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**September, 2009
Volume XIX
No. 1**



Cliff Hangers

**Radical Ridgeline
Trail Running**

Gravity and the Bicycle

**Lightning World
Championships**



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September 2009

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On the Cover: Nancy Friedman of Ogunquit, ME, enjoying an early morning row on Waterbury Reservoir.
Photo by Kate Carter, courtesy of Alden Rowing Shells.



**EDITOR
COMMENTARY**
BY
KATE CARTER

ACCIDENTS HAPPEN, SO SHOULD INSURANCE

Given a recent mishap, I now feel qualified to chime in on the current debate over affordable health care insurance. Without thinking and in my haste to welcome summer's late arrival on August 1, I put my hand where everyone knows it shouldn't go when operating a certain gas-powered landscaping tool, which I now call The Amputator. Within moments, both my neighbors were rushing me to the emergency room at Copley Hospital in Morrisville.

Often times, when seeking emergency care, thoughts are dominated by fears of how much it will cost, rather than concerns for the actual injury and potential consequences. Fortunately, however, for the first time in my life, I have a good health insurance policy. Vermont's Catamount Health Care (BC/BS) has been my provider since

February, and I was facing its first test. I give it an "A."

Nurses and doctors tended to me as soon as I arrived at Copley. Once the Phentanol took effect, I could relax enough to converse with the medical staff. It wasn't long before the discussion turned to the ongoing health care "debate." The attending physician was the most emphatic. "Everyone should be able to get free health care," he said. While I knew I was not getting a free ride, I took comfort knowing Catamount would cover 80 percent of my emergency room visit, after my \$250 deductible. My previous policy, with a \$5,000 deductible, would have paid none of it.

Then my visit got more complicated. Since there was not an orthopedic surgeon on call that weekend, my doctor referred me to a surgeon at Central Vermont Hospital. So, with finger bandaged, off I went for

another ER visit. Thirteen stitches and four hours later I was on my way home, feeling fortunate that the injury wasn't worse. My damaged ego was another matter.

While much of the current health care "debate" revolves around employer-sponsored health care plans, that is not my situation. I am self-employed and solely responsible for my monthly premiums. Again, I give Catamount Health Care high marks because their premiums are determined by one's income. My current payment of \$110 per month is 42 percent less than what I previously paid, even with a \$5,000 deductible. While I fully appreciate Vermont's health insurance program, the transition was not without risk. I had to be uninsured for one year in order to qualify. Can you imagine where I'd be if my injury had occurred a year ago? I'll tell you where—Craig's list,

selling my road bike, my mountain bike, my canoe, and my skis in order to pay my bills.

Accidents like mine happen every day. I know this because when I went in for my follow-up visit, my doctor couldn't immediately remember if I was the chainsaw, car door, lawn mower, leaf mulcher, or hedge trimmer accident, all of which he had seen in the last week. For me and other healthy people, health care is about more than life-threatening illnesses or chronic conditions. It's a part of every day life, which is why insurance needs to be affordable for everyone, no matter what system we have.

None of us knows what lies ahead, yet we all want to be capable of facing emergencies that are as unexpected and dramatic as our "summer" weather. ▢

—Kate Carter



**OUT &
ABOUT**
BY
JOHN MORTON

UNSTRUCTURED PLAY

Sometimes, usually in the spur of the moment, if Mark Breen is forecasting a "scorcher," my wife and I make the three-hour pilgrimage to a beach on the coast of Maine. Recently, as we walked on the fine sand, the surf surging over our ankles, I noticed families enjoying the idyllic, summer day. Many of the adults were sitting in beach chairs reading or chatting, while the kids concentrated on sand castles, some with elaborate turrets and moats. Other children were simply digging holes or inscribing intricate patterns in the sand with sticks. They seemed totally engrossed in their projects, breaking only to race into the surf to wash off or to retrieve a bucket of water to re-supply a moat.

As I observed variations of the same scene repeated dozens of times along the beach, what struck me was that the children all appeared completely engaged in what they were doing, with virtually no adult supervision. It reminded me of my childhood, and I recognized that some of my fondest memories are of unsupervised play.

I spent most of my childhood in

the 1950s, the oldest of three kids, growing up in rural New Hampshire. Our dad worked hard nurturing a business he had started after returning from military service in WWII. Our mom was a busy homemaker in the era before pre-school, play dates, ballet lessons, and soccer camps.

Aside from *Howdy Doody* and some Saturday morning cartoons, there wasn't anything interesting on our small black and white TV, so the command we were accustomed to from our mom was, "It's a nice day, you kids go play outside."

For me, that usually meant building tree forts, playing army, or playing cowboys and Indians. Since my dad was often building something, a shed for the sheep or cottages near the ocean in Maine, there was often scrap lumber available. The understanding was that I could help myself to any scrap boards and straighten any bent nails I could find, but occasionally the lure of a beautiful, straight, eight-foot two-by-four or a fistful of brand new galvanized spikes became too much to resist. To his credit, I don't recall my dad ever punishing me for pilfering

building supplies, but I do remember his surprise at the expansiveness of one of my tree forts.

Playing army usually involved digging foxholes in tree lines then waiting patiently, sometimes for hours, for the resident Holsteins (which represented enemy tanks) to graze their way into our ambush. Usually when we opened fire, with sticks for machine guns, the cows would bolt to the far side of the pasture in surprise, but occasionally, a frisky young bull might snort and approach our foxhole in curiosity, which added some real adrenaline to our make believe. Not surprisingly, my four-year hitch as an infantry officer in the early 1970s was nothing like what I imagined when I was 10.

Cowboys and Indians was another favorite. Roy Rogers, Gene Autry, and The Lone Ranger might have been TV heroes and role models, but Tonto was much more interesting and mysterious. My cousin and I spent two weeks running around the beach in loincloths fashioned from kitchen towels after we discovered a couple of dead herring gulls, which provided the feathers for what we thought were magnificent headdresses. Our

fantasy was further enhanced when the town road crew cut several large pines and burned the brush. When the workers left at the end of the day, we coaxed the glowing embers back into a campfire which we secretly kept alive for almost a week.

I recognize that now it's a different world in many ways, and that much of the unstructured play I took for granted as a kid would not be considered safe today. When I compare my mental image of parental involvement in organized sports like Little League baseball or youth soccer, with the endless hours I spent exploring the pastures and forests around my childhood home, I feel sad for today's kids. Building sand castles at the beach or snooping around the overgrown lot down the road might not be as cool as playing video games, zoning out on your I-Pod, or watching MTV, but I'm afraid today's kids are missing out on something really important that they only discover playing outdoors on their own. ▢

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.



IMSUPERB.COM ANNOUNCES LAUNCH



Imsuperb.com staff (left to right): Nutritionist Dan Lynch of Burlington, VT; chiropractor Shane Lynch of Montpelier, VT; personal trainer and owner Nick Lynch of Middlebury, VT.


Burlington, Middlebury, Montpelier—Nick Lynch of Middlebury, VT, has launched Imsuperb.com Health & Fitness, a web site service that helps members make healthy diet and exercise choices, and is a source for information about progressive health options, such as chiropractic, exercise, and nutrition. Lynch's goal is for members to avoid unnecessary medical costs, such as insurance deductibles, co-pays, and needless doctor visits. This all translates to better health, less time missed at work, and increased financial savings. The web site is easily accessible to anyone at a reasonable price.

Lynch is certified as a specialist in sports conditioning and is also a certified personal trainer. He has worked with all types of people for over six years in the health and fitness industry. Beginning in September, he will have an office at Vermont Sun Sports & Fitness in Middlebury, where he will meet with clients who wish to increase their levels of health, or are new to exercise and wish to make a change in their lives.

Dan Lynch of Burlington, VT, brother of Nick, is the web site nutritionist and is currently working at his Masters of Nutrition at the University of Vermont. On the web site, Dan focuses on longevity, energy, fat loss, muscle-gain-promoting foods, tasty recipes based on a more traditional diet. A third brother, Dr.

Shane Lynch, practices in Montpelier, VT, with Dr. James Lynch (father) at Lynch Family Chiropractic on Elm Street. Dr. Shane Lynch's web site role is to inform members about proper foods, sleep, and postures, and he offers tips for optimal performance throughout the day.

The web site has features such as a live chat room, where you can speak with a chiropractor, nutritionist, or trainer every day of the week; a personal notebook where you track all your progress, goals, meals, and anything else that may cross your mind; and personalized exercise routines, based on your current level of fitness. The routines are professionally shot by a cinematographer, with voice, picture, and text descriptions. All routines are for in the gym, home, on the road, outside, inside, or wherever you can squeeze in a workout.

To take part in Imsuperb.com, you must answer eight questions. Upon completing the questionnaire you are placed in your current level of fitness. News updates happen weekly, with recipes, posture tips, anti-inflammatory foods, food combinations, and overall lifestyle suggestions. One or more of the trainers, chiropractors, and nutritionist will be on the web site everyday of the week to make sure your health progresses and your questions are answered. Check it all out at www.imsuperb.com. 

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BEYOND THE MARATHON

The marathon, 26.2 miles, is steeped in history and lore, stemming from its Greek origins. The Greek soldier, Pheidippides, ran from the battlefield near Marathon to Athens, announcing the defeat of the marauding Persian armies in 490BC. Pheidippides collapsed and died after his announcement and historic run.

In 1896, the legend of the warrior was revived with the first Olympic Games held in Greece. The distance in this first Olympic Marathon from Marathon Bridge to the Olympic stadium was 24.8 miles. One of the runners in this first event was an American from Boston, Arthur Blake, who dropped out, exhausted, at 14.5 miles, because he had competed just days before the marathon in a 1500-meter race, taking second place. He was, however, inspired, and brought the idea of the marathon to the Boston Athletic Association.

The very next year, on April 19, 1897, the Boston Marathon was born to commemorate the ride of Paul Revere. The distance was once again altered by about 250 meters. It was not until the 1908 Olympics that the standard marathon distance of 26.2 miles was cast in concrete and history, when the distance was again changed to



accommodate a finish at the royal box of King Edward VII.

In the early 1920s, Harvard Fatigue Laboratory began research on human fitness, which has continued to

this day on the runner. The 26.2-mile distance has become synonymous with fitness and attracts millions of people worldwide to train for the marathon.

THE ULTRAMARATHON

Any distance greater than the standard 26.2-mile marathon is considered an ultramarathon. The history of the "ultra" is not as clearly defined as the marathon. In 1867, Ed Payson walked from Portland, ME, to Chicago, IL, in 25 days, and this may have been the beginning of ultra distance races, because later, another noted pedestrian, Dan O'Leary, challenged Payson to a series of distance events taking place over six days. The father of ultramarathons, however, is considered to be Ted Corbitt, who popularized the London to Brighton ultramarathon. As the running and fitness craze swept over the land in the 1970s and '80s so did ultra running. How far could the human body be pushed? Races begun to pop up all over the world, and the sport of ultra running was truly born.

ENTER THE VERMONT 100

This race was conceived 21 years ago and remains the only event in North America that includes an endurance horse ride as well. The Vermont 100 is part of what the ultra running world calls the Grand Slam. Competitors in

the Grand Slam must complete four 100-mile races in the United States within a 16-week period. The races are California's Western States 100 in June, the Vermont 100 in July, Colorado's Leadville Trail 100 in August, and Utah's Wasatch Front 100 in September. Race competitors must complete each event in less than 30 hours to receive the coveted medals. Training is tedious, time consuming, and difficult. Athletes risk overuse injury anytime. Typically, the ultra runner will cover 80 to 100 miles per week of running year round. This distance is not all that different than how the elite marathoner may train, but the ultra runner will move at a slower pace, and this alone will put less stress on the muscular-skeletal system.

HEALTH

The non-running community logically asks, "Is all this running and associated body stress healthy?" Statistics in the United States alone demonstrate that there are over one million arthroscopic knee surgeries performed annually. The number of runners included in this number is negligible. Most knee injuries are indeed caused from overuse, but usually in the non-fit, overweight population. From Harvard Fatigue Laboratory to today's sophisticated Cooper Institute in Phoenix, AZ, studies and records have aptly demonstrated that runners are among the most fit people in the nation.

RACE DAY MEDICAL NEEDS

This year, the Vermont 100 had 235 runners scheduled to cover either 100 miles or 100 kilometers. Everyone started the weekend with a weigh-in and medical check. The race began at 4:00 a.m. Saturday morning and the athletes were all hoping to finish in under 30 hours. The Gifford Medical Center of Randolph, VT, manned three medical tents with volunteer doctors, nurses, OR techs, and equipment. Each runner had to stop for a brief exam and weigh-in at 42 miles, 70 miles, and 90 miles, where medical care was available. The Gifford Medical team attended to athletes more than 300 times, with care for blisters, tendonitis, hypothermia, urinary retention, and fatigue. This detail to attention and care assured that the ultra runners completed their race safely and in good health. ▢

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From left, physical therapist assistant Steven Mann, medical secretary Nina Phelps, physical therapist Kim Likosky, medical secretary Crystal Jones and physical therapist Troy Stratton. (Not pictured: physical therapist Amy Chiriatti)

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

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RETAIL JUNKIE SUPERSTAR

BY
RYAN JAMES LECLERC



One of the hardest things about my job is, and will always be, the re-entry into the workplace after a vacation. It's like waking up from a beautiful dream by falling out of the top tier of a bunk bed onto a cement floor. Eventually, the pain goes away—or just simply blends in—and you settle back into your routine, and life in the real world rolls along at a steady 55 miles per hour.

My most recent vacation was our honeymoon, and armed with that as justification, I got away with taking three weeks off in the height of summer without getting fired. It also rationalized having spent outrageous amounts of money on things like an \$11 pint of beer at the airport and \$427 for 300 euros at an ATM in France. Upon realizing the rotten exchange rate, my heart sunk all the way down to my queasy stomach, but after a few transactions, I was able to sweep the shock of the dreadful Dollar-to-euro conversion under a rug woven out of apathy and honeymoon bliss. Not until I got back did the shock re-emerge, covered with dust bunnies and sharp teeth.

You can always buy a new car, or a house, or huge tracts of land, but you only get one shot at an extravagant honeymoon. Ten years from now, when we pay off the last of the credit card debt incurred from our trip, will we regret having taken it? I'll let you know. But until then, I will stand by my assertion that we most definitely will not. Let me tell you a bit about our honeymoon, and perhaps you can decide.

Our first destination was Ile de Porquerolles,

a Paradise-Island-kind-of-an-island located in the Mediterranean, 12 miles off the southern tip of Hyeres, France. I owe a world of thanks to the couple who came into the shop and told me about the place years ago. Back then, I was going on my first European trip, and they insisted I go there, but I never made it. This trip however, I did, and, after 24 hours of traveling on two planes, three buses, one train, and one ferry, we arrived. The place was as amazing as they had described: seven miles long and three miles wide of nature preserve, vineyards, glorious beaches, mountains and cliffs, all caressed by a gentle breeze and the constant pulse of cicadas, which from sunrise to sunset relentlessly chirp with the rhythm of a freight train carrying a cargo of zippers and baby rattles.

For five days, we would rent bikes and cruise the canopied dirt roads around the island, eventually settling down at one of the beaches, where we would break out a bottle of wine, bread, cheese, and of course, olives. Our favorite beach, La Plage Blanche, had umbrellas, comfy beach chairs, and towels available exclusively to the guests of Hotel de Langoustier. We were staying in Hotel les Medes on the opposite side of the island, but if anyone from Hotel de Langoustier ever asks, please say that we are indeed the Boulet couple from room 450, and that we really appreciated the amenities.

The next stop was Marseille and the start of stage three of the Tour de France. The thousands of people that lined the street near the start line were

held back by four-foot-high barriers that were as easy to step over as mounting a horse on a carousel. Once inside the VIP area, we made our way to the Astana team bus to catch a glimpse of Lance Armstrong. We waited outside the bus for 45 minutes, and finally, after almost being run over by team cars and crushed by the fan/media circus, the bus door opened. The anticipation of seeing our hero was at its zenith, and there, in the flesh, in living color, only an arm's reach away, with the reflection of camera flashes lighting up his face, was none other than Ben Stiller. The guy we were really waiting to see came out last, and as he was making his way to the start line, I managed to pat him on the shoulder. The debate continues as to whether my shoulder pat was the good luck he needed to hold onto third place, or the bad luck he didn't need to lose his first tour in eight attempts.

After Marseille, we traveled to Arles and finally Nice, which were both very amazing and very French. On our way back home, we swung by Ireland for four days. The verdant countryside, the English language, the delicious Guinness, the cool, overcast weather, and an abundance of ATMs capped off the best honeymoon ever. Who needs a house anyway? ☞

Ryan James Leclerc used to be single and used to work on the sales floor of Onion River Sports. He is now married and works in the office of Onion River Sports. The creative license he procured in a back alley allows him to occasionally narrate from the past as though it were the present.

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



Pictured from left to right

David Edson, PT

Sports medicine physical therapist
Golfers, basketball player,
volleyball player

Paul Hecht, MD

Foot and ankle specialist
Cyclist

Charles Carr, MD

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

Doug Kleinman, PA

Sports medicine physician assistant
Telemark skier, cyclist, soccer 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, runner

John-Erik Bell, MD

Shoulder and elbow specialist
Cyclist, skier, runner

Michael Sparks, MD

Knee specialist
Runner, climber, cyclist, skier

Kirsten Gleeson, PT

Sports medicine physical therapist
Cross-country skier, runner, cyclist

Team members not pictured:

Pete Peterson, PA and Steve Vincente, PT

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Radical Ridgeline Trail Running

TEXT AND PHOTOS BY
BRIAN MOHR AND EMILY JOHNSON

Trail running in Vermont is like dancing through a scenic minefield of roots, rocks, puddles, and fallen trees. It forces you to leap, twist, and scurry in order to keep a smooth line and stay on the ever-winding trail. It's at once exhilarating and peaceful, and some trails require a level of focus that leaves no room for dwelling on anything in life but the 20 feet of trail before you.

Although just about any part of Vermont could be considered super-scenic trail running terrain, the high peaks and ridgelines that connect them are arguably the most scenic of all Vermont's landscape, and they offer some of the most challenging and inspiring trail running around.

Ridgelines running is obviously a sport for the super fit and super savvy backcountry adventurer, but even if you're just getting started in trail running, you could tackle one of the routes described on the following page and alternate between running and hiking. And if running is simply not your thing, but hiking is, then you're bound to enjoy these ridgeline routes.

Before setting out, please refer to a good topo map and guide book. Be sure to bring along food, water, an extra layer of clothing, a first aid kit, and a headlamp. Most important, let someone know where you're going and when you expect to return. Then go have fun and enjoy the day in Vermont's highest places.

BREADLOAF WILDERNESS TRAVERSE

17 miles, *very challenging*

Start: Middlebury Gap

Finish: Lincoln Gap

Route: Long Trail, northbound

Net Elevation Gain: Approx. 2,000 feet

Tip: Stop at *Michael's Good-to-Go* in Waitsfield for pre- or post-run refueling.

Traversing Vermont's 35,000-acre Breadloaf Wilderness Area makes this route a Green Mountain gem. Although there is no above-treeline terrain, the windows to the surrounding Green Mountains, the Champlain Valley, and the distant Adirondacks are numerous and memorable. Factor in the mileage, a net elevation gain of approximately 2,000 feet, and the abundance of slippery rocks, roots, and puddles, and this route is arguably as challenging as a full-blown marathon. But lose yourself in ballrooms of birch trees, glowing fern grottos, and spruce tunnels, and before long, you'll likely be thinking one of two things: "Okay, that's enough. I'll walk from here," or "I sure hope *Michael's Good-to-Go* is open tonight!"

GLASTENBURY MOUNTAIN LOOP

22+ miles, *very challenging*

Start/Finish: East of Bennington, Long Trail trailhead parking area on Route 9

Route: Long Trail north to Glazenbury Mountain; West Ridge Trail west/south to Bald Mountain; Down Bald Mountain Trail and back to the trailhead on Route 9

Net Elevation Gain: Approx. 2,000 feet

Tip: Fire tower views from Glazenbury Mountain

Warning: Several disappearances and a handful of Bigfoot sightings have occurred near Glazenbury Mountain over the years. Proceed with caution.

Despite its reputation for being haunted, the Glazenbury Mountain area is a runner's delight. This loop features miles and miles of elevated ridgeline terrain, and although much of it lies under the canopy of the forest, the Glazenbury Mountain fire tower, the summit of Bald Mountain, and numerous windows along the Long Trail and West Ridge Trail offer super scenic views. After starting with a long and steady climb along the Long Trail

from Route 9, the trail rolls consistently in its approach to Glazenbury Mountain, but also along the entirety of the West Ridge Trail until you reach the summit of Bald Mountain. From there, it's all downhill, except for a couple of easy miles out the bottom of the Bald Mountain Trail and along Route 9 back up to the Long Trail parking area.

MOUNT MANSFIELD SUNSET LOOP

10 miles, *moderately challenging*

Start/Finish: Underhill State Park parking area (fee)

Route: Up Sunset Ridge Trail; south on the Long Trail; Down Maple Ridge Trail; CCC Road back to the State Park

Net Elevation Gain: Approx. 3,000 feet

Tip: This run is exposed and subject to changes in weather. Pack a hat, gloves, and water-proof shell.

This ridgeline trail run is a Vermont classic, and a must-do sunset run, because the views from Mansfield's Sunset Ridge, the ridgeline between the Chin and the Forehead, and the upper Maple Ridge are stunning. There is no other trail loop in Vermont that keeps you in the views more than this one, so give yourself some extra time to stop every once in a while to soak up the view. Also, the trail sections along Sunset Ridge and Maple Ridge are extra rocky, so be prepared to shift into hiking/scrambling mode.

SPRUCE MOUNTAIN FIRE TOWER

4 miles, *challenging*

Start/Finish: Spruce Mountain Trailhead, Plainfield

Route: Up to Spruce Mountain fire tower and back

Net Elevation Gain: Approx. 1,300 feet

Tip: Consider approaching this trailhead via bicycle from Plainfield.

This is another classic trail run if you're looking for something short and sweet as well as scenic. The trail winds and climbs rather gently through primarily hardwood forests as it ascends the southern side of Spruce Mountain. Closer to the summit, the hardwoods give way to conifers, and a fresh breeze often blows in from the south. From the fire tower, the views are outstanding, with the White Mountains to the east, the nearby Groton Mountains,

Northfield, and Worcester Ranges to the west, and of course, the Green Mountain Divide, also to the west.

Brian Mohr and Emily Johnson ran only one mile on pavement last year. They can be reached through their website, www.EmberPhoto.com.



TRAIL RUNNING SHOES

The most important aspect to any athletic shoes is that they fit you and your anatomical needs. Although any well-fitting running shoes with adequate traction could work well for any of these runs, here are shoes designed specifically for trail running that we've tested and can recommend for their traction, support, protection, and durability.

9.81 Escape

Brooks Cascadia 4

La Sportiva Wildcat

Montrail Mountain Masochist

Patagonia Release

Salomon Wings GTX

Saucony Progrid Guide TR

Scarpa Raptor

TRAIL RUNNING PACKS

You will need a small, lightweight fanny back or daypack to carry your food, water, and emergency gear. We recommend Go-Lite's series of No-Bounce Bottle Packs.

—BM & EJ



**TRAIL
HEADS**
BY
JOHN ATKINSON

GRAVITY AND THE BICYCLE

Somebody asked me recently, "This downhill, it's not real biking, is it?" No, it's not real, just like lift-served skiing isn't real skiing. Make sure to tell Bode.

Even if you're a dyed-in-the-lycra roadie or a goat-climbing cross-country rider who shuns lifts on principal, hopefully you can admit that downhill, free-riding, pump tracks, and jumps have a universal dirty attraction by being a little scary and decadent. Right? You know it is fun, but can you handle it and still respect yourself in the morning, too?

Of course, you can. And you should.

There is simply no better way to improve dexterity and balancing skills than lots of vertical on dirt. This doesn't mean that you have jump off a 10-foot drop on your first ride, or ever for that matter. Even the easy trails can be ridden faster to add challenge. Believe it or not, mellower terrain is generally where learning is often best for all abilities.

Many downhills have pedaling potential and learning to spin efficiently on a big travel bike can transfer to big improvements on your more rigid road or cross-country frame. Spinning circles on an energy-soaking suspension makes everything else seem so much easier.

Downhilling also requires constant motion to maintain control, balance,

and direction. Only rarely do you sit on the saddle, mainly at rest stops. Power movements from an active core are key, which require standing up and lots of hip movement. Imagine your confidence on the Appalachian Gap or Burning Spear after several hours of non-stop dirt descents.

Pump tracks and dirt jumps require skills that will enhance acceleration techniques through efficient use of terrain. Instead of getting tossed around by bumps and uneven surfaces, you'll be gaining speed off every little undulation.

Okay, now that you're convinced, how do you have a positive experience your first time? This seems like a good point to talk about protection. Padding and helmets, that is.

Knee/shin, elbow/forearm, and full-face helmets are pretty much expected for downhill. Many freeriders and dirt jumpers often wear normal bike lids, although there is no standard. In my opinion, the more padding, the better, including back, chest and shoulder. You may fall, and the padding absorbs a lot of slides and impacts. Ski areas that have downhill bike programs usually rent pads and helmets. Ride smarter, not harder.

Speaking of rentals, leave that old hardtail with the v-brakes at home. Rent a dh/fr rig and discover a whole new world



Illustration by Shawn Bailey

of riding pleasure. You know the difference shaped fat skis have made? Same thing. The wow factor is skyscraping.

You may have been across the country on your road bike or climbed the greasiest Green Mountain gnarl, however, new downhillers should take a clinic to learn proper skills and techniques. A good coach will save you time and pain, while sharing confidence and knowledge. More fun is more fun.

Vermont is rich with gravity terrain, from lift-served at Mount Snow, Killington, and Sugarbush, to locally built runs in Burke and Hinesburg, to the pump tracks and dirt jumps of Stowe. Make sure to

visit them this summer and be prepared to be a better rider in no time. Don't worry about the decadence; you'll be too busy smiling.

See you at the trailhead! ☑

John is one of the first Whistler Gravity Logic-certified free-ride coaches on the East Coast and works at Sugarbush leading bike clinics and building trails. He also serves on the Mad River Riders and Mad River Path board of directors. He lives in Moretown, but rides all over Vermont. You can reach him at fluff@madriver.com.

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The Peanut Butter Guy
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MUSCLES NOT MOTORS

gear review

BY RYAN JAMES LECLERC

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



CAMELBAK ALL CLEAR UV MICROBIOLOGICAL WATER PURIFIER

Camelbak, the originators of the "hands free" bladder and hose hydration system, have a lot more to offer than just "hands free" bladder and hose hydration systems. They have a dizzying array of packs for just about any outdoor endeavor, all with integrated hands-free bladder and hose hydration systems, of course, as well as a delicious line of energy drinks. A few years back, they took the industry by surprise by proudly introducing a water bottle. Although the bottle wasn't hands free, it was BPA free, and it included an integrated straw outfitted with their popular bite valve. This year they are introducing the All Clear UV Microbiological Water Purifier. Using UV light, the bottle will neutralize 99.99% of the bacteria, protozoa, and other nasties in questionable or clearly impure water. Best of all, unlike filters, the All Clear bottle will also eliminate viruses and unlike tablets, your purified water won't taste mad funky. Simply fill the bottle to a clearly marked .9 liters, turn on the CR123 battery operated UV Light (or upgrade to the rechargeable version), and during the 80-second purification cycle, rotate the bottle about eight times to ensure uniform treatment. The LED screen will tell you when the time is up, show your battery's life, and indicate if the water is, in fact, pure. \$100, \$130 for All Clear Deluxe with rechargeable batteries. www.CamelBak.com.



MOUNTAIN HARDWARE MOUNTAIN KILT

When I contacted Mountain Hardware about highlighting this very unique product, they had one on the way to me before I got off the phone. Rarely do I get samples without asking, so I promised I would rock the kilt on a hike. I didn't, however, promise to rock the kilt in daylight, but the nice folks at Mountain Hardware don't need to know that. Long-haul hikers claim the Mountain Kilt is the ultimate in trail comfort. I'll still be grabbing my shorts more often than not, but I can say that the kilt is definitely super comfy. Made of durable quick-dry fabric, with back pleats for extra mobility, a soft, micro-chamoix-lined waist for comfort under your pack, and plenty of pockets all around, the Mountain Kilt could very well be the new short. As far as being dressed for a night on the town when you've finished your hike, as long as you're carrying a set of bagpipes, you'll be all set. \$50. www.mountainhardware.com.



ADVENTURE MEDICAL KIT ULTRALIGHT & WATERTIGHT.9

You've got your water purifier, and you're wearing your kilt. The only thing you need now for a great hike is an emergency medical kit. You don't want to weigh down your pack too much—after all, that bottle of wine is quite heavy—so I would suggest taking along the Adventure Medical Kit Ultralight & Watertight.9. Armed with this kit, you'll be able to clean and bandage that scraped knee, soothe that blister, kill that headache, tend to that bee sting, or if you're a MacGuyver type (the kit comes with duct tape!), build that satellite phone. All the supplies are contained in two Aloksak waterproof bags that nest inside a featherweight ripstop nylon pouch. Be prepared, have a great hike, and as always, leave no trace. \$35. www.adventuremedicalkits.com. ¶

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Cliff Hangers

TEXT & PHOTOS BY LISA DENSMORE

The cliff was small, maybe 10 feet wide, though it seemed to shrink as I neared the edge. I felt dizzy and terribly heavy, as if gravity pulled harder on me the closer I got to the abyss. I sat down with my feet toward the drop-off, then slowly inched forward. The white-capped waves 500 feet below looked like dotted lines traveling across the deep black water.

This is the view from Pulpit Rock on Mount Pisgah, a tiny perch poking out from the side of a massive cliff that overlooks Lake Willoughby. Typical of many mountains in Vermont, Pisgah's summit is covered with trees that block the view. But not Pulpit Rock. It is precariously perched halfway up the trail and offers the mountain's best views. It drops off sharply and steeply and is not for the faint of heart. Whether you scare yourself by crawling to the edge like I did, or carefully stay back a few feet, this viewpoint is sure to give you a shot of adrenaline.

A cliff might not be a bald summit with a 360-degree view, but it's arguably more satisfying if you are an adventure junky. The adrenaline rush as you near the edge will make you feel free as a falcon or something akin to terror, depending on your tolerance for heights. Vermont has many trails with scary cliffs, and they offer a whole new way to get up high and take in an unobstructed view, often without the ski area clutter and crowds common to the popular mountain tops.

Here's a selection of Vermont's classic cliff hangers:

DEER LEAP

Location: Top of Sherburne Pass between Killington and Pico

Mileage: 2.2 miles round trip

It's an easy climb to this popular lookout that offers a view across Sherburne Pass near Pico Peak. The trail parallels Route 4 at first, then bends away to the north, coming to a junction with the Appalachian Trail near its halfway point between Georgia and Maine. Follow the AT south (though you are heading north briefly), then turn left on the Deer Leap Overlook Trail. After climbing to a wooded ridge, the trail dips sharply and goes downhill over a narrow boardwalk which leads to the lookout.

MOUNT HORRID'S GREAT CLIFF

Location: Goshen

Mileage: 1.4 miles round trip

This is a short stiff climb to a big reward. Mount Horrid's Great Cliffs tower above Route 73, forming the north wall of Brandon Gap. Take the Long Trail north from the top of the gap. The trail soon crosses into the Breadloaf Wilderness, the largest federally designated wilderness area in the Green Mountain National Forest (24,237 acres). The path climbs steeply at times, eventually climbing stone steps. Just beyond the steps, look for the short spur to the cliff on your right.

ELEPHANT'S HEAD CLIFF

Location: Smugglers' Notch

Mileage: 4.8 miles round trip

This hike takes you up the northern side of Smugglers' Notch, opposite Mount Mansfield. Follow the Long Trail



north (formerly Elephant's Head Trail), immediately crossing the West Branch Waterbury River. The trail climbs southward at first, opening up to views of the ski trails on Mount Mansfield. Switchbacks aid the climb up the wall of the notch, then the route turns north on a long traverse. Eventually you come to a spur trail on the left that takes you 0.1 mile to Elephant's Head Cliff. Save this one for a dry day, because the rock slopes downward to the cliff, from which you can see Route 108 snaking through Smugglers' Notch 1,000 feet below, and across the way, the wall of Mount Mansfield at the Notch.

WHITE ROCKS CLIFFS

Location: Wallingford

Mileage: 2.8 miles, round trip
Follow the Keewadin Trail up the hillside above Bully Brook. At the junction with the Appalachian Trail/Long Trail, turn north. The trail narrows and becomes rockier as it climbs, eventually leveling off at the junction with the White Rocks Cliffs Trail. The junction is cluttered with small manmade rock formations. Various hikers have created this cairn art by stacking small rocks to look like mini towers and intriguing shapes. Turn right to reach the cliffs, which drop 1,000 feet to the valley floor. The view is eye-popping, including the Otter Creek Valley, the Taconic Range, and even the Adirondacks in New York.

RATTLESNAKE CLIFFS

Location: Lake Dunmore

Mileage: 3.0 miles round trip
Follow a forest service road past the Falls of Lana, which tumbles into Lake

Dunmore. From the top of the falls, the trail parallels Sucker Brook, climbing gently. The trail crosses the brook on a substantial bridge, then bears right onto the North Branch Trail. Take your next left on the Rattlesnake Cliffs Trail. The route gets steep climbing through a lush temperate forest. A series of wood steps leads to the cliffs where Lake Dunmore spreads out before you, hemmed in by the mountains beyond.

WHEELER MOUNTAIN

Location: Barton

Mileage: 4.6-mile loop

Wheeler has a wooded summit, but the journey there traverses a dramatic cliff. A second cliff, called Eagle Point, is just beyond the summit. Take the Red Trail up, which traverses in and out of the trees across lengths of slab. The trail bends briefly south and climbs a rock spine which becomes a tilted-up cliff walk. A dazzling panorama unfolds as you ascend, revealing Mount Pisgah and Bald Mountain (fire tower) near Lake Willoughby. After re-entering the woods over the summit, the trail comes to Eagle Point, a living-room-sized perch over a 500-foot drop to the farmlands and forest below. Return via the White Trail to make a loop. [7]

Lisa Densmore is the author of Hiking the Green Mountains (FalconGuides, 2009). She can be reached through her web site, www.DensmoreDesigns.com.



Clockwise from opposite left: Mount Horrid's Great Cliffs tower over Route 73; Hikers descend the slab on Wheeler Mountain; Mount Mansfield ski trails seen from Elephant's Head Cliff (photo by Kate Carter); The author on Mount Pisgah's Pulpit Rock.

PEREGRINE FALCONS

Before hiking to one of Vermont's cliff tops, it's worth checking with the Forest Service or the Green Mountain Club to see if peregrine falcons are nesting there. If so, then the cliffs will be closed to hikers. Once an endangered species due to the thinning effect of DDT on their eggshells, peregrines have made a dramatic recovery. Peregrines might be in residence between May and August. If you are lucky, you will see them soaring nearby on a summer thermal.


MORE INFO

Green Mountain Club, 802-244-7037, www.greenmountainclub.org.

For more cliff-top destinations, check out Lisa Densmore's new book *Hiking the Green Mountains* (FalconGuides, 2009), available at bookstores throughout Vermont.




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







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... and more!

It's safe to say that the Lightning World Championship is not particularly well known outside the sailing world, but the regatta is a very big deal within that community. Held every other year, rotating between three continents, the event will be held this September in Malletts Bay.

Sailors are coming from all over the world, with Bill Fastiggi of Winooski the only local in the race. Racers from Florida to Oregon are attending, as well as racers from Brazil, Canada, Chile, Colombia, Ecuador, Finland, Mexico, Nigeria, and Scotland. An open Master's event for sailors ages 55 and older will be held prior to the World Championships. Opening celebrations begin on September 11 and racing begins on September 13. There will be two races a day and one on Friday, for a total of nine events with one off day. The awards ceremony and banquet are scheduled for Shelburne Farms on Friday, September 18.

Racers must qualify for the event, and there are restrictions on how many boats can come from each country. The United States is generally entitled to 18 boats, but two extra are awarded because it is the host country. A total of 64 boats are always invited, but this is the first time in the history of the world championships that as many as 63 are coming. The missing boater is the world youth champion (a courtesy slot), who will be starting college and is unable to attend.

Hosting the event requires a competitive bidding process. Several locations expressed an interest in this

year's regatta. Four were invited to submit a full proposal, and the Malletts Bay Boat Club was chosen as the host. An important aspect of hosting is the ability to charter boats. Since Lightning boats are standard size, many of the competitors from other continents simply charter local boats, rather than ship their own to the race site. Lightning boats are 19-feet long and have a hard chine. They are designed for a three-person crew. For the World Championships, the skipper is the only one who has to qualify, and she or he chooses the crew.

Races generally take an hour and a half, depending on wind conditions. The boats do a total of two-and-a-half laps, three upwind, for a total distance of approximately seven miles on what is roughly an oval track. Fastiggi, 47, qualified for the Worlds by virtue of his performance last year at the North American Championship in Newport, RI. Not only is Fastiggi the only Vermonter in the regatta, but he is the only person representing northern New England. That doesn't mean he's at an advantage in the race. "People always think there is some local knowledge," he says, "and it's certainly more in your comfort zone when you're sailing at home, but there is also a little bit of a disadvantage because there are distractions from running the event."

Fastiggi admits he rarely sails purely for pleasure. "I find it kind of boring," he says. "For me, it's really about the competition." He praises sailing as a "lifetime sport," in which people of all ages, youth to maturity,



can take part. Unfortunately, Fastiggi doesn't get out on the water as often as he would like. As the owner of Vermont Sailing Partners, he is busy making sails in the summer. "I'm like the cobbler's son who doesn't have shoes," he says.

Arnie Tran and his wife Kay have been racing Lightning boats for six years and are members of the Malletts Bay Boat Club. The club holds races every Thursday night and members compete throughout New England on weekends. The MBBC also hosts two regattas, one in the spring and one in the fall, which attract racers from all over New England and Quebec. Tran said that typically 20 boats compete in these races which are accompanied by awards dinners and group breakfasts. He is looking forward to helping out at the World Championships and hopes he'll get to see some of the racing. Tran noted that it is difficult to start racing as an adult, but the folks at MBBC were exceedingly helpful. "We were always last when we started," he says. "Not anymore."

Brian Hayes of Connecticut is the president of the International Lightning Class Association which is in charge of the race. He says Malletts Bay was the site of the 2001 North American championships. The executive committee had been impressed with local support for the

races and decided to come back. The World Championship hasn't been held in New England since the inaugural race in Milford, CT, in 1961.

Hayes admits to a little bit of worry about cool weather in September, but is excited to be coming to Vermont. His family has been racing Lightning boats for years, and he remembers visiting Malletts Bay as a boy. "With the Championships held in different parts of the world, we've been fortunate to sail in beautiful places," he says. The five previous world championships were held in Salinas, Ecuador; Italy; Miami; Chile; and Athens. "If you're trying to showcase the U.S.," says Hayes, "it's hard to beat Vermont. It's such a beautiful spot. There may be more premier sailing in other places, but Vermont has an aesthetic appeal and a quality of life. It's a great post card for the sport." [7]

Phyl Newbeck lives in Jericho with her partner Bryan and two cats. Her sole sailboat racing experience was with the International Sailing School on an almost windless day. Phyl is a skier, skater, cyclist, kayaker, and lover of virtually any sport which does not involve motors. She is the author of Virginia Hasn't Always Been for Lovers: Interracial Marriage Bans and the Case of Richard and Mildred Loving.





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VS: You were the first Vermont finisher and fifth overall at the Vermont City Marathon this year. Were you expecting to have such a good race?

JF: I did do a lot of preparation. My previous best was 2:40, but I was not quite as focused as I was for Vermont City. I wanted to be under 2:30, but I try not to get into the habit of predicting place. You never know who else is racing. I was hoping for first Vermonter, but you never know.

VS: How did it feel when you found out your time was 2:27?

JF: I was really, really excited. Leading up to the race, I was running 100 miles a week and doing specific marathon workouts. I was doing track workouts—five by one-mile efforts at four minutes and 50 seconds, with a 400-meter jog recovery in between each one. It is a very difficult workout but it pays off. I sacrificed some speed in shorter races; my 5K times were kind of slow, but I was getting ready for the marathon, and that's a completely different ballgame. When I finished the marathon, I was really excited to hit that number.

VS: Did you get a prize for being the first Vermonter?

JF: I got \$250 for being fifth place over all and \$500 for being the first Vermonter. So it was a \$750 day, which was pretty great.

VS: Do you have any training secrets for aspiring speed-demons?

JF: I honestly think that the only secret is consistency; getting out there every day, twice a day if you can. No matter what level you are—whether you just want to survive a marathon or you're looking to cut time off, it's consistency over a long period of time. I think that's pretty much the only secret.

READER ATHLETE



Justin FYFFE

Age: 29

Residence: East Dummerston

Family: Wife, Jessica; dog, Bailey

Occupation: EDM Programmer

Primary sport: Running

VS: You're pretty new to competitive running. When did you start and why?

JF: I did the Clarence DeMar Marathon in Keene, NH, in 2005, in 3:38. It was not a very competitive time, and the most painful experience I've ever had. But that motivated me. I'm competitive by nature. To have that race and to have hardly been able to survive it just kind of got the juices flowing. So I started training. In 2007 I was posting some competitive times, and in 2008 I won the New England Mountain Grand Prix series. That's the New England circuit, with six mountain races/hill climbs, including Mount Cranmore and Mount Washington. In Vermont, it's Mount Ascutney. It's very difficult. Even the most elite athletes, guys who usually run fives, run some eight-minute miles, because the grade is very tough. I didn't compete in the whole series this year, just a few of the races. It's about every weekend for a month-and-a-half, and by the time you're done, your legs are pretty shot.

VS: Do you prefer trail or road running?

JF: It's kind of hot and cold. I know

a lot of people choose sides, but I actually enjoy both road running and trail running for different reasons. Trail running is more difficult in some ways, but you can experience nature and be a part of it. You experience the environment by being in the woods and on the trails. And if there's elevation involved, the views are awesome. But the thing I like about road running is the regimen of having miles marked off and knowing your pace, and you can relate times to other races. With mountain and trail racing, the times don't really mean anything because of elevation changes and possibly muddy conditions. On the road, you can let it rip. It's just you against the clock.

VS: You served in the Navy for five years. How did that help you prepare for long-distance running?

JF: The discipline of daily training—getting up a little bit earlier than I want to, to log some morning miles; getting home after work and doing my afternoon run. The physical standards weren't too difficult, but mentally it really gave me the ability to execute my training plan.

VS: What did you enjoy about your Navy experience?

JF: That's easy. Travel. I did two

Mediterranean tours and a Persian Gulf tour. During the Med cruise, I got to see all of the Mediterranean—Greece, Turkey, Spain. I also did a Caribbean tour and went throughout the islands. We'd pull into port for a few days and have a few days off to go sightseeing. I don't think I would have been able to experience the world like that if I hadn't been in the Navy.

VS: What does an EDM programmer do?

JF: It's basically a type of machinist. We do a lot of medical parts and some aerospace parts; a lot of work for the military.

VS: Is your wife athletic too?

JF: She considers herself an athletic supporter. She's active, but she's not a competitive person at all. For my running, she's taken to the nutritional aspect. She enjoys reading up on fuel foods for long runs and recovery.

VS: What are some of the good foods she's cooked up?

JF: She's done some trail mix stuff that I like to take along on longer trail runs, but also traditional stuff like spaghetti and pastas. She's always aware of how much I have eaten and how much I should eat. I have crashed a few times, and it's not much fun.

VS: What are some things you enjoy doing together?

JF: We enjoy traveling to all these races. After the race or before the race, we'll go see the area. We also like to do a lot of kayaking around Brattleboro and Southern New Hampshire.

VS: What are your goals for the future?

JF: I'd like to chisel off the marathon time. One of the benchmarks I'd like to get to in the next couple years is under 2:20. That would be my ultimate goal. Right now, I'm training for the Bay State Marathon on October 18. All my training is geared to run a 2:25 marathon. The Bay State is a flatter course, and it's supposed to be a little quicker than Vermont City. ☐

— Sky Barsch

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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 completed the Vermont 100 in Woodstock this year. How did it go?

SW: It was my first 100-mile run, and I had a goal of 22 hours. I finished in 19 hours and 50 minutes. I was the 15th overall finisher and third woman. I was very nervous leading up to the 100 because I had never run more than 53 miles at one time, and 100 miles is a loooooong way! My car struggles with 100 miles! I was very happy with my time and very tired at the end. I enjoyed running the 100 because I met lots of different people and horses (it is also a horse race), and I love talking with new people. It amazes me that people will run 100 miles, because it is fun and a challenge, and not many people will do it! I felt great up until mile 85, and then I got tired and my feet were sore, but my pacer, Chris, was positive and kept me moving the last 15 miles.

VS: What was your training regimen like?

SW: Eat, run, sleep... try to stay awake at work... eat, run, sleep some more. I was running morning and night, anywhere from 70- to 100-mile weeks. I had friends running the 100, so we spent lots of time together running.

VS: How did that race compare to other long-distance runs you've completed?

SW: It was long. I have never run more than 12 hours or 53 miles before, so it was a long race. The terrain was not difficult, so I found that easy—mostly dirt roads. This was also my first time running in the dark for a race. 4 a.m. starts are brutal. I like to sleep!

VS: Out of all the races you've done, which was your favorite?

SW: Oh, I love all my races. I really like technical trails—the more mud the better! I find them easier on my knees and shins because of softer ground. I

READER ATHLETE



Serena WILCOX

Age: 30

Residence: Cambridge

Family: Two golden retriever mixes, River and Sonny

Occupation: Isis customer service representative

Primary sport: Ultra running

guess I would have to say my two all-time favorites this summer were the Great Adirondacks race in Keene, NY. It was a 12-miler, point-to-point chase race. All racers start a minute apart from each other, so I got to chase down people who started in front of me. My other favorite was a 56K at Mount Tremblant in Canada. Four miles was running in a river. Brrr, it was cold, and I am not good at running in rivers, especially ones with big rocks, but Tremblant had lots of hill climbs, and I love hills! All the time I lost in the river I made up on the hills. I was the first woman there, too. I have had a good summer of running. This is my first summer of really racing. Last summer I did my first ultra run at Jay Peak. I also ran my first 50 last September. This summer I completed Wapack 50 in Massachusetts where I was also first woman. At the Pittsfield 53-miler I was the third woman, and it was very, very hilly. I surprised myself because my summer goal was to run two 50-mile races, and I have done that plus the Vermont 100. Each race is different,

and I love them all because I see how much stronger I am getting, and I learn something new in each one, like how many salt pills to take, what to eat, drink, foot care, when to change shoes, that sort of thing.

VS: You got into long-distance running while you were recovering from Hodgkin's Lymphoma. Why did you turn to running as part of your recovery?

SW: I was diagnosed with Hodgkin's when I was 24. I was a hiker and in good shape, and I ran occasionally. After my treatments, I started running again. I needed a goal to keep me focused on getting through my treatments. I had major lows during chemo, because I felt like crap. So, it was good if I could focus on something else ... and I'm a terrible knitter! So I decided to run my first marathon when I was 26. It sounded good, but I hated it. Running 26.2 miles on pavement—ugh. So I didn't run for a bit after that, and I went back to hiking with the dogs. Then I found the Catamount Family Center Tuesday night race series. I loved trail running.

I didn't know anyone when I started going, then I met tons of trail runners! I went every Tuesday. I only ran 5K or maybe a 10K on trails. I was super slow but by the next summer I started running 15K and now it is all history. No run is shorter than nine miles now.

VS: Why do you like trail running better than road running?

SW: I love the woods and the wildlife, plus, it is so much easier on my knees! There are more tripping hazards like roots and rocks, but it is peaceful and when I am stressed or having a bad day, I can go run in the woods for an hour and feel so much better.

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

SW: I love traveling, especially when I can run. I love running on the beach, and the sound of the ocean is so calming. I love running in the Adirondacks. I also like running in the White Mountains, where there are so many wonderful trails. I have several trail networks around Vermont that I also love. The Long Trail has great running, too.

VS: When you're not running, what do you enjoy doing?

SW: I love hiking with the dogs and yoga. I am fairly new to the rock climbing scene, and I love it!

VS: What do you have planned next as far as athletic endeavors?

SW: My recovery from the Vermont 100 was fast and went really well. So the Vermont 50 in September and maybe another 100 this fall or next summer. And what ever other fun races I can find between now and November. I would also like to try a triathlon sometime. Maybe next summer. ☐

— Sky Barsch

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CALENDAR OF EVENTS

To have an event listed in our events calendar, your event must be posted on our website at 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

SEPTEMBER

- 12 New England Adventure Weekend 3-Hour Adventure Race, Nottingham, NH, Tracey Olafsen, info@racingahead.com, www.racingahead.com

CYCLING

SEPTEMBER

- 4-7 Green Mountain Stage Race, Friday Prologue, Saturday Circuit Race, Sunday Road Race, Monday Criterium, Waitsfield, VT, Gary Kessler, Gary@gmsr.info, www.gmsr.info
- 6 Pond-a-thon Fun Ride, 5.5-mile "Full Pond" or 2.5-mile "Half Pond", 9AM, Town Beach, Island Pond, VT, Melinda Gervais, mgervais_2000@yahoo.com, or register at www.active.com
- 12 Kelly Brush Century Ride, Middlebury College Football Field, Middlebury, VT, Betsy Cabrera, 802-846-5298, 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, <http://pages.interlog.com/~jedward/century.html>
- 29 Mad River Riders Monthly Time Trial, Warren, VT, Peter Oliver, peter@gmsr.info

NOVEMBER

- 6-8 Porky Gulch Classic, two-day stage race with hillclimb, criterium, cyclocross, Gorham, NH, Mary Power, mary@greatglentrails.com

ONGOING

Sundays, GMBC group rides throughout the Chittenden County area, for details go to www.gmbc.com

NOVEMBER

- 6-8 Porky Gulch Classic, two-day stage race with hillclimb, criterium, cyclocross, Gorham, NH, Mary Power, mary@greatglentrails.com

ONGOING

Sundays (10/25, 11/1, 11/8) 'Cross in the Glen Cyclocross Series, 10AM, Gorham, NH, Mary Power, mary@greatglentrails.com

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MISCELLANEOUS

SEPTEMBER

- 18-20 Vermont Yoga Festival, Montpelier, VT, Jennifer Cherkasov, jen@vermontyogafestival.com
- 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

ONGOING

Monday through Friday, 2:45-5PM, Team Vermont Weightlifting (Olympic Lifts), Essex Middle School, Essex, VT, Chris Polakowski, 802-879-7252 (eves.), 802-879-7173 (days)

Wednesdays, 6-9PM, Dodge Ball League, Racquet's Edge 2, Essex Jct., VT, Jen, 802-879-7736 ext. 134

Thursdays, Greater Burlington Fencing Club & Open Fencing, Youth & Adults, 6:30-9PM, Burlington, VT, Ann Miller, 802-865-1763 or Dale Rodgers, 802-878-2902

Sundays, 10AM-2PM, The Shelburne Athletic Fencing Club, Instruction and Open Fencing, Shelburne Athletic Club, 802-985-2229 or Dale Rogers, 802-878-2902

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

MOUNTAIN BIKING

SEPTEMBER

- 13 Millstone Grind Mountain Bike Marathon (Elite Expert, 35 miles), Half Marathon (Sport, 17.5 miles), and Touring and Novice class (8.5 miles), Websterville, VT, Dan Mahoney, vtmtbike@myfairpoint.net
- 27 Vermont 50 Mtn. Bike, Ultra Run, and Running Relay, Brownsville, VT, Mike Silverman, michael.j.silverman@valley.net, www.vermont50.net

NOVEMBER

- 6-8 Porky Gulch Classic, two-day stage race with hillclimb, criterium, cyclocross, Gorham, NH, Mary Power, mary@greatglentrails.com

ONGOING

Thursday Night Mountain Bike Tours (through 10/15), 6PM, Grafton Ponds Outdoor Center, Grafton, VT, Bill Salmon, 802-843-2400, www.graftonponds.com

Sundays, West Hill Shop Mountain Bike Rides, 9AM, intermediate to advanced singletrack, Putney, VT, rob@westhillshop.com, www.westhillshop.com

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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

SEPTEMBER

- 5 32nd Annual Northfield Savings Bank Flying Pig Footrace 5K & 1-Mile Kids' Race, Northfield, VT, 800-672-2274, nsb@nsbvt.com
- 6 Pond-a-thon Fun Run, 5.5-mile "Full Pond" or 2.5-mile "Half Pond", 9AM, Town Beach, Island Pond, VT, Melinda Gervais, mgervais_2000@yahoo.com, or register at www.active.com
- 12 Farnum Five.5, Farnham Hill Preserve, Lebanon, NH, Paul Coats, paul.coats@lebcity.com, www.wnhts.com/
- 12 Maple Leaf Half-Marathon and 5K, Manchester, VT, Lynn Grieger, 802-362-2810, lynngrieger@comcast.net, www.manchestervtmapleleaf.com
- 12 K-9's and Company, Montpelier, VT, Liz Walsh, info@cvhumane.com
- 12 41st Archie Post 5 Miler, Burlington, VT, Mike Early, archiepost@gmaa.net
- 12 Citizens 5K Cross-Country Run, 8:30AM, Catamount Outdoor Center, Williston, VT, Pavel Dvorak, pdvorak@bsdvt.org, <http://bsdweb.bsdvt.org/~pdvorak/webxcrun/>
- 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
- 19 Citizens 5K Cross-Country Run, Burlington, VT, Pavel Dvorak, pdvorak@bsdvt.org, <http://bsdweb.bsdvt.org/~pdvorak/webxcrun/>
- 19 Trapp Cabin 10K Trail Run to Benefit AbilityPLUS, Stowe, VT, Cynthia Needham, cynthia@smartscience.org
- 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 W. Gardner, 802-356-4444, info@dogrundog.com, www.dogrundog.com
- 26 11th Annual Run for the ONE to benefit JUMP, Burlington, VT, Suzie Crews, slcrews1@msn.com
- 26 Footrace at Fort Ticonderoga, Ticonderoga, NY, Jeff Greer, jeffrey.greer@gmail.com

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- 27 Vermont 50 Mtn. Bike, Ultra Run, and Running Relay, Brownsville, VT, Mike Silverman, michael.j.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 Shelburne Farms 5K, Shelburne, VT, Rayne Herzog, Rayne@racevermont.com, www.racevermont.com
- 10 A Pleasant Climb Trail Run (Western NH Trail Series Finale), New London, NH, Chad Denning, recreation@nl-nh.com
- 10 GMAA 36th Art Tudhope 10K, Charlotte, VT, Jess Cover, tudhope@gmaa.net, www.gmaa.net
- 11 7th Annual Harpoon Octoberfest Road Race, Windsor, VT, Jessica Cox, jcox@harpoonbrewery.com, www.harpoonbrewery.com
- 17 RaceVermont The Canine Challenge 5k Run/Walk, Burlington, VT, Rayne Herzog, Rayne@racevermont.com, www.racevermont.com
- 17 GMAA 39th Green Mountain Marathon, So. Hero, VT, Sandra Dickinson, gmm@gmaa.net, www.gmaa.net
- 18 Making Strides Against Breast Cancer, So. Burlington, VT, Amy Deavitt, amy.deavitt@cancer.org

NOVEMBER

- 8 RaceVermont Half Marathon, Shelburne, VT, Rayne Herzog, Rayne@racevermont.com, www.racevermont.com
- 26 GMAA 33rd Turkey Trot 5K, Burlington, VT, Anne Treadwell, turkeytrot@gmaa.net, www.gmaa.net

ONGOING

- Tuesdays, 5PM, On Track Striders Track Workouts/Group Runs, Union Station, Burlington, VT, Kim Loeffler, 802-865-2226
- Tuesdays and Thursdays, 5-6PM, Running Unlimited, for runners preparing to race any distance, First in Fitness, Berlin, VT, Linda Freeman, 802-233-6161, lfreeman@firstinfitness.com, www.firstinfitness.com
- 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, So. Burlington, VT, 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, rameyj2001@yahoo.com

Sundays, Team in Training group runs, Burlington area, for meeting locations contact Jan Leja, www.runwithjan.com

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

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

Sundays (through 11/9), 7AM, Jeff Galloway 1/2 Marathon Training Program, Sportshoe Center, Blue Mall, So. Burlington, VT, Kara Bolton, karab@sportshoecenter.com, www.jeffgalloway.com/training_groups/list_cities.html

SWIMMING

ONGOING

- Mondays (thru 9/28), 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

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

12TH ANNUAL
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Kids' Fun Run

Sunday
20 September, 2009

Race start: 10am
Kids' Fun Run 12:30pm
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www.madriverpath.com

Mad River Greenway
Meadow Road
Waitsfield, VT






RACE RESULTS

RACE VERMONT HALF MARATHON August 9, 2009 Shelburne, Vermont

Women 20-24

| | | | |
|---|---------------------|------------------|---------|
| 1 | Jamie Sheahan | So Burlington VT | 1:52:37 |
| 2 | Sarah Ashley Cootey | Burlington VT | 2:01:06 |
| 3 | Molly J Leitch | Burlington VT | 2:03:01 |
| 4 | Eliza Behrsing | Montpelier VT | 2:06:32 |
| 5 | Rohana Sikorski | Shelburne VT | 2:17:26 |

Women 25-29

| | | | |
|---|-----------------|------------------|---------|
| 1 | Erin Bresette | Montpelier VT | 1:51:55 |
| 2 | Bayley Lawrence | So Burlington VT | 1:52:14 |
| 3 | CP-Bouchard | Marlborough MA | 2:27:51 |
| 4 | C Jeanne Erardi | Burlington VT | 2:43:13 |

Women 30-34

| | | | |
|---|-------------------|------------------|---------|
| 1 | Meaghan Malboeuf | St Albans VT | 1:44:33 |
| 2 | Allison Mae Brown | New York NY | 1:45:22 |
| 3 | Sara Madden | Albany NY | 1:55:45 |
| 4 | Karissa McDonough | Waterbury Ctr VT | 1:56:50 |
| 5 | Lianne Petrocelli | Hinesburg VT | 1:59:33 |
| 6 | Alice Rosen | Burlington VT | 1:59:51 |
| 7 | Dana Hard | Essex Jct VT | 2:18:05 |
| 8 | Kelley Morris | Plattsburgh NY | 2:22:32 |
| 9 | Laura Schutz | Burlington VT | 2:23:13 |

Women 35-39

| | | | |
|---|--------------------|----------------|---------|
| 1 | Sarah Dunn | Shelburne VT | 1:40:04 |
| 2 | Camille Schimdek | Shelburne VT | 1:47:43 |
| 3 | Borjana Mikic | Northampton MA | 1:48:49 |
| 4 | Heidi Linnebar | Derby VT | 1:55:01 |
| 5 | Suzanne Gruendling | Shelburne VT | 2:11:39 |
| 6 | Amy Hsu | Boston MA | 2:22:15 |
| 7 | Danielle Howes | Moretown VT | 2:37:38 |

Women 40-44

| | | | |
|---|-----------------|----------------|---------|
| 1 | Lauren Cady | Fairfax VT | 1:46:49 |
| 2 | Cathleen Voyser | Morrisville VT | 2:21:37 |

Women 45-49

| | | | |
|---|--------------|-----------------|---------|
| 1 | Gina Buggy | West Addison VT | 1:43:36 |
| 2 | June Golato | Grand Isle VT | 1:52:06 |
| 3 | Jackie Estes | Richmond VT | 1:58:30 |

Women 50-54

| | | | |
|---|------------------|---------------|---------|
| 1 | Shevonne Travers | Grand Isle VT | 2:06:47 |
| 2 | Loretta Miner | West Falls NY | 2:16:23 |

Women 55-59

| | | | |
|---|--------------------|-------------|---------|
| 1 | Rosemary Ann Rusin | Florence VT | 2:10:36 |
|---|--------------------|-------------|---------|

Men 14 and under

| | | | |
|---|---------------|-----------|---------|
| 1 | E S Antonacci | Warren VT | 1:59:35 |
|---|---------------|-----------|---------|

Men 20-24

| | | | |
|---|--------------------|---------------|---------|
| 1 | Kyle Behrsing | Burlington VT | 1:51:35 |
| 2 | John William Meyer | Shelburne VT | 1:54:51 |

Male 25-29

| | | | |
|---|-----------------------|------------------|---------|
| 1 | Fabian Holenstein | Burlington VT | 1:32:20 |
| 2 | Justin M Bayles | RI | 2:07:24 |
| 3 | Jason Scott Ouellette | So Burlington VT | 2:10:17 |

Men 30-34

| | | | |
|---|--------------------|----------------|---------|
| 1 | Todd Archambault | Essex Jct VT | 1:26:11 |
| 2 | Andrew Bilodeau | Essex VT | 1:43:34 |
| 3 | Alfred Duling | Fairfax VT | 1:50:41 |
| 4 | Sean Carmickle | Somerville MA | 1:51:54 |
| 5 | Clifton Verdieu | Somerville MA | 1:52:30 |
| 6 | Jeremiah Madden | Albany NY | 1:53:25 |
| 7 | John J Theisen Jr. | Plattsburgh NY | 2:22:33 |

Men 35-39

| | | | |
|---|--------------|----------------|---------|
| 1 | James Murphy | Montpelier VT | 1:29:33 |
| 2 | Dean Morris | Plattsburgh NY | 1:35:50 |

| | | | |
|---|---------------|---------------|---------|
| 3 | C Matthews | Westford VT | 1:39:13 |
| 4 | Kevin Brislin | Burlington VT | 1:59:46 |

Men 40-44

| | | | |
|---|-------------------|-------------------|---------|
| 1 | Peter Schneider | Williston VT | 1:40:01 |
| 2 | Scott Nichols | Essex VT | 1:48:43 |
| 3 | Dave Kimbell | Charlotte VT | 1:49:07 |
| 4 | Mark Lessard | Sackets Harbor NY | 1:52:25 |
| 5 | Daniel Petrocelli | Hinesburg VT | 1:57:39 |

Men 45-49

| | | | |
|---|----------------|---------------|---------|
| 1 | Dave Hammond | Huntington VT | 1:39:28 |
| 2 | Greg Mernick | Shelburne VT | 1:46:31 |
| 3 | David Estes | Richmond VT | 1:52:10 |
| 4 | Bill Chappelle | Enfield NH | 2:20:40 |

Men 50-54

| | | | |
|---|----------------|--------------|---------|
| 1 | Michael Gordon | Essex Jct VT | 1:52:15 |
|---|----------------|--------------|---------|

Men 55-59

| | | | |
|---|-----------------|--------------|---------|
| 1 | John G Lent | Waltham VT | 1:46:07 |
| 2 | Steve Caum | Vergennes VT | 1:52:23 |
| 3 | Bobby Antonacci | Warren VT | 1:59:36 |

Men 60-64

| | | | |
|---|--------------|---------------|---------|
| 1 | Chuck Arnold | Burlington VT | 1:33:43 |
| 2 | Geoff Miller | Hinesburg VT | 2:06:33 |
| 3 | John Meyer | Shelburne VT | 2:38:24 |

Men 65-69

| | | | |
|---|-------------|--------------|---------|
| 1 | Peter Stern | Shelburne VT | 2:23:44 |
|---|-------------|--------------|---------|

LAKE DUMORE TRIATHLON

August 9, 2009
Lake Dunsmore State Park
Salisbury, Vermont

.9-MILE SWIM, 28-MILE BIKE, 6.2-MILE RUN.

Top 5 Men Overall

| | | | |
|---|------------------|------------------|---------|
| 1 | Timothy Tapply | Natick MA | 2:07:13 |
| 2 | Brett Nichols | Brookline MA | 2:08:06 |
| 3 | Lucas Moore | Wolcott VT | 2:08:41 |
| 4 | William Schumann | West Hartford CT | 2:08:51 |
| 5 | John Spinney | Waterbury VT | 2:10:48 |

Top 5 Women Overall

| | | | |
|---|------------------|------------------|---------|
| 1 | Kristie Timmer | Long Beach NY | 2:23:07 |
| 2 | Donna Smyers | Adamant VT | 2:25:50 |
| 3 | Robin Asbury | Andover NH | 2:31:32 |
| 4 | Amy Miner | So Burlington VT | 2:32:42 |
| 5 | Rebecca McKeever | Davidson NC | 2:32:48 |

Men 14-19

| | | | |
|---|--------------|--------------|---------|
| 1 | Jeff Jackson | Pittsford VT | 3:06:06 |
|---|--------------|--------------|---------|

Men 20-24

| | | | |
|---|------------------|------------------|---------|
| 1 | Kyle Strickland | Colchester VT | 2:36:26 |
| 2 | Cory Robinson | Brandon VT | 2:42:15 |
| 3 | Dane Cooper | Hanover NH | 2:42:18 |
| 4 | Chip Russell | West Hartford CT | 2:46:06 |
| 5 | John Russell | West Hartford CT | 2:49:26 |
| 6 | Michael Kraus | Cambridge MA | 2:55:07 |
| 7 | Andre Bolduc | St Albans VT | 3:01:07 |
| 8 | Oliver Hackerson | Montpelier VT | 3:08:13 |

Men 25-29

| | | | |
|---|------------------|--------------------|---------|
| 1 | Gered Dunne | White River Jct VT | 2:11:10 |
| 2 | Mark Dyer | Madison WI | 2:44:31 |
| 3 | Mike Prohaska | Southington CT | 2:47:06 |
| 4 | Liam Murphy | Salisbury VT | 2:59:06 |
| 5 | Victor Dima | Stanbridge East QC | 3:08:56 |
| 6 | Adam Bergenfield | New York NY | 3:28:35 |
| 7 | Paul Zimnisky | Jersey City NJ | 3:37:31 |

Men 30-34

| | | | |
|----|-------------------|----------------------|---------|
| 1 | Kevin Crossman | South Glens Falls NY | 2:12:30 |
| 2 | Chris Coffey | New Haven VT | 2:14:50 |
| 3 | Jason Baer | Burlington VT | 2:15:24 |
| 4 | Cory Coffey | Vergennes VT | 2:18:20 |
| 5 | Brian Hammond | New York NY | 2:29:50 |
| 6 | Bennett Shapiro | Burlington VT | 2:32:18 |
| 7 | Peter Nichol | Southington CT | 2:38:32 |
| 8 | Michael Deridder | Somerville MA | 2:40:51 |
| 9 | Tom Tucker | Shelburne VT | 2:42:07 |
| 10 | Matthew Burleigh | Shelburne VT | 2:42:26 |
| 11 | Matt Rymzo | Middletown RI | 2:49:11 |
| 12 | Matt Bergeron | So Burlington VT | 2:50:30 |
| 13 | David Carlson | Glenville NY | 2:54:49 |
| 14 | Bear Paul | Arlington VA | 2:55:59 |
| 15 | Christopher Kusek | Northampton MA | 2:56:53 |
| 16 | Ryan Dunn | Burlington VT | 3:01:49 |
| 17 | Tyler Weideman | Rutland VT | 3:05:45 |

Men 35-39

| | | | |
|---|------------------|---------------|---------|
| 1 | John Dunbar | Putney VT | 2:18:39 |
| 2 | Adam Osekoski | Huntington VT | 2:22:01 |
| 3 | Terrance Collins | So Hero VT | 2:22:24 |
| 4 | Michael Sullivan | Westmont NJ | 2:22:29 |
| 5 | Dustin Rand | Montpelier VT | 2:29:48 |
| 6 | David Degler | Concord NH | 2:30:47 |
| 7 | Tim Cornell | Burlington VT | 2:31:36 |
| 8 | James Mitchell | Lebanon NH | 2:33:31 |
| 9 | Jason Stevens | Barre VT | 2:34:26 |

| | | | |
|----|------------------|----------------|---------|
| 10 | Scott Durgin | Grafton VT | 2:43:20 |
| 11 | George Cook | Montpelier VT | 2:43:45 |
| 12 | Stephen Hattwick | Bethesda MD | 2:46:38 |
| 13 | Jeff Krebs | Burlington VT | 2:47:07 |
| 14 | Kirk Daniels | Moultonboro NH | 2:50:14 |
| 15 | Jeff Zahr | Fiskdale MA | 2:57:35 |

Men 40-44

| | | | |
|----|-------------------|------------------|---------|
| 1 | David Connery | Shelburne VT | 2:17:09 |
| 2 | Peter Dodds | Burlington VT | 2:17:38 |
| 3 | Jared Katz | Richmond VT | 2:27:25 |
| 4 | Thomas Gessner | Grantham NH | 2:27:42 |
| 5 | Chris Yard | Shrewsbury MA | 2:28:23 |
| 6 | Ed Hamilton | Shelburne VT | 2:29:07 |
| 7 | Dan Miller-Arsena | Middlesex VT | 2:33:10 |
| 8 | Patrick Berry | Middlebury VT | 2:34:08 |
| 9 | Ronald Richards | Corinth NY | 2:37:15 |
| 10 | John Waldron | Riverside CT | 2:37:57 |
| 11 | Ric Haupt | Amherst MA | 2:40:15 |
| 12 | Richard Racanelli | Melville NY | 2:41:58 |
| 13 | Chris Jernigan | Waitsfield VT | 2:45:01 |
| 14 | Declan Connolly | Burlington VT | 2:46:20 |
| 15 | Charles Wright | Lebanon NH | 2:47:04 |
| 16 | Jay Pricer | Brattleboro VT | 2:48:25 |
| 17 | Robert Martin | Westbrook ME | 2:48:40 |
| 18 | Kevin Tally | Glastonbury CT | 2:53:27 |
| 19 | David Sobel | Hanover NH | 2:58:23 |
| 20 | Stephen Casey | Coahasset MA | 3:00:19 |
| 21 | Joseph Vias | Greenfield MA | 3:11:56 |
| 22 | J Owen Banks | Colchester VT | 3:14:03 |
| 23 | Timothy Burdick | Waterbury Ctr VT | 3:20:58 |
| 24 | Tim Holmes | Schenectady NY | 3:42:50 |

Men 45-49

| | | | |
|----|---------------------|------------------|---------|
| 1 | Mike Gayda | Peru VT | 2:18:50 |
| 2 | Timothy Faller | Norfolk VA | 2:19:54 |
| 3 | Chip Martin | Burlington VT | 2:23:24 |
| 4 | Randall Foster | Natick MA | 2:23:32 |
| 5 | Steve Winslow | Manlius NY | 2:27:15 |
| 6 | Joe Cernialia | Springfield VT | 2:32:49 |
| 7 | Sky Foulkes | Jamaica VT | 2:36:03 |
| 8 | Ron Poitras | Gilford NH | 2:40:49 |
| 9 | Nelson Carter | Lebanon NH | 2:42:47 |
| 10 | Peter Glenshaw | Lyme NH | 2:45:08 |
| 11 | James Dinulos | Hanover NH | 2:51:18 |
| 12 | Craig Beden | Vienna VA | 2:54:42 |
| 13 | Doug Russell | West Hartford CT | 2:59:42 |
| 14 | Frits Van Paasschen | White Plains NY | 3:00:12 |
| 15 | Sandiway Fong | Tucson AZ | 3:08:14 |
| 16 | Moss Linder | Townshend VT | 3:13:59 |
| 17 | Thomas Hartigan | Cuttingsville VT | 3:24:30 |

Men 50-54

| | | | |
|----|--------------------|-------------------|---------|
| 1 | Jeffrey Schumann | Salisbury VT | 2:21:35 |
| 2 | Sean Sweeney | Bala Cynwyd PA | 2:28:34 |
| 3 | Steven Gibbs | Farmington CT | 2:38:54 |
| 4 | David Fields | Underhill VT | 2:41:07 |
| 5 | Francois Bourgault | East Greenbush NY | 2:59:15 |
| 6 | Steve Madden | Niskayuna NY | 3:02:29 |
| 7 | Russell Jones | Laconia NH | 3:03:33 |
| 8 | Wink Faulkner | Spoford NH | 3:09:08 |
| 9 | Brian Sweeney | Niskayuna NY | 3:10:51 |
| 10 | Nerby Nerby | Summit NJ | 3:12:28 |
| 11 | Peter Lee | Yarmouth ME | 3:13:16 |
| 12 | Michael Croke | Hampstead NH | 3:23:16 |
| 13 | Bill Bissonette | Shelburne VT | 3:29:40 |

Men 55-59

| | | | |
|---|-----------------|---------------|---------|
| 1 | John Martin | Montpelier VT | 2:44:52 |
| 2 | Bill Endicott | Laconia NH | 2:47:58 |
| 3 | Grant Orenstein | Calais VT | 2:49:36 |

| | | | |
|---|-------------------|--------------|---------|
| 4 | K Michael Murphy | Baltimore MD | 3:05:47 |
| 5 | Kenneth McDonnell | Holden MA | 3:22:24 |

Men 60-64

| | | | |
|---|------------------|--------------------|---------|
| 1 | Steve Watson | Middlebury VT | 2:43:31 |
| 2 | Peter Bonneau | Keene NH | 2:48:36 |
| 3 | Fred Stapenhorst | Montpelier VT | 2:55:50 |
| 4 | Richard Walden | Scituate MA | 2:59:56 |
| 5 | Colin Gage | Stanbridge East QC | 3:19:34 |

Men 70 & Over

| | | | |
|---|------------------|----------------|---------|
| 1 | Richard Johndrow | Ticonderoga NY | 3:53:43 |
|---|------------------|----------------|---------|

Women 14-19

| | | | |
|---|----------------|--------------|---------|
| 1 | Danika Frisbie | Williston VT | 2:42:59 |
| 2 | Sara Sweeney | Niskayuna NY | 3:18:43 |

Women 20-24

| | | | |
|---|----------------|---------------|---------|
| 1 | Rebecca Chase | Northfield NH | 2:40:28 |
| 2 | Carla Williams | Canaan NH | 2:41:29 |
| 3 | Claire Whelan | Burlington VT | 2:59:38 |
| 4 | Monica Zucker | Great Neck NY | 3:08:19 |
| 5 | Amelia Potvin | Plymouth VT | 3:38:39 |

Women 25-29

| | | | |
|---|------------------|------------------|---------|
| 1 | Jessica Gerhart | Wolcott VT | 2:39:51 |
| 2 | Erica Wintermuth | New York NY | 2:41:16 |
| 3 | Elizabeth Pope | Barre VT | 2:54:16 |
| 4 | Cindy Bennett | Newbury NH | 3:00:24 |
| 5 | Sarah Lomonaco | Mansfield Ctr CT | 3:06:22 |
| 6 | Lucy Corbett | Philadelphia PA | 3:16:38 |
| 7 | Eileen Dunn | Beverly MA | 3:23:58 |

Women 30-34

| | | | |
|----|----------------------|-------------------|---------|
| 1 | Sarah O'Brien | New York NY | 2:43:46 |
| 2 | S Rymzo | Middletown RI | 2:46:18 |
| 3 | Sarah Katz | Concord NH | 2:52:49 |
| 4 | Bridget Crossman | So Glens Falls VT | 2:55:20 |
| 5 | Holly Curry | Burlington VT | 2:59:45 |
| 6 | Lisa Beitman | Somerville MA | 3:05:00 |
| 7 | Debra Perry | Burlington VT | 3:06:11 |
| 8 | Erin Carr | No Hyde Park VT | 3:07:45 |
| 9 | Elisabeth Leblanc | Essex Jct VT | 3:10:22 |
| 10 | S Fogg | Philadelphia PA | 3:12:53 |
| 11 | Mia Moore | Montpelier VT | 3:14:46 |
| 12 | Jennifer Cubino-Bega | Burlington VT | 3:15:33 |
| 13 | Rachel Rodney | Wilmington VT | 3:19:58 |
| 14 | Jaimie Bernstein | Hartland VT | 3:22:51 |
| 15 | Anne Starviv | Middlebury VT | 3:23:13 |
| 16 | Meagan Schiavone | Baltimore MD | 3:36:57 |

Women 35-39

| | | | |
|---|---------------------|---------------|---------|
| 1 | Cara Gleason Krebs | Burlington VT | 2:40:07 |
| 2 | Jennifer Colman | New York NY | 2:44:12 |
| 3 | Catherine Kalkstein | Fayston VT | 2:45:13 |

BITTER PILL 12-HOUR ADVENTURE RACE

August 1, 2009
Craftsbury Outdoor Center
Craftsbury Common, Vermont

**NAVIGATION, TREKKING, SWIMMING,
MOUNTAIN BIKING, CANOEING.****Three-Person Coed Teams**

| | | | |
|----|--|----|----------|
| 1 | Granite AR | NH | 06:31:28 |
| 2 | David Romilly, Jenny Johnson, Dave Lamb | NY | 07:55:10 |
| 3 | Ben Moore, Ernie Lawas, Becky Sutter | MA | 08:52:40 |
| 4 | Stephen do Rego, Courtney Cowen, Mike Morris | NH | 09:07:38 |
| 5 | Strongbadia | NH | 09:07:38 |
| 6 | Shad Hansen, Helen Bradler, John Tallarico | NH | 09:15:00 |
| 7 | Team Two Lucky Guys | NH | 09:15:00 |
| 8 | David Darby, Mikala O'Neil, Christain Wright | VT | 09:22:17 |
| 9 | Sunrise Adventure Sports | VT | 09:22:17 |
| 10 | Bert Severin, Robert Niles, Ryane Severin | NY | 09:29:29 |
| 11 | Cooked Goose | NY | 09:29:29 |
| 12 | Tim Howland, Mort Nace, Michelle Weiler | VT | 10:02:20 |
| 13 | Huffin' Home | VT | 10:02:20 |
| 14 | Gregg Brueck, Tracy Cote, Paul Stone | VT | 10:41:16 |
| 15 | Sgt. Poncherello | VT | 10:41:16 |
| 16 | Dan Smith, Michael Stanton, KP Ward | NY | 10:56:20 |
| 17 | Goose Adventure Racing | NY | 10:56:20 |
| 18 | Laura Williams, Tim Ratowski, Ian Webber | NH | 11:08:48 |
| 19 | Who Brought the Beer? | NH | 11:08:48 |
| 20 | David Dix, Maryanne Connolly, Molly Dix | VT | 09:17:29 |
| 21 | Hap Hazzard | VT | 09:17:29 |
| 22 | Brian Leffler, Tricia Grenier, Eli Moulton | VT | 11:00:03 |
| 23 | Ludicrous Speed! | VT | 11:00:03 |
| 24 | Adam Blood, Maria Johnson, Mike Johnson | VT | 11:11:26 |
| 25 | Lobsterjoke | VT | 11:11:26 |
| 26 | Matt Briggs, Kirsten Gill, Silas Gill | MA | 10:45:04 |
| 27 | Blackstone Valley Human Performance | MA | 10:45:04 |
| 28 | Jef Godin, Tammy Godin, Dan Riley | MA | 12:27:00 |
| 29 | Who's Watchin' the Kids | MA | 12:27:00 |
| 30 | Brian Kennedy, Steve Bernard, Eileen Kennedy | OH | 11:52:24 |
| 31 | Bad Idea Jeans | OH | 11:52:24 |
| 32 | Eric Cronin, Zoe Cronin, Natalie Kehrwald | MA | 08:54:13 |

Three-Person Male Teams

| | | | |
|----|--|----|----------|
| 1 | D Cubed | MA | 08:54:13 |
| 2 | Donald Hess, Denis Garriepy, David Yound | CT | 09:34:00 |
| 3 | Sweaty Sock Gnomes | CT | 09:34:00 |
| 4 | Alex Fichtel, Austin Planz, Matthew Weaving | NY | 10:47:46 |
| 5 | Los Tres Amigos | NY | 10:47:46 |
| 6 | Chris Dobozy, Matt Mathurin, Kyle Smith | VT | 11:16:12 |
| 7 | Team Runs with Scissors | VT | 11:16:12 |
| 8 | Jason Gibbs, Graham Bates, Justin Hadley | MA | 11:18:21 |
| 9 | Milo Express | MA | 11:18:21 |
| 10 | Jason, Justin, and Sean Milovanovic | CT | 11:23:28 |
| 11 | Up Sh'ts Creek | CT | 11:23:28 |
| 12 | John Yodis, Matt Kinback, Jerry McNamara | NY | 11:15:38 |
| 13 | The Professional Amateurs | NY | 11:15:38 |
| 14 | Chris Thiesen, Evan Degennaro, John Hitchings | RI | 11:39:11 |
| 15 | 10 Feet Tall and Strong as an Ox | VT | 11:39:11 |
| 16 | Greg Hartwell, Brett Kratchman, Adam Triesdale | MA | 08:54:13 |

Two-Person Co-ed Teams

| | | | |
|----|-----------------------------------|----|----------|
| 1 | Mercators | ON | 10:27:27 |
| 2 | Pascale Marceau, Scott Cocks | NH | 10:39:03 |
| 3 | What Could Possibly Go Wrong? | NY | 11:12:43 |
| 4 | Maia Josebachvili, Random Dudley | NY | 11:12:43 |
| 5 | Team Lopez | NY | 10:57:06 |
| 6 | Preston Lopez, Elizabeth Lopez | NY | 10:57:06 |
| 7 | Passing Grade 2 | VT | 11:05:26 |
| 8 | David Coutu, Lauren Jones | NY | 11:33:24 |
| 9 | Team Outdoor Research | NY | 11:33:24 |
| 10 | Drew Turner, Michelle Turner | NY | 11:33:24 |
| 11 | M & M | NY | 11:33:24 |
| 12 | Meghan O'Donovan, Michael Hoffman | VT | 10:16:59 |
| 13 | Tommy's Turtles | VT | 10:16:59 |
| 14 | Laura McClure, Tom Dipietro | VT | 11:39:37 |

Two-Person Female Teams

| | | | |
|---|-------------------------------------|----|----------|
| 1 | Team Hardtail | VT | 11:39:37 |
| 2 | Kit Vreeland, Jen Guimaraes | QC | 11:16:24 |
| 3 | Ladies in Raid | QC | 11:16:24 |
| 4 | Marie-Pierre Gauthier, Linda Gagnon | QC | 11:16:24 |

Two-Person Male Teams

| | | | |
|----|---------------------------------------|----|----------|
| 1 | Snot Rockets | VT | 06:30:24 |
| 2 | Adrian Owens, Jonathan Owens | QC | 07:42:31 |
| 3 | EnduranceAdventure.com | QC | 08:36:08 |
| 4 | George Visser, Jeff Rivest | QC | 08:36:08 |
| 5 | Vertleraid.ca | QC | 08:36:08 |
| 6 | Alain Harel, Jean Fortier | VT | 09:24:07 |
| 7 | Quit Your Day Job | VT | 09:24:07 |
| 8 | Thorin Markison, Andrew Fritz | MA | 09:25:37 |
| 9 | Frampton Reunited | MA | 09:25:37 |
| 10 | Chris Abbott, Andrew Maki | NJ | 11:52:11 |
| 11 | Mentally Exhausted & Morally Bankrupt | CT | 11:53:06 |
| 12 | Mark Wood, Mark Felix | CT | 11:53:06 |
| 13 | Neither Speed Nor Grace | NY | 09:46:56 |
| 14 | Chris Dugan, Phillip Freedenberg | NY | 09:46:56 |
| 15 | BPR | NY | 09:46:56 |
| 16 | Dylan Nickerson, Josh Prince | NC | 09:56:56 |
| 17 | Tanzbodelli Racing | NC | 09:56:56 |
| 18 | Colin Campbell, Walt Herbert | MA | 11:02:45 |
| 19 | Over the Hill | MA | 11:02:45 |
| 20 | Raymond Hiley, Steve St. Claire | NH | 11:06:41 |
| 21 | Skeleton Crew | NH | 11:06:41 |
| 22 | George Meyers, Chris Chinn | FL | 10:54:44 |
| 23 | Passing Grade | FL | 10:54:44 |
| 24 | Dana Coutu, Darren Rauer | NY | 11:18:20 |
| 25 | Team Shocker | NY | 11:18:20 |
| 26 | Mark 'Malibu' Gaines, Robert Dee | TN | 11:11:02 |
| 27 | Adventure Race Virgins | TN | 11:11:02 |
| 28 | Matt Beardsley, Matt Longhini | TN | 11:11:02 |

COLCHESTER TRIATHLON

July 25, 2009
Bayside Park
Colchester, Vermont

**HALF-MILE SWIM OR KAYAK,
12-MILE BIKE, 3-MILE RUN.****KAYAKERS**

| | | |
|--------------------|-------------------|---------|
| Women 19-29 | | |
| 1 | Schoonover, Sarah | 1:59:56 |
| 2 | Allen, Loni | 2:28:48 |
| 3 | Roy, Kristin | 3:07:14 |
| 4 | Aubin, Kacie | 3:07:14 |

Women 30-39

| | | | |
|---|--------------------|------------------|---------|
| 1 | Voyer, Jess | Essex Jct VT | 1:55:51 |
| 2 | Hulse, Jenny | Stowe VT | 1:59:15 |
| 3 | Elizian, Pamela | So Burlington VT | 2:03:03 |
| 4 | Webster, Stephanie | Colchester VT | 2:20:49 |

Women 40-49

| | | | |
|---|-------------------|-------------------|---------|
| 1 | Hanowski, Joann | Underhill Ctr VT | 1:29:03 |
| 2 | Crowe, Kari | Campton NH | 1:29:56 |
| 3 | Hard, Daphne | So Hero VT | 1:43:43 |
| 4 | Walsh, Chandra | St Albans VT | 1:44:03 |
| 5 | Hulse, Jan | Stowe VT | 1:54:19 |
| 6 | Lowmyer, Robin | Jeffersonville VT | 2:12:10 |
| 7 | Biscoglio, Joanna | Waterbury Ctr VT | 2:16:33 |
| 8 | Lamphere, Cheryl | Milton VT | 2:58:48 |

Men 19-29

| | | | |
|---|----------------|--------------|---------|
| 1 | Hornbeck, Nick | Whiting VT | 1:48:41 |
| 2 | Robert, Joshua | Hillsboro NH | 2:28:48 |

Men 30-39

| | | | |
|---|----------------------|------------------|---------|
| 1 | Leforce, Christopher | Burlington VT | 1:35:48 |
| 2 | Samler, Morgan Dale | Colchester VT | 1:36:35 |
| 3 | Galbreath, Jake | Burlington VT | 1:38:24 |
| 4 | Besette, Mike | St Albans VT | 1:38:28 |
| 5 | Macdonald, Derek | So Burlington VT | 1:40:58 |
| 6 | Jordan, Michael | Charlotte VT | 1:42:58 |
| 7 | Ziter, Tim | Colchester VT | 1:55:51 |
| 8 | Cirillo, Troy | Colchester VT | 1:58:35 |
| 9 | Bushweller, Scott | Williston VT | 2:02:16 |

Men 40-49

| | | | |
|---|-------------------|-------------------|---------|
| 1 | Nolan, Jeff | Williston VT | 1:24:06 |
| 2 | Howard, David | Shelburne VT | 1:38:25 |
| 3 | Messier, Steve | Jeffersonville VT | 1:42:55 |
| 4 | Dayvie, Rik | Colchester VT | 1:43:39 |
| 5 | Weeber, Curt | Winooski VT | 1:43:51 |
| 6 | Gordon, Michael | Essex Jct VT | 1:57:38 |
| 7 | Bushweller, Kevin | Woodbridge VA | 2:08:55 |

Men 50 & Over

| | | | |
|---|--------------------|------------------|---------|
| 1 | Fredericks, Jim | Underhill Ctr VT | 1:28:00 |
| 2 | Goodhue, Nate | Stowe VT | 1:48:42 |
| 3 | Robertson, Charles | St Albans VT | 1:53:07 |
| 4 | Mazder, Ed | Saranac Lake NY | 1:53:15 |
| 5 | Bourgeois, Steven | Colchester VT | 2:00:51 |

SWIMMERS

| | | |
|-----------------------------|---------------|-----------------------|
| Women 18 & Under | | |
| 1 | Olson, Lauren | Colchester VT 1:41:21 |

Women 19-29

| | | | |
|----|----------------------|------------------|---------|
| 1 | Stahl, Lindsey | Williston VT | 1:19:16 |
| 2 | Ozimek, Dana | Colchester VT | 1:20:20 |
| 3 | Halnon, Emily | Burlington VT | 1:23:27 |
| 4 | Crawford, Kate | Essex Jct VT | 1:25:01 |
| 5 | Vayda, Anne Marie | So Burlington VT | 1:26:44 |
| 6 | Leugers, Kate | Richmond VT | 1:27:31 |
| 7 | Overgaard, Catherine | Burlington VT | 1:29:20 |
| 8 | Fereshtian, Lauren | Turner ME | 1:30:06 |
| 9 | Dyhrman, Nicole | Burlington VT | 1:32:30 |
| 10 | Burke, Jordan | Lyme NH | 1:32:54 |
| 11 | Purtell, Rebecca | Burlington VT | 1:33:34 |
| 12 | Miles, Hannah | Colchester VT | 1:34:53 |
| 13 | Sweeney, Caitlin | Seekonk MA | 1:40:24 |
| 14 | Winkler, Stephanie | Burlington VT | 1:40:27 |
| 15 | Yelton, Casey | Arnold MD | 1:42:44 |
| 16 | Williams, Kate | Seekonk MA | 1:43:30 |
| 17 | Leblanc, Kathryn | Bolton MA | 1:44:59 |
| 18 | Williams, Kara | So Burlington VT | 1:46:12 |
| 19 | Bilodeau, Katie | Colchester VT | 1:48:13 |

| | | | |
|----|-------------------|------------------|---------|
| 20 | Howk, Julie | Colchester VT | 1:51:50 |
| 21 | Ryan, Anna | Simsbury CT | 1:58:19 |
| 22 | Luxenberg, Andrea | So Burlington VT | 1:58:22 |
| 23 | Loughlin, Kate | Colchester VT | 1:58:45 |
| 24 | Whalen, Melissa | Burlington VT | 2:07:56 |
| 25 | Eddy, Jennifer | Colchester VT | 2:07:56 |

Women 30-39

| | | | |
|----|----------------------|------------------|---------|
| 1 | Miner, Amy | So Burlington VT | 1:14:49 |
| 2 | Holmes, Julie | Shelburne VT | 1:18:22 |
| 3 | Bloom, Martha | Colchester VT | 1:22:43 |
| 4 | Shepherd, Allison | Colchester VT | 1:24:42 |
| 5 | Louko, Becky | Fairfax VT | 1:24:57 |
| 6 | Blouin, Rebecca | Wellesley MA | 1:26:35 |
| 7 | Carr, Erin | No Hyde Park VT | 1:27:25 |
| 8 | Kogut, Christine | Charlotte VT | 1:28:41 |
| 9 | Kakalec, Amy | So Burlington VT | 1:28:44 |
| 10 | Perry, Debra | Burlington VT | 1:28:47 |
| 11 | Wisse, Katherine | Stowe VT | 1:28:59 |
| 12 | Leblanc, Elisabeth | Essex Jct VT | 1:29:49 |
| 13 | Roskozy, Bry | Boston MA | 1:29:53 |
| 14 | Redmond, Jessica | Hinesburg VT | 1:30:28 |
| 15 | Davis, Anna | Williston VT | 1:31:00 |
| 16 | Haff, Meredith | Stowe VT | 1:31:29 |
| 17 | Benosky, Tanya | Shelburne VT | 1:32:15 |
| 18 | Sayre, Amy | Burlington VT | 1:32:16 |
| 19 | Aiken, Alison | Richmond VT | 1:33:41 |
| 20 | Mcnall, Rebecca | Fairfax VT | 1:36:40 |
| 21 | Legg, Kathleen | Milton VT | 1:36:54 |
| 22 | Gazo, Beth | Colchester VT | 1:36:56 |
| 23 | Grueindling, Suzanne | Shelburne VT | 1:37:10 |
| 24 | Fuchs, Diane | Essex Jct VT | 1:37:10 |
| 25 | Klettke, Maribeth | Williston VT | 1:37:11 |
| 26 | Konowitz, Stephanie | Shelburne VT | 1:37:23 |
| 27 | Kendrick, Deborah | Colchester VT | 1:39:40 |
| 28 | Myers, Mary | Colchester VT | 1:43:51 |
| 29 | Burke, Tracey | Burlington VT | 1:44:31 |
| 30 | Allin, Heather | Essex VT | 1:45:13 |
| 31 | Carnesale, Amy | Colchester VT | 1:45:19 |
| 32 | Boland Chira, Sheila | Burlington VT | 1:45:52 |
| 33 | Moore, Jennifer | So Burlington VT | 1:45:53 |
| 34 | Becker, Kelly | Burlington VT | 1:46:40 |
| 35 | Foley, Julie | Burlington VT | 1:46:40 |
| 36 | Hart, Kristy | Colchester VT | 1:47:11 |
| 37 | Senesac, Kim | Colchester VT | 1:48:11 |
| 38 | Bent, Laura | Williston VT | 1:49:15 |
| 39 | Monahan, Wendy | Colchester VT | 1:49:50 |
| 40 | Holmes, Hillary | Essex Jct VT | 1:54:26 |
| 41 | Griser, Danielle | Essex Jct VT | 1:54:46 |
| 42 | Miner, Paula | Colchester VT | 1:58:55 |

Women 40-49

| | | | |
|----|-----------------------|------------------|---------|
| 1 | Cimonetti, Maria | Shelburne VT | 1:11:30 |
| 2 | Pribram, Sarah | Shelburne VT | 1:17:31 |
| 3 | Dickin, Sandra | Colchester VT | 1:20:00 |
| 4 | Green, Jennifer | Burlington VT | 1:25:40 |
| 5 | Grossman, Joy | So Woodstock VT | 1:28:17 |
| 6 | Whitaker, Bethany | Burlington VT | 1:28:20 |
| 7 | Gallagher, Emily | Burlington VT | 1:28:21 |
| 8 | Nye-Mckeown, Jill | Burlington VT | 1:28:32 |
| 9 | Bisbee, Karen | Colchester VT | 1:31:53 |
| 10 | Buscaglia, Cathie | No Ferrisburg VT | 1:39:44 |
| 11 | Spencer, Tracie | Burlington VT | 1:43:05 |
| 12 | Bates, Karen | Montpelier VT | 1:46:21 |
| 13 | Cleiland, Tori | Winooski VT | 1:47:10 |
| 14 | Bombardier, Jacquelyn | Grand Isle VT | 1:49:49 |
| 15 | Dipietro, Christine | VT | 1:52:01 |
| 16 | Weeber, Monica | Winooski VT | 1:53:33 |
| 17 | Turley, Patty | Montpelier VT | 1:54:33 |
| 18 | Knight, Lynn | Ocean City NJ | 1:58:13 |
| 19 | Berthiaume, Lori | Colchester VT | 2:01:18 |
| 20 | Lagro, Jessica | Milton VT | 2:53:48 |

Women 50 & Over

| | | | |
|---|---------------|---------------|---------|
| 1 | Pumo, Dorothy | Colchester VT | 1:43:47 |
| 2 | Packard, June | Essex Jct VT | 1:49:18 |

Men 18 & Under

| | | | |
|---|--------------------|---------------|---------|
| 1 | Hadden, Dylan | Colchester VT | 1:11:00 |
| 2 | Suppan, Johannes | Burlington VT | 1:14:01 |
| 3 | Copley, Brenden | Colchester VT | 1:18:34 |
| 4 | Bushweller, Nathan | Woodbridge VA | 1:30:06 |
| 5 | Mallabar, Aaron | Colchester VT | 1:30:07 |
| 6 | Riester, Kyle | Essex Jct VT | 2:06:13 |

Men 19-29

| | | | |
|---|----------------|--------------|---------|
| 1 | Jarrett, Bryan | Cambridge VT | 1:06:16 |
| 2 | Salter, Matt | Essex Jct VT | 1:10:56 |

| | | | |
|----|---------------------|----------------|---------|
| 3 | Delean, Rob | Somerville MA | 1:13:44 |
| 4 | Chan, Lawrence | Somerville MA | 1:17:23 |
| 5 | Strickland, Kyle | Colchester VT | 1:20:01 |
| 6 | McCarthy, Eric | Essex Jct VT | 1:21:30 |
| 7 | Huizenga, Alexander | Bristol VT | 1:22:37 |
| 8 | Robinson, Corey | Brandon VT | 1:22:43 |
| 9 | Salzberg, Matthew | Stony Brook NY | 1:23:36 |
| 10 | Dickerson, Daniel | Essex VT | 1:23:44 |
| 11 | Cleaver, Josh | Colchester VT | 1:24:51 |
| 12 | Berry, Bradford | Williston VT | 1:26:47 |
| 13 | Addison, Steve | Burlington VT | 1:26:50 |
| 14 | Kenyon, Richard | Burlington VT | 1:27:34 |
| 15 | Broderick, Todd | St Albans VT | 1:27:46 |
| 16 | Knutson, Peter | Essex VT | 1:28:06 |
| 17 | Bolduc, Andre | St Albans VT | 1:29:12 |
| 18 | Malinowski, Thomas | Jericho VT | 1:29:58 |
| 19 | Fitzpatrick, Jarett | Colchester VT | 1:30:41 |
| 20 | Burley, Mikal Bech | Burlington VT | 1:33:39 |
| 21 | Lassiter, Andrew | Burlington VT | 1:37:44 |
| 22 | DeRosia, James | Burlington VT | 1:42:58 |
| 23 | Gendron, Chris | Colchester VT | 1:43:05 |
| 24 | Rainville, Nicholas | Nashua, NH | 1:49:57 |
| 25 | Harriman, Jeremy | Burlington VT | 1:51:24 |
| 26 | Kiernan, Casey | Burlington VT | 1:53:32 |
| 27 | Petrino, Devin | Nashua NH | 2:12:46 |
| 28 | Barri, Lander | Colchester VT | 2:39:12 |

Men 30-39

| | | | |
|----|--------------------|------------------|---------|
| 1 | Voyer, Loren | Essex Jct. VT | 1:09:07 |
| 2 | Collins, Terrance | So Hero VT | 1:09:34 |
| 3 | Darling, Eric | Shelburne VT | 1:09:56 |
| 4 | Kramer, Zach | Colchester VT | 1:12:02 |
| 5 | Stannard, Marc | Essex Jct. VT | 1:13:59 |
| 6 | Smith, Christopher | Montpelier VT | 1:14:48 |
| 7 | Shapiro, Bennett | Burlington VT | 1:14:50 |
| 8 | Carter, Chad | Henniker NH | 1:18:39 |
| 9 | Aiken, Mark | Richmond VT | 1:19:03 |
| 10 | Dyhrman, Hans | Burlington VT | 1:20:11 |
| 11 | Bergeron, Matt | So Burlington VT | 1:22:20 |
| 12 | McNeil, Colin | Burlington VT | 1:27:41 |
| 13 | Bedell, Chris | So Burlington VT | 1:28:18 |
| 14 | Kruger, Gregory | Burlington VT | 1:28:53 |
| 15 | Siegel, Justin | Colchester VT | 1:28:56 |
| 16 | Duling, Alec | Fairfax VT | 1:29:18 |
| 17 | Levy, Tucker | Charlestown MA | 1:34:41 |
| 18 | Thorley, Kevin | Colchester VT | 1:37:06 |
| 19 | Lagro, David | Milton VT | 1:48:40 |
| 20 | Crocker, Derek | Burlington VT | 1:53:31 |

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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

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