when I called, but then he caught my scent and went crazy, jumping up and down, non-stop.

**VS: DO YOU HAVE ANY ADVICE FOR OTHERS SHOULD THEY LOSE A DOG?**

Stacey: Try to stay positive and don't give up. It's absolutely exhausting, and you feel like a failure, but don't give up. Try to get the word out. The more people I talked to, the more the information got out, to the point it was on several radio stations and different listservs. Try not to imagine the worst and keep hoping for the best. The more people who are involved, the more comforting it is. If it's driving you into the hole of despair, which it was for me, try to find the energy to take care of yourself. I thought for sure someone had taken Leaf. Some people will keep a lost dog for a few days before calling. Leaf was so friendly I was afraid a family found him and their kids wanted to keep him. But it wasn't like that at all. He showed up in the very same area where Simon last saw him. [ ]

Central Vermont Humane Society

17th Annual  
Walk/Run for Animals  
May 16th 2009  
at the Knights of Columbus Pine Hill Road Barre, VT

Registration begins at 9am. The 4 mile Run starts at 10am followed by the Walk at 11am. Pledge sheets available at the shelter or on our website  
[www.cvhumane.com/WFA.htm](http://www.cvhumane.com/WFA.htm) Fun and games for the kids and dogs. Prizes will be given for the most money earned in six categories.

(For safety, well-behaved dogs are welcome on walk only)

PO Box 687 Montpelier, VT 05601 • 802-476-3811

The Calendar of Events includes races, club training sessions, demos, fundraising challenges, and audio-visual presentations. These listings are FREE. Also included are camps, clinics, trips, workshops, outings, excursions, seminars, and tours. These listings are \$10/month, or FREE with the purchase of a display ad for the event. Enter your listing directly online at [www.vtsports.com](http://www.vtsports.com).

## CALENDAR OF EVENTS



### ADVENTURE RACING

#### JULY

- 9-12 Untamed New England Adventure Race, Dixville Notch, NH, Grant Killian, [info@UntamedAdventure.com](mailto:info@UntamedAdventure.com), [www.UntamedNE.com](http://www.UntamedNE.com)

### ALPINE SKIING

#### APRIL

- 4 Jay Peak Mogul Competition, Jay, VT, Brian Keet, [bkeet@jaypeakresort.com](mailto:bkeet@jaypeakresort.com), [www.jaypeakresort.com](http://www.jaypeakresort.com)

### BACKCOUNTRY SKIING

#### APRIL

- 11 USSMA Sugarloaf Reggae Randonee Race, Sugarloaf Resort, Sugarloaf, ME, [www.sugarloaf.com/events/calendar](http://www.sugarloaf.com/events/calendar)

### CANOE/KAYAK

#### APRIL

- 4 Reel Paddling Film Festival, 8PM, McCarthy Recital Hall, St. Michael's College, Colchester, VT, Canoe Imports, 802-651-8760, [Info@CanoeImports.com](mailto:Info@CanoeImports.com), [www.canoeimports.com](http://www.canoeimports.com), [www.vtpaddlers.net](http://www.vtpaddlers.net)

### CYCLING

#### APRIL

- 11 Camp Ta-Kum-Ta 8-Mile Time Trial (Part of the Camp Ta-Kum-Ta Stage Race Triathlon), 10AM, Montpelier, VT, Donna Smyers, [dosmyers@cs.com](mailto:dosmyers@cs.com)

#### MAY

- 10 Lund Family Center's Mother's Day Ride, So Burlington, VT, Lund Family Center, [bikeride@lundfamilycenter.org](mailto:bikeride@lundfamilycenter.org), [www.lundfamilycenter.org](http://www.lundfamilycenter.org)  
17 Dust Off, for the Community Food Cupboard, all distances and ability levels, Dana Thompson Recreation Area, Manchester, VT, Robin Verner, [Rob@BattenkillSports.com](mailto:Rob@BattenkillSports.com), [www.BattenkillSports.com](http://www.BattenkillSports.com)

#### JUNE

- 4-7 VerMontreal 4-Day Bike Tour with Local Motion and Lake Champlain Bikeways, South Hero, VT, to Montreal, QC, Adele Dienno, [adele@localmotion.org](mailto:adele@localmotion.org), [www.localmotion.org/events/montrealtour](http://www.localmotion.org/events/montrealtour)  
6 & 7 Tour de Kingdom one- or two-day competitive and recreational cycling tour, 15-100 miles each day, Derby, VT, [info@irocvt.org](mailto:info@irocvt.org), [www.tourdekingdom.com](http://www.tourdekingdom.com)  
13 Wilmington Whiteface Road Race, Wilmington Town Park to Whiteface Mountain, Wilmington, NY, Tim Akers, [race@teampacidplanet.org](mailto:race@teampacidplanet.org), [www.teampacidplanet.org](http://www.teampacidplanet.org)  
14 Saranac Lake Downtown Criterium, Saranac Lake, NY, Tim Akers, [race@teampacidplanet.org](mailto:race@teampacidplanet.org), [www.teampacidplanet.org](http://www.teampacidplanet.org)  
13 Champ Ride for HIV/AIDS-Vermont CARES, Ferrisburgh, VT, Peter Jacobsen, [peter@vtcares.org](mailto:peter@vtcares.org), [www.vtcares.org](http://www.vtcares.org)  
21 15th Annual Great Rivers Century, Ludlow, VT, Rick Trainer, [cyco@tds.net](mailto:cyco@tds.net)

#### JULY

- 10 The Prouty Bike Ride & Challenge Walk, 6:30AM, Hanover, NH, Prouty Office, 800-226-8744, [info@theprouty.org](mailto:info@theprouty.org), [www.theprouty.org](http://www.theprouty.org)  
10-11 The Prouty Ultimate Back-to-Back Century Ride, Manchester, NH, Charlie Kimbell, [charlie@kimbellenterprises.com](mailto:charlie@kimbellenterprises.com), [www.theproutyultimate.org](http://www.theproutyultimate.org)  
25 6th Annual Onion River Century Ride to benefit the Kellogg Hubbard Library, 8AM, Montpelier, VT, 802-229-9409, [thefolks@onionriver.com](mailto:thefolks@onionriver.com), [www.onionriver.com](http://www.onionriver.com)

#### ONGOING

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

### 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 Rogers, 802-878-2902

Weekends, Nature Photography Workshops with Carl Heilman, Brant Lake, NY, Digital and Photoshop Weekend Workshops and more, 518-494-3072, [www.carlheilman.com](http://www.carlheilman.com)

Relay For Life, overnight team walking event in 14 Vermont communities, thru June, 1-800-ACS-2345, [www.cancer.org/vtrelays](http://www.cancer.org/vtrelays)

### MOUNTAIN BIKING

#### APRIL

- 19 Gravel Grinder Spring Classic Dirt Road Ride, 9AM, Pilgrim Park, Waterbury, VT, Mandy or George Wisell, Five Hills Bikes, [mandy@bike29.com](mailto:mandy@bike29.com), or register online at [www.active.com/page/Event\\_Details.htm?event\\_id=1692401&assetId=86d6825e-dfda-4595-a913-3595fb694191](http://www.active.com/page/Event_Details.htm?event_id=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



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## VERMONT SUN TRIATHLON SERIES '09



**SUN, JUNE 28<sup>th</sup>**

Swim 600 yards  
Bike 14 miles  
Run 3.1 miles



**SUN, JULY 12<sup>th</sup>**

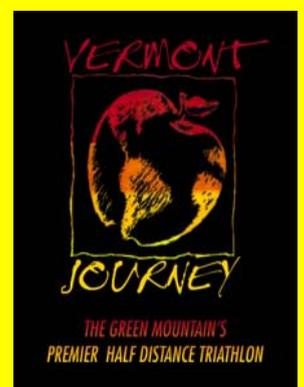
Swim 600 yards  
Bike 14 miles  
Run 3.1 miles



**LAKE DUNMORE TRIATHLON**

**SUN, AUGUST 9<sup>th</sup>**

.9 mile Swim  
28 mile Bike  
6.2 mile Run



**SUN, AUGUST 30<sup>th</sup>**

1.2 mile Swim  
56 mile Bike  
13.1 mile Run

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Chestertown, New York

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[adirondackmarathon.org](http://adirondackmarathon.org)

## RUNNING

### APRIL

- GMAA Kaynor's Sap Run, 6 miles, 12 noon, Westford, VT, Chapin at 802-878-6392 or Donna at 802-879-2052, kaynor.sapun@gmaa.net, www.gmaa.net
- RunVermont 2009 Half Marathon Unplugged, 9AM, Airport Park, Colchester to Flynn Ave., Burlington, VT, youth@runvermont.org, www.runvermont.org
- Camp Ta-Kum-Ta 5K (Part of the Camp Ta-Kum-Ta Stage Race Triathlon), 9AM, Montpelier, VT, Donna Smyers, dosmyers@cs.com
- GMAA Rollin Irish Half Marathon, 9AM, Memorial Hall, Essex Center, Carolyn Bever, 802-238-9112, rollinirish@gmaa.net, www.gmaa.net
- Vermont Sports Medicine Center 5K Run/Walk for Kids on the Move, 10AM, VSMC, Rutland, VT, Susan MacLennan, 802-775-1300
- 13th Annual CVR Mutt Strutt (for people and dogs on leashes), 10AM, Little River State Park, Waterbury, VT, Donna Smyers, 802-229-4393, dosmyers@cs.com, www.cvrrunners.org/cvrraces.htm
- 31st Annual Sap Run, Swanton, VT, Kelly Viens, kviens@stalbansvt.com

### MAY

- GMAA 30th Partners Race, 5 miles, 9AM, Jericho Center, VT, Nathan Fields, 802-316-2240, partners@gmaa.net, www.gmaa.net

- Burlington TF Invitational Masters 5K, 1M, and Shot Put, Burlington, VT, Pavel Dvorak, pdvorak@bsdvt.org, <http://bsdweb.bsdvt.org/~pdvorak/tfweb/meets/bhsinvitational/tf5k1m.htm>
- Adamant Black Fly 4 Miler, Adamant, VT, Eric Ryea, 802-223-2733, dosmyers@cs.com, www.cvrrunners.org/cvrraces.htm
- 19th Annual Champlain Classic 15K/5K, Shelburne, VT, Betsy Cieplicki at Town of Shelburne Parks & Rec., bcieplicki@shelburnevt.org, www.champlainclassic.com
- 32nd Annual Steve Zemianek Bennington Road Race 10K, 3.8-Mile Run/Walk, and Kids' Fun Run, 8AM, Park McCullough House, No. Bennington, VT, Pat Zemianek, 802-442-2206, www.runreg.com
- Road to the Pogue 6.1-mile trail race, 9AM, Mount Tom, Woodstock, VT, Charlie Kimbell, charlie@kimbellenterprises.com, www.roadtothepogue.com
- Green Mountain Hill Climb, Ripton, VT, Mia Allen, nbranch@ripton-coop.net, www.greenmountainhillclimb.com
- Charlotte Covered Bridges Half Marathon, 8:30AM, Charlotte School, Charlotte, VT, Rayne Herzog, 802-985-4402, rayne@fieldhouseraceseries.com, www.fieldhouseraceseries.com
- Walk/Run for Animals, 4-Mile Run at 10AM, 4-Mile Walk at 11AM, Knights of Columbus, Barre, VT, Liz Walsh info@cvhumane.com, www.cvhumane.com
- RunVermont Sports & Fitness Expo, Friday 4-8PM, Saturday 9AM-7PM, Sheraton Hotel & Conference Center, Burlington, VT, www.runvermont.org
- Dandelion Run, Derby, VT, Pete Kellaway, pkellaway@orleansrecreation.org, www.irocvt.org
- Y.A.M. Scram, 9AM, Waterfront Park, Burlington, VT, Sherry Carlson, youth@runvermont.org, www.runvermont.org
- Vermont City Marathon, Half Marathon, Team Relay, 8AM, Burlington, VT, www.runvermont.org

### JUNE

- Lake Champlain Women's Running Camp, Vergennes, VT, info@runvermont.org, www.runvermont.org
- Western New Hampshire Trail Running Series, Six in the Stix, Newport, NH, Brian Currier, brian@team-pinnacle.org, www.wnhtrs.com
- 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
- Run for Empowerment, Burlington, VT, Jennie Davis, jennied@whbw.org, www.whbw.org
- Green Mountain Relay, 200-mile running relay, Jeffersonville to Bennington, VT, Paul Vanderheiden, paul@timberlineevents.com, www.greenmountainrelay.com

### JULY

- GMAA 27th Clarence DeMar Road Race 5K, 8:30AM, Folsom School, South Hero, VT, Matt Dall, 802-872-9799, demar@gmaa.net, www.gmaa.net

### 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

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[www.runvermont.org](http://www.runvermont.org) [volunteer@runvermont.org](mailto:volunteer@runvermont.org) 802.863.8412

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

## SNOWBOARDING

### APRIL

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

## SWIMMING

### APRIL

- 11 Camp Ta-Kum-Ta 500-yard Swim (Part of the Camp Ta-Kum-Ta Stage Race Triathlon), First in Fitness, Berlin, VT, Donna Smyers, dosmyers@cs.com

### JULY

- 25 Kingdom Swim, Newport, VT, Pete Kellaway, swim@orleansrecreation.org, www.kingdomswim.org

### 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
- Tuesdays, 5-5:45PM (thru 6/2), Try the Tri Swim Clinic with Cara Hancy, The Swimming Hole, Stowe, VT, 802-253-9229, www.theswimminghole.com
- 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

## 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
- 11 Camp Ta-Kum-Ta Stage Race Triathlon, 8-mile time trial, 5K run, 500-yard pool swim, Montpelier, VT, Donna Smyers, dosmyers@cs.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.vermontfit.com, or register online at www.active.com

### JUNE

- 7 Stowe Triathlon (500-meter pool swim, 13-mile bike, 5K run), The Swimming Hole, Stowe, VT, 802-253-9229, www.theswimmingholestowe.com
- 11 Elmore Practice Triathlon Series (#1), swim ¼ mile, bike 9.7 miles, run 2.5 miles, Lake Elmore State Park, Lake Elmore, VT, Donna Smyers, dosmyers@cs.com, http://docs.google.com/Doc?id=dgbnjzkn\_92ddgvz9hr
- 20 Race Vermont Sprint Triathlon (500-yard swim, 15.4-mile bike, 3.1-mile run), 8M, Shelburne Beach, Shelburne, VT, Rayne Herzog, 802-985-4402, rayne@fieldhouseraceseries.com, www.fieldhouseraceseries.com
- 25 Elmore Practice Triathlon Series (#2), swim ¼ mile, bike 9.7 miles, run 2.5 miles, Lake Elmore State Park, Lake Elmore, VT, Donna Smyers, dosmyers@cs.com, http://docs.google.com/Doc?id=dgbnjzkn\_92ddgvz9hr
- 27 Xterra Kids' Race at the Rez (50-yard swim, 2-mile bike, 1-mile run), Indian Brook Reservoir, Essex, VT, www.racethere.com
- 27 North Country Triathlon, Olympic Distance at 8AM, Sprint Distance at 8:20AM, Hague, NY, info@northcountrytri.com, www.northcountrytri.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

### JULY

- 4 Race Vermont Sprint Triathlon (500-yard swim, 15.4-mile bike, 3.1-mile run), 8M, Shelburne Beach, Shelburne, VT, Rayne Herzog, 802-985-4402, rayne@fieldhouseraceseries.com, www.fieldhouseraceseries.com
- 9 Elmore Practice Triathlon Series (#3), swim ¼ mile, bike 9.7 miles, run 2.5 miles, Lake Elmore State Park, Lake Elmore, VT, Donna Smyers, dosmyers@cs.com, http://docs.google.com/Doc?id=dgbnjzkn\_92ddgvz9hr
- 12 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
- 23 Elmore Practice Triathlon Series (#4), swim ¼ mile, bike 9.7 miles, run 2.5 miles, Lake Elmore State Park, Lake Elmore, VT, Donna Smyers, dosmyers@cs.com, http://docs.google.com/Doc?id=dgbnjzkn\_92ddgvz9hr

## CALENDAR OF EVENTS

11-12 Xterra Northeast Cup and World Championship Qualifier, Sugarbush Resort, Warren, VT, Chad Denning, teamamplc@gmail.com www.sugarbush.com%2ffunandevents%2fevent.asp%3fid%3d867

### 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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# RACE RESULTS

## 2009 STOWE DERBY February 22, 2009 Mount Mansfield to Stowe, Vermont

Results by Precision Sports Timing,  
www.racetiming.com

### FREESTYLE RACE

#### Women 13 and Under

1 Jillian Mendes Waterbury Ctr VT 1:21:17.3

#### Women 14 to 15

1 Magen Bissell Rutland VT 1:13:09.4  
2 Nicole Sala Burlington VT 1:15:28.3  
3 Madeline Leopold Concord NH 1:17:28.8  
4 Sarah Yandow Burlington VT 1:22:59.3  
5 Lily Henderson Lyndon Ctr VT 1:38:54.5  
6 Hannah Murphy Lyndon Ctr VT 1:38:55.2  
7 Kathryn Maitland Hinesburg VT 1:48:11.6  
8 Sienna Seales Hinesburg VT 1:48:12.0  
9 Elie Stone Hinesburg VT 1:48:12.4

#### Men 14 to 15

1 Morgan Holland Conord NH 1:01:28.2  
2 Craig Calhoun Jericho VT 1:03:33.3  
3 Ben Dalzell Hopkinton NH 1:03:51.5  
4 Jon Kascenska Lyndon Ctr VT 1:05:53.6  
5 Harry Forbes Londonderry VT 1:06:46.3  
6 Sam Longenbach Williston VT 1:15:12.8  
7 Carl Forgo Acton MA 1:15:23.5  
8 Taggart Francis Williston VT 1:16:33.5  
9 Jimmy Mallon Stowe VT 1:19:31.6  
10 Ben Strober Yorktown Hts NY 1:20:33.8  
11 Chris Keating Waitsfield VT 1:29:04.5  
12 Nicolas Sergiev Morrisville VT 1:33:17.6  
13 Ben Hollingsworth Newtonville MA 1:35:49.5  
14 Will Harney Newtonville MA 1:42:43.3  
15 Guillaume Kugener Newtonville MA 1:47:31.2  
16 Nick Link Newtonville MA 2:21:48.6

#### Women 16 to 19

1 Ruth McGovern Stowe VT 56:06.7  
2 Lillian Vandyke Stowe VT 59:54.7  
3 Sarah Kartluke Stowe VT 1:05:14.8  
4 Suzanne Calhoun Stowe VT 1:06:01.6  
5 Cate Brown Middlebury VT 1:06:02.8  
6 Kelsie Helberg Amherst NH 1:08:35.8  
7 Nancy Dietman St Paul MN 1:10:28.5  
8 Meghan Yandow Burlington VT 1:13:23.6  
9 Kylie Degroot Hineburg VT 1:14:29.5  
10 Adele Priestly Stowe VT 1:14:48.4  
11 Marissa Lynn Bow NH 1:14:56.9  
12 Erin Grout Lyndon Ctr VT 1:15:16.0  
13 Abbie Stoner Hineburg VT 1:16:21.2  
14 Chloe Kuh Newtonville MA 1:18:25.8  
15 Emma Ruddock Amherst NH 1:22:37.8  
16 Anna Romagnoli Burlington VT 1:23:45.6  
17 Lia D'Hemecourt Concord NH 1:24:09.8  
18 A. Notopoulos Waterbury ME 1:25:33.1  
19 Lia Genovese Bow NH 1:38:14.2  
20 Zuzy Zvarova Stowe VT 1:44:06.0  
21 Julia Van Raalte Briarcliff Manor NY 1:50:02.5  
22 Macky Young Weston CT 2:18:01.6  
23 Z.P. Cunningham Newtonville MA 2:21:48.2

#### Men 16 to 19

1 J. Gerstenberger Durango CO 47:44.7  
2 Taylor Sundali Ketchum ID 49:31.8  
3 Noah Brautigam Richmond VT 49:51.9  
4 Max Ebenstein Richmond VT 50:37.1  
5 Nicholas Fogel Williamstown MA 52:38.3  
6 W. Dunlap-Shohl Anchorage AK 53:35.3  
7 Tim Shepard Fayston VT 54:24.1  
8 Colton Crowley Moretown VT 56:04.6  
9 George Forbes Londonderry VT 56:09.8  
10 Sam Hughes Hineburg VT 56:27.4  
11 Ian Adams Lyndon Ctr VT 58:00.9  
12 Dylan McNair Landgrove VT 58:29.5  
13 Nate Fuller Freeport ME 58:52.8  
14 Sam Helrich Hopkinton NH 59:41.3  
15 Zach Bochanski Fairfax VT 1:00:33.8  
16 Lowell Reeve Manchester MA 1:00:36.4  
17 Samuel Simmons Concord NH 1:00:42.0  
18 Tabor Degroot Hineburg VT 1:00:42.2  
19 John Chestna Sudbury VT 1:00:48.0  
20 Schuyler Klein Middlebury VT 1:01:52.6  
21 Noah Carmahan Montpelier VT 1:02:20.1  
22 Colter Peterson Brandon VT 1:02:23.2  
23 Ben Clemence Amherst NH 1:03:21.4  
24 Connor Daley Lyndon Ctr VT 1:04:11.2  
25 Ian Anderson Stowe VT 1:04:37.3  
26 Brandon Kennedy Moretown VT 1:06:36.1  
27 Tyler Renz Stowe CT 1:06:43.7  
28 Sam Gant Newtonville MA 1:06:57.1  
29 Rainer Kenney Brandon VT 1:09:31.3  
30 Jason Luttmr Newtonville MA 1:12:21.5  
31 Andrew Daubelin Burlington VT 1:12:36.8  
32 M. Koenemann Montpelier VT 1:18:17.9  
33 Edward Ingerman Chittenden VT 1:18:18.7  
34 Aaron Schlossberg Burlington VT 1:19:30.1  
35 Dan Bak Stowe VT 1:24:59.8  
36 Frank Foley Acton MA 1:27:27.2  
37 James Healey Burlington VT 1:27:32.7  
38 Orli Gottlieb Bow NH 1:28:23.6  
39 David Porter Burlington VT 1:28:35.1  
40 Dylan Wolff Newtonville MA 1:37:16.0

#### Women 20 to 29

1 I. Van Genechten Essex Jct VT 54:50.1  
2 Kate Crawford Burlington VT 56:02.0  
3 Arielle Filiberti Worcester MA 57:40.8  
4 Sarah Van Dyke Stowe VT 58:28.7  
5 Kelsey Allen Franconia NH 59:45.8  
6 Jennifer Mygatt New Haven CT 1:01:25.1  
7 Metzi Anderson Stowe VT 1:02:21.5  
8 Jenny Helm Hopkinton NH 1:09:37.5  
9 Molly Lauridsen Stowe VT 1:12:34.0  
10 Laura Sisco Canton NY 1:13:03.5  
11 Carla Hunter Stowe VT 1:19:07.3  
12 Anna Rehm Canton NY 1:19:56.2  
13 Meira Lifson Burlington VT 1:26:16.9  
14 Kerry Sedutto Stowe VT 1:30:10.0  
15 Kae Crowley Burlington CT 2:08:05.4

#### Men 20 to 29

1 Jake Hollenbach Shelburne VT 47:12.9  
2 Dane Johnson La Grande OR 47:29.7  
3 Gregory Harkay White River Jct VT 49:23.6  
4 Chris Rodgers Westford VT 50:00.7  
5 Pete Vandeventer Hanover NH 50:09.0  
6 Peter Hult Harvard MA 50:41.2  
7 Anson Moxness Anchorage AK 51:06.0  
8 Colin Reuter Somerville MA 52:03.6  
9 Ben Smeltzer Waterbury Ctr. VT 52:32.0  
10 Tyler Magnan St Albans VT 54:02.6  
11 Sean Hoskins Portland ME 54:05.7  
12 Greg Dolbec Stowe VT 55:16.4  
13 John Hall Bow NH 55:31.6  
14 Jamie Hunt Cambridge MA 55:32.9  
15 Tyler Ludington Morrisville VT 55:35.8  
16 Kyle Dezottell Williston VT 55:38.9  
17 Minal Caron Fort Kent ME 55:39.9  
18 Quentin Reeve Boston MA 55:40.7  
19 Jim Hall Bow NH 55:44.5  
20 Sean Jones Hanover NH 57:05.8  
21 Chris Jolly Hardwick VT 58:32.8  
22 Doug Shryock Missoula MT 1:00:21.6  
23 Dan Sandberg Colchester VT 1:00:31.2  
24 John Sullivan Boston MA 1:01:09.0  
25 Malcolm Purinton Burlington VT 1:01:27.8  
26 Anthony Parillo Sherborn MA 1:01:28.5  
27 Tim Janson Burlington VT 1:01:57.3  
28 Russell Wells Lincoln MA 1:02:28.9  
29 Kevin Baier Bow NH 1:03:47.1  
30 David Bartels Cambridge MA 1:03:50.2  
31 C. Hamlin Jonesville VT 1:04:02.1  
32 B. Cichanowski Burlington VT 1:05:07.4  
33 Thorin Markison Stowe VT 1:06:30.6  
34 C. Parmer Burlington VT 1:06:39.6  
35 Mark Mitchell Burlington VT 1:07:12.4  
36 Jacob Riley Burlington VT 1:07:28.1  
37 C. Parkinson Cambridge MA 1:08:32.5  
38 William Dailey Jericho VT 1:08:32.6  
39 David Gould Washington DC 1:10:00.0  
40 Dan Goossen Burlington VT 1:12:31.0  
41 Daniel Koenemann Montpelier VT 1:12:57.4  
42 Simon Frechette Brookline MA 1:14:38.4  
43 Scott Levick Burlington VT 1:14:46.5  
44 Sean Carroll Burlington VT 1:15:52.4  
45 Paul Hammond Stowe VT 1:17:31.7  
46 Pat Quiet Richmond VT 1:17:57.1  
47 Ian Graddock Stowe VT 1:19:51.3  
48 Eric Lustgarten Burlington VT 1:21:30.2  
49 Ben Lustgarten Burlington VT 1:21:35.9  
50 Andrew Freeman Burlington VT 1:21:54.6  
51 Andrew Ginnelly Manchester Ctr VT 1:26:54.6  
52 Marc Couper Stowe VT 1:27:59.8  
53 Miles Dugan Burlington VT 1:30:56.6  
54 Ilsley Colton Winooski VT 1:34:23.2

#### Women 30 to 39

1 Jessie Donovan Burlington VT 57:08.3  
2 Marina Knight Stowe VT 1:02:54.9  
3 Laurel Omland Jericho VT 1:08:42.7  
4 Kristina Frame Stowe VT 1:11:30.4  
5 Margaret Higgins Stowe VT 1:12:24.7  
6 Virginia Arvold Lebanon NH 1:12:39.4  
7 Jennifer Kravitz Whiting VT 1:13:27.5  
8 Cindy Koo Canmore INTL 1:13:53.9  
9 Sarah Holton Newtonville MA 1:15:38.8  
10 Erica MacConnell Burlington VT 1:16:13.6  
11 Nifer Knight Moscow VT 1:27:44.2  
12 Ashley Sargent Stowe VT 1:27:44.8  
13 Hannah Sequist Stowe VT 1:28:47.3  
14 Karina Dailey Jericho VT 1:30:55.0  
15 Sara Teachout Stowe VT 1:32:53.3  
16 Allison Johnson Boston MA 1:33:09.3  
17 Marya Carmolli So Burlington VT 1:33:27.4  
18 C. MacConnell Charlestown MA 1:44:44.5  
19 Kristin Casey Boston MA 1:45:51.5  
20 Cara Marquis Brighton MA 2:01:28.2  
21 Kirsten Cardneas Stowe VT 2:07:01.7  
22 Megan Tierney Boston MA 2:07:04.6

#### Men 30 to 39

1 Marc Gilbertson Hyde Park VT 47:20.8  
2 Reid Rosenberg Perkinsville VT 47:34.4  
3 Topher Sabot Williamstown MA 48:37.2  
4 Sproule Love New York NY 48:59.1  
5 Eric Tremble Jericho VT 49:37.8  
6 Eric Eley Stowe VT 51:35.3  
7 Greg Veltkamp Winooski VT 51:41.1  
8 Ryan Eckel Jamaica Plain MA 53:55.7  
9 Robert Hult Harvard MA 54:02.5  
10 Ben Leveille Shefford QC 54:47.4  
11 Scott Magnan So Burlington VT 55:10.5  
12 Tim White Hopkinton NH 55:16.8  
13 Chris Manges West Burke VT 55:28.4  
14 Mike White Dorset VT 55:43.1  
15 Ben Ouellette Shefford QC 56:21.0  
16 Roger Hill Chittenden VT 57:55.3  
17 Joshua Carlson Willcott VT 58:10.7  
18 Jamie Biggam Montpelier VT 58:15.7  
19 Sam Von Trapp Stowe VT 59:01.1  
20 Bill Bither Southampton MA 59:06.6

21 Ryan Jennings Burlington VT 1:01:09.5  
22 Nathan Wagner Stowe VT 1:01:25.4  
23 Meddie Perry Panton VT 1:01:59.7  
24 Seb Sweatman Stowe VT 1:02:50.8  
25 John Dick Lebanon NH 1:03:35.0  
26 Michael Hakim Burlington VT 1:03:38.4  
27 Oliver Sweatman Stowe VT 1:04:37.5  
28 Erik Remsen Whiting VT 1:04:38.5  
29 Torben Thurow Boston MA 1:04:47.2  
30 Andrew Volansky Morrisville VT 1:05:42.5  
31 Jonathan Scharf Middlesex VT 1:07:17.4  
32 Mark Isselhardt Hyde Park VT 1:07:23.1  
33 Mike Torney So Burlington VT 1:07:34.2  
34 Ted Broadwater Seattle WA 1:08:04.5  
35 Andres Torizzo No Fayston VT 1:08:16.1  
36 Matthew Johnson Jericho VT 1:08:16.7  
37 Chip Knight Stowe VT 1:08:17.3  
38 Ryan Twomey Plymouth NH 1:08:51.0  
39 C. Hendrickson Bolton Valley VT 1:09:00.0  
40 Philip Grant Morrisville VT 1:09:52.2  
41 Mark Leipert Stowe VT 1:10:02.3  
42 Justin Cox Arlington MA 1:11:16.1  
43 Pavel Cenkl Craftsbury Com VT 1:13:22.5  
44 Peter Manning Kennebunk ME 1:14:24.0  
45 Matt Flinders Watertown MA 1:14:39.5  
46 Timothy Sargent Morrisville VT 1:15:04.3  
47 Loran Gudasz Stowe VT 1:15:22.7  
48 M. MacConnell Charlestown MA 1:16:13.0  
49 Andrew Ruschp Stowe VT 1:16:47.0  
50 R. Dyksterhouse Waitsfield VT 1:16:51.1  
51 Jeff Mitchell Boston MA 1:20:11.6  
52 Kevin Duniho Burlington VT 1:21:31.1  
53 Ryan Percy Stowe VT 1:22:09.2  
54 Bob Trautwine So Burlington VT 1:23:38.9  
55 John Dwyer Hyde Park VT 1:25:38.3  
56 Myles Wilson Newburyport MA 1:25:55.1  
57 Greg Mercer Albany NY 1:28:53.2  
58 Bart Newhouse Waterbury Ctr VT 1:31:29.8  
59 Larsen Sequist Stowe VT 1:32:49.2  
60 Drew McDowell Putney VT 1:33:39.2  
61 Marvin King Alexandria VA 1:34:33.6  
62 Thomas Hurwitch Dover NH 1:43:37.8  
63 Brendan Fitzgerald Stowe VT 2:42:28.4

#### Women 40 to 49

1 Melissa Volansky Morrisville VT 1:07:03.3  
2 Sally Brassill Jackson NH 1:10:27.8  
3 Linda Ramsdell Craftsbury Com VT 1:11:23.8  
4 Joanne Priestley Stowe VT 1:16:44.2  
5 Penny Stearns Hinesburg VT 1:17:11.4  
6 Jean Kissner Williston VT 1:17:16.6  
7 Ginny Richburg Randolph Ctr VT 1:21:35.2  
8 Jan Gorham Stowe VT 1:27:43.2  
9 Jan Fielder Briarcliff NY 1:28:37.2  
10 Abby Johnson Milton MA 1:37:27.4  
11 Sarah Gant Chestnut Hill MA 1:56:06.7  
12 Chess Brownell Stowe VT 2:09:00.3  
13 Christina Holcroft Montreal PQ 3:25:30.3  
14 Azita Ghodssi Cambridge MA 3:41:35.5

#### Men 40 to 49

1 J. Arne Enevoldsen Canmore AB 47:22.3  
2 Tom Thurston Waterbury VT 49:33.8  
3 Hugh Pritchard Montpelier VT 49:43.3  
4 Joe Holland Concord NH 49:45.1  
5 Eric Phaneuf Stowe VT 50:08.8  
6 Dan Greenleaf Waterbury Ctr VT 50:13.9  
7 Andreas Halvorsen Darien CT 51:13.7  
8 Ed Hamilton Shelburne VT 51:56.3  
9 Jim Samuels Fairview PA 52:08.3  
10 John Ogden Landgrove VT 54:45.7  
11 Noel Wanner Waterbury Ctr VT 55:17.6  
12 John McGill Montpelier VT 55:20.9  
13 Clarke Colon Waterbury Ctr VT 55:30.6  
14 Ric Schaaf Williston VT 56:46.9  
15 Edward Johnson Boston MA 57:13.8  
16 Don Harmeyer Underhill VT 57:32.7  
17 Kraig Sourbeer Jeffersonville VT 59:12.4  
18 David Sharp So Deerfield MA 59:13.3  
19 Jon Colburn Weare NH 1:00:10.0  
20 Biddle Duke Stowe VT 1:00:18.9  
21 Bill Kimball Lake Elmore VT 1:00:37.7  
22 Thomas Lane Westford VT 1:00:47.2  
23 Sean Mitchell Burlington VT 1:01:03.4  
24 Kristian Omland Jericho VT 1:01:58.4  
25 Todd Westervelt Stowe VT 1:02:01.0  
26 Craig Deluca Stowe VT 1:02:35.1  
27 Brian Kerns Mendon VT 1:02:48.8  
28 Shapleigh Smith Morrissett VT 1:03:58.9  
29 Emanuel Betz Richmond VT 1:04:22.2  
30 C. Naimie Bow NH 1:05:42.1  
31 Tom Puleio Morrisville VT 1:05:53.9  
32 Joe Kasper Warren VT 1:07:22.0  
33 Thomas Hulbert Colchester VT 1:08:10.5  
34 Stephen Kerns Newburyport MA 1:09:14.3  
35 Daniel Kahn Needham MA 1:09:59.2  
36 Matt Conway Mendon VT 1:10:02.6  
37 Todd Renz Guilford CT 1:12:36.7  
38 James Mix Colchester VT 1:13:29.5  
39 Benj Deppman Cornwall VT 1:14:59.2  
40 Tom Sequist Stowe VT 1:16:19.9  
41 John Witmer Williston VT 1:16:57.4  
42 Paul Krause Dartmouth MA 1:17:21.4  
43 Bryce Stearns Hinesburg VT 1:19:39.5  
44 Scott Reiss New Haven VT 1:20:13.8  
45 Paul Brierre Plainfield VT 1:21:24.4  
46 Kort Longenbach Williston VT 1:25:10.6  
47 Alan Matson Burlington VT 1:26:43.1  
48 Jim Bentlage Jericho VT 1:30:53.6  
49 Scott Sheldon Newark DE 1:36:03.9  
50 Darryl Keeperts Landenberg PA 1:54:17.8  
51 David Daigle Greenwich CT 1:59:19.9  
52 Joe Casey Boston MA 2:08:56.0  
53 Stephen Elms Newport RI 2:12:23.0  
54 Charles Devine Quebec VT 2:38:09.0

#### Women 50 to 59

1 Joann Hanowski Underhill Ctr VT 55:35.4

2 Carrie Nourjian Stowe VT 1:01:23.8  
3 Carol Vandyke Stowe VT 1:03:06.2  
4 Patricia Driscoll Stowe VT 1:03:22.5  
5 Gina Campoli Craftsbury Com VT 1:04:31.5  
6 Ginny Chenoweth Stowe VT 1:12:46.4  
7 L. B. McKechnie Stowe VT 1:16:27.9  
8 Suzanne Danzig Stowe VT 1:30:53.5  
9 Barbara Shane Morrisville VT 1:54:49.6

#### Men 50 to 59

1 Keith Woodward Stowe VT 49:55.0  
2 Scott Dorwart Stowe VT 52:49.8  
3 Jim Fredericks Underhill Ctr VT 54:39.8  
4 Leigh Mallory Colchester VT 55:37.4  
5 Bill Holland Montpelier VT 57:41.2  
6 John Haskins Morrisville VT 58:58.7  
7 Steven Konkol Waterbury Ctr. VT 59:09.7  
8 Greg Allen Andover NH 1:01:32.9  
9 John Lazenby Montpelier VT 1:01:34.0  
10 Paul Arnot Waterbury VT 1:01:36.2  
11 John Madigan Craftsbury Com VT 1:02:25.8  
12 Jim Barton Morrisville VT 1:02:46.7  
13 Peter Moriarty Huntington NY 1:04:19.3  
14 David McDermott Fryeburg ME 1:05:56.4  
15 Duane Knutson Westerlo NY 1:09:24.8  
16 Peter Heed Westmoreland NH 1:10:28.7  
17 Gregg Goodson Stowe VT 1:11:18.2  
18 David Polow Morrisville VT 1:14:31.6  
19 Dugald Reid Knowlton QC 1:14:55.0  
20 Daniel Baumert Levant ME 1:15:59.6  
21 C. Ludington Morrisville VT 1:17:40.4  
22 Michael Lehner Greenfield NH 1:18:04.9  
23 Paul Peters Storrs CT 1:18:24.3  
24 Jeff Seivwright Morrisville VT 1:20:33.9  
25 Carl Levick Concord NH 1:25:16.9  
26 Spencer Knapp Shelburne VT 1:27:34.0  
27 Jonathan Spencer Northfield VT 1:34:27.5  
28 John Lahr Waterbury Ctr VT 1:46:09.4  
29 Paul Maggioletto Concord NH 1:49:52.6  
30 Tom Frantz Andover NH 1:53:20.2  
31 Michael Crowley Burlington CT 2:09:22.1

#### Women 60 and Over

1 Trina Hosmer Stowe VT 58:46.1  
2 Rose Buckingham Norwich CT 1:33:17.7

#### Men 60 and Over

1 John Brodhead Craftsbury Com VT 58:20.1  
2 David Hosmer Stowe VT 1:01:14.9  
3 Peter Bonneau Keene NH 1:06:29.5  
4 Nat Goodhue Stowe VT 1:07:38.3  
5 J. Gould Saratoga Springs NY 1:21:53.4  
6 Kim Brown Waterbury Ctr VT 1:22:32.8  
7 Alan Thorndike Stowe VT 1:25:25.7  
8 Andrew Harvey Waltham MA 1:37:50.6  
9 C. Carvel Bevans Stowe VT 1:40:43.3  
10 David Holmander Epsom NH 2:11:40.0

### CLASSICAL

#### Women 14 to 15

1 Maggie McGovern Stowe VT 1:07:05.7  
2 Hannah Marshall Jericho VT 1:15:09.1  
3 Hailey Burkhardt Jericho VT 1:16:30.4  
4 Molly Burke Hineburg VT 1:17:19.4  
5 Molly Sagar Jericho VT 1:21:14.6

#### Men 14 to 15

1 Dan Ebenstein Jericho VT 1:09:24.1  
2 Nick Shallow Jericho VT 1:13:08.8  
3 Will Nadai Essex MA 2:02:54.0  
4 Paul G Pennoyer Essex MA 2:16:46.2  
5 Liam Davies Wolcott VT 2:31:59.0

#### Women 16 to 19

1 Maeve McGovern Stowe VT 1:07:43.8  
2 Julienne Vergura Waitsfield VT 1:11:22.8  
3 Kim Freitas Jericho VT 1:15:46.0

#### Men 16 to 19

1 Max Ebenstein Richmond VT 55:42.2  
2 Nick Marshall Jericho VT 1:00:13.8  
3 Jed Larson Jericho VT 1:05:40.7  
4 Simon Butler Waterbury Ctr VT 1:05:43.5  
5 Morgan Nadai Essex MA 1:27:18.5

#### Women 20 to 29

1 Sarah Van Dyke Stowe VT 1:05:54.7  
2 Metzi Anderson Stowe VT 1:17:28.8  
3 Tori Milne Waterbury Ctr VT 1:18:45.7  
4 Jessica Forbes Burlington VT 1:33:55.2  
5 Katherine Wisse Stowe VT 1:38:31.5  
6 L. Chrapowitzky Burlington VT 1:40:51.0  
7 Emily Rooney Stowe VT 1:53:04.9  
8 Brooke Kosman Stowe VT 1:54:02.8  
9 Sarah Grimm Burlington VT 1:56:58.0

#### Men 20 to 29

1 Gregory Harkay White River Jct VT 52:36.3  
2 Tyler Ludington Morrisville VT 1:00:51.1  
3 Lucas Schulz Johnson VT 1:06:52.0  
4 Daniel Koenemann Montpelier VT 1:13:53.1  
5 Michael Evan Stowe VT 1:20:01.4  
6 Douglas Smith Stowe VT 1:22:05.6  
7 Jason Mielcarek Moscow VT 1:26:48.0  
8 Nick Homziak Burlington VT 1:33:53.5  
9 William Pucillo Palm Beach FL 1:47:05.7  
10 David Dimarco St Albans VT 2:13:34.4

#### Women 30 to 39

1 Jessie Donovan Burlington VT 1:01:33.2  
2 Kristina Frame Stowe VT 1:20:27.8  
3 Andrea Sweet Waterbury Ctr VT 1:23:12.0  
4 Annie Economou Stowe VT 1:27:04.5  
5 N. Sidiropoulos Lebanon NH 1:29:21.4  
6 Marina Knight Stowe VT 1:31:17.6  
7 Meg Kauffman Stowe VT 1:33:10.3  
8 Rachel Laundon Waterbury Ctr VT 1:42:28.3  
9 Mary Fusi Arlington MA 1:42:38.2  
10 Suzanne Owen Montreal PQ 1:46:32.8  
11 Emily Doyle Stowe VT 1:46:43.0  
12 Giselle Murphy St Bernard De Lacolle QC 1:48:48.5  
13 Jessica Russell Stowe VT 1:52:27.1  
14 Kelly Saphier Stowe VT 1:56:46.2

15	Mary Ruhl	Winchester MA	2:12:33.8	26	Andrea Cymbalista	Newton MA	2:08:54.5	9	Daniel Baumert	Levant ME	1:22:42.6	6	Will Seivwright	Morrisville VT	36:02.0
<b>Men 30 to 39</b>				27	Cindy Somers	Watertown MA	2:10:13.5	10	Ty Danco	Burlington VT	1:22:50.5	7	Finn Sweet	Waterbury Ctr VT	44:12.9
1	Topher Sabot	Williamstown MA	50:28.9	28	Michelle Barker	Stowe VT	2:35:02.4	11	Neil Van Dyke	Stowe VT	1:23:59.9	8	Gabriel Eliasson	Stowe VT	45:14.6
2	Eric Eley	Stowe VT	52:15.8	29	Mariah Brown	Stowe VT	3:16:45.0	12	Gregg Goodson	Stowe VT	1:25:24.0	9	Jackson Seivwright	Morrisville VT	46:03.5
3	Eric Tremble	Jericho VT	53:12.4	<b>Men 40 to 49</b>				13	Craig Richardson	Morrisville VT	1:26:01.1	10	James Tisdell	Morrisville VT	46:15.9
4	Greg Veltkamp	Winooski VT	57:00.2	1	J. Arne Enevoldsen	Canmore AB	49:40.9	14	David Lampert	Manchester MA	1:27:13.5	11	Sebastian James	Stowe VT	55:25.7
5	Corey Hathaway	Johnson VT	1:06:39.8	2	Joe Holland	Concord NH	52:56.8	15	Joel Fay	Westford VT	1:27:32.5	12	Nathaniel Dougher	Morrisville VT	59:56.0
6	Sam Von Trapp	Stowe VT	1:11:32.3	3	Tom Thurston	Waterbury VT	53:04.0	16	Sam Galeota	Arrlington VT	1:29:24.8	13	Bjorn Westervelt	Stowe VT	1:00:18.0
7	Seb Sweatman	Stowe VT	1:11:49.4	4	Andreas Halvorsen	Darien CT	53:35.1	17	George Tierney	Fairfield CT	1:29:28.1	14	Cole Spaulding	Waterbury VT	1:01:00.8
8	Christian Pocher	Morrystown VT	1:11:51.1	5	Ed Hamilton	Shelburne VT	55:29.6	18	James Oakes	Fairfield CT	1:32:53.9	15	Reid Spaulding	Waterbury VT	1:13:23.3
9	Alex Femiak	Stowe VT	1:14:35.3	6	Eric Barker	Jericho VT	55:35.5	19	Bob Bernert	So. Dartmouth MA	1:33:03.5	16	A. Klinkenberg	Burlington VT	1:20:48.4
10	Ed Ziedins	Waterbury Ctr VT	1:18:06.4	7	Jim Samuels	Fairview PA	55:50.0	20	Dave Ebenstein	Jericho VT	1:34:14.6	17	Tucker Volansky	Morrisville VT	1:21:41.3
11	Andres Torizzo	No Fayston VT	1:18:40.9	8	Tom Strasser	Waterbury Ctr VT	59:07.7	21	George Keener	Westford VT	1:38:38.9	<b>Women 10 to 11</b>			
12	Jared Grenon	Grand Isle VT	1:19:18.1	9	Thomas Lane	Westford VT	1:02:37.9	22	William O'Brien	Park City UT	1:39:22.0	1	Rachel Wells	Stowe VT	31:04.6
13	William Lavin	Arlington MA	1:21:52.6	10	Dan Sweet	Waterbury Ctr VT	1:10:06.9	23	Steve Perkins	East Calais VT	1:42:28.0	2	Rory Hauser	Stowe VT	36:05.0
14	Michael Manley	Waterbury Ctr VT	1:23:33.5	11	C. Naimie	Bow NH	1:10:41.2	24	Paul Post	Glens Falls NY	1:46:53.1	3	Hannah Wykoff	Stowe VT	39:00.7
15	John Folger	Waltham MA	1:24:16.0	12	Emanuel Betz	Richmond VT	1:14:45.7	25	Douglas Bonoff	East Hampton CT	1:48:14.3	4	Ingrid Klinkenberg	Burlington VT	40:47.5
16	Adam Sargent	Lyndon Ctr VT	1:26:58.8	13	John Schwarz	Cambridge VT	1:15:32.2	26	Chris Jolly	Montpelier VT	1:50:17.4	5	Megan McHugh	Stowe VT	45:23.4
17	Martin Patriquin	Montreal PQ	1:29:01.9	14	Alex Graham	Burlington VT	1:16:16.9	27	Kris Garnjost	Windsor VT	1:53:18.9	<b>Men 10 to 11</b>			
18	Brian Reilly	Stowe VT	1:30:20.5	15	Phillip Sweet	Stowe VT	1:16:54.5	28	Erik Garnjost	West Nyack NY	1:57:07.9	1	Henry Harmeyer	Underhill VT	18:57.0
19	Graeme Saphier	Stowe VT	1:32:12.1	16	Todd Westervelt	Stowe VT	1:17:53.1	29	Michael Pucillo	Palm Beach FL	2:00:58.9	2	Bill Harmeyer	Underhill VT	21:06.5
20	Oliver Sweatman	Stowe VT	1:33:23.6	17	Doug Chapman	Lyndon Ctr VT	1:19:08.1	30	Thomas Porter	Burlington VT	2:09:39.5	3	Forrest Hamilton	Shelburne VT	23:21.6
21	Peter Milne	Waterbury Ctr VT	1:33:29.9	18	Joe McGovern	Stowe VT	1:20:42.8	31	Mike Egan	Burlington VT	2:09:41.5	4	Hayden Kjelleren	Charlotte VT	23:59.1
22	Scott Worland	Middletown Spgs VT	1:34:23.8	19	Lorne Thomsen	Waterbury Ctr VT	1:21:59.1	32	Garth Stillwater	Wolcott VT	2:30:00.7	5	William McGovern	Stowe VT	27:24.9
23	C. Williams	Middlesex VT	1:34:49.8	20	Magnus Eliasson	Stowe VT	1:22:21.8	<b>Women 60 and Over</b>				6	Charlie Maitland	Hineburg VT	28:58.0
24	Harris Strokoff	Lebanon NH	1:37:21.8	21	Dirk Anderson	East Barre VT	1:22:34.2	1	Trina Hosmer	Stowe VT	1:01:45.8	7	Evan Roberts	Stowe VT	32:25.5
25	Bob St Pierre	Stowe VT	1:38:09.1	22	Bob Stafford	Stowe VT	1:24:00.3	2	Linda Prescott	Middlesex VT	1:28:48.6	8	Jimmy Connacher	Stowe VT	56:55.0
26	Igor Vanovac	Stowe VT	1:40:46.5	23	Michael Sabia	Brownsville VT	1:25:58.3	3	Karen Monsen	Stowe VT	1:37:59.1	9	Story Reynolds	Stowe VT	57:02.1
27	Jeff Fitzgibbon	Eden VT	1:41:13.6	24	Mark Koenemann	Montpelier VT	1:27:55.7	4	Karin Kos	Sunderland MA	2:03:13.3	10	Alex Van Raalte	Briarcliff Manor NY	1:01:27.4
28	Kevin Kressner	Stowe VT	1:41:52.3	25	Reid Krakower	Stowe VT	1:33:23.0	5	Polly Drinkwater	Lincoln MA	2:08:35.3	<b>Women 12 to 13</b>			
29	Michael Langlais	Wolcott VT	1:44:15.7	26	N. Attenborough	Manchester MA	1:34:14.0	<b>Men 60 and Over</b>				1	Colleen McGovern	Stowe VT	23:22.1
30	Jeffrey Hagstrom	Burlington VT	1:45:15.5	27	Walter Frame	Stowe VT	1:34:27.7	1	David Hosmer	Stowe VT	1:06:50.7	2	Anne Muller	Concord NH	24:31.0
31	John Lee	Fairfax VT	1:45:21.4	28	Bruce Chafee	Boston MA	1:34:49.7	2	George Hall	Craftsbury Com VT	1:10:26.0	3	Melanie Sergiev	Morrisville VT	25:17.6
32	Kevin Peacock	QC	1:47:21.0	29	Ben Hale	Randolph VT	1:36:09.7	3	Nat Goodhue	Stowe VT	1:15:31.3	4	Mary Fafard	Morrisville VT	25:25.7
33	Dave Bennett	Stowe VT	1:50:51.3	30	Kevin Hamilton	Essex Jct VT	1:37:02.6	4	Rick Klein	Ripton VT	1:22:07.7	5	Emma Hamilton	Waterbury VT	30:28.3
34	John Grenier	Waterbury VT	1:56:14.9	31	Jim Fauci	Ballston Spa NY	1:39:09.4	5	Dave Cassidy	Hanover NH	1:22:49.6	6	Hannah Conway	Mendon VT	32:23.8
35	Paul Hines	Burlington VT	1:57:12.7	32	Michael Colbourn	Stowe VT	1:41:40.3	6	Cap Chenoweth	Stowe VT	1:27:42.0	7	Caroline Elison	Newtonville MA	39:42.7
36	John Rhodes	Stowe VT	1:57:15.9	33	Frank Doran	Waban MA	1:50:36.6	7	Peter Kos	Sunderland MA	2:03:09.5	<b>Men 12 to 13</b>			
37	Seth Blumsack	Spring Mills PA	2:03:50.6	34	Jamie Goldstein	Stowe VT	2:03:30.1	8	Mitko Zagoroff	Lincoln MA	2:07:42.1	1	Blaine Ayotte	Concord NH	18:56.7
<b>Women 40 to 49</b>				35	Donal Dugan	Burlington VT	2:11:47.6	<b>SHORT COURSE</b>				2	Ethan John	Stowe VT	24:10.0
1	Maja Smith	Shelburne VT	1:07:55.8	36	Christopher Robin	Purdys NY	2:14:37.7	<b>Women 9 and under</b>				3	Sam Puddicombe	Stowe VT	26:59.4
2	Pascale Savard	Stowe VT	1:13:08.6	37	Tom O'Keefe	So Burlington VT	2:20:01.2	1	Phoebe Sweet	Waterbury Ctr VT	35:02.6	4	Xavier Miller	Morrisville VT	30:58.2
3	Lynda Dewitt	Stowe VT	1:16:11.5	<b>Women 50 to 59</b>				2	Anica Miller	Morrisville VT	41:53.9	5	Cottie Gorham	Stowe VT	57:50.1
4	Laurie Saligman	Montpelier VT	1:17:06.5	1	Moira Durnin	Stowe VT	1:08:46.0	3	Lilianna Ziedins	Waterbury Ctr VT	45:21.0	<b>Women 14 and Over</b>			
5	Linda Ramsdell	Craftsbury Com VT	1:21:24.2	2	Carrie Nourjian	Stowe VT	1:10:33.9	4	Sofie Carlson	Morrisville VT	1:00:24.3	1	Kt Fox	Concord NH	25:35.3
6	Eva Merriam	Morrisville VT	1:24:39.4	3	Toril Forland	Manchester MA	1:19:24.0	5	Clara Alli	Morrisville VT	1:02:56.2	2	Kate Osbourne	Morrisville VT	33:19.3
7	Maureen Keefe	Wolcott VT	1:24:46.8	4	Diana Hanks	Winooski VT	1:21:30.7	6	Camille Daigle	Greenwich CT	1:03:02.3	3	Elizabeth Wykoff	Stowe VT	43:09.9
8	Ingrid Jonas	Underhill VT	1:25:44.9	5	Lori Furrer	Stowe VT	1:31:10.0	7	Lily Foregger	Stowe VT	1:03:42.4	4	Kim Bruno	Morrisville VT	46:03.9
9	Bunny Merrill	Morrisville VT	1:27:08.5	6	Chris Finley	Waterbury Ctr VT	1:31:42.2	8	Vanessa Gliasson	Stowe VT	1:06:41.8	5	Katy Lasell	Newtonville MA	46:22.5
10	Debora Wickart	Morrisville VT	1:28:00.4	7	Sam Harrison	Stowe VT	1:32:29.4	9	Kate Kauffman	Stowe VT	1:06:52.6	6	Elise Olsen	Morrisville VT	1:00:26.2
11	Betsy Richert	Burlington VT	1:33:45.3	8	Laurie Burke	Hineburg VT	1:33:44.1	10	Celia Daigle	Greenwich CT	1:10:19.6	7	Ida Spaulding	Waterbury VT	1:13:24.2
12	Tira Khan	Newton MA	1:34:49.2	9	Bev Guter	Brownsville VT	1:40:02.2	11	Ashley McHugh	Stowe VT	1:11:55.9	8	Peg Lackey	Stowe VT	1:13:33.8
13	Jill Mullin	Stowe VT	1:35:18.3	10	Sarah Horton	Stowe VT	1:55:53.8	12	Rosalie Wasser	Stowe VT	1:13:26.2	9	Patti McKenna	Stowe VT	1:13:34.2
14	Joanna Bisceglia	Waterbury Ctr VT	1:39:22.7	11	Jen Emerson	Essex MA	2:17:24.6	13	Anne Lackey	Stowe VT	1:13:28.2	10	Ann Klinkenberg	Burlington VT	1:20:49.3
15	Yvonne Barbier	Cambridge MA	1:43:23.7	12	Kathleen Pennoyer	Essex MA	2:20:23.0	14	Sophie Sargent	Stowe VT	1:22:05.0	11	Clea James	Stowe VT	1:22:05.9
16	Lisa Muller	Stowe VT	1:44:41.6	13	C Dyeanne Racette	Morrisville VT	2:33:51.3	15	Lexi James	Stowe VT	1:22:05.4	12	Ruth Bareau	Surrey UK	1:39:00.5
17	Connie Forbes	Stowe VT	1:53:41.2	<b>Men 50 to 59</b>				16	Annie Foregger	Stowe VT	1:28:07.8	<b>Men 14 and Over</b>			
18	Joanne Borden	Stowe VT	1:55:32.4	1	Eric Schulz	Johnson VT	56:38.9	1	Nathaniel Wells	Stowe VT	26:48.8	1	Joseph Ayotte	Concord NH	19:02.1
19	M. M. Manion	Arlington MA	1:56:25.2	2	Leigh Mallory	Colchester VT	1:04:39.3	2	Sam Ally	Morrisville VT	31:01.6	2	Matt Alley	Morrisville VT	31:02.3
20	Joan Fox	Stowe VT	1:57:15.1	3	Beau Denham	Underhill VT	1:06:35.4	3	Eben Osbourne	Morrisville VT	33:17.8	3	Jason Wells	Stowe VT	31:06.6
21	Tricia Riley	Andover MA	1:58:57.2	4	Everett Marshall	Jericho VT	1:07:52.3	4	Eriks Ziedins	Waterbury Ctr VT	34:10.6	4	Rb Klinkenberg	Burlington VT	40:49.2
22	Alison Beckwith	Stowe VT	2:01:11.6	5	Christian Andresen	Montpelier VT	1:09:51.3	5	Jack Thomsen	Waterbury Ctr VT	35:45.0	5	Sheldon Miller	Morrisville VT	41:55.3
23	Ann Lewis	Morrisville VT	2:07:14.2	6	Bill Holland	Montpelier VT	1:10:36.1	<b>RECREATION (shorter course)</b>				6	Richard James	Stowe VT	55:26.1
24	Dawn Pasquin	New York NY	2:08:48.3	7	David Lustgarten	Burlington VT	1:11:57.6	7	Sam Atkins		1:55:21	7	Dave Tisdell	Morrisville VT	56:28.6
25	Elyssa Klein	Newton MA	2:08:54.1	8	John Doane	Westford VT	1:17:28.8	8	Jake Herman		1:56:45	8	Peter Bareau	Surrey UK	1:39:01.0



## RACE RESULTS

### MOUNTAIN HARDWARE SKI MOUNTAINEERING RACE February 8, 2009 Mad River Glen to Sugarbush Fayston, Vermont

#### RACE (full course)

<b>Overall Women</b>		
1	Alison Zimmer	2:41:05
2	Jessie Janowski	2:54:40
3	Rebecca Hartman	3:10:00
4	Betsy Richert	3:28:11
5	Tei Schneider	3:37:59
6	Linnea Kooks	3:47:28
<b>Overall Men</b>		
1	Jan Wellford	2:03:18
2	Dave Lamb	2:04:32
3	PJ Telep	2:11:38
4	Matt Mainer	2:20:10
5	Chad Denning	2:22:08

6	Jonathan Shefftz	2:26:21
7	Daniel Parrit	2:28:31
8	Michael Maines	2:30:42
9	Patrick Lowkes	2:36:04
10	Jerimy Arnold	2:37:43
11	Justin Cox	2:39:57
12	Evan Osler	2:40:55
13	John Burns	2:43:44
14	Jean-Michel Voyer	2:44:17
15	Peter Wadsworth	2:45:29
16	Timothy Cusick	2:49:31
17	Bruce Chaffe	2:49:48
18	Maciek Gluszkowski	3:09:19
19	Colin Reuter	3:13:58
20	Bob Hill	3:58:38

#### Overall Veteran Men (age 50 and over)

1	Ed Sprogis	2:54:28
2	Jay Appleton	3:18:41
3	Eric Sinotte	3:38:37
4	Ken Vandermark	3:41:28
5	Tom Ritland	3:50:44

#### HEAVY METAL

(race course, with heavier equipment)

<b>Overall Women</b>		
1	Ann Brophy	3:14:23
2	Linda Ramsdell	3:56:59
3	Susannah Cowden	4:41:53
<b>Overall Men</b>		
1	Patrick Brophy	2:36:06
2	Jacob Riley	2:39:26

3	Mark Flaherty	2:54:41
4	Vincent Lebron	2:55:08
5	Todd Anderson	2:56:36
6	Tony Lombardo	3:00:00
7	Matthew Blood	3:17:32
8	Eric Schweikardt	3:22:52
9	George Gonella	3:24:19
10	Nick Hinge	3:25:32
11	Louis-Philippe Asselin	3:27:27
12	Ben Donaldson	3:33:36
13	Dan Ackil	3:44:22
14	Gus Wathen	3:44:48
15	Simon Ahlgren	4:00:41
16	Peter Delaney	4:01:56
17	Jim Orsi	4:02:30
18	Gavin Grant	4:30:08
19	Michael Morelli	4:40:39
20	Francis Sisca	4:56:04

#### JUNIORS (shorter course)

<b>Overall Women</b>		
1	Hannah Holcomb	1:31:19
2	Emma Perry	1:49:22
3	Margot Frank	2:00:09
<b>Overall Men</b>		
1	Damon Ellis	1:28:55
2	Cam Veidenheimer	1:41:09
3	Nathan Beningson	1:43:15
4	Christopher Perry	1:43:17
5	Seve Mustone	1:47:30
6	William Mendelsohn	1:53:25

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