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October, 2009
Volume XIX
No. II

Denizens of the Dirt

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Kate Carter
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Advertising Sales
Chris Blau
advertising@vtsports.com

Art Direction and Production
Shawn Braley
production@vtsports.com

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This month's contributing writers
Sky Barsch; Kate Carter; Lisa Densmore; Emily Johnson;
Kirk Kardashian; Ryan Leclerc; Brian Mohr; John Morton;
Phyl Newbeck; Robert Rinaldi, DPM

This month's contributing photographers
Kate Carter; Lisa Densmore; Daria Bishop; Kirk
Kardashian; Brian Mohr; Peter Wadsworth

Editorial Office
Vermont Sports Magazine, LLC
35 South Main Street, Hanover, NH 03755
Phone: 603-643-1441
Fax: 603-643-4644
editor@vtsports.com

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Vermont Sports Magazine, LLC
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Phone: 603-643-1441
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On the Cover: Jen Sisemoore Borofsky and Carter the black Lab on a run through the blazing fall colors in Nebraska Notch. Photo by Peter Wadsworth.

Peter Wadsworth



**EDITOR
COMMENTARY**
BY
KATE CARTER

RACES, ATHLETES, AND AUTOMOBILES

A year has passed since the financial crisis crashed the world-wide economy, and in that year we have all learned a lot about banks, loan companies, Wall Street, consumption, and greed. I feel confident the economy will recover and life will go on, hopefully with thoughtful changes in the way we live. The recession is supposedly on the upswing, according to many economic experts, of which I am not one, but I am an observant citizen, and one thing I have noticed is that even though gas prices are high and times are tough, most people haven't changed their driving habits.

I live in Waterbury Center close to Route 100, a very high-traffic state highway. If anything, in the past year traffic has gotten busier between Waterbury and Morrisville. During certain times of the day, it's hard to make a left-hand turn from my dirt road onto 100. I sit at the intersection looking for an opening so I can pull out, my head pivoting from side to side like a tennis fan in the bleachers at Wimbledon. Mostly I see trucks, SUVs, and RVs flash by at 50 miles per hour. Some of those RVs are extremely large and towing SUVs. Considering the recession and

price of gas, it makes me wonder how deep the drivers' pockets are. To be fair, I also see many smaller cars, and the number of hybrids that zoom by is definitely on the rise.

One of my forms of summer exercise is swimming, and I go to the Waterbury Center State Park before it opens in the morning, so I can swim in the beautiful morning calm of Waterbury Reservoir, and also so I can take my dogs. We have to be out of there by 10 a.m., and as we are leaving, the crowds are arriving. Usually there is a long line of vehicles waiting for the gates to open. They are mostly SUVs with mothers and small children, and trucks towing trailers with motor boats. According to the staff that collects the entry fees, they get more day-use visitors than season pass holders, and their revenue was up over last year. I wonder if it is true that people took their vacations closer to home.

Over the summer I attended several sporting events and was impressed by the number of participants and spectators. Clearly races are an affordable activity during a recession. Parking lots were full and event organizers will need to work out better parking arrangements in the future, or provide shuttle service to the start.

Some are already doing that. A cruise through parking lots showed that about 50 percent of the participants are from out of state, which means athletes are willing to drive to races in Vermont. Overall, it looks like competitive runners, triathletes, and cyclists are driving sedans and hatchbacks. Though the automotive industry was hard hit, the car rack industry was not. With the exception of running races, nearly every car I saw at a race had a rack on top or hanging off the back.

I also attended a handful of dog agility trials, and let me tell you, most people who travel with dogs to canine competitions do not drive small cars, unless they have small dogs. One woman I know travels with two small mutts and drives a Prius, another with three Pappilions drives a Saab hatchback, a third with a border collie drives a Toyota Corolla, and I drive a Volvo wagon (circa 1996), with two dogs in crates filling up the back. I see a few Subaru Outbacks, but nearly everyone else drives vans, SUVs, and RVs. Lately, the Honda Element is gaining popularity, and I suspect hybrid SUVs such as the Ford Escape will soon be a favorite of agility competitors, but until then, Suburbans, Honda Pilots, Toyota Highlanders, RAV4s, and vans rule.

Part of the reason I pay so much attention to cars these days is because mine is 13 years old and just turned 205,000 miles. Yesterday, for the first time ever, I bought used snow tires for the upcoming winter. My reasoning was my wallet, and also because a 13-year-old car with 205,000 miles could expire when you least expect it, and I wouldn't want that to happen with \$400 snow tires on it. I doubt it will, though. It's a pre-USA Volvo from the days when Volvos were made to last, and it still hums happily down the highway. It creaks and groans a bit more, but then, so do I. We've had a love/hate relationship over the years. Whenever something goes wrong, I hate it; mostly I love it. It has spoiled me, and when the time comes it will be tough to replace, sort of like those incredible skis that finally lose their camber or the perfect hiking boots that eventually wear out. With luck, we will turn 300,000 together. By then, this financial crisis that has everyone so captivated will be a mere hiccup in the big picture of American history. ☐

—KC



**OUT &
ABOUT**
BY
JOHN MORTON

OCCUPATIONAL HAZARDS

Many outdoor enthusiasts who know me, enviously assert that I have the ideal job. I can't disagree with them. As a trail designer, I spend much of my time "at work," walking through the woods, exploring possible routes for proposed trail systems. Usually, I'm by myself, trying to notice natural features in the landscape, suitable potential stream crossings, and which stand of trees would add to the scenic beauty of the finished trail. Pretty good duty if you love being outdoors.

However, like any occupation, trail design work does have a few drawbacks. This past summer, a frequent irritation was the rain. If you are walking out the driveway to get the paper in a downpour, you simply put on your rain gear and get going. If, however, you are planning to spend eight hours exploring a wooded site for a proposed trail, you can count on being soaked to the skin for most of the day. I think Gore-tex is a valiant effort, a fabric intended to keep the rain out while allowing an active body to "breathe," but I can testify that it doesn't work for a full day of trashing through the pucker brush. An added detriment to rainy days in

the woods is that everything—fallen logs, roots, leaves, and rocks—becomes very slippery. Early last summer, my feet went out from under me, and I hit a flat rock so hard I saw stars. By the time I arrived home that evening, the side of my leg was an unbelievable purple from my waist to my knee. What almost compensated for the pain and stiffness was the disbelief and sympathy it engendered in my wife.

I suppose one of the unintended consequences of our mobile society and global climate change is ticks' migration north. I spent much of my childhood in the woods, and I can't remember ever finding a tick, but times have changed. Although their prevalence seems to vary year to year, both deer ticks and the larger wood ticks are now common throughout most of the northeast. The good news is that they seem to take their time, up to three hours, attaching themselves to a new host. I make a habit of showering immediately after a day in the woods where I suspect a heavy infestation of ticks. My personal record is 13 ticks discovered during one shower.

Another reality of summertime

bushwhacking is finding spider webs with your face. In the mornings when they are covered with dew, it is often possible to see the spider webs, but later in the day, with the dappled sunshine, the spider webs are invisible. While walking in the woods, I've developed a sort of nervous wave that discourages black flies and mosquitoes, as well as sweeps the remnants of webs and spiders off my face.

As you might expect, I've had a few adrenaline-producing encounters with moose and black bears. One young bull moose made a half-hearted false charge, and a sow black bear gave me a convincing growl after she cuffed her cubs up a fir tree. In each instance, I tried to speak reassuringly as I backed away. After hours of walking alone in the woods, nothing gets your pulse up like a steaming pile of bear scat or the racket of branches and saplings snapping in the path of a running moose.

Birds are rarely an issue, but last summer, I encountered a pair of nesting Goshawks who were definitely upset that I was in their neighborhood. These birds are relatively rare and extremely territorial. Initially, they voiced their displeasure with a raucous chorus, but

then advanced to swooping through the trees just over my head. I recalled an incident in Anchorage, AK, where a trail runner was attacked by a Great Horned Owl, resulting in 80 stitches to repair the lacerations in his scalp. I routed the trail I was designing well away from the Goshawks' nest.

Not long ago we landed a trail project in New York's Hudson River Valley. The site is honeycombed with caves, mines, and kilns, the remnants of a thriving cement business in the 1800s. Although I rarely worry about snakes in Northern New England, the limestone cliffs and rock outcroppings seemed like ideal snake habitat. I asked the site manager if he'd encountered any copperheads. "Sure," he responded, "all the time. I'm surprised you haven't stumbled across any yet. And the caves are full of bats and spiders. It's really fascinating!"

I can hardly wait... ☐

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.

AROUND THE STATE



BOLTON VALLEY RESORT INSTALLS WIND TURBINE

Bolton Valley, VT—Bolton Valley Resort, a locally owned and operated family ski and snowboard area, is constructing a wind turbine that will begin operating late October. It is the first wind turbine to be constructed at a Vermont ski area. The turbine will be located near the top of the resort's Vista Quad lift in an existing clearing adjacent to the ski patrol hut. It is designed to produce in excess of 300,000 kilowatts of power annually, the equivalent of electricity consumed by 40 to 45 Vermont households.

"This is a great day for Bolton Valley and our loyal family of skiers and riders," says Larry Williams, who owns the resort with Doug Nedde. They are Burlington business partners in Redstone Group. "Since acquiring the ski area three years ago, we've been committed to a program of environmental stewardship in our operations. Adding wind power is a significant investment, but will yield tremendous returns for our ski area and Vermont. We want to thank our skiers and riders for their continued

support, which has played a major role in our decision to continue moving forward at Bolton Valley."

The turbine, a Northwind 100, manufactured by Northern Power Systems of Barre, VT, measures 121 feet in height from the ground to the top of the tower. The distance from ground to the top of the blade is 156 feet. Each blade is coated with Teflon to protect against icing. It is the same process used on turbines in the Bering Sea. The turbine will not be obviously visible from beyond five miles away from the site.

The turbine will be set up to feed excess power that is not consumed by Bolton Valley into the grid through the Vermont net metering program. It is the first turbine at a Vermont ski area, the second at a New England area, and just the third at any ski area in the United States. Local contractors, headed up by Alteris Renewables of Montpelier, VT, are being utilized for site preparation and for construction, which is scheduled to be completed in late autumn. ¶

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SPORTS MEDICINE

BY
ROBERT RINALDI, DPM

MANDATORY READING FOR RUNNERS

If you have not read *Born to Run* by Christopher McDougall, please run out to your nearest bookstore and purchase it today. You will enter a world of adventure, intrigue, and learning. McDougall's storytelling technique will captivate you from page one. I suggest this book to anyone who loves running, or desperately needs to understand the mind of the running athlete. Sharp wit and wild adventure are cleverly mixed with the science of human nature.

SURVIVAL RUNNING

We are born with the tastes of sweetness and fat on our palettes. Unlike other tastes, sweetness and fat are not acquired and may be innate senses that have to do with survival. McDougall methodically approaches running with the same philosophy—running may be an important part of our survival story. *Homo erectus* arrived on earth an estimated two million years ago and evolved slowly to the Neanderthal and then *Homo sapiens*. Neanderthal men were stout, strong, and intelligent. They invented weapons and successfully learned to hunt, fish, and cook. *Homo sapiens*, by comparison, were smaller and weaker. Why then, did Neanderthal become



extinct within ten thousand years of the presence of modern man? Christopher McDougall seems to think it is because we're born to run and attempts to prove it with scientific evidence.

A collection of original research by anthropologists, evolutionary biologists, biomechanics, and paleo-anthropologists plays a role in the born-to-run theory. Though the Neanderthal used the bow, arrow, and spear, hunting in this fashion proved to be very difficult. The hunter who relied on this method to acquire food to meet daily nutritional needs had little guarantee of success.

Homo sapiens, on the other hand, had the ability to literally run down their prey. No other animal on earth, except the human, has the ability to breathe and work at the same time. The pet dog, for instance, can only breathe once every stride; most reptiles cannot breathe and walk at the same time; and the cheetah is known as the fastest animal on earth, but has little endurance for the long run because it runs out of oxygen.

Humans also have the most sophisticated thermal regulatory systems and this allows us to control overheating. Once we learned the habits of our favorite dinner we were able to literally run it to exhaustion. We may have evolved as runners, and this made all the difference. We can even out-run the horse in the long race. Once *Homo sapiens* began persistence hunting,

Neanderthal became extinct within ten thousand years of co-existence.

RUNNING SHOES AND RUNNING INJURIES

In 1972, Nike marketed the modern running shoe, created to make running more efficient and less stressful on the joints, muscles, ligaments, and tendons in our legs and feet. Prior to that, all running was performed in simple, flat, slipper-type footwear. The running shoe industry was born, supported by the sciences of kinesiology and biomechanics. Today the running shoe industry exceeds \$39 billion annually, and there is confusing evidence that any design has ever reduced lower extremity injury. Running injuries are many and varied, and double-blind studies have repeatedly demonstrated that the most expensive running shoes actually cause the greatest amount of running injury.

McDougall parades out some of the most interesting ultra-distance runners—the colorful Barefoot Ted; Michael Hichman, aka Caballo Blanco; and members of the Tarahumara Indians of Mexico's Copper Canyon—who all ran and competed at distances up to 100 miles wearing very rudimentary shoes and in some cases no shoes at all. The open-mindedness and free spirit of the ultra runner combined with some of the most convincing evidence of our need to run, and to run in a style that emulates the "persistence hunter," may just have started a revolution in running and the beginning of change in the design of the running shoe.

ARE WE BORN TO RUN?

Compelling evidence from every corner of medical research has shown the running athlete to have a healthier mind and body. Every runner among us has come to look forward to the next hit of endorphins. We all express our feelings about running in terms of freedom, excitement, or soaring. Has Christopher McDougall written an entertaining novel, or is he ushering in a return to the old style of running? Not everyone was born to run, but if you're one of those who lives to run and runs to live, read *Born to Run*, and read it before you take another stride! ¶



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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.

RIDING BACK FROM THE SUNSET

RETAIL JUNKIE
SUPERSTAR

BY
RYAN JAMES LECLERC



A single brown flip flop, a blue track jacket, 82 empty beer cans, and a black leather belt were just a few of the items scattered around G and Sue-per Brevis's homestead after our most recent employee going-away party. This most recent employee going-away party was to honor two of our favorite fellow employees, Chuck and Chinch Bug, and it was the greatest employee going-away party we've had all year. In fact, it was so fun, and the reveling reached such a height, the Brevis's, knowing that this party could never be topped, proclaimed that they will never host another employee going-away party again.

Despite the good time had by our gracious hosts and by all, there was an undercurrent of sadness flowing like a cold river. We were losing two of our best employees, and even a thrilling team obstacle course challenge and a rousing tournament of Beer Pole couldn't completely distract from the real reason we were all there. But we were happy for them, and we took comfort in knowing that Chuck and Chinch Bug are following their dreams and heading out west, and that this is a positive step in the right direction for them both, and that most likely, in only a few short months, they will have found that the grass is actually quite brown on the other side of the fence, and they will come right back home and ask for their old jobs back.

The boss likes to say that they always come back, which is very often true. I am no exception, having made the big break a couple of years ago. I was

the General Manager/Service Manager/Marketing Director/Event Coordinator, and after a seven-year run, I could no longer summon the galaxy-sized amount of energy required to enjoy it any longer. "There just has to be something else I can do," I said. "I have an English degree, and I need to use it," I said. So I gave my notice, we had a big employee going-away party, and I rode off into the sunset, leaving behind countless empty beer cans, all of my favorite fellow coworkers, most of whom I had personally hired, and one very good job.

Two months later, at my new job, miserable and disheartened, I sent an email to my old boss asking if he needed anyone to sweep the floors. Within a week, I was back as Ryan 2.0, a new and improved version of my former self. Although that new job had been a horrible nightmare straight out of the deepest pit of hell, it was the best thing I could've done. In only two short months I learned how important it is to have fellow coworkers who you like. I learned how critical it is to have a boss who likes you. And I accepted the fact that the bike shop is where I belong, apparently.

Chuck and Chinch Bug, meanwhile, are still gone. Chuck is fulfilling her dream of living in Montana and writing, while Chinch Bug is in school learning how to put shoes on horses quickly and effectively without getting kicked or bitten. When they were working at the shop, Chuck graced the sales floor with her warm, friendly personality and vast product knowledge, and Chinch Bug hid out back and ordered bike parts and bike accessories and did bike repairs with the

precision of a ginsu knife in the hands of a sushi chef. Unlike Chuck, his outward personality was a bit more on the cool side, but inside, he was as warm as a freshly baked dish of homemade macaroni and cheese right out of the oven. I hired them both, and over the course of their time at the shop, they ended up falling in love. And it was Chuck, recognizing a possible love connection, who introduced me to her "tall, beautiful, and smart" friend, whom she felt I might get along with, and whom, three years later, I married. We appreciated her work as matchmaker so much, that we asked her to marry us, and just about everyone from the shop was there as witnesses.

We have a truly amazing staff and the world's greatest boss, and we are very fortunate. We become great friends. We fall in love. We ride bikes together. We descend upon our favorite watering hole together. We buy houses. We have babies. We sometimes go away. We often times come back. If Chuck and Chinch Bug are reading this, we miss you both, and we hope things are going great. In case they aren't, don't fret. We just so happen to have two openings for floor sweepers. ☐

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
Golfer, basketball player,
volleyball player

Paul Hecht, MD

Foot and ankle specialist
Cyclist

Charles Carr, MD

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

Doug Kleinman, PA

Sports medicine physician assistant
Telemark skier, cyclist, soccer player

John Nutting, MD

Shoulder specialist
Cyclist, rower, runner,
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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
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Team members not pictured:

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DENIZENS OF THE DIRT

CYCLOCROSS BIKES MOVE INTO ROADIE TERRITORY

BY KIRK KARDASHIAN



Photo by Peter Wadsworth

At the beginning of a group ride early this summer, I looked around and realized I was the only one there with a pure road bike. The change seemed to happen overnight; all of a sudden my skinny tires and fancy wheels were passé. It was as if everyone else had adapted to a new environment, and I was left flopping along the ground, using my fins as feet. I was a roadie in a land of cyclocrossers.

It turns out this new environment I had unconsciously entered was all about dirt roads. After riding the same asphalt loops for years, our group had

started branching out on the many unpaved roads that crisscross our corner of Windsor County. But we weren't just tired of the monotony. We were tired of being heckled, honked, and cursed at by motorists who were frustrated because they needed to slow down as they passed eight or ten cyclists. After a while, these incidents caused us to ride single file at all times, even though the law allows us to ride two abreast, and the rides became less social and more serious, all of us keeping our heads down and our elbows out of the ruthlessly traveled lane. Dirt roads offered a respite from this, and the scenery—dairy farms, mountain vistas, and big, old maple trees—was an aesthetic bonus. Soon we found ourselves playing in the dirt on 80 percent of our rides, and adopting the philosophy of Eric Krivitsky, the custom frame builder at Brownsville's Penguin Cycles: "It's not a good Vermont road ride without a dirt road."

As often happens, our solution created a new problem: road bikes aren't particularly well suited to the steep and sometimes rough dirt roads, which make up two-thirds of all public roads in Vermont. We needed something capable of maintaining a good pace on paved roads, but also sturdy and stable enough to handle the sharp stones and washboards on the country byways. According to Rob Westover, a sales associate at the West Hill Shop in Putney, a cyclocross bike offers the perfect blend of attributes. "If you get a really nice 'cross bike," he says, "you can do both: ride aggressively on the dirt, then switch the wheels and have a nearly race-worthy road bike."

From a distance, a cyclocross bike looks a lot like a road bike. It uses the same size wheels—700c—and has drop handlebars. Zoom in closer and the differences come into focus. The frame has more clearance under the fork and by the bottom bracket, so it can accommodate wider tires. The brakes are cantilevered, like those on an '80s-vintage mountain bike, which also affords more clearance, both for tires and mud. This is perhaps the most important distinction. With the extra clearance you can use knobby tires that grip well in mud and snow, or wider road tires, which are more puncture resistant than their skinnier brethren.

And that's not all. The geometry—the angles of the fork, down-tube and seat-stays—is "more laid back, with less twitchiness," says Westover. The gearing is a little different, too. A standard road bike has a front crank with 53 teeth on the big ring and 39 teeth on the smaller one. A 'cross bike is usually equipped with a 48/34 crank, which makes climbing steeper grades a bit easier. Though you lose the ability to pedal at high speeds, it's usually only an issue, says Westover, when

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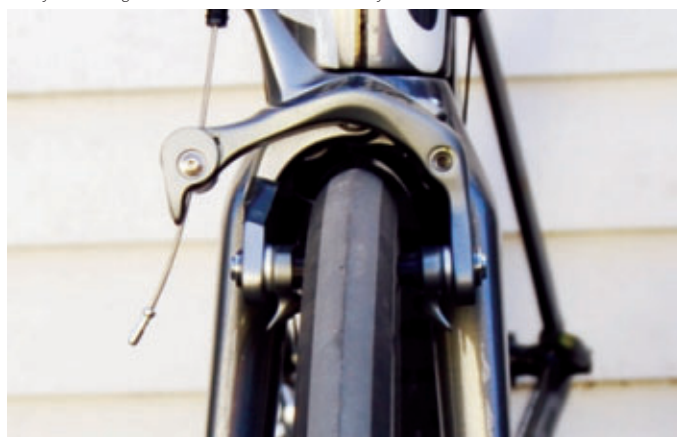
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Photo by Peter Wadsworth



(Top) Cross bikes are set up to accommodate knobby tires. (Bottom) Road bike frames and brake systems barely have enough clearance for a narrow tire. Photos by Kirk Kardashian.



you're going down a long hill or riding on flats in a peloton with a tailwind.

The exact origins of cyclocross bikes are still disputed, but everyone seems to agree that the sport began in the early 1900s as a way for road racers to stay in shape during the winter. They'd race each other from one town to the next, crossing fields and stone walls along the way, sort of like a wheeled version of the steeplechase. The high intensity efforts kept them warm, and hopping off the bike to run for a few dozen yards prevented their toes from freezing. 1902 saw the first cyclocross races, in France. The sport went international in 1923, and today it's a popular fall sport all over Europe and in pockets of the United States, such as the Northeast, the Pacific Northwest, and Colorado. The modern cyclocross race is usually 45 minutes to an hour in length, and held on a short course with pavement, grass, sand, and dirt. Riders dismount their bikes a few times every lap and jump over wooden barriers or run up small hills, then get back on their bikes and keep going. To see a professional cyclocross racer transition from his bike to his feet at 20 miles per hour is a thing of beauty.

It's no wonder the bike that evolved for the cyclocross race is also good for riding dirt roads, and people around the state have been catching on. "We're getting a lot more people coming in and asking for them," Westover says. Prices for cyclocross bikes start in the same vicinity as those for road bikes, at about \$900 to \$1,000. To get one as light as a good road bike, you'll need to spend \$2,000 or more.

Fans of cyclocross bikes sing their praises for a variety of reasons. Jan Dembinski, of Woodstock, purchased a 'cross bike this year to take some stress off his nice road bike. Kevin Calder lives on

a steep dirt road in Bridgewater, and he bought a 'cross bike so he wouldn't have an excuse not to ride in bad weather or if the road got muddy. Theo Padnos, a nomad who's sometimes based in Woodstock, prefers to take his 'cross bike on trips to the Middle East, because it stands a better chance of surviving the pocked roads and wild drivers there. Bike tourers and commuters have been riding 'cross bikes for years, since they're often more comfortable than road bikes, and you

can easily mount fenders and panniers on them.

As for me? I've got a beater 'cross bike I use for winter and spring rides, but I'm saving my pennies for one fast enough to ride all summer, too. [7]

*Kirk Kardashian is a freelance writer based in Woodstock, VT. He is the author of a blog about the dairy crisis called *Of Milk and Money: Vermont Dairy Farmers on the Brink*, which can be found at www.ofmilkandmoney.blogspot.com.*

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A New and Better PEANUT BUTTER

BY PHYL NEWBECK



Kate Carter

Chris Kaiser of Stowe isn't taking on any new clients for his financial planning firm. That's because he's too busy in the kitchen. Kaiser, who splits his time between Stowe and the southern Adirondacks, is the owner of Vermont Peanut Butter, a product which he describes as "pure and natural as the Green Mountains."

Kaiser played Division I baseball at Coastal Carolina University on a full scholarship. "I've always taken good care of my body," he said. These days, the 39-year-old single father of a six year old is into mountain biking, snowboarding, and kayaking. He also serves on the volunteer ski patrol at Gore Mountain. But it was while hiking in the Green Mountains that Kaiser had his epiphany. He had had his fill of gorp and granola, energy bars, and peanut butter sandwiches. "If I'm going to be doing this (hiking) for another 45 years," he said to himself, "there's got to be better food."

So Kaiser went home and started experimenting with adding nutrients and flavors to peanut butter. "I wanted to create something that I wanted to eat; not something I had to eat," he says. Kaiser talked to some nutritionists and tried his peanut butter out on friends and his daughter. Now, as his product flies off the shelves, Kaiser is considering giving up the financial planning business for good, hiring some employees, and taking Vermont Peanut Butter to the next level.

"My life revolves around being outdoors with healthy people," says Kaiser, which explains why he has added protein to the already protein-rich peanut butter flavors he created, all eight of them. Kaiser's first concoction was Good Karma, which includes dark chocolate. He followed that up with Mad River Mojo, which has cranberries, dark chocolate, flax, organic almonds, and honey. "The wheels kept turning,"

says Kaiser, "and six more flavors came out." These include peanut butter flavored with white chocolate; maple syrup and apple chunks; raisins and "a hint of banana;" cherries and almonds; flax and pumpkin seeds; and raisins and organic cinnamon. All eight flavors have 100 percent whey protein isolate, which Kaiser describes as pure protein. None have any refined sugar, preservatives, trans fats, hydrogenated oils, or "unnecessary" chemicals, with the exception of a pinch of low sodium natural sea salt. The peanuts are organic, and the resulting product is Kosher, gluten free, and "almost" vegetarian. Kaiser concedes that his products contain one gram or fewer of lactose, an ingredient that is found naturally in whey.

Although Kaiser splits his time between the Adirondacks and Stowe, he wanted his product to be Vermont-based. "Vermont has so many great food products," he says. "Why can't I be the next?" Kaiser credits whey isolate as the distinguishing feature of his peanut butter, describing it as a 100-percent digestible protein that is odorless and tasteless. By contrast, egg whites are only 94 percent digestible. Since peanut butter is already a good source of protein, Kaiser believes his product is perfect for athletes. He proudly displays a copy of the nutritional profile of his peanut butter on his web page. "So far," he says, "everything has worked."

Vermont Peanut Butter is only just beginning. Kaiser surpassed his own expectations by producing 5,000 jars in July, and he was poised to beat that number in August. Stores are selling out within

a week of taking delivery. Kaiser started out by approaching specialty stores like Cold Hollow Cider Mill and the Warren General Store, but he has added larger venues like City Market in Burlington and Sweet Clover in Essex. He also sees athletic stores like ski and mountain bike shops as natural venues, since those stores already have small nutrition sections with energy bars and gels. The jars he brought to a ski shop on the Mountain Road in Stowe sold out almost immediately. After a story appeared in the Stowe Reporter, other stores began calling Kaiser to request his product.

Kaiser's passion is mountain biking, so he offered to be a silver sponsor of the Vermont Mountain Bike Festival, which took place in Waterbury in July. He also donated jars for the Xterra Festival at Sugarbush, and was a sponsor of the Millstone Grind in Websterville. He hopes to sponsor other athletic events and be a presence at as many as possible. The problem is that there is only one of him, and the strain of running two businesses and caring for his daughter is costing him sleep. He just moved his operation into a new building in Waterbury Center and would like to put together a team of "non-corporatetype, athletic-minded people" to help out with a variety of tasks. "I'm getting up early and staying up late," he says, "but it's been really exciting. I'm watching it blossom. I'm hoping the variety and uniqueness will propel it to ultra success." ▮

Phyl Newbeck lives in Jericho with her partner Bryan and two cats. She confesses that she usually eats unhealthy food while on the trail. 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.

➤ MORE INFO:

WWW.VTPEANUTBUTTER.COM



MUSCLES NOT MOTORS

gear review
BY RYAN JAMES LECLERC

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



KELTY GUNNISON 2.1 TENT

There are a lot of things to do in the fall, other than mope about the shorter days and how far off the snow is. The weather is nice, there are hardly any mosquitoes, and a serene calmness has replaced that hectic summer vibe. Fall is an ideal time for camping, and your chances of scoring that particular campsite on that particular island are much better than during the height of summer. You'll need a good tent of course, so check out the Kelty Gunnison 2.1. At just under 5 pounds it is nice and easy to carry. With only two poles and color-coded clips it is nice and easy to set up. And priced at under \$200, it is nice and easy on the wallet. With a large screen on the tent itself, and a welded window on the fly, you can relax inside your 92" x 58" x 40" space, while watching those people who wanted your site paddle on by. \$180. www.kelty.com.



PRIMUS PRIMELITE RACE HEADLAMP

If you are a mountain biker, you need to get yourself a high-powered, rechargeable light system. It amazes me when die-hard mountain bikers concede to the shorter days and only ride on weekends when all they simply need is a good light. Night riding is a blast, and once you embrace it, you can continue going on rides after work until it snows. Light systems aren't cheap, but don't be afraid of the price tag. I promise you won't regret the investment when you're cruising your favorite singletrack long after the sun has set. The Primus PrimaLite Race is an affordable, lightweight, and waterproof light system that can be mounted on your handlebars (with purchase of optional PrimeLite Bike Clip), or worn on the head for multiple other uses. At full power, the Luxeon Rebel diode will blast light up to 200 meters for three hours. The low setting, which is ideal for running, hiking, skiing, snowshoeing, and moving around the campsite, will burn for 25 hours. \$85, \$10 for Bike Clip. www.primuslighting.com.



WESTCOMB RECON IL SOFTSHELL

There's nothing quite like a nice softshell jacket. It is like a security blanket, only a lot more functional. Fall is the time of year to pull out the base and mid layers, but when the temperature really starts to drop, it is time for the outer layer. If you need a new outer layer this year, consider a softshell. They offer greater breathability and freedom of movement than hardshells, but are just as warm. Designed and manufactured in Vancouver, BC, the waterproof/windproof Westcomb Recon IL excels in the movement category, thanks to Westcomb's innovative and totally unique method of laminating, versus quilting, the insulation into place. This technical first results in unmatched stretchability and improved warmth. You'll feel like the Recon is part of your body when you're skiing, ice climbing, or shoveling out the car after a glorious Nor'easter. \$399. www.westcomb.com.

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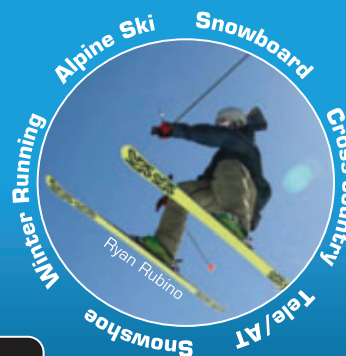
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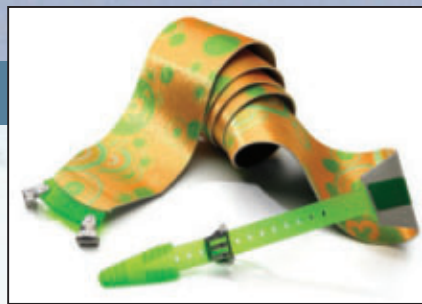
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GARMONT LUSTER (WOMAN'S) AT BOOT



BLACK DIAMOND SEEKER TELEMARK BOOT



G3 ALPINIST ELLE CLIMBING SKINS



KAMIK OSLO WP WINTER BOOTS

2009 WINTER GEAR

BY BRIAN MOHR AND EMILY JOHNSON

After a cool summer and a relatively early first frost, we have to wonder what Old Man Winter will have in store for us this season. We remember drinking lemonade in our shorts while building a deck at our house in December 2001. We also remember the truly world-class powder skiing we enjoyed back in late October 2005. Around here, no one really knows what winter will bring, but we do know that it will be cold and white for at least a little while. Optimistic about Old Man Winter having his way with us, we have a few new winter gear discoveries to share.

GARMONT LUSTER (WOMEN'S) AT BOOT

For strong alpine skiers looking to ski off-piste and explore the world beyond chairlifts, an alpine-touring (AT) set up with a boot like Garment's new Luster is sure to get you there. This four-buckle AT boot thrives in all terrain and snow conditions, and can drive any skis on the market. For the uphill tour, when combined with backcountry-oriented skis and AT bindings, it's light and comfortable enough to keep you going all day, thanks to Garment's new heat-moldable Rapid liner. \$750. www.garmontusa.com.

BLACK DIAMOND SEEKER TELEMARK BOOT

Black Diamond went out on its own in the ski boot world last season, and the results are impressive. BD's newest three-buckle telemark boot, the Seeker, features a snug-fitting, heat-moldable liner, walk/ski modes, crampon compatibility, and a very smooth flex. Designed for skiers of all abilities who prefer a lower-profile boot or like to spend most of their time in the backcountry, the Seeker is an incredibly versatile boot that handles most skis, snow, and terrain conditions with ease. \$600. www.bdel.com.

G3 ALPINIST ELLE CLIMBING SKINS

G3's Alpinist Elle skins are among the highest

performing climbing skins on the market today, developed with the unique needs of women in mind. G3 started with their popular Alpinist Climbing Skin, styled them out with some colorful, girl-friendly graphics, and then added a RipStrip to make these easier to use in the field. The RipStrip is an adhesive-free strip along the bottom of the skin that makes it substantially easier to pull the skins apart when they are stored in glue-to-glue mode. Another stand-out feature of these skins is G3's new ski tip connector—two pivoting hands that fit any ski tip securely and easily. The tip connector eliminates the fold-over common with most other tip connection systems, which cuts back on weight and snow build-up under the ski tip. Approx. \$140. www.genuineguidegear.com.

KAMIK OSLO WP WINTER BOOTS

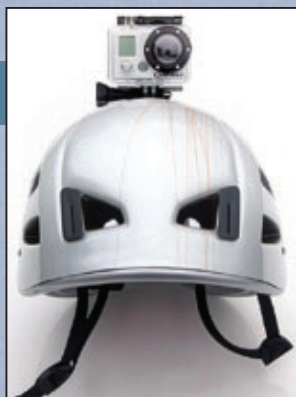
The Oslo WPs are not your ordinary winter boots. They are the rugged, waterproof, and cold-proof king of their domain. They feature lightweight, seam-sealed, and waterproof lowers, mid-foot, and uppers, with adjustable laces for a snug fit, and outsoles that provide terrific traction. The removable, moisture-wicking liner and insulated insole has Kamik rating these boots to 60 below zero. The WPs are a great choice for serious winter slogging through the coldest and wettest conditions. \$130. www.kamik.com.

GOPRO HD HELMET HERO VIDEO CAMERA

GoPro, pioneers of lightweight, wearable video cameras, will soon release their new HD Helmet Hero, which is sure to attract the attention of serious videographers looking for high-definition quality. As with all GoPro cameras, the HD features a waterproof housing, 5 megapixel still-photo capability, and compatibility with a grab-bag of camera mounts. However, the HD also has some impressive new features. The battery system utilizes a rechargeable lithium-ion battery and an internal heating system for keeping the battery system warm. The HD can also accommodate up to a 32 GB card and store more than eight hours of video. \$299. www.gopro.com.

GLACIER GLOVES 802BK

These are an amazing addition to any cold-weather cyclist or paddler's winter wardrobe. Constructed with fleece-lined 2mm Yamamoto neoprene, blind-stitched and glued for waterproofing, and designed with articulated fingers for dexterity, you can dial your cell phone with these gloves on, or pedal through driving sleet to your heart's and fingers' content. These are the ultimate gloves for any cold and wet outdoor adventures. \$45. www.glacieroutdoor.com.



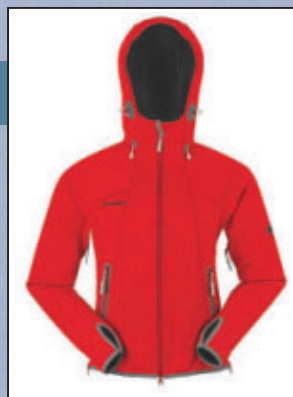
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BERN WATTS HELMET



MAMMUT WOMEN'S ULTIMATE HOODY



OUTDOOR RESEARCH IGNEO JACKET



KELTY PAWNEE BACKPACK

BERN WATTS HELMET

Bern is a leader in the multi-sport, multi-purpose helmet, and their Watts helmet is a perfect example of a helmet that does it all. Wear it skiing or snowboarding, whitewater kayaking or singletrack mountain biking. The Watts is a vented helmet with a small visor, comes in a great variety of colors and styles, and is sold with an optional "winter kit" that offers warmth and protection from the winter elements. \$80. www.bernunlimited.com.

MAMMUT WOMEN'S ULTIMATE HOODY

Swiss-based Mammut has long been known among outdoor enthusiasts in Europe for its high-performance clothing and equipment. Recently, Mammut has become a favorite for many North American mountain goers, too, and the Ultimate Hoody helps to explain why. This stylish and ultra-comfortable softshell jacket is a weather-resistant layer that can be worn as a protective outer layer, or as a beneficial under-layer beneath the added protection of a waterproof shell. So long as it's not too wet, this is a layer you can wear all day, whether hiking, skinning or sliding downhill, thanks in part to its excellent ventilation. The durable, tear-resistant construction comes in handy, too, should a little bushwhacking or wood stacking be a part of your next winter adventure. \$239. www.mammut.ch.

OUTDOOR RESEARCH IGNEO JACKET

If you are looking for a solid and functional winter shell that won't break the bank, consider Outdoor Research's (OR) Igneo Jacket. The Igneo is a well-designed winter shell, with waterproof fabric, taped seams, powder skirt, pit zips, hand pockets, and a wrap-around and helmet-friendly hood. It also features just enough insulation to make it a great choice for even the coldest winter days, so it's light enough to carry in a pack on winter hikes or backcountry missions, yet designed to be worn throughout the day while riding lifts, exploring the backcountry, or while working, walking, or just having a little fun out in the snow. \$279. www.outdoorresearch.com.

KELTY PAWNEE BACKPACK

Kelty has long been known for its high quality and affordably priced outdoor products, and its backpacks are no exception. The Pawnee is a well-designed, medium-sized pack (2700/3300 cubic inches) that can carry the gear you need on a winter overnight to a favorite hut or cabin or on long winter hikes/ski tours when you need to carry more than the usuals. It features an easy access front pocket, plenty of adjustment straps for dialing in comfort and fit, and an internal aluminum stay for extra support. \$130. www.kelty.com.

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A Night in the Woods

TEXT & PHOTO BY LISA DENSMORE



The flames danced before me, playful, teasing. The other people near the fire glowed with a contentment that can only come after invigorating exercise, a brisk swim, and a hearty dinner. George tossed another log on the fire. It had been a perfect day with good friends, our friendships made even stronger for the day behind us and the adventures to come tomorrow, but for now, I was simply enjoying a quiet evening by the lake. There was one catch. Reaching the lake required an 8.5-mile hike through the largest wilderness area in Vermont, with a 50-pound pack on my back. At least my pack would be a couple of meals lighter by the time we departed in the morning.

It would be hard to leave. Our tents were scattered around the platforms at the North Shore Tent Site by Stratton Pond, the largest body of water on the Long Trail. The cost, only \$6.00 per night, included the prime waterfront location; firewood compliments of the Forest Service trail crew that had recently cleared a blow down; the fire ring; the tent platforms; and the many fond memories that can only come with an overnight trip into the backcountry.

Spending a night in the woods at one of the cabins (called lodges), shelters or tentsites on the Long Trail is a unique Vermont experience. The Green Mountain Club (GMC) maintains about 70 rustic cabins and shelters along Vermont's hiking trails. They are available on a first-come, first-served basis, and typically sleep eight to ten people. There are usually tent sites near the cabins to accommodate overflow, and other stand-alone tent sites, such as the one on the north side of Stratton Pond.

The sleeping arrangements are simple and firm, to say the least—a plywood shelf that serves as a bunk, the floor of a shelter, or a tent platform. (Bring your cushiest sleeping pad.) You'll also find a privy (outhouse), a specific place to wash dishes, a fire pit, and a water source. Not exactly the Hilton, but it's hard to beat the swimming, views, and solitude, depending on where you go. The question is, where to go? Here are some of the prime places on the Long Trail to spend a night.

NORTH SHORE TENT SITE

Location: Stratton Pond

The North Shore Tent Site is a quieter, more intimate location than the super-sized Stratton shelter on the other side of the pond. You can swim and fish to your heart's content. Plan enough time to climb to the historic fire tower atop Stratton Mountain if you came from the north, where the ideas for both the Long Trail and the Appalachian Trail were conceived.

Northern Approach: Through the Lye Brook Wilderness from Route 30 north of Manchester.

Southern Approach: From the Kelley Stand Road between Stratton and Arlington over Stratton Mountain.

GRIFFITH LAKE TENT SITE

Location: Griffith Lake

Tucked into the trees on the northeastern shore of Griffith Lake, this is a sweet spot by a pretty lake and is often deserted, especially midweek. Kids will love to catch salamanders by the boards across the beaver dam. It's a short climb to the top of Baker Peak on the opposite shore.

Northern Approach: From Forest Service Road 30 off the Danby-Landgrove Road.

Southern Approach: From Mad Tom Notch Road near Peru.

LULA TYE SHELTER

Location: Little Rock Pond

One of two shelters by Little Rock Pond, this one is named for a long-time employee of the GMC during the early 1900s. The clear, cool pond will refresh you after a day on the trail. There's a high cliff on the southeastern shore, where you can nap in the sun, or climb nearby Green Mountain if you desire a more active afternoon.

Northern Approach: From Route 140 over White Rock Cliffs.

Southern Approach: From the Big Branch Picnic Area on USFS Road 10.

THERON DEAN SHELTER

Location: Appalachian Gap

There are many good overnight options along the Monroe Skyline, from Lincoln Gap to Appalachian Gap, but this shelter is the most interesting. It is perched atop a rock cliff, with a view into the Mad River Valley. Below the shelter is a shallow cave that is fun to explore.

Northern Approach: A short, steep climb out of Appalachian Gap.

Southern Approach: From Lincoln Gap, up Mount Abraham, then a long ridge walk over Lincoln Peak, Mount Ellen, and General Stark Mountain.

TAFT LODGE

Location: Mount Mansfield

A popular cabin on Vermont's highest peak, it's worth getting there early to insure a spot. The cabin was rebuilt in 1996, new by LT standards. Situated at 3,650 feet, it has a lofty view to the southeast into Stowe and to the Worcester Range beyond. There's a bench on which to lunch or just lounge as you take it all in. And it's the perfect launching point for a climb to The Chin, the highest place in Vermont.

Northern Approach: A short, but stiff climb out of Smuggler's Notch.

Southern Approach: From Nebraska Notch over the summit of Mount Mansfield.

DEVIL'S PERCH OUTLOOK

Location: Devil's Gulch

A secluded cabin on a less-traveled portion of the LT south of Jay Peak, this is the place to go if you want an interesting hike in (from the north) and a pleasant perch near your doorstep. Belvidere Mountain dominates the view across the narrow valley. The small cabin is big on solitude. Your most likely visitors are a random LT through-hiker or a curious raccoon.

Northern Approach: From Route 118 past Ritterbush Pond then through dramatic Devil's Gulch.

Southern Approach: From Coddling Hollow Road over Laraway and Butternut Mountains.

CAMPING CONSIDERATIONS

There's nothing nicer than a night in the woods at one of the cabins, tent sites, or shelters along the Long Trail. Please do your part to keep it that way by following these few rules of the trail, which are meant to insure your safety, too.

- Always carry out what you carry in.
- Be courteous to your fellow campers.
- Be a low impact backcountry traveler, staying on the trail, leaving flora and fauna alone, and keeping noise at a conversational level.
- Hang food, trash, and other scented items or store them in a bear canister to prevent bears, raccoons, and other critters from stealing your sustenance and perhaps hurting you in the process.
- If your party does not fill up a cabin or shelter, make room for others who need shelter, too.
- Always filter water or use another water-purification method to avoid contracting the giardia parasite or other waterborne illness.
- Campfires are only allowed in designated fire pits.
- Plan to cook over a portable camping stove.

MORE INFO:

For detailed directions to trailheads, refer to any of the following hiking guidebooks:

Hiking in the Green Mountains, by Lisa Densmore (Falcon Guides, 2009).

Long Trail Guide (Green Mountain Club, 2007).

Guide to Vermont's Day Hikes, by Jared Gange (Huntington Graphics, 2006).

For information about hiking on the Long Trail and the Green Mountain Club, go to www.greenmountainclub.org. [7]

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

VS: How did you get into biking?

KM: In 1996, a friend of mine, Dennis Gibson, started up a local race known as the Tour de Glover. I think 10 of us raced in it that first year and had a blast doing it. I was hooked ever since. The Tour de Glover is now 15 years old, 40 to 60 people compete in the race annually, and the record time has been reduced from 1 hour to 46 minutes.

VS: Do you remember your first bike?

KM: Lynley and I moved to California in 1993. The first thing we did was buy two GT bikes from the local bike shop. I think we spent almost \$500 on both bikes. My grandmother, who we were staying with at the time, almost had a heart attack. She couldn't believe that we would spend that kind of money on two bicycles. We still have both of those bikes. I should say that we spent \$500 on the car we drove out to California in, and we retired that car long ago. Grandma passed away before I bought my first "real" bike, a 2003 Serotta cross bike from Ian Buchanan's bike shop, Fit Werx in Waitsfield. I shudder to think about what Grandma would say about the tag on that bike! I would tell her it was worth every penny. I love that bike!

VS: What are some of your favorite competitive events?

KM: I enjoy all the local races, especially the Echo Lake Road Race in East Charleston—low key and family friendly. My children have all entered the biking and running world, and it's nice to compete alongside them. As far as competitive events go, it's hard to beat the Mount Washington Auto Road Bicycle Hill Climb. That race brings competitors from all over the country including Ned Overend, who is a role model and hero to so many bikers. The level of competition there elevates everyone else; it's a special feeling. If you're looking for a local challenge,

READER ATHLETE



Keone MAHER

Age: 37

Residence: West Glover

Family: Wife, Lynley Maher; daughter, Anaka, 11; sons Malakai, 9 and Aiden, 8

Occupation: Owner, Old School Builders, a design/build timber frame home business

Primary sport: Road and mountain biking

the Burke Mountain Hill Climb is an extremely difficult, but doable, event. I also enjoy the scene down at Mount Equinox in Manchester. If you ever wondered what it would be like to ride up a Hors category climb in the Tour de France, ride up Equinox. Nearby is a wonderful campground on the Batten Kill River, and the event is hosted by a great guy by the name of Andy Holzman.

VS: You biked in the Race to the Top of Vermont at the end of August. Something about that race's name scares me. Was it as grueling as it seems?

KM: The race up Mansfield was challenging to say the least. I was so excited that Mansfield opened up the road for racing that I signed up on a whim and headed down for the race without much thought. I arrived the morning of the event not having any idea of what to expect. Boy, was I shocked when I saw "The Wall," the designated start of the race. I have been to a bunch of hill climb events but none have a more intimidating start than the Race to the Top of Vermont. I knew right away I was in trouble. My feeling

of uneasiness was confirmed about three quarters of the way up the climb, when I heard a strange noise behind me. I looked back, and to my dismay, a runner was about to pass me! And to make it even worse, I could see a line of about a dozen runners who would all slowly pass me before I limped into the finish. It was a humbling climb. I can't wait to do it next year! This is a great event for the state, and I'm hoping to get the race involved in the BUMPS series 2010.

VS: You organize the BUMPS cycling hill climb series. What inspired you to get into the organizational aspect of racing?

KM: The BUMPS Challenge or Bike Up the Mountains Point Series is a new event for 2009. After having ridden in a handful of hill climb events, and started the Burke Mountain Bike Race, it was obvious that the sport of hill climbing was exciting and here to stay. It seemed like a natural progression to link the various events and reward those athletes who grind their way to the top of some of the most beautiful mountains in the United States. If you have never been to a hill climb event, I would encourage you to attend one. The athletes are from all walks; some young, some old, some fast, some slow, but they are all there to get to the top and everyone who does, walks away a winner. So the BUMPS series was organized to give a face to the sport, to encourage and reward those who participate, and to create an opportunity where competitive bicyclists can find a safe (slow) and rewarding way to spend a day with family and friends.

VS: What do you find rewarding about putting a race together?

KM: I enjoy organizing events. I think it goes back to the team sports I used to participate in. Something about having a whole bunch of people trying their best to accomplish a common goal is an interesting and inspiring thing. The competitors make the event worth while. I think that just being around determined and dedicated people allows me to broaden my horizons and set new goals.

VS: What makes it challenging?

KM: The challenging part of race

directing is finding the time to make the race successful. Most race directors organize and plan for events after work and on weekends. They often spend some of their own money and resources to make the event a success. This can put some additional stress on themselves and their families. But come race day, those thoughts fade, and the excitement and the challenge make it all worth while.

VS: You own a timber framing business. Why do you prefer this building style?

KM: Timber framing is the construction method which built the big barns and small villages that give Vermont the nostalgic New England feel. Every time you see a barn large or small, think about the day that barn was raised. Men, women, and children gathered there that day. They all worked together to raise that barn. It was not easy, it was not fast, but in the end, they nailed a tree bow to the peak and celebrated together. That is why I prefer the timber framing style of building. Maybe that is why I prefer the hill climbing style of racing. I find comfort and community there.

VS: Has the economy affected your business at all?

KM: The economy has certainly affected the building industry. Second home sales are very low; however, renovations and additions are up. It is a case of adapting to the new economic climate, and nobody adapts to climate change better than Vermonters.

VS: What do you enjoy about living in Glover?

KM: Well, first of all, I live in West Glover. It is funny how some people find that distinction important. I enjoy Glover immensely. There is a fine local base that has been positively impacted by the back-to-the-land movement in the '70s, and the back-to-lake movement, which just ended when the stock market crashed. All in all, it makes for a somewhat diversified population that should stabilize the local economy and provide for smart growth into the future. It's the colorful and rugged character of the mountains that makes this place beautiful, but it's the colorful and rugged character of the people that make this place special.

VS: Are there any undiscovered mountain biking trails in your area?

KM: If there were I couldn't tell you. No seriously, the Kingdom is full of undiscovered rides. As we speak, a group of local riders are mapping and planning to open up a series of singletrack and dirt roads that would link all the local B&Bs, restaurants, and scenic locales. We are trying to use the VAST model where local groups will be accountable for certain sections of trails. People will have to buy a map and pass, maybe \$5, to utilize the trail system. The trails will allow riders to quietly explore the Kingdom by bike, ski, horse, or foot, and at the end of a glorious ride, relax and enjoy some Northern hospitality.

□ — Sky Barsch

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VS: You are recovering from a serious hit-and-run accident that nearly killed you last fall. How is your recovery going?

RL: It's going well. I have a few more surgeries to go, which are stressful to say the least, but I'm glad I had the summertime to get back out on my bike.

VS: When did you start riding again?

RL: I rode a little inside over the winter, but I started really riding this spring.

VS: Have you returned to racing?

RL: I have, and I have taken another break, but I'm looking forward to racing for the collegiate mountain bike season this fall.

VS: What else are you doing for hobbies?

RL: I love to be outside, and I actually picked up bowling this summer, so I bowl.

VS: How did you get into bowling?

RL: I was burnt out on cycling this summer. It was too stressful for me to do it. I needed something to occupy my time, and my friend from work took me along. It's totally just a pleasure activity. I had spent so much time cycling; it's such a time-intensive sport. For instance, if you are looking for the same workout, you can run in just half the time. I needed something to fill that time. And I needed to take a break from riding. I didn't realize how hard it would be to start riding and racing again.

VS: What have you learned from this experience that you want to share with other cyclists and motorists?

RL: I've spent too much time being sad and angry to know if I've learned anything. I do know that I have definitely come to appreciate that everyone in the community supports me. I draw strength from that. And I've become a lot more cautious when I'm on my road bike. I've learned to be patient; when you're 20 years old, you can never think of the two-year and three-year and five-year plans, but this has forced me to take the optimistic route, that this is one year out of many. And even as hard as that is to

READER ATHLETE



Rose LONG

Age: 21

Residence: Burlington

Family: Mother, Anne; Father, Richard; three sisters, Michelle, Amie, and Pegeen

Occupation: Student and working in an eninerring lab at UVM

Primary sport: Cycling

Photo by Daria Bishop Photography

deal with—this guy who hit me has taken a whole year of my fitness and my racing life, my under 23 eligibility—gradually I've learned this is just temporary.

VS: Why do you think you have so much community support?

RL: I have to hazard a guess that I seem to know a lot of people in the area, as well as it was such an in-your-face event. It was literally in my face! [Rose landed on her face when she was hit.] It was a collegiate cyclist from UVM getting hit on the corner of Pearl and Union Streets in Burlington. You can't get much more in-your-face than that. That's what's so hard about it. It shouldn't have happened. I was doing everything properly, and it's not a specifically dangerous intersection. It's surprising that it happened there.

VS: Is it hard to go through the driver's criminal proceedings?

RL: It's been a pretty stressful ordeal, with the criminal case against Adam, because I feel like he is kind of getting off easy in some instances. I've gone through probably something that he can't really match. There is no way you can inflict this on someone else, and I don't want to. I do want him to realize the effects that this had on me. He's made zero acknowledgment of that.

VS: Do you feel like your accident has helped or hindered your willingness to take risks or to challenge yourself on the trail?

RL: I've been thinking about it a lot lately. Mountain biking is centered on how well you assess a risk and how well you take it. And I found that previously I literally had no fear. I did not care about getting injured. Now, often times I can think about lying in a hospital and being in a lot of pain for a long time, and it gives me something to be scared about. I do take fewer risks, and I do have a little higher level of stress when I'm on the road. I like to think I let it go a little more when I mountain bike.

VS: What do you enjoy about being on the UVM Cycling Team?

RL: The camaraderie. I personally think that it's the best group of people at UVM, and everyone on the team is really into cycling. When you drive nine hours to a race in Pennsylvania in the same van, you bond.

VS: Were you both a mountain biker and road cyclist when you joined the team?

RL: I was originally a mountain biker because I grew up riding on the Kingdom Trails, and I started to road bike when I got to college. My preference is mountain biking because the standard that I'm

striving for when I'm on my mountain bike is almost totally self-made. It's me, my bike, and the trail, which is incredibly difficult, but also very satisfying, whereas with road cycling, the standard you have to meet or defeat is based on who you're racing with.

VS: Where are your favorite places to ride?

RL: My favorite place to ride is the Kingdom Trails at home. There I like to ride on Burke Mountain the best. The trails there are more technical, that's why I like them better.

VS: What do you hope to do with your mechanical engineering degree?

RL: When I first entered college, I wanted to study how humans can use machines specifically as prosthetics to improve quality of life, and that's kind of changed as I've learned more. Now I'm really interested in how an engine works and how to make an engine more efficient or more powerful by changing the mechanics of the engine. ▢

— Sky Barsch

Rose Long's life changed dramatically when unlicensed, uninsured driver Adam Desjardin hit her in downtown Burlington on September 8, 2008. After she landed on her face, instead of helping, Desjardin took off and fled police. She remembers the whole night. This horrible accident has put Rose through many surgeries, and since Desjardin was uninsured, she has to pay the massive costs for her medical care (Desjardin has been sentenced to a minimum of three years in jail). She is accepting donations to rebuild her mouth, as she needs more facial reconstructive surgeries. You can donate by contacting Rose at roselong21@gmail.com.

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CYCLING

OCTOBER

- 4 Allen Clark Memorial Hill Climb, 6.2-mile hillclimb up App Gap, Waitsfield, VT, Peter Oliver, 802-496-5538, 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

CYCLOCROSS

NOVEMBER

- 1 19th Annual West Hill Shop Cyclocross Race & Vermont State Championships, West Hill Shop, Putney, VT, Jim Sweitzer, 802-387-5718, jim@westhillshop.com, www.westhillshop.com/docs/2009_vermont_cyclocross.pdf
- 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

MISCELLANEOUS

OCTOBER

- 2 "A Kayaker's Guide to Lake Champlain" book signing with Margaret Holden, 5:30-8:30PM, EMS, So. Burlington, VT, 802-864-0473, e0008st@ems.com
- 3 Boot Cancer, A Fitness Challenge for All (strength and stamina tests to benefit American Cancer

Society), Collins Perley Sports Center, St. Albans, VT, Lisa Durocher, 802-849-6621, ifdnt@aol.com, www.bootcancer.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

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

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

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
- 18 6th Annual Mansfield Trail Run, 11AM, Mount Mansfield Touring Center, Stowe, VT, Chess Brownell, 802-253-7409, mmwa@mt-mansfield.com, www.mmwa.org
- 31 Autumn Onion 5K & 10K Trail Race, 9:30AM, Morse Farm, Montpelier, VT, Carrie, 802-229-9409, thefolks@onionriver.com, www.onionriver.com
- 31 The Kingdom Challenge Half Marathon & 5K, St. Johnsbury, VT, Kelly Urie, 802-748-1514, thekingdomchallenge@yahoo.com, www.thekingdomchallenge.com

NOVEMBER

- 8 RaceVermont Half Marathon, Shelburne, VT, Rayne Herzog, Rayne@racevermont.com, www.racevermont.com
- 21 Westford Turkey Trot, 10K run, 1.7-mile walk/run, 50-yard dash for kids 5 and under, 8:30AM, Westford Elementary School, Westford, VT, Peggy Rodgers, rogerswsc@myfairpoint.net
- 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

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Tuesdays, 5:15, Northern Vermont Ridge Runners Track Practices for runners of all abilities, People's Academy, Route 15A, Morrisville, VT

Wednesday Night 5K Trail Running Series (through 10/14), 6PM, Grafton Ponds Outdoor Center, Grafton, VT, Bill Salmon, 802-843-2400, www.graftonponds.com

Wednesdays, 6PM, Hard'ack 5K Trail Running Series, off Congress St., St. Albans, VT, Kelly Viens, 802-524-1500 x266

Thursdays, 5:30PM, Skirack Trail Runs at Red Rocks Park, Will Skolochenko, 802-658-3313

Sunday Morning Training Runs, Small City Road Runners Club, 1-4 miles on a loop course, Vergennes City Park, Vergennes, VT, Ramey Armell, 802-377-9906, 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

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

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Select: I wish to be an event poster.

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RACE RESULTS

FIG RACE TO THE TOP OF VERMONT August 30, 2009 Mount Mansfield, Stowe, Vermont

Results by Precision Sports Timing,
www.racetime.com.

BIKE

Men 14 & Under

1 Tyler Berliner	Richmond VT	43:50
2 Henry Harmeyer	Underhill VT	45:26
3 Bill Harmeyer	Underhill VT	45:30
4 Jesse Wells	Morrisville VT	59:38
5 Ryan Znamierowski	Richmond VT	1:03:08

Women 15 to 19

1 Rebecca Etingin	Stowe VT	1:59:36
2 Amanda Etingin	Stowe VT	1:59:36

Men 15 to 19

1 Matt Mainer	Hinesburg VT	36:32
2 Benjamin Chase	Newmarket NH	45:05
3 Sam Darling	Charlotte VT	52:36
4 George Merrill	Morrisville VT	54:31
5 Matt Borden	Stowe VT	56:11

Women 20 to 29

1 Metz Anderson	Stowe VT	56:31
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Men 20 to 29

1 Nathan Ringquist	Stowe VT	36:12
2 Noah Tauffest	Northfield VT	38:13
3 Adam St.Germain	Burlington VT	39:26
4 Alex Cox	Burlington VT	44:30
5 Seth Golding	Essex Jct VT	44:37
6 Ben Coleman	Burlington VT	44:51
7 Michael Brown	Burlington VT	45:45
8 Daryl Wilson	Dover NH	50:38
9 Austin Cate	Montpelier VT	51:45
10 James Buck	Waterbury Ctr VT	52:13
11 Chris Rodgers	Westford VT	52:23
12 Matt Montross	Waterbury VT	57:43
13 Matthew Bruhns	Waterbury Ctr VT	58:18
14 Jeff Price	Burlington VT	1:00:13
15 Peter Ginsbury	So Royaltown VT	1:00:41
16 Steven Palleschi	Portland ME	1:12:19

Women 30 to 39

1 Kelly Autt	Middlesex VT	50:07
2 Rebecca Vandyke	Burlington VT	53:37
3 Priscilla Carr	Montpelier VT	1:02:06
4 Lori Miller	Fairfax VT	1:03:03
5 Jennifer Gordon	Waterbury VT	1:07:14
6 Kelley Lewis	Fayston VT	1:07:15

Men 30 to 39

1 Kip Roberts	Moretown VT	38:02
2 Jesse Downs	Jericho Ctr VT	39:16
3 Adam Whitney	Waitsfield VT	40:09
4 Philip Beard	Middlesex VT	40:21
5 Bob Schneider	Hartford VT	41:27
6 David Penney	Lyndeborough NH	41:54
7 Alex Comes	Winsted CT	41:59
8 Mat Katz	Northfield VT	43:13
9 Scott Griswold	Syracuse NY	44:56
10 Dave Blumental	Montpelier VT	44:57
11 Graham Lonetto	Stowe VT	46:19
12 Jeff Teplitz	Burlington VT	47:00
13 Peter Wadsworth	Winooski VT	47:04
14 Adam Juzek	Stowe VT	47:38
15 Dexter Steis	Arlington VA	49:07
16 Nick Hinge	Burlington VT	49:47
17 Andy Harris	Essex Jct VT	50:29
18 Conor McKenzie	Arlington MA	50:59
19 Brett Schermerhorn	Winooski VT	51:10
20 Matthew Schifferle	Burlington VT	51:19
21 Scott Julian	So Burlington VT	53:15
22 Jeff Krebs	Burlington VT	54:00
23 Joseph Connolly	Harden CT	54:13
24 Evan Lovell	Waterbury Ctr VT	55:58
25 Jay Stewart	Montpelier VT	56:58
26 Jeff McCabe	So Pomfret VT	57:51
27 Christopher Novak	Williston VT	58:16
28 Steve Hoskins	Waterbury Ctr VT	59:18
29 Michael Langlais	Wolcott VT	1:00:45
30 Chad Hardin	Newport Ctr VT	1:01:27
31 Curtis Comfort	Bakersfield VT	1:02:03
32 Chris McKay	Waterbury Ctr VT	1:04:08
33 Garin Samuelsen	Waterbury VT	1:09:18
34 Matt Hanks	So Burlington VT	1:16:20
35 Tyler Danks-Jeffers	Oakley ID	1:19:26
36 Wil Blanchard	St Albans VT	1:42:02

Women 40 to 49

1 Marilyn Ruseckas	Waitsfield VT	45:37
2 Ann MacDonald	Burlington VT	54:21
3 Maggie Dunphy	Stowe VT	58:43
4 Lisa Koltzsch	Waitsfield VT	1:00:39
5 Ann Murtagh	Marblehead MA	1:11:23
6 Jane Taylor	Meriden NH	1:19:49

Men 40 to 49

1 Doug Jansen	Pelham NH	37:16
2 Marc Gilbertson	Hyde Park VT	39:33
3 Thomas Barnes	Essex Jct VT	41:10
4 Tod Olson	Middlesex VT	42:06
5 Stephen Wright	Richmond VT	43:38
6 Steven Colangeli	Montpelier VT	44:22
7 Don Harmeyer	Underhill VT	46:10
8 John Wilson	Amherst NH	47:12
9 Jim Rollins	Moultonborough NH	48:18
10 Scott Cole	Richmond VT	48:34
11 Peter Brockett	Randolph NH	48:38
12 Tom Strasser	Waterbury Ctr VT	48:57
13 Fritz Fay	St Johnsbury VT	49:09
14 Eric Berliner	Richmond VT	49:10
15 Neil Favreau	E Burke VT	49:23
16 Peter Gerson	Wolcott VT	49:37
17 Andrew Gilbert	Marshfield VT	49:57
18 John Witmer	Williston VT	50:16
19 Will Spalding	Morrisville VT	50:48

20 Bill Cleary	Morrisville VT	51:14
21 John Hollar	Montpelier VT	51:27
22 Peter Kulis	Waterbury VT	51:28
23 Drew Kiebafer	Newmarket NH	53:18
24 Brennan McCleary	Burlington VT	53:20
25 Christopher Ford	Essex Jct VT	53:47
26 Matt Goyette	Charlotte VT	54:46
27 Gary Lagasse	Williston VT	54:56
28 Bob Parker	Westford VT	55:54
29 Dan Sweet	Waterbury Ctr VT	56:03
30 Dirk Anderson	E Barre VT	57:07
31 Steve Cobble	Quincy MA	57:49
32 S Znamierowski	Richmond VT	58:15
33 Edward Brennan	Duxbury VT	59:00
34 Mark Leach	Simsbury CT	59:25
35 Greg Gadowski	Dummerston VT	1:00:28
36 Garvin Louie	Exeter NH	1:02:02
37 Peter Merrill	Morrisville VT	1:02:47
38 James Clapp	Colchester VT	1:06:09
39 Reid Krakower	Stowe VT	1:09:19
40 Thomas Murtagh	Marblehead MA	1:09:38
41 John Macy	Shelburne VT	1:11:04
42 Clifford Borden	Montreal QC	1:17:14
43 Ray Wells	Morrisville VT	1:19:01
44 Larry Williams	So Burlington VT	1:19:24
45 Andre Bouffard	Jericho VT	1:21:09
46 John Abbott	Jericho VT	1:32:10

Women 50 to 59

1 Carrie Nourjian	Stowe VT	56:07
2 Mary Fuchs	Hartford CT	56:09
3 Pam Darling	Charlotte VT	1:02:32
4 Jean Kissner	Williston VT	1:05:10
5 Patricia Driscoll	Stowe VT	1:07:17
6 Heidi Joyce	Stowe VT	1:12:55

Men 50 to 59

1 Keith Woodward	Stowe VT	43:56
2 David Rath	Williston VT	44:19
3 John Freitas	Burlington VT	48:00
4 John Lahr	Waterbury Ctr VT	48:29
5 Gilman Lang	Burlington VT	48:45
6 John King	Shelburne VT	49:03
7 Ken Hauser	Deering NH	51:09
8 Tony Williams	Montpelier VT	53:11
9 James Foster	Charlotte VT	53:25
10 Alan Appage	So Burlington VT	53:34
11 Don Lesse	Charlotte VT	54:02
12 Jay Kimberley	Worcester VT	54:25
13 Roger Costales	So Burlington VT	54:34
14 David Howard	Shelburne VT	55:40
15 Scott Andrews	Shelburne VT	56:30
16 John Himmelsbach	Waitsfield VT	56:57
17 Thomas Dembinski	Harden CT	58:30
18 Rick Stoner	Shelburne VT	59:48
19 Lee Gavris	Newton MA	1:00:02
20 George Darling	Charlotte VT	1:00:19
21 Mitch Fleischer	Richmond VT	1:02:25
22 Collins Seitz Jr	New Castle DE	1:04:30
23 Jan Dembinski	Woodstock VT	1:05:35
24 Charles O'Connell	Brantree MA	1:07:01
25 Andrew Przybylowicz	Clifton Park NY	1:09:06
26 George Weber	Williston VT	1:12:09
27 Kevin Kiebafer	Ctr Rutland VT	1:12:44
28 Gregg Goodson	Stowe VT	1:13:37
29 Robert Russell	Stowe VT	1:13:46

30 Preston Turner	Salisbury VT	1:15:07
31 Michael Crowley	Burlington CT	1:18:24

Male 60 to 69

1 Bob Bortree	Morrisville VT	0:44:44
2 John Hackney	Montpelier VT	0:55:21
3 David Hosmer	Stowe VT	0:57:13
4 John Schantz	Stowe VT	1:01:00
5 Randy Rowland	Shelburne VT	1:06:25
6 Bob Arnot	Stowe VT	1:07:16

Men 70 and over

1 Don West	Plattsburgh NY	1:16:30
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RUN

Men 14 & Under

1 Christian Lehner	Greenfield NH	52:54
2 Dana Gajewski	Princeton NJ	1:07:41
3 Andres Banzy	Malden MA	1:21:06

Women 15 to 19

1 Lia Van Dyke	Stowe VT	53:03
2 Hannah Jeton	Andover MA	56:12
3 Laura O'Donnell	Carlisle MA	59:20
4 Lauren Farnsworth	So Royaltown VT	1:08:28
5 Rebecca Lee	So Burlington VT	1:10:31

Men 15 to 19

1 Daniel Brodhead	Craftsbury Conn VT	47:23
2 Peter Lehner	Greenfield NH	52:55
3 Tim Steis	Arlington VA	56:55

Women 20 to 29

1 Kasie Erman	Huntington VT	40:13
2 Robyn Anderson	Stowe VT	48:28
3 Rachel Clattenburg	Parkerville VT	51:10
4 Tara O'Donnell	Corvallis OR	53:20
5 Kimberly Cross	Westford VT	53:36
6 Heather Scarlett	Milton VT	54:28
7 Laura Raskin	Brooklyn NY	54:59
8 Renee Barnes	So Burlington VT	56:24
9 Helen Smith	Winooski VT	59:36
10 Julie Marcal	Arlington MA	59:50
11 Amber Gibney	Wenham MA	1:01:07
12 Clara McIndlen	Winchester MA	1:01:42
13 Jessica Duclos	So Burlington VT	1:04:57
14 Cristina Barlow	Winooski VT	1:06:01
15 Bonnie Anderson	Burlington VT	1:08:15
16 Megan Kruso	Burlington VT	1:10:17
17 Libbey Hunnewell	Lowell MA	1:10:18
18 Dottie Olio	Cambridge VT	1:10:58
19 Kara Williams	So Burlington VT	1:12:14

Men 20 to 29

1 Ryan Kerrigan	Moretown VT	38:44
2 Tucker Murphy	Stowe VT	39:56
3 Robert Jackman	Warwick VT	39:58
4 Philip Mason	No Theford VT	40:29
5 Thomas Brown	Boston MA	41:36
6 Zachary Kudlak	W Kingston RI	41:49
7 Tyler Samler	Waterbury VT	42:18
8 Ryan Welts	Milford NY	42:48
9 Spencer Morton	Wilson VT	44:18
10 Matthew Pyle	Winooski VT	45:15
11 Cornelius McCaffrey	E Greenwich RI	47:25
12 Steven Silvonek	Burlington VT	50:56
13 Stephen Hunnewell	Lowell MA	53:02
14 Jeffrey Olden	Manchester NH	54:58
15 Joshua Robert	Hillsboro NH	54:59

Women 20 to 24

1 Kaly Burns	Rutland VT	6:02:39
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Women 25 to 29

1 Julie Heaphy	New York NY	5:17:15
2 Chelsea Fellows-Swen	Somerville MA	5:44:16
3 Carrie Ozols	Woburn MA	6:04:51
4 Kellee Nolan	Ledyard CT	6:15:53
5 Christine Boehm	Hoboken NJ	6:29:17
6 Ashley Diana	Wethersfield CT	6:52:37

Women 30 to 34

1 Kara Drake	Belchertown MA	5:47:38
2 Nicole Beckwith	Sidney NY	6:01:46
3 Alicia Wendolowski	Northampton MA	6:09:45
4 Bridget Sullivan	Salem MA	6:23:51
5 Jaime Bernstein	Hartland VT	6:45:44
6 Rachel Rodney	Wilmingtton VT	6:48:13
7 Elisabeth Leblanc	St Albans VT	7:03:16

Women 35 to 39

1 Rachel Payne	Bennington VT	6:12:55
2 Erin Whipple	Yarmouth ME	6:14:05
3 Zita Boschor	Belchertown MA	6:16:45
4 Erika DeGeorge	Saco ME	6:32:24
5 Robin Zimpel-Fontain	Jamiesville NY	6:32:32
6 Alicia Olmoz	Gardiner NY	6:34:32
7 Nancy Reino	Waterbury VT	6:50:46
8 Christine Hagg	Arlington MA	6:55:45

Women 40 to 44

1 Sheila Berger	Pagosa Spgs CO	5:24:41
2 Sarah Pibram	Shelburne VT	5:35:25
3 Cheryl Debraccio	Scotia NY	5:50:33
4 Esther Aronson	Avon CT	6:14:51
5 Nicole Weltzman	W Wardsboro VT	6:26:28
6 Laurence Sawyer	Shrewsbury MA	6:42:53
7 Tina Karas	So Boston MA	6:52:04

Women 45 to 49

1 Amy Chaffee	Leraysville PA	5:47:18
2 Mary Hull	Arlington MA	6:35:47
3 Maria Woolson	Waitsfield VT	6:42:39

Women 50 to 54

1 Jennifer Brennan	Orchard Park NY	6:24:03
2 Lynn Grieger	Manchester Ctr VT	6:49:19



RACE RESULTS

HALF VERMONT JOURNEY TRIATHLON August 3, 2009 Branbury State Park, Salisbury, Vermont

1.2-MILE SWIM, 56-MILE BIKE, 13.1-MILE RUN

Top 5 Men

1 Chris Casey	Albany NY	4:15:22
2 Kevin Bouchard-Hall	Jay NY	4:20:45
3 Peter Konecny	Ontario ON	4:28:24
4 Jason Baer	Burlington VT	4:35:47
5 Jonathan Parks	Cadyville NY	4:36:08

Top 5 Women

1 Angie DeFilippi	Colchester VT	4:54:35
2 Courtney Kaup	Bolton Valley VT	4:59:29
3 Mariana Lara	Colchester VT	5:08:18
4 Kerry Arsenault	Guilford CT	5:10:35
5 Brown Price	Brookline MA	5:16:34

Men 20 to 24

1 Ian Sanders-Fleming	Middlebury VT	4:47:33
2 Gregory Dierksen	Brookline MA	4:54:43
3 Andrew Clemence	Durham NH	5:13:33
4 Thomas Worthington	W Falmouth MA	5:17:38
5 William McNulty	Shelburne VT	5:33:21
6 Kevin Stuttle	Canajoharie NY	5:46:18

Men 25 to 29

1 Edwin Bitter	Boston MA	4:52:04
2 Christopher McCloske	Albany NY	4:55:33

3 Tyler Garvey	Burlington VT	4:56:56
4 Alex Geller	Burlington VT	5:05:00
5 Thomas Williams	Clinton CT	5:26:44
6 David Barbic	Montreal QC	5:38:18
7 Andrew Kusowski	Wash DC	5:40:46
8 Adam Deters	Hudson Falls NY	5:48:32
9 Mark Bitter	Bayville NY	5:59:18
10 Joe Pitkin	Nashua NH	6:04:02
11 Thomas Boland	Allston MA	6:07:53

Men 30 to 34

1 W. Andrew Grant	Boston MA	4:58:02
2 Jason Chlopek	Scotia NY	5:05:01
3 Andrew Kinley	Albany NY	5:17:27
4 Brad Birkel	Rosindale MA	5:29:00
5 Peter Rye	Somerville MA	5:51:50
6 Brian Kile	Albany NY	6:10:57
7 Benjamin Yoder	Framingham MA	6:14:42
8 Robert Norman	Guilderland NY	6:22:35
9 Robert Suarez	New York NY	7:12:30

Men 35 to 39

1 David Scott	Oldwick NJ	4:41:06
2 Warren Cornwall	Burlington VT	4:59:39
3 Stefan Bumbeck	Burlington VT	5:00:21
4 Eric Darling	Shelburne VT	5:00:38
5 Jason Stevens	Barre VT	5:05:01
6 Edward Storey	Loudon NH	5:11:29
7 Kevan Carpenter	Durham NH	5:12:11

FJG RACE TO THE TOP OF VERMONT continued

16	Shane Clifford	Springfield VT	56:06
17	Ben Hane	Bristol VT	56:33
18	Sam Hobbs	Winooski VT	57:04
19	Joseph Mattson	Manchester NH	57:22
20	Brian Bresee	Williston VT	57:44
21	David Evans	Winooski VT	58:00
22	Bryan Longshore	Plattsburgh NY	59:33
23	Ian Graddock	Stowe VT	1:00:29
24	Mark Berry	Brighton MA	1:01:25
25	Gene O'Donnell	Carlisle MA	1:07:46
26	Joseph Venezia	Northborough MA	1:08:06
27	Jonathan Connellan	Southampton CT	1:09:23
28	David Dimarco	Fairfax VT	1:15:00

Women 30 to 39			
1	Jackie Jackman	Warwick VT	48:31
2	Liz Hollenbach	Shelburne VT	50:53
3	Coreen Woodbury	So Burlington VT	52:29
4	Karen Chevalier	Colchester VT	53:02
5	Sarah Dunn	Shelburne VT	53:29
6	Christina Carvey	Bedford MA	53:58
7	Lori Trautwine	Pittsburgh PA	54:22
8	Kristina Frame	Stowe VT	54:57
9	Kathleen Lanhear	Huntington VT	55:26
10	Pamela Clapp	Waterbury VT	56:05
11	Hillary Boardman	Burlington VT	56:29
12	Shalagh Black	Waterbury VT	56:53
13	Kim Boyarsky	Huntington VT	57:32
14	Meg Kauffman	Stowe VT	57:57
15	Annaliese Baumer	Jericho VT	58:26
16	Robin Burgmeier	So Burlington VT	58:32
17	Catherine Ricklefs	Huntington VT	58:42
18	Elzy Wick	Burlington VT	59:08
19	Emily Steers	Burlington VT	1:00:02
20	Angela Galyean	Burlington VT	1:00:28
21	Katherine Wisse	Stowe VT	1:02:05
22	Devon Williams	Stowe VT	1:02:07
23	Tatiana Steis	Arlington, Va VA	1:02:52
24	Holly Freeman	Milton VT	1:03:54
25	Katrina Moreau	Williston VT	1:04:38
26	Elizabeth Snyder	So Burlington VT	1:04:59
27	G Birmingham	Waterbury VT	1:05:18
28	Christine Dans-Jettres	Ketchum ID	1:06:18
29	Kristin Fuller-Novak	Williston VT	1:09:00
30	Varina Hammond	Westborough MA	1:13:49
31	Kerri Deschaine	Chelmsford MA	1:13:50
32	Emily Card	Wilmingdon MA	1:18:57
33	Dawn Blanchard	St Albans VT	1:22:12
34	Angel Green	Lynn MA	1:23:02

Men 30 to 39			
1	Jim Johnson	Salem NH	35:31
2	John Spinney	Waterbury VT	38:05
3	Eli Enman	Huntington VT	38:23
4	Scott Loomis	Colchester VT	38:24
5	Ray Webster	Burlington VT	38:59
6	Jon Copans	Montpelier VT	42:53
7	Todd Archambault	Essex Jct VT	44:45
8	Daniel Smith	Burlington VT	45:22

9	Mark Aiken	Richmond VT	45:49
10	Simon Parlante	So Burlington VT	46:19
11	Kevin Dowling	Essex Jct VT	46:53
12	Jeffrey Kauffman	Stowe VT	47:12
13	Bob Trautwine	So Burlington VT	47:40
14	Dustin Dearborn	Jeffersonville VT	47:55
15	Rick Barnett	Stowe VT	48:29
16	Chris Thibadeau	Lyndonville VT	48:54
17	Greg Bergeron	Milton VT	49:15
18	Seb Sweatman	Stowe VT	49:37
19	Oliver Sweatman	Stowe VT	49:38
20	Andrew Crowder	Bolton Valley VT	50:34
21	Joe Ernstof	Waterbury Ctr VT	51:13
22	Edel Habeck, III	Williamstown VT	51:40
23	Matthew Hastings	Winooski VT	51:50
24	Gary Dukas	Sheldon VT	51:58
25	Brian Sheehan	Burlington VT	52:10
26	Steven Davis	Kirkland QC	52:20
27	Greg Hammond	Johnson VT	53:10
28	Myles Wilson	Newburyport MA	55:31
29	Sean MacArdle	Colchester VT	56:03
30	Larsen Sequist	Stowe VT	56:15
31	Derek Punt	Essex Jct VT	56:42
32	Jeffrey Agli	Hamden CT	57:05
33	Joseph Koral	Andover MA	57:29
34	Nate Strong	Franklin MA	58:02
35	David Speed	Barre VT	58:12
36	Robert Miles	Cambridge VT	59:00
37	Adam Cole	Essex Jct VT	59:47
38	Jason Blanchard	Grantville VT	1:01:05
39	Jeffrey Hagstrom	Burlington VT	1:01:08
40	Jason Cordery	Dorval PQ	1:01:12
41	Todd Snell	Westborough MA	1:01:26
42	Matthew Moreau	Williston VT	1:04:39
43	Jesse Remmey	Grand Isle VT	1:05:17
44	Paul Dilorenzo	Haverhill MA	1:07:02
45	Michael Berry	Whitefield NH	1:21:09

Women 40 to 49			
1	Nancy Cook	Belchertown MA	47:48
2	Suzanne Beste	Burlington VT	50:14
3	Rebecca Raskin	Burlington VT	50:26
4	Bunny Merrill	Morrisville VT	51:51
5	Pat Harmeyer	Underhill VT	56:31
6	Jackie Marino	Burlington VT	56:35
7	Mary Duprey	Rouses Point NY	56:38
8	Carrie Dessureau	Waterbury VT	57:07
9	Kate Morris	Shelburne VT	57:08
10	Fabienne Pattison	Campton NH	59:15
11	Trisha Fog	Stowe VT	1:00:09
12	Karen Clark	Jericho VT	1:01:30
13	Karen Harvey	Stowe VT	1:02:39
14	Denyse Perry	So Burlington VT	1:03:16
15	Monique Karthaus	Stowe VT	1:04:02
16	Martha Hauser	Hillsboro NH	1:04:19
17	Teri Oughton	Hardwick VT	1:05:33
18	Beth Martell	Essex Jct VT	1:07:12
19	Eli Elasson	Stowe VT	1:07:36
20	Theresa Barrows	Stowe VT	1:07:54
21	Kathy Hudson	Williston VT	1:09:03
22	Christine Bradley	Johnson VT	1:09:36
23	Jodie Dubaque	So Burlington VT	1:10:36
24	C Topouzoglu	Melrose MA	1:13:27
25	J Boudreau	Wolcott VT	1:16:10

Men 40 to 49			
1	Eric Morse	Berlin VT	36:21
2	Shawn Gardner	Dallas TX	37:56
3	Peter Schouw	Avon CT	38:52
4	Tom Thurston	Waterbury VT	39:35
5	Adrian Owens	Craftsbury Com VT	41:05
6	Allen Mead	Hinesburg VT	43:59
7	Tony Kopecky	Jericho VT	46:23
8	Christi Zucker	Danville VT	47:39
9	Christopher Jaspardo	Bristol RI	47:52
10	Lawrence Walker	Warwick RI	48:10
11	Boltz Brown	Burlington VT	48:35
12	Douglas Lewis	Rayston VT	48:42
13	Scott Redfern	Monroe CT	50:52
14	Jeff Nolan	Williston VT	51:48
15	Dave Hammond	Huntington VT	52:43
16	Greg Etingin	Stowe VT	54:04
17	Sean Riley	Andover MA	54:18
18	William Peters	Manchester NH	54:33
19	Cris Cote	Duxbury VT	55:29
20	Edward Coleman	Auburn MA	56:00
21	Edward Maly	Brooklyn NY	57:01
22	J Owen Smith	Colchester VT	57:23
23	Eric Smith	So Londonderry VT	57:38
24	Michael Kennedy	So Burlington VT	58:02
25	James Bresee	Williston VT	58:07
26	Don Perkins	Canton MA	58:11
27	Todd Kowalczyk	Killington VT	58:29
28	Phil Bales	So Burlington VT	59:12
29	Brian Eyer	Duxbury VT	1:00:54
30	Chuk Piotrowski	Wallingford VT	1:02:26
31	Job Heintz	Waterbury Ctr VT	1:03:30
32	Steve Costello	Rutland VT	1:03:32
33	John Matterna	Cumberland RI	1:04:11
34	Dave Warren	Laconia NH	1:04:33
35	Glenn Joyce	Laconia NH	1:06:55
36	Christopher Robin	Purdy NY	1:07:24
37	Magnus Eliasson	Stowe VT	1:07:37
38	Mark Gajewski	Princeton NJ	1:07:42
39	Jose Viveiros	Malden MA	1:07:44
40	Wayne Reisberg	Colchester VT	1:10:56
41	David McCullen	Middlebury VT	1:32:31

Women 50 to 59			
1	Donna Smyers	Adamant VT	45:56
2	Sue Emmons	So Duxbury VT	51:32
3	Judy Greer	Morrisville VT	55:17
4	Marilyn Huot	St. Lambert	55:56
5	Linda Hallinger	Washington VT	55:58
6	Moira Durnin	Stowe VT	56:22
7	Gina Campoli	Craftsbury Comm VT	58:27
8	Diane Levesque	Rochester NH	1:00:03
9	Barbara Leblanc	Warren VT	1:01:21
10	Carol Van Dyke	Stowe VT	1:01:57
11	Zoe Erdman	Essex VT	1:03:41
12	Sheila Halpin	Wolcott VT	1:04:56
13	Mary Jo Childs	Williston VT	1:05:28
14	Marge Heck	Wakefield MA	1:05:42
15	Rebecca Ryan	Huntington VT	1:07:40
16	Susan Kenney	Somerset MA	1:07:49
17	Lynn Fisher	Bridgewater VT	1:09:50
18	Jacqueline St. Hilaire	Franklin NH	1:11:51
19	Cynthia Hendrickson	Gloucester MA	1:12:13
20	Clover Dore	Plainfield NJ	1:18:39

21	Sharon McKenna	Wakefield MA	1:26:09
22	Margarita Bancy	Malden MA	1:34:06
Men 50 to 59			
1	Martin Tighe	Providence RI	40:32
2	Bob Emmons	So Duxbury VT	45:28
3	Pascal Cheng	Burlington VT	47:02
4	Steve Allan	Baie D'Urfe CT	47:53
5	Dhyan Nirmegh	Huntington VT	49:08
6	Bill Eichhorn	Burlington VT	50:03
7	Ron Osborn	Johnston VT	50:33
8	Jim Drew	Sugar Hill NH	51:03
9	Michael Gillis	Middlesex VT	52:07
10	William Ludlow	Lachine QC	52:57
11	Jim Mydosh	Derby CT	53:47
12	Scott Mason	Warwick RI	54:41
13	John Mulroy	Reading MA	55:53
14	Tom Goulette	Hinesburg VT	55:59
15	Brian Clark	Jericho VT	56:18
16	Greg King	Walluku HI	56:40
17	John Peabody	Wakefield RI	57:19
18	John Duff	Newfane VT	57:42
19	Stephen Mason	No Sutton NH	58:59
20	Roger Clapp	Waterbury VT	1:01:32
21	Tom McIndlen	Stowe VT	1:02:45
22	Robert Thomson	Jeffersonville VT	1:02:47
23	Richard St. Hilaire	Franklin NH	1:03:31
24	Craig Billie	Ballston Lake NY	1:03:56
25	John Bledsoe	Clarkston MI	1:04:12
26	Randy Witticki	Norwich VT	1:04:23
27	Michael McLinden	Winchester MA	1:05:30
28	Michael Rosenthal	So Burlington VT	1:06:31
29	Stuart Whitney	Waterbury Ctr VT	1:06:44
30	Bob Olsen	Charlotte VT	1:07:28
31	Ken Skier	Lexington MA	1:07:58
32	Kevin Dore	Plainfield NJ	1:08:58
33	David Farnsworth	So Royanton VT	1:09:27
34	Terry Ryan	Huntington VT	1:10:13
35	Brian Gallagher	Rochester NH	1:11:32
36	Brian Kenney	Somerset MA	1:17:59

Women 60 to 69			
1	Trina Hosmer	Stowe VT	54:14
2	Rose Buckingham	Norwich CT	1:04:53

Men 60 to 69			
1	Buddy Majernik	Greensboro Bend VT	51:21
2	Peter Davis	Underhill VT	51:28
3	John Brodhead	Craftsbury Com VT	53:30
4	John Donahue	Voluntown CT	55:10
5	Nat Goodhue	Stowe VT	55:55
6	Luke Dowd	Stowe VT	56:31
7	Zeke Zuckey	Jeffersonville VT	58:37
8	Gerry Duprey	Rouses Point NY	58:55
9	Joe Lafferiere	Colchester VT	1:03:48
10	Rick Hubbard	So Burlington VT	1:12:37
11	Jim Peterman	Stowe VT	1:13:14
12	Donald Noble	New York NY	1:22:07

Men 70 and over			
1	John Pelton	W Rupert VT	54:53
2	Gerald Berton	Swanton VT	1:01:44
3	David Boucher	Essex Jct VT	1:07:39
4	Phillip Howard	Burlington VT	1:09:50

RACE VERMONT SPRINT TRIATHLON August 22, 2009 Shelburne, Vermont

Female 15 to 19			
1	Abigail Marie Airoidi	So Royanton VT	1:38:58.0
Female 20 to 24			
1	Claire Frost	Burlington VT	1:21:46.1
2	Meghan A Small	Burlington VT	1:26:06.5
3	Jessie Araminta Kerr	Burlington VT	1:29:08.2
4	Mattie W Ford	So Burlington VT	1:31:16.4
5	Kara Williams	So Burlington VT	1:38:57.3
6	Anna Boill	Burlington VT	1:38:59.2
7	Kaitlyn Armstrong	Shelburne VT	1:49:04.0
8	Andrea Suozzo	New York NY	1:51:31.1
9	Cori R Stebbins	Lebanon NH	1:55:55.8

Female 25 to 29			
1	Phoebe Kittredge	Burlington VT	1:24:43.0
2	Katherine Best	Amherst MA	1:26:23.7
3	Erin Graham	Essex Jct VT	1:26:34.0
4	Diana Swett	Dover-Foxcroft ME	1:27:07.9
5	Rebecca J Purtell	Burlington VT	1:32:57.5
6	Stephanie E Gehlbach	Winooski VT	1:35:59.6
7	Toria Cornett	So Burlington VT	1:41:37.9
8	B Jane Tomnack	Medford MA	1:41:59.4
9	Shena Faith	Essex Jct VT	1:44:06.1
10	Sarah Reid	Burlington VT	1:44:44.6

Female 30 to 34			
1	Jill M Smith	Winooski VT	1:19:28.0
2	Tricia Grenier	Burlington VT	1:26:54.7
3	Kelley F Mahar	Westborough MA	1:34:59.9
4	Jennifer Keller	So Burlington VT	1:37:33.3
5	Angela King	Milton VT	1:39:04.7
6	Annemarie Dubois	Burlington VT	1:45:22.7
7	Amy Starble	Burlington VT	1:47:15.9
8	Michelle Jeffery	So Burlington VT	1:50:45.5
9	Kristy Hart	Colchester VT	1:51:14.0
10	Lisa Lord	Burlington VT	1:53:58.9
11	Bridget Liebrum	Warensburg NY	1:59:29.8

Female 35 to 39			
1	Julie Smith	Hanover NH	1:22:11.7
2	Jane Kunin	Shelburne VT	1:26:28.2
3	Christine Kelly Kogut	Charlotte VT	1:30:29.6
4	Tara Abele	Colchester VT	1:43:07.3
5	Aimee Chambers	Colchester VT	1:57:32.1
6	P Quebada-Clerkin	Meriden NH	1:57:58.7
7	W Grace Monahan	Colchester VT	2:10:23.2

Female 40 to 44			
1	Sarah Pribram	Shelburne VT	1:20:04.8
2	Virginia Mary Morse	Weatherfield VT	1:28:13.4
3	Amanda Drake	Moretown VT	1:29:26.0
	Karen Bisbee	Colchester VT	1:31:21.5
	Tasha Lansbury	Burlington VT	1:32:03.7
	Julie Richards	Underhill VT	1:44:17.3
	Ivnn Kelly		1:55:14.1

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