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**November, 2009
Volume XIX
No. III**

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On the Cover: The Jay Cloud: Fact or Fiction? White fluff or marketing fluff? Peter Bronski sleuths it out in his story on pages 14-15. Photo courtesy Jay Peak Resort.

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**EDITOR
COMMENTARY**
BY
KATE CARTER

HOPE SPRINGS ETERNAL

Now that we've had a hard frost, it's time for the biannual shoe rotation. Sandals, sneakers, and water mocs that are stuffed into the mud room cubbies get traded for snow boots, winter hiking boots, and Nordic ski boots that are stuffed into the spare bedroom closet. Twice a year, when I do the rotation, it strikes me how ridiculous it is that I have so many shoes, and just as I'm about to throw some away, I change my mind, because I always think of a reason why I should hang onto them.

Every spring and every fall I sort through the absurd collection of footwear I have accumulated and decide what gets moved upstairs and what comes down for the next season's activities. Doing the shoe rotation has become a memory walk through the last 20 years of my life. For example, I have one pair of pink cross-country ski boots that date back to about 1989, when I first moved to Vermont. I bought them at AJs in Stowe, at an end-of-the-year clearance sale held on their front porch. They aren't really boots, but are more like slippers, and I know in my heart I will ever wear them again. They aren't even compatible with my binding system, but I keep thinking that one day I will have a guest who needs to borrow a pair of SNS cross-country ski slippers and voila, I will whip them out of the back corner of the closet, where they haven't seen the light of day for 18

years, and my guest, who just happens to wear size 10.5, will put them on, they will fit perfectly, and I will finally be able to justify their existence.

I also have two pair of cross-country freestyle skate boots that I no longer wear for two reasons. First, one pair is NNN and my bindings are SNS, and second, I don't skate anymore. I tend to ski where I can take my dogs, which is usually ungroomed trails that require classic equipment. When we do have the opportunity to ski groomed trails I still use my classic gear, because no matter what skis I'm on, if I throw in a few skating strides, both dogs get very excited and start barking and nipping at the tips. I assume this is their border collie herding instinct telling them my skis have broken from the pack and need to be reprimanded. It's rather annoying, so I only take a few skating strides when they're not looking, and it's obvious who has been well trained here. Even though I doubt I will skate anymore, I do have that fabulous pair of Fischer skating skis that I will never get rid of because they are the best skis ever made, and maybe, just maybe, I'll decide to take them out for a little workout someday and I'll need those SNS skate boots.

I had to replace two pair of my NNN classic boots because I wore holes the size of walnuts in the linings. With the first pair, I didn't know it was happening until I discovered the hole when I removed the footbed to dry them out. It was so

big I wondered if a mouse had lunched on the lining. It wasn't until the same thing happened to my second pair that I realized there is something about my feet and those boots that is not compatible. I still have both pair, and even though I've replaced them with something completely different, I am sure that the day after I throw them out that special guest will arrive and want to borrow a pair of size 10.5 NNN classic boots, hole and all.

I also collect hiking boots and have culled my collection down to five pair. Two pair I use all the time: one pair is lightweight and lined with Gore-tex for summer; the other is all leather and waterproofable for winter. The third is the pair of Alpina all-leather boots I wore when I did the hiker's Haute Route from Chaminax to Zermatt nine years ago. They are the best boots I ever had, and even though they are completely broken down and I never wear them any more, I kind of hate to toss them, because, well, they were the best boots I ever had. Besides, they bring back memories of that wonderful trip. I also have a great pair of Aku boots that I really like, but a lacing hook broke off one of the cuffs and needs to be repaired, and until then, they remain in the closet. I really should recycle the fifth pair because I never liked them very much, but I've decided to hang onto them, in the remote chance that special guest shows up without hiking boots.

I also have two pair of low-cut trail running shoes that I use for dog agility.

Except for color and age, they are basically the same. I don't wear the older pair because they are falling apart, but I keep them just in case I lose my newer ones... or something.

My cycling shoes keep getting shuffled from the cubbie to the closet and back, and even though I know my cycling days are behind me, I still have three bikes with clipless pedals, and should the urge ever come over me to go for a ride, I will need those clipless shoes.

That pretty much covers the sporting footwear, which I do not wear around the house or to weddings and the like. For those special occasions when I have to dress up, I have one pair of summer shoes and one pair of winter shoes and they stay upstairs and miss out on the shoe rotation, as do my everyday-household-muck-about-town shoes, which are scattered throughout the house, because I have weird feet and must wear shoes at all times. My household shoe of choice is Dansk clogs, and that's what I have on at the moment, so I will now get up and go move the sandals, sneakers, and water mocs from the mud room cubbies, take them upstairs and retrieve the winter boots, leather hiking boots, and Nordic ski boots, because it snowed the other day, and just like snow tires, I might need them sooner than I think. [7]

— Kate Carter



**OUT &
ABOUT**
BY
JOHN MORTON

TWO HIKES THAT MADE MY SUMMER

This past summer began very wet. It seemed to rain for weeks, with few breaks of blue sky for outdoor recreation. Adding to the scheduling challenge was my wife's summer academic load. After years of fantasizing about pursuing an advanced degree, Kay had immersed herself in a Master's program at Dartmouth and was struggling to stay afloat in a sea of reading assignments, written reports, and classroom lectures. In addition, my business was booming. Perhaps some of the economic stimulus money was trickling down through the highway paving projects to community recreation trails. Whatever the reason, I had trail projects underway from Millinocket, ME, to Pomeroy, OH, leaving precious little time for traditional summer fun.

Willem Lange saved the day. We had met years earlier at a Vermont Public Radio event which involved climbing Mt. Mansfield. After hiking together for an hour, Will apologized for being slow, confessing that he was a few weeks out from replacement knee surgery. I was astounded. Most folks with artificial knees consider a stroll through the mall a vigorous outing, and this guy was grouching about being slow up Vermont's highest peak.

Through the years we bumped into each other at various events, and I looked forward to his weekly newspaper column. Will is an inspiration because he dispels the stereotype of the "dumb jock." Here is a guy who can easily hold his own intellectually with most college professors, yet thought it was great fun to ski several hundred miles of the famous Iditarod Trail in the Alaskan bush.

I was thrilled, three years ago, when I was invited to join Will's infamous Geriatric Adventure Society for a three-week canoe expedition down the remote George River to Ungava Bay on the edge of the Canadian Arctic. Since then, Kay and I had enjoyed some of Will's shows for New Hampshire Public Television, featuring outdoor activities in the Granite State.

Early in September, Will called to see if Kay and I could join him for a hike up Tuckerman's Ravine on Mt. Washington, with an overnight at the famous Lake of the Clouds hut. At the appointed time, we met Will and three members of a film crew at the Appalachian Mountain Club's base in Pinkham Notch. Hiking one of the most challenging trails in the White Mountains with Will and the crew was entertaining and inspiring. After

eight major orthopedic surgeries, Will is slower, but amazingly steady, regardless of the severity of the climb. Our arrival at Lake of the Clouds was like traveling with a rock star. It seemed that everyone spending the last night of the season on Mt. Washington was a devoted fan of Willem Lange. It was a treat for Kay and me to be part of the celebration.

A week later, I was at a comfortable sporting camp on a remote island, in a scenic lake not far from Jackman, ME. I had been invited to join a group of men who have been gathering in the Maine wilderness one weekend a year for the past two decades. Among the recreational options was a short motorboat trip across the lake to a hiking trail that led to the summit of Sally Mountain, with an impressive, 360-degree vista. Nearly a dozen participants opted for the hike, although it was quickly evident that several had allowed the stress of their careers to jeopardize their physical condition. One executive from Texas, who confessed to a fondness for barbecue and a dread of exercise, was struggling to keep up with the group. Moments after I suggested we let the others go ahead and

follow at our own pace, I heard branches snapping in the forest to our left. I turned to the Texan and said, "Larry, I think there's a big animal through those trees, right there!"

"Naw, not way up here on this mountain," he protested, just as a magnificent, full-grown bull moose with a rack that seemed to stretch to Canada burst through the brush and trotted purposefully toward us. As Larry fumbled for his camera, I shouted, "Not now... look for the biggest tree you can find and get behind it quick!"

After a few strides in our direction, the bull plowed off into the brush, and our pulses began to recede below 200. For the Texan, it was an encounter he will recount to impressed listeners for years. For me, it was the second of two hikes that saved the summer. [7]

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



PAUL ROBBINS SKI JOURNALISM AWARD GOES TO HUBERT SCHRIEBL

Stowe, VT—The Vermont Ski Museum's board of directors selected Hubert Schriebl to receive the Paul Robbins Ski Journalism Award. The Paul Robbins Ski Journalism Award recognizes a Vermonter who performs his/her skill in written, broadcast, or photo journalism, with ethics, humor, good taste, and always with the promotion of Vermont skiing and the larger skiing community in mind. The nominee is recognized for a lifetime of service to the ski community. The Museum presented Schriebl with this award at the 8th Annual Vermont Ski Museum Hall of Fame Induction, October 24, 2009.

Stratton Magazine publisher Lee Romano says, "Hubert has been a friend and colleague for over 30 years. His humor, candor, and joie de vivre have been an inspiration to us all. In his 45-plus years at Stratton he has become a larger-than-life legend, making friends everywhere he goes, while delivering world-class photography with his own unique approach to capturing the moment. There is no question that *Stratton Magazine* is what it is today because of his work. In its recap of resort region magazines, *Ski Area Management* referred to *Stratton Magazine* as '... arguably the longest-running continuously published magazine in the industry, and undeniably one of the best... whose photography is uniformly terrific.' Hubert has played a key role in the longevity and quality of the magazine. He intuitively understands how best to illustrate a feature, and more often than not, an okay article becomes a great one because of his work. His passion for Vermont and the Green Mountains is obvious to anyone who knows him."

Schriebl lives in So. Londonderry and for the past four decades has been Stratton Mountain's staff photographer. He has covered four winter Olympics and has had his photographs featured in *Ski*, *Skiing*, *GEO*, *Time*, *Newsweek*,

Sports Illustrated, and *Vermont Life*. His work can also be seen on many Stratton walls and on every trail map, brochure, and printed piece. His portfolio is vast and covers a wide range of subjects from Olympic downhillers and majestic mountain peaks, to apples growing on the trees and porcupines feeding in his front yard.

Schriebl finds inspiration on his hikes up Stratton Mountain. A few times per week and probably more than 700 times throughout his long career at the mountain, Hubert Schriebl has hiked to the top of Stratton, southern Vermont's highest peak at 3,750 feet. While this is not a Himalayan Peak, the accomplishment is lofty and a huge reason why Schriebl seems so young and fit.

This award is given in memory of Paul Robbins, of Perkinsville, VT, who dedicated his life to promoting the sport of skiing through writing. Well known for wearing a Scottish tam, Robbins started writing about ski racing in the 1960s. His work appeared in many national magazines, and he worked at eight Winter Olympics—every one since 1980 in Lake Placid. He served as a press officer for the U.S. Ski Team, as well as a commentator on Nordic sports for CBS and NBC. He was a friend to athletes, coaches, administrators, writers, and readers. He died unexpectedly at age 68 in 2008.

The Vermont Ski Museum is a 501 (c) (3) non-profit organization whose mission is to collect, preserve, and celebrate Vermont skiing history. The museum is located at the corner of Vermont Routes 100 and 108 in the center of Stowe Village and is open noon to 5 daily, except Tuesdays. Donations and tax deductible individual and business memberships allow the museum to fulfill its mission. For information on events or to become a member, visit www.vermontskimuseum.org.

MILES FOR A MISSION COMES TO THE MARATHON

Burlington, VT—Marathons provide a popular fundraising opportunity for anyone who wants his or her hard work to benefit others. In the case of the Vermont City Marathon and Marathon Relay, held in Burlington on Memorial Day weekend, the high number of relay teams forming in order to raise money for charities has led the organization to create their new Miles for a Mission program.

RunVermont, which puts on the Vermont City Marathon and Marathon Relay, is allocating 50 five-person relay teams and 20 two-person teams, as well as an unlimited number of marathon slots, for organizations and individuals that are using the event to raise money for a cause. The purpose of Miles for a Mission is to lend credibility to fundraisers, and to provide a template and streamline fundraising methods. An application

process includes review by a selection committee, which will consider a team's charity choice and how it plans to raise funds. Preference will be given to teams that will directly impact the needs of the Vermont community.

"A large part of the success of the marathon is the community's support, from the hundreds of volunteers to the cheering crowds that line the course," said RunVermont's executive director Peter Delaney. "We're committed to giving back to that community and the Miles for a Mission program is one way we can do that."

Applications for the 2010 Miles for a Mission will be available until November 15, 2009. To find out more or to request an application, please contact Jen Savas at 802-863-8412 or jen@runvermont.org.

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SPORTS MEDICINE

BY
PETER LOESCHER, DPM

THE NANO WORKOUT

Does the busyness of your life keep you from your desired workout routine? Do you have the time to work out, but suffer from nagging, recurrent, overuse injuries? Are you healthy, but feel like you are stuck in a workout rut, doing the same workout again and again? If you answered yes to any of these, maybe it is time for you to think small.

Among the aerobic set in these parts, century bike rides and four-hour trail runs are commonplace. I recently helped with medical coverage for a 100-mile trail race, in which the winner finished in 16 hours. With these benchmarks out there, you might think that if you don't have at least an hour to run, bike, ski, or swim, it is not worth changing clothes and getting sweaty. There is compelling evidence to the contrary—that short workouts, even 10 minutes per session—can have significant fitness, health, and emotional benefits. There is also a cumulative effect to the short workouts—three 10-minute workouts in a day can give equal or superior health and fitness benefits as compared to one 30-minute workout.

Several recent studies support the notion that short workouts done regularly can still add up to significant improvement in fitness and body compo-



sition. One such study divided college-age women into four groups: group one worked out for 10 minutes three times per day, group two for 15 minutes twice per day, group three for 30 minutes once per day, and group four did not exercise. At the end of 12 weeks, all three exercising groups showed the same significant improvements in aerobic fitness and weight loss compared to their non-exercising peers.¹

Another study showed that three

10-minute workouts, done within two hours of eating, reduced blood triglyceride levels (a bad form of cholesterol) more, over a 24-hour period, than did one 30-minute workout per day.²

Two other recent studies showed that even 10 to 30 minutes a day of moderate activity, such as walking or vacuuming, can have significant health benefits and decrease the risk of death and serious diseases, such as heart attack and stroke, by up to 69 percent in a given one-year period, over sedentary elderly people.³ One to three 10-minute moderate exercise sessions per day have also been shown to have significant positive impact on chronic conditions such as fibromyalgia, anxiety, and depression.^{4,5}

Most of the injuries associated with long-distance aerobic activities are due to the repetitive nature of these sports. By shortening the duration of the activity, even if intensity is increased, repetitive-injury risk is lessened significantly. Bursitis, tendonitis, stress fracture, and the like, all will decrease with shorter workouts, even if they are more frequent and the total workout time per day is the same.

Frequent shorter workouts also promote more variability. If you are doing two or three short workouts per day, it is easier and more natural to vary intensities and activity types, rather

than doing the same activity for an hour each day. This pattern of training will decrease the risk of injury, prevent boredom and staleness, and foster more complete overall fitness and wellness.

If you can't break free for your usual noontime 45-minute power walk, try doing a 20-minute power walk first thing in the morning, and then a 20-minute strength and stretching session at the end of the day. Because each session is shorter than usual and is separated by a long day of non-athletic activity, try to increase the intensity of the workouts and work harder for the shorter time. If you have 30 minutes or more for lunch, take half of that time to go outside and take a brisk walk, do plyometrics, yoga, sprints, or hill repeats for 10 minutes after a 5 minute warmup. Now that it is fall, you probably can do it without even changing your clothes, and you will still have time to eat that lunch. And there's a bonus—after the workout, you will likely eat less and make better food choices.

If you work in a large building, commit to using the stairs at all times and find excuses to get up and walk during the day. Park as far away from the building as possible to guarantee two nice walks each day. Better yet, walk or ride your bike to work and turn your commute into a workout. There is no better way to guarantee that your workouts happen than making them your ticket to and from the workplace.

To be sure, if you want to train for a marathon or other long-distance endurance event, you will need to put in some long workouts and condition your body to exert for extended periods of time. But for general health, wellness, and efficiency, don't underestimate the value of short and varied workouts. You will find them rejuvenating, energizing, and pleasant, and it will keep you fit enough so that when you do have the time and inclination, you can go out and enjoy a longer workout without suffering or injuring yourself.

If you have a favorite nano workout and are willing to share it, please send it to me at ploescher@giffordmed.org. I will compile the ones I receive for all to enjoy in a future article. ☐



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

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A BICYCLE NAMED SOFIA

**RETAIL JUNKIE
SUPERSTAR**
BY
RYAN JAMES LECLERC



Experienced bicycle mechanics, like heart surgeons and great cities such as Rome, for example, are not built in a day. It takes many, many years. Yes, there are schools in places like Portland and Colorado Springs, where in a few short weeks you can earn an official certificate stating that you are a “certified” bicycle mechanic, but you will be far from an “experienced” bicycle mechanic. To earn the “experienced” distinction, you need to travel down a long, bumpy road, full of rusty twists and corroded turns, recumbent-sized potholes, and frugal customers who need new drivetrains. Once you’ve reached the end of this road, you’ll have a skill that few people possess, and you’ll have a trade that you can use to make a living, sort of. Best of all, every once in a while, you’ll get to use your skills in the real world to make someone very happy. But first, there are some things you must do.

You need to cross-thread the bottom bracket shell of a custom steel frame. You need to grind your knuckles deep into a greasy chainring. You need to squirt Tri-Flo into your eye. You need to spend 20 minutes scratching your head, trying to figure out why the rear shifting suddenly isn’t working any more, only

to discover that you clamped the rear derailleur cable against the chainstay while installing the kickstand. A few years later you need to do it again.

You need to stab the end of your finger with a frayed brake cable. You need to wonder why, after cutting it twice, the steer tube is still too short. You need to have a tire, whose bead isn’t properly seated on the rim, explode like an artillery shell in your face. You need to promise a customer that you’ll remove that frozen seat post by the end of the day. You need to be able to fix a brand new Huffly for less than the customer paid for it. You need to spend an hour on your hands and knees searching the floor for the world’s smallest screw. Only then, an experienced bike mechanic will you be. Or so I thought.

A few weeks ago, while hanging out with two of my best college friends, Carl and Puff Debby, and Debby’s pug Harley, I was able to put my experienced bicycle mechanic skills to good use. P. Debby showed me her old Columbia five-speed tandem that for years had lingered in a dark corner of her basement like a corduroy bean bag chair. She casually mentioned that she sure wished she knew a bike mechanic who could perhaps get it running. Bike mechanics love this kind

of thing, and I am no exception, and I declared that today, this sweet Columbia five-speed tandem, which would otherwise make me cringe if it came into the shop, would roll.

We hauled it out of the basement through the bulkhead and into the light of a beautiful fall day. Puff Debby got a bucket of hot soapy water ready, while I dug through her husband’s toolbox, hoping for nothing more than an adjustable wrench. To my surprise, along with a proper set of screwdrivers, I found a complete set of metric box-end wrenches. Not only was this bike going to be clean, I thought, it was going to be dialed.

After I had adjusted the brakes and the shifting, tightened the bottom bracket and headset, and straightened the handlebars, I discovered something that in all my years as a bike mechanic had been a mystery to me: the purpose of the 11mm wrench. I’ve worked on thousands of bikes over the course of almost 20 years, and all that time, the shiny, unblemished 11mm wrench never left the hook on the tool wall. At last, on this day, I finally figured out that it is for tightening the fender bolts on a Columbia five-speed tandem.

When it was all shined up and tuned up, the moment we had been waiting for arrived. Carl named the bike Sofia, Harley grunted in approval, and we took a few photographs to capture the moment. Finally, Deb and I took it for a spin down the street, carved a perfect 180-degree turn around the cul-de-sac, and returned safely to her driveway. It ran as smooth as frogs’ hair, and the recently tightened rear fender didn’t rattle one bit.

As a bike mechanic, it is moments like these that give me a sense of fulfillment and satisfaction. I rescued an old bike, I put a smile on a good friend’s face, and I finally figured out what the 11mm wrench is for. And to think that before then, I called myself an experienced bicycle mechanic. [7]

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.

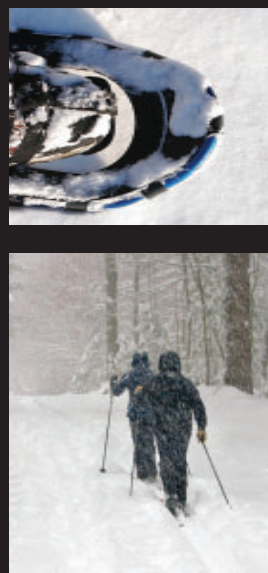


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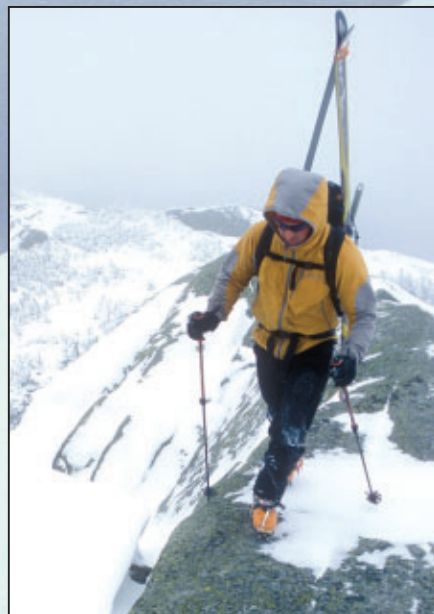
Looking toward Mount Marcy from the summit of Haystack Mountain on a late winter day.

OFF PISTE in the ADIRONDACKS

STORY AND PHOTOS BY BRIAN MOHR

After a scenic eight-mile approach that started before sunrise, Emily Johnson skis sun-ripened corn snow, while descending a remote slide on one of Mount Marcy's neighboring peaks.

With a backdrop of snow-filled slides, Jesse Williams descends the summit ridge of Algonquin Peak.



Jesse Williams, owner of Cloudsplitter Mountain Guides in Keene Valley, tops out on Algonquin Peak before enjoying fresh tracks on the historic Wright Peak Ski Trail.

Skiing in the High Peaks of New York's Adirondack Mountains should be on every northeast skier's to-do list. From the snow-filled gulleys and slide paths of the region's highest peaks to the gentler backcountry trails of the valleys below, the Dacks are an adventure skier's paradise.

More remote, steeper, and generally more difficult to navigate than New England mountains, the Dacks are also the only mountains in the eastern US that are not part of the ancient Appalachians. Rather, the Adirondacks have been carved from an uplifting dome in a layer of bedrock known as the Canadian Shield, and they are still rising today at a rate of about one to three millimeters a year. Although that doesn't sound like much, it's enough to make the region prone to earthquakes and regular landslides.

In recent years, the slide paths, or "slides," carved by these landslides have become increasingly popular objectives for skiers with the motivation, skills, and experience to tackle them successfully. While some slides are relatively easy to access and descend,

others can involve hours of rugged off-trail travel, be riddled with ice floes, and be prone to dangerous avalanches, one of which claimed the life of a skier in February 2000.

Beyond the slides, the mountain wilderness of the High Peaks region of the Adirondack State Park boasts a tremendous variety of backcountry ski trails, down-mountain ski runs, gladed tree skiing, and high elevation alpine descents. However, don't expect to find much of this mapped out for you in a guidebook. To make the most of skiing in the Dacks, head out in the spirit of the earliest Adirondack skiers, who were among the first in North America to climb mountains with the intention of skiing from their summits. Go with plenty of time, a strong desire to explore, some tolerance for bushwhacking (and a good headlamp), and be prepared for a skiing adventure you will never forget. ¶

Brian Mohr is an outdoor adventurer, writer, and photographer in Moretown, VT. He can be reached through his web site, emberphoto.com.

RESOURCES

Backcountry Skiing Adventures: Vermont and New York, by David Goodman. AMC Books, 2001.

Ski and Snowshoe Trails in the Adirondacks, by Tony Goodwin. Published by Adirondack Mountain Club, 2003.

Classic Adirondack Ski Tours, by Tony Goodwin. Published by Adirondack Mountain Club, 1993.

ADK's Guide to Adirondack Trails, High Peak Region. Published by Adirondack Mountain Club, 2004.



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VERMONT SKI RESORT NEWS

BY PAUL McMORRIS



From new chairlifts to wind turbines, from routine trail mowing to new cooperative ownership structures, Vermont ski areas have been busy these last few months preparing for the exciting winter sports season ahead. Here's a look at what's new for the 2009-2010 season.

ASCUTNEY MOUNTAIN RESORT

Look for more snow this season, with the addition of two new snowmaking air compressors and additions to the grooming fleet to smooth it all out. The resort is now affiliated with the InterContinental Hotel Group and its Holiday Inn Club Vacations subsidiary, which has the potential of drawing more destination skiers.

BOLTON VALLEY

Talk about going green, this place will be generating approximately one-eighth of their electrical power needs this winter with a new wind turbine electrical generator—the first one for a Vermont ski area! If that wasn't enough, two new SMI Polecat snowmaking fan guns will be churning out the white stuff in the terrain park; 5,500 feet of snowmaking pipeline was upgraded for increased water flow; and a Prinoth Bison grooming machine was added to the fleet. Last, but not least, look for new tables and chairs in the cafeteria.

BROMLEY

After a busy summer entertaining visitors in their adventure park, with its new Zip Line, the mountain's staff has been mowing the trails, checking the snowmaking lines, and greasing the lifts in preparation for the skiing and riding season.

JAY PEAK RESORT

The big news here is the debut of the Tram House Lodge in the base area. Open to overnight guests and day skiers and riders alike, this new facility sports an indoor fitness club, rental equipment center, restaurant, coffee shop, and the Golden Eagle Bar, featuring front row seat views of the slopes.

KILLINGTON

The resort added more low-energy snowguns to its existing arsenal, upgraded the operational software on the Skyscraper Gondola, and reseeded sections of the popular Great Eastern novice trail. Over at Pico, the Upper Pike trail has new snowmaking pipelines and hydrants to insure more efficient coverage.

MAD RIVER GLEN

Trail maintenance crews have been working over the summer on trail bridges and drainage systems. The Sunnyside Double chairlift's bullwheel had new bearings installed to keep it spinning smoothly along this winter.

MAGIC MOUNTAIN

"Save Magic Mountain" signs are back up around the town of Londonderry, as the current owners make the partial transition to a cooperative ownership arrangement, a la Mad River Glen. Three hundred and thirty-three shares at \$3,000 a pop are being offered to the public in exchange for 60-percent ownership of the ski area and voting rights. To slash costs, the area will only operate Fridays through Mondays and holiday weeks. However, after a big dump, management may open the area if six inches or more falls and 50 percent or more of the terrain is skiable.

MIDDLEBURY COLLEGE SNOW BOWL

The best improvement statewide happens here this season, with the opening of the \$1.7-million fixed-grip triple chairlift on Worth Mountain. Middlebury College, owner of the ski area, had a choice: either spend half a million to fix up the existing 40-year-old double chairlift so it could pass state lift inspection, or bite the bullet and spring for a new lift. They wisely chose the latter.

MOUNT SNOW

Mountain crews have been at work tweaking the infrastructure of the snowmaking system and preparing hits for the freestyle terrain park on the Carinthia side. The resort is gearing up to host the national Winter Dew Tour freestyle finals in early February.

OKEMO MOUNTAIN RESORT

The mountain's entire HKD snowmaking system was reconfigured to improve resurfacing response time. A second 500-horsepower turbocharged Prinoth BR500 grooming machine will be at work tilling up and smoothing out the trails this season.

SMUGGLERS' NOTCH RESORT

Full Nelson, a black-diamond trail, was extended from above mid-Sterling Mountain to the base area. If you are one of those people who likes to keep score of the vertical feet and the miles skied on any given day, Smuggs will be renting out Flaik GPS tracking units to log your accomplishments. For beginner snowboarders, the new Burton Learn-to-Ride Center will be open for business.

STOWE MOUNTAIN RESORT

After last season's spending spree on the Stowe Mountain Lodge and Spruce Camp, and the financial woes resulting from federal bailout of corporate parent AIG, the mood is somber here as potential resort buyers drop by to "kick the tires." That's not to say the skiing and riding won't be great. The resort infrastructure is in top shape with employees standing by, ready to spin the lifts and crank out the snow once again this season.

STRATTON MOUNTAIN

A new Adventure Zone and lift-served four-lane tubing park will add new spark to the Sun Bowl area. Guests can also Nordic ski, snowshoe, and arrange for snowmobile tours out of the Sun Bowl Day Lodge. Also look for a new Jib Park on Lower Middlebrook, border-cross on East Byrneside, and beginner mogul areas on the White Birch and Daniel Webster trails.

SUGARBUSH

More "official" wooded terrain, 75 acres or so, was thinned out, ready to welcome adventurous skiers and riders this season, when snow depths permit. In the snowsports school, après ski and ride, students will be able to view online video clips of their lessons, with instructors' comments.

SUICIDE SIX

The trails are mowed, the lifts are inspected, and everything is ready to go in December. ☑

Paul McMorris of Taftsville covers the skiing and snowboarding scene for a variety of publications. He skis more than 100 days per season and is a member of the United States Ski and Snowboard Hall of Fame Selection Committee.



GREEN RACING PROJECT

BY
TIM REYNOLDS

THE REAL WORLD

This is the true story of six strangers picked to live in a house, train for ski racing together, work on sustainability projects, and find out what happens when people stop being polite and start getting real. Welcome to the "Real World," with the Green Racing Project in Craftsbury, VT.

Well... almost. First off, none of us are probably good looking enough to make MTV's first cuts for the show, and we are only on camera during long rollerski workouts, for technique analysis. But the on-going joke at Elinor's place, our renovated farmhouse-home on the ski trails at the Craftsbury Outdoor Center, is that our best bet for sponsorship is selling production rights to MTV.

Instead we're trying *Vermont Sports*. This column won't have the soap opera quality bickering you find on network television. But it will chronicle our team, the Green Racing Project, through the fall training season and the winter cross-country ski racing circuit, along with our constant efforts to balance the negative environmental impacts of a professional skiing career with green initiatives at the Craftsbury Outdoor Center and in our communities.

The Green Racing Project athletes are six skiers from New England, fresh off the collegiate racing circuit and looking to make the jump to the next level of Nordic skiing: international and Olympic competitions. We will race throughout the United States, focusing on the Super Tour professional circuit and the American Marathon Series. Unfortunately, this means lots of travel, lots of oil, and lots of carbon. Not exactly what you could call "green racing."

That's where the Projects come in. Aside from a busy training schedule, including summer running, biking, and triathlon races throughout New England, and training 30 hours a week at our Craftsbury base, we've been working hard on a number of green initiatives at the Outdoor Center, in our local communities, and in the greater cross-country ski community. Local food sourcing for the Craftsbury dining hall, an engineered composting system, a carbon inventory for the Outdoor Center, and research on community development and clean energy grants are just a few of the projects we have been working on all summer long.

Our biggest project this past month has been organizing the 350 Team Challenge. Climate change legislation is a serious issue on the international political stage this fall, one that is especially close to home for winter athletes who depend on consistent cold weather. The 350 Team Challenge is an effort to raise awareness in the international skiing and rowing communities for climate change legislation.

The Green Racing Project is pairing with Concept II to encourage skiers and rowers around the world to log the number of meters they row or rollerski (since we don't have snow yet) in the 30 days between September 25 and October 24. Our goal is to collectively surpass 350 million meters, the same goal international grassroots

organization 350.org is calling for as a safe standard for parts per million of carbon in the atmosphere. The 350 Challenge culminates on 350.org's international day of action, October 24, to raise global awareness for aggressive climate change legislation before the international summit in December in Copenhagen.

As of this writing, over 1,000 skiers and rowers from more than 25 countries are participating in the Challenge. At the same time, on the 350.org homepage, there are 1,692 actions scheduled to take place in over 137 countries on October 24. Hopefully, the world and the media will notice enough for our politicians to actually do something about climate change.

As athletes, we can't eliminate the negative impacts of our travel to ski races around the country. However, we can try to counter them by being conscientious about things we can control: the food we eat, saving energy at home, and taking part in a grassroots political movement for climate change legislation. We'll probably never be an entirely "green team." That's why we call ourselves the Green Racing Project.

Over the course of the year, you can read here about our balancing act: our green mission on one side and our athletic goals on the other. Like I said earlier, no promises on drama, sex, and rock 'n' roll in this "Real World." Instead, it should get you thinking about racing, and hopefully your own green projects as well. ¶

Tim Reynolds grew up in Bristol, VT, and is a recent graduate of Middlebury College. Skiing, running, biking, and climbing keep him pretty busy, and he's excited to be contributing to Vermont Sports, after many years reading from the sidelines.

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Illustration by Shawn Bailey

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.



TUBBS FLEX ALP SNOWSHOES

In November, the lifts may not be turning, or in January the Jet may be broken down, but that doesn't mean you can't make turns. You just have to get to the top of the mountain under your own power, that's all. If you're a tele skier, you're slapping on the skins, but if you're a snowboarder without a split board, or an alpine skier without AT bindings, or a tele skier without skins, you're slapping on the snowshoes. If those snowshoes happen to be the Tubbs Flex Alp, you've got exactly the right tool for the arduous ascent. Optimized for packed snow, the Flex Alp, with jagged-toothed carbon steel crampons and curved traction rails, grip like a tractor in spring. Unlike frame and decking style snowshoes, the Flex Alp's lightweight molded deck flexes torsionally over uneven terrain for optimized grip and comfort, while its biomechanically designed tail flexes to absorb shock and reduce stress on your muscles and joints for additional comfort. The ActiveFlex bindings are easy to use, won't loosen, and feature heel lift to limit calf fatigue on the way up for yet even more comfort. With so much comfort going around, you'd think I was describing slippers, and like slippers, the Flex Alp snowshoes are available in men's and women's sizing. \$219.95. www.tubbssnowshoes.com.



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SWIX 2 IN 1 SPLIT MITT

If you are stuck on the Jet chair at Jay while they replace a broken part, you'll want something different on your hands than what you'd wear to race in the Craftsbury marathon. I can't say that there is one single glove, mitten, or split mitt that is ideal for both of these situations, but the Swix 2 in 1 Split Mitt does an excellent job of coming close. The lobster claw design is warmer than a glove and offers more dexterity than a mitten. It is waterproof, windproof, and breathable, and has an Amara leather palm for a no-slip grip. The mitts are ideal for activities such as Alpine and Nordic skiing, winter biking, and shoveling with a T-grip handle. Best of all, the pull out liner is a proper fleece glove with an elastic cuff which works great for driving, skiing on warmer days, or texting home that you're stuck on a chairlift and will be late for dinner. \$44.95. www.swixsport.com.

Skiier: Andrew Whiteford - Stowe, VT
Photo: C. Nelson James/MeatheadFilms.com
As seen in "Wild Stallions", a SKIRACK sponsored movie

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the Jay Cloud

FACT OR FICTION?

BY PETER BRONSKI

If, like me, you grew up in a place like Long Island, NY, when it came to skiing, you probably unfairly lumped all of Vermont together into a kind of single, large Great White North. Of course, now that I've spent my share of time tromping around the Green Mountain State, I know that the reality is more nuanced. All ski areas are not created equal. A Mad River Glen does not equate to a Sugarbush, even though they stand nearly shoulder to shoulder in the same valley, and a Stowe Mountain Resort is about as similar to a Smugglers' Notch as apples are to oranges, even though they sit on opposite sides of the same ridge, less than a mile apart as the crow flies.

One resort, though, seemed to emerge from the rest with a kind of mythical, transcendental reputation: Jay Peak Resort. I heard rumors of its steep and deep; of a quantity and quality of snow that rivaled the resorts of the West; of 400 inches of annual snowfall; of chutes and glades. And I heard about something called the Jay Cloud that was responsible for it all. The cloud had always been talked about in hushed tones, as if it were some kind of locals-only secret skiers wanted to keep for themselves. That was until Fall 2008, when the proverbial cat was let out of the bag. Jay Peak Resort unveiled a new pre-ski-season promotional video, and there, for all the world to see, was the claim: the Jay Cloud.

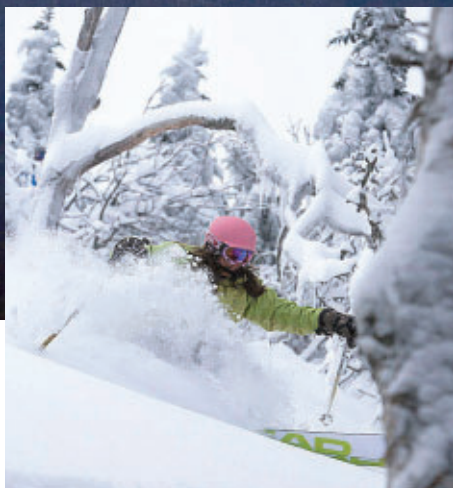
The video quotes skier after skier, each seemingly kneeling at the altar of the Jay Cloud: *The snow here at Jay rivals what you find at Utah, Lake Tahoe, other*



renowned places for powder... I've never had as deep a day... It's the snow that brought us here, and the snow that keeps us here... Some say we owe it to luck, or fate, but we know it's the mythical Jay Cloud... A lot of people talk about it, and it's true... I've had so many good powder days here, it's remarkable...

And so what, exactly, is the Jay Cloud? In short, it's a weather system that cycles over Jay Peak, repeatedly dumping modest amount of snow after modest amount of snow, which together add up to a helluva lot of snow. Some people have said it happens because Jay sits at the convergence of three dominant weather patterns, which all serve to funnel moisture onto the peak. But was it real, powdery, white fluff? Or was it nothing more than marketing fluff? You could hardly blame Jay if the resort succumbed to the latter. Ski resorts have a long and rich tradition of touting the snow they've got, and perhaps stretching the truth in little white, powdery lies. Utah proclaims "The Greatest Snow on Earth." Steamboat Springs boasts of its trademarked "Champagne Powder." Why shouldn't Jay brand the Jay Cloud?

I set out to determine if it was fact or fiction, and I started by talking to Jim Fredericks, executive director of the Catamount Trail Association. The Catamount Trail snakes its way south to north across the length of Vermont, squeezing through Jay Pass and dropping down into the village of Jay. As such, I figured it could serve as a great barometer, comparing the snowpack along the Jay section of trail to the Catamount elsewhere in the state.



Photos courtesy Jay Peak Resort

"My feeling is that yes, Jay gets a lot snow. Plus it has the reputation," Fredericks says. "Because it's farther north than other areas, it's usually colder. When precipitation is falling in the mountains, there's a better chance it'll be snow at Jay Peak." Then Fredericks hedges his bet: "I don't want to burst anyone's bubble, but there's some exaggeration that goes on. Clouds come in, hit the mountains, and drop a ton of snow... whether you're Jay Peak, Mount Mansfield, or Camel's Hump. Jay is lucky to be up there—they're getting more snow, but mainly because it's a little colder. There's no mystical or meteorological phenomenon involved in the whole thing."

Next, I called Jen Butson, director of public affairs for the Vermont Ski Areas Association. Given that she represents the state's wide array of ski areas, I thought she'd be in a great position to compare and contrast those areas, and to weigh in on the Jay Cloud. By the same token, though, she might be reluctant to give one (Jay Peak Resort) top billing over the others (we wouldn't want to upset the membership, now would we?). "The Jay Cloud is the Santa Claus of the Northeast Kingdom," she says unequivocally. "It's an interesting weather phenomenon that brings so much joy." But then Butson points out that the Jay Cloud may not be unique to Jay alone. "It's due to the orthographic uplift," she says, referring to the way mountains force air to rise, which in turn prompts cloud formation, and ultimately, precipitation. "I wonder how many other ski areas have the same effect, but haven't named it [the way Jay has]," she asks rhetorically.

Even if there are other unnamed Jay Clouds around the state, there does indeed seem to be something special about the one over Jay. The statewide average annual snowfall at resorts was 231 inches last season. Sugarbush claimed 269; Smuggs nearly 300; and Stowe Mountain Resort 333. But even accounting for the fuzzy math involved (how do you measure snowfall at a resort and where on the mountain do you measure?), Jay Peak Resort's 360 to 400 inches or more in a season puts it in a class by itself.

Of course, much of this was opinion and conjecture, and what I needed was science-based fact. So I called Andy Nash, a meteorologist with the National Weather Service in Burlington. "I haven't heard it referred to as the Jay Cloud, but from our perspective, it's a well-known fact," he says. "It's cloudier and they get more snow in the Jay Peak area, and when we do our forecasts, we take that into account." It all, he says, comes down to topography.

"The way the mountain is oriented along a northeast-southwest line places it perfectly perpendicular to the northwest winds that we get a lot in winter," he explains. Those winds hit the mountain, rise, clouds form, "and in winter, you get snow to fall, and the snowfall adds up pretty quickly."

It's the orthographic uplift Butson was talking about, but according to Nash, Jay is optimized in both its orientation and its location. "As you go farther down the Green Mountains into southern Vermont, the mountain orientation isn't as perpendicular to the northwest winds," he explains. "Also, in the southern

parts of the state, the winds go over the Adirondacks first, where they drop some of their moisture before reaching Vermont. But upstream of Jay, there are no mountains to steal moisture."

That source of moisture that feeds the Jay Cloud isn't, as you might expect, the Great Lakes, or Lake Champlain, or the St. Lawrence. Rather, and surprisingly, it's the Atlantic. When a low pressure system sits just to the east of Vermont, the winds spin counterclockwise around that low, pulling in moisture from the Atlantic, wrapping around to the north, and then smacking into Jay from the northwest. "That's when Jay gets the winds and the snow," Nash says.

Then, like Fredericks, he hedges his bet. "Jay Peak isn't a singular entity—the same effect happens on other peaks. But that's the magic of the mountains. They can pull out the little bit of moisture that's left in the air and turn it into clouds and snow." Just take a look at the NWS's snow depth observation stations at Jay and Smugglers' Notch for the proof. On any given day, Mount Mansfield might edge out Jay Peak... or not.

So is the Jay Cloud fact or fiction, reality or reputation? Perhaps it's a little bit of both. It's one part science based in mountain meteorology, and one part myth built upon the legends of the Jay ski gods. But if it's a powder day, does it really matter why? Just point 'em downhill and enjoy. ▮

Peter Bronski (www.peterbronski.com) is an award-winning writer from Colorado.

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Justin Freeman at the head of the pack.
(Katie Carter photo)



Sheldon Miller of Craftsbury, VT, ready for family adventure. Photo courtesy Craftsbury Outdoor Center.

TRAINING WITH KIDS

BY DIANA WHITNEY

Urban legend has it that Bill Koch rollerskied up Mount Greylock pulling his daughter on a mountain bike. With a rope around his waist, Koch double-poled eight miles uphill, towing his 70-pound child. Was this extreme strength-training, childcare duty, or both? Even if the story isn't true, it illustrates how far some parents will go to get a workout.

TIME IS OF THE ESSENCE

The number-one limiting factor for athlete-parents is time. "Quality over quantity" became my mantra after my babies were born. Gone were the three-hour trail runs; now I fit a workout into whatever window I have. Running gained supremacy over skiing, sculling, hiking, and other sports of my pre-baby life, due to its high efficiency—no transit time, just lace up the shoes and go.

Likewise, former US Ski Team member and '06 Olympian Justin Freeman says, "The biggest change has been a focus on running instead of skiing. It's possible to get into great running shape on 10 hours a week. Skiing takes more training hours and requires lots of hours traveling to snow and waxing. Right now, I simply don't have enough time."

With a baby and a toddler, Justin is in the most intense phase of parenting. "Between my job and my family, my yearly training hours are down from 800 to barely 400," he says. "I train like I do through support from my wife, early mornings, less sleep, pushing or pulling one or both children, and generally being creative about when I can fit it into my schedule."

Many parents rely on early mornings for dependable training. Former Olympian Brenda Smith had stopped competing when she began her family, but still counted on exercise as "a way of life."

As a mother of three (now aged 10, 8, and 5), Brenda's running workouts were "a mental break that allowed me to be calm and focused on my children for the rest of the day. I got up very early and ran before my husband went to work."

Some parents squeeze in training later in the day. My husband, Tim Whitney, a former national team sculler, has a weekly training night with a competitive friend, running or skiing up local mountains by head-lamp. Montpelier Masters racer and father-of-two Dan Voisin also trains after hours: "Skiing at night is the best way. I can usually get on snow by 8:00 after helping feed the kids and putting them to bed. Some nights it's very hard to stop skiing."

SUPPORTIVE SPOUSES

How could Nordic Olympic medalist Sara Renner return to World Cup ski-racing 10 months after having a baby? Because her husband, Canadian Alpine skier Thomas Grandi, retired in order to do full-time childcare. While most parents aren't in Sara's situation, many say their spouse is their number-one support system.

Mother of two and 2006 cross-country ski Olympian Rebecca Dussault is gearing up for the 2010 Olympics. Having an encouraging, adaptable husband helps her immensely. "It's tricky to balance family with elite athletics," says Rebecca, describing a day with her boys, ages seven and two: "My husband has a flexible schedule, so I typically home-school in the morning, make lunch, and lay the kids down for a nap. Then I'm free to train for an hour or two. As a last resort, I keep my road bike on a trainer in my living room so I can put the kids to sleep and ride for 45 minutes, then fall into bed myself."

Dussault's lifestyle displays the flexibility and spontaneity required to

combine sports with parenthood. "I usually don't plan training even a day in advance," she says. "I have to wake up, see how I feel, and find out what else is on my plate."

When both parents are athletes, things get complicated. Three-time Olympian and Masters racer Dorcas Wonsavage says she and her husband do the parent tag. "I run in the morning, while Paul watches cartoons with our nine-year-old, then Paul goes on a ride with his cycling team, and Max and I play."

But there's a cost in trading off exercise, says skier Dan Voisin. "Our winter weekends consisted of swapping ski time with family time. We rarely spent an entire day together as a family. It sucked, but it allowed us both to get out."

My husband and I have also mastered the parent tag, but sometimes we want to ski or run together, without our girls (ages two and four). For couples who were once training partners, this presents a challenge. Hiring a babysitter for a workout "date" is a worthwhile investment. This way, parents aren't "scorekeeping" about who gets more training time. And when Mom and Dad share rewarding exercise, they build intimacy that is healthy for the whole family.

What if the parent tag involves days rather than hours? "Being divorced has its privileges," quips cyclocross racer and telemark skier Sheldon Miller, who also happens to be the father of two. When his kids, now ages 10 and 12, were little, Sheldon's philosophy was simple: "Train hard when they're with Mom, then put them in the trailer when they're with me."

GEAR

Athlete-parents must invest in child-carriers. "My recommendation is to not skimp on the stuff," says Voisin, who owns a bike trailer, baby-jogger, and pulk sled.

Rebecca Dussault describes the Chariot child-carrier as "the most superior brand on the market." She loves it for skiing and biking and recently pulled it through California wine country on a family bike trip. Justin Freeman owns a Chariot Cougar-1 and Cougar 2, and says his babies usually fall asleep when he trains.

Mother of three kids and three-time Olympic rower Judy Geer remembers entering running races as a family of five, pushing single and double baby-joggers. "Gradually the kids would decide they wanted to do the race themselves, rather than in the stroller. Cool!" Geer and her husband, Olympic rower Dick Dreissigacker, also used backpacks, bike seats, bike trailers, and pulks for family exercise. "These worked often—but not always," Geer says. "There were days when we had to abort an adventure."

Being realistic about children's limitations helps everyone have more fun. You can't go as far or as fast when you bring kids along, but you can share your athletic passion. For Geer and Dreissigacker, "training has always been an integral part of life. We loved the lifestyle too much to give it up—and we wanted our kids to grow up appreciating it." Their approach has worked. The Dreissigacker children are now 22, 20, and 18, and highly competitive in skiing and rowing.

Successful outings depend on the character of each family, especially the parents' patience and the children's temperaments. My high-energy girls can only tolerate our Mountain Buggy baby-jogger for a three-mile run, which often ends with a toddler tantrum. An excellent resource for how to include kids in exercise is Heidi Hill's book *Fit Family: The Infant, Toddler, and Preschool Years*.

CREATIVITY IS CRUCIAL

Life with small children is unpredictable. "Sometimes you renounce your pre-child athletic goals and make the most of whatever the day, weather, schedule, child, and mother have," says Dorcas. "Sometimes manual labor—shoveling the driveway, stacking wood—becomes the workout."

Creativity and a sense of humor help athletes rise to the challenge of early parenthood. I remember driving through Morrisville when a bizarre contraption appeared on the hill before me. It was Sheldon Miller riding "The Fathership," pulling his son on a trail-a-bike with his daughter hooked behind in the trailer. Head-down, he was cycling hard on his commute to work and daycare. "It was good strength training," says Sheldon.

Priorities shift after children come along, but most athletes need to keep exercise at the top of the list. With flexibility, good gear, and strong support, we do what we can, one day at a time. And sometimes, with enough sleep, we find a deeper drive to get out and train, and a hunger for competition that surprises us and others. ▮

Diana Whitney is a writer, yoga teacher, cross-country ski coach, and mother of two. She lives in Brattleboro, VT, and blogs at www.spiltmilkvt.com.

An excellent resource for how to include kids in exercise is *Fit Family: The Infant, Toddler, and Preschool Years*, by Heidi Hill of Duxbury, VT.

VS: You've been all over the world, hiking, skiing, and kayaking. What drives you to explore?

MB: Probably, as George Mallory said, "Because it's there." For me, it's the greatest way to unwind, and an adventure is just as much with the body as with the mind. I like to be physically active, and the only thing I have to worry about is pedaling, paddling, or walking. It's just so refreshing.

VS: When did you ascend Kilimanjaro, and what were the highlights of that experience?

MB: The highlights were just the beauty of the whole area—the natural beauty of it—and the physical aspect. It was placing one foot after another; there was not too much that was technical about it. If you can acclimatize reasonably well to the altitude, there's nothing too terribly difficult about Kilimanjaro. You have to hire a guide, an assistant guide, and a cook, so you go with a team. I enjoyed the interaction with the team; they were simple and very hardworking, and being with them was certainly one of the highlights. Reaching the summit was great, too. I also enjoyed seeing the many different ecosystems you go through on the way up.

VS: What has been your favorite worldly trek?

MB: I liked equally the Arctic adventures of Baffin Island and Greenland, and my two trips to Iceland, which were also wonderful, fascinating hiking. I liked the remoteness, and the dramatic beauty of the landscape, glaciers, moraines, and icebergs, the high mountain feel of the area, and being at sea level. And when not windy, the silence is deafening, which I enjoy. Life is so simple when all you have to worry about is walking or paddling. It felt like the ultimate relaxation to me, although on Baffin Island we skied all day, pulling a sled with equipment for three weeks, unsupported, in March to April, and in Greenland we either kayaked all day or hiked to the edge of the icecap.

READER ATHLETE



Mark BOUCHARD

Age: 41

Residence: Derby

Family: Wife, Laura; two sons, Andrew, 6, and Justin, 4

Occupation: Emergency Department Physician at North Country Hospital

Primary sport: Cycling and Cross-country Skiing

VS: You've also biked in a fair number of places. What bike ride has been the most challenging?

MB: The first time I went to the Rockies to bike while in college was probably the most challenging. I had biked from Vancouver to Calgary, and although physically I felt ready, I was very inexperienced, overloaded, and not well equipped (a small budget thing). I learned a lot that trip. I stopped at a post office at one point and mailed stuff home that was not absolutely necessary. I met an Australian guy who was on sabbatical and biking all around North America and was going on to Europe, and then he eventually biked across Australia. We traveled a week together, and I took a lot of notes on what he packed and his gear. After that I went back a few years later and biked from Vancouver back home. I had better gear, and I enjoyed the Rockies. One funny anecdote about that trip was one day in the prairies, I ran out of water on a hot, dry, windy day. I was maybe 15 to 20 kilometers to the next town, with no water holes or streams in between. I eventually pulled into a town park, and rolled off my bike into the shade under a tree. I felt so dizzy and nauseous trying to get up to walk to a nearby fountain.

A German tourist couple came over, chatted with me, gave me some grapes (best I ever had), filled my water bottles, and waited for me to get back on my feet! So that time was one of the hardest days I remember, even though there were no hills.

VS: Do you generally travel with family and friends, or do you go solo?

MB: A lot of the biking I did across Canada I did alone. In Greenland and the Arctic, I went with some friends. I have a friend who is an engineer, who started this adventure travel company out of Montreal. He's not making a whole lot of money doing it, but he says he's doing what he would be doing if he had a whole lot of money. We went to Nepal and Greenland, as kind of a scouting run for him so he could try to bring clients there. We were not sure where we were going to be one day to the next. But getting back to your question, I certainly don't mind traveling on my own.

VS: You've also traveled for volunteer work. What did you do in Kenya?

MB: I was working at a little medical clinic. I was treating patients with tuberculosis, AIDS, and malaria. That was the day-to-day thing, but really, we treated pretty much anything. Amazingly, there was a fair amount of type I diabetes. Also, they have terrible, terrible roads, and way too many people will get in vehicles, so when there's a car crash, there are many injuries.

VS: What was that like?

MB: As overwhelming as it was, because of the number of patients, it was certainly a refreshing change from my day-to-day life. Over here, I don't want to generalize, because there are a lot of good people, but there's a lot of disease I see here because of overdoing it: over drinking, over eating, smoking too much, or going too fast on the road. Over there, I saw a lot of "lack of"—lack of sanitation, lack of education on

health issues. Sometimes I had to bite my tongue when I got back here.

VS: You mentioned it's important that your kids see a place like Kenya before they are teenagers. What do you hope they learn from such an experience?

MB: I want for them to realize how lucky they are, to be thankful for what they have. To have a clue about how the rest of the world lives, to see that happiness does not have to come from material wealth, and for them to be overall socially conscious and have a sense of responsibility in helping the less fortunate in their pursuits of happiness. And that may be by not wasting, being peace activists, or whatever.

VS: What do you enjoy about being an ER doctor?

MB: I like the variety of things that I see, and the adrenaline that goes with the job. There are good days and bad days. When I'm there, I'm certainly there, but when I'm home, I'm home: I'm not on call. I think I have less stress not knowing what the next thing walking through the ER door is.

VS: You're coaching your sons' hockey teams. What's it like watching them become athletes?

MB: It's really a source of pride, I have to say. And I have no expectations of them; I'm not trying to make them do something because maybe I want them to do it. I just want them to be active. It's a sense of pride to see them grow up and improve at hockey, and they both enjoy it. It's a source of joy: kids having fun and smiling, and they're not in front of the TV.

VS: Where would you like to explore as a family?

MB: I like places where there's the human touch: Greece, Corsica, or perhaps the northern African countries of Tunisia or Morocco. Nothing's officially scheduled, though. I also would just like to go out West to visit the National Parks. Eventually I'd like to take them to the only continent I haven't been to: Antarctica.

VS: You're just getting back from a U-2 concert. How was the concert, and what other bands do you enjoy seeing live?

MB: The concert was great. Bono is certainly socially involved and aside from the music, light show, and video effects, he always talks about his ONE campaign, DATA (Debt relief, AIDS, Trade issues for Africa), and Amnesty International. It makes you want to go out and do something good. Otherwise, I am all over the place when comes to music. I enjoy classic rock (I've seen Aerosmith, Rush, and recently ACDC). But in the car I listen to Leonard Cohen, Wind That Shakes the Barley (Vermont Celtic band), Daniel Lanois, Enya. □

—Sky Barsch

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If you know someone who should be a Vermont Sports Reader Athlete, please send your recommendation to our reader athlete editor Sky Barsch, mail@skybarsch.com.

VS: Where did you grow up?
LJ: Winthrop, Maine.

VS: How did you land in Vermont?

LJ: Because of this program, the Craftsbury Green Racing Project. The Green in the name is because it's part of our mission at the Outdoor Center to be "green." The team is to ski and race at a high level, but also support environmental movements right here at Craftsbury. Before that, I was in Quebec City, going to grad school, learning French, and doing grad work in English literature, and I applied to be on the team. I couldn't quite pass up the opportunity to ski full time. It's an opportunity of a lifetime.

VS: What are some of the green initiatives?

LJ: We all have found our niches, and we all help each other with our different projects. This summer I was doing a lot of stuff on the lake—lake ecology, water quality, clarity, milfoil. We're doing bigger projects like building an industrial compost center to deal with compost from the dining hall. And we do tasks that support the ski community, such as coaching younger kids.

VS: How did Nordic skiing find its way into your life?

LJ: I was a competitive freestyle skier in high school for the first three years, and at the end of my junior year, the high school cross-country ski coach dragged me out... and I loved it. It was a beautiful spring day, nice and sunny. But to be honest, a big motivation was my high school boyfriend was a Nordic skier.

VS: What's your favorite race?

LJ: One of the races I had the most fun at was a sprint race at Orford, Quebec, last year. It was the first time I had gone through all the heats in the sprints, and I really felt like I could ski well. There were super competitive, really good skiers at the race. The course was only 500 meters long, so we did two laps, and the course was lined with spectators, which is rare. I think the course being packed with spectators made it really fun. Also, from college, all of the Dartmouth Carnivals were really fun, even though for me, none of them was at Dartmouth. It kept getting moved because of the lack of snow.

READER ATHLETE



Lauren JACOBS

Age: 24

Residence: Craftsbury

Family: Dad, step-mom, and four siblings

Occupation: Cross-country skier, sponsored by Craftsbury Outdoor Center

Primary sport: Cross-country Skiing

Everyone's dressed up and wearing red, and you have to give a valentine out to someone.

VS: What places have you enjoyed traveling to?

LJ: Definitely I loved Norway. I went to a camp, and we went to Sweden and Norway. Being up in the mountains in Norway was amazing. And Quebec is definitely my favorite place to go for skiing.

VS: How do you get in shape for the ski season?

LJ: Rollerskiing. We do lots and lots of rollerskiing. And it increases as the summer goes on. We do both skate and classic. And lots of running, hiking, biking, and sculling.

VS: Do you enjoy rollerskiing?

LJ: I really like to rollerski. Some skiers hate it, or at least kind of tolerate it. I actually really enjoy it. We put a lot of miles in, usually two-and-a-half hours a day. The only thing that stinks is dealing with cars on the road.

VS: Where do you like to go?

LJ: Around Craftsbury there are not that many paved roads. East Craftsbury Road—we do that a lot, and then we can kind of branch out and go down to East Hardwick. So mostly back roads that are paved, but not really busy. But the bottom line is whenever I give someone advice about rollerskiing, I say you have to go look for yourself. Everyone has different ideas about what's safe.

VS: You began sculling this summer. How long did it take you to "get it"?

LJ: It took me four or five times before I moved from the bigger boats into the racing shell. And once in the racing shell, it took another five times before I really got it. It's a beautiful sport.

VS: Do you think you'll stick with the sport?

LJ: Yeah. I told my dad the other day that I just found another sport that's really expensive, but I definitely will stick with it. It's like Nordic skiing. It's really easy on your body and you can do it your whole life. I grew up on a lake, and I love being near water. It's a great way to keep your heart rate really steady, since there are no hills.

VS: When the weather's bad, do you head to the gym, stick it out, or take a day off?

LJ: We don't take a day off. Sometimes we'll adjust our workout and go for a run. You can run in any weather. We do have a gym with stationary bikes and a double-pole machine, but we usually stick it out with whatever we have planned.

VS: You mentioned you are a singer. What kind of music do you like to sing?

LJ: I will sing almost anything that's in my head, but I've always really liked folk, Celtic-inspired music. That's my favorite.

VS: How do your teammates feel about your singing?

LJ: I think they tolerate it. But, uh, yeah. I do actually get to sing in public once in a while which is a little more legitimate.

VS: You spent last year living in Quebec City. What did you think about the public ski trails?

LJ: That it's really remarkable. Having the fact that Quebec is a big city and has these trails just right smack dab in the middle of the city open to anyone, it's a really cool model that American cities would be wise to emulate. What I noticed is if trails are there, people use them. They go out and ski. In the summer and fall, people inline skate where the ski trails are. As a country that needs to do whatever we can to get people out, it would be great to have something similar. But to be fair, we do have a lot of places like that. It is amazing, though. Part of what is cool about skiing in Quebec is you are skiing on the plains where the famous battle happened that finally ended French rule. And it only lasted 20 minutes.

VS: You mentioned one of your "vices" is religiously watching gymnastics. Why is that a vice? Has someone given you a hard time?

LJ: Yup, I get a hard time about that a lot. I was a competitive gymnast growing up through middle school and high school. There's a saying: You can take the girl out of gymnastics, but you can't take gymnastics out of the girl.

VS: The Olympics will be in Vancouver next year. Do you plan on watching or going?

LJ: I probably won't be going, but definitely will watch, because I'll know a lot of people there. The goal of this team I'm on is to get us to a point where we'll be competing internationally. The Olympics might be a big step for us this year. As for a world championships team, I think there are guys on this team that will make some international teams. ☐

— Sky Barsch



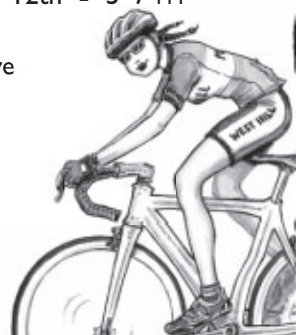
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CALENDAR OF EVENTS

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CROSS-COUNTRY SKIING

DECEMBER

- Craftsbury Opener Freestyle XC Ski Race, 10AM, Craftsbury Common, VT, 802-586-7767, stay@craftsbury.com, www.craftsbury.com

JANUARY

- Craftsbury Classic XC Ski Races, 2K at 10:30AM, 5K/1K at 11AM, Craftsbury Common, VT, 802-586-7767, stay@craftsbury.com, www.craftsbury.com
- U.S. National Masters Championship 10K Freestyle XC Ski Race, 2:30PM, Craftsbury Common, VT, 802-586-7767, stay@craftsbury.com, www.craftsbury.com
- Craftsbury Dash for Cash XC Ski Sprints, 300-meter sprints, 6-7PM, on the Common, Craftsbury Common, VT, 802-586-7767, stay@craftsbury.com, www.craftsbury.com
- TD Bank Craftsbury Classic Marathon, 50K or 25K at 9AM, and 25K Ski Tour at 9:30AM, Craftsbury Common, VT, 802-586-7767, stay@craftsbury.com, www.craftsbury.com
- New England Women's XC Ski Day, Waterville Valley, NH, Trina Hosmer or Anne Donaghy, hosmer@oit.umass.edu

FEBRUARY

- 2010 Camel's Hump Challenge, Huntington, VT, Jared Poor, camelshumpchallenge@comcast.net

CYCLING

NOVEMBER

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

CYCLOCROSS

NOVEMBER

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

ONGOING

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

MISCELLANEOUS

NOVEMBER

- Gear for Girls, 5-7PM, West Hill Shop, Putney, VT, Diny Sweitzer, 802-387-5718, diny@westhillshop.com
- Spin-a-Thon/ Bikefest/ Open House, Spinning from 7AM-1PM, Open House from 1-4PM, Upper Valley Aquatics Center, White River Junction, VT, Signe Mooney, 802-296-2850, signe@uvac-swim.org, <http://uvac-swim.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 Rodgers, 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

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

PILATES

ONGOING

Mondays & Thursdays, 6-7PM, Pilates Group Mat Classes, Timberlane Physical Therapy North, Winoski, 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

NOVEMBER

- Sports & Fitness Edge Out Cancer 5K, Essex Junction, VT, Jen Moskowitz, 802-879-7734 ext. 134, jenm@sfedge.com

- RaceVermont Half Marathon, Shelburne, VT, Rayne Herzog, Rayne@racevermont.com, www.racevermont.com
- Highlander 5K Scramble, trail run or walk, 10AM, Disc Golf contest at noon, Harwood Union High School, So. Duxbury, VT, Jon Kerrigan, 802-244-5186 ext. 220, irongus@aol.com
- 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
- Zack's Place 5K Turkey Trot, run or walk, 10AM, Woodstock Elem. School to the Woodstock Green, Woodstock VT, Dail Frates, 802-369-0487, dail@wbllc.net, www.zacksplace.org
- Barton's 8th Annual Thanksgiving Day Turkey Trot for runners and walkers, 9AM, Barton, VT, Robin Robitaille, 802-525-3689, runnek@myfairpoint.net
- 14th Annual Running of the Turkeys 5K, Fisher Elem. School, Arlington, VT, Lynn Grieger, 802-362-2810, lynn@lynnrieger.com
- GMAA 33rd Turkey Trot 5K, UVM Gutterson Field House, Burlington, VT, Anne Treadwell, turkeytrot@gmaa.net, www.gmaa.net

DECEMBER

- RaceVermont The Last Run 5K, Shelburne, VT, Rayne Herzog, 802-316-7142, rayne@racevermont.com, www.racevermont.com
- CVR First Night Montpelier 5K, 3PM, Pavilion Building, Montpelier, VT, Tim Shea, 802-229-3559, sevenshea@gmail.com

ONGOING

Tuesdays, 5PM, On Track Striders Track Workouts/Group Runs, Union Station, Burlington, VT, Kim Loeffler, 802-865-2226
Tuesdays and Thursdays, 5-6PM, Running Unlimited, for runners preparing to race any distance, First in Fitness, Berlin, VT, Linda Freeman, 802-233-6161, lfreeman@firstinfitness.com, www.firstinfitness.com
Tuesdays, 5:15, Northern Vermont Ridge Runners Track Practices for runners of all abilities, People's Academy, Route 15A, Morrisville, VT
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

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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

SNOWBOARDING

NOVEMBER

7 Back to SHRED Rail Jam, Killington, VT, thobbs@killington.com

DECEMBER

5 Rails 2 Riches, Killington, VT, thobbs@killington.com

SNOWSHOEING

JANUARY

30 Tubbs Romp to Stomp Out Breast Cancer, Stratton Mountain Resort, Stratton, VT, rompstomp@tubbssnowshoes.com

SWAPS—SKI, SKATE, SNOWBOARD

NOVEMBER

14-15 30th Annual Waitsfield Ski & Skate Sale, 9AM-3PM (drop-off Friday, 4-7PM), Waitsfield Elem. School, Waitsfield, VT, Krissa Hammond, 802-496-3643, info@wesskiskate.com, <http://ptaatwes.blogspot.com/>

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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RACE RESULTS

**HARPOON BREWERY
OCTOBERFEST 5K ROAD RACE**
October 11, 2009
Windsor, Vermont

Top Woman			Women 30-39			Men 20-29			Men 40-49			Men 50 and over					
1	Pamela Aman	22:41.0	1	Amy Lane	23:54.6	16	Alice Mello	34:58.2	7	Neal Graves	22:05.5	23	Jason Morse	26:33.4	38	Lance Osojnicki	31:42.5
Top Man			2	Bonnie Ritchotte	24:04.2	17	Mary Dalaba	35:37.9	8	Brian Rovance	23:37.9	24	Jeremy Schaefer	26:28.6	39	James Boulanger	32:49.9
1	Daniel Princic	18:49.2	3	Bonnie Cruz	25:19.1	18	Jen Frederick	35:43.1	9	Nathan Sciortino	24:35.3	25	Jeff Cyo	26:46.3	40	Jerry Tardif	33:17.0
Women 21-29			4	Xan Courville	25:33.5	20	Allison Pouliot	35:48.6	10	Matt Vasil	24:42.6	26	Peter Jennings	27:03.3			
1	Bridget Ferrin	23:36.0	5	Elizabeth Curran	26:04.3	21	Carey Stillman	36:07.9	11	Jason Birri	24:57.8	27	David Bleustein	27:02.4			
2	Stephanie Keating	26:46.8	6	Lauren Keil	26:31.3	22	Kimberly Boulanger	36:32.6	12	Michael Johnson	25:38.3	28	Hall Crowder	27:31.2			
3	Katherine Devitt	26:58.1	7	Sandra Laflamme	27:02.8	23	Danielle Basta	36:51.6	13	Brian Zalasky	25:16.9	29	Pete Kellogg	27:40.4			
4	Amanda Wirling	26:45.7	8	Jessica Manchester	27:10.5	24	Terri Potter	37:27.3	14	Calvin Limoges	25:03.5	30	Steven Schlafman	27:48.9			
5	Laura Nelson	27:00.1	9	Kelly McQueeney	27:17.4	25	Debra Woods	37:43.6	15	Jacob Logan	25:04.0	31	Maroun Beyrouthi	27:40.5			
6	Kristen Merlo	27:12.2	10	Amy Goodney	27:28.3	26	Barbara Cote	37:38.8	16	Sean Compas	25:28.9	32	Todd Jarry	27:17.1			
7	Adriane Boscardin	27:40.9	11	Deirdre Willies	28:41.0	27	Belinda Thayer	37:42.6	17	Michael Buttrick	25:21.7	33	Bobby Hahn	27:27.5			
8	Christin Christoph	27:42.4	12	Kim Thompson	28:14.9	28	Barbara Courchesne	37:42.8	18	Nick Gaubinger	25:47.1	34	David Perrin	28:10.3			
9	Jessie Stevenson	27:29.9	13	Jessica Becker	28:20.3	29	Dianne Kelcey	38:15.0	19	Patrick Maguire	26:10.8	35	Bob Green	27:56.2			
10	Jill Thorson	27:39.6	14	Kristen Reed	28:53.9	30	Janet St. Martin	38:34.8	20	Chris Aubin	26:03.9	36	Michael West	28:17.1			
11	Christina Hall	27:41.4	15	Ginger Therrien	28:56.1	31	Debra Fishwick	38:17.4	21	Mark Davis	25:52.9	37	David Falkenham	28:36.3			
12	Heather Ferrick	28:40.0	16	Jennifer Boudro	29:10.0	32	Carolyn Nolan	38:16.2	22	Thomas Ricker	26:09.3	38	Nicky Ciazza	28:56.3			
13	Elizabeth Allison	28:15.9	17	Rebecca Morse	28:55.3	33	Deirdre Goodrich	38:16.3	23	Daniel Buttrick	26:12.9	39	Frank Andronaco	28:37.0			
14	Anne Doton	29:20.4	18	Kier Olsen Devries	29:04.0	34	Catherine Savio	38:28.2	24	Kyle Krater	26:26.1	40	Matthew Kolesar	28:47.6			
15	Jessica Martin	28:56.7	19	Carey Schwaber	28:58.3	35	Pauline Rockwell	38:40.3	25	Matthew McEvilly	26:38.1	Men 40-49					
16	Kaylan Livey	29:08.7	20	Katha Pehm	29:19.0	36	Penny McKinnon	39:03.9	26	Ryan Kellogg	27:17.4	1	Eric Morse	19:14.5			
17	Shannon Hextrum	29:52.1	21	Elizabeth Wolfe	29:47.2	37	Dana Head	40:07.6	27	Kelly Bennett	27:54.7	2	Russell Hurlburt	21:38.9			
18	Danielle Murray	29:52.3	22	Robyn Steward	29:27.2	38	April Harkness	41:00.6	28	Jeremy Manchester	27:09.5	3	Mel Norrow	21:56.2			
19	Heather Bruce	29:05.8	23	Anne Mansfield	29:47.0	39	Kathleen Provost	41:35.2	29	Justin Logan	27:18.8	4	Tim Clark	22:23.4			
20	Colleen Tracy	29:57.0	24	Karen Mateleska	29:43.3	40	Beth Ziegler	42:23.6	30	Joanthan Palmer	27:53.4	5	Bill Wardyga	22:28.0			
21	Mariah Baker	29:24.1	25	Kristin Rousseau	30:10.9	Women 50 and over			31	Brian Toney	27:37.0	6	Clay Howland	22:38.3			
22	Arny Murphy	30:01.7	26	Laurie Hanks	29:50.6	1	Mary Allison Dydo	26:35.7	32	Tylan Calagni	28:16.3	7	Miles Harkins	23:02.1			
23	Kala Hardacker	29:46.7	27	Courtney Lockwood	30:07.3	2	Pat Lachance	27:44.5	33	Stanley Stark	27:50.2	8	Paul Wonsavage	23:14.4			
24	Katie White	30:23.9	28	Carrie-Anne Dedee	30:14.3	3	Judith Thompson	28:13.9	34	Steve Henck	28:14.1	9	Jay Daley	23:59.4			
25	Marcy Hoyt	30:36.9	29	Lori Lewandoski	30:12.5	4	Christine Klein	29:28.3	35	Dennis Dillon	28:08.4	10	Chip Langmaid	24:29.8			
26	Heather Fortin	30:18.2	30	Tiffin Calagni	30:28.8	5	Vanessa Wilson	29:14.3	36	Chad Voty	28:36.8	11	Cris Cote	24:43.1			
27	Katrina Pelsue	30:52.3	31	Susan Yates White	30:39.1	6	Brian Brown	30:22.2	37	Blake Hughblock	28:41.6	12	Dan Whitehead	24:53.9			
28	Paige Ackland	30:19.1	32	Lori Bliss Hill	31:05.0	7	June Schlabbach	30:42.3	38	Tim Chorey	28:40.6	13	Jeffrey Hurlburt	25:13.5			
29	Marisa Alford	30:19.2	33	Elizabeth Kelsey	31:30.7	8	Cathy Hartshorn	32:28.6	39	Kemper Diehl	29:16.9	14	Robert Christensen	25:15.2			
30	Kathleen Hynes	31:14.6	34	Joana Murad	30:41.2	9	Marilyn Williams	33:30.9	40	Oren Mechanic	28:41.0	15	Brian Lenihan	26:00.8			
31	Elizabeth Gillis	31:03.2	35	Catherine Hammaker	31:36.5	10	Brenda Cann	36:27.0	Men 30-39			16	Tim Grinaski	27:05.3			
32	Lauren Germano	30:45.3	36	Zoe Courville	31:24.5	11	Judy Thomas	35:49.1	1	Michael Fenzel	20:56.4	17	Kenneth Reade	26:47.0			
33	Pandi Sullivan	30:54.1	37	April Bonwitt	31:11.8	12	Anita Bowes	37:05.9	2	David Cahill	21:01.7	18	Gordon Cruz	27:37.8			
34	Hanna McLaughlin	31:43.4	38	Kendra Eliason	31:49.7	13	Wendy Aarnio	36:59.8	3	Michael Fink	21:46.2	19	Owen Mangan	27:25.7			
35	Kendra Dynok	31:22.6	39	Leslie McCleary	31:55.6	14	Adrienne Kermond	38:46.1	4	Chris Thibaudeau	22:26.0	20	Michael Goodrich	28:26.2			
36	Katherine Best	31:22.6	40	Meredith Kelly	32:23.8	15	Laura Cogswell	39:26.7	5	Adam Fene	23:07.6	21	Carl Mack	28:18.3			
37	Carly Polin	31:51.6	Women 40-49			16	Anna Folds	40:02.3	6	Alden Jones	23:24.2	22	Brian Fortier	28:32.9			
38	Farah Assadipour	31:51.5	1	Carla Chandler	26:30.4	17	Jane Boyd	40:18.7	7	Eric James	23:43.1	23	Tom Frederick	28:54.5			
39	Sylvie Liberman	31:24.6	2	Connie Reimer	27:38.3	18	Sue Lee	40:51.9	8	Colin Smith	23:25.9	24	Brian Nolan	28:55.3			
40	Michelle Cote	31:16.1	3	Virginia Modse	28:06.4	19	Sharon Olson	45:13.4	9	David Painter	23:50.4	25	Rick Provost	28:53.9			
			4	Lil Pearson	29:28.4	20	Lynn Ambrosi	46:51.5	10	Alex Armstrong	24:06.6	26	Chuck Weinstein	29:08.0			
									11	John Wolfe	24:22.1	27	Keith Zengel	29:05.4			



RACE RESULTS

BURLINGTON TRIATHLON August 30, 2009 Burlington, Vermont

Men 15-19			Men 30-34			Men 45-49			Women 30-34		
1 David Sinclair	Waitsfield VT	2:06:09.1	1 John Spinney	Waterbury VT	2:02:38.6	5 Steve Redmond	Hinesburg VT	2:40:24.8	2 Lindsey Stahl	Williston VT	2:33:03.0
2 Tabor De Groot	Charlotte VT	2:39:42.9	2 Jason Baer	Burlington VT	2:03:51.4	6 Anton Toni Biocina	Winooski VT	2:42:01.2	3 Eliza Browning	New York NY	2:42:18.3
Men 20-24			3 Justin Forest Ryea	Burlington VT	2:05:35.1	7 James Ranney	Nantucket MA	2:46:34.7	4 Britten Chase	Winooski VT	2:50:56.3
1 Steven Vargo	Shaftsbury VT	2:08:43.4	4 Peter Schneider	Charlotte VT	2:07:18.2	8 Peter Matthew Meyer	Newton MA	3:18:57.9	5 Stephanie Trussell	Charlestown MA	3:02:04.0
2 Ian Sanders-Fleming	Boston MA	2:12:40.4	5 Sandy Perrins	Burlington VT	2:07:55.5	9 Bill Van Mullen	Smyrna TN	3:27:17.2	6 Kelly Soldati	Phoenix AZ	3:20:37.9
3 Raymond Sansoucy	Worcester MA	2:22:05.2	6 Travis Voyer	Essex Jct VT	2:09:52.3	Men 50-54			Women 35-39		
4 David Clark-Barol	Middlebury VT	2:34:12.4	7 B Howard Shapiro	Burlington VT	2:18:28.0	1 Andreas Nolte	Jericho VT	2:07:30.5	1 Jessie Donovan	Charlotte VT	2:10:42.7
5 Andre Rock Bolduc	St Albans VT	2:43:23.3	8 Jake Allgrini	Siasconset MA	2:18:40.2	2 Chip Martin	Burlington VT	2:16:18.3	2 Jill Smith	Winooski VT	2:25:10.0
Men 25-29			9 Bob Trautwine	So Burlington VT	2:22:04.7	3 Robert Primeau	Newport VT	2:26:08.3	3 Erika K Ekstrom	Burlington VT	2:42:00.9
1 Robert Areson	Burlington VT	2:06:28.9	10 Daks Hamner	Atlanta GA	2:29:04.5	4 Mark Burns	Essex Jct VT	2:31:53.6	4 Amanda Voyer	Essex Jct VT	2:51:55.9
2 Jeffrey Alexander	Shelburne VT	2:23:20.6	11 Kevin Thorley	Colchester VT	2:39:15.2	5 Greg Mernick	Shelburne VT	2:38:39.6	5 Denise Farmer	Winooski VT	3:13:12.5
3 Eric McCarthy	Essex Jct VT	2:23:43.7	12 J Mark Blanchard	Graniteville VT	2:39:58.2	6 David Harris	Morrisville NY	2:41:31.1	Women 40-44		
4 Nick Garofalo	Albany NY	2:26:11.2	Men 35-39			7 Lee Weltman	Burlington VT	2:44:38.1	1 Karl Cuneo	Williston VT	2:33:36.6
5 Johannes Ziegler	Winooski VT	2:35:17.2	1 Warren Cornwell	Burlington VT	2:07:23.0	8 Robert Beeson	Burlington VT	2:48:30.6	2 Kristen Forcier	Westport NY	2:37:26.2
6 Patrick Wood	Burlington VT	2:38:00.8	2 Stefan Burnbeck	Burlington VT	2:10:16.3	9 John McIntyre	Etna NH	2:49:11.5	3 Christine Kelly Kogut	Charlotte VT	2:44:28.2
7 Jasmin Mujkanovic	Burlington VT	2:39:11.0	3 Loren Voyer	Essex Jct VT	2:12:39.3	10 Jim Driver	St Albans VT	2:52:37.4	4 Emily Mitchell	Richmond VT	2:49:54.6
8 Ilsley Colton	Burlington VT	2:55:16.7	4 Terrance Collins	So Hero VT	2:13:10.5	11 Ken Carlstedt	Clifton Park NY	2:56:35.7	Women 45-49		
9 Patrick Driscoll	Marblehead MA	3:02:03.7	5 Steven Urish	Burlington VT	2:15:17.4	Men 55-59			1 Sarah Pribram	Shelburne VT	2:26:55.4
			6 James Harnish	Essex Jct VT	2:23:37.6	1 John King	Shelburne VT	2:21:02.8	2 Christine Pettersen	Plainfield VT	2:38:04.8
			7 Jason Stevens	Barre VT	2:24:30.8	2 Bob Corey	Colchester VT	2:28:22.5	3 Candice White	Waitsfield VT	2:49:11.9
			8 David Van Mullen	So Burlington VT	2:26:18.2	3 Judd Allen	Burlington VT	2:39:10.0	4 Jill Nye-McKown	Burlington VT	2:49:49.0
			9 Todd Jewett	Westborough LA	2:27:31.0	4 Doug Robinson	Brandon VT	2:41:49.2	5 Brigitte White	So Burlington VT	2:50:18.4
			10 Brigham McCutcheon	Altamont NY	2:32:44.9	5 Bill Bissonette	Shelburne VT	3:15:42.0	6 Jennifer McDonald	Potsdam NY	2:54:57.2
			11 R Scott Olmstead	Brooklyn NY	2:32:59.4	Men 60-64			7 Jen Reed	Charlotte VT	2:56:47.1
			12 Eric Jon Perry	Hyde Park VT	2:38:28.5	1 Dennis Shaffer	Plainfield VT	2:24:30.5	8 Ann Greenwald	Norwich VT	2:58:19.0
			13 Timothy Ryan Ziter	Colchester VT	2:42:30.2	Women 15-19			9 Jodi Butler	Grand Isle VT	3:06:14.5
			14 Jim DeVoe-Talluto	Burlington VT	2:42:40.6	1 Stewart McCulloch	Tupper Lake NY	3:20:46.5	Women 45-49		
			15 Chris Bedell	So Burlington VT	2:44:05.4	1 Zoe Hoffman	Wayne PA	2:48:31.4	1 Jennifer Green	Burlington VT	2:38:50.2
			16 Will Farmer	Winooski VT	3:13:12.9	Women 20-24			2 Karen Newman	Greenwich CT	2:47:40.7
			Men 40-44			1 Claire Frost	Burlington VT	2:32:58.6	Women 50-54		
			1 Matt Gallagher	Burlington VT	2:13:29.8	2 Rebecca Gutwin	Colchester VT	2:35:55.2	1 Sandra Ann Stempel	So Burlington VT	2:39:09.5
			2 Ed Hamilton	Shelburne VT	2:15:44.0	3 Brett Dollar	Lafayette CO	2:46:17.4	2 Ginny Richburg	Randolph Ctr VT	2:46:09.4
			3 Michael Doubleday	Sunderland MA	2:29:44.3	Women 25-29			Women 55-59		
			4 Greg Hewlett	Queensbury NY	2:37:52.3	1 Allison Silverman	So Royalton VT	2:29:32.8	1 Debra K Jayne	Hanover NH	3:06:31.7

SHELBURNE FARMS 5K October 4, 2009 Shelburne, Vermont

Female 14 and Under			4 Allison J Loebis	Colchester VT	31:04.8
1 Margaret Gish	Sharon VT	25:26.4	5 Brenda Jimmo	Middlebury VT	38:32.2
2 Samantha Abrams	Bethel VT	29:45.6	Female 60-64		
Female 15-19			1 Candi Schermerhorn	Diamond Pt NY	27:34.6
1 Lindsay Abel	Burlington VT	21:09.1	Female 65-69		
2 Sara Stewart	Burlington VT	27:13.4	1 Barbara Mentzer	Colchester VT	32:20.0
3 Casey Manning	Burlington VT	28:59.7	Male 14 and under		
4 Bryanna Rickstad	Westford VT	31:59.6	1 Clarke Shedd	Shelburne VT	19:29.7
Female 20-24			2 Trent Newman	Old Greenwich CT	24:04.8
1 Orla Walsh	Burlington VT	20:11.6	Male 15-19		
2 Emily Digilio	Plattsburgh NY	26:24.0	1 Colby Nixon	Burlington VT	18:33.3
3 Amy Immerman	Burlington VT	26:58.2	2 Chase Newman	Old Greenwich CT	22:59.2
4 Kelly Janis	Middlebury VT	27:05.1	3 Stetson Newman	Old Greenwich CT	23:34.7
Female 25-29			4 Gary Francese	Burlington VT	27:12.8
1 Margaret Louise Burke	Burlington VT	24:49.4	Male 20-24		
2 Megan Morris	St Albans VT	26:16.9	1 Matthew Vaughan	Middlebury VT	18:29.0
3 Katie Stevens	Burlington VT	27:03.0	2 Joe William Fraker	Arlington VA	19:05.2
4 Tammy Crossman	Vergennes VT	27:48.3	3 William McNulty	Shelburne VT	19:22.8
5 Serena Taylor	Burlington VT	28:24.5	Male 25-29		
6 Tracie Anne Lockyer	Colchester VT	29:27.6	1 Andy Rosemfissl	Middlebury VT	23:11.5
Female 30-34			2 Bill Anderson	Plattsburgh NY	24:28.9
1 Liz Hollenbach	Shelburne VT	20:06.7	3 Christopher Brown	Burlington VT	27:15.5
2 Justine Kinerson	Cambridge VT	28:07.5	4 Todd Porter	Burlington VT	30:51.5
3 Catherine Collette	Shelburne VT	29:45.1	Male 30-34		
4 Katie Keidel	Charlotte VT	32:39.5	1 Mike Fink	Guilford VT	18:06.7
5 Julia Friedman Kimball	So Burlington VT	37:08.3	2 Pete Land	Burlington VT	20:07.9
Female 35-39			3 Eric Fiske	Rutland VT	20:21.2
1 Leigh Samuels	Williston VT	23:37.1	4 Brett Schermerhorn	Winooski VT	21:28.7
2 Keni Goldberg	Williston VT	23:42.2	5 Ryan Henry	So Burlington VT	22:34.8
3 Susannah Myers	So Burlington VT	25:07.2	6 Ted Hart	Burlington VT	24:20.6
4 Julianne Foley	Fairfax VT	25:32.8	7 Steve Adams	Burlington VT	27:10.9
5 Ursula Jasmine Fischer	Burlington VT	28:41.2	Male 35-39		
6 Christin Bland	Charlotte VT	34:23.2	1 Eric Darling	Shelburne VT	17:24.9
Female 40-44			2 Peter O'Malley	Burlington VT	23:32.2
1 Sarah Pribram	Shelburne VT	22:05.2	Male 40-44		
2 Carrie MacKillop	Charlotte VT	25:04.6	1 Eric Morse	Berlin VT	16:28.4
3 Amy Spalding	So Burlington VT	25:42.7	2 Sean Mitchell	Burlington VT	19:32.7
4 Beth Martell	Essex Jct VT	27:19.4	Male 45-49		
5 Karen Quinn	Burlington VT	28:40.9	1 Andreas Nolte	Jericho VT	17:47.6
6 Sophie Vibert	Swanton VT	30:20.3	2 Steve Messier	Jeffersonville VT	20:06.3
7 Beth Rickstad	Westford VT	31:59.2	3 Brian Mitchell	Burlington VT	20:24.4
8 Ronni Sasse	Essex Jct VT	35:53.3	4 Peter Newman	Old Greenwich CT	21:50.8
Female 45-49			5 Peter Fenn	Charlotte VT	25:05.0
1 Noreen Saria	Underhill VT	21:16.9	6 Jim Mercier	St Albans VT	25:57.5
2 Karen Newman	Old Greenwich CT	21:31.7	7 Tim Kupiec	Richmond VT	30:22.8
3 Tatjana Saleado	Vergennes VT	31:46.8	Male 50-54		
4 Nancy Spier	Jericho VT	37:08.7	1 Bill Herkenham	Charlton NY	20:40.6
5 Linda Boissonneault	Burlington VT	41:24.2	2 Tom Cucanello	Ramsey NJ	22:43.1
Female 50-54			3 Wally Allen	Shelburne VT	24:26.8
1 Elizabeth Herkenham	Charlton NY	23:47.3	4 Michael Fay	Hinesburg VT	26:25.7
2 Caryn Etherington	Middlebury VT	23:52.4	5 Robert Edward Couture	Colchester VT	31:06.7
3 Karen Root	Charlotte VT	27:31.4	Male 55-59		
			1 Bill Dysart	Charlotte VT	20:54.0
			2 Art Gray	Winthrop MA	23:46.2
			Male 60-64		
			1 Tim Burke	Essex NY	25:22.6
			2 Rick Couture	Castleton VT	26:34.6
			3 Bryan Burke	Essex NY	28:07.2

CIDER HOUSE RUN September 27, 2009 Shelburne, Vermont

2-MILE RUN

Men 14 and under			Women 45-49		
1 Jason West	Shelburne VT	15:26.9	1 Karen Fondaca	Charlotte VT	23:55.5
2 Aaron West	Shelburne VT	16:49.2	4 MILE RUN		
3 Ian Boyarsky	Huntington VT	17:10.4	Men 14 and under		
4 Abraham Valentine	Huntington VT	18:41.5	1 Andrew Snell	Shelburne VT	31:58.8
5 Zachary Oestrike	So Burlington VT	19:47.8	Men 25-29		
6 Billy Ashak	Huntington VT	21:03.8	1 Jonathan Rajewski	Burlington VT	30:44.9
7 Luke Bills	Essex Jct VT	21:43.1	2 So Burlington VT	35:27.9	
Men 20-24			Men 30-34		
1 Justin Monahan	Waterbury VT	22:22.8	1 Carlton Dunn	Shelburne VT	32:03.5
Men 25-29			2 Errol Natrass	Burlington VT	38:21.2
1 Matt Socks	Bristol VT	23:09.1	Men 35-39		
Men 30-34			1 Mike Bessette	Georgia VT	26:26.7
1 Daniel Bills	Essex Jct VT	25:18.7	2 Kevin Petrochko	Barre VT	35:15.7
Men 40-44			Men 40-44		
1 Michael Reitan	Essex Jct VT	25:44.1	1 Todd Mosher	Derby VT	31:57.6
Women 14 and under			2 Peter Snell	Shelburne VT	31:59.5
1 Cheryl Parks	Waterbury VT	19:21.0	Men 45-49		
2 Harriet Veeta	Winooski VT	20:27.6	1 Brian Valentine	Huntington VT	30:57.1
3 Anna Valentine	Huntington VT	20:57.9	2 Russell Stetman	Plattsburgh NY	32:25.0
4 Lauren West	Shelburne VT	21:42.8	3 Mike Deavitt	Shelburne VT	33:43.1
5 Caitlin Boyarsky	Huntington VT	21:46.2	Men 55-59		
6 Grace Brown	Huntington VT	36:59.3	1 Dhyon Nirmegh	Huntington VT	25:24.3
7 Heather Brown	Huntington VT	37:05.9	2 Joseph Carrus	Dunkirk NY	31:27.2
Women 15-19			Women 14 and under		
1 Jordan Weith	Charlotte VT	23:55.2	1 Rowan Swain	Charlotte VT	43:06.4
Women 20-24			Women 20-24		
1 Helen Smith	Winooski VT	14:25.1	1 Emily Conley	Colchester VT	31:11.2
2 Crystal Bissett	Colchester VT	31:55.6	2 Alex Canepa	Colchester VT	34:41.0
Women 25-29			3 Kelly Janis	Middlebury VT	36:41.1
1 Tracey Beauregard	Fairfax VT	17:38.1	4 Kara Williams	So Burlington VT	38:46.5
2 Tracie Anne Lockyer	Colchester VT	18:50.9	5 Michelle Thomas	Colchester VT	40:02.4
Women 30-34			Women 30-34		
1 Kim West	Shelburne VT	16:59.3	1 Jessica Racusin	Middlebury VT	26:53.9
2 Cindy Chittenden	Essex Jct VT	19:24.5	2 Amy Starble	Burlington VT	38:51.7
3 Erika Lynch	Hinesburg VT	20:37.9	3 Teal Doggett	Burlington VT	38:53.2
4 Lara Bonn	Burlington VT	23:08.1	4 Sara Puretz	Burlington VT	39:08.7
Women 35-39			5 Lisa Lord	Burlington VT	39:27.4
1 Sara Paradis	Huntington VT	21:46.9	Women 35-39		
2 Katrina Antonovich	Fairfax VT	22:18.6	1 Susannah Myers	So Burlington VT	33:42.3
3 Yvonne Eastman	Fairfax VT	23:11.7	2 Missy Goodwin	Barre VT	35:34.8
4 Cheryl Richard		26:10.2	3 Traci Patterson	Waterbury VT	38:08.2
Women 40-44			4 Amy Smith	Westford VT	38:08.5
1 Corinne Thompson	So Burlington VT	20:08.4	5 Heidi Lucas	Middlesex VT	38:09.1
2 Kirstin Schoonover	Huntington VT	21:04.4	6 Jill Goodrow	Burlington VT	38:20.3
3 Erika Stecklare	So Burlington VT	22:55.5	7 Heather Bauman	Charlotte VT	43:06.8
4 Vivian Bills	Essex Jct VT	25:25.8	Women 40-44		
5 Christine Brown	Huntington VT	37:01.2	1 Maria Cimonetti	Shelburne VT	29:55.5
			2 Kim Boyarsky	Huntington VT	31:38.6
			3 Kathleen Snell	Shelburne VT	36:18.5
			4 Beth Martell	Essex Jct VT	37:15.2
			5 Elisabeth Nance	Burlington VT	43:43.6
			Women 50-54		
			1 Caryn Etherington	Middlebury VT	31:21.9



LEAF PEEPERS HALF MARATHON

October 4, 2009
Waterbury, Vermont

Women 18 & Under		
1 Maggie West	Middlebury VT	2:06:33
2 Morgan Neela-Stock	Shelburne VT	3:12:46
Women 19-29		
1 Jessica Wright	Brookline MA	1:40:32
2 Kimberly Cross	Westford VT	1:44:00
3 Liz Longworth	Watfield VT	1:44:38
4 Sara Chesbrough	Burlington VT	1:45:32
5 Jenn Baudreau	Burlington VT	1:46:51
6 Heather Scarlett	Milton VT	1:50:03
7 Carrie Sparkes	Wayne PA	1:50:16
8 Kate Kerrigan	Burlington VT	1:50:18
9 Katie Sparkes	Wayne PA	1:50:33
10 Rita Longworth	Watfield VT	1:50:56
11 Nina Eichacker	Northampton MA	1:51:29
12 Brownyn Stippa	Rhinebeck NY	1:52:01
13 Tracy Bellavance	Colchester VT	1:52:28
14 Meghan Smith	Waterbury Ctr VT	1:53:15
15 Rachael Vanwagner	Jeffersonville VT	1:53:27
16 Christine Bolger	Medford MA	1:53:31
17 Sarah Gillett	Burlington VT	1:54:26
18 Sarah Reid	Burlington VT	1:54:31
19 Melissa Brooks	Boston MA	1:54:50
20 Lexie Haselton	Jericho VT	1:54:57
Women 30-39		
1 Tracy Joslin	Watfield VT	1:26:32
2 Kathy Provencier	Waterbury Ctr VT	1:30:08
3 Tara Nelson	West Glover VT	1:34:20
4 Jennifer Hill	Burlington VT	1:34:44
5 Jennifer Miller-Arsena	Middlesex VT	1:38:41
6 Amy Odefey	Waterbury VT	1:38:54
7 Courtney Kutler	So Burlington VT	1:39:21
8 Sarah London	Montpelier VT	1:40:32
9 Ana Barria	Colchester VT	1:40:38
10 Kijrsten Meckert	Waterbury VT	1:41:23
11 Pamela Clapp	Waterbury VT	1:42:38
12 Jessica Cove	Richmond VT	1:42:50
13 Maureen Hebert	Waterbury VT	1:43:13
14 Susan Coddare	Burlington VT	1:44:44
15 Cristal Vasseur	Fayston VT	1:45:39
16 Lissa Knauss	Middlesex VT	1:45:44
17 Jessica Levine	Montreal QC	1:46:42
18 Erin Randall-Mullins	Colchester VT	1:47:37
19 Julie Sigler	Charlotte VT	1:47:51
20 Richarda Ericson	Barre VT	1:48:56
Women 40-49		
1 Anne Bliss	Burlington VT	1:31:09
2 Heather Wark	Hatfield MA	1:33:23
3 Dot Martin	Montpelier VT	1:39:27
4 Julia Lewis	Burlington VT	1:39:33
5 Heidi Smith	So Burlington VT	1:40:07
6 Mary Lickeig	Burlington VT	1:43:22
7 Jenny Bedell	Underhill VT	1:47:13
8 Prue Mills	So Burlington VT	1:48:12
9 Lisa Rollins	Burlington VT	1:51:00
10 Roxanne Scully	Burlington VT	1:52:31
11 Allison Seminara	Colts Neck NJ	1:53:11
12 Ellie Bouffard	Colchester VT	1:53:30
13 Lisa Hommel	Waterbury Ctr VT	1:54:24
14 Amy Rohrbaugh	Charlotte VT	1:55:07
15 Sue Hoxie	Goshen VT	1:55:11
16 Jacqueline Marino	Burlington VT	1:55:41
17 Lynn Feinson	Richmond VT	1:55:45
18 Ellie Ferguson	No Haverhill NH	1:56:00
19 Christa Kemp	Richmond VT	1:56:19
20 Shelly Becker	Bridport VT	1:56:43
Women 50-59		
1 Karen Allen	Burlington VT	1:44:33
2 Leslie Crawford	Burlington VT	1:45:13
3 Robyn Schenck	Burlington VT	1:45:44
4 Ruth Blauwiekel	Colchester VT	1:54:00
5 Robin Harris	Williston VT	1:54:43
6 Holly Rainville	Jericho VT	1:55:27
7 Linda Hallinger	Washington VT	1:56:41
8 Margaret Haskins	Morrisville VT	1:56:59
9 Paultette Thabaut	So Burlington VT	1:58:40
10 Ginger Lambert	Middlebury VT	1:59:20
11 Elizabeth Meyer	Jericho VT	2:00:21
12 Linda King	Morrisville VT	2:03:23
13 Jacqueline Murphy	Colchester VT	2:05:16
14 Anne Voldman	So Burlington VT	2:06:40
15 Pam Gundlach	Williston VT	2:07:04
16 Christine Wilmut	Concord NH	2:07:17
17 Lynn Reynolds	Huntington VT	2:07:52
18 Mary Chisholm	Seekonk MA	2:09:19
19 Eileen Elliott	Richmond VT	2:10:03
20 Jennifer Ball	Watfield VT	2:13:00
Women 60-69		
1 Rosemary Rusin	Florence VT	2:05:28
2 Teri Scatchard	No Ferrisburg VT	2:07:32
3 Karen Hennig	Irassburg VT	2:15:39
4 Kathie Hession	Pittsford VT	2:16:04
5 Judith Craig	Montreal QC	2:33:18
6 Alice Bourgoin	No Ferrisburg VT	2:34:27
7 Betty Lacharite	Winooski VT	2:40:19
8 Lorraine Wargo	Watfield VT	2:49:06
Men 18 & Under		
1 Thomas Lyle	Williston VT	1:41:58
2 Brendan Popp	Plainfield VT	1:45:37
3 Tyler Griggs	Orange VT	1:53:34
4 Austin McEathron	Montpelier VT	1:55:36
Men 19-29		
1 Ryan Robitaille	So Burlington VT	1:14:42

2 George Deane	Winooski VT	1:16:05
3 James Donegan	Hinesburg VT	1:18:43
4 Ryan Kerrigan	Moretown VT	1:18:49
5 Matt Pyle	Winooski VT	1:32:35
6 Sam Graefe	Burlington VT	1:33:07
7 Brian Turner	Boston MA	1:35:51
8 Britt Haselton	Jericho VT	1:37:45
9 Scott Mildrum	Burlington VT	1:41:30
10 Nathan Mascolino	Jeffersonville VT	1:42:37
11 David Wright	Brookline MA	1:43:58
12 James Sardelis	Burlington VT	1:44:42
13 Jason Baudreau	Natick MA	1:46:52
14 Chip Fieess	So Burlington VT	1:47:09
15 Malcolm Purinton	Winooski VT	1:47:42
16 Zach Henderson	Winooski VT	1:51:31
17 Mark Mahnensmith	Burlington VT	1:52:00
18 Oliver Hackerson	Montpelier VT	1:54:16
19 Christopher Hatin	Swanton VT	1:55:53
20 Geoffrey Bennett	Burlington VT	1:55:58
Men 30-39		
1 Justin Ryea	Burlington VT	1:16:59
2 Joe Gingsras	Berlin VT	1:17:16
3 Chadwick Shepard	Williston VT	1:18:37
4 John Spinney	Waterbury VT	1:19:36
5 Ray Webster	Burlington VT	1:20:11
6 Peter Schneider	Charlotte VT	1:20:46
7 Todd Archambault	Essex Jct VT	1:24:16
8 Mike White	Dorset VT	1:25:57
9 Miles Billings	Watertown MA	1:25:58
10 Jen Floyd	Waterbury Ctr VT	1:26:01
11 Daniel Scheidte	Burlington VT	1:35:18
12 Jason Dunkle	Watertown MA	1:30:14
13 Tyler Merrill	Charlestown MA	1:30:32
14 Robert McDougall	So Burlington VT	1:30:46
15 Brad Larson	So Burlington VT	1:31:39
16 Kaley Freeman	Duxbury VT	1:33:21
17 Ian Boyle	Ottawa ON	1:34:06
18 Wayne Walker	No Duxbury VT	1:34:10
19 Christopher Matthews	Westford VT	1:34:45
20 Dave Macleay	Rome ME	1:35:58
Men 40-49		
1 Tom Thurston	Waterbury VT	1:20:09
2 Christopher Filippi	Grand Isle VT	1:23:35
3 Sam Davis	Williston VT	1:25:25
4 Scott Reiss	New Haven VT	1:26:15
5 Kristian Ormand	Jericho VT	1:30:27
6 Thomas Rogers	Winooski VT	1:32:00
7 Steve Odefey	Waterbury VT	1:32:29
8 Win Whitcomb	Hatfield MA	1:33:42
9 James McCrea	Somerville MA	1:34:01
10 Mike Rush	Watfield VT	1:35:11
11 Daniel Miller-Arsenal	Middlesex VT	1:36:57
12 Chris Cove	Richmond VT	1:37:36
13 Frank McLaughlin	Burlington VT	1:38:32
14 Dave Hammond	Huntington VT	1:39:12
15 Chip Martin	Burlington VT	1:39:16
16 Mark Hitchcox	Milton VT	1:39:36
17 Kort Longenbach	Williston VT	1:39:55
18 Mark Stydhar	Hinesburg VT	1:40:06
19 Gary Lagasse	Williston VT	1:40:08
20 Gary Kessler	Watfield VT	1:40:31
Men 50-59		
1 Ken Schatz	So Burlington VT	1:29:19
2 Pascal Chang	Burlington VT	1:30:30
3 Christian Andresen	Montpelier VT	1:31:17
4 Tim Noonan	Montpelier VT	1:32:15
5 Steve Titcomb	Burlington VT	1:37:07
6 Jim McKeever	Fayetteville NY	1:37:16
7 Kurt Kauffmanberger	Burlington VT	1:38:56
8 Mike Harris	Williston VT	1:39:09
9 David Ried	Underhill WV	1:39:52
10 Jim Palmer	Williston VT	1:40:47
11 Charlie Windisch	Essex Jct VT	1:43:22
12 Robert Popp	Plainfield VT	1:44:36
13 Bob Sayers	Huntington VT	1:44:43
14 John Berlind	Burlington VT	1:45:03
15 John Martin	Montpelier VT	1:48:23
16 Phil Wells	Middlesex VT	1:48:41
17 Scot Kline	Essex Jct VT	1:49:59
18 Russ Cooke	Williston VT	1:49:59
19 John Bombard	Georgia VT	1:50:56
20 Tim Lybarger	Morrisville VT	1:52:26
Men 60-69		
1 Chuck Arnold	Burlington VT	1:31:01
2 Wayne Bombard	St Albans VT	1:40:55
3 Gregory Gerdel	Montpelier VT	1:42:44
4 Nat Goodhue	Stowe VT	1:45:13
5 Bob Murphy	Barre VT	1:45:48
6 Fred Staphenhorst	Montpelier VT	1:46:53
7 Lowell Vanderlip	Montpelier VT	1:49:42
8 Geoffrey Miller	Hinesburg VT	1:56:39
9 Thomas Pagnotta	Hooksett NH	1:58:35
10 Clement Cough	Burlington VT	1:59:12
11 Robert Singer	Hudson WI	1:59:59
12 Ron Ridlon	Morrisville VT	2:07:52
13 Tom Macleay	Montpelier VT	2:10:21
14 Louis Dinicola	Randolph VT	2:11:16
16 Bob Howe	Barre VT	2:20:00
17 Fred Moses	Burlington VT	2:23:06
17 Ken Burrill	Wolcott VT	2:29:07
18 Ronald Dobosz	Shelburne Falls MA	2:31:57
19 Thomas Houser	Shepperton PA	2:37:00
20 Jonathan Aldrich	Essex Jct VT	2:50:29
21 Robert Penney	Middlesex VT	3:04:39
Men 70 & Over		
1 Phillip Howard	Burlington VT	2:06:46
2 Peter Thomas	Montpelier VT	2:06:48
3 Charles Christiansen	Berlin VT	2:13:33

5K RACE

Women 18 & Under		
1 Chelsea Evans	No Middlesex VT	20:52
2 Jaime Thomas	Waterbury Ctr VT	22:46
3 Evelyn Boardman	Jericho VT	23:44
4 Erin Magill	Moretown VT	23:55
5 Roxanne Rapaport	Waterbury VT	26:55

6 Theresa Noonan	Montpelier VT	27:16
7 Nicole George	Warwick NY	27:40
8 Gabrielle Kalen	Essex VT	28:09
9 Olivia Greenleaf	Waterbury Ctr VT	28:57
10 Taylor Brown-Wolfe	Burlington VT	29:15
11 Casey Boule	Randolph Ctr VT	29:31
12 Meredith Woodside	Richmond VT	33:28
13 Lindsey Glyod	So Burlington VT	34:38
14 Brooke Boule	Randolph Ctr VT	36:22
15 Avery Bauman	Westbrook CT	37:17
16 Ashley Robbins	Scarsdale NY	42:59
17 Nicole Laplante	Winooski VT	47:50
Women 19-29		
1 Metzi Anderson	Stowe VT	21:01
2 Rose Kent	So Royalton VT	21:32
3 Jessie Sedore	Hardwick VT	21:59
4 Ashley Lidman	Winooski VT	22:57
5 Ashley Livingston	Waterbury Ctr VT	22:57
6 Brianna White	Burlington VT	23:38
7 Natalie Marchese	Northfield VT	23:42
8 Hannah Jannicelli	So Royalton VT	23:58
9 Ann Zagare	So Royalton VT	24:40
10 Rebecca Noyes	Waterbury VT	24:47
11 Marissa Bucc	Burlington VT	25:30
12 Elizabeth Komnami	Greenwich CT	25:41
13 Cella Meyer	West Hartford CT	25:51
14 Jessica Cassavaugh	Burlington VT	26:07
15 Annette Labauve	Burlington VT	26:08
16 Katie Sedore	Craftsbury VT	26:30
17 Lily Kielman	Burlington VT	26:34
18 Ashley George	Burlington VT	26:33
19 Kayla Gibbons	So Hero VT	26:31
20 Peymei Wu	Philadelphia PA	26:42
Women 30-39		
1 Courtney Ziter	Summit NJ	22:35
2 Danielle Grise	Essex Jct VT	22:37
3 Emily Crawford	Waterbury VT	23:49
4 Melissa Prindiville	Berlin VT	24:01
5 Kirsten Kortz	Somerville MA	24:16
6 Katie Barbic	Williston VT	24:27
7 Amanda Tilton-Martin	Waterville VT	25:13
8 Molly MacArthur	Colchester VT	25:18
9 Crystal Dermody	Randolph VT	26:03
10 Susan Monahan	Charlotte VT	26:04
11 Priscilla Carr	Montpelier VT	26:16
12 Missy Goodwin	Barre VT	26:17
13 Siobhan Robinson	Randolph Ctr VT	26:17
14 Gary Thiel	Williston VT	26:42
15 Jenn Gernander	Essex Jct VT	26:43
16 Heidi Lucas	Middlesex VT	26:55
17 Amy Smith	Westford VT	26:58
18 Tara Reynolds	Greensboro VT	27:04
19 Emily Allaire	Barre VT	27:26
20 Kira Krier-Whalen	Waterbury VT	27:28
Women 40-49		
1 Lori Hennessey	Hinesburg VT	23:01
2 Carrie Dessureau	Waterbury VT	23:39
3 Theresa Wolbach	So Burlington VT	23:43
4 Julia Stearns	Worcester MA	24:09
5 Sue Minter	Waterbury Ctr VT	24:27
6 Penny Stearns	Hinesburg VT	24:31
7 Andrea McLaughlin	Barre VT	25:09
8 Estelle Leclair	Essex Jct VT	25:12
9 Christine Payne	No Middlesex VT	25:23
10 Kerry Chaffee	Barre VT	25:23
11 Wendy Gilwee	Barre VT	25:23
12 Karen Weeber	Fairfax VT	25:36
13 June Colato	Grand Isle VT	25:38
14 Gina Plunkett	Burlington VT	26:20
15 Karen Nakos	Essex Jct VT	26:38
16 Heidi Higgins-Cutler	Waterbury VT	26:40
17 Francis Bugbee	Charlestown MA	27:07
18 Wendy Moore	Middlesex VT	27:09
19 Lisa Arnall	Burlington VT	27:22
20 Julia Wulfkühle	Columbia MD	27:46
Women 50-59		
1 Donna Smyers	Adamant VT	20:28
2 Susan Turcotte	Richmond VT	21:27
3 Phyllis Arsenault-Berr	Duxbury VT	22:35
4 Susan Gower	So Burlington VT	26:59
5 Katherine Morton	Theford Ctr VT	27:32
6 Jane Provost	Essex Jct VT	27:53
7 Kim Martin	Lynnfield MA	28:29
8 Patricia Kules	Stowe VT	29:06
9 Lois Hayward	Scarborough ME	29:17
10 C Goodwin Kueffn	Waterbury Ctr VT	29:26
11 Laurie Fisher-Dykes	Williston VT	29:35
12 Sandra Fitzmorris	Stowe VT	29:51
13 Mary Val Palumbo	Hyde Park VT	30:07
14 Lynda McDermott	Braintree VT	30:32
15 Debbie Ausmann	Barre VT	30:34
16 Sandra Laflamme	Waterbury VT	31:08
17 Susan Ludington	Morrisville VT	31:49
18 Nancy Brennan	Duxbury VT	31:11
19 Carol Vallett	Fairfax VT	32:21
20 Sarah Hildebrand	Montpelier VT	32:40
Women 60-69		
1 Dianne Sweeney	Essex Jct VT	33:02
2 Kathy Baker	Bakersfield VT	33:18
3 Jennifer Poutre	Underhill VT	34:54
4 Rhonda Hannon	Waterbury VT	35:27
5 Susan Lawrence	No Hero VT	35:52
6 Jacqueline Houser	Shepperton PA	36:05
7 Kathy Wisse	Waco TX	36:41
8 Lisa Ingalls	Lyme NH	37:02
9 Lisa Parker	Concoctoc NH	37:03
10 Maryann Leclair	Colchester VT	39:26
11 Lina Shapiro	Stowe VT	42:02
12 Deborah Henry	Underhill Ctr VT	43:09
13 Pamela Abrahamson	Meriden NH	30:13
14 Denise Bartholomew	Lynnfield MA	32:43
15 Susan Bradt	Burlington VT	33:33
16 Nancy Bradford	Underhill Ctr VT	36:28
17 Rosalyn Grossman	Burlington VT	42:14
Men 18 & Under		
1 Jack Colelli	Jericho VT	21:34
2 Evan Popp	Plainfield VT	21:35

3 Nathan Cutler	Waterbury VT	21:59
4 Ben Longenbach	Williston VT	25:29
5 Matthew Cutler	Waterbury VT	26:40
6 Jonathan Kilian	Montpelier VT	33:20
Men 19-29		
1 Tyler Ludington	Morrisville VT	17:09
2 John Bernethic	So Royalton VT	18:47
3 Nicholas Campbell	So Royalton VT	18:48
4 Isaac Noyes	Burlington VT	18:50
5 Michael Larochelle	Burlington VT	19:25
6 Tyler Alexander	Newport VT	20:04
7 Kevin Bright	Medford MA	20:20
8 David Reisman	Burlington VT	20:30
9 Jordan Danaher	Shrewsbury VT	20:44
10 Jared Nunery	Burlington VT	20:49
11 Kevin Viani	Waterbury VT	21:57
12 Kovi Bessoff	Winooski VT	22:24
13 Jason Johnson	Burlington VT	22:41
14 Gary Shu	Cambridge MA	23:09
15 Chris Leatham	Burlington VT	23:31
16 Timothy Mallard	Pelham NH	23:45
17 Ben Mallard	Pelham NH	24:15



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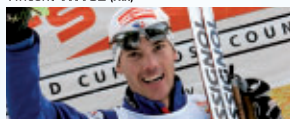
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Photos: Agence 200M

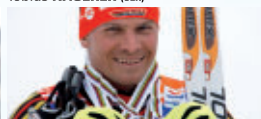
Vincent **VITTOZ** (FRA)



Virpi **KUITUNEN** (FIN)



Tobias **ANGERER** (GER)



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