

**FREE!**

SPORTS MEDICINE > RETAIL JUNKIE SUPERSTAR > RACE RESULTS > CALENDAR OF EVENTS

# VERMONT SPORTS

Vermont's Authority on Outdoor Fitness and Adventure

[vtsports.com](http://vtsports.com)



August, 2009  
Volume XVIII  
No. XII

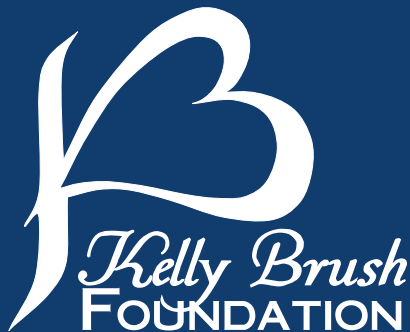


## Woodstock's Junior Cycling Team

## Green Mountain Stage Race Update

## Ultra Rides Stand-up Paddling Slack Attack!





"You must do the things you think  
you cannot do" ~ Eleanor Roosevelt

## 4<sup>th</sup> Annual Kelly Brush Century Ride Saturday, September 12, 2009 Middlebury, VT

Register online at:  
[www.KellyBrushFoundation.org](http://www.KellyBrushFoundation.org)

25, 50, and 100  
mile options

### Kelly Brush Foundation

7 Aspen Drive  
South Burlington, VT 05403  
(802) 846-5298



*Sponsored in part by:*

SAATCHI & SAATCHI



# Green Mountain Stage Race

September 4-7, 2009

More Information

[www.gmsr.info](http://www.gmsr.info)

## Volunteers Needed

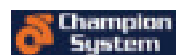
Contact Jen

[Jen@gmsr.info](mailto:Jen@gmsr.info)

802-496-2174

## Spectators Welcome!

To find the best places  
to watch the action,  
check out the article on  
page 8 in this issue of  
*Vermont Sports.*



SKIRACK





# VERMONT SPORTS

## Publisher

Chris Blau  
publisher@vtsports.com

## Managing Editor

Kate Carter  
editor@vtsports.com

## Advertising Sales

Chris Blau  
advertising@vtsports.com

## Art Direction and Production

Shawn Braley  
production@vtsports.com

To advertise call the main office

Phone: 603-643-1441

Fax: 603-643-4644

or email [advertising@vtsports.com](mailto:advertising@vtsports.com)

## This month's contributing writers

Sky Barsch; Kate Carter; Kirk Kardashian;  
Ryan Leclerc; Peter Loesch, MD; Brian Mohr;  
John Morton; Phyl Newbeck

## This month's contributing photographers

Sky Barsch; Kate Carter; Kirk Kardashian, Brian Mohr

## Editorial Office

Vermont Sports Magazine, LLC  
35 South Main Street, Hanover, NH 03755  
Phone: 603-643-1441  
Fax: 603-643-4644  
[editor@vtsports.com](mailto:editor@vtsports.com)

We welcome unsolicited material  
but do not guarantee its safe return.

## Production Office

Vermont Sports Magazine, LLC  
35 South Main Street, Hanover, NH 03755  
Phone: 603-643-1441  
Fax: 603-643-4644  
[publisher@vtsports.com](mailto: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  
are welcome. We ask that queries for articles be  
sent by mail to our editorial offices. Only material  
that includes a self-addressed, stamped envelope  
will be returned. If submitting an article for  
consideration, please understand that while we  
will contact you, it may take some time.

*Vermont Sports* welcomes letters to the editor.  
You may email yours to [editor@vtsports.com](mailto:editor@vtsports.com).

Photographs: Do you have a photograph that may  
be of interest to other *Vermont Sports* readers?  
We like action shots of outdoor aerobic activities  
that our readers enjoy. Photos should capture  
the outdoor fitness experience, preferably with a  
Vermont theme. Vertical format preferred. Slides,  
color prints, or high resolution digital photographs  
are welcomed. Only material that includes a self-  
addressed, stamped envelope will be returned.

Unless otherwise requested, all submitted material  
becomes the property of Vermont Sports Magazine,  
LLC and its affiliates.

Copyright 2009 Vermont Sports Magazine, LLC.  
All rights reserved.

Reproduction in whole or in part without written  
permission is prohibited.

## A Member of



August 2009

# CONTENTS

## 8 GREEN MOUNTAIN STAGE RACE UPDATE

## 9 ULTRA RIDES

## 10 WOODSTOCK'S JUNIOR CYCLING TEAM

## 12 - 13 STAND-UP PADDLING

## 14 SLACK ATTACK!

### DEPARTMENTS

**4 Editor's Commentary**  
The Lance Dance, and  
Two New Hiking Books

**4 Out & About**  
Rain

**5 Around the State**

**6 Sports Medicine**  
Turn Down the Heat!

**7 Retail Junkie Superstar**  
Happiness is a  
Cold Creemee

**11 Muscles Not Motors**  
Gear Review

**16-17 Reader Athletes**  
Jason Baer and  
Karen Allen

**18-19 Calendar of Events**

**20-21 Race Results**

**22 Vermont Sports  
Bike Shop Directory**

**On the Cover:** Members of the Vollers Law/Start House Cycling Team warm up for a training ride in Woodstock. (Left to right) Sam Matel, Matt McKenna, Peter Vollers, Jr., Chris McKenna, Max Matel, Hallie Grossman, Grace Vollers, Peter Vollers, Sr. Photo by Kirk Kardashian.

**This page:** Stand-up paddling on a pond in Woodbury, VT. Photo by Brian Mohr, Emberphoto.com.



**EDITOR  
COMMENTARY**  
BY  
KATE CARTER

## THE LANCE DANCE AND TWO NEW BOOKS

**L**ance Armstrong's participation in this year's Tour de France has been impressive and admirable. As I write this, he has gone from third place, to fourth, and then up to second, after stage 15's Category I climb up to Verbier, a ski resort in Switzerland. He held onto second place after stage 16, which included the Tour's highest point, Col du Grand-Saint-Bernard on the Italian border. Lance even showed his grit during this mountain stage, with an amazing sprint to catch a breakaway pack that included race leader and teammate Alberto Contador.

Then he dropped to fourth place after the mountainous stage 17, giving up the second and third spots to the Schleck brothers. He can probably take back third from Frank Schleck, and maybe even second from Andy Schleck in the stage 18 time trial, but the big questions remains; how well will he ride on Mount Ventoux? Unless something terrible happens to Contador, Lance will not win the Tour this year, but it's exciting to see what he can do, having been away from it for three years. I bet he's well rested. After watching and reading his interviews, it's obvious he's doing what he knows, loves, and does best.

He is clearly in his element.

If it weren't for Lance, the 2009 Tour would be dull, compared to some of the ones in recent years that were more notorious for their drug raids than the riding. This year, 500 doping checks are slated, but so far, no one has tested positive for banned substances. Perhaps riders are using new drugs that go undetected, but I'm skeptical of that theory. The UCI is keeping urine samples under lock and key for future testing. I find it hard to believe riders do not fear the likelihood of getting busted, if not today, then maybe tomorrow or next year. Fear is a powerful manipulator, and if that's what it takes to get riders to race clean, then great! There's nothing like a clean run.

Lance has held steadfast to his denial of ever taking drugs during his professional cycling career. As a pro, he has never tested positive, or, at the very least, has tested below the threshold for banned substances. He has admitted to experimenting with drugs in his younger days, which, when you think about it, is not such a shocking confession. A lot of people experimented with drugs in their younger days. I can count on one hand the number of people I know who have

never tried some sort of drug, and when you throw cigarettes and alcohol into the mix, that finger count goes down to zero.

By the time you read this, we will know the outcome of the 2009 Tour de France. I hope Lance makes it to the podium. He deserves it. His work ethic is impeccable, his knowledge of his competition is thorough, and his ability to strategize is flawless. It's been a stellar comeback for him and a podium finish would be one for the records. Fingers crossed he does not go into politics when he finally decides to retire from competitive cycling for good.

### **Back Home in Vermont...**

I recently got my hands on two new guide books about walking and hiking in Vermont. *The Walker's Guide to Vermont, Rambles for Half an Hour or Half a Day*, is the Green Mountain Club's latest publication. It's divided into six regions statewide, with a total of 131 walking adventures. Compiled by club members, the book is a thorough and comprehensive collection of noteworthy walks that provide an intimate look at our state's natural areas, scenic spots, and geographic features. A locator key, detailed maps,

photos, directions to trailheads, and trail descriptions make this book is a must-have for anyone who likes to explore Vermont. 248 pages; \$14.95. Available at bookstores and online at [www.greenmountainclub.org](http://www.greenmountainclub.org).

*Vermont Sports* contributing writer Lisa Densmore's latest book is *Hiking the Green Mountains, A Guide to 35 of the Region's Best Hiking Adventures* (A Falcon Guide by Morris Book Publishing). The treks Lisa has included in this book are primarily situated along the spine of the Green Mountains, with a few in the Worcester Range and Lake Willoughby area. All the hikes have a special destination, whether it's a stupendous view, a fire tower, a waterfall, or a pond. Lisa has compiled the best of the best (and the most challenging), and her photos reflect each hike's character. The book includes maps, directions to the trailheads, and a methodical description of each hike. Lisa researched the book in 2008, so it's the most current hiking guide book on the market and reflects any route and trailhead changes that have occurred in the past few years. 166 pages; \$19.95. Available at bookstores throughout Vermont. ┐

—Kate Carter



**OUT &  
ABOUT**  
BY  
JOHN MORTON

## RAIN

**I**learned a long time ago not to complain about the weather. For starters, there is nothing we can do about it. Secondly, the meteorological offering some of us might find objectionable might be exactly what someone else may need. As a Nordic skier, I'm especially sensitive to this phenomenon as I listen to neighbors curse a predicted snowstorm while I gleefully hope we get buried. And of course, living in the northeast, we all recognized long ago the truth in the old adage, "If you don't like New England weather, wait a minute."

In spite of all that, the past two summers have started off pretty wet. I know, I know, the fields are verdant, ponds are full, and the brooks are babbling. Less apparent to the casual observer however, the ground is so saturated that farmers can't cut their hay without creating deep ruts in the fields, while loggers struggle to get timber out of the woods on skid roads that have become quagmires. In the Berkshires, for the past month folks who have bought lawn tickets for the concerts at Tanglewood have gone home soaked, while in Camden, ME, the famous schooners have rarely ventured out of the picturesque harbor.

One approach that usually works

for me in situations like this is the old, "Well, it could be worse" attitude. With today's instant news coverage from around the globe, it doesn't take long to find a natural disaster that makes our rainy weather seem inconsequential. I imagine we'll all have images of Hurricane Katrina's wind, rain, and flooding etched into our memories for a long time to come. Another technique that works for me is to remember previous situations, which helps keep current conditions in perspective.

In August, 1970, I arrived in South Vietnam toward the end of the annual monsoon season. I vividly remember during the intense heat of the day, towering thunderheads building ominously, then in the late afternoon, releasing an unbelievable amount of water in torrential downpours. The driving rain on the metal roof of our hooch made conversation impossible, while footpaths and roads became brown rivers.

Several years later, I had the opportunity to help finish a house on Douglas Island, a residential neighborhood of Juneau, AK. Annual rainfall in Juneau ranges from 55 inches to as much as 90 inches. I was part of a construction crew that worked for almost a month in a steady drizzle.

Once, when the persistent rain let up, the clouds parted and the sun broke through, everyone dropped their tools and bolted for the harbor. The unwritten rule in Juneau is that whenever the sun comes out, folks take the day off and go fishing.

Along with fishing, the other cultural imperative in Alaska is hunting. Many Alaskan families fill their freezers every autumn with moose or caribou meat, supplemented, perhaps, with duck, goose, and grouse. One of my most memorable hunts began in the pouring rain, with two buddies, hiking into the Chugiak Mountains. Several hours into a five-day hunt, we encountered a swollen stream, which under normal conditions would have required simply taking off our boots and wading across. After fruitlessly trudging up and downstream in search of a manageable crossing, we cinched our heavy packs, held our rifles over head and waded into the torrent. My buddies made it, but my foot slipped on a greasy rock, and I was swept downstream. I managed to scramble out, still clutching my rifle, but everything in my backpack was soaked. The rain continued for the remaining days of our hunt, so nothing I had, including my sleeping bag, ever dried out.

More recently, I was invited to join Will Lange and some of his "Geriatric Adventurers" on a two-week canoe trip down the George River in Northern Quebec to Ungava Bay. It was a terrific expedition on an impressive river through wild country, but it rained a lot. I remember days when we paddled for hours into the wind, with a cold rain pelting our faces. Our lunch consisted of huddling around a Coleman stove in the driving rain eagerly anticipating a cup of hot soup. Evening brought valiant attempts to erect tents in the storm, gathering firewood to cook supper, then crawling, exhausted, into damp sleeping bags. Of course, all that rain kept the black flies and mosquitoes at bay.

Which reminds me of that old expression attributed to the Vikings: "Anything that doesn't actually kill you will make you stronger." I suppose a variation of that philosophy might be that all this rain we've been experiencing will make us really appreciate the sunshine. ┐

*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).*



## TRIATHLON PROVES ITS ENDURANCE

**Burlington, VT**—After an 11-year hiatus, the Burlington Triathlon returns to North Beach on September 13. The event, limited to 500 participants, is an Olympic Distance Triathlon, featuring a .9 mile swim, 22.5 mile bike, and 6.2 mile run.

The Burlington Triathlon began in the late 1980s and became a popular race, with more than 800 participants by the year 1996. The event closed in 1998 due to rising costs and permitting challenges. The 2009 revival is the result of a partnership between three organizations—RaceVermont.com, Shelburne Health & Fitness, and Vermont Fit—responding to the growing regional demand for an Olympic Distance race. The 2009 course repeats some of the traditional Burlington Triathlon course with some new twists. The swimming portion of the competition takes place at North Beach, beginning at 8:00 a.m. The cycling course takes riders on a loop course down North Avenue and back on the beltline, so it will be flat and fast! The race concludes with a run from North Beach out the bike path and ending at Burlington High School.

## AROUND THE STATE



A map of the course is available at [www.racevermont.com](http://www.racevermont.com).

Rayne Herzog and Declan Connolly, RaceVermont.com founders and race directors of the triathlon, selected the American Cancer Society as the exclusive charity partner for the Burlington Triathlon. "We were inspired by stories of cancer survivors," said Herzog. "We saw parallels between cancer patients and endurance athletes—both are engaged in an exhausting physical and emotional fight. Each strives for victories by overcoming obstacles."

RaceVermont.com offers a 12-week triathlon training program designed by Dr. Declan Connolly, a Physical Education and Exercise Science professor at the University of Vermont and an Ironman finisher. The program is specifically for those who are planning to participate in shorter distance triathlons; however, athletes of all levels will benefit from this program.

Burlington Triathlon details and registration information for the race and the training program are available online at [www.racevermont.com](http://www.racevermont.com), or by calling 802-985-3141.

## GREEN MOUNTAIN STAGE RACE MAKES TOP 10 IN NORTH AMERICA

**Mad River Valley**—*Velonews*, the "Journal of Competitive Cycling" has selected the Green Mountain Stage Race (GMSR) as one of the 10 best in North America in its 2009 Race & Ride Guide. This year will be the ninth edition of the GMSR, which attracts over 900 bike racers from around the U.S. and Canada for four days of challenging racing in Vermont's Green Mountains.

In selecting the GMSR, the editors of *Velonews* said, "If you're looking for a fun way to wrap up your road season, or simply cannot get enough racing, check out this four-day, late-season event in central Vermont. The vibe is relaxed, but the racing is tough!"

"The GMSR has become an end-of-the-season celebration for many racers who attend year after year" says race director Gary Kessler. "We work hard to feed into that atmosphere by making the racers feel as much like European professionals as possible. We have podium ceremonies every day for stage winners. Overall leaders in each of the 10 categories of racing are given yellow racing jerseys to reflect their status, just like the Tour de France. At the Sunday stage, which finishes at the top of the Appalachian Gap, we give out chalk to the many spectators so that they can write messages of encouragement on the steep road that climbs to the finish," Kessler adds.

The 2009 GMSR will take place September 4-7. The first three stages will start and finish in the Mad River Valley, and the downtown Burlington Critérium will be the final stage on Labor Day. There are ten skill and age-group events for licensed racers and a one-day race for citizens in Sunday's 75-mile, two-gap Mad River Road Race.

To learn about this year's schedule and course descriptions, see page 8 of this issue. For more about the event and to volunteer, go to [www.gmsr.info](http://www.gmsr.info), or contact Gary Kessler, 802-279-2457, [gary@gmsr.info](mailto:gary@gmsr.info).



## GREEN MOUNTAIN CLUB

*Maintaining & Protecting Vermont's Long Trail Since 1910*

**Check out GMC's new Visitor Center!**

**Rt. 100, Waterbury Center • 802-244-7037**

**[www.GreenMountainClub.org](http://www.GreenMountainClub.org)**

*play* >> mountain biking - trail running - walking  
- rentals - camps for all ages - events <<

**catamount outdoor family center**  
a 501 (c) 3 not for profit  
592 gov chittenden rd - williston, vt  
802.879.6001  
[www.catamountoutdoor.com](http://www.catamountoutdoor.com)

*West Hill Shop*

**BIKEFIT**

PROFESSIONAL BICYCLE FITTING

*Free Evaluation!*



**FEATURED FIT PROFESSIONAL:**  
**Todd Miller:** Physical Therapist, Athletic Trainer, MS in Human Performance. 20 years experience working with cyclists.

**Specialty:**  
comfort issues, injuries, unusual cases.

Quick on and off exit 4, I-91 • [www.westhillshop.com](http://www.westhillshop.com) • Putney, VT

For an appointment: [info@westhillshop.com](mailto:info@westhillshop.com)

802-387-5718



## SPORTS MEDICINE

BY  
PETER LOESCHER, MD

# TURN DOWN THE HEAT!

Recently I had the privilege of working with the Hartford, Woodstock, and Lebanon Fire Departments to provide medical coverage for the Covered Bridges Half Marathon. I must begin by saying that we are all lucky to live in an area where we are protected by such a well-trained, skilled, and professional group of first responders. I have served as the race doctor in the Half Marathon's medical tent for the past three years, and starting a week prior to each race, I find myself looking carefully at the long-range race-day weather forecast. This year it looked like things were shaping up perfectly—cool, dry weather, with daytime highs in the 60s, possibly topping out in the low 70s.

Since the race starts at 10:15 a.m., it seemed like heat would not be a big problem this year. The first runner finished at 11:26, looking fresh and barely winded. The next 50 runners also finished without incident, while temperatures stayed cool and the sun was intermittently covered by scattered clouds. Then the sun came out brightly for about an hour, and temperatures climbed into the mid-70s, with some moderate humidity. Just after noon, with the medical tent empty, I was standing out cheering on the runners and watching them finish, when a

young, fit-looking runner staggered across the finish line, lurching left and right, knocking down a runner to his left, and then collapsed in an awkward heap on the ground.

We half supported/half carried him to the medical tent and laid him down. I noted as I carried him that his skin was cool and clammy, and he had goose bumps on his arms. He had a low blood pressure, a rapid heart rate, and an oral temperature of 97.0 degrees. We then took a rectal temperature and found his true core body temperature to be 107.8 degrees F. We initiated our rapid cooling protocols and were able to quickly lower his body temperature to 101, before transporting him to DHMC for observation and further care. Over the next two hours, we saw this same pattern repeated again and again, with several runners coming in with core body temperatures between 104 and 107 degrees F. We were all surprised to be confronted with such serious heat illness on a day that never even reached 80 degrees.

I did my sports medicine training in Oklahoma, where summertime temperatures are routinely over 105 degrees, with 90 percent humidity, so I have seen and managed many cases of heat injury. This recent experience with the Covered Bridges Half Marathon is a

good reminder that we are not immune to heat illness here in the temperate climes of northern New England. This is because in athletics, the heat that causes illness or injury starts inside the body, not outside.

Muscles working hard at exercise generate huge amounts of heat energy. Muscles are not efficient machines—75 percent of the energy they use with exercise is converted to heat, while only 25 percent is converted to work. As athletes train, their bodies adapt and become more efficient at getting rid of this heat and at working comfortably at higher temperatures. Blood carries oxygen to working muscles and carries away heat. At low temperatures and low work levels, the body's blood supply flows primarily to and from muscles, but as core body temperature rises with increased work, the body's temperature control sensors send out signals to begin sweating and routing blood to the skin to begin cooling. If it is cool outside, then heat passes easily from the warm skin to the cool air. If there is a breeze or the athlete is moving quickly through the air, as with cycling, then more heat is lost through evaporation as sweat dries on the skin.

As core body temperatures rise, an increasing tug of war ensues between the muscles, which want blood for oxygen, and the skin, which wants to get rid of heat. The heart will start pumping faster to keep up and make both parties happy. This takes more energy, and the heart being a large muscle, creates even more heat. This is why performance suffers in the heat, especially for an athlete not accustomed to performing in hot or humid conditions, as more energy is going to get rid of heat than to power muscle activity.

If the body cannot keep up and core temperatures rise, problems develop. Early problems, especially in the lesser-trained athlete, may include leg swelling and muscular cramping. If the athlete continues to train or compete, he or she may develop dizziness, lightheadedness, nausea, fatigue, headache, flu-like symptoms, combativeness, loss of coordination, and may occasionally collapse and lose consciousness. This is known as heat exhaustion, and needs to be distinguished from its more serious partner, heat stroke, by taking a rectal temperature. A core body temperature below 104 degrees F rarely causes serious or long-term problems, and can

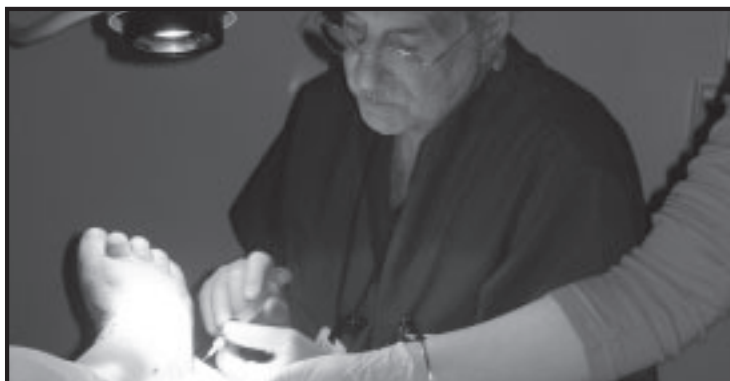
be managed with rest, cooling, liquids, and foot elevation. Oral, forehead, or armpit temperatures cannot be trusted to give an accurate core temperature. Although mildly invasive, a rectal temperature is the only safe way to assess core temperature status.

Heat stroke is found in athletes with core body temperature above 105 degrees. At these core body temperatures the body loses the ability to make good decisions regarding heat riddance. Blood stops flowing to the skin, sweating stops, and vital organs and muscles begin to break down and "cook" from the inside. This can lead to permanent brain, heart, liver, muscle, and other organ damage, and even to death. The body will not automatically correct heat stroke, even if exercise stops and the patient is removed from the hot environment.

In the USA, over the past 15 years, an average of 375 people have died each year from heat stroke. The treatment for this condition is rapid cooling. A cold water plunge is the most effective and fastest cooling method, followed by cool IV fluid, mist fans, and packing the patient in ice. Athletes at increased risk of heat stroke include those taking medications which increase heat production (Sudafed, stimulants, cocaine), or medicines which block the body's ability to get rid of heat (beta blockers, anti-nausea, or diarrhea medicines), or athletes who are ill, dehydrated, or are very young or very old. Some athletes are genetically predisposed to heat illness, and any athlete who is not acclimated to a hot or humid environment is at risk if competing or training in such conditions.

### WARNING SIGNS

Heat illness can be prevented by preparing properly and knowing the warning signs. First, acclimate to hot conditions gradually, hydrate well, and avoid competing in very hot and humid conditions. If you are feeling overheated or think you might be, look for the nearest cold stream or pond, jump in, and stay there until you are feeling better, and then call for a ride home. If you are not responding to rest and simple cooling strategies, call 911 and let an EMT or paramedic professionals help you—it could save your life. ☐



## Athletes: New help for tendon injuries

The Sharon Health Center offers specialized care just for athletes – whether you're a weekend warrior or an Olympian. The latest treatment option available in Sharon is platelet-rich plasma (PRP) therapy. PRP is popular among professional athletes and has been shown to regenerate damaged tendons and ligaments. And there are few risks because it involves only simple injections of the healing components of your own blood.

For high-quality athletic care or to find out if you're a candidate for PRP, call Sharon's outstanding team of sports medicine providers – Drs. Hank Glass, Peter Loescher and Rob Rinaldi – today.

**Sharon Health Center**  
(802) 763-8000

[www.giffordmed.org](http://www.giffordmed.org)



*Peter Loescher is a board-certified family practitioner and sports medicine physician at the Sharon Health Center in Sharon, VT, an affiliate of Gifford Medical Center. Dr. Loescher completed a residency in family practice at Dartmouth Hitchcock Medical Center and a fellowship in sports medicine at the University of Oklahoma and Eastern Oklahoma Orthopedic Center, Tulsa. He is the sports medicine director at The Cardigan Mountain School and provides medical coverage at many local athletic events, including the Covered Bridges Half Marathon and the Vermont 100 Ultra Marathon. When not at the office, he can be found running, biking, and skiing the byways and trails of northern New England. You can reach him at [PLoescher@giffordmed.org](mailto:PLoescher@giffordmed.org).*



# HAPPINESS IS A COLD CREEMEE

**RETAIL JUNKIE  
SUPERSTAR**

BY  
RYAN JAMES LECLERC



I have a fabulous job. The fresh scent of rubber and grease, the privilege of a Tuesday or a Wednesday off, and a whole entire week of paid vacation every single year are just a few of the things that keep me whistling on my way to work. The best thing though, is that each day I spread happiness like soft cheese on a life-sized Red Hen seeded baguette.

Spending glorious summer days indoors helping people get outdoors fills me with so much warmth and happiness, my face assumes a redness that can only be confused with bitter resentment. With a flushed complexion, I feel like I'm serving the greater good when I fix that flat, adjust that pesky derailleur, or spend an hour educating someone on the perfect bike to buy at another bike shop or on Ebay. The boss may not always be happy with me, but as long as I am making people happy, I am happy, and I try my hardest to make people happy every day, so that I am happy every day. As it turns out, I make a few people, aside from the boss, extremely unhappy, which makes me unhappy, but all I can do is wonder where the happiness took a turn for the worse. I simply have to accept the fact that I can't make everyone happy, shake the unhappiness off, and then just continue to be happy.

Even with all this happiness floating around like a giant helium-filled smiley face, it is still nice to get out of the shop and do something different every once in a while. Fortunately, there are always special events to look forward to at the shop. In the summer

months, we have so many special events that when a week goes by without one, we can only assume we forgot about a bike maintenance clinic, a slide show, or a group road ride, and somewhere, one or two people, who were once happy, are standing around, waiting for one of our special events to begin, while becoming unhappy. Hopefully this has never happened. If it has, I apologize, and I blame one of my favorite fellow workers, Bart.

One special event that I have never forgotten about, as far as I know, is our Tuesday Night Mountain Bike Race at Morse Farm, where happiness flows like maple sap in good sugaring weather. Among many other duties, I run around with a megaphone, handing out free creemee coupons to all the kids who race the Goat Loop, even if their Mommy or Daddy carries them across the finish line because they fell and hurt their pee-pee. It always amazes me how quickly tears stop flowing with a few encouraging words and a free creemee coupon. In an instant, unhappiness turns into happiness. If I could make this transformation occur at work, I'd be handing out free creemees all day, and the boss would have a weight problem.

Another event that I look forward to is our annual century ride. Instead of being trapped inside the shop all day, I am trapped inside the support vehicle all day, and in some cases into the night, while the world's most determined participant, who decided it would be a good idea to pull that bike out of the barn, pump up the tires, bungee cord a water bottle to his

handlebars, and simply ride 113 miles, crawls to the finish. Encouraging words help for the first 60 or 70 miles, but then the realization that this perhaps wasn't such a great idea settles in, and nothing, not even a free creemee coupon, can overcome his unhappiness with 38 miles to go. At the end of the ride, however, when he reaches the finish line, happiness finally emerges, a happiness that only I, having spent the past eight hours following him, can fully appreciate.

My favorite special event of them all is the Fourth of July parade. All of my favorite fellow workers and I ride assorted clunkers through the streets of Montpelier, which are lined with happy people cheering and clapping. It's the only time of year when we can legally ride in large circles at the intersection of State and Main, and it's the only time of year when we ride bikes with something other than water in our water bottles. At the end, I usually head to the Morse Farm tent for a delicious maple creemee, and even though the boss is always happy after the parade, I buy him one, too. Sometimes, it's good to throw a little happiness at happiness, like sprinkling maple crunchies on a life-sized Morse Farm creemee. ☐

*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 Gewirtz, PA,  
Kirsten Gleeson, PT, Doug Kleinman, PA

Our sports medicine team understands that you want to get back in action as quickly and safely as possible. From school sports injuries to nagging pains, we'll see you immediately and deliver custom designed treatment to get you back to your passion.

Standing Behind Your Sports Medicine Care

*That's why we're here*



Orthopaedics - Sports Medicine Team

**DARTMOUTH-HITCHCOCK**

**MEDICAL CENTER**

One Medical Center Drive, Lebanon, NH

Watch videos with sports health tips at [DHsports.org](http://DHsports.org) or call (603) 650-7788 to schedule an appointment, no referral needed.

# GREEN MOUNTAIN STAGE RACE UPDATE

This is the ninth year for the Green Mountain Stage Race, which draws over 900 riders from around the U.S. and Canada to compete for over \$23,000 and the right to wear the leader's yellow jersey at the end of four hard days of racing. In addition to the yellow leader's jersey there are also separate competitions for the best climber (king/queen of the mountains) and best sprinter, and these winners will also wear special jerseys.

New this year is a Cat. 2 men's field, giving these elite racers the chance to get upgrade points and race in their own field for the first time at the GMSR. Also new is the sponsorship of Vermont Spirits, a local distiller of ultra premium vodka. The company is providing a cash purse and a bottle of ultra premium vodka to the winners of the Sprint Competitions (does not apply to the Junior field, of course). After several years of requests, and in an effort to give more beginning racers a chance to compete, race organizers will once again offer a Cat. 4/5 category.

The 2009 Green Mountain Stage Race is September 4-7. The organizers and racers welcome spectators to all of the stages. If you have never seen top-notch cycling up close, now is your chance. Whether it is the sight of 900 racers suffering up to the summit finish on the Appalachian Gap on Sunday, or the thrill of seeing a pack of 100+ riders ripping through the twisty streets of Burlington at speeds near 30 miles per hour, with wheels only inches apart, you will be thrilled by the athleticism, power, and grace of the racers. Here is a schedule of the weekend's start times and locations, and best places to watch.

## FRIDAY, SEPTEMBER 4: PROLOGUE

### *Egan's Big World Individual Time Trial*

**Start location:** Warren Village.

**Start time:** 8:30 p.m., with thirty second interval starts, last Category starts at 4:20 p.m.

**Distance:** 8.7 miles.

**Finish:** East Warren Road at the Waitsfield Common Road intersection.

**Course description:** 2.3-mile climb up Brook Road to the Roxbury Gap Road, then rolling slightly downhill and fast, with a short sharp climb out of a dip.

**Best places to watch:** Warren Village, Behn Road (steepest part of the first climb), Roxbury Gap Road, Rolston Road (in the dip), and the finish.

## SATURDAY, SEPTEMBER 5: STAGE 1

### *Bridges Resort Circuit Race*

**Start location:** Harwood Union High School, Duxbury

**Start time:** 8:30 a.m., with the last Category starting at 1:30 p.m.

**Distance:** 19-mile lap, with riders going two to four laps, depending on their Category.

**Finish:** Ward fishing access on Route 100B.

**Course description:** Route 100 north climbs steadily, then descends quickly to Route 2. Right on Route 2 to Moretown, right on Route 100B for more flat and fast riding.

**Best places to watch:** Finish line and King of the Mountain hot spot at the top of the climb on Route 100 (Duxbury Gap).

## SUNDAY, SEPTEMBER 6: STAGE II

### *Champion System Mad River Road Race*

**Start location:** Sugarbush Resort Lincoln Peak Base Area, Warren.

**Start time:** 8:30 a.m., with last field at 10:15 a.m.

**Distance:** 78 miles

**Course description:** Down the Sugarbush Access Road to Route 100, right on Route 100 through Granville Gap, right on Route 73 for the climb over Brandon Gap, around Lake Dunmore to Route 7, north to Route 116 to Notch Road and Lower Notch Road (intermittent gravel sections), right on Route 17 in downtown Bristol, and finishing at the top of App Gap.

**Best place to watch:** Top of Brandon Gap, Notch Road climb, Downtown Bristol, and App Gap summit.

## MONDAY, SEPTEMBER 7: STAGE III

### *Burlington Criterium*

**Start/finish location:** Flynn Theater, Main Street, Burlington.

**Start time:** 8:30 a.m., with categories starting throughout the day, ending with Pros at 4:15 p.m.

**Distance:** One-kilometer lap, with racers going numerous laps, depending on category. Pros do 50 laps.

**Course description:** One-kilometer fast, technical, six-corner criterium in downtown Burlington.

**Best place to watch:** Anywhere along the course. Great food and beverages on Church Street while the racers rip by!

*For the most up-to-date information, including course and time changes, please check [www.gmsr.info](http://www.gmsr.info).*

## GMSR VOLUNTEERS NEEDED

In order for the Green Mountain Stage Race to be successful, it requires help from biking enthusiasts, businesses and the general public. It is possible to compete in the race and still help at some of the other venues. There are 11 fields competing and races will be going on throughout the entire day for the four days. To volunteer, please contact [Jen@gmsr.info](mailto:Jen@gmsr.info), [Gary@gmsr.info](mailto:Gary@gmsr.info), or call 802-496-5415.

## EXPERT CARE WITH A PERSONAL TOUCH

More than 30 years experience providing rehabilitation services for people of all ages and abilities. We work with your physician to create a clinical program to meet your needs.

Therapies offered include:

- Physical
- Occupational
- Speech
- Hand
- Aquatic
- Athletic Training
- Pediatric
- Cardiac
- Pulmonary
- Urinary Incontinence

Convenient

Clinic Locations:  
Morrisville, Stowe,  
Hardwick

Karen Westervelt, PT, ATC  
in our Stowe clinic at  
StoweLake Mountain  
Resort and Spa

Steve Knight, PT  
in our Morrisville clinic



528 Washington Highway, Morrisville  
802-888-8888 [www.copleyvt.org](http://www.copleyvt.org)



## SEEKS ACTIVE VOLUNTEERS OF ALL AGES AND ABILITIES FOR YEAR ROUND ADAPTIVE SPORTS AND RECREATIONAL ACTIVITIES FOR INDIVIDUALS WITH A DISABILITY

Programs include: Downhill and Nordic Skiing, Snowboarding, Snowshoeing, Sailing, Canoeing, Kayaking, Tandem Cycling, Indoor Rock Climbing, Hiking, Therapeutic Horseback Riding, special events and camps.

For more information on programs, locations or how to make a donation visit:  
[www.vermontadaptive.org](http://www.vermontadaptive.org) or call 802-786-4991



# ULTRA RIDES

## A LONG TIME IN THE SADDLE

BY PHYL NEWBECK



Some of us practically tear a rotator cuff patting ourselves on the back after a particularly long or arduous bike ride. We're pretty damn proud when we finish a century. But there is a cadre of cyclists for whom 100 miles is a mere spin in the park. They participate in a variety of long rides, some of which are organized by a governing body, with a fixed set of rules, while others are more relaxed. Either way, the rides require strong legs, strong lungs, and the mental toughness to battle fatigue, hills, potholes, and the occasional hailstorm.

Audax Vermont is a two-year-old group dedicated to bringing long-distance unsupported endurance cycling (randonneuring) to Vermont. In May, they hosted a fleche: a one-way ride which requires a team to keep moving for 24 hours and cover a minimum of 360 kilometers (223.7 miles). Cyclists are prohibited from stopping for more than two hours at a time, and must visit "control points" where local businesses certify their time and location.

Seven teams of three to five cyclists, including four Vermont teams, headed to Westfield, MA, for the fleche. Mike Beganyi of Burlington organized a team which began their ride at City Market in Burlington at 8 a.m. His trio picked up a second breakfast in Middlesex, and lunch in Rochester. They spent two hours at the West Hill Shop in Putney, trying to nap and changing into drier clothes, and then shocked two chain-smoking workers at the Dunkin' Donuts in Brattleboro, where they stopped for caffeine at 1:15 a.m. Having an 18-month-old, Beganyi joked to his teammates that although his endurance training was only "okay," his sleep deprivation training was "well on target."

Patrick Shank of Burlington used the fleche as one of his qualifying rides for a September event known as the Endless Mountains 1,240K, held in northeastern Pennsylvania. In order to qualify, cyclists must complete a "brevet series," consisting of 200, 300, 400, and 600K sanctioned rides within a prescribed period of time. While a fleche is a team event, brevets can be done individually, as long as the rider follows the course, time constraints, and control points set up by the organizing committee.

Shank completed his 300K in March and his 400K on May 30th, starting at 1:00 a.m. and finishing at 9:00 p.m. He followed that with a 600K in June. His goal was to finish in 24 hours without a sleep

break. Unfortunately, a case of iliotibial band syndrome and bad weather intervened. Shank and his partner didn't take a sleep break, but it took them 30 hours to finish the ride, in part because of the complicated cue sheet, which was 10 pages long and did not allow the cyclists to stay on any stretch of road for more than nine miles. "It got a little ridiculous," Shank admitted.

The route traveled through New Jersey on roads that were almost completely flat. While some might think that would make the trip easier, Shank pointed out that on flat roads one has to pedal continuously, and there is less opportunity to change positions. "It got monotonous being in the same position," he said. Shank began the ride at 10 p.m. on June 19th. By late morning on the 20th, the showers had begun. That turned into a steady rain which continued through the ride and included some quick downpours. Despite

the rain, only three of the eighteen cyclists dropped out. There was even a recumbent rider who finished the course.

Shank is already planning his strategy for the 1,240K. His goal is to have a pace of eight hours for every 200K, but concedes that the hilly terrain in Pennsylvania will probably slow him down a bit. He is hoping to complete the first 600K in thirty hours, so that he can get eight to ten hours of sleep before finishing the ride in a total of seventy hours.

The May 16th fleche was the first official randonneur ride for Steve Barner of Bolton, but he is no stranger to long bike rides. From 1984 to 1990 he organized the 100/200, a ride that travels 212 miles down the length of Route 100 in one day, climbing 8,760 feet in the process. In 2009, Barner revived the classic and was joined by seventeen riders and four sag wagons. They began the ride on June 21 by getting up at 2:00 a.m. to reach the border in Troy for a 5:30 a.m. start, and finished at 7:30 p.m. on a muggy day with a strong tailwind. Thanks to the wind, the group averaged close to 19 mph, despite the fact that it rained on every climb. Barner said that although some riders felt that one such ride was enough for a lifetime, others said they hoped to return in 2010.

All endurance cyclists have different reasons for what they do. Shank loves the sport because "everybody's out for different reasons." He has seen 60-year-old riders in tweed shorts on three speed bikes, hand-cycles and tandems, as well as homemade and fixed-gear bikes. He insists that "rando" riding is very social and hopes that Audax Vermont will soon be certified to organize local rides. Beganyi hopes to get greater recognition for randonneuring, which he sees as somewhere between touring and racing. Barner isn't sure there is need for the more formal brevets and fleches, noting that this year's 100/200 was one of the best rides he has ever been on. "You can have a tremendous amount of fun," he said, "with very little organization and very little money." Barner is convinced that any avid cyclist can complete the 100/200, although he conceded, "the better shape you're in, the easier it will be." ☐

*Phyl Newbeck lives in Jericho with her partner Bryan and two cats. Her longest bike ride was a flat 131 miles, which she thinks was quite enough. She does hope to complete one or two centuries before the end of the current cycling season. Phyl is the author of Virginia Hasn't Always Been for Lovers: Interracial Marriage Bans and the Case of Richard and Mildred Loving.*



**LA SPORTIVA**

Outdoor Gear Exchange

**PIKES PEAK WMNS  
TRAIL RUNNER**  
NOW ONLY \$59.95



**THUNDER GTX BOOT**  
NOW ONLY \$129.95  
[MENS AND WOMENS]



**MARTINI APPROACH**  
NOW ONLY \$49.95



**VENTURE XCR WMS**  
NOW ONLY \$59.95



152 Cherry Street  
Burlington 860-0190

gearX.com





Vollers Law/Start House racing team members (left to right) Matt McKenna, Hallie Grossman, Max Matel, Sam Matel, Grace Vollers, and Peter Vollers, Jr. Photo by Kirk Kardashian.

# WOODSTOCK'S JUNIOR CYCLING TEAM

BY KIRK KARDASHIAN

If you have fond memories of riding your bike as a kid, it's likely you grew up in a suburban neighborhood with paved streets and enough watchful neighbors to put your parents at ease. Things are a little different in Vermont. Most of the roads are dirt, and the distances between enclaves and homes can be miles, with the routes traversing steep hills and dark woods. In other words, it's not the friendliest place for children to enjoy the freedom and mobility of cycling.

That's the problem a few Woodstock residents sought to solve last year when they organized a Monday night group ride for kids. In the space of a year, that seed of a ride has grown into the Woodstock Bicycle Club and the Vollers Law/Start House Racing Team, the only junior road racing team in the state.

Peter Vollers, 42, is the director of the junior team, and he says it's something he's been meaning to be part of for a long time. Vollers, who grew up in New Jersey, started racing bicycles when he was 12, and went on to become the collegiate national champion in 1989 before racing on the professional circuit in the early 1990s. Vollers is grateful for the 30 years he's spent racing bikes, and he wanted to pay it forward by getting Woodstock-area kids into the sport.

Junior races are a subset of the USA Cycling-sanctioned adult road races that take place all over the United States, and they begin with the 10 to 12 age group, and proceed in two-year increments up to 18-year-olds. The races for the youngest riders are usually under 10 miles, and they're casual affairs meant to give the kids a taste for the competitive side of cycling.

The Woodstock Monday night rides, meanwhile, were conceived as a low-stress introduction to recreational bicycling. But as Vollers knows from his own

experience, "if you really get kids into bike riding, then the chances are they will get into racing."

Dan McKenna, the owner of the Start House Ski and Bike Shop in Woodstock, made that transition even easier. McKenna provided free road-bike rentals to the Monday night riders, and the program gained momentum. Soon, 25 youngsters were showing up for the ride, and they broke up into three levels along the route. Last fall, Vollers took his own children (Peter, 13, and Gracie, 10), along with some other local kids, to nearby road and cyclocross races. From there, a full-fledged junior race team was a natural progression.

Jordan Fields, 15, was introduced to bike racing last fall with Vollers. Fields, a newly-minted Eagle Scout, says that he's always liked biking, but never had the chance to ride a road bike until the Monday night meetings. He turned out to be a strong rider and became the 2008 Vermont junior cyclocross champion after winning the junior race in Putney. "I started out just wanting to ride with the other guys," Fields says about the race. "But then I gave it my best and just rode past them."

Fields plans to race again this summer, but now he'll have the support of an official junior team, and with it the appearance of a professionally run squad. What does a well-organized junior bike team look like? Picture professional adult riders, and just shrink them. They've got matching uniforms, color-coordinated helmets, and even a team van. The Start House provides team discounts on bikes and the uniforms, while Vollers' law firm supplies the sponsorship that pays for the van, a 2005 Dodge Sprinter that gets 28 miles per gallon. Other local sponsors have kicked in money to help with entry fees and licenses, so the financial hurdle for kids to get into bike racing is much lower than it would be otherwise.

"The idea was to make this like a real bike team," Vollers says. And in his memories of the heyday of professional cycling in the 1980s and 1990s, the team's transportation was crucial. Apart from the aesthetics of showing up to the races in a dedicated vehicle with sponsors names emblazoned on it, the van's just a practical tool for a sport that requires regular road trips of two and three hours.

While that might seem like a lot of traveling, Vollers says it's a good chance for the kids to see New England. And there are other things about bike racing that translate into real-world learning experiences. "Give me something with a finish line," Vollers notes, "and there's no hiding. Kids learn how to face that pressure and get on with it. And they learn how to work through physical pain."

Not that biking has to be painful. In fact, though the junior bike team is the high-profile part of the Woodstock Bicycle Club, Vollers and McKenna stress that the recreational rides from the Start House every week are turning out to be more popular than the racing, and that's just fine. "The beauty of biking is that it's a lifelong sport," Vollers says. "We're just trying to lay the groundwork now." ¶

*Kirk Kardashian is a freelance writer living in Woodstock and a frequent contributor to Seven Days. He can be reached at [hckardashian@gmail.com](mailto:hckardashian@gmail.com).*

For more information on the Woodstock Bicycle Club and the Vollers Law/Start House racing team, visit [www.vollerslaw.blogspot.com](http://www.vollerslaw.blogspot.com).



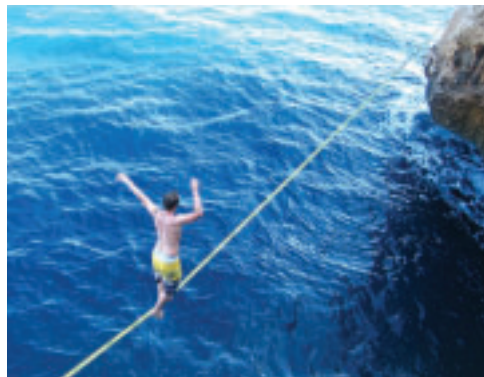


# MUSCLES NOT MOTORS

*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.



## GIBBON SLACKLINES

At your next barbeque, when you've played enough Bocce, Corn Hole, or Beer Pole, set up a Gibbon Slackline. Before you know it, everyone will be taking a shot at walking in air on a two-inch-wide stretch of high-tensioned webbing. The Gibbon Slackline, with its simple ratcheting system, can be set up in minutes but will provide hours of fun. Best of all, unlike most barbeque pastimes, slacklining will help burn off those burgers, dogs, and kebobs, as it engages multiple muscle groups, while building strength and improving balance and mental focus. If balance and mental focus are lacking among the guests at your particular barbeque, you can set up your slackline nice and low to the ground so when your cousin Lenny takes a digger attempting to walk across the line while drinking a beer, he won't hurt himself too much. To really get the party going, set one or two up over the pool and let the fun begin. \$79.99 for 15 feet; \$99.99 for 25 feet. [www.gibbonslacklines.com](http://www.gibbonslacklines.com).



## KLEAN KANTEEN WINE KARAFE

They may not be able to spell, but the folks at Klean Kanteen sure can make a great beverage container. Made from fully recyclable 18/8 food-grade stainless steel, Klean Kanteens are lightweight, durable, and BPA and toxin free, and, as any bottle should be, are 100 percent safe to drink from. The Wine Karafe is a 750 ml bottle designed to transport a bottle of delicious wine safely to the top of a mountain, the edge of an island, or the middle of nowhere. Best of all, it won't leach or retain flavor, so although you may find notes of citrus and green pepper in your Sauvignon Blanc, you won't find notes of Cabernet Sauvignon in your Klean Kanteen. The wide mouth makes it easy to fill up and pour your favorite varietal, and when you've emptied it, cleaning only requires a quick rinse with some mild, biodegradable soap. And as always, please enjoy your delicious wine responsibly. \$20.95. [www.kleankanteen.com](http://www.kleankanteen.com).



## SIERRA DESIGNS ISOTOPE JACKET AND PANTS

If it decides to rain, as it probably will, based on the weather we've seen so far this summer, do not run for cover and proclaim that the party is over. Instead, outfit yourself in technical raingear and insist that your guests do the same. The Sierra Designs Isotope jacket and pants are made of Nanolite rip-stop fabric, are ultra waterproof and ultra breathable, and are designed to allow natural, uninhibited mobility, so there is no excuse to take the slackline down. Perfect for hiking, the super lightweight Isotope jacket and pants will take up minimal space in your pack when the sun finally re-emerges. If it never does, don't fret. Just slip on the hood and keep going. When you've made it to the top, pull out your Klean Kanteen Wine Karafe and make a toast to enjoying yet another rainy Vermont summer. Isotope Jacket, \$139; Isotope Pants, \$99. [www.sierra-designs.com](http://www.sierra-designs.com).

CELEBRATING 40 YEARS

# SKIRACK

WINTER / SUMMER

# SALE

July 31 - August 9

**Everything on Sale!**  
(Excludes Gift Cards and Service)

**UP TO 70% OFF**

**ALL BIKES ON SALE**  
7/31-8/9

Join us on Saturday, August 8th  
for prizes, BBQ and more

85 Main St Burlington, VT • (802) 658-3313 • [www.skirack.com](http://www.skirack.com)

## Stand Up Paddleboarding

Easy to learn, an excellent workout,  
great cross-training & lots of fun.

Regular Outings  
River Floats  
Race Series  
Family Days  
Exploration Days

Custom groups: you, your friends, your  
schedule, our boards. Great for families,  
reunions, parties, camps++

For more info & full sched: 802.578-6120  
[www.stormboarding.com](http://www.stormboarding.com)





# Stand-Up Paddling

BY BRIAN MOHR  
PHOTOS BY BRIAN MOHR AND EMILY JOHNSON,  
[WWW.EMBERPHOTO.COM](http://WWW.EMBERPHOTO.COM)

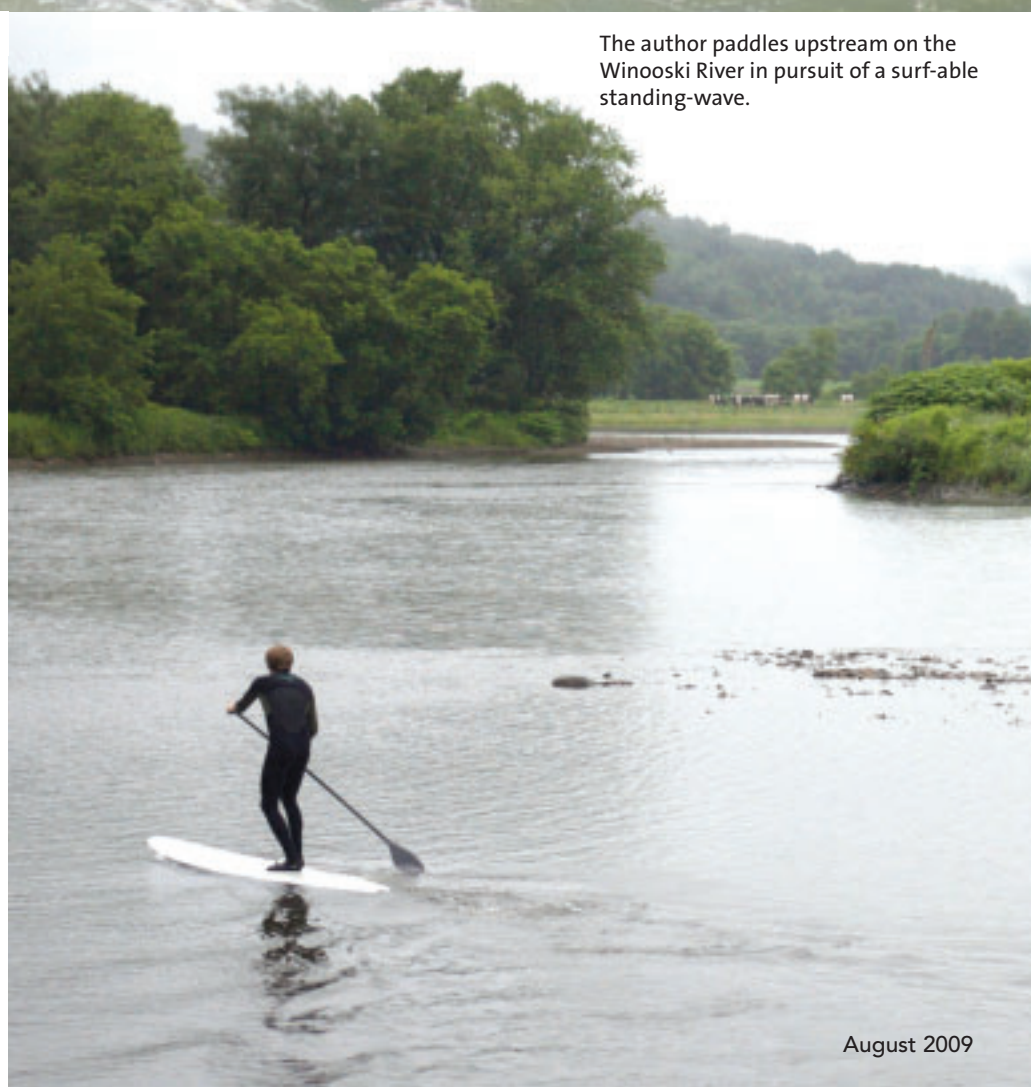
Gary Kohner, a SUP-surfing enthusiast, drops into an overhead wave, courtesy of Hurricane Kyle, off the Massachusetts coast.

Imagine standing up in a canoe with an extra-long paddle in hand, finding your balance, and paddling away. Anyone who has spent considerable time in a canoe has probably tried this while navigating shallow backwaters, or simply, to stretch out the legs. Now, replace that canoe with a long and stable surfboard, and continue paddling along your favorite lakeshore, into the open swells of Lake Champlain, or up a gentle river valley. This is stand up paddling, or SUP, as it is commonly referred to today.

Although stand-up paddling is nothing new, the idea that it could be really fun has been spreading like wildfire. SUP surfing, SUP racing, and SUP touring are a few emerging modern disciplines. For those who like to canoe and kayak, SUP touring offers a new and exciting way to experience Vermont's calmer waters. Meanwhile, SUP surfing makes surfing river rapids and small waves great fun, and surfing big waves a whole new challenge. Many folks are getting into SUPing for the great core workout it offers, as a nice way to enjoy the view, or just for the fun of it.

It takes little more than an old, neglected windsurfing board (9 to 11 feet in length) and a 6- to 7-foot-long wooden oar or homemade paddle to get going. However, I highly recommend heading over to Lake Champlain for an upcoming SUP demo or clinic, and then investing in the right board and paddle combo once you get going. Get comfortable with this sport, and the options become unlimited: SUP touring around your favorite lakes, SUPing up and down deeper Vermont rivers, SUP surfing. Recently, a stand-up paddler, 32-year-old Jon "Shaggy" McLaughlin from Oregon, completed the 150 mile New York section of the Northern Forest Canoe Trail in his canoe. He'll be back next summer for more.

*Brian Mohr rarely lets a day go by without paddling a river, climbing a mountain, or wandering up a stream bed. You can reach Brian through his website, [www.EmberPhoto.com](http://www.EmberPhoto.com).*



The author paddles upstream on the Winooski River in pursuit of a surf-able standing-wave.





**Above:** Floating takes on a whole new meaning when you stand-up paddle.

**Right:** With a little practice, you can get around swiftly and easily, and enjoy a view like this one on a pond in Woodbury, VT.

## MORE INFO

This summer's SUP clinics and workshops on Lake Champlain:

### Stormboarding

August 9—SUP Family Days  
August 14—Maritime Fest Waterfront SUP Tour  
August 15—Maritime Fest SUP Treasure Hunt  
September 4—Full Moon SUP Tour  
September 6—SUP Family Days  
October 4—Full Moon SUP Tour

Visit [www.stormboarding.com](http://www.stormboarding.com) for info about SUP clinics, fitness outings, races, board sales and more, or contact Rachael, 802-578-6120, [Rachael@stormboarding.com](mailto:Rachael@stormboarding.com).

### PaddleSurf Champlain

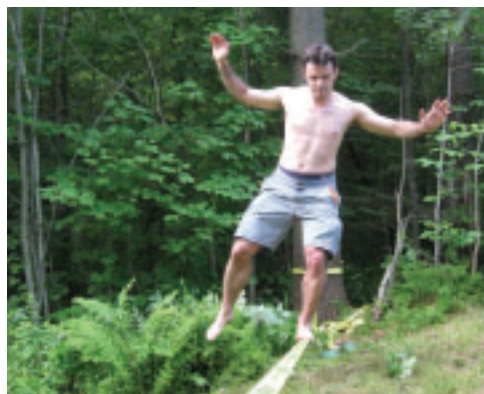
Wednesdays, 5 p.m. to dusk—Rentals, instruction, tours at Oakledge Park.  
Saturdays, noon to dusk—Rentals, instruction, tours at Oakledge Park.

Visit [www.paddlesurfchamplain.com](http://www.paddlesurfchamplain.com) for more info or contact Jason Starr, 802-881-4905, [Jason@paddlesurfchamplain.com](mailto:Jason@paddlesurfchamplain.com).



# SLACK ATTACK!

PHOTOS AND STORY BY SKY BARSCH



**B**efore you try slacklining, there's something you should know: It's extremely addictive.

As soon as you put one foot on the line, you'll want to be able to stand on your own.

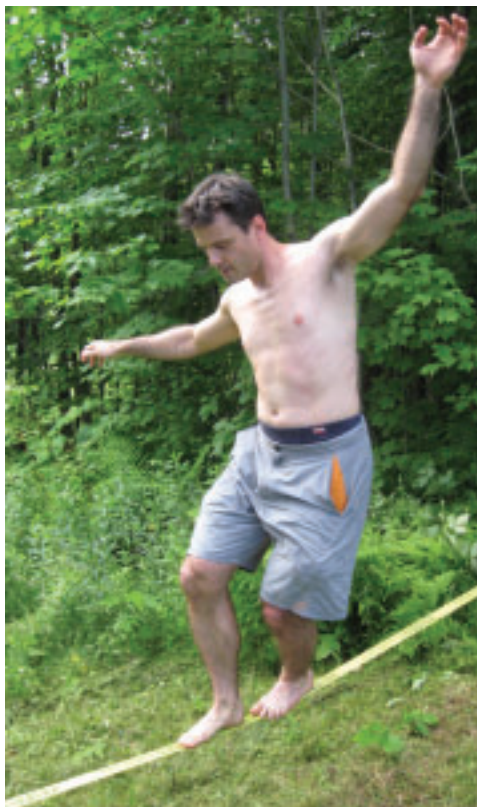
As soon as you can stand on one foot, you'll want to be able to stand on two.

As soon as you can stand on two, you'll want to try to take a few steps.

And as soon as you can take a few steps, you'll be determined to walk the length of the line.

Essentially, slacklining is balancing to perform movement on a tight webbing line. The "sport," if you will, has long been a training tool for rock climbers, who benefit from the increased balance, core strength, and mindfulness that is required for both. But within the past few years, interest in slacklining as a standalone activity has taken off, thanks in part to the availability of slacklining kits, such as the Gibbon slackline, that make setting up and getting started easy. Another reason interest is growing is because of tricks. Think X-Games on a tightrope.

Jeremiah Antosch, who is living in Burlington for the summer, is an avid slackliner. "I started slacklining about seven years ago or so, more for training for rock climbing, to improve balance and mental focus," Antosch says. "It's been interesting to see it grow in the past couple years as a pastime instead of a training method."



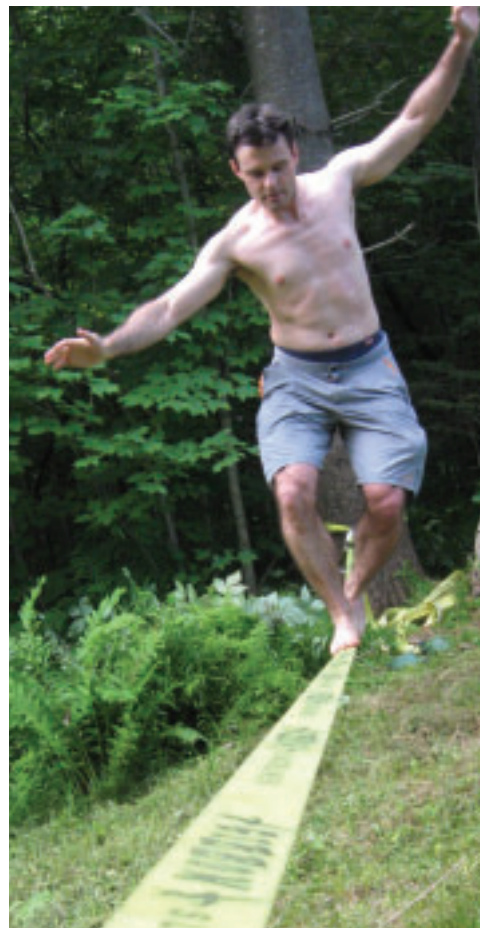
Antosch will set up a one-inch wide piece of tubular webbing between two trees or other immovable objects, such as a lamppost, and try to walk across it. He also tries to sit down on the rope, and bounce on it, and turn completely around. He agreed it's addictive. "I've definitely skipped a few classes to slackline," he says.

Antosch started slacklining at Devils Tower in Wyoming, where he used to live. He took it up to enhance his rock climbing experience. "You figure out coordination and transferring all of your weight onto one foot at a time. It's very calming, it forces you to focus directly on what you're doing and to just kind of be in tune with what's happening with your movement," he explains.

While you can work with webbing, beginners might want to try a kit, such as the Gibbon or Mammut slackline kits. These products are made specifically for slacklining and come with a ratchet that makes it easy to set up at different lengths and height.

Gary Richter, who lives in Huntington, is responsible for bringing the German Gibbon product to the United States. Richter, who works for Canaima Outdoors, was at an outdoor trade show in July 2008, when he first found out about slacklining.

"During the show, I noticed the energetic, very nontraditional trade show booth that Gibbon had, and the energy and buzz they had going on around their booth, and they had lines set up. It was very, very, very different from North American trade show set-ups," says Richter. "Gibbon and other slackline companies were allowed to set up willy-nilly, pretty much wherever they wanted, with a little organization, but



without the hassle of wavers, liability, and all that. They had a lot of lines set up in the open air part of the trade show grounds," he adds.

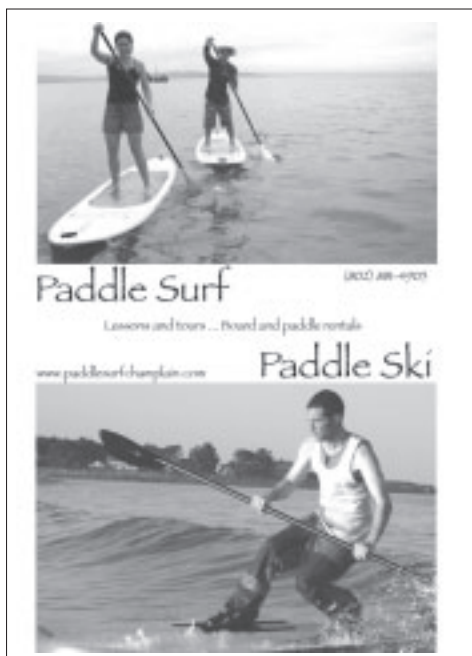
Richter, who thought the product would be cool even for personal use, floated the idea of getting products to North America, and eventually a deal was made. Now he works to promote the product, including setting up for members of the public to try it. Kids especially take to slacklining, he said.

"You string up, and inevitably, you get people stopping, if not a small crowd," Richter said. "People stop, and they want to try. Usually kids are braver, but adults want to try it, too. What then happens is the parents are busy, they have stuff to do, and they want to get going. Kids want to stay and slack around, and they get mad because they have to leave."

Richter sees a wide range in the ability of first-timers. Even the most in-shape athletes may not have great balance, and find it out when they try slacklining. Some figure it out immediately, he said.

Once you've got the hang of it, the opportunities are endless. You can do tricks (type in slacklining tricks in You Tube, and prepare to be amazed), you can "splashline," by stringing up over a pool or body of water, and a growing number of people are even performing yoga positions on slacklines. [7]

*Sky Barsch is a freelance writer who, thanks to researching this article, is now a slacklining addict.*



## IF YOU WANT TO TRY SLACKLINING, KEEP THESE TIPS IN MIND:

- Set up your slackline low to the ground, make it short (5 feet) and ratchet it tight.
- Connect to solid anchors, such as trees.
- Don't look at your feet. Look ahead, down the line, to the far anchor tree.
- Relax, flex in the knees.
- Hands up, not out.
- When you lengthen the line, set up multiple support islands under the lines, such as buckets or blocks. This gives the line more support, and you more jumping on and off points.





# ***Rack 'em Up... the Burlington Triathlon is back!!***

**Sept. 13, 2009**

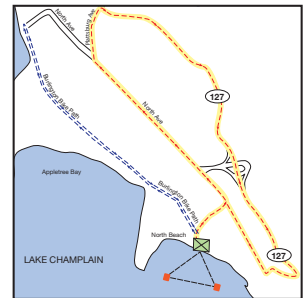
**8:00am start  
North Beach, Burlington, Vt**

**Olympic Distance Triathlon  
(limited to 500 participants)**

**.9 mile swim**

**22.5 mile bike (3 loops)**

**6.2 mile run (out and back)**



CO-SPONSORS OF THE 2009 **RACEVERMONT.COM** RACE SERIES:

**SHELBURNE**  
Health & Fitness



**FLEET FEET**  
Sports



**Coca-Cola**

**Starlight Cafe**



**LifeTrak**



**Racevermont.com**

Event details and registration are available online at **www.RaceVermont.com**, and information is available by calling **802.985.3141**.

**CHaD<sup>®</sup> HERO**

**HALF MARATHON & RELAY**



**SATURDAY,  
AUGUST  
29<sup>TH</sup>**

**HANOVER NH**

**HALF MARATHON**

**HALF MARATHON RELAY**

**5 K WALK**

**1 MILE FUN RUN - CAM'S COURSE**

**WORLD RECORD ATTEMPT - FOR  
MOST PEOPLE DRESSED AS SUPERHEROES  
AT ONE TIME.**

**www.CHaDHalf.org**

**VS: How did you get started cycling?**

JB: I started riding my bike when I was 13, delivering newspapers, and I remember timing myself to see how fast I could deliver the papers. That's how I started riding my bike. I love pizza, and growing up, there were pizza shops with 99-cent pizza and drink specials. Different shops had the special on different days. I kept having to ride my bike farther and farther away to find the specials. I eventually had a map of the area where I grew up, marked off where the specials were and on what day.

**VS: What's the farthest you've ridden for a pizza?**

JB: 160 miles. I had these goals to keep on going farther and farther to find new pizza shops. The farthest one was 160 miles to a new shop in Rehoboth Beach, DE, from my home in Pennsylvania. Since then, I would say every time I've ridden over 100 miles, I get a large cheese pizza as a reward. Last September, when I tried to do one of my bigger events, the Adirondack 540, I ate a large pizza while riding my bike, at mile 300.

**VS: What's the best pizza in Vermont?**

JB: There are so many good places, I can't just name one! Some days I feel like flatbread, some days I want real pizzeria style.

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

JB: Lots of veggies. I'm a vegetarian so any pizza with veggies. But plain cheese pizza is my favorite.

**VS: When did you get serious about competing?**

JB: I've been racing for about 15 years, but I would say right before I went to college, I was on a junior development

**READER ATHLETE**



**Jason  
BAER**

**Age:** 31

**Residence:** Burlington

**Family:** Fiancée, Julie Sulman

**Occupation:** Senior marketing analyst at Vermont Teddy Bear

**Primary sport:** Cycling

team and went to some bigger races in the country. I was getting my butt kicked quite a bit, but I was determined to be successful. Eventually it worked. It took a long time, but once I got there it was great.

**VS: You've logged more than 120,000 miles of cycling. How does it feel to have so much riding under your belt?**

JB: I feel like it's part of my life. I ride every day. If I go a couple of days without riding I feel like I'm missing something, and I can't wait to ride my bike.

**VS: How did you end up in Vermont?**

JB: I grew up in Pennsylvania and came up to Vermont to go to school at UVM. When I got to UVM, I knew this was the place I wanted to live; that this was the place for me. When I was looking at schools, academics were important, but the school's location was also important. I wanted to be in area where I could hike and bike. I knew there was a great bike community here, and there were weekly group rides and races.

**VS: You were on the UVM cycling team. Is it a varsity sport?**

JB: UVM has a club team, and it's definitely one of the most well-supported and successful club teams at UVM. This past year, two of the UVM individuals won the national championships.

**VS: You've been a Category 1 racer each of the six years you've ridden the Green Mountain Stage Race. What pace do you need to ride to be in that category?**

JB: The average for some of the shorter races is almost 30 miles an hour.

**VS: What's your favorite stage of the race?**

JB: The Mad River Road Race. The pro field goes over the Roxbury Gap, Middlebury Gap, and the App Gap.

**VS: All in one day? How do you feel after?**

JB: Pretty tired. And that's after three days of racing. And the next day is the downtown Burlington Criterium.

**VS: Who are some athletes you look up to or admire?**

JB: There are a lot of great local riders who have been very successful. I rode with Andy Bishop about 10 years ago. His last race as a professional was the Killington Stage Race. It was my first race as a professional. He won most aggressive rider, and I admired him so much. I thought, what an amazing rider, look at how much he can do. He's done the Tour de France. He's a very inspirational guy. He was definitely a local that I looked up to a number of years ago. I've had the teams that I've been on—we've always had a lot of up-and-coming riders who have entered the Green Mountain Stage Race, and gone on to professional racing. One of the highlights of my cycling career is helping develop these riders.

**VS: You're getting married this August. Will sports be part of the festivities?**

JB: Definitely. We're getting married at the Round Barn in Waitsfield, where the GMSR takes place. Waitsfield has some great biking, so the morning of the wedding I'm definitely going on a bike ride with my groomsmen.

**VS: How did you propose to Julie?**

JB: She was actually going home to Boston for the weekend, and I wasn't planning to go home that weekend; I was staying in Vermont to do the Sugarbush Triathlon. After the tri, I jumped in the car and drove down to dinner with her family at a restaurant in Boston. I surprised her. I was talking to her on the phone, and said she had to order an appetizer, I had heard the restaurant had great appetizers. We never get appetizers when we go out because either we'll be too full or it's too expensive. So I talked her into it, and then I brought out the appetizer, and I had the ring in my hand.

**VS: What are some activities you enjoy doing together?**

JB: Anything outdoors. We love biking, we love going on picnics. On one of our first dates we went to Waitsfield and stopped on the road by the Round Barn and had a picnic. We like running, kayaking, and we go to yoga classes together. One of the new things we've been doing is swing dancing.

**VS: Are you going to swing dance at your wedding?**

JB: We're going to try.

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

JB: Vermont Teddy Bear Company is a great place to work. It's a very fun, Vermont company, and it fits in very well with my outdoor and biking activities. We work really, really hard at specific times a year, but we're flexible for the summer. I can take time to bike ride, and time off to go to races. There are other biking and outdoor enthusiasts, and we talk about the rides or races we did over the weekend. It's a great atmosphere.

**VS: Which is your favorite bear?**

JB: I'm waiting for them to make the Jason Baer, but I guess the one bear that I do like the best is the new bear, Wear It Bear It, where you send in an old T-shirt or bike jersey, and they make a Teddy bear out of it. ☐

—Sky Barsch

**Vermont's Source for  
Fishing Kayaks & Accessories**

Wilderness Systems, Hobie,  
Old Town, Mad River, Scotty,  
MTI, Stohlquist, Harmony,  
and more!

SALES • RENTALS  
TOURS • INSTRUCTION

Vermont's Leading  
Paddlesports Center

**UMIAK**  
Outdoor Outfitters

Rte 100 • Stowe  
253-2317  
www.umiak.com  
OPEN 7 DAYS

**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.**



**VS: You recently ran your first marathon, Burlington's own Vermont City Marathon. How did it go?**

KA: Good! I hit the proverbial wall at mile 20, so then it became a mind thing. I just had to work through it, but it was good. My goal was to finish it under 4:00, and I did it in 3:50.

**VS: What did it feel like when you hit the wall?**

KA: My legs began to feel pretty heavy. At that point it was just getting my head around one more mile, one more mile, one more mile. They provide you with your split time at 10 miles, the half-way point, 20 miles and the end, and clearly my pace slowed down as the race went on. So it was interesting. My training had me do three 20 milers. And I think that the next time I start training I would add some 22 milers to that. Just for that mental piece. But the last stretch, coming into the Waterfront, once you start hearing the crowds, you know the end is near, and just hearing that was incredible. It allows you to add that kick. It was awesome.

**VS: What did you do afterward?**

KA: I walked home. We had about 50 people over and two of my daughters were home. One had run a leg of the relay. We have a wood-fire pizza oven in the backyard. We cooked up about 30 flatbreads, and I didn't dare sit down.

**VS: How long was it before you ran again?**

KA: I ran I think the following Saturday and since then, my longest run was 10 miles a week ago, and then I ran a 10K race. I made the New York Marathon lottery, and you're officially supposed to start training in July for the race, which is November 1.

**VS: How did it feel to get into the lottery?**

KA: Exciting! Even though I've qualified for the Boston Marathon, I'm not sure I'm going to run it. I grew up in Queens, so I like the idea of running all five boroughs and making it a family

## READER ATHLETE



## Karen ALLEN

**Age:** 52

**Residence:** Burlington

**Family:** Husband, Bill; three adult daughters

**Occupation:** Lawyer

**Primary sport:** Running

weekend. My husband, Bill, is planning on jumping the subways to catch me in all five boroughs.

**VS: Is this the first time in your life that you've been a real runner?**

KA: I've always run, but I pretty much stuck to four or five miles. And I always ran alone, and maybe did a few 5Ks. It was a new neighbor of mine who said I should run with this group out of Shelburne. I never ran with other people because I always felt intimidated. But I ran with them, and it was so much fun. I ran eight miles, and I felt great. It became a regular thing on a weekend. It's a core group of about five women, and we train together, not always in one big pod, but if one of us is ahead, she'll wait for the others. It just helps so much to increase the miles, increase the strength. For me, it's what made the training able to happen. I was out running every weekend this past winter in whatever the weather decided to give us, and without having the camaraderie, I don't know if I would have done it.

**VS: What is your advice for other people who are intimidated to run with a group?**

KA: Getting involved with established groups such as Skirack or Teams in

Training can be good. Although I have never run with them, I have heard they are very supportive and include varying paces and abilities. Also, taking Marathon 101 [with RunVermont] provides the opportunity to meet runners who may be looking to train with others.

**VS: What made you decide to run the Vermont City Marathon?**

KA: I always said I'd love to be able to run a marathon, but I thought I'd never have the time to train. As I was running with these women, I ran a half-marathon with them last fall in Shelburne. And I surprised myself that I ran it, the time was good, and I felt good after. I said, "Well, I can probably do this." Before I had time to think about it, the VCM registration opened, and I put my name in. Before the marathon, I ran the Half Marathon Unplugged, which was a lot of fun. Then I ran the Covered Bridges Half Marathon out in Charlotte, so it gave me a base of running longer distances in a somewhat competitive field.

**VS: Do you think you'll do the VCM again?**

KA: Yes—I haven't decided about 2010 since I qualified for Boston. I might just need to run that one instead. I am told that if you qualify for Boston, you really need to run it, but I just really love the community spirit of VCM.

**VS: Your kids must think it's pretty cool that their mom is running marathons.**

KA: They are wonderful. They are so proud. Having them and their friends there, just their enthusiasm was great. It was just nice to be able to share it with two out of three.

**VS: Is your husband supportive?**

KA: He's terrific. He's like my biggest cheerleader. He's been amazing. He won't run, but he's as proud as can be.

**VS: What are some of the things you do beside run?**

KA: Work. I love to read, and I like to hike. In the winter I love to snowshoe hike. I enjoy spending time with family and friends. I wish I was a good downhill skier, but I'm not. I like to cross-country ski.

**VS: What area of law do you practice?**

KA: Medical negligence.

**VS: Is training for a marathon anything like law school?**

KA: I read for the bar, so I didn't go to law school. I did a clerkship for four years. Studying for the bar, it's pretty much having a schedule and sticking to it, though there has to be some flexibility. It is truly intense studying for eight weeks. And I took a bar review course at Vermont Law School. I sublet a studio apartment down in Royalton and burrowed down for eight weeks. My family was extremely supportive and allowed me that opportunity. 7

—Sky Barsch

Vermont Sports Magazine is  
**Greening Up!**  
**vtsports.com**

For Each Digital \$10 Subscription  
We Sell, We'll Give \$1 to a  
Non-Profit Vermont Sports Partner  
of Your Choice:

**Green Mountain Club  
Craftsbury Outdoor Center  
Vermont Adaptive**



Sign up  
for your  
subscription  
today!

**OMER AND BOB'S**



**Skis, Bikes & other COOL stuff**

**Equipment and Clothing  
for the Self-Propelled**

**Bikes • Accessories • Expert Repairs**

New Location: On the Mall in Lebanon  
20 Hanover Street • Lebanon, NH 03766 • 603-448-3522  
**www.omerandbobs.com**

# CALENDAR OF EVENTS

To have an event listed in our events calendar, your event must be posted on our website at [www.vtsports.com](http://www.vtsports.com) and you must register on the site. From the home page, click on "Events" in the navigation bar and then on the event page, click the red "Add a New Event" button on the right of the page. Follow the instructions from there and be sure to select "I wish to be an event poster." Your registration should be approved within 12 hours, usually sooner.

## ADVENTURE RACING

### 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)
- 12 New England Adventure Weekend 12-Hour and 3-Hour Adventure Race, Nottingham, NH, Tracey Olafsen, [info@racingahead.com](mailto:info@racingahead.com), [www.racingahead.com](http://www.racingahead.com)

### SEPTEMBER

- 12 New England Adventure Weekend 3-Hour Adventure Race, Nottingham, NH, Tracey Olafsen, [info@racingahead.com](mailto:info@racingahead.com), [www.racingahead.com](http://www.racingahead.com)

## 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

### AUGUST

- 8 Full Moon Tour, 8PM, The Kayak Shack, Plattsburgh, NY, Patty Husband, [Patty@kayak-shack.com](mailto:Patty@kayak-shack.com)
- 13 Valcour Island Sunset Tour, 6:30PM, The Kayak Shack, Plattsburgh, NY, Patty Husband, [Patty@kayak-shack.com](mailto:Patty@kayak-shack.com)

## CYCLING

### AUGUST

- 1-2 6th Annual Lakes Region Cycling Weekend, 15-65 miles each day, Poultney, VT, Mary Rachel, [bike@cyclingvermont.org](mailto:bike@cyclingvermont.org)
- 8 Heart-of-the-Valley Bike Ride, 20, 40, and 62 miles, Jackson Gore, Okemo Mountain Resort, Ludlow, VT, Dana Hanson, [dana@uvuuv.org](mailto:dana@uvuuv.org)
- 15 Harpoon Point to Point to benefit the Vermont Foodbank, Windsor, VT, Jessica Cox, [jcoox@harpoonbrewery.com](mailto:jcoox@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, [orpittsfieldultra@yahoo.com](mailto:orpittsfieldultra@yahoo.com), [www.peakcamps.com](http://www.peakcamps.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)
- 30 FIG Race to the Top of Vermont (for cyclists and runners), 9AM start for non-competitive, 10AM start for competitive, Stowe Mountain Resort, Stowe, VT, Jim Fredericks, [jfredericks@catamounttrail.org](mailto:jfredericks@catamounttrail.org)

### SEPTEMBER

- 4-7 Green Mountain Stage Race, Friday Prologue, Saturday Circuit Race, Sunday Road Race, Monday Criterium, Waitsfield, VT, Gary Kessler, [Gary@gmsr.info](mailto:Gary@gmsr.info), [www.gmsr.info](http://www.gmsr.info)
- 12 Kelly Brush Century Ride, Middlebury College Football Field, Middlebury, VT, Betsy Cabrera, 802-846-5298, [betsycabrera@kellybrushfoundation.org](mailto:betsycabrera@kellybrushfoundation.org)
- 19 12th Annual Terry & Ben Claassen Memorial Northeast Kingdom Century Ride (25, 50, 75, 100 mile options), Chrystal Lake, Barton, VT, Joan Alexander, [joanalex\\_05839@yahoo.com](mailto:joanalex_05839@yahoo.com), <http://pages.interlog.com/~jedward/century.html>

### ONGOING

Sundays, GMBG group rides throughout the Chittenden County area, for details go to [www.gmbc.com](http://www.gmbc.com)

## CYCLOCROSS

### ONGOING

Sundays (10/25, 11/1, 11/8), 'Cross In The Glen Cyclocross Series, 10AM, Gorham, NH, Mary Power, [mary@greatglentrails.com](mailto:mary@greatglentrails.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 Stand Up & Have Fun Stand-up Paddling Day, 10AM-noon, Waterbury Reservoir, Waterbury Center State Park, Rachael Miller, 802-578-6120, [Rachael@stormboarding.com](mailto:Rachael@stormboarding.com), [www.stormboarding.com](http://www.stormboarding.com)
- 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)
- 8 Stand Up and Race: Charlie's Boathouse, Burlington, VT, Rachael Miller, [rachael@stormboarding.com](mailto:rachael@stormboarding.com)
- 9 Stand Up & Have Fun Stand-up Paddling Day, 10AM-noon, Sand Bar State Park, South Hero, VT, Rachael Miller, 802-578-6120, [Rachael@stormboarding.com](mailto:Rachael@stormboarding.com), [www.stormboarding.com](http://www.stormboarding.com)
- 22 Hike, Bike, and Paddle Day at the Craftsbury Outdoor Center (free), 10AM-3PM, Craftsbury Common, VT, Nina Hurley, 802-764-4831, [hurleyn@bcbsvt.com](mailto:hurleyn@bcbsvt.com)

### SEPTEMBER

- 27 TAM Team Trek, run, bike, or hike on the Trail Around Middlebury, 9:30AM, Marbleworks Building, Middlebury, VT, Katherine Branch, 802-388-1007, [info@malvt.org](mailto:info@malvt.org)

### 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 Photoshoph Weekend Workshops and more, 518-494-3072, [www.carlheilman.com](http://www.carlheilman.com)

## MOUNTAIN BIKING

### AUGUST

- 1-2 Gravity East at Sugarbush Resort, Warren, VT, events@[sugarbush.com](http://sugarbush.com), [events@sugarbush.com](http://events@sugarbush.com)
- 8-9 24 Hours of Great Glen, Great Glen Trails, Gorham, NH, Mary Power, [mary@greatglentrails.com](mailto:mary@greatglentrails.com), [www.24hoursofgreatglen.com](http://www.24hoursofgreatglen.com)
- 30 FIG Race to the Top of Vermont (for cyclists and runners), 9AM start for non-competitive, 10AM start for competitive, Stowe Mountain Resort, Stowe, VT, Jim Fredericks, [jfredericks@catamounttrail.org](mailto:jfredericks@catamounttrail.org)

### SEPTEMBER

- 27 Vermont 50 Mtn. Bike, Ultra Run, and Running Relay, Brownsville, VT, Mike Silverman, [michael.j.silverman@valley.net](mailto:michael.j.silverman@valley.net), [www.vermont50.net](http://www.vermont50.net)

### ONGOING

Tuesdays, 3:30PM (through 8/25), Great Glen Summer Mountain Bike Series, Gorham, NH, Eli Walker, [eli@greatglentrails.com](mailto:eli@greatglentrails.com), [www.greatglentrails.com](http://www.greatglentrails.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)

Thursday 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)

Sundays, West Hill Shop Mountain Bike Rides, 9AM, intermediate to advanced singletrack, Putney, VT, rob@westhillshop.com, [www.westhillshop.com](http://www.westhillshop.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

### AUGUST

- 1 Fairfax Egg Run, Fairfax, VT, Katrina Antonovich, [Fairfaxparksandrec@yahoo.com](mailto:Fairfaxparksandrec@yahoo.com)
- 8 Kingdom Run 20K, 10K, 5K, Irasburg, VT, Rebecca Boulanger, [kingdomrun@surfglobal.net](mailto:kingdomrun@surfglobal.net)
- 9 RaceVermont.com Half Marathon, Shelburne, VT, Rayne Herzog, [Rayne@racevermont.com](mailto:Rayne@racevermont.com), [www.racevermont.com](http://www.racevermont.com)
- 15 30th GMAA Round Church Womens' Run, Richmond, VT, Kasie Enman, [roundchurch@gmaa.net](mailto:roundchurch@gmaa.net)
- 23 17th GMAA Scholarship Cross Country Run, South Burlington, VT, Ken Schatz, [scholarshipxc@gmaa.net](mailto:scholarshipxc@gmaa.net)
- 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)
- 30 FIG Race to the Top of Vermont (for cyclists and runners), 9AM start for non-competitive, 10AM start for competitive, Stowe Mountain Resort, Stowe, VT, Jim Fredericks, [jfredericks@catamounttrail.org](mailto:jfredericks@catamounttrail.org)

### SEPTEMBER

- 5 32nd Annual Northfield Savings Bank Flying Pig Footrace 5K & 1-Mile Kids' Race, Northfield, VT, 800-672-2274, [nsb@nsbvt.com](mailto:nsb@nsbvt.com)
- 12 Farnum Five.5, Farnham Hill Preserve, Lebanon, NH, Paul Coats, [paul.coats@lebcity.com](mailto:paul.coats@lebcity.com), [www.wnhtrs.com/](http://www.wnhtrs.com/)
- 12 Maple Leaf Half-Marathon and 5K, Manchester, VT, Lynn Grieger, 802-362-2810, [lynngrieger@comcast.net](mailto:lynngrieger@comcast.net), [www.manchestervtmapleleaf.com](http://www.manchestervtmapleleaf.com)
- 12 K-9's and Company, Montpelier, VT, Liz Walsh, [info@cvhumane.com](mailto:info@cvhumane.com)
- 12 41st Archie Post 5 Miler, Burlington, VT, Mike Early, [archiepost@gmaa.net](mailto:archiepost@gmaa.net)

*Put yourself in experienced hands.  
Working with athletes over 20 years.*

**Katherine Graves, CMT, BHS**

Bodywork Therapist • Stowe Yoga Center



- Swedish/Sports Massage
- Gradual Deep Tissue
- Moist Heat/Cold
- Facilitated Stretching
- Brennan Healing Science
- Hatha, Ashtanga, and Prenatal Yoga

515 Moscow Rd. • Stowe, VT • 802-253-8427  
[www.stoweyoga.com](http://www.stoweyoga.com) • [kgravesmt@gmail.com](mailto:kgravesmt@gmail.com)

**GREEN MOUNTAIN  
ATHLETIC ASSOCIATION**  
Vermont Running Club since 1976

*Friendship • Health • Competition*

- ◆ Weekly social/training runs
- ◆ 11-race Grand Prix Series
- ◆ Many area and race discounts
- ◆ Quarterly newsletter
- ◆ Annual dinner
- ◆ GMAA Racing Team

**[www.gmaa.net](http://www.gmaa.net) • [info@gmaa.net](mailto:info@gmaa.net)**  
Join the fun of running on a  
New England Grand Prix Team!

**NEW ENGLAND  
runner**

Subscribe  
Now!

For All the News from  
Around the State  
England & New York  
State Region

The best regional running  
magazine in the U.S.,  
including: Road Race,  
Cross Country & Trail  
Results, Calendar, Boston  
Marathon Results &  
Preview, Special Sections,  
and much more

To Subscribe, send to: PO Box 252, Boston, MA 02113  
☐ 1 Yr. \$24.95 U.S. Funds ☐ 2 Yr. \$34.95 U.S. Funds  
Canadian add \$5 for postage — U.S. Currency Only

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

Your Subscription  
Includes Our  
Annual Calendar

Make check payable to New England Sports Publications



- 19 12th annual Terry & Ben Claassen Memorial Northeast Kingdom Lakes Century, Barton, VT, Joan Alexander, joanalex\_05839@yahoo.com
- 19 Adirondack Marathon Distance Festival 5K/10K, Schroon Lake, NY, info@adirondackmarathon.org, www.adirondackmarathon.org
- 19 6th Common to Common 30K, Essex, VT, Steve and Cathy Eustis, common2common@gmaa.net, www.gmaa.net
- 20 Adirondack Distance Festival Marathon & Half Marathon, Schroon Lake, NY, info@adirondackmarathon.org, www.adirondackmarathon.org
- 20 Dog Run Dog - 10K/5K for Dogs and People, Norwich VT, Paul Gardner, 802-356-4444, info@dogrundog.com, www.dogrundog.com
- 26 11th Annual Run for the ONE to benefit JUMP, Burlington, VT, Suzie Crews, slcrows1@msn.com
- 27 Vermont 50 Mtn. Bike, Ultra Run, and Running Relay, Brownsville, VT, Mike Silverman, michaelj.silverman@valley.net, www.vermont50.net
- 27 Cider House Run/Walk, Shelburne, VT, Rayne Herzog, rayne@racevermont.com
- 27 Downtown 10K for the Leukemia & Lymphoma Society, City Hall, Burlington, VT, Susan Criscuolo, 201-638-9646, susancrisuolo@hotmail.com

## OCTOBER

- 4 RaceVermont.com Shelburne Farms 5K, Shelburne, VT, Rayne Herzog, Rayne@racevermont.com
- 10 GMAA 36th Art Tudhope 10K, Charlotte, VT, Jess Cover, tudhope@gmaa.net
- 10 A Pleasant Climb Trail Run (Western NH Trail Series Finale), New London, NH, Chad Denning, recreation@nl-nh.com
- 11 7th Annual Harpoon Octoberfest Road Race, Windsor, VT, Jessica Cox, jcox@harpoonbrewery.com
- 17 RaceVermont.com The Canine Challenge 5K Run/Walk, Burlington, VT, Rayne Herzog, Rayne@racevermont.com
- 17 GMAA 39th Green Mountain Marathon, South Hero, VT, Sandra Dickin, gmm@gmaa.net

## 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
- Tuesdays, 5:15, Northern Vermont Ridge Runners Track Practices for runners of all abilities, People's Academy, Route 15A, Morrisville, VT
- Wednesday Night 5K Trail Running Series (through 10/14), 6PM, Grafton Ponds Outdoor Center, Grafton, VT, Bill Salmon, 802-843-2400, www.graftonponds.com
- Wednesdays, 6PM, Hard'ack 5K Trail Running Series, off Congress St., St. Albans, VT, Kelly Viens, 802-524-1500 x266
- Thursdays, 5:30PM, Skirack Trail Runs at Red Rocks Park, Will Skolochenko, 802-658-3313
- 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, ramey2001@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, Sportshoe Center, Blue Mall, So. Burlington, VT, Kara Bolton, karab@sportshoecenter.com, www.jeffgalloway.com/training\_groups/list\_cities.html
- Jun 17, 2009 - Oct 14, 2009 Weekly 5K Trail Run at Grafton Ponds Outdoor Center, Grafton, VT, Bill Salmon, www.graftonponds.com, bill.salmon@graftonponds.com

## SWIMMING

### ONGOING

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

### 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 Trek Women Triathlon Series, half-mile swim, 12-mile bike, 3.1-mile run, Mount Snow, W. Dover, VT, info@trekwomenstriathlonseries.com

**12TH ANNUAL**  
**TERRY & BEN CLAASSEN MEMORIAL**

**NORTHEAST KINGDOM**  
**LAKES CENTURY**

**SAT., SEPT. 19, 2009**  
**ORLEANS CO. CITIZEN ADVOCACY**  
<http://pages.interlog.com/jedward/century.html>




- 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

### SEPTEMBER

- 13 Burlington Olympic Distance Triathlon, Burlington, VT, Rayne Herzog, Rayne@racevermont.com
- 13 Josh Billings RunAground Triathlon, Great Barrington, MA, Patty Spector, patty@joshbillings.com

**JOSH**  
**BILLINGS**  
**RUNAGROUND**



**33rd Annual**  
**Josh Billings RunAground**  
**Sunday,**  
**September 13, 2009**  
**Bike, Canoe or Kayak, Run**  
**Triathlon**  
Team & Iron Categories  
27 mile bike • 5 mile canoe/kayak • 6 mile run  
35 categories-iron, tri, 4 person teams  
[www.joshbillings.com](http://www.joshbillings.com),  
[www.active.com](http://www.active.com)

**VERMONT**  
**SPORTS**

**COMING NEXT MONTH:**

**Super Scenic**  
**Trail Runs**

**A Night In the Woods**

**LightningWorld**  
**Championships**





# RACE RESULTS

## RACE VERMONT SPRINT TRIATHLON June 20, 2009 Shelburne, Vermont

### SWIM 500 YARDS, BIKE 15.4 MILES, RUN 3.1 MILES.

<b>Men 15-19</b>			
1 Adam Coll	Shelburne VT	1:57:39.0	
<b>Men 20-24</b>			
1 Steve Vargo	Shaftsbury VT	1:11:45.9	
2 Alex Geller	Burlington VT	1:11:54.6	
3 Mike Patenaude	Killington VT	1:17:16.1	

<b>Men 25-29</b>			
1 Kevin Bouchard-Hall	Jay VT	1:05:46.2	
2 Anthony Moccia	Derby VT	1:12:05.9	
3 Chad Quirion	Saratoga Spgs NY	1:12:07.5	
4 Ward Bitter	Boston MA	1:12:50.6	
5 Roy Belcher	Montpelier VT	1:21:40.7	
<b>Men 30-34</b>			
1 Gary Snow	Shelburne VT	1:03:58.4	
2 Justin Kyea	Burlington VT	1:04:23.4	
3 John Spinney	Waterbury VT	1:04:56.2	
4 Chris Coffey	New Haven VT	1:07:43.9	
5 Cory Coffey	Vergennes VT	1:09:16.7	
6 Travis Voyer	Essex VT	1:09:22.9	
7 Anthony Kenney	Saratoga Spgs NY	1:12:05.5	
8 Nicholas Telischak	Lebanon NH	1:18:33.7	
9 Daniel Schmidt	Burlington VT	1:18:58.3	
10 Ray Webster	Burlington VT	1:19:43.4	
11 Matt Bergeron	So Burlington VT	1:23:15.5	
12 Craig Agricola	Essex VT	1:27:04.2	
13 John Michael Voight	Burlington VT	1:31:09.4	
14 Scott Thompson	Jericho VT	1:38:07.5	
15 Jason Brace	Essex VT	1:58:16.4	
<b>Men 35-39</b>			
1 Peter Dodds	Burlington VT	1:08:17.3	
2 Loren Voyer	Essex Jct VT	1:09:42.7	
3 Eric Darling	Shelburne VT	1:13:11.7	

4 Jeff Wood	No Ferrisburg VT	1:13:18.2	
5 Stefan Bumbeck	Burlington VT	1:13:21.2	
6 Andrew Tripp	Montpelier MA	1:14:01.5	
7 Jason Stevens	Barre VT	1:21:06.4	
8 Kelly Sayre	St George VT	1:34:00.4	
9 Peter Woodson	So Burlington VT	1:38:28.3	
<b>Men 40-44</b>			
1 Duncan MacDonald	Burlington VT	1:19:06.7	
2 Matthew Coll	Shelburne VT	1:57:40.9	
<b>Men 45-49</b>			
1 Andreas Nolte	Jericho VT	1:09:25.7	
2 Tom Noonan	Jeffersonville VT	1:23:26.0	
3 Miguel Fernandez	Waybridge VT	1:23:38.9	
4 James Dinulos	Hanover NH	1:28:19.1	
5 Alex Werba	Brattleboro VT	1:29:20.3	
<b>Men 50-54</b>			
1 Marc Kutler	So Burlington VT	1:36:42.1	
2 Garth Moran	Newburyport MA	1:40:55.3	
<b>Men 60-64</b>			
1 Milo Schaefer	Vergennes VT	1:26:12.6	
<b>Women 15-19</b>			
1 Kelsie Helberg	Amherst NH	1:37:25.7	
<b>Women 20-24</b>			
1 Claire Whelan	Burlington VT	1:26:55.8	
2 Kyle Gaffney	Burlington VT	1:34:51.0	
3 Carli Clemis		1:35:59.5	

<b>Women 25-29</b>			
1 Erin Bresette	Montpelier VT	1:29:42.7	
2 Toria Cornett	So Burlington VT	1:38:56.1	
3 Stephanie Gehlbach	Winooski VT	1:39:25.9	
<b>Women 30-34</b>			
1 Jesse Donovan	Charlotte VT	1:12:37.7	
2 Amanda Voyer	Essex Jct VT	1:31:03.1	
3 Elisabeth LeBlanc	Essex Jct VT	1:35:36.8	
4 Ana Davis	Williston VT	1:38:01.4	
<b>Women 35-39</b>			
1 Julie Holmes	Shelburne VT	1:23:36.2	
2 Heather Bauman	Charlotte VT	1:27:28.4	
3 Jessica Cover	Richmond VT	1:34:39.2	
4 Christine Kogut	Charlotte VT	1:36:12.5	
<b>Women 40-44</b>			
1 Sarah Pribram	Shelburne VT	1:22:12.7	
2 Jodie Dubuque	So Burlington VT	1:52:23.7	
3 Nicole Perham	Lyman ME	1:56:19.6	
<b>Women 45-49</b>			
1 Karen Newman	Old Greenwich CT	1:32:38.8	
2 Lisa Frazier	Scarborough ME	1:45:59.2	
3 Terry Lalancette	Fairfax VT	1:48:41.0	
4 Susan Polhemus	Peru NY	1:52:50.9	
<b>Women 50-54</b>			
1 Jean Davis	Williston VT	1:52:38.4	
2 Jean Clemis	Rouses Point NY	1:00:52.5	

## GMAA CLARENCE DEMAR 5K ROAD RACE July 4, 2009 South Hero, Vermont

<b>Women 0-13</b>			
1 Lucy Alexander	Sudbury MA	27:48	
2 Sarah Stone	Sudbury MA	29:47	
3 Olivia Greenleaf	Waterbury Ctr VT	33:41	
4 Marley Tipper	Burlington VT	38:35	
5 Gabrielle Gamache	St Albans VT	46:12	
<b>Women 14-19</b>			
1 Savannah Hart	Montclair NJ	21:47	
2 Sylvana Lane	Westford VT	22:51	
3 Mary Schwartz	Quincy MA	23:19	
4 Karoline Foote	Shelburne VT	24:05	
5 Evelyn Boardman	Jericho VT	24:06	
6 Rachelle Chevalier	St Albans VT	24:36	
7 Kara Lehman	Lexington MA	25:47	
8 Holly Reed	Essex Jct VT	26:59	
9 Hannah DuPrat	Fairfax VT	26:59	
10 Chelsea Charette	So Hadley MA	27:21	
11 Kelly Thompson	So Hero VT	29:00	
12 Michaela Quinn	Westford VT	35:51	
13 Dylana Drollette	Burlington VT	40:24	
<b>Women 20-29</b>			
1 Amanda Ponsot	Winooski VT	20:26	
2 Liz Zamore	So Hero VT	22:43	
3 Lyndsay Bisaccio	Bennington VT	23:01	
4 Kristin Kinney	Brookline MA	23:43	
5 Megan Bordin	New Paltz NY	27:21	
6 Amy Kemmler	Schenectady NY	29:12	
7 Tasha Milton	Williston VT	29:21	
8 Brooke Fowler	So Hero VT	30:03	
9 Lyndsay Wehrum	Little Falls NY	30:08	
10 Amy Kinsell	Waterbury VT	31:33	
11 Brandy Provost	Essex Jct VT	32:47	
12 Elizabeth Stanford	Acton MA	33:06	
13 Catherine Wareham	So Burlington	33:19	
14 Loni Allen	Hillsboro NH	34:08	
15 Corrie Parker	So Burlington VT	35:01	
16 Tracy Loisel	East Fairfield VT	39:28	
<b>Women 30-39</b>			
1 Megan Valentine	Jericho VT	18:59	
2 Jessica Bolduc	So Burlington	20:49	
3 Cathy Eustis	Essex Jct VT	21:13	
4 Susan Kelley	Burlington VT	21:39	
5 Regina Quintin	Essex Jct VT	22:06	
6 Vanessa Diana	Westfield MA	22:35	
7 Jessica Cover	Richmond VT	22:50	
8 Kristin Lundy	Colchester VT	23:23	
9 Laura Valley	Burlington VT	23:24	
10 Katie Barbic	Williston VT	23:36	
11 Crystal Corbin	New York NY	24:13	
12 Emily Steers	Burlington VT	24:20	
13 Jessie Rogers	Cambridge VT	25:41	
14 Anne Chevalier	St Albans VT	25:44	
15 Kim Kerr	Wear NH	26:01	
16 Brook Rose	Thornton NH	26:13	
17 Heather Lemon	Burlington VT	26:38	
18 Sherry Ricker	Burlington VT	27:18	
19 Julia Andrus	Needham Heights MA	27:23	
20 Sara Collins	So Hero VT	27:47	
21 Nicole Patterson	St Albans VT	27:48	
22 Laura Chadwick	Essex Jct VT	28:11	
23 Jane Ripley-Blin	Colchester VT	28:15	
24 Stephanie Howell	Essex Jct VT	29:21	
25 Alexis McLaughlin	So Hero VT	30:15	
26 Erin Haramoto	Sunderland MA	30:32	
27 Sarah Lloyd	Falls Village CT	32:55	
28 Jennifer Ballard	Williston VT	35:56	
29 Tara Libby	Grand Isle VT	44:28	
30 Ellen Drollette	Burlington VT	45:41	
<b>Women 40-49</b>			
1 Anne Benson	Clifton Park NY	18:45	
2 Julia Lewis	Burlington VT	21:40	

3 Marie Sandoval	Essex Jct VT	22:41	
4 Daphne Hard	So Hero VT	22:48	
5 Terrie Anne Bennett	Bethel ME	23:21	
6 Jackie Marino	Burlington VT	23:24	
7 Chandra Walsh	Georgia VT	23:31	
8 June Golato	Grand Isle VT	23:41	
9 Lisa Rollins	Burlington VT	23:43	
10 Ellie Bouffard	Colchester VT	24:13	
11 Beth Lane	Westford VT	24:35	
12 Verlaine Edwards	St Albans VT	24:51	
13 Patty Davis	Colchester VT	25:11	
14 Sue Lehman	Lexington MA	25:37	
15 Julie Lane	So Hero VT	26:00	
16 Sherry Thibault	Colchester VT	28:22	
17 Mary Lee	So Burlington VT	29:38	
18 Julia Larow	So Burlington VT	31:12	
19 Laurie Boomhower	Westford VT	31:32	
20 Julie Thompson	Swanton VT	32:03	
21 Elizabeth Bock	So Hero VT	32:55	
22 Carol Lee Mason	Underhill VT	34:28	
23 Denise Schomody	Burlington VT	34:32	
24 Judy Klimmer	Burlington VT	35:07	
25 Robbin Leclerc	Colchester VT	35:56	
26 Carol Verdis	Pleasant Valley NY	38:54	
27 Karen Donatelli	Poughkeepsie NY	41:52	
<b>Women 50-59</b>			
1 P Arsenault-Berry	Duxbury VT	22:20	
2 Cathy Martell	St Albans VT	23:50	
3 Ruth Blauwiel	Colchester VT	26:04	
4 Linda Kinney	So Hero VT	26:05	
5 Judith Carroll	Burlington VT	26:17	
6 Dotty Donovan	So Hero VT	26:29	
7 Karen Rehder	San Rafael CA	26:56	
8 Jane Provost	Essex Jct VT	28:50	
9 Kathy Magill	So Hero VT	30:32	
10 Kit Daniels	So Hero VT	34:45	
11 Rose Bergeron	Essex VT	35:13	
12 Susan B. Lawrence	No Hero VT	36:28	
13 Nancy Pratt	Colchester VT	46:27	
<b>Women 60-69</b>			
1 Judith Craig	Montreal QC	31:00	
2 Joan Donaldson	Westford VT	34:22	
3 Wendy Guay	No Hero VT	48:19	
4 Bev Holsopple	Burlington VT	57:35	
<b>Women 70-79</b>			
1 Betty Lacharite	Winooski VT	32:50	
<b>Men 0-13</b>			
1 Caleb Kessler	Waitsfield VT	21:29	
2 David Verdis	Pleasant Valley NY	22:19	
3 Sean MacDonald	So Burlington VT	23:01	
4 Keegan O'Hara	So Hero VT	24:51	
5 Anthony Donatelli	Poughkeepsie NY	25:01	
6 Ethan Thibault	Colchester VT	26:12	
7 Daniel Lehman	Lexington MA	26:47	
8 Connor MacDonald	So Burlington VT	27:59	
9 Matthew Gordon	So Burlington VT	35:12	
<b>Men 14-19</b>			
1 Thomas Hitchcox	Milton VT	17:44	
2 JJ Royer	So Burlington VT	17:57	
3 Josh Brueckner	Swanton VT	18:05	
4 Antur Machuga	Swanton VT	18:35	
5 Scott Hitchcox	Milton VT	19:09	
6 Tommy Royer	So Burlington VT	19:17	
7 Bradley Rehder	San Rafael CA	19:54	
8 Austen Erickson	So Burlington VT	20:17	
9 Chris Lash	Colchester VT	21:33	
10 Gabe Nicasio	Essex Jct VT	21:44	
11 Scott Lehman	Lexington MA	22:09	
12 Calvin Sanderson	So Hero VT	22:24	
13 Christopher Juarre	Grand Isle VT	22:27	
14 Jeremy Begnoche	Essex Jct VT	23:19	
15 Jack LeClerc	Colchester VT	23:26	
16 Nate Hodge	Colchester VT	23:28	
17 Taylor Baker	So Hero VT	25:30	
18 Zach Abell	Concord NC	25:56	
19 Kyle Boomhower	Westford VT	28:21	
<b>Men 20-29</b>			
1 Teague O'Connor	Burlington VT	15:55	
2 John Ostler	Morrisville VT	16:17	

3	Andrew Fritz	Winooski VT	16:36
4	Turner Zamore	Minneapolis MN	18:43
5	Dang Khoc	Burlington VT	19:21
6	Ben Butterfield	Burlington VT	19:27
7	Jeff Goodwin	Essex Jct VT	19:28
8	David Shenk	So Burlington VT	19:29
9	Ethan Hodgson	So Hero VT	19:33
10	Jason Fowler	So Hero VT	20:37
11	Corey Hedman	Colchester VT	21:02
12	Bo McDougall	Quechee VT	21:12
13	Geoffrey Bennett	Burlington VT	21:25
14	Adi Habbu	Chicago IL	21:45
15	Eric Zamore	So Hero VT	22:22
16	Keese Lane	Westford VT	22:26
17	Josh Robert	Hillsboro NH	22:55
18	Adam Sharrow	So Hero VT	23:41
19	Will Meaker	So Burlington VT	23:46
20	Kevin Sharrow	So Hero VT	23:57
21	Justin Reed	Niwot CO	24:32
22	Halard McGuire	So Burlington VT	24:46
23	Nick Lane	So Hero VT	26:11
24	Evan Robinson	So Hero VT	26:11
25	Patrick Clarke	Ridgeland NC	27:26
26	Aaron Milton	Williston VT	27:43
27	Wes Tank-Day	Fairfax VT	28:29
28	Jason Gonzalez	Essex Jct VT	32:43
29	Chris Provost	Essex Jct VT	32:43
Men 30-39			
1	Derek Poirier	So Burlington VT	18:11
2	Todd Archambault	Essex Jct VT	18:15
3	Rob McDougall	So Burlington VT	18:40
4	Derek Martius	Essex VT	18:55
5	Terrance Collins	So Hero VT	19:03
6	Thomm Buttolph	Colchester VT	19:29
7	Greg Bergeron	Milton VT	19:55
8	Steve Eustis	Essex Jct VT	19:56
9	Lenny Wilson	Richford VT	20:17
10	Todd Domachowski	Fairfax VT	20:34
11	PG Huggins	Moores NY	21:10
12	Mike Besette	St Albans VT	21:54
13	Matthew Andrus	Needham Hgts MA	22:04
14	Richard Henderson	Killingworth CT	22:25
15	Matthew Leach	So Burlington VT	22:46
16	Michael Zemianek	St Albans VT	23:22
17	Robert Baran	Indiana PA	23:25
18	Chris Thompson	Essex Jct VT	24:33
19	Greg Alling	Essex Jct VT	25:50
20	William Rose	Thornton NH	26:28
21	Kris Abell	Sunderland MA	26:39
22	Jack Cary	Colchester VT	27:44
23	James Corbin	Fairfax VT	29:17
24	Matthew McLaughlin	So Hero VT	30:47
Men 40-49			
1	Joshua Rayman	Burlington VT	16:57
2	Michael Early	Huntington VT	17:31
3	Sam Davis	Colchester VT	17:40
4	Kristian Omland	Jericho VT	18:43
5	Maurice Brown	Essex Jct VT	18:52
6	Bob Ayers	Colchester VT	19:06
7	Bob Burbank	Williston VT	19:09
8	Jeff Royer	So Burlington VT	19:35
9	Michael Chase	No Hero VT	19:56
10	Gary Kessler	Waitsfield VT	19:58
11	Jim Santora	New Canaan CT	20:08
12	Karl Geksmann	Essex Jct VT	20:15
13	Scott Nichols	Essex VT	20:42
14	Dan Greenleaf	Waterbury Ctr VT	20:55
15	Andrew Raubvogel	Burlington VT	20:56
16	Joe Pierson	Canton NY	21:07
17	Mark Hitchcox	Milton VT	21:16
18	Tom Cardinal	Essex Jct VT	21:23
19	Shawn Skafestad	Williston VT	21:39
20	Phil Bolen	So Burlington VT	22:10
21	Richard Whitehead	Sharon VT	22:40
22	Barry Metayer	Milton VT	22:40
23	Chad Pidgeon	So Hero VT	22:52
24	Gerard Bouffard	Colchester VT	23:32
25	John Lacroix	Williston VT	24:10
26	David Lane	So Hero VT	24:15



## VERMONT SUN SPRINT

### TRIATHLON #2

July 12, 2009

Bransbury State Park,  
Salisbury, Vermont

### SWIM 600 YARDS, BIKE 14 MILES, RUN 3.1 MILES.

#### Top 5 Overall Men

1	Kevin Bouchard-Hall	Shelburne VT	1:00:46
2	John Spinney	Waterbury VT	1:01:29
3	John Schumann	W Hartford CT	1:01:40
4	Justin Ryea	Burlington VT	1:02:05
5	Lucas Moore	Wolcott VT	1:02:25

#### Top 5 Overall Women

1	Amy Miner	So Burlington VT	1:12:55
2	Jessica Gerhart	Wolcott VT	1:13:58
3	Brooke Jette	Middlebury VT	1:14:24
4	Erin Galt	Redding CT	1:15:28
5	Kristina Stoney	Hinesburg VT	1:16:29

#### Men 14-19

1	Ryan Koss	Kula HI	1:15:10
2	Johannes Suppan	Burlington VT	1:23:39
3	Rainer Kenney	Brandon VT	1:25:05
4	Jared Smith	Granville NY	1:28:55

#### Men 20-24

1	Noah Brautigam	Richmond VT	1:07:28
2	Nicholas Pasco	Lake Luzerne NY	1:11:04
3	Corey Robinson	Brandon VT	1:18:12
4	Gregory Britton	Vergennes VT	1:19:03
5	Andre Bolduc	St Albans VT	1:23:11
6	Kurban Sitterley	Mooreville NC	1:31:46

#### Men 25-29

1	Gered Dunne	White River Jct VT	1:03:01
2	Robert Rosati	E Middlebury VT	1:13:43
3	Enrico Quilico	Montreal QC	1:21:05
4	Eric Lynch	So Burlington VT	1:24:53
5	Victor Dima	E Stanbridge QC	1:25:44
6	Matthew Rauer	So Burlington VT	1:35:20
7	Kevin Nolan	Philadelphia PA	1:35:33

#### Men 30-34

1	Chris Coffey	New Haven VT	1:03:38
2	Jason Baer	Burlington VT	1:04:02
3	Cory Coffey	Vergennes VT	1:05:13
4	JP Gowdy	Boston MA	1:11:00
5	Ryan Canales	Rutland VT	1:13:45
6	Brandon Little	White River Jct. VT	1:14:00
7	Thomas Ebert	No Haverhill NH	1:14:22
8	Matt Bergeron	So Burlington VT	1:17:37
9	Matthew Burleigh	Shelburne VT	1:19:44
10	Patrick McCarthy	Framingham MA	1:23:13
11	Tyler Weideman	Rutland VT	1:25:13
12	Nathan Gilbert	Somerville MA	1:27:22
13	Matt Joska	Shelburne VT	1:31:29

#### Men 35-39

1	John Dunbar	Putney VT	1:06:32
2	Steven Urish	Burlington VT	1:08:14

3	Adam Osekoski	Huntington VT	1:08:24
4	Tim Leclair	Jericho VT	1:09:19
5	Terrance Collins	So Hero VT	1:09:23
6	Jeff Wood	No Ferrisburgh VT	1:09:57
7	Jason Stevens	Barre VT	1:13:38
8	Tim Cornell	Burlington VT	1:13:53
9	Jason Gardner	Glens Falls NY	1:16:29
10	Kirk Daniels	Moultonboro NH	1:18:50
11	Steven Soba	Goffstown NH	1:28:02
12	David Audette	Northfield Falls VT	1:28:42
13	Michael Dabbs	Winooski VT	1:29:05
14	Jason Jerome	Hackettstown NJ	1:30:45
15	Justin Bousquet	Marion MA	1:31:56
16	Kevin Petrochico	Barre VT	1:34:45

#### Men 40-44

1	David Connery	Shelburne VT	1:03:58
2	Jared Katz	Richmond VT	1:09:18
3	Duncan MacDonald	So Burlington VT	1:11:16
4	Ronald Richards	Corinth NY	1:12:09
5	Tim Payne	Bennington VT	1:14:48
6	Richard Racanelli	Melville NY	1:16:54
7	Tom McElhenry	Mason OH	1:18:46
8	Steve Redmond	Hinesburg VT	1:20:04
9	Devon Fuller	Brandon VT	1:22:50
10	Thomas Lusignan	Pittsfield MA	1:24:21
11	Francois Aube	Markham ON	1:25:53
12	Neil Nigro	Elmore VT	1:37:46
13	Patrick Brilliant	Greenville NC	1:46:02

#### Men 45-49

1	Andreas Nolte	Jericho VT	1:05:51
2	Stephane Roberge	Prevost QC	1:11:06
3	Bobby Hanson	So Glens Falls NY	1:15:14
4	Tom Rigley	Springfield VT	1:18:35
5	Paul Menichelli	Underhill VT	1:25:12
6	Chris Oberhammer	Bethel CT	1:29:02
7	Chris Turley	Montpelier VT	1:34:20
8	Andy Townley	Woodstock VT	1:42:35

#### Men 50-54

1	Mark Mulder	Allendale NJ	1:06:12
2	Steve Hare	Middlebury VT	1:06:58
3	Steven Gibbs	Farmington CT	1:16:56
4	Charlie Tipper	Burlington VT	1:17:23
5	Jim Virgilio	Dalton MA	1:17:35
6	Fred Dieffenback	Bethel VT	1:23:31
7	Wink Faulkner	Spofford NH	1:24:56
8	Tim Gilbert	Lebanon NH	1:26:27
9	Bruce Larson	Lee NH	1:27:45
10	Marc Kutler	So Burlington VT	1:28:23
11	Geoffrey Smith	Granville NY	1:30:33
12	Michael Croke	Hampstead NH	1:34:35
13	Larry Luby	Milton VT	1:34:43
14	Paul Marshall	Warwick RI	1:54:53
15	Thomas Fico	Johnson NY	1:58:56

#### Men 55-59

1	James Orphan	Walpole MA	1:24:29
2	James Weaver	Burlington VT	1:30:11
3	John Hall	Lake George NY	1:34:04

#### Men 60-64

1	Andrew Flake	Vineyard Haven MA	1:17:33
2	Steve Watson	Middlebury VT	1:19:26
3	John Gowdy	Montreal QC	1:36:51

4	Colin Gage	E Stanbridge QC	1:40:43
5	Peter Ferrell	Waterbury Ctr VT	1:45:14
6	Dennis Minoli	Barre VT	1:49:14
7	Kedmun Sitterley	Mooreville NC	1:50:12

#### Men 65-69

1	Hugh Dunseath	Clifton Park NY	1:15:25
---	---------------	-----------------	---------

#### Men 70 & Over

1	Chuck Hornsby	Brattleboro VT	1:49:55
---	---------------	----------------	---------

#### Women 15-19

1	Danika Frisbie	Williston VT	1:18:36
---	----------------	--------------	---------

2	Kaye Sitterley	Mooreville NC	1:18:55
---	----------------	---------------	---------

3	Mary Kanzler	Woodstock VT	1:38:06
---	--------------	--------------	---------

#### Women 20-24

1	Claire Gowdy	Montreal QC	1:18:07
---	--------------	-------------	---------

2	Claire Whelan	Burlington VT	1:20:28
---	---------------	---------------	---------

3	Rachel Carlson	Saratoga Spgs NY	1:23:34
---	----------------	------------------	---------

4	Lesley Schuster	Burlington VT	1:25:10
---	-----------------	---------------	---------

5	Anne Powell	Middlebury VT	1:26:38
---	-------------	---------------	---------

6	Kelsey Calhoun	Jericho VT	1:37:11
---	----------------	------------	---------

#### Women 25-29

1	Eleanor Campbell	Burlington VT	1:17:56
---	------------------	---------------	---------

2	Lisa Dyck	Montreal QC	1:18:29
---	-----------	-------------	---------

3	Debra Vogl	Shelburne VT	1:19:30
---	------------	--------------	---------

4	Emily Halnon	Burlington VT	1:21:13
---	--------------	---------------	---------

5	Leslie Kaufman	Burlington VT	1:22:31
---	----------------	---------------	---------

6	Stephanie Sidelko	Boston MA	1:25:27
---	-------------------	-----------	---------

7	Sarah Pears	Burlington VT	1:29:29
---	-------------	---------------	---------

8	Natalie Deangelo	Somerville MA	1:31:27
---	------------------	---------------	---------

9	Megan Dostal	Williamstown MA	1:32:08
---	--------------	-----------------	---------

10	Tara Donnelly	Warren VA	1:37:26
----	---------------	-----------	---------

11	Emily Garai	Burlington VT	1:38:36
----	-------------	---------------	---------

12	Monica Pless	Wendell MA	1:40:07
----	--------------	------------	---------

13	Jen Schermerhor	Nassau NY	1:41:11
----	-----------------	-----------	---------

14	Erin McCarthy	Framingham MA	1:48:57
----	---------------	---------------	---------

15	Cecily Raynor	Hudson OH	1:57:26
----	---------------	-----------	---------

#### Women 30-34

1	Maggie Liljegen	Hohokus NJ	1:18:50
---	-----------------	------------	---------

2	Jaimie Bernstein	Hartland VT	1:28:48
---	------------------	-------------	---------

3	Debra Perry	Burlington VT	1:29:24
---	-------------	---------------	---------

4	Katherine Wisse	Stowe VT	1:30:14
---	-----------------	----------	---------

5	Carrie Cohen	Schoolcraft MI	1:30:29
---	--------------	----------------	---------

6	Erin Jennings	Williamstown MA	1:32:08
---	---------------	-----------------	---------

7	Katie Weideman	Rutland VT	1:39:44
---	----------------	------------	---------

8	Dawn Arenella	Huntington Stn NY	1:41:24
---	---------------	-------------------	---------

9	Amy Ryan	Salisbury VT	1:53:00
---	----------	--------------	---------

10	Sheryl Lampert	Burlington VT	1:53:01
----	----------------	---------------	---------

#### Women 35-39

1	Jennifer Colman	New York NY	1:17:07
---	-----------------	-------------	---------

2	Leigh Samuels	Williston VT	1:22:01
---	---------------	--------------	---------

3	Doreen Audette	Northfield Falls VT	1:23:38
---	----------------	---------------------	---------

4	Kathleen Ruffie	San Francisco CA	1:24:10
---	-----------------	------------------	---------

5	Rachel Payne	Bennington VT	1:25:15
---	--------------	---------------	---------

6	Christine Kogut	Charlotte VT	1:26:11
---	-----------------	--------------	---------

7	Tanya Benosky	Shelburne VT	1:29:12
---	---------------	--------------	---------

8	Dawn Adams	Rutland VT	1:30:29
---	------------	------------	---------

9	Chris Macpherson	Glens Falls NY	1:31:34
---	------------------	----------------	---------

10	Jeannine Hannum	Brewster NY	1:31:49
----	-----------------	-------------	---------

11	Jessica Redmond	Hinesburg VT	1:33:02
----	-----------------	--------------	---------

12	Deonne Myrick	Randolph VT	1:34:26
----	---------------	-------------	---------

13	Kim Kokernak	Chester NH	1:35:52
----	--------------	------------	---------

14	Stacey Werner	Waitsfield VT	1:47:14
----	---------------	---------------	---------

15	Melissa Harter	Hinesburg VT	1:47:14
16	Janette Schue	Niskayuna NY	1:49:01
17	Sarah Crosier	No Bennington VT	2:00:56
18	Anna Strong	Washington VT	2:12:40
19	Shannon Stevens	Barre VT	2:29:13

#### Women 40-44

1	Margaret Campbell	Bennington VT	1:21:47
---	-------------------	---------------	---------

2	Marie-Claude Gagne	St-Bruno QC	1:22:01
---	--------------------	-------------	---------

3	Patricia Kitch	Lancaster PA	1:25:58
---	----------------	--------------	---------

4	Heidi Higgins-Cutler	Waterbury VT	1:27:24
---	----------------------	--------------	---------

5	Jessica Cover	Richmond VT	1:27:39
---	---------------	-------------	---------

6	Jen Minotti	Woodstock VT	1:28:14
---	-------------	--------------	---------

7	Shannon Fox	Glens Falls NY	1:29:07
---	-------------	----------------	---------

8	Joyce Stevens	Pittsfield VT	1:30:34
---	---------------	---------------	---------

9	Heidi Smith	So Burlington VT	1:31:16
---	-------------	------------------	---------

10	Sarah Rasmussen	Killington VT	1:31:29
----	-----------------	---------------	---------

11	Jackie McLaughlin	W Hartford CT	1:31:34
----	-------------------	---------------	---------

12	K McElhenry	Mason OH	1:32:06
----	-------------	----------	---------

13	Erika De Papp	Dedham MA	1:40:12
----	---------------	-----------	---------

14	Michele Blakeslee	Bethesda MD	1:41:31
----	-------------------	-------------	---------

15	Jodie Dubuque	So Burlington VT	1:41:55
----	---------------	------------------	---------

16	Dara Torre	Moretown VT	1:42:39
----	------------	-------------	---------

17	Karen Townley	Woodstock VT	1:45:36
----	---------------	--------------	---------

18	Karen Titus	Hamburg NJ	1:47:52
----	-------------	------------	---------

19	Lisa Hoff	Bristol VT	2:03:32
----	-----------	------------	---------

#### Women 45-49

1	Karen Newman	Old Greenwich CT	1:21:56
---	--------------	------------------	---------

2	Kerstin Stoeckel	Enfield NH	1:22:21
---	------------------	------------	---------

3	Maria Woolson	Waitsfield VT	1:27:55
---	---------------	---------------	---------

4	Patty McGrath	Manchester Ctr VT	1:31:00
---	---------------	-------------------	---------

5	Stacey Duff	Wolcott VT	1:31:49
---	-------------	------------	---------

6	Barbara Donaldson	Toronto ON	1:32:31
---	-------------------	------------	---------

7	Mary McCormack	E Greenbush NY	1:36:19
---	----------------	----------------	---------

8	Laura Johnson	Pittsfield VT	1:41:23
---	---------------	---------------	---------

9	Lisa Kelly	Simsbury CT	1:48:10
---	------------	-------------	---------

10	Betsy Hedley	Middlebury VT	1:56:14
----	--------------	---------------	---------


</



# VERMONT SPORTS

## BIKE SHOP DIRECTORY

**BATTENKILL**  
**SPORTS**  
**Bicycle Shop**  
Trek • Specialized  
Cannondale  
All bikes fitted to you.



Full selection of clothing.  
Women's section.  
Rental: great back roads.  
Road Ride Thursdays 6 pm.  
Beginner Rides Fridays 6 pm.  
Open 9:30 to 5:30 everyday.  
Intersection Rt 3 and Rt 3b  
1240 Depot Street.  
802-363-2734 800-348-2734  
www.BattenkillSports.com  
Manchester, Vermont

**GREEN MOUNTAIN BIKES**  
**Rochester, VT.**

WE  
FIX  
BIKES



WE  
SELL  
BIKES

Raleigh Kona Jamis  
Iron Horse Transition  
Santa Cruz Dahon

767-4464/800-767-7882  
www.greenmountainbikes.com  
email: doon@sever.net

**CLAREMONT**  
**CYCLE**  
**DEPOT**



Quality  
Bicycle  
Specialists

Bikes by Sinister  
Trek • Specialized

**YOUR FOUR SEASONS BIKE SHOP**

12 Plains Road  
Claremont, NH 03743  
toll free 888-331-BIKE  
www.ClaremontCycle.com

**THE BIKE CENTER** 74 Main St, Middlebury VT  
(802) 388-6666  
www.bikecentermid.com



**Expert Sales & Service**  
Mountain — Road — Triathlon  
Cyclocross — Children's — BMX

**TREK** **cannondale** **LYNSKEY**  
PERFORMANCE DESIGNS

**Paradise Sports**  
Windsor, Vermont

Road Bikes • Cyclocross  
Mountain • Hybrid  
Bianchi • Felt  
Kona • Ellsworth  
Expert Sales - Service - Fitting

**Paradise Sports**  
20 State St., Windsor, Vermont  
www.paradisepartsshop.com  
802-674-6742

**ON THE SPOT REPAIRS**



**TREK**  
SAVING THE WORLD ONE BIKE AT A TIME

**Old Town**

**Full Service Cycle Shop for the Enthusiast to the Racer**  
Enjoy miles of Kingdom Trails singletrack  
in the beautiful Northeast Kingdom.  
Maps & Information • www.eastburkesports.com  
Mountain Bike & Canoe Rentals - 7 Days a Week  
Route 114 • East Burke, VT 05832 • (802) 626-3215

**Bikes by Cervélo, Felt, Guru, IF, Serotta  
& others**

**Basic & Comprehensive Bike Fit Options**  
**Individualized Customer Service & Repairs**

**Bikes starting around \$1000**

**Waitsfield, VT** **fitwerx.com**  
**Peabody, MA** **802-496-7570**

## the VERMONT SPORTS Newsletter

is emailed monthly to Vermont Sports' readers interested in monthly updates about upcoming events happening around the state, as well as some articles and tips from the magazine, and an occasional deal or offer from one of our partners.

Our newsletter is mailed between 12 and 14 times per year so you can rest assured you won't be inundated with daily emails from us. You can also unsubscribe at any time.

Finally, we promise not to share your email with anyone.

If you would like to receive our newsletter, simply send us an email at:

newsletter@vtsports.com

and in the Subject line type: **Please Send**

To have an event listed in our events calendar, your event must be posted on our website at [www.vtsports.com](http://www.vtsports.com) and you must register on the site.

From the home page, click on "Events" in the navigation bar and then on the event page, click the red "Add a New Event" button on the right of the page.

Create your username, add your email address, create a password for your account, and confirm your password.

Select: I wish to be an event poster.

Tell us a bit about your organization and the type of events you might post.

Select: I agree with the terms of service. (Click the link to terms of service if you like reading the fine print)

Click the button: Create Account

Once you click the create account button, an email is sent to our office requesting event poster status. After a quick review and usually within 12 hours, event poster status will be confirmed or denied and you will receive an email to that effect.





# AUGUST 22 VT TAX Holiday

Ride off into the sunset on  
the bike of your dreams...  
**TAX FREE!**



20 Langdon Street,  
Montpelier, VT  
www.onionriver.com

**802-229-9409** MUSCLES not motors

## FJG Race To The Top Of VT

Run, Hike or Mountain Bike Up the  
Highest Mountain in Vermont

Sunday, August 30th  
(Limited to 800 participants)



Post Race BBQ, tech shirt,  
and Over \$5,000 in Prizes  
and Awards

(802) 864-5794



[www.CatamountTrail.org](http://www.CatamountTrail.org)

The Automobile



BlueCross BlueShield  
of Vermont

ORSA-KNAPP-KRADING  
ATTORNEYS AT LAW

**SALOMON**

**CONCEPT**

Store  
Today.com



**FJG**

FLEISCHER JACOBS GROUP

**SHIRAZ**

**MAPLEFIELD**



**FJG**

FLEISCHER JACOBS GROUP

**SHIRAZ**

**MAPLEFIELD**

**Redstone**

**SOJOURN**



SpareTime  
Colchester

**SOVERNET**

**Redstone**

**NBT BANK**

**SOJOURN**



SpareTime  
Colchester

**SOVERNET**

**Redstone**

**NBT BANK**

**SOJOURN**



SpareTime  
Colchester

**SOVERNET**

**Redstone**

**NBT BANK**



Follow us on Twitter.com/ClimbHighVT

Check us out on Facebook: Climb High

A local service announcement:  
**This is called the Sun.**

Good thoughts by:



**Climb High**  
Vermont's Outdoor Specialists Since 1972

191 Bank Street • Burlington, VT • 802.865.0900  
ClimbHigh.com • ClimbHighOutlet.com

**enoo**



**hammocks**

[www.eaglesnestoutfittersinc.com](http://www.eaglesnestoutfittersinc.com)



# 24



## Hours of Great Glen

I am Jack's muddy socks. I am crammed into wet, smelly shoes. I have bloody, blistered toes jammed into me. I am stripped off, rolled in a ball and tossed aside. If I'm lucky, I'm hung on a line. But then it starts all over again. I get muddier, and muddier and muddier. No one asks me how I feel about it. Would I rather be relaxing by the pool sipping an umbrella drink? No one ever asks me that. Right now, I'd be happier getting lost in the dryer.

**New in 2009: 12-hour Division! &**

RealTime™  
Scoring

[www.24HoursofGreatGlen.com](http://www.24HoursofGreatGlen.com)



**Great  
Glen Trails**



**VERMONT  
SPORTS**

**DASANI**



**CANNON**  
Naturally

**rsn**

**BikeReg...**

**cannondale**

**ARBONNE**  
pure. safe. beneficial.



**DAKINE**