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VERMONT SPORTS MAGAZINE

Vermont's Authority on Outdoor Fitness and Adventure



July, 2010 | Volume XIX | No. XI

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On the Cover: Jessie-Willow Janowski enjoys fast single-track on the Perry Hill Trails in Waterbury. The trails are maintained by volunteers from the Stowe Mountain Bike Club (www.stowemtnbike.com) with help from the Vermont Mountain Bike Association (www.vmba.org.) Photo by Peter Wadsworth (www.phwadsworth.com/photo).

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**EDITOR
COMMENTARY**
BY
KATE CARTER

THE ICE CREAM WOMAN COMETH

Now that July is here and summer is half over, it seems like an appropriate time to remind people about good manners. I don't mean refraining from flossing in public or turning off cell phones at jazz concerts. I'm talking about good manners as you recreate on Vermont's roads, trails, and bike paths. While you're out there doing the sport you love, with other people around you who are doing the sports they love, keep this one word in the front of your busy brain: share.

It's easy to forget, as you roll down the road or rec path, that you are not the king of the highway. Others are out there too, traveling the same freeway you are, so we all need to share the space respectfully.

Cyclists seem to be the ones most guilty of inconsiderate behavior on roads and trails. Usually, their actions are unintentional, but often they are simply mindless. Coming up from behind and blasting by a walker or runner or a slower rider, with no warning, or even worse, a poorly timed warning, is just plain rude. It's much more considerate, thoughtful,

and pleasant to give some kind of indication, well in advance, that you are approaching and passing. A cheerful "Behind you," or "Good morning," or "Hey" is all it takes.

Barking out "On your left!" can be startling as well as confusing. Not only might the barker have his or her lefts and rights mixed up, but it takes a moment for the person who is being barked at to figure out exactly what "On your left!" means. I don't know about you, but when I hear someone yell "something, something, LEFT," my inclination is to go left. Some people are more inclined to go right-left-right, because you know how people are about their lefts and rights. That's when you've got a problem much bigger than bad manners, especially if the barker's timing is late, and the person ahead is suddenly bouncing from left to right only a few feet in front of the fast-approaching swath of color on two wheels. Add a dog on a leash and suddenly you've gone from a pleasant, contemplative outing to a major adrenaline rush, with your entire life passing by as you all rely on your reflexes to get the heck out of the way.

I've been there, on both ends of the equation, and it can be incredibly frightening. I was often the person approaching from the rear, and rather than shock the shoes off someone, I added a very simple item to my handlebars: a bell. And it only cost me about six bucks.

Like cell phones, bike bells come with all sorts of ring features. The one I got sounds like the neighborhood ice cream truck. I ring it well in advance, and sure enough, peoples' heads turn and one ear cocks up, like Labs hearing the word "treat."

"Treat-treat-treat," I ring as I approach. People look around in consternation as if they really are hearing the ice cream truck. Then they see me and smile, and everyone is happy. I don't even have to say anything if I'm not in a conversational mood, but usually I call out something really goofy, like, "Chocolate or vanilla?" which usually gets an equally goofy response, and by then I have passed by and there are good feelings behind me and within me, and all because of a cheap bell.

It would also behoove inline skaters to give fair warning to walkers and

runners of their speedy approach. I did a quick Google search to see if there are any bells available for them, although I had a hard time imagining how or where a skater would mount a bell. As I suspected, I didn't find any, but I did find Roller Bob (.com) and he said inline skaters usually rely on their voices to notify people of their presence. He also guided me to Skater's Bell, a cute little finger bell made especially for them. Roller Bob says it's impractical, because skaters using good form will have their hands behind their backs, but Roller Bob obviously doesn't live near the Burlington Bike Path or the Stowe Rec Path, where most of the inline skaters have a more upright, arm-swinging form. I recommend they check out the Skater's Bell at starpath.com.

Next time you head out for your favorite workout, whether it's on a trail, a rec path, or the road, and you're approaching others from behind with the intention of passing, be friendly, give advance notice, acknowledge others, and share the space. Remember, it's a privilege, not a right, to be there. ☐

—Kate Carter



**OUT &
ABOUT**
BY
JOHN MORTON

A TERRIFIC EVENT

Judging by current headlines, we appear to be overwhelmed by natural disasters, political conflicts, and economic uncertainty. Catastrophic floods, tornados, tsunamis, and earthquakes have temporarily been forced off the front page by the ongoing nightmare of millions of barrels of crude oil, natural gas, and dispersant chemicals fouling the abundant fishery and wildlife habitat of the Gulf of Mexico.

In addition to the ongoing violence in Iraq and Afghanistan, a belligerent North Korea apparently torpedoed and sunk a South Korean naval vessel while, on the other side of the world, Israel and the Palestinians continue to provoke each other toward full-scale armed conflict.

On top of the natural disasters and the politics, we have what appears to be a very tenuous global economic recovery, which could unravel at any moment, triggered by the insolvency of the Greek economy, the shaky finances of Portugal and Spain, or a soon-to-be-revealed Wall Street investment scam.

Things aren't much better in the world of sports. Over the past several months, revelations about the private life of Tiger Woods, arguably the most successful athlete ever, have transformed his image from a poised, seasoned champion to that of a pathetic, sex-crazed adulterer. Perhaps almost

as disappointing, disgraced cyclist Floyd Landis, who for years challenged the positive doping test that stripped him of his Tour de France victory, recently conceded that he did, after all, use illegal performance enhancement during his international cycling career, and even more disturbing, Landis asserts that his teammate at the time, Lance Armstrong, did so as well.

In spite of this apparent flood of bad news, every spring I can look forward to a celebration of health, fitness, and community pride. For 20 of the past 22 years, I have traveled to Burlington to participate in the Vermont City Marathon. I have seen the event grow from a few hundred dedicated distance runners to the most recent edition, where 8,000 entrants participated either in the full 26.2-mile marathon or as a member of more than 700 relay teams. In my view, the concept is brilliant. For many, the challenge of the full marathon is what motivates their training and fuels their dedication; for others, joining friends, colleagues from work, or family members on a relay team is what makes the day so special.

The organizers of the VCM have also been extremely skillful in configuring the course. Historically, endurance competitions have provided woe-folly little to lure spectators. Typically, a handful of loyal parents and friends

cheer at the start of a distance event, find some way to amuse themselves for an hour or more, then encourage their exhausted athletes toward the finish line. In contrast, the architects of the Vermont City Marathon designed a course that loops repeatedly through the start area at scenic Battery Park, so that spectators can watch the race develop at just over 3 miles, about 8.5 miles and at 15 miles. The loops which radiate from Battery Park, and ultimately to the finish line at Waterfront Park, take the runners through downtown Burlington, several residential neighborhoods, and along the scenic lakeshore bike path that offers impressive vistas across Lake Champlain to the Adirondacks.

In addition to the creative course layout, which deserves much of the credit for the event's growth to 8,000 runners, and perhaps an equal number of family and friends who fill Burlington's hotels and restaurants for Memorial Day weekend, there are a couple of other successes which deserve mention. With a staff of less than a dozen, RunVermont, the organization which organizes the Vermont City Marathon, as well as several other fitness and running programs, depends upon 1,700 volunteers each year to host the marathon. In exchange for a tee shirt and the pride of being a part of a suc-

cessful organization, these volunteers take care of everything from distributing race numbers at registration to awarding medals to the marathon finishers as they stagger through the finish line. After more than 20 years, no doubt many of these volunteers have developed a justifiable sense of accomplishment for the role they play in the hosting of Vermont's largest participatory event.

Finally, the marathon brings the entire community together. Garden hoses stretch across lawns to provide a cooling spray for the runners. Kids offer sliced oranges, bananas, and cups of water. An amazing variety of musicians, from bagpipers to blues bands, including the impressive Taiko Drummers, encourage the runners throughout the course.

If the news of the world is getting you down, convince some friends to enter a relay team in next year's Vermont City Marathon. You won't be disappointed. ☐

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.



WELCOME TO CAMP HERE-WE-ARE

My step-father Pops' lovely wife Sweet Liza enjoys good food, good wine, and traveling, among many other things. Pops and Liza got married seven years ago, and I was the best man at their wedding. When I was researching the history of their relationship while working on my best man's speech, Liza told me that when she agreed to his hand in marriage, there were two things that he could forget about ever doing with her. One of those things is bowling. The other is camping. "No bowling and no camping, that is the deal," she said. Pops agreed, and although he's been to many amazing places with Liza, including Germany, China, Portugal, and Belize, he hasn't been to a single bowling alley or campsite since he said "I do." I don't care so much about the bowling, but his renouncement of camping, however, considering Pops' background, is a shame.

Many years ago, when I was a kid and Pops was married to my mother, we would go camping every summer for two weeks at Camp Seguin on the coast of Maine. Without fail, at least one of those weeks would involve fighting the boredom caused from sitting around inside our tent waiting for the rain to stop. My little sister Boo, who is seven years younger than I, provided little relief from the long, dull days waiting for the sun to come out. She had no interest in pulling the long legs off a Daddy Long Legs spider and teasing her would get old or get me in trouble. Mom would just lie there and read, propped up with a few pillows, happy as could be. She would occasionally try to explain how, with a book in your hand, you will never be bored. Be that as it may, her words did nothing to change the mood of her 10-year-old son.

So, being the great step-father that he was, between his long naps, Pops would be my playmate. He wouldn't, however, participate in torturing insects. Instead, he would play Cribbage with me, and he would play with me for hours. After the fun of playing cribbage wore off, which for me was after about 20 minutes, he would continue to play Cribbage with me. On one particular rainy camping trip, we played no less than 21 games in a row. Eventually, after we couldn't stand the thought of one more game, we left the campsite and made our way to the Rec Hall.

The Rec Hall at Camp Seguin was more of a wreck of a hall than a Rec Hall. When you opened the creaky rusty screen door, a deep, dank, musty smell would welcome you like a ghost butler vacationing from his duties at the haunted mansion. Inside the walls of the dilapidated green building were a few card tables, an old couch, a shelf with random board games with pieces missing, and a row of dusty books, and in the middle of the room was a ping pong table with wobbly legs and a faded, sagging surface. As decrepit as it was, it stood, indomitable, like an old work horse named Bourbon, with one more harvest left.

To get the thing in playable condition, we would use a few bingo chips to level it out and we'd cram a magazine under the clamps to tighten the net. After searching around for a while, we'd always manage to find at least one ping pong ball that wasn't cracked. All ready to go, Pops and I would play ping pong for hours and hours, and we would actually have fun.

To think that he doesn't camp any more is hard to imagine. I asked him recently if he ever misses going camping, and he said, "No, I don't." He then continued, "Besides, it would always rain whenever we went. But I did enjoy all those hours we spent together playing Cribbage and ping pong."

We went camping a lot growing up because we weren't fortunate enough to have a camp. We were never "going to camp," we were always "going camping." There is a big difference. I have friends who go to camp, and I've been invited many times to their camps. Every time I go, I never want to leave. Camps are great, and someday I hope to have a camp of my own. When I do, I'll give it a name, something like Camp Here-We-Are, and I'll furnish it with an exposed wood-framed couch with tweed cushions and a coffee table made from an old wagon wheel. There will be bunk beds in the bed rooms that will be too short to stretch out in and too narrow to roll over in, yet will foster the most amazing sleep.

In the kitchen, an iron skillet will hang on a nail next to an old-fashioned fireplace popcorn popper. On the wall in the living room I'll tack up a brown paper bag with the outline of a large fish and an inscription that will read something

like "Uncle Bruce's Rainbow Trout, 5 lbs 2 oz, June 18, 2019." In the front yard there will be a hammock hanging from two tall pine trees, a badminton net, and a bird house. Down by the lake, tied to the dock, will be a rowboat with rusty oar locks. Just offshore will be a float,

floating. I'll make sure there's a cribbage board and a deck of cards, of course, and with any luck, there will be room for a ping pong table. Once everything is in place, I'll invite Pops and Liza to stay for the weekend. After all, the deal was "no camping," not "no going to camp." ☐

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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Believe it or not, I am talking about good old vitamin D, the stuff that has fortified your milk since you were a kid, the stuff that your incredibly smart body can make, simply by you going out in the sun and exposing your (gasp!) unprotected skin for five to thirty minutes twice a week.

Experts recognized many years ago that vitamin D protects against rickets, a childhood disease of poor bone mineralization. This led to vitamin D-fortified milk, cereal, and other foods, which largely eradicated rickets from our population. With this problem solved, vitamin D was largely forgotten and thought to be adequately supplement-

ed in western society. More recent research has revealed that despite these food fortifications, vitamin D levels in this country and around the world are surprisingly low. Somewhere between 25 to 40 percent of the U.S. population is vitamin D deficient, and worldwide an estimated 1 billion people have inadequate levels of this important nutrient.

VITAMIN D SOURCES AND AMOUNTS

People get vitamin D from their diet and from sunlight. Oily fish, shiitake mushrooms, and cod liver oil are excellent dietary sources of vitamin D. Many foods are fortified with vitamin D, such as milk, yogurt, cheese, cereals, breads, and orange juice. Exposure to direct sunlight, with arms and legs exposed without sunscreen for long enough to create a slight reddening of the skin (5-10 minutes, depending on the strength and angle of the sun's rays, time of day, and skin sensitivity) can allow the body to synthesize up to 3 days worth of vitamin D.

Vitamin D comes in two forms: D2 and D3, which have different chemical structures. The important fact to remember is that D3 is roughly three times more potent than D2. Once in the body, both vitamin Ds are processed by

the liver to its circulating form in the bloodstream, and then activated when needed by the kidney to perform one or more of its many functions throughout the body.

Historically, experts have determined vitamin D deficiency to be a level below 20 ng/dl, and recommended daily intake to be 400 IU. Many experts now feel that the preferred range for health is 30 to 60 ng/dl, and daily intake should be 800 to 2000 IU per day. Vitamin D has the potential to cause problems at levels above 150 ng/dl. To achieve such levels, one would have to take more than 10,000 IU per day for more than five weeks.

STATISTICS

Best estimates in this country show that often 100 percent of nursing home residents are vitamin deficient, up to 50 percent or more of elderly men and women in the U.S. and Europe are deficient, 42 percent of African American women age 15-49 are deficient, and 32 percent of Boston area medical students, residents, and physicians were found in a recent study to be deficient in vitamin D, even after drinking fortified milk daily, taking daily multivitamin with 400 IU vitamin D and eating salmon once per week.

Calcium and phosphorous are important for bone health. Without adequate vitamin D, absorption of calcium and phosphorous is decreased by up to 50 percent, increasing risk of osteoporosis and fractures. A study in France of 3,700 elderly women who were given 1200 IU calcium and 800 IU vitamin D per day for three years showed a 43 percent reduction in hip fracture compared to controls. Vitamin D also seems to improve muscular function. A recent study of over 1,200 nursing home residents demonstrated a 72 percent decrease in falls in a group given 800 IU vitamin D per day, along with 1,200 mg calcium.

We are starting to recognize the role that vitamin D plays in gene expression and control of cellular function in our bodies. Vitamin D helps cells to know when to replicate and when to self terminate. Proper expression of these and other cell functions can protect us from everything from tuberculosis infection and autoimmune diseases like psoriasis to colon, breast, prostate, pancreatic and ovarian cancer, and lymphoma. It has long been recognized that people living above 35 degrees latitude (i.e. north of Los Angeles, Dallas, Phoenix, Atlanta) are far more likely to get, and

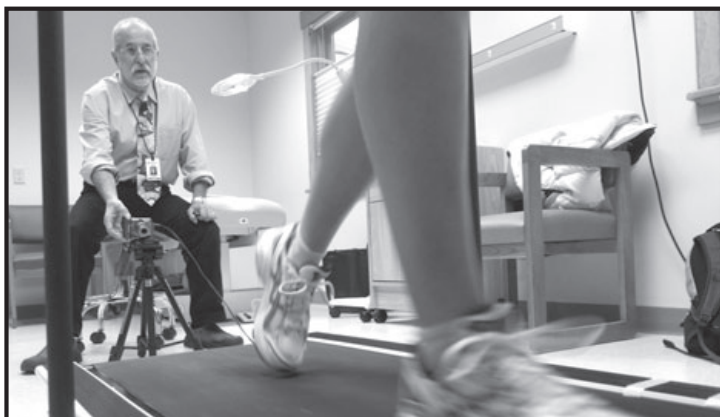
to die from, the above list of diseases. Large studies have also shown that patients with vitamin D levels below 20 ng/dl are up to 50 percent more likely to contract the above diseases, and more likely to die from them than those with vitamin D levels above 30 ng/dl. Diabetes, Crohn's disease, cardiovascular disease, hypertension, schizophrenia, depression, asthma, rheumatoid arthritis, and osteoarthritis also all show substantial declines in prevalence among people who have adequate vitamin D levels.

DEFICIENCY REASONS

A number of factors can lead to vitamin D deficiency. Sunscreen (SPF 15+) impairs vitamin D synthesis by the skin by up to 99 percent. Dark skin decreases vitamin D synthesis by up to 99 percent. Aged skin (70 years +) can have decreased synthesis ability up to 75 percent. Latitude, time of year, and time of day can impair vitamin D synthesis from sunlight. There is almost no ability to create vitamin D from sunlight between November and February above 35 degrees latitude. Obesity, digestive problems, kidney failure, and certain medications can also increase risk for vitamin D deficiency.

Vitamin D deficiency can be diagnosed with a simple blood test. The test is expensive (about \$250) and only a few major institutions around the country do the test. No one in Vermont does this test; at Gifford Hospital in Randolph, we send our samples to the Mayo Clinic in Minnesota for vitamin D levels. Because of the cost, many doctors will not test patients, but rather will simply recommend supplementing vitamin D at the 800, 1000, or even 2000 IU per day level. For a patient having symptoms which may be directly related to vitamin D deficiency, obtaining a baseline level is warranted. As more cost-effective tests are developed and more centers do the test in house, more widespread testing will probably become the norm, perhaps even a routine.

Because of the high prevalence of vitamin D deficiency, the health risks of being deficient, the skin cancer risks of prolonged sun exposure, and the relative ease of supplementation, it is advisable to consider supplementing with either 1000 IU of vitamin D3 or 3000 IU of vitamin D2 daily. Ask your doctor if vitamin D is right for you. It could help prevent some deadly diseases, make you feel and perform better at the same time, and you won't fail any performance enhancing drug tests for taking it. ☐



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



AROUND THE STATE

STOWE

A women-only mountain bike retreat, hosted by Girls Move Mountains, takes place July 23-25 at the Trapp Family Lodge. The retreat is for beginner/intermediate riders ages 16 and up, and provides a structured, step-by-step progression toward building the skills necessary to have fun and find success on a mountain bike, all in a positive and supportive environment. Riding takes place on the mountain bike trails at Trapps, and rental bikes are available. Limited to 15 women. More info: Girls Move Mountains, 802-229-2976, www.girlsmovemountains.org.

WATERBURY

The third Annual Vermont Mountain Bike Festival takes place on July 17-18 at the Ice Center on River Road. All riders and all abilities are welcome. This year's events include group rides, kids' rides, women's rides, skills clinics, and action workouts. Rides take place on trails in Waterbury, Stowe, Waitsfield, and are led by experienced local guides. The festival comes complete with vendors, bike demos, live music, mountain bike movies, BBQ, on-site camping, raffles, and prizes. More info: www.vermontmountainbikefestival.com.

WINDSOR

Like to run uphill? The Ascutney Mountain Run on July 11 is 3.7 miles of running uphill, for a total elevation gain of 2,300 feet, all on pavement. Start is at Ascutney State Park, at the entrance to the Auto Road. Good food and awards at the summit, where the view is excellent. This is race #6 of the Montrail-Mountain Hardwear USATF-NE Mountain Circuit 2010. More info: 802-484-5015, www.club.penguincycles.com/AscutneyRun.html.

RUTLAND

The Summer Fest Mountain Bike race takes place July 11 on the Giorgetti/Pine Hill Park trails. Experts ride the six-mile loop twice; recreational riders go once around the loop. More info: Cindi Wight, Rutland Parks & Recreation, 802-773-1822, ext. 13, cindiwight@comcast.net, www.rutlandrec.com.

LAKE ELMORE

Don't miss out on the last two practice triathlons in the Elmore Practice Triathlon Series, July 8 and 22. These low-key meets are held on Thursday evenings, 6:30 to 8 p.m. in Elmore State Park, and consist of a quarter-mile swim, 9.7-mile bike, and 2.5-mile run. More info: Donna Smyers, 802-229-4393, <http://gmmtri.blogspot.com>.

WAITSFIELD

The Valley Farm Ride takes place on July 17. Cyclists ride to and from farms in the Mad River Valley. The event is held in conjunction with the Waitsfield Farmer's Market, to raise money and awareness for the local farming community. More info: Peter Oliver, 802-496-5538, peter@gmsr.info.

CRAFTSBURY

On July 24, get into the woods at the Craftsbury Black River Beatdown 15K Trail Running Race, held on one 15K loop on the Craftsbury Outdoor Center's cross-country ski trails. This tough, muddy course is not for the faint of heart. Start time is 10:30 a.m. More info: Tim Reynolds, 802-586-2328, timothy.reynolds@gmail.com, www.craftsbury.com.

THIS MONTH ON VTSports.COM

100on100—WEDDING PARTY OR ONE-ACT PLAY?

BY CHARLIE KIMBALL



The 100on100 relay running race is somewhere between a wedding party and a one-act play. In a short span of time, team members get to know each other intimately, as they push themselves physically and mentally. Ever wonder what it's like to be on a relay team that clicks off 100 miles? Find out, at www.vtsports.com/articles/100on100—wedding-party-or-one-act-play.

A TRIBUTE TO TROUT

BY TATE DALY



"Here Charles, take him out of the net. Now lower him down. Cradle him like this. Move him back and forth. There's oxygen in the water. The current will carry it over his gills and rejuvenate him. You have to resuscitate them like this. You can't just drop them back in. You'll see. When he's ready he'll just slide right through your hands and take off." Read more at www.vtsports.com/articles/tribute-trout.

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THE RECREATIONAL IS POLITICAL

5 QUESTIONS FOR VERMONT'S GUBERNATORIAL CANDIDATES

BY KIRK KARDASHIAN

Political campaigns in Vermont are usually a low-key affair, and not many reporters think to ask the candidates about their pastimes. Perhaps they fear the question is irrelevant. Not at Vermont Sports. So we sent out a questionnaire on sports, health, business, and the environment to the six candidates. All of them responded except Brian Dubie. Without further ado, here are their answers, some of which have been edited for length and clarity.

VS: How do you like to get outside and recreate in Vermont, and how will those habits impact your role as governor?

Susan Bartlett: My husband and I have been avid outdoors folks for many years. We like to canoe, kayak, bird watch, and snowshoe. It's important to have state policies that reflect the many ways we choose to recreate, and to understand that we can all enjoy the outdoors, together, respectfully.

Matt Dunne: I grew up hiking with my dad, skiing Mt. Ascutney, swimming in Lake Willoughby, and shanty ice-fishing on Lake Fairlee. As a father I stay closer to home, running the trails of Hartland and working around our small farmstead. Recreation reaffirms my commitment to open access and my understanding that our recreational assets are economically critical... to Vermont's soul.

Deb Markowitz: Between cross-country skiing in Hubbard Park, canoeing on the Green River Reservoir or the Lamoille River, and my favorite birthday hike on Camels Hump, our family makes the outdoors part of our daily life. As governor I would lead with an environmental ethic and a commitment to Vermont's recreation brand as a way to increase tourism and create jobs.

Doug Racine: In the summer, I enjoy hiking, boating, kayaking, and bicycling. In the winter, I like to ski and snowshoe. I appreciate the quality of our natural environment and will do whatever I can to protect it—and I have a record of doing just that.

Peter Shumlin: Having grown up in rural Vermont, I would rather be outside than inside. I hike, fish, ski, run, and bike whenever and wherever I can. I believe that daily extended exercise helps me think more clearly, and I will continue to spend as much time as possible recreating, given the rigors of the job.

VS: Vermont is consistently rated one of the healthiest states in the nation. Why do you think that's the case? How can we maintain that reputation and yet keep improving the wellbeing of Vermonters?

Susan Bartlett: Vermont gets high marks on health because we have always chosen to provide easy access to health care. We now know that being active is a vital part of keeping individuals healthy. Supporting outdoor education, and bike and walking paths, is important to keeping us all healthy.

Matt Dunne: Vermont benefits from ample recreational opportunities and a special approach to quality food production. Along with diligent environmental protection, we can keep improving (and reduce costs) by self-insuring and reforming health care reimbursement to focus on outcomes.

Deb Markowitz: One of the reasons Vermont is the best place to live, work, and raise a family is because of our commitment to healthy lifestyles... We can make working and living in Vermont even better by encouraging tele-commuting and giving our... businesses the support they need to grow jobs in Vermont.



Doug Racine: Vermonters have always prioritized keeping our air and water clean, and I will continue that emphasis. Also, we enjoy good access to high-quality local food, and I want to build on that and increase access to both the outdoors and good food for all Vermonters.

Peter Shumlin: Vermonters lead by example. I will be biking, running, hiking, and skiing with young Vermonters and senior Vermonters in my capacity as governor. I will make healthy living and utilizing Vermont's extraordinary natural resources a priority for Vermont.

VS: Vermont is already a popular destination for skiing. Do you see the state evolving into more of a year-round outdoor recreation hotspot, and if so, how?

Susan Bartlett: I believe that Vermont is already a year-round outdoor recreation place. As chair of Senate Appropriations, I have supported more dollars into the state budget to advertise Vermont year-round. I have been part of the effort to turn the Lamoille Valley rail line into a year-round recreation path. When that is complete, it will bring many people to Vermont, every season of the year.

Matt Dunne: Yes, and we can seize the opportunity through creative initiatives and strategic investment. I'll take three initial steps as governor: coordinating recreational marketing; investing in nonprofit outdoor recreation organizations (Green Mountain Club, Catamount Trail Association, Vermont Mountain Bike Association) and state parks; and helping businesses establish and promote a year-round Vermont brand.

Deb Markowitz: Vermont must increase tourism year round, and it will be part of my economic plan as governor. We need to concentrate on our strengths and "healthy living tourism" should be one of our focuses. I will be the chief marketing officer and tell the world about how great Vermont is to visit in the winter, spring, summer, and fall.

Doug Racine: Vermont is already becoming a year-round destination, at the ski areas and throughout the state. Tourism is an important and growing sector of our economy. I will work with our businesses and organizations to continue to promote Vermont as a recreation destination.

Peter Shumlin: The challenges of a warmer climate are going to make our historic reliance on an abundance of snow during the winter more challenging. It is imperative that in order to keep tourism a major part of Vermont's economic engine, government must partner with our recreation industry to vigorously begin the transition in light of our warming climate. Mountain biking, golf, running trails, and climbing walls are going to have to be a part of our recreation destinations.

VS: Vermonters are highly dependent upon their automobiles for mobility. Do you think it's important to increase the opportunities for safe bicycling and walking, and if so, how do you propose to accomplish that?

Susan Bartlett: The transportation budget makes dollars available for communities to put in bike paths and good sidewalks. There are parts of a plan that have the development of a multi-use path through parts of the state. This plan should be fully developed and we should then ask for matching federal dollars to complete the plan.

Matt Dunne: Increased bicycling and walking networks strengthen Vermont's environment and economy. I would prioritize pursuing federal transportation funds waivers to allow towns to use bike path money more efficiently and allow shoulder improvements specific to cycling/pedestrian traffic in each community.

Deb Markowitz: Vermonters... want transportation choices. I will focus limited dollars on solutions that are cost effective and expand opportunities to drive less. This will improve our economy and our environment. I am particularly interested in expanding both passenger and commercial rail so that we will be able to move goods to market and travel by train along the eastern and western corridors with access to population centers such as Boston, New York, Albany, and Montreal.

Doug Racine: As an avid bicyclist, I will support more recreation paths and, where feasible, wider shoulders on our roads. I strongly supported the "safe passing" bill, and was an original sponsor. Bicycling and walking are important for both addressing our transportation needs and keeping us in good health.

Peter Shumlin: I have supported legislation that increases bike safety in Vermont and as a member of the Transportation Committee I am constantly advocating for wider medians and bike paths. As an avid cyclist, I understand the dangers of biking on many of our roads. As governor I will build on our efforts to make Vermont roads safe for bicycle and foot travel.

VS: Pick one environmental issue that threatens the quality of outdoor recreation in Vermont (e.g., algae in Lake Champlain, rock-snot in the rivers, etc.) and briefly explain how you plan to deal with it.

Susan Bartlett: An overarching issue for the environment is clean water. In order to deal with the algae in Lake Champlain, we need to have all the waters running into the lake clean. As governor I would have the Agency of Natural Resources and the Agency of Agriculture work with communities, developers, and farmers to institute best practices to reduce run-off of all kinds.

Matt Dunne: To reduce phosphorous in Lake Champlain and our waterways, Vermont must encourage storm-water banking and farmland buffers, invest in treatment plants, and institute bond requirements for contractors.

Deb Markowitz: I will take meaningful steps to clean up our waterways. "Clean and Clear" has not gone far enough to meet the challenge of cleaning up our lakes. I would have measurable goals behind the initiatives to reduce pollution in Lake Champlain, our rivers, and our other waterways to ensure progress. We must work with our farmers and businesses to reduce environmental footprints and create better buffers near waterways.

Doug Racine: The pollution of the waters of the state from runoff is an issue I will focus on. I will work in partnership with our farmers and communities to enforce our laws properly and provide support and assistance to help all Vermonters reduce their impact on our waters.

Peter Shumlin: The biggest challenge that mankind faces is climate change. How quickly we respond will determine how livable our state and our planet is for future generations. I sponsored and passed what Al Gore called, "the toughest climate change bill in the country," which the Dubie/Douglas administration vetoed. As governor, I will make energy efficiency and our need to get off our addiction to oil a priority, and harness some of the jobs that will be created as we change [how] we live our lives. ▮

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



U.S. biathletes at the September, 2009, IBU Summer Biathlon Rollerski World Champs in Oberhof, Germany. Photos by Max Cobb.



ROLLERSKI BIATHLON CUP COMES TO VERMONT

BY PHYL NEWBECK

Lack of snow doesn't keep serious biathletes from practicing their craft in the summer months; they just have to alter their footwear. While some prefer a form of summer biathlon, which requires running instead of skiing, most competitive biathletes race on rollerskis. Many of those athletes will come to the Ethan Allen Firing Range in Jericho on August 7 and 8 for the National Rollerski Biathlon Cup.

Max Cobb, executive director of the U.S. Biathlon Association (USBA) is proud that just one town east of his home in Westford, a national race will be taking place. The National Rollerski Biathlon Championship alternates every year between the U.S. and Canada. Since this year is Canada's turn, the Range will host the Cup, a race which also attracts elite biathletes and is the largest non-championship race of the season. Cobb expects 60 to 100 athletes to attend, including several Olympians. This is the second year in a row that the Ethan Allen Biathlon Club has hosted what he hopes will become an annual event. "The club is doing a fantastic job," Cobb says, "and we want to honor it and respect their efforts. We're happy to sanction this event again."

Cobb concedes that without video screens and a big scoreboard, the race may not attract a lot of spectators, but he is hopeful that people will come out to watch the events. Thanks to the Olympics, the sport of biathlon is growing in the U.S. Cobb cites a 30-percent increase in the number of competitors in winter races last year, and notes that several Nordic clubs have inquired about adding biathlon to their programs. USBA is working with some European manufacturers to develop a laser biathlon gun that could be set up for 10-meter targets. Laser guns can't be used as weapons and, therefore, might be useful for introducing the sport at schools and smaller facilities. There is also an annual paintball biathlon at Mountain Top in Chittenden which Cobb says drew over 350 people in 2009.

Cobb says skiers are often not particularly fast runners, so traditional biathletes gravitate to rollerskiing rather than the running version of the sport. "We generally see rollerski biathlon as more competitive," he says. The sport looks exactly the same as the winter version, except some junior racers are allowed to leave their rifles at the shooting area, rather than wearing them throughout the race.

Major Andrew Parsons, the National Guard biathlon coordinator, says the Guard is happy to be showcasing the Jericho facility for the event. He notes that this will actually be a weeklong festival, with training taking place during the week before the two-day competition. Guardsmen from other parts of the country will stay in the athletes' quarters, which have their own kitchens. Parsons expects that civilian athletes will stay in military housing, as well, with the Guard contracting for a caterer to bring in food.

Although there is also a USBA Summer Biathlon National Championship, which involves running, Parsons says most serious biathletes and cross-country skiers train on rollerskis in the off-season, so he expects attendance to be high. "We like the Range to be as busy as it can be," he says. "It gives some of our development athletes a chance to train side by side with upper level USBA folks. It also gives us the chance to show the USBA athletes how life is on the other side."

A sprint competition will be held on August 7 with a 7.5K course for women and

a 10K course for men. A pursuit competition will take place the following day, with a 10K course for women and a 12.5K course for men. Both races feature a 150-meter penalty loop. The sprint competition has two shooting stages; one prone and one standing. The pursuit race features two rounds each of prone and standing. On August 7, the women will begin racing at 10 a.m., followed by the men, one hour later. On August 8, the men will lead off at 10 a.m., with the women following.

Eric Tremble, coach of the Ethan Allen Biathlon Club (EABC), says there are eight or nine biathletes who come regularly to the twice-weekly training sessions during the summer, and another ten who train with less regularity. Since the program was without a coach last summer, he is hopeful that word will spread and more athletes will arrive to train. Although the EABC holds running biathlete races, Tremble says the best training for winter biathletes is rollerskiing.

Director of the Ethan Allen Biathlon Club John Madigan notes that there are very few facilities suitable for rollerski biathlon, so the National Championship tends to alternate between Canmore, British Columbia, and Jericho. Madigan says rollerski biathlon attracts a more elite group than summer biathlon (running/shooting). He hopes local athletes will volunteer for the event, helping to keep score, reset targets, and count laps in the penalty area.

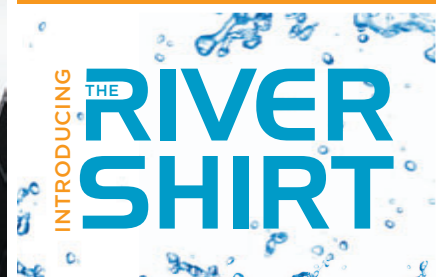
Because the Olympics have just taken place, Madigan expects a slightly smaller group of competitors than previous years. While he still expects biathletes from western states such as Michigan and Minnesota, he believes that only those from eastern Canada will compete for the Cup. Most athletes are in the 14- to 25-year-old range, although there is an open event which should attract Master athletes. One biathlete who came up through the ranks of the EABC and now attends Dartmouth College, Ethan Dreissigacker is expected to compete and do well.

Dreissigacker has raced in Europe and is looking forward to doing so again. He hopes to qualify for the Junior Worlds team with the Olympics a more distant goal. Although Dreissigacker has taken part in some running biathlons, he believes roller-skiing is closer to skiing and better training for the winter version of the sport. Dreissigacker will take part in the training camp the week before the competition, staying in the barracks rather than commuting from his home in Morrisville. "That's what's really special about rollerski races," he says. "Everybody gets together. For a week, everybody who is anybody in biathlon will be in Jericho." ¶

Phyl Newbeck lives in Jericho with her partner Bryan and two cats. She spent two winters in the Masters Biathlon program at the Range and marveled at the coaches' ability to keep a straight face while she shot. Phyl is also a cyclist, skater, skier, kayaker, and lover of virtually any sport which does not involve motors. She is the author of Virginia Hasn't Always Been for Lovers: Interracial Marriage Bans and the Case of Richard and Mildred Loving.



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GREEN RACING PROJECT

BY
TIM REYNOLDS

RETURN TO THE STRENUOUS LIFE

Summer weather has finally arrived in the NEK, and with it the return to hard full-time ski training in Craftsbury. The beginning of May marked the return of all six Green Racing Project skiers from last season, while June has brought three recent college graduates, each an All-American at their respective schools, who will be joining the team for the upcoming season. But for all of us, the regular return to 20-hour weeks of dryland training also means groundbreaking time on new summer projects at the Craftsbury Outdoor Center. It's going to be a busy off-season.

The new training year at Craftsbury starts with baseline physiological testing. Plugged into a VO2max testing machine on the Concept2 SkiErg, we do five-kilometer and one-kilometer time trials and an increasing pace step test. These tests give benchmark numbers that help our coaches gauge progress and design training programs. Apart from testing, it's back to the regular trials of miles of rollerskiing, biking, and running the roads and trails around the Outdoor Center.

Physical testing, though, is just cake compared to what else we have lined up in June and July. The first Saturday morning of the new month found most skiers in the lab pulling the first array of tests. But that afternoon we were out behind the dining hall literally breaking ground on the new compost shed. Part of our zero-waste dining hall aspirations, this composting system has been in the design stage for most of the winter, with

help from the rotting experts at High Fields Composting in Hardwick. They've designed the recipe to handle the volume and types of food waste coming from the bowels of our dining hall. The shed will serve for storing and turning the piles of organic material until it's ready to be used in the Craftsbury gardens. Our idea to create a single-stream of waste from the dining hall to the compost is slowly approaching fruition; we've ordered compostable coffee stirrers and tea bags and are eliminating anything in the dining hall that can be thrown away without being composted. We're hoping to close the loop on the Outdoor Center's micro food system by the time mid-summer scullers are arriving for camp.

Dealing with food waste in Craftsbury is just the beginning. This summer, we're also trying to take care of wasted energy. The Outdoor Center management has set a goal of cutting our fossil fuel use for heating by 80 percent by 2012. Well, we've realized that's really only a couple of years from now, so we've got our work cut out for us, analyzing the boilers in the dormitories and the solar hot water arrays on the roofs. Many of these systems are outdated; we plan to upgrade them and also to convert the primary heating source for these buildings to biomass. Sourcing most of our wood from sustainable cutting on the Craftsbury forest property, we can cut out oil as the primary heating fuel and instead rely on it for backup and on those frigid February nights. On top of that, the folks at NRG in Hinesburg are also scheduled

to come up north and check out the potential output of tracking solar arrays at the Center.

And now a short trumpet call for all the summer events being organized by the Green Racing Project athletes at the Outdoor Center. Part of the new Center's mission is to encourage participation in healthy lifelong sports. In line with that order, we're expanding the historically lopsided winter race calendar at Craftsbury to include a weekly community 5K trail running race series, and two big running and mountain biking events. If you live in the Kingdom or just outside the castle walls, come check out the Wednesday night running series from June to September. In July we'll be hosting some of New England's fastest runners for a one-lap 15K trail race through the swamps and ski trails of our northern woodlands. In early August, it's the mountain biker's turn on a mixed double and singletrack 20K course.

It's going to be a busy summer up here in Craftsbury. Check out the calendar pages of Vermont Sports and also their online calendar (www.vtsports.com) for more information, and we hope to see you up here for some of our events. ☐

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



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Racevermont.com T3 June 20 8:00am
1.2 mi swim, 56 mi bike, 13.1 mi run

Sprint Triathlon July 3 8:00am
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Sprint Triathlon July 24 8:00am
500 yd swim, 15.6 mi bike, 5K run

Sprint Triathlon Aug 14 8:00am
500 yd swim, 15.6 mi bike, 5K run

Sprint Triathlon Aug 28 8:00am
500 yd swim, 15.6 mi bike, 5Krun

The Burlington Triathlon Sept 12 8:00am
(Olympic Distance - USAT Sanctioned) .9 mi swim, 22.5 mi bike, 6.2 mi run

Cider House Run/Walk Sept 26 11:00am
2 or 4 mi run, 2 mi walk (12 and Under FREE with Reg. Adult)

Shelburne Farms 5K Oct 3 8:30am
12 and Under FREE with Reg. Adult

Shelburne ½ Marathon Nov 7 8:00 am
Limit of 300 racers. Post-race lunch included.



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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.



BRUNTON BREWFIRE DUAL-FUEL COFFEE MAKER

My friend Dave insists that the only respectable way to make camp coffee is to throw some coffee grounds into a pot with an eggshell, add water, and boil. The eggshell, he claims, has an important purpose: some of the coffee grounds, supposedly, will stick to it, limiting the amount of grounds in your ration after you've skimmed your muddy cup of Joe from out of the pot. Oddly enough, this is the same guy who for camp dinner grills salmon with olive oil, garlic, and fresh tarragon. I enjoy his camp dinner immensely, but I'm not a fan of his camp coffee, so I usually bring along a French press to make my own, much to his disapproval. I wonder, then, what he would think of the gas-powered Brunton Brewfire. I'm guessing he would refuse to ever go camping with me again. The 6.5-pound Brewfire runs on propane or butane fuel, features a reusable filter, and makes 8 cups of delicious bean juice. Brew time is only 10 minutes, but your java will stay hot for up to 2.5 hours inside the stainless steel carafe. Dave can call me a lightweight, a disgrace, whatever, but I love good coffee. I sure will miss his salmon. \$160. www.brunton.com.



THERM-A-REST LUXURY MAP MATTRESS

Aside from coffee, a good night's sleep is another comfort I'd rather not sacrifice when I'm camping. The new Luxury Map from Therm-A-Rest takes their most comfortable thermal, self-inflating mattress and makes it even more luxurious. Using digital pressure mapping technology and innovative die-cut foams, which decrease foam density for softer cushioning in high-pressure areas like the hips, the Luxury Map provides an even and supportive sleeping surface, resulting in fewer pressure points and less tossing and turning. When you do roll over in the night, the non-slip surface will keep the mattress from shooting out from underneath you. If you're backpacking, you may need to leave this at home with your Brunton Brewfire coffee maker, but otherwise, because it is light and compacts down into a tight roll, it can come along. You'll feel much more limber when you crawl out of the tent in the morning for that first cup of camp coffee. \$129.95. www.cascadedesigns.com.



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VERMONT RIDE CENTER

BY KATE CARTER



Top: Chuck Waskuch
Bottom: Kate Carter

The Stowe Mountain Bike Club is nothing if not tenacious. Dogged determination has taken them from nearly losing all trail access in Stowe to becoming the hub of an IMBA Ride Center. It's been a long and bumpy ride, with a number of road blocks along the way. Through persistence and hard work, the club has cultivated relationships with private landowners and public land managers in Stowe and Waterbury, and now both towns have bragging rights to some of the best mountain bike trails in Vermont.

The Stowe Mountain Bike Club (SMBC) was formed in 2002 when a group of bikers recognized the need to organize a non-profit club in order to better represent the sport to the community, and because they were losing many of their existing trails due to the rapid rate of land development. Presently the Club has about 400 family members and a core of dedicated volunteers who put in hundreds of hours planning and building environmentally friendly trails.

Rick Sokoloff has been the Club's executive director since its inception, and has hands-on experience in mountain biking's evolution, starting with the first bike he bought 20 years ago at the Mountain Bike Shop (now SkierShop).

"Back then, trail building was a lot of 'rake and run.' Now it's all about the science that makes trails sustainable as well as fun to ride. Now we are building trails with features such as 'rolling grade reversals,' and all of it is done by hand," says Sokoloff. "We've partnered with a number of municipal entities—the town of Stowe, the Vermont Department of Forest, Parks, and Recreation, the Stowe Land Trust, the Vermont Land Trust, the Vermont Housing & Conservation Board, Trapp Family Lodge, and a few other private land owners," he adds.

"Stowe's club is a good example of a well-organized and motivated VMBA chapter," says Patrick Kell, executive director of the Vermont Mountain Bike Association, the umbrella organization for 19 local mountain bike clubs statewide. "They have several members who are skilled at building sustainable trails and they are dedicated to maintaining them," notes Kell. "Some of the best riding in the state is the Perry Hill Trails in Waterbury. The Stowe Mountain Bike Club built them and they still maintain them," he notes.

The Perry Hill Trails are located in Putnam State Forest and on private land. They are among the first singletrack trails on state land to receive a stamp of approval from Vermont's Department of Forest, Parks & Recreation. The process of "legalizing" the riding in Perry Hill was a real eye-opener for what it takes to meet the state's criteria for mountain bike trails on public land. The Perry Hill Trails showcase the very trails mountain bikers like to ride, as well as the type of partnership needed between those who love the sport and those who own or manage the land.

Because private land is so unpredictable, the Club quickly turned its focus to building trails on town and state lands. "Even though it took five years, once we proved ourselves with the Perry Hill Trails, we turned our attention to the Town Loop Trails on public land in Stowe," says Sokoloff. The SMBC reached out to Stowe's town planners, who recognized the value of good trail building and riding in Stowe. Over the years, the town has approved several grants for general trail improvements. Some of that money went towards work on the Town Loop Trails, the area's "go-to" trails that riders can access from the Golden Eagle and IRide Cycles. Other money was also used to improve trails on town land in Sterling Valley, a few miles north of Stowe.

The Club also works closely with the Stowe Land Trust, which often conserves land with recreational easements. The latest project to come to fruition is a small trail network in Kirchner Woods on Taber Hill, just outside the village.

"The town of Stowe and the Stowe Land Trust have been great partners for the Club," says Hardy Avery, a long-time member of the SMBC and owner of Sustainable Trailworks, a singletrack trail design/build business. Avery is presently designing the trails in Kirchner Woods. Avery heads up the volunteer days for the Club, which involves organizing work parties two or three times a month to address whatever trails

need attention. The Club often taps into his trail-building expertise when they are designing new trails or upgrading old ones.

ADAMS CAMP

This summer the Club turns its attention to Adams Camp, a 513-acre parcel of land in Ranch Valley, at the foot of Mount Mansfield. In 2006, the Stowe Land Trust conserved the land and now holds recreational easements on the property. The von Trapp family of the Trapp Family Lodge owns Adams Camp and they are eager to work with the SMBC and VMBA to build non-motorized recreation trails there.

The SMBC won another grant from the town in 2009, this time for \$10,000. They used the money to hire Broadreach Planning and Design to flag a trail network, handle the permitting, and provide an estimate to build over 10 miles of singletrack trails and a parking area in Adams Camp. The estimate came in at \$275,000. The SMBC, which embraces IMBA's trail-building standards of building trails by hand, estimated they could build the network for \$75,000 plus countless hours of volunteer labor.

The Club began fundraising in December. In May they reached the \$60,000 mark, thanks in part to a \$10,000 grant from Specialized Bikes and a \$20,000 grant from Vermont Trails and Recreation. The Club plans to start building the first stage in Adams Camp this summer, a three-mile gentle downhill, accessed by the Haul Road, a class four town road that crosses the Trapp property. The trail is designed to be ridden in one direction (top to bottom) and will be for all riding abilities.

IMBA RIDE CENTER

According to their web site, International Mountain Bike Association Ride Centers are "extensive trail networks, masterfully designed for mountain bikers of every skill level and built by professional trail builders. They will serve as social and educational hubs, where visitors can connect and learn new riding techniques. The centers will provide the full range of mountain biking experiences today's riders crave, from long singletrack journeys to family-friendly loops, and areas with expertly designed technical challenges, including sustainable downhill and free-riding options, to test accomplished riders."

The Stowe/Waterbury area recently became the sixth officially designated IMBA Ride Center in the U.S. "The Ride Center vision is to have pods of single-track that all link together. You could spend a day of riding at each pod and you could even ride from one pod to the next," explains Avery.

Ride Centers are also intended to bring economic benefits to their host communities. IMBA has compiled online resources that describe the ways that mountain biking supports tourism and enhances economic development in communities around the globe (www.imba.org).

Patrick Kell of VMBA notes that economic growth and healthy recreation in a sustainable manner are both drawing cards for developing more riding in the area. "It's a good way to get kids out in the woods, being healthy and active," he says. He also points out that Waterbury and Stowe already have a reputation as a mountain bike destination. "The Vermont Ride Center has great economic development potential," he notes.

This past May, the SMBC held a work party on a singletrack trail that connects Cotton Brook to Little River State Park. A record-breaking 55 people of all ages turned out to help, and the work was completed in a day. It's these sorts of connector trails that unify the various trail networks in the region, making the Stowe/Waterbury area a true mountain biking destination, complete with restaurants, hotels, farmer's markets, camping, bike shops, and brew pubs. Finally, after years of hard work, they can add first-rate mountain biking to that list. ☐

Kate Carter is the editor of this magazine and the author of three wildflower field guides: Wildflowers of Vermont; Shrubs & Vines of Vermont; and Wildflowers of Cape Cod; see them at www.wildflowersofvermont.com. Email Carter at editor@utsports.com.

BIKE SHOPS

AJ's Ski & Sports—on the Mountain Road (Route 108), Stowe, 802-253-4593, 800-226-6257, ajssportinggoods.com.

Five Hills Bikes—downtown Waterbury, 802-244-7330, fivehillsbikes.com

IRide—on the Mountain Road (Route 108), Stowe, 802-253-1947, iridevt.com

SkierShop—on the Mountain Road (Route 108), Stowe, 802-253-7919, 800-996-8398, www.skiershop.com

Trapp Family Lodge Outdoor Center—Trapp Hill, Stowe, 802-253-8511, 800-826-7000, trappfamily.com/activities/mountainbiking

TRAIL PODS

The following trail networks are the core of Vermont's IMBA Ride Center. Check with a local bike shop for trail conditions and other info.

Adams Camp

Trails are currently in the planning stage. A three-mile downhill trail for all abilities will open this summer.

Cotton Brook

A gated logging road off Nebraska Valley Road in Moscow that's technically easy and aerobically challenging. Great for endurance athletes. A new connector trail links to Little River State park.

Little River State Park

Little River Road, Waterbury. Riding is presently on forest service roads and jeep roads. Future plans include singletrack trails.

Perry Hill

Access is from the Ice Center, River Road, Waterbury. 15 miles of technically challenging singletrack trails, for intermediate and advanced riders.

Sterling Valley

Located at the end of Sterling Valley Road. Access is from the Sterling Forest parking lot. Miles of singletrack and doubletrack trails. The Catamount Trail and VAST snowmobile trails go through here. Shared use includes walkers and hunters.

Town Loop Trails

Access is from the Golden Eagle Resort or IRide Cycles. Most of the riding is on the town-owned, 60-acre Macutchan Forest, and a few sections are on private land. An average rider can do the entire network in about an hour and a half.

Trapp Family Lodge Outdoor Center

Trapp Hill Road. 12 miles of cross-country ski trails and singletrack mountain bike trails for beginners and advanced riders. Guests ride for free; \$10 trail pass for all others. Bike shop on site; bike rentals available.

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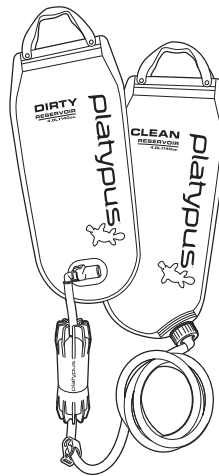


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VERMONT-MADE SUMMER BREWS

BY SKY BARSCH GLEINER

Looking for a new way to carbo-load this summer? Having trouble because you're burning too many calories with your fitness regime?

Yeah, me neither, but I'm having trouble finding a reason to justify writing about summer brews in an outdoor fitness magazine. How about this: after a long hike, bike, kayak or run in the heat, when your feet are tired and your body is sore, there's nothing like a crisp, cool beer to make everything all better. Works for me! Here's a look at some of the summer brews from our fantastic Vermont breweries:

THE ALCHEMIST, WATERBURY

■ Mortal Sin, a black India Pale Ale released on June 6 every summer, with 6.66 percent alcohol by volume (ABV), 66.6 international bitters units (IBUs).

■ Rapture, another IPA released on July 7 every summer, with 7.77 percent ABV, 77.7 IBUs.

■ Ouroboros, a curacao orange double IPA released on August 8, with 8.88 percent ABV, 88.8 IBUs.

■ Brewer John Kimmich says, "Those are only the ones on the schedule, but I usually manage to throw in some others along the way." Co-owner Jen Kimmich adds the pub menu will expand with some new beer products, including Laughing Moon truffles made with beer, small batches of malted porter ice cream by IC Scoops, and from Jasper Hill comes a cave-aging cheese that has been washed with the Alchemist's Petite Mutant.

BOBCAT CAFE, BRISTOL

The Bobcat Cafe has a slew of beers for Summer 2010: ■ Pockit Pilsner, Lincoln Lager, Ripton Red, App-Gap IPA, Cali-Com, Heavenly Hefe, DaunTaun Dunkelweizen, Helles Bock, Wee Heavy, Strawberries & Cream Ale, Belgian Pale, and Unrepentant (a chocolate pepper stout).

HARPOON BREWERY, WINDSOR

■ Harpoon Summer Beer, brewed in the Kolsch style, with 5 percent ABV and 28 IBUs.

■ UFO Raspberry Hefeweizen is "unfiltered and cloudy with a solid foamy head," as described by Harpoon, and has "a distinctive, hazy rose color. The scent of fresh raspberries hits the nose immediately, along with a subtle breadly aroma from the wheat and yeast."

■ In June, Harpoon releases the 32nd installment of its 100 Barrel Series called the Pott's Landbier. "We are brewing this beer in collaboration with the Potts



Brauerei in Oelde, Germany," says Harpoon spokesperson Liz Melby. "Two summers ago Joerg Pott interned here, and we have kept in touch ever since. He'll be flying in from Germany to celebrate the release in June."

■ Leviathan Big Bohemian, an imperial pilsner in the big beer series, will be released in June as well.

HILL FARMSTEAD BREWERY, GREENSBORO

In addition to Edward India Pale Ale, the new brewery's flagship IPA, brewer Shaun Hill offers a honey saison and a farmstead saison, and a wheat saison using wheat from Butterworks Farm.

MAGIC HAT, SOUTH BURLINGTON

■ Blind Faith, an IPA, with 60 IBUs of Apollo and Cascade hops.

■ Wacko, a "beet-red summer beer with a big malty aroma, a subdued hop bite, and a clean, slightly sweet finish," Wacko uses pale malt, beet sugar, and Apollo hops to achieve this summer brew available April to August.

■ Wild Ginger Golden Ale, available April 15 to August 30. A 6-percent ABV pale ale seasoned with freshly ground Jamaican ginger. Fermented using a Belgian yeast, the beer has a "sharp, snappy finish sure to get to the root of thirst," according to Magic Hat.

MCNEIL'S, BRATTLEBORO

The annual kolsch beer is light, dry, very refreshing, and made with German Noble hops and Bavarian pilsner malt.

ROCK ART, MORRISVILLE

■ Sunny and 75, brewed in the style of a Belgian white, this beer has a light, golden, malty body, with orange and coriander flavors. "The addition of these spices in harmony with our special yeast brews a beer that can satisfy any thirst on a summer day," said brewer Matt Nadeau. (No word yet on whether The Weather Channel plans to sue over the name.)

■ A yet-to-be-named harvest ale, brewed with locally grown hops and possibly locally grown and malted barley.

■ Pumpkin Imperial Spruce Stout, for the late summer. Brewed in the colonial fashion, with "lots of pumpkins for the alcohol content and spruce for the flavor and bittering qualities," Nadeau says. According to Nadeau, the practice was developed in colonial days, so brewers could use less malts and hops from England, because they were highly taxed. "I harvested the spruce from our own trees," he adds.

TRAPP FAMILY LODGE, STOWE

As of this past April, Trapps is brewing several lagers in the traditional style of Austrian and German lagers. The beer is brewed under the supervision of brewmaster Allen Van Anda, and is presently available on tap at Trapps' brew pub at their Deli/Bakery, the Lounge at their hotel, and at a handful of pubs in Stowe and Burlington.

■ The light-golden Trapp Lager Helles is an easy drinking beer with 4.8 percent ABV.

■ The Trapp Lager Vienna Amber is slightly darker, slightly sweeter, a tad hoppiest, with 5 percent ABV.

VERMONT PUB & BREWERY, BURLINGTON

There's more than we could fit here. To name a few...

■ With the release of Tulach Leis Tribute Ale, the VPB brewers' tribute to Greg Noonan, VPB founder and grandfather of the Vermont microbrew movement. A Sour Red ale named after his ancestral Irish home town and fermented with 100 percent *Brettanomyces Lambicus*.

■ Grand Slam Baseball Beer, light-bodied, American pale ale dry-hopped with Fuggles hops.

■ Forbidden Fruit, light, refreshing and strong. More than 500 pounds of raspberries, sour-mashed and oak aged.

■ Burly Irish Ale, lightly roasty, smooth Irish red ale. Rich. Creamy and mellow.

■ Vermont Smoked Porter—VPB smokes its own malts over apple, maple, and hickory wood chips to recreate this 17th century-style robust porter.

■ Handsome Mick's Irish Stout, a rich, roasty, smooth and creamy Export Stout. ☞

Sky Barsch Gleiner lives in the Northeast Kingdom and is a fledgling homebrewer.

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VS: You're competing in the Vermont 100 Endurance Ride in July. How do you prepare for a 100-mile horseback ride?

HH: I start with a horse who is at least seven years old, has had two seasons of competitive trail riding, and has completed several 50-mile endurance rides. This means that the horse has a good base; that his bones, tendons, ligaments, hooves, muscles, heart, and lungs already have a degree of fitness. I start riding seriously (planned rides at pre-determined distance and speed) in February. That means riding or ponying (leading the horse alongside another horse that is being ridden) the horse three to four days per week, about an hour, twice a week, and one-and-a-half to three hours on one or two other days. Distance ranges from 5 miles early in the season to 15 to 25 later on. I'll usually do the first 50-mile endurance ride of the season in late March. During the competition season, the 50-mile rides serve as longer conditioning rides. The horse then gets a week off from work after each competition. A horse will do one endurance ride about every three to four weeks. I try to do one 50-mile ride three to four weeks before the 100. Most of my weekday rides are done by myself, but a few of us do try to get together on weekends to ride, and we'll try to trailer to a different location so the horses don't become bored with the same training route.

VS: Do you do any cross training?

HH: With the horses, we do some dressage to help with flexibility, and some interval training for heart and lungs. I do some treadmill running, stretching, and some moderate weight lifting.

VS: Do you ride the same horse the entire way?

HH: Yes, you do.

VS: How long does it take to complete the course?

READER ATHLETE



DR. HEATHER HOYNS

Age: 55

Residence: West Windsor

Family: Single

Occupation: Equine vet

Primary sport: Endurance riding

HH: For a 100-mile ride, the fastest time I've done is 8 hours and 15 minutes. The rides allow you up to 24 hours, and there are a number of veterinary stops along the way.

VS: So someone is checking on the horses.

HH: Every 10 to 20 miles there is a veterinary check for metabolic soundness, and to make sure the horse is not lame. There's a rest period while you're there, it's anywhere from 15 minutes to a half hour.

VS: What's your horse's name, and what breed is she?

HH: The mare I'm currently riding for the 100 miles, her full name is Wile-away Farahs Comet. She's a 10-year-old Anglo-Arabian.

VS: Are most of the endurance horses Arabs?

HH: Yes, they are usually Arabs or part Arabs. They are narrow and deep, allowing more room for the heart and lungs, so they are designed to go long distances. Their blood vessels are closer to the skin; like thoroughbreds, they are considered hot-blooded, so they cool off faster. And they generally have good feet. Other horses that you see are mustangs, Morgans, appaloosas, and a lot of cross-breeds with Arabs. That's

not to say other breeds couldn't do it, but these breeds tend to be more genetically disposed.

VS: What kind of tack do you use?

HH: I use a special endurance saddle called a sports saddle. Some people ride with English tack, some people with Western.

VS: Is it synthetic material or leather?

HH: Mine's leather. A lot of the rest of the tack is synthetic, because the horses get so sweaty. The synthetic material is really easy to clean—you can just throw it in the dishwasher.

VS: What pace do you ride?

HH: You're trotting or cantering most of the time. If the terrain dictates, you're going to walk, such as a steep hill.

VS: Can you describe the Vermont 100?

HH: Originally the Vermont 100 didn't have any runners in it. It was just horses. But we added the runners, at the request of, and at the benefit for, Vermont Adaptive Ski and Sports. It's the only ride in the country at this point that's held concurrently with the runners. This ride is one of the few rides that has multiple out-crew locations. We do one big loop. Many of the other rides cloverleaf back to a main area, which is easier for the vet checks. We leave out of the field in West Windsor, cross the Taftsville bridge and go over to Pomfret. Then we ford the Ottauquechee River, and the runners go over the bridge. Then we go to South Woodstock, up through Reading, down into Cavendish, back through Reading, and then up Heartbreak Hill. Then we head on over to the other side of West Windsor. By then it's dark for most people. We finish up passing by the Old Prison Farm, up a trail, across the Hartland-Brownsville Road, and up the "trail of the Bloodhound," through the woods lined with glow-stick-lit, water-filled milk jugs to the finish!

VS: Who passes who, the runners or the horses?

HH: The winning horses overall move faster, but they have mandatory hold times. The runners don't have that hold time. So we pass the runners, then they pass us in the hold, then we pass them again.

VS: Why do you do these rides? What do you like about them?

HH: I love going to different places and seeing different people. And I love just going out and the challenge of doing it. And the horses enjoy it. People think it's too much for the horses, but they love it.

VS: Where have you traveled to for these rides?

HH: I've been to Utah, Montana, Idaho, Florida, North and South Carolina, Canada.

VS: When did you start riding?

HH: Many years ago. I did 4-H in high school. I did my first endurance ride in veterinary school.

VS: What has been your favorite ride, or the ride that you feel most proud of?

HH: My favorite has always been the Old Dominion down in Virginia. They've moved the course three times, and I've ridden it in all three places. It's just a fabulous group of people, and like the Vermont 100, it's one of the big loop rides as well. Some people don't like that ride because the terrain is rough, it's quite rocky. The views are spectacular, you're in the Blue Ridge Mountains and the views from the top are just incredible. With that terrain, you're not going to do it in eight hours.

VS: How did you get introduced to horses?

HH: I was a kid and liked horses. I was always saying, "Mommy, Daddy, I want to do riding lessons." I got a horse for my 15th birthday. I took that horse on the 100-mile Old Dominion when he was 22.

VS: What do you enjoy about being a vet?

HH: Pretty much everything. I just love working on horses. They're really, really neat animals. They have such interesting personalities. And I love the variety of things we do with them.

VS: You mentioned you are a lapsed Master gardener—how did you learn?

HH: When I was in vet school one summer, I ended up rooming with a local woman who was trail riding and competing. She had a friend who did vegetable farming, but he also was a computer techie. He got this contract that started that summer, and he wasn't able to be around much, so she and I took over the business for the summer. It was a way for him to not lose his business and for us to make some extra money. Then, when I moved up here to Vermont, I took the very first Master gardeners course offered in Vermont.

VS: Do you prefer vegetable or flower gardening?

HH: I love vegetable gardening because I love eating them. The flowers are pretty, so I always end up throwing some flowers in my vegetable garden.

—Sky Barsch Gleiner



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VS: You're one of the ultimate frisbee coaches at CVU. How strong is the interest in the sport?

WS: It's huge. CVU's been playing ultimate for over 10 years. We have an intramural league two days a week. Then we have a club team that goes out and plays in a scholastic way, so they play other schools. We probably have a total of 45 kids who come out.

VS: Where's your favorite place to play ultimate?

WS: The Burlington area has an awesome summer league. We play out in Williston at the Central School. It's a killer summer league, and we play every Tuesday night all summer.

VS: When did you start playing?

WS: I've been playing since high school, since about '98.

VS: You have bike-commuted 3,000 miles this school year. What inspired you to do that?

WS: I did Americorps in Burlington with Bike Recycle Vermont. It's a project of Local Motion that takes donated bikes, fixes them up, and re-sells them to lower income people, including a lot of refugees and homeless people. I bike commuted within Burlington then, but that was only three or four miles. This past year, I got a job at CVU, and we only had one car. So the choices were either try to get a ride every day, get a car, or get a bike. So, I've biked 3,000 miles this year just in commuting.

VS: You rode all winter?

WS: I went all through the winter, all through January and February. I wore these giant muck boots and long underwear.

VS: What are some recommendations for potential bike commuters?

WS: I think the biggest thing is to be optimistic. I think people think they don't have enough time because they don't take the time. For me, it's about an hour, so some days it can be tiring. But it's only a half hour or 40 minutes longer than it would be if I drove. It takes a little extra time and a little extra planning. So, some tips: Make sure you have a full change of clothes. Wear layers. You'd never want to go with a heavy sweatshirt. You think you'd wear your winter parka, but you really only want those wind layers right at the beginning. Once you get cooking you'll want to get rid of some of those layers. I even layer my gloves. I wear gloves with liners, so sometimes I would even take off the outside shell and just wear the liners.

VS: You mentioned you "human powered" yourself to a family gathering in New York. Can you share that story?

WS: I try to use my bicycle not just for going out for a 40-mile ride with my friends. I like to find adventures. Right now I'm commuting on my single speed. That's one of my traditions, I ride

READER ATHLETE



WILSON SKINNER

Age: 27

Residence: Burlington

Family: Wife, Angela Madonia

Occupation: Para-educator at Champlain Valley Union

Primary sport: Cycling

the Onion River Century on a single speed. So, the family gathering—I bet my wife that I could make it down to the Catskills in time to help her for a wedding rehearsal dinner. I rode on Friday about 50 miles, and then camped out behind a barn. I rode the next 100 or so miles to the Catskills the next day. I made it with an hour-and-a-half to spare. I love long-distance riding when there's a goal at the end. I have ridden to New York City with my friend Roy.

VS: How many times have you ridden the Onion River Century?

WS: Every year that it's happened, so six. It's cool, I've seen it grow from this tiny little affair with maybe 14 riders the first year. I showed up on probably the worst bike in the whole crowd and people were laughing at me. I made my bike a single speed; I basically took off the derailleur and pulled the chain tight. People were pretty forgiving on the ride. I kept up with the crowd for the most part. Andrew Brewer was really good about circling back with the sag wagon. He was watching me to see if I needed any assistance. My bike was pretty crappy, so crappy that someone took a picture, and someone said, "I thought my bike was bad, but ..." Since then, my single speed has gotten better.

VS: What do you think about the ride?

WS: It's a great ride, and the reason I love doing it every year is they have the best food stops. The Kellogg-Hubbard librarians make all the food, and it's just this incredible array of food. You go to some rides, and you can tell they just went to Costco. Not here. The food is tremendous. I love riding up to Hardwick, into Irasburg and Albany, it's just gorgeous up there. You come back and you get to hang out, and we always stop and swim in the river on the way back. It always ends up being one of those super fun days. I have added albatross handlebars to my bike and people started referring to my bike as a vintage, antique-bike.

VS: You must get a lot of looks and cheering.

WS: I get a lot of "Man, you're crazy." It is pretty exhausting. It means I can really haul ass up hill, but if it's any kind of downhill or flat I just can't keep up with the pack.

VS: What is your favorite stretch of the ride?

WS: My favorite stretch of the ORC is from Irasburg to Albany. It's God's country up there, everything is so lush and beautiful.

VS: What is your toughest athletic adventure to date?

WS: I think it would probably be the first Onion River Century ride, when I had that makeshift bike and my chain kept falling off. I remember being up past Hardwick, in Orleans or Stannard, somewhere way out in the middle of nowhere, and my chain kept falling off. I got the bike rolling again, but I kept waiting for something to happen. Your senses are heightened the whole time to that. Physically that ride is hard every year, but I'm more comfortable with the single speed now.

VS: Why do you think exercise is so important to you?

WS: I think it's something that I've done with my family since I was young. My mom has described herself as a middle-aged jock. I have these wonderfully compulsive parents. My mom walks every day, rain or shine, and my dad has said that it's not an adventure if you're not going to complete it. Plus, exercise is my chance to almost meditate, to work through things in my head, process things, relax, and set some goals.

VS: What do you enjoy doing with your wife?

WS: We love hiking. I'm trying to get her into biking, and she's trying to get me into yoga. We love food, and we love sharing food with friends, and we love spending time with our families.

VS: You're working your way to teach at the high school level. What subject do you hope to teach?

WS: I would like to teach social studies, but I have a great mentor at CVU, a fellow runner and ultimate player. He's a special educator, and seeing his work is really inspiring, so now I'm thinking about special education. □

—Sky Barsch Gleiner



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ADVENTURE RACING

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.racetherez.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.racetherez.com

BIATHLON

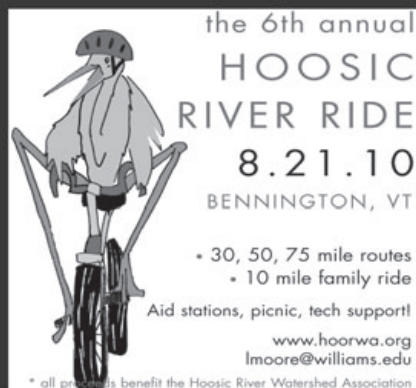
ONGOING

Mondays and Wednesdays (thru Oct. 31), 5-7PM, Biathlon Training, Youth/Junior, Ethan Allen Firing Range, Jericho Center, VT, John, 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

CYCLING

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



the 6th annual
HOOSIC RIVER RIDE
8.21.10
BENNINGTON, VT

- 30, 50, 75 mile routes
- 10 mile family ride

Aid stations, picnic, tech support!
www.hoorwa.org
lmooore@williams.edu

* all proceeds benefit the Hoosic River Watershed Association

- 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
16 Onion River Sports Friday Night Fix: Flat Fix and Troubleshooting, Montpelier, VT, Carrie, 802-229-9409, thefolks@onionriver.com, www.onionriver.com
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
17 Valley Farm Ride, Waitsfield, VT, Peter Oliver, peter@gmsr.info
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
18 Onion River Sports Bike to Brunch Series: Montpelier to Cold Hollow Cider Mill in Waterbury, Montpelier, VT, Caroline, 802-229-9409, caroline@onionriver.com, www.onionriversports.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

- 1 Onion River Sports Bike to Brunch Series: Kismet in Montpelier, Montpelier, VT, Caroline, 802-229-9409, caroline@onionriver.com, www.onionriversports.com
14 Harpoon Point to Point Ride, 25, 50, 115 miles, ending in Windsor, VT, Jessie Cox, 888-HARPOON, hp2p@harpoonbrewery.com, www.harpoonbrewery.com/pointtopoint
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
15 Onion River Sports Bike to Brunch Series: LACE in Barre, Montpelier, VT, Caroline, 802-229-9409, caroline@onionriver.com, www.onionriversports.com

- 21 Hoosic River Ride, 30, 50, 75 miles, 10-mile family ride, Bennington, VT, Imoore@williams.edu, www.hoorwa.org
22 NCAL's Pedal for Paws, 100, 60, 25 miles, Commodore's Inn, Stowe, VT, 802-888-5065, www.ncal.com/events/pedal-4-paws
28 Mad River Valley Century Ride, 100 miles, 50 miles, Waitsfield, VT, 802-496-2322, www.mrvcenturyride.com
29 FIG Race to the Top of Vermont, Toll Road, Stowe, VT, jfredericks@catamounttrail.org, www.catamounttrail.org
29 Onion River Sports Bike to Brunch Series: Red Hen in Middlesex, Montpelier, VT, Caroline, 802-229-9409, caroline@onionriver.com, www.onionriver.com

SEPTEMBER

- 3-6 Green Mountain Stage Race, Friday-Prologue Time Trial, Saturday-Circuit Race, Moretown, Sunday-Road Race, Fayston, Monday-Criterium, Burlington, Waitsfield, VT, Gary Kessler, Gary@gmsr.info, www.gmsr.info
11-12 200-Mile Length of Vermont Bike Trip with Brattleboro section of the GMC, Derby Line, VT, Joe Cook, jfcook@gmail.com
11 Grace Cottage Hospital Tour de Grace, Stratton Mtn. to Townshend, VT, Mary Gyor, info@gracecottage.org
11 Kelly Brush Century Ride, Middlebury, VT, Joyce Wallace, joycewallace@kellybrushfoundation.org, www.kellybrushfoundation.org
12 Onion River Sports Bike to Brunch Series: On the Rise Bakery in Richmond, Montpelier, VT, Caroline, 802-229-9409, caroline@onionriver.com, www.onionriver.com
19 Tour de Farms, Shoreham, VT, Nancy Schulz, nancy@vtbikeped.org, www.vtbikeped.org
25 VT Brevets Fall 200K, Burlington, VT, Mike Beganyi, 802-310-3546, mike.beganyi@gmail.com, <http://littlecirclesvt.com>

ONGOING

Tuesdays (June 8, 22; July 13, 27; August 10), GMBBC 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
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

JULY

- 10 Onion River Sports Trail Duathlon Series, 3K trail run, 15K mountain bike, 3K trail run, 9AM, Morse Farm, Montpelier, VT, Caroline, caroline@onionriver.com, www.onionriver.com

AUGUST

- 7 Onion River Sports Trail Duathlon Series, 3K trail run, 15K mountain bike, 3K trail run, 9AM, Morse Farm, Montpelier, VT, Caroline, caroline@onionriver.com, www.onionriver.com

SEPTEMBER

- 12 Pine Hill Park Duathlon, 5K trail run, 10K mountain bike, 10AM, Giorgetti/Pine Hill Park, Rutland, VT, Cindi Wight, cindiwight@comcast.net, www.rutlandrec.com

MISCELLANEOUS

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
21 Hike, Bike & Paddle, Craftsbury Outdoor Center, Craftsbury, VT, Nina, hurleyn@bcbsvt.com

AUGUST

- 8 Fifth Annual Citizens Bank Lake Champlain Dragon Boat Festival, Burlington, VT, Linda Dyer, info@ridethedragon.org, www.ridethedragon.org

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



JOSH BILLINGS RUNAGROUND

34th Annual
Josh Billings RunAground
Sunday,
September 12, 2010
Bike, Canoe or Kayak, Run
Triathlon
Team & Iron Categories
27 mile bike • 5 mile canoe/kayak • 6 mile run
37 categories-iron, tin, 4 person teams
www.joshibillings.com,
www.active.com



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• After-ride BBQ
• Early Check-in & Carbo-Loading Buffet Friday night

20th Annual
Mad River Valley
Century Ride

Saturday, Aug 28
Registration
\$55 by August 9th
\$65 thereafter
802. 496.2322
mrvcenturyride.com

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

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

MOUNTAIN BIKING

JULY

- 9 Onion River Sports Friday Night Fix: Suspension 101, Montpelier, VT, Carrie, 802-229-9409, thefolks@onionriver.com, www.onionriver.com
- 11 Summer Fest Mountain Bike Race, Giorgetti/Pine Hill Park, Rutland, VT, Cindi Wight, 802-773-1822, ext. 13, cindiwight@comcast.net, www.rutlandrec.com
- 16 Onion River Sports Friday Night Fix: Flat Fix and Troubleshooting, Montpelier, VT, Carrie, 802-229-9409, thefolks@onionriver.com, www.onionriver.com
- 23-25 Dirt Divas Women's Mountain Bike Retreat, Trapp Family Lodge, Stowe, VT, www.girlsmovemountains.org
- 31-8/1 Gravity East Downhill Race, Sugarbush Resort, Warren, VT, www.gravityeastseries.com

AUGUST

- 7 Dirt Divas Women's Mountain Bike Clinic, East Barre, VT, Girls Move Mountains, info@girlsmovemountains.org
- 14-15 24 Hours of Great Glen, 12-hour category also available, Great Glen Trails, Gorham, NH, Mary Power, mary@greatglentrails.com, www.greatglentrails.com
- 15 Millstone Grind XC Mountain Bike Race & MTB Marathon, Websterville, VT, Andrew Wellman, andrewwellmanphotographer.com
- 21 Dirt Divas Women's Mountain Bike Clinic, Stowe, VT, Stowe Mountain Resort, dhatoff@sprucepeak.com
- 22 Craftsby Sweet Cedar Singletrek 20K Mountain Bike Race, Craftsby Outdoor Center, Craftsby, VT, Tim Reynolds, timothy.reynolds@gmail.com, www.craftsbury.com
- 29 FIG Race to the Top of Vermont, Toll Road, Stowe, VT, jfredericks@catamounttrail.org, www.catamounttrail.org

SEPTEMBER

- 26 Vermont 50, Brownsville, VT, Mike Silverman, 603-381-9993, michael.j.silverman@valley.net, www.vermont50.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

JULY

- 3 5th Annual Montpelier Mile, 6PM, Montpelier, VT, Carrie, 802-229-9409, thefolks@onionriver.com, www.onionriver.com
- 4 GMAA Clarence Demar 5K, South Hero, VT, Matt Dall, demar@gmaa.net, www.gmaa.net
- 4 July 4th Martin Devlin 5K Memorial Fun Run, Poultney, VT, Tammy Loomis, tammy.loomis@uvm.edu
- 11 Stowe 2010 Trail Race Series: Ranch Camp 5K Ramble, Stowe, VT, Cynthia Needham, cynthia@smartscience.org

- 11 Ascutney Mountain Run, 3.7 miles uphill, 10AM, Mount Ascutney State Park, Windsor, VT, 802-484-5015, race@penguincycles.com, www.club.penguincycles.com/AscutneyRun.html
- 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
- 17 Susan G. Koman Race for the Cure 5K Run/Walk, Hildene Meadows, Manchester, VT, 802-362-2733
- 24 Craftsby 15K Classic Trail Running Race, 10:30AM, Craftsby Outdoor Center, Craftsby, 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@gmaa.net, www.gmaa.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@smartscience.org
- 29 FIG Race to the Top of Vermont, Toll Road, Stowe, VT, jfredericks@catamounttrail.org, www.catamounttrail.org
- 29 GMAA Scholarship 5K Cross-Country Run, So. Burlington, VT, Ken Schatz, scholarshipxc@gmaa.net, www.gmaa.net
- 29 Zoe's Race 1K/5K, Burlington, VT, Erika Nestor, erikanestor@msn.com

SEPTEMBER

- 4 Fight For Air 5K Walk/Run Hillclimb for American Lung Association, Bolton Valley Resort, VT, Ron Douglass, 802-876-6860, rdouglass@lungne.org, www.lungusa.org/associations/charters/new-england/events/climb/
- 11 Maple Leaf Half-Marathon and 5K Fun Run, Manchester Center, VT, Lynn Grieger, 802-362-2810, lynn@lynngrieger.com, www.manchestervtmapleleaf.com/
- 11 Citizens 5K Cross-Country Run, Williston, VT, Pavel Dvorak, pdvorak@bsdvt.org
- 11 Stowe 2010 Trail Race Series: Trapp Cabin 10K, Stowe, VT, Cynthia Needham, cynthia@smartscience.org
- 12 GMAA Archie Post 5 Mile, Burlington, VT, Russ Cooke, archiepost@gmaa.net
- 18 Citizens 5K Cross-Country Run, North Beach, Burlington, VT, Pavel Dvorak, pdvorak@bsdvt.org
- 18 GMAA Common to Common 30K, Essex, VT, Steve Eustis, common2common@gmaa.net
- 19 Dog Run Dog 10K/5K Race for Dogs and People, race, run, or walk, with or without a dog, Norwich, VT, Paul Gardner, doginfo@dogrundog.com, www.dogrundog.com
- 25 13th Annual Run for J.U.M.P 5K & 1K Fun Run, Burlington, VT, Suzie Crews, slews1@msn.com
- 26 Cider House 2-Mile Run/Walk, Shelburne Farms, Shelburne, VT, Rayne Herzog, rayne@racevermont.com, www.racevermont.com
- 26 Downtown 10K, Church Street, Burlington, VT, Susan Criscuolo, 201-638-9646, susanricrucuolo@hotmail.com
- 26 Vermont 50 Ultra Run, Brownsville, VT, Mike Silverman, 603-381-9993, michael.j.silverman@valley.net, www.vermont50.com
- 26 Trail Around Middlebury TAM Trek, Middlebury, VT, Joni Osterhaut, info@malvt.org

ONGOING

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

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

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

Wednesdays, 6PM (June 9-Sept. 15), Craftsby Outdoor Center Summer Trail Running Series, Craftsby Outdoor Center, Craftsby, 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

Sunday Morning Training Runs, Small City Road Runners Club, 1-4 miles on a loop course, Vergennes City Park, Vergennes, VT, Ramey Armell, 802-377-9906, ramey2001@yahoo.com

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

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

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

SWIMMING

JULY

- 10 Open Water Swim Clinic, 9AM-noon, Little River State Park, at the dam, Waterbury, VT, John Spinney, john@qt2systems.com
- 24 Kingdom Swim, 10 miles, 3 miles, 1 mile, Newport, VT, Pete Kellaway, swimorleansrecreation.org, www.kingdomswim.org

ONGOING

Mondays, 5:30PM, Open Water Swims, Waterbury Reservoir/Little River State Park, Waterbury, VT, sponsored by QT2 Systems, John Spinney, spinney21@hotmail.com

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

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

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

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

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

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



Ethan Allen Biathlon Club
2010 Summer Race Series

DATES July 8, 15, 22, August 5, 12, 19

TIMES 5 pm - Registration & novice clinic
5 to 5:45 pm - Rifle zeroing
6 pm - Race start

WHERE Ethan Allen Biathlon Club
Ethan Allen Rd., Jericho, VT

\$10 per race or \$50 for the series



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GMAA Upcoming Races

Round Church Women's Run, Richmond

5K and 10K races

Fast and flat out and back on Cochran Road
Saturday, August 21 at 8:30 am

Scholarship 5K Cross Country Run, South Burlington

Cross Country race on the dirt trails in Red Rocks Park. Benefits GMAA Scholarship
Sunday, August 29 at 9 am

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CALENDAR OF EVENTS

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

TRIATHLON

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/
- 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
- 22 Elmore Practice Triathlon Series #4, ¼-mile swim, 9.7-mile bike, 2.5-mile run, 6:30PM, Elmore State Park, Lake Elmore, VT, Donna Smyers, 802-229-4393, dosmyers@gmail.com, http://gmmtri.blogspot.com/
- 24 Racevermont.com Sprint Triathlon II, 500-yard swim, 15.4-mile bike, 3.1-mile run, Shelburne, VT, Rayne Herzog, 802-985-4410, rayne@racevermont.com, www.racevermont.com

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 Fronhofer Tool Olympic, Sprint, & Kids Triathlon, Cambridge, NY, Bridget or Kevin Crossman, crosssm85@hotmail.com
- 7-8 6th Annual Xterra Stoaked, Saturday: ½-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
- 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

SEPTEMBER

- 12 Josh Billings RunAground Triathlon, bike 27 miles, paddle 5 miles, run 6 miles, Great Barrington, MA, Patty Spector, patty@joshbillings.com, www.joshbillings.com
- 12 The Burlington Triathlon, 9-mile swim, 22.5-mile bike, 6.2-mile run, North Beach, Burlington, VT, Rayne Herzog, 802-985-4410, rayne@racevermont.com, www.racevermont.com

RACE AND EVENT DIRECTORS



STOWE TRIATHLON May 6, 2010 Stowe, Vermont

RACE RESULTS

500-METER SWIM, 13.7-MILE BIKE, 5K RUN.

Women 15-21

1	Lauren Olson	1:29:40
2	Sammy Sweeney	1:31:55
3	Isabelle Unger	1:33:10
4	Tiffany Dahlstrom	1:33:35
5	M Niemasz-Cava	1:37:02
6	Jenny Rehkugler	1:41:40
7	Chloe Van Patten	1:44:13

Men 15-21

1	Parker Swanborn	1:14:10
2	Harry Cawley	1:14:10
3	Carter Fisher	1:17:43
4	Hollis Keith	1:21:16
5	Chris Barlow	1:25:19
6	Sebastian Lissarragu	1:26:46
7	Jake Pill	1:26:49

Women 22-29

1	Jessica Gerhart	1:15:08
2	Camille Prevost	1:16:59
3	Ashley Grove	1:22:34
4	Patty Breneman	1:35:05
5	Jenna Kelly	1:37:35
6	Kacey Baines	1:41:12

Men 22-29

1	Kiel Fletcher	1:14:37
2	Arian Bates	1:17:53
3	Hans Pope-Howe	1:25:21
4	Stephen Hancy	1:46:30

Women 30-39

1	Sara Kruk	1:18:17
2	Kathleen Bryant	1:20:28
3	Meredith Haff	1:21:26
4	Missy Goodwin	1:24:25
5	Mary Sharp	1:31:12
6	Elise Annes	1:31:48
7	Maureen MacMahon	1:33:49
8	Kari Callahan	1:34:11
9	Keri Reynolds	1:35:48
10	Katherine Ruffin	1:38:44
11	Sheila Turner	1:41:36
12	Eryn Hessian	1:45:32
13	Joanne Tracy	1:48:59

Men 30-39

1	Luke Moore	59:45
2	Gary Snow	1:00:19

3	Chris Coffey	1:01:43
4	Chris Shaffer	1:06:35
5	Dustin Rand	1:07:18
6	Terrance Collins	1:07:49
7	Brian Keats	1:10:33
8	Kevin Petrochko	1:27:25
9	Eric Sharp	1:37:33
10	Manuel Aguilar	1:39:35

Women 40-49

1	Jennifer Volansky	1:23:19
2	Jennifer Hulse	1:24:14
3	Jan Hulse	1:28:52
4	Sara Fitch	1:41:30
5	Anne Lacey	1:42:26

Men 40-49

1	David Connery	1:00:27
2	Jonathan Vass	1:09:46
3	Phil Schoepke	1:11:07
4	Eric Bokelberg	1:15:33
5	John Kurowski	1:16:59
6	John Chudzik	1:18:45
7	Todd Goffman	1:22:10
8	Galen Wilkerson	1:22:27
9	Gregory Etingin	1:23:27
10	Lloyd Sheiner	1:27:10
11	Neil Nigro	1:27:38

Women 50-59

1	Barbara LeBlanc	1:18:57
2	Margaret Haskins	1:20:00
3	Pam Sills	1:23:52
4	Sam Harrison	1:26:45
5	Leslie Ogan	1:42:25
6	Judy Hynes	1:43:46
7	Carol Vallett	1:45:41
8	Barbara Bauman	1:45:58
9	Elise McKenna	1:47:01

Men 50-59

1	Keith Woodward	1:06:45
2	Ted Fisher	1:20:42
3	Dave Olson	1:21:04
4	Eric Gersuman	1:21:17
5	Christopher Ludington	1:25:38
6	Corey Burchman	1:40:37

Men 60 & Over

1	Paul Hennessey	1:18:05
2	Alan Thorndike	1:41:48
3	Sid Kastner	1:52:43



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RACE RESULTS

KEY BANK VERMONT CITY MARATHON May 30, 2010 Burlington, Vermont (The results below are gun times.)

MARATHON

Top 10 Open Men

1	John Crews	Raleigh NC	2:17:51
2	Gavin Coombs	Clayton NC	2:22:05
3	Justin Fyffe	E Dummerston VT	2:22:16
4	Curtis Wheeler	Buxton ME	2:23:46
5	Mark Miller	Keene NH	2:25:44
6	Jon Fasulo	Ardmore PA	2:26:43
7	Juan Carlos Hernandez	Chia	2:26:52
8	Patrick MacAdie	Acton MA	2:27:36
9	Mike Fisher	Brookline MA	2:31:14
10	Jacob Edwards	No Stonington CT	2:31:25

Top 10 Open Women

1	Heidi Westover	Acworth NH	2:40:04
2	Erin Ward	Saint Paul MN	2:49:12
3	Nathalie Goyer	Saint-Bruno PQ	2:49:51
4	Abbey Kaknes	Burlington VT	2:57:26
5	Alicia Follmar	Boston MA	2:58:02
6	Nicole Wilkerson	Middlebury VT	2:58:05
7	Katharine Kissane	Fort Collins CO	2:59:07
8	Conni Grace	Hopewell Jct NY	2:59:28
9	Sumner Fletcher	Uxbridge MA	3:00:25
10	Isabelle Ledroit	Montreal PQ	3:03:13

Top 10 Master Men

1	Jason Porter	Bedford NH	2:36:48
2	Robert Landry	Ludlow MA	2:41:22
3	Peter Sedgwick	No Yarmouth ME	2:47:39
4	Thomas Dunn	Burlington VT	2:50:10
5	Jon Schoenberg	Harvard MA	2:50:27
6	Tom Thurston	Waterbury VT	2:52:16
7	Joseph Clark	Grantham NH	2:52:39
8	Tom Gudas	Binghamton NY	2:52:52
9	Ralph Smith	Raleigh NC	2:52:58
10	Kip Litton	Davison MI	2:53:36

Top 10 Master Women

1	Nathalie Goyer	Saint-Bruno PQ	2:49:51
2	Conni Grace	Hopewell Jct NY	2:59:28
3	Isabelle Ledroit	Montreal PQ	3:03:13
4	Dianne Griesser	Milford OH	3:12:15
5	Anne Bliss	Burlington VT	3:15:29
6	Stacey Spillane	Shelburne VT	3:18:49
7	Debbie Cropper	Anchorage AK	3:21:57
8	Karin Ward	So Burlington VT	3:27:35
9	Dot Martin	Montpelier VT	3:27:56
10	Peggy McKeown	Schuylerville NY	3:28:12

Women 24 & Under

1	Alicia Follmar	Boston MA	2:58:02
2	Sumner Fletcher	Uxbridge MA	3:00:25
3	Shannon Hextrum	Hanover NH	3:19:00
4	Elizabeth Lyons	W Warwick RI	3:22:42
5	Caitlin Martin	Wappingers Fls NY	3:24:14
6	Kimberly Keszezy	Boston MA	3:28:54
7	Jessica Sokolow	Burlington VT	3:29:01
8	Sarah Galligan	Boston MA	3:30:07
9	Hannah Taska	Burlington VT	3:31:27
10	Liz Haacke	Belmont MA	3:32:48

Women 25-29

1	Heidi Westover	Acworth NH	2:40:04
2	Abbey Kaknes	Burlington VT	2:57:26
3	Katharine Kissane	Fort Collins CO	2:59:07
4	Mariko Holbrook	Somerville MA	3:05:15
5	Jenna Fasulo	Lambertville NJ	3:06:24
6	Stephanie Burnham	Manchester NH	3:16:05
7	Katie Simon	Groton MA	3:16:48
8	Jill Miller	Omaha NE	3:20:59
9	Leif-Ann Reilly	Rowayton CT	3:23:40
10	Kaitlin Gregg	Burlington VT	3:25:00

Women 30-34

1	Erin Flynn	Haverhill MA	3:12:17
2	Carrie Bartlett	Bedford MA	3:13:27
3	Sarah London	Montpelier VT	3:14:01
4	Megan McNew	Baltimore MD	3:17:42
5	Justine Morrison	Washington DC	3:18:40
6	Gabriella Maglione	Morrisville VT	3:28:56
7	Annaliese Baumer	Jericho VT	3:29:48
8	Antonia Opitz	Burlington VT	3:29:52
9	Jill Collins	Hanover NH	3:30:37
10	Lisa Hecker	Mebane NC	3:34:11

Women 35-39

1	Erin Ward	Saint Paul MN	2:49:12
2	Nicole Wilkerson	Middlebury VT	2:58:05
3	Joanna Wyner	Solon OH	3:10:30
4	Karen Dolge	Warnerville NY	3:12:19
5	Kylee Decelles	Burlington VT	3:18:27
6	Jenny Motway	York PA	3:20:19
7	Alison Sibley	Savannah GA	3:26:45
8	Sarah Wignall	Cranston RI	3:26:48
9	Laura Shuford	Quincy MA	3:26:56
10	Michelle Corrigan	Coventry CT	3:28:55

Women 40-44

1	Nathalie Goyer	Saint-Bruno PQ	2:49:51
2	Isabelle Ledroit	Montreal PQ	3:03:13
3	Dianne Griesser	Milford OH	3:12:15
4	Anne Bliss	Burlington VT	3:15:29
5	Stacey Spillane	Shelburne VT	3:18:49
6	Karin Ward	So Burlington VT	3:27:35
7	Christine Spezio	Bloomington NY	3:29:16
8	Mary Norelli	Franklin Lakes NJ	3:30:16
9	Sharon Mitchell	Raymond NH	3:31:04
10	Molly Rossignol	Hopkinton NH	3:31:38

Women 45-49

1	Conni Grace	Hopewell Jct NY	2:59:28
2	Debbie Cropper	Anchorage AK	3:21:57
3	Dot Martin	Montpelier VT	3:27:56
4	Robin Seaman	Barre VT	3:36:46
5	Luciana Lanni	Montreal PQ	3:39:37
6	Jacque Schiffer	Olivebridge NY	3:41:15
7	Eileen Herman	Wingdale NY	3:42:45
8	Noreen Sila	Underhill VT	3:44:15
9	Barbara Drislane	Salem NH	3:44:22
10	Karen Palmer	Fitchburg MA	3:44:37

Women 50-54

1	Peggy McKeown	Schuylerville NY	3:28:12
2	Jean Oneill	Charlotte VT	3:45:03
3	Joy Peterson	Williston VT	3:46:44
4	Lucille Boutin	Shelburne NH	3:49:23
5	Rosaleen Moore	York ME	3:56:13
6	Linda Boyer	No Wales PA	3:58:58
7	Elle Foley	Nantucket MA	3:59:29
8	Suzanne Szermer	Waitsfield VT	4:02:33
9	Andr E Lanoie	Drummondville PQ	4:07:09
10	Heidi Minken	Baltimore MD	4:09:57

Women 55-59

1	Karen Durante	Newburyport MA	3:39:35
2	Margaret Pendergast	E Sandwich MA	3:40:53
3	Moir Durnin	Stowe VT	3:50:51
4	Nancy Nickerson	Portland ME	3:53:54
5	Gail Schnaars	Manchester Ctr VT	3:57:28
6	Leslie Crawford	Burlington VT	3:58:05
7	Melinda Miller	Burlington VT	3:59:51
8	Diana Joaquin	Arlington VA	4:04:36
9	Debbie Hoffmeister	Salem OR	4:10:13
10	Linda Hallinger	Washington VT	4:17:56

Women 60-64

1	Virginia Foster	Charlotte VT	3:41:03
2	Susan Wong	Glenmont NY	3:54:07
3	Francine Lanciault	Sur-Richelle P	4:06:16
4	Marian Loftin	Mobile AL	4:17:46
5	Jeanne Butterfield	Bangor ME	4:32:49
6	Karen Spinozzi	Kingston NY	4:35:43
7	Denise Billenko	Roxboro PQ	4:36:19
8	Nancy Mitchell	Milford NY	4:58:23
9	Mary Shaw	Boise ID	4:58:24
10	Sheila O'Brien	Boise ID	5:00:37

Women 65-69

1	Teri Scatchard	N. Ferrisburg VT	4:54:57
2	Joanne Meier	Redlands CA	4:59:07
3	Rose Rusin	Florence VT	5:02:07
4	Pat Neff	Georgetown TX	5:22:13
5	Pat McDonnell	Reston VA	5:38:15
6	Mary Steinhauer	La Salle MI	5:44:39
7	Sharon Kerson	Culver City CA	6:16:30

Women 70-74

1	Helena Brooks	So Burlington VT	5:51:05
2	Carolyn Mitchell	Lenexa KS	6:19:30

Women 75 & Over

1	Jeanette Cyr	Kensington CT	6:29:37
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Men 24 & Under

1	Gavin Coombs	Clayton NC	2:22:05
2	Curtis Wheeler	Buxton ME	2:23:46
3	Jacob Edwards	No Stonington CT	2:31:25
4	Thomas O'Grady	Latham NY	2:34:16
5	Hari Iyer	Cambridge MA	2:34:58
6	Josh Henry	Truxton NY	2:37:49
7	Shawn Duffy	Bryn Mawr PA	2:41:06
8	Logan Franks	Plattsburgh NY	2:42:07
9	Jason Dedonato	Nashua NH	2:43:34
10	George Heesch	Newport News VA	2:44:18

Men 25-29

1	John Crews	Raleigh NC	2:17:51
2	Mark Miller	Keene NH	2:25:44
3	Jon Fasulo	Ardmore PA	2:26:43
4	Patrick MacAdie	Acton MA	2:27:36
5	Mike Fisher	Brookline MA	2:31:14
6	Thomas Rhodes	Arlington VA	2:33:07
7	Christopher Hamel	Methuen MA	2:35:50
8	James Sweeney	Albany NY	2:39:37
9	Teage O'Connor	Burlington VT	2:50:17
10	Kevin Schutz	Etna NH	2:53:19

Men 30-34

1	Justin Fyffe	E. Dummerston VT	2:22:16
2	Juan Carlos Hernandez	Chia	2:26:52
3	Trent Briney	New York NY	2:32:33
4	Trent Kirk	Charlotte NC	2:41:50
5	Jason Friedman	New Paltz NY	2:55:43
6	Adam Daniels	Stamford CT	2:56:11
7	Sean Devan	Seabrook NH	2:56:28
8	John Toner	Longmeadow MA	2:58:32
9	Bill Martin	New York NY	2:59:13
10	Mike Fink	E Dummerston VT	3:00:02

Men 35-39

1	Chadwick Shepard	Williston VT	2:46:07
2	Volker Burkowski	Gansevoort NY	2:49:13
3	Todd Archambault	Essex Jct VT	2:55:30
4	Jon Copans	Montpelier VT	2:56:13
5	Andrew Tobin	Lancaster NH	2:57:55
6	Matthew Gokey	Delmar NY	2:58:13
7	Dustin Baker	No Chelmsford MA	2:58:43
8	Peter Harley	Bristol RI	3:02:15
9	Joe Zavalishin	Hawthorn Wds IL	3:03:35
10	Eric Darling	Shelburne VT	3:03:41

Men 40-44

1	Jason Porter	Bedford NH	2:36:48
2	Robert Landry	Ludlow MA	2:41:22
3	Peter Sedgwick	No Yarmouth ME	2:47:39
4	Todd Stone	Lebanon NH	3:07:01
5	Daniel Beaulieu	Dover NH	3:07:54
6	Mark Wanner	Bar Harbor ME	3:10:11
7	Thomas Smith	Wethersfield CT	3:10:22
8	Eric McKenna	Newmarket NH	3:10:51
9	Brendan Sullivan	Norwell MA	3:12:07
10	Andrew McBride	Reston VA	3:14:17

Men 45-49

1	Thomas Dunn	Burlington VT	2:50:10
2	Jon Schoenberg	Harvard MA	2:50:27
3	Tom Thurston	Waterbury VT	2:52:16
4	Joseph Clark	Grantham NH	2:52:39

CONTINUED ON NEXT PAGE



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WHO men, women,
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RACE RESULTS

CONTINUED FROM PREVIOUS PAGE

KEY BANK VERMONT CITY MARATHON May 30, 2010 Burlington, Vermont

5 Tom Gudas	Binghamton NY	2:52:52
6 Ralph Smith	Raleigh NC	2:52:58
7 Kip Litton	Davison MI	2:53:36
8 Calvin Conner	Staten Island NY	2:57:29
9 Joe Carrara	Charlotte VT	2:58:00
10 Jean-Pierre Guay	Saint-Lambert PQ	2:58:35
Men 50-54		
1 Daniel Predmore	Ballston Lake NY	2:56:31
2 Wayne McDaniel	Hopewell Jct NY	3:04:50
3 Richard Foote	Bridport VT	3:13:03
4 John Hankins	Mansfield Ctr CT	3:13:15
5 Christian Andresen	Montpelier VT	3:13:27
6 Bryan Baroffio	Grand Jct CO	3:15:57
7 Jay Seney	Beaconsfield PQ	3:16:28
8 Alan Miller	Hurley NY	3:17:36
9 Steve Schindler	Mt Holly Springs PA	3:18:36
10 Randy Hoon		
Men 55-59		
1 Ken Schatz	So Burlington VT	3:11:47
2 Mark Nelson	Jericho VT	3:15:51
3 Pascal Cheng	Burlington VT	3:18:06
4 Claude Hebert	Granby PQ	3:20:42
5 Ockle Johnson	Keene NH	3:24:08
6 Bruce Glasspoole	Pointe-Claire PQ	3:25:17
7 Patrick Lopiano	Kingston NY	3:29:07
8 Paul Forbes	Colonia NY	3:29:46
9 David Theoharides	Sanford ME	3:29:54
10 Keith Almeida	Enfield CT	3:30:37
Men 60-64		
1 Steve Reed Md	Wiscasset ME	3:15:53
2 Darryl Smith	Winchester MA	3:26:48

3 Tom Stone	Rydal PA	3:28:18
4 Ron Brosius	Huntington VT	3:34:49
5 Wayne Snowdon	Stirling ON	3:36:21
6 Ivan Gingras	Montreal PQ	3:37:10
7 Walter Fortier	Concord NH	3:41:02
8 Chuck Arnold	Burlington VT	3:43:08
9 Rick Peyser	Underhill VT	3:48:24
10 James Burnett	Canaan NH	3:54:44
Men 65-69		
1 George Linton	Coventry VT	3:54:42
2 John Viskup	Panton VT	4:04:15
3 John Rancourt	Middleton NH	4:18:12
4 David McCormack	San Rafael CA	4:31:34
5 William McKeever	Rome NY	4:35:04
6 Victor Billenko	Roxboro PQ	4:40:10
7 Lawrence Diggs	Plainfield NJ	4:46:30
8 Arden Wander	Cincinnati OH	4:50:45
9 Bill Mares	Burlington VT	4:58:30
10 Pete Stringer	Osterville MA	4:58:41
Men 70-74		
1 Albert Miclette	Sur-Richelle PQ	3:59:10
2 Bob Murphy	Barre VT	4:24:44
3 Fred Neff	Georgetown TX	5:24:11
4 Hubert Duda	Shelburne VT	5:50:39
Men 75 & Over		
1 Dan Shuff	San Antonio TX	4:19:40
2 Kenneth Karcher	Boise ID	5:27:07
3 Joseph Riccio	Branford CT	6:08:16
4 Donald Taylor	Hedgesville WV	6:09:41

TWO-PERSON RELAY

Open Men		
1 On Track To Sleepy Hollow	Hinesburg VT	2:31:17
2 St. Lawrence Alumni XC	Morrisville VT	2:31:51
3 Drunken Irishmen	Albany NY	2:39:40
4 Hinesburg Harriers	Hinesburg VT	2:43:42
Open Women		
1 Tuesday Night Turtles 2	Warwick RI	2:52:06
2 Tuesday Night Turtles KV	Warwick RI	2:56:47
3 Vermont And Maine	Jericho VT	3:02:19
4 Can't Skip It This Year	So Burlington VT	3:12:36
5 Twisted Sisters	Burlington VT	3:15:00

Open Mixed		
1 VTXC	Stowe VT	2:48:46
2 Crimson Poodle	So Burlington VT	2:55:57
3 Team Buffalo	Buffalo NY	3:01:08
4 A-R-E Vizsla Inu	Albany NY	3:06:36
5 Team Bitsy	Burlington VT	3:11:28
Masters Men		
1 Fitter At 40	Huntington VT	2:46:53
2 Stonyfield	Bedford NH	3:02:11
3 Burke/Stone	Athens NY	3:10:52
4 Statistically Significant	Winooski VT	3:11:45
5 Williams '89	Charlotte VT	3:12:39

Masters Women		
1 Run Like A Girl	Burlington VT	3:19:31
2 Story Comers Running Team	Avon CT	3:21:01
3 Flying Chicks	Williamstown VT	3:26:15
4 MODiforty Mommas	Waterbury VT	3:27:20
5 Pair-A-Thon Runners	So Burlington VT	3:29:33
Masters Mixed		
1 Shawangunk Mixed Masters	Kingston NY	3:05:10
2 Rev'l Racers	St Johnsbury VT	3:11:42
3 Point Challenge Team	Burlington VT	3:17:29
4 Rad Onc Runners	St George VT	3:28:53
5 We Weren't Born To Follow	Shelburne VT	3:31:38

Grand Mountaineer Men		
1 Senioritis	Randolph VT	3:20:30
2 Pubcrawlers	Montpelier VT	3:23:14
3 Delusional For A Day	New Haven VT	3:59:19
4 Madness In Motion	Montpelier VT	4:27:01
5 The Rookies	Essex Jct VT	4:52:23
Grand Mountaineer Women		
1 Stoney Ridge Runners	Richmond VT	3:45:39
2 Kaeding Duet	St Louis Park MN	4:43:30
3 Joy Of Running	Hinesburg VT	5:07:00
4 Two Old Broads	Burlington VT	5:19:47

Grand Mountaineer Mixed		
1 Who's Tired First	So Duxbury VT	3:11:30
2 Curro Ergo Sum	Richmond VT	3:29:20
3 Bove - 1/2	Jericho VT	3:35:01
4 H Team	Queensbury NY	3:37:44
5 Runners Without Borders	Charlotte VT	3:53:53

Great Grand Mountaineer Men		
1 Shawangunk Mountaineers	Bloomington NY	3:23:37

Stowe VT	2:48:46
So Burlington VT	2:55:57
Buffalo NY	3:01:08
Albany NY	3:06:36
Burlington VT	3:11:28

Huntington VT	2:46:53
Bedford NH	3:02:11
Athens NY	3:10:52
Winooski VT	3:11:45
Charlotte VT	3:12:39

Burlington VT	3:19:31
Avon CT	3:21:01
Williamstown VT	3:26:15
Waterbury VT	3:27:20
So Burlington VT	3:29:33

Kingston NY	3:05:10
St Johnsbury VT	3:11:42
Burlington VT	3:17:29
St George VT	3:28:53
Shelburne VT	3:31:38

Randolph VT	3:20:30
Montpelier VT	3:23:14
New Haven VT	3:59:19
Montpelier VT	4:27:01
Essex Jct VT	4:52:23

Richmond VT	3:45:39
St Louis Park MN	4:43:30
Hinesburg VT	5:07:00
Burlington VT	5:19:47

So Duxbury VT	3:11:30
Richmond VT	3:29:20
Jericho VT	3:35:01
Queensbury NY	3:37:44
Charlotte VT	3:53:53

Bloomington NY	3:23:37
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Great Grand Mountaineer Mixed		
1 F And B	Montpelier VT	4:08:05
2 The Heberts	W Danville VT	4:37:21
3 Don't Wait Up	Underhill VT	5:16:47

TEAM RELAY

Open Men		
1 Wolfpack	Essex Jct. VT	2:25:06
2 Newman's Own	Jericho VT	2:28:14
3 USM Fluffy Huskies	Jericho VT	2:30:00
4 Two-thirty-two	Essex Jct VT	2:32:08
5 Tri-State Huskies	Wallingford VT	2:34:48

Open Women		
1 EUJC	Burlington VT	2:55:44
2 Wilderness Explorers	Angola NY	2:59:33
3 PFAs	Lyme Ctr NH	3:09:04
4 AER--Almost Angels	Schenectady NY	3:10:44
5 Classy Cobras	Ithaca NY	3:11:59

Open Mixed		
1 NEK Ridgerunners	So Burlington VT	2:26:48
2 Dartmouth Endurance Racing 1	Hanover NH	2:51:17
3 Team PaperJam IV	Burlington VT	2:56:19
4 Team Switchback	Colchester VT	2:57:58
5 Treadmill Graduates 1	Shelburne VT	3:01:44

Men's Masters		
1 Tuesday Night Turtles	Warwick RI	2:44:33
2 Donate Your Organs	Colchester VT	3:35:50
3 Knight Runners	Rochester NY	3:39:54
4 Over The Hill Gang	Burlington VT	3:44:52
5 The Gunx 1	Andover MA	3:47:14

Women's Masters		
1 Mar-KEY-rita Runners	Waterbury VT	3:47:13
2 Outright Marino	Burlington VT	3:48:25
3 Hearts For Harle	Westford VT	3:50:46
4 Mermaids Of The Lake	Lebanon NH	3:52:34
5 Vermont Mamas	W Burke VT	3:53:06

Mixed Masters		
1 Margaret's Miracles	Lyme Ctr NH	3:14:40
2 Bored Of Education	So Burlington VT	3:18:03
3 Rybinski Runners	Clifton Park NY	3:23:44
4 Team O'Donovan	Amherst NH	3:28:49
5 Stone House Runners 2	So Burlington VT	3:38:23

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