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VERMONT SPORTS MAGAZINE

Vermont's Authority on Outdoor Fitness and Adventure



April, 2010 | Volume XIX | No. VIII

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WOOF! OUR ANNUAL DOG ISSUE

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 **For Love, Not Money:
Racing Sled Dogs**

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CONTENTS

8 King of Pain Gary Kessler

DOGS!

12 Canine Calendar of Events

14-15 Adventure Dog Photo Contest

16-17 Waggoner Athletes

18 CANINE PHYSIOLOGY: Your Four-Legged Friend is a Great Running Partner

19 SIX LEGS ARE BETTER THAN TWO: Tips for Running with Your Dog

20-21 FOR LOVE, NOT MONEY: Racing Sled Dogs

DEPARTMENTS

4 Editor's Commentary
Walking with Brewster
and Phoebe

4 Out & About
A Dog's Example

5 Retail Junkie Superstar
Rubbing Shoulders,
Olympic Style

6 Sports Medicine
The Winter Olympic
Games—Greek or Roman

7 Around the State

10 Muscles Not Motors
Gear Review

11 Green Racing Project
Suffering from
Berkie Fever

23-24 Calendar of Events

25-26 Race Results



Photo by Kate Carter.

On the Cover: Addie, in the heat of summer, going for a tennis ball in Waterbury Reservoir. Addie lives with park ranger Rilke Greenmun in Waterbury. Photo by Kate Carter.

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**EDITOR
COMMENTARY**
BY
KATE CARTER

WALKING WITH BREWSTER AND PHOEBE

The late William Styron is best known for his novel *Sophie's Choice*, from which the movie was made starring Meryl Streep in an Oscar-winning performance. In Styron's posthumously published and lesser-known book *Havanas in Camelot*, a collection of personal essays, he writes about the importance of going on long walks with the dogs he had throughout his life. The essay *Walking with Aquinnah* struck a chord with me in many ways, but the section about jogging made me laugh out loud. Styron eschews jogging, or running, in favor of walking, and says, "Many of history's original and most versatile intellects have been impassioned walkers who, had speedier locomotion appeared to be a desirable adjunct to the idea of *mens sana in corpore sano* [a sound mind in a sound body], would surely have adopted it..."

As many of my friends and readers of this magazine are aware, I just say "No" to running, so it was with great delight that I found myself in the company of the great minds of the world who did not run, but logged many miles walking, instead.

Further in the essay, Styron explains that for him, walking is not so much about the physical exercise, but about the meditative state of mind he achieves while moving forward at a steady pace. Styron did much of his writing on his walks. He says a walk "unlocks the subconscious in such a way as to allow the writer to feel his mind spilling over with ideas."

And then he notes the most important aspect of walking for a writer: "One must be alone." He walks alone so

that he can think, without the distraction of conversation, and so that he can reach a meditative state, yet he doesn't want to become so totally absorbed in his thoughts that he misses out on his surroundings.

Enter the dog. The dog, in all its glory, keeps Styron from losing sight of the countryside. "...one must also enjoy the scenery—otherwise an indoor treadmill would suffice," he writes. Styron might have walked to write, but he also delighted in observing his dogs, especially Aquinnah and the unmatched canine qualities she exhibited while charging around the countryside.

I enjoy walking, as well as hiking, cross-country skiing, and snowshoeing with my dogs, for all the same reasons Styron enjoyed walking with Aquinnah, although I suspect I'm a bit more addicted to the exercise high than he ever was. I heartily agree with his philosophy about running. If I were to run, I would have to concentrate on my footing, breathing, pace, and the like, and though I would most likely pass through a trancelike state along the way and even be a few pounds lighter, I would miss out on all the action going on around me.

I'm not as particular as Styron about walking alone. I enjoy the social aspect of exercising with friends, but it's not essential. If it turns out no one's available, no problem. I have two furry friends more than willing to keep me company, and the truth is I'm more in tune with my surroundings and my dogs when no one else is around.

One thing I don't do is walk with my dogs on leashes, and neither did Styron. There are some places where walking with



dogs off leash is frowned upon or even not allowed for assorted valid reasons. Fortunately, in Vermont, there are many places where dogs are allowed, even welcome, off leash. I have spent many hours training my dogs to come when I call, so I feel confident that no harm will come by letting my dogs cruise at will, though I admit I would have a tough time calling them off a hamburger in the hand of a friendly person.

Dogs have been forced to adjust their lives to the confines of human lifestyles. When we go for walks, most of those restraints are left behind the second we exit the car. Our walks are when my dogs can just be dogs. It's like asking children to behave like grown-ups in church, then

after service, setting them free at an amusement park.

I am fascinated when I watch my dogs bound through the woods, jump over fallen trees, leap over brooks, and take in all the scents that permeate the ground and the air, and I admire and am inspired by their pure athleticism and enthusiasm for life. They are truly free spirits, and it's satisfying to see them in their element, almost as satisfying as watching them sleep deeply in their shrimpy beds when we return home, tired and fulfilled, paws and eyes occasionally twitching as they dream of who knows what. ¶

—Kate Carter



**OUT &
ABOUT**
BY
JOHN MORTON

A DOG'S EXAMPLE

Over the past 38 years, I've had three Labrador retrievers. It would be an understatement to say that I'm a fan of the breed. All three dogs became members of the family, rather than household pets. As I think about Rode, Klister, and our current Lab, Rosie, some common characteristics come to mind which make the dogs so endearing.

For starters, our Labs have all demonstrated unrestrained joy when we return from an absence. It doesn't matter if my wife, Kay, was out for a couple of hours shopping, or if I'd been away for a week working, our dog can't contain her joy upon our return. Rosie wags her tail so energetically her entire body is in motion, her panting approaches hyperventilation, and her wrinkled muzzle resembles a smile. Our world would be a happier place if we humans all greeted each other as enthusiastically.

Another admirable trait is that Labs love to eat. Rosie has never been fussy about her food. On the contrary, if we get distracted, she'll remind us with a nudge or a subtle moan, that it's her mealtime, and whatever we put in her bowl, she eagerly

consumes. No complaints about toast that's burned, Brussels sprouts that are too soggy, or scrambled eggs that are too runny. Whatever's in her dish, she gratefully scarfs down.

Next to eating, Rosie loves being outdoors. Every morning, Kay and I walk her out the driveway to retrieve the paper, just over a mile, round trip. I read somewhere that dogs have a sense of smell 70 times more sensitive than ours. Whatever the ratio, the morning walk is a feast for Rosie's nose. She covers at least twice the distance that Kay and I walk, chasing down the scents of nocturnal animals, neighborhood pets, and visitors. Her body language is all excitement, fascination, and enjoyment. Later in the day, if we've been focused on indoor work, Rosie will remind us it's time to get outside again. And she's always right. Even if I feel frustrated leaving a task incomplete to take her for a walk, I always feel better after being in the woods. I don't know if dogs instinctively know how to manage stress, but I suspect I'd do well to model Rosie's behavior—no matter what's going on, don't skip the afternoon walk. Complementing her devotion to exercise,

Rosie is not the least bit self-conscious about napping. If nothing requires her attention, Rosie curls up and takes a snooze. Mid-morning, early afternoon, twilight, it doesn't matter; if the opportunity arises, Rosie will catch a nap. I can remember times in the Army when we were all so tired we seemed to be able to fall asleep anywhere, anytime. I swear I saw a buddy in Vietnam sleeping standing up. We'd probably all be healthier if we were able to respond to our instincts, like a dog, and take a nap when we felt tired.

Fortunately, given my background, Rosie loves winter. She's always up for an outing, but when the first real snowfall of the winter blankets the yard, she races around with total abandon. At full tilt, she'll drop her jaw into the powder, scooping a mouthful, just for the thrill of it. She'll squat and roll for the simple pleasure of feeling the cold snow all over her body. When Kay and I reach for our cross-country ski boots on a winter afternoon, Rosie begins panting. We've learned to carefully plan our outings, since Rosie would eagerly follow us until she dropped from exhaustion.

I'd be less than forthright if I didn't

acknowledge a couple of drawbacks. Labrador puppies are notorious for chewing everything in sight. Sacrifice an old pair of sneakers and you may preserve the rugs, the drapes, the legs of all your furniture, your shoes, and most of your clothes. Another problem: Labs shed. In fact, it's astounding that they can shed so much hair and not be totally bald. I used to think the black hairs were visible everywhere, but now I'm convinced the blond hair is more evident. And finally, as any dog lover knows, you begin planning around your dog. Can't go to so-and-so's for the weekend, because they're allergic to dogs. That sort of thing.

These become minor inconveniences. Do the drawbacks outweigh the joys of having a Lab? Absolutely not. In fact, we'd probably all be a lot happier and healthier if we adopted some canine behavior. ¶

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.

RUBBING SHOULDERS, OLYMPIC STYLE

**RETAIL JUNKIE
SUPERSTAR**
BY
RYAN JAMES LECLERC



My Olympic fever has gone down, but I still have a touch of the commercial flu. After three weeks of being glued to the TV, I don't think I'll ever turn one of those blasted things on again, or at least not until baseball season starts. Aside from watching an Olympic-sized amount of commercials, I watched plenty of exciting Olympic coverage, and after all those hours of staring at the TV screen, I learned a few things. I learned that curling is even more exciting to watch when the officials need to bust out the competition dial measurer to determine which stone is closer to the button. I learned that aside from me, entire cultures can be offended by hideous-looking uniforms worn by ice dancers. And most inspiring of all, thanks to the U.S. bobsled team's grand achievement, I learned that you can win an Olympic gold medal even if you have a beer gut.

I have never been in the Olympics, and I will never be in the Olympics, even though I have a beer gut. But I am fortunate enough to know a few Olympians, including Seth Westcott, who four years ago won the first-ever gold medal in Olympic snowboard cross, and who this year defended his title. Way back in college, when I was a regular Sugarloafer, I would occasionally see Scott flying by in the park on his way to the halfpipe. I met him years later at a mutual friend's wedding, the summer after he won his first gold medal. He was introduced

simply as Seth, and if I hadn't recognized him, I may have never known that I had just met a gold-medal winning Olympian. Upon realizing who he was, I asked why he chose to wear a tie around his neck instead of his gold medal. I don't remember exactly what he said, because at that point he was talking to someone else.

I met another gold-medal winning Olympian years earlier, while I was a snowboard bum in Breckenridge, CO. I was riding with my friend Corey, his wife, and her friend Donna. While riding the chairlift after a few runs, Corey casually mentioned that Donna was in the Olympics. I looked back at Donna, and suddenly realized that Corey's wife's friend Donna the snowboarder was in fact Olympic mogul skier Donna Weinbrecht, who won the first ever gold in women's mogul skiing. At the top of the lift, I reintroduced myself and congratulated her and asked what she was doing on a snowboard. I don't remember exactly what she said, because at that point, she was already riding away.

Other than casually meeting a few Olympians, I've also worked with one. That would be Larry Damon, who is a four-time Olympic cross-country skier and biathlete, and who for many years since retiring has wrenched on bikes at our shop in the summer. Each year he shows up with his leather-bound tool case, pops it open, and gets right to work. Even though his tool case

is filled with assorted well-worn wrenches and screwdrivers, I've only ever seen him use a hammer, with which he can fix just about any bike, as long as it is made of steel. One particular time, he straightened a derailleur hanger that was bent and twisted like an Olympic diver in mid air. On one of my first days working with him, before I understood him a bit better, I said, "So Larry, you were in the Olympics, huh? Cool!" He responded only with a grunt, but after warming up to me a bit, he not only told me a few Olympic stories, he also told me about his love of jazz and playing the trumpet, and other stories that only a trumpet-playing, four-time Olympian could tell. I mentioned that I play the saxophone, but he may not have heard me, because at that point, he was back to hammering on another bike.

Another Olympian who I've gotten to know quite well, and another one of the greatest guys you could ever meet, is former Olympic cross-country mountain biker Pavel Cherkasov. The first time I rode with him, nervous and intimidated, I yelled out, "If there are any Olympic mountain bikers behind me who would like to pass, feel free." But instead of blowing by and leaving me choking on his dust, Pavel stayed back and rode at my pace, and hooted and cheered the whole ride. His enthusiasm was contagious, and it made me appreciate every pedal stroke. We had such a good time riding

with him, we stayed on the trails longer than we should have, and ended up riding out in near pitch blackness, which is very dangerous. At the end of the ride, instead of saying, "Are you guys trying to kill me?" he only asked where we were riding next week.

One other Olympic athlete that I've come to know is Liz Stephen, who competed in her first Olympics this year in multiple cross-country skiing events. Many years ago, during one of our ski swaps, her Mom brought in a few pairs of ski boots Liz had outgrown, and I asked, "If you hold one of these boots up to your ear, can you hear Liz giggle?" I should have put one of those boots in my mouth, because I fear my poorly worded comment was misconstrued. To clarify, I was only referring to her contagious enthusiasm which glows like a sun beam and is an Olympic quality that I wish I possessed, instead of a beer gut. ☐

Ryan James Leclerc has worked in retail longer than you. Although he has recently made the move from the sales floor to the office of Onion River Sports, he likes to reminisce about the good old days using the present tense narrative. He lives in Burlington with his lovely wife McKayln. You can reach him at ryanleclerc@hotmail.com.

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Saturday, April 24, 2010

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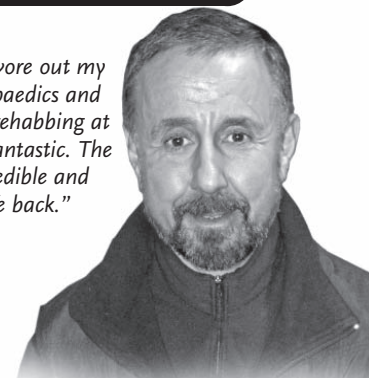


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THE WINTER OLYMPIC GAMES—GREEK OR ROMAN?

I always look forward to, and enjoy, the Winter Olympics. This year was no exception. It was thrilling to watch so many of our sons and daughters of the Green and White Mountains perform and excel on the international stage. While enjoying all of this exciting competition, I was also struck more than ever by the death-defying risks that so many athletes are taking in the pursuit of Olympic gold. Sports such as downhill skiing, ski jumping, bobsled, and hockey have always had an element of danger, but the speed and strength of today's athletes, and the difficulty of what they are doing, has increased the danger exponentially. This is not only true of Olympians, but also many other sports that we love to watch and play in this country and around the world.

The magnified dangers were put under the microscope this year, even before the Olympics began. Kevin Pearce, of Norwich, VT, while competing for a spot on the U.S. snowboard halfpipe team, suffered a terrifying head injury while trying to perform an otherworldly trick, named the "double cork" by its inventor, Shaun White. White is the reigning king of the halfpipe, a two-time Olympic gold medalist, and a world champion. Pearce had beaten him in major events in 2008 and 2009, and had only lost to him by a razor-thin one-point margin at the Winter X Games held in Aspen, CO, in January, 2009.

Spurred on by Pearce and other competitors hot on his tail, White retreated to his private training grounds high in the mountains of Colorado—a 500-foot super halfpipe, with a soft foam landing pit, built for him by Red Bull, one of his many corporate sponsors. There he conceived of, and perfected, the double cork—a blind, triple-twisting double flip that would re-establish his preeminence as the world's greatest halfpipe specialist. He unveiled the double cork at an event in New Zealand in August, 2009, and since then, all of the top snowboarders have been trying to learn and perfect it. Without it, you are no longer a contender.

Pearce was executing the double cork in a training run when he misjudged his body position relative to the halfpipe and struck his forehead on the halfpipe's hard, icy lip. Without a helmet, he would almost certainly have been killed instantly. Helmeted, he lay at the bottom of the pipe, convulsing, as fellow competitors, medical staff, and officials rushed to his aid. He was flown to a major trauma center, where he underwent emergency neurosurgery to relieve pressure from his swelling brain. He remained in a medically induced coma for two weeks while swelling diminished. He has been awake now for several weeks, and has been transferred to a neurological rehabilitation facility in Colorado, where he is making progress with walking,

talking, and reestablishing normal brain and body function. Family, friends, and fans of Kevin Pearce are all praying for a speedy and complete recovery from his injury, but no one knows for sure how much of his previous physical and intellectual ability will return, or if he will ever ride again.

Pearce is lucky when compared with Georgian Olympian and luger Nodar Kumaritashvili. During a training run on the Vancouver luge course the day before the start of the Games, Nodar lost control of his sled and was thrown out of the luge track. Traveling at a speed of almost 90 mph, he collided with an unpadded steel girder. He died shortly after from overwhelming internal injuries. Nodar had expressed concern about the speed of this Olympic track before his final ride, as had other competitors and coaches. After his death and before the start of competition, the International Olympic Committee investigated the course and decided to reduce the incline at the top, reducing the riders' overall speed. They also padded all of the beams and girders and built a makeshift retaining wall to prevent riders from being thrown out of the race cylinder. With these changes in place, there were still crashes, but no major injuries or bodies jettisoned out of the track during competition.

The Olympic downhill ski course at Whistler, BC, is a steep, icy, twisting track with a roll jump near the bottom of the course that was catapulting the women downhillers up to 200 feet in the air, just before the finish line. The course and the jump in particular caused so many high-speed crashes on the first day of racing that officials went out after day one and shaved down the roll to protect the racers. Skicross was introduced to the winter Olympics this year. It's a roller derby-like affair, where four skiers race together down a twisting, jump-filled course, while jostling for position, cutting each other off, and trying to find any way to cross the finish line first. The inevitable crashes and pile-ups were painful to watch, yet admittedly, entertaining. This sport has already seen two of its elite competitors killed since it was introduced to the international stage a few years ago.

Athletes want to push the boundaries of their respective sports. They want to go higher, faster, and farther than anyone ever has. Athletes willingly put themselves in potentially perilous and unhealthy positions to better their competition and achieve their goals. I see this every year when I provide medical coverage for events like the Covered Bridges Half Marathon and the Vermont 100 ultra marathon. Most of the athletes in these

events are recreational warriors, and the only rewards for their mighty efforts are a T-shirt, the chance for a personal best time, and the glow that comes with finishing. Yet even without money or fame on the line, some of these athletes will run themselves to the brink of death, and without medical personnel there to (sometimes forcibly) remove them from the race and tend to them, we would almost certainly have had several fatalities over the past few years. How much greater, then, is the motivation of Olympians, who have trained full time for years, and where a medal can mean athletic immortality and millions of dollars in endorsements, contracts, and speaking engagements.

The International Olympic Committee and the World Anti-Doping Agency police Olympic athletes constantly, testing them for illegal performance-enhancing drugs. They do this not only to control cheating, but to protect the athletes from their own potentially self-destructive competitive desires and the drugs' long-term dangerous side-effects. In my opinion, the same level of scrutiny needs to be applied to the various courses, tracks, and halfpipes.

Four years ago, the Olympic halfpipe was 18 feet from rim to trough, and riders could generate enough speed to rise 15 feet above the rim to perform their aerial stunts. This year it was 22 feet, which meant the top riders were soaring 30 feet above the rim, making it a 50-plus-foot free fall if they landed wrong. It also meant they had up to 30 feet to accelerate before hitting their heads on the rim, if they slightly misjudged their body positions while executing the double cork.

How much is too much? How many fatalities and near fatalities are tolerable for an Olympic contest? We want to see these athletes challenge themselves and each other, but don't we want to see the same number of athletes march in the closing ceremonies as marched in the opening parade? A few degrees of incline, a couple of feet of elevation, a few inches on a tight turn or roll-jump, a well-positioned pad or retaining wall—these small alterations could make the difference between relative safety and grave danger. I would rather see us err on the side of safety, and minimize the life-threatening risks while keeping plenty of excitement and challenge. The athletes will not ask for it, nor will they shy away. The governing bodies of the individual sports and the Olympics themselves need to adopt the same zeal that they have for drug testing and apply it to course design and competition parameters so that our Olympics remain Greek in spirit and do not decompose into a Roman-style bloodbath of carnage and destruction. □

Gene Kadis. Skier, runner, hiker, father, educator.

Gene is getting off the sidelines thanks to Advance Physical Therapy

After twice "tweaking" his right Achilles tendon playing basketball, Gene Kadish's doctor told him he was "ripe for a tear." Gene was referred to Advance Physical Therapy in Wilder. In the month since, he has gained an arsenal of strengthening exercises and significant knowledge of how his body works.

"It's made a big difference. I can go for a walk for an hour without feeling any pain." He's also skiing and working out at the gym. "I suspect it's actually stronger than it has been for years," he says of his injured Achilles.

Now Gene is off the sidelines.

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

VERMONT SPORTS AROUND THE STATE

MIDDLEBURY

The 2nd Annual Otter Creek Classic Fly Fishing Tournament on April 10 is a catch-and-release event, with all profits going to the New Haven River Anglers, a local conservation group. The tournament takes place on various sections of the Otter Creek. Anglers must have a camera or cell phone to document their catches before releasing them. Entry to the event is \$20; \$25 after April 3. Several fly fishing and outdoor companies are sponsoring the contest, with great prizes for anglers who finish well and a raffle for all who participate. For complete rules and regulations go to <http://mmvt.com/node/74>, or call tournament administrator Jesse Haller at 802-388-7245.

The Middlebury Maple Run—The Sweetest Half is a half marathon on April 25. The course starts and finishes at the Porter Medical Center and stays on paved roads in and around Middlebury. New this year is a two-person half-marathon relay, chip timing, and a special student rate. The pre-race dinner at the Middlebury Inn on April 24 features guest speaker Kelly Brush. For more info call Sue Hoxie at 802-388-7951 ext. 2 or visit www.addisoncounty.com/pages/event.asp?content=halfmarathon.

LUDLOW

At Okemo's **Slush Cup** on April 3, the object is to ski or snowboard down a trail and skim across an 80-foot-long man-made slush pond without falling in! The challenge is open to the first 125 entries, and the fee is \$20. Register from 8:30-10 a.m. in the Okemo Base Lodge Mezzanine. The fun begins at 11 a.m. For more info go to www.okemo.com.

JEFFERSONVILLE

The 15th Annual Brewfest takes place at Smugglers' Notch on April 3. Ski hard, then sample the finest in local and regional beers and wines, with music, munchies, and prizes. Festivities go from 6-10 p.m. in the lower level of the Meeting House. Tickets are \$15 at the door, for adults age 21 and older. For more info go to www.smuggs.com.

WATERBURY

The Gravel Grinder Spring Classic Dirt Road Ride takes place on April 18, starting and finishing at Pilgrim Park in Waterbury. The main course is 25 miles on a combination of dirt and paved roads with many steep climbs and steep descents. New this year is an optional 14-mile loop with an additional steep climb and several miles on a class four road, and there will be lots of pre- and post-race food and camaraderie. The ride is limited to 150 cyclists, so register early at www.bikereg.com/events/register.asp?eventid=9999. Proceeds benefit local mountain bike trails. For more information call Five Hills Bikes, 802-244-7330 or visit www.fivehillsbikes.com.

WATERBURY CENTER

Here's a chance to learn how to cook and eat well in the backcountry. The Green Mountain Club is holding a workshop on April 29 called **Backcountry Cooking: The Portable Gourmet**, which gives tips on how to prepare easy, nutritious meals on a one-burner stove. This workshop covers important skills such as meal planning, preparation, and baking. The workshop is at the GMC Visitor Center. Registration is \$30 at least two weeks in advance. For more information visit www.greenmountainclub.org or call 802-244-7037.



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KING OF PAIN

GARY KESSLER IS KEEPING BICYCLE RACING ALIVE IN VERMONT

BY KIRK KARDASHIAN

Riders on Route 100 in Granville during the 2009 Mad River Road Race. Photo by Ilke Van Genechten.



Cat P/1 rider Andres Diaz, winning the 2009 Mad River Road Race. Photo by Gary Kessler.



Everybody has an anxiety nightmare. You know, the one where you wake up in the middle of the night, sweating because you dreamed you're playing the lead role in your high school play and have forgotten your lines. Gary Kessler's goes something like that, but the stakes are higher in his dream. "I jolt awake, thinking the race is tomorrow and that I haven't arranged for the police to be at a certain intersection, and I freak out," he says. So go the unconscious torments of a bicycle race organizer.

It would be an exaggeration to say that Kessler, a wiry, kinetic 50-year-old who lives in Fayston, is single-handedly keeping road bike racing alive in Vermont. But not much of an exaggeration. After all, he pretty much runs the Green Mountain Stage Race, and this year is organizing the revival of the Killington Stage Race. Kessler is quick to point out that his longtime friends Sam Hoar and Tom Moody of the Green Mountain Bicycle Club are in charge of the Burlington Criterium, so he can't take

all the credit for GMSR, a four-day stage race that most New England-based riders put on their calendar.

Still, the fact remains that at least 75 percent of the details of the event, which drew 850 riders last year, fall on Kessler's narrow shoulders. Then there are the emails from the inquisitive bikers; he gets hundreds of them in the weeks leading up to the start of the race. "I enjoy the interaction," he admits. "But the problem is, the race is over and I'm still getting hundreds of emails, and usually by then I'm pretty smoked." It's a good thing that, at heart, he's a bike-racing fanatic. Otherwise, he would have given up years ago.

Kessler, whose day job is as an attorney for the Vermont Agency of Natural Resources, moved to Vermont in 1987, after his illusions of living a glamorous LA Law lifestyle were dashed on the rocks of reality. He was hired by a big law firm in Los Angeles upon graduating from Boston University Law School, installed in a big office with a view of the ocean, and paid handsomely. In exchange, he was assigned to a senior partner who dealt with an obscure, dense federal statute. The assignment was supposed to be temporary, but after a few years had gone by, Kessler started longing for Vermont, where he had spent a lot of time skiing as a kid. So he packed his stuff and moved to the Mad River Valley.

Fast forward to 1994. Kessler had found a lively biking scene and made a lot of friends while racing in Stowe, Putney, and Killington. The GMBC had been organizing the Burlington Criterium, but a poor turnout in 1993 had caused them to get creative. "GMBC realized," Kessler recalls, "that people didn't want to drive all the way to northern Vermont for one race." So the bike club asked Kessler to help organize the first Mad River Road Race, to be held the day before the criterium. It was, in the style of the time, low-budget. "We had no permits, no police, no nothing," Kessler says.

But the race was a hit, and when the Killington Stage Race was discontinued in 2000, Kessler decided to make the leap from a road race/criterium weekend event



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KILLINGTON STAGE RACE 2010

MAY 29-31, 2010

STAGE ONE, SATURDAY

A circuit race around the 18-mile course that, in the original Killington Stage Race, was known as the Sunrise Loop. It starts at the Skyship base area and travels along Route 4 to Bridgewater and then gradually climbs to Plymouth Notch via Route 100A. A fast descent to Route 100 is followed by a more gradual descent along Route 100 back to Bridgewater. The finish is arrow-straight and slightly downhill, and will surely be very fast.

STAGE TWO, SUNDAY

An individual time trial along some of the flattest roads in this part of the state. The 11-mile course begins at the Skyship base area and heads west on Route 4, then

veers right on River Road, a smooth, scenic lane that passes the headwaters of the Ottauquechee River. Total elevation gain is a modest 300 feet.

STAGE THREE, MEMORIAL DAY

The queen-stage of the KSR is a 61.5-mile course with two leg-busting climbs. It starts at the Skyship base area and goes west on Route 4, up the so-called Post Office Hill to Route 100 North, through Pittsfield and Stockbridge, then east on Route 107. As the riders enter Bethel, the first of the major climbs begins, with a sharp right onto North Road to Barnard. The course then follows Route 12 to Woodstock, goes west again on Route 4, and just before passing the start, turns left onto East Mountain Road in Killington, a nasty ascent that begs for a 25- or even a 27-tooth cog. The finish is another climb up the Killington access road to the K1 base lodge.

GREEN MOUNTAIN STAGE RACE

SEPTEMBER 3-6, 2010

STAGE ONE, FRIDAY

Egan's Big World Individual Time Trial

A 5.7-mile race against the clock that starts in Warren Village. It follows Flat Iron Road and then climbs for 2.3 miles to East Warren Road. There's a short, tough climb a half-mile from the finish.

STAGE TWO, SATURDAY

The Bridges Resort Circuit Race

An interesting, varied course that starts at Harwood Union High School in Duxbury. There's an immediate 2-mile climb up Route 100, followed by a descent into Waterbury, and then some flat roads along the Winooski River on Route 2 to Middlesex. For the final leg, the course turns right onto Route 100B to Moretown. A full lap is 19 miles, with a finishing lap of 13.6 miles.

STAGE THREE, SUNDAY

The Mad River Road Race

This is the race that makes GMSR famous and gives it the feel of a much bigger event. In 2009, it was 12 miles longer than usual, because Route 125 over Middlebury Gap was in poor condition from a flood. This year, the old course might be back, but at this time, race director Gary Kessler isn't sure. Either way, there are two major climbs in the race: one over Brandon Gap (or Middlebury Gap, if it's in good shape) and a finishing climb to the top of Appalachian Gap.

STAGE FOUR, LABOR DAY

The Burlington Criterium

A technical, turny, hilly criterium in the heart of Vermont's Queen City. To be a rider in this crit is to scream along the bricks of Church Street as spectators cheer and lounge in the sun. When your race is done, you'll want to join them.



Race director Gary Kessler gets ready to lead the GMSR Sunday Race Director's Ride, which gives race supporters and volunteers a chance to ride during the busy weekend. Kessler takes them all out for a beer afterwards, and also holds a volunteer raffle. Photo by Andrew Kessler

to a full-blown stage race. The GMSR was born. The following year, Jason Bear, the captain of the cycling team at the University of Vermont, asked for Kessler's help in designing the race courses for the collegiate national championships in May. "I learned an immense amount, putting that race on," Kessler says, "because USA Cycling sent a technical director to provide guidance." His main advice was to hire the state police to escort the races and block traffic at intersections. Was it good advice? "It totally went to a different level from where it had been before," Kessler says.

Today, he wouldn't run a race without police help.

This year, the GMSR is celebrating its 10th year. And although it has endured floods in Granville Gulf and a complete washout of Middlebury gap, the event is as popular as ever. In fact, the race's success—in terms of tourism and economic development—caused the Town of Killington to wonder why it ever killed the Killington Stage Race. Last winter, the town contacted Kessler to inquire if he would help bring the race back. The idea of racing in a different part of the state, though daunting, excited Kessler, and he agreed to do it.

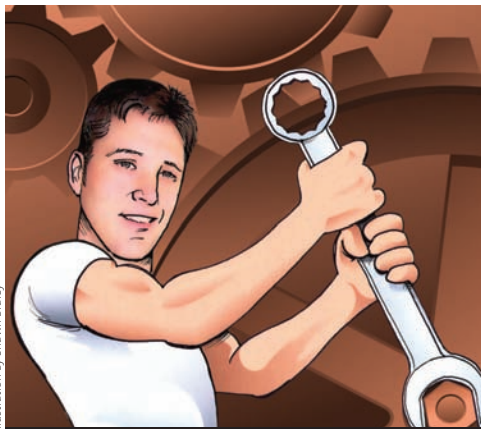
So, after a nine-year hiatus, the Killington Stage Race is back. Scheduled for Memorial Day weekend, the race will have three stages: a flat individual time trial, a circuit race around the 18-mile loop of Routes 100A and 100 in Bridgewater and Plymouth, and a hilly road race through Killington, Bethel, Barnard, Woodstock, and Bridgewater.

The road race will travel from Route 107 to the center of Barnard via the picturesque and punishing North Road, which can be surprisingly steep. Kessler's counsel? Pre-ride the course. "I'm not trying to kill anybody," he asserts. Then he cracks a devilish grin. "But I want to make it fun." ¶

Kirk Kardashian lives and writes in Woodstock, VT. The only bike race he ever won was the criterium at the Green Mountain Stage Race, as a Cat 4. He'll be watching the Killington Stage Race from the sidelines, imagining when he would have been dropped on the finishing climb to the base lodge.

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MUSCLES NOT MOTORS

gear review

BY RYAN JAMES LECLERC

Since this issue is devoted to dogs and dog lovers, I had no choice but to seek out super cool dog gear for your super cool dog. When it comes to dog gear, Ruff Wear, based out of Bend, OR, builds “innovative gear for dogs on the go,” and they remind us that “Dogs are not our whole life but they make our lives whole.” The following three Ruff Wear Dog products, in this human’s mind, are especially cool. www.ruffwear.com



DOUBLEBACK HARNESS

If you’ve ever been hiking with your pup and come upon a cliff with rungs, or a zip-line spanning a canyon or a raging river, that generally means it’s time to turn around, unless your dog can climb ladders, swim across turbulent river waters, or fly. With the Doubleback harness securely attached to your pooch, you can belay Barney up and down that cliff, or zip Zeke across that canyon or river and the trek can continue. It can also help your four-legged friend navigate steep or rocky terrain safely. The Doubleback harness comfortably fits around the ribcage and features adjustable straps that wrap around each leg. It comes in four sizes (extra small, small, medium, and large) for a perfectly snug fit. \$124.95.



SQUARE BALL

When it comes time to buy Rudy, Chui, or Old Brown Dog a new ball, don’t get a round one, get a square one. Why, you ask? Why not? Actually, a square ball can be more fun than a round ball, because it bounces and rolls in unpredictable directions, keeping your canine companion on his toes. The hefty weight and beveled edges allow the square ball to gain momentum and travel far, making it especially great for high-energy dogs. Made of sustainable Latex rubber, the square ball also features a two-hole design that prevents suction, and can be used to dispense kibbles for a much deserved reward. \$17.95.



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At the end of a long day of belaying, canyoneering, or chasing after square balls, your pooped Poodle, tired Tibetan Terrier, bushed Borzoi, or exhausted Entlebucher will need a comfy bed on which to take a snooze. The Mt. Bachelor Pad is just what the vet ordered, with a cozy recycled polyester fleece surface, a one-inch thick layer of thermal padding, and a waterproof recycled polycloth base layer. The Mt. Bachelor Pad rolls up into a lean, lightweight bed roll with a handle, making it ideal for camping and car travel. Available in two sizes. Medium: \$54.95, Large: \$74.95. 7

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GREEN RACING PROJECT

BY TIM REYNOLDS

SUFFERING FROM BERKIE FEVER

This winter, I knew of a handful of people who qualified as “really excited” about racing the Craftsbury Marathon. But a month later, at the American Birkebeiner in Hayward, WI, I witnessed about 10,000 people go completely nuts over a ski race. Out there they call it Birkie Fever. I’ve tried to distill all these crazy stories from our four days in the north woods of Wisconsin and come up with something poignant to say about the biggest ski race in North America, but sometimes stories are just better left untold. Here are some personal observations about the craziest ski race I’ve ever participated in.

Retro Is Cool

I spotted two sets of T-Grip ski poles on the bus up to the start in Cable. My bus had about 50 skiers. 10,000 divided by 50 is 200. By guesswork and assumption, that would make 400 pairs of T-Grip poles at the Birkie, and I’m pretty sure that’s all that were ever made. (For the unfamiliar, the T-Grip was a short-lived “innovation” experimenting with a perpendicular handle on the ski pole to improve efficiency. It’s the biking equivalent of the Softride TT bike. Google it.)

Bring Dermatone

Even if it’s not cold, bring Dermatone. Overheard at the Telemark Lodge before the start of the race: “Dermatone on your face makes you race faster.” This, according to the latest science of Master Skier magazine. The culprit promptly lathered up his entire face and passed it to another buddy, advising him, “Ssshhhh. Don’t tell anyone else.”

Don’t Show Off

Beware of over-wearing the winner’s laurel wreath, especially at the Sawmill Bar, after the race. You might get a little too much attention from some Hayward locals with eyes only for the victors.

Keep Track of Your Birkie Record

If an organizer puts the wrong number of completed Birkebeiners on anyone’s bib, he or she will get yelled at. One Craftsbury skier (with a legitimate bib mix-up debacle) had to wait in a line of approximately 20 disgruntled middle-aged men, all of whom had the incorrect number of completed Birkies marked on their bibs. “No, I’ve done 16, not 15, and you better take care of this immediately.”

Don’t Wax in Public

Do wax in public and you will be subjected to 1,000 questions from every person that walks by. Seriously—1,000 questions. I mean, how do you really feel about boar’s hair brushes for fluorinated waxes?

Time Your Peak

I asked the man behind me in the overflowing lines at the Port-o-lets where the start line was, immediately flagging myself as a greenhorn. Rather than explain where the line was, he explained to me how many Birkies he had done: 26. “So you race a lot then?” I asked, making conversation in hope of finding that elusive start location. “Yea, I’ve raced about 26 times.”

Avoid Competitive Relationships

From the man sitting next to me on the shuttle bus up to the start line in Cable: “Yah, well, my buddy and his buddy get real competitive in the Birkie. Last year his friend beat him and the guy’s whole family made T-shirts making fun of him and wore them to all the softball games in town last summer.”

Follow the Rules

My teammate, Ollie, on the start of the first wave of racers: “It was crazy. We were all in this holding pen where they cued up all the wave-one skiers like cattle. The fence lifted up to let everyone run to the next pen where the starting line was so that all the skiers had a fair shot at being in the front row of starters. A couple guys tried to jump the fence early, and they were promptly form-tackled by a set of burly backwoods Wisconsin volunteer enforcers. I think they ended up in the last row.” ¶

Having made it safely back from the Birkie, Tim Reynolds is looking forward to spring training in Craftsbury. Tim is a recent Middlebury alumnus, and he presently works and races for the Craftsbury Outdoor Center’s Green Racing Project, a professional cross-country ski racing team that just completed its inaugural year. Check out the team at www.greenracingproject.com.

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CALENDAR OF CANINE EVENTS

APRIL 25

The CVR Mutt Strutt is a chance for runners to race with their dogs (on leashes). This is the 12th year for the Mutt Strutt, which benefits the Central Vermont Humane Society and is put on by Central Vermont Runners. Held on paved roads in Little River State Park, Waterbury, on a 3-mile out-and-back course. 10 a.m. \$1 per paw and foot. More info—Donna Smyers, 802-229-4393, dosmyers@cs.com.

MAY 29

The third annual GMDC Spring Fling Disc Dogathon is hosted by the Green Mountain Disc Dog Club at Maple Street Park in Essex Junction, VT. Games will include Novice and Pro divisions of Distance and Accuracy, Time Trial, Freestyle, Bullseye, and Extreme Distance. Games begin at 10 a.m. More info—www.greenmountaindiscdogs.com.

JUNE 5

The 17th annual Walk/Run for Animals is a 4-mile run that starts at 10 a.m., followed by a 4-mile walk at 11. It all begins at Central Vermont Humane Society's new facility on Route 14 in East Montpelier, VT, with proceeds to benefit the CVHS. More info—Liz Walsh, info@cvhumane.com, www.cvhumane.com.

JUNE 12-13

USDA Dog Agility. The United States Dog Agility Association sanctions this annual dog agility trial in Stowe, at the Trapp Family Lodge. The public is invited to come watch dogs and handlers compete for titles in the sport of dog agility, where handlers must lead their dogs through a course consisting of tunnels and chutes, jumps, weave poles, dog walks, A-frames, and teeters. Trials run outdoors all day, Saturday and Sunday. The hosting club for the trial is the Vermont-based Northern Magic Agility Dogs (NOMAD), www.nomadagility.com.



AUGUST 14

Kingdom Run 2010, for the Northeast Kingdom Spay-Neuter Program. Runners can do 5K, 10K, or 20K. All are out-and-back routes on dirt roads, beginning and ending on the Village Green in Irasburg. Walkers have the option of 5K or 10K. Dogs are welcome on leashes, and runners are asked to use judgement if "going the distance." Races start at 8:30. More info—802-766-5310, rboulanger@surfglobal.net.

AUGUST 20-21

NADAC Dog Agility. If you missed the agility trial on June 12-13, you have a second chance to see amazing dogs perform the sport of agility. The North American Dog Agility Council (NADAC) sanctions this trial, held at the Topnotch fields in Stowe and hosted by NOMAD. Great for spectators! Two rings, outside, both days. More info—www.nomadagility.com.

AUGUST 21

Pedal for Paws, North Country Animal League's Ride for the Animals. Cyclists can ride a century (100 miles), a metric century (60 miles) or a fun ride (25 miles) to raise money for NCAL. Start and finish at the Commodores Inn, Stowe, VT. Post-ride barbecue. More info—802-888-5065, www.ncal.com.

SEPTEMBER 13

The GMDD Vermont State Disc Dog Championships will be held at the Shelburne Museum during the "Shelburne Museum Goes to the Dogs" event. Games will include Novice and Pro divisions of Distance and Accuracy, Time Trial, Freestyle, Spot Landing, and Bullseye. Competitions begin at 11 a.m. More info—www.greenmountaindiscdogs.com.

SEPTEMBER 19

Dog Run Dog is a national 5K/10K Dog and Partner Team Run for fun and friendly competition to help support national and local organizations committed to helping animals. Dog and Partner Teams may run or walk. If you don't have a dog or can't borrow one, you can run with the dogs in the People's Race. This is the 5th year for Dog Run Dog. More info—802-356-4444, info@dogrundog.com, http://dogrundog.com.

SEPTEMBER 24

Green Mountain Iron Dog is a fun event open to the public and hosted by the Vermont Police Canine Association. Iron Dog tests dog and handler skills on a 1.5-mile cross-country course with numerous obstacles along the way. Held at Camp Kiniya, Colchester, VT. More info—Officer David Dewey, 802-655-3054, ddewey@dps.state.vt.us, www.vtpca.com,



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2010 VERMONT SPORTS DOG ISSUE

This is our 7th annual dog issue, and in the following pages you will find an assortment of dog-related topics: interviews with people, interviews with dogs, a calendar of sports-related dog events, (previous page) humor, and great feature stories by our contributing writers.

The highlight of the dog issue is the Adventure Dogs Photo Contest on the following two pages, where you will see how important dogs are to so many of us. We received an enormous number of submissions to the contest and we thank everyone who sent photos. A variety of dog-loving "judges" rated the photos on how well they represented the contest theme, the contest categories, and each photo's composition, clarity, and whether or not it evoked an emotional response. It was inspiring as well as gratifying to see all the great things *Vermont Sports* readers do with their dogs. We hope you enjoy reading these pages as much as we enjoyed putting them together. ▮

—Kate Carter, Editor

Clockwise, starting at back, right: Gael, Luce, Chloe, Brewster, Phoebe, Gemma, and Sweep, paws to pose on a bridge over Stevenson Brook. Photo by Kate Carter.



VERMONT
SPORTS

ADVENTUROUS

DOG

CONTEST CATEGORIES

- Best Looking Dog
- Most Athletic Dog
- Most Humorous Dog

Photo Contest



A special thanks to the following businesses for providing prizes for the photo contest:



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Vermont Sports swag.



3 Second Place Prizes—
\$50 Gift Certificate to Pet Food
Warehouse in South Burlington,
plus some Vermont Sports swag.

VERMONT
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3 Third Place Prizes—
Vermont Sports swag and a one-
year digital subscription to the
magazine.

3 Honorable Mentions—
One-year subscription to
Vermont Sports.

THE WINNERS!





BEST LOOKING

FIRST PLACE

Looking for My Juliet

Romeo, a truly handsome golden retriever, gazes over the Rocky Mountains, while hiking with his human, Mike Innes, in Winter Park, CO. Romeo and Mike, who shot this photo, live in Twin Mountain, NH.

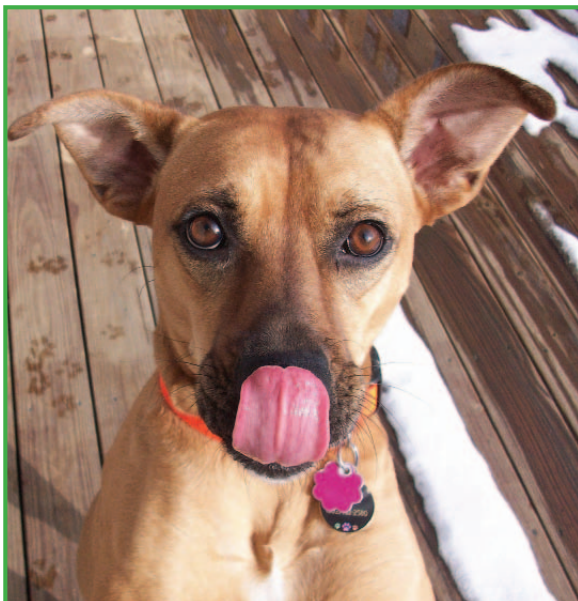


MOST ATHLETIC

FIRST PLACE

Lower the Landing Gear!

Riley, a four-year-old golden retriever, launches from a rock, flies through the air, and makes a safe landing in Lake Memphremagog. Riley lives with Alex Duncanson in Portland, ME. They spend their summers hiking and swimming at Eagle Point on Lake Memphremagog in Newport, VT, where Alex shot this photo.



MOST HUMOROUS

FIRST PLACE

Got Milk Bone?

Nellie, a.k.a. Miss Nells, is a resilient Rhodesian ridgeback mix from Mississippi. She was found along a freeway after being hit by a car. Someone saved her and she made her way to her new people, Mike and Lori Hennessey, through Good Karma, a rescue organization in Montpelier. They all live happily in Hinesburg, VT.



SECOND PLACE

Come About Matey!

Wilson, a miniature schnauzer, and his first mate, Matthew Doyle, live in Plattsburgh, NY. Their friend, Andy Sajor, of Peru, NY, shot this photo of them sailing in Lake Champlain's Cumberland Bay.



SECOND PLACE

Canine Bliss

What could possibly be better than air scenting on the summit of New Hampshire's Mount Mousilauke? Baby Bear, a shetland sheepdog/husky mix, has hiked most of the peaks in central Vermont and New Hampshire with his humans, Leigh and Jacob Vincent, but it was this photo, shot by Leigh, that best expresses why dogs love to hike as much as humans do. Baby Bear and the Vincents live in Windsor, VT.



THIRD PLACE

Pretty in Pink

Sunny, a sweet and soft golden retriever, romps through crown vetch at the Whales Tails park behind the Burton and Ben & Jerry's headquarters in So. Burlington. Sunny lives with Beth Booraem, who shot this photo and is the owner of Rocket Dog of Vermont. Sunny gets to test all the great Rocket Dog products Beth designs. They live in So. Burlington.



HONORABLE MENTION

Corgalicious!

Woody, a Pembroke Welsh corgi, weighs in heavy on the corgi cuteness scales. He often plays at the Burlington Country Club with his humans, Rob Hankel and Katherine Merrill. Rob shot this photo of Woody who was happy to ham it up for the camera.



SECOND PLACE

Downward Dog

Burke, a German shorthaired pointer, practices Adventure Yoga in his living room in Greensboro, VT. He lives with Anne Brigham, who shot this photo while Burke was just getting started in his daily yoga session.



THIRD PLACE

Wishing and Hoping and Thinking and Praying...

That snow is out here somewhere. Ken Haggett and members of his Peace Pups Dogsledding team train on the St. Albans Rail Trail in November. Buck, Etta James, Dooby, and Exxon live with Ken and the rest of the team in Elmore, VT.



HONORABLE MENTION

We've Got Your Back!

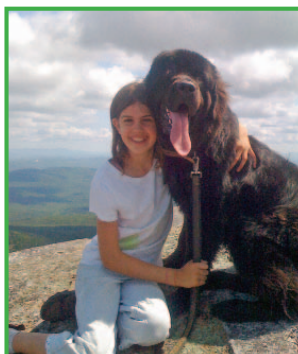
Zia and Stitch's job is to come along for the fun and let their human do all the work. Zia and Stitch live with Heather LaDuke and Sandra Chiccoine in Ripton, VT. Sandra shot this photo of the gang hauling wood for the winter.



THIRD PLACE

It's Elemental

Mattie, Harry, Gimli, and Huck are eager to get going for a hike on the Lye Brook Falls trail in Manchester, VT. Mattie belongs to Justin Brown, Huck and Harry live with Susan Mount, and Gimli owns Kristian and Laurel Omland of Jericho, VT. Laurel shot the photo as the diverse group posed.



HONORABLE MENTION

Two for the Show

Gray Harrison and her Newfoundland, Una, celebrate reaching the summit of Mount Cardigan in New Hampshire's White Mountains. Kate Harrison of Etna, NH, took this photo of her daughter and Una.

IN MEMORY

Rosie -1996-2009



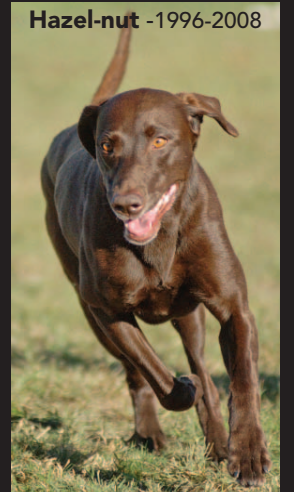
Vermont Sports
Wagger Athlete, April, 2006

Zoe - 2002-2009



First Place, Vermont Sports
Photo Contest, 2008

Hazel-nut -1996-2008



Vermont Sports
Wagger Athlete, 2007

VS: Hey Oscar! You have your own blog. How did you land that sweet deal?

OA: Running coach Jan Leja first published my answers to his questions on his website runwithjan.com. As questions poured in, it became clear I needed my own blog.

VS: Do your dog friends get jealous, or do they think it's cool that you're on the web?

OA: I am usually too busy playing with them to discuss our online experiences.

VS: I saw you had to take down a dog post because of spammers. Why do you think humans do that kind of thing? Is there any parallel of spamming in the dog world?

OA: I can't imagine why humans do that sort of thing. And no, there are no dog-spammers in the canine world—just barkers!

VS: You're running log is quite impressive! What's the farthest you've ever run?

OA: My humans, who are marathon runners, have capped my running at 13 miles at a time, which is ludicrous, of course. I could go much farther. One time, they took me for 16 miles, after which I romped and played with Fanny, the neighbor dog, for another hour.

WAGGER ATHLETE



VS: Do human running partners keep up with you, or do you leave them in the dust?

OA: I run at their pace, which is a brisk walk or trot for me.

VS: What's your favorite time of the year to run?

OA: I prefer to run in spring, summer, winter, and fall.

VS: Do you prefer road running, or running in the woods?

OA: Dirt is better for lots of reasons.

OSCAR AIKEN

Breed: Blended, though I look like a yellow lab

Age: 3

Residence: Richmond

Family: Mark and Alison Aiken (humans) and Scout and Waffle (cats)

Primary sport: Running, skiing, and dog-play

One, it's simply more scenic and interesting. Two, dirt usually implies fewer cars. Three, dirt is a softer surface, and I know my owners' knees can't handle too much pounding on pavement. Personally, I'll run anywhere. I will say this about pavement: the asphalt rounds off my toenails. That's helpful, because I don't really like using a file.

VS: When you ski, do you ever get ice stuck to your paws? Do you have any advice for dealing with that?

OA: I am a short-haired dog who, fortunately, doesn't have to deal with this problem much. I did do a backcountry ski yesterday and had to lick some snow off my belly.

VS: What do you like to do after a nice run?

OA: After a long run, I enjoy speed work at the dog park.

VS: What's your favorite thing about your humans?

OA: My humans run, hike, ski, or walk me in our fields every day. Although I like to pretend I have a rough life, it's actually pretty good!

VS: Who are your best dog pals, and what do you like about them?

OA: I like any dog who likes to play. That said, Fanny, another save-a-pet from down south, is an excellent sprinter, Rufus shares his dog food with me, and Berkley hosts a full-moon party once a month.

VS: Do you think chocolate is seriously bad for dogs, or do you think it's some

conspiracy by the humans so they can keep all the chocolate for themselves?

OA: One time I found and ate four Hershey bars after a bonfire with s'mores. My humans, panicking, called the vet, who said a dog of my weight could safely eat eight bars. Sounds great to me!

VS: What's your approach to working the room at the dog park?

OA: I generally appoint myself the "welcoming committee." Meaning, I greet and play with every new dog that enters the park. My enthusiasm can be quite overwhelming to a shy new arrival!

VS: If you could go to any dog park in the world, where would you go?

OA: Starr Farm Dog Park in Burlington. Although I wish we had a park closer to Richmond.

VS: What do you like about Starr Farm Dog Park?

OA: I like that there are always dogs there. And that it's close to Richmond. Did I mention that there are always dogs there?

VS: What is the most foul smell you've ever rolled in?

OA: As a dog, I have never found a smell I didn't like, although I'm not fond of shampoo. My humans, on the other hand, didn't seem to enjoy cow-poop or skunk spray.

VS: What are your human's rules about the furniture?

OA: Originally I wasn't allowed on any furniture, then I was allowed on just the couch. Eventually, I was allowed on the bed when invited. Now, however, I can come on the bed whenever I want, and my humans are only allowed when invited.

VS: What is your favorite treat?

OA: If it's within reach, I generally like to sample, or inhale, it. I'll eat anything except lettuce.

VS: If you were in charge of R&D at Milkbone, what treats would you make?

OA: Extra-extra large. ¶

—Sky and Mesa Gleiner

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VS: Hi, Ember. How did the winter treat you?

EBD: The early winter was ruff. Berne was traveling a lot, Mike was working a lot, and I got barely any skiing in. Then I partially tore my toenail off in January, and the vet had to yank it out with pliers, which took two tries. It bled a lot for like a month, and it hurt.

VS: Last year you hiked the Long Trail. Did you do it all in one shot?

EBD: Mike and Berne and I did the whole trail from Williamstown to the Canadian border in 14.5 days, with one day off between Camels Hump and Duck Brook. I was only 10 months old.

VS: What did you think of the experience?

EBD: At first I didn't get it. I kept wondering when we were going home to Richmond and to my friends Luna and Ollie. We just kept hiking. It was super fun, but I didn't get why Berne and Mike were trying to get me not to run around and chase squirrels. It was spring, and they were so easy to see with the leaves and other vegetation not really out yet. I couldn't help myself. But then when we'd been hiking for 12 hours, I'd be really tired. Sometimes I'd get to a shelter and snuggle up in the sleeping bags and crash. I'd only ever get up to eat and pee. But I never had any paw problems or anything, and I'd always wake up in the morning, ready for action.

VS: Was there anything challenging about the hike?

EBD: My biggest issue is that I am originally from North Carolina, and I've never liked to get my paws wet. But I pretty much got over that after a few days of torrential rain on the trail. Last year, when Berne and Mike rescued me from North Creek Animal Shelter, they thought that maybe I didn't like hiking. They took me up Camels Hump, and I shivered the whole way and wouldn't jump over the streams. Berne made me a fleece jacket. Now I am a mountain mama—I run and jump everywhere.

VS: How did your humans keep up?

EBD: They were able to do like 20 miles a day, which I guess was pretty good for humans and all. But they made a serious error in thinking that some old, thin, sleeping pad and no sleeping bag would be fine for me. I insist on the latest technology, which is why I took Berne's Neo Air mattress and shoved her onto my pad. They

WAGGER ATHLETE



got the message eventually and when we took a day off to wash clothes and restock food, they packed me my own bag. I think I could have done the Long Trail in just a few days—maybe five—left to my own devices. But since I was still a pup I wasn't carrying my own food or anything, so I would have needed a support crew. And, the ladders on Mansfield would have been tough without some help.

VS: What was your favorite thing you saw?

EBD: A pile of leftover dog food that someone left next to a campfire. It was the best trail magic ever. Though I suppose if there had been like a steak or something in the campfire ashes that would have beaten it.

VS: Did you have a trail name?

EBD: Waterbar. I earned it by running down every water bar for the entire length of the trail. Sometime I thought it was the trail. Other times I thought that there might be something delicious down there I should investigate, as the ends of the waterbars are where stuff from the trail sometimes collects.

VS: Did you meet any other dogs on the trail?

EBD: Not really, and we only met very few other humans. Humans seem to have it rough on the trail. We met one girl with bleeding, puss-filled heel blisters, and one guy who only had wet clothes on a day it was 34 degrees and raining. He was wearing a wife beater, boxers, and an emergency blanket, and drinking Everclear to stay warm. I don't know much about those things, but I don't think Berne and Mike were impressed. They did loan him a jacket for a night, which I had used for a sleeping bag on the first part of the trip, and let me snuggle between them instead.

EMBER BROUDY-DONOHUE

Breed: Toy Rhodesian

Age: 1

Residence: Richmond

Family: Mike Donohue and Berne Broudy

Primary sport: Running

VS: I also hear you're a poet. Care to share a stanza or two?

EBD: My primary genre is Haiku. On the trail, I really had the time to tap into my artistic self. The woods were inspiring. It was spring and everything was hatching, opening, delicious. After attempting to dig a chipmunk out of its hole, I was inspired to poetry. I try to write about modern themes that are really relevant across breeds. I am taking over a project started by my predecessor, Ama. It's a book, *Haikus for Dogs*. In general, I try to avoid parallels with Ama. She was very special to my owners, and we are very different. I know they love me just as much as they loved her, but let's face it, we're different dogs, and in general we have different talents.

Here is a sample of my unpublished work:

*Vroom. Sound sleep ended
UPS with a parcel
Bark time woof woof woof*

*Chicken breasts taste great
Does Misty Knoll have interns?
How do I apply?*

VS: Pretty impressive! Do you do any other kind of writing?

EBD: I've written several songs, but not having thumbs really gets in the way. I mean, how am I supposed to write them down? So I sing them for a while, then, because my brain only has so much capacity, they are replaced by thoughts of what I might eat next, or if it's a good time to take a nap, or what might be happening that I might be missing out on, or if that is something moving in the bushes.

VS: What do you think of the raw food diet you're on?

EBD: I love any food, really. But I really love raw chicken—the way the bones crunch in my back teeth. I also like cabbage and beets, and sweet potatoes, and most things that Berne and Mike like, but not lettuce. On the trail I had dehydrated chicken and vegetables that Berne would make into a kind of soup for me. That was okay, but the real deal is so much better.

VS: What's the best treat after a long day in the woods?

EBD: I have a great life. I come home from a hike, I lie in front of or sometimes kind of under the wood stove (I have lost a couple of whiskers—singled off when I got too close) or I tuck into the down comforters and pillows on Berne and Mike's bed, or I snuggle up in my own bed, and I wait for someone to feed me. I mean, the best treat is a long day in the woods, but coming home is pretty damn great, too. ¶

—Sky and Mesa Gleiner

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SPORTS SCIENCE

BY
DECLAN CONNOLLY, PHD,
FACS, CSCS^D

YOUR FOUR-LEGGED FRIEND IS A GREAT RUNNING PARTNER!

I've done a bit of biking in my spare time, and been chased by a few dogs. I have firmly concluded that unlike humans, even old, fat, ugly dogs are fast and will routinely get up to 30 mph without too much sweat. So, no matter who you are or how fast or far you can run, old Mutley there beside you will never get much more than a warm-up when he runs with you. He'd be better of going for a run while you bike.

Of course, there are some short-legged furry friends who will have great trouble with speed, but compared with humans, the vast majority of dogs have superior fitness/endurance physiology. There is actually an abundance of canine physiology research, partly because in some parts of the world you can bet on dogs like you bet on horses. Anytime you bring money into the mix people get more serious. So yes, dogs get fitness tested, trained, put on special diets, go for long slow walks, short fast sprints, and the like. There are also dog events—greyhound racing, dog sled racing, hunting, dock diving, disc dog, dog agility—all of which have given us remarkable insights into canines' athletic abilities. So how do we mere humans stack up in our physiology against our four-legged friends? Here's some information from the Cornell Vet School.

Let's start with the husky and the Iditarod dog sled race in Alaska. Of special mention is the Alaskan husky, which is used by the most successful mushers. The breed is not recognized by the American Kennel Club and is bred for speed and endurance. (If I come back in another life, I'd be an Alaskan Husky that can ride a bike.) During the Iditarod a husky will burn some 11,000 calories a day (now that's some weight loss regimen!). The average husky weighs about 45 pounds and if we compare that to a human weighing 170 pounds doing a similar type of event (if one exists), say the Tour de France (calories burned 6,000-10,000/day), the husky burns and eats about eight times what the human does! The average cyclist in the Tour De France has a VO2 max around 80ml.kg.min, the average husky about 240ml.kg.min! Now imagine how fast you could ride or run with that VO2. A conservative estimate would put your steady state running speed around three-minute miles, or 20 mph for 20-25 miles. Feeling slow yet? It's true they don't keep this going forever, but neither do we.

Huskies average 10 mph (6-minute miles) for the Iditarod (1,200-1,500 miles) over that nice smooth, flat surface that is environmentally controlled for everyone's comfort. Now how does this compare for all dogs? Well, most domesticated dogs run at speeds from 18 to 31 miles per hour. Some dogs are much slower than others, such as toy poodles and pugs. Average speed for most dogs is probably around 25 miles per hour. Then we have the greyhounds who reach speeds up around 42 mph. The top speed for a human is 28 mph, but there are only a few guys who can do that! Come to think of it, there are only a few guys who can bike at this speed, also. Anyway, the



JAN LEJA

greyhound could do a lot for women's issues because it is one of few sports where males and females compete together with absolutely no perceived differences between the genders.

In terms of other aspects of physiology, dogs are similar in some respects and quite different in others. In terms of heart rate, dogs and humans are quite similar. A healthy human will have a resting heart rate of around 70-75 beats per minute; a healthy dog will be around the same, with slightly higher heart rates for smaller dogs. A normal human will breathe 12-14 times a minute, while a dog will breathe 18-24 times in a non-distressed state. A healthy human runs a body temperature about 98F while a dog is slightly higher, at around 101-102F.

The Guinness record for a canine vertical jump is 68 inches; it's 111 inches for a human, yes, 111 inches, recorded by a Chinese acrobat Yan Zhi Cheng in the Netherlands in 1988. Interestingly, the dog's horizontal dock jump record is 30 feet 6 inches, pretty close to a human's of 29 feet 5 inches. So, all in all, we can hang with our furry friends in many sporting areas, but certainly not running. The best mile time for a greyhound is a tad under two minutes, while the world record for a human is 3.43 minutes. Anyway, some food for thought, and don't move to Iceland, because local laws do not allow you to have a pet dog! ☐

Dr. Connolly is a professor of Physical Education and Exercise Science at UVM. His first dog was named Scooby Doo, but nowadays he substitutes four kids for a canine friend.



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SIX LEGS ARE BETTER THAN TWO

TIPS FOR RUNNING WITH YOUR DOG

BY MARK AIKEN



PETER WADSWORTH

Enthusiastic about life, my dog, Oscar, celebrates even the small things: the dawning of each new day, the filling of his dog dish, the arrival of a houseguest. But nothing excites him more than sneakers.

That's right—sneakers. When I take out my running shoes, my dog prances, wags, and chirps with such vigor (and proximity) that it's difficult for me to even lace them up. We're going running, and he knows it.

"Most dogs like to run; it's just something dogs *do*," says Dr. Virginia Clark, a veterinarian at the Richmond Animal Hospital.

While some breeds are better suited for running (like sprinting greyhounds and sled-pulling huskies) and will go for miles and miles, most dogs can run with their humans. Oscar is a lab mix, and we have set his ceiling at 13 miles, but I don't doubt he could go farther. "There's no restriction according to breed," Clark says. "Even a short-legged breed can run along with an owner for a short distance."

There are, however, guidelines that runners should keep in mind if they intend to run with their dogs. Knowing when dogs are old enough to start running, understanding how certain conditions can affect them, and paying attention to a dog's problem indicators will keep your dog's tail wagging next time you hit the road or trail.

STARTING OUT

My wife and I were ready to start running with Oscar the day we got him. But we waited. "To avoid painful issues later, wait until your dog is fully grown, usually 18 months," says Clark's business partner, veterinarian Dan Hament. Prolonged distance running too early can cause long- and short-term problems for puppies.

During that first year-and-a-half, though, there are things you can do to prepare a new furry friend for a lifetime of running. "Let them run around in short bursts at the park," says Hament. Activity at their own pace and timing builds muscle mass without damaging bone structure. We also took Oscar for daily walks to get him accustomed to being on his leash. Observers often comment about his focus on the leash when we run with him. The reason: he had lots of practice, starting when he was a puppy.

When your pup is fully-grown, or if you have an older dog with whom you want to start running, start small. If you were a new runner, you wouldn't start by going out and running a marathon. Likewise, build your dog up.

Ed Clifford of Raymond, NH, holds the world record for 5K Cani-cross with his Norwegian Pointer Maggie (16 minutes 11 seconds!), and he trains sled dogs. "We do a lot of training in groups," he says. "Even a few minutes at a time at first."

WEATHER CONDITIONS

As with people, different weather conditions can present challenges for dogs. Overheating is a primary concern. Dogs don't have the same cooling mechanisms as people; their sweat glands, located primarily around the nose and between the foot pads, are not used much for thermoregulation. Instead of sweating like us, dogs cool themselves mostly by the evaporation of saliva through the tongue, which is why they pant and drool on a hot day. Says Dr. Hament: "If you are hot, your dog is *definitely* hot." Carry water when it's hot out, and don't forget to carry enough for your four-legged running buddy. At the same time, be careful about how much your dog drinks right after exercising. "Small amounts for the first 10 or 15 minutes," says Clark.

Similarly, you wouldn't run after eating a large meal. Your dog is the same way. Save the big bowl of dog food for after your run.

On the other side, snow can cause problems, too. Snow can build up in a dog's toes and become painful. Recently, on a powdery ski trip, I had to remove ice and snow chunks that were sticking to the short hair on my dog's belly. Whether it's summer or winter, we have to pay attention to our running partners.

SURFACE CONDITIONS

When Oscar first arrived in Vermont from a shelter in Virginia three years ago in March, we took him on a short hike on a snowy path. The snow was hard and abrasive and before we knew it, his pads were tender and sore. Again, progress gradually. "Sometimes it takes time to build up calluses," notes Dr. Hament.

Some dogs respond to the wear differently, and that's why Ed Clifford's Maggie wears booties. "They're her ruby red slippers," Clifford says. The booties protect against pad wear and can protect against foreign objects. The company where Clifford gets booties for his dogs, Nooksack Racing Supply, actually provided booties to rescue dogs that were part of the search efforts after the September 11th attacks.

Other considerations: on hot days, hot blacktop or asphalt can burn pads. On mountain hikes, sharp rocks

can cause cuts and bruising. And on the topic of feet and ankles, dogs and people should beware of sharp ski edges, which can cause cuts or even ligament damage.

KNOW YOUR DOG

"Dogs are social animals," says Dr. Clark. "They want to do what the pack is doing, and they want to please." Therefore if you are running, your dog will want to, also, even if it causes damage to itself. "You can overcome a lot of pain with adrenaline, and your dog can too," Clark warns. If a dog thinks you want it to run, it will, even though there could be a price to pay later.

Clark points to a number of signs that could indicate that something is awry. Above all, if your dog slows down, take notice. Other indicators include excessive panting, staggering, limping, off-gait running, or simply a reluctance to continue. If your running buddy presents any of these signals, take a break and find a cool place to assess your dog and his or her feet. Give your dog some water. Consider quitting for the day.

Finally, if you are anywhere near a road, run with your dog on a leash. Many dog owners, confident that their dog is trained well enough, argue that they don't need a leash. "Dogs will do things they have never done before," says Clark. "Not my dog," you say? Yes, *your* dog! You could run past 100,000 squirrels and your dog never goes after them. But then, how will you feel when your pup jumps into traffic to chase squirrel number 100,001?

REAP THE BENEFITS

A four-legged running partner is a gift. Oscar is ready every time. Never has he said he's too busy, too tired, or sore. He has never balked because of inclement weather. On the contrary, he has responded with boundless excitement and energy every time I have so much as glanced, moved, or even leaned towards our front door. "Great!" his wagging tail seems to say. "We're going running!"

I am lucky, but I am also careful. "You have to watch your dog," says Dr. Clark. "And you need to respect your dog." And, for the most part, says Dr. Hament, running is good for dogs. It keeps them mobile, it strengthens the cardiovascular system and heart, and it gives them a sense of satisfaction.

Is he talking about the dogs themselves or the dog owners? "I'm talking about both," he says. ☐

Freelance writer Mark Aiken works in the Ski and Snowboard School at Stowe and has run the last five Vermont City Marathons. His time would be much slower if not for Oscar, his four-legged training partner.



All eyes are on Elizabeth. (Front to back) Flash, Schne, Munchkin, Eli, Ellie, and Dubs. The two Siberians, Trapper and Marl, belong to Stacy Crosby.

FOR LOVE, NOT MONEY: RACING SLED DOGS

STORY PHYL NEWBECK
PHOTOS BY KATE CARTER



The eight-dog team is lead by Jersey (left) and Flash, both five years old.



Hanging tight in a turn on corn snow.



A typical sled dog racer's set-up.



Munchkin gets into his harness while Eli stands ready.

Ellie was starting to whine. Some of the other dogs had already been placed in their harnesses, but Elizabeth Rankin hadn't gotten to the two-year-old Alaskan husky yet. When she did, Ellie practically jumped into the harness. There is no distinct order for harnessing the dogs, but there is definitely one for hooking them to the sled and Ellie, a veteran of Rankin's pack, was the first to be tethered to the line.

Rankin started running sled dogs in 2004, after an internship at UVM with Ingrid Bower. Bower invited her to see a litter of puppies being born. Afterwards, Rankin helped hook up 12 dogs to an ATV for a run on the dirt roads of Underhill. "It was gorgeous," Rankin said. "I couldn't get enough." Rankin spent the two subsequent summers training in Alaska, doing a second internship with Bower in between. She later adopted two of the dogs she trained in Alaska, and in 2006 she was able to adopt her own dogs in Vermont. For eighteen months, Rankin and her boyfriend lived in a deer camp in Westford, with no electricity or running water, since no rental property would allow them to stay with four dogs. The pair was finally able to buy a house in 2007 and now live in Starksboro, with eight dogs and one poor, beleaguered cat. Most of the dogs were adopted from homes where they didn't fit in.

For two years, Rankin competed in 15- and 20-mile dog sled races, but this year she is making the jump to 30-mile events. On the day we met, she was about to embark on a 20-mile training run at Little River State Park. A route she had previously mapped out had to be changed since the dogs seemed spooked by some of the snow-laden trees that dipped over the path. Although Rankin sometimes provides tours and helps out with other touring operations, her passion is racing, and touring is solely a means of getting a little bit of extra income.

Rankin tries to keep the dogs occupied year round with a big, fenced-in backyard obstacle course and long hikes. The dogs also enjoy chasing the ATV that Rankin uses for early season training. When we met in late January, the dogs had already logged 450 training miles. Rankin starts running the dogs in mid-October,

when the weather gets cool, beginning the process with 3- to 4-mile runs and working up to 12-mile rides with the ATV. When the snow falls in December, training begins in earnest. At first, a 12-mile run took one hour and 45 minutes. By late January, that time was down to one hour and 20 minutes. By the end of February, the team had dropped another five minutes off their pace.

On this January day, some of the dogs wore little green booties to protect their feet from the snow which had turned crunchy and granular. Others were protected by a waxy, petroleum jelly spread between their toes. Since booties cost \$1.50 a piece (Rankin has tried to make them herself, but was unsuccessful) and only last for two runs, the booting-up process can become quite expensive. Most dogs only wore boots on their rear paws since those are the driving paws, while the forepaws do the steering and stabilizing.

The dogs weigh an average of 50 pounds in the winter (more in the summer), and need to take in 4,000 to 5,000 calories per day, often burning more than that. Rankin estimates that she spends close to \$200 a month on food, which is supplemented by donated road kill; venison treats are very popular with the team. Another major expense is gasoline. Rankin believes she spends almost \$300 a month in gas to get to her training sites. In addition, she has gone through a number of vehicles. Initially she purchased small trucks, but found that the box that houses the dogs puts so much wear and tear on the vehicles that she was forced to purchase a larger vehicle. "You are working to support your habit," she said, "and your habit doesn't bring a lot of money in unless you do tours. You're doing it for the love of the dogs."

Ingrid Bower, a UVM librarian, has been running dogs for over thirty years. In the mid-'90s, she began hosting an internship for UVM students who received credit for working with the dogs at her Underhill home. Some years, up to five students partake of the internship, although Bower prefers to have no more than two or three. Many of her former interns, like Rankin, continue to train dogs.

This year Rankin signed up for four races and a fun

run. Unfortunately, the race at Burke Mountain at the end of February was cancelled due to lack of snow. But Rankin managed to turn in stellar performances at a few other New England Races. At the Wonalancet Fun Run in New Hampshire on January 23, she came in third out of 12, running five dogs in a four- to six-dog class. On February 6 she went to the 100-Mile Wilderness Race in Greenville, ME. She entered the 30-mile race and placed seventh out of 18 teams, running six dogs in the six- to eight-dog class. Her final race of the season was the Can-Am Crown on March 6 in Fort Kent, ME. After being second on the waiting list, she was finally accepted into the 30-mile race and placed twelfth out of 31 teams, running six dogs in the five- to six-dog class. Last year she was the winner in the Stratford Nighthawks Race in New Hampshire. Unfortunately, she did not have a chance to defend her title since this year's race was also cancelled.

Rankin has a full-time job as the animal control officer and village officer for the Town of Stowe. In the summer, the job allows her to keep in shape on bicycle patrol. Despite the hours, Rankin manages to find time to run her dogs at least three or four days a week. In the fall, she is able to take them out at night when the weather is cooler. Juggling full-time work and dog sledding is hard, but Rankin wouldn't have it any other way. She still remembers her first trip to Bower's Underhill home. "Being around that many dogs was kind of intoxicating," she said. "I knew I wanted to do this forever." ¶

Phyl Newbeck lives in Jericho with her partner, Bryan, and two cats. Since the cats have shown no interest in pulling a sled, she enjoyed the opportunity to visit with Elizabeth's dogs. Phyl is a skier, skater, cyclist, kayaker, and lover of virtually any sport that 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.



emo

Gear Up For Spring

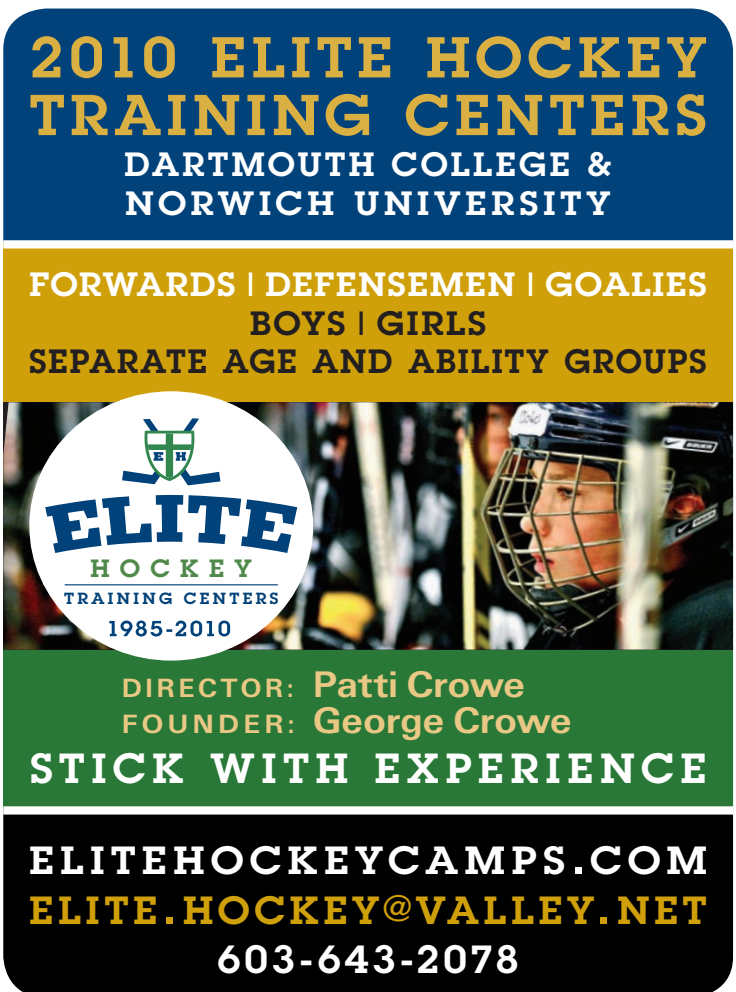
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DIRECTOR: Patti Crowe

FOUNDER: George Crowe

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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.

ALPINE SKIING

APRIL

- 3 Gravity Contol Big Air Event at Smugglers' Notch, Jeffersonville, VT, smuggs@smuggs.com

CANOEING / KAYAKING

APRIL

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

CYCLING

APRIL

- 3 First in Fitness Bike Time Trial, 8.7 miles (part of the First in Fitness Stage Race Triathlon), 10AM, Montpelier Rec. Center, Montpelier, VT, Donna Smyers, 802-229-4393, dosmyers@gmail.com
18 Gravel Grinder Spring Classic Dirt Road Ride, Waterbury, VT, Five Hills Bikes, 802-244-7330, mandy@bike29.com, www.fivehillbikes.com

MAY

- 8 1st Annual Adamant 20-Miler Dirt Road Bike Tour to benefit the Adamant Music School, Adamant, VT, Eric Ryee, 802-223-2733, eryea@aol.com
9 Lund Family Center's Mother's Day Ride, 10, 16, 30 and 55 miles, So. Burlington, VT, Lund Family Center, 802-864-7467 ext. 3000, bikeride@lundfamilycenter.org, www.lundfamilycenter.org
29-31 Killington Stage Race, Friday, 11-mile time trial, Saturday, 19-mile loop circuit race, Sunday, 62-mile road race, Killington, VT, Gary Kessler, info@killingtonstagerace.com, www.killingtonstagerace.com

JUNE

- 3-6 Local Motion & National Life Group's Vermontal Bike Tour, 3-day tour (wait list only) June 4-6, 110 miles, easy; 4-day tour, June 3-6, 220 moderate miles, Adele Dianno, adele@localmotion.org, www.localmotion.org/events/montrealtour/index.htm
5-6 Tour de Kingdom, two-day, fully supported, double century challenge, Derby, VT, Pete Kellaway, 802-334-0223, bike@orleansrecreation.org, www.tourdekingdom.org
12 Champ Ride 2010 for AIDS, 12-, 25-, 55-, 70- and 100-mile rides, Kingsland Bay State Park, Ferrisburgh, VT, Roy, 800-649-2437, roy@vtcares.org, www.vtcares.org
20 KidSafe Island Ride, 60K, 30K, 10K, Grand Isle, VT, Sally Borden, 802-863-9626, kidsafe@kidsafevt.org, www.kidsafevt.org/islandride
27 Central Vermont Cycling Tour (formerly the Eco Bike Tour), 15, 30, 60 miles, Morse Farm, Montpelier, VT, Eric Scharnberg, 802-498-0079, eric@crossvermont.org, www.centralvtcyclingtour.org/

ONGOING

Tuesdays (May 4, 18; June 8, 22; July 13, 27; August 10), GMBC Practice Criterium Series, Essex Junction, VT, 6:10PM for C race; 6:30 for B race; 7:00 for A race; Claude Raineault, amaclimber20@aol.com, www.gmbc.com

MISCELLANEOUS

APRIL

- 10 2nd Annual Otter Creek Classic Fly Fishing Tournament, Middlebury, VT, Jesse Haller, 802-388-7245, info@mmvt.com, <http://mmvt.com/node/74>
29 GMC Workshop—Backcountry Cooking: The Portable Gourmet, GMC Headquarters, Waterbury Center, VT, 802-244-7037, www.greenmountainclub.org

MAY

- 15 GMC Workshop: Corridor Monitoring and Boundary Maintenance, Barnard, VT, Green Mountain Club, www.greenmountainclub.org
27 GMC End-to-Ender's Workshop, Green Mountain Club Headquarters, Waterbury Center, VT, 802-244-6037, www.greenmountainclub.org

JUNE

- 29 GMC Taylor Series Event: A Journey to Newfoundland's Western Peninsula and the Labrador Straits, GMC Headquarters, Waterbury Center, VT, www.greenmountainclub.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
Sundays, 10AM-2PM, The Shelburne Athletic Fencing Club, Instruction and Open Fencing, Shelburne Athletic Club, 802-985-2229 or Dale Rogers, 802-878-2902
Weekends, Nature Photography Workshops with Carl Heilman, Brant Lake, NY, Digital and Photoshop Weekend Workshops and more, 518-494-3072, www.carlheilman.com

MOUNTAIN BIKING

APRIL

- 18 Gravel Grinder Spring Classic Dirt Road Ride, Waterbury, VT, Five Hills Bikes, 802-244-7330, mandy@bike29.com, www.fivehillbikes.com

MAY

- 8 1st Annual Adamant 20-Miler Dirt Road Bike Tour to benefit the Adamant Music School, Adamant, VT, Eric Ryee, 802-223-2733, eryea@aol.com

Stowe Triathlon

500M SWIM ~ 13.7 MILE BIKE ~ 5K RUN

SUNDAY, JUNE 6TH 8:30 A.M.

Two ways to train for it....

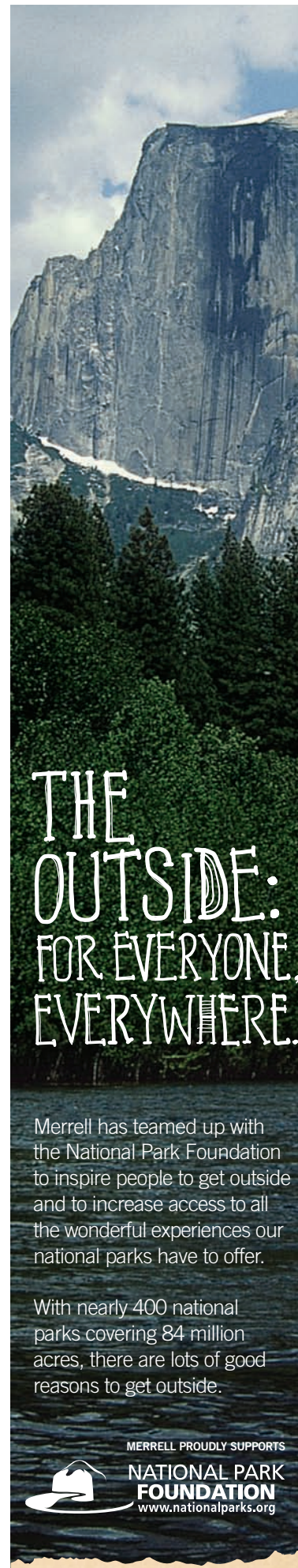
8 Week Performance Improvement Guided Workouts: Tuesdays, 3/30 - 5/25 5:00 - 5:45 pm

6 Workshops on Skill & Technique: Wednesdays 4/7 - 5/26 5:00 - 5:45 pm, workshops to include Video Clinic, Flip Turn Clinic, Breathing & Body Position Clinic, Efficiency Drills & more...

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CALENDAR OF EVENTS

- 29 Coyote Hill Classic-Short Track, Coyote Hill Mountain Bike Camp, West Fairlee, VT, Tom Masterson, coyotehill@valley.net, www.coyotehillcamp.com
- 30 Coyote Hill Classic Mountain Bike Race, Coyote Hill Mountain Bike Camp, West Fairlee, VT, Tom Masterson, coyotehill@valley.net, www.coyotehillcamp.com

ONGOING

Weekends and weeklong Coyote Hill Mountain Bike Camps (May 14 through October 15), for juniors and adults, West Fairlee, VT, Tom Masterson, coyotehill@valley.net, www.coyotehillcamp.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

APRIL

- 3 First in Fitness 5K (part of the First in Fitness Stage Race Triathlon), 9AM, Montpelier Rec. Center, Montpelier, VT, Donna Smyers, 802-229-4393, dosmyers@gmail.com
- 10 Run Vermont Half Marathon Unplugged, 9AM, Airport Park, Colchester, to Flynn Ave., Burlington, VT, youth@runvermont.org, www.runvermont.org
- 17 5K Fun Run & Walk to Benefit Vermont HOBY, Colchester, VT, Tom, events@hobyvt.org, www.hobyvt.org
- 24 GMAA Rollin Irish Half Marathon, Essex, VT, Randi Brevik, 802-598-5264, rollinirish@gmaa.net, www.gmaa.net
- 24 Vermont Sports Medicine Center 5K Run/Walk for Kids on the Move, 10AM, VSMC, Rutland, VT, Susan MacLennan, 802-775-1300
- 24 Intelligent Movement for Runners, Burlington, VT, Uwe Mester, info@vermontfeldenkrais.com
- 25 14th Annual CVR Mutt Strutt, 3 miles, for people and dogs on leashes, Little River State Park, Waterbury, VT, Donna Smyers, 802-229-4393, dosmyers@gmail.com
- 25 Middlebury Maple Run—The Sweetest Half (half marathon and 2-person team relay), Middlebury, VT, Sue Hoxie, 802-388-7951 ext 2, sue@addisoncounty.com
- 28 GMAA Sap Run 10K, Westford Elementary School, Westford, VT, Steve Eustis, 802-878-4385, saprun@gmaa.net, www.gmaa.net

MAY

- 1 GMAA Partners Race, Jericho Center Green, Jericho, VT, Nathan Fields, 802-316-2240, partners@gmaa.net, www.gmaa.net
- 2 20th Annual Champlain Classic 15K/5K Road Race, 9:30AM, Kid's 1K Fun Run at 9AM, Shelburne, VT, Betsy Cieplicki, 802-985-9551, briandeb@peoplepc.com, www.champlainclassic.com
- 8 1st Annual Adamant 20-Mile to benefit the Adamant Music School, Adamant, VT, Eric Ryea, 802-223-2733, eryea@aol.com
- 8 Road to the Pogue 10K Trail Run, Woodstock, VT, Charlie Kimbell, charlie@kimbellenterprises.com, www.roadtothepogue.com

GMAA Upcoming Races

Rollin Irish Half Marathon, Essex
Rural, scenic dirt roads
with rolling hills
Saturday, April 24 at 9 a.m.

Partner's 5 Mile Race, Jericho
Rural, half dirt, and hilly
Come with a partner or
find one at the race
Saturday May 1 at 9 a.m.

Visit www.gmaa.net for more
information or to register

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- 8 RaceVermont.com Half Marathon (Spring), Shelburne, VT, Rayne Herzog, rayne@racevermont.com, www.racevermont.com
- 9 Mother's Day 5/10K Run/Walk & BBQ, 10AM, Kids Run Fun at 9:30AM, Burke Mountain Base Lodge, East Burke, VT, Claudia Mosher, 802-748-1992 ext. 315, claudia@umbrellaneck.org, www.umbrellaneck.org/mothersdayrun.htm
- 12 Team in Training Information Meeting, Burlington, VT, Gail Deuso, gail.deuso@lls.org
- 15 Spring into Health 5K Race & Walk, 8:30AM, Leland & Gray High School, Townshend, VT, Michael Amarello, michael@3raceproductions.com
- 15 Third Annual Allen Avery Memorial Raptor Run, Fairlee, VT, Tracy Martel, 603-429-8879, tmartel@rivendellschool.org, www.3raceproductions.com
- 15 Team In Training Information Meeting, Ludlow, VT, Gail Deuso, gail.deuso@lls.org
- 20 Team In Training Information Meeting, Essex Junction, VT, Gail Deuso, gail.deuso@lls.org
- 22 Dandelion Run Half Marathon & Relay, Derby Beach House, Lake Salem, Derby, VT, Pete Kellaway, 802-334-8511, run@orleansrecreation.org, www.dandelionrun.org
- 29 Fit & Fun 5K Run & Walk, 10AM, Newfane Elementary School, Newfane, VT, Michael Amarello, michael@3raceproductions.com
- 30 KeyBank Vermont City Marathon and Marathon Relay, 8AM, Burlington, VT, www.vermontcitymarathon.org

JUNE

- 6 Covered Bridges Half Marathon, 10:15AM, Woodstock to Quechee, VT, www.cbhm.com
- 19-20 Green Mountain Relay, 200-mile team relay, Jeffersonville, VT, Paul Vanderheiden, paul@timberlineevents.com, www.timberlineevents.com
- 19 Equinox Trail Race, Charlotte, VT, Martha Keenan, 802-425-2384, equinox@gmaa.net, www.gmaa.net
- 20 7th Annual Skip Matthews Memorial Run 4-Miler, Colburn Park, Lebanon, NH, Fran Oscadal, 603-448-2421, foscadal@gmail.com, www.skipsrun.org
- 26 There's A Black Fly in My Eye 10-Mile Trail Run & Relay, Gorham, NH, Kelly Evans, 603-466-2333, kelly@greatglentrails.com, www.greatglentrails.com
- 26 Run for Empowerment 5K/10K and Kids' 1K Fun Run, 9AM, ECHO on the Waterfront, Burlington, VT, Jennie Davis, 802-658-3131 ext. 1062, www.whbw.org

ONGOING

Tuesdays, 5PM, On Track Striders Track Workouts/Group Runs, Union Station, Burlington, VT, Kim Loeffler, 802-865-2226

Tuesdays and Thursdays, 5-6PM, Running Unlimited, for runners preparing to race any distance, First in Fitness, Berlin, VT, Linda Freeman, 802-233-6161, lfreeman@firstinfitness.com, www.firstinfitness.com

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

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

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

Thursdays, Great Glen Spring Trail Running Series (May 13 through July 1), self-timed, start anytime between 3:30PM and 7PM, Great Glen Trails, Gorham, NH, Mary Power, 603-466-2333, mary@greatglentrails.com, www.greatglentrails.com

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, sbkvr.org

SNOWBOARDING

APRIL

- 3 K-Town Showdown Series- Event #4, Killington, VT, Tess Hobbs, thobbs@killington.com
- 3 Gravity Control Big Air Event at Smugglers' Notch, Jeffersonville, VT, smuggs@smuggs.com

SWIMMING

APRIL

- 3 First in Fitness 500-yard Swim (part of the First in Fitness Stage Race Triathlon), 12 noon, First in Fitness, Berlin, VT, Donna Smyers, 802-229-4393, dosmyers@gmail.com

Ongoing

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

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

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

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

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

Tues. & Thurs., Edge Swim Club practice, Age Group Teams, 6-7:30PM, Sports & Fitness Edge of Williston, VT, Melinda Antonucci, 802-860-3343 ext. 21

Tues. & Thurs., 8:30-9:30AM, Masters Swimming at The Swimming Hole, coached from the deck, Stowe, VT, Charlotte Brynn, 802-253-9669, cbrynn@theswimmingholestowe.com

Thursdays, 6PM, First in Fitness Masters Swim Practices, Berlin, VT, John Spinney, 802-223-6161, spinney21@hotmail.com

TRIATHLON

APRIL

- 3 First in Fitness Stage Race Triathlon (run 5K, bike 8.7 miles, swim 500 yards), Montpelier Rec. Center, Montpelier, VT, Donna Smyers, 802-229-4393, dosmyers@gmail.com
- 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.friendssoftuckerman.org

MAY

- 30 Saratoga Lions Duathlon (5K run, 20-mile bike, 5K run), 8AM, Skidmore College, Saratoga Springs, NY, Dan Kumlender, 518-899-5544, dan@rkpcpa.com, www.saratogalions.com/duathlon/index.html

JUNE

- 6 Stowe Sprint Triathlon, 500-meter swim, 13.7-mile bike, 5K run, 8:30AM, The Swimming Hole, Stowe, VT, Diana, diana@theswimmingholestowe.com, www.theswimmingholestowe.com
- 10 Elmore Practice Triathlon Series #1, ¼-mile swim, 9.7-mile bike, 2.5-mile run, 6:30PM, Elmore State Park, Lake Elmore, VT, Donna Smyers, 802-229-4393, dosmyers@gmail.com, <http://gmmtri.blogspot.com/>
- 12 Dynamic Duathlon, 15-mile bike, 5-mile run, CVU High School, Hinesburg, VT, Robert O'Neil, 802-825-1535, robertoneil@heartvtproductions.org, www.dynamicduathlon.org
- 20 RaceVermont.com Tin Man, 1.2-mile swim, 56-mile bike, 13.1-mile run, Shelburne Bay, Shelburne, VT, Rayne Herzog, 802-985-4410, www.racevermont.com
- 24 Elmore Practice Triathlon Series #2, ¼-mile swim, 9.7-mile bike, 2.5-mile run, 6:30PM, Elmore State Park, Lake Elmore, VT, Donna Smyers, 802-229-4393, dosmyers@gmail.com, <http://gmmtri.blogspot.com/>
- 26 Run For Empowerment, Burlington, VT, Jennie Davis, jennied@whbw.org
- 26 North Country Triathlon, Sprint Distance: 750-meter swim, 20K bike, 5K Run; Olympic Distance: 1.5K swim, 40K bike, 10K run, Hague, NY, www.northcountrytri.com
- 27 Vermont Sun Triathlon, 600-yard swim, 14-mile bike, 3.1-mile run, Lake Dunmore, Salisbury, VT, Jerrod Rushton, 802-462-2999, jerrod@rushtonsports.com, www.rushtonsports.com

JULY

- 8 Elmore Practice Triathlon Series #3, ¼-mile swim, 9.7-mile bike, 2.5-mile run, 6:30PM, Elmore State Park, Lake Elmore, VT, Donna Smyers, 802-229-4393, dosmyers@gmail.com, <http://gmmtri.blogspot.com/>
- 22 Elmore Practice Triathlon Series #4, ¼-mile swim, 9.7-mile bike, 2.5-mile run, 6:30PM, Elmore State Park, Lake Elmore, VT, Donna Smyers, 802-229-4393, dosmyers@gmail.com, <http://gmmtri.blogspot.com/>

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RACE RESULTS

2010 STOWE DERBY February 28, 2010 Top of Mount Mansfield- Town of Stowe, Vermont Results by Precision Sports Timing, www.racetiming.com.

FREESTYLE RACE

Women 14-15		
1 Jenna Hill	Jackson NH	1:02:12
2 Grace Butler	Waterbury Ctr VT	1:16:19
3 Sarah Hoyne	No Fayston VT	1:16:37
4 Emma Hamilton	Hinesburg VT	1:34:37
5 Kathryn Maitland	Hinesburg VT	1:35:07
6 Ellie Stone	Hinesburg VT	1:35:08

Women 16-19		
1 Megan Killgrew	Putney VT	51:46
2 Kaithlynn Miller	Elmore VT	54:38
3 Kaitlin Fitzgerald	Fayston VT	59:03
4 Kaitlin Fink	Bedford NH	1:00:57
5 Bronwen Raff	Hailey ID	1:02:56
6 Paige Elliott	Durango CO	1:03:58
7 Holly Bushman	Berlin VT	1:04:54
8 Danika Frisbie	Williston VT	1:05:03
9 Steph Lynn	Concord NH	1:07:29
10 Claire Laukities	Burlington VT	1:08:13
11 Allison Baier	Bow NH	1:08:50
12 Julia Romano	Bow NH	1:10:51
13 Adele Priestley	Stowe VT	1:11:07
14 Madeline Leopold	Waitsfield VT	1:12:45
15 Marissa Lynn	Bow NH	1:14:25
16 Jessie Pearl	Concord MA	1:15:45
17 Sarah Large	Bow NH	1:16:10
18 Mary Foley	Acton MA	1:18:35
19 Isabel Unger	Hinesburg VT	1:20:51
20 Orli Gottlieb	Bow NH	1:22:37
21 Holly Rippin-Butler	Schuylerville NY	1:28:00
22 Leanna Cornelius	Acton MA	1:47:33
23 Z P-Cunningham	Newtownville MA	1:54:44
24 Ellie Duke	Concord NH	2:05:43
25 Gwen Schoch	Dartmouth MA	2:05:43
26 Meredith Bird	Andover MA	2:13:11
27 Ellen Richardson	Thetford Ctr VT	2:13:11

Women 20-29		
1 Robyn Anderson	Stowe VT	50:06
2 Kate Crawford	Essex Jct VT	50:22
3 Ilke Van Genechten	So Burlington VT	53:29
4 Sabra Davison	Jericho VT	53:59
5 Lauren Jacobs	Craftsbury Com VT	57:00
6 Ruth McGovern	Stowe VT	57:46
7 Alice Bradley	Hanover NH	58:01
8 Metzi Anderson	Stowe VT	58:27
9 Marjorie Cook	Dublin NH	58:58
10 Katie Dolbec	Portland ME	1:01:12
11 Rose Long	Burlington VT	1:01:23
12 Elle Anderson	Stowe VT	1:02:50
13 Ashley Morton	Stowe VT	1:03:04
14 Sarah Keener	Westford VT	1:04:17
15 Meghan Smith	Stowe VT	1:04:55
16 Molly Lauridsen	Stowe VT	1:06:02
17 Tessa Wallace	Toronto ON	1:07:48
18 Clover Whittham	Burlington VT	1:09:44
19 Claire Whelan	Burlington VT	1:10:27
20 Melinda Frazier	Lake Placid NY	1:12:29
21 Alexandra MacLean	Peascham VT	1:13:50
22 Carla Plank	Stowe VT	1:17:12
23 Bryna McCarty	St Johnsburg VT	1:24:42
24 Natalie McKechnie	Stowe VT	1:26:10
25 Adele Plunkett	New Haven CT	1:27:59
26 Allison Robinson	Stowe VT	1:31:49

Women 30-39		
1 Danielle Ruane	Webster NH	58:59
2 Amy Dickson	Somerville MA	1:02:19
3 Jen Kravitz	Whiting VT	1:06:02
4 Margaret Higgins	Stowe VT	1:06:57
5 Sarah Holton	Boston MA	1:09:16
6 Kristina Frame	Stowe VT	1:10:23
7 Anne Lightbody	Portsmouth NH	1:11:40
8 Hannah Sequist	Stowe VT	1:14:43
9 Allison Stepp	Holderness NH	1:14:46
10 Jessica Tuttle	Burlington VT	1:23:32
11 Meredith Scott	Morrisville VT	1:26:09
12 Sarah Osteen	Somerville MA	1:32:13
13 Marya Carmoli	So Burlington VT	1:34:13
14 Heather Staples	Henniker NH	1:39:41
15 Kim Leslie	Stowe VT	1:50:50
16 Shannon McCarthy	Charlestown MA	2:00:15
17 Wendy Brothers	Troy VT	2:00:42
18 Cara Marquis	Brighton MA	2:05:09

Women 40-49		
1 Sarah Pribam	Shelburne VT	57:41
2 Linda Ramsdell	Craftsbury Com VT	1:03:30
3 Kristi Lovell	Stowe VT	1:05:09
4 Penny Stearns	Hinesburg VT	1:13:17
5 Beth Lane	Westford VT	1:13:43
6 Karen Clark	Jericho VT	1:14:18
7 Sara Teachout	Stowe VT	1:18:11
8 Monique Karthaus	Stowe VT	1:24:05
9 Theresa Jacobs	Framingham MA	1:27:38
10 Mary Andrus	Stowe VT	1:32:54
11 Katrina Ouellette	Stowe VT	2:15:43
Women 50-59		
1 Joann Hanowski	Underhill Ctr VT	55:13
2 Carrie Nourjan	Stowe VT	59:24
3 Patricia Discoll	Stowe VT	59:32
4 Carol Van Dyke	Stowe VT	1:02:37
5 Cindy Sprague	Stowe VT	1:04:43
6 Jean Kissner	Williston VT	1:08:47
7 Leslie Gauff	Stowe VT	1:09:00
8 Jan Reynolds	Stowe VT	1:17:25
9 Sandra Stempel	So. Burlington VT	1:20:46
10 Nancy Rappaport	Cambridge MA	1:24:09

11 Cindy McKechnie	Stowe VT	1:32:45
Women 60 and Over		
1 Rose Buckingham	Norwich CT	1:31:53
Men 13 and Under		
1 Samuel Carpenter	Burlington VT	1:05:59
2 Max Brisben	Stowe VT	1:30:15
Men 14-15		
1 Christian Lehner	Boston MA	1:07:05
2 D Hoyne Grosvenor	Cabot VT	1:13:48
3 Nick Naimie	Bow NH	1:22:42
Men 16-19		
1 Yannick Lapierre	E Burke VT	45:36
2 Jordan Buetow	E Burke VT	45:43
3 Mitch Prevot	E Burke VT	46:59
4 Scott Lacy	Hanover NH	48:08
5 Alex Schulz	Johnson VT	48:26
6 Patrick Joslin	Williamstown MA	49:21
7 W Dunlap-Shohl	Anchorage AK	49:22
8 Connor Hunt	Morrisville VT	49:55
9 Austin Hart	Meredith NH	50:55
10 Evan Martell	Georgia VT	51:35
11 Alex Baier	Bow NH	52:01
12 Russell Primeau	Hanover NH	52:45
13 Lowell Reeve	Manchester MA	52:55
14 Eli Lichtenstein	Marlborough NH	52:56
15 Ben Ogden	Lanesborough MA	53:25
16 Dylan Lucas	Bow NH	54:25
17 Dennis Page	Bennington NH	55:24
18 Ben Helm	Concord NH	56:56
19 David Bernstein	Huntington VT	57:04
20 Mike Habermann	Concord NH	57:49
21 Andrew Dougherty	Roseville MN	58:49
22 Ike Tucker	Colchester VT	58:57
23 Russell Symmes	Concord NH	59:54
24 Megis Stoddard	Newtown MA	1:00:19
25 Jonah Belk	Concord NH	1:00:21
26 Pieter Fossel	Concord NH	1:00:24
27 Noah Carnahan	Montpelier VT	1:00:39
28 Chris Keller	Montpelier VT	1:00:58
29 Cody Whelan	Deerfield NH	1:02:09
30 Timothy Coogan	New London NH	1:02:29

Men 20-29		
1 Ryan Kerrigan	Moretown VT	45:27
2 Tyler Magnan	St Albans VT	46:46
3 Peter Hult	Harvard MA	46:49
4 Angus McCusker	Morrisville VT	48:29
5 Matthew Johnson	Anchorage AK	49:00
6 Tristan Leggett	Huntington VT	49:24
7 Andy Hardy	Medford MA	49:27
8 Ben Hickory	Morrisville VT	50:11
9 Eric Seyse	Scotia NY	50:18
10 Jan Rossiter	Montreal QC	52:31
11 Malcolm Purinton	Winooski VT	54:04
12 John Hall	Bow NH	54:31
13 Jamie Hunt	Cambridge MA	54:41
14 Jim Hall	Bow NH	55:08
15 Ian Odell	So Burlington VT	55:24
16 Alexander Danco	Montreal QC	55:50
17 Matt Young	Lake Placid NY	57:04
18 Brennan De Neeve	Montreal QC	57:26
19 Jon Black	Burlington VT	59:19
20 William Dailey	Jericho VT	59:44
21 Ben Cichanowski	Burlington VT	59:57
22 Andreas Schuler	Montreal QC	1:02:18
23 Kevin Baier	Bow NH	1:03:11
24 Dan Goossen	Burlington VT	1:04:17
25 Martin Saidla	Ottawa ON	1:05:25
26 Keese Lane	Westford VT	1:06:15
27 Russell Wells	Lincoln MA	1:08:32
28 Greg Soll	Hinesburg VT	1:11:03
29 Colin Skofield	Brighton MA	1:11:51
30 John Bleh	Arlington VT	1:12:26

Men 30-39		
1 Eli Enman	Huntington VT	43:10
2 Jesse Downs	Jericho Ctr VT	44:04
3 Justin Beckwith	Waitsfield VT	45:11
4 Reid Greenberg	Warren VT	45:12
5 Eric Tremble	Jericho VT	45:12
6 Dave Murphy	Jackson NH	47:21
7 Eric Eley	Stowe VT	47:43
8 Eric Darling	Shelburne VT	47:44
9 Brian Lavoie	Concord NH	49:20
10 Bill Frazer	Lake Placid NY	50:40
11 Mike White	Dorset VT	52:00
12 Sam Von Trapp	Stowe VT	52:08
13 Andrew Tripp	Montpelier VT	53:12
14 Tim White	Hopkinton NH	53:12
15 Robert Westover	Walpole NH	54:18
16 Mark Isselhardt	Hyde Park VT	54:34
17 Michael Hakim	So Burlington VT	54:59
18 Paul Lasher	Hinesburg VT	56:28
19 Ezra Spring	So Burlington VT	57:06
20 Sean Hoskins	Ann Arbor MI	57:18
21 Jonathan Martin	Avon CT	57:21
22 George Lapierre	Hinesburg VT	57:25
23 Dana Jourdan	Johnson VT	59:33
24 Jeff Kauffman	Stowe VT	59:37
25 Ryan Jennings	Shelburne VT	59:59
26 Ian Carleton	Huntington VT	1:00:09
27 Brian Irwin	Morrisville VT	1:00:31
28 Oliver Sweatman	Stowe VT	1:01:06
29 Ryan Twomey	Plymouth NH	1:02:29
30 Jon Conti	Waterbury VT	1:02:41

Men 40-49		
1 Marc Gilbertson	Hyde Park VT	43:57
2 Tom Thurston	Waterbury VT	45:51
3 Eric Phaneuf	Stowe VT	47:22
4 Ben Leveille	Shefford QC	49:40
5 Dan Greenleaf	Waterbury Ctr VT	50:08
6 Joe Holland	Concord NH	50:12
7 Edward Johnson	Boston MA	52:08
8 Karl Goetze	Richmond VT	52:15
9 Tom Lane	Westford VT	55:27
10 Ric Schaaf	Williston VT	56:41
11 Jon Colburn	Weare NH	56:49
12 Guy Vincent	St-Jerome QC	56:56
13 Brendan O'Reilly	Stowe VT	57:29
14 Shapleigh Smith	Morrisville VT	58:49
15 Chris Bailey	Barre VT	59:01
16 Patrick Ruane	Webster NH	59:35
17 Emanuel Betz	Richmond VT	59:56
18 Evan Lovell	Stowe VT	1:00:15
19 Christopher Naimie	Bow NH	1:00:26
20 Alan Cote	Williston VT	1:00:37
21 David Connery	Shelburne VT	1:02:04

22 Greg Hammond	Johnson VT	1:03:04
23 Matthew Conway	Mendon VT	1:05:15
24 Troy Howell	Craftsbury Com VT	1:05:21
25 Seb Sweatman	Stowe VT	1:07:03
26 Tom Puleio	Morrisville VT	1:08:22
27 Tom Sequist	Stowe VT	1:08:49
28 John Witmer	Williston VT	1:09:10
29 Kort Longenbach	Williston VT	1:10:38
30 Biddle Duke	Stowe VT	1:11:19
Men 50-59		
1 Keith Woodward	Stowe VT	47:19
2 Scott Dorwart	Stowe VT	50:32
3 Jim Fredericks	Underhill Ctr VT	51:31
4 Peter Harris	Derby Line VT	52:45
5 Dhyani Nirmegh	Huntington VT	52:54
6 Kinloch Earle	Concord MA	55:53
7 Bill Holland	Montpelier VT	55:56
8 Steven Konkol	Waterbury Ctr VT	58:41
9 Jim Barton	Morrisville VT	59:58
10 John Madigan	Craftsbury Com VT	1:00:20
11 Peter Moriarty	Huntington NY	1:00:37
12 Kenneth A. Hauser	Deering NH	1:01:28
13 Gregg Goodson	Stowe VT	1:07:14
14 Fred Symmes	Concord NH	1:07:22
15 David McDermott	Fryeburg ME	1:07:46
16 Thomas Murphy	Waterbury Ctr VT	1:10:35
17 Michael Lehner	Boston MA	1:11:37
18 Colin Flavin	Cambridge MA	1:12:44
19 Steve Messier	Jeffersonville VT	1:13:12
20 Paul Unger	Hinesburg VT	1:13:44
21 Kevin Lane	Morrisville VT	1:14:47
22 David Polow	Morrisville VT	1:16:46
23 Peter Dreissigacker	Stowe VT	1:17:25
24 James Meigs	Newton MA	1:21:04
25 Daniel Baumert	Levant ME	1:21:26
26 Alan Lesage	So Burlington VT	1:27:11
27 Scott Butler	Hingham MA	1:31:16
28 Fred Rossman	Morrisville VT	1:56:48
29 Michael Parker	Hingham MA	2:26:10
30 John Ross	Newton MA	2:26:11

Men 60 and Over		
1 Peter Bonneau	Keene NH	1:04:02
2 Greg Gerdell	Montpelier VT	1:05:07
3 David Boucher	Essex Jct VT	1:05:31
4 James Sie	Keene NH	1:09:41
5 Tom Stepp	Holderness NH	1:14:15
6 James Gould	Saratoga Spgs NY	1:27:56
7 Alan Thordike	Stowe VT	1:32:16
8 Andrew Harvey	Waltham MA	1:38:01

CLASSICAL RACE

Women 16-19		
1 Kaithlynn Miller	Elmore VT	1:05:02

Women 20-29		
1 Robyn Anderson	Stowe VT	1:03:28
2 Ruth McGovern	Stowe VT	1:06:31
3 Lauren Jacobs	Craftsbury Com VT	1:07:52
4 Metzi Anderson	Stowe VT	1:17:17
5 Margi Dashevsky	Hanover NH	1:44:05
6 Kelly Bogart	Aspen CO	1:48:06
7 S A Donegan	Hinesburg VT	1:58:49
8 Stephanie Abrell	Morrisville VT	1:59:18
9 Jennifer Bitter	Boston MA	1:59:18
10 Kerry Sedutto	Stowe VT	2:00:54
11 Libby McDonald	Burlington VT	2:03:53
12 Ann Carpenter	Stowe VT	2:05:47
13 Brooke Kasman	Stowe VT	2:06:05

Women 30-39		
1 Kristina Frame	Stowe VT	1:22:53
2 Ashley Sargent	Stowe VT	1:26:11
3 Andrea Sweet	Waterbury Ctr VT	1:27:48
4 Elisa Sepulveda	Stowe VT	1:28:49
5 Sarah MacDonald	Stowe VT	1:30:06
6 Rachel Laundon	Waterbury Ctr VT	1:30:35
7 Amanda Kuhnert	Stowe VT	1:40:14
8 S McDougall	Montreal QC	1:40:46
9 Melissa Jordan	Waterbury Ctr VT	1:41:12
10 Emily Doyle	Stowe VT	1:46:34
11 Katherine Wisse	Stowe VT	1:48:47
12 Thea Moruzzi	Keene NY	1:49:56
13 Bethany Hanna	Richmond VT	1:52:58
14 Andrea Barberi	Stowe VT	2:05:38
15 Kathleen Doebla	Stowe VT	2:08:17
16 Alison Selle	Burlington VT	2:09:18
17 Amanda Wisell	Waterbury Ctr VT	2:10:07
18 Leigh Williams	Stowe VT	2:11:46
19 Suzanne Owen	Montreal QC	2:13:54
20 Kathryn Tilton	Stowe VT	2:15:07

Women 40-49		
1	Betsy Richert	Keene NY 1:18:09
2	Linda Ramsdell	Craftsbury Com VT 1:18:32
3	Charlotte Brynn	Stowe VT 1:27:34
4	Laury Saligman	Montpelier VT 1:27:56
5	Tira Khan	Newton MA 1:28:36
6	Pascale Savard	Stowe VT 1:33:35
7	Debora Wickart	Morrisville VT 1:34:09
8	Dana Wing	Morrisville VT 1:37:47
9	Alison Beckwith	Stowe VT 1:40:54
10	Lisa Gosselin	Stowe VT 1:44:10
11	Dot Hayden	Stowe VT 1:46:55
12	Peg Pike	Waban MA 1:50:52
13	Sue Hall	Charlotte VT 1:51:39
14	Karen Crist	Stowe VT 1:56:17
15	Marcy Falcone	Stowe VT 1:57:47
16	Maryke Gillis	Middlesex VT 2:01:30
17	Rachel Butler	Hingham MA 2:05:04
18	L Attenborough	Manchester MA 2:05:07
	Leslie Morrill	Morrisville VT 2:05:07
	Connie Gibbs	Stowe VT 2:08:13
	Joan Fox	Stowe VT 2:11:03
	Cheryl Demincio	Stowe VT 2:17:13

RACE RESULTS

2010 STOWE DERBY CONTINUED

Men 60 and Over

1	George Hall	Craftsbury Com VT	1:19:16
2	Rick Klein	Ripton VT	1:31:28
3	Malcolm Moore	Marlboro VT	1:37:42
4	Arthur Felgar	Stowe VT	1:47:51
5	Gar Anderson	Stowe VT	1:51:05
6	David Kemp	Bolton Valley VT	1:52:38
7	Chris Lovell	Marlboro VT	1:54:56
8	John Schantz	Stowe VT	1:58:14
9	Hobart Selle	St Johnsbury VT	2:09:31

SHORT COURSE

Girls 7 and under

1	Camille Sweet	Stowe VT	45:58
2	Alexandra Priganc	Richmond VT	48:53
3	Sophie Sargent	Stowe VT	56:15
4	Charlotte Luster	Brookline MA	58:51
5	Celia Daigle	Greenwich CT	1:02:59
6	Siri Beck	Burlington VT	1:09:09
7	Haley Spencer	Stowe VT	1:13:30
8	Poppy Sargent	Stowe VT	1:32:59

Girls 8-9

1	Lilianna Ziedins	Waterbury Ctr VT	26:25
2	Rosalie Wasser	Stowe VT	33:01
3	Emily Spencer	Stowe VT	49:50
4	Emily Arnett	Northwell MA	1:10:04
5	Kate Kauffman	Stowe VT	1:10:09

Girls 10-11

1	Phoebe Sweet	Waterbury Ctr VT	22:55
2	Madeline Strasser	Waterbury Ctr VT	30:07
3	Rory Hauser	Stowe VT	33:42
4	Courtney Degen	Fayston VT	38:35
5	Jordan Kulis	Waterbury VT	42:27
6	A Winston-Khan	Newton MA	49:34
7	Eliza McNulty	Cambridge MA	58:59
8	Caroline Drinkwater	MA	59:06
9	Camille Daigle	Greenwich CT	1:01:55

Girls 12-13

1	Alexandra Leach	Stowe VT	30:58
2	Alissa Stone	Hinesburg VT	31:46
3	Shelby Biasini	Morrisville VT	37:40
4	Gabriela Silva	Stowe VT	41:39

Women 14 and Over

1	K Innamorati	Carlisle MA	18:41
2	J Ytucker	Colchester VT	22:09
3	Tiphaine Kugener	Newtonville MA	22:15
4	Meryl Cherner	Acton MA	22:17
5	Katherine Foley	Acton MA	22:18
6	Kerstin Sonnerup	Hinesburg VT	22:24
7	Alison Grover	Acton MA	22:45
8	Liza Dawley	Acton MA	23:17
9	Patricia Garrison	Boxborough MA	24:45
10	Virginia Anderson	Berlin VT	27:38

11	Janet Savage	Stowe VT	30:58
12	Debra Stone	Hinesburg VT	33:43
13	Barbara Gomeroff	Stowe VT	35:30
14	Carina Wallack	Newton MA	36:20
15	R Gessel-Larson	Newton MA	36:26
16	Danielle Handler	Newton MA	37:26
17	Patti McKenna	Stowe VT	40:05
18	Kate Carpenter	Stowe VT	40:05
19	Sydney Copp	Stowe VT	40:47
20	Toni Dell'Oso	Stowe VT	41:36
21	Octavia Ullmann	Newton MA	44:36
22	Eve Lewis-Mcneil	Newton MA	44:43
23	Juliana Farina	W Newton MA	44:46
24	Marilyn Mayhall	Stowe VT	44:52
25	Victoria Priganc	Richmond VT	48:52
26	Maria Romero	Newton MA	50:34
27	Sissy Stearns	Stowe VT	51:46
28	Ellen Thorndike	Stowe VT	51:47
29	Peggy Smith	Stowe VT	51:47
30	Kevin Beck	Burlington VT	56:30

Boys 7 and under

1	Jack Seiwright	Morrisville VT	28:11
2	Finn Sweet	Waterbury Ctr CT	28:17
3	Gavin Thomsen	Waterbury Ctr VT	48:42
4	Chuck Volansky	Stowe VT	58:36
5	Aidan Kratt	Morrisville VT	1:00:04
6	Nick Calcagni	Waterbury Ctr VT	1:00:08
7	Alex Chudzik	Waterbury Ctr VT	1:04:44
8	Park Crist	Stowe VT	1:08:22
9	Charlie Alekson	Stowe VT	1:09:09
10	Thurke Chapman	E Burke VT	1:22:30
11	Mark Bowen	Hyde Park VT	1:24:20
12	Morgan Apple		1:36:41

Boys 8-9

1	Jack Thomsen	Waterbury Ctr VT	27:08
2	Flynn Kearney	Stowe VT	40:41
3	Kevin Crawford	Stowe VT	45:19
4	Anders Klinkenberg	Stowe VT	47:06
5	Bjorn Westervelt	Stowe VT	47:16
6	Johnny Driscoll	Stowe VT	51:04
7	Justin Schaa	Williston VT	56:22
8	Mason Beck	Burlington VT	56:28

DERBYMEISTER RESULTS (combined freestyle and classic times)

Women

1	Robyn Anderson	Stowe VT	1:53:33.7
2	Kaithlynn Miller	Elmore VT	1:59:40.3
3	Ruth McGovern	Stowe VT	2:04:17.2
4	Lauren Jacobs	Craftsbury Com VT	2:04:52.3
5	Metzi Anderson	Stowe VT	2:15:43.6
6	Carrie Nourjian	Stowe VT	2:17:25.5
7	Linda Ramsdell	Craftsbury Com VT	2:22:02.0
8	Kristina Frame	Stowe VT	2:33:16.3
9	Jan Reynolds	Stowe VT	2:52:22.6

Men

1	Justin Beckwith	Waitsfield VT	1:38:23.6
2	Eli Enman	Huntington VT	1:38:56.7
3	Ryan Kerrigan	Moretown VT	1:39:47.1
4	Eric Tremble	Jericho VT	1:44:31.4
5	Alex Schulz	Johnson VT	1:44:47.5
6	Reid Greenberg	Warren VT	1:45:00.9
7	Tom Thurston	Waterbury VT	1:45:55.2
8	Eric Eley	Stowe VT	1:46:25.8

9	Clark Brown	Stowe VT	05:56
10	Nate Hazen	Stowe VT	27:46

Boys 10-11

1	Story Reynolds	Stowe VT	22:20
2	Eriks Ziedins	Waterbury Ctr VT	23:30
3	Zachary Reinhardt	Moscow VT	25:33
4	G J-Demuzio	Gales Ferry CT	26:26
5	Will Seiwright	Morrisville VT	27:49
6	Hunter Carpenter	Stowe VT	27:55
7	Adam Patching	Stowe VT	32:10
8	David Buhrmaster	Scotia NY	35:18
9	Ian Biasini	Morrisville VT	38:46
10	Soeren Brynn	Stowe VT	39:57
11	Mac Crawford	Stowe VT	44:25
12	David Johnson	Shelburne VT	45:13
13	Finn Simpkins	Stowe VT	49:01
14	Jackson Luster	Brookline MA	52:51
15	Charlie Kauffman	Stowe VT	53:26
16	Peter Murphy	Stowe VT	54:33

Boys 12-13

1	Brennan Degen	Moretown VT	19:32
2	Sam Robinson	Warren VT	21:04
3	Charlie Maitland	Hinesburg VT	21:41
4	Peter Unger	Hinesburg VT	24:31
5	Ben Wasser	Stowe VT	26:56

Men 14 and Over

1	Francis Foley	Acton MA	17:57
2	Grant Meglis	Acton MA	17:57
3	Michael Chiauzzi	Acton MA	18:17
4	Danny Sherman	Acton MA	18:33
5	Carmine Taglienti	Boxborough MA	20:46
6	Carl Forno	Acton MA	20:51
7	Neil Garrison	Boxborough MA	22:14
8	Richard Garrison	Boxborough MA	23:20
9	Shap Smith	Stowe VT	51:46
10	Andrew Volansky	Morrisville VT	58:36
11	Chris Kratt	Morrisville VT	1:00:05
12	David Daigle	Stowe VT	1:03:00
13	Robert Mulkeen	Sheldon Spgs VT	1:07:26
14	John Spencer	Stowe VT	1:13:31
15	Jay Bowen	Hyde Park VT	1:24:23

9	Keith Woodward	Stowe VT	1:50:37.9
10	Joe Holland	Concord NH	1:51:17.7
11	Eric Seyse	Scotia NY	1:51:54.9
12	Ben Hickory	Morrisville VT	1:52:58.7
13	Peter Harris	Derby Line VT	1:58:31.8
14	Andrew Tripp	Montpelier VT	1:59:01.2
15	Sam Von Trapp	Stowe VT	2:00:26.6
16	Jan Rossiter	Montreal QC	2:04:08.3
17	Malcolm Purinton	Winooski VT	2:07:23.6
18	Emanuel Betz	Richmond VT	2:13:54.9
19	Brennan De Neeve	Montreal QC	2:15:55.3
20	John Madigan	Craftsbury Com VT	2:16:17.4
21	Christopher Naimie	Bow NH	2:16:48.3
22	Jeff Kauffman	Stowe VT	2:19:37.0
23	Alexander Danco	Montreal QC	2:20:30.3
24	Jon Colburn	Weare NH	2:20:41.3
25	Andreas Schuler	Montreal QC	2:24:01.4
26	Oliver Sweatman	Stowe VT	2:27:42.0
27	Gregg Goodson	Stowe VT	2:33:53.0
28	Seb Sweatman	Stowe VT	2:35:42.3
29	Andres Toranzo	No Fayston VT	2:40:52.8
30	Daniel Baumert	Levant ME	2:59:50.8
31	Graham Vickowski	Longmeadow MA	2:03:33.5

RACE RESULTS

NORTHERN VERMONT SNOWSHOE CHALLENGE February 7, 2010

Smugglers' Notch Nordic Center
Jeffersonville, Vermont

OVERALL RESULTS—8K RACE

1	Geoff Cunningham	Greenland, NH	39:48
2	Thomas Beckum	Caribou, ME	40:03
3	Doug Hazelden	Bloomington, NY	43:02
4	Eddie Habech III	Williamstown, VT	45:05
5	Richard Lavers	Greenland, NH	45:10
6	Mike Besette	St Albans, VT	45:57
7	Allen Bates	Pittsfield, MA	46:29
8	Renat Fatkuln	Northfield, VT	47:27
9	Marie Strouse	Orono, ME	49:21
10	Ted McKnight	Jericho, VT	49:30
11	Courtney Tedesch	Westerlo, NY	51:31
12	Ed Myers	Obelisk, NY	52:59
13	Mort Nace	Rochester, NY	53:32
14	Allan Power	Paul Smiths, NY	53:43
15	Rand Snyder	Paul Smiths, NY	53:44
16	Robert Woodworth	Brattleboro, NH	54:59
17	Sandy Rasco	Cadyville, NY	55:29
18	John Pelton	W Rupert, VT	55:59
19	Elizabeth Bianchi	W Chesterfield, NH	57:23
20	Simon Boulanger	Otterburn Park, QC	60:10
21	Paul Cooke	Montreal, PQ	61:06
22	David Delibac	Grand Isle, VT	61:17
23	Michael Gordon	Essex Jct, VT	61:36
24	Randee Parradee	Westford, MA	62:14
25	J Cummings	Burlington, VT	62:58
26	Nancy Comstock	Burlington, VT	64:27
27	Charles L'Italien	Mont-St-Hilaire, QC	67:10
28	Mike Lacharite	Winooski, VT	67:17
29	Terry Ryan	Huntington, VT	68:49
30	Gerald Barney	Swanton, VT	70:58
31	Jeff Comstock	Burlington, VT	71:08
32	Rebecca Ryan	Huntington, VT	73:34
33	Jamie Howard	Albany, NY	76:51
34	Tammy Nace	Rochester, NY	80:58

OVERALL RESULTS—3.6 K FUN RUN

1	Tim Nichols	Granville, NY	19:01
2	Gene Nichols	Stowe, VT	26:57
3	Larry Coletti	Burlington, VT	27:14
4	Debbie Burritt	Hyde Park, VT	28:51
5	Rose Bergeron	Essex, VT	28:53
6	Vera Nichols	Stowe, VT	28:56
7	Bill Burritt	Hyde Park, VT	34:07
8	Maddie Hallett	Hyde Park, VT	34:44
9	Betty Lacharite	Winooski, VT	36:25
10	Jane Provost	Essex Jct, VT	36:26
11	Don Lacharite	Winooski, VT	36:29
12	Bob Provost	Essex Jct, VT	36:30
13	Susan Myers	Obelisk, PA	41:31
14	Nancy Currie	W Brookfield, MA	43:16



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See VS's calendar listings for special events.

VERMONT Sun Triathlon
Vermont Sun Tri
Sun, June 27th
Sprint Distance

VERMONT Sun Triathlon
Vermont Sun Tri
Sun, July 18th
Sprint Distance

VERMONT Sun Triathlon
LAKE DUNMORE TRIATHLON
Lake Dunmore Tri
Sun, August 8th
Olympic Distance

HALF VERMONT JOURNEY
Half Vermont Journey
Sun, August 29th
Half Iron Distance

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