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VERMONT SPORTS MAGAZINE

Vermont's Authority on Outdoor Fitness and Adventure



June, 2010 | Volume XIX | No. X

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On the Cover: Liz West of Westport, CT, at last year's Climb for Lyme up the Mount Equinox toll road, one of the steepest bicycle races anywhere. The Climb for Lyme raises funds for research into treatment and cures for Lyme disease. Read about more rides f http://www.istockphoto.com/file_thumbview_approve/9948931/2/istockphoto_9948931-cyclists-relax-biking-outdoors.jpg or causes on pages 12-13. Photo by Lee Krohn.

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EDITOR COMMENTARY

BY KATE CARTER

PRACTICE MAKES PERFECT, SOMETIMES

When I was in my 30s, I was an avid cyclist, logging 175 to 200 miles a week, and on four occasions I actually rode that mileage in a day. The training rides I looked forward to most were the weekly time trials put on by the Stowe Bicycle Club. Every Wednesday evening we'd meet at one of four or five locations in the Waitsfield/Waterbury/Stowe area, and ride as hard as possible for 30 or 40 minutes. My fastest times were always when I least expected it—when I was riding strong, but didn't feel like I'd suffered. I'd cross the finish line and think, "Well, that felt nice, but it sure didn't feel fast." Then I'd check my time and find out I'd set a PR.

That didn't happen often, but when it did, without even realizing it I had entered "the zone," and everything came together on its own, as if I weren't even present. I'd done my homework—solid base, intervals, long slow distance, long nights of sleep, not too much beer, all that important stuff we read about in the trade magazines, and payback came on those nights when riding seemed effortless.

It's 20 years later and I'm now in my 50s. The Stowe Bicycle Club

still holds its weekly time trials, but I have moved on to other endeavors. I've become addicted to dog agility. The game is incredibly complex and more mentally and emotionally challenging than any sport I've played. I soon learned that teaching my dogs how to do the obstacles was the easy part. It's what happens between the obstacles that determines how well you run a course. So, just as it was with bicycling, or any activity I want to get better at, I practice, practice, practice. Most mornings I do short drills with both dogs in my yard. I attend my club's weekly practice sessions, take lessons and attend seminars, and I enter a trial or two each month. It's at the trials that I find out if my practice has paid off, and what I need to work on.

At a recent trial I had one of those out-of-body experiences where everything came together perfectly. Phoebe and I entered the ring, and 40 seconds later we had completed our run. It was smooth and effortless. Everything went the way it was supposed to, and our reward was a first-place ribbon. On the drive home, I reflected on that run, and couldn't really remember anything about it, except that it felt easy. The last time I'd felt that sort of effortless effort was

those evenings in my 30s, when I'd ridden those speedy time trials.

I realize perfect agility runs with Phoebe will be rare. Sometimes we're just not on our game—I make a mistake, or Phoebe drops a bar, or maybe she decides to run her own course without me. The more we play, though, the more we increase the odds of nailing the ultimate run, and that sweet taste of perfection is what keeps me coming back for more.

This month, *Vermont Sports* has three articles that do not appear in the print edition. You can only find them only on our website, vtsports.com. One is about time trialing. Our regular contributor Phyl Newbeck talks about her own experiences time trialing with

the Green Mountain Bike Club. It took many years and a lot of persuasion from friends for Phyl to finally buy a new, fast bike, but does it really make a difference in her return to time trialing? You can find out this month on vtsports.com, and you can see what this month's other web-only articles are about on page 7 of this issue.

Everyone has his or her reasons for loving a particular sport and wanting to get better at it, whether that means going faster, farther, or just having it be easier. Whatever your sport, the more you practice the better you'll be, and if you're incredibly lucky, you might get to experience that rare instance of perfection. □

—Kate Carter



Dear Editor,

Robert Rinaldi's essay on barefoot running [May, 2010] was not only the clearest analysis of the trend, it's the only one that's ever made sense to me. Good job. And I'm sticking with my shoes.

Jules Older
San Francisco, CA



OUT & ABOUT

BY JOHN MORTON

REST AND HYDRATION

With the arrival of summer, many outdoor enthusiasts are gearing up for physically challenging events, such as charity bike rides, overnight hiking expeditions, and distance running races. Many of us consider ourselves physically active, trying to make a point of getting some type of exercise every day, but training for a specific event suggests an intensified level of commitment. For starters, training for an event suggests the creation of a training plan, actually anticipating particular workouts for specific days, weeks, or even months in advance. The training plan may be in the form of a calendar with projected workouts penciled in through the day of the big event. In the case of elite athletes, these plans can become quite technical and complicated, incorporating principles like "hard day followed by easy day" or alternating endurance training with interval and tempo training. Also woven into the training plan is a careful balance of cross-training activities that emphasize different muscle groups; for example, an afternoon spent paddling a canoe, predominantly upper torso exertion, might be followed the next day by a bike ride, primarily leg work. Another characteristic of training is the athlete's commitment to recording actual

workouts, usually including time and mileage, in a training log or journal.

In the complexity of creating a successful training plan, a couple of very simple principles are often overlooked; the need for adequate rest and hydration. The basic assumption of all athletic training is simple: judiciously over-stress a muscle group or entire system, then allow the system the opportunity to rest and recover, and it will rebuild itself stronger than before. There are a couple of important corollaries, however. First, that the stress administered is carefully monitored: too severe and injury will result, too moderate and no significant gain will be achieved. The other assumption is that the muscles are given adequate opportunity to recover. This is often a problem with many athletes because of the prevalent attitude, "the harder I train, the better I'll get." A more accurate approach might be "the smarter I train, the better I'll get."

I remember John Caldwell of Putney, VT, considered by many to be the patriarch of American Nordic skiing, relating an experience he had years ago in the Soviet Union, during the era of their international domination of the sport. He had been invited to visit a Soviet training facility and was intrigued

to see sleeping rooms decorated with peaceful forest scenes and filled with soothing music. Apparently the Soviets believed that they were approaching the limits of intensity and volume of physical training and therefore were shifting their focus toward maximizing the benefits of the rest and recovery cycle. Their logic makes sense, if the quality of the rest and recovery phase can be improved, perhaps the athletes will be capable of even greater workloads.

Athletes today are well informed about the value of staying adequately hydrated. Many of us cringe when we think of well-intentioned, but misguided coaches of our youth, who withheld water during demanding workouts to "toughen us up." If anything, the pendulum may have swung too far in the other direction, considering the current, mind-boggling assortment of sports drinks claiming to do everything but run the race for you. I have no doubt that some of the scientifically formulated sports drinks contain precisely the correct concentration of sugars and salts to move quickly through the stomach wall and into the blood stream, but I've found that many of the commercial sports drinks upset my stomach when I'm depleted of energy and flirting with exhaustion. Many athletes and sports

medicine physicians will agree that old fashioned water is hard to beat for re-hydration during an event.

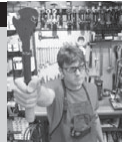
A related tip that most endurance athletes learn from experience is to drink early and drink often. By the time you actually feel thirsty during a race or a hike, you are already well on your way to dehydration. Most major races these days have plenty of water stations, where the well intentioned volunteers over-fill every cup. I make it a habit of never passing a water stop without taking a cup, but I rarely drink more than one good mouthful before discarding the remainder.

Whatever your athletic goals for the summer, you can improve your results and minimize the chance of injury or illness by incorporating two simple principles: get plenty of rest and stay hydrated. Now I've got to go get a drink of water before my nap. □

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.

WEAR A HELMET, FOLKS! A PSA FROM RJS

**RETAIL JUNKIE
SUPERSTAR**
BY
RYAN JAMES LECLERC



My memory isn't the greatest—I can't remember what I wrote about in last month's column or what I had for breakfast last Tuesday—but I can clearly remember certain events in my life, and one that is still quite vivid is the day I learned to ride a bike, way back in the golden summer of 1978. I was five years old, everyone had lots of hair, and "Fly Like an Eagle" was on the radio.

For my fifth birthday, which is in February, my Dad gave me a brand new blue and yellow Huffy with a number 5 stamped on a plastic card hanging from the handlebars. For three long months, while number 5 sat in the basement, I could only sit on it and imagine riding it. I finally started riding it for real in the spring, with training wheels, and when it came time to try riding without them, my Dad made a promise that he would take me out for an ice cream cone if I could complete two full-pedal revolutions. That was enough of an incentive for me, and on that day I took my first two complete pedal revolutions while rolling on two wheels. While attempting a third, I abruptly crashed to the ground and scraped my knee. With tear streak lines still visible on my dirty face, the black raspberry ice cream cone that I enjoyed later ended up serving two purposes: reward for my successful ride and pain relief for my sore knee.

Luckily, when I crashed, I didn't land on my head, because like every kid on a bike back in the '70s, I wasn't wearing a helmet. And for the next six years, I rode my bike around the neighborhood, into town, into swimming pools, through the woods, over jumps, and down the steepest hills I could find going as fast as I could, and not once with a helmet on my head.

It wasn't until the hair-sprayed summer of 1987, after we had moved from a house in the neighborhood to a house in the country, that I finally was ordered to wear one. Our new house was set back from a busy road that the locals used to make good time, so my parents insisted I wear a helmet when I biked on that road because of the high speeds of the cars and trucks flying by. Apparently, the possibility of



being hit by a fast car or truck was the only good reason to protect your head back then. But at least it was a start in the right direction, and look how far we've come. Today, kids are wearing helmets even before they start riding bikes. Strapped into a bike trailer, surrounded by a metal roll cage, they've got helmets on. I have no problem with this, and although fitting a baby with a helmet is similar to bathing a cat, only not as fun, I am always willing to help parents out because I understand how important helmets are. They are truly the seatbelts of the bicycle and should be worn at all times.

I can say that at least once, a helmet saved my life. It was the cargo-pants-wearing spring of 2003, and I was 30. I was riding through town with some friends on our way to a little zone of mountain bike trails, when I went to do a routine wheelie drop off a four-foot retaining wall onto a parking lot. Before we left for the ride, I had noticed a small amount of shock oil accumulating just below the crown of my fork. I assumed it was due to a bad seal and so for that day's ride at least, not too big of a deal. What I later learned was the leak was due to a crack in the stanchion tube, and so for that day's ride, it was a really, really big deal.

When doing a wheelie drop, you ride a wheelie off a drop so that when you land, your rear wheel hits the ground first. If you attempt a wheelie drop, it is imperative that you get that front wheel up before you lift off, or you'll plummet like a dive bomber. It is equally critical that the stanchion tubes of your fork aren't cracked. All was going perfectly well for me until my front wheel touched down. In an instant, my fork snapped on both sides just below the crown. My front wheel rolled off in the direction that I should have gone, dragging my fork with it, leaving a trail of shock oil and coil springs. It happened so fast that when my face hit the pavement, my hands were still firmly gripping my handlebars. I had just done the equivalent of a sailor dive from a four foot high ledge onto a parking lot.

I was knocked unconscious, and when I came around a few seconds later, my helmet, still strapped to my head, had a narrowly-skirted-death-sized dent in it. My entire face was a

swollen, bloody mess, with bits of pavement sticking out from my multiple wounds, and for the next few weeks, I looked like something that crawled out of a swamp in the middle of a bad horror movie. As far as trauma to my head, I'm pretty sure it was minimal, since my memory is just as bad now as it was then. After a few days, I felt good enough for an ice cream cone, and after a few months, my wounds were mostly healed. I now have only a really cool tear-shaped scar next to my left eye to show for it and a simple but significant word to the wise: Always wear your helmet! ¶

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 Mckalyn. You can reach him at ryanleclerc@hotmail.com.

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CALCANEAL APOPHYSITIS

Calcaneal apophysitis, also known as Sever's disease, is an inflammation of the growth plates in the heel. It commonly affects athletes between ages 7 and 15. Dr. Sever described this condition in 1912 as severe pain at heel-strike and usually affecting the active male.

CAUSES

The calcaneal epiphysis begins a process of maturing and closing at puberty. Repeated micro-trauma disturbs this slow maturation of the bone and the result is pain. On x-ray, the calcaneal epiphysis resembles a crescent moon. Trauma can cause a fracturing of the delicate tips at either end of the crescent. Sever's disease is self-limiting. Recovery will take place on its own with rest. The condition is not known to cause long-term disability. Recovery usually takes place in six to eight weeks of rest, however, recurrence is common if the problem is not properly treated.

A lot of research has taken place since 1912. Once thought to be a condition that affects bone growth called osteochondrosis, today, calcaneal apophysitis is generally agreed to be a mechanical overuse injury to the growth

plate. Though the prognosis of Sever's disease is benign, I become concerned with the discouragement to exercise that the pain causes. A young athlete will hesitate to go back to exercise if the result is pain.

A most recent British study focused on 3,805 injured young soccer players over the course of two seasons. Sever's disease accounted for 5 percent of the injuries, with 11 being the mean age. The problem is common, and literature is replete with studies demonstrating that the common cause is repetitive micro-trauma to the epiphysis at heel strike, resulting in fragmentation of bone and delayed maturation.

CLINICAL SIGNS AND SYMPTOMS

The primary symptom of Sever's disease is pain during or following activity that is severe enough to cause a cessation of athletics. The condition can affect anyone in puberty, but we most often see it between ages 10 and 15 in both girls and boys.

Pain at heel strike that is unrelenting until the foot is put to rest and activity stopped is the main concern. X-ray will usually show fragmentation of bone. Palpation of the heel with digital

pressure applied from both sides will cause pain. A diagnosis can be made without x-ray, but I recommend diagnostic imaging to rule out other possible bone involvement including bone cyst.

Studies have shown that the athlete who hyperpronates will be more susceptible to calcaneal apophysitis. The compensatory motions that occur in the foot that hyperpronates will cause the heel to roll inward and this will put an excessive amount of stress and trauma on the inside plantar aspect of the calcaneal epiphysis.

PREVENTION

Poor shoe choice has been the predominant predisposing factor in injuring the calcaneal epiphysis. Since 85 percent of the population hyperpronates, I feel that choosing a shoe that helps control biomechanical pathology will help prevent the onset of calcaneal apophysitis and its associated pain.

Today, athletic shoes are very sophisticated. They are the result of years of cumulative research in the field of biomechanics. Motion studies have repeatedly demonstrated the cause and affect of the shoe on foot function. The prevention of abnormal motion or the creation of excessive pronation begins with the shoe. Footgear can be the primary cause of calcaneal apophysitis, or the first line of defense in treating the problem.

TREATMENT

When an adolescent complains of heel pain when exercising we must think of calcaneal apophysitis. Though the problem responds to rest and is thought to be self-limiting, I feel that it discourages the young athlete from exercising and for this reason should be aggressively treated. Rest alone is not the answer to the problem. Clinical studies performed over the past three decades have aptly and repeatedly demonstrated that Sever's disease is most often seen in the active young athlete who hyperpronates. Standard treatment of Sever's disease must then include establishing a diagnosis with a careful clinical history and exam. X-ray should be included to rule out other disease processes and solidify the clinical findings.

A biomechanical exam that includes a gait study and shoe exam should be performed. When hyperpronation is present it should be treated with appropriate orthotics and recommendations for athletic shoes as well as street footwear. Too often we see the athlete wearing inappropriate shoes for everyday use. Faulty biomechanics occurs with every step, regardless of activity, and for treatment to be effective, hyperpronation must be prevented during the active day, not just in the athletic activity. Successful treatment is highly effective and these young athletes can continue sports with no problem. ☐

Alex Mullee. Law student, athlete, community volunteer.

Alex is back in the game

thanks to

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."

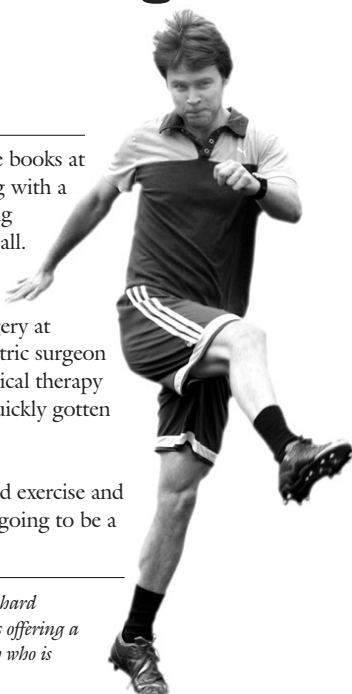
Quality podiatry care like Alex received is hard to find. Gifford has four podiatric surgeons offering a variety of treatments, including Dr. Smith who is available in both Randolph and Sharon.

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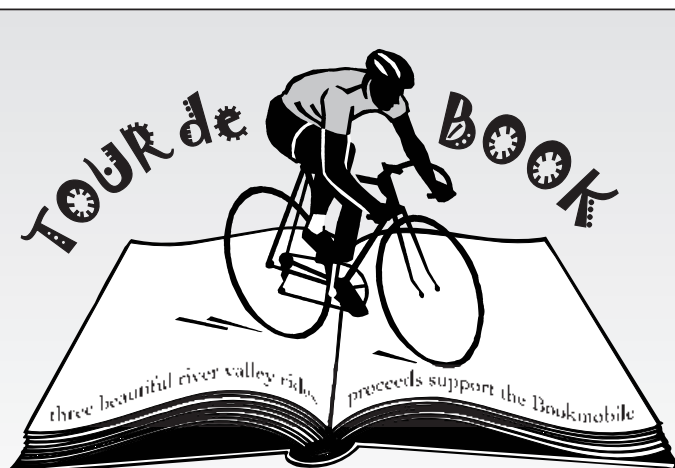
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Robert Rinaldi is a board-certified podiatrist and podiatric surgeon at the Gifford Medical Center in Randolph, VT. He is a fellow and a founding member of the American Academy of Podiatric Sports Medicine, and a podiatric consultant to the Dartmouth 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

SHELBURNE

Racevermont.com is branching out, with their first half Ironman. The Racevermont.com T3 is June 20, and consists of a 1.2-mile swim in Shelburne Bay, a 56-mile bike on a 2.5-mile hilly loop, and a 13.1-mile run that is relatively flat on an out-and-back course with breathtaking views of Lake Champlain and the Adirondacks. Registration closes on June 3 and there will be no race day registration. More info: Rayne Herzog, 802-985-4410, rayne@racevermont.com, www.racevermont.com.

LYNDONVILLE

If you think you would enjoy building and paddling your own ultra-light, Eskimo-style kayak, this week-long **Kayak Building Workshop**, held June 14-21, is just the course for you. Building your own kayak is both fun and saves money. In just one week you will have a kayak that weighs less than 30 pounds, is easy to carry, and fast and responsive to paddle. Total cost is \$900. More info: Rick Eliot, 802-626-5226, reliot@charter.net.

HINESBURG

On June 12, The **Dynamic Duathlon** takes place at CVU High School, with a 15-mile bike ride through the scenic hills of Hinesburg, followed by a 5-mile run. You can compete as a team or as an individual. More info: Robert O'Neil, 802-825-1535, robert_oneil@heartvtproductions.org, www.heartvtproductions.org.

PROCTOR

The **34th Annual Crowley Brothers Memorial 10K and 5K Road Races and RRCA Vermont State 5K Championships and 10K Masters Championship** takes place on June 13. This is one of the oldest point to point road races in New England. The 10K road race starts on the Proctor Green at 8 a.m. The 5K road race starts above the Loop Street entrance on Route 3. There is also a kid's downtown mile, which starts at 8 a.m. at the Citizens Bank on Merchants Row. The 10K is the RRCA Vermont State Masters Championship, while the 5K is the RRCA Vermont State 5K Championship. More info: Michael J. Lannon, 802-558-2328, schinoski@aol.com, www.crowleyroadrace.com

RUTLAND

The **Marble Valley Runners' Summer Sunset 5K Trail Series** begins on Tuesday, June 8. The races are sponsored by Rutland Recreation & Parks Department and are held at Giorgetti/Pine Hill Park. Registration starts at 5:45 p.m. and racing begins at 6:30. The other two races of the series are July 13 and August 10. Sign up for all three and get a free t-shirt. More info: Cindi Wight, 802-773-1822 x13, cindiwight@comcast.net, www.marblevalleyrunners.org.

CRAFTSBURY

The **Craftsbury Outdoor Center** is celebrating National Trails Day on June 6, with a variety of activities on their trails, including a 5K race for adults, a kids' fun run, and wildflower and birding walks in the morning, followed by a pizza party at 11:30. Burn off that extra slice with some light trail work in the afternoon. You're also welcome to walk, run, or mountain bike the trails on your own before joining up for pizza. More info: Chelsea Little, 802-586-2328, chelseal@craftsbury.com, www.craftsbury.com.



WINDSOR

Paradise Sports is hosting the Paradise Outdoor Life Seminar Series for anyone interested in learning about long-distance cycling. Topics to be covered are Maximizing the Enjoyment of a Long Ride on June 7, with Dan Nelson of Hanover, NH, and Phil Hobbie of Hartland, VT, who traveled cross-country from Washington to the New Hampshire seacoast; and Using Bikes for Fitness on June 21, with a local expert in nutrition and total body wellness. The free seminars are held at Paradise Sports at 6:15 p.m. and last about 90 minutes. More info: 802-674-6742, www.paradisessportsshop.com.

THIS MONTH ON VTSports.COM

"EYEBALLS OUT" HARD WORK IS NECESSARY!

BY DECLAN CONNOLLY, PH.D, FACSM, CSCS*D



"Sucking wind," "pedal to the metal," "turning on the afterburners," "putting the head down." These are some of the different terms I have heard over the years to describe good old-fashioned lung-burning hard work. My favorite is an old Irish one—Eyeballs Out—and the visual portrays it all. Read the entire article at www.vtsports.com/articles/eyeballs-out-hard-work-necessary

SUMMER FARMERS' MARKETS

BY SKY BARSCH GLEINER



Fuel up for your biking, running, hiking, and paddling adventures at Vermont's dozens of farmers' markets. From apples to zucchini, fresh, local, and organic produce is easy to find. We provide a list of the majority of Vermont's summer markets, along with locations and hours, at www.vtsports.com/articles/summer-farmers-markets

IT'S REALLY NOT ABOUT THE BIKE

BY PHYL NEWBECK



It had been a few years since I attempted a time trial and those attempts had been half-hearted, at best. But now, I was serious. Well, almost serious. I knew I couldn't keep up with the big dogs, but I had a new bicycle which was more suitable for racing and I thought I'd give it another try. Want to know how Phyl did? Read her story at www.vtsports.com/articles/its-really-not-about-bike

PROUTY PROUD

BY BILL MCCOLLOM

Riding 100 miles on my bicycle in one painful sitting is not high on my priority list. As a matter of fact, every time I've crawled through the finish of the five century rides I've endured over the past five years, I've vowed to burn my bicycle and then throw the charred remains under a steamroller. But I guess I keep coming back because it's one of those things that has to be done, much like getting a colonoscopy. It may be painful at the time, but I realize that it's good for me, and I know I will recover. But the Prouty Ride this past July was different. It was fun. Really!

A large part of the allure of the Prouty Ride is being a part of something so unbelievably huge that it even dwarfs my incessant, petty whining and complaining about my sore this and that. The Prouty Ride, a fundraiser for the Norris Cotton Cancer Center in Hanover, NH, attracted 4,700 participants last year, including 3,100 bikers and 1,600 walkers. For a full two days before the ride, bicycles slalomed in and out of traffic and conversations at every corner centered on the upcoming event. The energy surrounding the Prouty could have provided the entire town of Hanover with electricity for a week, and as a result, \$2,000,000 were raised in the name of cancer research, all in one day. Yes, it was infinitely easier to ignore the absence of skin on my crotch in the face

of such an outpouring for a single cause.

As much as I hate to admit it, the other key element contributing to the fun-factor was that I was in better shape than in past century attempts. One of the benefits of committing to such an endeavor is to use it as a motivator to maintain some degree of conditioning after the ski season. It's all too easy to "fake it," however. Last year I rode on a regular schedule as soon as the roads were free of snow. Of course "regular" is still subject to interpretation, but let's say I spent considerably more time on my bike than in previous years, despite the return of New England to a state of primordial ooze.

Day after day of rain-soaking cold rain, thunderstorms, persistent drizzle—we saw it all for over seven weeks. I rode in the rain so many times that my bike shorts were sprouting mushrooms, and I developed a severe case of dishpan hands, face, and butt. But I slogged on, checking off the days until July 11.

The spacious parking lot for the Prouty bikers was nearly full at 5:50 in the morning, and teeming with century riders buzzing about picking up their riding mates. I quickly found my partner, and we headed off with the masses on our big adventure.

Bicycles streamed out in front of us and behind us as far as line of sight would allow. Views of the Connecticut

River on one side and fields and farms on the other were filtered by early morning fog, keeping temperatures in the low 60s. My partner and I sped north at a dizzying pace, as we'd affix ourselves to the rear end of every passing group of riders. They might casually dispatch us at the first significant incline, but there was always another group following close behind. A significant tailwind also helped our cause. Local police stopped what little traffic was on the road as we zoomed through small towns and intersections, and then we were quickly back into farm country where curious cows charted our progress.

At about mile 60, feeling surprisingly chipper, we made the turn and headed south along the Vermont side of the river. Proving that indeed there are no free lunches in nature, the tailwind we'd been enjoying as we headed north quickly became a 20- to 30-mile-per-hour headwind. Riding by ourselves at that point, vicious gusts made it feel as if we were riding through wet cement. But after tucking in behind a few wide-bodied riders with massive legs, we soon discovered that size does matter, and there's no shame in playing the "old-guy-card" for all it's worth.

Over the course of the final 15 miles of the ride, the 25 and 50-mile riders converged with the 100 milers in one glorious parade to the finish. Just at the

point when it would be very easy to start whining ("My butt hurts. I'm thirsty. Are we there yet?"), we were again reminded that this event is bigger than any of us.

The 3,000 bikers chugging their way to the finish came in all shapes and sizes. There were kids on mountain bikes with Fourth of July streamers still tied onto the handle bars; old folks wobbling along on vintage bikes with baskets on the back; mothers and fathers towing babies in mini-chariots behind. Yellow ribbons fluttered in memory of cancer victims on most bikes, and cancer survivors proudly wore special colored bibs.

Buoyed by the masses of bikers, as well as the cheering crowds along the side of the road, which thickened as we approached the finish, we soon joined the post-race celebration. My riding partner was seeing double, and I was having trouble standing upright. I couldn't tell if this was due to my aching back or my brain desperately seeking oxygen, but it didn't really matter. I was feeling too good. ▮

After a long career in teaching and school administration, Bill McCollom has been writing for Ski Racing Magazine and other winter sports publications for the past 12 years. He lives in Barnard, VT, and tends to his farm when he's not writing.

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RIDE 100 MILES THIS SUMMER—IN STYLE

BY KIRK KARDASHIAN

About 20 minutes into my conversation with Pavel Cherkasov on training for a century ride, I start envisioning the sarcastic headline that would appear in *The Onion*: *Cycling Coach Says in Order to Ride a Lot, You Need to Ride a Lot.*

Because that's basically what he said. But it's not all he said. So, if you've got a classic Vermont century ride on your horizon this summer—the Prouty, say, or the Mad River Valley Century, or the Onion River Century—and you want to know how to get ready for it, listen up: the Russian Rocket is sharing his wisdom.

I just made up that nickname, but it works for Cherkasov, a former professional road and mountain biker who lives in Montpelier, and who started racing at the tender age of 12 in the Soviet Union. As a junior, he was the team time trial world champion, and then raced on the Soviet national team and, once the USSR collapsed, he raced for the Russian Federation. After racing on the professional road circuit in Europe, Cherkasov, 37, switched to mountain bikes and regularly trounced the international competition. Now he's coaching some members of the Onion River Bike Club and even took a handful of them to the Sea Otter Classic, a bike-racing festival in California, where he held a training camp and provided Pro-level support during their races. Suffice it to say he knows a thing or two about how to ride a bike for long distances.

Which is why it's refreshing to hear him say that training for a 100-mile ride is really commonsensical. "The main thing," he says, "is just to build a base." By this he means riding in the "comfort zone," where you're breathing easy enough to hold a conversation. The more time you spend riding like this before your century, the better off you'll be. Cherkasov calls it "putting miles in the bank," which is an apt metaphor. Think of your body as the bank; if you fill it with the aerobic and muscular fitness that accrues after riding many miles, you can cash in on that fitness during your target ride. No matter how fast you want to ride 100 miles, building a base is the first and

most important step; it's the foundation upon which you can build more strength and endurance. If you skip that step and go right to high-intensity workouts, you might injure yourself or, worse, suffer enough to quit biking altogether.

Now, let's say you don't just want to ride 100 miles and be comfortable and survive, but keep an average speed of 17 or more miles per hour. Base fitness will help you here, because your muscles and cardiovascular system will be ready for the extra stress that this sort of effort will demand. But if you're doing an organized century, there's likely to be a group of riders who want to ride the same speed you do. If you share the work of blocking the wind, a group can ride much faster than an individual. Riding in a group, however, can be intimidating and tricky. So it's best to find a regular group ride in your area, or gather four or six of your friends, and practice. "If you never ride with people," says Cherkasov, "it's really different when you're in a group." Get comfortable having cyclists on all sides of you, learn how to draft the rider in front of you, work in a pace-line, and be smooth.


Aside from building fitness and group-riding skills, long practice rides tease out the weaknesses in your bike position. "Anyone with bad form can go out and ride for an hour," Cherkasov says, "but when you ride for three or four hours, you start to understand how your body will react to riding a century." If the long rides give you discomfort—numbness and neck pain are common—seek some professional guidance about your bike fit or your body position.

Training rides also teach you how to eat properly. An old Russian proverb says that it's not the horse that pulls the carriage, but the oats. The same is true for cycling. Start with a hearty breakfast of protein and complex carbohydrates, Cherkasov says. Avoid simple sugars and grocery store energy drinks—they spike your glycemic levels and then disappear. When Cherkasov raced on the road, before the advent of energy bars, his team's soigneurs fed the cyclists ham and cheese sandwiches during the races. Energy bars work, too, but the key is to make sure your stomach can digest the food

easily while you're riding. Peanut butter and jelly sandwiches, for example, work wonders, and they're much cheaper than PowerBars.

It's easy to forget to eat during a long ride, and when you run out of energy, or "bonk," it's already too late; you'll hobble through the rest of the ride with a fraction of the strength you had before. Cherkasov advises to eat something small every 30 minutes, and to drink constantly. "Most organized centuries have periodic food stations," Cherkasov says, "and I

think it's a good idea to make a quick stop and take whatever they offer."

At the end of our talk, Cherkasov sums up what he sees as a simple lesson: "The main way to get better is just by riding," he says. "Try not to hurt yourself or go too hard when you're not ready to go hard." True words for cyclists of any level. 

Kirk Kardashian is a freelance journalist and cyclist based in Woodstock. To see more of his work, visit www.kirkkardashian.com.



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ROCK & RACE WITH IROC

BY SKY BARSCH GLEINER

A new Northeast Kingdom race series is growing stronger than the dandelions for which its half marathon is named.

The IROC (Indoor Recreation of Orleans County) Summer Race Series has grown from a bike race to a four-event, summer-long celebration of fitness, fun, and the beauty of the Northeast Kingdom. The events focus on enjoyment, rather than stiff competition, and proceeds from the races go to the IROC Healthy Changes Initiative. That program provides discounted memberships to IROC, a fitness facility in Derby, for people suffering from chronic conditions, such as diabetes, obesity, and heart disease. People who receive the discount must use it or lose it, exercising at least 12 times per month in order to keep their membership.

The IROC Summer Race Series now includes four premier events:

THE DANDELION RUN

(www.dandelionrun.org) was held May 22, at the peak of dandelion season. It's a half marathon for individuals or teams, over hilly back roads in the Derby area. In addition to Healthy Changes, this program also benefits the Orleans County Victims Assistance Fund.

THE TOUR DE KINGDOM

(www.tourdekingdom.org) is on June 5-7, and has two days of road bike racing and a day of guided touring. The first race day goes around the Lake Region (Willoughby, Seymour, Island Pond, Crystal, Memphremagog) and the second day is dubbed "Hill Country" and takes riders over Lowell Mountain and Jay pass. The tour on the third day is around the Lake Region.

THE KINGDOM SWIM

(www.kingdomswim.org) is on July 24 and includes 10-mile, 3-mile, 1-mile,

and quarter-mile distances in Lake Memphremagog.

THE KINGDOM TRIATHLON

(www.kingdomtriathlon.org) is on August 7 and is actually two triathlons: a sprint (500-yard swim, 13-mile bike, 5-mile run) and the Kingdom Aquaman Even-Up Triathlon (3.5-mile swim, 35-mile bike, 13.1-mile run), which rewards strong swimmers with a long swim. Triathlons begin at the Derby Beach House on Lake Salem and Lake Seymour in Morgan.

IROC board chair and volunteer interim executive director Phil White says participation in these races is growing in number and caliber. Last year was the inaugural Kingdom Swim and 101 people entered, including people who had crossed the English Channel. By mid-April this year, 175 had already signed up, including an 11-year-old girl from India, who is making the trek to Derby to compete in the 10-mile swim.

"What we're trying to do is make exercise fun," White says. "People at all levels are participating and it's exciting to see. The series began as a fundraiser for IROC, because the community fitness center has been millions of dollars in debt and losing about \$160,000 each year," White adds. Though the facility is much-needed in the Northeast Kingdom, as diabetes and other chronic illnesses are prevalent, the community is poor and plagued by high unemployment rates.

About three years ago, White, a lawyer who lives in Derby, and a few other community members stepped in to see what could be done to get the six-year-old IROC on better financial footing. They found that the facility was little used in the summer, and that created an opening.

"I had said summers in Vermont are miracles. We're not going to get anyone in a building unless there's a storm outside," White says. "We need to be not just an indoor recreation center but an outdoor recreation center. National

Geographic named the Northeast Kingdom one of the top 10 geotourism areas in the world. I thought this area should be a recreational mecca for running, biking, and swimming events. We have incredible beauty."

IROC has the facilities and the staff to make these types of opportunities happen. With showers and a locker room, plenty of parking, and a staff that has more time in the summer, IROC has the resources to produce topnotch events.

The first event was the Tour de Kingdom cycling event, and with persistence and luck, that successful event grew to a series of four events. The Tour de Kingdom now includes a third day with a guided tour around Lake Memphremagog. Instead of one triathlon, there are two. The team putting these races on has stepped up marketing and public relations, and they've had some help from unexpected places as well. Ned Denison, who grew up in Montpelier and now lives in Cork, Ireland, has swum the English Channel, as well as many other elite open swims. White reached out to him via the Internet, and now Denison is on the organizing committee. Leslie Thomas, who leads guided swims to Alcatraz in the San Francisco Bay, is also on the committee.

Even as the caliber grows, the IROC Summer Race Series keeps its fun attitude. The swim is preceded by a pet parade for participants and their furry friends. With the Dandelion Run, there's a prize for the last one back. And big prizes go to people who raise the most money for the Healthy Changes Initiative, not just the fastest competitors.

"We've seen an increase in the number of people using IROC events for training," White says. "The fun aspect is what makes them really special." ¶

Sky Barsch Gleiner lives in the Northeast Kingdom and is quite excited to see a fun focus on fitness there.

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Racevermont.com 2010 Race Schedule

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

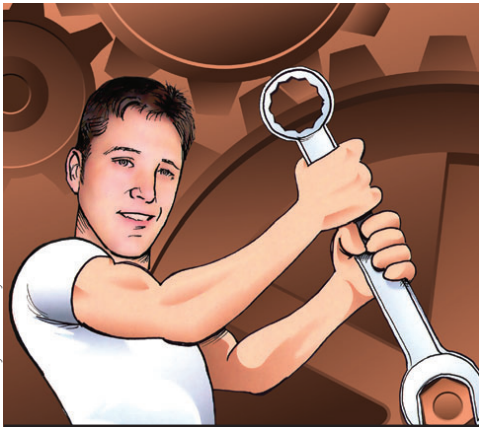
Sprint Triathlon 500 yd swim, 15.6 mi bike, 5Krun	Aug 28	8:00am
The Burlington Triathlon (Olympic Distance - USAT Sanctioned) .9 mi swim, 22.5 mi bike, 6.2 mi run	Sept 12	8:00am
Cider House Run/Walk 2 or 4 mi run, 2 mi walk (12 and Under FREE with Reg. Adult)	Sept 26	11:00am
Shelburne Farms 5K 12 and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

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



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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.



SPECIALIZED AMIRA COMP

Amira is the newest addition to the Specialized line of women's road bikes. The base model, the Amira Comp, like all the Amira models, is a true race bike for women, and is above all, fast, efficient, and lightweight. The FACT IS carbon frame is engineered with shorter chainstays and a stiff, oversized headtube to deliver uncompromising, race-ready performance. Featuring women-specific geometry and select women-specific components such as a Body Geometry Jett saddle and Specialized Pro handlebars, the Amira Comp offers a custom-like fit for optimum ergonomics and comfort. Although ideal for racing, you don't need to be a racer to appreciate the amazing power transfer and silky smooth ride. The Amira Comp is equipped with Shimano 105 shifters, derailleurs, brake calipers, and drivetrain for unquestionable reliability and value. If you've never ridden a carbon road bike, you are missing out on a ride that blends the highest level of comfort with the highest level of performance. What woman wouldn't appreciate that? \$2700. www.specialized.com.



TREK DISTRICT

The District is Trek's first production belt-drive singlespeed. Why a belt-drive and not a chain-drive? Well, although a chain-drive system is the standard and works pretty darn well, it is far from perfect. Chains are heavy, they stretch out, they make all sorts of noise, and without an inherent and diligent focus on behalf of the rider towards proper chain lubrication, they eventually rust into solid rods useful only for abstract bicycle art projects. The belt on the Trek District is a carbon fiber composite that is reinforced to prevent stretching, is ultra lightweight, requires no lube whatsoever, will never rust, and is ninja quiet. Other than the innovative belt drive, the District features aggressive road-inspired geometry for unapologetic commuting efficiency. With only one gear and no chain to worry about, this bike is as close to maintenance free as you can get. What singlespeeder wouldn't appreciate that? \$1099. www.trekbikes.com.



CANNONDALE HOOLIGAN 3

The Hooligan is a bike specifically built for riding through the urban jungle. With 20-inch wheels, the Hooligan is super nimble for quick reaction to traffic, pedestrians, dogs, and other moving hazards that are constantly coming at you. The Delta V frame is bomber and strong enough to handle any abuse you give it, from freestyling in front of City Hall to plowing through potholes and city rails. An adjustable stem and plenty of seat height adjustment means you can fine-tune the fit for comfort on longer commutes that take you beyond the city limits. Finally, the compact frame, 20-inch wheels, and super-short wheel base make the Hooligan 3 super convenient for carrying up to and storing in your third-floor pad. What city slicker wouldn't appreciate that? \$979. www.cannondale.com.

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RIDE FOR A REASON

If you like to ride your bike, then Vermont is the place for you! Many weekends throughout the summer have long-distance, fully supported cycling events that raise money for worthy charities. Here is a summary of this summer's fundraising rides.



June 5 & 6 **TOUR DE KINGDOM** **15, 25, 50, 75, 100 miles**

Two days of riding in the Northeast Kingdom, with the first day through the Kingdom's legendary Lake Region, and the second day in the western "Hill Country," which is guaranteed to grind your gears. Shorter routes are available on each day as well. Rides are fully supported, and start and end at the IROC (Indoor Recreation of Orleans County) facility in Derby, VT. Benefits IROC's Healthy Changes Initiative for people suffering from chronic conditions. More info: Pete Kellaway, 802-334-0223, www.tourdekingdom.org.

June 12 **CHAMP RIDE FOR VERMONT CARES** **12, 25, 50, 70, 100 miles**

Rides begin and end at Kingsland Bay State Park on Lake Champlain in Ferrisburgh. All routes are through rolling farm country with beautiful views of the Green Mountains to the east and Adirondacks

and Lake Champlain to the west. The Champ Ride seeks to raise awareness about HIV/AIDS in Vermont. Individuals and teams are welcome. More info: Roy at roy@vtcares.org, or call 1-800-649-2437 or 802-863-2437, www.vtcares.org.

June 20 **15TH ANNUAL GREAT RIVERS CENTURY** **25, 50, 80, 100 miles**

The rides start at the Cavendish Elementary School in Proctorsville and raise money for Windsor County Youth Services. You can expect minimal climbing, lots of scenic riverside riding, waterfalls, covered bridges, aid stations, and post-event food. Cost is \$25 before June 8, \$30 thereafter. More info: Rick Trainer at Mountain Cycology in Ludlow, VT, 802-228-2722, cycoc@tds.net.

June 20 **KIDSAFE ISLAND RIDE METRIC CENTURY** **100, 30, 10 kilometers**

The KidSafe Island Ride is a metric century through

the beautiful Champlain Islands, along the shores of Lake Champlain, beginning and ending at Grand Isle State Park in Grand Isle. The event benefits the KidSafe Collaborative of Chittenden County, a non-profit organization established to improve the community's response to child abuse and neglect. More info: Sally Borden, 802-863-9626, www.kidsafevt.org/islandride

June 26 **TOUR DE BOOK** **13, 32, 60 miles**

The annual Tour de Book benefits the Windham County Reads' award-winning bookmobile program. The beautiful river-valley rides include the former Tour of the Valleys bicycle race route for dedicated cyclists, and a family-oriented ride to a West River swimming hole. Rides start between 8 a.m. and 10 a.m. at the Retreat Petting Farm on Route 30 in Brattleboro. Entry fees are \$30 for adults, \$10 for ages 10-15, and \$5 for ages 5-9. More info: Ruth Allard, 802-257-5725, www.windhamcountyreads.org/tourdebook/asp.

June 27 **CENTRAL VERMONT CYCLING TOUR** **15, 30 or 60 miles**

Help support the Cross Vermont Trail by cycling on some of Central Vermont's most beautiful and scenic dirt roads, and enjoying delicious local Vermont food along the way. Formerly the Vermont Eco Bike Tour, the rides begin and end at Morse Farm in East Montpelier, where a post-ride celebration takes place. Rides start at 8 a.m. More info: Eric Scharnberg, 802-498-0079, eric@crossvermont.org, www.centralvtcyclingtour.org.

July 9-10 **THE PROUTY ULTIMATE** **200 miles**

This two-day double century supports cancer research and patient services at Dartmouth's Norris Cotton Cancer Center. On day one, cyclists bike 100 miles along a scenic and challenging route from Manchester to Hanover. On day two, riders join The Prouty Century Ride (see next listing). Participants start in Hanover, NH, and travel on a 100-mile loop through the beautiful Connecticut River Valley. More info: www.theproutyultimate.org.

July 10 **PROUTY MEMORIAL CENTURY** **25, 50, 100 miles**

The Prouty Memorial Century begins and ends at the Richmond Middle School, Hanover, NH, and raises money for cancer research at Dartmouth's Norris Cotton Cancer Center. Besides the bike rides, various walking routes are also available. More info: Bruce Bouchard, 603-653-6089, www.theprouty.org.

July 11 **CHAMP'S CHALLENGE FOR CYSTIC FIBROSIS** **7, 40, 60, 80 miles**

Champ's Challenge starts and finishes at the Basin Harbor Club on Lake Champlain in Vergennes. All routes have sweeping vistas of the Lake and the Champlain Valley. The event is followed by a lakeside barbecue hosted by the Basin Harbor Club. More info: Debra Maloney-Evans, 802-485-8347, www.cff.org/champschallenge.php.

July 17 **MOUNT WASHINGTON CENTURY** **40, 80, 100 miles**

All three rides begin and end at the Tin Mountain's Nature Learning Center in Albany, NH. The century, which encircles the base of Mount Washington, is becoming known as the most challenging century in the Northeast, and includes several climbs in the White Mountains. All rides are fully supported. Proceeds benefit the Tin Mountain Conservation Center. More info: Tin Mountain, 603-447-6991, www.tinmtn.org.

July 31 **ONION RIVER CENTURY RIDE** **111 miles, 100 kilometers, 24 miles**

Rides begin at 8:30 a.m. at the Montpelier Pool with a police escort through Montpelier. Rides go through Adamant (24 miles), Elmore (110 kilometers), and the Northeast Kingdom (111 miles), through scenic farmland and rolling countryside. Proceeds benefit the Kellogg Hubbard Library. More info: Carrie, 802-229-9409, www.onionriver.com/century.

August 7 **GEAR UP FOR LYME** **MOUNT EQUINOX UPHILL BIKE CLIMB** **5.4 uphill miles**

This is a race, not a tour, and it's for the more serious-

minded athlete. The course is a 5.4-mile race up the Mt. Equinox Skyline Drive, finishing at the top of Mt. Equinox in Manchester, VT. The race is a fundraiser to benefit the Lyme Disease Association. More info: Andy Holzman, 802-362-0273, www.gearupforlyme.com.

August 7 & 8 **BIKE MS: GREEN MOUNTAIN GETAWAY** **MS BIKE TOUR**

Ride Saturday and/or Sunday: 40, 75, 100 miles each day, with a 20 mile option for Saturday

Cyclists begin and end at Castleton State College in Castleton and raise money for multiple sclerosis. The routes are different on Saturday and Sunday, and both days go through rolling, scenic farmland. More info: Yael Friedman, 802-864-6356, www.bikeMScene.org.

August 14 **HARPOON POINT TO POINT RIDE** **25, 50, 115 miles**

A day of bicycle rides across Vermont to benefit the Vermont Foodbank. The 115-mile ride starts at the Catamount Outdoor Center in Williston. The 50-miler starts in Bethel, and the 25-miler is a loop out of Windsor. All riders finish at the Harpoon Brewery in Windsor, with a barbecue, live music, and fresh beer! More info: 888-HARPOON or www.harpoonbrewery.com/pointtopoint.

August 22 **PEDAL FOR PAWS—NCAL'S RIDE FOR THE ANIMALS** **25, 60, 100 miles**

Raise funds to benefit the animals at the North Country Animal League. Rides begin and end at the Commodore's Inn in Stowe, with a post-ride barbecue. New this year is a mountain bike ride. More info: 802-888-5065 ext. 117, pedalforpaws@ncal.com. Register at www.ncal.com/events/pedal-4-paws, where you'll find additional info.

August 28 **RACE TO THE TOP OF VERMONT**

The Catamount Trail Association puts on this annual event to raise money for their nonprofit association. Participants can bike, run, or hike to the top of Mount Mansfield on the Toll Road. The course is 4.3 miles long and climbs 2,550 vertical feet to the summit parking lot. Participants are rewarded with one of the most spectacular views in the east, overlooking three states and Canada. Runners and hikers start at 9 a.m.; bikers start at 10 a.m. More info: Jim Fredericks, 802-864-5794, jfredericks@catamounttrail.org, www.catamounttrail.org.

September 11 **KELLY BRUSH CENTURY RIDE** **28, 50, 100 miles**

Kelly Brush is a Vermont resident who skied for the Middlebury College ski team. During a winter carnival race, she incurred an accident that left her paralyzed from the waist down. She later started The Kelly Brush Foundation, which raises money for spinal cord injury research. These three rides raise money for the Foundation, and begin and end at the Middlebury College Football Stadium on Route 30 in Middlebury. Routes are through rolling farm country and along Lake Champlain. More info: www.kellybrushfoundation.org.

September 18 **13TH ANNUAL TERRY & BEN CLAASSEN** **MEMORIAL NORTHEAST KINGDOM** **LAKES CENTURY BIKE TOUR** **25, 50, 75, 100 miles**

These rides raise money for the Orleans County Citizen Advocacy, a non-profit organization that brings together citizen volunteers and people with disabilities. Rides begin and end at Barton's Crystal Lake State Park and go past several lakes in the Northeast Kingdom. More info: Ellen Bowen, 802-873-3285, ellen.bowen@orleanscountycitizenadvocacy.org or www.interlog.com/~jedward/century.html.

September 19 **TOUR DE FARMS** **10, 25, 30 miles**

The Tour de Farms offers a choice of three bike routes that wind through the beautiful countryside of the Champlain Valley. Along the way, bicyclists stop at a variety of farms to sample foods grown and prepared by local producers, such as cheeses, breads, yogurt, cookies, wine, and cider. At the conclusion of the ride, an AppleFest offers music and more local foods! The Tour de Farms is a fundraiser for the three nonprofit groups that co-organize it: Vermont Bicycle & Pedestrian Coalition, Rural Vermont, Addison County Re-localization. More info: Nancy Schulz, 802-225-8904, Nancy@VTBikePed.org.

September 25 **LET'S RIDE FAR** **15, 38 miles**

Have fun and ride on gently rolling routes with beautiful views of the Adirondacks, Green Mountains, and Lake Champlain, while raising money for the Foundation for Alcoholism Research. Both rides both begin and end on the Green in Bridport. Refreshments along the routes and a lunch at the end are included. More info: Jennifer, 802-877-6685, 802-758-2243, info@alcoholismresearch.org, www.alcoholismresearch.org.

September 26 **VERMONT 50-MILE MOUNTAIN BIKE OR ULTRA RUN**

The Vermont 50-Mile Ride (or run) takes you over 50 miles of dirt roads and trails in South/Central Vermont, beginning and ending at Ascutney Mountain Resort in Brownsville. All proceeds go to Vermont Adaptive Ski & Sports. Register online only at www.vermont50.com, starting May 25, 2010 at 7 p.m. More info: Mike Silverman, 603-381-9993, Allenstreet.mike@gmail.com, www.vermont50.com.

October 2 **COCHRAN 100 BIKE RIDE** **50 or 100 miles**

The 100-mile ride begins at 9 a.m. while the 50-mile ride begins at noon. Both start and finish at Cochran's ski area in Richmond. Routes pass through valleys in the northern Green Mountains. Proceeds benefit kids' learn-to-ski programs. More info: www.cochranskiarea.com.

October 2 **PEAK SEASON CENTURY RIDE** **25, 60, 100 miles**

Enjoy the fall foliage while supporting The Leukemia & Lymphoma Society on a ride around Lake George. The 100-mile scenic route will have supported rest stops and bicycle mechanics will be on hand for any necessary maintenance. A 60-mile ride originating in Ticonderoga is also available, and there's a 25-mile family ride, too. The Peak Season Century is available to the first 500 individuals who register. More info: Mike Kramer, 518-461-2721, www.peakseasoncentury.com. ☐

DOUBTFUL YOU'LL FINISH

BY PHYL NEWBECK



If you're a glutton for punishment, the bad news is that registration for the annual Pittsfield "Death Race" on June 26 is completely filled up. Well over 100 people are actually eager to take part in an event which features a waiver form of just three words: "you may die."

Joseph DeSena came up with the idea of the Death Race five years ago. DeSena started his athletic career with what he terms "conventional" events: 5Ks, 10Ks, marathons, ultra-marathons, and triathlons. "I needed a different kind of challenge to motivate me to train," he says, "and I thought other athletes would migrate to something like this because it's real. You use survival skills and you get in touch with nature; it's real life."

The web site for the Death Race describes the event as "a challenging race that might kill you." DeSena's creation combines athleticism, mental acuity, and good old-fashioned manual labor. DeSena won't divulge what 2010 racers will encounter, but no doubt the course will bear some resemblance to the 2009 version, which began with racers crossing a field and finding a stump with their bib number on it, no easy task at 4 a.m., well before the first rays of sun hit the field. Racers had to dig up their own stump and carry it with them for the remainder of the race.

Two-time ski Olympian Doug Lewis didn't realize what he was in for when he signed up for the race in its inaugural year. It wasn't until he had to face a video camera for the liability release which included the words "I might die," that he had an inkling of what was in store for him. When he learned that his

first task was to move an eight-foot long, twelve-inch diameter, freshly cut pine log 75 yards across a field before sawing and splitting the piece, he recognized that it would be a long day. After moving a yard of sand with a five gallon bucket across the same field, Lewis realized he was two hours into the 10-mile race and only 75 yards from the starting line. Sandbags, cinder blocks, barbed wire, and crawling through a 100-foot culvert were yet to come. Still, Lewis believes the challenge is more mental than physical. In 2007, he finished first, one of only four who completed the course.

In 2009, 18 racers made it to the finish line. Tom Bevins of Jericho completed the race in just under 16 hours and is coming back for more in 2010. Bevins says he enjoys challenging himself; a useful trait in a race for which no true preparation is possible. Ten days before the 2009 race, competitors were told to bring a mountain bike, a chain brake tool, a compass, a piece of string, and an axe, but given no other instructions. The night before the race, all entrants were asked to meet on top of a hill at 10 p.m. with their mountain bikes, which they then dissembled. They had to carry the frame with them for the duration of the race. Bevins was disadvantaged by the frame geometry of his bike, but he did have one other advantage. Upon learning that he had to bring an axe to the race, he had also brought a small handsaw. He used the saw to cut his stump, which he also had to carry, to a more manageable size, making the rest of the course slightly easier.

Other physical parts of the 2009 course included digging holes, crawling under barbed wire, chopping wood (making firewood for DeSena's neighbors seems to be a regular part of the Death Race), assembling a wheelbarrow to carry the chopped wood, and hauling gravel, but there were mental tasks thrown in. For Bevins, the hardest part of the course was an uphill hike (with his bike and stump) followed by repeating a list of presidents, which he had memorized. One mistake and the hike would have had to be repeated. A similar task required the reconstruction of a Lego structure. Rather than even attempt to do it by memory, Bevins took a penalty lap and headed back to the prototype with his pieces, figuring he would have had to return no matter what.

Bevins was clever enough to find ways to complete other tasks well under the time frame expected. For example, racers were given one match and sent to find eggs hidden on the back of a mountain. The instructions were to build a fire, boil water, and eat the egg. Bevins realized there was no mandate to actually boil the eggs, so he saved time by only boiling an eighth of an inch of water and eating the egg raw.

Lewis describes the race as the hardest thing he has ever done physically while pushing his mental and emotional limits as well. DeSena believes it is important to include mental exercises in the event to mimic life. "It's another way to test people," he says. This year's course is almost set, but DeSena is not above making last-minute changes. One year he required competitors to carry an egg with them for the entire course. When he saw that many arrived with their eggs in specially designed protective cases he promptly confiscated the cases. Roughly three-quarters of the racers are male, but in 2009, a 26-year-old woman was the winner, surprising DeSena who had expected her to drop out at the four hour mark.

"All my life I've been looking for the one-percenters," says DeSena. "Ninety-nine percent of the people on the planet are sleepwalking. This is a way to find those other people because they are inspiring and they are leaders."

DeSena claims the name Death Race was coined because the race emulates life. "I wanted to create a race where anything that can go wrong, will go wrong," he explains. The name may dissuade people from signing up, but that doesn't bother DeSena, who expects people to drop out before the race even starts. "It's as dangerous as you want it to be because you can quit at any time," says DeSena. "It's just like life; you can take the challenge or you can sit on the couch. Once you realize that time will pass with or without you, you might as well take part in it."

Phyl Newbeck lives in Jericho with her partner Bryan and two cats. She is an avid skier, skater, cyclist and kayaker who will absolutely, positively never enter the Death Race. Phyl 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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MIKE SILVERMAN: DEAN OF THE VERMONT 50

BY KIRK KARDASHIAN

When Mike Silverman walks into a clothing store, the first thing he does is rub the fabric of a shirt or jacket between his fingers. At the same time, he's noticing the layout of the sales floor, the colors, the designs, the lighting. The items with price tags are but a small part of the merchandise—in retail, everything that's on display is for sale, and what the store is selling, above all, is an experience, a feeling. He brings the same ethos to his long-time job as the director of the venerable Vermont 50 running and mountain biking race.

Silverman, 55, is imbued with a retail point-of-view for a good reason: his family owned The Lodge at Harvard Square, a clothing chain that started in Cambridge, MA, and spread out across the eastern seaboard from the late '60s to the early '90s. After graduating from Clarkson University, he surprised his family by joining the business, starting as a store manager and working his way up to the real estate development duties that accompanied the expansion of the store into Pennsylvania, New Jersey, and New York.

Following a divorce in 1993, Silverman, a genial guy with the compact build of a gymnast, moved to Hanover, where his parents had retired. He still lives there and works as the manager of Dartmouth College's cross-country ski center. Hoping to meet people and make some friends, he volunteered with Vermont Adaptive Ski and Sports (VASS), a non-profit organization whose mission is to provide people with disabilities access to recreation. The founder of VASS, Laura Farrell, started the Vermont 100 and the Vermont 50, partially as ways to fundraise for the organization. Silverman participated as a rider in the Vermont 50 for a few years, and then put down his bike and joined the event crew. "I found the enjoyment of being a volunteer just as fulfilling as riding the course," he says.

The Vermont 50 began in the early '90s as a running race, mostly over the dirt roads that crisscross West Windsor, Hartland, and South



Woodstock. A few years later, looking to increase the number of participants, the race director opened it up to mountain bikers. Slowly, as landowners allowed the race to cross their property, the course shifted from the public roads to old jeep trails, logging roads, and pure singletrack. Simultaneously, the affair became known as a fun, grueling, somewhat epic and competitive mountain bike race.

Silverman became the director in 2000, and since then he's treated the race, in a way, as his retail shop, making it attractive to a wider variety of people,

and always paying attention to the visual details. "What everybody kept seeing was a race," he says. "I never saw it as a race, I saw it as an event." If you ask Silverman who won the race each year, he couldn't tell you, but if you ask if the participants had a good time, he would know the answer.

Most of the time, that answer is yes. Why? First, Silverman and his 250 volunteers have made the race more of a family activity. He added marshmallow roasts and a trail race for kids. He kept the local feel of the occasion, with the home-cooking of Brownsville resident Hilda Yates. And to go with the food, he brought the musical act The Spare Parts ("It's whomever shows up," he says). He gives regular course updates to participants via e-mail, so they know what to anticipate. "It all becomes an expectation of hospitality," he says.

The hard work and welcoming attitude has paid off. In 2008, the online registration for the mountain bike race filled up in a mere 20 minutes. What began as an event with 25 bikers and 100 runners has grown into a weekend party with 1,300 participants. Silverman isn't sure how much money the race brings to the local business, but he knows that "from Ludlow to White River Junction, we fill most of the hotel rooms," he says. As for the take-home for VASS, each year the race raises upwards of \$30,000, or roughly 10 percent of the organization's operating budget.

This year, registration for the race opens on May 25th. In all likelihood, the mountain bike portion won't fill up in 20 minutes—Silverman has bumped the maximum number of riders a little through overbooking, and knows that every year a percentage of registrants don't show up. But best to sign up early anyway.

For the runners, Silverman is continuing the popular 50 kilometer event and a 50-mile relay race. "I listened to participants," he says, "and this is what they asked for."

Last year, the race was a bit of a disappointment, because it rained the entire day. "Cookie dough is how the dirt was described," Silverman says. Still, for the beginning of the mountain bike race, which descends on a paved road from the base lodge at Mount Ascutney and makes two sharp turns, Silverman jumped in the back of a pick-up truck with a bullhorn to call out the turns to the racers. "Bad weather or good weather," he says, "we try to make the participants feel at home." ▽

Kirk Kardashian writes and rides singletrack in Woodstock, VT. You can see more of his work at www.kirkkardashian.com.

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VS: What's Northern Vermont Ridge Runners you're a part of?

JF: There used to be a running club in Morrisville named the Northern Vermont Ridge Runners. Several years ago they kind of disbanded, I'm not sure why, maybe the enthusiasm kind of went down. Three summers ago, Mary Churchill and Mark Churchill started up a running group doing Tuesday night track workouts. So we decided to revamp the Northern Vermont Ridge Runners. Ron Ridlon, who used to be the president, is also running with us. It's hard to stay what stage of a running club we're in. We're applying for the USTAF (United States Track and Field) certification. We just want to have a group people who can come have fun, and a place where experienced runners can improve and get faster. We have a Facebook page that I try to post our Tuesday night workouts on. When the trails dry up, we'll have a trail run. We have anywhere from four to twelve people show up, and in the summer it gets to be a larger group.

VS: What's your position with NVRR?

JF: I'm considered the coach. I love coaching adults. I have coached high school track, but adults actually realize how much time you're taking out of your life to coach. I'm not sure teenagers always were aware of that. Adults are so gracious. And, I actually get to do the work out along with them.

VS: Is the club open to everyone?

JF: Absolutely. We're open to people joining. We meet Tuesdays at 5:15 p.m. at People's Academy.

VS: Why is fitness important to you?

JF: Fitness and being active make such an impact on the quality of my life, from health, stress management to the social connections you make. I enjoy having the ability to have a perspective of my community at different paces, from my feet, on the bike, in a kayak.

READER ATHLETE



JEN FRANTZ

Age: 36

Residence: Morrisville

Family: Cat, Monster Baby

Occupation: First and second grade teacher

Primary sport: Running

You cannot smell that it's laundry day from your car.

VS: What are your personal running goals—do you race, is it more for fitness, etc.?

JF: I love racing more on a 5K level. I was a sprinter and long jumper in college. The marathon — I don't think my biomechanics would hold up for that very well. So 5Ks are good. Before I was injured, I was doing alternative triathlons with kayaking. I will maybe not compete this year on a competitive level but I want to do them and try to finish them this year. And then in the fall, if everything's in place, maybe I can run some 5Ks. I have been doing some 5Ks but as a pace setter, doing a lot of cheerleading.

VS: What's your injury you're dealing with?

JF: I have a hamstring pull that I just keep pulling. I've had it since college. It's just a really old injury that has been giving me issues. Two years ago was when I first re-injured it. And now I go through periods of two months where I'm fine, I step it up, and then I re-pull it. I've used up all my PT for last year. Now I'm trying acupuncture. It's pretty chronic right now and I'm trying to get it out of that chronic stage. It's getting stronger and I'm doing

more strengthening exercises. And it's getting warmer, and it tends to be much more forgiving when there isn't ice to slip on.

VS: Where do you like to kayak?

JF: Last year over the summer I kayaked pretty much every day. I live right near Lake Elmore so I'll get out and paddle around Elmore. Or Lake Eden. Green River's really nice if you have someone to paddle with. Once I'm out an hour, I like to have someone to talk to. I also like to paddle as local as possible so I'm not driving far distances and the impact that causes on the environment.

VS: What do you enjoy about disc golf?

JF: You get to be outside. Being injured last year, I wasn't able to run as far as I wanted to, so I found disc golf was a great way to be outside, and have a focus for two hours. I don't enjoy hiking. I don't like it at all. It's like, look there's a tree; there's another tree. I love trail running but not hiking. Disc golf keeps it interesting. With disc golf, you can birdie one hole and on the next hole, have a five or six.

VS: It sounds like you get bored easily.

JF: I might, that's why teaching first grade is good for me. The pace is very fast. At the beginning of the year, you can only teach in 20-minute blocks (because of the kids' attention spans). And you always have to be moving and thinking two blocks ahead, plus be attuned to the curriculum and your students' needs.

VS: What is your favorite thing about teaching?

JF: My favorite thing about teaching is watching a child's world expand. When

they learn to read they see a new world of letters. Now there are books and signs that have been there all along, but not inclusive in their daily life, and you are helping them find and explore that new place. Plus it can be a lot of fun!

VS: You're a mosaic artist—can you describe a recent project?

JF: I have produced a very large piece recently, a five- to six-foot long, three-dimensional trout. The form is from a prior project that benefited the Brodhead Watershed in northeastern Pennsylvania. I use stained glass which I hand cut into pieces one-half or one-quarter inch square or smaller. My pieces can be very tiny for small detailed mosaics. I actually prefer the smaller pieces. With the fish, since it is an outdoor project, I am using a two-part epoxy resin, which helps to bind the glass to the fiberglass. The fish is a three-dimensional, free standing, fiberglass form. It is one big brook trout.

VS: If you had endless time and resources, what would you create?

JF: I would love to do a huge mural with life-size or larger trout moving through a stream with other wildlife on the banks. It would look fantastic along a riverbank on a wall or side of a building. It would be interesting to try also as a community project.

VS: You're a self described "addict" when it comes to audio books. What are you listening to now?

JF: Currently I am listening to: "The Weed That Strings the Hangman's Purse" by Alan Bradley. Over the past few weeks I listened to "In Defense of Food" by Michael Pollan; "The Guernsey Literary and Potato Peel Pie Society" by Mary Ann Shaffer and Annie Barrows. Usually I have one going in the car and one that I'm listening to for when I'm doing things around the house or when I'm mosaicking; and then I'm reading a book. I try to listen to children's fiction as well as adult fiction so I have something to talk about with the older students.

VS: What's your all-time favorite?

JF: Any book in the Harry Potter series. Jim Dale is an awesome reader. ☞

—Sky Barsch Gleiner



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VS: Have you always been a runner?

JB: I ran track and cross-country in high school and then cross-country at Brown University in the 1980s. But Division 1 was ferocious: I made the Empire State Games and was running under 27 minutes for 5 miles cross-country—but that was strictly junior varsity at Brown. Our number-two runner, Greg Whiteley, went on to set a U.S. 5K record on the road after he graduated. I got burned out trying to take classes and run 70 miles a week. So I took some time off from school and spent a few months hiking on the Appalachian Trail from Georgia to Virginia.

VS: Did you keep running?

JB: I decided not to rejoin the cross-country team, but I didn't lose interest in running. I trained on my own and ran the New York City Marathon as a bandit in 1989. I was in great shape—but didn't know anything about marathon training so my longest run was about 13 miles. I was on 2:30 pace heading into Manhattan, but then the bear ate me in Central Park and I limped home in 2:52. My housemates and I had driven down to NYC from Providence in a two-door Datsun, and immediately after the race we had to get back to school. So I squeezed into the back of the car with my silver blanket still on, knees jammed against the back of the seat. By the time we got home I was so stiff that I had to stay in my apartment for two days.

VS: You haven't run a marathon since 2005. Why the break?

JB: The break—it's not really so much intentional; I never said, "I'm going to stop running marathons." I got busy, we had one kid and then we had two kids. And I had an injury in 2006-07, and I had to cut back on my miles a lot. I started to run shorter stuff, and that became kind of fun. And then it just seemed like I was having more success doing 5Ks than running marathons.

VS: What was the injury?

JB: It was my hamstring, a piriformis thing, and I couldn't get rid of it. It was getting so bad I couldn't run at all. In an act of desperation, after seeing a ton of physical therapists and chiropractors, I thought, I'm going to go to some exercise classes at the YMCA. And that's what got me back on the road—cross-training and core training. I think for a lot of older runners, the formula that worked when we were 19 or 29 just doesn't work when we're older. The core muscles start to get weak. The little imbalances that you could deal with start to get the better of you. Cross-training and getting good quality running in as opposed to packing on the miles is really important.

There's no simple formula. That's what I get struck with as I'm getting older. My running buddy, Norm Larson, runs 70, 80, 90 miles a week. If I was running 70 miles a week, I'd be in the hospital.

READER ATHLETE**JOSHUA BROWN****Age:** 42**Residence:** Burlington**Family:** Wife, Zoe Richards; three children, Silas, 8; Rosalie, 5; Miranda, 7 months**Occupation:** Science writer for the University of Vermont**Primary sport:** Running and telemark skiing**VS: Now you're doing a lot of shorter races—what's the draw?**

JB: There are two cultures of running: long distance running and track and field. Track and field is kind of neat, it's sort of the NASCAR of running. It's more of a spectator sport; it tends to be more about performance. And it's younger people. The long distance running boom includes everybody. Track and field is not that way, it's mostly 14- to 27-year-olds. But then there is kind of a subculture of the older guys who have been hanging on. For me, it's different, I've come back to the short stuff after not doing any of that since high school. It has been cool to discover older guys are doing sprints, doing the 800-meter or the mile. The mindset is really different for shorter races, the training is really different; it's much more about power. Sometimes I'll run just 20 miles a week, but they are powerful and real quality miles.

VS: Out of all your running accomplishments, which are you most proud of?

JB: In recent years, running the Boston Indoor Games. This winter and winter of 2009, I ran the mile. It was a real hoot because it's a big professional running race. There are runners from Ethiopia

and Australia. Then it's kind of a dog and pony show before the Pros go off when the Masters run. I was able to win the Master's mile, and there were several thousand people there, and ESPN television. It was really neat. This year I finished eighth out of 16. I was pleased with that, too. You learn about strategy—it's not just running as fast as you can—and I got boxed in a couple times.

It's kind of a complicated equation, running what one is capable of running, and going out way too fast is suicidal, it doesn't work. You really need to pay attention to the competition.

VS: Why do you think running has always been important in your life?

JB: The answer to that for me has changed over time. I think the answer I give now is deeper and truer. I think we were born to run. I think that human beings, throughout evolutionary history, are all about going the distance. On another level, it's got great camaraderie. It's a great community of people who like to run. It's cheap therapy. This morning I went out and ran five or six miles. I come home, and I think to myself, "Life is good."

VS: Does your wife like to run, too?

JB: She runs recreationally. She's very supportive of my running, she knows it's really good for me. If we are going to talk about something, she'll say, "Go out and run first, and then we'll talk."

VS: What do you enjoy in the winter?

JB: Next winter I'm all about skiing. My two older kids like skiing, and I hope they'll catch the backcountry telemark bug! It's the best reason to live in Vermont: to swish down through the trees on the side of Camel's Hump on a fine morning makes me believe in a loving God.

VS: What's your job like?

JB: I write for UVM's alumni magazine Vermont Quarterly. We put out a weekly online publication that goes out to staff and faculty, and I do some media relations. I talk to reporters and editors. I kind of cover everything from astronomy to zoology.






VS: Which of the sciences are in the spotlight these days?

JB: What's been getting a lot of attention is this great complex systems group at UVM that has been doing a lot of interesting stuff. They look at how the electric grid works, or how we can do better hurricane forecasting.

VS: What do you enjoy about your work?

JB: I love to write. I started at UVM in February, 2006, and before that I was a freelancer for a while. I wrote for conservation magazines in Vermont and elsewhere. Before I was freelancing, I was a staff writer and editor at Wild Earth in Richmond. A lot of what drives me is I'm really interested in conservation biology, really interested in natural systems and protecting natural areas. Writing is a vehicle to supporting those goals. ¶

— Sky Barsch Gleiner

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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

BIATHLON

ONGOING

Mondays and Wednesdays (thru Oct. 31), 5-7PM, Biathlon Training, Youth/Junior, Ethan Allen Firing Range, Jericho Center, VT, jpmad2003@yahoo.com, www.eabiathlon.org
Thursdays (July 8 thru Aug. 19), 4:30PM, Summer Biathlon Race Series (run & shoot), Ethan Allen Firing Range, Jericho Center, VT, John, jpmad2003@yahoo.com, www.eabiathlon.org

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
14-21 Kayak Building Workshop, Lyndonville, VT, Rick Eliot, 802-626-5226, reliot@charter.net
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
25-27 Zoar Outdoor Annual Demofest on the Deerfield River, Zoar Gap, Charlemont, MA, Janet Cowie, 800-532-7483, info@zoaroutdoor.com, www.zoaroutdoor.com

CYCLING

JUNE

- 3-6 Local Motion & National Life Group's Vermont 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
7 Paradise Sports Seminar on Long Distance Bicycling, Windsor, VT, Rich Thomas, 802-674-6742, rich@paradisessportsshop.com
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
12 Wilmington Whiteface Road Race-New York State Championships, Wilmington, NY, Tim Akers, 315-854-0643, race@teamplacidplanet.org, www.teamplacidplanet.org
13 VT Brevet 100K Cafe Cruise, 7AM, Old Spokes Home, Burlington, VT, Mike Beganyi, 802-310-3546, mike.beganyi@gmail.com, <http://littlecirclesvt.com/vt-brevets-100k-cafe-cruise>
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@kidsafevt.org, www.kidsafevt.org/islandride
20 15th Annual Great Rivers Century, 25, 50, 75, 100 miles, Proctorsville, VT, Rick Trainer, 802-228-2722, cyco@tds.net
21 Paradise Sports Seminar on Using Bikes for Fitness, 6:15PM, Paradise Sports, Windsor, VT, Rich Thomas, 802-674-6742, rich@paradisessportsshop.com, www.paradisessportsshop.com
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@diabetes.org, www.newenglandclassic.org
10 Newton's Revenge Bicycle Hillclimb up Mount Washington, Gorham, NH, Kelly J. Evans, 603-466-2333, kelly@mtwashington.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.cff.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
17 Mt. Washington Century, 40, 80, 100 miles, Conway, NH, Susan Beane, 603-447-6991, SBeane@tinmountain.org, www.tinmountain.org
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
24 VT Brevets Champlain 200K/300K, Burlington, VT, Mike Beganyi, 802-310-3546, mike.beganyi@gmail.com, <http://littlecirclesvt.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

AUGUST

- 15 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

ONGOING

Tuesdays (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

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5K and 10K races

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Sunday, July 4 at 8:30 am

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Team & Iron Categories
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37 categories-iron, tri, 4 person teams
www.joshibillings.com,
www.active.com

Tuesdays (thru Aug. 24), 5:30PM, Dr. Bike presents: Tips, Tricks & Maintenance, free clinics at the Skirack, Burlington, VT, Will Skolochenko, 802-658-3313, wills@skirack.com, www.skirack.com

Tuesdays (thru Sept. 30), 5:30PM, Claremont Points Race Series Bike Race, 1/3-mile oval, 40- and 60-lap races, Twin State Speedway, Claremont, NH, John Lambert, 603-477-4848, John@ClaremontCycle.com

DUATHLON

JUNE

- 2 Dynamic Duathlon, MMU High School, Hinesburg, VT, Robert O'Neil, 802-825-1535, robert_oneil@heartvtproductions.org, www.heartvtproductions.org

MISCELLANEOUS

JUNE

- 4 Green Mountain Senior Games, Qualifying Events for 2011 National Senior Games, Lyndonville, VT, Dudley Bell, 802-626-5013, jnpitn@myfairpoint.net, www.greenmountainseniorgames.org
- 15-Minute Mini Boot Camp Challenge to Support American Cancer Society's Relay for Life, Montpelier, VT, Lisa Durocher, 802-229-4131, ifdnt@aol.com, www.bootcamp.org
- 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

AUGUST

- 24 Hike, Bike & Paddle, Burlington, VT, Nina, hurleyn@bcbsvt.com

ONGOING

Mondays and Wednesdays (thru Nov. 10), 8:45-10AM, Fit to Excel Women's Strength and Conditioning Boot Camp, MMU High School track area, Jericho, VT, John Stawinski, MA, ATC, CSCS, 802-922-5924, John@InjurytoExcellence.com

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

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

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

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

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

MOUNTAIN BIKING

JULY

- 11 Summer Fest Mountain Bike Race, Rutland, VT, Cindi Wight, 802-773-1822 ext. 13, cindiwight@comcast.net, www.rutlandrec.com

AUGUST

- 14-15 24 Hours of Great Glen, Gorham, NH, Mary Power, mary@greatglentrails.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@greatglentrails.com, www.greatglentrails.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

JUNE

- 6 Covered Bridges Half Marathon, 10:15AM, Woodstock to Quechee, VT, www.cbhm.com
- 6 Craftsbury Outdoor Center's National Trails Day Celebration 5K Trail Run, Craftsbury Common, VT, Chelsea Little, 802-586-2328, chelsea@craftsbury.com, www.craftsbury.com
- 8 Summer Sunset 5K Trail Series #1, Giorgetti/Pine Hill Park, Rutland, VT, Cindi Wight, 802-773-1822 ext. 13, cindiwight@comcast.net, www.marblevalleyrunners.org

- 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@maa.net, www.maa.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@maa.net, www.maa.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/Ascutney Run.html
- 13 Summer Sunset 5K Trail Series #2, Giorgetti/Pine Hill Park, Rutland, VT, Cindi Wight, 802-773-1822 ext. 13, cindiwight@comcast.net, www.marblevalleyrunners.org
- 24 Craftsbury 15K Classic Trail Running Race, 10:30AM, Craftsbury Outdoor Center, Craftsbury, VT, Tim Reynolds, 802-586-2328, www.craftsbury.com

AUGUST

- 10 Summer Sunset 5K Trail Series #3, Giorgetti/Pine Hill Park, Rutland, VT, Cindi Wight, 802-773-1822 ext. 13, cindiwight@comcast.net, www.marblevalleyrunners.org
- 14 Kingdom Run, 20K, 10K, 5K, Irasburg, VT, Rebecca Boulanger, kingdomrun@surfglobal.net
- 21 GMAA Women's round Church 5K/10K, Richmond, VT, Martha Keenan/Kasie Enman, roundchurch@maa.net, www.maa.net
- 28 100on100 Heart of Vermont Relay, Stowe to Ludlow, VT, Robert O'Neil, robert_oneil@100on100.org, www.100on100.org
- 28 Stowe 2010 Trail Race Series: Town Loops 5K Stampede, Stowe, VT, Cynthia Needham, cynthia@smartsience.org
- 29 FIG Race to the Top of Vermont, Toll Road, Stowe, VT, fredericks@catamounttrail.org, www.catamounttrail.org
- 29 GMAA Scholarship 5K Cross-Country Run, South Burlington, VT, Ken Schatz, scholarshippx@maa.net, www.maa.net

ONGOING

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

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

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

Wednesdays, 6PM (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

Wednesdays (thru Nov. 12), 6PM, Sportshoe Center Group Runs, So. Burlington, VT, Kara Bolton, 802-862-5666, karab@sportshoecenter.com, www.sportshoecenter.com

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

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

Sunday Morning Training Runs, Small City Road Runners Club, 1-4 miles on a loop course, Vergennes City Park, Vergennes, VT, Ramey Armell, 802-377-9906, 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.uvav-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

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, robert_oneil@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, jerrod@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/
- 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
- 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

AUGUST

- 7 Kingdom Triathlon, 500-yard swim, 13-mile bike, 5-mile run, Derby, VT, Pete Kellaway, 802-334-8511, triathlon@orleansrecreation.org, www.kingdomtriathlon.org
- 7-8 6th Annual Xterra Soaked, Saturday: half-mile pond swim, 8.5K mountain bike, 4K trail run, Sunday: 1-mile pond swim, 17K mountain bike, 8K trail run Hanover, NH, Chad Denning, elkmountainrace@hotmail.com
- 7 Fronhofer Tool Olympic, Sprint, & Kids Triathlon, Cambridge, NY, Bridget or Kevin Crossman, crossms85@hotmail.com
- 8 Lake Dunmore Triathlon, 9-mile swim, 28-mile bike, 6.2-mile run, Lake Dunmore, Salisbury, VT, Jerrod Rushton, 802-462-2999, jerrod@rushtonsports.com, www.rushtonsports.com
- 14 Racevermont.com Sprint Triathlon III, 500-yard swim, 15.4-mile bike, 3.1-mile run, Shelburne, VT, Rayne Herzog, 802-985-4410, rayne@racevermont.com, www.racevermont.com
- 28 Racevermont.com Sprint Triathlon IV, 500-yard swim, 15.4-mile bike, 3.1-mile run, Shelburne, VT, Rayne Herzog, 802-985-4410, rayne@racevermont.com, www.racevermont.com
- 29 Half Vermont Journey, 1.2-mile swim, 56-mile bike, 13.1-mile run, Salisbury, VT, Lake Dunmore, Salisbury, VT, Jerrod Rushton, 802-462-2999, jerrod@rushtonsports.com, www.rushtonsports.com

RACE RESULTS

ROAD TO THE POGUE 10K TRAIL RUN May 8, 2010 Mount Tom, Woodstock, Vermont

Women 19 & Under

1	Christy Harris	Plymouth VT	47:42
2	Rachael Scheer	Vershire VT	51:50
3	Gabriella Gutman	Vershire VT	59:18
4	Nora Thompson	Vershire VT	1:00:23
5	Yomalis Rosario	Vershire VT	1:00:41

Women 20-29

1	Lynne Zummo	Norwich VT	44:13
2	Rachel Klattenburg	Perkinsville VT	44:38
3	Sarah Smith	Norwich VT	45:01
4	Jennifer Gillingham	Jamaica Plain MA	46:08
5	Elizabeth Nesbitt	Brownsville VT	47:22
6	Melissa Oleson	W Lebanon NH	47:33
7	Kendra Dynok	Hanover NH	49:17
8	Erica Drenzo	New London CT	49:39
9	Kimberly Page	Charlestown MA	50:52
10	Katherine Epstein	Hanover NH	50:57
11	Katy Briggs	Hanover NH	51:01
12	Alexis Bohrer	Barre VT	51:19
13	Alison Duffy	Thetford Ctr VT	51:58
14	Emily Baumrin	Hanover NH	52:21
15	Kristen Klepac	Hanover NH	53:50
16	Amanda Thornton	W Lebanon VT	54:18
17	Amanda Soule	Bethel VT	55:24
18	Jessica Fauci	Prides Crossing NY	55:40
19	Chelsea Vanboening	Barnard VT	56:11
20	Kristin Faucci	White River Jct VT	57:17
21	Linda Nguyen	Boston MA	57:38
22	Emily Shipman	Bradford VT	57:43
23	Elizabeth Shribman	Hanover NH	57:57
24	Jessica Hathorn	So Woodstock VT	58:07
25	Margaret Ray	Pomfret CT	58:20
26	Maria Curry	Winoski VT	58:22
27	Martine Robillard	Colchester VT	58:26
28	Gabrielle Inglis	No Kingstown RI	58:27
29	Natalie Babji	Albany NY	58:31
30	Farah Rizvi	Bridgewater VT	58:48
31	Brooke Blicher	White River Jct VT	58:58
32	Elena Mascarenhas	Jamaica Plain MA	59:33
33	Lauren Lichten	Boston MA	59:39
34	Melissa Potter	Reading VT	59:55
35	Nicola Leiter	Natick MA	59:57
36	Carley Hrusovsky	Hanover NH	1:00:50
37	Heather Rubenstein	Woodstock VT	1:00:51
38	Jason Brandt	Franklin TN	1:01:49
39	Tanya Chiu	Boston MA	1:03:30
40	Nancy Hemphill	Bethel VT	1:03:31
41	Jessica Bryant	So Royalton VT	1:03:31
42	Maria Emory	White River Jct VT	1:03:32
43	Shannon Ollerhead	Boston MA	1:05:10
44	Tricia Groff	Hanover NH	1:05:53
45	Michele Chase	Orford NH	1:06:51
46	Melissa Dolan	Natick MA	1:09:23
47	Jacqueline Hennard	Orford NH	1:09:44
48	Kimberly Esser	Hanover NH	1:10:29
49	Jenna Toussaint	Hopkinton MA	1:10:59
50	Lauren Shore	Lebanon NH	1:11:33
51	Katie Eveland	New York NY	1:12:00
52	Rachel Kraft	Medford MA	1:14:17

Women 30-39

1	Susie Rinehart	Vershire VT	39:51
2	Vicky Shen	So Boston MA	44:34
3	Lucinda Hewitt	No Pomfret VT	45:42
4	Christianna Morley	W Lebanon NH	47:52
5	Alison Findon	Enfield NH	49:19
6	Elizabeth Wolfe	Grantham NH	49:21
7	Julie Smith	Hanover VT	50:39
8	Adrienne Williams	Quechee VT	50:50
9	Amy Gubbins	Lebanon NH	51:05
10	Kate Porter	Norwich VT	51:36
11	Heidi Henderson	Cumberland RI	51:54

12	Megan Lenk	Durham NH	52:41
13	Carey Schwaber	W Lebanon NH	52:43
14	Catherine Hayes	Newburyport MA	52:54
15	Zoe Courville	White River Jct VT	53:23
16	Laura Leclaire	Reading MA	53:49
17	Jessica Plath	W Lebanon NH	54:15
18	Marsha Wykes	W Lebanon NH	55:25
19	Margaret Ober	Wakefield MA	55:28
20	Brenda Dwyer	Hanover NH	55:37
21	Erin Horbach	Sandy Hook CT	56:02
22	Bonnie Underwood	Woodstock VT	56:22
23	Alona Zaitzeff	Keene NH	56:34
24	Stephanie Kowalczyk	Killington VT	56:45
25	Molly Owens	So Royalton VT	56:54
26	Mary Ann Suriel	Hanover NH	57:15
27	Joelle Ferron	Hanover NH	57:16
28	Jennifer Durkee	Lebanon NH	57:35
29	Davnah Urbach	Hanover NH	57:40
30	Sarah Vooris	Rutland VT	57:42
31	Amanda Houle	Keene NH	58:00
32	Renee Bright	Cumberland RI	58:04
33	Mima Roberts	Woodstock VT	58:06
34	Beth Hayward	So Burlington VT	58:27
35	Lorissa Segal	Woodstock VT	58:53
36	Kim Morris	Arlington MA	59:20
37	Marisa Smith	Lebanon NH	59:26
38	Amy Wilson	S Royalton VT	59:56
39	Amy Beston	Orford NH	1:00:12
40	Lauren Samek	Cumberland RI	1:00:48
41	Gina Des Cognets	Norwich VT	1:00:55
42	Eve Donnelly	New York NY	1:01:06
43	Jeanette Escano	Canaan NH	1:01:46
44	Elizabeth Ober	Wakefield MA	1:02:08
45	Jenn Coughlin	White River Jct VT	1:02:48
46	Alyssa Hughes	Hanover NH	1:03:27
47	Jennifer Mason	Canton CT	1:03:29
48	Clare Brauch	Hanover NH	1:03:36
49	Jamie Freitas	Weathersfield VT	1:03:46
50	Kathleen Tersigni	Burnt Hills NY	1:04:12
51	Megan Kullnat	Enfield NH	1:05:47
52	Wendy Beane	Proctor VT	1:06:52
53	Jessica Wood	Woodstock VT	1:06:55
54	Amy Morel	Barnard VT	1:07:29
55	Brooke Bull	W Chesterfield NH	1:08:42
56	Sarah Aziz	Astoria NY	1:08:47
57	Jessica Fisher	Wildor VT	1:10:48
58	Victoria Corum	Acutney VT	1:15:14
59	Tina Jarrett	Hanover NH	1:17:11
60	Carolyn Graves	Danville VT	1:24:21
61	Tammy Starr	Barre VT	1:28:51

Women 40-49

1	Alita Wilson	Woodstock VT	47:07
2	Laura Turner	Middlebury VT	49:53
3	Anne Lessard	Barnard VT	50:31
4	Catherine Reed	Hanover NH	51:21
5	M Blanche Porter	Norwich VT	52:09
6	Jennifer Williams	Norwich VT	52:18
7	Wendy Durgin	Grafton VT	52:22
8	Malin Clyde	Durham NH	52:31
9	Aina Josefson	Pomfret VT	52:46
10	Carol Rittenhouse	Randolph Ctr VT	53:13
11	Kate Harmon	Concord MA	53:33
12	Katherine Doton	Woodstock VT	54:11
13	Sandra Rhoades	White River Jct VT	54:14
14	Christi O'Brien	White River Jct VT	54:17
15	Elizabeth Dougherty	Northboro MA	54:39
16	Kirsten Woody	Bow NH	55:07
17	Deborah Boshart	Weston MA	55:33
18	Deb Shearer	Brownsville VT	56:05
19	Janet Kepes	Addison VT	57:10
20	Michelle Werle	Killington VT	57:12
21	Ursula Slate	Lyme NH	57:34
22	Cindy Emery	Woodstock VT	57:40
23	Ruthy Bennett	Concord MA	57:41
24	Jeanne Mahon	Stow MA	57:42
25	Lisa Leinau	Keene NH	58:03
26	Christine Bourgeois	Acutney VT	58:07
27	Stacey Doubleday	Woodstock VT	58:21
28	Kate Whybrow	Plainfield NH	59:48
29	Cindy Stewart	Lebanon NH	1:00:18
30	Susan D'Anna	W Windsor VT	1:00:52
31	Andrea Ambros	Hartland VT	1:02:18
32	Susan Farnam	W Simsbury CT	1:03:27
33	Margaret Blout	Norwich VT	1:05:13
34	Marlene McDonald	Norwich VT	1:05:30
35	Amy Fleischer	Hanover NH	1:05:55
36	Tammy Hallett	Brandon VT	1:06:45
37	Debra Fishwick	Wallingford VT	1:06:49
38	Liz Gray	Canaan NH	1:07:51

39	Suzy Pomas	Hanover NH	1:07:57
40	Rebecca Armstrong	Pownal VT	1:08:15
41	Courtney Bohan	Woodstock VT	1:08:20
42	Christine Alberti	Dalton MA	1:10:21
43	Janet Wallace	Thetford Ctr VT	1:20:35
44	Terri Kelley	W Windsor VT	1:22:52
45	Jacqueline Collier	Windsor VT	1:23:34
46	Julie Williams	Barrington NH	1:28:08

Women 50-59

1	Jill Kearney	Etna NH	46:32
2	Julie Weisman	Newtonville MA	49:57
3	Deborah Keane	W Lebanon NH	51:25
4	Patricia Driscoll	Stowe VT	51:39
5	Marty Ramsburg	Guilford VT	51:52
6	Christine Klein	Sharon VT	52:25
7	L Wiegand-Packard	White River Jct VT	52:27
8	Corinne Gaugler	White River Jct VT	57:17
9	Ellie Ferguson	N Haverhill NH	58:38
10	Brucie Jacobs	W Stockbridge VT	59:24
11	Charlene Gates	Norwich VT	1:00:56
12	Andrea Henry	Enfield NH	1:01:33
13	Debra Winslow	Quechee VT	1:04:09
14	Lori Jannen	Norwich VT	1:11:37
15	Helen Kirklin	Gainesville FL	1:17:13
16	Bernadette Grandia	Northford CT	1:18:23
17	Andrea Roy	So Royalton VT	1:19:20
18	V Rechtschaffen	Northampton MA	1:23:29

Women 60-69

1	Ann Donnelly	Vancouver WA	1:07:58
2	Dorothy Barden	Newbury NH	1:11:32

Men 19 & Under

1	Jeffrey Cold	Hanover NH	34:57
2	Dylan Galt	Randolph Ctr VT	37:48
3	Jefferson Tucker	Woodstock VT	40:26
4	Jacob Merson	Vershire VT	45:46
5	Taylor Lightman	Vershire VT	45:49

Men 20-29

1	Keith Drake	Norwich VT	33:20
2	Alexandre Pellicier	Paris France	34:11
3	Chris Freeman	Thornton NH	34:36
4	Nick Gaubinger	White River Jct VT	41:19
5	Matthew Thomas	Hanover NH	45:14
6	Ryan Flynn	Jamaica Plain MA	45:51
7	Mario Giberti	Vass NC	46:33
8	Jordan McGee	Woodstock VT	47:06
9	Dylan Hawkins	Quechee VT	47:43
10	Nathan Cares	Brooklyn NY	47:45
11	Daniel Moore	Hanover NH	47:55
12	Tom Bourgault	New London CT	48:53
13	Carl Mahon	Stow MA	49:07
14	Peter Evans	Medford MA	50:04
15	Benjamin Smith	Norwich VT	51:47
16	Brian Herman	Lebanon NH	52:25
17	Stephen Marcu	Norwich VT	53:13
18	Tom Volgenau	Middletown CT	54:19
19	Jason Anderson	Rutland VT	54:21
20	Mark Preiss	Medford MA	56:34

Men 30-39

1	Michael Fenzel	White River Jct VT	35:46
2	David Cahill	Norwich VT	35:49
3	Lucas Moore	Wolcott VT	35:54
4	Mark Florenz	Keene NH	38:39
5	Clayton Jones	Hanover NH	39:29
6	Zachary Morris	Arlington MA	41:08
7	Jay Fauci	White River Jct VT	41:19
8	Kevin Sheahan	Woodstock VT	41:57
9	Cory Mansfield	W Lebanon NH	42:07
10	Alex Armstrong	Cambridge MA	42:36
11	Jeffrey Speer	W Lebanon NH	43:20
12	Mike Dunne	Reading VT	43:33
13	Nathan Henderson	Cumberland RI	44:24
14	Trevor Emory	White River Jct VT	45:12
15	Benjamin Morley	W Lebanon NH	45:42
16	Tom Candon	Norwich VT	47:43
17	John Wolfe	Grantham NH	48:04
18	Ted Maloney	Boston MA	48:12
19	William Toussaint	So Boston MA	48:30
20	Robert Davidson	Enfield NH	48:49
21	Daniel Weinreb	Cambridge MA	49:16
22	George Dustin-Eichler	Taftsville VT	49:39
23	Mike Barton	White River Jct VT	50:15
24	Matthew Nola	Lebanon NH	50:26
25	Eric Ellingson	Plainfield NH	51:14
26	Scott Durgin	Rutland VT	52:22
27	Michael Vooris	Rutland VT	52:23
28	Joseph Samek	Cumberland RI	52:54
29	Sam Hopkins	W Lebanon NH	53:01
30	Joshua Englund	Hanover NH	53:06
31	Nathan Hayward	So Burlington VT	53:53

32	Joseph Dery	Burlington VT	53:57
33	Mark Smith	Hanover NH	54:17
34	Timothy Candon	Medford MA	54:28
35	Jeffrey Fauci	Prides Crossing NY	56:02
36	David Evans	Medford MA	56:13
37	Joel Eshbaugh	Quechee VT	56:27
38	Breen Mahony	New York NY	56:28
39	Ashley Milliken	Norwich VT	57:34
40	Ed Sharron	Woodstock VT	59:03
41	Jeffrey Vonada	Quechee VT	1:00:51
42	Cheyenne Wood	Woodstock VT	1:02:11
43	John Freitas	Weathersfield VT	1:03:56
44	Samuel Stearns	Belmont MA	1:03:57
45	Colin Mahony	W Newton MA	1:04:53
46	Adam Goff	Hanover NH	1:05:54

Men 40-49

1	Richard Smith	Enfield NH	34:39
2	Chris Rhim	Norwich VT	38:01
3	Chris Lang	White River Jct VT	38:16
4	Steve Bensen	Norwich VT	40:00
5	Kurt Gergler	Perkinsville VT	41:20
6	Grady George	So Royalton VT	41:36
7	Peter Milliken	Norwich VT	42:11
8	Jeff Barden	Boston MA	42:56
9	John Bourgeois	Northborough MA	43:08
10	David Phillips	Sharon VT	44:31
11	Nelson Carter	Lebanon NH	44:33
12	Mark Maldonado	Greenlawn NY	45:18
13	Todd Kowalczyk	Killington VT	46:00
14	Tobias Reiss	Etna NH	46:27
15	Rick Otto	Sharon VT	47:23
16	Michael Doubleday	Sunderland MA	47:49
17	Robert Knowles	Quechee VT	48:12
18	Tom Emery	Woodstock VT	49:10
19	C Mendelsohn	Huntington NY	50:13
20	Patrick Knittle	Keene NH	50:51
21	David Barlow	Norwich VT	51:33
22	Dave Hope	Methuen MA	51:59
23	John King	Woodstock VT	52:59
24	Peter Fong	Woodstock VT	55:07
25	Richard Kozlowski	White River Jct VT	55:39
26	Mark Werle	Killington VT	57:15
27	Todd Bebo	Plymouth VT	57:37
28	Brian Bright	Cumberland RI	57:57
29	Andrew Quint	N Chittenden VT	58:33
30	William Josler	W Lebanon NH	58:36
31	Stephen Obermayer	Ballston Spa NY	1:04:35
32	Robert Jarrett	Hanover NH	1:16:53

Men 50-59

1	Douglas Austin	Vershire VT	41:17
2	Geoffrey Little	Lyme NH	42:13
3	Peter Kahn	Barnard VT	43:55
4	Robert Kendall	Springfield VT	44:14
5	Ken Brautigam	Putney VT	45:23
6	Andrew Caffrey	Andover MA	46:43
7	Harvey Lavoy	E. Corinth VT	47:16
8	Robert Sand	Woodstock VT	47:59
9	Douglas Tift	Fairlee VT	48:25
10	John Pate	Grantham NH	48:42
11	Rob Hanson	Woodstock VT	48:57
12	Curtis Cote	Albany NH	50:16
13	Mitchell Harris	Sunapee NH	50:28
14	Bob Res	Barre VT	50:34
15	Robert Feinberg	Woodstock VT	53:50
16	Tim Drake	Dalton MA	54:02
17	Thomas Harris	Plymouth VT	54:03
18	Blaise Davi	Ashburnham MA	54:31
19	James Geiling	Hanover NH	55:20
20	Christopher Nesbitt	Hanover NH	58:21
21	Matt Star	Hartland VT	1:02:06
22	Robert Toussaint	Hopkinton MA	1:04:35
23	John Fricke	Northfield VT	1:07:18
24	William Daley	Dorningstown PA	1:10:49
25	Rob Rechtschaffen	Northampton MA	1:22:59



RACE RESULTS

CHAMPLAIN CLASSIC 5K/15K May 2, 2010 Shelburne, Vermont

5K RACE

Women 19 & Under

1	Danielle Kittell	Essex Jct VT	22:07
2	Elise Killkelly	Shelburne VT	28:33
3	Abby Snow	Shelburne VT	30:51
4	Gabrielle Sikora	Montpelier VT	33:22
5	Destyni Travers	Grand Isle VT	33:38
6	Andrea Martin	So Hero VT	36:51
7	Kate Gruendling	Shelburne VT	38:36
8	Mi Linh Vankirk	Essex Jct VT	40:29

Women 20-29

1	E Bouchard-Hall	Hinesburg VT	21:46
2	Freyja Voge		23:43
3	Kaitie Armstrong	So Burlington VT	26:31
4	Jessica Boyea	St Albans VT	26:50
5	Pacqua Render	Shelburne VT	27:17
6	Alise Sjostrom	Brattleboro VT	28:41
7	Chelsea Erardi	So Burlington VT	29:45
8	C G	Essex Jct VT	31:02
9	Jen Conetta	Middlebury VT	31:09
10	Jennifer Clifford	So Burlington	32:53
11	Julie Quintin	Georgia VT	33:22
12	Diana Halvorsen	Essex Jct VT	34:13
13	Brittany Winslow	Falmouth ME	34:26
14	Lindsay White	Worcester VT	34:56
15	MacKenzie Hagwood	New Haven VT	38:32
16	A Fernandez Cuppari	So Burlington VT	40:07

Women 30-39

1	Sarah Dunn	Shelburne VT	19:04
2	Jessica Bolduc	So Burlington VT	20:46
3	Andrea Vogel	Shelburne VT	24:59
4	Karen Dearborn	Bristol VT	26:09
5	Carrie Root	Addison VT	26:57
6	Cate MacLachlan	Burlington VT	29:33
7	Erin Borick	So Burlington VT	29:46
8	Alena D'Aniello	Rome NY	31:37
9	Jen Adrian	Burlington VT	31:55
10	Angela Leighty	W Berlin VT	32:00
11	Stacie Adams	Essex Jct VT	32:45
12	Krisie Farrington	Colchester VT	32:47
13	Jessie Angus	Essex Jct VT	33:03
14	Alicia Burris	Shelburne VT	33:12
15	Amber Mattison	Burlington VT	33:35
16	Cindy Chittenden	Essex Jct VT	34:10
17	Kerry Mahoney	Fairfax VT	34:39
18	Jennifer Moore	So Burlington VT	36:24
19	Rhonda Gade	Lincoln VT	36:25
20	Suzanne Gruendling	Shelburne VT	38:37
21	Jennifer Perrault	Winooski VT	39:41
22	Annette Cross	Essex Jct VT	39:55
23	Lorrie Sulva	Jericho VT	40:08
24	Huoguo V	Essex Jct VT	41:17
25	James Crenshaw	Milton VT	44:49
26	Robyn St Peter	Colchester VT	44:52

Women 40-49

1	Kelly Collar	Moretown VT	26:48
2	Peggy Oniell-Vivanco	Burlington VT	26:54
3	Kim Dittus	Shelburne VT	29:05
4	Penny French	Jericho VT	29:25
5	Rachel Destito	Shelburne VT	29:29
6	Christy Bahrenburg	Shelburne VT	29:29
7	Lauren Mathon	Shelburne VT	30:00
8	Erin Langin	Essex Jct VT	32:27
9	Beth Rickstod	Westford VT	32:40
10	Dawn Dicecco	Shelburne VT	32:59
11	Donna Cauty	Shelburne VT	33:12
12	Alison Precourt	Shelburne VT	34:13
13	Karla Troild	So Hero VT	36:16
14	Patricia Fay	Hinesburg VT	36:21
15	Kim Hamilton	Essex Jct VT	37:33
16	Victoria Beliveau	Jericho VT	38:32
17	Lea Cassidy	Hinesburg VT	41:17
18	Dawn Carter	Shelburne VT	47:08

Women 50-59

1	Caryn Etherington	Middlebury VT	24:26
2	Karen Root	Charlotte VT	26:35
3	Trich Hanson	Bristol VT	27:08
4	Shevonne Travers	Grand Isle VT	27:35
5	Mary Precourt	Shelburne VT	30:51
6	Janet Nunziata	Shelburne VT	31:32
7	L Gratton Douglas	Jericho VT	32:21
8	Amy Myers	Shelburne VT	32:53
9	Gail Isenberg	Middlebury VT	38:51
10	Dawn Bissonette	Colchester VT	39:41
11	Barbara Groves	Shelburne VT	39:58
12	Martha Lance	St Albans VT	47:08

Women 60-69

1	Joan Donaldson	Westford VT	36:26
2	Marti Powers	Essex Jct VT	38:54

Women 70-79

1	Flo Meiler	Shelburne VT	34:33
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Men 19 & Under

1	Ike Tucker	Colchester VT	19:19
2	Andrew Wise	Shelburne VT	24:31
3	Garret Gruendling	Shelburne VT	30:51
4	Ian Vanirk	Essex Jct VT	35:30

Men 20-29

1	Tony Casey	Saranac NY	17:37
2	Stephen Marko	W Hartford CT	20:58
3	Jason Ouellette	So Burlington VT	25:44
4	Patrick Dacek	Stowe VT	26:41
5	Lucas Sjostrom	Brattleboro VT	29:51
6	Thomas McCann	Williston VT	31:09
7	Joe Bissonette	Colchester VT	36:02

Men 30-39

1	John Carvey	Colchester VT	18:30
2	Zach Kramer	Colchester VT	20:14
3	Jack Bahrenburg	Shelburne VT	24:35
4	Jacob Bailey	Colchester VT	25:17
5	Sean Diehl	Shelburne VT	27:20

Men 40-49

1	David Connery	Shelburne VT	19:27
2	Mark Premo	Winooski VT	21:17
3	Andreas Matdanuez	Old Saybrook CT	24:22
4	John Burke	Grand Isle VT	25:03
5	Armand Chevier Jr	Alburgh VT	25:06
6	Mark Davitt	Shelburne VT	25:59
7	Gene Steinfield	So Burlington VT	25:59
8	Chris Sheahan	Shelburne VT	29:55
9	Patrick Sikora	Montpelier VT	31:16
10	Tim Carter	Shelburne VT	32:22

Men 50-59

1	Mark Groves	Shelburne VT	25:20
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Men 60-69

2	Darwin Norris	Shelburne VT	29:03
1	Harry Curth	Ferrisburg VT	23:26
2	Ed Tucker	Colchester VT	31:03
3	R Bouchard-Hall	Shelburne VT	32:19

15K RACE

Women 20-29

1	Katie White	Burlington VT	1:06:01
2	Jessica Bentz	W Hartford CT	1:08:22
3	Katie Bohlin	Shelburne VT	1:18:26
4	Lauren Kavanaugh	St Albans VT	1:24:02
5	Kim Tantinger	Stowe VT	1:27:34
6	Joy Wyman	Plattsburgh NY	1:29:24
7	Blaine Cully	Burlington VT	1:31:27
8	Katie McGrain	Burlington VT	1:31:28
9	Leslie Kaufman	Burlington VT	1:34:23
10	Julie Lowell	Burlington VT	1:36:08
11	Sara Smith	So Burlington VT	1:37:18
12	Rachael Demaggio	So Burlington VT	1:37:18
13	Casey Clark	So Burlington VT	1:38:58
14	Leah Baribeau	W Berlin VT	1:39:01
15	Caityn Sikora	Montpelier VT	1:51:57
16	Shelley Mahoney	Barre VT	2:06:35
17	Mandi Fournier	Braintree VT	2:06:35

Women 30-39

1	Liz Hollenbach	Shelburne VT	1:06:46
2	Sandi Prescott	Waterbury VT	1:14:25
3	Carolyn Siccama	Shelburne VT	1:16:47
4	Joanne Grogan	Hinesburg VT	1:17:10
5	Katie Barbic	Williston VT	1:21:06
6	Laruen McClear	Waterbury VT	1:21:25
7	Robyn Steward	Northfield VT	1:25:43
8	Jill Sullivan	Shelburne VT	1:26:13
9	Kathleen Schaffner	Burlington VT	1:26:13
10	Hannah Barber	Randolph VT	1:26:32
11	Lisa Kingsbury	So Burlington VT	1:26:32
12	Jennie Lowell	Burlington VT	1:28:10
13	Siobhan Robinson	Randolph Ctr VT	1:29:19
14	Danielle Hartwick	Williston VT	1:31:40
15	Tracy Oconor	Barre VT	1:32:08
16	Becky Savage	Essex Jct VT	1:32:21
17	Melissa Makoy	Hinesburg VT	1:45:35
18	Suzanne Lowell	Hinesburg VT	1:45:35
19	Dana Mallon	Burlington VT	1:49:28
20	S Henry-Hooker	Burlington VT	2:04:26

Women 40-49

1	Dot Martin	Montpelier VT	1:07:39
2	C Rendell-Green	Montreal PQ	1:15:27
3	Theresa Wolbach	So Burlington VT	1:17:35
4	Sarah Pribram	Shelburne VT	1:19:28
5	Dara Torre	Moretown VT	1:23:28
6	Maureen Davis	Barre VT	1:24:54
7	Lisa Mallabar	Colchester VT	1:26:54
8	Lisa Holwager	Vergennes VT	1:28:24
9	June Golato	Grand Isle VT	1:30:52
10	Denise Ricker	Montpelier VT	1:36:24
11	Betty Sikora	Montpelier VT	1:39:40
12	Denise Fuller	Barre VT	1:43:31
13	Colleen Oeltinger	So Burlington VT	1:53:10

Women 50-59

1	Maggie Plante	Charlotte VT	1:07:56
2	Mary Duprey	Rouses Point NY	1:12:55
3	Marcia Bristow	Shelburne VT	1:18:00
4	Karen Delaney	Lake Placid NY	1:19:43
5	Andrea Halnon	Bristol VT	1:26:04
6	Tracey Moran	Shelburne VT	1:53:10

Women 60-69

1	Jeanne Tucker	Colchester VT	1:18:13
2	Rose Rusin	Florence VT	1:28:03
3	Alice Bourgoin	No Ferrisburg VT	1:52:00

Men 19 & Under

1	Colin Delaney	Lake Placid NY	59:06
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Men 20-29

1	Kevin Bouchard Hall	Jay NY	1:02:50
2	Ian Odell	So Burlington VT	1:07:47
3	Matthew Curtis	E Montpelier VT	1:15:58
4	Tom Ricker	West Berlin VT	1:16:16
5	Andy Bohlin	Shelburne VT	1:18:26
6	Ken Hurren	Granville VT	1:20:57
7	Corey Mallon	Burlington VT	1:21:42
8	Matthew Horowitz	Burlington VT	1:34:23
9	Derek Poirier	So Burlington VT	1:01:06
10	Daniel Scheidt	Burlington VT	1:04:37
11	Bill Bronk	Shelburne VT	1:05:51
12	Eric Darling	Shelburne VT	1:06:31
13	Bart Whearty	Winooski VT	1:07:34
14	Kurt Gruendling	Shelburne VT	1:11:00
15	Jon Alexander	So Burlington VT	1:18:15
16	Tim Richmond	Grand Isle VT	1:19:19
17	Nathan Rogers	Cambridge VT	1:41:55

Men 30-39

1	Aaron Robertson	Rouses Point NY	48:52
2	Peter Schneider	Shelburne VT	56:01
3	James Donegan	Hinesburg VT	56:24

Men 40-49

1	Kevin Hern	Shelburne VT	1:06:45
2	Sean Mitchell	Burlington VT	1:07:17
3	Brendan Finn	Soburlington VT	1:09:38
4	Tim Duff	Burlington VT	1:10:59
5	Scott Nichols	Essex VT	1:11:54
6	James Ohlsten	Altona NY	1:13:59
7	Mike Kanarick	Shelburne VT	1:17:33
8	Mark Cogan	Charlotte VT	1:29:12
9	Jason Cota	Starksboro VT	1:29:12

Men 50-59

1	Brian Delaney	Lake Placid NY	1:05:46
2	Thomas Brown	Altona NY	1:09:19
3	Brian McDonald	So Burlington VT	1:10:04
4	Charles Windisch	Essex Jct VT	1:10:32
5	Russ Cooke	Williston VT	1:12:36
6	Dave Fields	lyme NH	1:14:52
7	Tom Hecimovich	Richmond VT	1:15:17
8	John Martin	Montpelier VT	1:17:18
9	Forrest Lemoine	Shelburne VT	1:18:19
10	Michael Gordon	Essex Jct VT	1:18:46
11	Chris Viscomi	Burlington VT	1:19:14
12	Gary O'Donnell	Fairlee VT	1:26:15
13	Mark Brooks	Shelburne VT	1:32:21
14	James McMorran	Montreal PQ	1:35:55

Men 60-69

1	Charles White	Burlington VT	1:04:14
2	Mike Mason	Northfield VT	1:06:01
3	Eduardo Munoz	Olmedeville NY	1:15:59
4	Gerry Duprey	Rouses Point NY	1:18:17
5	Geoff Miller	Hinesburg VT	1:20:41
6	John Keading	Worcester VT	1:21:41
7	Mike Shover	Bradford VT	1:22:03
8	Frank Short	St Albans VT	1:27:22
9	Wayne Quartz	Dorval PQ	1:32:24
10	Steven Schreer	Shelburne VT	1:36:35
11	Robert Penney	Middlesex VT	2:08:33



RACE RESULTS

RUN VERMONT SPRING HALF MARATHON May 8, 2010 Shelburne, Vermont

Men 15-19

1	Christopher Fulton	Norwich VT	1:38:56.6
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Men 20-24

1	Ryan Kerrigan	Moretown VT	1:17:18.6
2	Will McNulty	Shelburne VT	1:28:21.2
3	Samuel Steffen	Red Hook NY	1:33:13.0

Men 25-29

1	Jason Frank	Burlington VT	1:20:31.6
2	Michael Willey	Jericho VT	1:34:25.5
3	Timothy Burgher	Winooski VT	1:41:41.8
4	James Powell	Williston VT	1:43:32.7
5	Isley Colton	Burlington VT	1:45:19.5
6	Thomas Child	So Burlington VT	1:47:18.3
7	Margaret Burke	Burlington VT	1:55:17.8

Men 30-34

1	Isaac Chellman	Burlington VT	1:31:13.3
2	Patrick Francis	Rochester NY	1:36:08.0
3	Darren Quigley	E Syracuse NY	1:36:44.5
4	Alec Duiling	Fairfax VT	1:41:37.6
5	Bob Trautwine	Shelburne VT	1:4

RACE RESULTS

GMAA ROLLING IRISH HALF MARATHON April 24, 2010 Essex, Vermont

Women 20-29

1	Kate Crawford	Essex Jct VT	1:41:34
2	Katie Jewett	Winooski VT	1:47:53
3	Ilke Van Genechten	So Burlington VT	1:54:07
4	Maurine Gilbert	So Burlington VT	2:01:37
5	Jessica Smith	Essex Jct VT	2:07:22
6	Lindsay Maguire	Milton VT	2:10:36
7	Margaret Burke	Burlington VT	2:17:52
8	Sara Heyer	Fairfax VT	2:22:37

Women 30-39

1	Serena Wilcox	Cambridge VT	1:34:43
2	Liz Hollenbach	Burlington VT	1:40:55
3	Jennifer Gaffetti	Montpelier VT	1:53:00
4	Jill Smith	So Burlington VT	1:57:32
5	Daniela Carbotti	Kirkland QC	1:59:48
6	Lenka Martinek	Montreal QC	2:09:00
7	Bonnie Lowney	Milford NH	2:09:11

Women 40-49

1	Dot Martin	Montpelier VT	1:41:26
2	Sarah Pribram	Shelburne VT	1:48:20
3	Jenny Bedell	Underhill VT	1:48:21
4	Kelly Wilson	Charlotte VT	1:51:43
5	Christina Mager	Essex Jct VT	1:57:27
6	Sonya Di Scalfani	Montpelier VT	2:03:49
7	Jill Menillee	Hinesburg VT	2:08:56
8	Parminster Padgett	Burlington VT	2:09:39
9	Ute Beffert	Pte Claire QC	2:15:20
10	Stephanie Lynch	Fairfax VT	2:23:07

Women 50-59

1	Sue Emmons	So Duxbury VT	1:48:16
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2	Ruth Blauwiekel	Colchester VT	1:50:03
3	Anna Maria Drovinn	Dorval QC	1:54:09
4	Debra Tirrito	So Hero VT	1:54:52
5	Sue Gilbert	So Burlington VT	2:01:38
6	Rose Bergeron	Essex VT	3:03:42

Women 70-79

1	Betty Lacharite	Winooski VT	3:03:42
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Men 19 & Under

1	Tom Perekis	Duxbury VT	1:26:45
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Men 20-29

1	Ross Saxton	Burlington VT	1:24:09
2	Kevin Bouchard-Hall	Jay NY	1:32:00
3	Michael Willey	Jericho VT	1:39:14
4	Ben Drive	Unknown	1:47:05
5	Michael Basiliere	Essex VT	2:22:36

Men 30-39

1	Todd Archambault	Essex Jct VT	1:29:36
2	Tyler Sperry	So Burlington VT	1:29:50
3	Steven Davis	Kirkland QC	1:30:55
4	Kalev Freeman	Duxbury VT	1:34:34
5	Shinpei Kondo	Winooski VT	1:35:36
6	Chris Matthews	Westford VT	1:36:42
7	Greg Baker	Westford VT	1:38:44
8	Cyril Michaud	Montreal QC	1:40:13
9	Andrew Bilodeau	Essex VT	1:40:41
10	Scott Wilcox	Beaconsfield QC	1:46:55
11	Josh Welch	Shelburne VT	1:54:04
12	Skip Harris	Essex VT	1:56:39
13	Tim Richmond	Grand Isle VT	1:57:18
14	Jon Alexander	So Burlington VT	1:57:51
15	Matthew Roth	Milton VT	1:58:33
16	Mike Hatch	Jericho VT	2:03:12
17	Aaron Bergeron	Essex Jct VT	2:09:10

Men 40-49

1	Michael Early	Huntington VT	1:23:33
2	Sam Davis	Colchester VT	1:27:56
3	Matt Gallagher	Burlington VT	1:35:06
4	Thomas Rogers	Winooski VT	1:38:19
5	Jeffrey Padgett	Burlington VT	1:39:38
6	Howard Kalfus	Colchester VT	1:42:35
7	P.J. Huggins	Moorea NY	1:43:05
8	Scott Nichols	Essex VT	1:44:39
9	Gary Balaun	Essex VT	1:46:11
10	Errol Groves	Swanton VT	1:49:16
11	Warren Wilson	Derby Line VT	1:50:21

12	Andy Shuford	Montpelier VT	1:56:09
13	Jeffrey Prescott	Montpelier VT	1:57:06
14	Wayne Warnken	Burlington VT	2:01:10

Men 50-59

1	Jack Pilla	Charlotte VT	1:22:11
2	Alan Miller	Beaconsfield QC	1:30:13
3	Bob Emmons	So Duxbury VT	1:31:43
4	Steve Allan	Baie D'Urfe QC	1:34:17
5	Pascal Cheng	Burlington VT	1:35:19
6	Mark Nelson	Jericho VT	1:35:33
7	Ken Schatz	So Burlington VT	1:35:37
8	David Birse	Hancock NH	1:37:22
9	Bill Ludlow	Lachine QC	1:40:49
10	Ken Bruce	Underhill Ctr VT	1:44:22
11	Charles Windisch	Essex Jct VT	1:49:31
12	Michael Gordon	Essex Jct VT	1:50:33
13	John Martin	Montpelier VT	1:52:12

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