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May, 2010 | Volume XIX | No. IX

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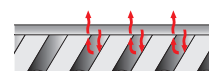
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Vermont Sports Magazine, LLC
35 South Main Street, Hanover, NH 03755
Phone: 603-643-1441
Fax: 603-643-4644
publisher@vtsports.com

Vermont Sports is owned and operated by
Vermont Sports Magazine, LLC,
a New Hampshire limited liability company.

Vermont Sports is published 12 times per year by
Vermont Sports Magazine, LLC,
35 South Main Street, Hanover, NH 03755.
Vermont Sports subscriptions in the US: one year
\$25.00. Digital subscriptions \$10 online at www.vtsports.com. Canada: US funds, please add \$5.00
per year postage. Other international subscriptions,
please call 603-643-1441 for information.

POSTMASTER: Please send address changes to
Vermont Sports Magazine, LLC,
35 South Main Street, Hanover, NH 03755.

Published by Vermont Sports Magazine, LLC
Established 1990

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On the Cover: The lead men on the beltway in the 2009 VCM. Photo by Kate Carter.

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**EDITOR
COMMENTARY**
BY
KATE CARTER

OBSERVING RUNNERS

May marks the beginning of summer, and all the great summertime sports. Runners and cyclists have already turned out en masse, like coltsfoot blooming along roadsides in spring. Skis have been swapped for kayaks, snowboards for mountain bikes, and once the ground dries out, hikers will swarm to the trails like ants to honey.

The May issue is when *Vermont Sports* features our annual Green Gear review, where we highlight outdoor products for summer that, in the words of authors Brian Mohr and Emily Johnson, use “emerging eco-friendly materials, fabrics, production, and packaging techniques,” and also employ waste management practices, and efforts to reduce their impact on the environment. Our Green Gear review is on pages 14-15.

This May we recognize five Vermont outdoors companies that are working hard to reduce their carbon imprints. Author Phyl Newbeck profiles them on pages 8-9.

May is also the month we focus on running, with articles about local

racers, sports medicine and health, and profiles of runners who are taking part in Vermont's signature running event, the KeyBank Vermont City Marathon.

Runners come from all walks of life, so to speak. To see what I mean, just pick a spot along the VCM course on May 30 and watch thousands of them run by. At first glance, they all look the same—running shoes, shorts, singlets, and sunglasses—but if you pay attention you will notice subtleties that make each runner unique.

I have watched the VCM through my camera lenses for over 20 years, and it is body type, gait, the way runners carry themselves, and little things such as fanny packs, iPods, or knee tape that enable me to pick out the people I know. I have never seen the leaders wearing fanny packs or iPods during a race. Usually their running style and fact that they are ahead of everyone else are what makes them recognizable as they approach.

For example, a frequent winner of the women's marathon has a distinct way of holding her head; it rocks, or tips, ever so slightly to one side with every

other stride, in an off-set nodding sort of motion. Similarly, a local runner and member of the Green Mountain Athletic Association, whose name I won't reveal, but will note it is hyphenated, does an unusual head movement, except his head pivots rather than nods, and his shoulders tend to rotate with his head. I would recognize him anywhere.

Clothing can also be a tipoff. In the men's marathon there is a very fast runner who has participated in numerous VCMs. He always wears white arm warmers, and in every photo I have of him his arms stand out like a zebra in a herd of Lipizzan horses.

I have one friend I always recognize from a distance because of her knees. She tapes them to help her kneecaps track correctly, and even though the tape is skin-toned, it stands out like two moving targets at a seaside arcade. Another friend has a way of running that looks like she's not running at all. Her feet barely leave the ground and she takes quick, short strides. Regardless, she usually places in the top 10 of the women's Masters.

And then there is size. I recognize

some runners simply because they are bigger than your stereotypical marathoner. In my opinion, the runners who deserve the most respect for enduring 26.2 miles are not the winners, but all the rest. The winners have it easy. They have small frames and are thin and lightweight and though they have worked hard to get where they are in their running careers, they don't work nearly as hard as those born into larger bodies.

Even if you don't have a pound of fat, if you weigh more than, say... 160 for a man and 140 for a woman, you have to do some serious work to propel your big body over 26.2 miles. Not only does running require more effort for larger people, but they are out on the course longer. At some point, everyone who runs a marathon suffers, and the runners who are out there longer, suffer longer, and that probably explains why I have no desire to run a marathon. My visor's off to the runners who are not so genetically gifted when it comes to the ideal body type for marathon running.

Good luck on May 30! ☐

— Kate Carter



**OUT &
ABOUT**
BY
JOHN MORTON

A MATTER OF PERSPECTIVE

A couple of recent experiences have reinforced an old lesson. One of the reasons I was so excited about attending the Vancouver Olympics was the realistic possibility that an American biathlete might finally win a medal. The U.S. team has made impressive progress during the past quadrennial, dramatically illustrated by Tim Burke's position as World Cup leader prior to the Olympic break. Three other veteran athletes on the men's team, Jeremy Teela, Jay Hakkinen, and Lowell Bailey, had also experienced the emotional rush of stepping onto the podium at an international competition.

But as any experienced athlete knows, doing your very best on the day when it really counts is extremely difficult. In fact, it often seems that if anything can go wrong it will. A freakish snow squall during the men's 10K sprint made it impossible for any athlete starting later than 10th to finish near the top. Mother Nature's intervention was a boon for Jeremy Teela, who finished 9th, but a significant handicap for the other three Americans, who all finished well back in the results. To make matters worse, the 10K was the first segment of the pursuit, the start order of which was determined by

the results of the 10K, in effect, a double jeopardy for Burke, Hakkinen, and Bailey.

Although there were several other biathlon events, Vancouver would not be the site where U.S. biathletes broke the Olympic medal curse. A sense of pride in the dedication of our athletes was tempered by an undercurrent of discouragement that once again they had fallen short of that elusive goal. And yet, a more objective perspective might focus on the accomplishments. Jeremy Teela's 9th place in the 10K sprint is America's best ever Olympic biathlon finish. In the mass start event, Tim Burke demonstrated the skiing speed and poise on the shooting range that earned him the yellow jersey earlier in the season. For much of the race he fought it out with the world's best, in third place, before a couple of missed targets dropped him to 18th. He was in good company; Ole Einar Bjoerndalen of Norway (multiple Olympic medalist and considered by many to be the best biathlete ever), like Tim, worked his way to podium contention, only to drop back after missing a couple of targets.

Finally, Sarah Studebaker, a relative newcomer to biathlon competing in her first Olympic Games, astoundingly shot

clean—no misses in her first Olympic event! It is relatively rare for experienced competitors to shoot clean in the big races, so a rookie hitting all her targets in the Olympics is remarkable. I'll bet Sarah will be back, and at this point, it's anyone's guess whether America's first Olympic medal in biathlon will be won by a man or a woman.

In mid-March, the U.S. Biathlon National Championships were held in Fort Kent, ME. Although some of the top Canadian and U.S. athletes had returned to Europe for the final World Cup events, there was a strong field, including several Vancouver Olympians. During the course of the competitions an interesting drama developed. At age 27, Walt Shepard of Yarmouth, ME, was competing in his final biathlon events. For more than half his life, Walt had been an elite competitor, traveling to 17 foreign countries and accumulating 32 national and international medals.

Also a native Mainer, Russell Currier of Stockholm was a product of the Maine Winter Sports Center, a program conceived by Shepard's dad, Andy, to stimulate the economy and provide athletic opportunities for the youth of northern Maine. The races in Fort Kent were significant for Walt and

Russell, since both had been promising contenders for the Vancouver Olympic team, yet had endured the frustration of missing the cut. Both were determined to end the season with victory.

The final event was a mass start in which the lead changed repeatedly, with Shepard and Currier constantly in the mix. Then, on a stage of standing shooting, Shepard missed a couple of shots while Currier cleaned his targets, and the suspense was over: Russell Currier, National Champion, Walt Shepard, silver medalist.

I glanced across the stadium where Walt's folks waited for their son. Clearly Andy was disappointed that Walt hadn't finished his career with one more national title, but at the same time, Currier's victory was undeniable evidence of the success of the Maine Winter Sports Center. It's all a matter of perspective. ☐

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.

A CAT AND THE ART OF BICYCLE MAINTENANCE

RETAIL JUNKIE

SUPERSTAR

BY
RYAN JAMES LECLERC



A close relation of mine, we'll call her Mustard, recently announced that she is moving far away in search of new scenery and new opportunities. I am happy for her, but I'm going to miss her. She's selling all of her furniture, but her really sweet couch is mine for free if I am simply willing to adopt Mr. Jackson, her crazy old cat. I am currently weighing my options. Do I really want the couch that bad? Do I really want a crazy old cat who finds the bathroom sink a suitable place to take a nap? It is a really sweet couch, so I'll continue to mull it over. But today wasn't about Mr. Jackson or the couch. Today was the most perfect spring day ever, so we just went for a bike ride.

Mustard rode her flat-bar performance hybrid that I gave her for her college graduation present. It is the perfect bike for cruising along the Burlington bike path and similar paved bikeways and roads. The 700c wheels and road tires roll smoothly and efficiently, while the flat handlebars provide the optimum handling required for weaving between walkers with ice cream cones, young ladies with jogging strollers, and old ladies with three dogs that sprawl out on their leashes in every direction, like octopus tentacles.

Mustard's bike hadn't been ridden since last fall, so I told her that she can count on the tires needing air. Air doesn't like to sit around. It has better things to do. Just like watering a plant, if it has been a few weeks, or months, don't even bother checking, just grab a pump, or a watering can, and get to work. And just like a plant, if it has been a few years, your tires will be dead. Sure enough, her tires were way down, so we pumped them back up to their recommended PSI, which was indicated on the sidewall of her tires. I then told her to ignore this step if she enjoys the feeling of dragging a log behind her, or if she likes getting flats.



I rode my steel 29er hardtail mountain bike. Not because it was the ideal bike for this particular ride, but because mountain bike season is still many weeks away, and I can't wait that long. Aside from my tires being low, my rear derailleur cable was a bit slack. Just as tires lose air, cables lose tension, so I spun my barrel adjuster a bit until the shifting was precise. If you are willing to consider adopting a crazy old cat, I'll explain how I did it.

Your shifter tells your derailleur what to do. The derailleur cable is the line of communication, so the first thing to check is whether the line is clean. You can easily do this by unbolt the cable from the derailleur itself. Grabbing the cable with your left hand, gently pull in the direction of the anchor bolt. With your right hand, click the shifter back and forth. The cable should move freely in both directions, with minimal friction. If it doesn't, you need to figure out why. Perhaps, because you left your bike in a snow bank or in a damp basement all winter long, the cables have rusted.

This little exercise will also show you what your shifter is really doing: with each click, it is pulling or releasing a small amount of cable, which, as you can guess, is exactly the distance between the cogs of your gear cluster. With a standard rear derailleur, when your shifter pulls cable, the derailleur

will move inward, towards the larger, or lower-gear cogs. Releasing cable from the shifter allows the spring of the derailleur to move it outward, towards the smaller, or higher geared cogs. Now is a good time to mention that I meant to say that Mr. Jackson is a nice adult cat, not a crazy old cat.

While the cable is still unattached, you can dial in your derailleur's starting position. The starting position is when the top pulley of the derailleur is centered under the smallest, or highest geared, cog of your cluster. To center the pulley under the highest cog, simply turn the high limit screw, generally identified with an "H" in or out until the pulley's teeth are directly in line with the cog's teeth. You are now ready to bolt your derailleur cable down. Making sure you've released all your cable from your shifter, bolt the cable down while tensioning it with your free hand. Don't pull too hard, just enough so that there is no slack in the line. At this point, when you click your shifter, the derailleur will move so that the top pulley is now perfectly centered under the next cog. If it is slightly off center, spin your barrel adjuster in the direction that you want the pulley to go. With this fine tuning complete, your bike should purr like a nice adult cat.

But it probably won't. There are no

fewer than three thousand factors that can affect precise shifting, even though you've followed the steps above. A bent derailleur hanger, a tired shifter, a worn out chain, a burr, and loosey-goosey derailleur pivots are just a few, and those require more advanced skills to remedy. A more common and easily remedied factor is proper lube and shifting techniques. A light, barely detectable coat of bicycle chain lube on clean chain is what you want. A dark, dripping coat of motor oil on a dirty chain, which will only attract more dirt to your chain, like a nice old cat to your lap, isn't. As far as proper shifting, it takes a lot of practice, but there is one fundamental rule you can start following today, unless you want to break your chain or bend teeth on your cogs or chainrings: do not shift when your chain is under a lot of tension.

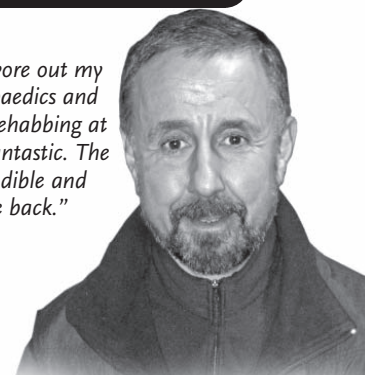
Now about that crazy old—I mean, nice adult cat... ☺

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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BAREFOOT RUNNING... IS IT FOR YOU?

Lately I have been fielding a lot of questions about barefoot running. I first became aware of barefoot running with my work at Dartmouth College, when I was faced with a chronically injured member of the cross-country and track team. He was insistent on using a form of running that was being proposed by Nicholas Romanov, PhD, called the Pose Method, and I, on the other hand, was totally opposed to the idea, believing he would continue to be an injured athlete. He rejected any explanation I offered him; he had done his homework, and respectfully offered reasons why he should continue running barefoot. This caused me to begin a personal research project that continues today, more than five years later.

RUNNING IN THE USA

In 1968, Dr. Ken Cooper, then a NASA physician, published *Aerobics*, a book that promoted health and fitness through aerobic exercise and jogging. This was the beginning of what became known as The American Fitness Craze. It also was the beginning of running in America. Jogging/running became a national obsession.

Road races were popping up in every town across the country, and the race for leaders in the market share of running shoes was also underway. Soon enough, along came Nike running shoes, followed by New Balance, Brooks, ASICS, Adidas, and a host of other companies that en-

tered the booming fitness market. The sales market was influenced, and even manipulated, by research that was subsidized by shoe manufacturers. Each shoe company touted that they had the shoe that was biomechanically superior, would make the runner move fastest, with the least effort, and would reduce incidence of injury.

The very first running shoes were very much like track flats made of hard canvas or even leather. They were designed much like the same track shoe Roger Bannister wore when he broke the four-minute mile on May 6, 1954. Most of these shoes had no heel and they forced the runner to have a foot strike in the forefoot, or the metatarsal heads. Newcomers to jogging/running who wore these early track-style running shoes were experiencing a high rate of Achilles injury, shin splints, and metatarsal stress fractures.

To combat these injuries, shoe manufacturers went back to the drawing board and proposed a shoe design that put the heel of the foot higher than the metatarsal head. The science of movement was born, and it suggested that running should consist of heel-to-toe movement, much like walking, where the heel strikes first, instead of the forefoot striking first.

RUNNING FORM

Both a heel-strike-first gait and forefoot-strike-first gait have always been correct. The faster runners, those running

at a pace under a 6:30 mile, will not heel-strike at all. This is how barefoot runners run—striking with the forefoot first. It is completely normal, anatomically correct, and the reason that the shoe industry has always made racing flats as well as distance training shoes. The racing flat is very much like the old track shoe. It does have a heel, but the shoe is essentially flat from heel to toe. If a heel raise exists it is nominal. Wearing these racing flats is similar to running barefoot.

The training shoe, on the other hand, has substantial height to the heel. The relationship of heel to toe may vary as much as one inch. Raising the heel on training shoes made a drastic change in the incidence of Achilles injury, shin splints, and metatarsal stress fractures. ASICS began to lead the field in sales of running shoes when they introduced their 2000 series, which has the biggest heel-to-toe difference. The shoe offers the athlete a more comfortable ride and greater stability with each step.

In the early days of the running boom, the running magazines had frequent articles on a variety of issues pertinent to the sport. The need to warm-up and stretch was always emphasized, as were numerous articles on the most current running research of the day. This is the same research that was subsidized by the shoe industry. Studies time after time concluded that running with a heel strike could result in Achilles tendon injury; however, running in shoes designed for heel-strike minimized the problem. The research was legitimate, and it revolutionized biomechanics and the understanding of motion, and led to building successful treatment algorithms for a host of human motion maladies.

IS BAREFOOT RUNNING BETTER?

The book *Born to Run*, a popular, easy-to-read outdoor adventure story, has caused a change for runners and the running shoe industry. The author, Christopher McDougall, is an accomplished spellbinding wordsmith. In *Born to Run*, Chris follows the Tarahumara Indians and ultra-distance runners, and popularizes barefoot running. The entertaining book has taken barefoot running to a cult status, but is this for everyone?

As a professional who treats feet everyday, I must say that I am concerned most about the possibility of puncture wounds on the bottom of the foot. There is really little evidence and real research that this style of running is indeed better. The proponents of barefoot running support the suggestion because our ancestors moved about without shoes. So I ask, "Why did we invent shoes?"

The answers are obvious, and are all about protecting your feet. Just because Cro-Magnon moved about without shoes offers little incentive for us to begin this process again. Abebe Bikila won the 1960 Olympic gold medal at the marathon distance, and he ran the course barefoot. In 1964 he returned to the Olympic mara-

thon venue and took gold again, but this time he set a new PR in a pair of Puma shoes.

COMPROMISE

The Dartmouth College track athlete did cause me to research and compare. The runner who strikes on the forefoot first will create increased shock-absorbing moments in the kinetic chain and this should reduce injury. The forefoot-strike-first runner will have shock absorption in the foot as the tarsal bones slide in very normal movements. The ankle piston absorbs shock and then the knee piston adds to the normal kinetic chain function of taking shock and not transmitting it to the hip and back. We will see much less back, hip, and knee injury in the forefoot-strike-first method of running.

The heel-strike runner will absorb no shock at heel strike, relying only on the shoe to contain the stresses. The very first natural shock absorber will be the knee joint as it pistons. The foot and knee come under extreme stress in heel-strike-first runners, and the results are the common running injuries of plantar fasciitis and assorted knee maladies. The transition from heel-strike-first to forefoot-strike-first will be nothing less than awful. You will experience stiff and sore quads, Achilles, and shins, and you will initially cover your distances much slower, but I personally think the forefoot-strike-first runner will have fewer injuries and a longer running career. So, in that sense, the barefoot runner, naturally being a forefoot-strike-first runner, has an advantage.

JUST SAY NO TO BARE FEET

If you decide to proceed to forefoot-strike-first, I suggest and recommend using shoes that are designed for that style of running. As you read this article, the running shoe industry is changing gears and once again racing for their share of market sales. They are designing and manufacturing minimalist running shoes. ASICS DS Trainer, Mizuno Wave Ronin 2 or Wave Universe 3, New Balance 100, Nike Free or Lunar Racer, Saucony Grid A3 or Grid Fastwitch, and the rapidly gaining popularity Vibram Five Finger are all designed with a low profile that encourages forefoot/metatarsal strike first, yet protects the foot from inconsistencies in surface, stone bruises, and puncture wounds. New faces in the shoe industry are Newton Running, Skora Footwear, and Terra Plana Vivo. I can also recommend that using your current running shoe is not at all bad. I have been comfortably using my ASICS 2140 and Saucony Pro Grid Guide.

This forefoot strike running form feels good but it will take a long time to transition from heel-strike-first running. Proceed slowly and expect to cover your distances slower. Do not expect to make an immediate transition. Changing your gait may take up to a year. Please expect frustration, but I think it will be worth the effort, time, and discipline. [f]

Alex Mullee. Law student, athlete, community volunteer.

Alex is back in the game

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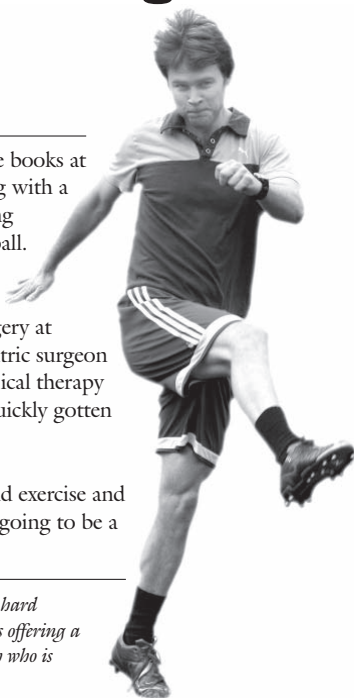
Dr. Paul Smith

When Alex Mullee's not hitting the books at Vermont Law School, he's working with a community service group or playing sports – namely soccer and basketball.

In November, four torn ligaments in his ankle sidelined him, but surgery at Gifford Medical Center with podiatric surgeon Dr. Paul Smith and follow-up physical therapy at the Sharon Health Center has quickly gotten Alex back on his feet.

"Now I'm 90 percent. I can run and exercise and get back in shape," Alex says. "It's going to be a full recovery."

Quality podiatric care like Alex received is hard to find. Gifford has four podiatric surgeons offering a variety of treatments, including Dr. Smith who is available in both Randolph and Sharon.



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

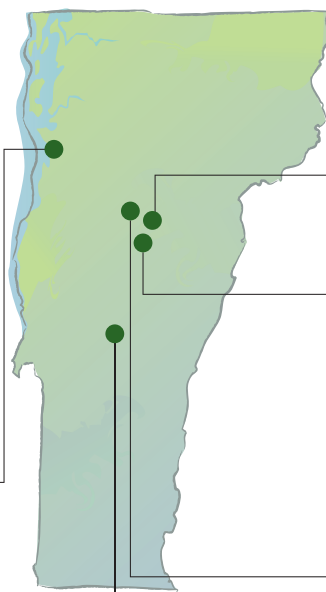
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AROUND THE STATE

BURLINGTON

The **Spartan Race**, a myriad of physical challenges, takes place on May 16. Held on a two-mile course, competitors navigate through obstacles such as a wall climb, tunnel crawl, and mud pit, as well as wade through water and throw spears. Subsequent Spartan battles will take place across the U.S. and abroad throughout the summer and fall. From the thousands of competitors who engage in the Spartan Race Series, one percent is expected to make the cut to become eligible to compete in the Death Race (www.peakraces.com), held annually in Pittsfield, VT. The entry fee for each Spartan Race is \$50. Post-race celebrations include a feast, along with such medieval events as spear throwing and fire breathing. "This is not an extreme sporting event that will scare people away," says race director Brian Duncanson. "It's about the fun, getting dirty, getting down in the mud, and doing something exciting and new. More info: www.spartanrace.com, 203-232-9615, brian@genesisadventures.com.



KILLINGTON

After a 10-year hiatus the **Killington Stage Race** is back, May 29-31. This year the event includes three stages; an 11-mile individual time trial, a circuit race on an 19-mile loop and a 62-mile road race, all based in the Killington area. There will be eight fields for USA Cycling licensed racers and two citizen's events. GC scoring is on time and there is over \$12,000 in prize money up for grabs. Volunteers are needed! More info: Gary Kessler, 802-496-5415, www.killingtonstagerace.com.

ADAMANT

The First Annual Adamant 20 Miler on May 8 is timed perfectly to be used as a training run for the KeyBank Vermont City Marathon. Hosted by Central Vermont Runners, it's a well-supported 20-mile run on scenic rolling dirt roads, starting and finishing in the quaint village of Adamant. Aid stations are every two miles. This is a low-key timed race, with proceeds to benefit the Adamant Music School. Not into running? Do the 25-mile dirt road bike tour and enjoy even more scenery. Pre-register for \$20; \$25 on race day. Includes post-race chow. More info: Eric Ryea, 802-223-2733, eryea@aol.com, www.cvrunners.org.

MONTPELIER

Introduction to Bicycle Racing for Women is a two-day clinic presented by Onion River Racing on May 15 and 16. The women-only clinic focuses on bike handling skills, training principles, getting started in road racing, and racing strategy, and is for beginner and intermediate racers, triathletes, and cycling enthusiasts. Coaches are Stephanie Chase, Stage 5 Elite team member, personal trainer, and coach; MaryAnn Martinez, former national champion and current Onion River racer; and Laury Saligman, former elite racer with National Capital Velo Club and Team Kenda. Both days start at 10 a.m. with skills clinics, followed by an afternoon ride. More info: MaryAnn Martinez, 802-363-7563, runbikegrrl@netzero.com, www.onionriverracing.com.

WATERBURY CENTER

The Green Mountain Club is holding an End-to-Ender's Workshop, for anyone who is contemplating hiking the entire Long Trail or any other long-distance hiking trail. The workshop is May 27, 6:30-9 p.m., at the GMC Visitor Center. A panel of hikers who have completed the Long Trail will offer tips on planning, equipment, and food. The fee is \$30 and you must register at least two weeks in advance. More info: 802-244-7037, www.greenmountainclub.org.

HANOVER, NH

The Great Upper Valley Race combines fun, getting outside, running and walking, and fundraising for Headrest, which provides the only 24-hour crisis hotline for New Hampshire and Vermont. The race is a scavenger hunt for teams of two, who must use wit and creativity to solve clues. It takes place on Sunday, May 16, from 1-4 p.m., starting and finishing at the Hanover Inn. Teams can only travel on foot and must stay together. Prizes go to the first teams to solve all the clues and return to the Inn. You'll need a cell phone and digital camera, clothing for any weather, and a good pair of shoes. Outside assistance, such as someone to do web research, is allowed. More info: Marty Mundy, greatuvrace@gmail.com, www.greatuppervalleyrace.com.

KUDOS

Congratulations to all 100 Vermonters who finished the Boston Marathon on April 19. Here are the top 20 women and top 20 men from that race.

Top 20 Vermont Women

Tammy Richards	Williamsville	2:56:40
Megan Valentine	Jericho	3:04:54
Alexandra Knapp	Shelburne	3:10:57
Serena Wilcox	Cambridge	3:18:19
Katherine Irving	Burlington	3:18:41
Stacey Spillane	Shelburne	3:22:28
Courtney Kaup	Bolton Valley	3:23:39
Rose Nash	Wolcott	3:27:09
Kathleen Mack	W Rutland	3:27:38
Kate Morris	Shelburne	3:28:52

Peggy Sullivan	Hartland	3:31:42
Ingrid Jonas	Stowe	3:33:59
Erika Nestor	Burlington	3:37:09
Donna Smyers	Adamant	3:37:34
Patti Walsten	So Burlington	3:38:36
Katherine Mack	Winooski	3:41:35
J Miller-Arsenault	Middlesex	3:43:34
Virginia Kittell	Essex	3:43:53
Cynthia McCormack	Essex	3:43:54
Meghan D'Arcy	Williston	3:44:57

Top 20 Vermont Men

Norm Larson	Burlington	2:43:22
Matthew Dall	Colchester	2:50:23
Rowland Brucken	Northfield	2:52:08
Raymon Webster	Burlington	2:52:21
Stephen Trull	Burlington	2:55:00

Todd Archambault	Essex Jct	2:56:26
Loren Voyer	Essex Jct	2:57:37
Chadwick Shepard	Williston	2:58:16
Bob Ayers	Colchester	2:59:01
Scott Reiss	New Haven	2:59:30
Matthew Roth	Milton	2:59:40
Matthew Alexander	Richmond	3:00:28
Justin Ryea	Burlington	3:02:18
Billy O'Neil	Morrisville	3:02:32
Jason Baer	Burlington	3:06:26
Maurice Brown	Essex Jct	3:12:49
Chris Rhim	Norwich	3:14:36
Thomas Lacroix	Milton	3:15:39
Robert McDougall	So Burlington	3:15:43
Robert Burbank	Williston	3:18:49

Racevermont.com 2010 Race Schedule

Shelburne ½ Marathon	May 8	8:00am
Limit of 250 racers. Post-race lunch included.		
Racevermont.com T3	June 20	8:00am
1.2 mi swim, 56 mi bike, 13.1 mi run		
Sprint Triathlon	July 3	8:00am
500 yd swim, 15.6 mi bike, 5K run		
Sprint Triathlon	July 24	8:00am
500 yd swim, 15.6 mi bike, 5K run		
Sprint Triathlon	Aug 14	8:00am
500 yd swim, 15.6 mi bike, 5K run		

Sprint Triathlon	Aug 28	8:00am
500 yd swim, 15.6 mi bike, 5K run		
The Burlington Triathlon	Sept 12	8:00am
(Olympic Distance - USAT Sanctioned) .9 mi swim, 22.5 mi bike, 6.2 mi run		
Cider House Run/Walk	Sept 26	11:00am
2 or 4 mi run, 2 mi walk (12 and Under FREE with Reg. Adult)		
Shelburne Farms 5K	Oct 3	8:30am
12 and Under FREE with Reg. Adult		
Shelburne ½ Marathon	Nov 7	8:00 am
Limit of 300 racers. Post-race lunch included.		

For more info call Rayne 802-316-7142 or email rayne@racevermont.com

Photos by
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SPORTING GREEN

In addition to being the Green Mountain State, Vermont aspires to be a state with lots of “green” businesses. The sports world is no different. Below are five sports businesses/organizations that are doing their part to preserve Vermont’s environment.



OUTDOOR GEAR EXCHANGE

There’s nothing unusual about a company having a mission statement; it’s pretty standard fare. What sets the Outdoor Gear Exchange/GearX.com (OGE) apart is that they have three mission statements: one for their customers, one for their staff, and one for the planet. As if that weren’t enough, an entire section of their website is devoted to an environmental statement, environmental practices, a list of green organizations and green partners, and a link to the annual Eco-fest in Burlington, which they co-sponsor.

Mark Sherman started the company in 1995. As business grew, the initial mission statement for customers was drafted. As OGE expanded and new employees were hired, the second statement was created for them. Subsequently, Sherman realized he wanted his business to give back to the community. “Our whole industry depends on the environment,” he says, and thus the third mission statement was born. “It addresses our commitment to give back,” says Sherman, “and to use our position in the community to communicate environmental principles.”

Part of that mission statement reads: “At OGE.com we believe in responsible environmental stewardship. We strive to run our business in a way that promotes our staff, local community, and the outdoor industry as a whole to become more effective at preserving our wilderness for generations to come.”

OGE specializes in close-outs, seconds, and blemished items. By buying these items in bulk, the company is able to get a good price which they pass on to their customers, thus saving items whose imperfections are generally minor and only visual from ending up in a landfill. Additionally, OGE has a consignment section which allows customers to resell their used equipment.

The company re-uses old boxes from their suppliers, meaning that your purchase of product X might very well come in a box from product Y. Other steps include re-usable cleaning rags instead of paper towels, composting, use of green seal cleaning products, and recycled toilet paper, paper towels, and printer paper. OGE has reduced their energy consumption by one-third by switching their entire store to compact fluorescents and turning off most of their lights at night.

Sherman describes the company’s “nickel bag” program as their environmental keystone. To discourage the use of plastic bags, OGE donates a nickel to a non-profit organization each time a customer declines one. In the last half of 2009, well over three hundred dollars was donated to the Green Mountain Club, Local Motion, and the Catamount Trail Association. The few plastic bags the store uses are all degradable and imprinted with the company’s environmental mission statement. Sherman

noted that not only does the program raise money for non-profits, but it also provides a topic of conversation at the checkout counter and raises awareness about environmental issues.

CRAFTSBURY OUTDOOR CENTER

Russell Spring, general manager of the Craftsbury Outdoor Center, is always looking for ways to improve the Center’s commitment to the environment. In 2004, Craftsbury won the state’s Green Hotel designation, but they are certainly not resting on their laurels.

Spring’s newest project is food sourcing. Part of Craftsbury’s mission statement is “to use and teach sustainable practices.” Spring hopes to purchase more local food this summer by working with area growers, most of whom have organic farms. Rather than just purchase what is available, Spring intends to provide local farmers with lists of what kinds of food the Center is looking for in the hope that more of their needs will be met locally.

Some of that food will be really local. Craftsbury’s newly formed Green Racing Project (see VS columnist Tim Reynolds’ Green Racing Project) is hoping to create a “pie garden” of rhubarb, raspberries, and blueberries. Although there is insufficient space to fill all of Craftsbury’s needs, the group also plans to plant herbs and other crops that can be used in smaller amounts.

Spring says the Green Hotel designation came from installing compact fluorescent light bulbs and water heater jackets in all buildings, as well as additional insulation and a high efficiency furnace. The Center has installed one high-efficiency wood gasification boiler and hopes to add new ones to the remaining buildings in subsequent years. The boilers are so efficient that on cold days they don’t have to be fired up more than twice a day.

Craftsbury has also installed domestic solar hot water heaters in their kitchen and the Cedar Lodge, the two buildings with the heaviest use. This fall, one will be installed in the Tamarack Lodge. The Center also built a new garage with the right roof pitch and orientation for photovoltaic panels, although the date for installation has yet to be determined. To further save energy, only one of the Center’s buildings (the athletic testing area) has air conditioning.

The Center’s fleet of snow groomers has been converted from 2-cycle to 4-cycle snowmobiles, which Spring says use half as much gasoline, are quieter, and don’t belch smoke. In addition, the two piston bully snow cats operate with high-efficiency Mercedes Benz engines, which consume less fuel. The outboard motors used for the sculling program are all small 4-cycle engines which lessens the amount of exhaust.

The next step will be in the field of transportation.

Craftsbury will be replacing one of their vans with a new diesel-powered Dodge Sprinter, which is expected to get 30 mpg. Although it would be cost prohibitive to replace the entire fleet at once, Spring hopes to gradually add more fuel-efficient vehicles to the Center’s motor pool.

SMUGGLERS’ NOTCH RESORT

Smugglers’ Notch Resort considers it part of their mission not just to be environmentally sensitive, but to convey those values to guests, as well as employees. In the winter, guests can ski or snowshoe to visit “Mother Nature” in her teepee to learn about animal habitat. In the summer, there are guided tours of the resort’s organic gardens and the Living Machine which purifies waste water.

In recognition of their efforts, Smuggs’ received the Governor’s Award for Environmental Excellence and Pollution Prevention in 2008. Smuggs’ was also the first Vermont resort to receive designation from the Department of Environmental Conservation as an Environmental Leader in 2006. Other awards have included a “Best of the Best” from Efficiency Vermont in 2002 for energy efficiency features in the new Falcons building. Every condominium built since 1996 has been constructed with Energy Five Star ratings. Smuggs was also honored by the Vermont Business Environmental Partnership in 2001.

Dan Maxon, energy permits and planning manager, is especially proud of the Governor’s award since Smuggs’ is the only ski area to receive it. Winning the award required the mountain to institute a company-wide environmental plan with training, evaluation methodology, and an environmental purchasing policy. The mountain must continually meet the goals of the plan or risk losing their designation.

One area where Smuggs’ is working very hard is habitat preservation, particularly for black bear and Bicknell’s thrush. Black bear habitat is taken into consideration when building trails or residences; Smuggs hires a consultant to go through the woods looking for bear tracks and signs. One of the newer villages at Smuggs’ was completely redesigned when the original plans were found to impinge on black bear habitat. The ski area also makes a conscious effort to avoid doing damage to small forested high-elevation wetlands.

Other initiatives include looking into ways to minimize local stream use for snow making; using biodiesel in landscaping tractors, snow cats, and shuttle buses; and implementing a no-idling policy. The biodiesel has made for a 15-percent reduction in carbon emissions. The resort has also started putting domestic solar hot water heaters on the roofs of new developments, which saves over 1,000 gallons of propane a year, per building. Smuggs’ estimates that they are saving over one million kWh per year with their various energy upgrades.

At the Mountain Grille, manager Peter Brown extended composting to the kids' summer camp lunch program, helping to divert 40 percent of the restaurant's waste into compost. Brown has also eliminated paper products in favor of metal cutlery, washable (and eventually recyclable) plastic trays, and compostable milk cartons instead of giant pitchers. Togo containers are made from sugarcane harvest waste, and cleaning equipment is eco-friendly.

LOCAL MOTION

What isn't green about Local Motion? After all, the membership-based non-profit was founded on the principle that non-motorized power should be able to get you where you want to go. Founded in 1999, in part to establish the Winooski River Bike Ferry, the organization's mission is to encourage "a culture of active transportation and recreation in northwestern Vermont."

Executive director Chapin Spencer is particularly proud of the Bike Recycle program which started in 2004. Cyclists are encouraged to donate their old bicycles (plus \$10) to be "repurposed" for low-income Vermonters. For a nominal fee of \$20, those in need can pick up a bicycle, bike lock, and helmet, and if they intend to ride at night, a set of lights. An offshoot of Bike Recycle is the Earn a Bike program for kids between ages 8 and 18. Kids who spend 10 hours in the Bike Recycle Shop can build and earn a free bike. Since 2004, over 2,200 bikes have been given away, averaging roughly 400-500 bikes a year. One staff person and one AmeriCorps Vista volunteer oversee the program that depends on the roughly 150 people who come in annually to lend a helping hand. Spencer particularly enjoys seeing a cadre of retired people who come in once a week and have developed mentoring relationships with at-risk kids. "The synergy is pretty exciting," he says.

Another project about which Spencer waxes poetic is Local Motion's Close the Gap advocacy effort, which works with municipalities to create a network of streets, paths, and sidewalks that are safe and convenient for cyclists and pedestrians. This effort has allowed Local Motion to partner with a variety of groups. Spencer says that initially the organization fought against recalcitrant towns, but lately they have found that towns are in the forefront of intelligent design. "It's wonderful," he says, "when we can help towns do the right thing so these new transportation designs are effective and viable."

In an effort to get more people out of their single-occupancy vehicles, Local Motion has helped train both children and adults in safe bicycling skills. For 2010, these initiatives have been combined into one program: Vermont Bike Education and Skills Training or Vermont BEST. Spencer says that after 50 years of decline, there is finally an upward trend in the number of people walking or biking to work or school. Local Motion has purchased a trailer and 30 bicycles with quick-release components so they can take their training on the road.

Spencer is pleased with the public response to Local Motion's growing list of initiatives. "I'm thrilled," he says, "because Local Motion is at a nexus of healthy lifestyles, green transportation, and livable communities."

STRATTON MOUNTAIN

The Inn at Stratton Mountain has earned the state's Green Hotel designation, thanks to recycling programs in the rooms and common areas, use of environmentally friendly cleaning products and toiletries, recycled paper, and lighting upgrades. Athletic shoes donated to the Sports Center are sent to developing nations, and sneakers that are beyond repair are shipped to Nike to make sports surfaces. In addition, used skis and snowboards are donated to a local artist and the Vermont Furniture Company for creative re-use. To encourage donations, purchasers are offered \$50 off the price of new equipment if they bring in their old gear. All of this is thanks to the new Stratton Mountain "green team."

At the base lodge, all plates, cups, and utensils are made of compostable corn plastic. To simplify the recycling process for guests, the resort has switched to single stream recycling. Other changes include recycled shopping bags at retail stores; carpet at the North Face Summit Shop made from recycled materials; and recycled rubber flooring at the Village Rental Shop. All employees receive environmental training as part of their orientation, and printers are set to duplex to reduce paper use.

Permit and planning manager Jenna Pugliese says Stratton has conserved over 14,000 acres to provide habitat for Bicknell's thrush, black bear, and white-tailed deer. Pugliese concedes that previous development impaired some local streams so Stratton has made water quality remediation part of their master plan. A forest management plan for timber harvesting provides extra stream buffers to prevent erosion. The harvested lumber is certified green by a Brattleboro compa-

ny, which sells it to a Bradford furniture maker. Pugliese is also proud of the fact that Stratton is pedestrian friendly, with many amenities within walking distance, and shuttle vans available. Stratton has an no-idling policy and a carpool calendar on the employees' website.

Pugliese says that three years ago the mountain set out to reduce their energy consumption by 10 percent. They managed to do so in every area except diesel fuel, which was only down 9 percent. Electric costs were down 18 percent, although Pugliese concedes that this was helped by the fact that it was a good snow year. The Environmental

Protection Agency awarded the resort a Green Power Leadership Award for their efforts. Working with Efficiency Vermont, Stratton has made lighting upgrades in 13 buildings, including "vending misers" which turn off vending machine lights when nobody is around; saved 40,000 kWh a year in refrigeration; and saved 900,000 kWh through the use of variable frequency drive motors in their snow-making system. In 2009, the mountain continued to achieve 10 percent reductions in every area except faucet water use, and this year the goal is to save up to 15 percent. □

Phyl Newbeck lives in Jericho with her partner Bryan and two cats. One of her favorite pastimes is watching her electric meter spin backwards, thanks to her 6,000 kWh solar panels. Phyl is a skier, skater, cyclist, kayaker, and lover of virtually any sport which does not involve motors. She is the author of Virginia Hasn't Always Been for Lovers: Interracial Marriage Bans and the Case of Richard and Mildred Loving.



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The Other Runner's High

BY PETER BRONSKI



Even if you're not a runner, chances are you've heard of the runner's high, a state of euphoria that results from a release of endorphins after you've been cranking out mile after hard mile. There's another kind of runner's high, though; one that's not about your state of consciousness, but rather about quite literally running high. I'm talking about running at altitude, or more accurately, running to altitude.

Across New England and the Northeast, there are myriad mountain running races that do just one thing: go uphill. It's as simple as can be. Start at the base and finish at the summit. Some are independent, such as the Sugarloaf Uphill Climb. It takes place every October. Runners ascend 2,500 vertical feet in just 3 miles en route to Sugarloaf's 4,237-foot summit. Other such races are part of a series. Most notably, there's USA Track & Field New England's Mountain Circuit, a six-race lineup that starts in May and ends in July. It includes the Pack Monadnock, a 10-miler that concludes with a climb up the switchback-

ing auto road on the race's namesake mountain. It also includes the Ascutney Mountain Challenge, which ascends 2,300 vertical feet in 3.8 miles. (Are your legs already getting tired just thinking about these races?)

As the number of races has grown, so has their popularity. Just 10 years ago, the Sugarloaf race attracted only 40 or so runners. Last year, 156 competitors toed the starting line. Some races sell out almost as soon as registration opens, some have wait lists, and some have a lottery system to give everyone a fair shot at landing an entry. One thing is a constant, however: they'll all put you to the test.

That includes what I think of as The Big Three. They're races that ascend some of the highest mountains in the North Country, each by its mountain's auto road to the top: Whiteface, Mount Mansfield, and Mount Washington. And if you want to see if you have what it takes to tackle the mileage and the elevation gain, here's what you need to know.

WHITEFACE MOUNTAIN UPHILL FOOT RACE

Date: Sunday, June 6, 8 a.m.

The Course: Now in its 33rd year, the race ascends the Whiteface Mountain Veterans Memorial Highway... 8 miles at an average 8-percent grade for more than 3,500 feet of vertical gain. The race begins at an elevation of 1,006 feet at the junction of Routes 86 and 431 in Wilmington. You'll pass the gatehouse at mile 3, the Lake Placid Turn between miles 6 and 7, and the Wilmington Turn between miles 7 and 8. The finish line is at 4,602 feet, a scant 265 feet shy of the true summit of New York State's fifth tallest mountain.

Time to Beat: Robert Douglas, from western New York, has won the race the last three years straight. With times of 1:03:08, 1:03:15 and 1:03:33, he's been the picture of consistency, but his times are getting slower—if ever so slightly—so this could be the year for you to shine.

More Info: www.whitefacerace.com.

RACE TO THE TOP OF VERMONT

Date: Sunday, August 29, 10:10 a.m.

The Course: Now in its 3rd year, the race ascends the Mount Mansfield Toll Road in Stowe, gaining 2,550 vertical feet in 4.3 miles. There are (very) short flat or downhill grades at the half-mile and roughly two-mile marks. Otherwise, it's a steady incline that reaches 10 degrees in places.

Time to Beat: Competition is fierce. Last year 600 racers (280 of them runners) came from 17 states and Canada, and from as far away as Hawaii, Oregon, and Texas, to test themselves against Vermont's tallest peak. They also set a new course record—35:30—courtesy of Jim Johnson from Salem, NH. Eric Morse, from Berlin, VT, was less than a minute back, and so was local Nathan Ringquist, the top finisher in the mountain bike category.

More Info: www.catamounttrail.org.

MOUNT WASHINGTON ROAD RACE

Date: Saturday, June 19, 10 a.m.

The Course: The MWRR turns the big 5-0 this year and also doubles as the 2010 U.S. National Mountain Championship. It dates to 1936, but didn't become an annual tradition until 30 years later. The course ascends the Mount Washington Auto Road, beginning in Pinkham Notch on Route 16 between Jackson and Gorham. The race's slogan is "Only One Hill. 6,288 Feet." That's small consolation. From the start, it's 7.6 miles and a whopping 4,560 vertical feet to the summit-cum-finish line. En route, you'll crest treeline, tackle Chandler Ridge, Nelson Crag, and Ball Crag, all before coming up against The Wall, the steepest section of the route, which cruelly comes at the very end.

Time to Beat: The race predictably attracts a healthy share of runners from New England and the Northeast, as well as an international field. In amongst the 900 or so finishers are some competitors with serious accomplishments under their belts. Two previous winners—John Kelley and Jacqueline Gareau—were also Boston Marathon champions. The current course record—an incredible 56:41—has stood since 2004. Last year's top time, posted by Boulder, Colorado's Rickey Gates, was more than 3 minutes slower, and the only time to break the one hour mark. Good luck!

More Info: www.mountwashingtonroadrace.com.

Note: Entry to the Mount Washington Road Race is limited. Those interested in participating must enter a lottery. ▽



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Highlighting Vermont's most scenic running races is tougher than picking a favorite child. After all, what race in Vermont isn't scenic? But after checking in with some local runners, a few races kept popping up, so we decided to focus on the following. Here's to a great running season, and to our continued beautiful surroundings!

RACE VERMONT HALF MARATHON

May 8, 2010

This Shelburne race, which is held again in November, replaces the Charlotte Covered Bridges Half Marathon, beginning in 2010. Runners thought the Charlotte route was too hilly for so early in the season, so race organizers replaced that route with the Shelburne route. Runners head through the farmlands of Shelburne and Charlotte, through Shelburne Village, Shelburne Farms, and Shelburne Bay Park. Return on the Ti Haul Path, which was used to transport the Ticonderoga from the lake to Shelburne Museum.

Details: Begin at 8 a.m. at Shelburne Health & Fitness at The Field House. \$30 before May 5 and \$40 after (race day registration only if spots available). Awards to first through third in both men's and women's categories, plus age group awards. Raffle.

More info: 802-985-4410, www.racevermont.com.

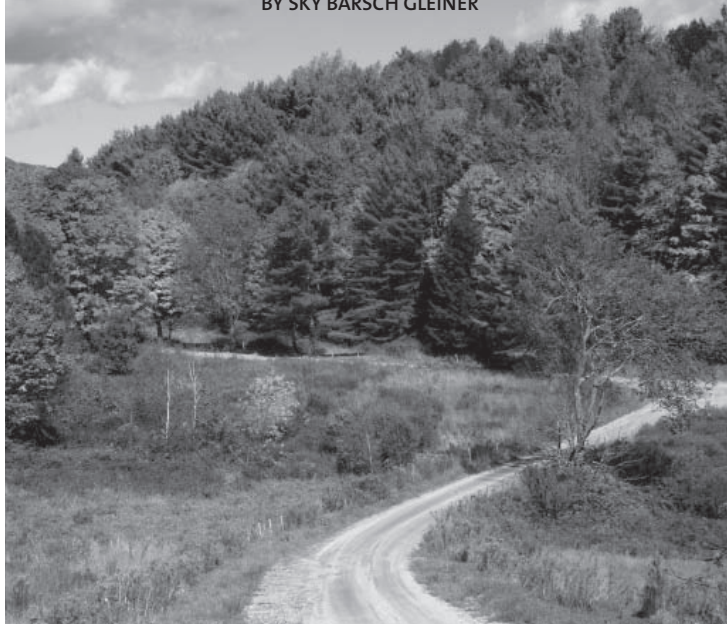
DANDELION RUN, DERBY

May 22, 2010

As the name implies, this half marathon and marathon relay is a dash through fields of dandelions. This new race showcases the Derby area in all its spring glory. You'll run through Derby, Morgan, and Holland near Lake Salem, Clyde Pond and Derby Pond. Mike Wolfe, who ran the race as part of a relay team last year, said "We really enjoyed the morning. The course was fantastic! So was the weather, the food, and the smoothies! Great job again on the run. It was one of the best I've ever participated in." You can run this as a half marathon or as a relay with two to four members (starts at 9 a.m.).

Vermont's Most Scenic Running Races

BY SKY BARSCH GLEINER



Details: \$25 per adult plus a minimum pledge of \$25 (proceeds benefit Orleans County Victims' Assistance Fund and Indoor Recreation of Orleans County's Healthy Changes Initiative). Kids can run or walk a five-mile course around Derby Pond.

More info: 802-334-8511, www.dandelionrun.org.

100 ON 100 HEART OF VERMONT RELAY, STOWE TO LUDLOW

Aug. 28, 2010

You and your teammates travel Route 100 from Trapp Family Lodge in Stowe to Okemo Mountain Resort in Ludlow, covering a total of 100 miles. See small towns, farms, mountains, lakes, covered bridges, the Breadloaf Wilderness, Killington, and a whole lot more.

When traversing 100 miles, there's a good chance you'll see some scenery you'll enjoy! Register as four to six people, or just three for an ultra team.

Details: \$300 to \$600 depending on number of teammates and date of register.

More info: 802-825-1535, www.100on100.org.

MAPLE LEAF HALF MARATHON AND 5K, MANCHESTER

Sept. 11, 2010

The half marathon takes you through backcountry roads and trails, along Route 7, with an elevation change of 1,631 feet. You'll be in the Green Mountain National Forest and have views of Mount Equinox.

Details: Race starts at 9 a.m. at the Manchester Recreation Center. \$30 for the half marathon and \$15 for the 5K, registration closes September 4.

More info: www.manchestervtmapleleaf.com.

GMAA GREEN MOUNTAIN MARATHON, CHAMPLAIN ISLANDS

Oct. 17, 2010

You're on island time as you run the west shores of South Hero and Grand Isle, with beautiful views of the unique Champlain Islands. Leigh Chandler, the publicity officer for the Green Mountain Athletic Association, describes this race as "a fantastic marathon that provides incredible views of Lake Champlain and fall colors, all while passing by beautiful farmland, orchards, and even a winery." According to the GMAA website, the course "begins and ends near the house where Clarence H. Demar (seven-time Boston Marathon winner) once lived, is out and back on the west shore of South Hero and Grand Isle; a land of farms, apple orchards and summer cottages."

Details: No race day registration. \$25 before Oct. 1; \$30 after. Awards for overall and for age groups (minimum age 16).

More info: gmm@gmaa.net.



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GREEN RACING PROJECT

BY TIM REYNOLDS

RACING AND MORE IN AROOSTOOK

Aroostook County in northern Maine is one of the last places you might expect the final big ski races on the national circuit to be held. Besides snow, there isn't much up there. "The County," as Mainers call it, is the poorest region in the state. Population is declining, childhood obesity and diabetes rates are high, and the military and lumber industries that founded the place are either closed or shrinking. Paper mills and potato farms dominate the landscape. It's a far cry from the typical ski resort setting where most big races are usually held. In Madawaska, the small town hosting two of four races in the final event, the paper mill that is the local economy temporarily laid off 500 of its 700 employees last winter. A fifth of the population lives in poverty. But despite all of these woes, big ski races are becoming commonplace in northern Maine.

In fact, cross-country skiing is becoming a cornerstone for a new healthy County. Three world-class Nordic racing venues have been built in the region over the last decade. Since then, The County has played host to biathlon world cups, junior world championships, junior national championships, the International Spring Series, and now the National Series events. Cross-

country skiing has been an unlikely shot in the arm as a new form of economic development for the region. And it's working.

Around 300 ski racers, including our Craftsbury contingent, American and Canadian national teams, and ski clubs from as far away as Sun Valley, ID, and Anchorage, AK, descended on Fort Kent and Madawaska, ME, for the SuperTour Finals. That's a big influx of people to a tiny town with few other tourism prospects. And for the skiers, it's a fantastic experience to be welcomed with open arms by literally every person in town, including those who don't ski. Biathlon and Nordic banners adorn the telephone poles on the main streets, recalling the sort of Independence Day fervor that brings American flags to every hang-able surface in July. Even in street clothes, skiers are recognized around town. Chuck, the manager of the local IGA, came out to chat with us about the snow conditions and the upcoming races. I've never felt more welcomed or more enthusiasm at any venue for cross-country skiing. For The County, these are more than just ski races.

Since 2000, the Maine Winter Sports Center, a nascent non-profit, has been largely responsibly for re-establishing skiing as a lifestyle in Maine.

The MWSC funded the construction of two new skiing facilities in Presque Isle and Fort Kent respectively, and also helped match community pledges for the new trails and lodge in Madawaska. They've started the Healthy Hometowns project, renting thousands of pairs of skis to youth throughout the poorer parts of Maine, especially in Aroostook County. The mission is to give these struggling communities a new source of strength, something stable to grasp onto and help move them out of recession. According to Andy Shepard, CEO of the MWSC, Nordic skiing not only encourages a healthy lifestyle for young Mainers, but it also cultivates independence, work ethic, and accountability in a young generation plagued by setbacks. Shepard views skiing as an important tool for developing a sustainable rural Maine.

Bill McKibben recently chose the MWSC and Madawaska as the subject for a series in *Yankee Magazine* called How New England Can Save the World. Despite the unusual idea of developing a rural area through a marginal sport like cross-country skiing, things are looking up for The County. According to McKibben, these new cross-country ski centers are not only bringing in new business to the area, they are uniting communities. In 2004, the MWSC man-

aged to secure a Biathlon World Cup event in Fort Kent. The combination of shooting and skiing is the most widely televised winter sport in Europe; hosting a world cup anywhere is a big deal. Almost 20,000 spectators turned out to watch the event, including 700 volunteers to handle logistics. That's a whole quarter of The County's population, and the event turned into a celebration for the various communities to share their European roots with the international athletes. It was a sort of mini-Olympics for northern Maine.

Next year, the Biathlon World Cup is returning to Aroostook County, as well as the regional and national circuits. Skiers often bemoan the middle-of-nowhere feel when racing up north; it isn't the easiest place to access from around the country. Yet the warm reception, superb venues, and reliable snow more than make up for these other drawbacks. Perhaps even more importantly, it feels good knowing that cross-country ski racing here can be much more than just a competitive event for these communities. ¶

Tim Reynolds, a recent Middlebury alumnus, works and races for the Craftsbury Outdoor Center's Green Racing Project, a professional cross-country ski racing team in its inaugural year. Check out the team at www.greenracingproject.com.

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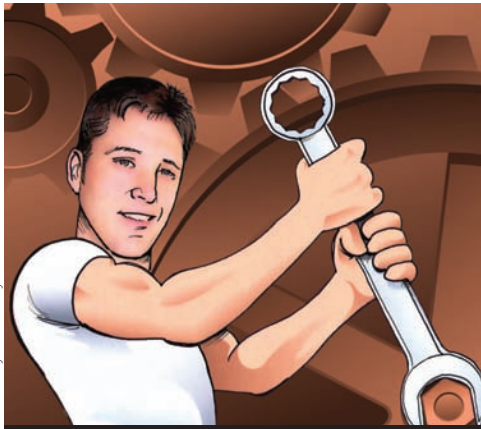
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MUSCLES NOT MOTORS

gear review

BY RYAN JAMES LECLERC

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



SIERRA DESIGNS ISOTOPE NANO JACKET

I'm not sure what the weather will be doing when this column hits the stands, but right now, it is stuck in a classic, dark, and dreary springtime rain cycle, and I am determined not to let it get me down. The sun will come back eventually. Until it does, I'm going to suit up with rain gear and do my thing, rather than sit inside and mope. The Sierra Designs Isotope Nano Jacket is the perfect jacket for rainy days like these. Made with Nanolite ripstop fabric, it is ultra waterproof and breathable, and also ultra lightweight, so it is ideal for running, hiking, and any activity involving lots of movement. A bonus for a guy like me, who has freakishly long arms, the Nano Jacket is designed using Condor Construction, which integrates elongated arm panels so that when you reach above your head, your belly doesn't pop out. A bonus for the earth is that the Nano Jacket is a member of the Sierra Designs Green Effect movement, which uses environmentally friendly materials without sacrificing performance. \$99. www.sierradesigns.com.



SMITH EVOLVE PROOF SUNGLASSES

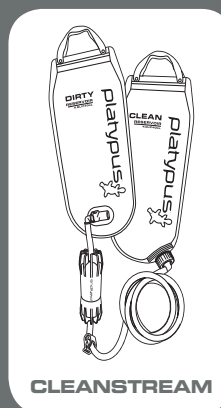
During those windows of time when the sun graces us with golden rays of light, reach for a pair of Smith Proof sunglasses. Part of the new Smith Evolve line of sunglasses, goggles, and helmets made from recycled and renewable-based materials, the Proof utilizes a new material called Rislun Clear, which is a lightweight, durable, and fully transparent material made from the fully renewable and non-genetically modified castor plant. The storage bag is also environmentally friendly spun-out fibers made from fully renewable coconuts. The low impact on the environment doesn't come at the expense of performance, however. The Proof still has a Polarized, Carbonic TLT lens that results in zero optical distortion and is extremely impact resistant, as well as a Grimalid frame that is exceedingly flexible and light, and maintains its shape under all temperature changes, making it ideal for active use. \$119. www.smithoptics.com.



AHNU SHASTA CROSS TERRAIN RUNNER FOR WOMEN

Ahnu's name and philosophy are all about balance. Balance between work and play, and balance between performance and lifestyle and a commitment to environmental responsibility. The Ahnu Shasta is a women's running shoe that strikes a balance between trail and road running, providing the right stability for each discipline. The basis of Ahnu footwear is their Neutral Positioning Technology which centers and guides the foot to promote an efficient, stable, and of course, balanced stride. For maximum shock absorption and protection against stones, the Shasta uses an EVA midsole and a forefoot shock dispersal plate. For optimum breathability, the Shasta uses a spacer mesh upper with a tighter mesh along the sides to block out debris. Rain or shine, the Shasta's slip resistant lugs will help keep you on your feet, or I should say, will help keep your balance. \$90. www.ahnufootwear.com. [7]

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VTSPORTS.COM

GREEN GEAR FOR SUMMER

BY BRIAN MOHR AND EMILY JOHNSON

As gradual as the trend is, it's exciting to see the outdoor industry making progressively greater use of emerging eco-friendly materials, fabrics, production, and packaging techniques, waste management practices, and efforts to reduce their impact on the environment. While many of the eco-friendly steps taken in years past have pertained to simpler, easy-to-build outdoor products, an emerging trend this year is the incorporation of green design and construction into higher-performance gear items like trail running shoes, ski boots, and technical backpacks. Still, we have to preface every Green Gear review with our plea to make sure you've thoroughly searched your friend's garage, checked your local gear exchange, or scoured the listings on Craig's List before buying something new. Re-used gear is the greenest gear of all.



Black Diamond



Tilley



La Sportiva



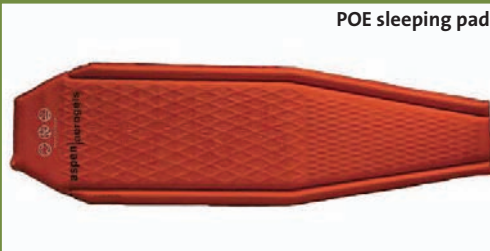
Nik Wax



Scarpa



POE sleeping pad



POE cooler



2010

OCEAN MINDED MOKA SANDALS

\$45, www.oceanminded.com

Flip-flop aficionados all know a solid pair of sandals when they see one, and Ocean Minded's Moka women's sandal definitely makes the cut. Aside from their no-frills form and function, the reasonably priced Moka features a variety of eco-friendly materials and a comfortable and supportive fit. The key to this sandal's comfort might be its nubuck leather footbed and strap, but it's hard not to feel good wearing a pair of sandals made with a water-based glue, recycled foam on the midsole, recycled rubber on the outsole, and a nylon toe-post made from recycled bottles. California-based Ocean Minded is an emerging leader in the design and production of eco-conscious footwear and apparel. They give a lot back to the ocean community, too, by organizing beach clean-ups around the globe, and by working closely with the Surfrider Foundation and the artist and environmental advocate, Wyland.

PACIFIC OUTDOOR EQUIPMENT COOP COOLER PANNIER

\$130, www.pacoutdoor.com

We really like Pacific Outdoor Equipment's (POE) philosophy: "To create and deliver the highest quality, best designed outdoor gear imaginable, and have a great time doing it. Because good gear equals less waste; less wasted energy and less wasted opportunity in the outdoors." Montana-based POE has recently broken into the cycling world with some very intelligent designs for panniers, messenger bags and other accessories that make it easier to bike-commute or simply get around on your bicycle. Their COOP Cooler pannier is the ultimate water-tight cooler for your shopping or picnicking needs. Well insulated with foam-padding on the inside, and available in a variety of colors, the COOP Cooler features a roll-top, water-tight closure, 20L of space and plenty of room for your yogurt, ice cream and a six pack – something you could put to good use for many good years of bicycle riding to come.

PACIFIC OUTDOOR EQUIPMENT PEAK OYL MOUNTAIN SLEEPING PAD

\$100, www.pacoutdoor.com

The name alone says a lot about this smartly designed, lightweight, and backcountry-friendly sleeping pad. The Peak Oyl series of pads is just another example of how Pacific Outdoor Equipment is helping to foster the use and production of more eco-friendly and fossil fuel oil-free raw materials. Utilizing palm-oil foam and a recycled PET fabric, this is a well-constructed, four-season, easy-to-inflate sleeping pad that you should be able to pass onto your kids someday. It features inflated side rails, stripes of Aerogel material to keep you from sliding off the pad, men's or women's sizes, and a durable aluminum air valve. This is a full-length, 1.5-inch air mattress that packs up neatly and is light enough (approx. 25 oz.) to take anywhere.

LA SPORTIVA FC ECO 2.0GTX TRAIL SHOE

\$140, www.lasportiva.com

La Sportiva is an Italian-based company that is renowned for its technical, performance-oriented footwear. With a name that is perhaps more fit for a robot than a light hiking shoe, the FC ECO 2.0GTX features a Vibram outsole composed of 30-percent recycled rubber, an upper that uses 100-percent recycled nylon for the mesh, laces, and webbing, and a liner made with recycled materials. It's a far cry from a shoe made from 100-percent recycled material, but this shoe and others in the FC ECO line are an important step for La Sportiva. Shoes in the FC ECO line are available with either a Gore-Tex (GTX) or non-waterproof lower, and in high, mid, and low height in men's and women's styles.

SCARPA PURSUIT TRAIL RUNNING SHOE

\$100 or \$125 with Gore Tex, www.scarpa.com

The Pursuit is one of Scarpa's many new trail shoes

that are made almost entirely with some percentage of recycled materials (some materials in the upper, lining, and footbed are 100-percent recycled, while others are 25- to 75-percent recycled). The Pursuit also features EcoPure in its heavy-duty midsole material, which allows the midsole to break down fifty times faster than regular EVA (20 years vs. 1,000 years!). This is a relatively well-cushioned trail running shoe that offers good protection in the toe area for rock- and root-strewn Vermont trails. It is available with a highly ventilated mesh and synthetic leather upper, or with a waterproof option using Gore Tex.

NIK WAX SANDAL WASH

\$ 4.50, www.nikwax.com

There are no organic solvents, no propellant gases, and nothing petroleum-based in Nikwax's fabric/leather cleaning and waterproofing products. By extending the life of our favorite outdoor gear, Nikwax is reducing the consumption and energy use associated with replacing worn-out gear. So, when your favorite sandals become a little too smelly to bear, don't despair. Grab a bottle of Nikwax's Sandal Wash cleaner and get excited to wear your sandals again. A water-based, fluorochemical-free and VOC-free cleaner, the Sandal Wash safely cleans and deodorizes any type of sandal, as well as footbeds, and it leaves them smelling nice, too.

TILLEY ORGANIC AIRFLO HAT

\$77, www.tilley.com

The certified organic cotton used in Tilley's Organic Airflo Hat is an important step for Tilley toward supporting certified organic farming and production initiatives related to their products. Conventionally grown cotton depends on horrendous quantities of pesticides and synthetic fertilizers, and any manufacturers embracing organically grown cotton should be applauded. The Organic Airflo features a soft, sueded cotton fabric, with a ventilating mesh around the top. It's rated to UPF 50+ and is rain repellent. Available in two colors and with two different brim sizes, this is a comfortable and attractive hat that packs well and is perfect for outings on the water, hikes under the sun, fishing, camping, and outdoor concerts.

METOLIUS CLIMBING HERBAL HAND REPAIR BALM

\$10, www.metoliusclimbing.com

Destined for your local retailers by June, 2010, this herbal balm is a delightful remedy for any hands facing excessive wear from climbing, gripping mountain bikes, swinging an axe, or partaking in any activities that tend to wear on your hands. The balm's essential oil acts as an antiseptic and anti-fungal, which helps support your skin's ability to heal itself efficiently. The herbs within this balm are organically grown, harvested, locally grown in Oregon, and freshly infused, making a high-quality oil that is quite soothing on the skin. It's worth listing the ingredients here: calendula, chamomile, St. John's wort, chickweed, plantain, comfrey, aloe vera, almond oil, apricot oil, jojoba, wheat germ, shea butter, cocoa butter, mango butter, beeswax, and an essential oil blend of tea tree and lavender.

BLACK DIAMOND SPRINTER HEADLAMP

\$79.95, www.bdel.com

Say goodbye to disposable batteries for your headlamp. This state-of-the-art rechargeable LED headlamp is a must-have for dedicated nighttime road and trail runners. It's also a great choice for those headlamp lovers who are fed up with buying new batteries. At its maximum setting, the Sprinter projects a strong, ovalized beam—ideal for running—with 68 lumens. You can also dim this light, or if you're at a dance party, set it to strobe. The rain-safe Sprinter also features a red taillight strobe for visibility along roadsides and in urban areas. The Sprinter's lithium-polymer battery fully recharges in approximately six hours. Price includes charger. [7]

Brian Mohr and Emily Johnson, of Moretown, VT, work together and share their primarily human-powered adventures through the outdoor media, their fine art exhibits, and their own Wild People, Wild Places Slideshow Series. They can be reached through their website, www.EmberPhoto.com.

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VS: You're running the Vermont City Marathon this month. How is your training going?

SP: It's going well. I've been set back a couple weeks with a cold, but overall, I think it's going well. Eric and I train together. The most important thing to me is that we can run together. He is very inspirational—he can run and run and run, and he never gets tired, so he keeps me going. I was never really a competitive runner until last summer, though I always ran to train. So, when I was Nordic ski racing or Alpine ski racing or mountain biking, I always used running as a tool to train. For me, running works for training for all sports.

VS: You are running to raise money for the American Cancer Society. Can you talk about the role cancer has played in your life?

SP: When I was 27, I was diagnosed with thyroid cancer. It was discovered on a routine physical exam—I had no other symptoms. I was really healthy and athletic my whole life, especially at that time, in college, and through my 20s. I had follicular carcinoma, which meant that it was not just encapsulated in my thyroid, so they removed my entire thyroid. I've been on thyroid replacement therapy since, and I've had really good luck with that; not everyone does. I did choose to go to the best hospitals that would offer the surgeries and treatments that I needed. I learned that even someone who lives in rural Vermont can go anywhere he or she wants; cancer clinics don't turn anyone away. Then Eric got diagnosed with cancer a very short 18 months after I finished treatment. He was diagnosed with advanced stage four testicular cancer—a tumor that was spreading very rapidly, the same kind Lance Armstrong had. We knew what we needed to do.

VS: What happened from there?

SP: We went to Memorial Sloan-Kettering Cancer Center in New York City. They basically told us, "You need to start today, or you will be planning his funeral." So we did. He is an amazing survivor. He never wavered at all. Before Eric was diagnosed they told me I wasn't going to be able to have children because of the hormones, but we had Emma. After his diagnosis, we had two more children, born naturally. Parents magazine did an amazing article on us.

VS: Was it just coincidence that you both got cancer, or was there a known reason?

SP: They're both genetically linked, but no one in our family has ever had either of these. The only thing that we did together that might have had something to do with it was we lived in Park City, UT, for a long time, and we lived on top of a silver mine. And when I was a young girl, I used to drink milk all the time, and all milk had rGBH in it, and that has been linked to thyroid cancer in rats. But we absolutely let go of all of that. If we wasted our time and energy on the "why," we never would have been able to get over it and look for the cure.

READER ATHLETE



SARAH PERRY

Age: 38

Residence: Hyde Park

Family: Husband, Eric; children, Emma, 10; Ada, 6; Barit, 4

Occupation: Farmer, health and wellness products sales, and doula

Primary sport: Running

VS: How have you stayed a part of the American Cancer Society?

SP: For us, the American Cancer Society was an outlet when we were both sick. The Nordic style Relay for Life was just getting going. I just had to jump on board and become involved in it. I needed something to grab hold of. We feel that we had to start raising money to make people aware of their environment and what they are putting into their bodies. It's essential for the future, for the people we love, our kids, and the people we don't even know. Now we are involved with a program called DetermiNation, which is geared toward endurance athletes. We raise money for cancer research.

VS: If someone reading this would like to contribute, how can they do that?

SP: They can go to www.americancancersociety.org/determination. Click on Vermont and then the KeyBank Marathon, and then click donate. You can type in Eric and Sarah Perry. We're also on Facebook, and we have links on our Facebook page.

VS: How did cancer affect your athleticism, and how did you get to the point of competitiveness again?

SP: From when I was diagnosed until

just about a year ago, I had cancer and I had three young kids. My whole frame of mind changed; I got into survival mode. It had been an eight-year span of just being a maintenance athlete. I was not training for any sort of races. I was just raising my family and being as healthy as I could be. What changed me was when I started working with ViSalus Sciences, a health and wellness company. I told myself it was time for me to get my body back; time for me to do what I love, and what makes me a great parent. I need to be inspiration for my kids. So I really jumped on board with ViSalus and started boosting my immune system with great, healthy products.

VS: Will this be your first marathon?

SP: It would have been, but I'm going to do the half; Eric and I are going to split it. Here's the reasoning behind it: I have a really bad foot, a bad bunion, so bad it needs to be surgically fixed. The best bet for me to run is to not overdo it. So we'll split it. I'm actually really content with that, and Eric was immediately okay with it, too. I need to stay focused on what all the goals are. I don't want to push myself too hard and hurt myself. I'm taking the recommendations of the great people at the Fleet

Feet shoe store, and I've talked with an orthopedist.

VS: Who will run the first leg?

SP: I'm going to run first and Eric's the strong finisher.

VS: Will your kids be there?

SP: The kids will be there. We have a tremendous amount of support. Our ViSalus team will be there, and we have family coming.


VS: You have a small farm—what do you grow and raise?

SP: We have chickens, rabbits, dogs, cats, turtles. We had three horses, but we don't have them anymore because we are downsizing. Our house is on the market, and we are moving to southern Vermont. With the farm, we focus on growing our own food, and we really pride ourselves in buying local and supporting local farmers. I grew up that way; my parents are homesteaders. Eric and I have been together 18 years now. I even remember being in Park City and having little planters on our porch and growing what we could.

VS: And you're a doula too. You're busy!

SP: I love being a doula. Being a doula is really my passion. I love being in the delivery room or at home and helping the moms and their partners. I have an amazing network of families in my life; I feel like it's an extended family because of sharing that experience with them. I do that part time now; I am a stay-at-home mom. Eric is a builder and works for himself, so if I need to run out to a birth he can come home and stay with the kids. Now that my kids are a little older, I have hopes that I can jump in a little more. It's amazing. There are births that have literally changed my life. ¶

—Sky Barsch Gleiner



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VS: What inspired you to run the KeyBank Vermont City Marathon this year?

SS: The inspiration this year would be that my girlfriend, Katie Cate, is a marathon runner, too. Her goal is to finish under four hours. I did the Marine Corps Marathon last fall, and at that point I felt kind of content with marathon running. But then, as we started to talk over the winter, she said I haven't yet met that four-hour marathon. So basically, this year we're driven by that. We do all our long runs together. And at this year's marathon we are going to run together, and I'm going to help her get under four. At the Marine Corps Marathon I tried to do the same thing with a friend who I run with at lunch time. He wanted to get under four. Unfortunately he had some stomach trouble, and he did not meet his goal.

VS: What about the race are you looking forward to?

SS: Probably one of my most enjoyable marathons was the Marine Corps, because there really wasn't a lot of pressure and I was just able to enjoy the moment. I really wasn't running at race pace. I got to enjoy the view, enjoy the company, kind of enjoy the whole aspect of marathon running, and I'm thinking that the VCM is going to be the same way. I'll just be keeping my girlfriend focused on that four-hour goal. I haven't done a VCM without going all out. I think I'll enjoy seeing friends and do a little rubbernecking.

VS: So you've competed in the VCM before. What is your favorite stretch?

SS: This will be the fourth time doing the VCM. My favorite stretch is actually going through Church Street two times, and I like doing the South Cove section before the halfway mark. And I like going through Oakledge on the bike path, and Battery hill.

READER ATHLETE



SHANE SLAYTON

Age: 38

Residence: Milton

Family: Sister, Marion; brother, Edison

Occupation: Manufacturing team leader at Husky

Primary sport: Biking

VS: Are there any stretches you're not as excited about?

SS: I don't look forward to doing the Beltway. It's an out-and-back, and there's obviously not a lot of fan support. It's just a stretch of road that's pretty uneventful.

VS: Will you have friends or family to cheer you on?

SS: Actually, Katie's from Burlington, and she lives on Howard Street, so she has a lot of friends in the neighborhood. Her friends will group up on Pine Street, where it meets with Howard Street. That's her favorite section because that's where all her friends are. My brother usually comes out, too.

VS: So, you've run VCM, the Marine Corps, and any others?

SS: The Green Mountain Marathon in Grand Isle. That's a whole different run altogether. There's usually an average of 400 runners. That one is just very low-key, kind of like the Unplugged Half Marathon where it's not overly organized. It's basically like doing a long run—not a lot of people out there for support. Even the aid stations are pretty limited, so you have to go prepared. But you can't beat the scenery—it goes along the East Shore Road and the West Shore Road. I'd say 80 percent of the time you

can see the lake, and there's always a breeze off the lake. And it's in October, which is a pleasant time of year to do a marathon. If it wasn't for how positive the fan support is within the Vermont City Marathon, I'd say the Green Mountain Marathon is more preferred in my book. But you just can't beat the support crowd at the VCM. Even at the Marine Corps Marathon, there were 30,000 runners, but at the end of the day, I think the Burlington people are just more energized. You would think that with all those runners and all their support, Marine Corps would be better, but there's just a special energy in Burlington.

VS: You mentioned you got into marathons because you were running with a friend who was preparing for an Ironman. Do you have any desire to do an Ironman?

SS: I have a good friend of mine who's a triathlete. He's done roughly six Ironmans. He started at Husky in 2005 and we became friends, and he would say, "How about going for a bike ride?" "How about going for a run?" and he got me to the point where I was becoming more active. We started just going for a three- or five-mile run at lunch. Next thing you know, we're doing that on a regular basis, and he's calling me on the weekends to do longer runs. He said, "You're doing 15- and 16-mile runs, but you don't do any races, you're really not doing anything with all this work you're putting in." I said, "I'm OK with that." But one day I said, "You know what? I should sign up for the race." So in 2006 I signed up for the VCM, and I just loved it. Then, once you invest that time to do that first marathon, next thing you know it becomes a routine, I guess. It's hard to just stop after all that training. And the Ironman? I would, but I'm not much of a swimmer. A doggie paddle just doesn't do much for you.

VS: You are an avid mountain biker. Where do you like to ride?

SS: Typically I do the Wednesday night Catamount races. I do those and then

typically every weekend I'll go on a long ride either at the Kingdom Trails or with the Fellowship of the Wheel. I like the trails in Essex at Saxon Hill and some in the Waterbury area.

VS: You plan to do the Vermont 50 this year? What's that like?

SS: That's a 50-mile mountain bike race at Ascutney at the end of September. It's about 30 percent dirt roads and 70 percent singletrack. The Pro guys and Experts will finish in around five hours and then your average rider will finish in seven, seven-and-a-half hours. The thing about training for the Vermont 50 is you've got to get those long rides in. That's where the road biking comes into play. It's much easier to hop on a road bike and get in a long, five-hour ride. But I prefer to be off-road.

VS: So you've done the Vermont 50 before?

SS: I've done it six times. That's kind of like my race of the year. Running keeps me in shape in the winter so I'm not playing catch up in the spring time. In February I was already biking.

VS: Do you have a goal for this year?

SS: I've done 6:01, and my goal is to be under six hours.

VS: What other outdoor sports do you enjoy?

SS: I'm a Nordic skier. I'm not much of a downhill skier, though I snowboard. Typically I go to Trapp Family Lodge for the Nordic skiing. You get a full body workout and after three or four hours I'm just toast. Snowshoeing is kind of like an off-day activity. For my rest days, I get out and enjoy the outdoors that way. And I love to hike in the summer time. I've been trying to knock off the Adirondack 46er peaks. Every year I try to do three or four different peaks in New York. It's getting harder and harder because I've done most of them that I can do in a day hike. Now, in order to do a peak I haven't done yet, I'm going to have to do some overnights. So my girlfriend and I are preparing for some backpacking.

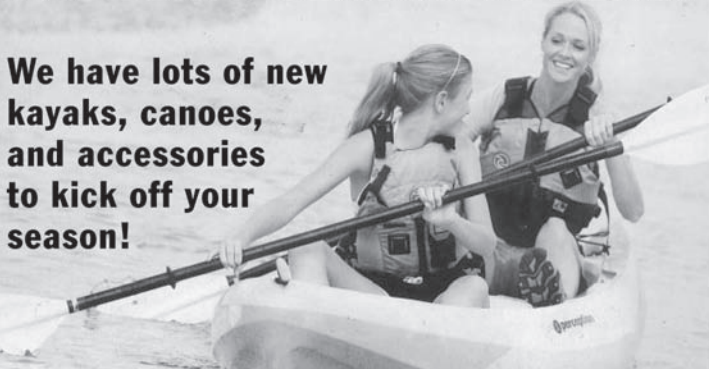
VS: And you're a photographer, too.

SS: It's definitely a hobby. I'm not a photographer, there's a big difference. I'm not that good. I take a slew of pictures when we're out hiking. I took photography in high school, and I've got a good camera, but I don't invest the time to be a good photographer. But it is something I really enjoy doing. □

— Sky Barsch Gleiner

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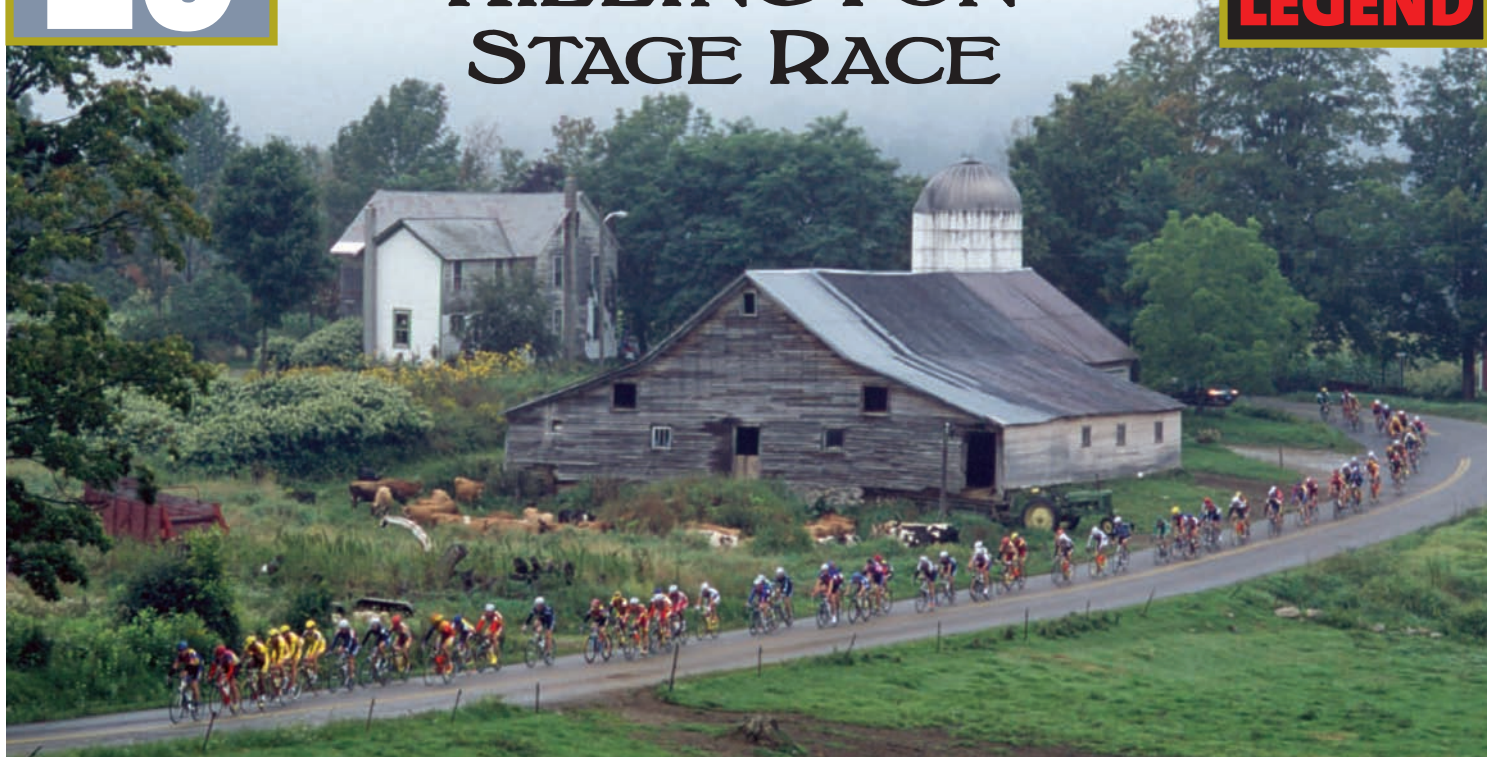
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MT. TIMES CIRCUIT RACE on Saturday all day. Best place to watch is the Sunrise base area where there will be sprints each lap.

LONG TRAIL BREWING TIME TRIAL Starts at 9:00. Best place to watch is the finish at the Killington Town Offices or Skyship base area.

CHAMPION SYSTEM ROAD RACE - Sunday starting at 9:00. Best places to watch North Road Climb in Bethel, climb out of Barnard, East Mt. Road Killington, Finish K1 Base area.

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CALENDAR OF EVENTS

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

ADVENTURE RACING

MAY

- 16 Spartan Race, 2-mile run with obstacles, Catamount Outdoor Center, Williston, VT, spartanrace@gmail.com, www.spartanrace.com

JULY

- 31 Xterra Kids Race at the Rez, 100-meter swim, 2-mile mountain bike, 1-mile trail run, 3PM, Indian Brook Reservoir, Essex, VT, Mark Brislin, 802-878-1375, www.racethere.com

AUGUST

- 1 Xterra Race at the Rez, ¼-mile swim, 10-mile mountain bike, 4-mile trail run, 9AM, Indian Brook Reservoir, Essex, VT, Mark Brislin, 802-878-1375, www.racethere.com

CANOEING / KAYAKING

JUNE

- 4-6 ACA Kayak Instructor Certification Course, Introduction to Kayaking and Level 2 Essentials of River Kayaking, Umiak Outfitters, Stowe, VT, Johnny Lynds, 802-253-2317, paddle@umiak.com, www.umiak.com
11-14 ACA Coastal Kayaking Instructor Certification Course, Introduction to Kayaking and Level 2 Essentials of Kayak Touring, North Beach, Burlington, VT, Johnny Lynds, 802-253-2317, paddle@umiak.com, www.umiak.com
18-20 ACA Canoe Instructor Certification Course, Level 1 Introduction to Canoeing and Level 2 Essentials of River Canoeing, Stowe, VT, Johnny Lynds, paddle@umiak.com

CYCLING

MAY

- 8 1st Annual Adamant 20-Miler Dirt Road Bike Tour to benefit the Adamant Music School, Adamant, VT, Eric Ryea, 802-223-2733, eryea@aol.com
9 Lund Family Center's Mother's Day Ride, 10, 16, 30 and 55 miles, South Burlington, VT, Lund Family Center, 802-864-7467 ext. 3000, bikeride@lundfamilycenter.org, www.lundfamilycenter.org
15-16 Introduction to Bicycle Racing for Women, Montpelier, VT, MaryAnn Martinez, 802-363-7563, runbikergirl@netzero.com, www.onionriverracing.com
16 Montpelier Bicycle Racing Series: Criterium Racing and Skills Clinics, Kids skills course for ages 3-10, 11AM; Racing Clinic for entry-level riders, 11AM; "B" race for Category IV-V men and II-IV women, and Junior racers, 11:30AM; points race for Cat I-III racers, 12:30PM; National Life Group Headquarters, Montpelier, VT, John McGill, 202-680-0448, jmcgill64@gmail.com, www.onionriverracing.com

- 25 Mad River Riders Monthly Time Trial, Waitsfield, VT, Peter Oliver, 802-496-5538, peter@gmsr.info, www.madriverriders.com
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 Vermontreal Bike Tour, 3-day tour (wait list only) June 4-6, 110 miles, easy; 4-day tour, June 3-6, 220 moderate miles, Adele Dienno, adele@localmotion.org, www.localmotion.org/events/montrealtour/index.htm
5-6 Tour de Kingdom, 2-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

GMAA Upcoming Races

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CALENDAR OF EVENTS

- 12 Wilmington Whiteface Road Race-New York State Championships, Wilmington, NY, Tim Akers, 315-854-0643, race@teamplacidplanet.org, www.teamplacidplanet.org
- 13 Saranac Lake Downtown Criterium-New York State Championships, Saranac Lake, NY, Tim Akers, 315-854-0643, race@teamplacidplanet.org, www.teamplacidplanet.org
- 20 KidSafe Island Ride, 60K, 30K, 10K, Grand Isle, VT, Sally Borden, 802-863-9626, kidsafe@kidsafetv.org, www.kidsafetv.org/islandride

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- 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/
- 27 Montpelier Bicycle Racing Series: Criterium Racing and Skills Clinics, Kids skills course for ages 3-10, 11AM; Racing Clinic for entry-level riders, 11AM; "B" race for Category IV-V men and II-IV women, and Junior racers, 11:30AM; points race for Cat I-III racers, 12:30PM; National Life Group Headquarters, Montpelier, VT, John McGill, 202-680-0448, jmcgill64@gmail.com, www.onionriverracing.com
- 29 Mad River Riders Monthly Time Trial, Waitsfield, VT, Peter Oliver, 802-496-5538, peter@gmsr.info, www.madriverriders.com

JULY

- 9-10 The Prouty Ultimate, Back-to-Back Century Rides, Hanover, NH, Charlie Kimbell, charlie@kimbellenterprises.com, www.theproutyultimate.org
- 10 29th Annual Prouty Bike Ride and Challenge Walk, Hanover, NH, Bruce Bouchard, bruce.a.bouchard@dartmouth.edu, www.theproutyultimate.org
- 10-16 New England Classic 150 & 550 Tour de Cure, Woburn, MA, Ryan Williams, 888-342-2383 ext. 3456, rwilliams@dibetes.org, www.newenglandclassic.org
- 10 Newton's Revenge Bicycle Hillclimb up Mount Washington, Gorham, NH, Kelly J Evans, 603-466-2333, kelly@mt-washington.com, www.newtonsrevenge.com/
- 11 Champ's Challenge for Cystic Fibrosis, 40-, 60, 80-mile rides, Vergennes, VT, Debra Maloney-Evans, 802-485-8347, debra.maloneyevans@gmail.com, www.cfif.org/champschallenge.php
- 17 Mt. Ascutney Bicycle Hillclimb, 3.7 miles uphill, 9:30AM, Mount Ascutney State Park, Windsor, VT, 802-484-5015, race@penguincycles.com, www.club.penguincycles.com/AscutneyBike.html
- 18 Montpelier Bicycle Racing Series: Criterium Racing and Skills Clinics, Kids skills course for ages 3-10, 11AM; Racing Clinic for entry-level riders, 11AM; "B" race for Category IV-V men and II-IV women, and Junior racers, 11:30AM; points race for Cat I-III racers, 12:30PM; National Life Group Headquarters, Montpelier, VT, John McGill, 202-680-0448, jmcgill64@gmail.com, www.onionriverracing.com
- 31 7th Annual Onion River Century Ride, 111 miles, 68 miles, 23 miles, Montpelier, VT, 802-229-9409, www.onionriver.com, or register at www.active.com

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

MAY

- 1 Vermont Athletics Church Street Parade, with Men's Ice Hockey and Men's and Women's Basketball Teams, Burlington, VT, Mike Marfione, 802-656-8454, mmarfion@uvm.edu
- 15 GMC Workshop: Corridor Monitoring and Boundary Maintenance, Barnard, VT, Green Mountain Club, www.greenmountainclub.org
- 16 Great Upper Valley Race, running/scavenger hunt, Hanover, NH, Marty Mundy, greatuvrace@gmail.com, www.greatuppervalleyrace.com
- 27 GMC End-to-Enders 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

JULY

- 10 A Long Walk on the Short Trail, 9-11AM, Green Mountain Club Headquarters, Waterbury Center, VT, 802-244-7037, gmc@greenmountainclub.org, 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 Rodgers, 802-878-2902

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MOUNTAIN BIKING

MAY

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

Tuesdays, 3-7PM, Great Glen Summer Mountain Bike Series (July 6-August 24), Great Glen Trails, Gorham, NH, Eli Walker, 603-466-2333, eli@greatglenhills.com, www.greatglenhills.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


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-Miler 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
- 8 RaceVermont.com Half Marathon, Shelburne, VT, Rayne Herzog, rayne@racevermont.com, www.racevermont.com
- 8 28th Annual Apple Blossom Derby, 10K/5K run, 5K walk, family fun run, 10AM, Shoreham, VT, shorehamderby@gmail.com, www.shorehamschool.org/derby
- 8 Burlington TF Invitational Masters 5K, 1-Meter, and Shot Put, Burlington High School, Burlington, VT, Pavel Dvorak, 802-864-8588, pdvorak@bsdvt.org, <http://bsdweb.bsdvt.org/~pdvorak/tfweb/meets/bhstinvtional/tf5k1m.htm>
- 8 Sunshine Run 5K Walk/Run, Brandon, VT, Sue Hoxie, 802-246-1412, nancy@SarahWearVt.com, www.sunshinerun.com
- 9 Mother's Day 5/10K Run/Walk & BBQ, 10AM, Kids Fun Run at 9:30AM, Burke Mountain Base Lodge, East Burke, VT, Claudia Mosher, 802-748-1992 ext. 315, claudia@umbrellanek.org, www.umbrellanek.org/mothersdayrun.htm
- 12 Team in Training Information Meeting, Burlington, VT, Gail Deuso, gail.deuso@lls.org
- 15 Third Annual Allen Avery Memorial Raptor Run, 5-mile run or walk around Lake Morey, Fairlee, VT, Tracy Martel, 802-333-9755, tmartel@rivendellschool.org, www.cso-rivendell.org
- 15 Spring into Health 5K Race & Walk, 8:30AM, Leland & Gray High School, Townshend, VT, Michael Amarello, michael@3craceproductions.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, Pete Kellaway, 802-334-8511, run@orleansrecreation.org, www.dandelionrun.org
- 22 Move your Buns 5K Run/Walk, 9AM, Morrisville, VT, Julia Fenwick, 802-730-4080, julia.gmk@gmail.com, www.greenmountainkidsinc.org
- 22 Friendly 5K Challenge, Mount Abraham High School, Bristol, VT, Chris Marion, 802-453-4999, pcmarion@gmavt.net
- 29 Fit & Fun 5K Run & Walk, 10AM, Newfane Elementary School, Newfane, VT, Michael Amarello, michael@3craceproductions.com

- 29 31st Annual Hardwick Spring Festival 5K Prediction Race, 9:30AM, 1K Youth Run, 9AM, Competitive Walk, 9:30AM, Hardwick, VT, Mike Schaefer, 802-751-9524, mikeinhardwick@gmail.com, <http://hardwickac.wordpress.com/>
- 29 YAM Scram Youth Running Festival, ½-mile, 1-mile, 2-miles, pre-registration required, Burlington, VT, Joy Dubin-Grossman, 802-863-8412, joy@runvermont.org, www.runvermont.org
- 30 KeyBank Vermont City Marathon and Marathon Relay, 8AM, Burlington, VT, www.vermontcitymarathon.org

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CALENDAR OF EVENTS

JUNE

- 6 Covered Bridges Half Marathon, 10:15AM, Woodstock to Quechee, VT, www.cbhm.com
- 13 34th Annual Crowley Brothers Memorial 10K and 5K Road Races and RRCA Vermont State 5K Championships and 10K Masters Championship, Rutland, VT, Michael Lannon, 802-558-2328, schinoski@aol.com, www.crowleyroadrace.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 4-Mile Run & 1-Mile Fun Run/Walk, 10AM, Lebanon, NH, Fran Oscadal, (603) 448-2421, foscadal@gmail.com, www.skipsrun.org
- 20 20th Annual Father's Day 5K Fun Run, Essex Junction, VT, Mark Brislin, 902-878-1375, mbrislin@ccsuvt.org, www.ejrp.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

JULY

- 3 5th Annual Montpelier Mile, Montpelier, VT, Carrie, 802-229-9409, thefolks@onionriver.com, www.onionriver.com
- 4 GMAA Clarence Demar 5K, South Hero, VT, Matt Dall, demar@gmaa.net, www.gmaa.net
- 11 Stowe 2010 Trail Race Series: Ranch Camp 5K Ramble, Stowe, VT, Cynthia Needham, cynthia@smartsience.org
- 11 Ascutney Mountain Run, 3.7 miles uphill, 10AM, Mount Ascutney State Park, Windsor, VT, 802-484-5015, race@penguincycles.com, www.club.penguincycles.com/AscutneyRun.html
- 24 Craftsbury 15K Classic Trail Running Race, 10:30AM, Craftsbury Outdoor Center, Craftsbury, VT, Tim Reynolds, 802-586-2328, www.craftsbury.com

ONGOING

- Tuesdays, 5PM, On Track Striders Track Workouts/Group Runs, Union Station, Burlington, VT, Kim Loeffler, 802-865-2226
- Tuesdays and Thursdays, 5-6PM, Running Unlimited, for runners preparing to race any distance, First in Fitness, Berlin, VT, Linda Freeman, 802-233-6161, lffreeman@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 (June 9-Sept. 15), Craftsbury Outdoor Center Summer Trail Running Series, Craftsbury Outdoor Center, Craftsbury, VT, Tim Reynolds, 802-586-2328, www.craftsbury.com

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, marty@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, rameyj2001@yahoo.com

Sundays, Team in Training group runs, Burlington area, for meeting locations contact Jan Leja, www.runwithjan.com

Sundays, 8AM, Vermont City Marathon/Green Mountain Athletic Association Social Runs, Twin Oaks, Farrell St., So. Burlington, VT, Mike Desanto, 802-893-0547, mike.desanto@gmail.com

Sundays, BKVR Training Runs, Southwestern Vermont Area, Jim Sullivan, 802-375-2813, www.bkvr.org

SWIMMING

JULY

- 24 Kingdom Swim, 10 miles, 3 miles, 1 mile, Newport, VT, Pete Kellaway, swimorleansrecreation.org, www.kingdomswim.org

ONGOING

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

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

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

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

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

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

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

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

TRIATHLON

MAY

- 30 Saratoga Lions Duathlon (5K run, 20-mile bike, 5K run), 8AM, Skidmore College, Saratoga Springs, NY, Dan Kumlander, 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, dianao@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 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, rushtonsports.com, www.rushtonsports.com

JULY

- 3 Racevermont.com Sprint Triathlon I, 500-yard swim, 15.4-mile bike, 3.1-mile run, Shelburne, VT, Rayne Herzog, 802-985-4410, rayne@racevermont.com, www.racevermont.com
- 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/>
- 24 Racevermont.com Sprint Triathlon II, 500-yard swim, 15.4-mile bike, 3.1-mile run, Shelburne, VT, Rayne Herzog, 802-985-4410, rayne@racevermont.com, www.racevermont.com
- 18 Vermont Sun Triathlon, 600-yard swim, 14-mile bike, 3.1-mile run, Lake Dunmore, Branbury State Park, Salisbury, VT, Jerrod Rushton, 802-462-2999, jerrod@rushtonsports.com, www.rushtonsports.com

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RACE RESULTS

FIRST IN FITNESS STAGE RACE TRIATHLON April 3, 2010 Montpelier, Vermont

Overall Stage Race Finishers

1	John Hackney	Montpelier VT	1:00:13
2	Grant Orenstein	Calais VT	1:01:25
3	Mack Gardner-Morse	Calais VT	1:03:38
4	Mark Bates	Marshfield VT	1:06:18
5	Missy Goodwin	Barre VT	1:09:55
6	Kevin Petrochko	Barre VT	1:12:20
7	Amy Dickinson	Montpelier VT	1:12:39
8	Thomas Blood	Barre VT	1:14:49
9	Joy Cary	Huntington VT	1:16:19
10	Beth Ann Finlay	Chelsea VT	1:21:49

Overall Duathlon Results

1	Keith Woodward	Stowe VT	41:49
2	Kat Motylenski	Grantham NH	46:27
3	Pat Driscoll	Stowe VT	49:34
4	Mark Premo	Winooski VT	1:01:11
5	Dawn Dicecco	Shelburne VT	1:08:21

Overall 500-yard Swim Results

1	Tim Doherty	Waterbury Ctr VT	8:07
2	Thomas Blood	Barre VT	9:05
3	Tara Cohen	Fayston VT	9:55
4	Katie Peyerl	E Barre VT	10:12
5	Joe McCarthy	Middlesex VT	10:25
6	Amy Dickinson	Montpelier VT	10:58
7	John Hackney	Montpelier VT	11:26
8	Beth Ann Finlay	Chelsea VT	11:38
9	Grant Orenstein	Calais VT	11:41
10	Mark Bates	Marshfield VT	11:44
11	Kevin Petrochko	Barre VT	12:55

12	Mack Gardner-Morse	Calais VT	13:23
13	Joy Cary	Huntington VT	13:43
14	Missy Goodwin	Barre VT	14:26

Overall 8.4-mile Bike Time Trial

1	John Spinney	Waterbury VT	20:50
2	Phil Beard	Middlesex VT	20:53
3	Jean Lacroix	E Montpelier VT	21:40
4	Keith Woodward	Stowe VT	22:49
5	Kat Motylenski	Grantham NH	24:28
6	Pat Driscoll	Stowe VT	26:15
7	Joe McCarthy	Middlesex VT	26:55
8	John Hackney	Montpelier VT	26:57
9	Grant Orenstein	Calais VT	28:15
10	Mark Bates	Marshfield VT	28:18
11	Missy Goodwin	Barre VT	30:09
12	Mack Gardner-Morse	Calais VT	30:15
13	Joy Cary	Huntington VT	31:03
14	Amy Dickinson	Montpelier VT	31:48
15	Kevin Petrochko	Barre VT	33:15
16	Dawn Dicecco	Shelburne VT	36:22
17	Beth Ann Finlay	Chelsea VT	36:58
18	Thomas Blood	Barre VT	39:43
19	Mark Premo	Winooski VT	39:46

Overall 5K Run Results

1	Keith Woodward	Stowe VT	19:00
2	Rick Evans	Bradford VT	19:28
3	Mack Gardner-Morse	Calais VT	20:00
4	Eric Bonneau	W Berlin VT	20:09
5	Mark Premo	Winooski VT	21:25
6	Grant Orenstein	Calais VT	21:29
7	John Hackney	Montpelier VT	21:50
8	Kat Motylenski	Grantham NH	21:59
9	Lisa Tobin	Montpelier VT	22:47
10	Pat Driscoll	Stowe VT	23:19
11	Missy Goodwin	Barre VT	25:20
12	Thomas Blood	Barre VT	26:01
13	Kevin Petrochko	Barre VT	26:10
14	Mark Bates	Marshfield VT	26:16
15	Dick Ferno	Williamstown VT	29:29
16	Amy Dickinson	Montpelier VT	29:53
17	Roger Cranse	Montpelier VT	30:13
18	Joy Cary	Huntington VT	31:33
19	Dawn Dicecco	Shelburne VT	31:59
20	Beth Ann Finlay	Chelsea VT	33:13
21	Jaime Blood	Barre VT	33:25



RACE RESULTS

HALF MARATHON UNPLUGGED April 10, 2010 Colchester to Burlington, Vermont

Overall Women

1	Kelly Liljeblad	Colchester VT	1:26:21
2	Kim Loeffler	Burlington VT	1:26:22
3	Anne Bliss	Burlington VT	1:27:23
4	Abbey Kaknes	Burlington VT	1:27:39
5	Katie White	Burlington VT	1:29:09
6	Aubrey Smith	Williamstown MA	1:29:30
7	Courtney Kutler	So Burlington VT	1:32:06
8	Phyllis Clookey	Plattsburgh NY	1:32:55
9	Kaitlin Gregg	Burlington VT	1:33:17
10	Mariana Lara	Stowe VT	1:33:28
11	Cheryl Aley	Colchester VT	1:34:05
12	Marline Côté	Québec QC	1:34:35
13	Sarah London	Montpelier VT	1:35:00
14	Tara Ebejer	White River Jct VT	1:36:32
15	Kate Crawford	Essex Jct VT	1:37:00
16	Claire Doule	Montreal QC	1:37:36
17	Antonia Opitz	Burlington VT	1:39:16
18	Kimberly Cross	Westford VT	1:40:31
19	Caitlin Baran	Burlington VT	1:40:41
20	Sue Scheer	Williston VT	1:40:53
21	Marybeth Nichols	St Albans VT	1:41:03
22	Danielle Lafaille	Jeffersonville VT	1:41:18
23	Jennifer Kimball	So Burlington VT	1:41:41
24	Lauren Arkind	Chelmsford MA	1:42:13
25	Mary Turnbaugh	Charlotte VT	1:42:57
26	Amy Mason	Burlington VT	1:43:12
27	Shari Bashaw	St Albans VT	1:43:19
28	Nicole Gorman	Charlotte VT	1:43:24
29	Joy Peterson	Williston VT	1:43:24
30	Viginia Foster	Charlotte VT	1:43:58
31	Erin Golec	Milton VT	1:44:45
32	Stephanie Young	Guilford VT	1:45:05
33	Sherah Rickert	So Burlington VT	1:45:08
34	Lindsay Teevens	Hanover NH	1:45:14
35	Lisa Rollins	Burlington VT	1:45:28
36	Nicole Miles	Northfield VT	1:45:53
37	Hilary Nichols	Burlington VT	1:46:02
38	Karen Sentoff	Burlington VT	1:46:29
39	Kristeen Chambers	Cavendish VT	1:46:32
40	Caitlin Beyer	Allston MA	1:46:36
41	Heidi Fryzell	Derby VT	1:46:38
42	Sandy May	Monkton VT	1:46:54
43	Ruth Blauwiekel	Colchester VT	1:46:56
44	Anne Michaels	Shelburne VT	1:46:58
45	Tracey Bellavance	Colchester VT	1:47:00
46	Kristen Courcelle	Colchester VT	1:47:29
47	Elizabeth Soroka	Rutland VT	1:47:30
48	Flora Charlet	Québec QC	1:47:45
49	Meaghan Malboeuf	Saint Albans VT	1:47:47
50	Hallie Grossman	So Woodstock VT	1:47:56
51	Jennifer Carlson	Jericho VT	1:48:14
52	Allison Lampert	Montreal QC	1:48:22
53	Daphne Hard	So Hero VT	1:48:33
54	Margaret Terrien	Colchester VT	1:48:40
55	Emily Steers	Burlington VT	1:48:55
56	Alexis Perry	Burlington VT	1:49:32
57	Katie Cate	Burlington VT	1:49:36
58	Jesse Phillips	Warren VT	1:50:02
59	Robin Burgmeier	So Burlington VT	1:50:09
60	Lydia Corrievae	Burlington VT	1:50:15
61	Tiea Christiansen	Portland ME	1:50:27
62	Mélanie Gilbert	Magog QC	1:50:33
63	Lori LaCroix	Barre VT	1:51:13
64	Beth Tarallo	Panton VT	1:51:32
65	Marcia Bristow	Shelburne VT	1:51:47
66	Annie Davis	Essex Jct VT	1:52:08
67	Anne Glewwe	Burlington VT	1:52:22
68	Amy O'Toole	Hyde Park VT	1:52:29
69	Tanya Bergen	Shelburne VT	1:52:38
70	Marcy Morgan	So Burlington VT	1:52:56
71	Emily Foote	Burlington VT	1:53:26
72	Mickale Santin	Wenham MA	1:53:26
73	Chrissy Frankenhoff	Essex Jct VT	1:53:35
74	Kaylan Livsey	Winooski VT	1:53:41
75	Carlie Kroklic	Charlotte VT	1:53:44
76	Tierney Wilson	Burlington VT	1:53:49
77	Alexis Bohrer	Barre VT	1:53:53
78	Christina Mager	Essex Jct VT	1:53:56
79	Sarah Eldredge	Burlington VT	1:54:10
80	Allison Sicaud	Williston VT	1:54:14
81	Mallory Flynn	New York NY	1:54:19
82	Kristin Cook	Williston VT	1:54:20
83	Cheri Barber	Bakersfield VT	1:54:24
84	Michele Mannino	So Burlington VT	1:54:31
85	Amelia Chapman	Colchester VT	1:54:32
86	Eve Shepard	New Haven VT	1:54:34
87	Hillary Burrows	Essex Jct VT	1:54:41
88	Cassie Barton	Winooski VT	1:54:44
89	Catherine Cate	Essex Jct VT	1:54:45
90	Linda Hallinger	Washington VT	1:54:53
91	Sue Adamson	So Burlington VT	1:54:54
92	Jeanne Landau	Burlington VT	1:54:57
93	Betsy McHugh	Essex Jct VT	1:55:00
94	Suzi Coburn	Essex Jct VT	1:55:03
95	Susan Trahan	Colchester VT	1:55:19
96	Zoe Erdman	Essex VT	1:55:29
97	Dianna Leahy	Newtown MA	1:55:40
98	Amy Quinn	Lake Placid NY	1:55:46
99	Danielle Harris	Essex VT	1:56:01
100	Jessica Titterton	Whippany NJ	1:56:12
101	Diffuza Sanguova	Northfield VT	1:56:14
102	Jessica Colbourne	Burlington VT	1:56:28

103	Alyssa Corbett	Brighton MA	1:56:40
104	Laura Bourette	Burlington MA	1:57:01
105	Rachel Long	Elmore VT	1:57:09
106	Julie Gaboriaux	Colchester VT	1:57:09
107	Susan Crisculo	Colchester VT	1:57:13
108	Christine Mathias	Winooski VT	1:57:19
109	Andrea McLaughlin	Barre VT	1:57:32
110	Rachel Bowcutt	Ballston Spa NY	1:57:47
111	Megan Coleman	Middlebury VT	1:58:26
112	Kelly Goodell	So Burlington VT	1:59:12
113	Kerry Chaffee	Barre VT	1:59:26
114	Kimberly Wilson	So Burlington VT	1:59:35
115	Bonnie Gadapee	St Johnsbury VT	2:00:08
116	Lisa McDonald	Potsdam NY	2:00:17
117	Christy Pilsucki	Hinesburg VT	2:00:24
118	Elizabeth McGeorge	Waitsfield VT	2:00:45
119	Megan Johnson	Burlington VT	2:00:47
120	Dee Christie	Milton VT	2:01:00
121	Melissa Wyman	Burlington VT	2:01:01
122	Karen Vincelette	Alburgh VT	2:01:02
123	Signe Daly	Burlington VT	2:01:07
124	Colleen Birner	Colchester VT	2:01:07
125	Elizabeth Congdon	Burlington VT	2:01:12
126	Colette Oesterle	Burlington VT	2:01:28
127	Stephanie Fregeau	Franklin VT	2:01:47
128	Yvonne Toutant	Grand Isle VT	2:01:50
129	Michelle Desrosiers	Bakersfield VT	2:01:51
130	Lindsay Lyons	Plattsburgh NY	2:02:13
131	Ashley Thompson	Plattsburgh NY	2:02:14
132	Kate Tierney	Williston VT	2:02:17
133	Bonnie Carton	Essex Jct VT	2:02:18
134	Siobhan Robinson	Randolph Ctr VT	2:02:42
135	Liz Peck	Burlington VT	2:02:51
136	Annie Duffee	St. Albans VT	2:02:51
137	Emily Culkin	Essex Jct VT	2:02:52
138	Kendra Corr	Colchester VT	2:02:54
139	Claudine Preite	No Adams MA	2:02:56
140	Amy Vazquez	Charlotte VT	2:03:10
141	Jill Gagne	Fairfield VT	2:03:45
142	Cindy Sherwood	Williston VT	2:03:53
143	Geni Cowles	So Burlington VT	2:04:00
144	Anna Drake	St Albans VT	2:04:14
145	Allison Rimmer	Burlington VT	2:04:16
146	Beth Eliason	Vergennes VT	2:04:21
147	Emily Bullis	Colchester VT	2:04:23
148	Marissa Wilkens	Ripton VT	2:04:25
149	Linda King	Colchester VT	2:04:34
150	Alisha Laramée	Moretown VT	2:04:37
151	Kelly Silin	Burlington VT	2:04:46
152	Whitney Rose	Poultney VT	2:04:49
153	Tara Cariano	Poultney VT	2:04:50
154	Kim Melita	Burlington VT	2:05:23
155	Sarah Soster	Essex Jct VT	2:05:42
156	Elizabeth Shribman	Essex Jct VT	2:06:58
157	Sandra Roy	Littleton NH	2:07:04
158	Kaitlyn Barr	Hanover NH	2:07:14
159	Jessica Shapiro	Springfield MA	2:07:20
160	Nancy Zimny	Burlington VT	2:07:22
161	Jessica Voyer	Milford CT	2:07:30
162	Nancy Zimny	Essex Jct VT	2:07:38
163	Judith Russell	Richmond VT	2:07:44
164	Margaret Patrick	Burlington VT	2:07:52
165	Ann Bridges	Hinesburg VT	2:07:53
166	Christina Mannino	Randolph VT	2:07:55
167	Rosemary Rusin	So Burlington VT	2:08:12
168	Shannon Litchfield	Florence VT	2:08:43
169	Jennifer Davis	Colchester VT	2:10:08
170	Jenna Allard	Burlington VT	2:10:09
171	Sonja Duncan	Randolph VT	2:10:14
172	Marge Huseman	Williston VT	2:10:17
173	Lisa Fischer	East Fairfield VT	2:10:23
174	Karen Quinn	Ticonderoga NY	2:10:50
175	Maria Stojanova	Williston VT	2:10:59
176	Tanya Noyes	Burlington VT	2:11:27
177	Suzanne McKegney	Essex Jct VT	2:11:27
178	Kristen Maynard	So Burlington VT	2:11:50
179	Emily Einstein	Burlington VT	2:12:04
180	Diane Solomon	New Haven CT	2:12:17
181	Danielle Horan	Barre VT	2:12:18
182	Lindsey Loucheim	Williston VT	2:12:19
183	Nicole Diebold	Williston VT	2:12:21
184	Lorraine Pitcher	Colchester VT	2:12:33
185	Shauna Curran	Burlington VT	2:12:34
186	Anka Mason	Shelburne VT	2:12:47
187	Mary Cole	Northfield VT	2:12:56
188	Betty Fisk	Northampton MA	2:13:35
189	Valerie Truell	Essex Jct VT	2:13:45
190	Susan Koepfplinger	Portsmouth NH	2:13:57
191	Erin Webb	Brighton MA	2:14:01
192	Danielle Plouffe	Waitsfield VT	2:14:12
193	Kathleen Laramee	Burlington VT	2:14:16
194	Bari Brooks	Saint Albans VT	2:14:17
195	Amy Giuliani	Burlington VT	2:14:17
196	Aimee Chambers	Williston VT	2:15:14
197	Tracie Hammond	Colchester VT	2:15:15
198	Hattie Johnson	Colchester VT	2:15:16
199	Allison Hollingsworth	Colchester VT	2:15:17
200	Ally Reilly	So Burlington VT	2:15:33
201	Laura Nesci	Essex VT	2:15:53
202	Rebecca Goletz	Winooski VT	2:16:00
203	Megan Taylor	Winooski VT	2:16:02
204	Cathryn Quill	Essex Jct VT	2:16:15
205	Jennifer Gallant	Winooski VT	2:16:34
206	Bonnie Anderson	So Burlington VT	2:16:36
207	Stephanie Howell	Milton VT	2:17:52
208	Pamela Morin	Burlington VT	2:18:25
209	Cassie Armstead	Essex Jct VT	2:18:28
210	Angela Niquette	Barre VT	2:18:45
211	Amy Taylor	Lebanon NH	2:18:53
212	Jacque Dagesse	Goose Creek SC	2:18:58
213	Khar Lau	Summerville SC	2:19:05
214	Susan Madrigan	Waterbury Ctr VT	2:19:32
215	Mara Welton	Stowe VT	2:19:36
216	Julie Masson	Brattleboro VT	2:19:54
217		Burlington VT	2:20:23
218		Montreal QC	2:20:48

219	Maren Law	Springfield MA	2:21:20
220	Tiffany Feldman	Burlington VT	2:21:39
221	Jericho Michels	Stowe VT	2:21:46
222	Karen Taylor	Barre VT	2:21:54
223	Sara Davie	Winooski VT	2:21:54
224	Dawn Mulheron	St. Albans VT	2:22:11
225	Sara P	Huntington VT	2:22:35
226	Robert Staphenhorst	Montpelier VT	2:22:42
227	Emily Hackett	Williston VT	2:23:19
228	Jaimie Gadwah	Waterford VT	2:23:37
229	Patricia Rennau	No Fayston VT	2:24:15
230	Holly Taylor	Jericho VT	2:24:18
231	Stephanie Harris	Burlington VT	2:24:46
232	C Marie Mendoza	E Fairfield VT	2:24:52
233	Sonia Melancon	Montreal QC	2:25:55
234	Alison Frye	Putney VT	2:26:06
235	Janine Ross	Saint Albans VT	2:26:53
236	Jessie Gervais	Colebrook NH	2:27:20
237	Nadine Davis	Salem OR	2:27:50
238	Frances Dewrow	Essex VT	2:27:58
239	Corrie Parker	Colchester VT	2:28:22
240	Heather Newton	Burlington VT	2:28:37
241	L McCarthy-Bullis	Colchester VT	2:30:19
242	Karyn Noble	Milford MA	2:30:21
243	Mary Coffey	Milton VT	2:30:35
244	Huoguo V	Essex Jct VT	2:31:27
245	Serena Laws	Lebanon NH	2:33:16
246	Shelly Law	Northampton MA	2:33:17
247	Kathryn Fessler	Shelburne VT	2:33:19
248	E Zinno Ratta	Saint Albans VT	2:33:33
249	Patti Daniels	Grand Isle VT	2:34:28
250	Dana Mallon	Burlington VT	2:34:41
251	Katelyn Muir	Burlington VT	2:35:09
252	Leeann Hjermik	So Burlington VT	2:35:14
253	Meaghan Reynolds	Burlington VT	2:36:08
254	Debra Carley	Essex Jct VT	2:37:48
255	Jennifer Bouffard	So Burlington VT	2:38:55
256	Kathy Perry	Essex Jct VT	2:38:56
257	Kris Gleason	Essex Jct VT	2:38:57
258	Jessica Stuart	Westford VT	2:39:25
259	Patricia McGarry	Burlington VT	2:40:20
260	Dana Adams	Astoria NY	2:42:10
261	Judith Craig	Montreal QC	2:44:14
262	Karine Provencher	Saint-Hyacinthe, QC	2:45:21
263	Tonya Martell	Winooski VT	2:45:31
264	Dawn Provost	Barre VT	2:45:57
265	Robin Lehman	So Burlington V	2:46:27
266	Treena McGrath	So Burlington VT	2:47:57
267	Samantha Stebbins	Williston VT	2:50:36
268	Maxine Cox	So Burlington VT	2:50:53
269	Maxine Breuer	Essex Jct VT	2:52:20
270	Aimeenah Pridgen	Gaithersburg MD	3:00:48
271	Julia Kimball	So Burlington VT	3:02:08

Wheelchair

1	Jeremy Shortleeve	So Burlington VT	0:50:47
2	Patrick Standen	Burlington VT	1:05:49

Overall Men

1	David Le Phorho	Montreal QC	1:12:38
2	Justin Ryea	Burlington VT	1:16:12
3	John Spinney	Waterbury VT	1:16:57
4	Thomas Dunn	Burlington VT	1:17:21
5	Jonathan Copans	Montpelier VT	1:18:50
6	Thomas Howard	Brooklyn NY	1:18:55
7	Tom Thurston	Waterbury VT	1:19:33
8	Steve Wallace	Hinesburg VT	1:22:35
9	Colby Nixon	Burlington VT	1:24:14
10	George Cook	Montpelier VT	1:25:17
11	John Cormier	Bristol VT	1:25:29
12	Stephen Trull	Burlington VT	1:25:32
13	Yuki Fujita	Winooski VT	1:26:16
14	Frank McLaughlin	Burlington VT	1:26:40
15	Sam Davis	Colchester VT	1:27:18
16	Mike Grady	Essex Jct VT	1:27:21
17	Charles White	Burlington VT	1:28:02
18	Jason Raehl	Littleton NH	1:28:16
19	John Wulff	Waterbury VT	1:28:32
20	Morgan Samler	Colchester VT	1:28:39
21	Brad Fawley	Brattleboro VT	1:28:50
22	Sean Mitchell	Burlington VT	1:28:57
23	Derick Hillman	Mt St-Hilaire QC	1:30:03
24	A Rosenblatt	Burlington VT	1:30:12

RACE RESULTS

SPRING FLING 5K/10K March 27, 2010 Shelburne, Vermont

5K RACE

Men 14 and under

1	Carl Crawford	Burlington VT	27:54.5
2	Peter Camardo	So Burlington VT	32:16.3
3	Nathan Williams	Fairfax VT	37:05.0

Men 20-24

1	Justin Monahan	Waterbury VT	30:55.2
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Men 25-29

1	Erik Lahr	Burlington VT	21:00.5
2	Nathan Stevens	Duxbury VT	24:35.6
3	Christopher D Smith	Milton VT	25:39.2

Men 30-34

1	John Carney	Colchester VT	19:40.0
2	C. Monahan	Burlington VT	21:05.7
3	Shinpei Kondo	Winooski VT	22:29.1
4	Chris Zahn	So Burlington VT	25:18.5
5	Bob Trautwine	Shelburne VT	26:20.0
6	Paul Woodman Hayes	Bolton Valley VT	27:09.7
7	Peter Gauvin	So Burlington VT	29:34.5
8	Jesse Keene	Salt Lake City UT	31:31.7
9	Christa Little	Bridport VT	34:37.9
10	Blain Newton	Burlington VT	37:33.2
11	Ben Loscalzo	Essex Jct VT	53:48.5
12	Ryan Roberti	Queensbury NY	53:49.0

Men 35-39

1	McKew Devitt	Burlington VT	21:03.7
2	Ryan Jennings	Shelburne VT	23:55.7

Men 40-44

1	John Spear	Upper Jay NY	27:13.1
2	William Chatoff	Hinesburg VT	33:10.8

Men 45-49

1	Tom Thurston	Duxbury VT	17:51.4
2	David Ospina	Williston VT	29:37.4
3	Chris Hallowell	Essex Jct VT	37:14.7

Men 50-54

1	Jim Mercier	St Albans VT	26:55.0
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Men 55-59

1	Bill Dysart	Charlotte VT	22:04.3
2	Bill Livingstone	Underhill VT	27:04.1

Women 14 and Under

1	Taylor Hallowell	Essex Jct VT	26:29.9
2	Emily Camardo	So Burlington VT	27:53.4

Women 15-19

1	Ellie Livingstone	Underhill VT	34:44.9
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Women 20-24

1	Sarah Flint	Highgate Ctr VT	27:05.6
2	Ana Corona	Fort Drum NY	43:06.5
3	Tamara Williams	Fairfax VT	46:07.0

Women 25-29

1	Molly Cozens	Fairfax VT	23:44.5
2	Jessica Duclos	Shelburne VT	26:19.4
3	Elisabeth Garvey	Hinesburg VT	27:25.7
4	Stephanie E Gehlbach	Winooski VT	29:35.9
5	Michelle P Poulin	Burlington VT	31:58.2
6	Jessica Teal Scharf	Essex Jct VT	33:29.2
7	Sarah Rollins	Barre VT	36:56.0
8	Brianne Taylor	Shelburne VT	59:35.2

Women 30-34

1	Phoebe Mott	Hinesburg VT	27:26.0
2	Jamie Wilhite	Salt Lake City UT	31:31.3
3	Maria Godleski	Essex Jct VT	32:29.4
4	Kris Joppe-Mercure	Burlington VT	34:25.1
5	Becky Pidgeon	No Ferrisburgh VT	35:16.0
6	Rebecca Jones	Burlington VT	37:33.6

Women 35-39

1	Heidi Hill	Duxbury VT	23:41.4
2	Christine Lybarger	So Burlington VT	29:41.6
3	Cate MacLachlan	Burlington VT	31:34.2
4	Barb Kleptz	Essex Jct VT	36:02.5
5	Shannon Masters	Parish NY	37:34.0

Men 60-64

1	Frank Short	New Haven VT	40:27.7
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Women 60-64

1	Beth Martell	Essex Jct VT	27:54.0
2	Caroline Crawford	Burlington VT	27:56.0
3	Katie Camardo	Essex VT	30:38.7
4	Courtney M. Callo	Manchester Ctr VT	31:00.3
5	Kimberley Chatoff	Hinesburg VT	33:12.7
6	Roni Sass	Essex Jct VT	39:02.8
7	Deb Williams	Fairfax VT	46:06.6

Women 45-49

1	Kathleen Lowrie	Richford VT	34:24.6
2	Lisa Hardy	Burlington VT	44:13.8

Women 70-74

1	Ann Hallowell	Essex Jct VT	45:59.2
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10K RACE

Men 30-34

1	Joe Gingras	Berlin VT	35:23.1
2	Yuki Fujita	Winooski VT	39:56.8
3	Adrian Hicks	Charlotte VT	43:35.4
4	Nicholas Charest	So Burlington VT	52:00.7

Men 35-39

1	Jonathan Copans	Montpelier VT	36:13.5
2	Jim Richmond	Grand Isle VT	53:36.6

Men 40-44

1	Kevin Hern	Shelburne VT	46:18.8
2	Peter Snell	Shelburne VT	55:54.1

Men 45-49

1	Brendan Finn	So Burlington VT	46:58.1
2	Jeff Doney	Northfield Falls VT	49:58.4

Men 50-54

1	Richard W Haesler	Charlotte VT	54:56.4
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Men 55-59

1	Stephen Mason	Burlington VT	50:07.5
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Men 60-64

1	Frank Short	St Albans VT	54:09.9
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Men 65-69

1	David Chioffi	Woodstock VT	49:29.3
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Women 20-24

1	Jessica Sokolow	Burlington VT	46:36.6
2	Carly Symington	Burlington VT	47:54.9
3	Alexandra Haesler	Charlotte VT	52:25.1
4	Sarah March	Burlington VT	55:04.0
5	Kat Cournoyer	St Albans VT	59:26.9
6	Katelyn A Muir	Burlington VT	1:03:08.0

Women 25-29

1	M Leigh Mattox	Lake Placid NY	56:58.8
2	Christine Lennon	Saranac Lake NY	57:01.6
3	Lindsay Bork	So Burlington VT	59:07.5
4	Carrie Symington	Brighton MA	1:00:46.8
5	L Marie Hjermvik	So Burlington VT	1:03:12.4

Women 30-34

1	Kelley C Wulffkuhle	Essex Jct VT	42:35.7
2	Elizabeth Snyder	So Burlington VT	52:18.8
3	Annie Cressey	Burlington VT	55:06.9
4	Colleen Wemple	Shelburne VT	1:09:05.4

Women 35-39

1	Sarah Dunn	Shelburne VT	40:22.4
2	Karen Marie Mount	Williston VT	52:22.4
3	Shannon Mueller	Williston VT	1:00:31.3

Women 40-44

1	Lisa Mallabar	Colchester VT	55:06.5
2	Kathy Snell	Shelburne VT	55:57.6
3	Jill Meneilly	Shelburne VT	59:25.3

Women 55-59

1	Andrea Halnon	Lincoln VT	56:04.8
2	Ellen Wolfson	Burlington VT	1:03:27.2

Women 65-69

1	Rose Rusin	Florence VT	58:49.2
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