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VERMONT SPORTS

Vermont's Authority on Outdoor Fitness and Adventure



February, 2010
Volume XIX
No. VI

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**Vermonters in the
Winter Olympics**

**Classic vs.
Skate Skiing**

**Vermont's Best
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**Burke Mountain
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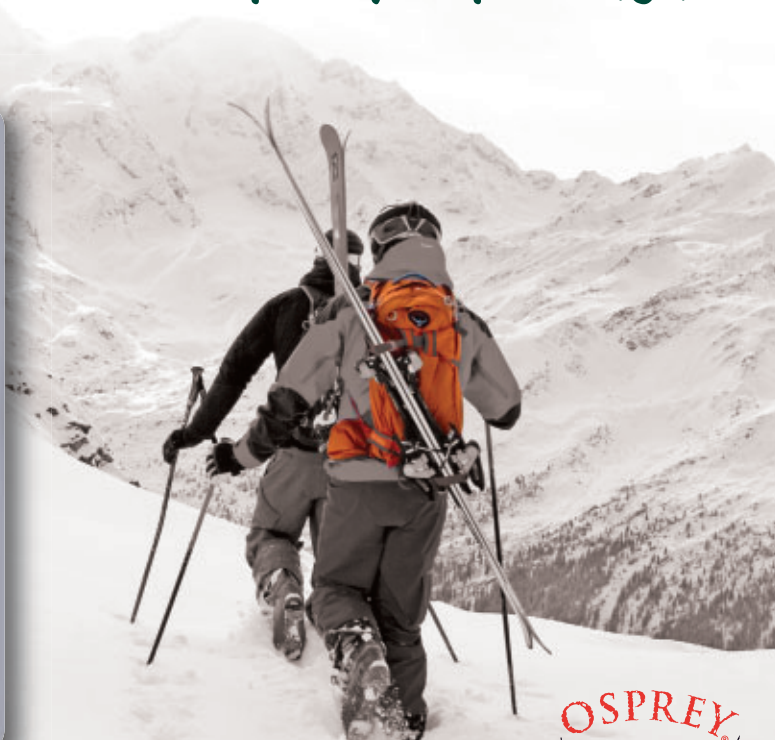
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On the Cover: Jessie Willow Janowski skis in a winter wonderland on Route 108 through Smugglers' Notch.
Photo by Peter Wadsworth.

THE VERMONT SPORTS GEAR EXCHANGE

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page 26!





**EDITOR
COMMENTARY**
BY
KATE CARTER

EXERCISE COMPROMISES

This might be the winter I don't ski. I never thought that day would come, but it's starting to look like it has. A friend had asked me how my first day back on cross-country skis went. "Not good, not good at all," I said. "My technique stunk, my skis felt slow, and it hurt. I think I'll stick with snowshoeing for awhile." And that's when it hit me: I might not get back on skis at all this year, and snowshoeing is probably my best bet for winter exercise.

That's another thing I never thought I would do—trade my cross-country skis for snowshoes. I'd much rather glide down a trail than clomp, but this year it seems I'll be a clomper, not a glider. Looking at the positive side, I'll save a lot of time not having to wax my skis, and I won't experience the frustration that comes with getting the wax wrong.

My ski-less winter is the result of having bone spurs removed from my ankle last November. Bone spurs, osteophytes, medically speaking, are

bony growths that develop on normal bone. They often form in response to pressure, rubbing, or stress that continues over a long period of time.

I got to see my osteophytes after they'd been excavated from my body. The nice people in the OR woke me up and showed them to me. There were a lot of them, sort of pinkish in color, about the size of corn kernels, covering the bottom of a jar. My reaction was something along the lines of "Holy shish kabob," and that's all I remember. The next three days were full of pain and puking, but I got hold of myself and quit the hard stuff, and now I'm all better, but it hurts to ski, so I'm snowshoeing instead. To be honest, it still hurts to do a lot of things, which is rather depressing, but I am determined to put this thing behind me and walk normally again, instead of gimping along like Peg Leg Pete.

Contrary to Amy Winehouse's song, *Rehab*, ("They tried to make me go to rehab, but I said no, no, no...") I had to beg for therapy. My surgeon did not

offer it, so I asked for a prescription and I'm glad I did. Three weeks of estim and theraband exercises were incredibly helpful, but I knew I needed more, so I joined the Swimming Hole in Stowe, where I am not the only gimp. There must be a dozen middle-aged women and one man rehabbing from surgery, all of them knee replacements, except me.

And that brings me to another "I never thought I'd see the day when I'd be..."

WALKING ON A TREADMILL!!! I never thought I'd be on a treadmill at all, considering how I feel about running, but the day has arrived, and I am now trying to walk with a normal gait on a treadmill at its slowest speed. I'd be bored out of my mind except that I'm terrible at it and I stumble along like an amateur log roller try to stay balanced on a horizontal moving tree. After 15 minutes I'm getting the hang of it, but by then my ankle is killing me and it's time to get off. When I step onto the floor, it's as if I've been at sea for a

week, and I walk like a drunken sailor to the locker room, where I change into my swim suit and hit the pool.

I have to say, I never thought the day would come when I'd be **SWIMMING LAPS IN A POOL!!!** Oh no, not me, I am definitely not an indoor lap pool swimmer. I have no idea how to do a flip turn and I don't own a swim cap. Give me the Waterbury Reservoir in August and I'll swim all day, but going back and forth in a pool, staring at a black stripe on the bottom, is... well... it's about the most pleasant thing I do all day. It's warm and relaxing and pain free. My ankle feels good and so do I.

Before I had the surgery I could barely walk. I spent half of August on crutches. I didn't care if I skied or hiked or did any of that stuff ever again. All I wanted was to be able to go for a walk with my dogs. I can do that now, on snowshoes, and even though I never thought that day would come, I am very happy it did. □

—Kate Carter



**OUT &
ABOUT**
BY
JOHN MORTON

SKIING AND THE OLYMPICS—A BRIEF PRIMER

In the past, the skiing at the Winter Olympics was straightforward. The glamorous events were the Alpine disciplines (which originated in the European Alps), slalom, giant slalom, and downhill. Slalom required technical proficiency, while downhill demanded raw courage.

Nordic skiing (from the Nordic countries in Scandinavia) was divided into four disciplines: cross-country, biathlon, jumping, and Nordic combined. Cross-country consisted of four events for men: a 15K, a 30K, a 4x10K relay, and the signature endurance event, the 50K. Shorter events were added to the Olympic program for women in 1964.

Biathlon, a combination of cross-country skiing and rifle marksmanship, consisted of a distance event (20K) and a relay event (4x10K) until 1980 when a 10K sprint was added. Women's biathlon became a part of the Olympics in Albertville in 1992.

Jumping comprised two competitions, the 70-meter hill and the 90-meter hill. Those designations represented how far a good jumper might fly on a good ride.

Nordic combined marries the two incongruous talents of jumping and cross-country, with an innovative and exciting pursuit format. The results of the 70-meter jumping event are mathematically converted to time. The winner of the jump leads off the

15K cross-country, with his rivals chasing from appropriate intervals behind. The first across the finish line is the Nordic combined champion.

In 1956 at Cortina, Italy, television got into the act. Before long, events which were easily covered by TV—ice hockey, figure skating, and ski jumping, for example—gained additional exposure, and thus, popularity. Less TV-genic sports such as cross-country skiing languished in obscurity. Soon, the winter sport governing bodies revised their events to make them more accessible to TV, and even proposed new events custom made for television.

Ironically, ski jumping, which was made famous decades ago by ABC's *Wide World of Sports* "agony of defeat" image, seems to have lost popularity relative to the other skiing sports. The two events have been renamed the normal hill and the large hill competitions, and a team competition has been added. Jumping missed a golden opportunity to double its exposure by adding women's events, but I suspect some of the traditional "ol' boys" were afraid the fearless young women would outdistance the heavier men.

In former times, the skier who had the best results in the slalom, giant slalom, and downhill was crowned the Alpine combined champion. In 1988, in Calgary, a super giant slalom was added to the Alpine format, not quite as

hell bent as the downhill, but less technical than the giant slalom. Now, super-combined events in downhill and slalom recognize the most versatile skiers.

Nordic combined has expanded its program from the original normal hill jump followed by a pursuit cross-country race. In addition to that event, the Nordic combined athletes also have a team competition, which includes jumping and a 4x5K relay. Finally, the Nordic combined skiers move to the large hill followed by a 10K cross-country race.

Thanks to its popularity on European television, biathlon has prospered at the Olympics. The current biathlon schedule has grown from one event in the 1960 Squaw Valley Games to 10 events, five for men and five for women. All shooting is now at metal knock-down targets so that hits are instantaneously visible to the spectators, and the majority of events are either pursuit or mass start to maximize excitement.

In the early 1980s the skating technique transformed cross-country skiing so that the current schedule is a creative mixture of traditional kick-and-glide, or classic, technique and the newer skating, or free, technique. Of the 12 events on the cross-country program all but two are now head-to-head pursuit format or mass start to stimulate spectator excitement. Four competitions will require both techniques within the event.

Originally known as "hot doggers," freestyle skiers debuted at the '92 Albertville Olympics. Since then their thigh-burning mogul runs and unbelievable aerial contortions have become a favorite of television audiences around the world. Head-to-head ski-cross events for men and women will add even more thrills to the freestyle program in Vancouver.

It's hard to imagine that a few years ago, snowboarding was forbidden at many Alpine ski areas. Since then the sport has exploded, reenergizing the entire snow sport industry. At this Olympics, boarders will compete in three spectator-pleasing events; the half pipe, a parallel giant slalom, and the snowboard cross (as much NASCAR as ski racing).

The great news for all of us skiing fanatics is that there will be far more to see at the Vancouver Games in February. The bad news is that we'll still have to endure hours of commercials and mind-numbing chatter by studio hosts to ferret out the action on the slopes. □

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.

THE LIFE OF AN ALPINE SKIER TURNED SNOWBOARDING TELE SKIER WHO CROSS-COUNTRY SKIS

**RETAIL JUNKIE
SUPERSTAR**
BY
RYAN JAMES LECLERC



My first time Alpine skiing was at Cannon Mountain in New Hampshire in 1983. I was ten years old and my family had just moved to Littleton, NH, from Portland, ME. My parents were nice enough to sign me up for the skiing program at my new school, which aside from providing me with a lift ticket and lunch, provided me with really lousy rental equipment.

Back then, Alpine skis were straight, ski pants were tight, and helmets were non-existent. Tele skiers were unusual folks with beards, leather boots, and wool pants. Snowboarding was a few years away from being recognized as a national sport, neon was a few years away from ruling the ski fashion world, and the Old Man of the Mountain, which for 30,000 years or so had watched over the land from high on Cannon's eastern slope, was 20 years away from collapsing. On my first day Alpine skiing at Cannon, after one lesson, I was instantly hooked, and so began my lifelong love of cruising downhill on snow-covered mountains, with or without great stone faces.

All I ever wanted to do after that first lesson was go to Cannon, yet my parents, who didn't appreciate lift ticket prices and crowded lift lines, would often take me cross-country skiing instead. This

never settled well with me after I learned to Alpine ski, and I still remember how miserable I was whenever we'd go to the touring center instead of the mountain. On one especially miserable occasion, they dragged me to trails that were directly across from Cannon, in plain sight of the hundreds of fortunate black dots making S-turns down those glorious groomers and bump runs. Kicking and gliding along, begrudgingly following my parents, and many years before growing up, all I wanted was to be one of those black dots.

Despite that particular day on the Nordic ski trails, I spent plenty of other days over the next 15 years as one of those black dots, making glorious S-turns with Alpine skis on my feet. At age 25, I had reached a plateau in my ability, and after holding out for many years, I decided to give snowboarding a try. I was reluctant at first, mainly because I was proud to still be a skier, while all of my friends had become riders, but also because I wasn't thrilled about the idea of going back to the bunny slope. I was a regular at Sugarloaf, and considered myself a solid expert, and couldn't imagine being humbled by trails like the Toll Road. But I swallowed my skier's pride, took a snowboard lesson,

and spent the rest of the day on the Toll Road getting repeatedly body slammed from repeatedly catching my downhill edge while trying to link turns.


Perseverance paid off, and by the end of the day, I had not only linked a few turns, I had once again become one of those black dots making S-turns, only this time with a snowboard attached to my feet. I had also severely bruised my rearend, banged my head countless times, and broken my wrist. Nonetheless, on my first day snowboarding at Sugarloaf, I was instantly hooked. For many years after that, I thought I'd never ski again.

That changed after I moved to Vermont. After a few winters of riding my board on some of Vermont's finest terrain, I decided it was time to try tele skiing. We had started carrying tele gear at the shop, and I felt I needed to be a tele skier if I was going to try to sell the stuff to tele skiers. I took a lesson at Mad River Glen from my good friend Scottpelier, who is a fine tele skier and a great instructor, and with his guidance, I carved my first tele turn, and it felt amazing, and on my first day at MRG, I was instantly hooked. I'd love to say that learning how to tele ski helped me sell a lot of tele skis, but it didn't. It turns out that when you're selling tele

skis at 50 percent off, tele skiers don't care in the least if you are a tele skier, or for that matter, an alpine skier, a cross-country skier, a snowboarder, or a curling enthusiast.

These days, a quarter of a century after taking my first run at Cannon, I am still one of those black dots. I might have tele skis on my feet, but more often it's a snowboard. For whatever reason, after all these years, I prefer cruising down snow-covered mountains sideways. As far as Alpine skiing, I'll do that once every few years just to make sure I've still got it. As far as cross-country skiing, I recently went with my lovely wife, and after one day at Craftsbury, kicking and gliding along those glorious, rolling trails, many years after growing up, I was instantly hooked. ☐

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



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SPORTS MEDICINE

BY
ROBERT RINALDI, DPM

AVOIDING COMMON WINTER RUNNING INJURIES

Runners have to run to keep highly specialized muscles in shape. Spring training starts right now, in the middle of the deep, dark, cold winter. Too many runners take time off from running in winter, and these same folks increase the possibility of injury when the weather finally turns warmer. Running in winter means having a flexible training schedule or better yet, no schedule at all. Do not try to achieve a mileage goal and totally take speed off your charts. Run comfortably, slowly, and easily a few times a week. That said, running in winter can be hazardous to your muscles, bones, and general health, if each run is not planned carefully. The most common winter running injuries are tendon and muscle tears caused by shivering, and metatarsal stress fractures, stress injury to the tibia, and Achilles tendon tendonitis, all a result of slipping on snow-packed roads.

KEEP YOUR BODY WARM

Cold-weather running means you are exposing yourself to the risk of getting chilled. Try to plan ahead and schedule your run on the days the forecast is for sunshine, and run during the warmest part of the day, from 10 a.m. to 2 p.m. Choose a course that is mostly sunny, avoiding buildings and trees that provide



shade and act as a wind tunnel. Shade and wind will cool down muscles rapidly, causing them to shiver and contract. This often is the cause of sudden tendon or muscle tears.

Certainly running in the warmest

part of our short cold days makes sense, but the ambient temperature can still be very cold. Avoiding the wind may be impossible, so your clothing must provide ultimate protection. Starting from the ground up, you can choose gear that helps prevent cold from getting in and body warmth from escaping. The ASICS Gel Trabuco GTX are very warm shoes. You may find them too warm to wear inside. Couple these shoes with socks that wick moisture and you have some toasty toes and no worries about cold feet on the long runs.

Keep your legs warm with quality tights. ASICS has manufactured a superior relaxed tight called the Thermopolis, with a brushed inside layer for warmth and a water resistant outer. Wear wind pants over them for extra protection.

Everyone hates the annoying swish sounds that come along with jackets, but miracle materials have all but eliminated that problem. Again, ASICS comes to the rescue with the Micro Stretch Jacket. Easy and comfortable to wear, with a free-moving ergonomic sleeve design, the jacket is made from a windproof material that doesn't make a lot of noise. Under the jacket, why not consider silk? Silk is warm, comfy, and is an easy-care fabric. Wintersilks, a catalogue/internet company has been around for at least 30 years and has always offered excellent quality at reasonable prices. Try their Spunsilk turtlenecks or moc turtleneck.

Coupling a jacket and inner layer will keep your core warm but don't let all the heat escape out of the top of your head. A hat may be your most important piece

of winter running clothing equipment. Wool may work best as it will keep you warm when it gets frosty and wet from perspiration. With all the miracle fabrics that have been developed in the last decades, wool still is the only fabric that will retain heat when wet. A small wool cap that is large enough to come down over your ears and onto your neck will keep you warm and prevent core heat from escaping, yet it is small enough to take off and carry if you're overheating and need to cool down.

TRACTION

Metatarsal stress fractures and stress injury to the tibia occur more frequently in the runner during winter months. The winter runner is also more prone to injury to the Achilles tendon resulting in tendonitis that can last for months. The primary cause of these disabilities is slipping. Running on snow-covered roads is fun, stimulating, and even scenic, but the small, repetitive slip just before toe-off, or propulsive gait phase, will put extra stress on the Achilles, increased pressure on the metatarsals, and greater torque on the tibia.

New Balance, with headquarters in Boston, MA, knows that winter running can be hazardous. They have studied gait and injury extensively and have come up with solutions to help northern runners get through winter. They want you to run, and they also want you to be able to run in the Boston Athletic Association Marathon, this year on April 19. For several years, New Balance made the NB 921, the perfect shoes for Vermont, with small replaceable spikes in its soles and heels. They have replaced the 921 with the MT 910, a great shoe with fantastic grippy treads and a Gore-tex lining to keep you dry and warm. Another good winter running shoe is the Gel Trabuco GTX by ASICS. The tread design is aggressive and certainly adequate for a back-road run, and it also has a Gore-tex lining.

Some runners have had success with traction devices that slip on over your running shoes. There are a variety of products on the market, such as Get-A-Grips, YakTrax, and STABILicers Sport. They work best on snow-packed roads and provide traction that helps prevent slipping during the toe-off phase of the gait.

Winter does not have to be a time off from running. If you plan carefully, training in winter can be exciting, lots of fun, and have you ready for the final long runs before a Spring Marathon. ☐



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



VERMONT SPORTS

AROUND THE STATE

BURLINGTON

The **Vermont Paddlers Club** is holding pool sessions at UVM's Patrick Gymnasium on February 6 from 6 to 8 p.m. and February 20 from 6 to 7:30 p.m. Both sessions are for rolling practice, with extra time for rolling instruction. VPC members and prospective members are welcome. For more information about these classes as well as other VPC offerings, contact Chris Weed, 802-264-3141, or visit the club's web site, www.vtpaddlers.net.

HUNTINGTON

The **Camel's Hump Challenge** is a fundraiser for the Vermont Alzheimer's Association. Participants raise money through pledges, then take part in a 25K backcountry ski circumnavigation of Camel's Hump. The ski adventure takes place on February 7, beginning and ending at the Camel's Hump Ski Association. Skiers should have good backcountry ski skills and be comfortable spending a winter day in the woods. For more information contact Jared Poor, 802-985-2913 or visit www.camelshumpchallenge.com.

LUDLOW

Women's Alpine Adventures takes place at Okemo Mountain Resort on February 25-26. The program has something for all ability levels and is designed exclusively for women and led by some of the best female ski and snowboard coaches in the business. Their goal is to take skiing and snowboarding women to the next level in any snow conditions and on any terrain. Participants quickly overcome fear, build self confidence and meet new friends in a supportive and social environment. For more information call 802-228-1600 or visit www.okemo.com.

REST IN PEACE

Central Vermont's skiing and bicycling communities lost a good friend on January 14. Guy Amundsen died of a heart attack while skiing at Ole's Cross-Country Center in Warren, VT, where over the years he had worked and skied many kilometers. Guy was involved with a number of organizations including the

Stowe Bike Club, the MS Society, the Vermont Bicycle & Pedestrian Coalition, and Vermont Bicycle Touring. Although Guy was 72, his dedication to his passions gave him the energy and appearance of a younger man. He will be missed by those fortunate enough to have known him. A memorial service was held on January 24 at Ole's. Expressions of sympathy may be sent to Guy's long-time partner, Ann Rago, at 1486 River Rd., Montpelier, VT, 05602.

STOWE

The "Descent Recon," slated for February 12, is a chance to ski the downhill portion of the **Stowe Derby** before the actual event. Skiers will meet at the base of the Lookout Chair at Stowe Mountain Resort at 2:30 p.m., and for \$5 can ride the lift to the start at the top of the lift. The course finishes at the bottom of the Toll Road. Participants may use whatever skis they want. Trina Hosmer, a member of the first U.S. Women's Cross-Country Ski Team, will be on hand to offer tips on how to best ski this downhill section of the Derby. Participants must plan their own transportation back to their cars, and may ski beyond the base of the Toll Road if they want. Lift fee proceeds go to the Vermont Ski Museum. For more info contact Pascale Savard, 802-253-9216, or visit www.stowederby.com.

WATERBURY CENTER

February 6 is when the Green Mountain Club will hold their 14th Annual Snowshoe Festival at their headquarters on Route 100 in Waterbury Center. The day features free snowshoe demos, guided snowshoe tours to local peaks and trails, educational workshops, nature walks, outdoor gear displays, a raffle, and special games for kids. Demo snowshoes will be available on a first-come, first-serve basis. Admission is \$8 for GMC members; \$10 for nonmembers; kids under 12 are free. Volunteers are needed to lead hikes and workshops, park cars, sell tickets, staff the food concession, and help with set up and clean up. For more information or to volunteer, e-mail snowshoe@greenmountainclub.org or call 802-244-7037.

KILLINGTON

The Aspen East Ski Shop is hosting a **book signing** for Wendy Clinch, author of *Double Black, A Ski Diva Mystery* on February 6 from 3 to 6 p.m. *Double Black*, Clinch's debut novel, is a mystery about a penniless young woman who moves to a Vermont ski town to become a ski bum. Things suddenly become complicated when she discovers a corpse in a vacant vacation condo. For more info call Aspen East at 802-422-3739, or visit www.aspeneast.com, or www.TheSkiDiva.com.

MONTPELIER

The 6th Annual **Maple Onion 15K & Bill Koch Ski Race** takes place on February 21 at Morse Farm Ski Touring Center, three miles north of Montpelier on the Center Road. The 15K freestyle race begins with a mass start at 10 a.m. BKL races start at noon. Merchandise prizes will be awarded to age category winners, and the cost of registration includes lunch. For more info contact Carrie at Onion River Sports, 802-229-9409, thefolks@onionriver.com, or visit www.onionriver.com.

OVERKILL FOR THE ROLLING HILL

Dear *Vermont Sports*

I must take exception to your usurpation of the term "Backcountry" in the recent reviews of skis and boots in your magazine (Jan. and Feb., 2010). While Alpine touring and telemark gear can rightly be included in the overall backcountry category, the core equipment should never be omitted or overlooked, when the heading "Backcountry" is used, without due recognition, unless the purpose of the exercise is, indeed, subversive.

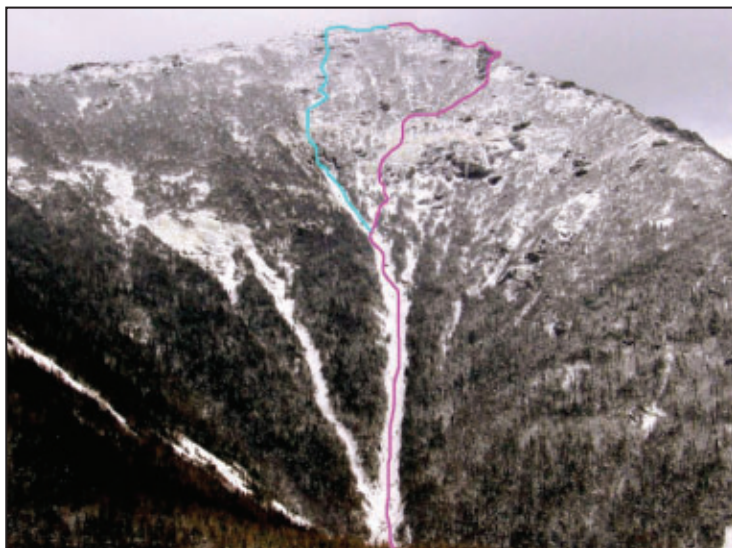
Backcountry skis and boots in Vermont

are those that allow the skier to self-sufficiently traverse and explore the backcountry. Although some skis used for this purpose are quite wide and short, and some boots are undeniably on the rigid side, many experienced proficienters persist in favoring full-length skis with a tip width from 60-85mm and relatively flexible boots, allowing most of the terrain encountered here to be traversed with confidence and efficiency.

Dave Stewart
Ripton, Vermont

Editor's reply: The skis, boots, and bindings included in our reviews are intended for the downhill-oriented skier—lift-served and backcountry, telemark or AT—as noted in the opening sentence of January's introduction to the ski review, and the closing sentence of February's introduction to the boot and binding review. Perhaps we should have prefaced "Backcountry" with "Downhill" in the headline. Next year we will. Thanks for your letter!





TRIPLE PLAYS

BY PETER BRONSKI

Friday the thirteenth is a day often filled with superstition and, some would say, bad luck. But for New Hampshire climber Alan Cattabriga, Friday, March 13, 2009, was simply a long, hard, and ultimately rewarding day.

Throughout the Northeast and New England, climbers have been putting together link-ups, combining multiple committing routes in a single push or a single day. Often, those link-ups happen as trios. (Good things happen in threes, they say, which at least provided some nice karmic balance to Friday the thirteenth...) Cattabriga is one of those climbers.

His trio of routes on that day in New Hampshire's White Mountains is known as the Trifecta. It combines Pinnacle Gully on Mount Washington, Shoestring Gully on Mount Webster, and The Throat on Mount Lincoln. "I considered them to be the signature route for each of New Hampshire's big alpine areas," Cattabriga says. Together, they add up to something even greater (and no small piece of change): 16 miles with more than 7,600 vertical feet of ascent.

Cattabriga set out from the visitor center trailhead at Pinkham Notch at 6 a.m. He reached the floor of Huntington Ravine just as the first rays of sunlight illuminated the headwall. Then it was time to tackle Pinnacle. That morning the first few hundred feet featured brittle ice, but the rest of the route was a dream—hard, ice-covered snow that made for a quick ascent. Cattabriga dropped down South Gully and cruised back to the car, arriving around 9:15 a.m.

Shoestring was next. It was a straightforward ascent in ideal conditions, and once on top, Cattabriga jogged and glissaded down the Webster Cliff Trail, returning to his car in under two hours. It was 12:15 p.m., and he had two routes down, one to go.

Lincoln's Throat, on Franconia Ridge, was last. Cattabriga hoofed it up the Old Bridle Path trail, bushwhacked to the base of the Throat, and then started going up. The ice was in fat, and the snow was great. He crested the ridge, traversed to Little Haystack, and then cruised down the Falling Waters trail in his crampons, finally arriving at his car just before 6 p.m. It had been nearly 12 hours since he set off from his car in Pinkham, and some 10 hours of actual climbing.

Incredibly, on that very same day, New York climber Joe Szot and a partner tackled their own trio of routes, the Adirondack Trilogy. It encompasses the North Face on Gothics, the Grand Central gully on Mount Marcy, and Mount Colden's famous Trap Dike. Two days later, on March 15, local climber and guide Emilie Drinkwater did it solo. Cattabriga would later call Drinkwater's solo Adirondack Trilogy "one of the most outstanding events" of last year's mountaineering season.

She set out from the Garden trailhead near Keene Valley just after 5 a.m. Her first target: Gothics' North Face. With skis on her back and crampons on her ski boots, she chose a line to climber's far right on the North Face that would allow a plumb line ascent to the summit.



From the top of Gothics, the route turned south to follow the crest of the Great Range en route to Little Haystack (not to be confused with Cattabriga's Little Haystack on Franconia Ridge). From there she dropped off the ridge and down into the depths of Panther Gorge, an imposing, remote, and seldom-visited basin cradled between Haystack and Mount Marcy. Lucky for Drinkwater, Szot and his partner's tracks, still visible in the snow, helped to guide her (a few run-ins with spruce traps notwithstanding...).

Finally at the base of Grand Central, she began her climb of New York's tallest mountain. Drinkwater topped out at around 3:30 p.m. It was late in the day to consider a third mountain and a third route, but the Trilogy awaited and Drinkwater was determined. On skis, she cruised down Marcy's flanks, arriving at Marcy Dam in just 35 minutes. Then it was up to Avalanche Lake, and at last, Colden's Trap Dike.

She reached the base of the Dike at roughly 5:15 p.m., and after refueling with snacks, rehydrating with caffeinated beverages, and cranking some tunes on her iPod, Drinkwater was ready for the final leg. At 7:15 p.m. she tagged the summit of Colden. With the sun already setting, she kept moving

Top left to lower right:

Cattabriga's routes on Mount Lincoln.

Cattabriga on Lincoln's Throat.

Drinkwater at the base of Trap Dike.

Mount Marcy, with Grand Central just in view on the left (Drinkwater).

Pinnacle Gully (Cattabriga).

Courtesy photos from the climbers.



until she reached Lake Arnold, where she finally pulled out her headlamp and cruised back to the trailhead at Adirondack Loj, where she'd stashed a car the night before. It was roughly 8:45 p.m., and the Trilogy was complete.

What remains now is for Vermont mountaineers to establish their own local three-route link-up. Perhaps they already have and haven't publicized it (or just as likely, I simply don't know about it, though I do like to pretend I'm omniscient...). But that doesn't stop me from dreaming of my own Vermont version of the Adirondack Trilogy and the New Hampshire Trifecta. Based on the precedent set by people like Cattabriga, Szot, and Drinkwater, I imagine that a Vermont version should meet several criteria:

1) it should be semi-technical (steep snow and easy ice), 2) it should have an alpine feel, and 3) the sum of the parts should add up to a pretty hefty day.

For me, the most natural and obvious place to look was Mount Mansfield and Smugglers' Notch. I originally thought I'd include something from Willoughby in a Vermont link-up, but those routes are categorically too technical to meet criteria number one. Smugglers' Notch

and Mansfield, on the other hand, meet all three criteria with ease.

Bert Severin, director of Sunrise Adventure Sports outside Jeffersonville, agrees. "Vermont has more steep, technical ice than long gullies," he explains. "So there would have to be some harder ice than the Trilogy or the Trifecta. But as far as easy ice goes, the best routes are in the Notch." Elephants Head, Hidden, and ENT gullies are all easily soloed, and could comprise a "mini-fecta," combining east side and west side routes, notes Severin. Or, he says, you could do the four major west side gullies—Hidden, Easy, ENT, and Jefferson Slide, "so we could one-up the neighbors," he jokes.

In the end, though, it probably doesn't matter much which precise routes make up a Vermont version. The point is that the trio of routes—whatever they are—is a new challenge and a new inspiration. It serves to get us off our couches and into the mountains, and that's enough for me. ¶

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



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CLASSIC VS. SKATE SKIING

BY PHYL NEWBECK
PHOTOS BY KATE CARTER



Back in the old days, going cross-country skiing didn't involve much decision making. You strapped your leather boots onto your wooden skis and sallied forth. Now, not only is there a vast assortment of gear, but there are different disciplines to choose from, and the choice of classic versus skate skiing informs much of the equipment decision-making. While most skiers are loathe to say they prefer one over the other ("I like apples and I like oranges," was the way Catamount Trail Association executive director Jim Fredericks phrased it), there are distinct advantages and disadvantages to each discipline.

PRICE

According to Jake Hollenbach, sales associate at the Ski Rack in Burlington, classic skiing gear is less expensive than skating. However, Hollenbach divides classic (which he believes is more accurately called "stride skiing") into three categories: racing or true classic skiing, touring, and backcountry. Of the three, touring skis are the least expensive, running a novice roughly \$240 for skis, boots, bindings, and poles. In contrast, backcountry and racing set-ups cost closer to \$400. Hollenbach says there is no equivalent "touring" level for skate skiing, the set-up for which costs roughly \$450 thanks to the boots which have greater ankle support.

POPULARITY

Hollenbach says skate skiing has become more popular in the United States because it is considered cross-training for running, cycling, and other warm-weather sports. However, in other parts of the world, such as Scandinavia, classic skiing, which is the more traditional discipline, is still more popular.

Eli Enman of Sleepy Hollow Ski and Bike Center says most recreational skiers stick to classic skiing, especially those who are new at the sport. However, Enman has found that more serious athletes, in particular those who are competitive in summer sports such as mountain or road biking, prefer skate skiing. Enman notes there is also a generation gap. Since skate skiing only began in the early 1980s, many of those who learned to ski before that time have not taken up the new discipline.

LEARNING CURVE

There doesn't seem to be a consensus on which form of

skiing is easiest to learn. "After four to five days on snow," says Hollenbach, "most folks are proficient enough to get proper forward propulsion and enjoy skate skiing. Classic takes longer, balance-wise."

Fredericks believes that for recreational skiers, classic skiing is easier to learn, but for serious racers, skating is the discipline that can be mastered faster. He thinks skiers can achieve greater proficiency with less skill when skate skiing, particularly those with a background in ice skating. "You can learn how to skate with a lesson and do pretty well," he says. Fredericks, who was once the director of the Rossignol Nordic race team, believes it is harder to learn proper classic skiing technique because it requires more precision.

Eric Tremble, coach for the Ethan Allen Biathlon Club, believes the learning curve for skate skiing is steeper. Likewise, Enman, who moonlights as an assistant Nordic coach at Champlain Valley Union High School, says, "Classic is a lot more intuitive; it's easier to learn right off." Andy Grab, who coaches kids at the Mansfield Nordic Club, which is part of the Bill Koch League, says kids are initially introduced to classic skiing on waxless skis, at least in part because it is easier to learn. Additionally, since classic skiing does not require groomed trails, the kids can practice in their own backyards. Once they have achieved some measure of success, Grab will introduce them to skate skiing through a more formal teaching process.

FUN FACTOR

Fredericks leans toward skate skiing on fast surfaces, but prefers classic on cold days when he can generate more body heat without the wind chill of high speed racing. Given the undulating terrain of many Vermont Nordic centers, he considers skate skis more versatile because they don't require a change of wax as the elevation changes. The lack of waxing complications was also cited by Enman as a plus for skate skiing. Tremble said that for a recreational workout, he finds classic skis to be more enjoyable.

SPEED

Any question of which discipline is fastest was answered when Tremble won the Catamount Trail Association Backcountry Challenge in 2009, in part by skating the first part of the course on a pair of backcountry skis

without metal edges. Skate skiing, he notes, will always be faster, which is why it is the sole form of skiing used in biathlon. Enman adds that when the temperature is ten below zero or lower, classic might be faster, but otherwise skating will always be the speedier discipline.

BENEFITS

Enman considers skating to be a better workout, in part because a skater uses his/her legs while skating downhill, whereas classic skiers can only double pole because they are going too fast to kick. Additionally, skate skiing, with its longer poles, provides a longer arm push, whereas the classic push-off is quick and snappy.

Fredericks notes that neither discipline puts much stress on the body if done correctly, but even when done incorrectly, it's hard to do much damage classic skiing. However, because of the amount of lateral turning involved, skiers can strain their knees by skate skiing incorrectly. Fredericks says both provide an equal benefit to athletes if done properly, using abdominal, lateral, and back muscles, in addition to arms and legs.

CONDITIONS

Fredericks says classic skiing is easier on really cold days (below 10 degrees), while skating is preferable when the temperature is above freezing, making waxing classic skis more challenging. Likewise, skating is virtually impossible with more than a few inches of snow, but an absolute joy in the springtime. Enman agrees that classic skiing works better on very cold days, adding that when the temperature is on or above freezing, there is a greater movement towards skate skiing from those who don't want to deal with klister wax.

So there you have it: Apples and oranges both taste good. Get your skis—any skis—and get out and enjoy the snow. ▮

Phyl Newbeck lives in Jericho with her partner, Bryan, and two cats. She admits to a having a hard time mastering skate skiing, despite her background as a figure skater. Phyl is also a cyclist, kayaker, and lover of virtually any sport which does not involve motors. She is the author of Virginia Hasn't Always Been for Lovers: Interracial Marriage Bans and the Case of Richard and Mildred Loving.



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GREEN RACING PROJECT
BY TIM REYNOLDS

AN ALASKAN LOCALVORE

The Green Racing Project arrived in Anchorage, AK, yesterday evening to compete in the 2010 National Cross-Country Ski Championships. Kincaid Park in downtown Anchorage hosts this final week of qualification races for the Vancouver Olympics and Junior World Championships Teams. Our team is excited—we've got Olympic hopefuls and eligible juniors among our ranks, and we're looking forward to what the week's races will decide.

The competitions only last a painful portion of an hour of each day; a big part of any trip to the races is downtime. That means we have plenty of brainstorming time for new projects at the Craftsbury Outdoor Center in the upcoming off-season. The seven of us Green Racing Project teammates have been scheming and dreaming about how to better fulfill the mission of the Outdoor Center and the goals of our racing team in the coming year. We've also got a few projects simmering on the front burners, and somehow, spending a week a few thousand miles away in Anchorage brings the issue of food systems closer to home.

Grocery shopping at Safeway on Northern Lights Boulevard in Anchorage this afternoon underlined some of the real costs of food we don't always notice in the lower 48. Everything is more expensive up here. It makes sense though—while our host family informs us there is a fair amount of local produce and farmer's markets in the summer when the sun is shining almost 24/7, there is no local meat or dairy, and all the processed foods have to be flown or shipped in to feed Anchorage. It's a long haul from Kraft Food Global headquarters in Illinois to Alaska. At home, we don't always notice the costs of moving food from its place of production to the mouths of consumption. But up here it's impossible not to.

Since we moved into our house last summer at Elinor's Hill in Craftsbury, getting local food into the dining hall has been a priority, but it's a difficult transition. It involves changing traditional menus with seasonality, diversifying and therefore complicating food orders and deliveries, and in general a lot more thinking about where we are buying our food.

In Craftsbury, we're surrounded by local dairy and vegetable farms that are pumping out produce for a good chunk of the year. Pete's Greens is only three miles from the dining hall at the Outdoor Center, and Strafford, Monument, and Mansfield Dairies are all pretty close by, too. There is no reason not to patronize our local food producers. We may end up spending a dollar more here and there, but oftentimes the more business these producers get the cheaper they can sell their products. Having a guaranteed customer like the Outdoor Center dining hall, serving over 10,000 guests a year, can make a small local food producer solvent and sure of the future.

We are also teaming up with Sterling College and Craftsbury Academy right on the Common to pool our collective buying power. We are the three biggest consumers in Craftsbury and together we can put away a whole lot of food. While none of us can necessarily pay the premium prices Pete may get for his greens at your local co-op, when we're buying for such a large number of people we can be much more persuasive. Pete is excited about the über-local food system this relationship will create—what could be better than selling your produce within a three-mile radius of your farm?

The point is, in Anchorage there isn't much to satisfy the hungry localvore. But in Vermont, there are plenty of options, and it's a shame to be shipping food from Kraft Global that we can make just fine closer to home. The Outdoor Center is aiming to get a third of its total food purchases from local sources in the New Year. It seems a worthwhile resolution. ▢

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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MUSCLES NOT MOTORS

gear review

BY RYAN JAMES LECLERC

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



PRINCETON TEC REMIX HEADLAMP

You may already own a headlamp, but if you're like me, you probably have absolutely no idea where it is. This could be a good thing, because most likely that headlamp of yours, wherever it is, is heavy, clunky, and dim. After you've thoroughly searched through all your gear bags, scoured the floor of your car, and for good measure, even checked under the sofa cushions, all to no avail, consider treating yourself to a new headlamp, such as the Princeton Tec Remix. Water resistant, highly durable, and lightweight, the Remix is the culmination of years of refinements to earlier predecessors. The hybrid design easily switches from three LEDs to one Maxbright Rebel LED and within each mode has a bright and a less bright setting so you can get just the right amount of light needed while maximizing precious battery life. The functional and efficient Remix can blast up to 45 lumens with a burn time of up to 200 hours. I promise you won't miss your old headlamp, but if it does ever show up, you'll have a back up, albeit a heavy, clunky, dim one. \$44.99. www.princetonotec.com.



WOOLRICH WOMEN'S CASSVILLE JACKET

Since 1830, Woolrich, the oldest clothing company in the world, has been making high-quality, functional, and affordable clothing, but unlike 1830, you don't need to be a lumberjack or a sawmill worker to wear it. These days, Woolrich still has styles for lumberjacks and sawmill workers, but also for everyone else. The women's Cassville jacket is a durable, stylish, and extremely wearable jacket made of TechnoWool TMB fabric that is 99-percent windblocking and features a comfort collar and cuffs and a fleece-lined hood for maximum coziness. Although it is designed to be a lifestyle piece, its durability and warmth would most certainly be appreciated by any lumberjack or sawmill worker from 1830. \$200. www.woolrich.com.



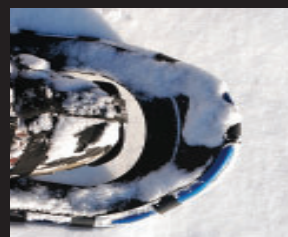
STOIC BOMBSHELL INSULATED JACKET

The Stoic Bombshell Insulated Jacket is a fresh piece of premium technical outerwear from a fresh brand. Lightweight and bomber, waterproof, breathable, and slightly stretchy, the Bombshell features fully welded seams, thumb-holed wrist gaiters, a removable powder skirt, and a fully adjustable hood. One hundred grams of synthetic Cirrus microfiber insulation keeps you warm while mesh-backed underarm zips help to regulate your body temperature so you don't get too warm. Designed to fit close to the body for uninhibited mobility with minimal excess fabric, you may want to size up if you like a roomier fit. The Bombshell also features a chest pocket with a headphone port, which makes cruising to the beat of your favorite tunes easier than ever. \$329. www.stoicgear.com.



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Skiing Vermont's Wilderness Areas

Text and Photos by Brian Mohr and Emily Johnson



Whether it's the haunted past of Vermont's Glastenbury Mountain, the challenging steep slopes of the Bristol Cliffs, or the mature hardwoods of the new Battell Wilderness Area, there is something undeniably special about backcountry skiing in Vermont's federally designated wilderness areas. Not surprisingly, after countless days spent backcountry skiing through these areas over the years, we can still count the number of skiers we've come across on our own two hands. As populated as Vermont is, our most wild and scenic mountain lands remain relatively unexplored by skiers, and skiing through them in the wintertime is your ticket to Green Mountain solitude.

Skiing and non-skiing Vermonters have been hard at work since the early 1970s, protecting over 100,000 acres of our Green Mountain National Forest—an area representing less than 2 percent of Vermont's total land area—as designated wilderness. And the recent passage of the 2006 New England Wilderness Act created two valuable new wilderness areas in Vermont—Glastenbury Mountain and the Joseph Battell Wilderness Area—while expanding existing areas such as Breadloaf, Peru Peak, and Lye Brook Wilderness Areas. These areas are open to only the most traditional forms of wilderness travel and recreation—hiking, hunting, fishing, camping, skiing, snowshoeing, birding, and nature study. They are protected from road building, logging, new mining claims, and motorized uses.

Wilderness designation of this sort, as defined by the 1964 Wilderness Act, is the highest level of protection that can be granted to federal land. Wilderness protects many of Vermont's largest undeveloped and roadless landscapes, and adjacent areas of undeveloped private, state-owned, or National Forest land only add to the scale and remoteness of these areas by creating a buffer from nearby roads and settlements. Be it a morning ski tour or a multi-day ski camping adventure, Vermont's wilderness areas offer no shortage of options for all levels of backcountry skiers. Here are a few of our favorite places to ski in Vermont's wilderness.

JOSEPH BATTELL WILDERNESS AREA

Size: 12,333 acres

Location: Goshen/Hancock/Rochester, VT

Skiing highlights: Mature hardwoods; medium-angle touring

One of Vermont's newest wilderness areas, the over 12,000-acre "Battell" was originally a gift to Middlebury College from late 1800s publisher and philanthropist Joseph Battell. Battell stood for the long-term protection of our forest lands and can also be credited for the creation of Camel's Hump State Park. With five peaks over 3,000 feet, the Battell is also home to some of the most mature stands of hardwood forest in Vermont. It also lays claim to one of the longest road-free stretches of the Long Trail.



With Middlebury Gap and the Middlebury Snow Bowl at its north end, and Brandon Gap at its south end, access to the higher reaches of the Battell, via the Long Trail, is straightforward. However, actually skiing the Long Trail can be very challenging and should only be attempted if you have great confidence in your skiing abilities. As an alternative, the Battell also protects the headwaters for the clear-running Bingo Brook, in Rochester, along which runs an unplowed class four road that provides good lower-elevation access to the forests and larger peaks in the northern portion of the Battell. As is the case with most of Vermont's wilderness areas, there are no designated ski trails in the Battell, and the best skiing is found off-piste, if you're willing to explore for it.

BIG BRANCH WILDERNESS AREA

Size: 6,767 acres

Location: Danby/Mount Tabor, VT

Skiing highlights: Steep, west-facing hardwoods; low-angle touring

The Big Branch is a Green Mountain gem featuring a great mix of terrain that is dominated by a forest of maple, beech, and birch trees, and a healthy population of moose. Baker Peak, at nearly 3,000 feet, offers tremendous views of Dorset and Netop Mountains (other great ski objectives) across the upper Otter Creek Valley to the west, as well as views to the north and south along the Long Trail. With good snowpack, the steeper mountainsides to the west of the Long Trail, both to the north and south of Baker Peak, offer expert



backcountry skiers with good noses for open lines some truly rewarding descents.

Many cross-country skiers access the region by skiing northeast along the unplowed Brooklyn/Mount Tabor Road, and then south along the Long Trail into the higher reaches of the northern half of the Big Branch. This area is known for its gently sloping forests and beautiful off-trail ski touring. Just east of Baker Peak, Elbow Swamp is one of the largest higher-elevation swamp areas in the state, and offers a truly unique environment for winter exploring.

Immediately south of the Big Branch is the equal-sized Peru Peak Wilderness Area, which, with its higher peaks (over 3,300 feet) and their moderately pitched, east-facing drainages, only adds to the great variety of ski terrain to be found in the Big Branch/Peru Peak area. Combined, these two areas make a great destination for multi-day ski-camping adventures, or extended, point-to-point day trips. ☐

Brian Mohr and his wife, Emily Johnson, contribute regularly to the outdoor media, co-own Ember Photography, and recently launched a new skiing website: www.AdventureSkier.com.

VERMONT'S BEST APRÈS-SKI HANGOUTS

BY SKY BARSCH GLEINER

Our steady supply of fresh powder and steadier supply of fresh microbrews means Vermont's après-ski scene is now in full swing. With 20 downhill ski resorts, endless kilometers of Nordic trails, an abundance of fun, outdoorsy people, and a statewide dedication to healthy food and excellent beer (not to mention a burgeoning wine and spirits market), no matter where you are at the end of the day, you can find a top-notch après-ski spot to relive your turns and burns. Through years of careful research, plus the advice of some serious skiers and riders, Vermont Sports has compiled a list of the state's top 10 best après-ski hangouts. Although we know there are many more, we applaud these businesses for their popularity, good food, great beer selection, and comfortableness.

THE ALCHEMIST PUB AND BREWERY

23 South Main St., Waterbury
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Nearby Ski Areas: Drawing from the Mad River Valley, Bolton, Stowe, and many Nordic resorts and backcountry hotspots.

What's on Tap: With so many wonderful options, choosing Vermont's number one après-ski bar is as difficult as choosing Vermont's number one ski trail. But The Alchemist ranks at the top of this list because skiers from a wide variety of mountains and Nordic trails congregate here at the end of the day, and the on-site brewed beer is the kind you dream about. The Alchemist takes pub food to a new level, with a daily mussels special, melt-in-your-mouth sweet potato fries, and hearty sandwiches and dinners featuring local and creative ingredients. There's much attention to detail—even the catsup is homemade. The only downside to The Alchemist is there seems to be a perpetual 40-minute wait to get a table (no reservations), and the bar area can get uncomfortably crowded. But the experienced and super-friendly bartenders seem to make up for it with their attentive and fast service.

VILLAGE TAVERN

55 Church St., Jeffersonville
802-644-6607

Nearby Ski Areas: Smugglers' Notch Ski Resort and their cross-country center, as well as ice climbing in the Notch.

What's on Tap: This place epitomizes what an après-ski place should be, with friendly service, fast cooks, and a welcoming, homey atmosphere. The gourmet is perhaps best described as "hippie bar food," with all the satiating effect of comfort food laced with

interesting twists. For instance, you can get the wings in any of the excellent sauces in chicken or vegetarian-friendly seitan (and they are fantastic). Matt Crawford of St. Albans likes hitting the Village Tavern after a day at Smugglers'. "The Village Tavern has a lot of that local, deeply rooted vibe that seems to be a huge part of Smugglers'," Crawford says. "Like the mountain, it isn't fancy, but it's good. And like the mountain, kids are often around." What does he recommend you try? "The wings are good," he says, "but the specialty is the Boyden Burger, made from beef from the Boyden Farm, which is just a couple miles away."

THE SHED

1859 Mountain Rd., Stowe
802-253-4364

Nearby Ski Areas: Stowe Mountain Resort, as well as four Nordic centers and lots of backcountry skiing.

What's on Tap: If you need a break from the well-heeled Stowe crowd, The Shed is a no-frills environment, with hot, affordable food and really, really, really good beer. It's more of a locals' spot than the establishments farther up the Mountain Road. The Shed brews its beer on site, and the brewing combined with the ever-popping popcorn machine permeates the air with a distinguishable and comforting smell. The rotating brew menu includes Mountain Ale, the West Branch Golden, the Spawn of Oliver, and many more. Be warned, these brews are strong! If you're beat from the hill and you're driving home, one or two will be plenty. There's a full bar and wine list too, but with Shed beer as an option, why would you order anything else? For munchies, The Shed has great fries and nachos.

SUGARBUSH adventure GAMES



RUN to the river

PADDLE to the shore

PEDAL to the mountain

SKI to the finish



Saturday, April 10
SUGARBUSH KIDS' TRIATHLON

Sunday, April 11
THE SUGARBUSH TRIATHLON –
a four-event triathlon, open to individuals and teams.
(Run, Kayak/Canoe, Cycle, XC Ski)

Online registration deadline is April 7, 2010 (\$40). USPS registration must be postmarked by April 2, 2010 (\$35).
For more information, visit sugarbush.com.

MCGRATH'S IRISH PUB

(at the Inn at Long Trail)

709 Route 4, Killington

800-325-2540

Nearby Ski Areas: Killington, Pico, Mountain Meadows Cross-Country Center, Mountain Top Nordic Center.

What's on Tap: There are many places on the Killington Access Road that will leave you feeling like you're stuck in an episode of Jersey Shore. McGrath's Irish Pub might be a bit farther from the Killington parking lot, but it's well worth the extra few minutes in the car. And it's a handy location for Pico skiers, who need just to cross the road. The comfy, rustic pub offers a warm fireplace, bar and table seating, and live Irish music on certain nights. The bartenders are welcoming, making this a perfect spot for a black-and-tan and a big bowl of cheddar-ale soup (when available) or Guinness stew (a constant) after a day spent outside in winter.

TOM'S LOFT TAVERN

300 Mountain Rd., Ludlow

802-228-5638

Nearby Ski Areas: Okemo Mountain Resort

What's on Tap: The Loft has a sign that says, "Home of Lousy Food, Warm Beer and Grumpy Owner." It's with this sentiment that you are sure you're not in Aspen. That homey, get-real vibe draws Skier Matt Tripp of Mount Holly. "I love going to the Loft for the après-ski atmosphere," Tripp says. "You will always see some familiar faces, and everyone there is friendly and ready to talk skiing (or snowboarding)." Tripp recommends the buffalo chicken sandwich, the pulled pork, and the nachos, although he adds, "You really can't go wrong."

THE HYDE AWAY

1428 Millbrook Rd., Waitsfield

802-496-2322

Nearby Ski Areas: Mad River Glen and Sugarbush Resort, Ole's Cross-Country Center

What's on Tap: Described as rustic and cozy, the tavern at the Hyde Away Inn & Restaurant is a local's spot where you can debate single chair vs. high-speed lifts, skiing vs. snowboarding, and the Mad River Valley's toughest slope. Regarding the latter, the folks from the Hyde Away will have you know that you won't find the answer at either Sugarbush or Mad River Glen, since the toughest slope in the area—in their opinion—is the tavern floor. That might especially be the case on Wednesdays, when Vermont microbrews are on a \$3 special. The Hyde Away is known for its meatloaf Monday, featuring cheddar-stuffed meatloaf with gravy, sure to satiate anyone after a long day in the Green Mountains.

THE SNOWSHOE LODGE & PUB

13 Main St., Montgomery

802-326-4456

Nearby Ski Areas: Jay Peak

What's on Tap: Dean Zorn, director of Jay's snowboarding program, says, "I like the Shoe because it's a family-owned restaurant and bar that feels like a hub of the community. It is definitely a spot for locals, and visitors are always made to feel welcome." Zorn points to the free pool and open mike nights, plus \$1.50 Genesee Cream Ales and \$2.50 PBRs

as some of the bar's highlights. He recommends the homemade soups, hand-battered fish and chips, and "whatever is on the blackboard," which has included barbecue pork and beef ribs, spinach lasagna, prime rib, and littleneck clams. Don't miss the bloody Caesars either, the French-Canadian twist on bloody Marys that use Clamato instead of tomato juice.

THE BREWSKI PUB AND GRILL

4087 Route 108 South,

Jeffersonville

802-644-6366

Nearby Ski Areas: Smugglers' Notch

What's on Tap: The Brewski is under new management and has freshened up the place famous for its beach volleyball. Shawn Donovan, who lives in Waterbury Center, says the Brewski is a must-stop after a day at Smuggs. "The main reason I go to the Brewski is for the atmosphere... it is definitely a 'locals' bar," he says. "It's nice to sit down after a long day at the mountain and have a pint of a local brew with a lot of like-minded ski bums. The free pool and foosball are a plus," he adds. The Brewski also showcases live music, including Gordon Stone and Liquid Dead. This year, the Brewski plays host to the Smuggs' Ice Bash vendors and campers, so the après-ski crowd will be rubbing elbows with the après-climb.

VALLEY VIEW SALOON

131 Route 100, West Dover

802-464-9422

Nearby Ski Areas: Mount Snow

What's on Tap: West Dover's newest eatery is home to the valley's largest beer selection, with eight taps and 15 to 20 bottled beers. Although this is the Saloon's first après-ski season, it's already a hit. Amenities include a 40-foot bar, big, high-definition TVs, and a packed entertainment calendar. You can snack on big deli sandwiches and big portions of pub food. Colby Dix, a musician who has played at the restaurant, had this to say: "The Valley View Saloon offers a distinct change of pace from the rustic theme of many local establishments, with clean lines, new construction, and a really positive vibe from the entire staff. It also has a complete New York Deli menu, with huge delicious sandwiches and excellent après-ski snacks." Plus, if you're broke from your lift ticket, there's a \$2 PBR special every day.

THE PUB OUTBACK

466 Route 114, East Burke

802-626-1188

Main Mountain: Burke Mountain and Kingdom Trails

What's on Tap: The Pub Outback is a laid-back spot to grab a beer or bite to eat after a day at Burke. Joshua Hardt, an avid outdoorsman who lives in Hubbardton, says the Pub Outback, "has got to be one of my favorite spots in that neck of the woods." The menu is heavy with steak, burgers, and seafood, as well as standard pub appetizers. On weekdays, the pub isn't open until 5 p.m., so you can kill time in Burke's newish Tamarack Grill, which has an extensive beer list. ☞

Sky Barsch Gleiner lives in Orleans and thoroughly enjoys both the après and the ski parts of the day.

TWO VERY VERMONT VODKAS

BY MARK MEYERROSE

Having vermouth in the same room with the two vodkas seemed inappropriate, but every martini I'd made over the past decade... or more... contained it. So, for consistency's sake, I felt obligated to add it to the martini I was presently mixing. Cringing at my experimental integrity, I splashed some vermouth into the shaker filled with ice and pure, crisp, Vermont-made vodka. Here is the most important thing to know about artisan-made vodkas: they are unquestionably not your college roommate's hooch—no plastic jugs with Russian names that sound like Popeye. Vermont-made vodka is top shelf and you should never mix it with syrupy juices, a warm shot glass, or a trash can filled with Kool Aid. On their own they are, simply put, delicious.

Green Mountain Distillers and Vermont Spirits are part of a renaissance in the United States alcohol industry. As Steve Johnson of Vermont Spirits notes, "Competing with the established brands is one of the biggest challenges craft distillers face. It is just like starting out in any mature industry controlled by a few large players. Even so, there is daylight on the horizon, if you look to the beer industry as an example. There is a growing number of artisan distillers now in the U.S., much like the craft brewing business that took off 20-plus years ago, and this trend is working in our favor." Given the quality of our two home-grown vodkas, Sunshine Vodka and Vermont White, we can only hope for their future success.

Sunshine Vodka and Vermont White are very different in character and taste. Their differences begin with the ingredients each distiller uses. Green Mountain Distillers, based in Stowe, uses only organically grown grains. Vermont Spirits, which started in St. Johnsbury and is soon moving to Windsor, uses both maple sugar and milk sugar. Whatever the raw material, their efforts should be applauded for enhancing the Vermont quality ideal. Steve Johnson notes that what distinguishes their vodkas from other ultra-premium brands is, "our sugar source... Vermont simply has the perfect sugar source to produce vodka."

Both are unique, smooth, and a distinct pleasure to any vodka critic's nose, tongue, and heart. Our two local distillers have indeed succeeded in creating outstanding products. Here is what I found when I did my own taste test at home, on a frigid winter evening.

GREEN MOUNTAIN DISTILLERS SUNSHINE VODKA

So, imagine it is a cold February day; the sky is radiant blue, the air is still, and it is exhilarating to be outside. You've finished your last run or skate skied your 15K for the day. The sun is low in the sky, you're sweaty, a bit winded, your cheeks are flushed, and there's a film of frozen sweat along the hem of your hat. After downing a bottle of water and finding a comfortable chair overlooking the frosted hills, it's time for a cocktail. May I suggest a Sunshine Vodka martini? Keep it really dry, add a lemon twist, and settle back.

Sunshine vodka has a bold, crisp taste that will remind you of a really cold February day in Vermont, when the air is crisp, the sky is blue, and the sun is... shining! Think of that first sip as the libation equivalent of stepping onto the slopes with the temperature hovering at 0°F—there is no breeze, just the smell of clean frost on your palate and the brilliance of the chilled snow under your boots.

That is what Sunshine vodka tastes like: a pure, snowy Vermont morning. I would not recommend drinking it in the morning, however; enjoy it in the early evening, as you unwind and reflect on a great day.

VERMONT SPIRITS WHITE VODKA

Vermont White definitively lives up to its name—"White," as in milk sugar. The result is sublime. So, later that same evening, the temperature outside has dropped, you've unwound with a Sunshine Vodka martini, you're showered and dressed for dinner. You nestle into a big, warm couch in front of a towering stone fireplace. May I suggest a completely different beverage? Place some ice cubes in a glass and add Vermont White. Voila! That is your cocktail—simple, pure, honest vodka on the rocks. This libation is best enjoyed without any accoutrements. Vermont White is faintly creamy with smoky overtones. Enjoy it with your feet resting on a leather ottoman while settling into that oversized couch. Take in the moment and enjoy! ☞

Mark Meyerrose lives in Norwich and is an apprentice vodka critic. When not riding his bike or working as an educational consultant, he is nursing his sore back and admiring Vermont's artisans.



BURKE MOUNTAIN SLED DOG DASH

BY MICHAEL PREVIS/PHOTO BY MARIAN WAFER

“3, 2, 1, go driver!” echoed from the loud speakers through the crisp cold winter air. “Eurp” I bellowed while lifting my foot from the claw brake, knocking the snow from my boot and placing it firmly on the runner. As the sled snapped forward my arms instinctively tightened, and I gripped harder on the driving bow. My team of six dogs charged out of the starting shoot past the spectators that were lined up trying to catch a glimpse of the action. The deafening noise of the chaotic barking in the staging area faded as we entered the long-awaited silence of the softwood forest. “Good dogs,” I whispered as we popped out into a small clearing. We followed the long piece of orange snow fence that separated the outgoing from incoming trails. “Alright,” I uttered to get the dogs attention as we started to approach the first road crossing that would put us onto the main part of the trail. “Thank you,” I shouted and waved to the volunteers that were stopping traffic on the road. “Good dogs,” I whispered again as I began to swing my leg like a pendulum between the runners, gently pedaling the sled forward in synch with the dog’s feet and soft sound of their breathing.

This was my experience last March at Kingdom Trails in East Burke, VT, during the third annual Burke Mountain Sled Dog Dash. I was competing alongside 97 other sled dog drivers and nearly 1,000 canine athletes in one of the largest “sprint-style” sled dog races in the U.S. Like the now-famous Iditarod sled dog race in Alaska, sprint-style dog sledding uses harnessed dogs to pull a sled and driver over a given distance, and the fastest team wins. However, unlike the Iditarod, where team and driver trot along a primitive trail at moderate speeds in the wilderness for several days, sprint racers compete against each other in multiple heats on well-groomed tracks. The winning dogs lope continuously at average speeds of 20 miles per hour, and



may hit speeds nearing 30 on descents. In contrast to the Iditarod, where heavy sleds are packed with food and wilderness survival gear, sprint racers use lightweight 15- to 30-pound sleds that are made from materials ranging from traditional ash to carbon fiber, much like what is now used in the cycling industry.

As with track and field events, sprint racers compete in various classes. These classes are based on the number of dogs that are doing the work and the length of the course. In general, the number of dogs

reflects the mileage that the team will run in each heat, and the size of the dogs decreases as the number of dogs in the team increases. For instance, entrants in the four-dog class will use four larger dogs to pull the sled over a four- to five-mile trail, while entrants in the eight-dog class will use eight smaller dogs and run on an eight- to ten-mile trail. As an exception to the rule, the unlimited class draws awe in its unrestricted number of dogs, and a driver will hook up as many as 22 dogs and compete at distances ranging from 12 to 22 miles, depending on the venue.

SKIJORING

In addition to sled racing, many sprint races also offer skijoring. In these classes, participants wear a harness around their waists that resembles the harness used by rock climbers. They tether one to three harnessed dogs to themselves with a rope, and use Nordic skate skis to ski behind the dogs. In these events, dogs and skiers take turns driving each other around the trail. Skijoring appeals to both mushers and recreational pet owners alike, because it does not require the type of commitment needed to raise a large sled dog kennel, and adequate training areas for skijoring are much more accessible, especially here in Vermont. However, when skiers attempt to skijor with their pooches, and it just does not click, they will often seek training advice from a sled dog racer or even borrow a dog to help them train their own beloved pets.

BEHIND THE SCENES

The fourth annual Burke Mountain Sled Dog Dash will return to the Kingdom Trails in East Burke, February 27 and 28.

Although there is a sprint race or two somewhere in the northeast each weekend throughout the winter, the Sled Dog Dash is the only sprint race in Vermont. However, this event is unique in that it raises money to help enrich the lives of children in the Northeast Kingdom.

The Sled Dog Dash is the pet project of local residents and animal lovers George and Marian Wafer, who fell in love with the world of sled dogs while vacationing in Alaska. Upon return, the Wafers quickly realized the potential impact an event like the Sled Dog Dash could have on the community. They began hosting the Sled Dog Dash as a fundraising tool for the Wafer Family Foundation. Their enthusiasm for the event and their passion to help children in the Northeast Kingdom has also encouraged Clark Gilles, their longtime friend and NHL Hall of Famer, to contribute to their cause through his own foundation. Together, they have already raised over \$25,000 for the St. Johnsbury youth center, and this year they have plans to build a youth recreation center in East Burke, VT.

Although the event and dreams of the youth center were conceptualized by the Wafers, the success of the event, its continued growth, and the reality of the youth center would not be possible without the support of the Clark Gilles Foundation, Burke Mountain Ski Area, Kingdom Trails Association, additional sponsors from the community, and the countless number of volunteers.

SPECTATORS WELCOME!

The Burke Mountain Sled Dog Dash is as entertaining for spectators as it is exciting for participants. Hot food and beverages will be served in the main staging area, and spectators can see teams start and finish from this same spot. Additional viewing is also available on the trail. Children’s games and activities are ongoing in the staging area as well. Mushers generously donate their dogs and sleds to spectators and children for the 100-yard one-dog event.

The race site is located just minutes north of the Burke Mountain Ski Area. Check out their \$18 Sunday special lift ticket rate. The race overtakes the main cross-country ski center, but Nordic skiing is still available on Darling Hill (www.kingdomtrails.org).

For more info on the Burke Mountain Sled Dog Dash, visit www.sleddogdash.com, and if you come, please remember that this is an outdoor event and dress appropriately in many layers. Warm bodies are happy bodies! ☐

Mike and his wife Samantha live in Fairfax, VT. In 1999 they began skijoring with their border collie and Siberian husky. At that time, they never would have imagined they would now own a small kennel of 22 pointer-type sled dogs and compete throughout the northeast and Quebec each weekend during the winter. While off the sled, Mike and his wife both study mechanisms of muscle contraction in the Molecular Physiology and Biophysics Department at the University of Vermont.

VERMONTERS IN THE 2010 WINTER OLYMPICS

When the 21st Winter Olympics kicks off in Vancouver, British Columbia, on February 12, as many as eight Vermonters might be dashing from some sort of starting line, hoping to become immortalized in the pantheon of Olympic medalists. Look for them on the alpine slopes of Whistler and Blackcomb; the bumps, jumps, and superpipe on Cypress Mountain; and on the Nordic skiing courses at Whistler Olympic Park. Who are these gutsy Green Mountain athletes? Read on.

KELLY CLARK, BRATTLEBORO (NOW RESIDING IN RHODE ISLAND)



Clark's on a roll. The 2002 Olympic gold medalist snowboarder won a qualifying event in Colorado in December, and then won the United States Grand Prix of Snowboarding in January, becoming the first rider named to the U.S. halfpipe team for Vancouver. It's a great achievement for Clark, a

Brattleboro native who grew up on the slopes of Mount Snow, but no surprise. This will be her third consecutive Olympic games, and after a fourth-place result in Torino in 2006, Clark will be gunning for gold this time around. Rumor has it she listens to her iPod while competing. What's on her Olympic mix? That's anyone's guess.

JIMMY COCHRAN, KEENE, NH



Sure, Jimmy Cochran calls Keene, NH, home these days, but he grew up in Richmond as part of the famous Cochran skiing family, so he deserves some mention here. Though skiing ability seems to be part of Cochran's genetic makeup, that only gets you so far. Through plenty of hard work, he's become one of the best slalom skiers in the

world, securing three top-10 World Cup finishes in 2008, and a 10th place finish in the slalom at the 2009 FIS Alpine World Ski Championships. With one Olympics (2006) under his belt already, Cochran will know how to block out the distractions and focus on the skiing. He's America's best chance at a medal in the slalom in Vancouver.

LINDSEY JACOBELLIS, STRATTON



Though she's not even 25 yet, Jacobellis is a veteran of the adrenaline-infused sport of snowboard cross, having won a silver medal in the 2006 Winter games in Torino, Italy, the event's Olympic debut. She was a hairbreadth from the top honor that day, but fell on the second-to-last jump when going for a method grab.

Jacobellis—also known as Lucky Lindsey—won the 2009 Snowboard Cross World Cup, a gold medal in the 2009 Winter X Games, and five more X Games gold medals between 2003 and 2005. Accustomed to the inimical sparkle of gold, she has no plans to settle for second place in Vancouver.

HANNAH KEARNEY, NORWICH



Hannah Kearney, 23, has tasted the sweetness of victory and bitterness of defeat more than most mogul skiers. She was the World Champion at the ripe old age of 18, but a year later, at the 2006 Winter Olympics, she ended up a disappointing 22nd. 2009 was equally erratic: she was 14th at the 2009 World Championships,

but went on to claim the World Cup crown by the end of the season.

Kearney has also suffered her share of injuries—no surprise for a mogul skier. They include a torn knee ligament in 2007 and a concussion in 2008. But if she can stay out of trouble on the Cypress Mountain course, she has the talent and experience to be a top contender.

ANDY NEWELL, SHAFTSBURY



According to his bio on the U.S. Olympic Committee website, Andy Newell's motto is "I'm from Vermont, I do what I want." That may be true; after all, he's known in cross-country circles for doing backflips and other aerial maneuvers on skinny skis. And he's also been known as one of the best sprinters in the game since he reached the World Cup podium in 2006, more than 20 years after the last American (Bill Koch) did it. But if he really gets to do what he wants, Newell will grab a medal in Vancouver. He competed in the 2006 Winter Olympics, but went home empty handed. He finished 5th in the 2007 World Championships, an outstanding result for an American cross-country skier. He has years of grueling races in his legs by now, and will be one of the U.S.'s best hopes in Nordic skiing.

KEVIN PEARCE, NORWICH

Editor's note: After this article was written, Kevin sustained a head injury when he fell while training in the halfpipe in Park City, UT. He is in stable but serious condition at the University of Utah Hospital in Salt Lake City. The family has set up a Facebook Fan page, Well Wishes to our Friend Kevin Pearce, where followers can receive updates on his condition and show their support.



This rookie Olympian is a master of the superpipe, a halfpipe with 16-foot high walls that launches skiers and snowboarders three stories above the hard, flat basin. He won a silver medal in the 2009 Winter X Games in that category. But Pearce isn't too shabby at Slopestyle, either—he won a silver in that event in the 2008 Winter X Games. In both cases, it seems that only one person stands between Pearce and an Olympic gold medal: Shaun White. Americans win either way, but Pearce, who has fashioned himself an anti-corporate, grassroots athlete, would like to reclaim the soul of snowboarding at this prestigious venue.

LIZ STEPHEN, E. MONTPELIER



This fall, E. Montpelier native Liz Stephen visited elementary schools in Vermont and talked with the kids about her life. "I decided I really wanted to be a cross country ski racer for my job," she said to a gaggle of children in East Montpelier. The students probably had no idea how hard such an occupation is, but it didn't matter. Stephen's point was this: find something you love, and do it well. Good advice.

In 2002, the Burke Mountain Academy grad discovered she loved cross-country skiing, after spending the majority of her life on alpine skis. She also discovered she was darn good at it, because less than a year later,

she won the 2003 junior national championship in the five-kilometer freestyle category.

That trajectory has barely changed in the years since. Now, at the young age of 22, Stephen is gearing up for her first Olympic games. She's got another four to eight years before she hits her peak performance, according to U.S. head coach Peter Vordenberg, but Stephen has proven fast enough today to get into the top 15. One thing's for sure: the kids at East Montpelier Elementary will be pulling for her.

HANNAH TETER, BELMONT



Hannah Teter must be the only athlete at the 2010 Winter Olympics with her own ice cream flavor. In November, Ben & Jerry's announced the debut of "Maple Blondie," a pint of the creamy dessert with blonde brownie chunks and a maple caramel swirl. It's a flavor befitting the affable, blond-haired Teter, who won a gold medal in the halfpipe in

the 2006 Winter Olympics. She'll be gunning for a repeat in Vancouver, of course. But through her humanitarian efforts with Hannah's Gold, which aims to improve the lives of people in Kenya through the sale of maple syrup, even if Teter falls short of a medal on the snowboard, she'll be honored with good karma.

HONORARY MENTION...

CHELSEA MARSHALL, PITTSFIELD

Marshall, who cut her teeth on the slopes of Killington, is heralded as the future of the U.S. Women's Downhill team. She's recognized as a strong, graceful skier who's been hampered by a back injury that kept her from completing a full World Cup season last year. Though after the injury she battled to gain points in the downhill at Tarvisio and Bansko, the rest of the season was a bit of a disappointment. She's looking to make a clean start in 2010 and hopes to be on the Olympic team in Vancouver.

CAITLIN COMPTON, WARREN (NOW RESIDING IN MINNEAPOLIS, MN)

It's been a long time coming for former Warren resident Caitlin Compton, 29, but after years of being passed up and passed around, she's finally going to the Olympics. Compton, a Nordic skier who was born in New York and graduated from Harwood Union High School, thought she was a shoe-in for the National Team in the 2006-2007 season; after all, she won a national title and the Super Tour, and was skiing faster than any other woman in the running. But the coaches thought Compton was—at the advanced age of 26—over the hill. In a twist of fate, the U.S. Biathlon Team invited her to join the squad, and gave Compton the time to train and race at world-class facilities and events. She switched back to Nordic skiing in 2009 and has been lighting up the races ever since, finishing fifth in the freestyle sprint at nationals in Anchorage on January 2nd; second in the 10K freestyle race on January 4th; and third in the 20K classic race two days later. She'll carry that momentum into Vancouver, and maybe even to a medal.

VS: You started working for Burton in 1988. Did you snowboard prior to working for the company, or did the company spark your interest?

EM: I started snowboarding first. I knew a friend of Jake Burton back when I was in school at St. Mike's and started snowboarding with him back then. I had probably done it on and off for five or six years. I took a two-year hiatus while we lived in Boston. We wanted to move back to Vermont, and I started working for Jake in Manchester.

VS: Did you have any idea snowboarding would be what it is today?

EM: Not at the original time. It was a kind of fun alternative to what was my first sport then, hockey. It wasn't really anything big yet. In the beginning, for me, snowboarding was mostly a hiking in the woods thing as opposed to lift/ski area thing.

VS: What about the company? Did you know it would be what it is today?

EM: After working for Jake for a year down in Manchester, I began to see how quickly the company was growing. I got the idea that it was going to amount of something. Jake's take and mine, too, at the time, was to take comfort in being the upstart and underdog. We weren't looking to tackle and take over. But to be successful as a company, we grew, and we had to try to stay true to our roots, which was to get to have some fun and grow the sport of snowboarding. But you have to be successful to keep that going.

VS: Can you explain your role with the company?

EM: My current position with Burton is North American sales service manager. The main scope is to provide our 15 independent sale agencies with the tools

READER ATHLETE



Emmet MANNING

Age: 49

Residence: Underhill

Family: Wife, Paige; sons, Conner and Ryan, 23, and Keegan, 19; daughters, Shay, 21, Britt, 15 and Fionn, 10

Occupation: Sales service manager for Burton North America

Primary sport: Snowboarding

they need to drive sell-through of our gear in their territories. Working from our headquarters in Vermont, sales service provides merchandising needs, clinic direction and materials, marketing development funds and coordination, and product for demo events. As well, we are the ground crew on the sale's side for all of our sales events from trade shows to sales meetings. Our rep organizations are a great group. The occasional visits into their zones are always welcome events and usually involve some riding.

I first started working for Jake in Manchester back in 1988. I was working retail and managed our company retail store. I did that for 15 years, five years in Manchester and a little over 10 years here. Now with 20-plus years, it is amazing to see the changes in size and scope of the company. So much has changed, but the core focus hasn't wavered: grow the sport and make it fun.

VS: What board do you ride?

EM: I vary a little bit. Currently, I'm lucky enough to have one of the boards from next year's line. They come in eight or nine months ahead of time. There are two I'm trying out; one is the Method. I'm trying to see how it fits my riding style, trying to get a feel for it. It's the pinnacle board in the line, and it retails for about \$1,500. I also ride a custom board. On a real good snow day I'll call out the Malolo, which is basically a board that has taper to the tail and is a good powder board.

VS: Do you get envious looks on the chairlift?

EM: A few here or there. I do try to keep it a little low key. There are different venues and areas you wouldn't bring next year's line to. It's probably an unwritten company policy, and probably more so for the clothing, because we like to reserve it for the team riders and the VIPs, the elite athletes.

VS: As a 20-year employee, do you get free gear?

EM: I do not. It's the status quo for everybody. Jake has been great for product discounts and access to riding, but it's pretty much the same discount for all employees across the board.

VS: All six of your kids snowboard. Did any ever rebel and ski?

EM: The last one, Fionn, every once in a while says she wants to go ahead and get on skis. I tell her, you can go ahead and try. But I don't think it's a rebellious thing.

VS: At what age did your kids start riding?

EM: At two or three years old. The boys started before they really even had kids' equipment or youth equipment. For the most part, to get them going on the board

prior to Burton even making boards in their size, I took a few old backyard boards, the 110cm boards, cut them in half and jerry-rigged them.

VS: What's it like to see your kids succeed in a sport you also love?

EM: It's great, but to be honest, we have never really looked at it as succeeding; for our kids it has really just been what we do. They have grown up with snowboarding as a way of life. It hasn't been a hard sell. To have an activity that you can share, they can own, and has all the healthy benefits it has to offer has been priceless. To take a step back and see how it has developed and shaped them is rewarding, and my hope is it provides the same for them as it has for me.

VS: How important is it that your entire family has a shared interest?

EM: It's been great. For us to have one common denominator, and to have it be a sport that is so young and consuming, it's been super. It is something that the interest for me can be now somewhat varied from what my older kids have, but I can still connect with them. Even when everything is hectic, we still end up in the same location, either cycling through on a run or catching up at end of the day.

VS: You coach the 5- to 10-year-olds at Smuggs'. What do you get out of coaching?

EM: I coach two divisions: the Skimeisters and Ridemeisters. They are kids that are just starting to make turns, and we make sure they're able to ride the lift safely. And hopefully they get their first taste of competition. It is pure joy.

VS: Why do you and your family like riding at Smuggs'?

EM: Our family really enjoys riding anywhere and welcomes the opportunity to check out new places and terrain. Smuggs' is where the younger contingent has called home for a few years now. Proximity to our home in Underhill, ability to share time with neighbors and community friends at the mountain, and the family-friendly environment make it a great fit. The older kids roll out of Stowe—hitting it up with their posse and joining up with us on any given day at Smuggs' for a good day of riding.

VS: What do you guys do in the summer?

EM: We're wrapped in pretty tight with soccer programs on my end of things. I'm also on the board for the Vermont Soccer League and the Browns River Soccer Club. That eats up a little bit of time. If we get a chance to escape and hit the ocean once in a while, that's good. My wife loves to get to the ocean. ☐

—Sky Barsch Gleiner

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our reader athlete editor
Sky Barsch Gleiner,
mail@skybarsch.com

VS: How did you discover yoga?

MP: I've been an athlete my whole life. I worked in a professional environment for several years as a personal trainer. I had always been attracted to yoga, but couldn't sit through tapes; it seemed so slow. I took a class, and it was the most famous thing I ever did. After the class, I felt like I had not only had a workout, but then had a massage afterward. Yoga strengthens you, but repositions you in a really good way. I thought, "This is amazing." So I just got into it. I like yoga because I believe in teaching people how to be fit without a lot of equipment, by using their own body weight, and to structurally realign themselves.

VS: What made you want to be a yoga instructor?

MP: To help people. My goal is to help people be well without spending a lot of money and without the use of a lot of equipment. That's why I went into business for myself. I worked for a gym, but I always had a different idea about how to help people. I had other people asking me, "Will you teach me how to ski, or go hiking with me?" So my business is all over the map. What I try to do is teach people how to support themselves in what they want to do. My business is broadening, and I'm trying to bring in more people. One of the things I'm very good at, my greatest gift, is making people feel un-intimidated, and I have to say I'm very good at that, even though people first look at me and say, "She's going to beat me up." I have worked with elite athletes, but my passion is to work with people, such as seniors, who really need help.

VS: You are also a personal trainer. How do you motivate people to stick with their program?

MP: My personality; I'm kind of like a living example of what I do. They follow me, and they gravitate toward me, and that's pretty much the motivation I give. The other thing is I take personal interest in all of my clients and what they want to do, and cater what they want around what I can do for them. It's a very personalized custom design. I pride myself in that. I teach five yoga fitness classes in Vermont and five in New Hampshire, both at churches, and people love my classes. And if you come, you'll keep coming. There's something there that people say they love, and they'll keep coming. That's what makes me successful in the way I can help people.

VS: Do you enjoy being active in one season over another?

MP: Winter absolutely. I'm an avid downhill skier. I enjoy cross-country skiing, snowshoeing, sledding, and all of those things—just getting out on the snow.

READER ATHLETE



Monique PELLETIER

Age: 45

Residence: Lyme, NH

Family: Daughter, Jordan Legacy;

three cats Olin, Cocoa, and Sage

Occupation: Fitness professional

Primary sport: Yoga Fitness

VS: What is your favorite place to downhill ski?

MP: Dartmouth Skiway, and Pico Mountain is my second favorite.

VS: You are a Nordic and alpine skier. How do you choose what you're going to ski for the day?

MP: My daughter doesn't cross-country ski, so it's a time thing. I live five miles from the Dartmouth Skiway, so we ski there. If it's on a weekend and I have a half day or a full day, I can venture into Vermont, which is where I love to play. And it's also about snow conditions. I'm kind of like a spoiled skier, and if I'm going to spend money, I want to ski where it's been snowing and it's groomed. Otherwise, because I'm a parent, I hit the Dartmouth Skiway. It's accessible, affordable and it doesn't take up too much time.

VS: What is it about Vermont that draws you here to play?

MP: Easy—its charm. In today's crazy, high-speed world, Vermont exemplifies a time in the past—beautiful scenery, outdoor adventure at your fingertips, and the atmosphere is an invitation to create a business. I love the outdoors. I love working for myself. Vermont is full of people who live here purposefully. It is the right environment to sustain itself. The mountains, bike paths, and quaint environment lure me to Vermont. It's like going back in time. Specifically, I spend a lot of time in Woodstock, for its nostalgic effect and because I cross-country ski at the touring center, bike on River Road, hike at Marshland Farms (Mount Tom) and shop at the farmers' market, which is the best part of the trip.

VS: Have you ever had to take a break due to injury, and how did you handle the rest time?

MP: I have sustained two major knee

operations. The first being a complete rupture of my MCL and ACL ligaments while skiing at Haystack Mountain, while in college in the Sports Medicine program (which was convenient). The other was a complete blowout of my patellar tendon about five years ago. Both injuries stole away a year of activity. However, due to my creative athletic mind, thanks to yoga, I modified my life and workouts to do what I was able to do. Water workouts were a salvation. I am a certified water exercise instructor and knew that water was the right environment for therapy.

In addition, yoga offers numerous modifications of postures to accommodate any body, which is why it is now my exercise of choice.

VS: You are also a personal chef. Do you work for one client, or do you travel to various clients?

MP: I'm hired for different occasions.

People who I've worked for in the Upper Valley, primarily as a personal trainer, know that I'm a private chef. My philosophy is healthy, innovative cooking. I do small events, from two, four, or six-person dinner parties to a gathering for 60 people. My experience has mostly been in the restaurant industry, in every capacity—bartender, waitress, caterer, running weddings. I decided I could do that on my own. Most of my work is on the fitness end of things, but people also know I am a private chef. People will call me up and say someone just got married and I want to provide them dinner for two, gourmet from top to bottom. I catered a party this past summer, they did the food because the bride was a chef, but they wanted me to coordinate the rest of the wedding. So my skills are all over the map. But I'm mostly focused on trying to build a yoga fitness business. I'm trying to get people outdoors to play and understand the outdoors is a wonderful playground.

VS: What is your favorite cookbook?

MP: I have no favorite cookbook. I am a food artist and create my own recipes.

VS: When you aren't exercising/cooking/etc., do you have any down time guilty pleasures?

MP: If I am not working, I am resting, sleeping, recharging my batteries. Or entertaining my daughter and her friends on the slopes, in the water, or out shopping!

VS: What do you enjoy doing with your daughter?

MP: She's a skier, although I've had to push her buttons a little bit. She's definitely an athlete, an amazing singer, and an amazing artist. She should be professional. She's very gifted. ☺

— Sky Barsch Gleiner



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CALENDAR OF EVENTS

To have an event listed in our events calendar, your event must be posted on our website at www.vtsports.com, and you must register on the site. From the home page, click on "Events" in the navigation bar and then on the event page, click the red "Add a New Event" button on the right of the page. Follow the instructions from there and be sure to select "I wish to be an event poster." Your registration should be approved within 12 hours, usually sooner.

ADVENTURE RACING

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, www.gmara.org/frigid

ALPINE SKIING

MARCH

- 27-28 30th Annual Bud Light Bear Mountain Mogul Challenge, Killington, VT, Tess Hobbs, thobbs@killington.com, www.killington.com

BIATHLON

ONGOING

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

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

CANOEING / KAYAKING

FEBRUARY

- 6 Vermont Paddlers Club Pool Sessions, 6-8PM, UVM, Burlington, VT, Chris Weed, 802-264-3141, ccw@pkc.com, www.vtpaddlers.net
20 Vermont Paddlers Club Pool Sessions, 6-8PM, UVM, Burlington, VT, Chris Weed, 802-264-3141, ccw@pkc.com, www.vtpaddlers.net

MARCH

- 6 Vermont Paddlers Club Pool Sessions, 6-8PM, UVM, Burlington, VT, Chris Weed, 802-264-3141, ccw@pkc.com, www.vtpaddlers.net
20 Vermont Paddlers Club Pool Sessions, 6-8PM, UVM, Burlington, VT, Chris Weed, 802-264-3141, ccw@pkc.com, www.vtpaddlers.net

- 27 Vermont Paddlers Club Pool Sessions, 6-8PM, UVM, Burlington, VT, Chris Weed, 802-264-3141, ccw@pkc.com, www.vtpaddlers.net

CROSS-COUNTRY SKIING

FEBRUARY

- 6 Winter Wild Uphill Series #2, 7AM, uphill race on snowshoes, skis, or winter running shoes, followed by first tracks back down, Ragged Mountain, Danbury, NH, Chad Denning, 603-748-1070, creation@nl-nh.com, www.winterwild.com
7 2010 Camel's Hump Challenge, Huntington, VT, Jared Poor, camelhumpchallenge@comcast.net
12 Stowe Derby "Descent Recon" (ski the downhill portion of the Derby course), 2:30PM, meet at base of Lookout Lift, Mount Mansfield Ski Resort, Stowe, VT, Pascale Savard, 802-253-9216, stowederby@teammmsc.org, www.stowederby.com
13 Backcountry Skiing I, 9AM-4PM, with Petra Cliffs Climbing & Mountaineering School, Burlington, VT, 802-657-3872, 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, <http://skiforheat.org>
20 Backcountry Skiing II, 9AM-4PM, with Petra Cliffs Climbing & Mountaineering School, Burlington, VT, 802-657-3872, www.petracliffs.com
20 Winter Wild Uphill Series #3, 7AM, uphill race on snowshoes, skis, or winter running shoes, followed by first tracks back down, Whaleback Mountain, Enfield, NH, Chad Denning, 603-748-1070, creation@nl-nh.com, www.winterwild.com
21 6th Annual Maple Onion 15K & Bill Koch Ski Race, 10AM, Morse Farm Cross-Country Center, Montpelier, VT, Carrie, 802-229-9409, thefolks@onionriver.com, www.onionriver.com
21-26 Camp-to-Camp Ski in Maine's Great North Woods with the Hulbert Outdoor Center, Fairlee, VT, Deb Williams, 802-333-3405, deb_williams@alohafoundation.org, www.alohafoundation.org/hulbert
28 Stowe Derby 2010, Stowe, VT, Pascale Savard, 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, www.winterwild.com
7 Ski to the Clouds, 10K point-to-point race, including 6K up the Mt. Washington Auto Road to the finish, freestyle or classic, 10AM, Gorham, NH, Kelly J. Evans, 603-466-3988, kelly@greatglentrails.com, www.greatglentrails.com
13 BMC Backcountry Ski Adventure, GMC Headquarters, Waterbury Center, VT, www.greenmountainclub.org
13 Carl Johnson Memorial Ski-a-Thon, Great Glen Trails, Gorham, NH, Mary Power, 603-466-3988, mary@greatglentrails.com, www.greatglentrails.com
14 3rd Annual Catamount Trail Backcountry Challenge Race and Tour, Bolton to Stowe, VT, Jim Fredericks, jfredericks@catamounttrail.org, www.catamounttrail.org

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ONGOING

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

CLIMBING & MOUNTAINEERING

FEBRUARY

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

MARCH

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

FIRST AID / FIRST RESPONDER

FEBRUARY

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

MARCH

- 6-8 AIARE Level 1 Avalanche Course, 9AM-4PM, with Petra Cliffs Climbing & Mountaineering School, held at GMC Headquarters, Waterbury Center, VT, 802-657-3872, www.petraciffs.com, info@petraciffs.com
- 13-21 Wilderness First Responder with Aerie Backcountry Medicine, Student Conservation Association, Charlestown, NH, Lew Shelley, 603-504-3264, lsheley@thesca.org, www.thesca.org
- 27-28 Wilderness First Aid-sponsored by WMI of NOLS, Charlestown, NH, Douglas Caum, dcaum@juno.com

MISCELLANEOUS

FEBRUARY

- 6 Book signing with Wendy Clinch, author of Double Black, A Ski Diva Mystery, 3-6PM, Aspen East Ski Shop, Killington, VT, for more info contact Cathy Quaglia, 802-422-3739, cathyq@aspeneast.com
- 10 GMC Cold Weather Trekking Workshop, GMC Headquarters, Waterbury Center, VT, Pete Antos-Ketcham, 802-244-7037, gmc@greenmountainclub.org
- 12 GMC Taylor Series Event: "Slackpacking the Colorado Trail," GMC Headquarters, Waterbury Center, VT, 802-244-7037, 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
- 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

- 26 GMC Taylor Series Event: "Journey to the Yukon and Alaska," GMC Headquarters, Waterbury Center, VT, 802-244-7037, www.greenmountainclub.org

MARCH

- 10 GMC Cold Weather Trekking Workshop, GMC Headquarters, Waterbury Center, VT, Pete Antos-Ketcham, 802-244-7037, 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
- 20 7th Annual Vermont Antique Ski Race, Woodstock, VT, Meredith Scott, msscott@vermontskimuseum.org
- 21 Six-Hour Ride for a Reason, Sheraton Hotel, Burlington, VT, Kim Bookless, 802-863-5222, kbookless@vtso.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 ex. 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

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

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

PILATES

ONGOING

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

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

RUNNING

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

- 14 5K Frostbite Run, 12PM, Rouses Point, NY, Mary Duprey, 518-297-2192, gduprey@twcny.rr.com, www.nlrunners.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
- 20 Shamrock Shuffle 5K Road Race, 12 noon, Lebanon, NH, Paul Coats, 603-448-5121, paul.coats@lebcity.com, www.shamrock5k.com/

APRIL

- 25 Middlebury Maple Run - The Sweetest Half, half marathon and relay, 9AM, Middlebury VT, Sue Hoxie, (802) 388-7951 ext. 2, sue@addisoncounty.com, www.middleburymaple.run

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



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CALENDAR OF EVENTS

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

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, smuggers@smuggers.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

MARCH

- 13 Burton Stash Gathering, Killington, VT, Tess Hobbs, thobbs@killington.com

APRIL

- 3 K-Town Showdown Series- Event #4, Killington, VT, Tess Hobbs, thobbs@killington.com

SNOWSHOEING

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, zzucker@smuggs.com
- 20 Winter Wild Uphill Series #3, 7AM, uphill race on snowshoes, skis, or winter running shoes, followed by first tracks back down, Whaleback Mountain, Enfield, NH, Chad Denning, 603-748-1070, creation@nl-nh.com, www.winterwild.com
- 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
- 14 Granite State Snowshoe Championship, Gorham, NH, Chris Dunn, acidoticracing@hotmail.com, http://hstrial-cdunn9.homestead.com/GraniteSeries.html

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

ONGOING

Mon., Wed., Fri., 5:30-7AM, VT Masters Swim, Twin Oaks, Farrell Street, So. Burlington, VT, Debbie Alsofrom, 802-865-2512

Mon., Wed., Fri., 4-5:30PM, Edge Swim Club practice, Age Group Teams, Sports & Fitness Edge of Williston, VT, Melinda Antonucci, 802-860-3343 ext. 21

Mon., Wed., Fri., 6-7AM, Masters Swimming at The Swimming Hole, coached from the water, Stowe, VT, Charlotte Brynn, 802-253-9669, cbrynn@theswimmingholestowe.com

Mon. through Fri., Edge Swim Club practice, Age Group Teams, 6-7AM, Racquet's Edge in Essex Jct., VT, Melinda Antonucci, 802-860-3343 ext. 21

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, 802-223-6161, spinney21@hotmail.com, First in Fitness in Berlin.

TELEMARK

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

TRIATHLON

APRIL

- 11 Sugarbush Triathlon (run 5 miles, paddling 6 miles, bike 10 miles, and cross-country ski 3 miles), for individuals and teams, www.sugarbush.com
- 17 Tuckerman Inferno (8-mile run, 6-mile river paddle, 25-mile road bike, hike up Tuckerman Ravine Trail, GS ski) and Wildcat Wildfire (same as the Inferno, but the hike and ski are on Wildcat ski area), North Conway, NH, www.friendsoftuckerman.org



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Hope on the Slopes

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RACE RESULTS

LAST RUN 5K December 31, 2009 Shelburne, Vermont

Men 14 and under

1 Ronan Schreer	Potsdam NY	27:39.8
2 Shane Beal	Charlotte VT	39:33.1

Men 20-24

1 John William Meyer	Shelburne VT	21:33.7
2 Manny Herceg	Indianapolis IN	40:26.4

Men 25-29

1 Michael Willey	Jericho VT	20:37.7
2 Eric McCarthy	Essex Jct VT	21:35.1

Men 30-34

1 S Andrew Duheme	Newport NY	24:17.5
2 Travis Paul Gervais	Burlington VT	25:22.6
3 Micah Galland	Enosburg Falls VT	25:34.2

Men 35-39

1 Todd Archambault	Essex Jct VT	19:00.0
2 Ryan Jennings	Shelburne VT	23:56.0
3 Jason Grignon	Shelburne VT	26:00.4

Men 40-44

1 Jason Schreer	Potsdam NY	18:34.2
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Men 45-49

1 Steve Messier	Jeffersonville VT	20:43.5
2 Brendan Finn	So Burlington VT	22:32.3
3 Mario Herceg	Colchester VT	33:19.7

Men 50-59

1 Jim Burnett	Canaan NH	21:56.4
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Men 60-64

2 Kevin Kenlan	Shelburne VT	28:02.0
1 Tim Burke	Essex NY	23:54.6
2 Mike DeSanto	Milton VT	24:52.0
3 Neal McBan	Lebanon NH	25:25.3
4 Bryan Burke	Essex NY	30:41.9

Men 65-69

1 Manny Cacciola	Colchester VT	23:52.9
2 Steven Schreer	Shelburne VT	28:30.3

Women 14 and under

1 Jana Schreer	Potsdam NY	24:44.5
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Women 20-24

1 Kathleen Mack	W Rutland VT	20:57.0
2 Kayla Angier	Burlington VT	21:23.4

Women 25-29

1 Emily Halnon	Washington DC	22:12.4
2 Katherine Meyer	Shelburne VT	26:26.6
3 Megan Coleman	Middlebury VT	26:31.9
4 Jessica Herceg	Indianapolis IN	40:26.0

Women 30-34

1 C Ann Morrell	Richmond VT	22:26.7
2 Colleen Wemple	Shelburne VT	32:32.9
3 J Friedman Kimball	So Burlington VT	37:32.5

Women 35-39

1 Sally Douglas	So Burlington VT	28:00.0
2 Holly Machanic	So Burlington VT	32:07.9

Women 40-44

1 Dee Barbic	Colchester VT	20:26.9
2 Sarah Pribram	Shelburne VT	22:31.5
3 Susan Marie Trahan	Winooski VT	25:21.7
4 Lisa Beal	Charlotte VT	39:34.7

Women 45-49

1 June Golato	Grand Isle VT	24:54.7
2 E Madden Bouffard	Colchester VT	24:56.9
3 Robin Reed	Plainfield NH	27:03.7
4 Dana Hard	Essex Jct VT	28:16.6
5 Nancy Spier	Jericho VT	37:52.5

Women 50-59

1 Andrea Halnon	Lincoln VT	28:23.4
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MOUNT HOR HOP 10K FREESTYLE RACE

January 2, 2009
Willoughby State Forest, Westmore, Vermont

Overall Men

1 Jesse Downs	30:14	22 Leigh Mallory	38:33
2 Sam Marshall	31:09	23 Jonathan Chaffee	39:07
3 John Swain	31:11	24 Cyrus Walker	39:24
4 Teo Jackson	31:35	25 Kevin Brookley	39:41
5 Douglas Amos	32:20	26 Bobby Buttrick	40:15
6 Perry Thomas	32:34	27 W Perry Bland	40:40
7 Russell Primeau	32:53	28 Bob Gray	40:51
8 Ben Haydock	33:32	29 Greg Walker	41:23
9 Jared Supple	33:51	30 John Brodhead	42:18
10 Ryley Walker	34:21	31 Dhyan Nirmegh	42:43
11 Peter Harris	35:28	32 James Drew	43:07
12 Damian Bolduc	36:27	33 Bruce Swomley	44:20
13 Sheldon Miller	36:37	34 William Farrell	44:46
14 Morgan Samler	36:47	35 George Hall	49:24
15 Bryce Wing	36:50	36 Jay Dege	49:25
16 Roger Prevot	37:05	37 David Holmender	52:39
17 Neal Graves	37:23		

Overall Women

1 Dorcas Wonsavage	36:22
2 Elizabeth Anderson	36:53
3 Hannah Wright	37:07
4 Jennie Brentrup	37:36
5 Margie Prevot	39:49

6 Cheryl Carlson	40:31
7 Holly Bushman	41:06
8 Emily Muller	41:43
9 Gina Campoli	42:46
10 Sara Graves	43:22
11 Linda Ramsdell	45:20
12 Mollie Hoopes	46:20

J2 Boys

1 Patrick Caldwell	15:58
2 Spencer Hardy	17:39
3 Ben Hegman	17:48
4 Sam Rossier	18:06
5 Calvin Swomley	18:13
6 Sam Merrens	18:26
7 Noah Williams	18:50
8 George Voigt	19:11

J2 Girls

1 Grace Wright	19:55
2 Jenna Hill	21:30
3 Caitlin Haedrich	22:50
4 Kate Kerin	23:34

CRAFTSBURY CLASSIC 10K

January 3, 2010
Craftsbury Outdoor Center, Craftsbury, Vermont

Men

1 Ryan Kerrigan	29:49	23 Larry Martel	36:04
2 John Gerstenberger	29:51	24 Jim Fredericks	36:11
3 Eric Wolcott	29:56	25 Peter VanBuren	36:20
4 Sam Marshall	30:46	26 Hollis Keith	36:33
5 Brett Palm	30:53	27 Josh Carlson	37:01
6 Ethan Dreissigacker	31:03	28 Mark White	37:04
7 Marc Gilbertson	31:12	29 Christopher Lamothe	37:20
8 Eric Eley	31:17	30 Perry Bland	37:20
9 Andreas Halvorsen	31:35	31 Bob Gray	37:38
10 Tyler Samler	31:46	32 Petter Ostberg	37:53
11 Matt Trueheart	32:14	33 David Loney	38:24
12 Connor Hunt	32:54	34 Dick Dreissigacker	38:33
13 Matthew Piper	33:37	35 Andrew Childs	38:56
14 Mario Paradis	34:11	36 Jon Chaffee	38:57
15 Joe Bouscaren	34:38	37 Buddy Majernik	39:32
16 Stephen Wright	34:44	38 Rick Kelley	40:16
17 Charlie Boswell	35:00	39 John Lazenby	41:22
18 Keith Woodward	35:05	40 Paul Bierman	41:40
19 Scott Magnan	35:11	41 Bill Holland	41:44
20 Eric Hanson	35:25	42 Andre Bolduc	44:32
21 Peter Harris	35:55	43 John Collott	46:58
22 Craig Pepin	35:58	44 George Hall	47:57
		45 Henry Hamilton	48:11

Women

46 Jim Samler	48:16
1 Kaitlynn Miller	35:46
2 Julie Carson	35:58
3 Robyn Anderson	37:00
4 Abbie Harris	37:24
5 Joann Hanowski	37:37
6 Lillian Van Dyke	38:10
7 Arielle Filiberti	38:24
8 Kyle Prohaska	38:33
9 Rosalie Lipfert	38:58
10 Paige Elliott	40:01
11 Kaitlin Fink	40:09
12 Gina Campoli	41:44
13 Metzi Anderson	41:45
14 Judy Geer	43:09
15 Diane Halvorsen	43:26
16 Carol Van Dyke	43:56
17 Moira Durnin	44:09
18 Mollie Hoopes	45:28
19 Linda Ramsdell	46:38
20 Laury Saligman	48:10

CVR FIRST NIGHT MONTPELIER 5K

December 31, 2009
Montpelier, Vermont

Women 19 & Under

1 Becky Suzuki	Littleton CO	35:45
2 Sage Evans	Montpelier VT	51:00

Men 19 & Under

1 Erik Hudson	Clarksboro NJ	21:49
2 Jack Evans	Montpelier VT	51:00

Women 20-29

1 Carmen Lagala	Montpelier VT	22:01
2 Eugenia Rose	Stowe VT	25:10

Men 20-29

1 Joseph Kill	Randolph VT	20:36
2 Thomas Cheney	Montpelier VT	20:36
3 Alexander Cogbill	Plainfield VT	23:09
4 Andrew Henderson	Montpelier VT	23:57
5 Roy Belcher	Worcester VT	24:19
6 Wilson Skinner	Burlington VT	24:20
7 Ben Wang	Wilmington DE	24:20
8 Daniel Szarf	Essex Jct VT	24:40
9 Samuel Hunt	Stowe VT	25:25

Women 30-39

1 Megan Valentine	Jericho VT	21:09
2 Richarda Ericson	Barre VT	25:00
3 Lila Bennett	Middlesex VT	28:07
4 Katy Farber	Middlesex VT	28:07
5 Jaime Gadowah	Waterford VT	30:37
6 Stephanie Smith	E Calais VT	36:20
7 Lori Duff	Montpelier VT	51:00

Men 30-39

1 Jon Copans	Montpelier VT	18:45
2 Joe Gingras	Berlin VT	18:46
3 Todd Archambault	Essex Jct VT	20:34
4 Jon Floyd	Waterbury Ctr VT	20:47
5 Rick Evans	Bradford VT	20:55
6 Mike Besette	St Albans VT	21:43
7 Richard Buyer	Montpelier VT	21:56
8 Jon Budreski	Montpelier VT	23:51
9 David Cameron	Barre VT	27:06
10 Derek Blakeman	Nutley NJ	35:54

Women 40-49

1 Dee Barbic	Colchester VT	22:35
2 Patricia Addis-Huds	Clarksboro NJ	23:56
3 Heidi Einolf	Denville NJ	28:28
4 Ellie Ferguson	No Haverhill NH	29:20
5 Robin Reed	Plainfield VT	30:49
6 Melinda Smith	Holliston MA	36:17
7 Claudia Smith	Marrietta GA	36:18

Men 40-49

1 Mack Gardner-Morse	Calais VT	21:31
2 Andy Shuford	Montpelier VT	24:32
3 Vincent Maganzini	Medford MA	25:52
4 Jeffrey Prescott	Montpelier VT	27:36
5 Chris Turley	Montpelier VT	28:35
6 Chickey Stevens	Barre VT	28:46
7 Chris Evans	Montpelier VT	51:00

Women 50-59

1 Donna Smyers	Adamant VT	23:45
2 Margrethe Mentess	Sutton VT	27:09
3 Candace Dane	E Burke VT	31:39
4 Toni Kaeding	Worcester VT	32:39
5 Debbie Suzuki	Littleton CO	35:09

Men 50-59

1 Sandy Craig	Montpelier VT	22:03
2 Chris Andresen	Montpelier VT	22:10
3 Tim Noonan	Montpelier VT	22:29
4 Bruce Gould	Lyndon Ctr VT	23:17
5 Mark Mulder	Allendale NJ	24:29
6 Dennis Casey	Waterford VT	25:13
7 Eric Herminghausen	E Burke VT	26:50
8 Jim Shea	E Montpelier VT	29:08
9 John Lamb	Southboro MA	32:30

Women 60-69

1 Celine Blais	Montpelier VT	31:17
2 Betty Rose	Montpelier VT	38:48

Men 60-69

1 John Valentine	Roxbury VT	22:53
2 Neal McBain	Lebanon NH	27:50
3 Greg Wight	Brookfield VT	29:49
4 Roger Cranse	Montpelier VT	32:10
5 John Kaeding	Worcester VT	32:38

Men 70-79

1 Gerow Carlson	Middlesex VT	37:50
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