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# VERMONT SPORTS

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**Vermont's Authority on Outdoor Fitness and Adventure**



**June, 2009  
Volume XVIII  
No. X**

## **EARNING YOUR TURNS**

**A Day of Bike-Supported  
Skiing Adventure**

**IT'S ALL ABOUT YOUR BIKE**

**AVALANCHE!**

**POWER GARDENING**





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**Production Office**  
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35 South Main Street, Hanover, NH 03755  
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Fax: 603-643-4644  
publisher@vtsports.com

*Vermont Sports* is owned and operated by  
Vermont Sports Magazine, LLC,  
a New Hampshire limited liability company.

*Vermont Sports* is published 12 times per year by  
Vermont Sports Magazine, LLC,  
35 South Main Street, Hanover, NH 03755.  
*Vermont Sports* subscriptions in the US: one year  
\$15.00, two years \$28.00, three years \$40.00.  
Canada: US funds, please add \$5.00 per year  
postage. Other international subscriptions, please  
call 603-643-1441 for information.

POSTMASTER: Please send address changes to  
Vermont Sports Magazine, LLC,  
35 South Main Street, Hanover, NH 03755.

Published by Vermont Sports Magazine, LLC  
Established 1990

Submissions: Contributions of news and articles  
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## A Member of



June 2009

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**On the Cover:** Jessie-Willow Janowski navigates some singletrack at Sunny Hollow in Colchester, VT, where the trails are maintained by the Fellowship of the Wheel, a VMBA-affiliated mountain bike club. Photo by Peter Wadsworth.

**This page:** Headed for a day of skiing at Mad River Glen. Photo by Brian Mohr, Emberphoto.com.



**EDITOR  
COMMENTARY**  
BY  
KATE CARTER

## POWER GARDENING

Gardening has an undeserved reputation as a laid-back hobby for old folks. It has never been considered a workout regime for the fitness minded. Sure, if all you're doing is pruning roses, gardening really is an idle activity, but if all you're doing is coasting, so is cycling.

Try filling your freezer with food or your yard with color, and gardening suddenly becomes a workout that offers many of the same benefits as hiring a personal trainer or taking a yoga class. To turn your yard into a gym, all you have to do is notch up the intensity and variety of your gardening activities.

All of this came to me when my neighbor, Tom, who has a utility trailer, helped me haul compost from the nearby garden center. Getting the goods was easy: we pulled up to the pile, a front-end loader dumped two loads onto the trailer, and away we drove.

Once we got home, we had to get that stuff off the trailer ourselves, so we grabbed shovels and dug in. By about the fourth shovelful, I couldn't

help but notice the pace at which Tom could sling soil. For every one of my shovelfuls, he was swinging three. He was also breathing a lot harder, grunting a lot louder, and breaking out in a sweat. I stood back to admire his effort and contemplate the notion that I, too, could raise my heart rate... if only I'd notch it up a bit.

After another trip to the garden center and a second set of arm presses, I decided I wanted some of the compost to go to the vegetable garden out back, and for that we needed the wheel barrel. It was on the other side of the house. Tom sprinted away and was quickly sprinting back, with the wheel barrel in the lead. We filled it as full as we could. Normally, I struggle to get a fully loaded wheel barrel rolling, but not Tom. He wheeled that thing to the back garden like Tom Brady of the New England Patriots doing a sled-pushing workout, except Tom only did six sets of 50-yard pushes.

It was time to till the compost into the beds. The tiller was in the garage. Tom sprinted for it, returned, fired it up, and was about halfway done when it ran out of gas. More sprinting to the

garage, this time for the gas can. He had the thing going in less than 30 seconds and soon finished the job. Meanwhile, I followed in Tom's tracks, picking up newly revealed rocks and performing lunges, deep knee bends, and malasana (garland pose).

We moved on to an area of the yard I had started to reclaim. I had cleared the plot as best I could, but some dreadful honeysuckle bushes remained, the kind that could choke the life out of Dracula. Tom morphed into the chainsaw massacre-er and slaughtered the vicious shrubs by cutting them off at the feet. He also dug up a plastic cooler, a pacifier, a 50-gallon drum in which the previous owners had burned garbage, and three unopened bottles of beer.

Once the plot was clean, it was time to fire up the tiller again. While Tom muscled it around the plot, I walked a mile around the yard at a very fast pace, looking for the rake, which I had set down... somewhere. All told, I had probably walked four miles around the yard that day, looking for tools and my misplaced memory.

Then Tom hit a rock that caused

the tiller to lurch sharply to the right, careen off course, and take a path of its own, while he hung on like a dog walker whose malamute had spotted a squirrel. Together we studied the rock and contemplated our next move. Not one to walk from a challenge, Tom became determined to excavate the boulder. Caught in the fever of the moment, I sprinted to the garage for the crowbar. We pried at the boulder and it moved. One inch. There was no stopping now. Using brute strength, Tom lifted that thing from its grave, and like a sumo wrestler, forced his opponent to the edge of the ring.

After four hours of gardening, Tom decided he didn't really need his daily bike ride. And even though it's not on any personal trainer's workout schedule, we sat down, put our feet up, and enjoyed a cold Rock Art Big Belvidere IPA. The three beers we found remained unopened, unidentified, and unclaimed atop the trophy boulder that sits at the edge of the new garden.

It could well be the best prize I've ever earned. ¶

—Kate Carter



**OUT &  
ABOUT**  
BY  
JOHN MORTON

## THOUGHTS ABOUT CHRYSLER

The recent headlines regarding Chrysler's bankruptcy, sale to Fiat, and the probable loss of thousands of American jobs reminded me of a unique and memorable connection I had with the company. In 1988, I was the team leader for the U.S. biathletes at the Calgary Winter Olympics. The Nordic skiing events were held more than an hour west of Calgary in the beautiful mountain village of Canmore. Gloria Chadwick, a feisty former Alpine racer was the United States Olympic Committee's top official in Canmore, responsible for the U.S. cross-country skiers and biathletes, as well as their coaches, trainers, team doctors, and waxing technicians.

Several days after the opening ceremony, as the competitive events in Canmore were getting under way, Gloria cornered me with a dilemma. The Jeep Dealers of America were having their annual conference at Lake Louise, more than an hour northwest of Canmore, and they wanted some U.S. Olympians to attend. Jeep, which was Chrysler Corporation's most popular brand, had contributed more than a million dollars, in addition to dozens of four-wheel-drive Jeep Cherokees for the team's use at the Games, so the United States Olympic Committee was

determined to honor the company's request. Gloria had been directed to assemble a group of athletes, dressed in their most patriotic Olympic outfits, and drive them to Lake Louise for the big banquet.

Only a couple of athletes were interested in the expedition, so we recruited a few coaches and wax technicians to fill out the delegation, piled into Gloria's Jeep and headed west. Almost immediately it began to snow. Within minutes, we were engulfed in a full-blown Rocky Mountain blizzard. When a tractor trailer began to jack knife immediately ahead of us, Gloria slammed the Jeep into low range and burst through the snow bank on the right shoulder. As her panicked passengers braced for the worst, Gloria calmly plowed through the drifts until we were beyond the truck, then powered her way back on the road.

"That's the great thing about these Jeeps," she remarked casually, "the four-wheel-drive is there when you need it."

Arriving at the magnificent Lake Louise hotel, we were hustled into a huge dining room, filled with hundreds of boisterous Jeep dealers and their families. As we followed our host to

the long head table, accompanied by the enthusiastic applause of the crowd, he asked, "Now which one of you will be introducing Mr. Iacocca?" Baffled glances were exchanged among the Olympians, then Gloria recovered and blurted, "Oh... John will do that."

Before I could protest, I was guided to a seat at the head table not far from the famous auto executive who had been responsible for the creation of the Mustang, before leaving Ford to rescue Chrysler with the development of the minivan. Along the way, Iacocca had added to his national prominence by assuming responsibility for the restoration of the Statue of Liberty, which he accomplished in time for the nation's bicentennial.

I was seated between two executives of the Jeep Division, who spent most of dinner explaining how proud they were to be supporting the Olympic Team. As our plates were being cleared, I learned the specifics of my assignment. After welcoming the dealers and their families, the head of the Jeep Division would introduce me. Then I would acknowledge the other Olympians, before introducing Mr. Iacocca to the gathering.

Fortunately, the entire experience had evolved so quickly, even sitting

at a head table in a vast dining room a few seats away from Lee Iacocca, I hadn't had time to panic. When it came my turn to speak, I began by simply relating our close call in the snow storm, emphasizing the excellent off-road performance of our Jeep. That drew a standing ovation from the partisan crowd. After presenting the other Olympians, I introduced Mr. Iacocca by acknowledging his impact on the auto industry, but emphasizing the contribution he had made to all of us by rescuing the Statue of Liberty. That hit the right note. The assembled dealers stood and cheered as if their team had just won the Super Bowl!

Lee Iacocca built upon that enthusiasm and gave his dealers a pep talk worthy of any successful NFL coach's halftime locker room appeal. I've always felt grateful that a coincidental set of circumstances gave me the opportunity to see a gifted leader, in action, at the top of his game. ¶

*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).*



## AROUND THE STATE



### FREE LEARN-TO-ROW DAYS

**Waterbury Center, VT**—June 6 is National Learn-to-Row Day. As part of this nationwide event, Alden Rowing Shells is offering free Learn-to-Row clinics on Waterbury Reservoir, Saturday and Sunday, June 6 and 7. The clinics will be held both days at the Waterbury Center State Park, 8 a.m. to 4 p.m. Anyone is welcome to attend and reservations are required. A variety of Alden rowing shells will be on hand.

Alden began making rowing shells in 1971 and since then, they've built and sold more than 10,000 boats. Today's shells are lighter than the originals and built with contemporary materials, such as Kevlar and carbon fiber. A range of Alden shells will be available at the Learn-to-Row clinics,

including entry level open water shells (singles and doubles) and competitive skinny singles.

Clinics will run every hour on the hour throughout the day. All ability levels are welcome, including "never-ers." To reserve your free, hour-long timeslot, please call 978-948-7692 or email [Wendyll@rowalden.com](mailto:Wendyll@rowalden.com). You will learn the basics of sliding seat rowing for the first half hour, and then you'll get to try solo rowing on the reservoir for the second half hour. Be prepared to get wet, have fun, and discover a low-impact sport that challenges 95 percent of your body's muscles and is great cross-training for cross-country skiers.

### OLYMPIC AND SPRINT DISTANCE TRIATHLONS FOR CHARITIES

**Hague, NY**—For triathletes looking to challenge themselves in the waters and hills around beautiful Lake George, the North Country Triathlon will be returning this June 27 in Hague, NY, with an 8 a.m. start. The event provides a world-class race, while generating interest and funding for several important social and environmental issues. Race founder Randy Engler expects the number of participants in this year's event to double to more than 400, and attributes this growth to word-of-mouth among the racing community. Engler says, "We are a relatively small race in terms of overall numbers, but racers are finding this to be a huge plus. It makes for an extremely well-organized and intimate race. We offer racers two of the most challenging Olympic and Sprint distance courses out there. Add to this a group of wonderful and encouraging volunteers,

an environmentally conscious approach to how the event is run, and one of the most beautiful settings in the world, and you have a winning combination. We really couldn't ask for more."

The North Country Triathlon benefits the small communities around Lake George, but also regional and international charities, including The Hope Lodge of Burlington, Room-To-Read, and One Percent For The Planet. Each year the race raises funds to help these organizations continue their goals of improving the lives of others in the areas of health, education, and the environment. To find out more information on the North Country Triathlon, learn about the charities it supports, volunteer, or to register for this year's event, visit [www.NorthCountryTri.com](http://www.NorthCountryTri.com).

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## SPORTS MEDICINE

BY  
ROBERT RINALDI, DPM

# THE DREADED STRESS FRACTURE

Every runner fears a stress fracture. Understanding how this diabolical, disabling injury occurs can help prevent it. The words “stress fracture” are really a misnomer, as the injured bone does not present radiological evidence of a true fracture line. The bone is not really broken or fractured, as in a crushing or severe twisting injury. “Chronic repetitive stress injury of bone” is a more appropriate and accurate term. The sports medicine clinician usually refers to the acronym, RSI or the nickname stress reaction injury.

### RSI DEFINED

First described in 1855 by a Prussian military physician when he recognized the problem in new recruits forced to march long distances, with heavy backpacks, in training maneuvers. He coined “march fracture,” a name that has persisted for a very long time, until the running boom, when increasing injuries of this nature began to occur. This led to research, and findings proved the injury is most common with repetitive motion activities such as marching, walking, jumping, or running.

Julius Wolff, a 19th-century research anatomist and surgeon



described the reaction of bone to repetitive stress. Simply put, Wolff’s Law describes bone remodeling that is secondary to stress. Bone will gradually become stronger, resisting small increasing doses of stress, by a process of bone resorption and subsequent repair. The bone will become thicker, more dense, and stronger. Applying Wolff’s Law, the lower extremity of the runner means a gradual adaptation to ground reactive forces (GRF), which may be as high as the multiple of 10 or 12 in the inefficient athlete, or when workout regimens change.

As an example, the 145-pound male runner may actually be producing forces on the bones of his feet and legs that would be equal to weighing 1,450 to 1,740 pounds. According to Wolff the bones would accept this increased GRF and associated stress when they are given time to adapt. Bone is dynamic, and it is subject to change with stimulus. Given adequate time to recover and repair, bones will become stronger and will be able to handle greater loads over longer distances. Without recovery and rest, the bone will suffer an accumulation of micro-damaged areas, with loss of ability to resorb/repair/remodel. Loss of these cycles result in injury and pain. RSI, or the dreaded stress fracture, is the result, and it is usually caused in runners with training errors.

### MOST COMMONLY AFFECTED BONES

The tibia (largest of the two lower leg bones) is the most common site of RSI. Symptoms usually begin with what is commonly referred to as “shin splints,” or pain on the front of the shins. RSI can also occur in the smaller fibula, as well as the femur in the thigh, and also in the pelvis.

Every bone of the foot is susceptible to RSI. The metatarsals are the most common sites of injury, with the second metatarsal having the highest percentage rate. RSI usually affects the neck or shaft of the metatarsals, and when the injury is at the base it may be an indication of too much hill training or speed work. The vector of stress will be placed in the base of the metatarsal when running on the ball of the foot. Injury of the cuneiform bones are also subject to the higher impact of running on the ball of the foot. RSI of the calcaneus can follow untreated chronic plantar fasciitis.

### THE TERRIBLE TOOS

Avoid too much, too soon, too often, too fast, and your chances of getting injured will be greatly reduced. These “toos” will overstress bones before they have a chance to appropriately react by developing reinforced bone growth and increased density.

Other training errors are using worn shoes or shoes that fail to meet the biomechanical requirement of your feet or body type. At my clinic, we often see increased incidence of RSI in the feet and legs of athletes who hyperpronate. RSI is seen more in women than in men. Studies have shown that increased hyperpronation, secondary to the higher Q-angle in women, plays a role. Injury because of this can be avoided or minimized with the use of orthotics and proper running shoes. Other studies point to metabolic disorders or deficient nutrition that may lead to bone demineralization.

### DIAGNOSIS AND TREATMENT

The symptom of RSI is always pain that is exacerbated and intensified with a continuation of activity. The pain will subside rather rapidly once exercise stops. Suspicion of a stress fracture, or RSI, begins with the athlete recognizing the earliest symptom: localized increased and unrelenting pain with exercise, and its relief with cessation of motion.

I like to paint a word image for patients who I suspect of presenting with a stress fracture. “How do you feel at the beginning of your run? How do you feel after running for 30 minutes? What happens when you stop?” If the answers are “Fine,” “It hurts,” and “The pain stops,” I would suspect RSI. Finally I ask, “What if you continued to run? Would the pain increase? When the answer is “Yes” I strongly suspect RSI.

If your injury fits this profile you should make an appointment with a sports medicine provider. X-rays are usually negative but a starting point. Diagnosis made with MRI is best and most accurate. Bone scans often offer inadequate or false information.

Conservative treatment is usually adequate. This may consist of using a Cam-Walker, crutches, or both. There is increasing evidence that Platelet Rich Plasma injection therapy in the injured bone site using ultrasound guidance enhances and hastens recovery. The best medicine, however, is prevention, and the answer is usually in your training log. ¶



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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).

# RUINING YOUR VACATION RUINS MY DAY

RETAIL JUNKIE

SUPERSTAR

BY  
RYAN JAMES LECLERC



Without fail, every year a few customers come into the shop, their heads hung and their shoulders slumped, to tell us that they did something that they feel is so stupid they are ashamed to admit what it is. After looking around to make sure no one else can hear, they fess up and explain what they've done: they drove into the garage with their bicycle on the roof of their car. Sometimes, this tragic event occurs on the very day they purchased their shiny new bicycle, before it even went on its first ride. Within an hour, a brand new bicycle went from hanging from its front wheel on a display hook in the shop, to hanging from a bent handlebar wedged between the garage and the garage door.

In these situations, it is up to us, the friendly shop employees, to tell them how much it will cost to replace that bent fork, that mangled brake lever, that crunched roof rack system, or that their bicycle and rack system are regrettably destroyed beyond repair. But a more important role is to try to make these customers feel better, while their bicycles and their hearts are in pieces.

I have a method that has proved to be quite reliable. I just tell them that I, too, have done the exact same thing. Three times, in fact. Doing it once is a bit careless, maybe a tad scatter-brained, but not stupid. Doing it three times, I tell them, as I have done, is remarkably stupid. And, as a result of three times having my racks ripped off the roof of my car, my roof is so dented you'd think someone went up

there and practiced juggling bowling balls while hopping on one leg. I also tell them that aside from having driven my car into a garage with my bicycle on the roof multiple times, I've also driven my car out of the driveway with my bicycle under the rear wheels, and have twice driven away from a gas pump with the nozzle still in the gas tank. At this point, if they still feel bad, it's because they now feel bad for me.

Trying to placate upset customers is just one of the many things we shop employees do in the name of good service. And delivering good service is something that we try as hard as possible to do with every customer, every single day. Sometimes, however, it doesn't work out that way, and despite our best efforts, we end up causing a tremendous amount of grief, and profoundly affecting, in a negative way, someone's life, such as ruining his or her vacation. And nothing makes us feel worse than having a customer say that because of us, his or her vacation was ruined.

How does this happen, you ask? Well, let's say Mr. Smythe brings in a bike that needs a new handlebar and rear shift lever because he drove into his garage with his bicycle on the roof of his car. He needs the bike fixed by Friday because he's leaving for vacation, and he wants to take his bike with him. In order for this to happen, many, many things have to go right, and sometimes one of those things can go wrong. Maybe we didn't have the proper shift lever in stock

when it came time to work on his bike. Dinosaur Rex assumed we'd have the part in stock, so he didn't bother to check inventory to make sure. In an attempt to meet the Friday deadline as promised, Chinch Bug orders the part from the only distributor who has it in stock, which, of course, is in Seattle. He pays a premium (please don't tell the boss) to have it shipped over night, but when it arrives on Friday morning, it is the front shift lever instead of the rear shift lever. And just like that, Mr. Smythe's vacation is ruined. And someone gets to call Mr. Smythe and tell him so, and that someone is usually me.

I feel lousy when a customer is upset due to something having gone wrong, or for any other reason. Occasionally, a customer will be insulted because of the way I said a certain something and will refuse to ever step foot in our shop again, regardless of whether or not I am even there. And this can happen to the best of us. Recently, one of my favorite fellow coworkers, Chuck, who is so sweet she makes a sweet pea taste like a lemon, caused a customer so much grief by saying a certain something, the customer composed a lengthy, handwritten letter to the boss describing this grief. Fortunately for Chuck, however, there was no mention of a ruined vacation. ¶

*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).*

## When it comes to sports injuries, we've been there, treated that.



### Pictured from left to right

#### Paul Hecht, MD

Foot and ankle specialist  
Cyclist

#### Charles Carr, MD

Knee and shoulder specialist  
Golfer, snowboarder, skier, scuba diver

#### Pete Peterson, PA

Sports medicine physician assistant  
Rugby player, cyclist, kayaker, hiker

#### Steve Vincente, PT

Sports medicine physical therapist  
Basketball player

#### John Nutting, MD

Shoulder specialist  
Cyclist, rower, runner, skater, windsurfer, skier

#### Kristine Karlson, MD

General sports medicine physician  
Olympic rower, cyclist, cross-country skier

#### John-Erik Bell, MD

Shoulder and elbow specialist  
Cyclist, skier, runner

#### Michael Sparks, MD

Knee specialist  
Runner, climber, cyclist, skier

### Team members not pictured:

David Edson, PT, Nikki Gewirz, PA, Kirsten Gleeson, PT, Doug Kleinman, PA

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# Earning your Turns

## A Day of Bike-Supported Skiing Adventure

BY BRIAN MOHR

PHOTOS BY BRIAN MOHR AND EMILY JOHNSON

It's rare that our trips to the ski hill or trailhead don't involve a few errands, a visit with friends or family, or a longer drive to a not-so-local spot. This, combined with other realities, such as snowy roads, cold weather, and limited daylight, make it challenging to use our bikes to go skiing. However, come March, when Old Man Winter begins to relax his grip, a little bike-supported skiing adventure becomes hard to resist. It's a simple and beautiful concept: we get our first good bike ride of the spring, we spend the day skiing, and we leave the car at home.

It was a crisp and sunny morning in March this year, when we finally broke out the bikes. Our trusty, dusty BOB trailers also came off their hooks in the shed. As always, tires were checked and inflated, chains got lubed, and brakes were tested up and down the driveway track. We pack our ski packs as we normally would for a day of skiing adventure, and lash our skis and poles to the sides of the packs. This package fits neatly into our BOBs, with the ski tips extending beyond the rear end of the trailer, and the tails left with enough room to prevent any rubbing on the rear wheels of the bikes. We typically stuff one ski boot inside our packs, and strap the other inside a plastic bag atop the pack. Dressed in our usual lightweight, soft shell ski pants, some gloves, and a couple of layers up top, we kick off these rides by rolling down our snow-covered driveway feeling unusually free-spirited.

This year, our friend Peter Wadsworth joined



us for our first good bike-to-ski adventure of the season. Before setting off, he accepted one last sip of coffee as we assured him it was all for a good cause. He said he needed a good butt-kicking, anyhow. "I haven't hopped on my bike in months... but it's too early in the spring to pass up a good day of skiing," he said.

We initiate most of our rides from home, which means a solid 800-foot dirt road descent to the banks of the Mad River in the valley below. The descent always gets the endorphins flowing, and it makes the 800-foot climb home later in the day worthwhile. Rolling through Moretown village, we usually spot a few neighbors, and scheme about paddling the Mad River in our canoe. In no time, we find a nice pace, and follow the quieter back roads toward the bigger mountains that our valley offers upriver. Sometimes we'll stop for a treat along the way—a fresh-baked pastry usually hits the spot—or squeeze in a few quick errands. Whether we are heading to a local backcountry trailhead or to the Mad River Glen or Sugarbush ski areas, it is rarely more than a 90-minute trip one-way.







With Peter, we had our sights set for Mad River Glen ski area. We opted for a variation on the usual approach that involves riding to a spot well below the base area—a spot from which we could enjoy a leg-stretching, 20-minute uphill ski (using skins) to the base area before hopping on the lifts. This approach also leaves us set up for a bonus ski descent back to our bikes, which we leave tucked away in the woods.

Within 90 minutes of leaving our home in Moretown, we were skinning up through the hardwood forest. The softening snow under our skis whispered that it was going to be a fine day in the mountains. We arrived at the base area under brilliant sunshine. Emily broke out the sunscreen, we connected with a few friends, and spent the afternoon enjoying the Green Mountains in their glorious early-spring form.

Peter had not been riding lifts much, and with the 800-foot climb back to our house in his mind, he took a break to enjoy a giant homemade sub on his favorite Red Hen Bakery bread. He offered us a bite, but neither of us could fit our mouths around it. After a nice selection of lift-served runs, we finished off the afternoon with a few late-day runs on Mad River's "Sunnyside," before beating the shadows back to our bikes on the mountainside below.

After washing our faces in the stream and transitioning back to bike mode, it felt great to be back on the bikes. The downriver ride back to Moretown rolls ever-so-subtly downhill, and a tailwind out of

the south is not uncommon on a warm spring day. We munched on a snack, gulped down some water, and in no time found ourselves back in Moretown Village. We are usually not the only ones out cycling on days like this, but we have yet to spot another skier on their bikes. Today was no exception. We know there are other skiers who ride, and it would be fun to see them biking to ski.

We often pedal over to the river for a little inspiration before tackling the final climb home. It's a super-scenic climb with great views of the mountains that we ski. We timed it just right when Peter was with us, with the sun showing off its final half-hour of rays, and the clear skies giving us views from Mount Mansfield in the north to the Breadloaf Wilderness in the south. We stopped to take it all in for a moment. I even talked Peter into lapping the upper portion of the final hill so I could re-snap a few photos in the scenic light. Home was just around the corner. Cold beer was waiting in the fridge. Days like this add new meaning to "earn your turns," and remind us of the unlimited potential for world-class backyard adventure right here in Vermont. ▮

*Brian Mohr and Emily Johnson very rarely let a day go by without paddling a river, climbing a mountain, or wandering up a stream bed. They can be contacted through their website, [www.EmberPhoto.com](http://www.EmberPhoto.com).*



Bikers: Emily Johnson and Peter Wadsworth. Skier: Ben Falk.  
Photographer: Brian Mohr / EmberPhoto.





# It's All About Your Bike

STORY AND PHOTOS  
BY STEPHEN WARK

## FIND A GREAT MECHANIC

Don't settle for merely competent. You want a problem solver who is patient; one who takes pride in his or her work. I was fortunate that Rich from Earl's Cyclery could see what I was striving for, and was willing to put up with my endless "what if" scenarios. In the end, we were both proud of the result, with talk quickly transitioning to the "what's next" list.

## PUT YOUR BIKE ON A DIET

If I'm honest with myself, losing 20 pounds and training harder would have made me faster than the 7 pounds my bike shed during the refit. Okay, but... lighter weight components are usually machined better. But... lighter weight components provide a smooth and buttery performance. But... less stuff on the bike means fewer points of potential failure. And a final but... hand selecting your own components is a very gratifying experience, comparable to chiseling marble. I learned that the minimalist philosophy works, as I shed unnecessary components and grams and ended up with a bike that looked and performed cleaner than before.

When people learn that my bicycle is worth more than my car, surprise is the most common expression I see cross their faces, followed closely by pity for my wife. Now granted, my '99 VW may be a bit long in the tooth, but it still has plenty of life left, just as my bike does. That's why I eventually dispatched the temptation to buy a new bicycle, instead opting to refit my recumbent with geometry and performance-changing components.

As a nation, we tend to discard items that are old and reliable, in favor of new, often more expensive things, and bicycles are no exception. I must admit that the call of carbon was strong, offering lighter weight and a stiffer

feel. Thoughts of higher speeds, lower ride times, and straight up sex appeal clouded my vision for quite some time. But when the fever broke, I knew that repurposing my steel frame was my ticket to a custom ride, providing me with a challenge most riders will not experience.

When most of us buy a bike, it is a function of the cold economics of a market—price point rules the day. Unless you are Lance Armstrong, your bike is likely the product of a business calculus that will capture the most of a market segment. Creating an entirely customized steed can be a liberating experience, pitting you against the best designers on the planet. When I decided to rebuild instead of buy new, I learned

a tremendous amount about how to have fun, spend less, and end up with a one-of-a-kind bike. Here are some of the takeaways from my experience:

## BUILD WITH THE END IN MIND

Rather than jump right in with tools spinning, I methodically studied different types and styles of bikes. It took a while for my vision to form, but when it did, I had a clear picture in my mind's eye of what my bike would look like. On my short list were better and lighter components; more streamlined aerodynamics; design that would simplify the ride; improved aesthetics; and a signature fit and finish that would make this a "one of a kind" ride. By the end of the project, my bike exceeded my expectations.

## UNDERSTAND INNOVATION AND RISK

A project like this is not for the faint of heart. For example, changing the geometry of my bike was a big gamble that could have resulted in failure. At one stage in the project, I discovered why advice is cheap—the "new" front fork and wheel interfered with the crank on tight turns, and my on-line advisors told me I should just live with it. Not this kid. Moving to a shorter crank, coupled with a customized, machined crown race from Santana of California allowed me to increase the clearance ever so slightly, and eliminate the problem. The point here is to understand your tolerance for risk and being innovative up front. While I took a "why not" approach, the price tag was a new crank, machined parts, and lots of stomach acid. The upside is I now understand why shorter cranks are all the rage, and my knees haven't felt this good in years.

## BUY LAST YEAR'S COMPONENTS

With its sinewy carbon weave and understated architectural lines, Shimano's new Dura Ace Carbon crank was an object of my desire for weeks. In the end, I simply could not justify spending \$1,600 on a crank, when last year's Ultegra was a fraction of the cost, and still an improvement over what I had. Frugality won out on many component choices, and I scoured the Internet and secured the past season's models, saving in one case over 75 percent of the price of the newest generations. There will always be a next generation, and sometimes old school is the best school.

With a summer of experience on my new ride, I know now that I made the right choice when I decided to refit my bike. Having watched the parts become more than their sum, I have a deeper satisfaction of how a bike works, and what it takes to make it truly yours. The next time you hear the sirens' call of exotic materials, components, and marketing, resist their song and consider your own customization project. Now... I wonder how my bike would look with a fresh coat of paint... ☐

*Stephen Wark lives in Vermont with his wife and two daughters where he enjoys three-season cycling (read: fair weather), year-round hiking and backpacking, sailing, and cross-country skiing. He has been an avid ice climber and mountaineer, and is now embracing the art of lightweight backpacking. His current quest is to summit all 46 High Peaks of the Adirondacks.*

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# 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.



## SPECIALIZED TRI-CROSS COMP

Most folks, when asked what kind of bike they're looking for, say something like, "I'm looking for a bike that is durable and stable on dirt roads but fast and smooth on pavement. I want to do long road rides in the country and short commutes in the city. I want a bike that can also handle a little single track here or there. And maybe a trans-America tour now and then. And maybe a cyclocross race or two..." Hearing this a few years ago, I would've replied, "With all due respect, you are clearly mad. Such a bike does not exist." These days I say, "You need the Specialized TriCross." Aside from lift-served downhill and deep sea exploration, this bike can do it all. With a slack head tube, long wheel base, and Zertz vibration-killing technology, the TriCross is stable and comfortable on pavement, dirt, and pavement that is rougher than dirt, even when the bike is loaded down with overstuffed panniers. Slap on 23c race tires or 38c knobbies, and the 48 x 34-tooth rings and 12 to 27-tooth 10-speed cassette will deliver the gearing you need, more or less, for wherever it is you're going. If you don't have the means to afford a quiver of bikes, join the club, and check out the Specialized TriCross Comp. \$2,200. If you do have the means, go get yourself a Specialized TriCross Carbon. \$5,800. [www.specialized.com](http://www.specialized.com).



## TREK REMEDY 7

You want a mountain bike that is lightweight and efficient when you're grinding uphill, but one that is burly and stable with plenty of travel to suck up big hits when you're rolling downhill. Sadly, you don't possess a magic wand that will transform your bike at the top of the climb like a pumpkin into a carriage. Until then, check out the seriously advanced all-mountain Trek Remedy 7. To achieve all-terrain excellence, the Remedy 7 features key technologies, premium materials, and dialed geometry. The Rock Shox Lyrik IS U-Turn fork adjusts from 115 to 160 mm of travel, and Trek's Full Floater Technology places the Fox RP2 XV Air Can shock between two floating attachment points for unmatched suspension tuning and seemingly bottomless travel. For optimum control in all conditions, the Remedy utilizes an Advanced Braking Pivot (ABP), which places the rear suspension pivot point through the center of the rear axle, keeping your suspension fully active at all times, even under heavy braking. The Remedy is comfortable, strong, and light, and it achieves the perfect balance between precise steering, pedaling efficiency, and plush suspension. Who needs a magic wand, anyway? \$3,299. [www.trek bikes.com](http://www.trek bikes.com).



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# AVALANCHE!

STORY AND PHOTOS BY DAN ZUCKER



**Left:** Dan Zucker, near the top of Dodge's Drop, before the fall.  
**Above:** Looking down at Tim Finocchio climbing up Dodge's Drop.  
**Below:** A conscious Tim Finocchio, talking with mountain rescue, before climbing down to the cabin.

I tried it in class the first day back. My students were into it. I narrated it while we all watched the sweep-second hand on the clock:

*crack—"I'm riding it down!"*  
*accelerate*  
*highly focused—ram axes through snow up to elbows—picks grab ice*  
*second avi above me breaks—tons of snow collapse onto me—lifted off mountain—covered by snow*  
*accelerate*  
*roll onto back—embedded in snow—slow-motion chaos—avi procedures by the book*  
*accelerate*  
*freight trains aren't turbulent. swim. head up. fight.*  
*accelerate*  
*airborne... tick... tick... tick*  
*land—snow implodes*  
*lose axe, hat, sunglasses.*  
*accelerate—see rocks whip by close to 40mph I think.*  
*roll face down, attempt self-arrest*  
*lose last axe*  
*see Tim's crampons above me*  
*roll onto back, Tim passes (I don't see him pass but he somehow got ahead of me), swim, head up, fight*  
*tree plinko: crack thigh, back, arms, feet, head strike (rang like a bell), arms, ribs, hands*  
*grind to a stop, blood spurting*  
*"aaauhhh, uuuhh..."*  
*I see Tim! He's alive.*

I've done it several times, watching the clock, and I know it plays faster in my head each time. I started telling people, "between 10 and 20 seconds," but my first guess when I spoke to the snow rangers was 40-45 seconds, but I knew as soon as I said it that there's no way. I really have no idea, but I've finally settled on 15 seconds.



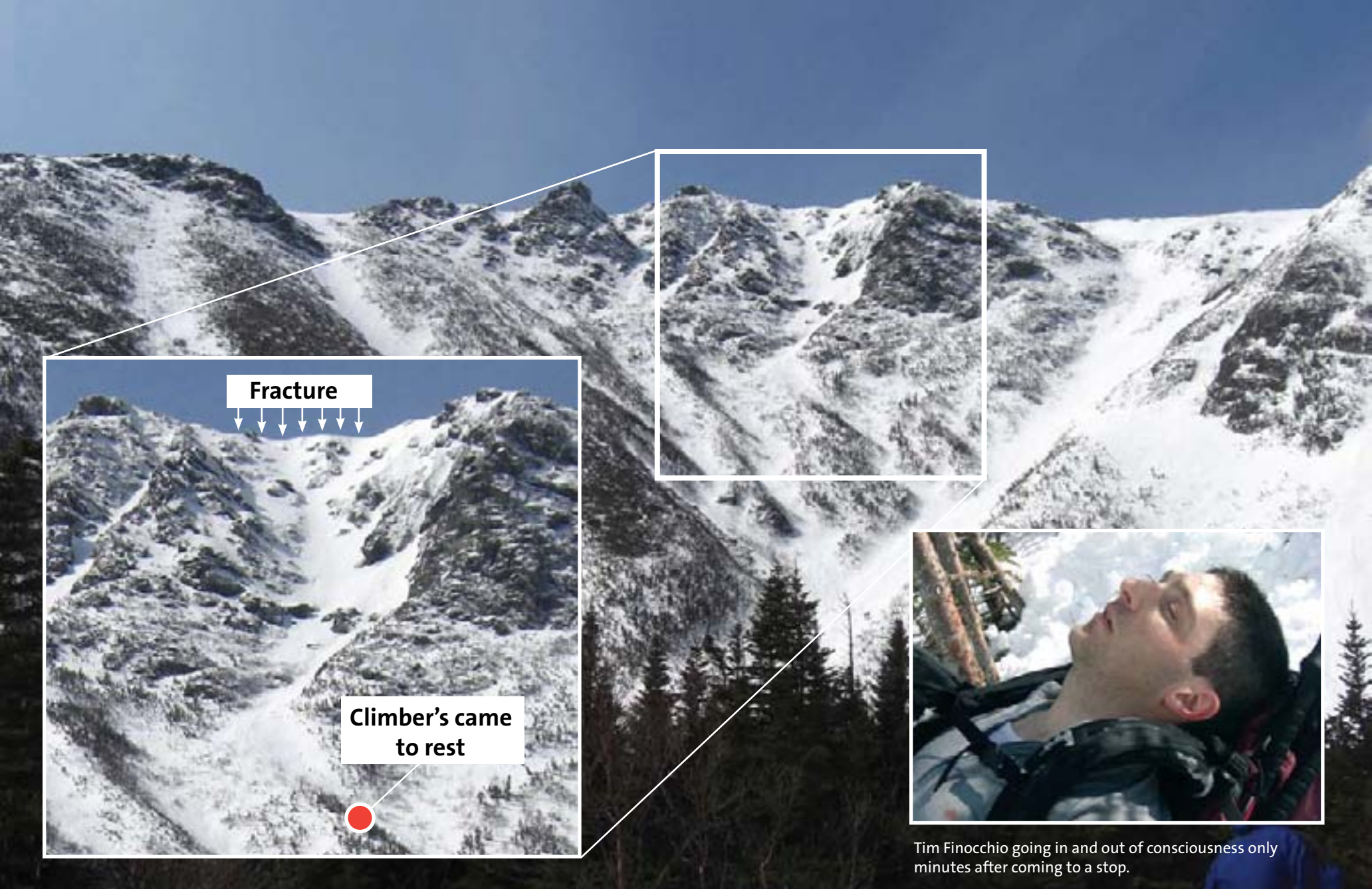
Dodge's Drop was named after Brooks Dodge, the son of the famous Joe Dodge, who skied it in the 1940s. It's a beautiful straight-line gully that rises 1,500 feet above the Hermit Lake Cabin on Mount Washington in the White Mountains. It's the arrow-straight gully to the left of Hillman's Highway. In fact, you ascend Hillman's about a quarter of the way and make a hard

left up into the rocks, following the avi run-outs. It's not in Tuckerman Ravine, but you can easily see Lion's Head and Right Gully from Dodge's, until you get up into the rocks. While it's a "no fall" route (fall = die), it's normally done without protection, since the slope rarely exceeds 60 degrees, and I've seen skiers descend it many times.

I've climbed it four times, twice with a surface so hard that the top 500 feet was all toe-pointing. There is normally a substantial cornice at the top, and even if conditions are excellent on the ascent, the last 25 vertical feet are always a moment of cautious route decision. The gully widens into a fan, with the edges bounded by a prominent ship's prow to the left, steep rocks to the right, and a cornice at the top. My first ascent ended by topping out over the cornice with the last 6 feet at almost 80 degrees. The second and third times were just an easy sprint in early April. The fourth time was in January, 2008, when I reached this upper section and moved, climber's left, into the rocks to avoid a cornice that stretched across the entire top. I crawled up an iced convex spine.

My fifth time, on this fateful day with my climbing partner, Tim, was an easy sprint. I stopped several times to look





Tim Finocchio going in and out of consciousness only minutes after coming to a stop.

over my shoulder at the blue sky and the great valley below. The ascent had three types of surface: the old hard base; well-weathered wind-slab in long, lens-shaped swells that blended uniformly with the old base; and gravel-sized ice fragments that had fallen off the brush and rocks above, in loose pockets, and were still constantly falling down the slope onto us like a hissing cascade of broken glass. The wind-slab had been rained on extensively and had a thin crust that reflected light like the old base. We had to actually kick into it to know we were securely in it. We did test traverses left and right the whole way up. We tested snow depth with our axes when we found our kicks sinking in deep enough to make a full step. Everything looked firm and well bonded to the base, and we had no concerns about being anywhere in the gully. In fact, the last 100 meters or so was uniform old base that left no footprints, just toe-points. It wasn't until we were up in a little fan at the top of the gully that we encountered significant wind slab—a minor cornice, but a huge bulge of snow. We agreed to head hard left into the rocks and as we started moving, the snow let go.

And so we fell. After what seemed like a very long time, I came to a stop with my left leg in the air in the branches of a small, brushy tree, my body stretched across the slope. Tim came to stop against some tree trunks about eight feet from me. I assessed myself, then pulled my leg out of the tree, releasing me and some debris to slide down to Tim. I stopped by jamming the crampon of my sprained foot into a tree (which was how I discovered it was sprained), and tried to assess Tim, who was moaning as he went in and out of consciousness. He seemed stable but complaining that he couldn't see as he was losing consciousness.

I was reluctant to start moving either of us right away, so I held onto his hand and we caught our breaths. As the feelings of urgency rapidly waned ("we're alive!"), the aches and pains began to settle into a set of real, identifiable injuries, and we began to focus on a short-term plan for bleeding, water, shock, possible subsequent avi debris, and hypothermia. We didn't know if anyone

else had seen the accident, and even though I had 10 meters of climbing rope, I began to worry about how I would lower Tim down to Hillman's Highway, if he or I had internal injuries.

Fortunately, someone did see us. It was Luke, the caretaker at Hermit Lake Cabin. He was on Hillman's, about 300 meters away from our stopping point, just a bit above us. He skied to us, shouting, and radioed to the snow rangers that we were alive. He did spine tests and checked for fractures and internal organ damage. I put on my beanie to stop my head wound from bleeding, and started pulling clothing out of my pack to stay warm, while Luke checked on Tim, who was struggling with going in and out of consciousness. Tim's hip had taken a severe blow, and though the stabbing pains were severe, he was quickly coming around. Tim shook off the cobwebs and within five minutes of Luke's arrival, we stood up and started climbing down. We met up with two snow rangers, Jeff and Kevin, a few minutes later. They dug some seats into the snow, re-examined us for spinal and organ injuries, and lent us each an axe to continue the climb down to Hillman's. Luke skied away, and though we were rattled, the four of us headed back to the Forest Service cabin.

After a long de-briefing for the incident report (a rare opportunity to interview lucid avi survivors) and some bandages to cover the cuts, we got a ride with Chris to Pinkham Notch in the snowcat, with Cutler the search dog riding in the back with us. We left Tim's car at Pinkham and I drove us back to St. Johnsbury, where we checked into the ER for a more detailed exam and an x-ray or two. Tim stayed with me at my house for a few days so we could decompress, practice bandaging and retell the story to each other and to anyone who'd listen.

The final agreed-upon version of what happened at the top of Dodge's was that there were two fracture events. The first was the snow immediately around me. I was above and to the left of Tim, when a canoe-sized chunk cracked loose around me, sending me rocketing past him. The loss of supporting snow caused the entire fan above us—about 30 feet of cornice and all the snow

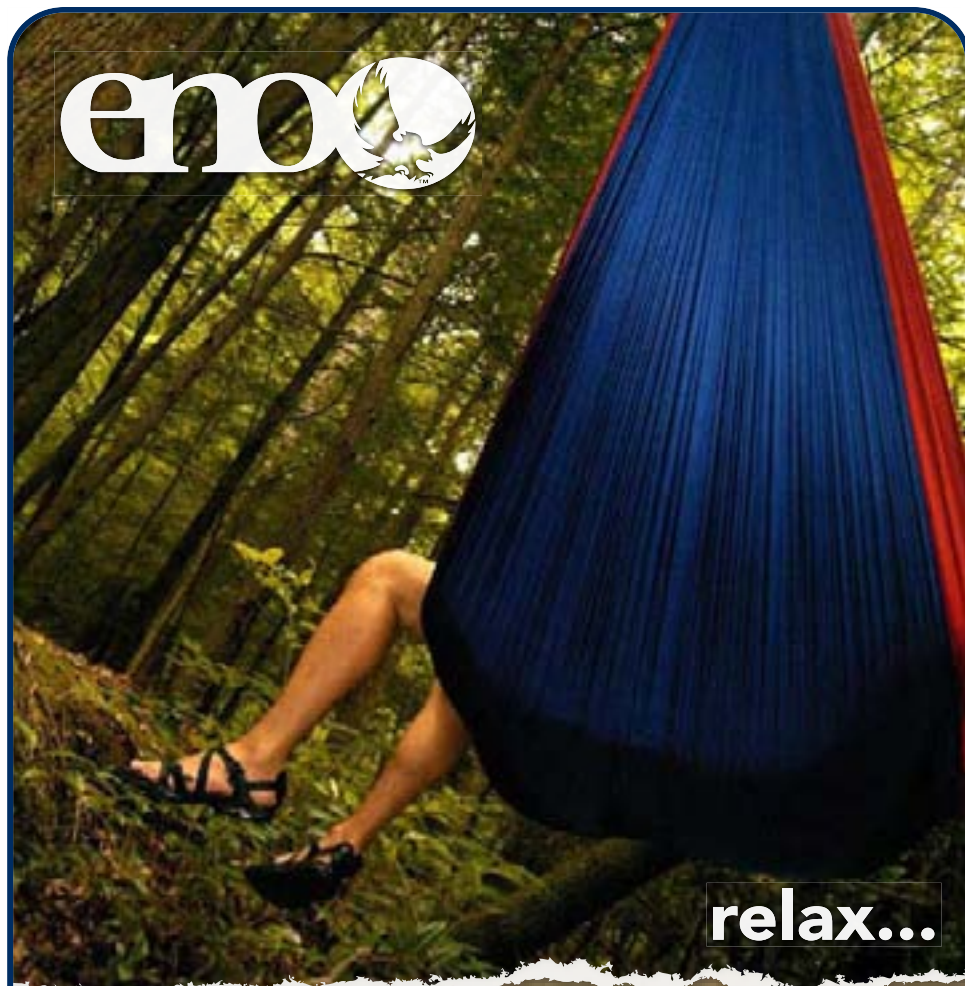
bulge—to slip down, throwing Tim in the air backwards, then head first, right behind me. As the snow compressed in the funnel at the bottom of the fan, it lifted Tim high, and buried me. The snow flowed with little turbulence, and remarkably, very little physical damage was done by the ride except for ice-rash. The cliff we overshot was actually a narrowing of the gully. From a climber's perspective, the route narrows between large boulders (I call it "the strait"), where there is usually an ice-fall, normally not more than four to six feet tall. The avalanche appears to have encountered the strait, which had been backfilled with debris from previous avalanche activity. We believe we were shot up and over the boulders—blown right over the top and into the air, as the debris overwhelmed the narrow chute. The slope below the cliff was still about 45 degrees, so the landing was smooth and cushioned by the rapidly moving snow. Immediately after landing, the debris split left-and-right between two favored run-outs; we went to skier's left. The right fork continued on, eventually touching down on Hillman's Highway. The left lobe of debris drove us into some trees, and a slight change in slope and the trees themselves slowed our descent to a stop, but caused all our lasting injuries.

It is now one month later as I write this. As for injuries, Tim is having his ACL surgically replaced, I'm going to wait a month or two more before making a surgery decision on a torn meniscus in my left knee. My sprained right ankle is healed, and our ice rashes are slowly disappearing... and, now that a month has passed, I can use my broken right pinkie to type.

Next time I'll bring a helmet. ☞

*Dan Zucker and his wife Susan live in Danville in Vermont's Northeast Kingdom, where they run a custom software and professional coaching and consulting company, [parallaxman.com](http://parallaxman.com). Dan teaches high school and college physics, and hikes, runs, bikes, skis, and photographs year 'round in the Green Mountains of Vermont and the White Mountains of New Hampshire.*







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# TRAINING FOR A BACK-TO-BACK CENTURY RIDE

## ZUTTERMEISTER CHRONICLES

BY  
TOM ZUTTERMEISTER



In this month's report, I'll give you an update on my training and share some tips to make your century ride safer, more enjoyable, and less exhausting. Well, at least two of three.

I won't be cutting the lawn the next day.

On April 23 I finally completed my objective of biking 1,000 miles in six months. I did it, I did it, I did it! Over 10 days, in 6 hours and 27 minutes, I averaged 18.62 mph to complete the last 147.5 miles. I accomplished this in 23.5 intervals over 6 days, and 17 pyramids over the remaining 4 days. The half-interval occurred because I felt a twinge of pain through one of my knees, and I decided to cut it short. April 4 was a special day for my personal records—6 pyramids in an hour (no top gear), high pulse of 175, highest average pulse of 147, and most calories burned—1,608. The grand total for time for the entire 1,000 miles was 52 hours, 28 minutes (and 28 seconds).

Finally my bike is off the trainer, and I have begun biking outside. Of course, the weather has not been all that cooperative. But it's nice to have the change of scenery.

Now, onto the tips that I have gleaned from the eight Prouty bike rides in which I have participated.

### RIDE WITH A GROUP

Try to bike the Prouty with a team or a group that you are comfortable riding with. This is important for two reasons: motivation and drafting. Riding with a group in the same range of fitness as yours will really help keep you going. It is important to draft with people you know. The Prouty organizers try to discourage drafting because of safety concerns. If you do not know how the people around you are going to act, the result can be a major pile up. The other problem is the draft lines that sometimes stretch out to 20 riders or more. This annoys the drivers who are trying to pass and could potentially create a head-on collision. So if you draft, keep the group small and single file where the road warrants it.

### GIVE YOUR BIKE A TUNE-UP

Sometime during the last two weeks in June, be sure to get your bike tuned up. Some of the local bike shops will run specials in June and July. Everyone gets the bright idea to get a tune-up during the two weeks leading up to Prouty. The bike shops get swamped, and you may have quite a wait when it's important to be biking consistently.

### GET PLENTY OF REST

The week before the event make sure to get a good solid eight hours of sleep each night. That way, if you can't sleep the night before, you still have a reserve to fall back on. I actually got this tip from Bruce Jenner back when Boys' Life interviewed him after the 1976 Olympics, where he won the gold medal in decathlon. This particular tip has always stuck with me.

### CARBO LOAD

Two to three days before the event, start loading up on carbs. I go for pasta and oatmeal. I know hot oatmeal in July may not be very appetizing, but it is a high glycemic food. That's another way of saying that the energy is released slowly. Last year, the M2S team that I trained with had a pasta dinner on the Thursday night before the Prouty. That, along with the pasta party on Friday, really helped, and I felt better compared to other years when I just loaded up the night before. Do not worry about gaining weight. You will be burning at least 1,000 calories an hour during the event.

### FUEL UP DURING THE RIDE

Speaking of food, there will be four or five sags on Friday and eight sags on Saturday that will be stocked with food such as bananas and watermelon, and drinks such as water and Gatorade. You will definitely appreciate it when you are on the course. Rule of thumb: the sooner you get done with the event, the better your chances of actually having a hamburger and ice cream afterwards.

### EXTRA SPECIALS

I always carry waterless soap with me on the ride. You and 500 of your closest friends are going to be using the same porta potties. Do you want to be eating food with your hands? The other item I always take is sunscreen. Put on the sunscreen before you leave home so it can soak in. Reapply often to help prevent skin cancer. The second half of the course on Saturday does not provide much shade. Also, wear sunglasses, not just for protection from the sun, but for bug protection. The last two items I always bring are water bottles. I use one for water and the other for Gatorade. Make sure at least one is insulated. There is nothing worse than drinking luke-warm, warm, or just plain hot Gatorade.

### COMMUNICATE

Another piece of advice is communication. If you are passing another bike, just saying "on your left" lets them know you are there. Use your hand signals to communicate with other bicycles and cars. Point to debris for the bikers behind you to help them avoid a flat tire or accident.

### RIDE SAFELY

Last point to remember: Obey the rules of the road. Cars are not going to respect you if you do not respect them. I have seen too many bicyclists run stop signs. There is no sense in raising money to save lives from cancer if you put your own life at risk.

I will keep you posted on my outside rides. So much more variety! ☞

*Editor's note: Tom is reporting every month on his training progress, and ultimately he will let us know how he fared in The Prouty Ultimate on July 10-11, 2009. This is his fifth installment. For more info about The Prouty and the Prouty Ultimate, go to [www.theprouty.org](http://www.theprouty.org).*

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

Swim 600 yards  
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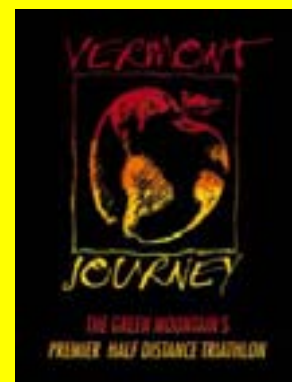
**SUN, JULY 12<sup>th</sup>**

Swim 600 yards  
Bike 14 miles  
Run 3.1 miles



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

.9 mile Swim  
28 mile Bike  
6.2 mile Run



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

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**VS: Besides cycling, what other outdoor activities do you enjoy?**

HS: Mountain biking, road biking, hiking, running, fly fishing. In the winter time I do a lot of hiking, backpacking, tele skiing, backcountry skiing, and cross-country skiing. I used to rock climb, but I'm not doing that too much anymore. And I just got into running. I ran the Vermont City Marathon this year. My goal is to do a half-iron triathlon.

**VS: What makes cycling and tele skiing your favorites?**

HS: For cycling, I just find it to be incredibly relaxing, and it really focuses me. I can tune out all my other issues going on, and just focus on cycling. With mountain biking, I enjoy the focus of it, but also the technical aspect—finding a line and sticking with it. And tele skiing, about five years ago, I really started to get outside and enjoy the outdoors. I wanted to learn to ski, and I took a look at the choices: Alpine skiing, tele skiing, and snowboarding. I thought with telemark skiing it would open the backcountry a little bit. So I picked up a telemark setup and started doing it. It seemed to be a whole lot more graceful. I couldn't keep up with any of my friends on Alpine skis, anyway, and I started to enjoy the finesse and grace of telemark skiing.

**VS: What's your favorite place you like to go?**

HS: Mad River Glen.

**VS: What about mountain biking?**

HS: The Kingdom Trails.

**VS: It sounds like you have a lot of endurance. Is that something you have naturally, or do you have to work at it?**

HS: I have to work at it. I have to work at it a lot. Five years ago, I didn't really do

## READER ATHLETE



## Hank STOKES

**Age:** 32

**Residence:** Burlington

**Family:** Girlfriend, Gretchen Fry

**Occupation:** Registered Nurse and student

**Primary sport:** Cycling and Telemark Skiing

much. I'm not kidding. I moved to New Hampshire about five and a half years ago. Before that, I really struggled with weight and fitness. When I moved to New Hampshire, I lost about 65 pounds, gained focus, and got into better shape. I found that I just enjoyed endurance sports. I don't consider myself to be the best endurance athlete out there.

**VS: What got you into fitness?**

HS: I watched the Tour de France one year. I saw Lance Armstrong riding his bike, climbing up a hill. Before that, cyclists were just weenies who wore spandex. But when I saw Lance, I thought I'd love to do something like that. I went out and bought a bicycle and started putting miles on it.

**VS: Your friend and biking partner Sal Costa mentioned that you will ride the Kancamagus Highway for over 80 miles at a time, solo. Do you go solo because you enjoy being alone, or because you can't find anyone else who can do that ride?**

HS: I know there are a lot of other people out there who are better cyclists

and who could do it, so it's not that there's no one else who can do it. I do enjoy solo time; I do enjoy challenging myself on my own. Because when I go with other people, I may be doing their pace or pushing them too hard. And, sometimes you just can't find anyone else to go. So rather than trying to coordinate and find someone who can go, I'll just go.

**VS: When you are road cycling, do you prefer the straight-aways or hills?**

HS: Hills! When I first started riding, I hated hills. So I focused on them, and then I learned to love them. I can't say that I am a great climber, but I can say that I enjoy hills the most. Leaning over the handlebars and dripping sweat on the stem... there's nothing like it.

**VS: Do you enjoy competing in races?**

HS: I've only raced twice. They were at the Catamount Wednesday race series. I had fun. This year I may try to seek out some races. I learned quite a bit from just those two races. The first race, they blew the whistle at the start, and I just took off and tried to break away from the pack. Well, I kept that up for about half of the first lap and then everyone blew past me.

**VS: What is your favorite way to refuel?**

HS: Burritos! Homemade or purchased, black or pinto beans, corn or flour tortilla, dressed up on a plate with some garnish or smashed in tin foil in your jersey pocket, nothing beats the almighty burrito! Just beware of the

dreaded "burrito coma" that sometimes follows. It's a killer. I hope Bailey's and Burke is reading this...

**VS: You're in school and you work part-time. How do you find time to do so much outdoors, and do you have to give anything up?**

HS: Sometimes I just can't do the training I want to do. Sometimes I can't devote the time to packing up the bike and driving up to East Burke for the day. I have to be happy going out for a four or five mile run, or going out on Spear Street for a road bike. I try to enjoy many different activities for the time I have and what I can fit in, rather than focus on one sport.

**VS: What are some activities that you and your girlfriend enjoy doing together?**

HS: We both have similar outdoor interests, except fishing. We have done some traveling, particularly California, where Gretchen taught me to surf. She is an accomplished snowboarder, and we have both been teaching each other the finer points of our preferred snow-sliding method (the half-pipe is awesome, especially on tele skis). Gretchen also plays the guitar, and we are both trying to learn to play together. Recently though, we have taken up birding, baking, and gardening.

**VS: What interests you about being in nursing and in the future, being a nurse practitioner?**

HS: It's kind of been an evolution for me. My father and mother encouraged me to go into nursing. I had previous experience as an EMT, and I had a lot of exposure to cardiology. I have worked in cardiology for all of the nine years that I have been a registered nurse. I intend to continue my education as a nurse practitioner and specialize in heart failure.

**VS: What is the accomplishment you are most proud of?**

HS: I would have to say that changing my lifestyle from sedentary to active would be my greatest accomplishment. My goal all along was to do the things that I enjoy and try to do them well. I think that has led to new goals along the way. ☐

— Sky Barsch



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**VS: What do you enjoy about long-distance running?**

EN: I love the challenge of it. I feel like I get stronger over time. It's weird, you go into a whole other zone. When I was doing short distance, I'd run two, maybe three miles, and call it a workout. Now realize I wasn't even warmed up. It starts to get easy around six miles.

**VS: You ran the Boston Marathon this year. How did it go?**

EN: It was great. It was a real honor to be there. I got into the second wave, which at first I was kind of disappointed with. But I got to watch the start, which is unusual—getting to watch the start of the marathon you're in. My husband and mom and I watched the first wave go off. It was a half-hour later that I got to start. There were a lot of runners, a lot of spectators. It's quite an elite group that you're running with. All of these people are such quality runners. They come from everywhere. You can tell people are from all over—it was 50 degrees out and people still had jackets on, and I was overheating.

**VS: Your next goal is to qualify for the New York City Marathon. What does that entail?**

EN: That one is actually harder to qualify for than Boston because they let a lot of runners in on a lottery system. So you could just sign up for the lottery system, and I think you have a one in three chance. Or you can qualify. I'd much rather earn my way there.

**VS: What's the qualifying time?**

EN: For my age group, it's sub-3:38. For me, I'd have to have a really good run. If I can qualify anywhere, it's in Burlington at the KeyBank Vermont City Marathon. It's such a fun race because you see so many people you know. And every time I see someone I know, I go a little faster.

**VS: What got you into running?**

EN: I've never been a very serious runner, but I've always just run to stay healthy. But I was doing very short distances. If I did 30 minutes, that was an accomplishment. I've probably been doing that since when I was in college. When my daughter had her accident, my mom and I took her out to Anaheim, CA, for rehab. I started running there. It just kind of helped clear my head. It was a nice time to put myself together and pull my thoughts together. And I just kept adding distances. I came back here and started doing races. I worked my way up to the marathon distance. My first half marathon was Leaf Peepers in Waterbury. I don't think I set out thinking I would run marathons, a full marathon just seemed like the next thing. So I signed up for the Marathon 101 course that RunVermont offers. Jess Cover was the teacher. I really enjoyed the class, had a great first marathon, and started working with Jess as a running coach.

**READER ATHLETE**



**Erika  
NESTOR**

**Age:** 43

**Residence:** Burlington

**Family:** Partner, David; children Luke, 15; Sam, 12; Zoe, 6

**Occupation:** Athletic Director for The Field House

**Primary sport:** Running

I don't think there will be a marathon I'll like more than Burlington. There's just something wonderful about doing a marathon in your own town.

**VS: What was your daughter's accident?**

EN: Zoe had a near drowning when she was 18 months old. She went from the most delightful little girl, just a spitfire, to very disabled and in a wheelchair. We have care in the house maybe 60 hours a week. We have a lot of help, which is wonderful. We've completely remodeled the house to make it easier for her, easier for us, for everybody.

**VS: What is the run you want to start?**

EN: When we were remodeling, I went into it thinking there would be funds for people remodeling for wheelchair accessibility. There wasn't. We get a lot of help—all of Zoe's medicine and physical therapy is covered. But I was surprised that aid isn't something that's available for remodeling. I'm beginning to plan a run in my daughter's name to raise money for families who need to make their homes handicapped accessible. The Howard Center is going to help us, and I'm pulling together a planning committee right now to hopefully have our race in August or September. I'd love a big home hardware store like Home Depot or Lowe's to be a sponsor.

**VS: What do you enjoy doing with your family?**

EN: We do a lot of sports activities. The kids are really active in hockey, so we do end up watching a lot of hockey. And I started playing hockey because it looked like they were having so much fun. My husband builds a rink in the backyard every year, and gets the grill going outside in the winter. It's very Vermonty. Our kids are at that age where we're following them around a lot, whether it's hockey, lacrosse, or baseball.

**VS: Is your family supportive of your running habit?**

EN: They are very good. It takes a lot of patience. I disappear every Sunday morning, sometimes it's two hours, sometimes it's four hours, and they roll

with it. They're great. I'm grateful that my partner isn't doing it because I don't know if I'd be as understanding.

**VS: Your boys have a running interest. too?**

EN: Both the boys and three of their friends are running in the Vermont City Marathon; their name is the Hockey Punks. So I'm just going to try to stick with them, starting with my oldest son, who wanted to do the shortest leg, and just going with them for the whole thing. It will be fun to have them to run with. The last three are pretty fast, so I think they will help me qualify for New York.

**VS: You're athletic director at the Field House in Shelburne. What does a typical day entail?**

EN: The wonderful thing about my job is there's no typical day. I walked in this morning and there were notes

about the adult soccer league and the ref threw out one of the men. I needed to call the captain and get his story. Right now I'm working on pulling our summer camps together. I help out with the toddler soccer program. Some of it requires being on the field, working with parents, and putting our travel lacrosse team together.

**VS: What do you like best about your job?**

EN: I think just being around the athletics. It's such a healthy thing to be around. I have a gym in the place where I work. There are a lot of like-minded people and a lot of kids. A lot of what we do here is keeping kids active, but doing it for fun and letting them enjoy the sport.

**VS: Are you as interested in nutrition as you are in fitness?**

EN: I love food. I love learning about how it fits in with my running, what works and what doesn't, and I'm constantly giving advice about food. I should have been a nutritionist, but it's too late for that.

**VS: What are some of your favorite things to cook?**

EN: Every holiday we'll do eggs benedict. I love Italian food, grilling, and stir fries. One of my nurses has a sweet tooth, so I'll do lots of cakes and brownies. Peanut butter pie is one of my specialties. We like Mexican; we'll do huevos rancheros, enchiladas, quesadillas. The days I do my long runs, I let myself go and eat whatever I want. I love pizza and making homemade pizza. I love pizza and beer! ☞

— Sky Barsch

**If you know someone who would be a good Reader Athlete, please send your suggestion to our Reader Athlete editor Sky Barsch at [mail@skybarsch.com](mailto:mail@skybarsch.com).**

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# CALENDAR OF EVENTS

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).

## 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)

### AUGUST

- 1 MVP Health Care Bitter Pill Adventure Race, Waterbury, VT, Tim Curtin, [tim@gmara.org](mailto:tim@gmara.org), [www.gmara.org/bitterpill](http://www.gmara.org/bitterpill)

## BIATHLON

### ONGOING

Thursdays (7/16 through 8/20), Summer Biathlon Race Series (run and shoot, beginners welcome), 5PM, Jericho Center, VT, John Madigan, [jpmad2003@yahoo.com](mailto:jpmad2003@yahoo.com), [www.eabiathlon.org](http://www.eabiathlon.org)

## CANOE/KAYAK/ROWING

### JUNE

- 5-6 ACA River Instructor Course (Level 1 and Level 2), Stowe, VT, Umiak Outfitters, [www.umiak.com](http://www.umiak.com)  
6-7 Instructional Clinic for Novice Whitewater Paddlers, Waterbury, VT, Tony Shaw, [boatful@comcast.net](mailto:boatful@comcast.net), <http://vtpaddlers.net/paddle/instruction/clinics/>  
6-7 ACA Canoe Instructor Certification-Essential River Canoe/Flatwater Canoeing, Fairlee, VT, Deb Williams, Lynn\_Daly@alohafoundation.org, [www.alohafoundation.org/hulbert](http://www.alohafoundation.org/hulbert)  
6-7 Learn-to-Row with Alden Rowing Company, Waterbury Reservoir, Waterbury Center State Park, VT, to book your free hour with a private instructor contact Wendyll, 978-948-7692, [wendyll@rowalden.com](mailto:wendyll@rowalden.com)  
6-8 ACA Canoe Instructor Certification-Basic River Canoeing, Class 1 Whitewater Certification, Fairlee, VT, Deb Williams, Lynn\_Daly@alohafoundation.org, [www.alohafoundation.org/hulbert](http://www.alohafoundation.org/hulbert)  
9-10 ACA Canoe Instructor Certification- White Water Canoe Cert. (pre-requisite Essential River Certification), Fairlee, VT, Deb Williams, Lynn\_Daly@alohafoundation.org, [www.alohafoundation.org/hulbert](http://www.alohafoundation.org/hulbert)  
12-15 ACA Coastal Kayak Instructor Course, So. Burlington, VT, [www.canoeimports.com](http://www.canoeimports.com)  
20-22 Sea Kayak Symposium on Lake Champlain, So. Burlington, VT, Dovid Yagoda, [dovid@vermontkayak.com](mailto:dovid@vermontkayak.com), [www.vermontkayak.com](http://www.vermontkayak.com)  
27-28 ACA Class II Whitewater Clinic, 10AM-5PM, Erwin Clifford Park, West Hartford, VT, with the Vermont Paddlers Club, Craig Carline (aka CJ), [craig.carline@gmail.com](mailto:craig.carline@gmail.com) [www.vtpaddlers.net](http://www.vtpaddlers.net)

## CYCLING

### 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@teamplacidplanet.org](mailto:race@teamplacidplanet.org), [www.teamplacidplanet.org](http://www.teamplacidplanet.org)  
13 Champ Ride for Vermont Cares, 12, 25, 50, 70, 100 miles, Kingsland Bay State Park, Ferrisburgh, VT, 1-800-649-2437, [www.vtcares.org](http://www.vtcares.org)  
14 Saranac Lake Downtown Criterium, Saranac Lake, NY, Tim Akers, [race@teamplacidplanet.org](mailto:race@teamplacidplanet.org), [www.teamplacidplanet.org](http://www.teamplacidplanet.org)  
21 15th Annual Great Rivers Century, Ludlow, VT, Rick Trainer, [cyco@tds.net](mailto:cyco@tds.net)  
27 Tour de Book, Brattleboro, VT, Ruth Allard, [wcreads@sover.net](mailto:wcreads@sover.net), [www.windhamcountyreads.org/tourdebook.asp](http://www.windhamcountyreads.org/tourdebook.asp)  
30 Mad River Riders Monthly Time Trial, Warren, VT, Peter Oliver, [peter@gmsr.info](mailto:peter@gmsr.info), [www.madriverriders.com](http://www.madriverriders.com)

### 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)  
11 Newton's Revenge hillclimb up Mount Washington, Gorham, NH, Mary Power, [mary@mt-washington.com](mailto:mary@mt-washington.com), [www.newtonsrevenge.com](http://www.newtonsrevenge.com)  
12 Ascutney Mountain Challenge, Windsor, VT, [race@penguincycles.com](mailto:race@penguincycles.com), [www.club.penguincycles.com/AscutneyRun.html](http://www.club.penguincycles.com/AscutneyRun.html)  
18 PEAK Warman Memorial Ride, 151 miles & 6 gaps, Pittsfield, VT, Tracy Cross, [peakcamps@gmail.com](mailto:peakcamps@gmail.com), [www.peakraces.com](http://www.peakraces.com)  
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)  
28 Mad River Riders Monthly Time Trial, Warren, VT, Peter Oliver, [peter@gmsr.info](mailto:peter@gmsr.info), [www.madriverriders.com](http://www.madriverriders.com)

### AUGUST

- 15 Harpoon Point to Point to benefit the Vermont Foodbank, Windsor, VT, Jessica Cox, [jcox@harpoonbrewery.com](mailto:jcox@harpoonbrewery.com), [www.harpoonbrewery.com/sports](http://www.harpoonbrewery.com/sports)  
22 5th Hoosic River Ride, North Bennington, VT, Lisa Carey Moore, [Imoore@williams.edu](mailto:Imoore@williams.edu), [www.hoorwa.org](http://www.hoorwa.org)  
22-24 PEAK 666 Bike Race Weekend, Pittsfield, VT, Andy Weinberg, 309-642-2230 or [pittsfieldultra@yahoo.com](mailto:pittsfieldultra@yahoo.com) or [peakcamps@gmail.com](mailto:peakcamps@gmail.com), or Jason at [pittsfieldbikes@earthlink.net](mailto:pittsfieldbikes@earthlink.net), [www.peakraces.com](http://www.peakraces.com)  
25 Mad River Riders Monthly Time Trial, Moretown, VT, Peter Oliver, [peter@gmsr.info](mailto:peter@gmsr.info), [www.madriverriders.com](http://www.madriverriders.com)  
29 17th Annual Echo Lake Road Race (run 5 or 10 miles, walk 5 miles, or bike 10 miles), 9AM, East Charleston, VT, Joan Alexander, [joanalex\\_05839@yahoo.com](mailto:joanalex_05839@yahoo.com), [www.interlog.com/~jedward/EchoLake.html](http://www.interlog.com/~jedward/EchoLake.html)

### ONGOING

Tuesdays, 5:30PM (June 2, 16; July 14, 28), GMB/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)  
Sundays, GMB group rides throughout the Chittenden County area, for details go to [www.gmbc.com](http://www.gmbc.com)

## MISCELLANEOUS

### AUGUST

- 2 Citizens Bank Lake Champlain Dragon Boat Festival, Burlington, VT, Linda Dyer, [info@ridethedragon.org](mailto:info@ridethedragon.org), [www.ridethedragon.org](http://www.ridethedragon.org)  
2-7 Trail Girls Camp for girls in grades 6 and 7, Pittsfield, VT, Tracy Cross, [peakcamps@gmail.com](mailto:peakcamps@gmail.com), [www.peakcamps.com](http://www.peakcamps.com)

### 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

### JUNE

- 29 17th West Hill Shop Mountain Bike Race, Putney, VT, Jim Sweitzer, [jim@westhillshop.com](mailto:jim@westhillshop.com)

### JULY

- 11 Newton's Revenge hillclimb up Mount Washington, Gorham, NH, Mary Power, [mary@mt-washington.com](mailto:mary@mt-washington.com), [www.newtonsrevenge.com](http://www.newtonsrevenge.com)

### AUGUST

- 8-9 24 Hours of Great Glen, Great Glen Trails, Gorham, NH, Mary Power, [mary@greatglenhills.com](mailto:mary@greatglenhills.com), [www.24hoursofgreatglen.com](http://www.24hoursofgreatglen.com)

### ONGOING

Tuesdays, 3:30PM (through 8/25), Great Glen Summer Mountain Bike Series, Gorham, NH, Eli Walker, [eli@greatglenhills.com](mailto:eli@greatglenhills.com), [www.greatglenhills.com](http://www.greatglenhills.com)  
Wednesdays, 6PM (through 8/25), Catamount Mountain Bike Series, Catamount Outdoor Center, Williston, VT, 802-879-6001, [www.catamountoutdoor.com](http://www.catamountoutdoor.com)  
Thursdays Night Mountain Bike Tours (through 10/15), 6PM, Grafton Ponds Outdoor Center, Grafton, VT, Bill Salmon, 802-843-2400, [www.graftonponds.com](http://www.graftonponds.com)

## PILATES

### ONGOING

Mondays & Thursdays, 6-7PM, Pilates Group Mat Classes, Timberlane Physical Therapy North, Winooski, VT, Nancy, 802-864-3785  
Tuesdays, 9:30-10:30AM, Pilates Group Mat Classes, Timberlane Physical Therapy, So. Burlington, VT, Nancy, 802-864-3785

## RUNNING

### JUNE

- 6 PEAK Ultra Marathon, Pittsfield, VT, Tracy Cross, [peakcamps@gmail.com](mailto:peakcamps@gmail.com), [www.peakraces.com](http://www.peakraces.com)  
7 New Balance Girls on the Run 5K, Essex Junction, VT, Nancy Heydinger, [nancy@girlsontherunvermont.org](mailto:nancy@girlsontherunvermont.org), [www.girlsontherunvermont.org](http://www.girlsontherunvermont.org)

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- 7-13 Lake Champlain Women's Running Camp, Vergennes, VT, info@runvermont.org, www.runvermont.org
- 13 Western New Hampshire Trail Running Series, Six in the Stix, Newport, NH, Brian Currier, brian@team-pinnacle.org, www.wnhts.com
- 14 33rd Annual Crowley Brothers Memorial 10K/5K Road Races and RRCA Vermont State 10K Masters Championship, Rutland, VT, Michael J. Lannon, schinoski@aol.com, www.crowleyroadrace.com
- 20 Run for Empowerment, Burlington, VT, Jennie Davis, jennied@whbw.org, www.whbw.org
- 20-21 Green Mountain Relay, 200-mile running relay, Jeffersonville to Bennington, VT, Paul Vanderheiden, paul@timberlineevents.com, www.greenmountainrelay.com
- 27 There's a Black Fly in My Eye 10 Mile Trail Race & Relay, 10AM, Gorham, NH, Amy Kuzma, amy@greatglentrails.com, www.greatglentrails.com/Page-210.html
- 27 PEAK Death Race, Pittsfield, VT, Tracy Cross, peakcamps@gmail.com, www.peakraces.com

## JULY

- 4 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
- 4 33rd Annual John Langhans Green Miles 7-Mile Run/Walk & Fun Run, Woodstock, VT, Jen and Tod Minotti, jen@oacweb.org, www.oacweb.org
- 4 Willoughby Lake 5K Run/Walk, Westmore, VT, Robin Robitaille, runnek@myfairpoint.net
- 12-17 Marathon Week Running Camp with Greg Wenneborg, Craftsbury Outdoor Center, Craftsbury Common, VT, running@craftsbury.com, www.craftsbury.com/running/camps/home.htm
- 17-19 Running Weekend I, with Greg Wenneborg, Craftsbury Outdoor Center, Craftsbury Common, VT, running@craftsbury.com, www.craftsbury.com/running/camps/home.htm
- 18-19 Vermont 100 Endurance Race, West Windsor, VT, Julia Hutchinson, vt100@vermontadaptive.org, www.vermont100.com/
- 19-24 Masters Week Running Camp, with Greg Wenneborg, Craftsbury Outdoor Center, Craftsbury Common, VT, running@craftsbury.com, www.craftsbury.com/running/camps/home.htm
- 24-26 Running Weekend II, with Greg Wenneborg, Craftsbury Outdoor Center, Craftsbury Common, VT, running@craftsbury.com, www.craftsbury.com/running/camps/home.htm

## AUGUST

- 8 Kingdom Run 20K, 10K, 5K, Irasburg, VT, Rebecca Boulanger, kingdomrun@surfglobal.net
- 9 RaceVermont.com Half Marathon, Shelburne, VT, Rayne Herzog, Rayne@racevermont.com, www.racevermont.com
- 29 17th Annual Echo Lake Road Race (run 5 or 10 miles, walk 5 miles, or bike 10 miles), 9AM, East Charleston, VT, Joan Alexander, joanalex\_05839@yahoo.com, www.interlog.com/~jedward/EchoLake.html

## ONGOING

- Tuesdays, 5PM, On Track Striders Track Workouts/Group Runs, Union Station, Burlington, VT, Kim Loeffler, 802-865-2226
- Tuesdays, 6PM (through 8/24), Catamount Trail Running Series, Catamount Outdoor Center, Williston, VT, 802-879-6001, www.catamountoutdoor.com
- 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
- Wednesday Night 5K Trail Running Series (through 10/14), 6PM, Grafton Ponds Outdoor Center, Grafton, VT, Bill Salmon, 802-843-2400, www.graftonponds.com
- Thursdays (through 7/2), 3:30-6PM, Great Glen Spring Trail Running Series, Gorham, NH, Mary Power, mary@greatglentrails.com, www.greatglentrails.com
- Sunday Morning Training Runs, Small City Road Runners Club, 1-4 miles on a loop course, Vergennes City Park, Vergennes, VT, Ramey Armell, 802-377-9906, rameyj2001@yahoo.com
- Sundays, Team in Training group runs, Burlington area, for meeting locations contact Jan Leja, www.runwithjan.com
- Sundays, 8AM, Vermont City Marathon/Green Mountain Athletic Association Social Runs, Twin Oaks, Farrell St., So. Burlington, VT, Mike Desanto, 802-893-0547, mike.desanto@gmail.com
- Sundays, BKVR Training Runs, Southwestern Vermont Area, Jim Sullivan, 802-375-2813, www.bkvr.org
- Sundays (through 11/9), 7AM, Jeff Galloway 1/2 Marathon Training Program, SportsShoe Center, Blue Mall, So. Burlington, VT, Kara Bolton, karab@sportshoecenter.com, www.jeffgalloway.com/training\_groups/list\_cities.html

## SWIMMING

### JULY

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

### ONGOING

- Mondays, 5:30PM, Open Water Swim Practice, Waterbury Reservoir at the Dam in Little River State Park, Waterbury, VT, John Spinney, www.johnspinney.blogspot.com, spinney21@hotmail.com
- 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

### 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), 8AM, Shelburne Beach, Shelburne, VT, Rayne Herzog, 802-985-4402, rayne@fieldhouseraceseries.com, www.fieldhouseraceseries.com
- 20 Eastman Splash, Mash and Dash Sprint Triathlon, Grantham, NH, Charlie Taber, charlie@eastmannh.org, www.eastmannh.org/tri
- 20 Annual Islands Family TRYathlon, South Hero, VT, Nancy Frantz, drandmr@gmail.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), 8AM, 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
- 11-12 Xterra Northeast Cup and World Championship Qualifier, Saturday, XDURO 20K Trail Race, 10AM, Short Course Triathlon (swim 750 meters, mountain bike 14K, trail run 5K), 1PM, Children's Duathlon (mountain bike 3 miles, trail run 1.5 miles), 4PM; Sunday, Xterra Race (swim 1500 meters, mountain bike 28K, trail run 10K), 9AM, Sugarbush Resort, Warren, VT, Chad Denning, teamampllc@gmail.com www.sugarbush.com%2ffunandevents%2fevent.asp%3fid%3d867
- 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

## AUGUST

- 1 Fronhofer Tool Triathlon (swim 1.5K, bike 40K, run 10K), 8AM, Lake Lauderdale County Park, Cambridge, NY, Kevin Crossman, kevin@t3coaching.net, www.fronhofertooltriathlon.com
- 8-9 5th Annual Xterra Stoaked, Saturday, Stoaked Trail Race, 10AM, Standard Course Triathlon (swim .5 miles, mountain bike 8.5K, trail run 4K), 1PM, Children's Course Triathlon (swim 50 yards, mountain bike 3.3K, trail run 1.6K), 4PM; Sunday Xterra Course (swim 1K, mountain bike 17K, trail run 8K), 9AM, Hanover, NH, Chad Denning, elkmountainrace@hotmail.com, www.stoakedtri.com
- 9 Lake Dunmore Triathlon (swim .9 miles, bike 28 miles, run 6.2 miles), 8AM, Branbury State Park, Salisbury, VT, Jerrod Rushton, jerrod@rushtonsports.com, www.rushtonsports.com
- 9 New London Triathlon, New London, NH, Donna Gatnarek, donna.gatnarek@newlondonhospital.org, www.newlondonhospital.org
- 15 Kingdom Triathlon, Derby, VT, Pete Kellaway, pkellaway@orleansrecreation.org, www.kingdomtriathlon.org
- 22 RaceVermont.com Sprint Triathlon, (500-yard swim, 15.4-mile bike, 3.1-mile run), 8AM, Shelburne Beach, Shelburne, VT, Rayne Herzog, 802-985-4402, rayne@fieldhouseraceseries.com, www.fieldhouseraceseries.com
- 30 Half Vermont Journey (swim 1.2 miles, bike 56 miles, run 13.1 miles), 8AM, Branbury State Park, Salisbury, VT, Jerrod Rushton, jerrod@rushtonsports.com, www.rushtonsports.com

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# RACE RESULTS

## CHAMPLAIN CLASSIC 5K & 15K May 3, 2009 Shelburne, Vermont

### 5K Race

#### Women 19 & Under

1	Emily Wyckoff	Peru NY	22:54
2	Eliza Thomas	So Burlington	24:50
3	Elise Killkelley	Shelburne VT	25:23
4	Anna Davis-Noe	Barre VT	27:13
5	Jill Gagnon	Essex Jct VT	35:33

#### Women 20-29

1	Sarah Clookey	Plattsburg NY	21:55
2	Helen Smith	Colchester VT	22:41
3	Eve Shepard	New Haven VT	24:26
4	S. Banfield-Harda	Waltham VT	26:27
5	Agata Czermanska	Burlington VT	26:42
6	Karla Huizenga	New Haven VT	26:56
7	Beth Morganthau	Colchester VT	27:45
8	Kristin Lipski	St Albans VT	28:46
9	Erin Corrales Diaz	Shelburne VT	29:01
10	Sarah Paquette	So Burlington	30:06

#### Women 30-39

1	Sara Kruk	Essex Jct VT	22:47
2	Becky Savage	Essex Jct VT	27:46
3	Christina Shuma	Underhill VT	28:21
4	Jamie Oberle	No Ferrisburg VT	29:05
5	Bari Brooks	So Burlington VT	30:03
6	Danielle Prim	So Burlington VT	30:15
7	Cristin Gildea	Essex Jct VT	30:23
8	Darcy Tarte	Waltham VT	31:37
9	Maureen Jocelyn	Milton VT	33:21
10	Meredith mann	So Burlington VT	33:22
11	Kate Batchelder	Burlington VT	33:35
12	S. Henry-Hooker	Burlington VT	35:15
13	C. Dornbierer	Shelburne VT	35:23
14	Lorrie Sulva	Jericho VT	36:17
15	Amy Conn	Port Henry NY	43:59
16	Kendra Wolfe	Johnson VT	45:07

#### Women 40-49

1	Karen Alence	So Burlington VT	24:03
2	Beth Martell	Essex Jct VT	25:59
3	Lisa Northrup	Shelburne VT	27:04
4	Gale Dimambro	Essex Jct VT	29:07
5	Julie Edwards	Essex Jct VT	30:50
6	Lisa Bachand	Fairfax VT	31:14
7	Amy Myers	Shelburne VT	31:43
8	Victoria Beliveau	Jericho VT	32:12
9	Wanda Audette	So Burlington VT	32:16
10	Sharon Jendrazak	Essex Jct VT	32:17
11	Barbara Jordan	So Burlington VT	34:48

12	Kim St. Onge	Milton VT	36:16
13	Shelley Alberts	Essex Jct. VT	39:00
14	Fayne Cayea	Essex Jct VT	39:00
15	Cindy Gordon	Essex Jct VT	44:54
16	Dawn Carter	Shelburne VT	45:08

#### Women 50-59

1	Caryn Etherington	Middlebury VT	23:45
2	Andrea Halnon	Bristol VT	26:50
3	Maria Czerminka	Wayland MA	30:14
4	Mary Precourt	Shelburne VT	31:01
5	Joan Donaldson	Westford VT	34:41

#### Women 60-69

1	Marti Powers	Essex Jct VT	36:16
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#### Women 70 & Over

1	Flo Meiler	Shelburne VT	32:49
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#### Men 19 & Under

1	Caleb Kessler	Fayston VT	20:56
2	Ben Davis -Noe	Barre VT	32:29

#### Men 20-29

1	Aaron Seymour	New Haven VT	19:48
2	Jason Johnson	Burlington VT	24:36
3	Joel Bissonnette	Colchester VT	29:10

#### Men 30-39

1	John Daly	Burlington VT	17:14
2	Scott Atkins	Stowe VT	17:20
3	Zach Kramer	Colchester VT	18:53
4	Lenny Wilson	Richford VT	20:09
5	Bart Whearty	Winooski VT	20:56
6	Joe Dornbierer	Shelburne VT	24:00
7	Dave Congalton	Shelburne VT	25:14
8	Nicolas Charest	So Burlington VT	25:35
9	Andrew Martin	Burlington VT	26:00
10	Jason Ketterick	Burlington VT	27:38
11	Mike Osuroski	So Burlington VT	27:50
12	Joe Hawin	Manchester NH	29:06
13	Dana Steffan	Burlington VT	33:52

#### Men 40-49

1	David Connery	Shelburne VT	18:50
2	Neal Saxe	Shelburne VT	19:11
3	Gary Kessler	Fayston VT	19:29
4	Scott Bliss	Burlington VT	21:50
5	Chris Leco	Essex Jct VT	21:52
6	Monroe Moore	So Burlington VT	25:05
7	Joseph Erdelyi	Jericho VT	25:44
8	Tim Carter	Shelburne VT	32:23

#### Men 50-59

1	Jim Cross	Clemson NC	18:28
2	John Mahoney	Burlington VT	26:20
3	R. Czerminski	Wayland MA	26:42
4	Kenneth Steffan	Leominster MA	31:11
5	Robert Bycer	Landenberg PA	32:30
6	Higley Harmon	So Burlington VT	33:31
7	Bob Bourdon	St Albans Bay VT	34:42

#### Men 60-69

1	Harry Curth	Ferrisburg VT	21:56
2	Dick Thompson	Swanton VT	23:43
3	Jim Werthmuller	Diamond Pt NY	24:34

#### Men 70 & Over

1	Gerald Barney	Swanton VT	24:38
2	Hamilton Davis	Burlington VT	33:49

### 15K Race

#### Women 19 & Under

1	Lora Merrill	Charlotte VT	1:23:15
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#### Women 20-29

1	Catherine Hogan	Bedford QU	1:04:51
2	Celina Fuller	Charlotte VT	1:07:32
3	Rose Nash	Wolcott VT	1:09:24
4	Kathi Jo Jankowski	Essex Jct VT	1:12:43
5	Laura Schut	Burlington VT	1:23:00
6	Susan Criscuolo	Burlington VT	1:23:54
7	Lauren Kavanaugh	St Albans VT	1:23:54
8	Jessica Rogers	Farifax VT	1:36:31

#### Women 30-39

1	Kathy Provencher	Waterbury VT	1:02:33
2	Jessica Kallis	Manchester NH	1:02:40
3	Liz Hollenbach	Shelburne VT	1:04:36
4	Emily Newcomer	Winooski VT	1:09:04
5	Susan Skalka	Burlington VT	1:10:53
6	Pamela Duell	Queensbury NY	1:11:26
7	Meredith Haff	Stowe VT	1:17:14
8	Kelly Dousevitz	Charlotte VT	1:19:04
9	E. Randall -Mullin	Colchester VT	1:19:20
10	Karen Bohmann	Williston VT	1:19:20
11	Heather Bauman	Charlotte VT	1:20:15
12	Marcela Bronk	Shelburne VT	1:21:33
13	Deb Morris	Shelburne VT	1:21:33
14	Kristie Wildes	Essex Jct VT	1:22:25
15	Johanna Hayes	Wilmington NY	1:33:11

#### Women 40-49

1	Anne Treadwell	Burlington VT	1:05:07
2	Julia Lewis	Burlington VT	1:10:21
3	Lisa Rollins	Burlington VT	1:13:11
4	Chandra Walsh	St Albans VT	1:13:26
5	Sarah Pribram	Shelburne VT	1:16:43
6	June Golato	Grand Isle VT	1:17:04
7	Margrethe Mentes	Sutton VT	1:19:47
8	Amy Rohrbaugh	Charlotte VT	1:21:33
9	Lori Denton	Rutland VT	1:23:09
10	Angela Cote	Richmond VT	1:23:33
11	Elizabeth Berger	Shelburne VT	1:24:13
12	Denise Ricker	Montpelier VT	1:33:36
13	Marjorie Meyer	So Burlington VT	1:52:56

#### Women 50-59

1	Cally Flickinger	Shelburne VT	1:25:22
2	Candace Dane	East Burke VT	1:28:55
3	T. Bach Phamdang	Essex Jct VT	1:37:24
4	Tram Vu	Essex Jct VT	1:37:25

#### Women 60-69

1	Rose Rusin	Florence VT	1:26:19
2	C. Schermerhorn	Diamond Pt NY	1:30:45

#### Men 19 & Under

1	Colin Delaney	Lake Placid NY	59:19
2	Lucas Schultz	Colchester VT	1:10:14

#### Men 20-29

1	Cameron Lewis	Saranac Lake NY	54:36
2	Nate Brooks	Essex Jct VT	58:44
3	Brian Wilson	Cadyville NY	59:54
4	Dustin Lackey	So Burlington VT	1:07:58
5	Morgan Phillips	Essex Jct VT	1:22:39
6	Corey Mallon	Burlington VT	1:23:36

#### Men 30-39

1	Aaron Robertson	Rouses Point NY	48:27
2	Joel Gordon	Queensbury NY	58:17
3	Eric Darling	Shelburne VT	59:41
4	M. Murawski	Randolph VT	1:01:20
5	Derek Poinier	So Burlington VT	1:02:26
6	Jason Fiegl	Essex NY	1:02:52
7	Daniel Scheidt	Burlington VT	1:03:07
8	Jason Baer	Burlington VT	1:03:53
9	Tom Tucker	Shelburne VT	1:07:33
10	Mike Patenaude	Laprairie QU	1:07:52
11	Tom Higgins	Essex Jct VT	1:08:15
12	Paul Rosenau	Shelburne VT	1:15:01
13	Jon Alexander	So Burlington VT	1:19:20
14	Eric Patrin	Shelburne VT	1:19:32
15	Sean Oconnor	Barre VT	1:26:46

#### Men 40-49

1	Don Kjelleren	Shelburne VT	59:06
2	Ed Hamilton	Shelburne VT	1:01:48
3	Chris Cover	Richmond VT	1:02:33
4	Thomas Rogers	Winooski VT	1:03:12
5	William Hella	Charlotte VT	1:04:10
6	Scott Nichols	Essex VT	1:06:39
7	Tim Duff	So Burlington VT	1:07:18
8	Peter Van Buren	Burlington VT	1:07:25
9	Rich Bassett	Burlington VT	1:10:30
10	Jim Ohlsten	Altona NY	1:11:23
11	Eric Dague	Burlington VT	1:12:46
12	Greg Mernick	Shelburne VT	1:12:53
13	Loc Nguyen	Essex Jct VT	1:17:11
14	Scott Buckingham	Hinesburg VT	1:18:30
15	Thomas Barnes	Waltham VT	1:20:10
16	Richard Priest	Hemminsford QC	1:20:19
17	Jeff Bourdeau	So Burlington VT	1:25:46

#### Men 50-59

1	Bob Tyson	Lake Placid NY	59:21
2	Brian Delaney	Lake Placid NY	1:04:21
3	James Palmer	Williston VT	1:06:11
4	Charles Windisch	Essex Jct VT	1:09:57
5	Steve Caum	Vergennes VT	1:10:10
6	Bart Hayes	Wilmington NY	1:10:44
7	Forrest Lemoine	Shelburne VT	1:14:25
8	Carl Rogers	East Barre VT	1:14:42
9	Michael Gordon	Essex Jct VT	1:16:07
10	Quentin Dombro	Burlington VT	1:17:22
11	Mark Brooks	Shelburne VT	1:26:17
12	William Northup	Shelburne VT	1:27:46
13	Bruce Gould	Lyndon Ctr VT	1:28:55

#### Men 60-69

1	Richard Wright	St Johnsbury Ctr VT	1:04:29
2	David Chioffi	Woodstock VT	1:11:39
3	Eduardo Munoz	Olmstedville NY	1:13:06
4	Frank Short	St Albans VT	1:19:15
5	Mike Shover	Bradford VT	1:19:15
6	Wayne Quartz	Dorval QU	1:29:11
7	Steve Schreer	Shelburne VT	1:31:49
8	Robert Penney	Middlesex VT	1:42:46

## CHARLOTTE COVERED BRIDGES HALF MARATHON May 11, 2009 Charlotte, Vermont

#### Men 20-24

1	Ben Piotrowski	Colchester VT	1:28:28
2	Alex Geller	Burlington VT	1:34:17
3	Raymond Sansouly	Worcester MA	2:17:52

#### Men 25-29

1	Mark Mahnensmith	Burlington VT	1:37:02
2	Brandon Dube	Vassalboro ME	1:47:19
3	Daniel DiPietro	Essex Jct VT	2:26:05

#### Men 30-34

1	Peter Schneider	So Burlington VT	1:25:22
2	Todd Archambault	Essex Jct VT	1:25:33
3	Rick Evans	Bradford VT	1:28:18
4	Jason Storer	Burlington VT	1:58:07

#### Men 35-39

1	James Murphy	Montpelier VT	1:28:00
2	Paul Sulva	Jericho VT	1:47:32
3	Tom Spencer	Williston VT	1:53:38
4	Jon Alexander	So Burlington VT	1:59:25
5	Damian Crurice	New York NY	2:21:53

#### Men 40-44

1	Don Kjelleren	Charlotte VT	1:32:18
2	Thomas Rogers	Winooski VT	1:36:29
3	Scott Nichols	Essex VT	1:39:47
4	David Kimbell	Charlotte VT	1:52:16
5	Kris Merchant	Essex VT	2:01:07
6	James Salter	Colchester VT	2:17:08
7	Thomas Gorman	Charlotte VT	2:33:37

#### Men 45-49

1	Gary Kessler	Waitsfield VT	1:32:51
2	Scott Moreau	Westford VT	1:38:33
3	Andrew Raubvogel	Burlington VT	1:42:53
4	Greg Mernick	Shelburne VT	1:56:20
5	Bill Kellner	Charlotte VT	1:59:31

#### Men 50-54

1	Grant Orenstein	Calais VT	1:39:03
2	Neil Wheelwright	Burlington VT	1:41:02
3	David Garbose	Charlotte VT	1:48:43
4	Michael Gordon	Essex Jct VT	1:51:56
5	Brian Clark	Jericho VT	1:56:58

6	Scott Perrapato	So Burlington VT	2:03:24
7	Terry Ryan	Huntington VT	2:07:14
8	William Northup	Shelburne VT	2:11:05
9	Bill Bissonette	Shelburne VT	2:15:02

#### Men 55-59

1	Jeff Johnson	Waterbury VT	2:13:50
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#### Men 60-64

1	Frank Short	St Albans VT	2:05:42
2	John Kaeding	Worcester VT	2:07:20

#### Women 15-19

1	Alex Haesler	Charlotte VT	2:02:54
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#### Women 20-24

1	Robyn Anderson	Stowe VT	1:38:00
2	Kira Tenney	Ketchum ID	1:43:03
3	Grace Giles	Solebury PA	1:44:26
4	Lexie Kaknes	Burlington VT	1:49:53
5	Claire Whelan	Burlington VT	1:58:33
6	Colleen Kiley	Burlington VT	2:00:47



# GMAA ROLLIN IRISH HALF MARATHON

April 18, 2009  
Essex Center, Vermont

## Women 19 & Under

1	Leilani Bruntz	Middlebury VT	1:48:34
2	Ellery Leeds	Burlington VT	2:16:25

## Women 20-29

1	Cassidy Edwards	Middlebury VT	1:44:05
2	Phoebe Kittredge	Burlington VT	1:47:41
3	Caitlin McDonough	Burlington VT	1:47:49
4	Roslyn Odum	Burlington VT	1:50:52
5	Katie Jewett	Winooski VT	1:54:35
6	Helen Smith	Colchester VT	1:55:35
7	Catherine Maguire	Milton VT	2:02:47
8	Elizabeth Williams	St Albans VT	2:19:50

## Women 30-39

1	Serena Wilcox	Cambridge VT	1:41:22
2	Jennifer McCormack	West Burke VT	1:44:14
3	Susan Kelley	Burlington VT	1:47:44
4	Connie Laroche	Colchester VT	1:58:30
5	Meggie Singh	Sleepy Hollow NY	1:59:19
6	Johanna Hayes	Wilmington NY	2:14:12

## Women 40-49

1	Dot Martin	Montpelier VT	1:34:12
2	Suzanne Kelley	Milton VT	1:42:39
3	Deborah Kicinski	Vermontville NY	2:03:37
4	Linda Sheffel	Saranac Lake NY	2:04:18
5	Robin Reed	Plainfield VT	2:10:44

## Women 50-59

1	Linda Hallinger	Washington VT	1:49:31
2	Mary Goyens	Pierrefonds QC	1:51:15
3	Ruth Blauwiekel	Colchester VT	1:52:05
4	Sue Emmons	So Duxbury VT	1:54:43

## Women 60-69

1	Susan Magher	Laval QC	2:00:07
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## Women 70-79

1	Betty Lacharite	Winooski VT	3:05:24
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## Men 19 & Under

1	Cole Talbot	Anchorage AK	1:26:36
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## Men 20-29

1	John Ostler	Morrisville VT	1:15:14
2	Tyler Ludington	Morrisville VT	1:20:57
3	Michael Oliva	Sleepy Hollow NY	1:22:21
4	Brian Kelly	Waterbury VT	1:46:52
5	Patrick Coffey	St Albans VT	1:54:55
6	Paul Smith	Burlington VT	1:55:34
7	Scott Nickerson	Winooski VT	1:57:34

## Men 30-39

1	Scott Loomis	Colchester VT	1:16:30
2	Loren Voyer	Essex Jct VT	1:22:21
3	Matthew Roth	St Albans VT	1:29:04
4	Todd Archambault	Essex Jct VT	1:29:24
5	Andrew Anderson	Colchester VT	1:31:31
6	Andy Bowen	Essex VT	1:32:51
7	Shane Slayton	Milton VT	1:35:33
8	Dustin Dearborn	Jeffersonville VT	1:35:47
9	Marc Stannard	Essex Jct VT	1:38:52
10	Steve Eustis	Essex Jct VT	1:39:55
11	Nathan Chipman	Fletcher VT	1:41:30
12	Scott Wilcox	Beaconsfield QC	1:43:03
13	Craig Agricola	Essex VT	1:43:12
14	Jason Storer	Williston VT	1:43:44
15	Ben Frey	Jericho VT	1:44:16
16	Robert Niles	Cambridge VT	1:44:36
17	Tim Rothfuss	Lebanon NH	1:45:25
18	Mike Bessette	St Albans VT	1:47:18
19	Walt Ward	Jeffersonville VT	1:47:22
20	Dave Natale	Ticonderoga NY	1:52:19
21	Alec Duling	Fairfax VT	1:53:18
22	Chris Durfee	Jericho VT	1:57:05
23	Michael Hatch	Jericho VT	1:58:59
24	Daniel Brown	Essex Jct VT	2:14:05

## Men 40-49

1	Matt Gallagher	Burlington VT	1:27:07
2	Barry Gruessner	Burlington VT	1:29:36
3	Christopher McBride	Westford VT	1:34:45
4	Gary Kessler	Waitsfield VT	1:35:49
5	Scott Nichols	Essex VT	1:38:22
6	Gary Balaun	Essex VT	1:38:56
7	Thomas Rogers	Winooski VT	1:39:09
8	David Hammond	Huntington VT	1:41:48
9	Tim Duff	So Burlington VT	1:42:09
10	Keith White	Westford VT	1:42:56
11	Brian Murray	Sackets Harbor NY	1:46:05
12	Richard Kicinski	Vermontville NY	1:46:15
13	Errol Groves	Swanton VT	1:49:00
14	Rich Bassett	Burlington VT	1:50:52
15	Steve O'Donnell	Waltham MA	1:53:10
16	Michael Rosenthal	So Burlington VT	1:55:56
17	Todd Hobson	Milton VT	1:58:31
18	John Tedesco	Lyndonville VT	1:58:32

## Men 50-59

1	Jack Pilla	Charlotte VT	1:23:03
2	Bob Emmons	So Duxbury VT	1:27:54
3	Steve Allan	Baie D'Urfe QC	1:32:57
4	Steve Titcomb	Burlington VT	1:35:10
5	Bruce Glasspoole	Pointe Claire QC	1:35:14
6	David Emerson	Westford VT	1:37:45
7	James Palmer	Williston VT	1:38:54
8	Bruce Gould	Lyndon Ctr VT	1:40:34
9	Dave Fields	Underhill VT	1:41:22
10	John Martin	Montpelier VT	1:47:59
11	Steven Meunier	Essex Jct VT	1:48:18
12	Charles Windisch	Essex Jct VT	1:48:32
13	Bart Hayes	Wilmington NY	1:48:50
14	Michael Gordon	Essex Jct VT	1:51:30
15	Christopher Ludington	Morrisville VT	1:54:54
16	Michael Lacharite	Winooski VT	1:56:07
17	Mark Buckley	Willsboro NY	2:19:06

## Men 60-69

1	Chuck Arnold	Burlington VT	1:35:55
2	Al Daniels	Fairfax VT	1:44:11
3	David Chioffi	Woodstock VT	1:47:12
4	Red McDonough	Port Henry NY	1:58:05
5	John Kaeding	Worcester VT	2:09:44

## Men 70-79

1	Gerald Barney	Swanton VT	2:07:50
2	Donald Lacharite	Winooski VT	3:03:35

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April 26, 2009

Little River State Park, Waterbury, Vermont

Runner	Dog		
<b>Women With Large Dogs</b>			
1 Victoria Milne	Moose	Waterbury Ctr VT	21:31
2 Lauren Abendroth	Bella	Moretown VT	22:25
3 Sue Emmons	Nuggett	So Duxbury VT	25:40
4 Alisa Taylor-Parisi	Heineken	Starksboro VT	28:47
5 Erin Webb	Bean	Burlington VT	28:48
6 Aleksandra Schult	Drake	Moretown VT	33:08
7 Dee Reeve	Bailey	Stowe VT	35:37
8 Cindy Barrows	Daisy	Burlington VT	35:52
9 Emma Kessler	Simon	Fayston VT	37:55
10 Lara Bonn	Koda	Burlington VT	43:22
11 Brynn Bushey	Mansfield	Montpelier VT	45:18
12 Cathy Fetteen	Rita	Waitsfield VT	51:34
13 Julie Alosi	Ciara	Burlington VT	53:26
<b>Women With Small Dogs</b>			
1 Haley Heinrich	Naley	Wolfeboro VT	26:18
2 Becky Diedrich	Belle & Graci	Berlin VT	30:04
3 Theresa Reed	Pepe	Essex Jct VT	34:35
4 Carrie Pontbriand	Daisy Mae	Barre VT	45:31
5 Rachel Couture	Abby	Barre VT	50:21
6 Kelsie Hagman	Nike	Wolfeboro NH	50:23
7 Christie Sternbach	Ruby	Montpelier VT	51:43
8 Cheryl Thalmann	Sammy	Essex Jct VT	53:21
9 Dot Helling	Smoochie	Montpelier VT	56:35
<b>Dogless Women</b>			
1 Erika Lindberg	No Dog	Fayston VT	37:55
2 Ann Bushey	No Dog	Montpelier VT	45:18
<b>Men With Large Dogs</b>			
1 Gary Kessler	Simon	Fayston VT	21:08
2 Caleb Kessler	Simon	Fayston VT	22:16
3 Todd Sternbach	Taz	Montpelier VT	22:38
4 Dave Kissner	Jackie	Montpelier VT	28:14
5 Henry Buseti	Coty	Stowe VT	28:17
6 Jay Stewart	Annie	Montpelier VT	29:01
7 John Grenier	Tuckerman	Waterbury Ctr VT	30:02
8 Graham Leitner	Drake	Moretown VT	33:07
9 Pete O'Neil	Koda	Burlington VT	53:30
<b>Men With Small Dogs</b>			
1 Eric Smith	Vasco	So Londonderry VT	22:03
2 Joe Ernstot	Tasha	Waterbury Ctr VT	29:49
3 John Wakefield	Gary Indian	Waterbury VT	31:07
4 Kevin Spaulding	Kirby	Barre VT	32:59
5 Parker Spaulding	Kirby	Barre VT	33:00
6 David Meatyard	Liam	Bolton VT	45:17
7 Brian Bushey	Macky	Montpelier VT	45:18
8 Dan Reed	Pepe	Essex Jct VT	1:01:43
<b>Dogless Men</b>			
1 Brian Cribb	No Dog	Burlington VT	28:19
2 Rob Heinrich	No Dog	Wolfeboro NH	53:53

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


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