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# VERMONT SPORTS

**Vermont's Authority on Outdoor Fitness and Adventure**



January, 2010  
Volume XIX  
No. V

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## History of the Craftsbury Outdoor Center

**BUILD IT AND THEY WILL COME**  
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# CONTENTS

## 8-9 Boots & Bindings for the Backcountry

## 10 Snowshoe Racing: The Ultimate Winter Exercise

## 11 Born to Snowshoe

## 12 The Ice Festivals Cometh

## 14-15 Build It and They Will Come Skiing the Trails of the CCC

## 20-21 History of the Craftsbury Outdoor Center



### DEPARTMENTS

**4 Editor's Commentary**  
The Phoenix Will  
Rise Again

**4 Out & About**  
Thank You Ken Burns

**5 Retail Junkie Superstar**  
That's the Way the Frozen  
Death Cookie Crumbles

**6 Sports Medicine**  
Diversify Your  
(Athletic) Portfolio

**7 Around the State**

**13 Muscles Not Motors  
Gear Review**

**17 Green Racing Project**  
The Real World: Lake  
Tahoe Training Camp

**18-19 Reader Athletes**  
Travis Voyer and  
Jessica Holmes

**22-24 Calendar of Events**

**24-26 Race Results**

**On the Cover:** The Craftsbury Marathon offers a 50K and a 25K for racers, and a 25K for recreational tourers.  
Everyone skis through scenic rolling hills in the Northeast Kingdom. Photo by Kate Carter.

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## EDITOR COMMENTARY BY KATE CARTER

# THE PHOENIX WILL RISE AGAIN

Last winter I had the pleasure of cross-country skiing in Willoughby State Forest, just south of Lake Willoughby in Westmore, VT. I had gone specifically to shoot photos for an article that appeared in the March, 2009, *Vermont Sports* about the trail grooming happening there, but also because the Lake Willoughby area is one of my favorite places in Vermont, and I was curious to see what the skiing was like. The Memphremagog Ski Touring Foundation, with help from the Department of Forests, Parks, and Recreation, maintains the ski trails, which are mostly on CCC and forest roads not plowed in winter. Stan Swaim, former owner of the Burke Mountain Cross-Country Center and life-long Nordic ski devotee, grooms and tracks the trails, using a bio-diesel-powered Kawasaki four-wheeler adapted for snow travel.

When I went, it was a sunny, green-wax day, with super tracks winding through hardwood forests. I kept thinking how lucky the people are who live nearby and can ski here whenever they want. It's a small, low-key operation, without the usual amenities found at most Nordic ski centers, but the skiing is surprisingly good, there are snowshoe trails as



well, and dogs are allowed. To show your appreciation you can leave a donation at the trailhead kiosk.

This past weekend, Swaim sent me an email, which at first glance I assumed was his regular update on the trail conditions at WSF. Instead, it contained the shocking news that on or around Friday, December 11, someone had torched the Kawasaki and stolen tools. Apparently a short-fused person with flammable liquid and a lighter had attempted to drive through WSF on the forest roads from Route 5 to Route 5A, as evidenced by tire tracks in the snow. When the driver neared 5A, a gate prevented him or her from completing the final quarter mile. Near the gate, which by the way was not locked, sat the Kawasaki. Tire tracks revealed



a K-turn, and boot tracks proved the driver exited the vehicle and walked to the Kawasaki, returned to the vehicle, and left the way he or she had come. The next morning, a skier found the remains of the Kawasaki.

As of yet, no one knows for sure what actually happened or why, and whether it was pre-meditated or a sudden instance of uncontrollable rage. The state arson inspector told Swaim the fire was so hot the evidence was destroyed, and he couldn't say for sure that it was arson, but it was "suspicious."

This type of egregious vandalism is hugely disheartening and certainly scary, but it has not stopped Swaim, the friends of Willoughby State Forest, or the members of the Memphremagog Ski Touring Foundation from continuing

to groom the trails and ski there. They have rallied and are raising funds to purchase a new Kawasaki and replace the stolen tools. As I write, they are well on their way to reaching their goal.

Also as I write, it has occurred to me that readers of this report may want to negate the acts of anger and violence with acts of kindness and generosity. Here's how: Peter Harris of the Memphremagog Ski Touring Foundation has offered that donations to replace the machine should be sent to the foundation, a nonprofit corporation, so donations are tax deductible. Write your check to MSTF, note "Kawasaki Fund" in the memo section, and mail it as soon as you can to MSTF, c/o Peter Harris, PO Box 499, Derby Line, VT, 05830. ☐

—Kate Carter



## OUT & ABOUT BY JOHN MORTON

# THANK YOU, KEN BURNS

Several years ago, I was intrigued and bewildered to learn about a young documentary filmmaker who was scheduled to present 13 hours of antique, black and white photos of the Civil War on PBS. It sounded about as exciting as watching paint dry, but I watched the first episode and was hooked. Never before had history seemed so alive as listening to actual letters written from the front while viewing photos from the battlefield.

I became a loyal Ken Burns fan. Although jazz music and the sport of baseball aren't of particular interest to me, Burns' documentaries on those topics were predictably well done and informative. More recently, his epic documentary on World War II drew me in so completely I often felt tears on my cheeks as I watched the sacrifice, dedication, and heroism of my parents' generation.

So when PBS began promoting Ken Burns' latest offering, *America's National Parks*, I penciled in those evenings in September to avoid possible conflicts. I was not disappointed. I had anticipated an overview of our National Park system, perhaps with a concentration on the more popular or spectacular locations. What I didn't anticipate was the fascinating history of the park

system, the influential individuals, and the back-room politics.

The documentary reminded me of how often we take things for granted, especially in a country as big and geographically diverse as ours. I was impressed by the folks featured in the film who made an effort to visit all of our 58 National Parks. I bought a guide book and was surprised to discover I had already visited more than 25 percent of our National Parks. Perhaps half of my National Park visits have been related, directly or indirectly, to skiing.

In 1966, I earned a spot on the Eastern Team to the National Cross Country Championships in Durango, CO. On a rest day between events, our coach, Marty Hall, took the team to see the cliff dwellings at Mesa Verde. I still vividly remember Ester, the mummified prehistoric resident on display there.

A few years later, West Yellowstone, MT, became a mecca for Nordic skiers determined to get on snow by Thanksgiving. A focal point of every training camp was skiing into the Park from the village to Old Faithful, a distance of about 50 kilometers. It was not unusual to see bands of elk, herds of buffalo, and steaming pots of sulfurous water.

A military assignment to the Biathlon Training Center in Alaska provided the opportunity to visit Denali, Kenai Fjords, and Lake Clark, although the latter two may not count since I visited those areas before they actually became National Parks. During this time, the tryouts for the 1972 Olympic Biathlon Team were held in Jackson Hole, WY, within sight of the Grand Teton.

More recently, family trips have provided wonderful memories of several other National Parks. Not long after my wife, Kay, and I were married, we escaped to Hawaii for our honeymoon. A highlight of that trip was riding bicycles down the access road to the 10,000' summit of Haleakala volcano.

On another family adventure, Kay, son Blair, and I spent a day rafting into Canyonlands, exploring the impressive rock formations in Arches National Park, and hiking into the Grand Canyon. Often when an attraction becomes highly publicized, actually seeing it in person is anticlimactic. This was not true for us at the Grand Canyon—photographs simply cannot do it justice.

Closer to home, Kay and I enjoyed a terrific getaway at Acadia, on Maine's Mount Desert Island. We packed a picnic and rode our bikes on the wonderful carriage roads, each turn revealing a

more spectacular vista of the ocean and the rocky coastline. We found it well worth the effort to peddle to the summit of Cadillac Mountain to catch the sunrise.

Inspired by Ken Burns' documentary, on a recent trip to California to visit relatives, we added an overnight in Yosemite. Although November might ensure some relief from the crush of summer tourists, the weather could be unpredictable. Mother Nature smiled on us, and we spent a full day hiking in some of the most spectacular scenery I've seen anywhere. As with the Grand Canyon, Yosemite lives up to the hype, and then some.

So thank you, Ken Burns, for igniting in us an enthusiasm for some national treasures we had taken for granted. And thank you to the dedicated folks of the National Park Service who have been such good stewards of the treasures, often with woefully inadequate funding. ☐

*John Morton is a former Olympic biathlete and Nordic ski coach. He lives in Thetford Center, VT, where he designs Nordic ski trails. You can reach him through his website, [www.mortontrails.com](http://www.mortontrails.com).*





# THAT'S THE WAY THE FROZEN DEATH COOKIE CRUMBLES

This winter marks my 10th winter living in Vermont. I'm originally from Maine, and I love the place dearly, but I don't have any plans on moving back. Occasionally, I get a little homesick, and start dreaming of sitting on the porch of a harbor bar in Bar Harbor, washing down a clam cake with a pint of Geary's, watching a lobster boat methodically make its way from one buoy to another, stopping briefly at each one before moving on, like a garbage truck on its Thursday morning route. But because my family and a lot of my best friends are still in Maine, I visit often enough to remind myself that clam cakes are actually really gross and Bar Harbor is overpriced and overrun with ice cream parlors and tacky t-shirt shops and tourists wearing tacky t-shirts and eating ice cream cones. After a few days my homesick feeling recedes with the tide, and I look forward to heading back home, to Vermont. My affection for Geary's however, never wavers.

I moved to Vermont in November of 2000. That particular November was cold and rainy, the kind of November that Guns n' Roses songs are made out of. Each day was darker and more dreary than the last, and bleaker and more raw, and then it started to snow, and by mid-January, we had the kind of snow I had only seen

in the black and white photographs of my Grandmammy's picture albums or in the vivid color photographs in the picture album of my wildest dreams. And the snow didn't stop until May, six months after it had started and two months after I broke my collar bone in half while trying to do a routine frontside 180 flatspin on a groomer at Sugarbush North. I went from riding on buried treetops to riding in a rescue toboggan in just one run, and then I drove home with my arm in a sling, and the greatest winter ever, at least for me, was over. For those of you learning to snowboard, here is one thing to never forget: if you are going way too fast on a groomer and decide to bust out a frontside 180 flatspin, do not let your toe edge contact the snow mid spin.

This past November was like a warm, golden fall day plucked out of a travel brochure and stretched out for an entire month. It was nothing at all like November of 2000 or any of the following Novembers, and most likely, this coming winter, my 10th in Vermont, will be nothing like the nine that have preceded it. I just hope it shares one thing in common: lots and lots of snow. As far as an injury is concerned, I'll pass.

I'm no stranger to injuries, and many of my last nine winters in Vermont have been defined by them. I will always

remember the greatest winter ever as the winter that I broke my collar bone in half and more importantly the winter that I realized my bones were no longer made of indestructible rubber. I was reminded of this fact a few winters later, at Mt. Bachelor in Oregon, when I lost control and slammed into a large frozen death cookie. It was the first run of my first day, and according to my self diagnosis, I had cracked a few ribs, and the six to eight weeks of pain I endured supported that diagnosis. For those of you heading to Oregon to go riding, here is one thing to never forget: in the springtime in Oregon, the snow turns to concrete at night and stays that way until the sun warms it up, so keep away from any snow that is in the shade.

A few winters after that, while on my first run of my first day in Brighton, UT, I was once again reminded that my bones are made of aging bone. I was cruising along on the runout when I darted off the trail and aimed for a beautiful little pillow of fresh snow just to the side of the trail, thinking it was perhaps a harmless buried rock or maybe a friendly log. Instead it was the top of an unmarked twelve foot drop-off and at the bottom was a landing as flat as a clam cake, or a cookie sheet. When my tele skis touched down, all of my momentum came to a

bone crunching halt, and something had to give, and that was my L1 vertebrae. Of course, a few hours later, after a handful of Ibuprofen and a few beers, I was back on the hill, and it wasn't until two weeks later, when I was back home in Vermont, when the pain in my back just wasn't going away, that I got an x-ray. For those of you who hurt your backs while skiing in Utah or Oregon or Vermont or wherever, don't keep skiing. You very well may have compressed L1 vertebrae, and you need to rest.

So, what kind of winter will my 10th winter in Vermont be? I'll have to wait and see, but having learned some hard lessons, I do know that I will be keeping my downhill edge off the snow, I will avoid shady sections of trail, and I will use my acquired sense of premonition to avoid dangerous, unmarked hazards. For those of you like me, here is one thing to never forget: as you get older, eat all the cookies you want, just drink plenty of milk. [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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## DIVERSIFY YOUR (ATHLETIC) PORTFOLIO

**H**ow many times have you heard financial experts talk about the importance of asset diversification? They preach of the dangers of “putting all your eggs in one basket” and advocate spreading your investment portfolio across a variety of different asset classes to protect against a sharp decline in any one area. Anyone who was fully vested in the stock market at the time of the recent economic downturn understands painfully well the dangers of non-diversification. I believe that these same principles of diversification hold true for our athletic lives, the only difference being that athletic diversification is even more important than financial. Failure to diversify financially only puts your retirement, your home, and your kids’ education at risk, while failure to diversify athletically will jeopardize your physical and emotional health, your fitness, and your self-esteem and self-image as an athlete.

Let’s say that you are a runner. You love to run, you train year round, and you take it seriously. You played other sports in your youth, but with few exceptions, running is your primary outlet to maintain fitness, relieve stress, and feel good. Over a period of weeks, you notice that your knee is starting to ache during and after running. You start to ice it after runs and you find yourself taking Advil once, then twice, then three times a day.

Your knee starts to swell and feel warmer than the other one. Finally, it becomes so uncomfortable that you cut back on your running and make an appointment to see your doctor.

After three weeks, you finally get in to see her. She examines your knee and is not sure what is wrong. She orders X-rays and sends you to an orthopedic surgeon. You wait four more weeks to see him. By now your knee is so sore that you can’t run, and the ibuprofen is starting to bother your stomach. Your pants are getting tight, and you weigh yourself and find that you have gained seven pounds.

Finally, the surgeon examines you and is concerned about a torn meniscus, so he orders an MRI. Two more weeks go by while you get the MRI and wait for results. The MRI shows a degenerative meniscus and some moderate arthritis in your knee. Your orthopedic surgeon is not confident that surgery will improve your condition. He recommends glucosamine, Tylenol, ice and avoiding “offending activities.” You ask him what that means, and he says, “Well, your running days are over.” He suggests swimming or an elliptical trainer, gives you a referral for physical therapy, and leaves you to see a freshly torn ACL in the next room.

You stumble out of his office in a hazy fog, not sure what to do next. You feel lost, adrift, rudderless. In a desperate

attempt to stave off the growing sense of hopelessness and depression that you feel growing in your soul, you do the one thing that you know has kept these demons at bay in the past—you go to your car, and right there in the parking lot, you change into your emergency running shorts and shoes that you always keep in your trunk, and you head out for a run. The hot, knife-like pain that you feel each time your right foot strikes the ground almost feels good, and the tears sting your eyes and start to track down your cheeks as the miles roll by...

This patient, in various forms, walks into our office at the Sharon Sports Medicine Center every day. While our team in Sharon sees it as our mission to do everything possible to get our athletes back to the sports that they love as quickly as possible, we often must counsel our patients to find another activity to augment or replace their current one. Making this transition can be difficult, especially when it is forced upon the athlete due to injury or medical illness. Some athletes never recover from such a transition—weight gain, muscle atrophy, and general inertia set in, and another former athlete is born.

A far healthier model, in my opinion, is to cultivate skills and affection for a variety of athletic activities before injury, illness, or life circumstances take away your first love. Here in Vermont, we live in an incredible environment with four distinct seasons. Take advantage of

winter and learn to love Nordic skiing or ice skating or snowshoeing.

If the cold is really intolerable to you, then join a master’s swimming team and get into the smoothest, gentlest, and best workout going. Cut back on your running or cycling miles during the winter and work your body in a new way. You will maintain cardiovascular fitness while letting your body heal from the nagging areas provoked by any single endurance activity. I believe that any athlete should have at least three aerobic activities that he or she can easily transition between during each season. This does not mean that you can’t focus or train to excel in one area, but cross training will make you stronger, decrease your injury risk, and protect you for the day when something goes wrong. This is especially true for the over-40 athlete. Develop a love for the smooth and gentle sports—ones that don’t pound or traumatize your joints and tendons—swimming, rowing, Nordic skiing, and cycling are great options in this area.

Just as the time to invest in precious metals is not after the stock market has tanked and gold has topped \$1,000/oz., the time to invest in a new athletic endeavor is not after you have lost your primary athletic asset, but before, while you are healthy, happy, and athletically strong. This strategy will protect you for the hard times, and keep you moving, healthy, and fit for a lifetime. ¶



### 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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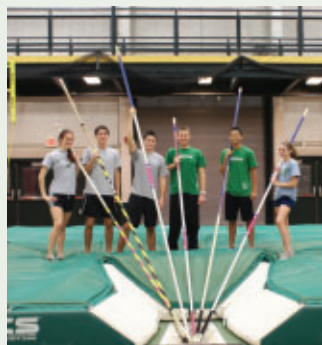
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# VERMONT SPORTS AROUND THE STATE

## BURLINGTON



The **Mansfield Athletics Pole Vault Club** is holding winter practices every Saturday, 5-7 p.m., through March (except February 6) at UVM's Gutterson Field House. The club is open to anyone 12 years and older, from first-timers to accomplished vaulters. Participants will learn every aspect of the vault, all within a low-stress, safe, and fun environment. High school coaches are welcome to attend. For more info contact Chris Mitchell, 802-598-9216, [chris@mansfieldathletics.com](mailto:chris@mansfieldathletics.com), or visit [www.MansfieldAthletics.com/polevault](http://www.MansfieldAthletics.com/polevault).

## STOWE

Registration is officially open for the **Stowe Derby**, scheduled for Sunday, February 28, 2010. The long course begins at the top of Mount Mansfield, with a 10 a.m. start for skaters, and a noon start for classic skiers. Skiers race down the Toll Road, skirt the groomed trails of three touring centers, and finish in downtown Stowe. Experts skiers can attempt the ultimate challenge—the Derby Meister, both the skate and classic races, back to back. A short 6K flat course for kids takes place at 9 a.m.



This is the Derby's 65th anniversary, and participants can expect to be treated to even more great après race activities—games, kick sled races, sponsors tents, food, music, and possibly a bigger and better finish location. Brochures will not be printed this year, but you can download a copy from the Stowe Derby page at [www.stowederby.com](http://www.stowederby.com). The race is capped at 1,000, so guarantee your early start and sign up today!

## CRAFTSBURY COMMON



The **Craftsbury Outdoor Center** is the site of National Masters Cross-Country Championships racing, Thursday through Saturday, January 28 to 30. Thursday is the 10K freestyle race at 2:30 p.m. at the Outdoor Center, and is the first race of the National Masters 2010 Championship series. Friday is the Dash for Cash sprint race on the village green in Craftsbury Common, from 6-7 p.m. under the lights. Saturday is the 50K classic technique marathon, the second race of the National Masters Championship series. There is also a 25K race and a 25K tour for recreational skiers. Race wave starts are from 9 to 9:25 a.m., while the 25K tour starts at 9:30. Local restaurant-sponsored food stations will be set up on the course, and a hearty post-race buffet is included. For more info about any of these events, call 802-586-7767 or visit [www.craftsbury.com](http://www.craftsbury.com).

## EAST BURKE

**Kingdom Trails Association** has readied its summer mountain bike trails for winter recreation. The Association operates the Kingdom Trails Nordic Center on Dashney Road, just past Burke Mountain Ski Area's entrance, where they groom 50K for skate and classic skiing, with access to miles of marked backcountry trails. They also groom 20K for cross-country skiing and snowshoeing on Darling Hill, where they also have an additional 15 miles of marked backcountry trails. A new winter map of these trails is now available.

The Kingdom Trails Nordic Center and the trails on Darling Hill are open daily. The trail system is made possible by the generous permission of local landowners. For more information about Kingdom Trails call 802-626-0737 or visit [www.kingdomtrails.org](http://www.kingdomtrails.org).

## MONTPELIER

### The Green Mountain

Club's James P. Taylor Series, named after the man who first envisioned the Long Trail, brings adventures to the public through stories and photographs. On January 22, the Taylor Series presents "Hiking the John Muir Trail" at the Capitol City Grange in Montpelier at 7 p.m. Join GMC member Carl Demrow and four of his friends for an evening of slides and stories about their 16-day walk through what John Muir called "the Range of Light." Admission is \$5 for GMC members; \$8 non-members; free for kids under 12. Tickets are available at the door only. For more information about this and other Taylor Series presentations call 802-244-7037 or go to [www.greenmountainclub.org](http://www.greenmountainclub.org).



## FAIRLEE



The annual **Lake Morey Winter-Fest** takes place on Sunday, January 10 at the Hulbert Outdoor Center on Lake Morey. Activities run from 10 to 4, and include Nordic skating, snowshoe hikes, cross-country skiing, winter travel skills, sledding, old fashioned ice cutting, igloo/quintzee building, music, storytelling, winter skills, dog sledding demos, and more. All ages and skill levels welcome. Bring your own snowshoes, skis, and skates, or borrow them at the Center. Lunch and hot drinks are available. A donation of \$5/person or \$15/family is appreciated. For more info call 802-333-3405 or visit [www.alohafoundation.org/hulbert-outdoor-center/community-programs/winter-activities/winter-fest/](http://www.alohafoundation.org/hulbert-outdoor-center/community-programs/winter-activities/winter-fest/).

## STRATTON



The **Tubbs Romp to Stomp Out Breast Cancer** is January 30 at Stratton Mountain's Sun Bowl Lodge, home of the first Romp to Stomp event in history (2003). Vermont Romp to Stompers have an incredible passion for The Cure and have consistently held the position of highest average fundraising per person of all the Romp events in the U.S. and Canada. Choose from a 3K or 5K benefit snowshoe walk or a 3K fun run on easy, well-marked wooded trails. Tubbs Romp to Stomp out Breast Cancer has raised nearly three quarter of a million dollars for breast cancer research and education and inspired thousands to get out snowshoeing. Proceeds benefit the VT/NH Affiliate of Susan G. Komen for the Cure. For more information and to register online, go to [www.tubbsrompstomp.com](http://www.tubbsrompstomp.com).

## MANCHESTER

**Ski for Heat** is a fundraiser that provides heating fuel assistance to families in Vermont. This year, in conjunction with the Ski for Heat cross-country and snowshoe benefit at Wild Wings Ski Touring Center on January 31, there is also the Benefit Blues Concert for Ski for Heat, featuring Bob Stannard & Friends. The concert is January 16, 7 p.m., at the Burr and Burton Academy's Riley Center for the Arts. Bob Stannard has performed with B.B. King, the Fabulous Thunderbirds, and Maria Muldaur (to name a few). A suggested donation of \$20 is being asked. Tickets are available at Northshire Bookstore or online at [http://skiforheat.org/concert\\_2010.htm](http://skiforheat.org/concert_2010.htm).



# BOOTS and BINDINGS for the BACKCOUNTRY

BY EMILY JOHNSON and BRIAN MOHR



This year's crop of backcountry boots and bindings is more impressive than ever. On the binding front, most telemark bindings now feature a flip-of-the-switch "tour mode," offering skiers the same resistance-free uphill performance that AT-skiers have enjoyed for years. Last year's release of Rottefella's new NTN binding is also catching on, and there are now several NTN-compatible boots on the market. The NTN design offers step-in convenience, releaseability, and unparalleled control for the hardest-charging backcountry skiers.

Boot choices are increasingly varied, and features such as heat-moldable liners (now standard) and improved adjustability have made them more comfortable than ever. Interestingly, even the biggest four-buckle boots are now considered standard equipment

by many dedicated backcountry skiers. It seems as though the downhill control of these boots, combined with the excellent touring performance now offered by the latest AT and telemark bindings, is compensating for their bulkiness. For alpine skiers looking to occasionally venture in the backcountry, a growing variety of AT boots now offers backcountry versatility without sacrificing the power and edge control offered by modern alpine boots. Also, many boots are now coming with "tech fittings"—special hardware needed to make boots compatible with the new G3 Onyx bindings and any Dynafit AT bindings.

Below is a summary of a varied selection of 2010 boots and bindings that are best suited to downhill/off-piste/backcountry adventures in the northeast.

## AT BOOTS



### BLACK DIAMOND FACTOR

\$730; 9 lbs. 2 oz.; [www.bdel.com](http://www.bdel.com)

BD's most powerful boot, the four-buckle Factor, is back again this season. It features BD's unique heat-moldable Boa liner, which snugs up with just the turn of a dial. It also has two options for soles: one that is ISO Alpine DIN compatible and one that is "tech-fitted" with the special hardware needed to make boots compatible with the new G3 Onyx bindings and any Dynafit AT bindings. True to BD's backcountry roots, the Factor also features an especially functional walk mode, rare for such a solid boot, but essential for long tours or just hanging out après ski.



### GARMONT HELIUM

\$740; 6 lbs. 15 oz.; [www.garmontusa.com](http://www.garmontusa.com)

The Helium is a versatile and relatively lightweight three-buckle, multi-faceted boot designed for skiers and ski mountaineers who tend to tour religiously. Skiers of all abilities can thrive in this boot. (That said, especially aggressive skiers should consider the Garmont Axon.) Other noteworthy features include a heat moldable liner, a relatively soft and smooth flex, and "tech-fittings."



### DYNAFIT ZZERO 4PX

\$650; 6 lbs. 12 oz.; [www.dynafit.com](http://www.dynafit.com)

Designed with the versatile female skier in mind, this powerful, four-buckle boot can handle high speeds and hard pack, but will also keep your feet happy on multi-day backcountry ski tours. Featuring a comfortable walk mode, excellent adjustability, and a smooth flex, this is a great choice for women and smaller-footed, resort-based skiers with a craving for the backcountry.



# TELEMARK BOOTS



## GARMONT KENAI

\$710; 7lbs. 8oz.; [www.garmontusa.com](http://www.garmontusa.com)

In many ways, the Kenai is simply a lighter weight version of the ever-popular Garmont Synergy. Featuring a unique two-buckle design, a traditional 75mm duck-billed sole, a heat-moldable liner, and a very smooth flex, the Kenai can excel in any kind of terrain or snow condition, while driving even the fattest skis. The combination of two well-placed buckles, a power strap, and a boot shell made from four types of plastic allows skiers to adjust the fit and comfort for any type of skiing. However, the most aggressive and adrenaline-craving skiers could be better off in something even beefier. Ultimately, the Kenai is one of the most versatile telemark boots on the market.



## BLACK DIAMOND CUSTOM

\$750; 9 lbs. 1 oz.; [www.bdel.com](http://www.bdel.com)

Arguably one of the most powerful boots on the market, the Custom is a solid choice for resort-based skiers who occasionally like to throw their skins in the backpack and head for the backcountry. Featuring a stiff set of bellows and a fairly rigid cuff, this boot makes it easy to dial in your freeheel parallel, but it will require some good breaking in before the telemark turns will flow with ease.



## SCARPA TERMINATOR X

\$650; 7 lbs. 2 oz.; [www.scarpausa.com](http://www.scarpausa.com)

This mid-weight three-buckled boot is a good example of the latest in telemark boot technology. It's compatible with the new Rottefella NTN telemark binding, but it is also equipped with the "tech-fittings" needed for stepping into the G3 Onyx and any Dynafit AT bindings. Although this boot tours like a dream, many telemark skiers may find it challenging to get the same flex and sensitivity from NTN boots as they do with a telemark boot combined with a more traditional 75mm telemark binding.

# AT BINDINGS



## G3 ONYX

\$430; 3 lbs. 1 oz.; [www.genuineguidegear.com](http://www.genuineguidegear.com)

The brand new Onyx represents the first non-Dynafit binding on the market that is compatible with the four-pin "tech-fitted" AT system that many AT and NTN boots now feature. Although it is approximately 50 percent heavier than most Dynafit bindings, the Onyx is significantly lighter than most alpine-style plate AT bindings. Compared to the Dynafits, the Onyx is arguably a bit easier to get into, adjust, and get out of, thanks primarily to larger and more ski-pole friendly levers. The Onyx is mounted on separate base plates that allow 33mm of room for boot centering and size adjustments. You can buy extra plates from G3 for outfitting a quiver of skis using just one primary binding set. Brakes are optional.



## VOILE SWITCHBACK

\$280; 3 lbs.; [www.voile-usa.com](http://www.voile-usa.com)

Utah-based Voile has a long history of making lightweight, highly functional backcountry telemark bindings, and the Switchback is the fine result of many years of Voile's dedication to the sport. Offering excellent downhill performance and flip-of-the-switch access to an AT-like tour mode, the Switchback is a great choice for dedicated backcountry skiers as well as resort-based skiers who spend most of their time exploring off piste. Solid craftsmanship and an incredibly simple design have also earned this binding a reputation for reliability and function.



## ROTTEFELLA NTN

\$400; 4 lbs. 1 oz.; [www.rottefella.com](http://www.rottefella.com)

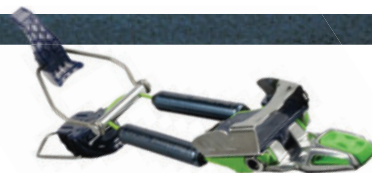
While NTN stands for New Telemark Norm, it's unlikely that this binding will dominate the telemark binding market anytime soon. The NTN represents the very latest in telemark binding technology, and it is still in its early stages of development. At its core, the NTN eliminates the need for the traditional, but cumbersome, 75mm duck-billed telemark sole. Designed with flexing, telemark-style bellows above the forefoot, NTN boots feature elements of many AT boots that make them more crampon- and mountaineering-compatible, and when "tech-fitted," NTN boots can be combined with an AT binding for fixed heel skiing. Many aggressive telemark skiers find the NTN to be the most powerful binding on the market, but it's bulk, lack of sensitivity, and more limited touring performance have many telemark skiers hesitating to buy right now. However, several other features worth noting are its step-in convenience, release-ability, binding symmetry (no more left or right bindings with the NTN), boot size adjustability, and the ease with which it switches to tour mode.



## FRISTCHI EAGLE

\$419; 4 lbs. 6 oz.; [www.bdel.com](http://www.bdel.com)

The new Eagle draws on many of the best features of Frischi's popular Freeride Plus, while offering more ergonomic touring performance and solid durability at a reasonable price. Compatible with ski crampons and alpine boots, the Eagle is a fully releasable binding similar in function to the high-end alpine bindings on the market. It is also one of the lighter and more tour-friendly, plate-style, AT bindings on the market.



## BLACK DIAMOND 01

\$300; 3 lbs. 11 oz.; [www.bdel.com](http://www.bdel.com)

The 01 is back this season, along with its reputation for being a smooth and powerful binding. BD offers a selection of cartridges for the 01 (Free-Flexing, Mid-Stiff and Ridiculously Stiff) serving the variety of skiers out there. Designed to withstand the pressures exerted by aggressive, big-booted skiers driving the fattest skis, the 01 also offers push-button access to "tour-mode." Some skiers have found this push-button function to be prone to ice and snow build-up, but usually that situation is easily remedied with just a little poking and scraping with a ski pole tip.

*Wife/husband team Emily Johnson and Brian Mohr, of Moretown, VT, photograph for a wide variety of publications, manufacturers, and organizations in the outdoor industry. They publish [www.AdventureSkier.com](http://www.AdventureSkier.com) and organize their own slideshow series, featuring their skiing adventures each winter. See more at [www.EmberPhoto.com](http://www.EmberPhoto.com).*

Background photo by Brian Mohr/Emberphoto.com



# SNOWSHOE RACING

The Ultimate Winter Exercise

BY PHYL NEWBECK



Photo by Lee Krohn

For most people, snowshoes conjure up an image of a leisurely trek through the woods: quiet and slow. However, a number of athletes are taking snowshoeing to the next level. In the winter, when running shoes become impractical, many are taking to the snow and running in snowshoes races, of which there is no shortage.

The Western Massachusetts Athletic Club/Dion Snowshoe Series consists of 17 races in Massachusetts, New Hampshire, New York, and Vermont, and attracts racers from early teens to those in their 70s. One of the races in Vermont, a 5K course through Woodford State Park, took place in late December, while the other is the Hoot & Whistle, a 5K in Readsboro on January 23. Bob Dion, owner of Dion Snowshoes and a resident of Readsboro, estimates that each race averages roughly 100 people, with some reaching as many as 200. The fees are kept low to encourage more people to take part. A final point total is tallied at the end of the year, based on each racer's best six races, and prizes and awards go to the top finishers in each five-year age group.

Ed Alibozek of the Western Massachusetts Athletic Club has been running the series for 15 years, but jokes that people only started showing up in 1998, when they began to charge a nominal entry fee. He tries to fill up every non-holiday weekend with a race, from New Years to mid-March, with the exception of the Woodford race, which is scheduled early because of the high base elevation. Alibozek says many races only have same-day registration to protect against the vagaries of weather. In 2008 and 2009, they were able to run all the races in the series, but sometimes they have to cancel or move to higher elevations. "We try to be as flexible as Gumby," Alibozek says. All races feature a post-race cook-out for the competitors.

Another snowshoe race series is the Tubbs Romp to Stomp Series that raises money for breast cancer research and education. One race in that series will take place on January 30 at Stratton. This less competitive event will benefit the Vermont and New Hampshire affiliates of the Susan G. Komen Foundation. Participants can choose to do a 3K or 5K run or walk. Wendy Miller, marketing event manager for Tubbs Snowshoes, says typically there are fewer runners than walkers.

"This is a great opportunity for folks who have never snowshoed or for those who have been out a little bit to challenge themselves more. It's an incredibly positive atmosphere," Miller says. Now in its eighth year, the Stratton race has had over 2,300 snowshoers and raised over \$250,000.

The United States Snowshoe Association (USSSA) will hold several events leading up to the U.S. National Championships on March 10. One sanctioned event takes place on February 7th at Smuggler's Notch in Jeffersonville. This is the ninth year that Zeke Zucker of Smugglers has been in charge of the 8K course, which he describes as "fairly challenging and hilly." Roughly one-third is on a singletrack trail. Approximately 40 people race annually. For those who prefer a more low-key event, there is a 4K Run/Walk on easier terrain, and a Half-K race for kids. Holding the race in early February has created some challenges. One year the temperature was -18 Fahrenheit at the start, and another year a snow squall stopped racers in their tracks as it obliterated trail markers.

For the truly dedicated, there is a snowshoe marathon in Pittsfield on March 6th. The full course has 7,200 feet of elevation change. The highest point is 2,400 feet. Andy Weinberg of Middlebury came up with the idea on a nighttime snowshoe trek which turned into an all-night expedition when he got lost. He and his friends began their journey at 10 p.m. and didn't finish until the sun began to rise the next day. The first Pittsfield marathon took place three months later, with roughly 100 entrants.

Weinberg and his cohorts have improved the race, which is now in its fourth year, adding a half marathon, a six-mile option, and a college relay division. Several hundred people attend annually. While 90 percent come from the New England area, others have traveled from as far as Colorado, Illinois, and Virginia. Since endurance running tends to attract older athletes, Weinberg, an assistant swimming coach at Middlebury College and a high school physical education teacher, has worked hard to entice younger racers to attend. In 2009, 50 college students took part, although Weinberg noted that the race still lacks participants in their late 20s and early 30s.

The timing of the race in early March seems to work well. In 2009, snow was a bit sparse at the start/finish, but fine in the woods. Sometimes it is warm enough for competitors to race in T-shirts. Lack of snow would simply mean converting the race to a trail run. Weinberg said he is amazed at the number of people who come out despite never having put on snowshoes. The organizers have purchased a number of shoes for these novices and request loaners from community members.

"It's cool to see people stepping out of their comfort zone," Weinberg says. "If you can walk, you can snowshoe, so they're fine on the six-mile course."

Since the USSSA National Championships are on the East Coast this year (Syracuse, NY) Zeke Zucker hopes to qualify, but will need to look beyond Vermont for a qualifying race, since he believes it would be "gauche" to run in his own race. Zucker said snowshoe races generally attract a cross-section of the running community who use snowshoeing as cross-training.

An example is Ted McKnight of Jericho who had been running competitively for 35 years when he started snowshoe racing in his 50s. "I love running and I like snowshoeing, and this seemed like a way to combine the two and compete," McKnight says.

Zucker conceded that snowshoeing is more work than running, but he sees it as better exercise since snowshoe racers expend 50 percent more energy per mile. "It's more bang for the buck," he says.

*Phyl Newbeck lives in Jericho with her partner, Bryan, and two cats. Her sole attempt at snowshoe racing—a winter triathlon—was not exactly a raging success. 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.*

## WMAC DION SERIES

[www.runwmac.com/snowshoes/default.html](http://www.runwmac.com/snowshoes/default.html)

## TUBBS ROMP TO STOMP AT STRATTON

<http://tubbsromptostomp.com/event/vt>

## PITTSFIELD SNOWSHOE MARATHON

[www.races.peak.com/snowshoe/](http://www.races.peak.com/snowshoe/)

## NORTHERN VT SNOWSHOE CHALLENGE AT SMUGGLER'S NOTCH

[www.snowshoeracing.com/events.htm](http://www.snowshoeracing.com/events.htm)



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# BORN TO SNOWSHOE

BY PHYL NEWBECK



John Pelton at the 2009 USSA National Championships at Mount Hood, OR. Courtesy photo.

In 2009 at the age of 70, John Pelton won his age division at the United States Snowshoe Association's National Championships at Mt. Hood, OR. A modest man, Pelton downplays his achievement noting that he was also the *only* racer in his division. Nevertheless, his finish time was better than several competitors thirty and forty years his junior.

Born and raised in West Rupert, VT, Pelton's first love was baseball, but he began to run track during his senior year of high school. At Union College he stuck to team sports, but the lure of running returned and in 1976 he began to take racing seriously. Twenty years later, he decided to branch out and try snowshoe racing. Pelton quickly discovered he was good at the sport, and he was hooked. He and his wife, Marian, ran West Rupert's general store for 20 years, while raising four children in the 1814 home which they restored. He retired from business in 2000, but hopes it will be a long time before he retires from racing.

Pelton's initial foray into competitive running was marathons. In 1979 he ran the Boston Marathon in under three hours, but soon decided that shorter distances were preferable. These days he prefers 5K and 10K races, although his greatest success has been in mountain races, a specialty he only took up when he turned 60. Pelton's first attempt at the Mount Washington road race resulted in an age-group record which was only broken this year. He has won his division each of the nine years that he has run that race. In 2009, Pelton raced for the first time in the Catamount Trail Association's Race to the Top of Vermont, and he is planning to add that to his annual roster of races. He finished that race less than 20 minutes behind the winner, and just missed being in the top third of all racers.

In a typical year, Pelton spends his winters snowshoe racing before heading to mountain roads and the track in the spring. In the summer, he switches to road races and then runs cross-country in the fall. Pelton's first snowshoe race was around a golf course, but his preferred racing has more varied terrain and goes through the backcountry. He said the thought of backcountry skiing has always intrigued him, but it's hard to find the time since he races on snowshoes almost every other weekend in the winter. The same holds true for skate skiing, which he enjoys but simply cannot find the time

for. Interestingly, before Pelton began snowshoe racing, he estimates that he and his wife only went out on snowshoes once a year or so.

Part of the appeal of snowshoeing for Pelton is the simplicity of the equipment. One of the reasons he has shied away from competitive cycling and skiing is that the gear can become quite complex and specialized. Pelton said he would still be willing to race wearing the Tubbs snowshoes he won back in 1996, although he generally races in a very light pair of Dion snowshoes, which, he added, are made in Vermont. Pelton averages a little over 10 snowshoe races each year, almost always finishing first in his age group. "After awhile you outlive your competition," he says with a smile. Pelton will race in the USSA qualifying event at the Northern Vermont Snowshoe Challenge at Smugglers' Notch this year, and assuming he qualifies ("it's easy when there aren't many in your age group," he says), this will mark the sixth time he has gone to Nationals. He admits to being tempted by the Pittsfield Snowshoe Half Marathon in Pittsfield, VT, but the timing conflicts with the Nationals.

Pelton considers himself lucky not to have had any major injuries. One hip and one knee are causing him some pain, but aside from a deep vein thrombosis in the fall of 2005, he has not had any health issues. To protect against a recurrence of the thrombosis, he always travels with compression stockings. Pelton is extremely supportive of other older athletes and has been president of the Green Mountain Senior Games for the last five years. In addition to the USSA Nationals, Pelton usually competes in the National Senior Games which are held every other year.

While Pelton enjoys snowshoe running for its athletic content, he admits that the competitive aspect is part of the appeal. In addition, he has become good friends with some of his closest competitors and would be loathe to give up that camaraderie. Still, when asked to cite the appeal of snowshoe racing, Pelton talks about the peacefulness of the sport. Many courses are on old logging roads "through the wild country." Pelton also cites the ever-changing weather and conditions inherent in the sport. "You can't change your wax," he said, "You've just got to adjust, especially when the snow is soft and deep. It's a great workout." □

## STOWE DERBY

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



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# The Ice Festivals Cometh

BY PETER BRONSKI



New England winters, I find, can be a bit bipolar. Depending on the year, you'll get one personality... or another. In some seasons, conditions may favor skiers. In other seasons, they may favor ice climbers. Sure, in any given winter I'll partake of my share of both activities, but conditions will certainly favor one over the other.

This year (2009/2010) happens to be an El Niño winter. Statistically, that has traditionally meant decreased precipitation for New England. And I don't have to tell you that decreased precip means less snow. That's

not-so-good news for skiers, but for ice climbers, it only means one thing: game on!

Whether you're an experienced climber, or a novice looking to swing the tools for the first time, there are more than a few ice climbing festivals across the region where you can hone your craft. They're also a chance to climb with world-renowned guides, get psyched up at evening slide shows, try out demo gear from sponsors, and meet other friendly climbers. Here's your guide to the "who, what, when, and where." (The "why" is up to you, though isn't that part obvious?)

## ADIRONDACK INTERNATIONAL MOUNTAINFEST

**Where:** Keene Valley, NY

**When:** January 15-17, 2010

**What:** The 14th annual installment of Mountainfest includes ice climbing courses for beginners, intermediates, the experienced, women only, alpine climbing, steep ice, and even ice climbing for singles (think social event meets cragging). There's also "Go Climb a Slide," which features a technical ascent of one of the Adirondack's classic slide routes.

**Who:** The roster includes alpinist Steve House, blind Seven Summit climber Erik Weißenmayer, plus locals Emilie Drinkwater, Jeremy Haas, Don Mellor, Carl Heilman, and others.

**Web:** [http://mountaineer.com/?page\\_id=83](http://mountaineer.com/?page_id=83)

## SMUGGLERS' NOTCH ICE BASH

**Where:** Jeffersonville, VT

**When:** January 29-31, 2010

**What:** The baby of the bunch, just in its fourth year, the Smuggs' Ice Bash includes one day at Snake Mountain and two days in the Notch. Clinics range from waterfall ice to alpine ice, and feature steep and mixed climbing, lead climbing, women only courses, and even "climbing for skiers."

**Who:** Sunrise Adventure Sports director Bert Severin, local climber Matt McCormick, and others run the show.

**Web:** [www.sunriseadventuresports.com/ice\\_bash\\_2010.html](http://www.sunriseadventuresports.com/ice_bash_2010.html)

## THE MOUNT WASHINGTON VALLEY ICE FESTIVAL

**Where:** North Conway, NH

**When:** February 5-7, 2010

**What:** Now in its 17th year, the MWVIF is one of the premier ice climbing events in the country. Three days of clinics include an intro to ice climbing, climbing waterfall/steep ice, avalanche awareness, alpine-style climbing, learn-to-lead classes, mixed climbing, and guided ascents of area classics and test pieces (including routes in Huntington Ravine, as well as on Cathedral Ledge and Cannon Cliff).

**Who:** Instructors/guides include alpinist Steve House, Colorado climber Jared Ogden, as well as locals Mark Synnott, Kevin Mahoney, Janet Bergman, and Fred Wilkinson.

**Web:** [www.ime-usa.com/imcs/ice\\_fest.html](http://www.ime-usa.com/imcs/ice_fest.html)

## CHICKS WITH PICKS EAST

**Where:** North Conway, NH

**When:** February 14-17, 2010

**What:** This women-only ice fest started in Ouray, CO, but soon thereafter launched its eastern sister in North Conway. Attendees sign up for one of six "levels" that match their ability: beginning, intermediate, advanced, mixed climbing, beginning lead, and lead climbing. An auction and slide show also raise money for a local women's shelter.

**Who:** "Girly Guides," as they're known, include Kathy Cosley, Kitty Calhoun, local Anne Skidmore, and many others.

**Web:** [www.chickswithpicks.net/chicksEast.htm](http://www.chickswithpicks.net/chicksEast.htm)

## CATSKILL ICE FESTIVAL

**Where:** New Paltz, NY

**When:** February 19-22, 2010

**What:** By now you know the drill: classes for beginning, intermediate, and advanced ice climbers, plus mixed climbing and dry tooling. For the Catskill Ice Fest, add on the "Catskill Tour," a sort of greatest hits, and "Backcountry Day in the Ravines," which includes a bushwhack in, multipitch ascent, rappel, and bushwhack out.

**Who:** Alpine Endeavors founder and head guide Marty Molitoris and others.

**Web:** [www.alpineendeavors.com/schedule\\_events/catskill\\_icefestival.html](http://www.alpineendeavors.com/schedule_events/catskill_icefestival.html)

## ADDITIONAL INFO:

All of the ice fests typically provide complimentary demo gear if you don't have your own equipment. Pre-registration for clinics is almost always required, and classes are filled on a first-come, first-served basis. Evening slide shows are usually free, and worth attending for the stoke alone. Here's just a sampler: Erik Weißenmayer, the first blind person to reach the Seven Summits, and Steve House, often regarded as the best alpine climber in the world, are the marquee presenters at Mountainfest in the Adirondacks. Matt McCormick will offer up "Northern Revival," about local New England test pieces, at the Smuggs' Ice Bash. "Alpine Climbing in the Pacific Northwest" and "Ice Climbing in Newfoundland" will be the featured slide shows in the Catskills. □

*Peter Bronski (www.peterbronski.com) is an award-winning writer, passionate ice climber, and frequent contributor to Vermont Sports.*





# MUSCLES NOT MOTORS

*gear review*

BY RYAN JAMES LECLERC

I thought I'd throw a curve snowball at you this month and instead of reviewing skis, snowshoes, or warm fuzzy earmuffs, I am reviewing three items that you will need for a less common but nonetheless thrilling winter activity: winter camping. You can leave the bug spray at home.



## KELTY APEX FORAKER 15° SLEEPING BAG

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# Black Diamond





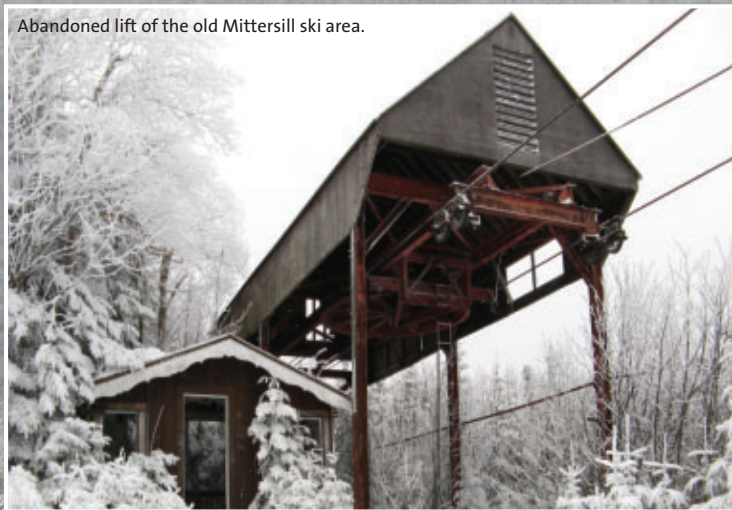
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# Build It and They Will Come

Skiing the Trails of the CCC

TEXT AND PHOTOS BY PETER BRONSKI



Skiers in New England have it good. When it comes to terrain, just one word applies: varied. There are groomers, glades, steep chutes, alpine bowls. In other words, the works. With the exception of the glacier ski runs you find in the Alps, chances are if there's ski terrain somewhere "out there," you can also find it "right here." But New England is also home to one terrain feature that's almost exclusively unique to this tiny corner of the ski world: the CCC ski trail.

"CCC" stands for Civilian Conservation Corps, a program born of the Great Depression more than 70 years ago. Birthed by Franklin Delano Roosevelt and his New Deal legislation, it aimed to put the country's unemployed men back to work. Elsewhere in the country, that work took the form of bridge and road building, irrigation and flood control, timber management, and other tasks. But here in New England, that labor was put to use in quite a different way... building backcountry downhill ski trails on the region's mountains.

Though the CCC disbanded in 1942, the ski trails they built have lived on, becoming favorite destinations for backcountry skiers. Consider it a snowsports version of "build it, and they will come." "They," I decided, should include "me," and so I set out to ski some of the greatest hits of the CCC ski trails in Vermont and New Hampshire. This is what I found.

## MOUNT MANSFIELD

Vermont's tallest peak is home to two CCC ski trails: the **Bruce trail** on the east side, and the **Teardrop trail** on the west side. The Teardrop sounded particularly appealing—reportedly, the trail was so named because early skiers descended so fast that tear drops streamed from the corners of their eyes.

A trio of my backcountry skiing buddies and I parked at the winter road closure in Underhill State Park, beneath the slopes of Mount Mansfield. We skinned up the aptly named CCC Road, bypassing the Sunset Ridge trailhead and continuing toward the Maple Ridge Trail. Then we intersected it—the Teardrop. A steep, snow-covered trail, laced with ski tracks, descended out of the woods above us.

Opting to do a loop, we continued south to Maple Ridge and ascended to the summit of the Forehead. From there, we dropped north into the saddle between the Forehead and the Nose, and found six inches or more of fresh powder sitting over a firm melt-freeze crust.

We continued north until we intersected the upper reaches of the Teardrop, while clouds hugged Sunset Ridge across the basin. At first, the Teardrop was so narrow we debated whether or not it was indeed the trail. But convinced we had the right one, we stashed our skins in our packs and pointed our tips downhill. Just as the Teardrop rolled off the saddle and the pitch steepened, the trail widened and we knew we were on track. Lake Champlain was far below us, and even more distant to the west, we could see the ski runs of Whiteface in the Adirondacks. All that was left to do was enjoy more than 2,000 vertical feet of descent.



Skiers ascend the summit of Mount Mansfield's Forehead, before dropping into the saddle between the Forehead and the Nose.



Upper Teardrop is so narrow that at first it doesn't look like a trail.

**Below:** The view of Cannon Mountain ski area from the summit of Mittersill.



The skiing was just as I hoped it would be: phenomenal. The only teardrops we experienced were tears of joy (alright... the tears were metaphorical; no one actually cried), and the descent ended much too soon for our liking. Back at the CCC Road, we dropped down onto the lower Teardrop while late afternoon sunlight filtered through the trees. By the time we were knocking back a pint at The Alchemist in Waterbury, we were already reliving (and retelling) our descent of the Teardrop.

## NEW HAMPSHIRE

The next morning, we left Vermont behind and headed east to Cannon Mountain, home of the **Taft trail**. Cut in 1933 on the north face of the mountain, today the uppermost reaches of the trail are within the boundaries of the ski area. Instead of purchasing a lift ticket, we skinned up the west side of the mountain via the Tucker Brook trail, another ski trail that dates to the same era as the Taft. We halted our ascent at the summit of Mittersill, just shy of the Cannon ski area boundary, and then began our descent of the lower Taft, which had seen so much backcountry skier traffic prior to our arrival as to have been bumped out into a long mogul run. (This winter, Cannon expanded into the abandoned Mittersill ski area, which encompasses the lower Taft. The 86-acre area has all natural snow, almost no grooming, and for now, a shuttle bus on weekends to return you to the Cannon base area.)

Leaving Cannon behind, we ventured next to Doublehead, just outside of North

Conway. Built one year after the Taft trail, the **Doublehead ski trail** features a double fall line and a Forest Service-managed cabin at the top. We followed the Old Path up to the saddle between South and North Doublehead, then turned north to reach the summit and the ski trail. Snow conditions weren't ideal (no fault of the mountain... just my unfortunate timing), but Doublehead lived up to expectations. It had a steep and sustained pitch, and that double fall line kept me focused on the way down.

For a grand finale, I bid my ski partners adieu (alas, work called them home, while my "work" called me to one final peak) and charted a course for Mount Cardigan. The mountain is home to a series of famed CCC ski trails, including the **Duke's ski trail** on Firescrew, a subsidiary summit, and the **Alexandria trail** on Cardigan proper. Always up for a loop, I ascended the Duke's to the summit of Firescrew, traversed the rounded ridgetop to Cardigan, and then pointed my tips downhill on the Alexandria. Even though it hadn't snowed in days, the trail held great snow.

At the base of the Alexandria, as I looked back up at Cardigan, I understood why backcountry skiers treasure these CCC ski trails. They are uniquely New England, but just as much so, they're darn good fun to ski. ☑

*Peter Bronski (www.peterbronski.com) is an award-winning writer and frequent contributor to Vermont Sports. A passionate backcountry skier (as well as ice climber), he is a member of the North American Travel Journalists Association and the author of Powder Ghost Towns: Epic Backcountry Runs in Colorado's Lost Ski Resorts.*



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## GREEN RACING PROJECT

BY  
TIM REYNOLDS

# THE GREAT WHITE CIRCUS OPENS IN YELLOWSTONE

The ski season is finally here. By “here,” I mean that it’s winter in West Yellowstone, MT. The Green Racing Project has escaped the warmth of November in Vermont to cut the tape on the 2009/2010 cross-country ski racing season in the colder climes of Yellowstone National Park.

For almost the last decade, the North American ski racing circuit has kicked off at the Yellowstone Ski Festival over Thanksgiving week. “The Great White Circus,” as one of our team managers at the Craftsbury Outdoor Center dubbed the Festival, plays host to over 3,000 skiers from around the country who converge at the western gate of Yellowstone National Park for a week of skiing, racing, and endurance sports fanaticism at its best. The snowy trails teem with all varieties of spandex garb: the flames of Minnesotan high school teams, snow flaked college skiers, and flashy professional trade teams, not to mention plenty of “master-blasters,” the young skier’s friendly jibe for middle-aged ski racers.

In the evenings, the American Nordic world’s largest trade show takes over the conference center at the Holiday Inn—the Swixes and Rossignols of the sport get a chance to show off their newest products to consumers riding the adrenaline buzz of white powder following a long off-season of running and rollerskiing. We experienced this excitement in full. Fulfilling responsibilities to one of the team’s biggest sponsors, we took turns representing the Concept2 SkiErg demonstration table. I’ve never seen so many excited kids stand in line to test out the new double-poling machine, pull as high a wattage as they could

for ten seconds, and then jump back in line to get another shot at it. We may as well have been offering free rides on the Gravitron by the looks on people’s faces.

The first of several Olympic qualification races began midway through the week. With a sprint race and two distance races, our team had three race starts in Yellowstone to test our form after a long training season. Coming from the East, it took us all a little while to adjust both to the altitude (7,000 feet) and the snow. Our gradual acclimatization showed in the results—most of the team was a bit sluggish, with the exception of an exceptional finish in the sprint race by Ida Sargent of Barton, VT. She was the third American in the women’s 1.5-kilometer classic style sprint race. Next weekend the racing scene moves north to Bozeman, and we’re all looking to improve our results. It feels good to break the ice on our short competition season and dive back into what that summer training is all about: skiing fast!

But it isn’t just easy skiing and racing for the Green Racing Project in West Yellowstone. This was the first time our rookie team has interacted with the greater skiing community, and since our program carries some controversial clout, it was interesting to gauge the reactions from our fellow skiers about “green ski racing.” In short, we’re realizing there are a lot of eyes scrutinizing our team.

While we haven’t claimed to be a purely “green team,” we’ve already been given that title among our peers, and with it comes a mix of criticism and support. As I warmed down after the sprint race mid-

week, a high school girl from somewhere, Minnesota, called to me as I skied past, “Are you on the new Green Ski Team?”

“Yea,” I answered, a bit hesitant.

“Well I don’t think you guys are all that green. I mean you flew out here. And I know you used fluorinated wax on your race skis today.”

There’s not much to say to that. She’s right on both accounts, and her accusative tone certainly caught me off guard. Don’t other skiers understand that we are trying to control the parts of our lives where we can minimize our negative impact without abandoning the sport we love? A friend of mine whom I raced against in college joked that he was going to collect evidence of the Green Racing Project’s un-green activities throughout the course of the winter and start his own website to share it. I realized at the “Great White Circus” in Yellowstone that as an environmentally focused team, we’ve put ourselves out there to be scrutinized. A lot of people are watching, and we’ve still got a long way to go to meet our goals of balancing the needs of a professional ski racing team with the environmental consequences of our sport. ▮

*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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**VS: How did you land your job as National Guard biathlon coach?**

TV: I was an athlete, and it just so happened that there was an opening about a year-and-a-half after I started the sport. I'm a much better coach than an athlete. It is an incredible opportunity and a great job.

**VS: How did you land in Vermont?**

TV: I'm from Vermont. I'm from Essex, so I'm the ultimate townie.

**VS: But this isn't such a bad place to be a townie.**

TV: No, it isn't. I get to see so many amazing parts of the world, and I'm often reminded that this is a pretty great place to be.

**VS: Are you coach for all of the National Guard, or specially Vermont's branch?**

TV: Sarah Lehto and I are the national coaches for all of the National Guard. I'm an Air Guard coach and she's the Army Guard coach; we're called a joint force. All of the northern states have their own teams, and those are the teams that we pick from for our national team. There are Guard champs regional races. We select athletes from there. We have athletes from New York, Utah, Dakotas, Alaska, Minnesota—everywhere.

**VS: Biathlon is somewhat of an obscure sport here. Do you get a lot of experienced biathletes, or do you get skiers who are trying something new?**

TV: We get a blend. It's definitely a tough sport to find people with a lot of experience. Most of our athletes are Nordic skiers and then we teach them how to shoot. It is very tough to teach a marksmanship person how to ski. It's pretty impossible. We have a large spectrum of athletes. We have athletes who are vying for Olympic spots, and then some who are just racing domestically.

**VS: How big is the team?**

TV: It's probably 10 right now. It's always changing with deployment. We have amazing soldier athletes, and they are soldiers, so sometimes they have to go overseas for deployment.

**VS: What happens if someone who qualifies for the Olympics ends up getting deployed?**

## READER ATHLETE



TV: We have that situation right now. Jeremy Teela from Anchorage, AK, who belongs to the Vermont Guard, is in the military WCAP (World Class Athlete Program). He has been in two other Olympics. But he is a soldier, and he was supposed to be in this recent Vermont deployment. They gave him the chance to try out for the Olympics. If he qualifies, he will be able to go.

**VS: Are you a stronger skier or marksman?**

TV: I would say stronger skier. I really enjoy skiing. Any type of sliding on the snow is fine by me.

**VS: How do you teach biathletes to hold a gun steady when they breathing so hard from the cardio impact of ski racing?**

TV: That's primarily what we do. We train the athletes to be able to shoot with a high heart rate. The average person will be shooting around 170 beats per minute. And the range times need to be around 35 seconds prone, 30 seconds standing, to be competitive. So that's exactly what we do—heart combo work, ski, and shoot. You just learn. You learn to deal with your heart racing. You're only there for a short time, and you don't want your heart rate to go down, because you'll just have to work to get it back up again when you ski the next lap.

## Travis VOYER

**Age:** 32

**Residence:** Essex Junction

**Family:** Wife, Amanda; daughter, Annabella, 3; son, Simon 2; two dogs, Yosemite and Finn

**Occupation:** National Guard biathlon coach

**Primary sport:** Xterra and mountain bike racing

**VS: It's such an impressive sport, you wonder why more people don't know about it.**

TV: I think it's a beautiful sport, and I wish it would grow. Some people around here don't even know the Jericho firing range is one of the best ranges in the country.

**VS: Is biathlon skate or classic skiing?**

TV: Skate skiing. In about the 1980s we stopped doing classic.

**VS: Can just anybody go try biathlon in Jericho?**

TV: The Ethan Allen Biathlon Club meets on Tuesdays and Thursdays. Anybody can come and sign up. They have a weekly race series during summer, a running biathlon, and then during the winter they have clinics. We get some athletes that start that way and then the University of Vermont has a team.

**VS: Who are some local biathletes to watch?**

TV: Jessie Downs, he's definitely our best guy right now, and Dunkin Douglas. Both these guys are in the Vermont Guard, but from New York originally. Dunkin's been in two Olympics, and Jessie I think certainly has a chance to go.

**VS: You are active in Xterra and mountain bike racing. How is that going?**

TV: I used to do some of the road triathlon races. Last year, I tried an Xterra at the

reservoir in Essex. I got a feel of the sport, and it is much different. It's kind of like a road race versus a cross race/mountain bike race. Everybody's much friendlier. I love mountain biking, so I figured a little dirty pond swim and a trail run seemed like the right thing to do. They try to make the courses really tough, they want you at least bleeding a little bit.

**VS: How did you discover off-road triathlons?**

TV: I was road racing originally and didn't really get into it. A friend told me to go to the Catamount Wednesday weekly mountain bike race series. I quickly met like 10 people who were very family friendly. I thought, "This works for me." Then you go to cross racing, and it's beer drinking and it's a party. There's definitely a little bit of a range. It's wild.

**VS: Where have you raced?**

TV: I've only done local ones so far. I've done Stoaked in New Hampshire. And this year we had the Northeast Cup at Sugarbush. It was an amazing race, a really difficult race. This upcoming year I plan on doing more of the series.

**VS: Are you viewing Xterra racing as a competitive outlet, or more for fun?**

TV: For fun. I just like to be active. I'm competitive, but I'm realistic on my goals. I just like to race.

**VS: Where do you like to mountain bike?**

TV: I ride mostly at Catamount and Saxons Hill in Essex. Saxons' trails are all run by the Fellowship of the Wheel. I started to get involved with them doing some trail building. They do some amazing trails.

**VS: What do you enjoy doing with your family?**

TV: With the kids, they are both young, but they both have Strider bikes, so they both really enjoy doing that. Annabella started skiing last year. She'd rather ride the chairlift than ski, but I guess being two at that time, that makes sense. My kids are very different. One's very active, and one's very homey and likes to play with trucks. It's fun to watch them grow. ▢

— Sky Barsch

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**VS: Your swimming group is the Middlebury Muffintops. Who came up with the name, and can you explain the reference for those who may not know what a muffintop is?**

JH: It was actually one of our swimmers who came up with the name a couple years ago, I think it was Tom Buzzell. My husband, Steve, came up with the logo. We have tattoos we wear to swim meets, and we have a big banner we bring to meets. We've become kind of a swimmers' cult. Everyone wants a tattoo—even people from other teams ask me if they can have a tattoo! The reference is the spillage over the Speedo that resembles the top of a muffin. But not too many people from the group have muffintops; we are a pretty fit group.

**VS: It sounds like you don't take yourselves too seriously.**

JH: We have such a good time. The camaraderie is what brought me back to swimming. This is not our primary job; it's a release, we're competing, but competing for fun. We have a good attitude.

**VS: How many swimmers are in the group?**

JH: There's probably, I want to say, 40 in the group. And maybe about 10 of us will really compete.

**VS: Are you all associated with Middlebury College?**

JH: It started with people from the college. It's a college-affiliated Masters' group. Some people from the community joined over the years, anybody who has a passion for swimming. We have a lot of triathletes and competitive swimmers. Also, we have some people who just come for the exercise.

**VS: What is your favorite stroke?**

JH: I don't think I have one. I think my best stroke is IM, which is individual medley, because I tend to like all four. It keeps my attention.

**VS: What is your preferred distance?**

JH: 100s and 200s (yards), which is considered middle distance. A mile would be a long distance, and my attention span just isn't that long.

**VS: You swam competitively from age 9 to 20, including at Colgate University. How did you get back into it?**

## READER ATHLETE



## Jessica HOLMES

**Age:** 38

**Residence:** Cornwall

**Family:** Husband, Steve; three children; Katherine, 12; Justin, 10; Sarah, 5

**Occupation:** Economics professor at Middlebury College

**Primary sport:** Swimming

JH: I swam up through college. I hung up my goggles when I left Colgate, and I did not pick them up seriously until I was 35, and I had my third kid and an extra 20 pounds on me. I joined an informal group of college and community members, and swam a couple days a week. I started swimming with them just for exercise. One of the guys said we should go to a swim meet, and I remember thinking literally no way! I'm a three-kid mom. But he said I should do it, and I went to a meet, and I had so much fun. I got the bug. Now I compete all around the region and at U.S. Masters' Nationals each year.

**VS: How is swimming now different than in your youth?**

JH: It's so much more fun than college. I think because of the camaraderie, and I think because it is my choice. I'm swimming for the love of it. Before, I was just on automatic pilot. I was there because the coach told me I had to be there. Now, I am inspired. There are people at meets who are undergoing chemotherapy. People who have had mastectomies. And you not only get to see really fast former Olympians, you see 90-year-old men swim a mile. It makes me want to get back in the pool and swim until I'm 90.

**VS: Does your husband swim on the team?**

JH: He swims occasionally. He gets in and out, and he's competed in a couple meets, but not very often.

**VS: You teach economics at Middlebury College. Has the recent economic downturn increased students' interest in the subject?**

JH: I definitely think it has increased interest in our major. Not only do students want a better understanding of the downturn, but our majors tend to do relatively well on the job market because of their broad-based skills in writing, analytical thinking, quantitative analysis, and public speaking. Many also leave Middlebury with a strong business sense and an understanding of how markets work.

**VS: You teach a class named The Economics of Sin. What is that about?**

JH: Economics of Sin is all about markets that society deems sinful. We talk about crime, drugs, prostitution, pornography, gambling. So despite the fact that society may outlaw a particular activity, there are still markets for it, black markets. Economists still have something to say about it.

**VS: You once were a blackjack dealer and pit boss in a casino—was that to grow your experience in economics?**

JH: It was for fun. It was a job I did when I was in my 20s, and it was the best job I have had except for my current job. My husband (then boyfriend) and I went out to Minnesota; we wanted to wait tables and mountain bike and kayak all summer. The first week we got there, Minnesota had changed its laws on casino

gambling and had allowed blackjack on Indian reservations. The Vegas dealers trained all the blackjack dealers on our reservation. We went right over and started training. And we dealt blackjack, and within two weeks we were promoted to pit bosses. They were really fascinating jobs, not only because we were minorities on this Indian reservation, and that was an interesting experience, but also seeing the addictive side of gambling. We'd see a lot of the same people coming night after night, putting their Visa credit card in and taking out cash advances, losing, and coming back the next night hoping to make it all back.

**VS: What are you looking forward to in life?**

JH: I'm mostly looking forward to being that 90-year-old person who gets up on the block. I want to be vibrant and healthy and keep this passion (of swimming) in my life. I have a lot of research that I'm really interested in. I'd like to come up with more creative classes, like the Economics of Sin, and other, similar, non-mainstream classes that attract a wide audience. I am also enjoying watching my kids getting into sports.

**VS: What are they active in?**

JH: My kids are playing a lot of lacrosse, soccer, and football. It's fun watching them become older and become pretty good at their sports. That's something I'm looking forward to.

**VS: Are they swimming?**

JH: My youngest daughter Sarah is on the swim team but my older kids are not swimming, although I should put an asterisk next to that. They just did an open-water swim in Bermuda. I wanted them to be strong, healthy swimmers, just for safety reasons. I told them if they did some laps and workouts this summer and early fall, we would go to Bermuda and they could do a half-mile open-water swim there. For not being competitive swimmers, they did great—Justin came in seventh overall for the boys, and Katherine came in third among the girls. They even got medals from the Bermuda governor. It was a fun family event. But Katherine is really into soccer. My son's dabbling still, but he's pretty serious about lacrosse. Sarah—she is still young, so who knows! ▮

—Sky Barsch

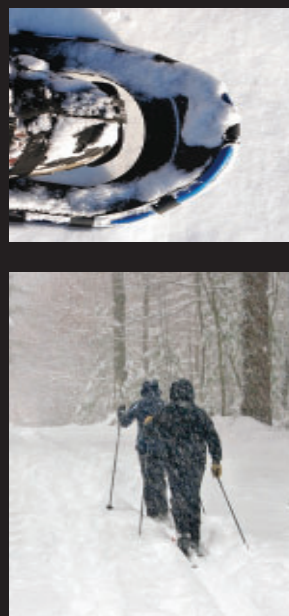


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# The History of the | **Craftsbury** OUTDOOR CENTER

BY SKY BARSCH



For what it is today—a world-class facility that grooms top athletes and attracts Olympians to its races—the Craftsbury Outdoor Center had humble and even uncertain financial beginnings. But the Spring family's vision, combined with the dedication of other outdoor sports true believers, came to fruition, and Craftsbury gradually grew from a collection of rundown buildings to the home of arguably the nation's best-known ski marathon.

In 1976, Russell Spring leased the closed and neglected Cutler Academy, a modest group of buildings set near Big Hosmer Pond in Craftsbury, a town in northeast Vermont. Spring had been involved with Windridge Tennis Camp, and he drove by Cutler Academy on his way to and from work.

"He wondered why no one was doing anything with it," says Russ Spring, the elder's son. "He decided to get crazy and find some partners. He arranged to lease the property for a year, and then he bought it." With the financial help of two partners, Arnold Smith and Dean Brown, and the sweat equity of his wife, Janet, and son, Russ, Russell Spring opened a small outdoor center, offering cross-country skiing in the winter and a soccer camp in the summer. After a year of leasing the property, Spring bought it outright.

"We had a fairly substantial piece of property, with a bunch of big buildings that hadn't been taken care of in quite a number of years," the younger Spring says. "It took a lot of work just to get it usable." Prior to Cutler Academy, the property was Camp Ethan Allen in the 1950s and a farm before that, on which the owners sugared. The maple trails were the foundations for the first ski trails.

"It was just my mom and me running the ski shop and doing the grooming. We bought an old snowmobile and packed the trails down and we opened a little touring center," Russ Spring says. In the summer, Paul Reinhardt, from the University of Vermont, oversaw the soccer camp. "Really, since then, everything else just gradually developed from that base," Russ Spring says.

The sculling camp opened in 1977, Russ recalls,

after a friend of the elder Russell Spring came to visit. Jim Joy, an avid sculler, took a look at the lake. "He said we should start a sculling camp, that in the U.S., nobody's doing it," Russ Spring says. "Joy said, 'You have the room, the perfect lake, and you can feed people.'"

So they borrowed some boats and hired a local carpenter to build a boat house. "And the Craftsbury sculling camp began," Russ Spring says. "Being the only sculling camp in the U.S. at that time, we experienced a pretty rapid success curve."

Along the way, Craftsbury began a running camp, walking tours, biking tours, and in the early 1980s, an Elderhostel program, now known as Exploritas, a program that is very successful and accounts for much of the outdoor center's midweek stays. Elderhostel participants have rooms, meals, outdoor recreation opportunities, and an education component, such as a literature class, as part of their stay. "Pretty much everything that has happened here has been the idea of one person working here at the time," Russ Spring says.

One of the longtime members of the Craftsbury staff is John Brodhead, a familiar face from the trails or the dining hall. Brodhead is the Craftsbury Marathon and ski program director. He started nearly 30 years ago, in the winter break of 1980-81.

"It was pretty much a mom-and-pop operation, and what few staff were here, were pretty much doing everything," Brodhead says. "Over the years, each of us who stayed with the center have become more specialized. But sometimes I look back at the earliest years and all the fun that we had, cooking, washing dishes, sometimes making beds and cleaning the dormitories... we call them lodges now."

It was somewhat of a fly-by-the-seat-of-your-pants operation, with the staff often outnumbering the guests. "Sometimes it was pretty sketchy getting a paycheck," Brodhead recalls. "But we all loved what we were doing so much we were willing to try to make it work." Brodhead was living where the main office is now located. He still works out of the office he once

lived in. He has seen the steady progression of adding programming and improving the facilities, making Craftsbury what it is today.

"The sculling camp started off with two weeks of sculling, and now we're up to like 30 or so. It just seemed that gradually each summer, we were better known and there were more people."

"The facilities were continually improved—we started off on army cots lined up in what used to be a classroom. The lowest price was \$4 per night. We really tried to reach out to the cross-country skiers, who were the hardcore, granola-eating, gator-wearing crowd who would arrive in their VW Microbuses and be happy to find the place. They'd go out and ski their hearts out all day."

Times have changed, Brodhead says. "Now people have high expectations. They expect the trails to be groomed by a Pisten Bully," and want private bathrooms with their accommodations. "We're certainly fancier than we used to be." Brodhead describes the current clientele as "much more gentele," expecting a certain level of comfort, and credits the elder Russell Spring for investing his own money to improve the facilities. "Most businesses like ours would have gone bankrupt years ago," Brodhead says.

Craftsbury is home to the TDBank Craftsbury Marathon, a race that is as important to Olympians as it is to the local Craftsbury community. The race, which offers a highly competitive 50-kilometer course as well as a (still tough) 25-kilometer non-timed tour with gourmet food stops, is a huge community event for the tiny town of Craftsbury. The race, now in its 29th year and slated for January 30, has grown into a week-long event featuring a Master's Championship on Thursday and a Friday night sprint race featuring some of the country's best Nordic ski athletes.

But even from the early years, the outdoor center hosted competitive races. In 1980-81, Craftsbury hosted the Dannon (yogurt) Series, which were the biggest races around, aside from the National Championships, Brodhead says.

"So, I think right from the get-go, even before I



**Opposite page, clockwise from left:** The Danish Olympic rowing team trained at the Craftsbury Outdoor Center prior to the 1996 games in Atlanta. Courtesy photo.

(l to r) Janet Spring, Russell Spring, daughter Abi, who worked at the Center in numerous capacities over the years, and her husband Steve Lacey, with the family dogs.

Russell Spring (right) with skiers Paul Bishop and Bill Jones, 1984.

worked here, I used to come up for the races in the late '70s. They were very high-end in terms of the competitors that came. All the skiers who were competitive in the eastern U.S. converged on our races."

Beyond top athletes, some other well-known people have visited the Craftsbury Outdoor Center over the years. Madeleine Kunin was a regular skier when she was Vermont's governor, and Martha Stewart went to Craftsbury when she needed a snowy backdrop for a magazine cover. "That was before she went to jail," Brodhead quips. "She arrived with her entourage, hairdressers, photographers, assistant photographers. They were looking for a snowy scene. Our marketing actually worked. She spent three days here, and I sort of chauffeured them around."

A few of Brodhead's college friends came up to ski, including Vince O'Connell and his partner Kathy Swanson. She was a fanatical knitter, and convinced Vince to try knitting. "Vince doesn't do anything halfway," Brodhead says. "He knit this sweater—we called it the Kevlar sweater. The stitching was so tight it could stand up by itself. From that sweater, Vince went on to found VOMax clothing apparel—lycra sports uniforms. He ran it for 25 years, but he started it right here in the dormitory with a little sewing machine," remembers Brodhead.

One of Russ Spring's favorite memories is of the Danish Olympic rowing team training at Craftsbury prior to the 1996 games in Atlanta. "It was such an amazing team to watch row. Just the way they carried the boats to the water with such precision... It was a privilege to have the Danes here and work with them."

Another fond memory is of the Mud and Ice Quadrathlon, an end-of-the-ski-season race that involved skiing, biking, running, and canoeing. Competitors had to ride through the slush and paddle through the ice. "But we got old and conservative and decided somebody might get killed," Spring says, so the race was canceled.

Brodhead is a little nostalgic for the days the staff lived together, working largely on heart, taking wild trips to a Hardwick bar in the senior Russell's eight-passenger station wagon they called the Green Dragon. But Brodhead is proud of the Craftsbury of today, which is what so many people worked tirelessly to create.

In 1994, the elder Springs handed the business to their son, but the elder Russell didn't go far. "He always stayed around, checking on everything," the younger Spring says.

In 2008, the Spring family sold the business to Concept2 co-founders Dick Dreissigacker and Judy Geer, who have turned the center into a nonprofit and expanded outreach to get more community members skiing.

"This was the major interest of his life," the junior Spring says of his father. "Last year, when he sold it, a big part of the negotiations was him still having a role. He loves coming in and having a meal. The new owners gave him and my mother a lifetime meal pass. My father's favorite thing to do is come and socialize with the guests. That's probably more important to him than any kind of money. My mother has other interests—she enjoys being involved with the center on some level—but she likes traveling. My dad's pretty happy to limit their travels to Craftsbury Village." The two presently reside in a house on Little Hosmer Pond. ☐

*Sky Barsch is a freelance writer in Orleans, VT, and a frequent skier at the Craftsbury Outdoor Center. You can reach her at mail@skybarsch.com.*



Director of skiing John Brodhead (left), VO2Max founder Vince O'Connell, and long-time trail groomer Keith Woodard, circa 1982



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## ADVENTURE RACING

### MARCH

- 6 MVP Health Care Frigid Infliction Winter Adventure Race (navigation, snowshoeing, cross-country skiing, postholing, ropes work), Waterbury, VT, Tim Curtin, 802-578-2972, [tim@gmara.org](mailto:tim@gmara.org), [www.gmara.org/frigid](http://www.gmara.org/frigid)

## 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](mailto:jpmad2003@yahoo.com), [www.eabiathlon.org](http://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](mailto:jpmad2003@yahoo.com), [www.eabiathlon.org](http://www.eabiathlon.org)

## CROSS-COUNTRY SKIING

### 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](mailto:kiser52@comcast.net), [www.mstf.net](http://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](mailto:aowens@sterlingcollege.edu), [www.craftsbury.com](http://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](http://stay@craftsbury.com), [www.craftsbury.com](http://www.craftsbury.com)
- 9 Bogburn Classic, 13K for J1-Master Men, 7K for J2s and Women, BK1 distances, 10AM-1:30PM starts, Haydock House, Pomfret, VT, Bob Haydock, 978-369-2684 or 802-763-7064, [haydock3@gmail.com](mailto:haydock3@gmail.com)

- 9 Catamount Trail Association Ladies Nordic Ski Expo, Trapp Family Lodge, Stowe, VT, Joan Hanowski, [jhanowski@pshift.com](mailto:jhanowski@pshift.com), [www.catamounttrail.org](http://www.catamounttrail.org)
- 9 Backcountry Skiing I, 9AM-4PM, with Petra Cliffs Climbing & Mountaineering School, Burlington, VT, 802-657-3872, [www.petracliffs.com](http://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](mailto:cavandyke@aol.com), Becky McGovern, 802-253-2252, [vtmcgovern@pshift.com](mailto:vtmcgovern@pshift.com), [www.stowetimes.org/snoc/](http://www.stowetimes.org/snoc/), [www.skireg.com](http://www.skireg.com)
- 16 Backcountry Skiing II, 9AM-4PM, with Petra Cliffs Climbing & Mountaineering School, Burlington, VT, 802-657-3872, [www.petracliffs.com](http://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](mailto:creation@nl-nh.com), [www.winterwild.com](http://www.winterwild.com)
- 24 Valley Cup Freestyle Race, Ole's Cross-Country Center, Warren, VT, 802-496-3430, [ski@olesxc.com](mailto:ski@olesxc.com), [www.olesxc.com](http://www.olesxc.com)
- 28 U.S. National Masters Championship 10K Freestyle XC Ski Race, 2:30PM, Craftsbury Common, VT, 802-586-7767, [stay@craftsbury.com](http://stay@craftsbury.com), [www.craftsbury.com](http://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](http://stay@craftsbury.com), [www.craftsbury.com](http://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](http://stay@craftsbury.com), [www.craftsbury.com](http://www.craftsbury.com)
- 31 New England Women's XC Ski Day, Waterville Valley, NH, Trina Hosmer or Anne Donaghy, [hosmer@oit.umass.edu](mailto:hosmer@oit.umass.edu)
- 31 Ski for Heat, X-C skiing and snowshoeing fundraiser, Wild Wings Ski Touring Center, Peru, VT, Martha Robertson, [skiforheat@vermontel.net](mailto:skiforheat@vermontel.net), [www.skiforheat.org](http://www.skiforheat.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](mailto:creation@nl-nh.com), [www.winterwild.com](http://www.winterwild.com)
- 7 2010 Camel's Hump Challenge, Huntington, VT, Jared Poor, [camelshumpchallenge@comcast.net](mailto:camelshumpchallenge@comcast.net)

- 13 Backcountry Skiing I, 9AM-4PM, with Petra Cliffs Climbing & Mountaineering School, Burlington, VT, 802-657-3872, [www.petracliffs.com](http://www.petracliffs.com)
- 20 Ski for Heat X-C skiing and snowshoeing fundraiser, Morse Farm Ski Touring Center, Montpelier, VT, Kate Coffey, [kate.sfh.cv@gmail.com](mailto:kate.sfh.cv@gmail.com), <http://skiforheat.org>
- 20 Backcountry Skiing II, 9AM-4PM, with Petra Cliffs Climbing & Mountaineering School, Burlington, VT, 802-657-3872, [www.petracliffs.com](http://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](mailto:creation@nl-nh.com), [www.winterwild.com](http://www.winterwild.com)
- 28 Stowe Derby 2010, Stowe, VT, Pascale Savard, [stowederby@teammmsc.org](mailto:stowederby@teammmsc.org)

### 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, 603-748-1070, [creation@nl-nh.com](mailto:creation@nl-nh.com), [www.winterwild.com](http://www.winterwild.com)
- 13 BMC Backcountry Ski Adventure, GMC Headquarters, Waterbury Center, VT, [www.greenmountainclub.org](http://www.greenmountainclub.org)

### 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](http://www.skisleepyhollow.com)

## CLIMBING & MOUNTAINEERING

### 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](http://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](http://www.petracliffs.com)
- 29-31 Alpinist/Smuggs Ice Bash Climbing Festival & Trade Show, Smugglers' Notch, Jeffersonville, VT, Bert, [sunriseadventures@gmail.com](mailto:sunriseadventures@gmail.com)



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- 13 Ice I Clinic (Ice Climbing for Beginners), 9AM-4PM, with Petra Cliffs Climbing & Mountaineering School, Burlington, VT, 802-657-3872, [www.petracliffs.com](http://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](http://www.petracliffs.com)

## MARCH

- 13 Ice I Clinic (Ice Climbing for Beginners), 9AM-4PM, with Petra Cliffs Climbing & Mountaineering School, Burlington, VT, 802-657-3872, [www.petracliffs.com](http://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](http://www.petracliffs.com)

## FIRST AID / FIRST RESPONDER

## JANUARY

- 13 GMC Winter First-Aid Refresher, GMC Headquarters, Waterbury Center, VT, Pete Antos-Ketcham, 802-244-7037, [gmc@greenmountainclub.org](mailto:gmc@greenmountainclub.org)
- 23-25 IAARE Level 1 Avalanche Course, 9AM-4PM with Petra Cliffs Climbing & Mountaineering School, held at GMC Headquarters, Waterbury Center, VT, 802-657-3872, [info@petracliffs.com](mailto:info@petracliffs.com), [www.petracliffs.com](http://www.petracliffs.com)

## FEBRUARY

- 13-14 SOLO Wilderness First Aid (WFA), 9AM-5PM, GMC Headquarters, Waterbury Center, VT, 802-244-7037, [www.greenmountainclub.org](http://www.greenmountainclub.org)

## MARCH

- 6-8 IAARE Level 1 Avalanche Course, 9AM-4PM, with Petra Cliffs Climbing & Mountaineering School, held at GMC Headquarters, Waterbury Center, VT, 802-657-3872, [petracliffs.com](mailto:petracliffs.com), [info@petracliffs.com](mailto:info@petracliffs.com)
- 27-28 Wilderness First Aid-sponsored by WMI of NOLS, Charlestown, NH, Douglas Caum, [dcaum@juno.com](mailto:dcaum@juno.com)

## MISCELLANEOUS

## JANUARY

- 9 GMC Taylor Series—Slideshow/Fundraiser: "Off Piste in the Northeast," with Brian Mohr and Emily Johnson, 7PM, Mad River Glen Ski Area, Fayston, VT, 802-496-5434, [www.emberphoto.com](http://www.emberphoto.com)
- 10 Lake Morey WinterFest, Fairlee, VT, Deb Williams, [deb\\_williams@alohaafoundation.org](mailto:deb_williams@alohaafoundation.org)
- 15 GMC Taylor Series Event: Exploring the Canyons of the Colorado Plateau, GMC Headquarters, Waterbury Center, VT, 802-244-7037, [www.greenmountainclub.org](http://www.greenmountainclub.org)
- 16 GMC Map and Compass I Workshop: Land Navigation Basics, GMC Headquarters, Waterbury Center, VT, Pete Antos-Ketcham, 802-244-7037, [gmc@greenmountainclub.org](mailto:gmc@greenmountainclub.org)
- 20 GMC Cold Weather Trekking Workshop, GMC Headquarters, Waterbury Center, VT, Pete Antos-Ketcham, 802-244-7037, [gmc@greenmountainclub.org](mailto:gmc@greenmountainclub.org)
- 22 GMC Taylor Series Event: "Hiking the John Muir Trail," 7PM, Capitol City Grange, Montpelier, VT, 802-244-7037, [www.greenmountainclub.org](http://www.greenmountainclub.org)
- 30 GMC Taylor Series Event: "Exploring New Zealand by Foot," 7PM, RK Miles' Millwork Building, Manchester, VT, 802-244-7037, [www.greenmountainclub.org](http://www.greenmountainclub.org)

## FEBRUARY

- 12 GMC Taylor Series Event: "Slackpacking the Colorado Trail," GMC Headquarters, Waterbury Center, VT, 802-244-7037, [www.greenmountainclub.org](http://www.greenmountainclub.org)
- 19 GMC Taylor Series Event: "From the Long Trail to Kilimanjaro: A Woman's Journey to Wellness through Mountain Climbing," with Kara Richardson Whitely, GMC Headquarters, Waterbury Center, VT, 802-244-7037, [www.greenmountainclub.org](http://www.greenmountainclub.org)

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- 20 GMC Taylor Series Event: "Day-Hiking in the Northern Rockies—Glacier, Waterton, Banff, and Jasper," GMC Headquarters, Waterbury Center, VT, 802-244-7037, [www.greenmountainclub.org](http://www.greenmountainclub.org)
- 26 GMC Taylor Series Event: "Journey to the Yukon and Alaska," GMC Headquarters, Waterbury Center, VT, 802-244-7037, [www.greenmountainclub.org](http://www.greenmountainclub.org)

## MARCH

- 10 GMC Cold Weather Trekking Workshop, GMC Headquarters, Waterbury Center, VT, Pete Antos-Ketcham, 802-244-7037, [gmc@greenmountainclub.org](mailto:gmc@greenmountainclub.org)
- 12-14 Winter Doe Camp Women's Winter Weekend Retreat for Adventurous Women, Hulbert Outdoor Center, Fairlee, VT, Hilary Hess, [vow@voga.org](mailto:vow@voga.org)

## ONGOING

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

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

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

Saturdays, 5-7PM (through March 13), Mansfield Athletics Pole Vault Club, UVM Field House, So. Burlington, VT, Chris Mitchell, 802-598-9216, [chris@mansfieldathletics.com](mailto:chris@mansfieldathletics.com)

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

Weekends, Nature Photography Workshops with Carl Heilman, Brant Lake, NY, Digital and Photoshop Weekend Workshops and more, 518-494-3072, [www.carlheilman.com](http://www.carlheilman.com)

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## PILATES

## ONGOING

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

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

## RUNNING

## 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](mailto:creation@nl-nh.com), [www.winterwild.com](http://www.winterwild.com)

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## COMING NEXT MONTH





# CALENDAR OF EVENTS

- 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

## 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, 603-748-1070, 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

## SNOWBOARDING

## JANUARY

- 3 Gravity Control Rail Jam at Smugglers' Notch, Jeffersonville, VT, smuggs@smuggs.com

- 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
- 13 Gravity Control Slopestyle Event, Smugglers' Notch Resort, Jeffersonville, VT, smuggs@smuggs.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

## SNOWSHOEING

## JANUARY

- 3 Free Snowshoe Demo Day, 10AM to 4PM, Umiak Outdoor Outfitters, Stowe, VT, 802-253-2317, www.umiak.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
- 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@tubbsnowshoes.com
- 30 GMC Full Moon Snowshoe up Camel's Hump, 4PM, GMC Headquarters, Waterbury Center, VT, 802-244-7037, www.greenmountainclub.org
- 31 Ski for Heat, X-C skiing and snowshoeing fundraiser, Wild Wings Ski Touring Center, Peru, VT, Martha Robertson, skiforheat@vermontel.net, www.skiforheat.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
- 6 GMC 14th Annual Snowshoe Festival, GMC Headquarters, Waterbury Center, VT, 802-244-7037, snowshoe@greenmountainclub.org
- 7 9th Annual Northern Vermont 8K Snowshoe Race & 4K Fun Snowshoe Run/Walk, Smugglers' Notch Resort, Jeffersonville, VT, Zeke Zucker, 802-644-1173, zucker@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
- 20 Ski for Heat X-C skiing and snowshoeing fundraiser, Morse Farm Ski Touring Center, Montpelier, VT, Kate Coffey, kate.sfh.cv@gmail.com, http://skiforheat.org

## 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, 603-748-1070, creation@nl-nh.com, www.winterwild.com

## ONGOING

- Saturdays, 10:30AM and 1:30PM, two-hour snowshoe tours led by an experienced naturalist, Ole's Snowshoe Tours, Warren, VT, Gene Foley, 802-496-3430, ski@olesxc.com, www.olesxc.com

## SWIMMING

## JANUARY

- 9 & 16 QT2 Systems Triathlon Specific Swim Clinic with USAT Level 1 Coach John Spinney, 9-11AM, Sports & Fitness Edge, Essex, VT, john@qt2systems.com

## ONGOING

- Mon., Wed., Fri., 5:30-7AM, VT Masters Swim, Twin Oaks, Farrell Street, So. Burlington, VT, Debbie Alsosford, 802-865-2512
- Mon., Wed., Fri., 4-5:30PM, Edge Swim Club practice, Age Group Teams, Sports & Fitness Edge of Williston, VT, Melinda Antonucci, 802-860-3343 ext. 21
- Mon., Wed., Fri., 6-7AM, Masters Swimming at The Swimming Hole, coached from the water, Stowe, VT, Charlotte Brynn, 802-253-9669, cbrynn@theswimmingholestowe.com
- Mon. through Fri., Edge Swim Club practice, Age Group Teams, 6-7AM, Racquet's Edge in Essex Jct., VT, Melinda Antonucci, 802-860-3343 ext. 21
- 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

## TELEMARK

## JANUARY

- 3 Telemark Clinic for beginners (9:30-11AM) and intermediates (12:30-4PM), with PSIA instructor Mickey Stone, Stowe Mtn. Resort, Stowe, VT, call Umiak Outfitters, 802-253-2317, www.umiak.com
- 17 Women's Telemark Clinic with Wendy Bridgewater from the North American Telemark Organization, beginners (9:30-11AM) and intermediates (12:30-4PM), Stowe Mtn. Resort, Stowe, VT, call Umiak Outfitters, 802-253-2317, www.umiak.com

## FEBRUARY

- 12 Intermediate Backcountry/Telemark Clinic, 10AM-4PM, with Dickey Hall of North American Telemark Organization, Stowe, VT, call Umiak Outfitters, 802-253-2317, www.umiak.com
- 17 Telemark Clinic for beginners (9:30-11AM) and intermediates (12:30-4PM), with PSIA instructor Mike Beagan, Stowe Mtn. Resort, Stowe, VT, call Umiak Outfitters, 802-253-2317, www.umiak.com

## RACE RESULTS

### WESTFORD TURKEY TROT November 21, 2009 Westford, Vermont

#### 2 MILE RACE

##### Boys 9 & Under

1 Caleb Brown	12:40
2 Hunter Meyers	15:37
3 Nick Meyers	15:44
4 Timmy Cobb	15:56
5 Burke Hoover	17:16
6 Ethan Boutin	17:18
7 LT Bolton	17:59
8 A Phinney-Anderson	19:31
9 Bryon Limoge	20:26

##### Girls 9 & Under

1 Phoebe McBride	16:46
2 Emma Legg	18:19
3 Emmalyn Zeppi	20:20
4 Fiona Legg	20:25
5 Molly Drapa	28:04
6 Rowan MacArdle	28:05

##### Boys 10-14

1 Seldon Hill	10:52
2 Sam Kitsos	11:30
3 Ben Hallman	11:58
4 David Brown	12:07
5 Elliott McBride	12:08
6 Connor Fulton	12:24
7 Asa Hoover	12:37
8 Joshua Brown	12:38
9 Charlie Cobb	13:12

10 Caleb Weinhausen	13:26
11 Ben Wood	14:02
12 Garrett Edwards	16:53
13 Sonam Friedensohn	17:19
14 Gabrell Limoge	26:34

##### Girls 10-14

1 Leilani King	10:55
2 arlotte Adams	13:35
3 Eliza Thomas	13:54
4 Corinne Jacobson	14:41
5 Ada Dunkley	15:10
6 Mallory Edwards	16:54
7 Rachel Ahokas	17:21
8 Bethany Strong	17:22
9 Grace Eastman	17:57
10 Allie Matthews	30:16
11 Rachel Lavallee	32:25

##### Men 15 & Over

1 Conor Kiely	9:58
2 Brandy King	10:54
3 Steve Zeppi	13:12
4 Alex Weinhausen	13:27
5 Kevin King	14:00
6 Tom Barnes	14:01
7 Sean Myers	15:38
8 Jonathan Brown	16:14
9 Dana Begins	16:39
10 Sam Lotto	16:52
11 Andy Legg	18:20
12 Mark Drapa	31:48
13 David Curry	32:25

##### Women 15 & Over

1 Linnae O'Neil	13:32
2 Karen Alence	14:07
3 Kim Dunkley	15:27
4 Donna Ewald	15:28
5 Lynn Bursell	15:58
6 Tammy Brown	16:14
7 Lauren Curry	16:27
8 Verlaene Edwards	16:56
9 Carmia Stark	17:10
10 Stephanie Boutin	17:20
11 Kara Bolton	18:08
12 Katrina Antonovich	18:10
13 Cheryl Ahokas	18:18
14 Paula Coll	18:39

15 Jennifer Magnam	18:49
16 Yvonne Eastman	18:59
17 Jennifer Bishop	19:35
18 Amy Wenger	19:35
19 Anne Maloney	20:00
20 Kim Phinney	20:10
21 Kathleen Legg	20:26
22 Tracey Zeppi	20:27
23 Corinne Johansson	25:38
24 Laura Crain	26:35
25 Sandra Limoge	26:37
26 Bree Drapa	28:03
27 Molly MacArdle	28:06
28 Kristie Esmond	28:14
29 Holly Matthews	28:48
30 Linda Everett	31:36
31 Eliza Anderson	31:51
32 Marge MacIntosh	31:54
33 Diane Siegrist	31:55
34 Becky Roy	31:55
35 Rita Lavallee	32:23
36 Jessica Remmey	32:25
37 Charlotte Edwards	32:25
38 Elizabeth Edwards	32:25

#### 10K RACE

1 Thomas Hitchcox	41:34
2 Eric Hallman	44:21
3 Tom Kitsos	44:42
4 Nathan Brown	50:40

##### Men 15-19

1 Lexie Daily	54:44
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##### Women 15-19

1 Jake Hollenbach	36:59
2 Tony Casey	39:59
3 Tyler Magnam	43:38
4 Jim Cochran	47:55
5 Garder Waldeier	49:11
6 Keese Lane	49:32
7 Andre Bolduc	56:58

##### Women 20-29

1 Jennifer McGowan	43:19
2 Kimberly Cross	46:15
3 A Townsley-Harris	52:29

4 Annie Harris	52:29
5 Liz Maddocks	52:43
6 Callie Ewald	54:47
7 Margaret Burke	55:53
8 Lindsay Maguire	58:47
9 Kathleen Murphy	59:43
10 Emily Culkin	59:43
11 Claudia Brass	62:40
12 Abby Getman	63:40
13 Jessica Stuart	68:50

##### Men 30-39

1 Aaron Robertson	33:22
2 Damian Bolduc	38:51
3 Todd Archambault	39:34
4 Chris Matthews	41:39
5 Mike Besett	44:51
6 Scott Magman	45:16
7 Sean MacArdle	48:51
8 Jesse Remmey	48:51
9 Aaron Powers	49:29
10 Ben Stuart	52:31

##### Women 30-39

1 Jessica Bolduc	44:26
2 Serena Wilcox	45:54
3 Joanne Brooks	47:02
4 Joanne Grogan	49:16
5 Kate Barbic	55:34
6 Nicky Patterson	56:09
7 Katherine Morgan	56:29
8 Clarice Streets	58:27

##### Men 40-49

1 Binney Mitchell	35:25
2 Tom Dunkley	40:16
3 Christopher McBride	40:41
4 Bob Burbank	41:36
5 Ben Rose	43:03
6 Sean Mitchell	43:13
7 John Doty	44:42
8 Mark Hitchcox	45:43
9 Scott Nichols	48:32
10 Tom Lane	49:28
11 Bill Gagnon	56:05

##### Women 40-49

1 Julia Lewis	46:55
2 Maria Cimonetti	48:32
3 Karen Clark	48:54

4 Lauren Cady	50:00
5 Theresa Wolbach	50:27
6 Jackie Marino	51:07
7 Lori Olsen	53:43
8 Rosemary Shea	55:23
9 Julie Dimmock	56:04
10 Beth Kirkpatrick	57:16
11 Andrea McBride	57:16
12 Sharon King	57:54
13 Beth Lane	58:24
14 Mary Pat Larrabee	59:24
15 Michelle Noble	68:07
16 Nancy Spier	83:26

##### Men 50-59

1 Lary Martel	42:29
2 Dave Emerson	44:36
3 Dhyann Nirmegh	45:34
4 Charles Windisch	46:44
5 Bruce Patterson	48:29
6 Kurt Hughes	49:04
7 Michael Gordon	49:47
8 John Bombard	50:30
9 Bill Everett	50:40
10 Bruce Douglas	51:37
11 Joel Fay	54:17
12 Peter Lavallee	58:22
13 Greg Gillard	58:26

##### Women 50-59

1 Shirley Patrick	55:15
2 Andrea Letorney	58:40
3 Manjula Leggett	59:41
4 Mary O'Neil	72:59

##### Men 60 & over

1 Perry Bland	45:48
2 Wayne Bombard	47:03
3 Don Maddocks	60:55
4 Bill O'Neil	72:58

##### Women 60 & Over

1 Perky Maddocks	76:43
2 Martha Heath	76:44



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# RACE RESULTS

## THE KINGDOM CHALLENGE HALF MARATHON & 5K RUN/WALK October 31, 2009 St. Johnsbury, Vermont

### HALF MARATHON

#### Top 3 Women

1 Katie Irving	Burlington VT	1:34:44
2 Dot Martin	Montpelier VT	1:41:52
3 Beth Daut	Berlin VT	1:43:02

#### Top 3 Men

1 Chester Areson	Burlington VT	1:24:31
2 Matt Ozahourski	Thetford VT	1:25:52
3 Alex Knapp	Anchorage AK	1:27:34

#### Boys 15 & under

1 Mike Fink	Guilford VT	1:34:45
2 Liam Genereux	So Ryegate VT	1:44:31
3 N Polymerase-Olson		1:45:48
4 Ben Emberley	Winchester NH	1:49:51
5 David Hetzell	St Johnsbury VT	2:09:52
6 Zachary Acosta	Williamstown VT	2:12:56

#### Women 20-29

1 Stephanie Davis	Lyndonville VT	1:45:46
2 Abbie Harris	Burlington VT	1:50:02
3 Armanda Townsley	Westford VT	1:50:02
4 Jessie Stevenson	Barnet VT	1:50:56
5 Jamie Schmidt	Lancaster NH	1:51:06
6 Emily Eros	W Lebanon NH	1:53:26
7 Elly Baksdale	E Burke VT	1:55:44
8 Caitlin Littlefield	Burlington VT	1:57:10
9 Amanda Rosenbeck	Wildor VT	1:57:28
10 Camille Prevost	W Danville VT	1:59:07
11 Amelia Chapman	Colchester VT	1:59:12
12 Michele Mannino	Colchester VT	1:59:13
13 Meredith Thomas	Bellefontaine Oh	2:00:30
14 Dee Dee Sung	Pittsburgh PA	2:01:26
15 Alison Pilon	W Hartford CT	2:01:41
16 Sophie Cabetto	Beaconsfield QC	2:01:48
17 Caitlin Love	Montreal QC	2:02:38
18 Christy L Nelson	E Ryegate VT	2:07:05
19 Anna Blackwell	Lincoln VT	2:07:13
20 Heather Durkel	Pittsford VT	2:11:14
21 Michele Laferriere	Lyndonville VT	2:13:57
22 Lindsay Franklin	San Francisco CA	2:17:44
23 Carol Guest	Washington DC	2:18:00
24 Toni Marie Pignatelli	Waterbury Ctr VT	2:19:47
25 Megan McConville	Winooski VT	2:22:58
26 Candace Khalab	Winooski VT	2:22:58
27 Sarah Soster	Littleton NH	2:23:06
28 Margy McCabe	Pompton Lakes NJ	2:33:16
29 Kimberly Cole	Essex Jct VT	2:34:36
30 Kristin Hogan	Brooklyn NY	3:03:12

#### Men 20-29

1 David Ozahowski	Thetford VT	1:33:27
2 Lou Pauquette	Hampton NY	1:34:11
3 Tom Callahan	Hanover NH	1:39:41
4 Jason Paganelli	Bridgewater MA	1:44:14
5 Brian Brzek	Clifton Park NY	1:45:32
6 David Pilon	W Hartford CT	1:54:46
7 Seth Vars	Littleton NH	1:56:39
8 Mitchell Wenz	Post Mills VT	1:58:10
9 Trent Maltby	Bridgewater MA	1:59:03
10 Jonathan D Powell	Arlington VA	2:00:03
11 Brendan Mold	St Johnsbury VT	2:01:19
12 Cameron Whitehead	Monroe NH	2:01:19

#### Women 30-39

1 Samantha Presby	Franconia NH	1:55:03
2 Holly Blodgett	Littleton NH	1:55:03
3 Monica Delubruere	Derby VT	1:55:07
4 E C-Manrique		1:56:05
5 Ginger Therrien	Danville VT	1:56:59
6 Tracy Pauquette	Hampton NY	2:01:13
7 Victoria Hill	E Hardwick VT	2:03:56
8 Farrah Berube	Quebec City QC	2:06:09
9 Judi McAlenney	Danville VT	2:06:47
10 Caroline Fortin	Coaticook QC	2:07:54
11 Jeanine Crosby	Potsdam NY	2:09:05
12 Amy O'Tode	Hyde Park VT	2:10:06
13 Zoe Gascon	E Burke VT	2:10:26
14 Carrie Tomczyk	E Burke VT	2:11:17
15 Leah Rexford	Lyndonville VT	2:11:18
16 Robyn Steward	Northfield VT	2:12:46
17 Melissa Gardner	Hardwick VT	2:12:58
18 Sarah Perry	Hyde Park VT	2:15:03
19 Rene Cover	Glen Burnie MD	2:15:35

20 Tara Reynolds	Greensboro VT	2:15:39
21 Loralee Tester	E Burke VT	2:15:40
22 Leah Rogers	W Glover VT	2:17:45
23 Kari White	St Johnsbury VT	2:18:18
24 Carolyn Brown	St Johnsbury VT	2:19:46
25 Courtney Kaup	Bolton VT	2:20:49
26 Kelley Scarmeas	Burlington VT	2:22:58
27 Jody Drown	St Johnsbury VT	3:04:20

#### Men 30-39

1 Ben Drew	E Rockaway NY	1:35:33
2 Greg Soster	Littleton NH	1:36:16
3 Chris Thibaudreau	Lyndonville VT	1:38:35
4 Toby Walls	St Johnsbury VT	1:39:51
5 Donald Steen	E Burke VT	1:55:45
6 Eric Perry	Hyde Park VT	2:01:21
7 Benjamin S Lam	Barnet VT	2:04:42
8 Steven Pettengill	S Burlington VT	2:10:00
9 Jason Crider	Plainfield IL	2:10:21
10 Dean Jolin	Pittsburgh PA	2:10:46
11 Grayle Thomas	Brighton MA	2:32:58
12 Salvador Acosta	Williamstown VT	3:03:42

#### Women 40-49

1 Jennifer McCormack	W Burke VT	1:50:21
2 Lorin Lacroix	Barre VT	1:51:06
3 Jen Nelson	Derby VT	1:57:06
4 Laurie Lafue	Derby VT	1:58:48
5 Sue Foulkes	Jamaica VT	1:59:44
6 Beth Miller-Clark	Lisbon NH	2:03:30
7 Cindy Lamontagne	St Johnsbury VT	2:08:08
8 Nora Sethi	Danville VT	2:10:38
9 Susan Hutchinson	Concord VT	2:15:25
10 Paula Brennan	Newport Ctr VT	2:29:39
11 April Fiocco	Granville NY	2:35:01
12 Wendy Yeaton	Epson NH	2:38:36
13 Callie Field	Derby VT	2:53:09

#### Men 40-49

1 Chris Manges	W Burke VT	1:34:19
2 Steve Genereaux	So Ryegate VT	1:35:20
3 Richard Lafoe	Danby VT	1:35:40
4 Victor Sherbrook	Lyndonville VT	1:37:45
5 Robert Nevin	Derry NH	1:40:14
6 Edward Leonard	St Johnsbury VT	1:43:15
7 Patrick Holland	Manchester NH	1:45:01
8 Dan Zucker	Danville VT	1:45:01
9 Andrew Gilbert	Marshfield VT	1:45:58
10 Tim Rothfuss	Lebanon NH	1:47:07
11 Yves Lupien	Richmond QC	1:53:14
12 Simon Boulanger	Otterburn Park QC	1:58:45
13 Sky Foulkes	Jamaica VT	1:59:45
14 Tom O'Tode	Hyde Park VT	2:05:55
15 Jack Howley	Providence RI	2:06:18
16 Bob Emberley	Winchester NH	2:07:48
17 Ray Ford	Enfield NH	2:08:01
18 Brendan Brown	Morrisville VT	2:08:32
19 Gary White	Derby VT	2:09:28
20 Bill Chappelle	Enfield NH	2:18:20
21 Tom Huntington	E St Johnsbury VT	2:22:33

#### Women 50-59

1 Melanie Benson	Morrisville VT	1:45:35
2 Lisa Fischer	Williston VT	2:20:49
3 Dorothy Birchmore	W Hartford VT	2:25:15
4 Pat Shover	No Troy VT	2:29:45
5 Ami Milne Allen	St Johnsbury VT	2:30:55

#### Men 50-59

1 Tom Ozahowski	Thetford VT	1:39:29
2 James Drew	Sugar Hill NH	1:40:28
3 William Ludlow	Lachine QC	1:44:37
4 John Martin	Montpelier VT	1:49:49
5 Peter Harris	Derby Line VT	1:50:01
6 Hugh Pixler	Superior CO	1:53:59
7 David Erickson	Barre VT	1:54:41
8 Thomas Hogeboom	Hardwick VT	1:57:41
9 Jack Green	St Johnsbury VT	2:00:39
10 Roger Dekett	Wheelock VT	2:02:21
11 John Wileczek	St Johnsbury VT	2:05:31
12 Richard F Lee	Lyndonville VT	2:13:43
13 Stuart Barnes	Groveland MA	2:13:53
14 Richard Jaguszczyn	Ft Lava FL	2:17:46
15 Jamie Milne	W Danville VT	2:30:55
16 Donald Yeaton	Epson NH	2:38:34

#### Women 60-69

1 Pam Hebert	W Danville VT	2:25:02
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#### Men 60-69

1 Lee Bradley	Newington CT	1:47:46
2 Amillo Vozzola	Lunenburg VT	1:47:47
3 Robert Searles	Wolcott VT	2:00:01
4 Doug Nelson	W Allis WI	2:02:45
5 Donald G Collins	Montreal QC	2:02:54
6 Joe Hebert	W Danville VT	2:08:03

### 5K RUN

#### Top 3 Women

1 Tara Nelson	W Glover VT	20:29
2 Lyndsay Calkins	Danville VT	22:34
3 Winnie Norman	Darien CT	22:49

#### Top 3 Men

1 Justin Newland	W Burke VT	19:21
2 Kyle Baitz	E Fairfield VT	19:30
3 Ben Copaus	St Johnsbury VT	19:30

#### Girls 10 & under

1 Annie Cunningham	St Johnsbury VT	27:47
2 Delaney Rankin	St Johnsbury VT	32:42
3 Ashley Fox	St Johnsbury VT	32:45
4 Lia Rotti	Danville VT	33:27
5 Hannan Ryan	St Johnsbury VT	34:25
6 Sophie Lamar	St Johnsbury VT	35:02
7 Lilly Leach	Lyndonville VT	38:23
8 Letitia Hill	E Hardwick VT	41:21
9 Abigail Bradshaw	Danville VT	44:23
10 Molly Young	St Johnsbury VT	57:31

#### Boys 10 & under

1 Ian Clough	St Johnsbury VT	26:20
2 Jasper Rankin	St Johnsbury VT	27:00
3 Owen Burk	Denmark ME	29:10
4 Andrew Ballantine	Danville VT	29:48
5 Brian Lamar	St Johnsbury VT	31:36
6 Luke McCormack	W Burke VT	32:49
7 Collin Urie	St Johnsbury VT	34:38
8 Ethan Biggie	St Johnsbury VT	37:33
9 Luke McCarthy	St Johnsbury VT	37:52
10 Gray Flanagan	Burke VT	41:23
11 Colby Gary-Wright	St Johnsbury VT	41:28
12 Patrick Fox	St Johnsbury VT	45:43
13 Murphy Young	St Johnsbury VT	57:31

#### Girls 11-15

1 Fiona McEnany	Franconia NH	23:07
2 Felicia Olmstead	St Johnsbury VT	24:42
3 Christa Poulin	Waterford VT	27:13
4 Bridgette Rankin	St Johnsbury VT	30:54
5 Haley Edmondson	St Johnsbury VT	34:37
6 Lindsey Kerr	St Johnsbury VT	36:31
7 Kaylee Devenger	St Johnsbury VT	36:31
8 Lillian Bradshaw	Danville VT	37:09
9 Ellen Jones	St Johnsbury VT	37:21
10 Andrea Donovan	Lyndonville VT	38:44
11 Caitlin Kellogg	St Johnsbury VT	38:46
12 Casey Carbone	St Johnsbury VT	42:45
13 Johannah Driscoll	St Johnsbury VT	42:46
14 Marcy Daley	Piermont NH	42:59
15 Marianna Frechette	St Johnsbury VT	50:59
16 Lauren Urie	St Johnsbury VT	54:17

#### Boys 11-15

1 Brandon Legendre	St Johnsbury VT	21:20
2 Devon Biggie	St Johnsbury VT	22:35
3 Cecil Freeman	Berlin VT	22:45
4 Ethan Johnson	Concord VT	23:57
5 Andrew Biggie	St Johnsbury VT	23:58
6 Thomas Keon	St Johnsbury VT	24:27
7 Connor McCarthy	St Johnsbury VT	24:27
8 Jonathan Burk	Denmark ME	24:42
9 Aren Kellogg	St Johnsbury VT	25:39
10 Matthew Fearon	Monroe NH	26:33
11 Ryan Forbes	Greenland NH	26:37
12 Lucas Robillard	St Johnsbury VT	26:42
13 Patrick Lovett	St Johnsbury VT	27:13
14 Yale Flanagan	Burke VT	30:09
15 Andrew Burroughs	St Johnsbury VT	30:09
16 Caleb Genereaux	Ryegate VT	33:07
17 Mason Lantz	Lyndonville VT	34:37
18 Robert Boardman	St Johnsbury VT	36:16
19 Z Favreau Smith	St Johnsbury VT	42:08
20 Jeb Burroughs	St Johnsbury VT	47:24

#### Girls 16-19

1 Kyle Prohaska	St Johnsbury VT	25:18
2 Felicia White	Peachment VT	30:06
3 Kendall Edmondson	St Johnsbury VT	34:37

#### Boys 16-19

1 Ryan Ewald	Newport VT	21:31
2 Ian Cleary	St Johnsbury VT	22:12
3 Pedro Oconitrillo	St Johnsbury VT	22:13

#### Women 20-29

1 Nora Jones	Loudon RE	23:50
2 Kayla Gibbons	So Hero VT	27:45
3 Gina Brown	Derry NH	28:42
4 Erin Hickey	Manchester NH	29:12
5 Laura Rounds	Barre VT	30:31
6 Jenny Comtois	St Johnsbury VT	31:38
7 Toni Paquette	Alburt VT	33:18
8 Keilidh McMath	E Hardwick VT	35:46
9 Dorothy Hill	E Hardwick VT	41:21
10 Christine Fox	Chester NH	41:51
11 Brienne Gates	Johnson VT	59:14

#### Men 20-29

1 Nathan Rounds	Barre VT	22:32
2 Hans Pope-Howe	Cabot VT	24:06
3 Sean Collins	Beaconstjo QC	26:25
4 Steven Ragno	Johnson VT	27:13

#### Women 30-39

1 Melissa Prindiville	Berlin VT	23:09
2 Amy Thompson	Danville VT	24:07
3 Theresa May	St Johnsbury VT	26:08
4 Jodi Dube	No Haverhill NH	27:06
5 Laura Fearon	Monroe NH	27:36
6 Rachel Gilbert	E Burke VT	27:45
7 Beth Choiniere	St Johnsbury VT	28:37
8 Jen Anson	St Johnsbury VT	28:48
9 Tracy Burk	Denmark ME	29:09
10 Marie White	Peachment VT	29:43
11 Jaime Gadwah	Waterford VT	29:57
12 Shawntel Sechvist	W Danville VT	29:59
13 Jackie Gilmour	Barnet VT	33:58
14 April Zajko	St Johnsbury VT	34:51
15 Jennifer Grant	Lyndonville VT	34:53
16 Angel Roy	Barnet VT	35:12
17 Jennifer Ryan	St Johnsbury VT	35:21
18 Katrina Mergs	St Johnsbury VT	35:56
19 Kristen A. Wolfe	Monroe NH	36:39
20 Sarah Gean	Quincy MA	37:09
21 Sarah Garey	St Johnsbury VT	41:28
22 Jodi Flanagan	Burke VT	41:30
23 Michelle Fox	St Johnsbury VT	42:51
24 Heather Favreau	St Johnsbury VT	41:56
25 Fawn Baesmann	Waterford VT	43:35
26 Nicole Strong	Danville VT	44:26
27 Carolyn Graves	Danville VT	45:06
28 Tammy Starr	Barre VT	45:09
29 Adriane Angell	St Johnsbury VT	49:56

#### Men 30-39

1 Rick Evans	Bradford VT	20:07
2 Brian Monahan	Danville VT	22:53
3 David Metraux	Greensboro VT	23:23
4 Josh Reil	Marshfield VT	23:52
5 Joe Fox	St Johnsbury VT	25:38
6 Zach Hatch	St Johnsbury VT	28:00
7 Sam Shippee	St Johnsbury VT	28:23
8 Shaun Gean	Hingham MA	29:17
9 Walter Norman	Darien CT	30:28
10 Eli Emerson	St Johnsbury VT	30:47
11 Renaldo Greon	Peachment VT	47:45
12 Jon Carpenter	Barnet VT	58:27

#### Women 40-49

1 Tammy Hickey	Campton NH	24:36
2 Susie Riley	Brunswick VT	26:35
3 Melissa Burroughs	St Johnsbury VT	26:39
4 Erin Williams Ummer	Lyndonville VT	27:20
5 Jenna O'Farrell	St Johnsbury VT	27:47
6 Tina Wood	St Johnsbury VT	28:14
7 Julie Giroux	Stewartstown NH	28:28
8 Anna Rubin	Peachment VT	28:46
9 Christine Charman	Colebrook NH	29:30
10 Shelly White	St Johnsbury VT	30:15
11 Sharma Whitchurch	St Johnsbury VT	30:52
12 Lara Fors	St Johnsbury VT	32:04
13 Leah Bronner	Morrisville VT	33:16
14 Beverly McCarthy	St Johnsbury VT	33:42
15 Lori Morann	Colebrook NH	34:58
16 Karen Willey	St Johnsbury VT	35:04
17 Cheryl Lacaille	Lyndonville VT	35:11
18 Janet Edmondson	St Johnsbury VT	38:21
19 Melissa Leach	Lyndonville VT	38:37
20 Julie Williams	Barrington NH	45:07
21 Kabe Larney-Young	St Johnsbury VT	57:31

#### Men 40-49

1 Anthony Sehenza	Cabot VT
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# RACE RESULTS

## RUNNING OF THE TURKEYS 5K November 26, 2009 Arlington, Vermont

### Overall Women

1	Katie Duffy	20:49
2	Charlotte Malmberg	21:41
3	Julia Koch	21:43
4	Gina Guerino	22:16
5	Christina Mellinger	22:31
6	Nancy Seem	23:24
7	Katherine Erwinski	23:35
8	Kelsey Hoar	23:37
9	Chelsea Peters	23:38
10	Catherine Sharkey	23:53
11	Erin McEnaney	23:56
12	Cailen Campbell	24:06
13	MacKenzie Ralph	24:13
14	Audra Prandini	24:37
15	Donna Ruppel	24:39
16	Kathryn Campbell	24:44
17	Jen Kuzmich	24:47
18	Kateri Danay	24:53
19	Abby Malmberg	24:56
20	Rebecca Morse	25:04
21	Sami Vadakin	25:13
22	Brianna Legacy	25:19
23	Madison Little	25:32
24	Marie Schow	26:03
25	Meg Duffy	26:08
26	Rachel Skellie	26:17
27	Natalia Hollman	26:24
28	Lara Herscovitch	26:28
29	Jen Cushing	26:38
30	Kimberly Field-Marvin	27:01
31	Moriah Cohen	27:05
32	Kelly Legacy	27:06
33	Sarah Cech Baumer	27:11
34	Julie Hoar	27:13
35	Heather Mather	27:15
36	Ilana Cohen	27:17
37	Lindsay Donegan	27:18
38	Erica Patrick	27:40
39	Laura Nesbit	27:42
40	Meg Cornell	27:44
41	Dara Caputo	27:45
42	Jennifer Coleman	27:49
43	Melanie Dexter	27:51
44	Jessica Rogers	27:57
45	Megan Headwell	28:17
46	Linda Glass Fechter	28:19
47	Grace Cedrone	28:20
48	Karen O'Malley	28:30
49	Fern Wagner	28:33
50	Judy Patrick	28:37
51	Desma DeGraw	28:41
52	Faith Aliberti	28:44
53	Eirin MacLaren	28:45
54	Ruth Jones	28:48
55	Deb LeMaire	28:51
56	Wendee Rogerson	29:12
57	Erica Akers	29:30
58	Cindy Collins	30:11
59	Nikki Dockum	30:12
60	Lauren Johnson	30:14
61	Katie Dockum	30:15
62	Sophia Prandini	30:29

63	Marissa Kovage	30:40
64	Joy Stewart	30:42
65	Meredith Jez	30:43
66	Emily Fishwick	30:49
67	Kayleigh Kovage	30:52
68	Debra Fishwick	30:55
69	Colleen West	31:00
70	Carling Berkhout	31:00
71	Chris Berkhout	31:03
72	Sharon Parmenter	31:11
73	Mary Roger	31:12
74	Erin Mele	31:22
75	Alison Malmberg	31:23
76	Hanna Woodard	31:55
77	Brett Upton	31:55
78	Quinnlyn Murphy	31:56
79	Autumn Headwell	32:01
80	Clio Kirkman	32:05
81	Hannah Dingley	32:16
82	Mary Dermody	32:18
83	Lillian Koch	32:19
84	Katherine Doucette	32:24
85	Emmaleene Gabriel	32:27
86	Hannah Outwater	32:28
87	Lizzie Faust	32:32
88	Kelli Faust	32:33
89	Shea Jezek	32:39
90	Shannon Jezek	32:50
91	Terri Headwell	32:51
92	Jenna Staab	32:52
93	Judy Adams	32:53
94	Kelly O'Rourke	32:58
95	Ali O'Rourke	33:02
96	Michelle Spier	33:04
97	Jessica Spier	33:05
98	Olivia Salem	33:16
99	Sarah Crosier	33:16
100	Mary Seem	33:20
101	Becky Kotler	33:28
102	Madeline Skellie	33:38
103	C Cech Baumer	33:58
104	Sarah Jez	34:24
105	Erin Tiff	34:34
106	Melissa Skellie	34:41
107	Joanna Barrett	34:46
108	Shaana Staab	34:56
109	Michelle Burnham	34:57
110	Laura McKeon	34:58
111	Coil Duffy	34:59
112	Sandra Barnard	35:01
113	Sam Faust	35:10
114	Darri Cepela-Beach	35:18
115	Patricia Denicola	35:23
116	Allison Giachetto	35:27
117	Wendy Sharkey	35:44
118	Sydney Kipp	36:29
119	Bern Duffy	36:31
120	Heather Shugarmen	36:37
121	Makenzie Whitney	36:51
122	Heidi French	37:17
123	Heather Hannon	37:17
124	JoAnne Myers	37:27
125	Megan Henry	37:28
126	Mollie Kurshan	37:33
127	Alanna O'Malley	37:34
128	Carey Brown	38:07
129	Emily Martin	38:08
130	Tanya Cowder	38:21
131	Kaleigh Ward	38:36
132	Kim Baker	38:56
133	Shirley Durfee	39:21
134	Amy Hermann	39:33
135	Joan Jez	39:35
136	Julie Horst	39:55
137	Anne Vanveck	40:13
138	Kathryn Vanveck	40:13
139	Betsy Benenson	40:46
140	Gail Cohen	40:49
141	Morgan Fechter	40:50
142	Emma Tiff	40:56

143	Karen Glass	41:14
144	Holly Spier	41:45
145	Erin North	41:45
146	Stephanie Freemeyer	41:51
147	Aislinn Bowles	42:24
148	Rachel Kipp	42:59
149	TJ Norris	43:02
150	Molly Adams Breslin	43:05
151	Kathryn Lawrence	44:01
152	Barbara Berger	44:05
153	Thille Simon	44:11
154	Irene Neill	44:32
155	Joseline Danay	44:32
156	Tina Harney	44:38
157	Mimi Cedrone	44:38
158	Lauren Seem	44:44
159	Teresa Schow	44:44
160	Heidi Ralph	44:57
161	Rachel Faust	46:10
162	Kate Emma Schlosser	46:20
163	Emma Salem	46:51
164	Sarah Dahl	46:56
165	Janice Garrison	47:28
166	Patricia Koch	47:29
167	Joanne Steele	47:30
168	Caitlin Corey	48:03
169	Kathy Corey	48:03
170	Nicole Danforth	48:04
171	Susna Diana	48:48
172	Ashley Smith	48:50
173	Judy Zidersheim	48:53
174	Lilah Ward	48:54
175	Elizabeth O'Neill	48:57
176	Sherpa Cech	49:37
177	Sara Mele	49:37
178	Diane Kurshan	49:41
179	Gwendolen Hannan	50:11
180	Brittany Lawrence	50:24
181	Carol Driscoll	50:49
182	Sandy O'Dea	51:13
183	Helena Fletcher	51:13
184	Helen Sharkey	51:23
185	Sharon Derosa	51:23
186	Lorelie Fuller	51:30
187	Marg Duffy	51:30
188	Laura Woods	51:31
189	Lillie Berkhout	51:39
190	Juliana Gabriel	51:45
191	Pat Zemianek	51:46
192	Sharon Kovage	53:06
193	Gayle Gibbons	53:11
194	Alyson Critton	53:27
195	Meg Outwater	53:29
196	Sarah Martin	54:15
197	Shari Castle	54:23
198	Lori Simon	55:12
199	Linda Bow	55:15
200	Lauren Bow	55:16
201	Patty Zachmann	56:10
202	Kathy Faust	56:11
203	Mariah Devenish	57:17
204	Ellen Lipshutz	58:07
205	Ellen Berson	58:07
206	Cooky Glass	59:16
207	Cheryl Marquis	59:30
208	Kathy Baum	1:02:03

### Overall Men

1	Arthur DeGraw	17:40
2	Ted MacMahon	17:43
3	Ben Barrett	17:57
4	Jordan Ralph	18:13
5	Christopher Yen	18:16
6	Jeremy Neill	19:34
7	Lucas Roods	19:53
8	Dillon Hawley	20:06
9	Lincoln Benedict	20:06
10	Thomas Yen	20:19
11	Aaron Warner	20:29
12	Evan Cedrone	20:33
13	Devon Hoar	21:08

14	Zac Jezek	21:23
15	Charles Salem	21:27
16	Caleb Cohen	21:34
17	Chris Woodard	21:47
18	David Durfee	21:59
19	Bob Mabey	22:03
20	Tison Campbell	22:07
21	Scott Jezek	22:15
22	Michael Wheeler	22:32
23	Sean Lawrence	22:37
24	Ben Benedict	22:40
25	Nick Diana	22:48
26	Curtis Taylor	22:49
27	Matthew Bowles	22:51
28	Peter Kurshan	22:53
29	Tom Craig	23:02
30	Doug McCrae	23:16
31	London Niles	23:18
32	Benjamin Doucette	23:22
33	Valentin Baur	23:29
34	Kevin Mercadante	23:34
35	Matt Peters	23:41
36	Blair Williams	24:02
37	Ben McCormick	24:09
38	Joe Prandini	24:14
39	Kevin Bubrisky	24:15
40	Matt Cushing	24:19
41	Jesse Smith	24:26
42	Charles Volkmer	24:29
43	John Poggi	24:30
44	Richard Collins	24:37
45	Mark Diana	24:41
46	Nate Malmberg	24:41
47	Nate James	24:45
48	Anthony Giachetto	24:48
49	Phil Hoar	24:49
50	Kyle Cech	24:55
51	Gerol Petruzella	25:01
52	Jim Sullivan	25:07
53	John Spencer	25:09
54	Craig Roods	25:12
55	Alan Leake	25:14
56	Michael Rosenthal	25:38
57	Patrick Wheeler	25:55
58	Joe O'Dea	25:59
59	Benjamin Prandini	26:02
60	Daniel Freemyer	26:09
61	Larry Cedrone	26:15
62	Kevin O'Dea	26:19
63	Steve Carlucci, Jr.	26:21
64	Andrew Cowder	26:27
65	Bob Antognioni	26:41
66	Matt O'Rourke	26:43
67	Ned Kersey	26:44
68	Hunter Davis	26:50
69	Brian Giachetto	26:56
70	Sam Marvin	27:00
71	Conor O'Dea	27:02
72	Matt Goldberg	27:04
73	Michael Fechter	27:07
74	Greg Mathias	27:08
75	Jim Sharkey	27:14
76	Rob Mather	27:16
77	Steve Carlucci, Sr.	27:17
78	Jack Benenson	27:17
79	Howard Cohen	27:19
80	Jacques Oestreich	27:28
81	Scott Legacy	27:35
82	Steve Patrick	27:41
83	Glenn Devenish	27:42
84	David Hood	27:42
85	Mark Nesbit	27:43
86	Gavin Cornell	27:51
87	Brent Kipp	27:58
88	James Mercadante	28:05
89	Keith Hollman	28:07
90	Jim Klick	28:09
91	Nathaniel Garrison	28:25
92	Bill Garrison	28:28
93	Dan Malmberg	28:30

94	Joe Donegan, Jr.	28:44
95	Nathaniel Durfee	28:45
96	Todd Devenish	29:24
97	Gary Glass	29:48
98	Eric Nathan	30:08
99	Kevin Coleman	30:21
100	Steven McClafferty	30:23
101	Larry Lee	30:27
102	Dan Skellie	30:31
103	Joe Donegan, Sr.	30:34
104	Michael Marvin, Jr.	30:37
105	Ed Doucette	30:38
106	Terry Aiken	30:48
107	Randy Schmidt	30:59
108	Michael Marvin	31:03
109	Terry Dermody	31:20
110	Pete Mathias	31:24
111	Jason Glass	31:30
112	Stephen Murphy	32:05
113	Jim Dingley	32:17
114	Andrew McKeever	32:26
115	Drew Beresford	32:28
116	Justin Giachetto	32:52
117	Mark Kaplan	33:16
118	Michael Sharkey	34:22
119	James Dalton	34:56
120	Chris Schow	35:17
121	Ed Campbell	35:20
122	Evan Glass	35:40
123	Frank Devenish	36:37
124	Kevin Giachetto	36:53
125	Caleb Tiff	37:23
126	Boot Seem	37:46
127	George Fauler	38:29
128	Joshua Dalton	40:13
129	Peter Vanveck	40:26
130	Nick Danforth	40:26
131	Justin North	41:51
132	Joe Duffy	42:24
133	Ken Norris	43:04
134	Sam Breslin	43:06
135	Bob Spector	43:17
136	Joseph Danay	44:00
137	Mike Schlosser	46:21
138	David Ralph	46:49
139	Paul Koch	47:03
140	Jim Corey	47:54
141	Tim Smith	48:51
142	Jim Baker	48:56
143	Steve Cech	49:07
144	Tyler Lawrence	50:15
145	Bryan Critton	50:25
146	Joseph O'Dea	50:50
147	Carl Berkhout	51:44
148	Charlie Kovage	53:06
149	Cory Lawrence	53:12
150	Nicholas Lawrence	53:25
151	David Adams	53:26
152	Bob Fogelgren	53:28
153	Robin Outwater	53:29
154	Kori Bow	54:02
155	Larry Kirkman	54:02
156	Phil Herbert	54:05
157	Charles Bass	54:18
158	Lou Cipri	54:22
159	George Castle	54:25
160	John Simon	55:14
161	Scott Devenish	56:49
162	Larry Glass	56:52
163	Peter Oehl	57:38
164	Harris Levitt	57:39
165	Darrell Rogerson	58:36
166	Tom Ferguson	58:57
167	Jack Fechter	59:15
168	Taylor Hayes	59:30
169	Michael Cech	59:31
170	Rick Cech Baumer	59:32
171	Ray Jez	59:54
172	Fred Baum	1:02:03

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Whether racing or touring, you'll enjoy 25 or 50k of New England terrain linked by well-groomed classical tracks at the 29th TD Bank Craftsbury Marathon. In 2010, the marathon also serves as the main event for the National Masters' Championships; three days of fun and racing. So bring the whole family - lodging is available on-site - & make it a weekend to remember.

**Race 1:** Thursday,  
Jan. 28 - 10k Freestyle.

**Race 2:** Saturday,  
Jan. 30 - 25/50k Classical TD  
Bank Craftsbury Marathon.

**Bonus fun:** Friday,  
Jan. 29 - 200m Dash for Cash  
Night Sprints on the  
Common.

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**[www.craftsbury.com](http://www.craftsbury.com)**

and see you in January!



"The dual tracks  
snaked  
through the  
serene New England woods  
with a perfect flow & rhythm..."

**Skiing doesn't get any better."**

- Kris Freeman

USST member,  
4th place, 15k Classic 2009 World Championships  
2009 TD Bank Craftsbury Marathon Winner, on last year's race.





*No*



*matter*



*how*



*the*



*weather*



*changes*



*it's*



*always*



*perfect.*

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