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VERMONT SPORTS

Vermont's Authority on Outdoor Fitness and Adventure



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On the Cover: World Cup freestyle skier David Babic on the edge of the Rim Run Trail at Sugarbush Resort's Mount Ellen in Fayston. Photo by Sandy Macys.

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EDITOR COMMENTARY

BY
KATE CARTER

ALL TERRAIN SHOULDN'T INCLUDE STATE LAND

All-terrain vehicles (ATVs) are loud, fast, unexpected, and dangerous, and they pollute the air and cause soil erosion. If people want to play with ATVs on their private property, I surely hope they do so with respect for nature and their surroundings. However, public lands—national, state, designated wilderness—are havens that should be protected from activities, such as ATV riding, that threaten the environment and are incompatible with other forms of non-motorized recreation. Presently, ATVs are not allowed on Vermont's state lands. The Vermont All-Terrain Vehicles Sportsmen's Association (VASA) wants to change that.

VASA requested that the Agency of Natural Resources (ANR) consider a rule change that would allow the Secretary of the ANR the ability to designate trails on state lands for

ATV use. On June 15, 2009, the ANR held a public meeting in Montpelier to take comments on the proposed rule change. More than 250 people attended. Other public input meetings were held in subsequent months. At this time, the final proposed rule change is before the Legislative Committee on Administrative Rules (LCAR), and it will most likely be passed.

The title of the proposed rule is "Rule Governing the Establishment of All-Terrain Vehicle Use Trails on State Land." Here is the statement for why VASA believes this rule is necessary: "This rule is the exercise of the Secretary's authority to designate trails for use by ATVs. State lands can provide the necessary interconnection for a state-wide ATV trail system." In a nutshell, VASA is asking for designated corridor trails on state land that will connect existing ATV trail networks on private land. The rule sets a process

by which VASA can apply for corridor trails on a case-by-case basis. According to the rule change, "The Secretary shall only consider the designation of trails for ATVs for the purpose of connecting existing trails that occur on private lands and can only be connected through discrete areas of state land."

At first blush, this rule change seems reasonable and innocuous. But I question whether VASA is prepared to self-police violations of the rule, should it pass, since they already fall short of managing the bad apples of their bunch.

In the Green Mountain Club's winter 2009 newsletter, GMC director of stewardship Pete Antos-Ketcham cites eight specific incidences where ATVs and OHVs (off-highway vehicles) did extensive damage to public and protected land. Antos-Ketcham writes: "In one instance, OHV use caused an estimated \$10,000 worth of damage to a

VAST snowmobile trail which crosses GMC-conserved land in northern Vermont." No one has been charged for these incidents, because there were no witnesses, only the destructive evidence of their presence. Law enforcement officers do not have the means or resources to police these remote areas, and the number of offenses continues to rise, not decline.

Besides trail erosion and destruction, there are also wildlife habitats, greenhouse gas emissions, and trail user conflicts to consider. And what, exactly, is a "discrete area of state land?" I fear that should the proposed rule change pass, it will be the first step in ATVs and other motorized vehicles gaining access to more than "discrete" corridors. It could very well bring an end to low-impact, peaceful, noninvasive, nondestructive recreation on public land in Vermont. ¶

--Kate Carter



OUT & ABOUT

BY
JOHN MORTON

THE SEARCH FOR EARLY SNOW

A characteristic shared by most Nordic skiers is the anticipation of getting on snow. For dedicated competitors this becomes an obsession. Swimmers, runners, and tennis players can enjoy their sports year round, but Nordic skiers in this part of the country are typically limited to four or five months of reliable snow cover. Mother Nature can be fickle, some years rewarding skiers with cold temperatures and skiable snow soon after Thanksgiving, while other winters we are still looking at depressingly bare ground well into January.

It's ancient history now, but the Nordic events of the 1980 Winter Olympics in Lake Placid were very nearly cancelled due to a complete absence of natural snow throughout the Northeast. It was only due to the courageous and monumental effort of covering more than 20 kilometers of trail with man-made snow (which had never been attempted before) that the Nordic skiing events of that Olympics were conducted at Mt. Van Hoevenberg on schedule.

What heightens the skier's anxiety is the historical inaccuracy of the long-range weather forecast. The prediction might be for a "wetter and colder winter than normal," but that doesn't

necessarily translate into more snow. New England sits at the junction of two major weather patterns. Most of our weather blows in from the west. We can assume with some confidence that a winter storm battering Minnesota, Michigan, and then New York's Finger Lakes is headed for Vermont and New Hampshire. But occasionally, low pressure systems follow the east coast up from the Carolinas and Virginia, loaded with the moisture from the Gulf Stream. If these systems collide with cold air from Canada before they reach New England, we get the legendary Nor'easters which can dump feet, rather than inches of snow.

The problem is that those storms from the Midwest frequently blow themselves out in the Adirondacks or drift north into Quebec and the coastal storms often go out to sea before reaching the Northeast, or worse, never encounter the cold air from Canada, covering the region with heavy rain instead of snow. The result is that devoted Nordic skiers can become twitchy about the weather, especially early in the season.

For Olympic hopefuls and National team aspirants the solution is to travel to reliable snow, which usually means somewhere in the Rocky Mountains,

the Pacific Northwest, or even Alaska. West Yellowstone, MT, has been a mecca for Nordic skiers during Thanksgiving week for the past couple of decades, while racers in Fairbanks and Anchorage, AK, typically are on snow sometime in October.

Closer to home, Mt. St. Anne, less than an hour northeast of Quebec City, has provided college ski teams reliable snow in early December for a generation. A couple of hours east of St. Anne, Aroostook County, ME, has recently developed a couple of world-class Nordic facilities in Fort Kent and Presque Isle that frequently provide skiing soon after Thanksgiving.

For those who can't spare a few days and the seven hour drive north to get on snow, there are a couple of local options. Nordic enthusiasts in Stowe, VT, anticipate the closing of the Smugger's Notch road. Since it is a smooth paved surface, it requires only a few inches of dense, heavy snow to make the road skiable. A comparable, paved route is the Bear Notch Road linking Bartlett, NH, to the Kancamagus Highway. A third option is the U.S. Forest Service road over the Green Mountains from Plymouth to Shrewsbury, VT. Since all three of these roads are closed

to vehicles in winter and share a relatively high elevation, they are a good bet for early snow.

Even closer to home are the options of closely cropped pastures and golf courses. Since both of these options provide very smooth surfaces, a minimal snow cover can produce satisfactory skiing, if only for a few days. Early in the season, it's not unusual to find a strip of snow blown by the wind along the edge of a field or in the shadow of a stone wall. If it turns out to be one of those winters when we have cold temperatures, but no snow, it's possible to ski on little more than a heavy frost on a frozen pond.

In fact, in the late 1960's when I was a student at Middlebury College, one of my teammates discovered that Lake Plead, a small pond at the Middlebury Snow Bowl, was frozen with a couple of inches of powder. We skied there on Halloween, and never missed a day on snow thereafter. Those were the days... ¶

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.



vtports.com

EGGNOG NEEDS EGGS, WAXLESS SKIS NEED WAX

**RETAIL JUNKIE
SUPERSTAR**

BY
RYAN JAMES LECLERC



It's that time of year again, when, according to Andy Williams or anyone who has received royalties from a beloved Christmas tune, it is the most wonderful. Many others share that view as well, but when Christmas day is just one day off, wedged between two of the most hectic work days of the year, and I still have to drive to Maine and back, hearing that wretched song on the radio makes me want to throw a wretched fruitcake at it.

But I don't want to be the Grinch to your Andy Williams, so I'm not going to complain about how working in retail has sucked the joy out of my holiday experience like a black hole decorated with blinking Christmas lights and life-sized plastic Santas. Instead, I am going to share some basic concepts regarding cross-country ski waxing, as a sort of gift to you, the reader.

The first concept to understand is that there are two main types of wax—kick wax and glide wax—and they do completely opposite things. Kick wax, or grip wax, sticks to snow and is used exclusively for classic style cross-country skiing. Glide wax prevents snow from sticking and is used for alpine skiing, tele skiing, skate skiing, snowboarding, and yes, classic style cross-country skiing. The fact that classic cross-country skiing uses glide wax can boggle minds, especially when it comes to "waxless" skis. It may sound crazy, but waxless skis need wax, and no, I haven't been drinking too much of my Cousin Lenny's special eggnog. Because waxless skis use "fish scales" to grip the snow, you don't need to worry about kick wax, hence the misleading term "waxless." But don't you want to have optimum glide over the snow after you've kicked? Don't you want to prevent snow from sticking to the base of the ski? Sure you do, and that is why glide wax is so important, so from now on, think of waxless skis as "less wax" skis.

The second concept to embrace is camber. Unlike alpine skis, tele skis, or a snowboard, all of which are single cambered, classic cross-country skis are double cambered. If you take your alpine skis and squeeze them together, you will notice that with little effort, the skis will flex and the bases will contact each other from tip to tail. Now try it with your cross-country skis. The skis will flex, but a small gap will remain in the center of the skis. That small gap is the kick zone, or the wax pocket, where the kick wax goes, or where the fish scales are found. The sections that are touching are the glide zones, where the glide wax goes. If you squeeze harder, the gap will close and the bases will come together. It is this double-camber design that allows cross-country skis to grip when you need them to grip, and glide when you need them to glide, and why your weight is so important when choosing the correct ski length.

A ski sized properly for your weight should work like this: When you are standing on both feet, evenly weighted, the kick zones shouldn't be touching the snow. When you transfer weight to one foot during the kick phase, you'll overcome the initial camber and the kick zone will contact the snow and provide that essential grip. If you're not heavy enough to overcome that secondary camber, the kick zone won't contact the snow and you won't get any grip. If you're too heavy for a ski, you'll glide on your kick zones and wear off your kick wax. If you have waxless skis, you will scare the wildlife into thinking that a large zipper is coming to get them.

Concerning waxless skis, which have glide zones just like waxable skis, you should apply a coat of liquid glide wax from tip to tail, right over the scales, before every outing. Just like airing up your tires before a bike ride, a quick coat of wax will allow you to move forward

with less effort. The glide wax on the fish scales won't affect the grip, but will prevent snow from sticking.

When it comes to waxable skis, keep the glide wax on the glide zones only. Liquid works well, but because waxable skis generally have sintered bases, which are porous, a hot wax, which penetrates into the base and lasts a lot longer, is best. For the kick zones, you need to select the appropriate kick wax based on the temperature and condition of the snow. This can be tricky, so the best thing to do is err on the side of cold. Start by corking in a colder, harder wax. If it doesn't work, you can apply a warmer, softer wax right on top. Eventually you'll get it right and

you'll have great kick, great glide, and a great sense of accomplishment.

Speaking of accomplishment, I hope I have accomplished what I set out to do, which was to give the gift of basic waxing concepts. If I have, I just might have to listen to that Andy Williams classic with a new ear and give fruitcake another chance. [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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SPORTS MEDICINE

BY
ROBERT RINALDI, DPM

POSTERIOR TENDON INJURIES

The posterior tibial (PT) tendon and muscle represent one of the longest muscular units below the knee. PT muscle fibers originate on the lateral-posterior aspects of the leg, on the tibia, the upper two thirds of the medial-posterior portions of the fibula, and the connective tissues between both the fibula and tibia. The muscle courses toward the foot, almost in a straight line, until it begins a tack medially in the lower one-third section of the leg. Muscle and tendon come together at this point and the unit continues to travel as tendon alone.

The PT tendon makes an abrupt change of direction of almost 90 degrees, now heading toward the medial side of the lower leg and ankle. The strong tendon fibers pass the medial side of the ankle in an anatomic area called the tarsal tunnel. The PT tendon is held in place by the very strong, stout fibers of a ligamentous structure called the flexor retinaculum. The PT tendon ends its journey in the foot, with a main insertion into the medial side of the navicular bone, and secondary insertions into the plantar surfaces of the second, third, and fourth metatarsals, the boxy cuneiform bones in the foot. It also has some insertional fibers that attach to the cuboid and calcaneus.

The PT tendon certainly is designed

for strength and endurance, with many boney fiber attachments at both its origin and insertion. The abrupt directional changes in the lower leg and then again at the ankle enhance the unit's mechanical advantage.

PT MUSCLE/TENDON FUNCTIONS

This all-important unit's main job is to plantar flex the foot at the toe-off phase of the gait. It works in harmony with the peroneal longus and brevis tendons on the opposite/lateral side of the ankle. Together they are the drivers of propulsion, as the foot, working as a unit, grasps the undersurface and levers the body into motion.

The PT muscle/tendon also helps decelerate the foot at heel strike. This action allows the foot to gently lower to underfoot surfaces. In addition, the PT muscle/tendon, along with the peroneal muscles and tendons, stabilize the ankle, preventing twisting injuries.

INJURIES

The PT tendon lacks adequate blood supply from where it passes the ankle in the tarsal tunnel to its attachment in the foot's navicular bone. This hypo-vascular area of the posterior tendon is subject to

stress injuries. Overuse injury from repetitive motion exercise is the most common. Injury occurrence may be intensified because of inadequate footwear, excess body weight, hyperpronation, and congenital formation of an accessory navicular bone that may hinder the primary attachment of the PT tendon in the foot.

Symptoms begin with a feeling of discomfort and weakness, usually in the foot, but it may extend back to the inside of the ankle. Stiffness and pain may be present after rest. These primary symptoms of tendonitis may rapidly progress to interstitial tearing of tendon fibers, with increased pain and stiffness. The PT tendon and muscle are foot invertors, responsible for holding and creating the arch profile. Injury may cause the arch in the foot to lower. This usually complicates the problem by adding plantar fasciitis to the list of complaints and disabilities.

PT INJURY TREATMENT

Stiffness after rest, in and around the inside portions of the ankle, should not be casually shrugged off. This is usually the first sign of overuse injury to the PT tendon. Treatment begins with rest. If stiffness is present, take a day off from your routine and use the time for a trip to the shoe store. My favorites are State-line Sports in West Lebanon, Onion River Sports in Montpelier, and Skirack in Burlington. You will find knowledgeable people

that should be able to help you find the proper shoes for your anatomy, stride, and gait.

If rest and a change of shoes fail to solve the problem, consult a sports medicine provider. The initial examination should include x-rays—two views, weight bearing, of each foot. Comparison of the medial long arch of each foot can provide important information. The x-ray should be scrutinized for the presence of an accessory navicular. Classifications of this common congenital anomaly are important and may determine ultimate treatment success. You should also undergo a biomechanical exam that includes gait analysis. In chronic or severe cases, an MRI may be necessary to determine damage, such as partial tearing or rupture of the PT tendon.

Most cases, especially those treated early, will respond to rest, orthotics, proper shoes, and an altered exercise routine. Advanced or chronic injuries may require the use of cam-walkers, trigger-point injection therapy, and even surgery. Posterior tibial tendon injuries respond very well to platelet rich plasma treatment.

SUMMARY

Do not overlook morning stiffness or "after rest" stiffness in the inside of your ankle, especially after a workout. Posterior tibial tendonitis is common, even in the well-trained athlete.



Tackling pain *feet first*

Podiatric surgeon Dr. Paul Smith, above, has joined Gifford Medical Center's outstanding team of foot and ankle specialists. Foot and ankle pain affects every aspect of your life, especially if you're an athlete. Dr. Smith focuses on sports medicine, foot and ankle trauma and reconstructive surgery. Call today to schedule an appointment with this compassionate caregiver. He sees patients in Randolph and Sharon. (Podiatry is also available from another member of experienced team at our Berlin location.)

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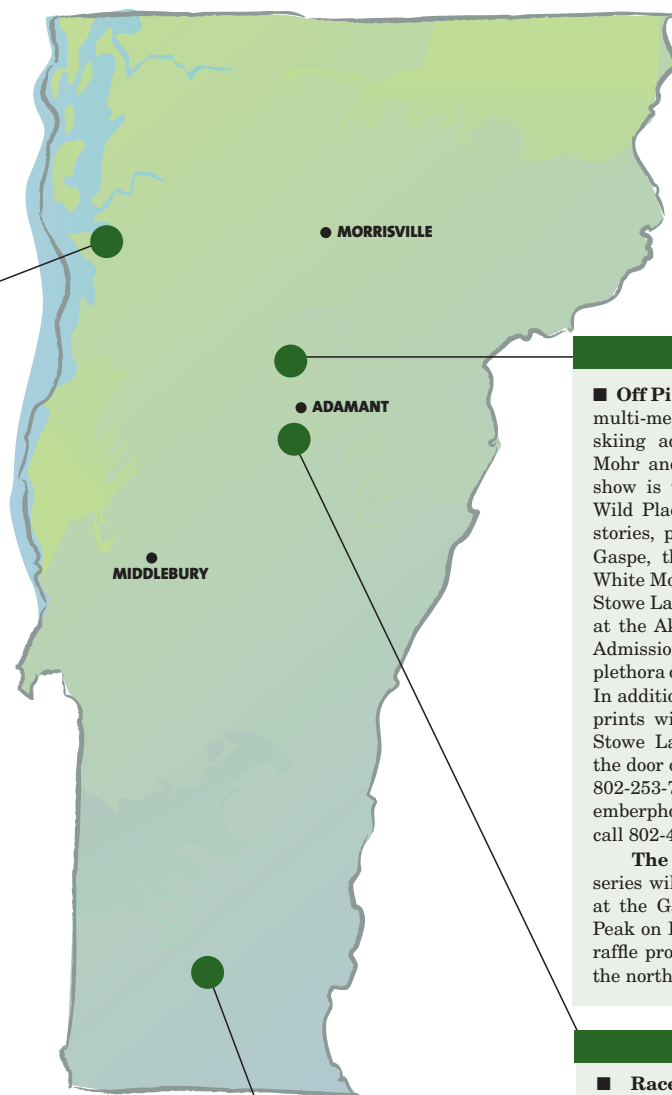
BURLINGTON

■ **The Boys & Girls Club** of Burlington is looking for a few female volunteers to help run their GOTR (Girls on the Run) program. GOTR goes from March until June and includes motivating young girls to go on runs and complete a 5K at the end of the program. It also includes helping staff lead self-esteem-building discussions and activities. Volunteers should be able to commit to coming in two days a week from 4-6 p.m. For more information contact Marnie Long at the Boys & Girls Club of Burlington, mlong@bandclub.org, 802-864-5263.

■ **Petra Cliffs Climbing Center & Mountaineering School** will hold one-day ice climbing clinics once a month, starting in December. Ice I is for beginners on December 19, January 16, February 13, and March 13, 9 a.m. to 4 p.m. Participants will learn all about climbing in crampons, using an ice tool, and how to belay. The day will begin by top-roping on low-angle ice and will then move onto steeper terrain. Cost is \$165 and includes all technical gear.

Ice II is a follow-up to Ice I or for those with some ice climbing experience. Participants will climb on steeper and more challenging terrain. The day may also include anchor building, rappelling, and climbing a multi-pitch route. Ice II is held on December 20, January 17, February 14, and March 14. Cost is \$190 and includes all technical gear.

Women's Ice Clinics are January 23, February 20, and March 20, 9 a.m. to 4 p.m., and are for beginners or for gals working on perfecting their ice climbing technique. Basic climbing and belaying skills will be covered; no climbing experience necessary. \$165 includes all technical gear. For more info call Petra Cliffs, 802-657-3872, or visit www.petracliffs.com.



STOWE

■ **Off Piste in the Northeast** is an ever-evolving, multi-media show featuring the backcountry skiing adventures of husband/wife team Brian Mohr and Emily Johnson, of Moretown, VT. The show is the second in the couple's Wild People, Wild Places 2009-2010 series, and includes their stories, photos, and video footage from Quebec's Gaspé, the Adirondacks, Green Mountains, and White Mountains. This show is a fundraiser for the Stowe Land Trust and takes place on December 17 at the Akeley Building on Main Street in Stowe. Admission is \$10. Raffle tickets are \$5, with a plethora of prizes from sponsor-donated businesses. In addition, Mohr and Johnson's fine art cards and prints will be for sale. Proceeds will benefit the Stowe Land Trust. Tickets can be purchased at the door or in advance from the Stowe Land Trust, 802-253-7221. For more information, go to www.emberphoto.com or email: info@emberphoto.com or call 802-496-5434.

The Wild People, Wild Places 2009-2010 series will present the same show in Warren, VT, at the Gatehouse Lodge at Sugarbush's Lincoln Peak on December 28 at 7 p.m. Admission is free; raffle proceeds benefit wild lands conservation in the northeast, the Arctic, and the southern Andes.

MONTPELIER

■ **Race into the New Year** with a 5K race in Montpelier on December 31 at 3 p.m. This is the first race of the 2010 CVR/ORS Race Series. Registration begins at 1:15 pm in the basement of the Pavilion Building at the corner of Governor Davis and Court Streets, just north of the State House building. The course weaves through the capital city's streets. For après-race activities, stick around for Montpelier First Night. For more info contact Tim Shea, 802-229-3559 or visit the Central Vermont Runner's web site, www.cvrunters.com.

WOODFORD

■ **I Love Woodford Snowshoe Race** is on December 27 at 10:30 a.m. Run or walk on snowshoes on packed trails in beautiful Woodford State Park. What's not to love about that? The race is part of the WMAC Dion Racing Series. For more info go to www.dionsnowshoes.com.

ACCOLADES

ADAMANT—Donna Smyers won her age group, 50-54, at the Ford Ironman World Championships in Kona, Hawaii, with a time of 10:51:28. The Ironman consists of a 2.4-mile swim, 112-mile bike, and 26.2-mile run. This is Smyers' sixth age-group World Championships win at the Hawaii Ironman.

MIDDLEBURY—Bill McKibben received the E-Achievement award from E-Town, a syndicated radio program that honors individuals from around the country who are working hard to make a positive difference in their communities and beyond. McKibben is an environmentalist and writer, and the founder of 350.org, an international climate campaign. Beginning in the summer of 2006, he led the organization of the largest demonstrations against global warming in American history. On October 24, 2009, 350.org's International Day of Climate

Action saw people in 181 countries come together for the most widespread day of environmental action in the planet's history. At over 5,200 events around the world, people gathered to call for strong action and bold leadership on the climate crisis. A renowned author, McKibben frequently writes about global warming, alternative energy, and the risks associated with human genetic engineering. He is a cross-country skier and the author of *Long Distance*, about the year he devoted his life to training as a cross-country skier would train for the Olympics.

MORRISVILLE—On September 14, Hansen Beverage Company, makers of an energy drink called Monster, filed a cease and desist order against Rock Art Brewery, makers of Vermontster beer. Hansen claimed the beverage names were too similar and would confuse

the public, especially if Hansen decided at some point in the future to get into the beer business. When word got out that a big corporate company was attempting to stop the production of a beer made by a small company, a grass-roots protest was ignited. Using state-of-the-art communications methods (twitter, U-tube, etc.), fans of Vermontster united in defense of Rock Art, and soon the story became national news, with coverage by the Boston Globe, New York Times, and others. Beverage distributors, wholesalers, and retailers refused to stock their shelves with Hansen Beverage Company products. Twenty-one days later, Matt Nadeau, owner of Rock Art Brewery, and Rodney Sacks, CEO of Hansen's Beverage, reached an agreement. Rock Art is free to continue brewing Vermontster. Congratulations to Matt Nadeau, and chalk one up for the power of the people! ▮

THE Mountains

STORY AND PHOTOS BY
PETER BRONSKI



The Gîte du Mont-Albert in Parc Nacional de la Gaspésie.



Jean-Pierre Gagnon drops into the Secret Chute on Mont Hog's Back.

Some landscapes you visit just once in your life. Not because there's anything inherently wrong with them, but rather because there are simply too many other places to see in the world. But sometimes, a landscape grabs you and calls you to return. Such is my relationship with Quebec's Gaspésie, a mere stone's throw (globally speaking) from the Green Mountain State's borders.

Simply put, the region's Chic Chocs Mountains—an extension of the Appalachian chain—represent one of the most stunning alpine landscapes in eastern North America. To a New Englander, there's something comfortingly familiar about the Chic Chocs. Their topography and their ecology are reminiscent of the Green and White Mountains. But they're slightly different, like New England once removed, a kind of first cousin. At the same time, the Chic Chocs are also wonderfully exotic. They're set within the heart of French-speaking Canada, and smoked salmon seems as abundant on your plate as the snowpack is in the mountains.

I first experienced this Shangri-la of East Coast backcountry skiing in 2007, when I spent a week at the Chic Chocs Mountain Lodge, a wilderness retreat set deep within the Matane Wildlife Reserve. During my stay, other guests kept talking about another such place—Gîte du Mont-Albert—located in the adjacent Gaspésie National Park, one of the flagship provincial parks in Quebec's SEPAQ system. The Chic Chocs beckoned me back, and so last winter I returned.

The Gîte du Mont-Albert sits beneath the imposing flanks of its namesake mountain, deep in a valley that serves as the functional dividing line be-

tween the Chic Chocs Mountains and the McGerrigle Range. This winter, the Gîte celebrates its sixtieth anniversary. There is a range of accommodations—48 luxury guest rooms, the Caribou Pavilion, 15 guest cottages, and a campground with basic huts. There's four-star cuisine—caribou tenderloin, rabbit, locally-smoked salmon, trout. And there are the outdoor recreation opportunities literally out the back door.

I began my sophomore Chic Chocs experience with park director Francois Boulanger. Our first target: Champs des Mars, a smaller, rounded summit just outside the park boundary in the Chic Chocs Wildlife Reserve. As we reached the height of the peak, we were suddenly greeted by two separate groups—a trio of guys from Burlington, VT, on their first trip to the Chic Chocs, and a guy from Maine who'd been coming for 15 years and this time brought his son and some friends. This kind of meeting is unbelievably unlikely, given that more than 90 percent of the region's visitors come from within Quebec, and only a small portion of the remaining minority come from the U.S. And yet, there we all were... drawn north by the same thing: the reputation of the Gaspésie.

The next day I headed to the centerpiece of the park: Mont-Albert, an immense, hulk of a mountain with sheer sides and a flat summit plateau with enough real estate to host the World Cup soccer matches. I went with Dominic Boucher, the director of the Centre d'Avalanche de la Haute Gaspésie. A decade ago, no one thought of having a regional avalanche center. But with mountain recreation on the rise, and the region's first two recreational avalanche fatalities, which occurred within in a week of one another



Majestique

in 2000, the need is there. We warmed up in the wood-heated Serpentine day-use shelter before checking a weather station and digging a snow pit on a nearby slope. Then we continued up valley, passing cirque after cirque. Here, it seemed, a place as impressive as Tuckerman's Ravine on Mount Washington would get lost amidst the sheer quantity of options. For ours, we chose to make turns on the Grand Cuve, a broad bowl at the head of the valley.

By day three, it was time to give my legs a break from all the uphill, and ride along with Ski Chic Chocs, the region's only snowcat skiing operator. Run by Gaspé veteran Stephane Gagnon, we snowmobiled to the Mines Madeleine valley where we met the cat. Using old mining roads to access the terrain, we dropped in for lap after lap, easily logging 10,000 vertical feet, perhaps more, by late that afternoon. Snow had been falling all day, and conditions were shaping up for a grand finale tomorrow.

Bright and early on day four, I met up with Jean-Pierre Gagnon (no relation to Stephane). During the summer, he's a park ranger; by winter, he's a forecaster with the avalanche center. We cruised over to Mont Hog's Back, one of the premier ski destinations in the area. The mountain features a long, corniced summit ridge with a vast east face riddled with chutes, couloirs, and open snow-

fields. The snow conditions in the couloirs off the north summit looked lousy, and so we returned to the south summit to ski the Secret Chute. Such is the benefit of skiing with a local who knows where to find the goods!

We dropped off the ridge and down the east face, cut through a tiny slot in the trees, and emerged into a field of untouched powder. The runs (plural... we of course skinned back up for a few more laps) were exactly what I'd returned to the Gaspé to ski—the kind of deep, blower-light powder and big terrain that have made the Chic Chocs an underground sensation with backcountry skiers who've been let in on the secret.

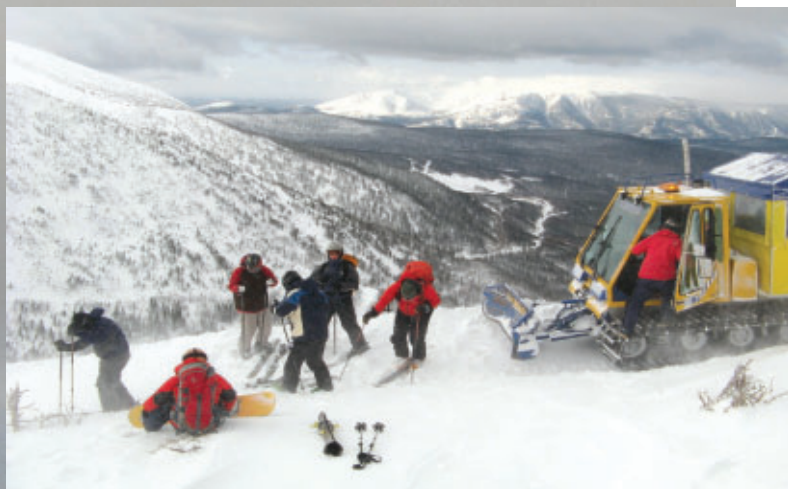
As my Gaspé encore rapidly drew to a close, I was reminded of a conversation I had over dinner (smoked salmon, of course) on my first night of the trip. I dined with Marie-Pier Mercier, who works with Quebec Maritime, an organization that promotes tourism in five of Quebec's eastern regions, including the Gaspésie. "We have a saying," she said to me. "Never two without three." She was referring to visiting the Gaspé... if you loved it enough the first time around to return for a second look, then surely you'll be back for a third visit.

How prophetic her words have proven! The Gîte du Mont-Albert offered me my second taste of the Gaspé, and already I'm scheming the next trip. ▮

Peter Bronski (www.peterbronski.com) is an award-winning writer, passionate backcountry skier, and frequent contributor to Vermont Sports. His latest books are Hunting Nature's Fury, about storm chasing, and Artisanal Gluten-Free Cooking, a cookbook. He's also the author of Powder Ghost Towns: Epic Backcountry Runs in Colorado's Lost Ski Resorts and At the Mercy of the Mountains: True Stories of Survival and Tragedy in New York's Adirondacks.



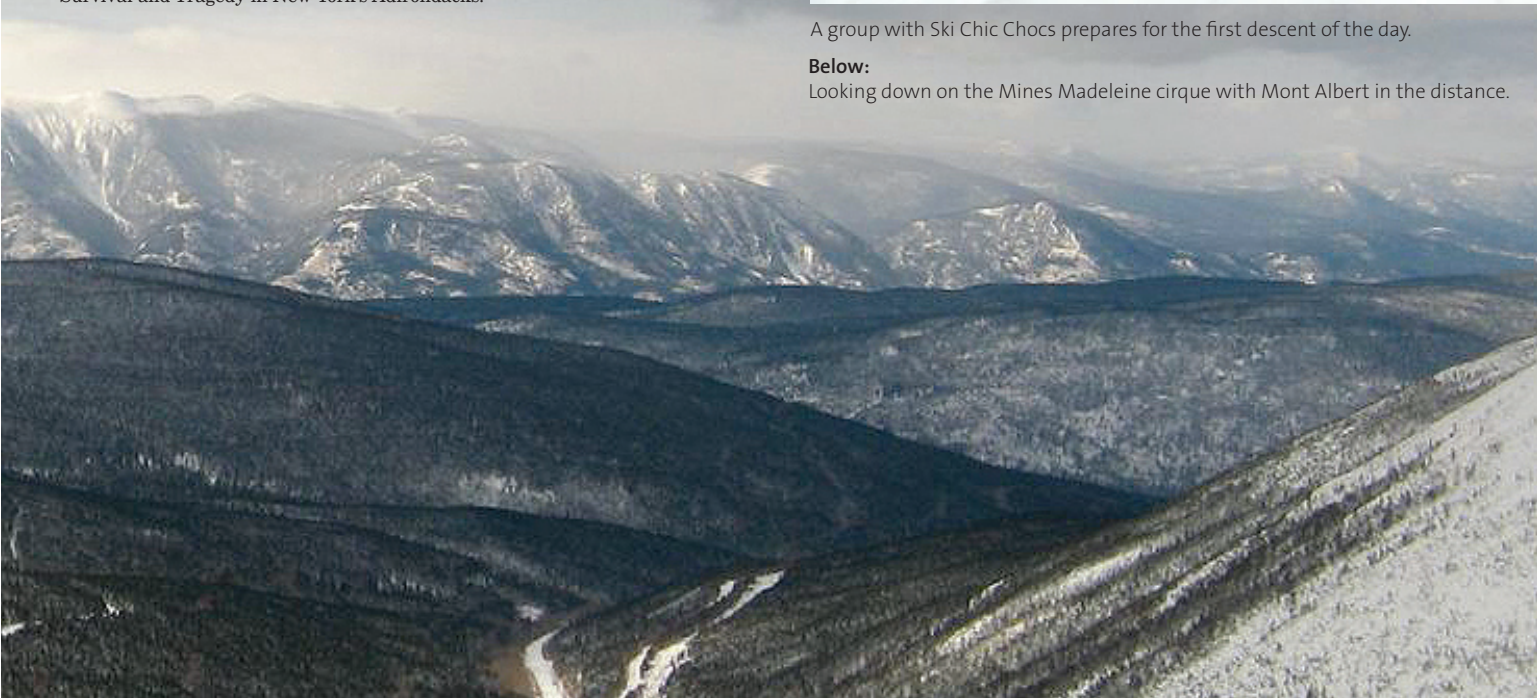
Francois Boulanger ascends Champ des Mars.



A group with Ski Chic Chocs prepares for the first descent of the day.

Below:

Looking down on the Mines Madeleine cirque with Mont Albert in the distance.



2010

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- Kris Freeman

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2009 TD Bank Craftsbury Marathon Winner, on last year's race.

VERMONT'S BEST LIFT TICKET DEALS

BY PAUL McMORRIS

These days, buying a lift ticket is like being dealt a hand of cards and deciphering how best to play them. This season at Vermont's ski areas you'll come across special ticket deal cards named Magic, X2, Points, Passport, Fanfare, Club, and Express, to name just a few. Purchase one of these cards and you'll get discounts on lift tickets and possibly other merchandise and services. Of note, is the Ski Vermont trade association sponsorship of free, introductory, learn-to-ski-or-ride packages at participating ski areas throughout the state, January 4 through 10. Check skivermont.com in December for the details. Here's a snapshot of the best lift ticket deals currently offered at Vermont's downhill ski resorts:



ASCUTNEY MOUNTAIN RESORT

How does a Super Saver Card grab you? In exchange for parting with \$199 you get five adult ticket vouchers to use during the season, except, of course, during holiday weeks. Better yet are the buy-one-get-one-free Two for Tuesdays promotion and the VT/NH Resident \$29 Sunday afternoon ticket.

BOLTON VALLEY

Similar to Ascutney's card scheme, again for \$199, you receive five adult ticket vouchers under The Great Skier and Rider Bailout program. Or, if you're craving an early-season deal, there's the \$14 Happy Holiday Lift Ticket, available December 15-19.

BROMLEY MOUNTAIN

At the self-proclaimed Sun Mountain, you can purchase the \$69 Sun Mountain Card and use it to get \$10 off your own lift ticket, any day during the season. On Tuesdays (a perennial favorite deal day) \$44 buys a lift ticket with a waitress-served lunch. February 5 is a \$15 Mom's Day Off day, with ticket proceeds donated to Susan G. Komen for the Cure. Fridays are Family Fridays—each adult purchasing a \$39 ticket can buy up to three junior tickets for \$12 each.

BURKE MOUNTAIN

Sunday afternoon tickets are a bargain here at \$18 for everyone. Vermont, and Coos and Grafton County, NH, residents can purchase tickets for \$41 (non-holiday), Sunday through Friday.

COCHRAN'S SKI AREA

For under \$30, adults can ride the lifts for the day.

JAY PEAK

Unique to Jay is the Vermont and Clinton County, NY, resident ticket rate of \$47, any day of the season. For everyone else, the way to go is to purchase the \$25 Passport Card. Show it at the ticket booth and get your ticket for \$49. Added perk: with every fifth ticket purchased, the next one is on the house. The card is also good for ten percent discounts around the resort.

KILLINGTON

Get the \$26 Killington Express Card and save at least \$10 off every ticket you purchase for yourself. The nice thing about the card is it's linked to a credit card to allow direct lift access, thus avoiding ticket booth delays. Vermont Resident Days will be back, but hadn't been announced by press time.

MAD RIVER GLEN

Guess what this place calls their card... Yup, a Mad Card. \$129 up front buys three transferable ticket vouchers. If that doesn't float your boards, consider the \$3.50 ticket on January 30's Roll Back the Clock Day, or a \$17 Saint Patrick's Day special. Free skiing for all kids is even better on Town Meeting Day.

MAGIC MOUNTAIN

Sunday afternoon tickets are a good value here at \$25 a pop, or there's the \$39 Magic Card, which enables you to purchase weekend tickets for \$10 off, or Friday tickets for \$25. Keep in mind that this season, Magic's normal operating schedule will be Friday through Monday and holiday weeks.

MIDDLEBURY COLLEGE SNOW BOWL

No cards here, just overall great old-fashioned value. Tickets are only \$30 midweek, \$44 weekends, and since the cafeteria is geared towards college students, prices are actually reasonable.

MOUNT SNOW

The best way to ticket savings here is with the \$79 FANfare Card, good for 50 percent midweek discounts and 25 percent off on the weekends.

OKEMO MOUNTAIN RESORT

A new twist here this year is that all VT/NH Resident \$39 Wednesday and \$35 Sunday Morning tickets must be purchased 48 hours in advance, online. The first discount day for everyone is the December 6 Food Drive Day—bring three nonperishable food items in order to purchase a \$30 ticket. On April 1, Food Drive Day repeats, but lift tickets are only \$10. Okemo will be coming up with online deals as the season evolves, so check their website before visiting.

SMUGGLERS' NOTCH RESORT

Overall, it's better to purchase lift tickets offsite at Vermont Shaws grocery stores and sports shops listed on the resort's website for \$50 each. Other than that, there's a \$15 discount deal on Business Mondays, for those who drop a business card off at the ticket window. Most Fridays are Vermont Days—half price on tickets, lessons, and rentals for residents. Non-holiday Thursdays means \$29 tickets for bona fide college students.

STOWE MOUNTAIN RESORT

If you don't have a season pass, the best deal you'll get here is with their \$75 Stowe Points Card, which lets you buy \$59 lift tickets and offers discounts at the resort's summer attractions. If you accumulate 450 points through purchases at the resort, they'll reward you with a lift ticket or a round of golf (with cart).

STRATTON MOUNTAIN

You can't go wrong with Stratton's \$69 X2 Card. You'll immediately receive a complimentary lift ticket and the ability to purchase midweek tickets for \$30 off and on the weekends for \$20 off the rack rate. A new promotion here is the Family Sunday 4-Pack: \$99 buys lift tickets for two parents and two kids with free apres ski pizza in Grizzly's bar.

SUGARBUSH RESORT

Their card is entitled the SugarDirect Card: \$99 buys one ticket up front and then 25 percent off midweek tickets and 20 percent off on the weekends. Spring for 10 tickets and the eleventh is on the house.

SUICIDE SIX

Tuesdays are two lift tickets for the price of one, with other discount days to be announced. [7]

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.

Backcountry SKIS FOR 2010

BY BRIAN MOHR AND EMILY JOHNSON

Skis designed with the downhill-oriented skier in mind—lift served and backcountry, telemark or AT—continue to feature ever-widening dimensions, more durable construction, and control-enhancing improvements to the tip, tail, and overall shape of the ski. Several skis in this review feature “rockered” or early-rise tips. These are ski tips that begin to lift farther back along the ski than what most of us are used to. Rockered tips shorten the running surface of the ski on firm snow, while improving floatation in soft snow. Manufacturers are also offering a greater range of ski designs for women, and for shorter and lighter skiers, too. Some of the shorter skis on the market are also proving to be especially well-suited for backcountry skiers who spend a lot of time in the relatively tight confines of the natural northeastern forest. Here is a look at some of the backcountry ski offerings for 2010.

Big Powder/Big Snow

Skis in this category excel in soft and deep snow conditions. To tap into their full potential, these skis like to be driven with bigger boots by skiers with solid downhill skiing experience. At the same time, however, the wider dimensions of these skis make them an excellent quiver ski for dedicated backcountry skiers who prefer a mid-weight boot, but would like more floatation in low- to medium-angle terrain.

BLACK DIAMOND JUSTICE

Dimensions: 138-115-123 (188cm)

Lengths: 175/185cm

Weight: 4.15kg (9.2lbs)

MSRP: \$749

Featuring a wood-core, minimal camber, a rockered tip, and enough sidecut for enhancing control in harder snow conditions, Justice loves powder, and lots of it. It's a bit heavy to be lugging around in the backcountry, but with the four-buckle boots needed to drive this ski to its full potential, it won't really matter if you are in solid touring shape. From a backcountry standpoint, these would make good quiver skis, ideal for days when skiing powder is the main objective, or for powdery days when a combination of lift-riding and side-country touring is in the cards.

VOILE DRIFTER

Dimensions: 151-125-138 (182cm)

Lengths: 162/172/182/192cm

Weight: 3.8kg (8.6lbs)

MSRP: \$625

Priced lower than most other skis in this class, and made in the USA (Salt Lake City), the wood-core Drifter is backcountry-veteran Voile's version of a big, rockered ski. It is also one of the lightest skis in the big and rockered category, and thus, is a great choice among seasoned skiers as a dedicated backcountry powder ski. Still, the Drifter can be matched up with mid-weight/three-buckle boots, with great results when seeking out fresh, powder-coated lines in low- to medium-angle terrain. Surprisingly turnable for its dimensions, this ski can handle even the tightest confines of the Vermont forest.

G3 ZEST (WOMEN'S)

Dimensions: 132-100-123 (166cm)

Lengths: 166/172cm

Weight: 3.4kg (7.5 lbs)

MSRP: \$569

This is a colorful and beautifully designed wood-core ski that is one of the more versatile rocker-tipped skis out there. Still, it does not qualify as a do-everything ski. When driven by a strong skier, it can handle hard pack and icy conditions sometimes found in New England, but the Zest much prefers to stay in the softer, untracked snow found more often in the backcountry and on powder days. Lighter-weight men who aren't afraid to sport some color should also consider this ski as a great quiver ski for primarily softer snow conditions.

All-Around

This category features skis that are versatile enough to be your one-and-only, go-anywhere ski. They excel in a wide variety of snow conditions and terrain.

BLACK DIAMOND JOULE (WOMEN'S)

Dimensions: 126-95-114 (188cm)

Lengths: 175/185cm

Weight: 4.15kg (9.2lbs)

MSRP: \$749

Another women's specific wood-core ski in the mid-fat category, the Joule excels in all snow conditions when kept tuned and when driven by a seasoned skier. Featuring a nice combination of medium side-cut, width, and flex, the Joule matches up well with either four- or three-buckle boots. It's light enough to tour with for days on end, but stable enough to carve groomers for hours on end. This is simply a great example of a versatile ski.



Photo by Emberphoto.com.

ICELANTIC NOMAD

Dimensions: 140-105-130 (168cm)

Lengths: 156/168/181cm

Weight: 3.3kg (7.2lbs)

MSRP: \$629

Made in the USA (Colorado), Icelantic's durable wood-core construction, functional dimensions, and beautiful designs are well worth a look. The Nomad is their most versatile ski, featuring sufficient sidecut for negotiating twisty lines in harder snow conditions, enough width under foot for excellent powder floatation, and an incredibly smooth flex that seems to make transitioning from one turn to the next effortless. Available in a short 156cm length, and when combined with a three-buckle or mid-weight boot is a great choice for skiers interested in touring convenience, maneuverability, and downhill performance.



KARHU STORM BC

Dimensions: 126-96-117 (177cm)

Lengths: 170/177/184cm

Weight: 3.3kg (7.3lbs)

MSRP: \$650

The sustainably-harvested Paulownia wood-core Storm BC has been a favorite among many well-rounded skiers with a backcountry habit here in the Northeast. Favoring medium speeds and medium-turn radius, the Storm BC is as much at home on a steep and wind-scoured alpine mountainside as it is when treated to untracked powder under the shelter of the hardwood canopy. Light enough to tour for days on end, it can be driven with great results by either a three- or four-buckled boot.



Touring/Technical

These are skis for those who place a higher priority on touring performance than downhill performance, or for skiers with more technical pursuits in mind, including ski mountaineering and randonee racing.

KARHU XCD GUIDE

Dimensions: 109-78-95 (175cm)

Lengths: 165/175/185/195cm

Weight: 2.6kg (5.8lbs)

MSRP: \$380

Karhu's popular XCD (cross-country downhill) ski line is still going strong, thanks in large part to the success of the Guide. A lightweight, waxless-base, ultra-versatile ski, the Guide has been skied on the upper flanks of K2, been on missions to the North Pole and has often graced the pastures of Vermont's countryside. It's light enough to be taken on ultra-long tours in lightweight boots, wide enough to keep you floating in softer snow, and stable enough to occasionally tackle steep, alpine conditions. Although its waxless base gives you the convenience of climbing without skins, you can put skins on the Guides when the going gets steep or slippery. The Guide is also a great choice for easy-going ski tours out the back door, along backcountry trails, or ski adventures in the hardwoods.



DYNAFIT SEVEN SUMMITS

Dimensions: 113-78-100 (170cm)

Lengths: 156/163/170/178cm

Weight: 2.64kg (5.8lbs)

MSRP: \$550

The Seven Summits is designed for dedicated ski mountaineers who prefer shorter, lighter weight, and more maneuverable skis for navigating tricky terrain and great distances in the mountains. The Seven Summits hold its own on hard packed, alpine slopes, and steep couloirs, and with some caution, can get you through even the trickiest snow conditions Nature can dispense. Randonee racers also love the lightweight and nimble nature of this ski. 7



Husband/wife team Brian Mohr and Emily Johnson, of Moretown, VT, photograph for a wide variety of publications, manufacturers, and organizations in the outdoor industry. They publish www.AdventureSkier.com and organize their own slideshow series, featuring their skiing adventures each winter. See more at www.EmberPhoto.com.



GREEN RACING PROJECT

BY
TIM REYNOLDS

THE REAL WORLD: LAKE TAHOE TRAINING CAMP

This episode of the Real World is coming to you live from the sunny shores of Lake Tahoe. The entire cast of all seven Green Racing Project athletes and our coach are here, for an altitude-training block before the professional cross-country ski racing circuit kicks off over Thanksgiving week in West Yellowstone, MT.

We've traveled all the way to California to train at altitude (we're kicking ourselves a bit since Colorado picked up a couple feet of snow yesterday), but we're here to take advantage of the well-documented benefits of training up high. When exercising in thinner air, the body responds by producing more oxygen-carrying red blood cells. Once we return to sea level, we'll be doing a lot of racing and hard intervals to take advantage of this natural boost in performance. It's been a difficult adjustment to the altitude for all of us flatlanders. There's been more huffing and puffing than usual, but after almost 12 days we have all acclimated and are beginning to do harder workouts and time trials to ready ourselves for the rapidly approaching season.

If you recall, last month's article was about green racing and the 350 Challenge. A month ago we were

organizing skiers and rowers to participate in 350.org's International Day of Action at the end of October, which saw an enormously successful turnout I might add, and now we've flown out West just to hold a training camp at altitude. You might be thinking, "What are these 'green racers' doing jet-setting across the country just to train? Aren't they trying to cut their carbon footprint, not expand it?" You might be asking, "Isn't that hypocritical?"

Well, the easy answer is yes. The entire premise of a green ski racing team is hypocritical. We need cold winters with lots of snow to keep doing our sport, but at the same time we are burning gasoline and jet fuel to get to races, skiing on skis made from petroleum products, and melting fluorocarbon wax into those ski bases to make them fast on race day. Many of the integral parts of our sport are inherently un-green. So where do we get off calling ourselves the Green Racing Project?


I'll be the first to admit there is some hypocrisy in trying to make ski racing green. We aren't claiming to be carbon-neutral, and we certainly aren't hiding the fact that there are some corners that can't be cut for the sake of guilt-free consciences. The mission of our program is first and foremost to help promising skiers make the jump from collegiate racing to international competition. Training at altitude is an important piece of the preparation for the Olympic Trials races that will be held at higher elevations early this winter. In order to be competitive at these races, we needed to travel out West and train at altitude. But that certainly doesn't mean we didn't consider the environmental consequences of moving eight athletes across the country.

Since we couldn't avoid this travel, we are trying to offset our impact in other ways. We participated

in two 350.org events in the Tahoe/Reno area on the International Day of Action; we're working on a photovoltaic feasibility study for the Craftsbury Outdoor Center, in between training sessions out West; and we've made a concerted effort to train right out the door of our condo in Tahoe as often as possible. At home, we logged some serious hours winterizing our house before we left, and joined our local Community Supported Agriculture program from Pete's Greens, just down the road from our home base in Craftsbury.

We're considering purchasing carbon offsets, too. While they are sort of a rich man's indulgence, offsets do put money into alternative energy projects that need investments to get off the ground. If you can afford it, it certainly helps. While we decided not to purchase offsets for this trip, it's something we are trying to do when we can afford spending the extra money.

I know the steps we are taking are small ones, but they do make a difference, even if they don't entirely cancel out our jet fuel to Lake Tahoe. The point is, we are hoping that we can challenge people to look at their own lifestyle and their activities; if you can't minimize the impact of these directly, what can you do elsewhere to help improve your footprint? We're working on our projects. What's yours?

Check us out online at www.greenracingproject.com. 

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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**VERMONT
SPORTS**

Holiday GIFT GUIDE

We are pleased to present the *Vermont Sports* annual Holiday Gift Guide. The goods we recommend on these pages were reviewed by members of the VS editorial staff (Jules Older, Brian Mohr, Ryan James Leclerc, Chris Blau, and Kate Carter) and are their picks for most interesting, impressive, and thoughtful gifts for people who spend time in the outdoors. We hope this guide will give you some fresh ideas for holiday gift giving and also inform you of new products on the market. Most items are available at your local sports specialty store. We have also included Web addresses to help you locate them.

—Seasons' Greetings from *Vermont Sports*!



SALOMON XA COMP 4

These shoes are the perfect present for lazy athletes. Why? In a word, Quicklace, Salomon's one-pull tightening system. It's much less taxing than tying, untying, and retying regular laces. It's Lacing 2.0 and just the thing for the naturally idle. One shoe weighs about 360 grams, is cast on a neutral last, and provides great arch support. \$100 for men or women. www.salomon.com/us.

—JO



PUP & GIZMO BAG

The PUP, a.k.a. Personal Utility Pouch, is discrete, flat, and doesn't bounce around when you run, hike, bike, walk, or take the subway. It holds cards, a power bar, glasses, money, cell phone, digi camera, and notebook. The giZmo Bag is the PUP grown up a bit. The PUP is \$20; the giZmo Bag is \$25. Give these gifts and watch 'em drool. www.lovemypup.com.

—JO



BALANZZA DIGITAL LUGGAGE SCALE

It used to be a gimmick, but once airlines began punishing overweight baggage with stiff fines, the luggage scale became a tool. The Balanzza Digital Luggage Scale makes a great gift for the adventure-traveler friend because it's the gift that keeps on giving... and saving. Every time your friend takes a trip, he'll realize how much money you're saving him on luggage fines, and he'll bring you back a really cool thank you gift from some place you'd never dream of going to yourself. \$25. www.balanzza.com.

—JO



RUFF WEAR CLIMATE CHANGER FLEECE

If your dog has been a good dog this year, give the gift of warmth and style. For those cold winter walks, outfit the old boy or girl with the stylish Ruff Wear Climate Changer fleece. Made of durable, quick drying, cozy PolarTec fleece, it has a streamlined fit, a convenient left side zipper for easy on/off, and features integrated reflective tape. This synthetic coat is made with recycled materials and is available in two colors to best compliment your best friend's natural coat. \$59.95. www.ruffwear.com.

—RJL



MSR SHIFT SNOWSHOES

Snowshoeing is a great family activity, so this year, put a pair of MSR Shift snowshoes under the tree and tell the kids how much family fun is in store for them. You can also tell the kids that their MSR Shift snowshoes are durable, with easy-to-use bindings that can accommodate their growing feet, and will keep them from sinking to their belly buttons in deep snow. And be sure to tell them that with a rotating toe cord and stainless steel traction, their snowshoes are as good as Mommy and Daddy's. And finally, tell them to pay attention when you're talking to them. \$89.95. www.cascadedesigns.com/msr.

—RJL



ENO SINGLENEST HAMMOCK

I gave an Eno Hammock to my Aunt Susie a few years back, and she still talks about it. Even more than the coffee mug I got her the year before or the candle I got her the year before that. She's a big camper, and when she gets to her camp site, it is the first thing she sets up. Weighing only 18 ounces, and compressible to the size of a softball, it is the perfect gift for campers and hikers, but it's also a fun gift that just about anyone who likes to relax will appreciate. \$54.95. www.eaglesnestoutfittersinc.com.

—RJL



LUCKY BUMS WOODEN STARTER SKIS

If your kids are old enough to walk, they're old enough to ski, so start them out early with a pair of Lucky Bums Wooden Starter Skis. They have plenty of grip and just enough glide, are wide and stable, and come mounted with universal bindings that work with any snow boot. Best of all, they will help the little ones develop an appreciation of healthy outdoor winter fun while they shuffle around the front yard. \$79.99. www.luckybums.com.

—RJL



OSPREY KODE PACK

If you're feeling especially generous this year, give that adventurous someone special an Osprey Kode pack. Designed for backcountry snowplay, this light, clean, and functional pack is loaded with features, such as separate wet and dry gear storage compartments, insulated hydration compatibility, and the capability to securely carry skis, snowshoes, or a snowboard up or down a snow covered peak. The Kode is available in three sizes, but as a gift, it will result in a hug that comes in only one size: Extra large. \$139.99. www.ospreypacks.com.

—RJL



CRUMPLER BUMPER ISSUE HYDRATION PACK

Everyone knows mountain bikers just wanna have fun, so when Crumpler designed the Bumper Issue for them, fun was the first word in design requirements. The colorful packs stand out from all the rest on the racks, but there's more to them than just a pretty face. They are super functional, and access is super easy. The top-loading roomy interior is divided into a main pocket to hold the 70-ounce reservoir and a couple of other large pockets big enough to stuff full of extra clothes, camera, food, tools, whatever. Made of 600 denier and ripstop lining, Crumpler covered all the bases, including comfort. \$95, including hydration bladder. www.crumplerbags.com.

—KC



VERMONT BROWNIE COMPANY BROWNIES

Made from scratch with an abundance of locally sourced ingredients, the chocolate lover in your life will devour these in no time. Espresso Dulce de Leche, Dark Chocolate Chevre, Maple Toffee Crunch, Peanut Butter, Mint Pattie, White Chocolate Raspberry, or Signature (just chocolate) are just a few of the outrageous brownies offered by Vermont Brownie Co. Not too cakey, nor too fudgy. You'll never taste a better brownie. Starting at \$21 for a half dozen. www.vermontbrowniecompany.com.

—BM



VOILÉ KNEE PADS

If you know a skier that likes to be in the woods, whether on alpine, AT, or tele gear, set him or her up with a pair of knee-saving Voilé knee pads. They protect the knee area while keeping a skier's most vulnerable joint warm and ready for action. They also double as a great tool for work around the house and garden, when you've got to get down on your knees for extended periods of time. \$32. www.voileusa.com.

—BM



BLACK DIAMOND SPRINTER HEADLAMP

When it comes to gifts for active people on your list, you can't go wrong with a shiny new headlamp. This year, Black Diamond is introducing the Sprinter, a waterproof, rechargeable headlamp optimized for running, but because of its low profile design and balanced fit, it is perfectly suitable for Nordic skiing, snowshoeing, free-skiing, or any activity involving lots of movement. A bright, dimmable, 60 Lumen LED bulb lights the way while a unique red taillight strobe offers safety on roads. \$79.95. www.blackdiamondequipment.com.

—RJL



OLYMPUS STYLUS TOUGH 8000

Everything about this little camera is hard to believe. It shoots big images—12 megapixels for poster-sized prints; has a 3.6 zoom for that moose across the field; is shockproof in case it's dropped from the chairlift; and waterproof down to 33 feet for that snorkeling vacation. Any al fresco friend will appreciate all this camera can do in the great outdoors. \$380. www.olympusamerica.com.

—JO



FLIP MINO HD CAMCORDER

This little camcorder has the Three Esses: small, simple, and cheap. No, make that "cheap." It's smaller than 2 x 4 inches and fits in a pocket. With one button, it makes shooting video as simple as snapping a photo, so it's the perfect gift for the electronically inept person in your life. And it only costs \$200 at www.theflip.com.

—JO



CANON POWERSHOT SD940 IS

So, your very special someone wants a camera *and* a camcorder. Well, now—consider the Canon PowerShot SD940 IS. It's cell-phone tiny, shoots 12.1 megapixels, makes HD videos, and includes the all-important image stabilizer. All for under \$300. www.usa.canon.com.

—JO

TRAIL ASSOCIATION MEMBERSHIPS



CATAMOUNT TRAIL ASSOCIATION

Individual memberships are \$35; family memberships are \$50. Members receive the Catamount Trail Rewards Booklet (one booklet for individuals; two for families), which contains 92 coupons for half-price and discounted lift tickets at seven alpine resorts, 50 percent discount for Nordic skiing or snowshoeing at 30 cross-country centers, and discounts at 37 sport retailers and other health-

related businesses throughout Vermont, for a total of over \$1,000 in discounts. Members also receive the CTA tri-annual newsletter, discounts on CTA events and merchandise, and free guided tours. The money from membership is used to maintain and conserve the 300-mile Catamount Trail. www.catamounttrail.org.

Giving an individual or family membership to a trail association is a nice way to connect with a community of like-minded sports enthusiasts, and also supports an organization that takes care of the trails you and your loved ones enjoy so much.



GREEN MOUNTAIN CLUB

Individual memberships are \$40; family memberships are \$50. Membership supports an organization that works to conserve and protect natural resources and hiking opportunities throughout Vermont, including the Long Trail. Members receive a quarterly magazine, The Long Trail News, 10-percent discounts on items in the GMC bookstore and Packbasket, which includes over 80 books of interest to hikers, as well as discounts on admission to most GMC events, educational workshops and lectures, and the James P. Taylor Winter Lecture Series. www.greenmountainclub.org.



CAMELBAK BETTER BOTTLE

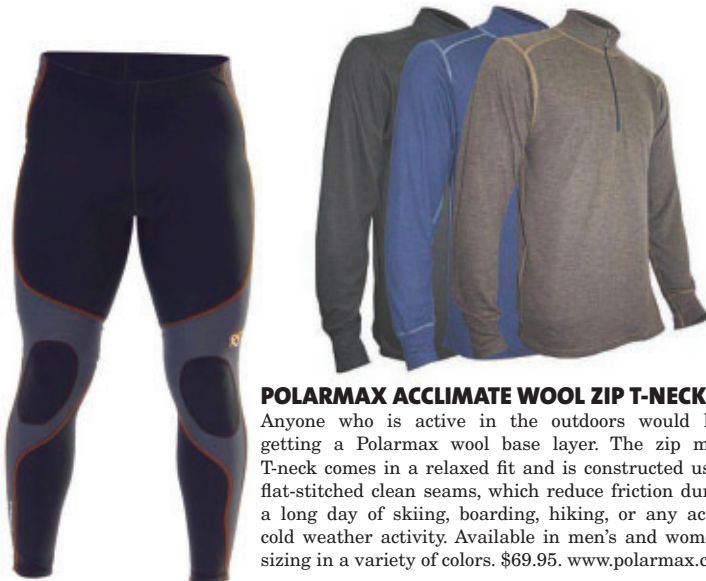
Messing about outdoors is thirsty work. That's why the Camelbak Better Bottle makes such a super stocking-stuffer for your mountain man or woman. Plus, it's BPA-free, spill-proof, easy to access, clips to a carabiner, is kinda cool, and you can toss it in the dishwasher. Just for fun, before stuffing it in the stocking, stuff it with the ultra-cool Powerstick (see below). \$15. www.camelbak.com.

—JO

OPEDIX S1 SKI TIGHTS

If you know an athlete with knee problems (and who doesn't?), there is no better gift than the Opedix S1 Ski Tights. Their Knee Support System utilizes a patent-pending anchor and sling design to provide support to the outside of the knee, which reduces the amount of damaging outward movement, thus decreasing stress on the knee joint. They also make long and short sleeved tops. Available in men's and women's styles. \$190.00. www.opedix.com.

—CB



POLARMAX ACCLIMATE WOOL ZIP T-NECK

Anyone who is active in the outdoors would love getting a Polarmax wool base layer. The zip mock T-neck comes in a relaxed fit and is constructed using flat-stitched clean seams, which reduce friction during a long day of skiing, boarding, hiking, or any active cold weather activity. Available in men's and women's sizing in a variety of colors. \$69.95. www.polarmax.com.

—CB



SOLIO PORTABLE SOLAR CHARGER & POWERSTICK

Your electronics geek needs to keep his or her gadgets going, wherever he or she may be. Here are two very cool ways to do just that: the Solio portable solar charger steals power from the sun to charge up electronic gear, and the Powerstick gets its juice from a computer. The Solio starts at \$100 at www.solio.com. The Powerstick costs \$50 at www.powerstick.com.

—JO



BOLLE FANG SUNGLASSES

Any outdoor addict needs a good pair of sunglasses that are lightweight, protective, and good-looking, and won't break if you sit on them or do a face-plant in a snowbank. The Bolle Fangs' polycarbonate lenses are 20 times more resistant to impact than glass and one-third the weight, and if you chose the polarized ones, the optically precise filter that's embedded in the lenses will eliminate most glare and reflected light. The Fangs are designed for small- to medium-sized heads, come in a variety of colors, and just might bring out the vampire in someone you love. \$69.99-\$129.99, depending on features. www.bolle.com.

—KC



ASAP SURVIVAL GEAR

Give your family peace of mind this holiday season with ASAP with a fully customizable survival pack that will help you and your loved ones handle everything from life's little emergencies to full-blown natural disasters. Packed with the essentials—food, water, shelter, first aid, and communications—every ASAP pack features proven equipment by brands such as Leatherman, Bushnell, Black Diamond, and more. ASAP—All Situations Always Prepared. \$60 to \$120, depending on number of people and number of days. www.AsapSurvivalGear.com.

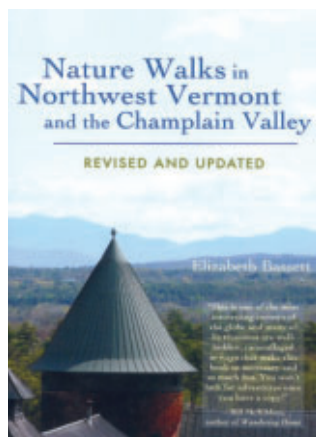
—CB

BOOKS AND PUBLICATIONS

THE SKI JOURNAL

Any skier, young or old, will have a hard time putting this publication down. It's a quarterly, coffee-table quality, collectible journal featuring a fascinating mix of first-rate imagery, interesting personalities, global ski culture and more. Virtually free of advertising clutter, *The Ski Journal* is in a class of its own as far as ski publications go. Order the gift subscription for an extra \$10 and receive a t-shirt as well as a personalized skiing gift card to wrap for your friend or family member. \$40. www.theskijournal.com.

—BM



NATURE WALKS IN NORTHWEST VERMONT AND THE CHAMPLAIN VALLEY

Here's a must-have book for anyone who likes to walk outdoors. *Nature Walks in Northwest Vermont and the Champlain Valley*, by Elizabeth Bassett of Charlotte, VT, has been revised and updated, with substantial changes to the first edition, published in 1998. Bassett's warm and friendly prose describes 42 special places to walk on easy-going trails or old roads, where you will be treated to Vermont's natural beauty in all seasons. Black and white photos and detailed maps accompany the descriptive text. 285 pp, Full Circle Press, \$16.95.

—KC

THE EDGE OF NEVER

If you know someone who loves snow porn, but hates the sameness of it—no script, screaming soundtrack, baddish boyz—that friend will love *The Edge of Never*...and will love you for giving it. *The Edge of Never* is a ski film with a difference. It's gripping yet sweet, thrilling yet soft. It even has a plot (!). \$30. Happy hols. www.edgeofneverfilm.com,

—JO



NEW ENGLAND ILLUSTRATED CARDS AND PRINTS

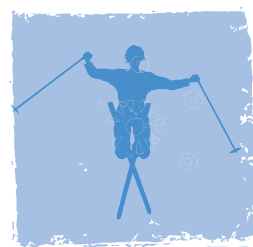
Award-winning illustrator and *Vermont Sports* designer Shawn Braley presents 22 unique hand-drawn designs ranging from nostalgic to whimsical. The cards are printed in Vermont on FSC certified paper, and include 100% recycled brown craft envelopes. Giclee prints are also produced in Vermont, sizes vary. 5x7" cards, sealed, \$2.99/ea. Available at gift shops and book stores throughout Vermont. Prints \$30-\$160, depending on size. www.newenglandillustrated.com.

—KC

VERMONT SPORTS

This is a must-have monthly magazine for any outdoors enthusiast who lives in Vermont or comes to Vermont to recreate. Available in hardcopy (\$25/year) and digital editions (\$10/year). www.vtsports.com.

—KC





THESE AIN'T NO BUNNY HILL SAUCERS VERMONT-MADE HAMMERHEAD SLEDS

BY PHYL NEWBECK

You could call it a Flexible Flyer on steroids. Steve Luhr of Hammerhead Sleds describes his company's signature product as an "amped up" snow sled. Luhr notes that traditional sleds haven't changed much over time and are firmly rooted in the "toy" category as a tool to get down a small hill. He and his business partner, Holly Creeks, decided it was time to improve on the conventional sled, and founded Hammerhead Sleds in 2005.

Luhr says the premise was to upgrade the time-honored toy to something you could call a "performance sled." The most important upgrade was the addition of steering. Luhr says Hammerhead sleds carve as well as any ski or snowboard, and the steering system is an intuitive one, no different from a bicycle.

Another improvement is the runners. Hammerhead uses a concave runner which is made of high density polyethylene, just like skis. Riders can switch between narrow runners, which are good for hardpack conditions, and wider ones, which are suitable for powder. The company also added an element of comfort. Luhr says traditional sleds are either hard wood or plastic, which is neither cushioned nor particularly warm. Hammerhead uses a stretchable mesh which is more comfortable and doesn't conduct the cold.

Initially, Luhr thought one of the selling points for the Hammerhead would be its safety, but he found that riders were seeking out bigger hills for a greater adrenaline experience. He also recognized that there are many people who are priced out of skiing and snowboarding because of

the expense involved, so he began to forge relationships with ski areas for those who wanted to get out on a big mountain without a lift ticket. Two years ago, Hammerhead began a weekly Saturday race series at Tenney Mountain in New Hampshire. The races attracted up to 40 people and were run, one racer at a time, on a giant slalom course, with gates set fairly wide apart. At the end of the year, they held a championship race. Hammerhead has also experimented with "sledder-cross," starting three racers at a time. Luhr concedes that although those races are more exciting, they are not ideal for ski areas which tend to be risk-averse.

In 2008-09, Hammerhead also held a race at Cannon Mountain, but they have yet to convince a Vermont area to sponsor the series. Undaunted, Luhr has held a number of promotional events throughout the state. He understands the "no sledding" policy at most areas, because sledding can conjure up visions of a hard plastic device slamming straight downhill. He hopes Hammerhead's "performance sledding" will change management policy, so he is trying to set up more demo days. "A few successful sites," Luhr says, "and we expect it to fall like dominoes."

Burke Mountain may be the first domino in Vermont. Hannah Collins, public relations and events manager at Burke, says Hammerhead Sleds visited the mountain twice last year. The first trip was designed for school kids and was very popular. The second event was a race held in March that attracted close to 30 people, many of whom brought their own sleds. The racers were able to use the J-bar lift to access the race

trail. Collins is determined to bring more races to Burke this year, with the possibility of holding a weekly series. She tried one of the sleds herself and says it was "an absolute blast." Collins plans to look into corporate sponsorship for regular races and perhaps add sledding as an extra attraction for kids during the busy February vacation week. "We're definitely looking at any option we have to get the races here," she says. "It was a lot of fun."

Tony Telensky, better known in the sled racing world as Max Speed, took his wife and daughter to Barre a few years ago when he learned that sled demos would be available at a winter carnival. The family now has nine sleds, and Telensky won the sledding championship title in 2008 and 2009. He praises the Hammerhead Sled for working in all kinds of snow/ice conditions. A resident of Jericho, the 50-year-old Telensky often practices on the hiking trails at his hometown's Mills Riverside Park. He also gets together with friends to sled down closed roads, such as Lincoln Gap and Route 108 through Smugglers' Notch. Lincoln Gap is a 2.5-mile hike for a four- to five-minute sled ride. Smugglers' Notch is a shorter hike, followed by a two-minute run down the Stowe side. After a few runs, Telensky often trades his sled for skis for an afternoon at Smuggler's Notch. He concedes that sledding has provided him with more exercise than he expected and dramatically increased his winter hiking. "It's something for us old guys to do to act like little kids," he says. 7

Hammerhead Sleds are produced in St. Albans. The sleds are available on-line and at a number of local shops, including Clearwater Sports, Waitsfield; Outdoor Gear Exchange, Burlington; Ski Rack, Burlington; and Umiak Outfitters, Stowe. For more information, visit <http://hammerheadsleds.myshopify.com/>.

Phyl Newbeck lives in Jericho, VT, with her partner, Bryan, and two cats. As a member of the Board of the Jericho Underhill Land Trust, she is proud to have helped conserve Mills Riverside Park where Telensky practices, and Casey's Hill in Underhill, a well-known sliding hill. Phyl is a skier, skater, cyclist, kayaker, and lover of virtually any sport which does not involve motors. She is the author of Virginia Hasn't Always Been for Lovers: Interracial Marriage Bans and the Case of Richard and Mildred Loving.

The Green Mountain Club's 14th Annual Snowshoe Festival!

Saturday, February 6, 2010
8:30 am – 3:00 pm

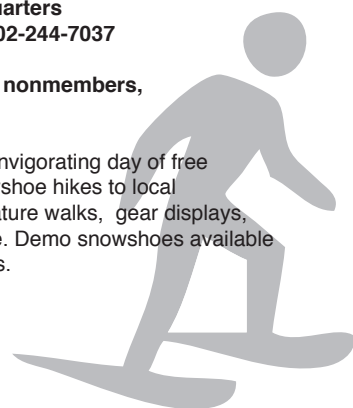
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Bring friends and family for an invigorating day of free snowshoe demos, guided snowshoe hikes to local peaks and trails, workshops, nature walks, gear displays, a raffle, hot chocolate and more. Demo snowshoes available on a first-come, first-serve basis.



www.GreenMountainClub.org



VS: Who introduced you to cycling?

AM: My high school Nordic ski coach at North Country High School, Mike Kiser, got me into cycling. I've known him since I was very young. He's probably the one man I admire more than anybody. After high school, I just kept going with it. Even in college. You pick up different things, but for me, biking was always there.

VS: When did you get serious?

AM: It was probably the last year I was in college when I started to get that desire to race. When you're watching the Tour de France, you start to get that edge. I thought I'd give it a shot and see what it takes. The first thing I learned is I've got to get a lot more miles under my legs.

VS: How did you get started racing, and what races are you doing now?

AM: I started with the Echo Lake Road Race in 2005. You've got to just love that race—it's for a good cause, everyone's there to have a good time. I had fun there, and the following year I planned on doing a few different races, including one in Cambridge, NY. I got hooked up with a few other guys, one other gentleman from the area, Mike Patenaude, and Chad Quirion from Saratoga Springs. So we formed a team the following year called Bare Bones Racing. We had the same desire to race—it didn't really matter what the results were. This year, we got really competitive. We grabbed a few more teammates, and we did 12 to 15 races altogether. I did six cycling races, seven triathlons, and one duathlon. We had great results. I won my age group in Saratoga in the duathlon and was ninth overall. And the fields were very strong. That race has 350 competitors. I was really psyched, it was one of those days when you feel really good. I went out and put the hammer down. Another series we all do is the Vermont Sun Triathlon Series. That's a fantastic race series, and Jerrod does a great job running it.

READER ATHLETE



Anthony MOCCIA

Age: 27

Residence: Derby

Family: Wife, Cija, and dog, Tyson

Occupation: Inside rep for Louis Garneau

Primary sport: Cycling and triathlons

VS: What are some things you have learned about cycling from working at Louis Garneau?

AM: Since I was hired, my desire to learn more has increased a great amount. Louis Garneau develops very technical products for both cyclists and triathletes. It's important for me to know when and why these products would be used, the benefits of using them over something else, and any other question that may be asked. It's important to me that people gain knowledge from the product and understand why it works for them. This is only possible if I take the time to learn about triathlons and cycling.

VS: You got married this summer. What does your new wife think of your competitive drive?

AM: I've always been active, and she knows I cannot just sit around. She supports and understands what I'm doing as well as why I'm training. I also love spending time with her, so I make sure I balance it all.

VS: Will we see her on a bike at the races?

AM: I think she'll be following me on a scooter first.

VS: What will you do during the winter to stay in shape?

AM: I will train a few weekends with my Bare Bones Racing teammates Mike, Chad, and TK. I'll spend time in the gym, strengthening my muscles again. I'll swim at least a mile in the pool four to five times a week, all winter. Nordic skiing is also great cross training for cycling and running. But until the snow falls I'll just run outside. I usually do not get on my bike until January. I'll spend three days on the trainer inside, try to get outside on the mountain bike a few weekends, and even get into spin classes a couple days a week. I'll have a more specific training schedule by February, once our race schedule is set in stone. ☐

— Sky Barsch

VS: What's the fun of being on a team?

AM: We're loud, we want to be the Rock Racing of triathlons. Rock Racing is a cycling team. They're loud and have a bad boy image, but they put in a good performance at races. We want people to see us, and we want to have a presence. We have support from Louis Garneau and Newton Running [running shoes] so we want to get noticed. One of our goals as the Bare Bones Racing Team is while we have good results, we're missing a key aspect, a first place win.

VS: What's your strongest leg in triathlons?

AM: My strongest is definitely the bike. I'm a good swimmer, but there's a lot to improve. There's a lot with technique. Being a shorter guy with shorter arms, the tall guys are always just zipping past me. But when I get on the bike, I make up a lot of time. The run is tough, but it gets easier as it goes on. After you get off the bike, making the transition to the run, you are making a different stride. Your legs will get used to it over time. The more you do it, the more you get used to it.

VS: Echo Lake had miserable weather this year. How did you keep going, and what did you use for motivation?

AM: Echo Lake was fun even in horrible weather. My motivation was just to get through and ride straight into the lake. This year I worried about crashing. The roads were very slick and soft; I was riding a road bike so traction was not the greatest.

VS: You did the Green Mountain Stage Race this year. How did it go?

AM: It went well. I didn't go in there with any goals or expectations. It was my first stage race; I needed to learn. I came out thinking to myself, if I really focus on this, I could win my category. I went as an individual and not with a team. That makes a big difference to have a team that can support you and work around you. If I focus a little more and have a little more training, it would be great. As much as adrenaline and excitement gets to you, you have to bring yourself to reality, you have to remind yourself that you have to learn to hold back, you can't kill yourself.

VS: What are some of the benefits of working at Louis Garneau?

AM: I get to try out a lot of gear. And it's the best gear out there. Bottom line.



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VS: You grew up in Western Massachusetts. How did you land in Vermont?

KC: I came here for school; I transferred into the University of Vermont as a sophomore, from Colby College. Initially, when I was applying to colleges, I thought small, liberal arts colleges were the way to go. But I ended up transferring and UVM had a great Nordic program. I fell in love with the area, stuck around here, went to graduate school at UVM, found a job, a husband, and a house.

VS: You grew up on a Nordic ski center called Stump Sprout in Hawley, Mass. What was it like having your parents own a Nordic skiing facility?

KC: At the time, I didn't really realize it was anything out of the ordinary. You're just used to what you grow up with. But I loved it. It was very much a family-fun business. My parents, brother, and I did most of the work. So we always got to see all different people come through the lodge and the ski shop. We grew up skiing, and had trails named after us and the like. My dad had us teaching lessons at five or six years old, much to the chagrin of some of the adults.

VS: Is the center still open?

KC: Yes, they still operate it. It's in its 33rd season.

VS: How do they do for snow?

KC: Believe it or not, they do pretty well. We're probably 25 minutes from the Vermont border, so it's close. The house is situated at about 1,500 feet, and the trails are up there too, so that helps.

VS: How did you start racing?

KC: I went to a small, grade seven through twelve high school. A Nordic ski program had just started the year before I was a seventh grader at the school. My dad had heard about it, being in the Nordic ski business. I had never done team sports before, never done the youth soccer programs or anything. My dad said I should try it, and I did. I really liked the team, and I really liked the older students on the team. Admittedly, I guess I had some fairly successful races early on. The success probably is what kept me going through my early years, before I actually fell in love with racing. And then, I raced all through high school and carried on through college.

VS: You raced for UVM. What did you enjoy, and what were your best events?

KC: I skied at UVM from 2002 to 2006. Carnival was really fun; I guess in any sport it's always so nice to be on your home course or your own field. In addition, there's so much history associated with UVM ski racing, and it's held at a place where there is so

READER ATHLETE



Kate CRAWFORD

Age: 26

Residence: Essex Junction

Family: Husband, Garnet Smith

Occupation: Environmental consultant

Primary sport: Nordic skiing

much history. There's been lots of really phenomenal racing at UVM. It's kind of a legendary place, so it's a special event. They also hosted the NCAAAs in my third year of racing. As far as events? I tend to be better at distance and skating, even though I like classic the best.

VS: You mentioned Nordic skiing never gets old. How do you keep it fresh and interesting?

KC: When I was racing, there was always the excitement of new events to train for and new places to travel. Now that I've stopped racing, it's especially exciting because with my job, I don't get to ski that much, so when I have the chance, it's a big deal. Short of that, the scenery in the woods just never gets old—whether it's fresh snow and everything is lightly dusted, or it's a sunny spring day.

VS: Where do you like to ski?

KC: I have to say my parents' place! But in Vermont, the Trapp Family Lodge is by far my favorite place. My husband also skis so we go to Bolton sometimes. Sometimes we go out to Sleepy Hollow, sometimes Ethan Allen.

VS: Do you ever downhill?

KC: Occasionally. I did a lot when I was little, through the elementary school program and there is an Alpine area near my house. But once I started ski racing, that took up all my time. Since I've been done racing, we go a couple times a year, but we don't get season passes.

VS: Does your husband ski?

KC: I've taught him. He's a lacrosse player at heart.

VS: Do you miss racing?

KC: I definitely do. After collegiate racing, I took three years off, I didn't try to pursue racing when I was done with my collegiate racing eligibility. I kind of thought I had bigger fish to fry in life.

I've done a couple Sleepy Hollow 5Ks, which are very low-key. But I realize I don't have this large group of people to drive to far away races with. Recently, because of time, I've been getting into running.

VS: How is that going?

KC: It's going pretty well. I've been doing the Catamount 5K cross-country series. Running is one of those great things where all you need is a pair of sneakers. Because of time with work, running became my go-to sport. A lot of my friends run, so I have a good solid group of people I can go with. [Editor's note: Kate often wins or places second in the women's 18-35 division.]

VS: Do you have any racing goals for running, or is it more for enjoyment?

KC: It's kind of to give myself something to do. Every year that I've lived up here, I've always done a couple of the Catamount races every summer. I always thought it would be fun to start in the beginning of the season and go every week and get myself in shape with everyone there. I improved every week. There was a group of women who would always finish one minute ahead of me, and by the middle of the season I had caught up to them.

VS: How are you balancing life-work-athletics?

KC: I don't ever get to exercise enough, but that's OK. I usually meet people to run a few mornings a week, at about 6 a.m. And then on the weekends I usually get out for a few runs and sometimes my husband gets up and comes.

VS: You enjoy gardening. Are you a veggie or flower gardener?

KC: Some of both. We just bought a house and one of the biggest selling points was the beautiful landscaping. But it's hard trying to keep up on the work for that! We're thinking about landscaping with vegetables.

VS: How are you enjoying being a homeowner?

KC: I think we're liking it for the most part. It's always a challenge, but an exciting challenge. The other weekend, we had to learn how to solder and figure out how to light the pilot lights in our furnace. It's always those little things. Thank God for Google. ☞

— Sky Barsch



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Myths Concerning Alpine
Skiing Injuries



Alpine skiing is often considered one of the most dangerous winter sports around. However, a new study published in the November/December issue of *Sports Health: A Multidisciplinary Approach* investigates and debunks 12 common myths associated with the sport.

"There are many common misperceptions about skiing safety and equipment needs," said lead author Robert J. Johnson, MD, Emeritus Professor of Orthopaedics at the University of Vermont. "Our study reviewed the literature concerning 12 of the most common topics related to skiing and determined that all or at least part of each of the myths could not be substantiated."

"Anyone who advises skiers on safety issues and medical care should be certain that the advice given is true and accurate. Our review highlights how, when many of these myths are propagated, additional harm and injury can come to the skier," said Johnson.

Here are the 12 myths Johnson and his colleagues analyzed:

1. Skiing is among the most dangerous of activities.

Truth: The approximate annual fatality rate per million hours of exposure associated with cars (~0.30) and bicycles (0.07) is essentially the same as that for skiing (0.12).

2. Broken legs have been traded for blown-out knees.

Truth: The increase in anterior cruciate ligament injuries came later than did the decrease in lower leg injuries; the two groups involve completely different mechanisms of injury.

3. All you need to know is your DIN (release indicator value) number and you can adjust your bindings.

Truth: Inspection and calibration of ski bindings is a complex process that requires specialized tools, equipment, and properly trained technicians.

4. Toe and heel pieces must be set to the same Release Indicator Value or the bindings won't function properly.

Truth: Today's standards allow for personalized release/retention settings that may result in different indicator values at the toe and the heel.

5. Formal ski instruction will make you safer.

Truth: In most studies done in North America and Europe, skiing lessons did not decrease the risk of injury and have not been shown to be an effective method for injury prevention.

6. The shorter the ski, the less torque is applied to the leg in a fall—short skis don't need release bindings.

Truth: Several case control studies have demonstrated a three- to twenty-fold increase in the incidence of ankle and tibia fractures for persons using skiboarders compared to traditional alpine skis. Release bindings should be a requirement for skis of any length.

7. Young bones bend rather than break, so there is no point in spending a lot of money on children's equipment

Truth: Children are at highest risk for potential equipment-related injuries, and therefore require properly functioning equipment if that risk is to be minimized.

8. When buying boots for children, leave plenty of room for fast-growing feet.

Truth: Poor fitting boots are a major factor leading to lower-leg fractures and sprains in young children. If the foot can easily move within the boot, the binding release function is compromised.

9. If you think you are going to fall, just relax and let it happen.

Truth: Skiers should assume the posture of a parachutist just before landing and keep joints flexed moderately. Muscles of the extremities and trunk should be strongly contracted; this response will stiffen and protect bones and joints.

10. Exercise is the best way to avoid skiing-related injuries.

Truth: There is no convincing evidence that conditioning of any type can reduce the risk of alpine skiing injuries, however, there is no downside to good physical condition and it may improve the enjoyment of skiing.

11. Tighter standards that mandate lower release settings will reduce the risk of injury to the ACL.

Truth: The primary mechanism for ACL injury is not related to binding function, so any reduction in the binding release values would not reduce the risk of ACL injury, but could increase the frequency of inadvertent releases.

12. Buying new ski equipment is safer than renting.

Truth: Rental equipment from shops following current standards is inspected for proper function and wear and tear every time it is rented; user-owned equipment is normally inspected only at the beginning of each season. ▢

Published bimonthly, Sports Health: A Multidisciplinary Approach is a collaborative publication from the American Orthopaedic Society for Sports Medicine (AOSSM), the American Medical Society for Sports Medicine (AMSSM), the National Athletic Trainers' Association (NATA), and the Sports Physical Therapy Section (SPTS). Other organizations participating in the publication include the American Academy of Pediatrics and the American Osteopathic Academy of Sports Medicine (AOASM). For more information on the publication or to submit a manuscript, go to <http://sph.sagepub.com/>.

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BIATHLON

ONGOING

Tuesdays and Thursdays (Dec. 1 through March 18), 4-6PM, Biathlon Training, Youth/Junior, coaching for all levels and experience, rifles available, jpmad2003@yahoo.com, www.eabiathlon.org.

Thursdays (Jan. 14, 21, 28; Feb. 11, 18, 25), Biathlon Winter Race Series, beginners welcome, rifles and instruction available, reg. 4:30PM; Novice clinic 5PM; zero 5-5:45; race 6:00; freestyle technique, under the lights, jpmad2003@yahoo.com, www.eabiathlon.org.

CROSS-COUNTRY SKIING

DECEMBER

- 6 Craftsbury Opener Freestyle XC Ski Race, 10AM, Craftsbury Common, VT, 802-586-7767, stay@craftsbury.com, www.craftsbury.com
- 6 Alpina Ski-Orienteering Clinic, learn about ski-orienteering from 12-1PM, short race from 1-2PM, Craftsbury Outdoor Center, Craftsbury, VT, aowens@sterlingcollege.edu, www.craftsbury.com
- 12-13 Introduction to Performance Skiing and Racing Technique, Trapp Family Nordic Ski Center, Stowe, VT, abby@nensa.net, www.nensa.net
- 13 Bolton Season Opener Freestyle Race, 8K for J1-Masters, 3K J2, BKL distances, 10AM, Bolton Nordic Center, Bolton Valley, VT, Liz Hollenbach, 802-434-6876, lhollenbach@boltonvalley.com, www.boltonnordic.wordpress.com

JANUARY

- 2 Mount Hor Hop 5K/10K Freestyle Race, 1:30PM, Mount Hor, Route 5A, south end of Lake Willoughby, Westmore, VT, Mike Kiser, 802-334-7144 (eves), kiser52@comcast.net, www.mstf.net
- 3 Alpina Ski-Orienteering Clinic, learn about ski-orienteering from 12-1PM, short race from 1-2PM, Craftsbury Outdoor Center, Craftsbury, VT, aowens@sterlingcollege.edu, www.craftsbury.com
- 3 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
- 9 Bogburn Classic, 13K for J1-Master Men, 7K for J2s and Women, BKL distances, 10AM-1:30PM starts, Haydock House, Pomfret, VT, Bob Haydock, 978-369-2684 or 802-763-7064, rhaydock3@gmail.com
- 9 Mountain Trail Association Ladies Nordic Ski Expo, Trapp Family Lodge, Stowe, VT, Joan Hanowski, jhanowski@pshift.com, www.catamounttrail.org
- 9 Backcountry Skiing I, 9AM-4PM, with Petra Cliffs Climbing & Mountaineering School, Burlington, VT, 802-657-3872, www.petracliffs.com
- 10 7th Annual Stowe Nordic BKL Mini-Marathon 15K, 25K & 6K for kids, 10AM, Stowe Mountain Resort Cross-Country Center, Stowe, VT, Carol Van Dyke, 802-253-4500, cavandyke@aol.com, Becky McGovern, 802-253-2252, vtmcgovern@pshift.com, www.stowetimes.org/snoc/, www.skireg.com

- 16 Backcountry Skiing II, 9AM-4PM, with Petra Cliffs Climbing & Mountaineering School, Burlington, VT, 802-657-3872, www.petracliffs.com
- 16 Winter Wild Uphill Series #1, 7AM, uphill race on snowshoes, skis, or winter running shoes, followed by first tracks back down, Whaleback Mountain, Enfield, NH, Chad Denning, 603-748-1070, creation@nl-nh.com, www.winterwild.com
- 28 U.S. National Masters Championship 10K Freestyle XC Ski Race, 2:30PM, Craftsbury Common, VT, 802-586-7767, stay@craftsbury.com, www.craftsbury.com
- 29 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
- 30 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
- 31 New England Women's XC Ski Day, Waterville Valley, NH, Trina Hosmer or Anne Donaghy, hosmer@oit.umass.edu

FEBRUARY

- 6 Winter Wild Uphill Series #2, 7AM, uphill race on snowshoes, skis, or winter running shoes, followed by first tracks back down, Ragged Mountain, Danbury, NH, Chad Denning, 603-748-1070, creation@nl-nh.com, www.winterwild.com
- 7 2010 Camel's Hump Challenge, Huntington, VT, Jared Poor, www.camelshumpchallenge.comcast.net
- 13 Backcountry Skiing I, 9AM-4PM, with Petra Cliffs Climbing & Mountaineering School, Burlington, VT, 802-657-3872, www.petracliffs.com
- 20 Backcountry Skiing II, 9AM-4PM, with Petra Cliffs Climbing & Mountaineering School, Burlington, VT, 802-657-3872, www.petracliffs.com
- 20 Winter Wild Uphill Series #3, 7AM, uphill race on snowshoes, skis, or winter running shoes, followed by first tracks back down, Whaleback Mountain, Enfield, NH, Chad Denning, 603-748-1070, creation@nl-nh.com, www.winterwild.com

ONGOING

Wednesdays, 6:30PM, Sleepy Hollow Wednesday Night Race Series (Jan. 6 thru Feb. 24), 2K, 4K, or 6K, classic or skate, Sleepy Hollow Inn & Cross-Country Center, Huntington, VT, 802-434-2283, www.skisleepyhollow.com

CLIMBING & MOUNTAINEERING

DECEMBER

- 19 Ice I Clinic (Ice Climbing for Beginners), 9AM-4PM, with Petra Cliffs Climbing & Mountaineering School, Burlington, VT, 802-657-3872, www.petracliffs.com
- 20 Ice II Clinic (Ice Climbing for Intermediates), 9AM-4PM, with Petra Cliffs Climbing & Mountaineering School, Burlington, VT, 802-657-3872, www.petracliffs.com

JANUARY

- 16 Ice I Clinic (Ice Climbing for Beginners), 9AM-4PM, with Petra Cliffs Climbing & Mountaineering School, Burlington, VT, 802-657-3872, www.petracliffs.com
- 17 Ice II Clinic (Ice Climbing for Intermediates), 9AM-4PM, with Petra Cliffs Climbing & Mountaineering School, Burlington, VT, 802-657-3872, www.petracliffs.com

- 29-31 Alpinist/Smuggs Ice Bash 2010, Smugglers' Notch Resort, Jeffersonville, VT, Bert, 802-730-2978, sunriseadventures@gmail.com, www.sunriseadventuresports.com

FEBRUARY

- 13 Ice I Clinic (Ice Climbing for Beginners), 9AM-4PM, with Petra Cliffs Climbing & Mountaineering School, Burlington, VT, 802-657-3872, www.petracliffs.com
- 14 Ice II Clinic (Ice Climbing for Intermediates), 9AM-4PM, with Petra Cliffs Climbing & Mountaineering School, Burlington, VT, 802-657-3872, www.petracliffs.com

MISCELLANEOUS

DECEMBER

- 17 Slideshow/Fundraiser: "Off Piste in the Northeast," with Brian Mohr & Emily Johnson, 7PM, Akeley Building, Stowe, VT, 802-496-5434, www.emberphoto.com
- 28 Slideshow/Fundraiser: "Off Piste in the Northeast," with Brian Mohr & Emily Johnson, 7PM, Gatehouse Lodge, Sugarbush Resort, Warren, VT, 802-496-5434, www.emberphoto.com

JANUARY

- 23-25 AIARE Level 1 Avalanche Course, 9AM-4PM, with Petra Cliffs Climbing & Mountaineering School, Burlington, VT, 802-657-3872, www.petracliffs.com, info@petracliffs.com

ONGOING

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

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

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

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

PILATES

ONGOING

Mondays & Thursdays, 6-7PM, Pilates Group Mat Classes, Timberlane Physical Therapy North, Winooski, VT, Nancy, 802-864-3785

Tuesdays, 9:30-10:30AM, Pilates Group Mat Classes, Timberlane Physical Therapy, So. Burlington, VT, Nancy, 802-864-3785

RUNNING

DECEMBER

- 14 June 6, 2010 Covered Bridges Half Marathon registration opens, 2,300 on-line spaces available, Woodstock, VT, www.cbhm.com
- 31 RaceVermont The Last Run 5K, Shelburne, VT, Rayne Herzog, 802-316-7142, rayne@racevermont.com, www.racevermont.com

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- 31 CVR First Night Montpelier 5K, 3PM, Pavilion Building, Montpelier, VT, Tim Shea, 802-229-3559, sevensesha@gmail.com

JANUARY

- 16 Winter Wild Uphill Series #1, 7AM, uphill race on snowshoes, skis, or winter running shoes, followed by first tracks back down, Whaleback Mountain, Enfield, NH, Chad Denning, 603-748-1070, creation@nl-nh.com, www.winterwild.com
- 21 Team in Training Information Meeting, Essex Jct., VT, Gail Deuso, 802-233-0014, gail.deuso@lls.org, www.teamintraining.org
- 23 Team in Training Information Meeting, Ludlow, VT, Gail Deuso, 802-233-0014, gail.deuso@lls.org, www.teamintraining.org
- 26 Team in Training Information Meeting, So. Burlington, VT, Gail Deuso, 802-233-0014, gail.deuso@lls.org, www.teamintraining.org

FEBRUARY

- 6 Winter Wild Uphill Series #2, 7AM, uphill race on snowshoes, skis, or winter running shoes, followed by first tracks back down, Ragged Mountain, Danbury, NH, Chad Denning, 603-748-1070, creation@nl-nh.com, www.winterwild.com
- 20 Winter Wild Uphill Series #3, 7AM, uphill race on snowshoes, skis, or winter running shoes, followed by first tracks back down, Whaleback Mountain, Enfield, NH, Chad Denning, 603-748-1070, creation@nl-nh.com, www.winterwild.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, ramey2001@yahoo.com
- Sundays, Team in Training group runs, Burlington area, for meeting locations contact Jan Leja, www.runwithjan.com
- Sundays, 8AM, Vermont City Marathon/Green Mountain Athletic Association Social Runs, Twin Oaks, Farrell St., So. Burlington, VT, Mike Desanto, 802-893-0547, mike.desanto@gmail.com
- Sundays, BKVR Training Runs, Southwestern Vermont Area, Jim Sullivan, 802-375-2813, www.bkvr.org

SNOWSHOEING

DECEMBER

- 27 "I Love Woodford" 5K Snowshoe Race, WMAC Dion Racing Series, 10:30AM, Woodford, VT, www.runwmac.com/snowshoes/default.html, www.dionsnowshoes.com

JANUARY

- 16 Winter Wild Uphill Series #1, 7AM, uphill race on snowshoes, skis, or winter running shoes, followed by first tracks back down, Whaleback Mountain, Enfield, NH, Chad Denning, 603-748-1070, creation@nl-nh.com, www.winterwild.com
- 23 Hoot, Toot & Whistle 3.3-mile snowshoe race, 10AM, Readsboro, VT, www.runwmac.com/snowshoes/default.html, www.dionsnowshoes.com
- 30 Tubbs Romp to Stomp Out Breast Cancer, Stratton Mountain Resort, Stratton, VT, romptostomp@tubbssnowshoes.com

FEBRUARY

- 6 Winter Wild Uphill Series #2, 7AM, uphill race on snowshoes, skis, or winter running shoes, followed by first tracks back down, Ragged Mountain, Danbury, NH, Chad Denning, 603-748-1070, creation@nl-nh.com, www.winterwild.com
- 7 9th Annual Northern Vermont 8K Snowshoe Race & 4K Fun Snowshoe Run/Walk, Smugglers' Notch Resort, Jeffersonville, VT, Zeke Zucker, 802-644-1173, zzucker@smuggs.com
- 20 Winter Wild Uphill Series #3, 7AM, uphill race on snowshoes, skis, or winter running shoes, followed by first tracks back down, Whaleback Mountain, Enfield, NH, Chad Denning, 603-748-1070, creation@nl-nh.com, www.winterwild.com

MARCH

- 6 Winter Wild Uphill Series #4, 7AM, uphill race on snowshoes, skis, or winter running shoes, followed by first tracks back down, Mount Sunapee, Newbury, NH, Chad Denning, 603-48-1070, creation@nl-nh.com, www.winterwild.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., 4:5-5:30PM, 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

Daily, Masters Swim Practice, call for times, Upper Valley Aquatics Center, White River Junction, VT, Barbara Hummel, 802-296-2850, www.uvac-swim.org

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

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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SNOWBOARDING

DECEMBER

- 5 Rails 2 Riches, Killington Resort, Killington, VT, thobbs@killington.com
- 5 ROME Rail Jam, Okemo Mountain Resort, Ludlow, VT, Jeff Alexander, info@okemo.com
- 19 K-Town Showdown Series, Event #1, Killington Resort, Killington, VT, Tess Hobbs, thobbs@killington.com

JANUARY

- 16 K-Town Showdown Series, Event #2, Killington, VT, Tess Hobbs, thobbs@killington.com

FEBRUARY

- 13 K-Town Showdown Series, Event #3, Killington Resort, Killington, VT, Tess Hobbs, thobbs@killington.com
- 27 AMP Energy Light the Night Rail Jam, Okemo Mountain Resort, Ludlow, VT, info@okemo.com
- 27-28 Mountain Dew Vertical Challenge, Killington Resort, Killington, VT, Tess Hobbs, thobbs@killington.com



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39TH GMAA GREEN MOUNTAIN MARATHON October 17, 2009 South Hero, Vermont

Women 19 & Under

1 Lucy Glaize	Winchester VA	3:55:30
2 Shannon Deady	Medway MA	4:27:33

Women 20-29

1 Laura Hagley	Rowley MA	3:21:01
2 Jessica Chao	Burlington VT	3:35:29
3 Deirdre Forcier	Westport NY	3:44:43
4 Marissa Knodel	W Lebanon NH	4:13:08
5 Emily Eros	W Lebanon NH	4:13:08
6 Katherine Fraga	Iowa City IA	4:15:24
7 E Fehrenbach	Seattle WA	4:19:06
8 Darcy Kimball	Waterbury VT	4:26:02
9 Elizabeth Lawlis	Dannemora NY	4:26:49
10 Annie Rorem	Princeton NJ	4:33:26

Women 30-39

1 Jennifer VanDongen	Bath ME	3:03:05
2 Cathy Eustis	Essex Jct VT	3:21:43
3 Rebecca Beaulne	Fort McMurray AB	3:29:33
4 Serena Wilcox	Cambridge VT	3:30:35
5 Amy Odeyfe	Waterbury VT	3:35:59
6 Nada Chakroun	Lasalle QC	3:37:29
7 Ioana Petru	Astoria NY	3:55:15
8 Thao Nguyen	Williston VT	3:58:29
9 Kristen Forcier	Westport NY	4:07:11
10 Leigh Chandler	Jericho VT	4:08:36
11 Susan Kessler	Evanston IL	4:09:50
12 Ginger King	Otter Creek ME	4:10:45
13 Elizabeth Ploof	Essex Jct VT	4:12:28
14 Michelle Boutin	Colchester VT	4:17:30
15 Erin O'Neil	Newport VT	4:19:39

Women 40-49

1 Julia Lewis	Burlington VT	3:24:15
2 Maria Vargas	So Park PA	3:39:56
3 Julie Hill-Warner	Bar Harbor ME	3:42:16
4 Jennifer Sorrell	Essex Jct VT	3:48:59
5 Kim Goody	Groton VT	3:49:12
6 Ruth Cronin	St. Albans VT	3:49:12
7 Gina Rockstad	Cloquet MN	3:49:37
8 Ellie Bouffard	Colchester VT	3:52:27
9 Laura Olsen	Pawling NY	3:54:38
10 Bekkie Wright	E Hartford CT	3:56:01
11 Hyon Dingwell	New Windsor NY	3:59:52
12 Danielle Leggett	Beaconsfield QC	4:00:04
13 Anastasia Polito	Montreal QC	4:12:00
14 Karyn Curtis	Nepean ON	4:16:49
15 N Beck-Livingstone	Ottawa ON	4:16:49
16 Elizabeth Delisle	Milton VT	4:17:38
17 Michelle Schall	Orlando FL	4:18:08
18 Ruth Rust	Croton on Hudson NY	4:21:07
19 Lynn Tkach	Essex VT	4:25:37
20 Laura Greene	Shaftsbury VT	4:28:12
21 Cathy Saylor	Waverly Hall GA	4:33:26
22 Cindy Baird	Lake Placid NY	4:37:30
23 Laurie Ockey	Springville VT	4:47:16
24 Jana Bolton	Nashville TN	4:48:59
25 Jana Brule	Drury MA	4:50:51
26 Kerry Lambert	E Fairfield VT	4:51:21
27 Kelly Jensen	Springville UT	4:54:41

28 Vicki Longley	Canaan NH	4:55:13
29 Lynette Fanguy	Austin TX	5:07:01
30 Clare King	Eagle River AK	5:15:40
31 BC Kindred	Eagle River AK	5:16:49
32 K Barrett-Gaines	Bowie MD	5:20:36
33 Kim Holliday	Lake Almanor CA	5:33:05
34 Angela Tortorice	Dallas TX	5:33:05

Women 50-59

1 Kelly Rogers	Esko MN	3:48:41
2 P Arsenault-Berry	Duxbury VT	3:57:44
3 Sheila Colwell	Jamaica Plain MA	3:59:47
4 Holly Stretch	Lake Placid NY	4:10:40
5 Riitta Tornegard	Yardley PA	4:20:14
6 Denise Dion	Readsboro VT	4:23:54
7 Debbie Tirion	So Hero VT	4:27:26
8 Elizabeth Meyer	Jericho VT	4:28:35
9 Karen Mitchell	York PA	4:41:53
10 Diane Snow	Richmond KY	4:43:42
11 Joan Katz	Yorba Linda CA	4:51:04
12 Martha Lang	Burlington VT	4:52:47
13 Janet Puzey	Berea KY	4:58:24
14 Barbara Newhall	Volcott VT	4:59:09
15 Ruth Deuser	Floyd Knobs IN	5:03:06

Women 60-69

1 Sandra Overstreet	Newcastle WA	3:57:03
2 Marilyn Schnobrich	Duluth MN	4:15:08
3 Sylvia Wiegand	Lincoln ME	5:17:44

Men 19 & Under

1 Francois Brosseau	St Jean Sur Richelieu QC	4:36:57
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Men 20-29

1 Ben King	Burlington VT	2:51:23
2 Daniel Gould	Essex VT	2:56:19
3 Tyler Garvey	Burlington VT	2:59:27
4 Jason Lantz	Lancaster PA	3:11:15
5 Rob Larson	Boulder CO	3:12:07
6 Will Briggs	Colchester VT	3:26:13
7 Cassidy Kyler	Lake Placid NY	3:33:17
8 David Schwartz	Providence RI	3:35:02
9 Evan Webster	Brookline MA	3:39:15
10 Max Krieg	Burlington VT	3:42:37
11 Brian Dye	Hanover NH	3:49:59
12 Bill Morris	Burlington VT	3:53:01
13 Thomas Simek	Aurora IL	4:02:41
14 Troy Mathers	Morresville IN	4:20:45
15 Nathan Kizer	Plymouth IN	4:24:21

Men 30-39

1 Eli Enman	Huntington VT	2:37:14
2 Thomas Howard	Brooklyn NY	2:52:51
3 Guido Mase	So Burlington VT	2:54:43
4 Alex Fyfe	New York NY	2:55:15
5 Patrick Hamel	Waitsfield VT	2:56:03
6 Flavius Craciunas	Astoria NY	2:57:04
7 Chadwick Shepard	Williston VT	3:03:52
8 Jason Baer	Burlington VT	3:06:33
9 Frederic LaRose	Marquette QC	3:13:08
10 Stephen Trull	Burlington VT	3:15:52
11 Jay Fauci	White River Jct VT	3:17:52
12 Benoit Richard	St. Jean Sur Richelieu QC	3:20:21
13 Jason Wulff	Waterbury VT	3:21:13
14 Fraser Hollins	Montreal QC	3:32:20
15 Brad Ploof	Essex Jct VT	3:32:52
16 Andrew Davis	Jericho VT	3:39:49
17 Ted Lapinski	Northfield MA	3:40:19
18 Mike McKinley	Burlington VT	3:48:19
19 Eric Cook	So Royalton VT	3:52:21
20 Eric Castonguay	Montreal QC	3:53:29
21 Jamie Koenemann	So Burlington VT	3:53:33
22 Patrick O'Donnell	Montpelier VT	3:58:01
23 Scott Keith	Philadelphia PA	3:58:07
24 James Spignardo	Fayetteville PA	3:59:14
25 Matthew Dickstein	E Hardwick VT	4:01:01
26 Alain Ollier	Damariscotta ME	4:04:01
27 Brian McCurley	Newport VT	4:19:39

28 Eric Eldridge	Ctr Ossipee NH	4:27:40
29 Robert Ardrey	Brookline MA	4:38:52
30 James Spanier	Jeffersonville VT	4:39:59
31 Joseph Trunzo	Chepachet RI	4:51:31
32 Merrill Flake	Framingham MA	4:59:13
33 Jeffrey Bidwell	Baldwinsville NY	5:06:53
34 Kurt Shaffert	New Haven CT	5:10:35
35 Paul Sulva	Jericho VT	5:11:33
36 Tim Richmond	Grand Isle VT	5:27:20
37 Sebastian Brown	Newport VT	5:56:21

Men 40-49

1 Barry Gruessner	Burlington VT	2:57:52
2 Jim Roche	Lancaster PA	3:04:10
3 David Regin	Winchester MA	3:04:29
4 Mark Wanner	Bar Harbor ME	3:04:41
5 Ludo Bruyere	St. Bruno QC	3:06:53
6 Luigi Buffone	Frankfort IL	3:10:07
7 Rowly Bruckner	Northfield VT	3:11:15
8 Christian Dore	Montreal QC	3:11:35
9 Mike Stuka	Orland Park IL	3:13:13
10 Ron Proud	Montreal QC	3:15:23
11 D Miller-Arsenault	Middlesex VT	3:21:07
12 Philip Hodge	Little Elm TX	3:21:52
13 Claude LaFond	Outremont QC	3:22:13
14 Jack Harris	Lyndonville VT	3:24:44
15 George Locke	St. Lambert QC	3:25:59
16 Joe Pierson	Canton NY	3:26:44
17 Garry Harrington	Keene NH	3:28:16
18 Mark Sturcliffe	Ottawa ON	3:31:08
19 Jeff Kimbell	Zionsville IN	3:31:33
20 Craig Leisher	Chambersburg PA	3:34:17
21 Bob Meyer	Oakland NJ	3:34:53
22 Paul Maxted	So Burlington VT	3:36:50
23 J Dewar	Gloucester ON	3:37:31
24 Howard Kalfus	Colchester VT	3:39:01
25 Richard Kicinski	Vermontville NY	3:39:08
26 Aidan Thomas	Hinesburg VT	3:40:25
27 Craig Stroup	White Lake MI	3:41:13
28 Jeff Dirs	St. Jean Sur Richelieu QC	3:41:25
29 Steve Rucker	Burlington VT	3:42:01
30 David Hammond	Huntington VT	3:43:48
31 Errol Groves	Swanton VT	3:45:29
32 Keith White	Westford VT	3:47:26
33 Tom Cardinal	Essex Jct VT	3:48:39
34 Pierre Collins	St. Anne de Bellevue QC	3:51:49
35 Stephane Ouellet	Montreal QC	3:52:11
36 Bryan Chandler	Indianapolis IN	3:53:08
37 John Lacroix	Williston VT	3:54:45
38 David Eggermann	Chatham NJ	3:57:53
39 Gale Dingwell	New Windsor NY	3:59:53
40 Wayne Vanderpool	Adams Ctr NY	4:03:29
41 Richard Palmer	Shoreline WA	4:05:35
42 Khaled Joobar	Lasalle QC	4:07:34
43 Frank Benvenuto	Harwinton CT	4:10:39
44 Robert Weeks	Fort Mill SC	4:16:46
45 Ridha Joobar	Lasalle QC	4:17:24
46 Dave Bell	Highlands Ranch CO	4:21:57
47 Tim Rothfuss	Lebanon NH	4:22:10
48 Stacey Brooks	Plattsburgh NY	4:28:08
49 Dennis Bray	Plattsburgh NY	4:30:56
50 Tom Deady	Holliston MA	4:31:20
51 Chris Oppenlander	Troy MI	4:34:37
52 Richard Priest	Hemmingsford QC	4:39:07
53 Wesley Wilson	Bloomingtond NY	4:40:55
54 Frank Beres	Welland ON	4:45:08
55 Harry Starrett	Simsbury CT	4:45:56
56 Chip Darmstadt	Middlesex VT	4:46:54
57 Ron Brenner	Lake Placid NY	4:56:15
58 Tim Marquardt	Prairie Grove IL	5:29:14
59 John Quinn	Westford VT	6:00:22

Men 50-59

1 Ken Schatz	So Burlington VT	3:08:08
2 Bob Smeby	Plano TX	3:12:55

3 Mike O'Hara	Gardner MA	3:13:22
4 Phil Henry	Jena LA	3:18:22
5 Ron Osborn	Johnson VT	3:22:09
6 Bryce Jones	Richmond VT	3:23:00
7 Neil Wheelwright	Burlington VT	3:25:21
8 Tom Ozahowski	Therford VT	3:28:24
9 Douglas Kerr	Lewis NY	3:30:10
10 Mark Bonderud	Monmouth ME	3:30:58
11 Jeffery Armer Sr.	Arlington TX	3:32:42
12 Bob Plamondon	Ottawa ON	3:34:24
13 Bob Sayers	Huntington VT	3:35:18
14 Jim Pike	Corner Brook NL	3:35:59
15 Wayne Brownell	Jericho VT	3:39:52
16 Dave Fields	Underhill VT	3:40:40
17 Martin Desbois	Beaconsfield QC	3:40:44
18 Augustus Larson	Far Hills NJ	3:41:24
19 David Dietrich	Greenville NY	3:43:38
20 Clayton Wray	Plattsburgh NY	3:44:45
21 Jeffrey Katz	Yorba Linda CA	3:45:04
22 Carl Scott	Fair Haven VT	3:46:19
23 Greg Wittmer	Saranac Lake NY	3:46:34
24 Andy Jaffe	Conway MA	3:47:36
25 Andrew Hazer	Columbia IA	3:48:04
26 Bob O'Brien	Hilliard OH	3:48:14
27 Steven Meunier	Essex Jct VT	3:48:36
28 Bruce Patterson	Fairfield VT	3:48:38
29 Raouf Mallouh	Cote Saint Luc QC	3:51:37
30 Charles Windisch	Essex Jct VT	3:51:54
31 David Bartholomew	Walnut Creek CA	3:54:50
32 Mark Melendy	Hartland VT	3:55:53
33 Joseph Poliquin	E Hartford CT	3:56:01
34 Neil Mandel	Shelton CT	3:56:57
35 Michael Gordon	Essex Jct VT	3:57:50
36 Franc Libihul	W Hurley NY	3:59:59
37 Walter Morris Jr.	Lyndonville VT	4:02:51
38 Darwin Weimer	Emerald Park SK	4:04:17
39 Douglas Caverly	Quincy MA	4:06:41
40 Craig Smith	Springfield IL	4:08:44
41 Donald Weaver	So Burlington VT	4:12:21
42 Layne Davis	Milwaukee WI	4:12:22
43 Ken Skelly	Rifle CO	4:12:39
44 Jonathan Shaw	Burlington VT	4:17:18
45 Daniel Tyukody	Manhattan Beach CA	4:19:32
46 Craig Whipple	Barre VT	4:20:06
47 John Lavoie	St Albans VT	4:20:09
48 Randy Witlicki	Norwich VT	4:28:18
49 Warren Feeler	Cedar Rapids IA	4:33:03
50 Dane Groszek	Middletown NY	4:34:28

Men 60-69

1 Chuck Arnold	Burlington VT	3:17:35
2 Larry Lichnovsky	Arlington TX	3:19:11
3 Charles White	Burlington VT	3:48:15
4 Harold Puzey	Berea KY	3:52:46
5 Toshiharu Furukawa	Essex Jct VT	3:55:04
6 Fred Stapenhorst	Montpelier VT	3:57:04
7 Jean LaRose	Marquette QC	4:13:07
8 Norman Yanofsky	Ottawa ON	4:16:49
9 David Reid	Crestline CA	4:32:43
10 Richard Davis	Newport NH	4:38:19
11 Rene Phaneuf	Mapleville RI	4:42:36
12 John Backman	Encinitas CA	4:48:59
13 Jerry Collins	Charlestown IN	5:11:12
14 Newton Baker	Montpelier VT	5:31:25
15 Johnnie Phillips	Jena LA	5:33:04
16 James Garnham	Danvers MA	5:40:02
17 Ray Hasson	Ledyard CT	5:43:02
18 Benjamin Navarrete	Staten Island NY	5:44:41
19 Jim Simpson	Huntington Beach CA	5:52:29
20 Laurence Macon	San Antonio TX	5:52:30

Men 70-79

1 Paul Lenz	Colt's Neck NJ	4:29:16
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RACE RESULTS

AUTUMN ONION 5K/10K October 31, 2009 Morse Farm, Montpelier, Vermont

5K RACE

Women 19 & Under

1 Lauren Arkind	32:05
2 Hannah Mitchell	37:19

Women 20-29

1 Kristin Cook	35:59
2 A Madonic Skinner	42:00

Women 30-39

1 Liz Hincliffe	33:57
2 Kathleen Bryant	32:30
3 Beth Boutin	33:17
4 Alex Olin	36:23

Women 40-49

1 Chris Meehan	36:37
2 Wendy Moore	36:58
3 April Farnham	38:00
4 Sandy Colvin	46:00
5 Becky Diedrich	46:00

Women 50-59

1 Donna Smyers	28:58
2 Laurelea Oehler	39:31
3 Eric Morse	51:49
4 Gary Kessler	22:52
5 Chris Cote	23:14
6 Thomas Moore	25:34
7 Donna Curtin	25:37
8 Andy Shetford	26:54

Men 19 & Under

1 Nicky	23:18
2 Matt	30:18
3 Caleb Kessler	32:26
4 Geoffrey Kadow	35:52
5 Jacob Palmerio	42:00

Men 20-29

1 Tyler Jamler	23:54
2 James White	26:39
3 Oliver Hackerson	
4 Kerry Kaye	
5 Wilson Skinner	
6 Roy Belcher	

Men 30-39

1 Jon Lewis	
2 Dustin Rand	

Men 40-49

1 Eric Morse	21:31
2 Gary Kessler	26:59
3 Chris Cote	27:57
4 Thomas Moore	29:26
5 Andy Shetford	49:25

Men 50-59

1 Mike Lacharite	35:15
2 Fran Cook	38:58
3 Bob Provost	40:42

Masters Men

1 Roger Cranse	41:22
2 Don Lacharite	51:50

10K RACE

Women 20-29

1 Kayla Angier	53:11
2 Emily Levin	41:47

Women 30-39

1 Kelly Ault	55:20
2 Lissa Knauss	58:31
3 Rebecca Roy	1:00:04
4 Marsc Foster	1:05:58
5 Joanne Crogan	1:12:18
6 Donna Curtin	1:14:32
8 Sarah Clark	1:14:44

Women 40-49

1 Sarah Proham	59:34
2 Ellie Bouffard	1:06:38
3 Catherine Ross	1:10:03

Women 50-59

1 Ruth Blauwiekel	1:03:43
2 Jyles Yates	45:28
2 Jake Mitchell	46:29
3 Chris Bernier	55:44

Men 20-29

1 Eric Darling	46:39
2 Jon Floyd	51:02
3 Kevin Dowling	55:06

Men 30-39

4 Scott Mason	57:47
5 Jordan Kerison	1:04:31
6 Ethan Phelps	1:11:37

Men 40-49

1 Joshua Brown	43:07
2 John Kamin	1:00:15
3 Channon Bernstein	1:03:47
4 Jeff Prescott	1:07:59
5 Frank Spaulding	1:14:44
6 Binney Mitchell	7:20:26

Men 50-59

1 Bill Dysart	56:48
2 Chris Yates	1:00:43
3 Bob Sayers	1:02:25
4 Randy Witticki	1:14:58

Masters

1 Perry Bland	56:14
2 Peter Szawowski	1:01:14
3 Clement Choy	1:12:25



RACE RESULTS

RACE VERMONT HALF MARATHON November 8, 2009 Shelburne, Vermont

Men 15-19

1 David Mortner	Westport CT	1:26:16.5
2 Zach Mollengarden	Middlebury VT	1:32:14.2
3 T Behan Gallagher	Shelburne VT	1:38:30.5
4 Jesse Rodimon	Bradford VT	2:02:53.3

Men 20-24

1 Colby Nixon	Burlington VT	1:29:25.6
2 Isaac Noyes	Burlington VT	1:30:38.6
3 T Vander Linden	Groton MA	1:31:14.0
4 Joe William Fraker	Burlington VT	1:38:33.8
5 William McNulty	Shelburne VT	1:45:06.3
6 Matthew Bianco	Charlestown MA	1:48:36.9
7 Stone Conroy	Middlebury VT	1:51:35.6
8 Curtis Hager	Jamaica Plain MA	1:58:11.4
9 Brad Calabro	Burlington VT	2:01:43.4
10 David Jacobs	Shelburne VT	2:02:36.3
11 Scott Manley	Burlington VT	2:07:10.4

Men 25-29

1 Ben King	Burlington VT	1:18:40.2
2 Chester Areson	Burlington VT	1:21:39.8
3 J Patrick Newton	Cambridge MA	1:21:56.7
4 Brock Libby	Burlington VT	1:26:50.0
5 Joshua Keating	Harvard MA	1:31:39.4
6 Peter Verasin	Arlington VA	1:34:06.1
7 Scott Mildrum	Burlington VT	1:34:32.9
8 Eric McCarthy	Essex Jct VT	1:41:28.4
9 Barton Wheeler	Burlington VT	1:41:51.9
10 Chip Fieiss	So Burlington VT	1:43:38.6
11 Roy Swan Belcher	Worcester VT	1:47:44.6
12 Ilsley Colton	Burlington VT	1:52:17.9
13 Bill Morris	Burlington VT	1:54:09.3
14 Jason Booth	E Fairfield VT	1:57:13.8
15 Elliott Bent	St Johnsbur VT	1:57:28.0

Men 30-34

1 Michael Previs	Fairfax VT	1:21:53.0
2 Mike Fink	Guilford VT	1:25:33.2
3 Jason Baer	Burlington VT	1:25:49.7
4 Matthew Roth	Milton VT	1:26:01.3
5 Eric Tremble	Jericho VT	1:27:49.2
6 Kevin Dowling	Essex Jct. VT	1:29:01.5
7 Jason Shugart	Vergennes VT	1:31:40.0
8 Rob McDougall	So Burlington VT	1:32:40.6
9 Yuki Fujita	Winooski VT	1:35:24.6
10 Christopher Leforce	Burlington VT	1:40:02.5
11 Martin Courcelle	Colchester VT	1:40:41.0
12 Mike McKinley	Burlington VT	1:41:30.4
13 Derek J MacDonald	So Burlington VT	1:51:33.5
14 Preston Sellars	Plattsburgh NY	1:51:46.6
15 Jean-Philippe Lemay	Montreal QC	1:55:48.0

Men 35-39

1 Loren Voyer	Essex Jct VT	1:20:20.5
2 James Murphy	Berlin VT	1:26:54.5
3 Daniel Scheidt	Burlington VT	1:28:41.7
4 N Broomfield	Providence RI	1:30:08.6
5 Greg Bergeron	Milton VT	1:31:00.0
6 David Conger	New York NY	1:38:59.0
7 Eric Jon Perry	Hyde Park VT	1:39:42.3
8 Timothy Ryan Ziter	Colchester VT	1:41:33.8

9 Jed Batchelder	Shelburne VT	1:41:35.7
10 James Harnish	Essex Jct. VT	1:44:07.1
11 Paul Sulva	Jericho VT	1:45:20.5
12 Michael D'Amico	Charlotte VT	1:59:38.2
13 Njama Braasch	Richmond VT	1:59:41.8
14 Tim Richmond	Grand Isle VT	2:01:58.8
15 Roman Vogel	Shelburne VT	2:20:58.8

Men 40-44

1 Robert Burbank	Williston VT	1:29:39.7
2 Sean Mitchell	Burlington VT	1:32:20.6
3 Frank McLaughlin	Burlington VT	1:35:36.6
4 Craig Pepin	Burlington VT	1:36:16.1
5 Paul Gaboriautt	So Burlington VT	1:37:14.1
6 Jason Cota	Starksboro VT	1:37:25.5
7 Kevin Spillane	Shelburne VT	1:38:23.5
8 Dan Mannix	Plattsburgh NY	1:41:49.3
9 Tim Rothfuss	Lebanon NH	1:42:59.6
10 Scott Nichols	Essex VT	1:43:53.0
11 Michael L Gilman	Burlington VT	1:45:54.1
12 John Bear	Kennebunk ME	1:46:39.3
13 Mark Colgan	Charlotte VT	1:49:26.0
14 Shawn Skafestad	Williston VT	1:51:28.5
15 James E Salter	Colchester VT	1:52:33.9

Men 45-49

1 Tom Noonan	Jeffersonville VT	1:39:49.6
2 Steve Messier	Jeffersonville VT	1:41:14.6
3 Brendan Finn	So Burlington VT	1:41:53.0
4 David Estes	Richmond VT	1:50:14.2
5 Steve Broadwell	Peru NY	1:58:13.9
6 Timothy Lawlis	Peru NY	1:58:16.5
7 Mark McCarthy	Hadingson Hudson NY	2:01:11.7
8 Rich Haskell	So Burlington VT	2:48:01.7

Men 50-54

1 Dave Fields	Underhill VT	1:37:01.8
2 Frank Bianco	Briarcliff Manor NY	1:40:54.4
3 John Berling	Burlington VT	1:43:10.2
4 Patrick Remillard	Peru NY	1:45:55.5
5 Scott Kline	Essex Jct VT	1:47:03.2
6 Michael D Gordon	Essex Jct VT	1:49:00.9
7 Carl Rogers	E Barre VT	1:51:24.1
8 Mike Skinner	Essex VT	1:51:44.3
9 Jerry Schneeberger	Watertown NY	1:52:11.9
10 Scott Perrapato	So Burlington VT	1:54:29.4
11 Rick DeAngelis	Montpelier VT	1:57:43.4
12 David Morganwalp	Herndon VA	2:01:39.3
13 Edward McMahon	So Burlington VT	2:09:26.2

Men 55-59

1 Raouf Mallouh	Cote Saint Luc QUE	1:45:04.2
2 John C Martin	Montpelier VT	1:46:45.6
3 Stephen Mason	Burlington VT	1:52:13.0
4 David Erickson	Barre VT	1:53:19.6
5 Philip A Aedes	Shelburne VT	1:53:56.1
6 Raymond Mainer	Hinesburg VT	1:55:36.8
7 Alan Homans	Huntington VT	1:59:56.5
8 Jim Jacobson	Williston VT	2:02:10.5
9 Steve Fulton	Cadyville NY	2:21:24.7
10 Wayne A Brownell	Jericho VT	2:25:45.5

Men 60-64

1 Clement Hoy	Burlington VT	1:53:00.7
2 Frank Chort	St Albans VT	1:59:53.1

Men 65-69

1 Dick Ferno	Williamstown VT	2:25:40.5
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Men 75 & Over

1 Gerald Barney	Swanton VT	1:58:21.8
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Women 14 & Under

1 Colleen Messier	Essex Jct VT	2:12:20.4
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Women 15-19

1 Lindsay Gabel	Burlington VT	1:40:18.4
2 Brittany Barrett	Concord MA	1:43:50.9
3 Madison Gilmore	Burlington VT	1:46:02.2
4 Zoe Rose Hoffman	Burlington VT	1:46:08.3
5 Maya Fe Holzhauer	Rockland ME	1:50:15.0
6 Leah Skinner	Essex VT	1:51:43.4
7 Katie Siegner	Middlebury VT	1:51:59.2

8 M Bridget Flood	Middlebury VT	1:52:49.6
9 Gussie Belisle	Charlotte VT	1:57:27.0
10 Angie Dunkling	Burlington VT	1:57:27.4
11 Kelly Alice Clements	Bradford VT	2:02:53.7
12 C Brooke Stevens	Bradford VT	2:02:54.2
13 Kelcey Lamphere	Williston VT	2:44:35.8

Women 20-24

1 Emily Allison	Middlebury VT	1:31:28.3
2 Lauren Arkind	Burlington VT	1:39:47.0
3 Kaitlin O'Shea	Burlington VT	1:41:16.1
4 Sarah Bryan	Middlebury VT	1:41:43.5
5 Meghan Small	Burlington VT	1:42:58.7
6 McKale Santin	Burlington VT	1:44:23.9
7 Lindsay Kleeman	Burlington VT	1:44:41.7
8 Ashley Boyd	St George VT	1:47:11.1
9 Emily Nicolai	Worcester VT	1:48:35.7
10 Molly Elmer-DeWitt	Brooklyn NY	1:50:17.5
11 Tina-Marie Freeman	Burlington VT	1:51:09.5
12 April Flavell	Salisbury VT	1:52:47.2
13 Colleen Kiley	Burlington VT	1:53:30.8
14 S Ashley Maytag	Middlebury VT	1:53:40.5
15 C Margare Martin	Burlington VT	1:53:59.6

Women 25-29

1 Abbey Jean Kaknes	Burlington VT	1:31:19.4
2 E Bouchard-Hall	Jay NY	1:33:14.8
3 Mary Verasin	Arlington VA	1:33:34.2
4 Erin Greene	Burlington VT	1:37:52.7
5 Kate Crawford	Essex Jct VT	1:38:05.9
6 Danielle M Lafaille	Jericho VT	1:40:22.1
7 Kimberly Jean Cross	Westford VT	1:42:11.0
8 C Eatmydu LaMar	Winooski VT	1:42:16.5
9 L Kate MacCarthy	Burlington VT	1:46:11.1
10 Alicia M Gant	Williamstown VT	1:49:09.4
11 Rael Barlow	Somerville MA	1:50:41.8
12 Kristin L Cook	Williston VT	1:51:25.3
13 Christine Hutchins	Burlington VT	1:51:58.4
14 Britten Chase	Winooski VT	1:53:00.1
15 N Schneberger	Newport VT	1:53:12.0
16 L Mara Zlotoff	Burlington VT	1:54:18.7
17 Lauren Kavanaugh	St Albans VT	1:55:23.0
18 M DosRemedios	Winooski VT	1:55:24.4
19 Jaime Walsh	Burlington VT	1:56:17.5
20 Julia Moffitt	Bennington VT	1:56:49.5

Women 30-34

1 Kelley C Wulfkuehl	Essex Jct VT	1:32:14.8
2 Jessie Donovan	Charlotte VT	1:32:53.2
3 Cassie Sellars	Plattsburgh NY	1:36:02.8
4 Sarah London	Montpelier VT	1:38:16.9
5 M Theresa Archer	Saranac Lake NY	1:41:04.7
6 Kristen Courcelle	Colchester VT	1:45:22.2
7 Michelle M Boutin	Colchester VT	1:46:23.1
8 A Marie Rishforth	Essex Jct VT	1:46:33.5
9 Amie Desautels	Burlington VT	1:49:24.3
10 Kristin Ardell	Burlington VT	1:50:48.4
11 J Nicole M Saint-Laurent	Winooski VT	1:52:57.6
12 Jennifer Martin	Burlington VT	1:53:29.5
13 Annie Cressey	Burlington VT	1:53:47.2
14 Sarah Carroll	Freepport NY	1:54:07.4
15 Brenna Cavanaugh	Portsmouth NH	1:56:15.4
16 Laura Anderson	Burlington VT	1:56:41.4
17 Stina Booth	E Fairfield VT	1:56:55.3
18 Bridgit Steele	Enosburg Falls VT	1:57:02.0
19 Michelle Forkey	Plattsburgh NY	1:58:34.8
20 Sarah Braasch	Richmond VT	1:59:21.4

Women 35-39

1 Martha Bloom	Colchester VT	1:43:07.2
2 A Page Shepherd	Colchester VT	1:45:01.6
3 Lori Hibner	W Lebanon NH	1:46:26.7
4 Julie Ann Smith	Hanover NH	1:46:41.1
5 Jen Mitchell	Las Vegas NV	1:47:11.4
6 Kristin Lundy	Colchester VT	1:51:23.4
7 D Elizabeth Tanis	Shelburne VT	1:56:14.8
8 Heather Bauman	Charlotte VT	1:56:40.8
9 Stefanie M Waite	Burlington VT	1:56:48.7

10 Mary Foster	W Roxbury VT	1:56:49.1
11 M Darreff Goonan	W Roxbury VT	1:57:28.8
12 Audree Frey	Essex Jct VT	1:57:29.1
13 J Kristi Lyon-Horne	So Hero VT	1:59:35.3
14 Mary Chow	Burlington VT	2:00:29.8
15 Genevieve Laurence	Ottawa ON	2:04:38.9
16 Jody Lynn Chevalier	Swanton VT	2:05:51.3
17 Erynne Ross	Essex Jct VT	2:14:13.3
18 Heather Newton	Burlington VT	2:19:19.0
19 Rita Rossi	Providence RI	2:21:48.9
20 Kristen Roy	Burlington VT	2:21:51.1

Women 40-44



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